

JANUARY 2026

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



January

- 1st New Years Day
- 15th Martin Luther King Day
- 19th National Popcorn Day
- 20th National Cheese Lovers Day

Activities...

New Years Magic Wand!

Supplies Needed:

Tongue Depressors

Glue

Glitter start stickers different colors

Multi Colored Construction Paper

Scissors

Multi Colored Tissue Paper

MENU INFO

A menu needs to be posted for parents to see whether it is on line or listed on your facebook page or on your wall at home. It doesn't mean some of it might change during the week. You can update it and cross off and add whenever needed.

Meat and Meat Alternate

Meat component doesn't always have to be ground beef or chicken the following is a list of other items that would count as a meat component on your menu.

- | | |
|-------------------|----------|
| 1. Yogurt | 4. Eggs |
| 2. Cheese | 5. Beans |
| 3. Cottage Cheese | 6. Tofu |

It always good to have variety of different

PBS will be closed January 19th 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 Cauliflower

They can come in 4 different colors

Yellow, Green, Purple, White.

It's a great source of vit C.

The stems and leaves can be eaten.

It is related to kale, brussel sprouts
and broccoli.

It is not real expensive.

You can find it in the freezer section
too at your local store.

Cauliflower

verywell

✓ Good Source of Vitamin K

✓ Good Source of Vitamin C

✓ Low-Sodium ✓ Low-Fat

✓ Good Source of Folate

✓ Cholesterol-Free

Cauliflower delivers a healthy
dose of fiber and is rich
with antioxidants



Strawberry Yogurt Parfait

Ingredients:

2 Cups of Strawberry yogurt

4 Cups of mixed berries

1/2 cup granola

Let the children build their own parfait! Have them scoop 1/8 cup of yogurt and then 1/4 cup fruit into their cup, and then layer again with another 1/8 cup yogurt and 1/4 fruit. Add a tablespoon of granola on top for a crunch, if desired.

Makes 8 servings

One parfait provides 1/2 oz eq meat/meat alternate and 1/2 cup for fruit.



Make This Your

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Sliced Avocados
Bread/Bread Alternative	Toast
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	Strawberry Yogurt Parfait
Two Groups	Strawberries
Other Food	Yogurt & Granola
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Steamed Cauliflower Pears
Bread/Bread Alternative	Hamburger Bun WG
Meat/Meat Alternative	Beef Pattie