

Nutrition Notes

NOVEMBER 2022

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



DAYLIGHT SAVINGS TIME ENDS
Don't forget to set your clocks back on November 6th.

Don't forget to record your daily in and out times for each child in attendance. If you claim in Kidkare on-line you need to do that every day before recording meals and attendance. If you are claiming in paper form please list them on the first page of your claim. Other pages are ok unless time changes that day then you can write in the time change.

To reduce chances of money deducted from your claim always double check it before you turn it in. Ask yourself did I serve a whole grain everyday? Do I have all my enrollments turned in? Are there any missing components?

PBS will be closed for Thanksgiving Holiday on Nov 24th & 25th.

NOVEMBER

- Nov 7th end of Daylight Savings
- Nov 8th National Cappuccino Day
- Nov 11th Veterans Day
- Nov 25th Thanksgiving

Activities...

Indian Corn Craft

Get some construction paper and cut out shapes of corn and tops. Use brown paper for the tops or have the children color them brown. Grab some legos and washable paint or stamps what ever you have available. Use fall like colors and let the stamping begin.



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

Food In Focus



Look for a melon that is tan with light green lines across it, and avoid choosing melons with brown or soft spots. The melon should be firm but not too soft or too hard.

Cantaloupe

- ✓ Low in Saturated Fat ✓ Fat-Free
- ✓ Cholesterol-Free ✓ Low-Sodium
- ✓ Gluten-Free

Excellent source of vitamins A and C

verywell

14.4g CARBS

60 CALORIES

1.5g PROTEIN

(per cup, balls)

1.6g FIBER

0.3g FAT

Veggie Delight Pinwheels

Ingredients:

1. 8 Whole Wheat Tortilla (8 inch)
2. 8 oz cheese slices
3. 1 Cup of Hummus
4. 2 cups cucumbers, cut into 3” sticks
5. 2 cups of shredded carrots

Directions:

Lay out the tortilla and place a slice of cheese on top. Then spread 2 Tablespoons of Hummus over the cheese. The cheese prevents the tortilla from getting soggy from the Hummus. Add 1/4 cup cucumbers and 1/2 cut carrots. Roll the tortilla up and slice into 6 round pieces that look like pinwheels. This equals one serving. Repeat process to make 8 servings. *This would count as your meat/bread/and vegetable component. For ages 3-5yr*
 Recipe from cacfp.org

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Raspberries
Bread/Bread Alternative	Pancakes
Meat/Meat Alternate	
Snack	
Two Items	
Two Groups	Cinnamon Toast
Other Food	Milk
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Carrots/Cucumbers Cantaloupe
Bread/Bread Alternative	Whole Wheat Tortilla
Meat/Meat Alternative	Hummus/Cheese Slice Veggie Delight Pinwheels