




May 2018

Orange County CCSA Meals



All juices are 100% juice. Canned fruits are juice packed.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | 1 | 2 | 3 | 4 |
| | Whole grain biscuits*, diced peaches, milk Vegetarian chili w/ beans and vegetables, corn bread*, apple wedges (melon wedges), milk Homemade Chex mix, sliced pears | French toast, apricot halves, milk Barbecue chicken drumsticks, wheat rolls*, peas, potato salad, milk Graham crackers w/ sunflower seed butter, pears | Cranberry muffin squares*, Mandarin oranges, milk Salmon salad w/ pretzel rolls, sweet potato wedges, tomato soup, milk String cheese, strawberries | Cornflakes, bananas, milk Baked spaghetti *w/ cheese & tomatoes, wg French bread*, mixed green salad (carrots), milk Oatmeal pear muffin squares*, pineapple juice |
| 7 | 8 | 9 | 10 | 11 |
| Toasted oats*, sliced peaches, milk Cheese pizza, carrot salad (carrots), green beans, milk Animal crackers, apples (oranges) | English muffins*, pineapple tidbits, milk Turkey tamale pie with polenta crust*, broccoli, black bean, corn & pepper salad, milk Ginger muffin squares*, melon wedges | Whole grain pancakes*, bananas, milk Salmon and rice* casserole, peas, fruit cocktail, milk Bagelettes, chicken salad | Blueberry muffin squares*, oranges, milk Black bean & sweet potato chili w/ beef, hush puppies, cucumber salad , milk Yogurt with homemade granola | Special K, bananas, milk Cheese sandwiches*, collard greens , lentil soup, milk Banana oatmeal chews*, pineapple juice |
| 14 | 15 | 16 | 17 | 18 |
| Corn Chex*, diced peaches, milk Baked fish filets, whole wheat bread sticks*, cooked carrots, three bean salad, milk Graham crackers, (mango pieces) apples | Whole grain biscuits*, diced peaches, milk Southwest baked eggs & cheese w/salsa, grits, orange wedges, peas, milk Pimiento cheese with celery sticks (crackers) | Apple bran bread*, white grape juice, milk Beef stew with carrots, peas & potatoes, French bread*, strawberries , milk Sunbutter & honey roll-ups*, applesauce | French toast, Mandarin oranges, milk Chicken and noodle* tetrazzini, collard greens , melon chunks, milk Wheat crackers (saltines) with sweet potato hummus | Cornflakes, bananas, milk New Orleans Red Beans and Rice*, mixed green salad (spinach), mango pieces, milk Blueberry muffin squares, fruit cocktail |
| 21 | 22 | 23 | 24 | 25 |
| Bran flakes*, pineapple tidbits, milk Bean & cheese dip w/ corn tortilla chips (crackers), broccoli, tropical fruit salad, milk String cheese, apples (oranges) | English muffins*, applesauce, milk Spanish rice* w/ beef, green beans, sliced grapes, milk Graham crackers with yogurt fruit dip | Oatmeal muffin squares*, apricot halves, milk Chicken and gravy, wheat rolls*, orange wedges, beets, milk Tuna salad with saltine crackers | Whole grain waffles*, diced pears, milk Whole grain macaroni* and cheese, fresh fruit salad w/ strawberries , peas, milk Sliced turkey sandwich, orange juice | Kix cereal, sliced peaches, milk Tuna melts on English muffins*, slaw (cabbage), green beans, milk Apple wedges (bananas), sunbutter dip |
| 28 | 29 | 30 | 31 | |
| Closed for Memorial Day  | Toasted oat cereal*, oranges, milk Sloppy Joes on bun*, potato salad, spinach, milk Cheese sandwich, cranberry juice | Whole grain pancakes*, applesauce, milk Cheese slices w/pretzel roll, navy bean & vegetable soup, mango pieces, milk Cheese & yogurt dip, carrot sticks (blanched) | Wheat bread*, hard cooked eggs, Mandarin oranges, milk Sweet & sour chicken w/ peppers, onions & pineapple, brown rice*, kale salad (kale) , milk Homemade Chex mix, melon wedges | * designates whole grain rich products. Highlighted items are NC grown. |

May Harvest of the Month



Sweet Strawberry Spinach Salad

(Makes 2 servings) Preparation time: 10 mins

Ingredients

- 4 cups baby spinach
- 10 strawberries
- ½ cup feta cheese
- ¼ onion
- ½ cup pecans
- ¼ cup balsamic vinaigrette

Instructions

1. Wash all produce
2. Place spinach into large mixing bowl
3. Cut strawberries into halves
4. Dice onion
5. Place all ingredients into large mixing bowl and toss with balsamic vinaigrette



Fun Facts

- Eight strawberries will provide 140% of the recommended daily intake of Vitamin C!
- Strawberries are the only fruit that wears their seeds on the outside, there are over 200 seeds on each one
- Strawberries are actually a member of the rose family
- Wild strawberries originated in Chili, while the first garden strawberry was grown in France, and then brought to the U.S. in the 1700s



Pick Your Own!

The best time of the year to go strawberry picking is mid April to early June, support local farmers and have some family fun! The baskets can also be recycled for reuse and crafts

Cates Corner Farm

Corner of Arthur Minnis & Union Grove Church roads

6020 Union Grove Church Rd., Hillsborough, NC 27278

catescornerfarm.com

[facebook.com/catescornerfarm](https://www.facebook.com/catescornerfarm)

919-270-2922

McAdams Farm

1100 Efland Cedar Grove Rd. Efland, NC 27243

mcadamsfarm.com

[facebook.com/mcadamsfarm](https://www.facebook.com/mcadamsfarm)

919-732-7701

More locations can be found at <http://www.carolinaparent.com/CP/Where-to-Pick-Strawberries-in-the-Triangle/>