

# Nutrition Notes

APRIL 2022

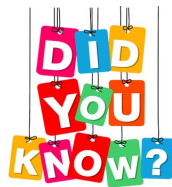
POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...

The next available training called "VARIETY" is coming up April 11th, 2022 at 6:30-7:30pm on ZOOM! Lets do some menu planning and talk about the importance of serving a variety of foods. Sign-up today.



Kid-Kare has an accounting program that is really helpful in keeping track of all your expenses. It also has ways your families can pay you directly without even going to the bank. Positive Bright start does not cover the cost for this extra feature. You would have to pay for it. But some providers have already signed up and they love it. If you have questions on price and how it works contact Kid-Kare support.



Please make sure your phone, i-Pad, or whatever device you use is ready and with you during meal time. CACFP is required by USDA to do reviews at least 3x a year. Our home visitor has made several calls over and over again and many of you are not answering or not available. Please remember it's very important to be available for your reviews. If multiple tries are not successful then you will be issued a Notice of Serious Deficiency.

## APRIL

- 1st April Fools Days
- 10th National Siblings Day
- 16th Mushroom Day
- 17th Easter Sunday
- 28th Take your daughter to work day

## Activities...

### Butterflies

#### Supplies :

- Empty Toilet rolls
- Hot Glue Gun
- Flower Stickers
- Colored or decorated paper
- Colored Ribbon
- Googly Eyes & Scissors

Start with decorating the toilet rolls with the colored paper and glue the eyes on. Let them be drying while you cut out matching color paper for the wings. Then let the children place their stickers on the wings. With hot glue gun you will glue the toilet paper roll to the wings. The last step is to glue the antennas on. Set them aside and let hot glue dry it usually is pretty fast.



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



# Food In Focus



**Potatoes**

verywell

164 CALORIES

0.2G FAT

4G FIBER

37G CARBS

4.6G PROTEIN

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

Potatoes are a good source of vitamin C, vitamin B6, and potassium

(per medium, baked Russet potato)

## Twice Baked Potatoes

### Ingredients:

- 4 Idaho Potatoes
- 1/2 cup ricotta cheese
- 1/2 cup low fat milk
- 1/2 cup shredded cheddar cheese
- Pinch of salt. Garlic is optional

### Instructions:

First clean your potatoes and bake them for about 45 min at 450°. Make sure you poke holes in them before baking them with a fork or knife. When they are finished baking remove and cool until you can safely touch them. Cut the potatoes in half. With a spoon, carefully remove the white inner part of the potatoes. Try not to break the skin. Mix the inner potatoes with all the ingredients listed above and mix. Divide the mixture up and scoop them back into the potatoes skins. Place them on a pan and put back into the oven for about 10 min until the cheese is melted and tops are golden in color.



## Make This Your Menu?

<b>Breakfast</b>	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Orange Slices
Bread/Bread Alternative	French Toast
Meat/Meat Alternate	
<b>Snack</b>	
Two Items	Milk
Two Groups	Strawberries
Other Food	
<b>Lunch</b>	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Salad Romaine Twice Baked Potatoes
Bread/Bread Alternative	WG Bread
Meat/Meat Alternative	Grilled Cheese Sandwiches & Cottage cheese.