



**January 2019**  
**Orange County CCSA Meals**  
*Happy New Year!*

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 	<b>2</b>	<b>3</b>	<b>4</b>
*designates whole grain rich product		Cornflakes, sliced pears, milk  Baked fish filets, brown rice*, diced peaches, green beans, milk  Whole grain Cheez-its*, apples (oranges)	Bagels* (Eng. muffin), pineapple tidbits, milk  String cheese, cornbread*, blackeye peas w/tomatoes, collard greens, milk  Graham crackers w/ sunbutter, mango pieces	Special K*, diced pears, milk  Baked chicken breast, wheat bread sticks*, broccoli, potato salad, milk  Applesauce muffin squares*, bananas
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Toasted oats, apples (oranges), milk  Vegetarian chili w/ beans & vegetables, tropical fruit salad, wheat rolls*, milk  Animal crackers, tangerines	Waffles*, applesauce, milk  Sweet & sour chicken w/ onions, peppers & pineapple, brown rice*, peas, milk  Pumpkin muffin squares*, bananas	Whole grain biscuits*, sliced peaches, milk  Cheese quiche, tossed salad (spinach), orange wedges, milk  Sliced turkey sandwich, cucumber coins	Yogurt w/ granola, pineapple tidbits, milk  Meatloaf, French bread*, mashed potatoes, broccoli, milk  Blueberry muffin squares*, melon wedges	Kix, diced pears, milk  Tuna melts on English muffin*, turnip greens, sliced grapes, milk  Tortilla chips (crackers), black bean salsa
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Crispy rice cereal*, oranges, milk  Sloppy Joes on bun*, slaw (cabbage), baked apples, milk  Crackers w/ sunbutter, sliced pears	Hard boiled eggs, wheat bread*, kiwis, milk  Arroz con queso (rice* w/ cheese & beans), fruit cocktail, spinach, milk  String cheese, melon wedges	Banana muffin squares*, Mandarin oranges, milk  Chicken w/ gravy, stove top stuffing, broccoli, diced peaches, milk  Cheese sandwiches, oranges	Bagels* (mini bagels), applesauce, milk  Macaroni *and cheese, carrot salad (carrots), beets, milk  Graham crackers, pears	Cornflakes, bananas, milk  Tuna pasta* casserole, tropical fruit salad, peas, milk  Apple banana muffin squares*, pineapple tidbits
<b>21</b> <b>Martin Luther King Day</b> 	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	Waffles*, Mandarin oranges, milk  Baked fish filets, spaghetti rice*, corn & pepper salad, cooked carrots, milk  String cheese, apples (bananas)	Wheat Toast* w/sunbutter spread, sliced peaches, milk  Homemade cheese pizza, tossed salad (spinach), cabbage w/ apples, milk  Homemade Chex mix, melon wedges	Banana muffin squares*, tangerines, milk  Pinto beans, cheese cubes, corn bread*, sweet potatoes, broccoli, milk  Yogurt, granola	Special K, bananas, milk  Bar-b-q Chicken drumsticks, wheat bread*, green beans, mango pieces, milk  Ginger muffin squares*, pears
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Cornflakes, diced pears, milk  Southwest baked eggs & cheese, Mandarin oranges, spinach, French bread*, milk  Goldfish crackers*, apples (oranges)	Bagels (Eng. muffins)*, pineapple tidbits, milk  Baked salmon loaf, wheat rolls*, cheese & broccoli soup, melon wedges, milk  Graham crackers with yogurt fruit dip	French toast, applesauce, milk  Chicken and noodles*, peas, sliced peaches, milk  Cheese sandwiches, kiwis	Lemon poppy seed muffin squares*, Mandarin oranges, milk  Chili con carne, hush puppies, melon chunks, milk  Pita wedges w/ sunbutter dip, cucumber coins	

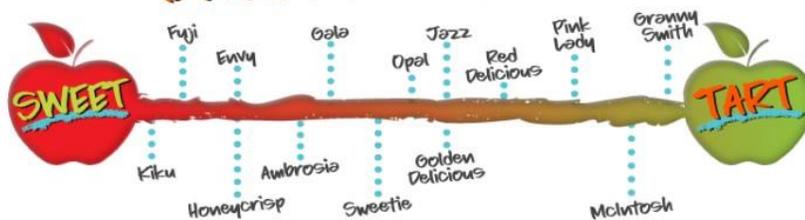
This month in **preschool**  
your child will be **eating...**

# Apple!



- ◆ Apples come in all shades of **Reds**, **Greens**, and **Yellows**.
- ◆ 2,500 varieties of **apples** are grown in the United States.
- ◆ **Apples** are the second most valuable fruit grown in the United States.
- ◆ **Apple** tree takes 4 to 5 years to produce their first fruit.
- ◆ They are considered “nature’s toothbrush” for cleaning teeth.

## SWEET-TART CHART



Make it  
**Eat it!**  
Love it!

### Apple Chips

#### Ingredients

- 1 teaspoon olive oil
- 4 medium apples (any variety)
- 1 tsp cinnamon



#### Directions

1. Preheat oven to 225°
2. Grease 2 baking sheets with the olive oil
3. Remove the cores from the apples. Slice the apples into thin rings, then place them in a single layer on the baking sheets. Sprinkle apples with cinnamon
4. Bake for 2 to 2 1/2 hours, or until desired level of crispiness achieved
5. A shorter cook time will give chewy apple rings, and a longer time will give you crisp chips
6. Store chips in air-tight container

## Family CHALLENGE

### Apple Taste Test

Purchase different varieties of apples that are available in your grocery store or farmers market. Let your kids explore different tastes of apples. Get them to rank it with a “love it” or “maybe next time”.

## Get your GROOVE on

Playing this game can help keep your kids occupied when they have to stay inside. Have your child balance an apple on a spoon. Get them to try their luck walking from one side of the room to the next, without dropping it. Then kick it up a notch—get them to jump, dance and slither without dropping the apple!

## Little

## helpers

Make homemade applesauce together and teach your child that it does not just come in a package. Show them the difference between apples and peeled apples. Let them help you chop and toss them in the pot! They can sprinkle the spices, too! Get them involved in the process—they’ll love it!