



# December 2020



## Wake County CCSA Meals

### Harvest of the Month: Beets

**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 juice packed**

**Local products used as marked and whenever possible**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Designates Whole Grain Rich</b></p>	<p><b>1</b></p> <p>Mini bagels, sunflower butter, pineapple tidbits, milk</p> <p>Sweet &amp; sour meatballs, brown rice*, peas, <b>apple</b> wedges (oranges), milk</p> <p>Goldfish crackers*, diced pears</p>	<p><b>2</b></p> <p>REMOTE LEARNING DAY</p>	<p><b>3</b></p> <p>French toast/special k mandarin oranges, milk</p> <p>Creole chicken w/peppers &amp; tomatoes, brown rice*, green beans, milk</p> <p>Cheese cubes, apples (pears)</p>	<p><b>4</b></p> <p>Hard boiled eggs, wheat bread*, bananas, milk</p> <p>Black bean, cheese &amp; tortilla* casserole, broccoli mango, milk</p> <p>Animal crackers, sunflower butter</p>
	<p><b>7</b></p> <p>Crispy rice, diced peaches, milk</p> <p>Homemade cheese pizza, carrot salad w/raisins (carrots), pineapple tidbits, milk</p> <p>Homemade Chex mix, oranges</p>	<p><b>8</b></p> <p>Waffles*/bran flakes* applesauce, milk</p> <p>New Orleans red beans &amp; rice*, corn &amp; pepper salad, fruit cup w/strawberries &amp; melon, milk</p> <p>Sliced turkey sandwich* (1/2 sand)</p>	<p><b>9</b></p> <p>Corn chex*, diced pears, milk</p> <p>Tuna salad, pretzel rolls, tomato soup, <b>apple wedges</b> (oranges), milk</p> <p>Ginger muffin squares*, bananas</p>	<p><b>10</b></p> <p>Biscuits* w/jelly, applesauce, milk</p> <p>BBQ'd chicken drumsticks, breadsticks*, lima beans, tropical fruit w/pineapple &amp; papaya, milk</p> <p>String cheese, pears</p>
<p><b>14</b></p> <p>Toasted oats*, mandarin oranges, milk</p> <p>Breaded fish filet sandwiches*, cabbage, <b>beets w/pineapple</b>, milk</p> <p>Graham crackers, sunflower butter, applesauce</p>	<p><b>15</b></p> <p>Pancakes*/rice chex*, apricot halves, milk</p> <p>Arroz con queso (rice* w//cheese &amp; beans), corn, <b>apple wedges</b> (oranges), milk</p> <p>Cheez-its, diced pears</p>	<p><b>16</b></p> <p>REMOTE LEARNING DAY</p>	<p><b>17</b></p> <p>Vanilla yogurt, bananas, milk</p> <p><b>Beef-a-roni*</b> w/tomatoes, <b>turnip greens</b>, French bread* milk</p> <p>Animal crackers, pears</p>	<p><b>18</b></p> <p>Cornflakes, sliced pears, milk</p> <p>Baked spaghetti* w/cheese &amp; tomatoes, <b>mixed greens salad w/carrots (cabbage)</b> [honey French], French bread*, milk</p> <p>Homemade chex mix, tangerines</p>
<p><b>21</b></p> <p><b>HOLIDAYS</b> School Closed</p>	<p><b>22</b></p> <p><b>HOLIDAYS</b> School Closed</p>	<p><b>23</b></p> <p><b>HOLIDAYS</b> School Closed</p>	<p><b>24</b></p> <p><b>HOLIDAYS</b> School Closed</p>	<p><b>25</b></p> 
<p><b>28</b></p> <p><b>HOLIDAYS</b> School Closed</p>	<p><b>29</b></p> <p><b>HOLIDAYS</b> School Closed</p>	<p><b>30</b></p> <p><b>HOLIDAYS</b> School Closed</p>	<p><b>31</b></p> <p><b>HOLIDAYS</b> School Closed</p>	

# our hearts BEET for healthy food

## Beet Facts



- The beet was initially cultivated around 2,000 BC in the Mediterranean region.
- When harvested, the entirety of the plant is edible, from the tips of its leaves, down to its long pointed root.
- The biggest beet in the world was grown by a Dutchman. It weighed over 156 pounds

## Beet Pancakes

### Ingredients

- ½ cup whole wheat flour
- ½ cup white flour
- 1 ¾ tsp baking powder
- 1 ½ tbsp sugar
- ½ tsp salt
- ¼ tsp ground nutmeg
- ½ cup pureed beets
- 1 egg, beaten
- ¾ cup milk
- 2 tbsp vegetable oil



### DIRECTIONS

1. Place beets in a pot of boiling water, and cook until tender, about 15-20 minutes. Drain and puree until smooth.
2. In a medium bowl, sift together flours, baking powder, sugar, salt, & nutmeg.
3. In a separate bowl, mix pureed beets, eggs, milk and butter.
4. Blend beet mixture into the flour mixture to form a batter.
5. Preheat a lightly greased griddle over medium-high heat and drop heaping tablespoons. Cook until golden brown, turning once with a spatula when the surface begins to bubble.
7. Serve with syrup or top with fruit.

## Beet Dye: A Tea Towel Makeover



1. When making a beets recipe cut the tops off the beets and save them.
2. Lay out a white tea towel on a flat surface.
3. Use the top of the beet to stamp out a pattern on the tea towel.
4. You can use black ink to add more detail.
5. Hang towel to dry.