

OCTOBER 2024

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...

### NEW FOOD PROGRAM YEAR

Our Home Visitor, Morgan has left us. We are currently looking to hire a new Home Visitor as soon as possible. If you know of anyone interested, send them my way.

Please get in your new enrollments dated 10-01-24 as soon as possible! If you need some more enrollments let me know and I can drop some in the mail. Please don't wait until the end of October to turn them in.

Make sure you are keeping your attendance and menus daily. This will help in errors found during visits. We can not reimburse you if you are not up to date when we visit. Can you believe its October already? This year went by so fast! Please let me know when you are closed or open during the holiday season.

You all did a great job in 2024. Lets hope we have a great 2025 Food Program year. We appreciate you and all your hard work.

### OCTOBER 2024

*1st National Vegetarian Day  
5th World Teachers Day  
7th Kids Music Day  
14th Columbus Day  
17th National Pasta Day  
31st Halloween*

### Activities...

#### SPIDERS!!!!

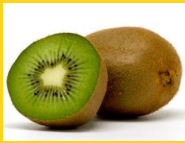
##### Supplies:

Construction paper different colors including black.  
Googly Eyes different sizes  
Glue & Scissors  
Multi-Colored Yarn

Super easy cut out the black spider first. Then cut out 8 short yarn strings for the legs. Cut a square of whatever color of paper the child wants to use. Then let the child glue it all down.



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



# Food In Focus

**KIWI FACTS:**

China consumes more Kiwis than any other country.

They are very nutritious and low in calories.

First grown in New Zealand.

Rich in protective antioxidants.

California produces 98 % of the Kiwi grown in the United States.

Very tasty even the skin is edible.

**Kiwifruit**

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Sodium-Free
- ✓ Gluten-Free

Contains more potassium than a banana. Excellent source of immune-boosting vitamin C

**2.1g FIBER**

**42 CALORIES**

**0.8g PROTEIN**

**10.1g CARBS**

**0.4g FAT**

(per medium fruit)

verywell

## CHEESE BURGER CASSEROLE

**INGREDIENTS**

- 1 Pound of lean ground beef.
- 1/2 chopped onion
- 12oz dried macaroni
- 1 14.5oz can diced tomatoes
- 8oz Sharp Cheddar Cheese
- 1 TBSP Olive Oil
- 1&1/2 teaspoon garlic
- Salt and Pepper to taste
- 1 TBSP Worcestershire Sauce
- 1 32oz Beef Broth Container
- 2 TBSP Double Concentrated Tomato paste

In a big skillet, cook your beef and onion then drain extra fat. Then add canned tomatoes, oil, garlic, salt and pepper, worcestershire sauce & tomato paste. Still all together and add the broth, Bring it to a boil ,then add the pasta and cook until the pasta soaks up the liquid and becomes tender. Top with the cheese and serve.

## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Kiwi
Bread/Bread Alternative	
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	Yogurt
Two Groups	WG Wheat Toast
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Blueberries/Raspberries Corn
Bread/Bread Alternative	Macaroni
Meat/Meat Alternative	Cheeseburger Casserole