



April 2022 CCSA Meals

Harvest of the Month: Radishes

Local products used when available

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* designates whole grain rich products</p>	<p>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</p> <p>Canned fruits are juice packed</p>	<p>YE & BG Meals For 4-15</p> <p>Life Cereal* Sliced Pears</p> <p>Tuna Salad, Mini Bagels*, Pickled Beets, Applesauce</p> <p>Oranges, Cheez-Its</p>		<p>1</p> <p>Crispy rice, bananas, milk</p> <p>Fish filet sandwiches* [tartar sauce], mandarin oranges, cabbage, milk</p> <p>Banana muffin squares*, pineapple tidbits</p>
<p>4</p> <p>Kix*, diced pears, milk</p> <p>Minestrone soup w/ tomatoes, carrots & beans, pretzel rolls*, sun butter, diced peaches, milk</p> <p>Goldfish crackers*, oranges</p>	<p>5</p> <p>Bagels* (mini bagels) w/jelly, apricot halves, milk</p> <p>Hawaiian meatballs, brown rice*, peas, applesauce, milk</p> <p>Granola muffin squares*, fresh pears</p>	<p>6</p> <p>Pancakes*/corn chex*, pineapple tidbits, milk,</p> <p>Baked Cod w/ Lemon Herb sauce, breadsticks*, carrots, mandarin oranges, milk</p> <p>Bananas, yogurt</p>	<p>7</p> <p>Hardboiled eggs, wheat bread*, diced peaches, milk</p> <p>Arroz con queso (rice* w/beans & cheese), corn, apple wedges (oranges), milk</p> <p>Crackers with chicken salad</p>	<p>8</p> <p>Cornflakes, bananas, milk</p> <p>BBQ chicken drumsticks, biscuits*, green beans, potato salad, milk</p> <p>Sweet potato hummus, pita wedges*</p>
<p>11</p> <p>Bran flakes*, mandarin oranges, milk</p> <p>Southwest Beef & Rice Skillet w/tomatoes* sliced pears, milk</p> <p>Homemade chex mix, Apples, (pears)</p>	<p>12</p> <p>Biscuits* w/honey, diced peaches, milk</p> <p>Lasagna Primavera w/mixed vegetables & tomatoes, French bread*, apricot halves, milk</p> <p>String Cheese, Bananas</p>	<p>13</p> <p>French toast/crispy rice, pineapple tidbits, milk</p> <p>Macaroni* and cheese, collard greens, tropical fruit w/pineapple & papaya, milk</p> <p>Blueberry banana muffin squares*, oranges</p>	<p>14</p> <p>English muffins*, w/jelly strawberries, milk</p> <p>Teriyaki Chicken, brown rice*, green salad w/radishes (broccoli), applesauce, milk</p> <p>Garbanzo bean dip with Tortilla chips, chips (crackers)</p>	<p>15 CCSA Closed BG, YE Open</p> 
<p>18</p> <p>Rice chex*, oranges, milk</p> <p>Sloppy joes (beef), slider bun*, potato wedges, mango, milk</p> <p>Yogurt w/homemade granola*</p>	<p>19</p> <p>Toasted oats*, pineapple tidbits, milk</p> <p>Brunch for Lunch: waffles* [syrup], scrambled eggs, creamed spinach, orange wedges, milk</p> <p>Bean dip, tortilla chips (crackers)</p>	<p>20</p> <p>Lemon poppy seed muffin squares*, bananas, milk</p> <p>Chicken Tortilla Soup*, fresh fruit cup w/ strawberries & pineapple, milk</p> <p>Pimento cheese, crackers</p>	<p>21</p> <p>Cornflakes, diced pears, milk</p> <p>Tuna salad, Slider Bun*, corn, diced peaches, milk</p> <p>Banana muffins*, apples (pears)</p>	<p>22</p> <p>Bagels* (mini bagels) w/sunbutter, melon wedges, milk</p> <p>Cheese pizza, carrot & raisin salad (carrots), pineapple tidbits, milk</p> <p>Sliced turkey sandwiches* (1/2 sandwich)</p>
<p>25</p> <p>Kix*, fresh pears, milk</p> <p>Baked spaghetti* w/cheese & tomatoes, broccoli, French bread*, milk</p> <p>Black bean salsa, tortilla chips* (crackers)</p>	<p>26</p> <p>Crispy rice, diced peaches, milk</p> <p>Chicken & Apple Salad on slider bun*, slaw w/ radishes, (cabbage), vegetable medley (peas,carrots,corn), milk</p> <p>Cheese cubes, melon wedges</p>	<p>27</p> <p>Pineapple bran muffins*, pears, milk</p> <p>Meatloaf, Yukon gold mashed potatoes, lima beans, breadsticks*, milk</p> <p>Cheez-its, oranges</p>	<p>28</p> <p>Pancakes*/cornflakes, applesauce, milk</p> <p>Bean & cheese soft tacos*, lettuce & sliced radishes (broccoli), diced pears, milk</p> <p>Homemade chex mix, oranges</p>	<p>29</p> <p>English muffins* w/jelly, strawberries, milk</p> <p>Tuna cakes [tartar sauce], French bread*, corn, cucumber coins, milk</p> <p>Sun butter, celery sticks (crackers)</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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