





## May 2021

### Orange County

### Harvest of the Month: Strawberries

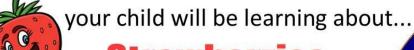
Canned fruits are juice packed.

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

### This month in

## **PRESCHOOL**





## **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 Parfaít

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 GR

### **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:



# GROOVE or

### 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.



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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