



June 2018
Wake County CCSA Meals
Harvest of the Month: Cucumbers

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* designates whole grain rich</p>				<p>1</p> <p>Corn Chex*, bananas, milk</p> <p>Bean & cheese soft tacos*, lettuce/tomato (cabbage), corn, milk</p> <p>Ginger muffin squares* applesauce</p>
	<p>4</p> <p>Toasted oat cereal*, diced pears, milk</p> <p>Vegetarian chili w/ beans & vegetables, pretzel rolls, apple wedges (oranges), milk</p> <p>Yogurt with homemade granola*</p>	<p>5</p> <p>Waffles*, applesauce, milk</p> <p>Tuna salad, sliced bread*, strawberries, peas, milk</p> <p>Homemade Chex mix, sliced peaches</p>	<p>6</p> <p>Pumpkin muffin squares*, oranges, milk</p> <p>Spaghetti* w/ meat & tomato sauce, French bread*, green salad w/carrots [ranch] (green beans), milk</p> <p>Garbanzo bean hummus, pita wedges*</p>	<p>7</p> <p>Mini bagels w/cream cheese, Mandarin oranges, milk</p> <p>Macaroni *and cheese, broccoli, fresh fruit cup, milk</p> <p>Wheat thins* (saltines) w/cream cheese & cucumbers, pineapple tidbits</p>
<p>11</p> <p>Cornflakes, sliced pears, milk</p> <p>Spanish rice* w/beef, green beans, tropical fruit, milk</p> <p>Animal crackers, oranges</p>	<p>12</p> <p>Biscuits* w/honey, Mandarin oranges, milk</p> <p>Marinated baked chicken breast, breadsticks*, mashed potatoes, broccoli, milk</p> <p>Cheese cubes, pears</p>	<p>13</p> <p>Spiced applesauce muffin squares*, pineapple tidbits, milk</p> <p>Baked spaghetti* w/cheese & tomatoes, French bread*, mixed green salad (greens), milk</p> <p>Goldfish crackers, bananas</p>	<p>14</p> <p>Pancakes*, applesauce, milk</p> <p>Arroz con queso (rice* w/beans & cheese), carrots, melon, milk</p> <p>Wheat crackers (saltines) with tuna salad</p>	<p>15</p> <p>Bran flakes, bananas, milk</p> <p>Brunch for Lunch: turkey sausage patties, French toast, strawberries, cucumber salad (peas), milk</p> <p>Granola muffin squares*, sliced pears</p>
<p>18</p> <p>Toasted oats*, oranges, milk</p> <p>Cheese pizza, green salad w/carrots [honey French] (cabbage), pickled beets, milk</p> <p>Graham crackers with sunflower butter</p>	<p>19</p> <p>Crispy rice, pineapple tidbits, milk</p> <p>Chicken salad wrap*, tomato soup, potato wedges, milk</p> <p>Pineapple bran bread*, melon</p>	<p>20</p> <p>English muffins* w/jelly, bananas, milk</p> <p>Salmon cakes [tartar sauce], breadsticks*, corn, apricot halves, milk</p> <p>String cheese, watermelon</p>	<p>21</p> <p>Oatmeal muffin squares*, pineapple tidbits, milk</p> <p>Cheese quiche, carrot salad (carrots), strawberries, milk</p> <p>Turkey sandwiches*, cucumber coins</p>	<p>22</p> <p>French toast, bananas, milk</p> <p>Baked beans w/ground beef, cornbread*, turnip greens, sweet potatoes, milk</p> <p>Carrot sticks (blanched), white bean dip</p>
<p>25</p> <p>Cornflakes, diced peaches, milk</p> <p>Fish filet sandwiches* [ketchup], cabbage, orange wedges, milk</p> <p>Cheez-its, tropical fruit</p>	<p>26</p> <p>Mini bagels w/sunflower butter, applesauce, milk</p> <p>String cheese, breadsticks*, minestrone soup w/beans, apple wedges (bananas), milk</p> <p>Vanilla yogurt, strawberries</p>	<p>27</p> <p>Whole grain waffles*, sliced peaches, milk</p> <p>Beef tacos* w/ cheese, lettuce & tomato (green beans), bananas, milk</p> <p>Pita wedges*, cheese dip w/cucumbers (tzatziki)</p>	<p>28</p> <p>Hard boiled eggs, wheat bread*, diced pears, milk</p> <p>Baked chicken drumsticks, French bread*, peas, fresh fruit salad, milk</p> <p>Cheese and crackers</p>	<p>29</p> <p>Kix, pineapple tidbits, milk</p> <p>Black bean & tortilla* casserole w/cheese, broccoli, mango, milk</p> <p>Blueberry banana muffin squares*, mandarin oranges</p>



Cucumber Salad with Tomatoes

INGREDIENTS:

- 2 cups diced cucumber
- 1 cup seeded and diced tomato
- ¼ c chopped sweet onion
- 2 cups cooked couscous or rice
- 2 teaspoons dill weed
- ½ cup low-fat Italian salad dressing

DIRECTIONS:

1. Toss together all ingredients and mix well.
2. For best flavor, chill for 1 hour before serving.
3. Refrigerate leftovers within 2 hours.



CUTEcumber Facts

- Cucumbers are 96% water!
- Keep a cucumber slice in the roof of your mouth for 30 seconds and it helps get rid of bad breath.
- The wax on the outside of the cucumber can erase ink!
- Some gardeners coat the outside of cucumbers with wax to keep the moisture in.



Cucumber Painting

What you need:

1. Small cucumbers
2. Washable paint
3. Paper

Instructions:

1. Cut the cucumber into slices, leaving on the skin.
2. Wrap the cucumbers in a paper towel and let them dry out for 30 minutes.
3. Use the cucumber slices as different "stamps" and dip them in a variety of different paint colors.
4. Allow your child to have a fun experience making their next masterpiece on paper!



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