

MARCH 2026

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



MARCH

March is National Nutrition Month

2nd Dr. Seuss Day

17th St. Patrick's Day

20th First Day of Spring

23 National Puppy Day

National CACFP WEEK MARCH 15th-21st

National CACFP Week is a perfect time to help educate children and parents about healthy eating habits. More information will be arriving in the mail. While you wait you can learn more at cacfpweek.org. Thank you for doing such a great job feeding your kids nutritious meals!

Activities...

Sunflowers

Supplies Needed:

- ◆ Spiral noodles
- ◆ Sunflower seeds
- ◆ Construction paper brown & purple
- ◆ Green pipe cleaners
- ◆ glue



Daylight Savings Starts Sunday March 8th!

Remember to set your clocks forward.

Spring is coming soon. If you are going to be closed during spring break, please let us know.



1900 Delaware Lawrence, KS 66046 • 785-842-9679 • M-T 8:30AM-4:30PM F 8:30-12:00



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

Strawberry Facts:

Americans eat an average of 8 pounds per year.

California produces 80% of the strawberries in the U.S.

Strawberries are the only fruit that carries its seeds on the outside.

They are loaded with Vitamin C. Strawberries are a type of Rose.

Strawberries

- ✓ Cholesterol-Free
- ✓ Low-Fat
- ✓ Sodium-Free
- ✓ Gluten-Free
- ✓ Low in Saturated Fat
- ✓ Good Source of Fiber

Rich in fiber, vitamin C, potassium, and antioxidants

0.5g FAT

49 CALORIES

1g PROTEIN

3g FIBER

11.7g CARBS

(per cup, raw halves)

verywell

CANDIED SWEET POTATOES

Ingredients:

- 6-7 large sweet potatoes peeled and cut into rounds
- 1/2 cup melted butter
- 1/2 cup sugar
- 3/4 cup brown sugar
- 1/2 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 tablespoon vanilla

Instructions:

Melt butter in a skillet; stir in the potatoes, cinnamon, nutmeg and sugar. Cover and bring to a simmer. Cook for 40 minutes until potatoes are tender. Add vanilla and stir, being careful to not break up the potatoes. Serve and enjoy!



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Strawberries
Bread/Bread Alternative	Toast WG
Meat/Meat Alternate	
Snack	
Two Items	Ritz Crackers
Two Groups	Cheese sticks
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Candied sweet potatoes Kiwi slices
Bread/Bread Alternative	Rolls
Meat/Meat Alternative	Roasted Ham