

Nutrition Notes

AUGUST 2025

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



AUGUST

3rd National Watermelon Day
6th National Root Beer Float Day
9th Book Lovers Day
12th World Elephant Day
24th National Waffle Day

Activities...

CATERPILLAR LEAVES

Supplies Needed:

Green Construction Paper

Scissors, small Goggles Eyes

Dark green marker

Multi-colored mini pom poms

Glue & popsicle stick

Stick-on magnet for the popsicle stick

Colored card stock or felt for antennas



Remember, kids eating lunch at school -- including half-day Kindergarten kids -- are not eligible for lunch at your home. You can claim them for breakfast and afternoon snack if they are in attendance, but not lunch.

New 2025-26 Tier Rates

Tier 1 Breakfast = \$1.70

Tier 2 Breakfast = \$0.61

Tier 1 Lunch/Dinner = \$3.22

Tier 2 Lunch/Dinner = \$1.94

Tier 1 Snacks = \$0.96

Tier 2 Snacks = \$0.26

Tier 1 daily total \$5.88 per child Tier 2 daily total \$2.81 per child

WE GOT THE GRANT! I'm so excited that we will be purchasing you a garden bed, dirt, seeds and some hand tools to start your own garden. I don't have the details yet when the order will be delivered to us and when you need to pick it up. I will let you know as soon as I figure all that out.

Last class offered for this Food Program year will be "Menu Planning and Updates". This will be held at the Positive Bright Start Office on Saturday, August 16th from 9am-11am. Sign up today! Get your two hours of training completed before the end of this food program year to **avoid a Corrective Action Plan**.



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



Food In Focus

Green Beans FACTS

1. Fresh or Frozen are the best. Canned green beans have a lot of sodium.
2. It's only 31 calories for 1 Cup.
3. They are good steamed, boiled or grilled.
4. They taste best when they are thinner than a pencil.
5. They grow super fast.
6. Green Beans are the third most popular vegetable.
7. US produces 800,000 tons each yr.

Green Beans

verywell

- 31 CALORIES
- 2.7G FIBER
- 0.2G FAT
- 1.8G PROTEIN
- 7G CARBS

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

A nutrient-dense veggie packed with vitamin K and vitamin C

(per cup 1/2-inch pieces)

PIZZA PASTA SALAD

Ingredients:

1. 16 ounces of Fusilli Pasta
2. 1 pint cherry tomatoes, halved
3. 8 ounces mozzarella pearls or cut up chunks
4. 8 ounces of Pepperoni
5. 10 ounce can black olives, drained
6. 1 Red or green bell pepper, chopped
7. 1/2 red onion thinly sliced
8. 8 ounces of favorite Italian dressing

Directions:

Bring water to boil and cook pasta until tender. Drain pasta and rinse with cold water in a colander. Rinsing removes the starch from the pasta and is a good step for cooling it down.

Transfer pasta to a large bowl, add all remaining ingredients and mix well. Refrigerate for at least an hour before serving. Remember Pepperoni is not a creditable meat, so another protein would need to be served with this. A PB& J, or some yogurt works.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Mandarin Oranges
Bread/Bread Alternative	Cinnamon Bagel
Meat/Meat Alternate	
Snack	
Two Items	Kiwi
Two Groups	Whole Grain Crackers WG
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Red Grapes Green Beans
Bread/Bread Alternative	Fusilli Pasta
Meat/Meat Alternative	PB&J & Pizza Pasta Salad