

JULY 2024

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



JULY

- 1st International Joke Day
- 4th Independence Day
- 8th National Blueberry Day
- 14th National Mac & Cheese Day

Can you believe there is only a couple more months of this years Food Program. Our Food Program year runs from 10/01/2023– 09/30/24. If you have not completed your required training make sure you get it in by 09/30/2024.

10 BEST SUMMER FRUITS

Watermelon, Papaya, Mango, Guava
Strawberries, Plums, Grapes and Pineapple, Kiwi, Litchi.

Lunch meat and Hotdogs. If you are serving these products be aware they are high in sodium and fat. They also **can not** have by products, cereal or extenders in the ingredient list to count. These should also not be served more than 2x a week. That is with all processed foods no more than 2x a week. Pay attention to your labels.

Activities...

Mason Jar Lights

- Supplies needed:
- Mason Jars with lids
 - Gold ink for star stamp
 - Star stamp
 - Red/White/Blue Paint
 - Tea lights
 - Thin Ribbon Red/White or Blue

Directions: paint the jar Red, White or Blue and let it dry. Then make Star stamps all around the jar. Then place a tea light candle inside the jar. You can also tie a thin ribbon around the top if you want to .



1900 Delaware Lawrence, KS 66046 •785-842-9679• M-T 8:30AM–4:30PM F 8:30– 12:00



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

Fun Facts about Mushrooms:

- ◆ Mushrooms do not have to have sunlight to grow.
- ◆ They can double in size in one day.
- ◆ Mushrooms grow from spores not seeds.
- ◆ Mushrooms are 90 percent water.
- ◆ Mushrooms are high in Vitamin B and D.
- ◆ One portabella mushroom can contain more potassium than a Banana.

Mushrooms

✓ Cholesterol-Free ✓ Sodium-Free
✓ Low-Calorie ✓ Fat-Free

An excellent food choice—mushrooms are low-calorie, low-carb, and full of vitamins

0.7G FIBER
15 CALORIES
0.2G FAT
2.3G CARBS
2.2G PROTEIN (per cup)

verywell

Confetti Egg Taco

Breakfast/Snack Crediting for Ages 3-5

Ingredients

- 2 Tbsp vegetable oil
- 2 Tbsp diced Red peppers
- 2 Tbsp diced green peppers
- 1/2 teaspoon onion powder
- 4 large eggs
- 8 flour tortillas (Mini Ones)
- 1/4 tsp salt

Directions:

Heat oil in large skillet add peppers and cook for 3-4 minutes.

In a separate bowl scramble the eggs and other ingredients.

Then add the egg mixture to the skillet and cook until eggs are fully cooked.

Place 2 Tbsp of the mixture on each tortilla.

One Taco provides 3/4 oz grain and 3/4oz meat alternate.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Apple Slices
Bread/Bread Alternative	Tortilla
Meat/Meat Alternate	Confetti Egg Taco
Snack	
Two Items	Cinn Toast WG
Two Groups	Milk
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Corn Blueberries
Bread/Bread Alternative	Dinner Roll
Meat/Meat Alternative	Baked Whole Chicken