

OCTOBER 2020

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

Getting Off to a Good Start with the CACFP New Year

Enrollments

- Make sure that you have turned in new enrollments on all children including your own. If you need enrollments call the office to arrange a pick up time or to have them mailed.
- Forms should be dated 10/1/2020. Parents need to complete the form themselves. Check the forms before submitting them to make sure all information is complete.

Claiming meals for school age children during remote or virtual learning

- **Remote learning** - children enrolled in the school district he/she would normally attend on-site are eligible to be claimed for meals in the daycare home.
- **Virtual learning** - students complete assignments and coursework provided by a KSDE-approved virtual program or school are eligible to be claimed for meals in the day care home.
- **Home School learning** - KSDE is exploring the current guidelines for day care home providers claiming home school children. Information will be provided at a later date.

Home Visits

Visits **may be** conducted off-site as a desk audit. Effective through September 30, 2021. Same requirements apply.

- You must be current with your menus and attendance
- You must notify us if your mealtimes have changed or if you will be gone during your scheduled mealtime.

OCTOBER

- Vegetarian Month
- National Kale Day
1st Wednesday of the month
- Fire Prevention Week
2nd week of the month

Activities...

Celebrating Fire Prevention Week

Books about firefighters and fire safety is a great way to begin conversations about your daycare's plan in the event of a fire.

Arthur's Fire Drill by Marc Brown - DW is worried about the practice fire drill at school. Arthur helps ease her worries by teaching her about what to do if there is a fire.

No Dragons for Tea by Jean Pendziul & Martine Gourbault - Inviting a dragon home for tea can prove to be a disaster when he sneezes. Learn how a girl teaches the dragon about fire safety and protects him from being hurt during a fire.

Dragon Fire Craft

This craft demonstrates the more oxygen the more flame. This is a great addition to the book *No Dragons for Tea*.

You will need: toilet paper rolls
·green construction paper
·orange red and yellow tissue paper
·glue or tape
·pompons
·googly eyes

- 1)Wrap toilet paper roll with green construction paper (glue or tape)
- 2)Cut strips of tissue paper. Glue or tape these inside the roll.
- 3)Glue on pompons and googly eyes.



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



Food In Focus

Kale Did You Know...

- There are many varieties of kale to explore and try out Tuscan (Dinosaur) kale, red kale, baby kale, or the most common type, curly kale. Try adding a boost of leafy greens to your next dish or you can even try throwing some into your next smoothie.
- Kale is very high in nutrients and very low in calories, making it one of the most nutrient-dense foods on the planet.
- Many powerful antioxidants are found in kale. Kale is extremely high in vitamin C. A single cup of raw kale contains more vitamin C than a whole orange. It is also high in beta-carotene, an antioxidant that the body can turn into vitamin A.
- Many important minerals are found in kale, some of which are generally lacking in the modern diet. These include calcium, potassium, and magnesium.



Kale & Cheddar Breakfast Cups



Ingredients

- 6 eggs
- Pinch of salt and pepper
- 1 c. chopped kale
- ☑ • 3 oz. cheddar cheese, shredded (reserve some to sprinkle on top)



☑ Preparation

- Preheat oven to 400°.
- In a mixing bowl whisk eggs with salt and pepper.
- Add chopped kale and cheese to the eggs.
- Use a spoon to mix the ingredients together.
- Spray muffin tin with non-stick spray.
- Spoon mixture equally into the cups.
- Sprinkle the tops with the extra cheese.
- Bake 15 minutes.

Tip: As soon as the baked eggs come out of the oven take a butter knife and run it around the egg cups.

This allows the egg mixture to come out easily.

Recipe makes 6 servings.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Pineapple
Bread/Bread Alternative	Bagels WG
Meat/Meat Alternate	Cottage Cheese
Snack	
Two Items	Carrots & Cucumbers
Two Groups	Hummus
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Cherry Tomatoes Apple Slices
Bread/Bread Alternative	English Muffin WG
Meat/Meat Alternative	Kale & Cheddar Breakfast Cups