











December 2023

Durham County CCSA Meals

Harvest of the Month: Beets

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 juice packed
This is an equal opportunity institution

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Designates Whole Grain Rich</p>	<p>Local products used when available</p>			<p>1 Mini Bagels* w/ cream cheese, diced peaches, milk</p> <p>Creole chicken w/peppers & tomatoes, brown rice*, green beans, milk</p> <p>Cheese cubes, apples (pears)</p>
<p>4</p> <p>Toasted oats*, diced peaches, milk</p> <p>Homemade cheese pizza, carrot salad w/raisins (carrots), pineapple tidbits, milk</p> <p>Homemade Chex mix, oranges</p>	<p>5</p> <p>Waffles* applesauce, milk</p> <p>New Orleans red beans & rice*, corn & pepper salad, fruit cup w/strawberries & melon, milk</p> <p>Sliced turkey sandwich* (1/2 sand)</p>	<p>6</p> <p>Corn chex*, diced pears, milk</p> <p>Baked Flounder filet w/ parmesan topping, breadsticks, apple wedges (oranges), peas, milk</p> <p>Ginger muffin squares*, bananas</p>	<p>7</p> <p>Mini bagels w/cream cheese, applesauce, milk</p> <p>Baked chicken drumsticks, Dinner rolls*, lima beans, tropical fruit w/pineapple & papaya, milk</p> <p>String cheese, oranges</p>	<p>8</p> <p>Oatmeal muffin squares*, bananas, milk</p> <p>Beef & cheese tacos*, lettuce/tomato (cabbage), carrots, milk</p> <p>Garbanzo bean dip, pita wedges*</p>
<p>11</p> <p>Life original*, apples (pears), milk</p> <p>Breaded fish filet sandwiches, slider buns*, slaw (cabbage), orange wedges, milk</p> <p>Graham crackers, sunflower butter, applesauce</p>	<p>12</p> <p>Pancakes*, apricot halves, milk</p> <p>Beef con Queso, tortilla chips, (saltines), corn, mango, milk</p> <p>Cheez-its, bananas</p>	<p>13</p> <p>English muffins* w/jelly, sliced peaches, milk</p> <p>Turkey & cheese sandwiches*, pumpkin soup, potato wedges, milk</p> <p>Cranberry banana muffin squares*, oranges</p>	<p>14</p> <p>Vanilla yogurt, bananas, milk</p> <p>Beef-a-roni* w/tomatoes, corn, wheat roll* milk</p> <p>Animal crackers, melon wedges</p>	<p>15</p> <p>Cornflakes, sliced pears, milk</p> <p>Baked spaghetti* w/cheese & tomatoes, mixed greens salad w/carrots (cabbage) [honey French], French bread*, milk</p> <p>Homemade chex mix, Clementines</p>
<p>18</p> <p>Crispy rice, pears, milk</p> <p>Chicken salad, ww bread*, vegetable soup w/cauliflower, cabbage & tomatoes, mango, milk</p> <p>Wheat Crackers (saltines), American cheese</p>	<p>19</p> <p>Biscuits* w/honey, diced peaches, milk</p> <p>Cheese quiche, cucumber coins, orange wedges, milk</p> <p>Goldfish crackers*, pineapple tidbits</p>	<p>20</p> <p> WINTER BREAK NO SCHOOL!</p>	<p>21</p> <p> WINTER BREAK NO SCHOOL!</p>	<p>22</p> <p> WINTER BREAK NO SCHOOL!</p>
<p>25</p> <p> WINTER BREAK NO SCHOOL!</p>	<p>26</p> <p> WINTER BREAK NO SCHOOL!</p>	<p>27</p> <p> WINTER BREAK NO SCHOOL!</p>	<p>28</p> <p> WINTER BREAK NO SCHOOL!</p>	<p>29</p> <p> WINTER BREAK NO SCHOOL!</p>

our hearts BEET for healthy food

Beet Facts



- The beet was initially cultivated around 2,000 BC in the Mediterranean region.
- When harvested, the entirety of the plant is edible, from the tips of its leaves, down to its long pointed root.
- The biggest beet in the world was grown by a Dutchman. It weighed over 156 pounds

Beet Pancakes

Ingredients

- ½ cup whole wheat flour
- ½ cup white flour
- 1 ¾ tsp baking powder
- 1 ½ tbsp sugar
- ½ tsp salt
- ¼ tsp ground nutmeg
- ½ cup pureed beets
- 1 egg, beaten
- ¾ cup milk
- 2 tbsp vegetable oil



DIRECTIONS

1. Place beets in a pot of boiling water, and cook until tender, about 15-20 minutes. Drain and puree until smooth.
2. In a medium bowl, sift together flours, baking powder, sugar, salt, & nutmeg.
3. In a separate bowl, mix pureed beets, eggs, milk and butter.
4. Blend beet mixture into the flour mixture to form a batter.
5. Preheat a lightly greased griddle over medium-high heat and drop heaping tablespoons. Cook until golden brown, turning once with a spatula when the surface begins to bubble.
7. Serve with syrup or top with fruit.

Beet Dye: A Tea Towel Makeover



1. When making a beets recipe cut the tops off the beets and save them.
2. Lay out a white tea towel on a flat surface.
3. Use the top of the beet to stamp out a pattern on the tea towel.
4. You can use black ink to add more detail.
5. Hang towel to dry.