

NOVEMBER 2018

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events PBS Library...



◆Review your menus before submitting them to the office. Check to make sure you are serving a whole grain every day and are noting that on your menus whether you do

them on paper or using Kid Kare. If the day is missing a whole grain we will have to take off one of your meals.

◆List the name of the cereal you serve. It must have less than 6 grams of sugar to be allowed. Check the information that we gave you in the **Whole Grains** packet.

◆Let us know if there are going to be any changes to your schedule during the holidays. You can either call the office @ 785-842-9679 or email your updates to:
lisa@positivebrightstart.org
marsha@positivebrightstart.org
becky@positivebrightstart.org

Office Closed

Positive Bright Start office will be closed for the holidays November 22nd and 23rd.



NOVEMBER CELEBRATIONS

- National Peanut Butter Lovers Month
- Sweet Potato Awareness Month
- American Diabetes Month
- Deviled Egg Day, 11/2
- Take a Hike Day, 11/17

Check out these kits that are available in our library: Eggs, Fall & Scarecrows, Thanksgiving & Turkeys

ACTIVities!

Celebrate Take a Hike Day

Fall colors are flourishing and it is a great time to enjoy the mild temperatures. Dress appropriately and take a hike around the block, over to the playground, in your yard or around the neighborhood. Jump, hop, skip and walk backwards while gathering leaves of all colors. Use them to create a collage of fall fun on paper or a bulletin board by adding to it after each hike.

Leaf Faces

Give each child a large piece of white paper. Using glue, take the nature treasures you collected and glue them onto the white paper making your very special and unique leaf face.



Awesome hands on activities are a great way for children to get a little closer to nature. Try some of these ideas and just have fun!

- Make a Nature Sensory Bag
- Go Bug Hunting
- Create Rock Art
- Build a Terrarium
- Plan a Nature Scavenger Hunt
- Make a Bird Feeder



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



Food In Focus

Let's Get "Egg" cited!

Celebrate Deviled Egg Day with a little egg trivia!

- ◆ Double-yolk eggs are often laid by young hens or by hens that are old enough to produce extra large sized eggs.
- ◆ Eggs have all 9 essential amino acids making them a perfect protein source.
- ◆ Green color in a hardboiled is harmless, but forms when cooked to long or at too high a temperature.
- ◆ The green discoloration results when sulfur in the egg white and iron in the yolk react.
- ◆ Egg yolks contain choline that promotes normal cell activity, liver function and is key in the development of infant's memory functions.
- ◆ One whole egg counts as 1 1/2 oz. Meat/Meat Alternate in the CACFP.
- ◆ Up to 3 times a week, egg can be used as the Meat/Meat Alternate substitution for the equal amount of the Grain component at breakfast.



Avocado Egg Salad

Ingredients

- ◆ 2 small avocados
- ◆ 8 hard-boiled eggs
- ◆ Handfull each of dill and parsley
- ◆ Juice of one lemon
- ◆ Pinch of salt
- ◆ Drizzle of olive oil as needed

Preparation:

- ◆ **Hard boil egg.** Cover eggs with water in a saucepan. Bring to a boil, turn heat off, cover and let rest (on hot burner) for 8-10 minutes. Run cold water and break off the shell. Cut the eggs into small pieces.
- ◆ **Mash avocado.** Mash the avocado in a bowl with the back of a large wooden spoon until mostly smooth.
- ◆ **Mix and serve.** Mix the egg with the avocado, herbs, lemon juice and salt. Add olive oil if needed. Serve immediately at room temperature or chill and serve cold.

Credits as a meat/meat alternate.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Raspberries
Bread/Bread Alternative	Cream of Wheat WG
Meat/Meat Alternate	
Snack	
Two Items	Deviled Eggs
Two Groups	Clementines
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Sweet Potatoes Mixed Tropical Fruit
Bread/Bread Alternative	Whole Wheat Slider Bun WG
Meat/Meat Alternate	Pulled Pork