

February 2025

# Nutrition Notes

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...



### “LETS GET MOVING”

Class coming February 18th 6:30-8:30pm. It will be here at office 1900 Delaware. Lets learn easy, cheap ways to get this kiddos moving and have fun in the process. Sign up today and get your required training completed early. Class size is limited sign up today.

If your meal time changes at all please let us know so we can update it in your file. During our visits we have to see meals served. Its also important to know we cannot reimburse you for claimed meals that the child is not enrolled for. If the child attends on Mondays and Fridays only you cannot claim them on the other days. So if schedule changes send us an updated enrollment form.

### FEBRUARY

- 2nd Groundhog day
- 7th National Fettuccini Alfredo Day
- 9th National Pizza day
- 14th Valentines day
- 20th National Love your pet day

### Activities...

#### Easy Valentine Hearts

Supplies Needed:

- Glue and Construction paper
- Scissors and Marshmallows (mini)

You could also write their name in glue in the center of the heart. Then sprinkle glitter over there name and shake off the rest.



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



MENU IDEAS

RECIPES

NUTRITION INFO

# Food In Focus

## Facts about Star Fruit

1. Lots of Vitamin C
2. Low Calorie Snack
3. Compounds have powerful antioxidants
4. Packed with Fiber
5. If a person has any kidney disease this is a fruit you want to avoid.
6. Helps reduce inflammation
7. Plant compounds help reduce fatty liver
8. Helps lower cholesterol

## Spinach and Turkey Pinwheels

### Ingredients:

- 8 flour tortillas (8 inches) warmed
- 4 cups fresh baby spinach
- 1 Pound of deli sliced turkey
- 1 of 8 oz spreadable garden veggie cream cheese
- 1 Pound of sliced cheese

### Directions:

Spread the cream cheese over the tortillas. Layer with spinach and turkey & cheese. Roll up tightly. To serve, cut each roll crosswise into 6 pieces.



verywell

## Star Fruit

✓ Cholesterol-Free

✓ Sodium-Free

✓ Good Source of Fiber

✓ Fat-Free

Star fruit is a great source of vitamin C and provides a boost of fiber

41  
CALORIES

0.4G  
FAT

1.4G  
PROTEIN

8.9G  
CARBS

3.7G  
FIBER

(per cup, cubed)

## Make This Your Menu?

<b>Breakfast</b>	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Star Fruit
Bread/Bread Alternative	WG Toast
Meat/Meat Alternate	
<b>Snack</b>	
Two Items	Cottage Cheese
Two Groups	Ritz Crackers
Other Food	Water
<b>Lunch</b>	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Pineapple Spinach
Bread/Bread Alternative	Tortillas
Meat/Meat Alternative	Turkey Spinach & Cheese Pinwheel