

# Nutrition Notes

JANUARY 2024

POSITIVE BRIGHT START

*News & Calendar Events*



*Celebrations...*



## January

1st New Years Day  
15th Martin Luther King Day  
19th National Popcorn Day  
20th National Cheese Lovers Day

## Activities...

### BUILD A SNOWMAN

#### PRESCHOOL AGE KIDS

Some kids go to preschool part time then come to your daycare home. Some preschool age kids do not participate in preschool at all. If you have children that go to preschool either AM or PM its important to know that you cannot claim a lunch for that child if they are eating at the Pre-school.

We are seeing most of the time that providers are claiming them like school age kids by feeding them Breakfast and Snack. If for some reason your preschoolers have a different schedule we need to know. You are always allowed to claim them for everything on days when school is closed. USDA doesn't allow kids to be claimed at school and at your home for the same meal.

So just make sure you communicate with Positive Bright Start and let us know where your preschool age child is being fed. If you have any questions please let us know.

***A menu needs to be posted for parents to see whether it is on line or listed on your facebook page or on your wall at home. It doesn't mean some of it might change during the week. You can update it and cross off and add whenever needed.***

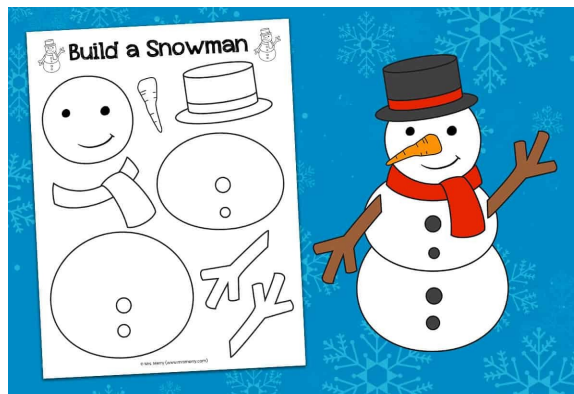
PBS will be closed January 15th for MLK Day

Supplies:

Scissors, markers, glue and multi colored paper.

You can precut for the little kids all the parts then have them glue the completed snowman on their blue paper. The bigger kids will enjoy cutting out their own pieces. You can download templates for free on your home computer.

Before they glue it down have them color the scarf, nose, hat and arms ahead of time. You could also use old buttons for the snowman body. Kids like stickers too. You can get all sorts of stickers that could go around your snowman. Stickers are not too expensive and it allows the kids to use their imagination.



1900 Delaware Lawrence, KS 66046 • 785-842-9679 • M-T 8:30AM-4:30PM Friday 8AM-NOON



MENU IDEAS

RECIPES

NUTRITION INFO

# Food In Focus

## Facts about Cauliflower

They can come in 4 different colors

Yellow, Green, Purple, White.

It's a great source of vit C.

The stems and leaves can be eaten.

It is related to kale, brussel sprouts  
and broccoli.

It is not real expensive.

You can find it in the freezer section  
too at your local store.

## Cauliflower

verywell

✓ Good Source of Vitamin K

✓ Good Source of Vitamin C

✓ Low-Sodium ✓ Low-Fat

✓ Good Source of Folate

✓ Cholesterol-Free

Cauliflower delivers a healthy  
dose of fiber and is rich  
with antioxidants



## Cauliflower Mashed Potatoes

### Ingredients:

Fresh Cauliflower Head

-1/2 cup milk

1/4 teaspoon butter

garlic Powder to taste

salt and pepper lightly

1/2 cup parmesan cheese

### Directions:

Boil the Cauliflower and drain.

With a mixer add the ingredients listed above and mix  
until it's the consistency of mashed potatoes. If its dry  
add a little more liquid.

Cool then serve. Super Easy!



## Make This Your

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Sliced Avocados
Bread/Bread Alternative	Toast
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	Cheez-it crackers
Two Groups	Apple slices
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Cauliflower Mashed Potatoes Pears
Bread/Bread Alternative	Hamburger Bun WG
Meat/Meat Alternative	Beef Pattie