

Nutrition Notes

February 2026

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

UPCOMING CLASS

POSITIVE COMMUNICATION

Here at PBS Office on FEB 19th 6:30-8:30pm

Sign up soon; limited space available.



New provider agreement

USDA & KSDE have revised the provider agreement. When you started claiming with us, you signed an agreement and, typically, we don't have you fill out another unless you move your daycare to a different location. However, because the agreement has changed, everyone will need to sign a new one. I will be sending your new agreement out soon. Please fill it out, sign it and return it to me within 10 days of receipt.

Also, we are getting closer to being ready to accept home providers who are not licensed. We are getting all the ins and outs to this and will keep you updated on progress.

FEBRUARY

2nd Groundhog day
7th National Fettuccini Alfredo Day
9th National Pizza day
14th Valentines day
20th National Love your pet day

Activities...

Easy Valentine Craft

Supplies Needed:

Scissors and Construction Paper — Red & White, whatever other colors you choose.

Glue

White Writing Paper & Marker.

You can make ahead pre-cut hearts or purchase them at the store in paper or foam. You can even have the kids write down names on the hearts.



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



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

Facts about Star Fruit

1. Lots of Vitamin C
2. Low Calorie Snack
3. Compounds have powerful antioxidants
4. Packed with Fiber
5. **If a person has any kidney disease, this is a fruit you want to avoid.**
6. Helps reduce inflammation
7. Plant compounds help reduce fatty liver
8. Helps lower cholesterol

Zucchini-Banana Muffins

Ingredients:

- 1&1/2 cups of self-rising flour or whole wheat flour
- 2 teaspoons baking powder
- 1 cup mashed bananas
- 1 medium shredded zucchini
- 1/4 cup melted butter
- 2 large eggs
- 1/4 cup brown sugar
- 1 tsp vanilla & 1tsp cinnamon

Directions:

Preheat the oven 400° F.

Grease mini muffin pans with nonstick spray
Using a clean towel, **squeeze** out as much liquid as possible to measure 1 cup of zucchini.

In a **medium bowl add** zucchini, banana, milk, butter, eggs, and vanilla. **Whisk** until well combined.
In **another bowl add** flour, cinnamon. **Mix** together with a fork. **Add** wet ingredients to dry ingredients and **mix** well.

Scoop into mini muffin cups and **bake** for approximately 12 min or until fully cooked.

2 mini muffins provide 3/4 oz equivalent of grains

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Star Fruit
Bread/Bread Alternative	Zucchini-Banana Muffins
Meat/Meat Alternate	
Snack	
Two Items	Cottage Cheese
Two Groups	Ritz Crackers
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Pineapple Sweet Peas
Bread/Bread Alternative	Lasagna Noodles
Meat/Meat Alternative	HM Beef Lasagna