



October 2016

Wake County CCSA Meals



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Kix Cereal, diced pears, milk</p> <p>Cheese cubes, oyster crackers, tomato soup, apple wedges (oranges), milk</p> <p>Vanilla wafers, Bananas</p>	<p>4</p> <p>Bagels w/ Jelly, Mandarin oranges, milk</p> <p>Swedish meatballs, ww breadsticks, fresh fruit cup, peas, milk</p> <p>Cheez-It Crackers, pears</p>	<p>5</p> <p>Banana bread, pineapple, milk</p> <p>Cheese sandwiches, pinto beans, turnip greens, sliced pears, milk</p> <p>Graham Crackers & Apples</p>	<p>6</p> <p>Toasted oat cereal, bananas, milk</p> <p>Sweet & sour chicken w/ vegetables, brown rice, broccoli, milk</p> <p>Corn Chips & Salsa</p>	<p>7</p> <p>Rice Cakes, Mandarin oranges, milk</p> <p>Brunch for Lunch: scrambled eggs, w/g biscuits, home-fried potatoes, bananas</p> <p>Yogurt with granola</p>
<p>10</p> <p>Crispy rice cereal, diced pears, milk</p> <p>Homemade cheese pizza, tossed salad [ranch] (cabbage), pineapple tidbits, milk</p> <p>Vanilla wafers, oranges</p>	<p>11</p> <p>Cereal Bars, Pineapple, milk</p> <p>Tuna salad on ww bread, sweet potatoes, peas, milk</p> <p>Pretzels & Hummus</p>	<p>12</p> <p>Bran Muffins, mandarin oranges, milk</p> <p>Baked beans with ground beef, hush puppies, turnip greens, bananas, milk</p> <p>String cheese, diced pears</p>	<p>13</p> <p>Blueberry Muffin, diced peaches, milk</p> <p>Macaroni and cheese, green beans, apple wedges (oranges), milk</p> <p>Crackers w/cheese cubes</p>	<p>14</p> <p>Cornflakes, bananas, milk</p> <p>BBQ chicken drumsticks, w/g biscuits, collard greens, diced peaches, milk</p> <p>Banana apple loaf, cranberry juice</p>
<p>17</p> <p>Toasted oat cereal, oranges, milk</p> <p>Chili con carne w/ beef, beans & vegetables, ww french bread, carrot salad (carrots), milk</p> <p>Cheese and crackers,</p>	<p>18</p> <p>Bagels w/ Jelly, apples, milk</p> <p>Brunch for Lunch: w/g pancakes [syrup], turkey sausage, orange wedges, broccoli, milk</p> <p>Yogurt with granola</p>	<p>19</p> <p>Banana bread, diced pears, milk</p> <p>Bean & cheese soft tacos, lettuce/tomato (cabbage), bananas, milk</p> <p>Graham Crackers & Apples</p>	<p>20</p> <p>Kix Cereal, Bananas, milk</p> <p>Tuna melts on w/g english muffins, tossed salad [honey French] (green beans), sliced peaches, milk</p> <p>Corn Chips & Salsa</p>	<p>21</p> <p>Blueberry Muffins, pineapple tidbits, milk</p> <p>Pimiento cheese, pretzel rolls, roasted butternut squash soup, apple wedges (oranges), milk</p> <p>Cheek-Its & Diced pears</p>
<p>24</p> <p>Rice chex, Mandarin oranges, milk</p> <p>Arroz con queso (beans, rice and cheese), pineapple tidbits, broccoli, milk</p> <p>Cheez-its, Apple Wedges</p>	<p>25</p> <p>Bagels w/ Jelly, oranges, milk</p> <p>Cheese quiche, fresh fruit cup, cucumber salad, milk</p> <p>Vanilla Wafers & Bananas</p>	<p>26</p> <p>Toasted oat cereal, diced peaches, milk</p> <p>Breaded fish filets, ww breadsticks, cabbage, mandarin oranges, milk</p> <p>Rice Cakes & Apple Wedges</p>	<p>27</p> <p>Graham Crackers, Bananas & Milk</p> <p>Beef stew w/carrots & potatoes, ww French bread, peas, milk</p> <p>Yogurt with granola</p>	<p>28</p> <p>Cornflakes, Oranges, milk</p> <p>Creole chicken with tomatoes, brown rice, green beans, milk</p> <p>Pretzels & Hummus</p>
<p>31</p> <p>Crispy rice cereal, diced peaches, milk</p> <p>Sloppy Josephines (turkey) on ww bun, potato wedges, corn, milk</p> <p>String cheese, pears</p>				



October 2016 Early Nutrition Matters Newsletter



October is National Farm to School Month, a time to celebrate the connections that are happening all over the country between schools and food. Child Care Services Association has been incorporating fresh, local foods into our menus and continues to find ways to increase the use of local products and better food options.



In addition to local farmers, we also purchase some produce through Farmer Foodshare and pasture-raised beef from Firsthand Foods.

Farmer Foodshare is a local nonprofit that connects “people who grow food with people who need food” while building healthy community food systems and enhancing community economic development.” (<http://www.farmerfoodshare.org>) They are able to source produce from farms all over the state.

Firsthand Foods connects area farmers who raise their animals humanely, without antibiotics, added hormones or animal by-products with customers, retailers and food service professionals. (<http://www.firsthandfoods.com>)

On Friday, October 21, 2016 child care centers throughout North Carolina will taste local apples at noon for the Southeast Crunch. Join in the celebration during lunch that day!



Some items appearing on your child care menus throughout the year:

- | | | | |
|---------------------|---------------------|-----------------------|-------------------------|
| Apples | Blueberries | Peaches | Watermelon |
| Cantaloupes | Strawberries | Sweet Potatoes | Potatoes |
| Ground Beef | | | |
| Zucchini | Cucumbers | Tomatoes | Butternut squash |
| Strawberries | Cabbage | Lettuce | Collard Greens |

