



Nutrition News

October 2019



National School Lunch Week Oct. 14-18

(or 1st full week of October)

Parents, did you know?

Today's school lunches meet strict nutrition standards from the Healthy Hunger Free Kids Act 2010, including limits on calories, sodium, and unhealthy fats. School lunch provides 1/3 or more of the recommended levels for key nutrients. Children participating in school meals are more likely to eat fruits, vegetables, and milk.

Look for special menu days on your school lunch menus with National School Lunch Week!

Interesting Facts about Spaghetti Squash

Spaghetti Squash is available year round, peak season is early fall through winter. When cooked the flesh can be separated with a fork to resemble angel hair pasta. It is low calorie and high fiber, which helps aid weight loss, and is a great alternative to pasta. Spaghetti squash is rich in Vitamin A & C, potassium, and calcium.



Cheesy Baked Spaghetti Squash Recipe

Ingredients:

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| 1 Spaghetti Squash (medium) | 1 Tbsp Olive Oil |
| 1 Cup Marinara Sauce | 1 tsp Garlic Powder |
| 1 Cup Shredded Mozzarella | 1 tsp Italian Seasoning |
| 1 Tbsp Parmesan Cheese | Salt & Pepper to Taste |

*May need to adjust some ingredients depending on size of squash.

Instructions:

1. Preheat oven to 375°F. Line a baking sheet with foil and spray with cooking spray.
2. Cut spaghetti squash in half lengthwise. Scoop out seeds with a spoon. Brush insides with olive oil and sprinkle with seasonings. Bake for 45 min.
3. Remove from oven and allow to cool slightly. Take a fork and shred the spaghetti squash strands from shell. Mix in marinara sauce, 1/2 cup for each half. Top with mozzarella cheese.
4. Bake for about 8-10 more minutes or until cheese is melted



What's in Season?

Apples, Bell peppers, Cabbage, Cauliflower, Corn, Cucumbers, Eggplant, Garlic, Grapes, Greens, Horseradish, Lettuce, Okra, Onions, Peas, Plums, Potatoes, Pumpkin, Radishes, Rhubarb, Spinach, Squash, Sweet Potatoes, Tomatoes, Turnips.



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