

Monday	Tuesday	Wednesday	Thursday	Friday
August 4 Turkey Burger Tacos Corn Chips Green Salad Cheddar Cheese Cantaloupe	August 5 Baked Chicken Breast Brown Rice and Quinoa Broccoli Oranges	August 6 Corn on the Cob Zucchini Bread Sausage Frozen Mango	August 7 Egg Noodles with Olive Oil, Basil, and Parmesan Hard Boiled Eggs Cherry Tomatoes Peaches	August 8 Turkey and Cheese Wraps Cucumbers and Carrots Blueberries
August 11 Cheese-y Noodles Ham Steamed Broccoli Grapes	August 12 Fish Nuggets Brown Rice and Quinoa Green Salad Oranges	August 13 Corn on the Cob Hot Dogs with Buns Peaches	August 14 Cheese Pizza Zucchini and Summer Squash Spears Bananas	August 15 Sunbutter and Jelly Sandwiches Cheese Sticks Carrot Sticks Blueberries
August 18 Spaghetti with Marinara Sauce Cottage Cheese Carrot Sticks Blueberries	August 19 Tomato Soup Cheddar Quesadillas Cucumbers Frozen Mango	August 20 <div style="border: 1px solid black; padding: 5px; text-align: center;">             Mary Johnson Children's Center Closed for In-Service           </div>	August 21 	August 22 
August 25 <div style="border: 1px solid black; padding: 5px; text-align: center;">             MJCC Closed for In-Service           </div>	August 26 	August 27 Cheese Pizza Carrot Sticks and Hummus Bananas	August 28 Corn on the Cob Turkey Burger Sliders Zucchini Bread Blueberries	August 29 Bagels with Cream Cheese Sliced Turkey Carrots and Hummus Mango
<div style="border: 1px solid black; padding: 10px;"> <p>In accordance with Federal law &amp; U.S. Dept Of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.</p> <p>We try to stay as close to this menus as possible, but do on occasion, make substitutions based on product availability and freshness. Milk is served with every meal.</p> </div>				



The Dawn Treaders recently made their own refrigerator pickles with cucumbers from the Mary Johnson garden.

Refrigerator pickles are really easy and are a great way to enjoy cucumbers with a bit more flavor.

To make Zippy Refrigerator Pickles you need:

- ∞ 3-4 Small glass jars with lids, 8 oz. jam Ball type glass jam jars or any clean, re-used, glass jar from your pantry. Since the pickles are not being canned you don't need to worry the lids sealing.
- ∞ 3-4 small to medium cucumbers. The smaller the cucumbers the crisper the pickles will be in the end (and less seedy)
- ∞ 2 cups of apple cider vinegar
- ∞ A few sprigs of fresh dill leaves or seed heads
- ∞ 3-4 cloves of garlic
- ∞ Salt
- ∞ Mustard seed or turmeric if you like
- ∞ Water

Slice the cucumbers into medallions, try to make sure they all uniform thickness. Chop 2-3 cloves of garlic finely, use more cloves if you want the pickles a bit spicy or less if you want them less spicy. The dill leaves should be trimmed so they fit into the jars, but not chopped. Or use dill seeds from the flower tops.

Add the garlic to the bottom of the jars. Then the sprigs of dill or dill seeds. If you are adding mustard seed or tumeric add a pinch to the bottom of the jar too.

Add the sliced cucumbers to the jars, packing them in to fit as many as you can, but not too tight.

Now mix the vinegar with water in a separate bowl or pitcher. Use one part vinegar and one part water. If you have 3 jars of cucumbers mix 1 ½ cups apple cider vinegar and 1 ½ cups water.

Pour the vinegar and water mix over the cucumbers in the jars. Poke the cucumbers with a knife to make sure the cucumbers settle into the jars. Make sure the cucumbers are covered with the vinegar and water mix. Add a ½ teaspoon salt to each jar.

Cover the jars. Place in the refrigerator for 5-7 days. Eat! After you have eaten the first batch of pickles you can slice up another cucumber and add it to the original vinegar mix in the jars for a second go-round. The pickles will be a bit milder.