



Durham County August 2022

Harvest of the Month: Tomatoes

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 packed in juice

Local items used when available

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Crispy rice, tropical fruit w/pineapple & papaya, milk</p> <p>Vegetarian chili w/beans, tomatoes & peppers, French bread*, mango, milk</p> <p>String cheese, oranges</p>	<p>2</p> <p>Pancakes*/toasted oats*, applesauce, milk</p> <p>Chicken Tetrazzini*, broccoli, bananas, milk</p> <p>Garbanzo bean dip, pita wedges*</p>	<p>3</p> <p>Oatmeal Muffin Squares*, sliced peaches, milk</p> <p>Beef Stroganoff, egg noodles, peas, diced pears, milk</p> <p>Goldfish crackers*, watermelon wedges</p>	<p>4</p> <p>Mini Bagels, cream cheese, mandarin oranges, milk</p> <p>Baked Flounder w/ Creole Herb Seasoning, Brown rice*, carrots, apple wedges (oranges), milk</p> <p>Banana Muffin Squares*, Pears</p>	<p>5</p> <p>English muffins* w/jelly, bananas, milk</p> <p>Bean & cheese soft tacos*, lettuce/tomato (spinach), diced peaches, milk</p> <p>Yogurt w/homemade granola*</p>
<p>8</p> <p>Bran flakes*, pears, milk</p> <p>Baked Penne* w/cheese & tomatoes, French bread*, turnip greens, milk</p> <p>Graham crackers, sun butter, applesauce</p>	<p>9</p> <p>Life original cereal*, mandarin oranges, milk</p> <p>Swedish meatballs, breadsticks*, green beans, bananas, milk</p> <p>Homemade Chex mix*, apricot halves</p>	<p>10</p> <p>Orange muffin squares*, melon wedges, milk</p> <p>Old Bay baked cod, Pasta Primavera Salad w/ peas & carrots, sliced peaches, milk</p> <p>Sliced American Cheese, Wheat Thins* (saltines)</p>	<p>11</p> <p>French toast/rice crispy rice, applesauce, milk</p> <p>Bean & cheese dip, tortilla chips* (crackers), sweet potatoes, cucumber salad, milk</p> <p>Animal crackers, Fresh strawberries.</p>	<p>12</p> <p>Special k original, bananas, milk</p> <p>Teriyaki Chicken Drumsticks, brown rice*, pineapple tidbits, peas, milk</p> <p>Pimento cheese, mini bagels</p>
<p>15</p> <p>Kix*, diced peaches, milk</p> <p>Beef-a-roni*, green beans, pineapple tidbits, milk</p> <p>Homemade Chex mix, apples (oranges)</p>	<p>16</p> <p>Cornflakes, diced pears, milk</p> <p>Bean & cheese tacos*, lettuce/tomato (carrots), bananas, milk</p> <p>Turkey sandwiches* (1/2 sandwich)</p>	<p>17</p> <p>Bagels* (mini bagels)w/cream cheese, sliced peaches, milk</p> <p>Tuna melts on English muffins*, cucumber coins, mandarin oranges, milk</p> <p>Goldfish crackers*, pears</p>	<p>18</p> <p>Waffles*/toasted oats*, applesauce, milk</p> <p>Fagioli Bowl (pasta*w/beans, tomatoes & spinach, mango, milk</p> <p>Crackers w/chicken salad</p>	<p>19</p> <p>Life original cereal*, bananas, milk</p> <p>Chicken breast sliders on bun*, potato salad, lima beans, milk</p> <p>Tortilla chips* (crackers), Homemade salsa, guacamole</p>
<p>22</p> <p>Crispy rice, diced peaches, milk</p> <p>Fish filet sandwiches*, [ketchup] slaw (cabbage), mandarin oranges, milk</p> <p>Cheez-its, apples (pears)</p>	<p>23</p> <p>Biscuits* w/honey, sliced peaches, milk</p> <p>Cheese quiche, orange wedges, mixed greens salad w/carrots [ranch](spinach), milk</p> <p>Cocoa zucchini muffins*, applesauce</p>	<p>24</p> <p>Hard boiled egg, wheat bread*, melon wedges, milk</p> <p>Chicken Parmesan Casserole, bread sticks*, collard greens, pineapple tidbits, milk</p> <p>String cheese, pears</p>	<p>25</p> <p>Oatmeal muffin squares*, Mandarin oranges, milk</p> <p>Southwest Beef & Rice Skillet*, sliced peaches, , milk</p> <p>Baby carrots (blanched), ranch cheese dip</p>	<p>26</p> <p>Bran Flakes*, bananas, milk</p> <p>Cheese pizza, mixed green salad w/ carrots & spinach(spinach), mango ,milk</p> <p>Animal crackers, applesauce</p>
<p>29</p> <p>Cornflakes, oranges, milk</p> <p>Tuna salad, ww bread*, sweet potatoes, pineapple tidbits, milk</p> <p>Graham crackers, yogurt</p>	<p>30</p> <p>Pancakes*/bran flakes*, diced peaches, milk</p> <p>Macaroni* & cheese, , fruit salad w/cantaloupe & honeydew, broccoli, milk</p> <p>Black bean salsa w/tomatoes, tortilla chips* (crackers)</p>	<p>31</p> <p>English Muffins* w/jelly Tropical fruit w/ pineapple & papaya</p> <p>Sweet & Sour Chicken w/pineapple & peppers, brown rice, green beans, milk</p> <p>Applesauce muffin squares, pears</p>	<p>* designates whole grain rich products.</p>	

This is an equal opportunity institution.

This month in class
your child will learn about...



Tomatoes!

- Depending on who you are talking to, **tomatoes** could be considered a fruit OR a vegetable.
- **Tomatoes** come in a variety of colors, sizes and shapes but all provide antioxidants for a healthy immune system.
- In our area **tomatoes** are in season and taste the best during the months of June – October.
- Keep ripe whole **tomatoes** at room temperature in a single layer in an open container. Refrigerate cut or cooked **tomatoes**.
- Ripen **tomatoes** in a container or bag at room temperature. Check often for ripeness.

Make it
Eat it!
Love it!

Tomato, Watermelon & Feta Salad

Ingredients

- | | |
|----------------------------|--------------------------|
| 3 cups seedless watermelon | 1 Tbsp. balsamic vinegar |
| 2 large, diced tomatoes | 1/2 cup feta cheese |
| 2-4 basil leaves | Pinch of salt and pepper |
| 2 Tbsp. olive oil | |

Directions

1. Combine all ingredients in a large bowl and gentle toss.
2. Serve immediately. Leftovers can be stored in a covered bowl in the refrigerator for up to 3 days.



This recipe is being used in many pre-school classrooms and the kids are loving it!

Family CHALLENGE

1. Serve fresh tomatoes 1-2 times this month at dinner or as snacks.
2. Write your own challenge:



Get your GROOVE ON

Teach your children how to grow like tomatoes. Get them to act out planting a tomato seed, raining on the seed, giving the seed sunshine and then bursting out of the ground like a tomato plant! Also, visit local gardens that are growing tomatoes so the kids can see how they grow.

LEARN more here

- **Fruits & Veggies More Matters:**
www.fruitsandveggiesmorematters.org
- **Food Hero:**
www.foodhero.org
- **MyPlate:**
www.choosemyplate.gov



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