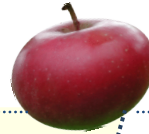


MAY 2020

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...

### The Hand Holder

*A Tribute to Child Care Providers*

There is no job more important than yours,  
no job anywhere else in the land.

You are the keepers of the future:  
you hold the smallest of hands.

Into your care you are trusted  
to nurture and care for the young,  
and for all of your everyday heroics,  
your talents and skills go unsung.

You wipe tears from the eyes of the injured.  
You rock babies brand new in your arms.  
You encourage the shy and unsure child.  
You make sure they are safe from all harm.  
You foster the bonds of friendships,  
letting no child go away mad.  
You respect and you honor their emotions.  
You give hugs to each child when they're sad.

You have more impact than does professor,  
a child's mind is molded by four;  
so whatever you lay on the table  
is whatever that child will explore.  
Give each child the tools for adventure,  
let them be artists and writers and more;  
let them fly in the wind and dance on the stars  
and build castles of sand on the shore.

It is true that you don't make much money  
and you don't get a whole lot of praise,  
but when one small child says, "I love you,"  
you're reminded of how this job pays.

By Dori Rossman

*Thank you for all your hard work  
and dedication.*

### MAY

- ♦National Salad Month
- ♦Child Care Provider Day, 5/8
- ♦Pizza Party Day, 5/15
- ♦Eat More Fruits & Vegetables Day, 5/21

## Activities...

**Planting a Rainbow by Lois Ehlert** — This is a book that will show children the wonderful process of growing a garden and recognizing the colors of the rainbow. They will delight in the colorful and simple pictures as they "travel" from picking flower bulbs in the fall, buying seeds and seedlings and how a garden is planned. They will see the bulbs sprout and the seeds germinate, and in the end create a beautiful rainbow of flowers. They will learn about different flowers by the colors and how water, soil and sun are necessary for plants to grow.

### Rainbow Garden - You'll need:

glue, scissors, white and green construction paper, paper plates, assorted paint colors and a variety of painting tools like scrubbie pads, plastic forks, toilet paper tubes, etc.

Give each child a sheet of white construction paper. Have them cut strips of green construction paper for the flower stems and grass and glue to the white paper. Place paint on plates and add the painting tools. Let the children use the tools provided to make their own rainbow flower bouquets.



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



# Food In Focus

## Arugula

- ♦ Arugula is rich in B5 which has a favorable effect on high cholesterol levels. It has the potential to improve HDL and decrease LDL levels in the blood.
- ♦ Added benefits include the ability to cleanse the body and counteract the poisoning effects of heavy metals and toxins. Arugula also has the power to eliminate pesticides and herbicides from the body.
- ♦ Arugula is high in Vitamins K, C and A and low in oxalates which inhibit the body's ability to absorb calcium. This ensures that calcium is properly absorbed.
- ♦ Lower oxalates can lower the risk of kidney stones from developing.



## Tortellini, Chicken Arugula Salad

### Ingredients

- ♦ 1 (9 oz.) package refrigerated cheese tortellini cooked according to the package
- ♦ 8 oz. skinless, boneless rotisserie chicken breast, shredded (about 2 cups)
- ♦ 1 garlic clove, finely chopped
- ♦ 1/8 tsp. Kosher salt
- ♦ 3 Tbsp. extra virgin olive oil
- ♦ 1/2 tsp. grated lemon rind
- ♦ 2 Tbsp. lemon juice
- ♦ 1/2 tsp. granulated sugar
- ♦ 1/2 tsp. finely ground black pepper
- ♦ 1/3 c. thinly sliced shallots
- ♦ 3/4 oz. Parmesan cheese, shaved (about 1/4 cup)
- ♦ 3 c. baby arugula

### Preparation

- ♦ Place tortellini and chicken in a large bowl.
- ♦ **Vinaigrette dressing:** Combine garlic and salt on a cutting board. Mash the garlic with side of a knife and stir to form a paste. Place in a small bowl. Add oil, rind, juice, sugar and pepper. Stir with a whisk.
- ♦ Add 1 Tbsp. of dressing to the tortellini and chicken, toss to coat. Gently fold in arugula, shallots and remaining dressing. Sprinkle with shaved Parmesan cheese.



## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Mandarin Oranges
Bread/Bread Alternative	Bagel WG
Meat/Meat Alternate	
Snack	
Two Items	Bread Stick
Two Groups	Juicy Juice
Other Food	Marinara Sauce
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Arugula Strawberries & Blueberries
Bread/Bread Alternative	Tortellini Pasta
Meat/Meat Alternative	Rotisserie Chicken

***Tortellini, Chicken Arugula Salad counts towards the bread, meat and vegetable components.***