

Nutrition Notes

JUNE 2024

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

TRAINING:

Finding Whole Grains June 20th 6:30-8:30pm
This will be at the Hyvee Grocery Store on Clinton Parkway in Lawrence, More info will be sent to you after you sign up.

Sign up today!

SOME REMINDERS

1. Claims due each month by the 3rd.
2. Turn in enrollments as soon as you get them for new kids.
3. Keep us posted on when you are closed or going on vacation.
4. Please don't use multi colored pens on enrollment forms. Its hard to tell who filled out what and it's required to have the parent complete the form completely. You cannot fill out some of it for them. If it's questionable I have to send it back to fix it which delays the whole process.
5. With those of using paper claims you do not need to fill out days you were not open. Those pads are expensive to print. If you fill out each week your closed we are just wasting paper. Just write on the first page all the days you were closed then we will know why any day's are missing.

PBS is having a Fundraiser June 8, 2024 at Douglas County Fair Grounds, it's from 4:00-8p.m. The money collected will go towards vulnerable children in Douglas County. Live Music with lots of Food & games. Fun for all ages. Great family event we hope you can come out and support this cause.

JUNE

5th World Environment Day
16 th Fathers Day
19th is Juneteenth Day
20st 1st day of Summer

Activities...

Jelly Fish Craft

Supplies:

Paper bowls & Scissors

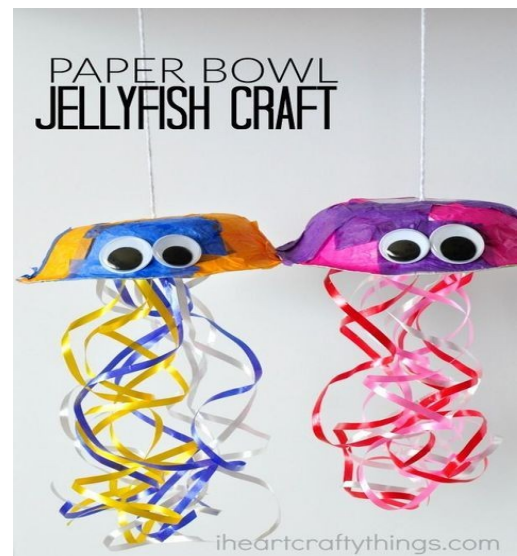
Multi colored tissue paper and ribbon

Glue

Googly Eyes

Hole Punch

String or Yarn to hang.



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



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

How to pick the Best Kiwi?

Hold the kiwi between your thumb and four fingers . Apply light pressure with your thumb . If it gives a little then its ripe and ready to eat. Always inspect the outer skin for dark spots, bruising or wrinkled skin. You don't want over ripe ones.

Kids generally love eating Kiwi!

Ham Pasta Salad

Ingredients:

2 1/2 cups of cooked rotini pasta
1/2 pound cured cubed ham
1/2 shredded cheese
1 & 1/4 cup of mixed vegetables (Frozen)
1/2 cup olive oil
1/3 cup apple cider vinegar
1 tbsp Italian seasoning
1 tbsp lemon juice
1 tbsp whole grain mustard

Directions:

Using a medium bowl add oil, vinegar, all the seasonings shake well and set aside. In individual cups or bowls whatever you may have layer the pasta then vegetables & ham with the cheese. Pour 2 tbsp of mixed dressing you set aside earlier. Have the kids mix it up and enjoy.

This would count as your grain component and 3/4 oz meat. So if you were needing at least 1 & 1/2 ounces of meat than another protein would need to be served to meet that requirement.

Kiwifruit

✓ Cholesterol-Free ✓ Fat-Free
✓ Sodium-Free ✓ Gluten-Free

Contains more potassium than a banana. Excellent source of immune-boosting vitamin C

10.1g
CARBS
(per medium fruit)

2.1g
FIBER

42
CALORIES

0.8g
PROTEIN

0.4g
FAT

verywell

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Kiwi
Bread/Bread Alternative	Waffles
Meat/Meat Alternate	
Snack	
Two Items	
Two Groups	WG Bagel
Other Food	Milk
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Strawberries Sugar Snap Peas
Bread/Bread Alternative	Rotini Pasta
Meat/Meat Alternative	Ham Pasta Salad & Cheese stick