

MARCH 2019

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events PBS Library...

March is National Nutrition Month CACFP Week March 17-23rd

To celebrate, let's take a look at the most important meal of the day, breakfast. A healthy breakfast is important to everyone. Breakfast gives you energy to start the day, so get the morning started with these breakfast ideas.

CACFP requires that you serve fluid milk at breakfast, (1% or skim to children over 2 years, whole milk to children 1 - 2 years).

2% milk is no longer creditable.

- ♦ Make ahead whole wheat pancakes. Put in microwave, heat and add your favorite toppings like peanut butter, berries, bananas, etc.
- ♦ Layer yogurt with your favorite crunchy cereal and blueberries.
- ♦ Muffin tin frittata served with orange wedges.
- ♦ Spread low-fat cream cheese on a whole-grain toasted bagel. Top with strawberries.
- ♦ Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 c. unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- ♦ Add lean ham and Swiss cheese to a toasted whole-grain English muffin.
- ♦ Blend a breakfast smoothie with low-fat milk, frozen mangoes and cherries and serve with a slice of whole-wheat toast.
- ♦ Stuff a whole-wheat pita with a sliced, hard-cooked egg and shredded cheese.



MARCH CELEBRATIONS

- ♦ National Nutrition Month
- ♦ Read Across America, 3/1
- ♦ National Bubble Week
2nd week of March
- ♦ St. Patrick's Day, 3/17
- ♦ CACFP Week March 17th-23rd
 - ♦ Waffle Day, 3/25

Visit the PBS Library and check out some of the theme based kits: *Bubbles, Colors, Food & Fun, Play with Your Food, Book Appreciation*

Activities...

Magic Fizzing Shamrocks

You'll Need: *white cardstock cut into the shape of large shamrocks *variety of paint brushes *paint trays for each child *small cups of vinegar *plastic pipettes {eye dropper}
*puffy paint (mix 1 Tbsp. green paint and 3 Tbsp. of baking soda) for each child

- ♦ Give each child a tray and paper shamrock.
- ♦ Tell the children to paint their shamrock with the green paint.
- ♦ After they are finished painting, have them take the pipette and dip it into the vinegar and start dropping the vinegar onto their shamrocks.
- ♦ Let the fun begin!



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



Food In Focus

Cabbage

- ♦Cabbage is one of the oldest vegetables in existence and continues to be a dietary staple throughout the world.
- ♦Cabbage is a nutritional powerhouse that is a excellent source of manganese, vitamin B6, and folate and a good source of thiamin, riboflavin, calcium, potassium, vitamin A, tryptophan, protein and magnesium.
- ♦One cup of shredded cabbage contains 190% of the recommended daily amount of vitamin C.
- ♦There are at least a 100 different types of cabbage grown throughout the world, but the most common types in the United States are green, red and savoy varieties.
- ♦Cabbage can be steamed, boiled, microwaved, roasted, stuffed, or stir-fried and eaten raw.
- ♦Cultures in which cabbage is a staple food, such as in Poland and some parts of China, show a low incidence of breast cancer. Research suggests this is due to the protective effect of sulfur-containing compounds in cabbage.



Hamburger and Cabbage Casserole (Runza)

Ingredients

- ♦2 lbs. ground beef
- ♦2 c. finely chopped onions
- ♦4 c. fresh chopped cabbage
- ♦salt & pepper to taste
- ♦2 pkg. refrigerated crescent rolls
- ♦1 lb. shredded cheese

Preparation:

- ♦Preheat oven to 350°. Spray a 9x13-inch baking dish with Pam. Spread one tube of crescent rolls into the bottom of the pan and bake 7 minutes or until brown.
- ♦While that is in the oven, brown the ground beef and onion in a skillet.
- ♦Drain the grease from the meat mixture and add the cabbage. Let it steam for a few minutes. Add salt and pepper.
- ♦Spread the hamburger and cabbage mix on top of the baked crescent dough. Sprinkle the cheese on top.
- ♦Spread the 2nd tube of crescent rolls over the top of the cheese. Bake for 35-40 minutes, covering with foil the last 10 minutes to soften the crust.

Credits as a meat, bread and vegetable component.



Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Mango Chunks
Bread/Bread Alternative	
Meat/Meat Alternate	Muffin Tin Egg Frittata
Snack	
Two Items	Mixed Fruit Kabobs
Two Groups	Triscuits® WG
Other Food	String Cheese
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Cabbage Kiwi & Strawberries
Bread/Bread Alternative	Crescent Rolls
Meat/Meat Alternative	Hamburger Cabbage Casserole