

Durham County November 2022



Harvest of the Month: Cauliflower

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

This is an equal opportunity institution

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Biscuits* w/honey, diced pears, milk</p> <p>Chicken Salad w/ mini bagels, potato wedges, peas, milk</p> <p>Banana muffin squares*, oranges</p>	<p>2</p> <p>French toast/crispy rice, applesauce, milk</p> <p>New Orleans red beans, brown rice*, corn & pepper salad , apple wedges (oranges), milk</p> <p>Cheese sandwich* (1/2 sandwich)</p>	<p>3</p> <p>Mini Bagels* w/cream cheese, mandarin oranges, milk</p> <p>Chicken tetrazzini*, broccoli, mango, milk</p> <p>Homemade chex mix diced pears</p>	<p>4</p> <p>Oatmeal muffin square*, sliced peaches, milk</p> <p>Beef & cheese soft tacos*, lettuce/tomato (cabbage), bananas, milk</p> <p>Animal crackers, tropical fruit salad w/papaya & pineapple</p>
<p>7</p> <p>Cornflakes, diced pears, milk</p> <p>Tuna salad, ww bread*, peas, pineapple tidbits, milk</p> <p>Cheez-it's*, oranges</p>	<p>8</p> <p>Pancakes*/Life original*, applesauce, milk</p> <p>Cheeseburger quiche, mixed greens salad w/carrots [honey French] (spinach), orange wedges, milk</p> <p>Lemon poppy muffins*, sliced peaches</p>	<p>9</p> <p>Mini bagels w/cream cheese, apricot halves , milk</p> <p>Chicken & Rice Casserole, Carrots, diced peaches , milk</p> <p>String cheese, apples (pears)</p>	<p>10</p> <p>Spiced applesauce muffin squares*, oranges, milk</p> <p>Beef-a-roni* w/tomatoes, Roasted Cauliflower, French bread*, milk</p> <p>Teddy grahams, diced pears</p>	<p>11</p> <p>Toasted oats*, applesauce, milk</p> <p>Baked Flounder Sandwich, Slider Buns, Peas & Carrots, mandarin oranges, milk</p> <p>Animal crackers, bananas</p>
<p>14</p> <p>Crispy rice, diced peaches, milk</p> <p>Macaroni* & cheese, Oven roasted sweet potatoes, pineapple tidbits, milk</p> <p>Yogurt w/ homemade granola*</p>	<p>15</p> <p>Biscuits* w/honey, tropical fruit w/pineapple & papaya, milk</p> <p>Tuna Cakes, breadsticks*, green beans, mandarin oranges, milk</p> <p>Applesauce muffin squares* Pears</p>	<p>16</p> <p>Waffles*/bran flakes*, diced pears, milk</p> <p>Cheese pizza, mixed green salad (carrots), orange wedges, milk</p> <p>Bean dip, corn tortilla chips* (crackers)</p>	<p>17</p> <p>Hardboiled egg, wheat bread*, applesauce, milk</p> <p>Turkey sandwiches*, cauliflower cheddar soup, mandarin oranges, milk</p> <p>Goldfish crackers*, oranges</p>	<p>18</p> <p>Corn Chex*, bananas, milk</p> <p>Beef Stroganoff w/ noodles, broccoli, fresh fruit cup w/strawberries and cantaloupe, milk</p> <p>American cheese and crackers</p>
<p>21</p> <p>Life original*, oranges, milk</p> <p>Sloppy Joes (beef), on slider buns*, sliced pears, potato nuggets, milk</p> <p>Animal crackers, applesauce</p>	<p>22</p> <p>Toasted oats*, sliced peaches, milk</p> <p>Turkey w/gravy, stuffing, green beans, corn, cranberry sauce, milk</p> <p>Graham crackers, sunbutter, bananas</p>	<p>23</p> <p>English muffins* w/jelly, apricot halves, milk</p> <p>String cheese, black-eyed peas, turnip greens, apple wedges (oranges), cornbread*, milk</p> <p>Teddy grahams, diced pears</p>	<p>24</p> <p>Closed for Thanksgiving</p> 	<p>25</p> <p>Closed for Thanksgiving</p> 
<p>28</p> <p>Kix*, diced peaches, milk</p> <p>Vegetarian chili w/ beans, peppers & tomatoes, baked sweet potatoes, biscuits, milk</p> <p>String cheese, pears</p>	<p>30</p> <p>French toast/crispy rice, pineapple tidbits, milk</p> <p>Sweet & sour meatballs, brown rice*, peas, applesauce, milk</p> <p>Pumpkin bread*, bananas</p>			<p>*designates whole grain rich</p> <p>Local products used as highlighted and whenever possible</p>

This month in **PRESCHOOL**

Your child will be learning about..

Cauliflower

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

- **Cauliflower** is usually white but come in other colors such as **orange**, **purple**, and **green**. The **green** cauliflower is a cross between broccoli and cauliflower
- **Cauliflower** is very high in vitamin C, which helps the body fight infections.
- Fresh **cauliflower** is available year round, but is often cheaper and fresher when harvested locally late summer or fall.
- **Cauliflower** can be nature's toothbrush when eaten raw. The hard textures of the vegetables clean the teeth while eating.



Make it
Eat it!
Love it!

Fiesta Cauliflower "rice" Salad

Ingredients

- 1 head cauliflower
- 1 large tomato, diced
- 3 green onions, sliced
- 1/3 cup corn kernels
- 1 large handful cilantro, chopped
- 3 tablespoons olive oil
- 1/2 lime, juiced
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1 teaspoon cumin



Directions

1. Wash and dry the cauliflower and cut into chunks.
2. Use a food processor or grater to reduce down to "rice" sized pieces.
3. Mix in all other ingredients until well combined.

Family **CHALLENGE**

1. Fill half your plate with fruits & veggies!
2. Eat at least one fruit and one vegetable from each color

Write your own challenge: _____

FEEL THE **GROOVE**

Cauliflower Prints

Slice cauliflower florets and paint them with different colors and make prints on paper. The prints look like trees if you paint them green and are ideal for making cards or murals.



Teach your preschoolers the variety of ways cauliflower can be eaten and let them decide what they like!

Do a taste test with:

Steamed

Roasted

Raw



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