

Nutrition Notes

MARCH 2022

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

MARCH

March is National Nutrition Month

2nd Dr. Seuss Day

13th Good Samaritan Day

17th St. Patrick's Days

20th First Day of Spring



NATIONAL CACFP WEEK MARCH 13-19TH

Educate children and parents about healthy eating habits with the CACFP.

Give yourself a high five!

You are doing a great job feeding our kids nutritious meals. Learn more at cacfpweek.org



Activities...



CAT IN THE HAT

MAKE A HAT:

WHAT YOU'LL NEED:

- Paper plate
- White cardstock
- Red paint
- Foam paint brush
- Glue



AND THE STEPS:

1. Glue two pieces of 8x11.5 cardstock together, on the 8" sides, end to end.
2. Once the glue has dried, paint 12 red strips along the length of the paper and let dry.
3. Meanwhile, cut diagonals in your paper plate and fold up, this will be the "brim" of your hat. Glue the striped paper to paper plate pieces that are folded up – in the shape of a hat.



Daylight Savings Starts Sunday March 13th!

Don't forget to set your clocks forward.

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

Checks will be mailed out the last business day of the month. You can come in and pick it up at the office before 3 p.m.



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



Food In Focus

Zucchini

Zucchini are versatile veggies, which are great for roasting, dipping, and stuffing.

Whole zucchini lasts about five days at room temperature, two weeks in the refrigerator, and six months in the freezer. Ensure they are firm when you hold them in your hand and use proper storage methods to prevent them from spoiling.

Zucchini

- ✓ Cholesterol-Free
- ✓ Low-Fat
- ✓ Low-Sodium
- ✓ Low-Calorie

One serving of zucchini is packed with nutrients including vitamin C, vitamin B6, and potassium

21
CALORIES

0.4g
FAT

3.9g
CARBS

1.5g
PROTEIN

1.2g
FIBER

(per cup, chopped)

Zucchini Boats

Ingredients:

- ◆ 3-4 Zucchinis, fresh small, halved & hollowed a little bit in center. Always wash your zucchini before cutting into them. Remove the ends.
- ◆ 12 oz Ground Beef, 90% lean, fresh or frozen, thawed.
- ◆ 1 Tbsp Taco Seasoning
- ◆ 3 Tbsp Water
- ◆ 1/3 cup reduced fat Cheddar Cheese

Directions:

Preheat Oven 400 °F

Spray baking sheet with non-stick cooking spray.

Place Zucchini on baking sheet skin down.

Bake for 10 min then remove from oven.

While the zucchini is roasting cook your ground beef and add taco seasoning. Make sure beef when finished cooking is at 165 °F

Add your cheese to seasoned beef. Stir.

Place 1/3 cup of the taco mixture in each zucchini boat. Bake for another 7 minutes.

Serves 6. It will counts as 1/4 cup veggie and 1 and 1/2 oz meat requirement.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Orange Juice
Bread/Bread Alternative	Toast
Meat/Meat Alternate	Hard Boiled Egg
Snack	
Two Items	Strawberries/ Blueberries
Two Groups	
Other Food	Goldfish Crackers
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Apple Slices Zucchini
Bread/Bread Alternative	WG Pita Bread
Meat/Meat Alternative	Zucchini Boats