

Nutrition Notes

May 2023

POSITIVE BRIGHT START

News & Calendar Events

Benefits of Routine

A regular routine has many benefits for you and the children in your care. It helps with child with separation anxiety. Children want to know what to expect, and it builds their trust with you. Routine also helps children to understand expectations and in turn to be more independent and confident. A routine causes less pressure for everyone when a child is faced with different situations in each day.

Milk Substitutes

USDA allows only two types of milk substitutes for children whose dietary needs do not constitute a disability.

1. Lactose-free or lactose-reduced milk that meets the appropriate fat content for each age group.

Lactose free or lactose-reduced must be unflavored and for age 1-2 and needs to be whole milk and children 2 yr & up 1% or fat free.

2. Nondairy milk substitutes are meet the USDA's nutrition standards for fluid milk substitutes, such as certain brands of soy milk. A parent letter requesting these is still required.



PS: PBS will be closed May 29th for Memorial Day!

Celebrations...

MAY

1st May Day
8th Red Cross Day
14th Mothers Day
29th Memorial Day

Activities...

EGG CARTON FLOWERS

Supplies needed:

- ◆ Straws you may want solid colored ones
- ◆ Glue & Tape
- ◆ Empty Egg Cartons
- ◆ Different colored paint
- ◆ Paint Brushes
- ◆ Yellow cotton balls small ones
- ◆ Scissors



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



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

WHAT YOU SHOULD KNOW ABOUT

Apricots

Season: May - July

PER 100 GRAM:

Calories	42 cal	Protein	1 g
Carbohydrates	8.5 g, total sugars: 8.5 g	Fat	0.1 g
Dietary Fiber	1.5 g		

EatSmarter!

Organic Facts

BENEFITS OF APRICOT

Helps treat anemia & fever	Provides relief from earaches
Boosts digestion & metabolism	Helps in maintaining healthy skin
Useful in treating cancer & asthma	Aids in growth & development of bones
Reduces risk of osteoporosis & heart ailments	Helps maintain electrolyte balance in the body

Caution: May cause allergy
www.organicfacts.net



TheLazyDish.Com

CHICKEN ZUCCHINI Casserole

- 1 rotisserie chicken
- 3 medium zucchini
- 6oz box stuffing
- 1/2 cup butter
- 1 can cream soup
- 1/2 cup sour cream



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Apricots
Bread/Bread Alternative	
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	Low fat Milk
Two Groups	
Other Food	Bagel (Cinn & Sugar)
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Strawberries Zucchini
Bread/Bread Alternative	Stuffing
Meat/Meat Alternative	Chicken Zucchini

Positive Bright Start is committed to making workshop activities accessible to all participants. Please contact us at 1900 Delaware or call 785-842-9679 to advise us of special requirements or to make assistance requests. In order to accommodate