



January 2024

Durham County CCSA Meals

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

Harvest of the Month: Cabbage

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CCSA CLOSED FOR NEW YEAR'S DAY</p>	<p>2</p> <p>Corn Chex*, diced pears, milk</p> <p>Sweet & sour meatballs, brown rice, peas, applesauce, milk</p> <p>String cheese, oranges</p>	<p>3</p> <p>English Muffins w/jelly, pineapple tidbits, milk</p> <p>Tuna salad, mini bagels, tomato soup, potato wedges, milk</p> <p>Banana Bread*, Apples (pears)</p>	<p>4</p> <p>Waffles*/Kix*, mandarin oranges, milk</p> <p>Macaroni* and cheese, fruit cup w/strawberries & cantaloupe, green beans, milk</p> <p>Yogurt and granola*</p>	<p>5</p> <p>Crispy rice, bananas, milk</p> <p>Baked chicken drumsticks, biscuits*, slaw (cabbage), apple wedges (oranges), milk</p> <p>Pumpkin bread*, pineapple tidbits</p>
<p>8</p> <p>Crispy rice, pears, milk</p> <p>Bean & cheese soft tacos*, lettuce/tomato (broccoli), corn, milk</p> <p>Cheese its, apples (oranges)</p>	<p>9</p> <p>Pancakes*/corn chex*, applesauce, milk</p> <p>Chicken w/ gravy, stove top stuffing, cabbage, diced pineapple, milk</p> <p>Homemade Chex mix, bananas</p>	<p>10</p> <p>English muffins* w/jelly, Clementines, milk</p> <p>Spaghetti* w/meat (beef) sauce & tomatoes, green beans, French bread*, milk</p> <p>Ranch cheese dip, cucumber coins</p>	<p>11</p> <p>Toasted oats*, apricot halves, milk</p> <p>Cheese quiche, orange wedges, mixed greens salad w/carrots (carrots) [honey French], milk</p> <p>Lemon poppy bread*, pineapple tidbits, milk</p>	<p>12</p> <p>Mini Bagels* w/ cream cheese, bananas, milk</p> <p>Baked Flounder w/ Parmesan topping, Dinner roll*, peas, apple wedges(orange), , milk</p> <p>Cheese cubes, pears</p>
<p>15</p> 	<p>16</p> <p>Waffles*/rice chex*, applesauce, milk</p> <p>Chili con Carne w/beans & vegetables, hush puppies, diced peaches, milk</p> <p>Yogurt w/granola*</p>	<p>17</p> <p>Toasted oats*, diced pears, milk</p> <p>Orange chicken w/broccoli & peppers, brown rice*, Fruit cup w/ melon & pineapple, milk</p> <p>String cheese, apples (pears)</p>	<p>18</p> <p>Oatmeal muffin squares*, pineapple tidbits, milk</p> <p>Corn Chowder, turkey & cheese sandwiches*, bananas, milk</p> <p>Goldfish crackers*, oranges</p>	<p>19</p> <p>English Muffins w/jelly, fruit cup w/grapes, strawberries & melon, milk</p> <p>Tuna Cakes, French bread*, peas, orange wedges, milk</p> <p>Ginger muffin squares*, diced pears</p>
<p>22</p> <p>Bran flakes*, applesauce, milk</p> <p>Breaded fish filets [ketchup], breadsticks*, cabbage, pineapple tidbits, milk</p> <p>Goldfish crackers*, Clementines</p>	<p>23</p> <p>Cornflakes, diced pears, milk</p> <p>Sloppy Joes (beef) on slider bun*, potato salad, apple wedges (oranges), milk</p> <p>Granola muffin squares*, diced peaches</p>	<p>24</p> <p>French toast/special k original, bananas, milk</p> <p>New Orleans Red Beans & Rice*, broccoli, mango, milk</p> <p>Graham crackers with yogurt</p>	<p>25</p> <p>Biscuits* w/honey, oranges, milk</p> <p>Cheese pizza, mixed green salad w/ balsamic vinaigrette, tropical fruit w/pineapple & papaya, milk</p> <p>Tortilla chips* (crackers) with bean dip</p>	<p>26</p> <p>Mini bagels* w/ sunflower butter, bananas, milk</p> <p>Broccoli cheddar soup, turkey sandwiches*, orange wedges, milk</p> <p>Spiced applesauce bread*, apricot halves</p>
<p>29</p> <p>Rice Chex*, Mandarin oranges, Milk</p> <p>Baked Beans w/ Beef, Dinner Rolls* Carrots, Sliced pears, milk.</p> <p>Teddy Grahams, apple,(oranges)</p>	<p>30</p> <p>English Muffins w/ jelly, pears, milk</p> <p>Creole Chicken w/ tomatoes & peppers, brown rice, bananas, milk.</p> <p>String Cheese, Blueberry Banana Bread*.</p>	<p>31</p> <p>Pancakes/ Life Cereal*, Pineapple Tidbits, Milk</p> <p>Baked Cod w/ lemon & herb butter, Macaroni salad, apple wedges (orange), green beans, milk.</p> <p>Cheese Its, sliced peaches</p>	<p>Local products used when possible</p> <p>Canned fruits are juice packed</p>	<p>*Designates Whole Grain Rich</p>

This month in **preschool**
your child will be **learning about...**



CABBAGE

Make it
Eat it!
Love it!

Here are a few fun facts about cabbage to share
with your preschooler:

- It is one of the oldest vegetables that exist
- It is similar to broccoli, cauliflower and Brussel sprouts as they have similar nutrients
- It comes in many different varieties and colors such as yellow, green, and purple
- Eating cabbage is good for our teeth (vitamin C) and good for our tummy (fiber).



Cowabunga Cabbage Slaw

Ingredients Salad:

- 2 cups shredded cabbage
- 1 large carrot, peeled, shredded
- 1/2 Granny Smith apple, shredded
- 1/4 cup raisins
- 1/4 cup shredded, unsweetened coconut
- 1/4 cup sunflower seeds



Directions

1. With a food processor, shred cabbage, carrots, and apple together. If you do not have a food processor, grate by hand. Add to medium bowl.
2. Add raisins, coconut, and sunflower seeds to bowl.
3. Mix all the dressing ingredients in a small bowl. Adjust vinegar as needed.
4. Add dressing to salad bowl and toss.
5. Serve immediately but best if chilled 30 minutes.

Family CHALLENGE

Try a variety of cabbage this month. Instead of eating the typical green cabbage, buy savoy, purple, Napa, or Bok choy. These are varieties that you can typically find at any grocery store or farmers market.

Get your GROOVE on

Before you cook your head of cabbage, get your preschooler on-board in the kitchen with a little game. Use the cabbage head for a variety of fun games that double as exercise! Try under-hand tossing, squats while holding the cabbage between knees, balancing on one leg while holding the cabbage. Then add a hop!

Little helpers



Show them how to cut the cabbage. Then with a small plastic knife, allow them to show you their new-found skills!



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