

Nutrition Notes

MARCH 2024

POSITIVE BRIGHT START

News & Calendar Events



National CACFP WEEK MARCH 10th-16th

National CACFP Week is a perfect time to help educate children and parents about healthy eating habits. More information will be arriving in the mail. While you wait you can learn more at cacfpweek.org. Thanks you for doing such a great job feeding your kids nutritious meals.



Daylight Savings Starts Sunday March 10th!

Remember to set your clocks forward.

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

Celebrations...

MARCH

March is National Nutrition Month

2nd Dr. Suess Day

17th St. Patrick's Day

19th First Day of Spring

31st Easter

Activities...

Caterpillar Crafts

Supplies needed:

Green & Red Construction paper

Tape and Glue

Colored mini pom poms

Scissors

Black Pipe Cleaner

Small Googly eyes



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

Strawberry Facts:

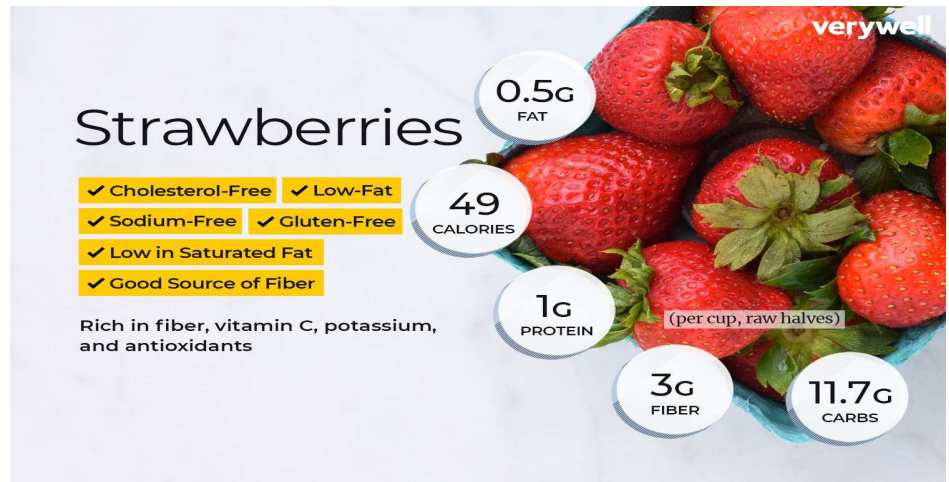
Americans eat average of 8 lbs per year.

California produces 80% of the strawberries in the US.

Strawberries are the only fruit that carries its seeds on the outside.

They are loaded with Vitamin C

Strawberries are a type of Rose.



CANDIED SWEET POTATOES

Ingredients:

6-7 large sweet potatoes peeled and cut into rounds

1/2 cup melted butter

1/2 cup sugar

3/4 cup brown sugar

1 1/2 teaspoon nutmeg

1 teaspoon cinnamon

1 tablespoon vanilla

Instructions:

Melt butter in a skillet stir in the potatoes, cinnamon, nutmeg and sugar. Cover and bring to a simmer. Cook for 40 min until potatoes are tender. Then add your vanilla and stir be careful to not break up the potatoes.

Serve and Enjoy.



Make This Your Menu?

| Breakfast | |
|--------------------------------|---------------------------------------|
| Fluid Milk | Milk |
| Juice, Fruit or Vegetable | Strawberries |
| Bread/Bread Alternative | Toast WG |
| Meat/Meat Alternate | |
| Snack | |
| Two Items | Ritz Crackers |
| Two Groups | Cheese sticks |
| Other Food | |
| Lunch | |
| Fluid Milk | Milk |
| Two Servings Fruits/Vegetables | Candied sweet potatoes Kiwi slices |
| Bread/Bread Alternative | Rolls |
| Meat/Meat Alternative | Roasted Ham |