

# April Bell Peppers

### This month we will learn about bell peppers.

Bell peppers are vegetables which grow on plants. They come in a rainbow of colors!





Bell pepper's skin should be firm and the stem should be fresh and green. Take out the seeds on the inside before eating.

### Kid-Friendly Ways to Eat Bell Peppers

**Rise-and-shine rings:** Slice bell pepper horizontally to make rings about half inch thick. Place rings in a nonstick pan. Crack an egg into the middle of the ring. Fry 2 minutes on each side on medium heat, flipping carefully until desired doneness.



**Pepper Quesadillas:** Dice bell peppers small. Cover half a whole wheat tortilla with cheese and sprinkle with diced bell peppers. Fold in half and warm in a nonstick pan until cheese melts.

Pepper Dippers: Cut bell peppers into strips. Dip inranch or hummus.







Tabbouleh is a popular Middle Eastern salad served as part of a mezze (assortment of appetizers). A primary ingredient in tabbouleh is bulgur, which is a whole grain. Serves 6

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### <u>All you need:</u>

1/2 cup bulgur, uncooked

- 1 cup water
- 3/4 cup cucumber, fresh, 1/4" diced
- 3/4 cup tomatoes, fresh, 1/4" diced
- 1/2 cup bell pepper, fresh, 1/4" diced
- 2 Tbsp. Italian parsley, fresh, chopped
- 2 Tbsp. mint leaves, fresh, chopped
- 2 Tbsp. green onion with tops, chopped
- 1 clove garlic, fresh, minced
- 1 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. black pepper, ground

### <u>All you do:</u>

- 1. In a small stockpot, bring water to a rolling boil.
- 2.Add bulgur; cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered, and let stand for 20 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool.
- 3.In a medium bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.
- 4. Prepare dressing: In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
- 5. Combine dressing with the other ingredients.
- 6. Refrigerate; let chill for at least 2 hours before serving to allow the flavors to fuse.

Source: Team Nutrition CACFP Multicultural Recipe Project

## April Menu

Milk served daily at breakfast and lunch. Whole milk for 12-24 months, low fat milk for 2+. Water available all day. Menus developed following USDA CACFP.

WG = Whole Grain CN = Child Nutrition Label

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Peaches WG Oatmeal WG Chicken Drum Baked Beans Fruit Cocktail	4 Cutie English Muffin Pulled Pork Sweet Potatoes Collard Greens Corn Bread	Apple 5 WG Cheerios Vegetable Beef Soup Peaches Saltine Crackers	Banana Yogurt WG CN Pizza Peas & Carrots Crushed Pineapple	7 No school
Pear Milk	Fruit Parfait Cones	Banana String Cheese	Cutie Milk	
Cutie & WG CN Breakfast Corndog	Pineapple WG Rice Chex	Banana Oatmeal	Fruit Cocktail Yogurt	Cutie WG Cheerios
Chef Salad Tropical Fruit WG Breadstick	Chicken & WG Waffles Corn Peaches	Meatloaf Green Bean Mashed Potato WG Bread	WG Spaghetti with Meat Sauce Tossed Salad Blueberries	Easy Tuna Salad in WG Pita Pocket Sliced Cucumber Diced Pears
Apple Yogurt	Banana Milk	Peaches Cottage Cheese	Pear Milk	Apple WG Grahams
Cutie 17 Cottage Cheese	Pears Oatmeal	Banana Yogurt	Apple 20 WG Cheerios	Pineapple 21 Turkey Sausage CN
WG Chicken Alfredo Broccoli Peaches	Rock & Roll Beef on WG Wrap Peas & Carrots Crushed Pineapple	Chicken Tabbouleh Fruit Cocktail	Pork Rib Patty CN WG Bun Green Beans Mandarin Oranges	Tuna & Noodles Tossed Salad Blueberries
Apple WG Grahams	Mandarin Oranges Milk	Peaches Cottage Cheese	Banana Milk	Cutie WG Goldfish
Apple 24 WG Waffle Beef Taco Meat WG Tortilla Refried Beans Tropical Fruit	Peaches 25 WG Cheerios Barbecued Turkey on WG Bun Sweet Potato Puffs Green Beans	Oatmeal Applesauce Chili Carrots Diced Pears Crackers	Banana 27 WG Apple Muffin Chicken, Rice & Edamame Corn Apple	28 No school
WG Breadstick Marinara	Banana Yogurt	String Cheese Pepper Slices	Celery + PB Milk	

TRI-COUNTY

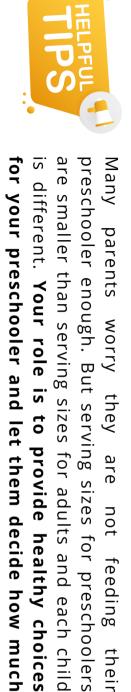
This month we will learn about bell peppers.



- Aim for 5 servings of fruit and vegetables every day!
- Bell peppers are vegetables which grow on plants.
- Bell pepper's skin should be firm and the stem should be fresh and green.
- Take out the seeds before eating.



# Family Meal Tracker for In-Kind Credit April 2023





# **Rules for Credit:**

their

**B** = Breakfast **L** = Lunch **D** = Dinner Circle meals eaten together

Sit Around Table Together Eat Together No TV - Focus On Meal Conversations

