



July 2023 Nutrition Newsletter

Cucumbers



Cucumbers grow in Iowa!

Cucumbers are grown from seed. They need moist soil and plenty of warm sunshine to grow. The plants are vines that spread out along the ground. The vines get little yellow flowers on them called blooms. The blooms then grow into cucumbers. The outside skin of the cucumber is called the peel. The inside is called the flesh. The center of the flesh is filled with seeds that are safe to eat.

Fun Cucumber Facts:

- Cucumbers are in the same family as squash and melons.
- Inside of a cucumber can be 20 degrees cooler than the outside air, hence the saying, "Cool as a cucumber."
- It takes 10-20 bee visits per flower to produce a cucumber.
- Cucumbers are good for hydration. In fact, cucumbers are 96% water!

Help Your Child Stay Hydrated:

- Pack a water bottle when you go out, in the summer bring a frozen water bottle.
- Let your child choose a fun water bottle.
- Infuse water with fresh fruit or veggies.
- Offer fresh fruits and vegetables that are high in water content for snacks like cucumber, zucchini, melons, strawberries and blueberries.



Cucumber Snack Face

All you need:

- 3 cucumber slices
- 6 baby carrots (petite carrots for younger kids)
- 1 cherry tomato
- 1 red pepper slice
- 1 tbsp hummus or ranch, optional

All you do:

1. Wash hands.
2. Have your child assemble their vegetables into a face shape.
3. Have fun "eating" the face. "Are you going to eat the nose now? Is the nose a tomato?"



Note: Your child may do better eating vegetables if they can dip them.

July Menu 2023

Menus developed following USDA CACFP. Milk served daily at breakfast and lunch. Whole milk for 12-24 months, low fat milk for 2+. WG = Whole Grain CN = Child Nutrition Label

"This institution is an Equal Opportunity Provider"



We support local farmers!
Locally sourced food is indicated in **red**

MONDAY

3

Pears
WG Cheerios

Cheese Pizza^{WG CN}
Local Veggie
Peaches

Celery + PB
Milk

TUESDAY

4



WEDNESDAY

5

Fruit Cocktail
WG Rice Chex

Italian Chicken CN
Local Veggie
Marinara Sauce
WG Breadstick

Banana
Milk

THURSDAY

6

Banana
WG Waffle

Southern Beans
Local Veggie
Crushed Pineapple
WG Cornbread

Apple
WG Crackers

FRIDAY

7

Peaches
Oatmeal

Chicken Strips^{WG CN}
Local Veggie
Sweet Potato Puffs

Banana
String Cheese

Peaches
Oatmeal 10

Turkey & Beans
Local Veggie
Fruit Cocktail
WG Bread

Apple + PB
Milk

Pears
WG Cheerios 11

Buffalo Chicken Dip
Local Veggie
Hash Brown Dish
WG Crackers

WG Chips
Salsa

Mango
Yogurt 12

Cod Nuggets^{WG CN}
Local Veggie
Crushed Pineapple

Banana
Milk

Banana
Hard Boiled Egg 13

Pork Rib Patty CN
on WG Bun
Local Veggie
Mandarin Oranges

Apple
String Cheese

Grapes
WG Rice Chex 14

Turkey Ham^{CN} &
Cheese Sandwich^{WG}
Local Veggie
Blueberries

Banana
Yogurt

Mandarin O's
WG English Muffin 17

Beef Taco
Taco Toppings
Refried Beans
WG Tortilla

Milk
Apple

Fruit Cocktail
Turkey Sausage CN 18

Popcorn Chicken^{WG CN}
Orange **Spinach**

Cottage Cheese
Raw Veggie

Pears
Oatmeal  19

Chicken Ratatouille
with **Zucchini**
Mandarin Oranges
WG Breadstick

Banana
Yogurt

Banana
WG Cheerios 20

Chix Popper Dip
Raw Veggie
WG Crackers
Cottage Cheese

Pineapple Icy
WG Grahams

Peaches
Yogurt 21

Hamburger CN
on WG Bun
Local Veggie
Banana

Apple
String Cheese

Applesauce
WG Cheerios 24

Turkey Sloppy Joe
on WG Bun
Dilled Cucumbers
Fruit Cocktail

Peaches
Yogurt

Mandarin Os
WG Bagel 25

Build Your Own
Pizza^{WG CN}
Local Veggie

Apple
Milk

Peaches
Cottage Cheese 26

Rock & Roll Beef on
WG Tortilla
Local Veggie
Crushed Pineapple

Banana
Milk

Banana
Yogurt 27

Turkey Coins CN +
Cheese + WG
Crackers + **Fresh Veg** + Apple Slices

Hard Boiled Egg
Grapes

Blueberry
Oatmeal 28

Tuna Salad in
WG Pita Pocket
Local Veggie
Diced Pears

Banana
WG Grahams

WG Toast
Hard Boiled Egg 31

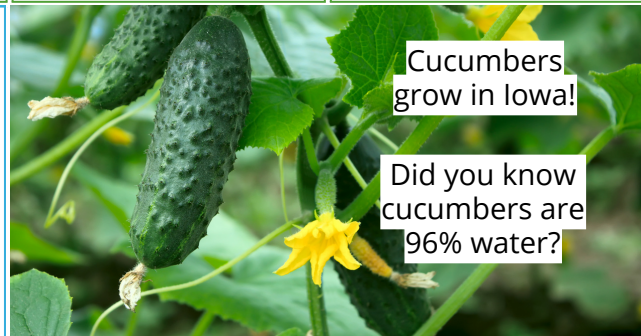
Grilled Chicken on
WG Bun
Local Veggie
Watermelon

WG Chips
Salsa

French American Heritage

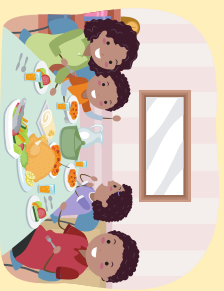


Ratatouille is a traditional French stew, originating in an area that is present day Nice. It is a delicious dish that can be served hot or cold.



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Did you know cucumbers are 96% water?



July 2023

Family Meal Tracker for In-Kind Credit



Sometimes new foods take time.
Kids don't always take to new foods right away. Offer new fruits and vegetables many times, served a variety of ways. Give your kids just a taste at first and be patient with them.

Rules for Credit:
Circle meals eaten together
B = Breakfast **L** = Lunch **D** = Dinner
Eat Together
Sit Around Table Together
No TV - Focus On Meal Conversations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Meals:
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	B L D 1	<input type="text"/>
B L D 2	B L D 3	B L D 4	B L D 5	B L D 6	B L D 7	B L D 8	<input type="text"/>
B L D 9	B L D 10	B L D 11	B L D 12	B L D 13	B L D 14	B L D 15	<input type="text"/>
B L D 16	B L D 17	B L D 18	B L D 19	B L D 20	B L D 21	B L D 22	<input type="text"/>
B L D 23	B L D 24	B L D 25	B L D 26	B L D 27	B L D 28	B L D 29	<input type="text"/>
B L D 30	B L D 31	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Child Name: _____

Address: _____

Guardian Name: _____

Signature: _____

Monthly Meals: _____