

APRIL 2026

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



1st April Fool's Day
2nd Autism Awareness Day
5th Easter Sunday
22nd Earth Day

Activities...

SPRING FLOWERS

Supplies Needed:

Paper Plates, Construction Paper, Tongue Depressors, Glue, Scissors, Markers or Washable Paint

Directions: Follow the pictures below.

START...YOUR...GARDENS!

Creating a garden with children using the garden beds you received will encourage healthy eating habits, instill responsibility, and promote physical activity. Start off with some easy basics like herbs, cucumbers, strawberries, peppers or tomatoes. It's been proven that spending time outdoors and engaging in gardening can be relaxing and therapeutic for children and adults, and can reduce stress. **Please take pictures!** We would love to see what you grow and see the kids involved.

UPCOMING CLASS --- MAY 12th

6:30pm-8:30pm " Positive Communication." This is a repeat of the class we did in February. So if you took that class, this one is not for you.



Paper Plate
Flowers



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1900 Delaware Lawrence, KS 66046 • 785-842-9679 • M-T 8:30AM-4:30pm Friday 8:30-12:30pm



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

Fun Facts About Strawberries

- ◆ Each strawberry has 200 seeds, and each seed has the potential to become a new variety of strawberry.
- ◆ Strawberries can be red, white, pink, yellow or golden.
- ◆ California produces 80% of the strawberries grown in the U.S.

STRAWBERRY SMOOTHIE

Ingredients:

2– 8oz containers of low fat vanilla yogurt
 20 oz frozen unsweetened strawberries, partially thawed
 1 & 1/4 cup 100 percent orange juice

Directions:

Wash hands. Add all ingredients into a blender. Blend for 15-30 seconds or until smooth. Yield: five 1 cup servings. This would count as a snack for the CACFP and strawberries would count as the fruit. You need one more component to have a complete creditable snack.



STRAWBERRY

Nutrition Facts



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Kiwi
Bread/Bread Alternative	Oatmeal WG
Meat/Meat Alternate	
Snack	
Two Items	Ritz Crackers
Two Groups	Strawberry Smoothie
Other Food	water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Carrots Green Salad Romaine
Bread/Bread Alternative	Bread
Meat/Meat Alternative	Grilled Cheese Sandwich with Cottage Cheese.