

Nutrition Notes

JULY 2023

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

JULY

1st International Joke Day
4th Independence Day
11th Cheer up the lonely day
20th Space Exploration Day
28th National Milk Chocolate Day

Activities...

PAPER PLATE SUNSHINE

Supplies:

Small yellow paper plates
hole punch, tape, glue
scissors, yellow yarn
plastic yarn needle
yellow construction paper
orange & yellow beads

Directions:

Begin by cutting a hole out of the center of your paper plate. Use the hole punch to make holes around the perimeter of your paper plate. Make them 1/2 to 1 inch apart. Cut off long section of yarn and string it through your needle. Tie a knot at the end of the yarn and tape it to the plate. Let the kids sew back and forth filling up that circle you cut out. Once in a while have the kids add a bead. Then cut 9 yellow triangles out. Have the kids glue them on the outside of the plate.



REPEAT TRAINING IN PERSON AT PBS on July 13, 2023 at 6:30-8:30pm. It's called Back to the Basics. Get your training done now. You don't want to wait until the end of the Food program year.

Why you should try serving family style!

Some benefits include improved motor skills and self confidence, expands social skills, it helps with patience and sharing. Kids love to say "I did it all by myself." Kids are more apt to try a new food and eat it if they serve themselves. Some spills will happen that is Ok. Don't clean it up for them or get upset when it happens. Let them clean up their own mess. That's how they learn.



On the lighter side:

Did you know that waffles are just pancakes with Abs



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



Food In Focus

Interesting facts about oranges

1. Largest Citrus Fruit in the world.
2. Most popular fruit in the US..
3. There are over 600 varieties.
4. Spain has 35 million orange trees.
5. Florida is the top producer.
6. Americans consume 2.5 gallons of orange juice per year.
7. The bigger the navel the sweeter the orange.

Cheesy Broccoli Tots

Ingredients:

1. 1 & 1/2 cup frozen broccoli florets, thawed
2. 1 & 1/2 cup mashed potatoes
3. 1 & 1/2 cup shredded cheese
4. 1/2 cup bread crumbs
5. 1 Egg
6. 1 tsp onion powder
7. Cooking oil spray

1. Directions:

Preheat oven to 400 degrees F

Chop the broccoli into small pieces. In a large bowl, add all the ingredients together and mix until all is well combined. Scoop 1 tbsp of mixture and form into a tot shape, repeat. Line the tots on a greased baking pan. Bake for 25 minutes or until golden brown.

Serve warm.

Five tots provide 1/4 cup vegetable and 3/4oz eq meat alternate.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Orange slices
Bread/Bread Alternative	Cheerios
Meat/Meat Alternate	Yogurt
Snack	
Two Items	grapes
Two Groups	Ritz crackers
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Broccoli Applesauce
Bread/Bread Alternative	WG Bread
Meat/Meat Alternative	Cheesy Broccoli Tots