

APRIL 2020

Nutrition Notes

POSITIVE BRIGHT START

News & Calendar of Events



PBS Library

APRIL CELEBRATIONS

*At this time with the Corona Virus our office is closed.
All classes scheduled for April will be postponed.
We will be mailing checks each month.
Family style meal service is not recommend during this time.*

- ◆ Sprouted Grains, Whole Grain of the Month
- ◆ Lawn & Garden Month
- ◆ National Grilled Cheese Day, April 12th
- ◆ Stress Awareness Month

ACTIVities!

We understand that purchasing the correct Milk to serve can be challenging. At this time any type milk you can find as long as it's a creditable milk will be allowed.

We have also included a letter for your Grocery store requesting that you be able to purchase more than the limit they have set.

We also have a waiver you can submit to Positive Bright Start requesting to temporarily waive the whole grain requirement, because you were not able to purchase the items needed.

There are several ways to get WG not just from dry cereals. Remember you can serve oatmeal, pasta, quinoa, crackers, tortillas, brown rice & bread. most of the stores are re-stocking so it shouldn't be too difficult for you to find something. However if you cannot fill out and turn in the waiver.

Gardening Theme- Begin your garden theme by reading *The Tiny Seed* by Eric Carle aloud to the kiddos.



Dramatic Play Area- Provide hats, bandanas, overalls, gardening gloves, aprons, plastic watering can, shovels, hoes, etc.

Rainbow Spin Art Flowers- You'll need: salad spinner, cheap white paper plates, poster paints, green craft sticks, buttons, pom poms, glitter, sequins, glue, scissors

Begin by trimming paper plate to fit in the bottom of the salad spinner. Squirt poster paint on top of it. Secure the lid of the salad spinner and spin it as fast as you can.



Carefully remove the spin art from the spinner and leave it to dry. Cut pieces of the spin art into flower shapes and decorate with buttons, pom-poms, glitter or sequins.

This is the Way We Plant the Seeds
sung to *Here we Go Round the Mulberry Bush*

*This is the way we plant the seeds, plant the seeds,
plant the seeds.*

*This is the way we plant the seeds early in the
springtime.*

*Additional verses: Dig the hole, Put in the seeds, Cover the seeds,
Water the seeds. . .*



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



Menu In Focus

Breakfast	
Fluid Milk	MILK
Juice, Fruit or Vegetable	Strawberries
Bread/Bread Alternative	<i>Bagel</i>
Meat/Meat Alternate	

Breakfast	
Fluid Milk	MILK
Juice, Fruit or Vegetable	Pears
Bread/Bread Alternative	<i>WG Tortilla</i>
Meat/Meat Alternate	Scrambled Eggs & Cheese

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Blueberries
Bread/Bread Alternative	Oatmeal (Not packaged one)
Meat/Meat Alternate	
Snack	
Two Items	Strawberries
Two Groups	Milk
Other	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Romaine Salad Broccoli
Bread/Bread Alternative	Brown Rice
Meat/Meat Alternative	Chicken Baked
Other	