

Nutrition Notes

AUGUST 2023

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



AUGUST

3rd National Watermelon Day
4th National Water Balloon Day
9th Book Lovers Day
13th Left Hander's Day
26th National Dog Day

Activities...

Cotton Swab Flowers

Supplies needed:

Cotton swabs

Green construction paper

Purple construction paper

Glue & Scissors

Yellow circles cut from construction paper

Start by gluing the white cotton swabs in a circle on the purple construction paper.

Make sure you are leaving room for the stem and leaves. Then cut out the yellow circles and glue on top of the cotton swabs. Then cut out your stems and leaves. Glue them on and you're done.



Don't forget to send in new updated enrollments if the kids schedule has changed. Please let us know if you have a Kindergarten age child that is not going to Kindergarten so we can note that in your file. If you have pre-school agers that might be gone part of the day let us know those schedules too. It does help when processing the claim.

The New Tier Rates Are In!

Tier 1 Breakfast = 1.65

Tier 2 Breakfast = .59

Tier 1 Lunch/Dinner = 3.12

Tier 2 Lunch/Dinner = 1.88

Tier 1 Snacks = .93

Tier 2 Snacks = .25

Tier 1 daily total 5.70 per child Tier 2 daily total 2.72 per child

If you are not Tier 1 any longer and think you might qualify by income please contact Lisa so she can have the forms sent to you. Lisa has already checked everyone's census information and school district information to see if you qualified that way.

We have a new class called Kansas Corn. It is going to be lots of fun exploring what all about corn with a new kit from the Kansas Corn Commission. This kit has everything you need for a PreK lesson plan. Join us Aug 28th 6:30-8:30pm, at the office. Make sure you get your 2 hours of in-service completed by Oct 1st.

New office hours M-T 8:30-4:30pm and Fridays 8:30-Noon



1900 Delaware Lawrence, KS 785-842-9679 • M-T 8:30AM-4:30PM Fridays 8:30-Noon



Food In Focus

CHERRY FACTS

One tree can produce up to 28 Cherry pies.

There are more than 1000 varieties.

They act as a natural sleep aid.

They are a great source of potassium and vitamin C.

They help protect against heart disease and some cancers.

Cherries are related to peaches, plums and apricots

Cherries

Despite their moderately high sugar content, cherries are a great source of vitamin C and phytonutrients

(per cup raw, with pits)

- 22G CARBS
- 87 CALORIES
- 1.4G PROTEIN
- 0.3G FAT
- 3G FIBER

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

verywell

TACO SALAD

Ingredients:

- 1 pound of ground turkey or beef
- 8 oz bag of mexican shredded cheese
- 2-3 diced tomatoes
- 1 taco seasoning packet
- 1 Head of iceberg shredded lettuce
- 1-2 cans of black beans
- 1 diced onion & salsa mild
- sour cream (optional)
- 1 package of edible taco bowls.

Directions:

Cook your ground meat and onion and drain. Add 1/2 cup water and taco seasoning into the meat. Put all the other ingredients into separate bowls. Warm the black beans and put into a bowl. Let the children fill their bowl with what they want on their taco salad. Top with some mild salsa and sour cream. Yummmmmmy!

On the lighter side:
What do you call a cold taco?
A brrrrrritttoo!



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Cherries
Bread/Bread Alternative	Cheerios WG
Meat/Meat Alternate	
Snack	
Two Items	Peppers
Two Groups	
Other Food	Yogurt
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Pears Lettuce/Tomato's/onion
Bread/Bread Alternative	Taco Bowls
Meat/Meat Alternative	Taco Salad