



at Child Care Services Association
Formerly CCSA's Meal Services



September 2021

Orange County CCSA Meals

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.

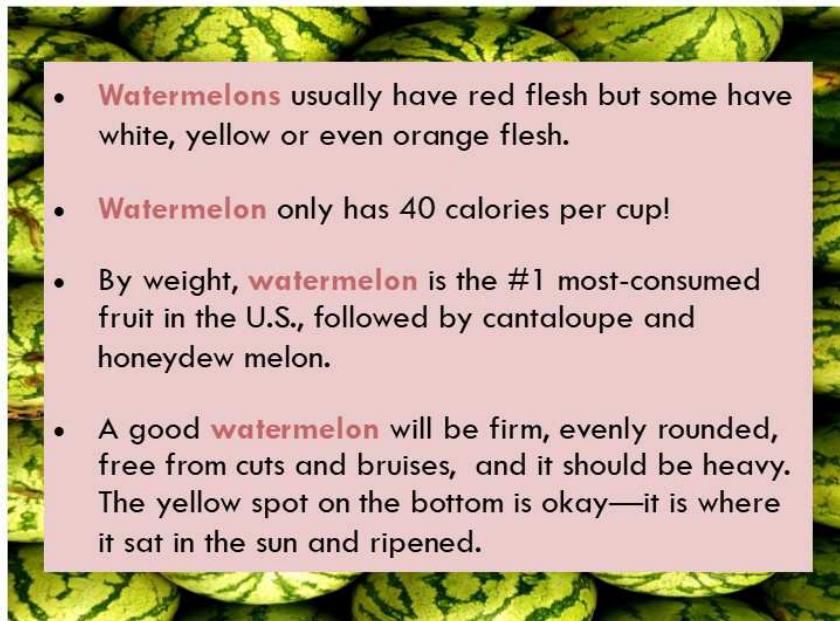
Harvest of the Month: Melons

Monday	Tuesday	Wednesday	Thursday	Friday
* indicates a whole grain rich product		1 Life original cereal*, bananas, milk Chicken & noodles*, peas, mandarin oranges, milk Banana apple muffin squares*, fresh pears	2 English muffins* w/jelly, applesauce, milk New Orleans red beans, brown rice*, corn, diced pears, milk String cheese, watermelon wedges	3 Lemon poppy muffin squares*, apricot halves, milk Beef Sloppy Joes on slider bun*, lima beans, tropical fruit w/pineapple & papaya , milk Cheez-it's, apples (oranges)
6  HAPPY LABOR DAY	7 Kix*, sliced peaches, milk Vegetarian chili w/beans, tomatoes & peppers, hush puppies, pineapple tidbits , milk Animal crackers, pears	8 Waffles*, applesauce, milk Beef & cheese soft tacos*, lettuce/tomato (cabbage), mandarin oranges, milk Ginger muffin squares*, bananas	9 Bagels* (mini bagels) w/cream cheese, diced peaches, milk Chicken tetrazzini*, broccoli, apple wedges (oranges), mil Garbanzo bean dip, pita wedges*	10 Cheese toast*, bananas, milk Egg salad, pretzel rolls, summer squash casserole, mango, milk Graham crackers w/ sunbutter, pineapple tidbits
13 Special k original, oranges, milk Spaghetti* w/cheese & tomatoes, breadsticks*, turnip greens, milk Goldfish*, trop. fruit w/papaya & pineapple	14 English muffins* w/jelly, sliced pears, milk Meatloaf , French bread*, Yukon Gold mashed potatoes, green beans , milk Cheese cubes, apples (oranges)	15 Spiced applesauce muffin squares*,mandarin oranges , milk Creole chicken w/peppers & tomatoes, brown rice*, diced peaches, milk Homemade chex mix, bananas	16 Kix*, diced pears, milk Salmon salad,ww bread* , diced pears, sweet potatoes , milk Banana muffin squares*, melon wedges	17 Pancakes*, applesauce, milk String cheese, Minestrone soup w/ beans, tomatoes & carrots, crackers, bananas, milk Sliced turkey sandwiches* (1/2 sandwich)
20 Corn Chex cereal*, oranges, milk Sweet & sour meatballs, French bread*, peas, applesauce, milk Yogurt with graham crackers	21 French toast, sliced peaches, milk Old Bay baked cod, brown rice*, creamed spinach, apple wedges (oranges), milk, Animal crackers, bananas	22 Life original cereal*, apricot halves, milk Black bean & cheese quesadillas*, carrot salad w/raisins (carrots), pineapple tidbits, milk Cheez-its, oranges	23 Oatmeal muffin squares*, pears, milk BBQ chicken sandwiches*, potato salad, green beans , milk American cheese, saltine crackers	24 WW bread*, boiled eggs, sliced grapes, milk Cheese pizza, mixed greens salad w/carrots (cabbage) [Italian], fruit cup w/ cantaloupe & honeydew , milk White bean dip, crackers
27 Toasted oats*, oranges, milk Breaded fish filet sandwiches* [tartar sauce], pineapple tidbits, peas, milk Yogurt w/homemade granola*	28 Biscuits* w/honey, mandarin oranges, milk Spinach & cheese lasagna, French bread*, pickled beets, milk Homemade Chex mix, sliced peaches	29 Orange muffin squares*, applesauce, milk Chicken salad, mini bagels, butternut squash soup, sliced pears , milk Animal crackers, melon wedges	30 Waffles*, bananas, milk Spanish rice* w/ beef , green beans, mango, milk Sweet potato hummus, pita wedges*	This is an equal opportunity institution.

This month in preschool
your child will be eating...



Melons!



- **Watermelons** usually have red flesh but some have white, yellow or even orange flesh.
- **Watermelon** only has 40 calories per cup!
- By weight, **watermelon** is the #1 most-consumed fruit in the U.S., followed by cantaloupe and honeydew melon.
- A good **watermelon** will be firm, evenly rounded, free from cuts and bruises, and it should be heavy. The yellow spot on the bottom is okay—it is where it sat in the sun and ripened.

Family CHALLENGE

Cut watermelon and cantaloupe into large cubes. Mix in a bowl. Scoop out a cup full and give it to your preschooler on a plate.

Have them separate the watermelon and cantaloupe into different colored piles. Then have them build a melon kabob with a popsicle stick! ENJOY your melon kabob snack!

Get your GROOVE on

Cut melons in half and scoop out balls of melon with an ice cream scooper. Have your preschoolers hold the melon ball on a spoon as they walk, run, skip across the front yard!

LEARN more here

- **Food Hero** www.foodhero.org
- **MyPlate:** www.choosemyplate.gov



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Make it
Eat it!
Love it!

Watermelon & Corn Salsa

Ingredients

2 cups finely chopped watermelon
1/2 cup of fresh, canned or frozen corn
1/2 cup peeled and finely chopped cucumber
1/4 cup finely chopped red onion
1/4 cup finely chopped sweet red bell pepper
1/4 cup minced cilantro
1 Tbsp honey
Lime juice to taste
Baked Tortilla chips

Directions

1. In a large bowl combine all ingredients and toss gently.
2. Refrigerate for 1 hour and serve with chips.

Fun Tip: Include your preschoolers! Let them measure, pour, mix, etc! They will enjoy the fun activity and be more interested in eating it, too!

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