




Orange County November 2023

Harvest of the Month: Cauliflower

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

This is an equal opportunity institution

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| | | 1 French toast, applesauce, milk Black Eyed Peas w/ tomatoes, brown rice*, apple wedges (oranges), milk Cheese sandwich* (1/2 sandwich) | 2 Mini Bagel w/sun butter, mandarin oranges, milk Chicken tetrazzini*, broccoli, mango, milk Homemade chex mix diced pears | 3 Oatmeal muffin square*, sliced peaches, milk Beef & cheese soft tacos*, lettuce/salsa (cabbage), bananas, milk Teddy Grahams*, tropical fruit salad w/papaya & pineapple |
| 6 Cornflakes, diced pears, milk Chicken salad, ww bread*, peas, pineapple tidbits, milk Cheez-it's*, oranges | 7 Pancakes*, applesauce, milk Cheese quiche, mixed greens salad w/carrots [honey French] (spinach), orange wedges, milk Lemon poppy muffins*, sliced pears. | 8 Mini bagels w/cream cheese, apricot halves, milk Beef -a-roni* w/tomatoes, cauliflower , French bread*, milk String cheese, apples (pears) | 9 Toasted oats*, applesauce, milk Tuna cakes, Slider buns* slaw (cabbage), mandarin oranges, milk Graham Crackers*, bananas | 10  |
| 13 Crispy rice, diced peaches, milk Chicken & Noodles, carrots, pineapple tidbits, milk Yogurt w/ homemade granola* | 14 Biscuits* w/honey, tropical fruit w/pineapple & papaya, milk Macaroni & Tuna Casserole green beans, mandarin oranges, milk Banana muffin squares*, apples (pears) | 15 Waffles*, diced pears, milk Cheese pizza, 3 bean salad, apple wedges (oranges), milk Bean dip, corn tortilla chips* (crackers) | 16 Applesauce Muffins*, sliced peaches, milk Turkey sandwiches w/ WW bread*, cauliflower cheddar soup, mandarin oranges, milk Cheese its*, melon wedges | 17 Corn Chex*, bananas, milk Beef Stroganoff w/ egg noodles*, corn, fresh fruit cup w/strawberries, pineapple and cantaloupe, milk American cheese and crackers |
| 20 Life original*, oranges, milk Sloppy Joes (beef), on slider buns*, peas, potato salad, milk Butter Crackers, sliced pears | 21 Yogurt, sliced peaches, milk Turkey w/gravy, stuffing, green beans, applesauce, cranberry sauce, milk Graham crackers, sunbutter, bananas | 22 English muffins* w/jelly, apricot halves, milk Breaded Fish Filet, turnip greens, apple wedges (oranges), dinner rolls*, milk Teddy grahams, diced pears | 23 Closed for Thanksgiving  | 24 Closed for Thanksgiving  |
| 27 Bran Flakes*, diced peaches, milk Vegetarian chili w/ beans, peppers & tomatoes, baked sweet potatoes , hush puppies*, milk String cheese, pears | 28 French toast*, pineapple tidbits, milk Sweet & sour meatballs, brown rice*, peas, applesauce, milk Pumpkin bread*, bananas | 29 Rice Chex*, diced peaches, milk Black Bean & cheese dip, tortilla chips* (crackers), carrots, pineapple tidbits, milk Goldfish*, pears | 30 Biscuits* w/honey, diced pears, milk Mini Bagels* w/ tuna salad, potato wedges, peas, milk Banana muffin squares*, oranges | *designates whole grain rich Local products used as highlighted and whenever possible |

This month in **PRESCHOOL**

Your child will be learning about..

Cauliflower

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

- **Cauliflower** is usually white but come in other colors such as **orange**, **purple**, and **green**. The **green** cauliflower is a cross between broccoli and cauliflower
- **Cauliflower** is very high in vitamin C, which helps the body fight infections.
- Fresh **cauliflower** is available year round, but is often cheaper and fresher when harvested locally late summer or fall.
- **Cauliflower** can be nature's toothbrush when eaten raw. The hard textures of the vegetables clean the teeth while eating.



Make it
Eat it!
Love it!

Fiesta Cauliflower "rice" Salad

Ingredients

- 1 head cauliflower
- 1 large tomato, diced
- 3 green onions, sliced
- 1/3 cup corn kernels
- 1 large handful cilantro, chopped
- 3 tablespoons olive oil
- 1/2 lime, juiced
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1 teaspoon cumin



Directions

1. Wash and dry the cauliflower and cut into chunks.
2. Use a food processor or grater to reduce down to "rice" sized pieces.
3. Mix in all other ingredients until well combined.

Family **CHALLENGE**

1. Fill half your plate with fruits & veggies!
2. Eat at least one fruit and one vegetable from each color

Write your own challenge: _____

FEEL THE **GROOVE**

Cauliflower Prints

Slice cauliflower florets and paint them with different colors and make prints on paper. The prints look like trees if you paint them green and are ideal for making cards or murals.



Teach your preschoolers the variety of ways cauliflower can be eaten and let them decide what they like!

Do a taste test with:

Steamed

Roasted

Raw



Public Health

100 Years of Service • 1913-2013

Durham County Department of Public Health Nutrition Division (919) 560-7837. This material was funded by the SNAP-Ed Nutrition Education and Obesity Prevention Grant Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer. SNAP, or Food and Nutrition Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (919) 560-8000.