

Nutrition Notes

AUGUST 2022

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



SUN SAFETY

- ◆ Remind the kids to never look directly at the sun
- ◆ Play in the shade when ever possible
- ◆ Use sunscreen - don't forget noses, ears, cheeks
- ◆ Encourage them to wear a hat or sunglasses
- ◆ Have water bottles for each child outside

New Tier Rates: Starting July 1, 2022

Breakfast — 1.66

Lunch — 3.04

Pm Snack — .97

Total per day 5.67 per child

Everyone qualifies for the new Tier Rate at this time. However, you **do have** to be Income Eligible to claim your own children. If you think you may qualify contact Lisa @ the office.



World Breast Feeding Week is Aug 1-7th. Make sure you have a space available for parents who are breast feeding their babies. You still can claim the infant if your parent comes and feeds on site.

Training Hours:

You must have your two hours of in-service completed by Sept 30, 2022. Sign up for the **last class** on Sept 14th from 6:30-8:30 p.m. here at the office 1900 Delaware. This class was offered earlier in June called **More Fruits & Vegetables and reducing Waste.**

AUGUST

13 Left Handers Day

19 World Photography Day

21 World Senior Citizen Day

29 National Sports Day

Activities...

Make a play tent.

Kids love tents. They cost nothing to make. Let the kids use their imagination and design a play tent. Boxes are fun too. Check with your local appliance stores for some big boxes to play in. This is a great way to spend some time indoors when it's just too hot to play outside. Try reading a book about camping and ask the children "if you were going camping what would you need to bring?" Try making a fake fire and cook some smores. Graham crackers can count as your snack. Just melt the Marshmallows and choc-chips in the microwave.



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



Food In Focus

WHAT KIND HAVE YOU TRIED?

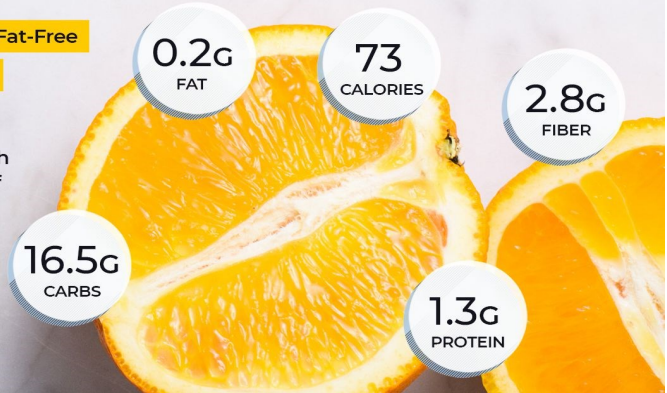
- Navel seedless easy to peel
- Blood oranges deep red inside
- Valencia oranges extra juicy
- Cara Cara seedless and sweet
- Mandarin oranges are tiny
- Tangarines are flattish and fragrant

Oranges

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

One serving contains more than a day's worth of vitamin C, and 16% of your daily fiber needs

One Navel Orange (140g)



Little Lasagnas

Ingredients:

- ◆ 1/2 cup of hot water
- ◆ 2 1/2 cups tomato sauce
- ◆ 1/2 box of spaghetti
- ◆ 3/4 cup Parmesan Cheese
- ◆ 1 1/2 cups shredded Mozzarella Cheese

Directions:

Turn oven on. Set it to 350 degrees.
 Put 2 teaspoons hot tap water in each of 12 muffin cups inside the tin.
 Add 1 Tablespoon tomato sauce to each muffin cup
 Break apart spaghetti noodles. Put approx 4-5 strands of noodles in each tin cup.
 Top each cup with 1 teaspoon Parmesan Cheese
 Top each cup with 2 teaspoons Mozzarella Cheese
 Top each with 2 teaspoons tomato sauce.
 Then add another 4 strands of spaghetti noodles
 Top each cup with both cheeses again
 Top 2 teaspoons of tomato sauce
 Then Bake approx 45 min.

This will count as the bread component. Another Protein would need to be served for the meat.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Avocado
Bread/Bread Alternative	WG Toast
Meat/Meat Alternate	
Snack	
Two Items	Fresh Tomatoes
Two Groups	
Other Food	Cottage Cheese
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Blood Oranges Broccoli
Bread/Bread Alternative	Little Lasagnas
Meat/Meat Alternative	Greek Low-fat Yogurt