



June 2022

Durham County CCSA Meals

Harvest of the Month: Summer Squash

Unflavored whole milk must be served to 1-year old's; 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 |
|--|---|--|--|--|
| | | 1 Biscuit, mixed fruit (watermelon, kiwi, pear), milk Black Eyed peas w/ tomatoes, breadsticks* fruit cup w/cantaloupe & strawberries , milk Sun butter & jelly sandwich* | 2 Cheese Grits, blackberry, milk Beef Stroganoff, brown rice, peas, milk Ham & Cheese Sandwich | 3 Bread Pudding*, bananas, milk Bean & cheese dip, tortilla chips* (saltines), corn, apple wedges (oranges), milk French Bread* turkey pepperoni pizza |
| 6 Cheerios, strawberries milk Sweet & Sour Chicken w/ Pineapple, brown rice, broccoli, milk Goldfish crackers*, applesauce | 7 Corn Fritters*, pineapple, milk Beef & cheese soft tacos*, lettuce/tomato (green beans), sweet potatoes , milk Veg./fruit (spinach, tomato) orzo pasta, wheat crackers* | 8 Toast* apple butter, milk Baked Spaghetti w/ cheese & w/tomatoes, French bread*, sliced peaches, milk Cheese, mango | 9 Cheese Toast*, mandarin oranges, milk Tuna melts on English muffin*, cucumber coins , banana, milk Animal crackers, plums | 10 Lemon, blueberry muffin squares*, milk Arroz con queso (rice* w/beans & cheese), corn, mango, milk Frozen Banana Sunflower Pop |
| 13 Cornflakes, oranges, milk Fagioli bowl (pasta*w/beans, tomatoes & spinach), French bread*, tropical fruit w/pineapple & papaya, milk Egg salad, crackers* | 14 Bagel, vegetable cream cheese, honey dew, milk BBQ chicken drumsticks, biscuit*, slaw (cabbage), diced peaches, Guacamole, pita | 15 Sweet Potato Pancake, kiwi milk Baked cod w/lemon herb sauce, brown rice, green beans, diced pears, milk String cheese, cantaloupe | 16 Turkey Sausage, apple (apple) milk Cheese quiche, mixed greens salad w/carrots (carrots) [honey French], mandarin oranges, milk Cucumber salad, ½ toast* | 17 Waffle, mixed berry compote milk Sloppy joes (beef) on slider bun*, squash casserole , sliced peaches, milk Banana smoothie, animal cracker |
| 20 Life cereal, grape, (blueberry) milk Macaroni* & cheese, turnip greens, applesauce, milk Apples, sunflower butter | 21 Egg bomb, pears(pears), milk Turkey sandwich*, cauliflower cheddar soup, apple wedges (oranges), milk Oven fried okra, ranch cracker | 22 Biscuits* w/honey, watermelon wedges, milk Meatloaf (beef) , French bread*, mashed potatoes, peas, milk Baba ghanoush, Pita | 23 Oatmeal, peaches, milk Cheese pizza, summer squash salad , mango, milk Ants on a log (soft celery, soy butter, raisins) | 24 Boiled Egg, Toast*, strawberries, milk Fish filet [tartar sauce], breadsticks*, cabbage , orange wedges, milk Tortilla(tortilla)*, cheese dip |
| 27 Grits, cantaloupe, milk Swedish meatballs, breadsticks*, peas, apricots halves, milk Corn bread, butter, milk | 28 Rice Pudding, pears (pears)milk Vegetarian chili w/peppers, tomatoes & beans, cornbread*, apple wedges (oranges), milk String cheese, papaya | 29 Oatmeal muffins, banana Chicken fried rice* w/peas & carrots, pineapple tidbits, milk Roasted pepper hummus, carrots(carrots) | 30 Cooked apples, pork sausage, milk Tuna Salad, Slider Buns*, Corn, bananas. Graham Cracker, cream cheese | Local items used when available * Indicates a whole grain product. This is an equal opportunity institution. |

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* onto one of the ends
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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