



December 2023

Orange County CCSA Meals

Harvest of the Month: Beets

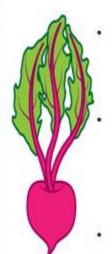
Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old

Canned fruits are juice packed
This is an equal opportunity institution

Monday	Tuesday	is an equal opportunity instit	Thursday	Friday
monuay	Tuesuay	Healiesuay	inuisuay	1
				Mini Bagels* w/ cream cheese, diced peaches, milk
Designates Whole Grain Rich	Local products used when available			Creole chicken w/peppers & tomatoes, brown rice, green beans, milk
				Cheese cubes, apples (pears)
4	5	6	7	8
Toasted oats*, diced peaches, milk	Waffles* applesauce, milk	Corn chex*, diced pears, milk	Mini bagels w/cream cheese, applesauce, milk	Oatmeal muffin squares*, bananas, milk
Homemade cheese pizza, carrot salad w/raisins (carrots), pineapple tidbits, milk	New Orleans red beans & rice*,corn & pepper salad , fruit cup w/strawberries & melon, milk	Baked Flounder filet w/ parmesan topping, breadsticks, apple wedges (oranges),peas, milk	Baked chicken drumsticks, Dinner rolls*, lima beans, ,tropical fruit w/pineapple & papaya,	Beef & cheese tacos*, lettuce/tomato (cabbage), carrots, milk
Homemade Chex mix, oranges	Sliced turkey sandwich* (1/2 sand)	Ginger muffin squares*, bananas	milk String cheese, oranges	Garbanzo bean dip, pita wedges*
11	12	13	14	15
Life original*, apples (pears), milk	Pancakes*, apricot halves, milk	English muffins* w/jelly, sliced peaches, milk	Vanilla yogurt, bananas,	Cornflakes, sliced pears, milk
Breaded fish filet sandwiches,slider buns*, slaw (cabbage), orange wedges, milk	Beef con Queso, tortilla chips, (saltines),corn, mango, milk	Turkey & cheese sandwiches*, pumpkin soup, potato wedges, milk	Beef-a-roni* w/tomatoes, corn, wheat roll* milk Animal crackers, melon	Baked spaghetti* w/cheese & tomatoes, mixed greens salad w/carrots (cabbage) [honey French], French bread*, milk
Graham crackers, sunflower butter, applesauce	Cheez-its, bananas	Cranberry banana muffin squares*, oranges	wedges	Homemade chex mix, Clementines
18	19	20	21	22
Crispy rice, pears, milk Chicken salad, ww bread*,	Biscuits* w/honey, diced peaches, milk	Spiced applesauce muffins*, sliced pears, milk	Waffles*, bananas, milk Spaghetti* w/meat sauce	
vegetable soup w/cauliflower, cabbage & tomatoes, mango, milk	Cheese quiche, cucumber coins, orange wedges, milk	Lemon & Herb Butter baked cod, Brown Rice*, Broccoli, bananas, milk	& tomatoes, French bread*, mixed greens salad w/spinach [Italian] (spinach), milk	CCSA KITCHENS CLOSED
Wheat Crackers (saltines), American cheese	Goldfish crackers*, pineapple tidbits	Black bean salsa, tortilla chips* (crackers)	Teddy grahams, string cheese	
25	26	27	28	29
* * *				CCSA CLOSED DECEMBER 22, 2021- JANUARY 1, 2022 KITCHEN REOPENS JANUARY 2, 2022



Beet Facts



- The beet was initially cultivated around 2,000 BC in the Mediterranean region.
- When harvested, the entirety of the plant is edible, from the tips of its leaves, down to its long pointed root.
- The biggest beet in the world was grown by a Dutchman. It weighed over 156 pounds

Beet Dye: A Tea Towel Makeover



- When making a beets recipe cut the tops off the beets and save them.
- Lay out a white tea towel on a flat surface.
- Use the top of the beet to stamp out a pattern on the tea towel.
- 4. You can use black ink to add more detail.
- Hang towel to dry.

Beet Pancakes

Ingredients

- ½ cup whole wheat flour
- ½ cup white flour
- 1 ¾ tsp baking powder
- 1 ½ tbsp sugar
- ½ tsp salt
- ½ tsp ground nutmeg
- 1/2 cup pureed beets
- 1 egg, beaten
- ¾ cup milk
- 2 tbsp vegetable oil



DIRECTIONS

- 1. Place beets in a pot of boiling water, and cook until tender, about 15-20 minutes. Drain and puree until smooth.
- 2. In a medium bowl, sift together flours, baking powder, sugar, salt, & nutmeg.
- In a separate bowl, mix pureed beets, eggs, milk and butter.
- Blend beet mixture into the flour mixture to form a batter.
- Preheat a lightly greased griddle over medium-high heat and drop heaping tablespoons. Cook until golden brown, turning once with a spatula when the surface begins to bubble.
- Serve with syrup or top with fruit.