

Nutrition Notes

JANUARY 2025

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



January

1st New Years Day
19th National Popcorn Day
20th Martin Luther King Day
31st National Hot Chocolate Day

Activities...

Snowman Stick Ornament Craft

Supplies Needed:

Tongue depressors

Glue & Scissors

Pipe Cleaners (multi-colored)

Black and multi-colored felt

Orange construction paper for nose

Small Googley eyes

Hole Punch

String or Yarn to hang from

This is just a reminder of some grain based desserts that are not reimbursable with the CACFP.

Brownies, cakes, cereal bars, cookies, doughnuts, sweet rolls, cinnamon rolls, marshmallow cereal treats. Pie crusts of dessert pies, cobblers and fruit turnovers, pop tarts and toaster pastries.

With the holidays, I know eating sweets is easy to do. Make sure your kids are filling up on nutritional food first like fruits & veggies. It doesn't mean you can never give kids these treats, it simply means you cannot count it as one of the required components of the meal.



Be an example for kids. Sit down and eat with them. Show them how you try new fruits & vegetables. Keep it as positive as possible and don't criticize the kids if they do not like a particular food.

PBS will be closed January 20th for MLK



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



MENU IDEAS

RECIPES

NUTRITION INFO

Food In Focus

Facts about Green leafy lettuce

Great source of Vitamin A.

Vitamin A reduces a risk of cataracts.

There are 5 calories in 1 cup.

Eating a salad prior to a meal can reduce calorie intake.

Eating one serving of leafy greens per day can help slow cognitive decline.

Full of vitamins and minerals.

Green leaf lettuce

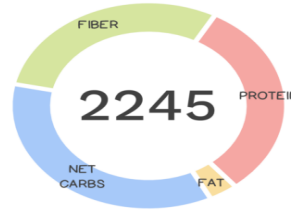
SUPER



CALORIES: 11

Serving Size:

2 cups (72 g)



FIBER 0.9 g FAT 0.1 g
NET CARBS 1.1 g PROTEIN 1 g

FUNCTIONAL FATS
PHYTONUTRIENTS
MINERALS
AMINO ACIDS & PEPTIDES
VITAMINS & VITAMINLIKE COMPOUNDS

Best Source

Vitamin K 76% DV

Excellent Source

Vitamin A 30% DV
Carotenoids 4444.6 µg

Good Source

Polyphenols 94.3 mg

Sausage & Crescent Roll Breakfast Casserole

Ingredients:

- 1 pound pork sausage
- 1 tube (8ounces) refrigerated crescent rolls
- 2 cups shredded mozzarella cheese
- 8 large eggs
- 2 cups of low-fat milk
- 1/2 teaspoon salt & pepper

Preheat oven to 375°

In a large skillet cook sausage until no longer pink inside and drain. Unroll crescent dough into a Greased 13x9 in baking dish. Stretch it out to cover the bottom of the pan completely. Sprinkle in sausage and cheese. In another bowl whisk the eggs, milk and salt & pepper; pour over the sausage and cheese.

Bake uncovered 35-40 min or until the knife inserted in the center comes out clean. Let it stand 5-10 minutes before serving.

Make another pan in advance and freeze it so you will have a quick meal ready to reheat.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Apple Slices
Bread/Bread Alternative	Crescent Roll
Meat/Meat Alternate	Sausage Breakfast Casserole
Snack	
Two Items	Cinnamon Toast WG
Two Groups	Red grapes
Other Food	Water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Green Leafy Salad Strawberries
Bread/Bread Alternative	Roll
Meat/Meat Alternative	Grilled Chicken Breast