

You are Invited to the PWCS Food and Nutrition Department's Food Show!

Are you interested in shaping the future of school lunch at PWCS?! The Food and Nutrition Department is hosting their Annual Food Show on Thursday, March 7th, from 6-8pm at Colgan High School! Students, families and PWCS staff are encouraged to attend this free event to taste test new recipes and provide their feedback! If you are interested in attending, RSVP using the following link:

<https://forms.office.com/r/OChRCBHyb7> or call 703-791-7314.

February Local Harvest of The Month: Butternut Squash

February's Local Harvest of the Month is Butternut Squash! You may have had butternut squash roasted or in a soup, but have you ever tried it on a salad?! We are serving a new salad recipe in February featuring butternut squash combined with kale, dried cranberries, and sunflower seeds!

It will be on the menu the following dates:


Elementary Schools: Wednesday, February 28th

Middle Schools: Thursday, February 22nd

High Schools: Friday, February 16th

Want to recreate this menu special at home? Here is the recipe from the PWCS Food and Nutrition Department!

ROASTED BUTTERNUT SQUASH KALE SALAD




INGREDIENTS:

- 2 cups Butternut Squash (peeled, deseeded, and cubed)
- 1 medium-sized bunch Kale (approx. 5-6 oz without stems)
- 1 tsp Lemon Juice
- 1 tsp Vegetable Oil
- 1 tsp Sugar
- 1/3 cup Dried Cranberries
- 1/4 cup Sunflower Seeds

DIRECTIONS:

1. Preheat oven to 400°F. Spray a baking sheet with cooking spray or line it with parchment paper. Cut butternut squash into 1-inch cubes. Place butternut squash on baking sheet and bake for 25-30 minutes until squash is tender.
2. Place butternut squash into the refrigerator to chill for 1 hour.
3. Wash kale and remove the center stems. Slice or rip kale into bite-sized pieces.
4. Combine lemon juice, oil and sugar, and pour over kale. Gently massage into kale for approximately 3 minutes.
5. Add chilled roasted butternut squash, dried cranberries, and sunflower seeds to the kale. Toss to combine and enjoy!

THIS RECIPE IS COMPLIMENTS OF...



PWCS NUTRITION
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LOCAL HARVEST OF THE MONTH FOR FEBRUARY

BUTTERNUT SQUASH

