



Wake County November 2020




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.

Local products used as marked and whenever possible

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Corn chex*, diced peaches, milk</p> <p>Bean & cheese soft tacos*, lettuce/tomato (cabbage), corn, milk</p> <p>Homemade chex mix, pears</p>	<p>3</p> <p>TEACHER WORKDAY</p> <p>SCHOOL CLOSED</p>	<p>4</p> <p>French toast/rice chex*, applesauce, milk</p> <p>New Orleans red beans & rice*, broccoli, apple wedges (oranges), milk</p> <p>Chicken salad, wheat thins* (saltines)</p>	<p>5</p> <p>Bagels* (mini bagels) w/sunbutter, mandarin oranges, milk</p> <p>Chicken breast sliders on bun*, cauliflower florets [ranch] (cooked), fruit cup w/melon & strawberries, milk</p> <p>Goldfish*, diced pears</p>	<p>6</p> <p>Lemon poppy muffin squares*, bananas, milk</p> <p>Spaghetti* w/meat sauce & tomatoes, mixed greens salad w/arugula [Italian], French bread*, milk</p> <p>Animal crackers, tropical fruit salad w/papaya & pineapple</p>
<p>9</p> <p>Cornflakes, diced pears, milk</p> <p>Macaroni* & cheese, peas, pineapple tidbits, milk</p> <p>Graham crackers, oranges</p>	<p>10</p> <p>Pancakes*/rice chex*, applesauce, milk</p> <p>Beef-a-roni*, broccoli, mango, milk</p> <p>String cheese, apples (pears)</p>	<p>11</p>  <p>REMEMBER OUR VETERANS</p>	<p>12</p> <p>Kix*, diced pears, milk</p> <p>Breaded fish filets [tartar sauce], brown rice*, mandarin oranges, peas, milk</p> <p>Yogurt, bananas</p>	<p>13</p> <p>Toasted oats*, applesauce, milk</p> <p>String cheese, black-eyed peas,, turnip greens,, apple wedges (oranges), cornbread*, milk</p> <p>Tuna salad, mini bagels</p>
<p>16</p> <p>Crispy rice, tropical fruit w/pineapple & papaya, milk</p> <p>Sweet & sour chicken w/peppers & pineapple, brown rice*, broccoli, milk</p> <p>Yogurt w/ homemade granola*</p>	<p>17</p> <p>Biscuits* w/honey, apples (pears), milk</p> <p>Tuna melts on English muffins*, mixed greens salad w/carrots [honey French](cabbage), mandarin oranges, milk</p> <p>Bean dip, corn tortilla chips* (crackers)</p>	<p>18</p> <p>REMOTE LEARNING DAY</p>	<p>19</p> <p>Hardboiled egg, wheat bread*, mandarin oranges, milk</p> <p>Beef stew w/carrots & potatoes, breadsticks*, peas, milk</p> <p>Goldfish crackers*, bananas</p>	<p>20</p> <p>Corn Chex*, sliced grapes, milk</p> <p>Cheese quiche, cucumber coins, pickled beets, milk</p> <p>Turkey sandwiches on ww bread* (1/2 sandwich)</p>
<p>23</p> <p>REMOTE LEARNING DAY</p>	<p>24</p> <p>REMOTE LEARNING DAY</p>	<p>25</p> <p>HOLIDAY SCHOOL CLOSED</p>	<p>26</p> <p>Closed for Thanksgiving</p> 	<p>27</p> <p>Closed for Thanksgiving</p> 
<p>30</p> <p>Kix*, diced peaches, milk</p> <p>Vegetarian chili w/ beans and vegetables, baked sweet potatoes, hush puppies, milk</p> <p>String cheese, pears</p>		<p>*designates whole grain rich</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