



Recipe of the Month

Chicken Butternut Squash Curry



Ingredients

- 3 cups diced butternut squash
- 1 lb. chicken (cooked & diced)
- 1/2 cup diced red onion
- 1/2 cup diced yellow onion
- 1/3 cup diced red bell pepper
- 1 cup kale, de-stemmed & chopped
- 2.5 cups coconut milk
- 1 1/4 Tbsp. curry powder
- 1/4 tsp. cardamom
- Salt & pepper to taste
- 1/4 tsp. ground ginger
- 1/2 tsp. garlic powder
- 1 1/4 Tbsp. fish sauce
- 1/2 Tbsp. sesame oil
- 3/4 Tbsp. lime juice
- 6-7 Thai basil leaves

Directions

1. Sautee the onions in curry powder, cardamom, salt & pepper, garlic, ginger, and sesame oil over medium heat for roughly 10 minutes.
2. Add the red bell peppers & coconut milk and bring to a boil.
3. Add the kale and cooked chicken.
4. Add fish sauce & lime juice and remove from heat.
5. Combine all ingredients by stirring well, serve hot over rice.

Butternut squash is a great “go-to” for winter meals! Being high in Vitamins A & E, butternut squash can help keep your eyes, skin & hair healthy. These vitamins also protect against damage inside your body. Butternut squash is also a good source of fiber, manganese, magnesium, and potassium.

Butternut squash can be roasted, steamed, pureed for soups, mashed like potatoes, or used as an ingredient in products like breads, muffins, casseroles.



**WE WANT TO HEAR
FROM YOU!**

Seattle Public Schools Nutrition Services Department is working to improve the quality of school-provided meals.

Please take roughly 5-10 minutes to share your feedback with our team.

<https://www.surveymonkey.com/r/SPSmeals>



Image from the healthyfoodie.com



February 2017



SEATTLE PUBLIC SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
---------------	----------------	------------------	-----------------	---------------



1
No School

2 **Breakfast**
Turkey Sausage Wrap
Lunch
Butternut Squash Curry
w/ Brown Rice
OR
Cheese Quesadilla

3 **Breakfast**
Egg & Cheese Muffin
Lunch
Bean & Cheese Burrito
OR
Toasted Cheese

6 **Breakfast**
Mini Maple Pancakes
Lunch
Fish Sandwich
OR
Veggie Burger

7 **Breakfast**
Egg & Cheese Muffin
Lunch
French Bread Pizza w/
OR w/out Chicken
Pepperoni

8 **Breakfast**
Cinnamon Roll
Lunch
Bean & Cheese Burrito
OR
Toasted Cheese

9 **Breakfast**
Turkey Sausage Wrap
Lunch
Chicken Nuggets w/ WW
Roll
OR
Mozzarella Breadsticks

10 **Breakfast**
Eggs, Sausage, & Toast
Lunch
Chicken Fajitas w/
Spanish Rice
OR
Cheese Quesadilla

13 **Breakfast**
Breakfast Pizza
Lunch
Orange Chicken w/ Rice
OR
Veggie Burger

14 **Breakfast**
Valentines Mini Bagels
Lunch
"Charming" Chicken
Parmesan Sandwich
OR
Cheese Pizza
Valentine's Day

15 **Breakfast**
Eggs, Sausage, & Toast
Lunch
Ultimate Fish Sticks w/
WW Roll
OR
Cheese Quesadilla

16 **Breakfast**
Oatmeal
Lunch
BBQ Chicken, Roasted
Potatoes, & Corn
OR
Mozzarella Breadsticks
(Sauce)

17 **Breakfast**
Blueberry Buckle
Lunch
Chef's Choice
OR
Toasted Cheese

20 **21** **22** **23** **24**

Mid Winter Break
No School

27 **Breakfast**
Mini Maple Pancakes
Lunch
Chicken Nuggets w/ WW
Roll
OR
Mozzarella Breadsticks

28 **Breakfast**
Breakfast Pizza
Lunch
Hot Dog & Baked Beans
OR
Toasted Cheese

FREE BREAKFAST SCHOOLS: All students, regardless of eligibility for free, reduced, or full-priced meals, can enjoy breakfast daily at no cost in these Seattle schools for the 2016-17 school year: Concord, Roxhill & Van Asselt.

COMMUNITY ELIGIBILITY PROVISION (CEP): All students can enjoy breakfast & lunch daily at no cost in these Seattle elementary schools for the 2016-17 school year: Baily Gatzert, Dunlap, Emerson, Martin Luther King Jr. & West Seattle Elementary

PRICING	Lunch	Breakfast
Elementary School	\$3.00	\$2.00
Middle School	\$3.25	\$2.25
Reduced:	No Charge	
Adult:	\$4.75	\$3.25



Entrées served with fresh fruit and vegetable salad bar & choice of 1%, non-fat, or non-fat chocolate rBST hormone-free milk.



BREAKFAST CHOICES: A nutritious breakfast is served daily at your child's school. In addition to the primary entrée mentioned on the menu, students may also select from a variety of low-sugar cereals, 100% whole-wheat toast, fresh and canned fruits

■ = Made From Scratch!



This institution is an equal opportunity provider and employer.