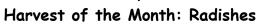


April 2024

Durham County CCSA Meals





Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Corn Chex*, pears, milk Macaroni* & Cheese, Sliced	Biscuits* w/honey, diced peaches, milk	French Toast/Life Cereal, Mandarin Oranges, milk.	Banana muffin squares*, pineapple tidbits, milk.
NO SCHOOL	Peaches, Oven Roasted Sweet Potatoes, milk.	Sweet & sour chicken w/peppers & pineapple, brown rice*, Broccoli, milk	Beef con Queso tortilla chips* (crackers), corn, apple wedges (oranges),	Tuna Salad, Slider Buns, Peas, Applesauce, Milk.
SCHOOL SPRING BREAK	Goldfish Crackers*, Bananas.	Peach muffin squares*, Apples (oranges)	milk. Yogurt w/ Granola, Apricot Halves	Graham Crackers, Sun butter, Bananas.
8 B'a a Oh a a thaile a a a a la	9	10	11	12
Rice Chex*, pineapple tidbits, milk,	Bagels* (mini bagels) w/jelly, apricot halves, milk	Pancakes*/cornflakes, applesauce, milk.	Applesauce Muffins*, diced peaches, milk	Cornflakes, bananas, milk
Bean & cheese soft tacos*, lettuce & salsa (broccoli), diced pears, milk. Homemade Chex mix,	Sweet & Sour meatballs, brown rice*, peas, applesauce, milk	Tuna Cakes Whole Grain Slider Buns*, Three Bean Salad, mandarin oranges, milk.	Baked spaghetti* w/cheese & tomatoes, Mixed Green Salad w/French Dressing., milk.	Baked Chicken Drumsticks, biscuits*, green beans, potato salad, milk.
oranges	Granola muffin squares*, fresh pears	Bananas, yogurt	String Cheese, Fruit Cup w/ Melon, Strawberries & Pineapple.	Sweet potato hummus, pita wedges*
15	16	17	18	19
Bran flakes*, mandarin oranges, milk	Biscuits* w/honey, diced peaches, milk	French toast/crispy rice, pineapple tidbits, milk	Oatmeal muffin squares*, Fruit Cup w/ Melon & sliced grapes, milk	Kix*, bananas, milk
Cheese Quiche*, collard greens, tropical fruit w/pineapple & papaya, milk	Creole Chicken w/peppers & Tomatoes, brown rice*, Lima Beans, milk.	Spanish rice* w/beef, peas, diced pears, milk	Black Bean, Cheese & Tortilla* Casserole, Carrots, Orange Wedges,	Fish filets [ketchup], Whole Grain Slider Buns*, green beans, diced peaches, milk.
String cheese, apples (pears)	Spiced applesauce muffin squares*, oranges	Homemade chex mix, bananas	milk Garbanzo bean dip with Pita Wedges*	Animal crackers, applesauce
22	23	24	25	26
Rice chex*, oranges, milk	Toasted oats*, pineapple tidbits, milk	Lemon poppy seed muffin squares*, Diced Peaches, milk	Cornflakes, diced pears, milk	Biscuits* w/ Jelly, melon wedges, milk
Sloppy joes (beef), Whole Grain Slider bun*, potato Nuggets, mango, milk	Brunch for Lunch: Turkey Sausage, Biscuits, Baked Beans, bananas, milk	Chicken tetrazzini with spaghetti*, broccoli, fresh fruit cup w/ strawberries &	Tuna salad, mini bagels, corn, Bananas, milk	Cheese pizza, carrot & raisin salad (carrots), pineapple tidbits, milk
Yogurt w/homemade granola*	Tortilla chips (Saltines), Salsa, Guacamole	pineapple, milk Sliced Cheese, Wheat crackers (Saltines)	Blueberry banana muffins*, apples (pears)	Sliced turkey sandwiches* (1/2 sandwich)
29	30	Gracines (Gaillies)		
Kix*,pineapple tidbits, milk	Crispy rice, diced peaches, milk	Unflavored whole milk must be served to 1-year olds; unflavored low-fat or		
Baked spaghetti* w/Beef & tomato sauce, broccoli, French bread*, milk	Chicken breast Whole Grain Slider bun*, slaw (cabbage), Apricot Halves, milk	fat-free milk must be served to children 2 through 5 years old.		
Cheez-its, oranges	Cheese cubes, melon wedges	Canned fruits are packed in juice		
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This month in preschool

www.dineforlife.org

your child will be learning about...

Radish

Make it Eat it! Love it!

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.



Strawberry Radísh Salsa

INGREDIENTS

- 1 cup of radishes
- 1 cup of strawberries
- 5 sprias of cilantro
- 2 spring onions
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 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
- 4. Serve with chips!

Family

Get your

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.

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!





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



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