

# Nutrition Notes

MARCH 2023

POSITIVE BRIGHT START

## News & Calendar Events



### NATIONAL CACFP WEEK MARCH 12-18TH

Educate children and parents about  
Healthy eating habits with the CACFP.  
You are doing a great job feeding your kids  
nutritious meals. Learn more at [cacfpweek.org](http://cacfpweek.org)



**Daylight Savings Starts Sunday March 12th!**  
Don't forget to set your clocks forward.

Spring is coming soon. If you are going to  
be closed during spring break please let us  
know.

**On the lighter side:**

How can you tell spring flowers are friendly?

They always have new buds. :)

## Celebrations...

### MARCH

March is National Nutrition Month

2nd Dr. Seuss Day

13th Good Samaritan Day

17th St. Patrick's Days

20th First Day of Spring



## Activities...

Spring Tree Craft 4 different ideas  
pictured below.

Supplies:

Construction paper, markers, paint, glue.



**TREE CRAFTS**  
SPRING CRAFT FOR KIDS



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



MENU IDEAS

RECIPES

NUTRITION INFO

# Food In Focus

Eating Brussels Sprouts can reduce chance of getting cancer in stomach, lungs, kidney, breast, bladder & prostate. Brussel Sprouts also helps with blood pressure, diabetes, and heart disease and high cholesterol. Kids love them.



**Brussels Sprouts**

- ✓ Cholesterol-Free
- ✓ Low-Fat
- ✓ Good Source of Fiber
- ✓ Low-Sodium

A cup of Brussels sprouts contains 24% of your daily recommended amount of vitamin A

**4g PROTEIN**

**56 CALORIES**

**4.1g FIBER**

**11g CARBS**

**0.8g FAT**

(per cup, cooked)

## Creamy Garlic Parmesan Brussel Sprouts with Bacon.

Ingredients: Preheat oven 375°

- 10 ounces of Bacon
- 2 tablespoon Butter
- 2 Pounds of Brussel Sprouts washed
- 5 finely chopped Garlic Cloves
- 1 & 1/2 cups Light or Heavy Cream
- 1/3 cup of shredded Mozzarella Cheese
- 1/4 cup fresh shredded grated Parmesan Cheese
- Pinch of Salt & Pepper

### Directions:

Cook Bacon until done soak up extra grease with a paper towel. In the same pan add butter, then add brussel sprouts and season with salt & pepper. Stir occasionally for about 6 minutes. The edge should start crisping and slightly charring. Stir in Garlic and stir it through the sprouts for a minute, until fragrant. Pour in the cream and reduce heat down to low and allow them to simmer until tender usually 3-4 minutes. Chop up cooked bacon and add it. Pour all into a baking dish top with the two different cheeses. Bake for about 15 minutes. Bake until its bubbly and sprouts are done to your liking.

## Make This Your Menu?

<b>Breakfast</b>	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Orange Slices
Bread/Bread Alternative	Toast
Meat/Meat Alternate	Scrambled Eggs
<b>Snack</b>	
Two Items	Breadsticks
Two Groups	Cottage Cheese
Other Food	
<b>Lunch</b>	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Red Grapes Creamy Brussel Sprouts
Bread/Bread Alternative	Rice WG
Meat/Meat Alternative	Salmon Patties