

May 2025

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events

GRANT INFORMATION

We sent off the grant at the end of April. As you all know we are trying to get money to get you a raised garden bed. As soon as we hear whether or not we got it I will let you know. Thanks for responding to my email quickly to let me know how many to ask for. I hope it works and we get it.



At the end of the month of MAY you have to turn in your claim ASAP it is due extremely early to the state for there year end audit. This makes it really difficult for me to get all the claims finished and uploaded to them by the 9th of June. I will likely have to work the weekend to pull if off. I cannot accept any late claims. Those that are late wont be worked or paid for until the following month. No Exceptions so PLEASE get it in on time. The good news is you will get your payment earlier too.

PBS will be closed May 26th
for Memorial Day!

Celebrations...

MAY

1st May Day
8th Red Cross Day
11th Mothers Day
26th Memorial Day

Activities...

Sunshine & Rainbow

Supplies needed:

Multi colored streamers
Scissors & glue
Yellow and Orange construction paper
Googley eyes and a black marker for mouth
White paper plate cut in half
Yellow markers and string to hang it on.

Directions:

Cut and color the paper plate first then glue on sun rays and streamers. Follow Picture for example.



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

Food In Focus

There are many types of peas, each with its own nutritional value. However, generally speaking, peas are a good source of plant protein. Health benefits include protecting against heart disease and improving gut health. They are a good blood sugar stabilizer. Have you tried black eyed peas or chick peas or sugar snap peas? You can enjoy them fresh or frozen. Give it try!

Peas

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

Peas are an easy way to add flavor, color, and loads of vitamins and nutrients into your diet

(per 1/2 cup, frozen, unsalted)

0.2G FAT

62 CALORIES

3.6G FIBER

11G CARBS

4.1G PROTEIN

verywell

Chicken & Broccoli Quesadillas

Ingredients:

- 1 1/2 cups shredded cooked chicken
- 1 teaspoon of taco seasoning
- 8 Whole Wheat Tortillas (6 inches)
- 1/4 cup melted butter
- 2 Cups shredded Mexican Blend Cheese
- 1/2 cup finely chopped cooked broccoli

Directions:

Combine chicken & taco seasoning in a bowl. Brush one side of each tortilla with butter. Place the butter side down on lightly greased baking sheet. Spoon 1/4 cup of chicken mixture on half of each tortilla. Sprinkle 1 tablespoon of broccoli and 1/4 cup of cheese on top. Fold plain side of the tortilla over the mix. Repeat with the rest of the tortillas and bake 375 ° for 9 –11 minutes or until golden brown.

One quesadilla provides 1 oz eq. grain & 1 1/2 oz eq. meat/meat alternate. More broccoli on the side would need to be served to count as veggie too.

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Strawberries
Bread/Bread Alternative	
Meat/Meat Alternate	Yogurt
Snack	
Two Items	Low fat Milk
Two Groups	Frozen Peas
Other Food	Crackers
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Orange Slices Broccoli
Bread/Bread Alternative	Whole Grain Tortilla
Meat/Meat Alternative	Chicken & Broccoli Quesadilla