



June 2018 Orange County CCSA Meals



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Corn Chex*, bananas, milk Cheese quiche, broccoli, fruit cocktail, milk Ginger muffin squares, applesauce
4 Toasted oat cereal*, diced pears, milk Cheese pizza, beets, three bean salad, milk Yogurt with homemade granola	5 Bagels* (Eng. muffins)*, orange juice, milk Spaghetti* w/ meat & tomato sauce, French bread*, tropical fruit salad, milk Cheese & crackers, apples (bananas)	6 Pumpkin muffin squares*, sliced peaches, milk BBQ chicken sandwich*, mango pieces, slaw (cabbage), milk Garbanzo bean hummus, pita wedges*	7 Whole grain waffles*, applesauce, milk Tuna salad tortilla* roll-up, corn, peas, milk Homemade Chex mix, melon wedges	8 Crispix cereal, bananas, milk Macaroni *and cheese, broccoli, pineapple tidbits, milk Granola muffin squares*, apple juice
11 Cornflakes, sliced pears, milk Beef and rice* scramble, cucumber salad , peas, milk Animal crackers, oranges	12 Whole grain pancakes*, Mandarin oranges, milk Chicken salad, bagelettes, corn chowder, fruit cocktail, milk String cheese, kiwis	13 Spiced applesauce muffin squares*, pineapple tidbits, milk Baked spaghetti* w/cheese & tomatoes, French bread*, mixed green salad (greens), milk Goldfish crackers, bananas	14 Yogurt w/ granola*, melon chunks, milk Baked salmon loaf, wheat rolls*, raw broccoli & cauliflower (cooked), new potatoes, milk Lemon poppy seed muffin squares*, grape juice	15 Bran flakes, bananas, milk Arroz con queso (brown rice* w/beans & cheese), carrot sticks (cooked carrots), applesauce, milk Wheat crackers (saltines) with tuna salad
18 Toasted oats*, oranges, milk Vegetarian chili w/ beans & vegetables, hush puppies, fruit cocktail, milk Graham crackers with yogurt fruit dip	19 French toast, pineapple tidbits, milk Macaroni* and tuna salad, sweet potatoes , peas, milk Pineapple bran bread*, melon wedges	20 English muffins*, sliced peaches, milk Crackers w/ egg salad, vegetable soup, apple wedges (orange wedges), milk Turkey sandwiches, cucumber coins	21 Banana muffin squares*, mango pieces , milk Baked chicken breast, brown rice*, broccoli, sliced peaches, milk Cheese & crackers, watermelon	22 Rice Chex cereal*, bananas, milk Beef & vegetable stew, wheat rolls*, pickled beets, milk Orange muffin squares*, sliced pears
25 Cornflakes, diced peaches, milk Fish filet sandwiches*, slaw (cabbage), lima beans, milk String cheese, oranges	26 Whole grain biscuits*, apricot halves, milk Teriyaki chicken, brown rice*, peas, fresh fruit salad , milk Tuna salad sandwiches, grape juice	27 Hard cooked eggs, wheat bread*, diced pears, milk Beef tacos* w/ cheese, lettuce & tomato (diced peaches), collard greens milk Carrot sticks (blanched), white bean dip	28 Whole grain waffles*, sliced peaches, milk String cheese, oyster crackers, cannellini bean soup, apple wedges (oranges), milk Yogurt, graham crackers	29 Kix, pineapple tidbits, milk Baked pasta* w/ cheese & broccoli, mango pieces, French bread*, milk Oatmeal muffin squares, bananas



Cucumber Salad with Tomatoes

INGREDIENTS:

- 2 cups diced cucumber
- 1 cup seeded and diced tomato
- ¼ c chopped sweet onion
- 2 cups cooked couscous or rice
- 2 teaspoons dill weed
- ½ cup low-fat Italian salad dressing

DIRECTIONS:

1. Toss together all ingredients and mix well.
2. For best flavor, chill for 1 hour before serving.
3. Refrigerate leftovers within 2 hours.



CUTEcumber Facts

- Cucumbers are 96% water!
- Keep a cucumber slice in the roof of your mouth for 30 seconds and it helps get rid of bad breath.
- The wax on the outside of the cucumber can erase ink!
- Some gardeners coat the outside of cucumbers with wax to keep the moisture in.



Cucumber Painting

What you need:

1. Small cucumbers
2. Washable paint
3. Paper

Instructions:

1. Cut the cucumber into slices, leaving on the skin.
2. Wrap the cucumbers in a paper towel and let them dry out for 30 minutes.
3. Use the cucumber slices as different "stamps" and dip them in a variety of different paint colors.
4. Allow your child to have a fun experience making their next masterpiece on paper!



This material was funded by USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider.



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