



June 2021

Orange County CCSA Meals

Harvest of the Month: Summer Squash

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 packed in juice

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Crispy rice, diced pears, milk</p> <p>Beef & rice* scramble, broccoli, mandarin oranges, milk</p> <p>Yogurt, graham crackers</p>	<p>2</p> <p>Pancakes*, oranges, milk</p> <p>Spaghetti* w/cheese & tomatoes, green beans, fruit cup w/cantaloupe & strawberries, milk</p> <p>Garbanzo bean dip, pita wedges*</p>	<p>3</p> <p>Pineapple bran muffin squares*, pear, milk</p> <p>Sweet & sour chicken w/pineapple & peppers, brown rice*, peas, milk</p> <p>Cheez-it's, diced peaches</p>	<p>4</p> <p>Rice chex, bananas, milk</p> <p>Bean & cheese dip, tortilla chips* (saltines), corn, apple wedges (oranges), milk</p> <p>Spiced applesauce muffins*, apricot halves</p>
<p>7</p> <p>Kix*, diced pears, milk</p> <p>Chicken tetrazzini w/spaghetti*, broccoli, mandarin oranges, milk</p> <p>Goldfish crackers*, apples (oranges)</p>	<p>8</p> <p>English muffins* w/jelly, pineapple tidbits, milk</p> <p>Beef & cheese soft tacos*, lettuce/tomato (green beans), sweet potatoes, milk</p> <p>Orange bread*, applesauce</p>	<p>9</p> <p>Waffles*, strawberries, milk</p> <p>Black-eyed peas w/tomatoes, biscuits*, sliced peaches, milk</p> <p>Cheese & crackers, diced pears</p>	<p>10</p> <p>Toasted oats*, mandarin oranges, milk</p> <p>Tuna melts on English muffin*, cucumber coins, banana, milk</p> <p>Animal crackers, sunbutter</p>	<p>11</p> <p>Blueberry banana muffin squares*, pears, milk</p> <p>Arroz con queso (rice* w/beans & cheese), corn, mango, milk</p> <p>Turkey sandwich* (1/2 sandwich)</p>
<p>14</p> <p>Cornflakes, oranges, milk</p> <p>Fagioli bowl (pasta*w/beans, tomatoes & spinach), French bread*, tropical fruit w/pineapple & papaya, milk</p> <p>Chicken salad, crackers</p>	<p>15</p> <p>Crispy rice, diced pears, milk</p> <p>BBQ chicken drumsticks, biscuit*, slaw (cabbage), diced peaches,</p> <p>Cheez-it's*, bananas</p>	<p>16</p> <p>Zucchini muffin squares*, pineapple tidbits, milk</p> <p>Baked cod w/lemon herb sauce, brown rice, green beans, diced pears, milk</p> <p>String cheese, melon wedges</p>	<p>17</p> <p>Bagel* w/cream sunbutter (mini bagel), bananas, milk</p> <p>Cheese quiche, mixed greens salad w/carrots (carrots) [honey French], mandarin oranges, milk</p> <p>Animal crackers, apricot halves</p>	<p>18</p> <p>French toast, applesauce, milk</p> <p>Sloppy joes (beef) on bun*, squash casserole, sliced peaches, milk</p> <p>Granola muffins*, fruit cup w/honeydew & blueberries</p>
<p>21</p> <p>Toasted oats*, oranges, milk</p> <p>Macaroni* & cheese, turnip greens, applesauce, milk</p> <p>Teddy grahams, sunflower butter</p>	<p>22</p> <p>Pancakes*, diced pears, milk</p> <p>Turkey sandwich*, broccoli cheddar soup, apple wedges (oranges), milk</p> <p>Ginger muffin squares*, pineapple tidbits</p>	<p>23</p> <p>Biscuits* w/honey, watermelon wedges, milk</p> <p>Meatloaf (beef), French bread*, mashed potatoes, peas, milk</p> <p>Cheez-it's*, bananas</p>	<p>24</p> <p>Banana-apple muffin squares*, diced peaches</p> <p>Cheese pizza, summer squash salad, mango, milk</p> <p>Tuna salad, mini bagels</p>	<p>25</p> <p>Rice Chex*, bananas, milk</p> <p>Fish filet [tartar sauce], breadsticks*, cabbage, orange wedges, milk</p> <p>Yogurt, homemade granola*</p>
<p>28</p> <p>Kix*, sliced pears, milk</p> <p>Swedish meatballs, breadsticks*, peas, apricots halves, milk</p> <p>Goldfish*, oranges</p>	<p>29</p> <p>Toasted oats*, diced peaches, milk</p> <p>Vegetarian chili w/peppers, tomatoes & beans, cornbread*, apple wedges (oranges), milk</p> <p>String cheese, tropical fruit w/pineapple & papaya</p>	<p>30</p> <p>Oatmeal muffin squares*, pears</p> <p>Chicken fried rice* w/peas & carrots, pineapple tidbits, milk</p> <p>Sweet potato hummus, pita wedges*</p>	<p>Local items used when available</p> <p>* indicates a whole grain product.</p> <p>This is an equal opportunity institution.</p>	

This month in **PRESCHOOL** Your child will be learning about.. **Summer Squash**



*Make it
Eat it!
Love it!*

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

Summer squash comes in a variety of colors, shapes and sizes. We mostly see yellow squash and green zucchinis.

Summer squash plants produce a beautiful yellow flower. This flower can be eaten! Some countries cook this flower into their meals.

The beautiful yellow flower develops into the summer squash that we eat, if pollinated. If there are enough bees around, the summer squash will come from the flower of the plant.

Summer squash grows 1 inch everyday. This vegetable is one of the fastest to grow. Once you see the summer squash on the vine, get ready to harvest soon!



Zucchini Sushi Rolls



- 1-2 zucchinis (each yields 6-8 slices with a peeler)
- 1 carrot, sliced into matchsticks or grated
- 1 small cucumber, sliced into matchsticks
- 2 medium radishes, sliced
- 1/2 avocado, peeled and sliced
- Cilantro, to taste (optional)

***Filling of choice: hummus or cream cheese**

1. Chop the ends off the zucchinis
2. Use a peeler to peel zucchini into long, thin strips
3. Lay zucchini strip flat and add a small spoonful of filling*
4. Add a few of the remaining vegetables on top of the filling
5. Roll up and enjoy!



Family CHALLENGE

Expand your edible landscape and grow summer squash in your front yard as a bush or a flower! This plant produces beautiful big green leaves and yellow flowers that is ideal for any space. No garden necessary!

Write your own challenge: _____

Get your GROOVE On

Start a family physical activity challenge with another family. See which family exercises for 30 minutes a day the most days in a month. Each person gets a sticker for every active day. At the end of the month count up the stickers and see which family comes out on top.

Little helpers

Summer squash are great vegetables to allow your preschooler to practice their knife skills with. They're easy to grip and somewhat soft, making them ideal. Other ways a 4 years old can help out is by peeling fruits, setting the table, cracking eggs, measuring ingredients and helping make sandwiches and salads.



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