



June 2024

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>* Indicates a whole grain product.</p>				
<p>This is an equal opportunity institution</p>				
<p>3</p> <p>Kix*, diced pears, milk</p> <p>Chicken tetrazzini w/spaghetti*, broccoli, mandarin oranges, milk</p> <p>Cheese-its*, apples (oranges)</p>	<p>4</p> <p>English muffins* w/jelly, pineapple tidbits, milk</p> <p>Beef Stroganoff w/ egg noodles*, corn, mango, milk.</p> <p>Homemade Chex Mix*, bananas.</p>	<p>5</p> <p>Waffles*/Life cereal, strawberries, milk</p> <p>Black-eyed peas w/tomatoes, biscuits*, sliced peaches, milk</p> <p>String cheese, fruit cup w/ melon, strawberry & pineapple</p>	<p>6</p> <p>Toasted oats*, mandarin oranges, milk</p> <p>Tuna Cakes, slider bun*, cucumber coins, banana, milk</p> <p>Teddy Grahams, sun butter, applesauce</p>	<p>7</p> <p>Applesauce muffin squares*, pears, milk</p> <p>Sweet & sour chicken w/pineapple & peppers, brown rice*, peas, milk</p> <p>Turkey sandwich* (1/2 sandwich)</p>
<p>10</p> <p>Cornflakes, oranges, milk</p> <p>Bean & Cheese soft Tacos*, lettuce/salsa (cooked veggie) tropical fruit w/pineapple & papaya, milk.</p> <p>Chicken salad, crackers</p>	<p>11</p> <p>English Muffins*, jelly diced pears, milk.</p> <p>Baked chicken drumsticks, biscuits*, slaw (cabbage), diced peaches,</p> <p>Cheez-it's*, bananas.</p>	<p>12</p> <p>Banana muffin squares*, apples (pears), milk</p> <p>Baked cod w/lemon & herb sauce, dinner roll*, green beans, sliced pears, milk.</p> <p>String cheese and melon wedges.</p>	<p>13</p> <p>Mini bagel* sun butter, bananas, milk</p> <p>Cheese quiche, mixed greens salad w/carrots (cooked veggie) [French], mandarin oranges, milk</p> <p>Graham crackers, apricot halves</p>	<p>14</p> <p>French toast/Kix*, applesauce, milk</p> <p>Sloppy joes (beef) on slider bun*, summer squash salad, sliced peaches, milk</p> <p>Homemade Chex Mix*, fruit cup w/melon, strawberries & pineapple</p>
<p>17</p> <p>English Muffins, jelly, diced peaches.</p> <p>Macaroni & Cheese*, carrots, pineapple tidbits, milk.</p> <p>Yogurt, granola*, oranges</p>	<p>18</p> <p>Pancakes*/corn Chex*, diced pears, milk</p> <p>Turkey sandwich*, broccoli cheddar soup, apple wedges (oranges), milk</p> <p>Goldfish*, mandarin oranges.</p>	<p>19</p> <p style="text-align: center;">CCSA KITCHENS CLOSED FOR JUNETEETH HOLIDAY</p>	<p>20</p> <p>Biscuits*, honey, pears.</p> <p>Cheese pizza, mixed greens salad w/carrots (cooked veggie) [honey French] mango, milk</p> <p>Tuna salad, mini bagels</p>	<p>21</p> <p>Rice Chex*, bananas, milk</p> <p>Fish filet [ketchup], slider bun*, cabbage, orange wedges, milk.</p> <p>Yogurt, homemade granola* apples (pears)</p>
<p>24</p> <p>Kix*, sliced pears, milk</p> <p>Swedish meatballs, French bread*, peas, apricots halves, milk</p> <p>Goldfish*, oranges</p>	<p>25</p> <p>Toasted oats*, diced peaches, milk</p> <p>Vegetarian chili w/peppers, tomatoes, hush puppies*, apple wedges (oranges), milk</p> <p>String cheese, tropical fruit w/pineapple & papaya</p>	<p>26</p> <p>Oatmeal muffin squares*, pears</p> <p>Creole Chicken w/ rice, pineapple tidbits, milk</p> <p>Sweet potato hummus, pita wedges*</p>	<p>27</p> <p>Crispy rice, bananas, milk</p> <p>Beef & rice* scramble, broccoli, mandarin oranges, milk.</p> <p>Yogurt, graham crackers</p>	<p>28 MIYAH OFF</p> <p>Pancakes*/toasted oats*, oranges, milk</p> <p>Baked Penne* w/cheese & tomatoes, green beans, fruit cup w/cantaloupe & strawberries, milk.</p> <p>Garbanzo bean dip, pita wedges*</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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