




# April 2024

## Durham County CCSA Meals Harvest of the Month: Radishes



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 	<b>2</b> Corn Chex*, pears, milk  Macaroni* & Cheese, Sliced Peaches, Oven Roasted Sweet Potatoes, milk.  Goldfish Crackers*, Bananas.	<b>3</b> Biscuits* w/honey, diced peaches, milk  Sweet & sour chicken w/peppers & pineapple, brown rice*, Broccoli, milk  Peach muffin squares*, Apples (oranges)	<b>4</b> French Toast/Life Cereal, Mandarin Oranges, milk.  Beef con Queso tortilla chips* (crackers), corn, apple wedges (oranges), milk.  Yogurt w/ Granola, Apricot Halves	<b>5</b> Banana muffin squares*, pineapple tidbits, milk.  Tuna Salad, Slider Buns, Peas, Applesauce, Milk.  Graham Crackers, Sun butter, Bananas.
<b>8</b> Rice Chex*, pineapple tidbits, milk,  Bean & cheese soft tacos*, lettuce & salsa (broccoli), diced pears, milk.  Homemade Chex mix, oranges	<b>9</b> Bagels* (mini bagels) w/jelly, apricot halves, milk  Sweet & Sour meatballs, brown rice*, peas, applesauce, milk  Granola muffin squares*, fresh pears	<b>10</b> Pancakes*/cornflakes, applesauce, milk.  Tuna Cakes Whole Grain Slider Buns*, Three Bean Salad, mandarin oranges, milk.  Bananas, yogurt	<b>11</b> Applesauce Muffins*, diced peaches, milk  Baked spaghetti* w/cheese & tomatoes, Mixed Green Salad w/French Dressing., milk.  String Cheese, Fruit Cup w/ Melon, Strawberries & Pineapple.	<b>12</b> Cornflakes, bananas, milk Baked Chicken Drumsticks, biscuits*, green beans, potato salad, milk.  Sweet potato hummus, pita wedges*
<b>15</b> Bran flakes*, mandarin oranges, milk  Cheese Quiche*, collard greens, tropical fruit w/pineapple & papaya, milk  String cheese, apples (pears)	<b>16</b> Biscuits* w/honey, diced peaches, milk  Creole Chicken w/peppers & Tomatoes, brown rice*, Lima Beans, milk.  Spiced applesauce muffin squares*, oranges	<b>17</b> French toast/crispy rice, pineapple tidbits, milk  Spanish rice* w/beef, peas, diced pears, milk  Homemade chex mix, bananas	<b>18</b> Oatmeal muffin squares*, Fruit Cup w/ Melon & sliced grapes, milk  Black Bean, Cheese & Tortilla* Casserole, Carrots, Orange Wedges, milk  Garbanzo bean dip with Pita Wedges*	<b>19</b> Kix*, bananas, milk  Fish filets [ketchup], Whole Grain Slider Buns*, green beans, diced peaches, milk.  Animal crackers, applesauce
<b>22</b> Rice chex*, oranges, milk  Sloppy joes (beef), Whole Grain Slider bun*, potato Nuggets, mango, milk  Yogurt w/homemade granola*	<b>23</b> Toasted oats*, pineapple tidbits, milk  Brunch for Lunch: Turkey Sausage, Biscuits, Baked Beans, bananas, milk  Tortilla chips (Saltines), Salsa, Guacamole	<b>24</b> Lemon poppy seed muffin squares*, Diced Peaches, milk  Chicken tetrazzini with spaghetti*, broccoli, fresh fruit cup w/ strawberries & pineapple, milk  Sliced Cheese, Wheat crackers (Saltines)	<b>25</b> Cornflakes, diced pears, milk  Tuna salad, mini bagels, corn, Bananas, milk  Blueberry banana muffins*, apples (pears)	<b>26</b> Biscuits* w/ Jelly, melon wedges, milk  Cheese pizza, carrot & raisin salad (carrots), pineapple tidbits, milk  Sliced turkey sandwiches* (1/2 sandwich)
<b>29</b> Kix*, pineapple tidbits, milk  Baked spaghetti* w/Beef & tomato sauce, broccoli, French bread*, milk  Cheez-its, oranges	<b>30</b> Crispy rice, diced peaches, milk  Chicken breast Whole Grain Slider bun*, slaw (cabbage), Apricot Halves, milk  Cheese cubes, melon wedges	<p style="text-align: center;"><b>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.</b></p> <p style="text-align: center;"><b>Canned fruits are packed in juice</b></p>		

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This month in **preschool**  
your child will be **learning about...**



# Radish



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

- Similar to potatoes and carrots, radishes are root vegetable that grow underneath the ground.
- They come in lots of different colors such as red, white, pink, purple, yellow and striped!
- Eating radishes can keep us from getting sick and helps our skin heal because they have lots of vitamin C.

Make it  
**Eat it!**  
Love it!



Strawberry  
Radish Salsa

## INGREDIENTS

- |                       |                         |
|-----------------------|-------------------------|
| 1 cup of radishes     | 1/2 teaspoon cumin      |
| 1 cup of strawberries | 1/2 teaspoon salt       |
| 5 sprigs of cilantro  | 1/2 teaspoon pepper     |
| 2 spring onions       | 1 Tablespoon lime juice |

## Directions

1. Grate the radishes, or chop into small pieces.
2. Finely chop the strawberries, cilantro and spring onions.
3. Mix all the ingredients together in a bowl. It tastes better as the tastes blend after 10 minutes
4. Serve with chips!

## Family CHALLENGE

**READ: Rah, Rah, Radishes!**  
& play tug of war!

Give children the experience of pulling the radishes out of the ground! Tie a rope to a laundry basket filled with heavy items and let them try to pull the basket across the floor.

## Get your GROOVE on

**Grow Radish at Home**  
Take your radish tops from the strawberry salsa and put toothpicks through it in a criss-cross pattern. Place your radish in a glass of water, ensuring the radish is slightly under the water, while the toothpicks hold the rim of the glass. Once you see little roots growing, plant the radish in soil!

## Little helpers



Let them help wash the radish with water and a clean towel.



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