



October 2020

Wake County CCSA Meals

National Farm to School Month

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 packed in juice

This is an equal opportunity institution

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join the state of North Carolina in celebrating National Farm to School Month by crunching into a NC grown apple at noon on Wednesday, October 21, 2020</p>	<p>Highlighted items are NC products</p>	<p>*Designates Whole Grain Rich</p>	<p>1 Waffles*/Kix*, apricot halves, milk Chicken tetrazzini*, peas, tropical fruit w/pineapple & papaya, milk Sunflower butter, graham crackers, pears</p>	<p>2 Bran flakes*, oranges, milk Egg salad, pretzel rolls, tomato soup, bananas, milk Lemon poppy muffin squares*, diced peaches</p>
<p>5 Crispy rice cereal, diced pears, milk Fish filet sandwiches*[ketchup], slaw (cabbage), corn, milk String cheese, (oranges) apples</p>	<p>6 English muffins* w/jelly, applesauce, milk Cheese quiche, fruit cup w/pineapple & melon, three bean salad, milk Ginger muffin squares*, fresh pears</p>	<p>7 Pancakes*/Rice chex*, pineapple tidbits, milk Beef-a-roni*, apple wedges (oranges), green beans, milk Cheez-its, cucumber coins</p>	<p>8 Blueberry banana muffins*, mango, milk Baked spaghetti* w/cheese & tomatoes, mixed greens salad (cabbage) [honey French], mandarin oranges, milk Sweet potato hummus with pita wedges*</p>	<p>9 Cornflakes, bananas, milk Sweet & sour chicken w/pineapple & peppers, brown rice*, broccoli, milk Yogurt with homemade granola*</p>
<p>12 Toasted oat cereal*, oranges, milk Chili con carne w/ beef, beans & vegetables, French bread*, sweet potatoes, milk Cheese and crackers, tropical fruit salad</p>	<p>13 Bagels* (mini bagels) w/sunbutter, diced peaches, milk Creole chicken with tomatoes, brown rice*, green beans, milk Pumpkin muffin squares*, apples (oranges)</p>	<p>14 Waffles*/rice chex*, applesauce, milk Fagioli Bowl (pasta* w/white beans, tomatoes & arugula), mandarin oranges, milk Animal crackers, sliced grapes</p>	<p>15 Banana apple muffin squares*, pineapple tidbits, milk Tuna melt on English muffin*, carrot sticks (carrots), bananas, milk String cheese, sliced pears</p>	<p>16 Special K original, diced pears, milk Bean & cheese soft tacos*, lettuce/tomato (cabbage), corn, milk Chicken salad, crackers</p>
<p>19 Corn chex*, apricot halves, milk Old Bay baked cod, breadsticks*, cabbage, mandarin oranges, milk Cheez-its*, pears</p>	<p>20 English muffins* w/jelly, pineapple tidbits, milk Macaroni* & cheese, broccoli, fruit salad w/grapes & melon, milk Applesauce muffin squares*, diced pears</p>	<p>21 NC CRUNCH  French toast/Kix*, diced peaches, milk Arroz con queso (beans, brown rice* and cheese), apple wedges (oranges), carrots, milk Tuna salad, mini bagels</p>	<p>22 Oatmeal muffin squares*, pear slices, milk Chicken BBQ on slider bun*, potato salad, mango, milk Wheat thins* (saltines), ranch cheese dip</p>	<p>23 Cornflakes, bananas, milk Beef & cheese lasagna w/tomatoes, French bread*, collard greens, milk Granola muffin squares*, applesauce</p>
<p>26 Crispy rice cereal, diced peaches, milk Spanish rice* w/beef, peas, mandarin oranges, milk String cheese, apples (pears)</p>	<p>27 Pancakes*/Special k, apricot halves, milk Pimento cheese, pita wedges*, vegetable soup w/tomatoes & cabbage, orange wedges, milk Graham crackers with sunbutter, oranges</p>	<p>28 Biscuits* w/jelly, applesauce, milk Macaroni* & tuna salad, corn, lima beans, milk Carrot-sweet potato muffin squares*, bananas</p>	<p>29 Toasted oats*, diced pears, milk Homemade cheese pizza, kale salad w/maple balsamic vinaigrette (kale), pineapple tidbits, milk *Sliced turkey sandwich (1/2 sandwich)</p>	<p>30 Cornflakes, bananas, milk Baked chicken drumsticks, cornbread*, green beans, apple wedges (oranges), milk Yogurt, animal crackers</p>



October 2020 CCSA Meal Services

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 incorporates fresh, local foods into menus and continues to find ways to increase the use of local products and better food options.



In addition to purchasing directly from local farmers CCSA also purchases produce through Farmer Foodshare, 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. CCSA purchases NC Grass-fed Beef through Firsthand Foods, McAdams Farm and Chapel Hill Creamery

These are some of the North Carolina products we serve through the year:



Apples Peaches Watermelon
Cantaloupes Sweet Potatoes Grass-Fed Ground Beef
Zucchini Yellow Squash Cucumbers Corn
Butternut squash Strawberries
Cabbage Tomatoes Kale Collard greens

For more information on Farm to Preschool
<https://growing-minds.org/nc-farm-to-preschool-network/>

Register your NC Crunch Event
<https://growing-minds.org/north-carolina-crunch/>