




May 2021
Orange County
Harvest of the Month: Strawberries

Canned fruits are juice packed.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cornflakes, diced pears, milk</p> <p>Vegetarian chili w/beans, hush puppies, mango, milk</p> <p>Goldfish crackers*, oranges</p>	<p>4</p> <p>Biscuits* w/jelly, pineapple tidbits, milk</p> <p>Chicken salad, pretzel rolls, Gala apple wedges (oranges), lentil soup, milk</p> <p>Animal crackers, apricot halves</p>	<p>5</p> <p>French toast, applesauce, milk</p> <p>Spaghetti* w/meat sauce & tomatoes, green beans, French bread*, milk</p> <p>Graham crackers w/ sunflower seed butter, bananas</p>	<p>6</p> <p>Orange muffin squares* diced peaches, milk</p> <p>New Orleans red beans, brown rice*, corn, fruit cup w/ NC strawberries & cantaloupe, milk</p> <p>Yogurt with homemade granola*</p>	<p>7</p> <p>Kix*, bananas, milk</p> <p>Old Bay baked cod, breadsticks*, turnip greens, mandarin oranges, milk</p> <p>String cheese, apples (pears)</p>
<p>10</p> <p>Toasted oats*, pineapple tidbits, milk</p> <p>String cheese, black-eyed peas, biscuits*, corn, diced peaches, milk</p> <p>Animal crackers, pears</p>	<p>11</p> <p>Bagels* (mini bagels) w/cream cheese, applesauce, milk</p> <p>Baked beans w/beef, French bread*, roasted potato wedges, orange wedges, milk</p> <p>Applesauce muffin squares*, diced pears</p>	<p>12</p> <p>Pancakes*, mandarin oranges, milk</p> <p>Cheese quiche, fruit cup w/NC strawberries & grapes, pickled beets, milk</p> <p>String cheese, homemade chex mix</p>	<p>13</p> <p>Oatmeal muffin squares*, oranges, milk</p> <p>Macaroni* & tuna salad, roasted baby carrots, baked apples, milk</p> <p>Cheese and crackers</p>	<p>14</p> <p>Special K original, bananas, milk</p> <p>Turkey tamale pie w/cornmeal* crust, raw broccoli[ranch] (broccoli), mango, milk</p> <p>Granola muffin squares*, diced pears</p>
<p>17</p> <p>Corn Chex*, diced peaches, milk</p> <p>Pimento cheese, pretzel rolls, peas, carrots, milk</p> <p>Graham crackers, sunbutter, oranges</p>	<p>18</p> <p>Biscuits* w/honey, pineapple tidbits, milk</p> <p>Sweet & sour meatballs, brown rice*, green beans, applesauce, milk</p> <p>Goldfish crackers*, bananas</p>	<p>19</p> <p>Kix, pears, milk</p> <p>Fish & cheese soft tacos*, lettuce/tomato (green beans), corn, milk</p> <p>Strawberry-banana muffin squares, mandarin oranges</p>	<p>20</p> <p>Waffles*, bananas, milk</p> <p>Macaroni* & cheese, collard greens, diced peaches, milk</p> <p>Cheez-its, melon wedges</p>	<p>21</p> <p>Corn muffins*, pears, milk</p> <p>BBQ chicken sandwiches*, lima beans, potato wedges, milk</p> <p>Ranch cheese dip, wheat thins* (pita wedges*)</p>
<p>24</p> <p>Bran flakes*, pineapple tidbits, milk</p> <p>Beef-a-roni* w/tomatoes, French bread*, broccoli, milk</p> <p>String cheese, apples (pears)</p>	<p>25</p> <p>English muffins* w/jelly, applesauce, milk</p> <p>Breaded fish filet sandwich*, [ketchup], corn, sliced pears, milk</p> <p>Animal crackers, oranges</p>	<p>26</p> <p>French toast, apricot halves, milk</p> <p>Bean & cheese quesadillas*, carrots, tropical fruit w/papaya & pineapple, milk</p> <p>Zucchini bread*, bananas</p>	<p>27</p> <p>Vanilla yogurt, granola*, NC strawberries, milk</p> <p>Chicken & noodles*, mandarin oranges, peas, milk</p> <p>Black bean salsa, tortilla chips* (crackers)</p>	<p>28</p> <p>Lemon poppy muffin squares*, diced peaches, milk</p> <p>Cheese pizza, 3 bean salad, mixed greens salad w/arugula [honey French] (cabbage), milk, milk</p> <p>Graham crackers, sunbutter, melon wedges</p>
<p>31</p> <p align="center">Closed for Memorial Day</p> <p align="center"></p>		<p align="center">* designates whole grain rich products</p>	<p align="center">Local items used whenever possible</p>	<p align="center">This is an equal opportunity institution</p>

This month in
PRESCHOOL



your child will be learning about...

Strawberries

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

- There are **200 seeds** on an average strawberry!
- Strawberries are a sign of spring as they are the first fruit.
- Since strawberries have lots of vitamin C, they help keep our heart, skin and body healthy.
- Strawberries are a healthy snack that will help us run fast, jump high and play hard!



Make it
Eat it!
Love it!



Razzle
Dazzle
Berry Parfait

4 cups plain or vanilla yogurt
4 cups fresh berries or chopped fruit
1 cup granola

Directions

1. Put 1/2 cup yogurt in a bowl.
2. Top with 1/2 cup fruit. Repeat steps 1 and 2.
3. Top with 1/4 cup granola and enjoy!

Family CHALLENGE

Break the Fast

Breakfast is important for your preschooler as it helps fuel their fun and give them brain power to learn at school.

Try this super cute oatmeal idea:



Get your GROOVE on

Visit a Pick-Your-Own strawberry farm!!

Grab your boots and buckets and go pick strawberries early May. Showing your preschooler how food grows and allowing them to eat juicy strawberries at their peak freshness will be an experience they will always remember.

Little helpers

Strawberries are a great fruit to learn knife skills with. With your hand over your child's hand, show them how to use a plastic knife to slice the strawberry.



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