




February 2021 Wake County CCSA Meals

Harvest of the Month: Sweet Potatoes

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; *designates whole grain rich products; local products used when possible

Monday	Tuesday	Wednesday	Thursday	Friday
1 Remote Instruction	2 Remote Instruction	3 Remote Instruction	4 Remote Instruction	5 Remote Instruction
8 Remote Instruction	9 Remote Instruction	10 Remote Instruction	11 Remote Instruction	12 Remote Instruction
15 	16 Teacher Workday	17 Waffles*/corn chex*, tropical fruit w/pineapple & papaya, milk Black bean & cheese enchilada* casserole, carrots, diced pears, milk Animal crackers, apples (oranges)	18 Spiced applesauce muffin squares*, bananas Creole chicken w/peppers & tomatoes, brown rice*, broccoli, milk Pimento cheese, wheat crackers* (saltines)	19 Biscuits* w/honey, diced peaches , milk Cheese quiche, mixed greens salad w/carrots (spinach) [honey french], orange wedges, milk Carrot- sweet potato bread*, applesauce
22 Bagels* (mini bagels) w/sunbutter, diced pears, milk Soft tacos* w/ beans & cheese, lettuce & tomato (green beans), mango, milk Homemade chex mix, apples (oranges)	23 Bran flakes*, diced peaches, milk Breaded fish filet [ketchup], cheese grits, mandarin oranges, cabbage, milk Cranberry banana muffin squares*, pears	24 Pancakes*/kix*, applesauce, milk Sweet potato & black bean chili w/ beef, apple wedges (oranges), cornbread*, milk Pita wedges* w/cream cheese & cucumber dip, diced pears	25 Vanilla yogurt w/granola*, bananas, milk Fagioli bowl** (pasta* w/white beans, tomatoes & spinach), mango, milk Turkey sandwiches* (1/2 sandwich)	26 Lemon poppy muffin squares*, apricot halves, milk Baked chicken drumsticks, French bread*, potato salad, green beans, milk Animal crackers, bananas

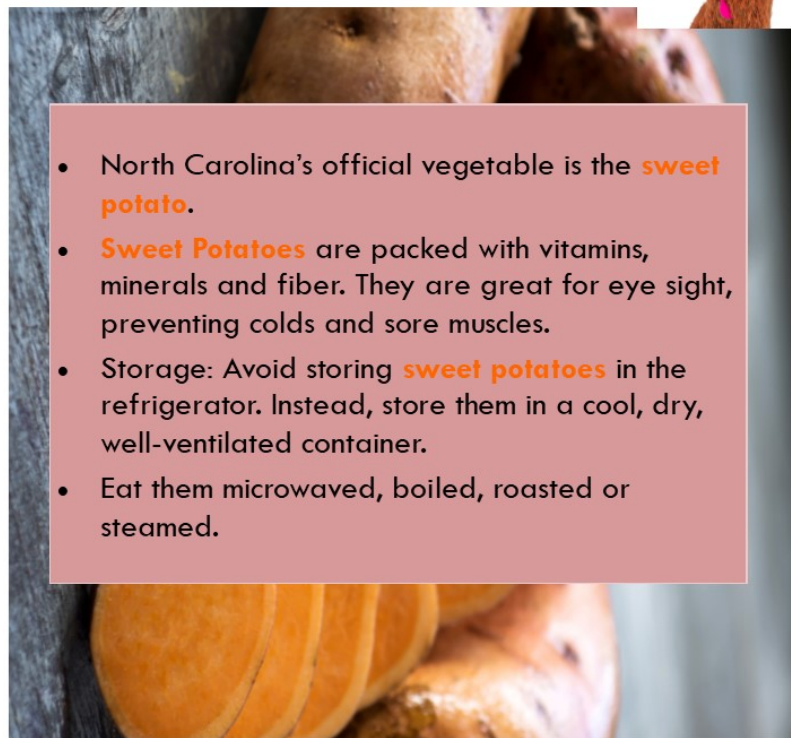
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This month in preschool
your child will be learning about...



Sweet Potato

Make it
Eat it!
Love it!



- North Carolina's official vegetable is the **sweet potato**.
- **Sweet Potatoes** are packed with vitamins, minerals and fiber. They are great for eye sight, preventing colds and sore muscles.
- Storage: Avoid storing **sweet potatoes** in the refrigerator. Instead, store them in a cool, dry, well-ventilated container.
- Eat them microwaved, boiled, roasted or steamed.

Mr. Snuffleupagus' Sweet Potato Slices

- 1 large sweet potato
- 2 tablespoons olive oil
- 1/3 cup diced onion
- 1 15-oz. can black beans, drained
- 1 teaspoon ground cumin
- 1/4 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup shredded cheddar cheese
- 2 cups baby spinach
- 4 whole wheat tortillas



1. Chop sweet potato and toss with 1 tbsp of oil. on a cookie sheet, roast at 400° or until soft (10-15 minutes).
2. Heat 1 tbsp oil in pan. Add onion and cook until almost clear. Add rinsed beans, cumin, paprika, salt, and pepper and cook another 2 minutes.
3. When sweet potatoes are done, add to the bean mixture and cook another 1-2 minutes. Add spinach to the mixture and cook until wilted. Remove mixture from pan.
4. Heat cooking spray or butter in pan over medium-high heat. Place one tortilla on pan. Add 1/4 of the cheese, half of the potato mixture, and another 1/4 of cheese on top. Place another tortilla on top.
5. Cook quesadillas until the cheese melts and the tortillas are golden brown on both sides.

Family CHALLENGE

*Learn the TRUE difference between sweet potatoes and yams

*Make sweet potatoes 3 different ways this month (extra challenge: not fried!)



Get your GROOVE ON

Try growing sweet potatoes in your own home! First, fill a clean container with water. Chop the potato in half and insert the chopped side in the container. Use toothpicks to make sure only the cut portion is immersed in water. Watch your sweet potatoes sprout!



There are many tasks in the kitchen that your preschooler can help you with to get them excited about sweet potatoes.

- Let them wash and scrub them over the sink
- Show them how to use a potato masher and let them make the side dish.



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