



Monday	Tuesday	Wednesday	Thursday	Friday
* designates whole grain rich products.		1 Sloppy Joe on a slider bun*, apple wedges, <b>raw cucumber w/ dip, carrots,</b> milk	2 Vegetarian chili w/beans, <b>sweet peppers w/ dip,</b> pretzel roll, fresh fruit, milk	3 Baked chicken drumsticks, French bread*, mashed potatoes, diced pears, milk
6 Cheese pizza, summer squash salad, <b>raw carrots,</b> mango, milk	7 Chicken breast slider on bun*, <b>tomato halves,</b> cabbage, mandarin oranges, milk	8 Chili con carne w/beef, beans & vegetables, hush puppies, green salad w/ <b>tomatoes, fresh fruit,</b> milk	9 Bean & cheese dip, tortilla chips,* orange wedges, corn, milk	10 Lentil soup, turkey & cheese sandwich,* <b>raw cucumber w/ dip,</b> apple wedges, milk
13 Baked spaghetti* with cheese and <b>tomatoes,</b> French bread*, <b>raw broccoli w/ dip,</b> diced peaches, milk	14 Bean & cheese soft tacos* w/lettuce & <b>tomato, sweet peppers w/ dip,</b> bananas, milk	15 Chicken & gravy, stuffing, green beans, fresh fruit, milk	16 Meatloaf, French bread*, Yukon gold mashed potatoes, cooked carrots, milk	17 Tuna melts on English muffins*, three bean salad, <b>raw carrots,</b> tropical fruit, milk
20 Cheese quiche, cucumber coins, <b>raw carrots,</b> melon, milk	21 Salmon cakes w/ tartar sauce, breadstick*, green peas, tropical fruit, milk	22 BBQ chicken sandwich*, slaw, <b>raw broccoli w/ dip,</b> mandarin oranges, milk	23 Black-eyed peas, string cheese, biscuit*, turnip greens, sliced pears, milk	24 Lasagna w/ meat sauce, French bread*, mixed greens salad w/ <b>tomato,</b> pineapple, milk
27 Beef-a-roni*, broccoli, <b>sweet peppers w/ dip,</b> orange wedges, milk	28 Chicken salad, crackers, sweet potatoes, lima beans, <b>fresh fruit,</b> milk	29 Macaroni* & cheese, green beans, <b>raw celery w/ sun butter,</b> mango, milk	30 Cheese pizza, mixed green salad w/tomatoes, <b>raw carrots,</b> pineapple, milk	31 Fish filet on bun*, cabbage, <b>raw broccoli w/ dip,</b> mandarin oranges, milk

**Morning Snacks:**

**MONDAY:** Whole Wheat Fig Bar or NutriGrain Bar, fresh fruit

**TUESDAY:** Swirl bread, fresh fruit

**WEDNESDAY:** Muffin or scone, fresh fruit

**THURSDAY:** Bagel or English muffin, fresh fruit

**FRIDAY:** BelVita Breakfast Biscuits, yogurt, fresh fruit

**Afternoon Snacks:**

**MONDAY:** Boiled egg, fresh fruit

**TUESDAY:** Graham crackers w/sun butter, fresh fruit

**WEDNESDAY:** Steamed edamame, crackers

**THURSDAY:** Crackers, cheese, fresh fruit

**FRIDAY:** JCC challah or home-baked bread, fresh fruit

This month in class  
your child will learn about...



# Tomatoes!

- Depending on who you are talking to, **tomatoes** could be considered a fruit OR a vegetable.
- **Tomatoes** come in a variety of colors, sizes and shapes but all provide antioxidants for a healthy immune system.
- In our area **tomatoes** are in season and taste the best during the months of June – October.
- Keep ripe whole **tomatoes** at room temperature in a single layer in an open container. Refrigerate cut or cooked **tomatoes**.
- Ripen **tomatoes** in a container or bag at room temperature. Check often for ripeness.

Make it  
**Eat it!**  
Love it!

## Tomato, Watermelon & Feta Salad

### Ingredients

- |                            |                          |
|----------------------------|--------------------------|
| 3 cups seedless watermelon | 1 Tbsp. balsamic vinegar |
| 2 large, diced tomatoes    | 1/2 cup feta cheese      |
| 2-4 basil leaves           | Pinch of salt and pepper |
| 2 Tbsp. olive oil          |                          |

### Directions

1. Combine all ingredients in a large bowl and gentle toss.
2. Serve immediately. Leftovers can be stored in a covered bowl in the refrigerator for up to 3 days.



*This recipe is being used in many pre-school classrooms and the kids are loving it!*

## Family CHALLENGE

1. Serve fresh tomatoes 1-2 times this month at dinner or as snacks.
2. Write your own challenge:

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## Get your GROOVE On

Teach your children how to grow like tomatoes. Get them to act out planting a tomato seed, raining on the seed, giving the seed sunshine and then bursting out of the ground like a tomato plant! Also, visit local gardens that are growing tomatoes so the kids can see how they grow.

## LEARN more here

- **Fruits & Veggies More Matters:**  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- **Food Hero:**  
[www.foodhero.org](http://www.foodhero.org)
- **MyPlate:**  
[www.choosemyplate.gov](http://www.choosemyplate.gov)



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