Nutrition Notes

February 2024

News & Calendar Events

Some facts on PEPPERONI and CACFP

This item is high in fat and sodium. Only CN labeled pepperoni may be credited. Check page 25 of your crediting foods book for more information. Pepperoni is a variety of spicy salami made from cured pork and beef seasoned with paprika and chili peppers.

If you are serving pizza, make sure there is enough cheese to count for the protein requirement. Most pizza with pepperoni on it would not be enough for each child to count as meat requirement. Also a CN label would be required. The weight of the sauce & vegetables may contribute toward the vegetable component. It's not likely to be enough for a whole serving for each child. The crust would count towards the grain requirements.

You could not claim it as the following:

Meat: pepperoni /cheese

Bread: pizza crust

Fruit/Veggie   red & green peppers

Veggie/Veggie tomato sauce

The maximum you could claim this pizza would be three components. So another fruit or veggie would need to be offered. By claiming it this way you are claiming 4 components. If you have any questions please contact Lisa or Becky!

Upcoming class coming on March 27th 6:30-8:30pm at office its called Sugar and Effects on the Brain presented by Kelly Cahill. Call or email to sign up today limit space available.

Celebrations. . .

FEBRUARY

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

Activities . . .

Thankful Heart Cards

Supplies:

Card stock paper

Heart Stencil

Markers or Watercolors

Scissors if you want to make a smaller card

Have each child decorate a card for their loved ones and help them write a message inside the card of what they are thankful for. They can also decorate in inside of the card with more pictures. If you choose watercolors make sure you give it time to dry before you have them write messages inside the card.

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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

verywell

Star Fruit

✔ Cholesterol-Free ✔ Sodium-Free
✔ Good Source of Fiber ✔ Fat-Free

Star fruit is a great source of vitamin C and provides a boost of fiber

41 CALORIES
0.4G FAT
1.4G PROTEIN
8.9G CARBS
3.7G FIBER

(per cup, cubed)

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

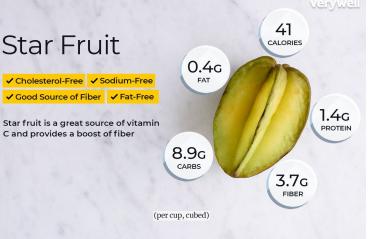1 tsp vanilla & 1tsp cinnamon

Directions:

Preheat the oven 400° F.

Grease mini muffin pans with nonstick spray
Using a clean towel for zucchini. Squeeze out as much liquid as possible to measure 1 cup.
In a medium bowl add zucchini, banana, milk, butter, eggs and sugar, vanilla. Whisk until it's well combined.
In another bowl add flour, cinnamon. Mix together with a fork. Add wet ingredients to the dry ingredients mix well.
Scoop into muffin cup and bake for approx 12 min or until fully cooked.

2 mini muffins provider 3/4 oz eq 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*