

# Nutrition Notes

May 2024

POSITIVE BRIGHT START

## News & Calendar Events

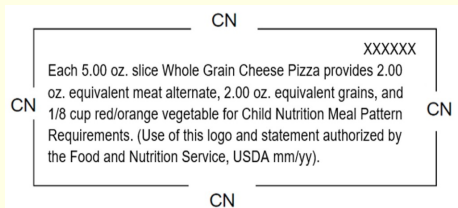
### PAYMENT DATE REMINDERS

We will do our best to pay you at the last business day of the month. There are times when the state pays us on that same day which causes a delay in our payment to you. We will keep you informed if it falls on the same day. Thanks for your patience and understanding.

### CN LABEL DETAILS

Make sure if you are serving processed foods such as Chicken Nuggets, Fish Sticks, Meatballs, Hotdogs, Corn Dogs etc that you have a CN label for these items and keep them with your other labels. If you need help getting those please contact Lisa at the office.

The CN label looks like this:



The reason CN Labels are important it lets you know how much meat/meat alternate is in each item to make sure you are meeting the minimum amount required for each age group.

PBS will be closed May 27th for Memorial Day!

## Celebrations...

### MAY

- 1st May Day
- 8th Red Cross Day
- 12th Mothers Day
- 27th Memorial Day

## Activities...

### QUACK QUACK FUN

Supplies Needed"

- ◆ Paper
- ◆ Brown Washable Paint
- ◆ Green Construction Paper
- ◆ Googley Eyes
- ◆ Glue
- ◆ Scissors
- ◆ Orange Construction paper
- ◆ Multi-colored feathers

Pre cut out head, beak and feet before start the craft.

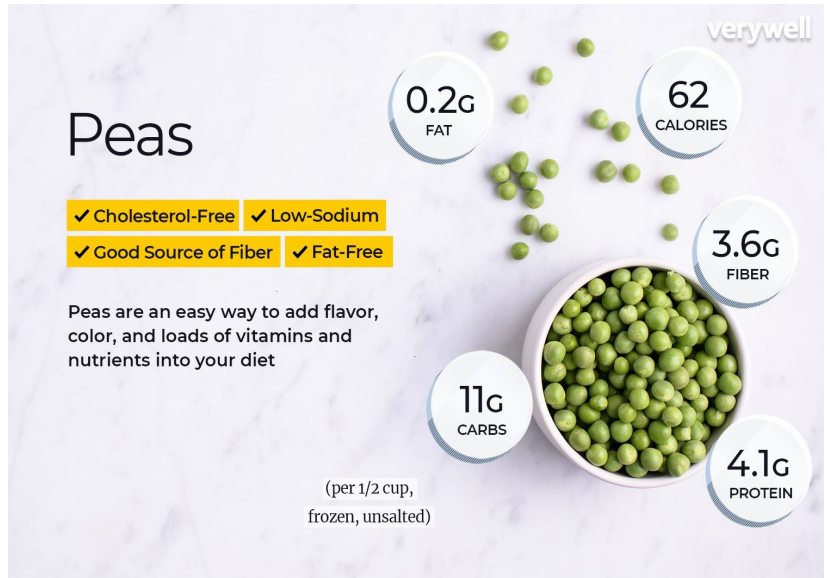


You can also add blue to the bottom of the page to make it look like it's swimming in water. You can also add green color to look like grass. You make this however you choose. Then let it dry and enjoy! Then play Duck Duck Goose!



# Food In Focus

There are many types of peas, each with its own nutritional value. However, generally speaking, peas are a good source of plant protein. Health benefits include protecting against heart disease and improving gut health. They are a good blood sugar stabilizer. Have you tried black eyed peas or chick peas or sugar snap peas? You can enjoy them fresh or frozen. Give it try!



## Chicken & Broccoli Quesadillas

### Ingredients:

- 1 1/2 cups shredded cooked chicken
- 1 teaspoon of taco seasoning
- 8 Whole Wheat Tortillas ( 6 inches)
- 1/4 cup melted butter
- 2 Cups shredded Mexican Blend Cheese
- 1/2 cup finely chopped cooked broccoli

### Directions:

Combine chicken & taco seasoning in a bowl. Brush one side of each tortilla with butter. Place the butter side down on lightly greased baking sheet. Spoon 1/4 cup of chicken mixture on half of each tortilla. Sprinkle 1 tablespoon of broccoli and 1/4 cup of cheese on top. Fold plain side of the tortilla over the mix. Repeat with the rest of the tortillas and bake 375 ° for 9 –11 minutes or until golden brown.

One quesadilla provides 1 oz eq. grain & 1 1/2 oz eq. meat/meat alternate. More broccoli on the side would need to be served to count as veggie too.

<b>Breakfast</b>	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Strawberries
Bread/Bread Alternative	
Meat/Meat Alternate	Yogurt
<b>Snack</b>	
Two Items	Low fat Milk
Two Groups	Frozen Peas
Other Food	Crackers
<b>Lunch</b>	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Orange Slices Broccoli
Bread/Bread Alternative	Whole Grain Tortilla
Meat/Meat Alternative	Chicken & Broccoli Quesadilla