

Nutrition Notes

AUGUST 2024

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...



AUGUST

3rd National Watermelon Day
6th National Root Beer Float Day
9th Book Lovers Day
12th World Elephant Day
24th National Waffle Day

Activities...

Remember kids eating lunch at school including half day Kindergarten kids, are not eligible for lunch at your home. You can claim them for breakfast and pm snack if they are in attendance not lunches.

The New 2024-25 Tier Rates are in.

Tier 1 Breakfast = 1.66	Tier 2 Breakfast = .60
Tier 1 Lunch/Dinner = 3.15	Tier 2 Lunch/Dinner = 1.90
Tier 1 Snacks = .93	Tier 2 Snacks = .26
<i>Tier 1 daily total 5.74 per child Tier 2 daily total 2.76 per child</i>	

It has been in discussion that USDA may allow providers to claim 2 meals and 2 snacks each day instead of maximum 1 snack. Nothing has been made official yet. I will let you know as soon as I hear anything about it.

Next class will be "Identify Whole Grains". We will also search other nutritious options for kids. This will be held at Hy'veen store on Clinton Parkway in Lawrence, from 6:30-8:30pm. This will be on Aug 8, 2024. Sign up today. Get your two hours of training completed before the end of this food program year.

Supplies:

Paper sacks, scissors, black sharpie, glue, green construction paper & googly eyes.

Flower stickers and liquid white out.

Have the older kids cut the pots out of the paper sacks. Trace the child's hand on construction paper and cut it out. Glue bottom of the hand to the paper sack pot. Then have the kids decorate them how they like.



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



Food In Focus

Green Beans FACTS

1. Fresh or Frozen are the best. Canned green beans have a lot of sodium.
2. Its only 31 calories for 1 Cup.
3. They are good steamed, boiled or grilled.
4. They taste best when they are thinner than a pencil.
5. They grow super fast.
6. Green Beans are the third most popular vegetable.
7. US produces 800,000 tons each yr.

Green Beans

verywell

- 31 CALORIES
- 2.7G FIBER
- 0.2G FAT
- 1.8G PROTEIN
- 7G CARBS

✓ Cholesterol-Free ✓ Fat-Free
 ✓ Good Source of Fiber
 ✓ Sodium-Free

A nutrient-dense veggie packed with vitamin K and vitamin C

(per cup 1/2-inch pieces)

HAM PASTA SALAD

Ingredients:

- ◆ 2 & 1/2 cups cooked Rotini Pasta
- ◆ 1/2 pound diced ham
- ◆ 1/2 cup shredded cheese
- ◆ 2 cup mixed vegetables
- ◆ 1/2 cup olive oil
- ◆ 1/3 cup apple cider vinegar
- ◆ 1 tbsp Italian Dressing
- ◆ 1 tbsp lemon juice
- ◆ 1 tbsp whole grain mustard

Directions:

1. Use a medium bowl or 2 cup mason jar, add oil, Italian seasoning, lemon juice and mustard. Whisk in bowl or shake in mason jar. Set aside.
2. In individual bowls, layer the pasta salad. First add 1/4 cup pasta then 1/8 cup ham and 1 tbsp of cheese. Then add the 1/4 cup vegetables and 2 tbsp of the dressing that you had set aside.
3. Have the children mix it up with a spoon or fork before eating. You can let them assemble the bowls also.

One pasta salad bowl provides 1/2 oz grain and 3/4 oz meat/meat alternate and 1/4 cup vegetables. You would need to add an additional protein.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	
Bread/Bread Alternative	Cinnamon Bagel
Meat/Meat Alternate	
Snack	
Two Items	Kiwi
Two Groups	Whole Grain Crackers WG
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Pears Mixed Vegetables
Bread/Bread Alternative	Rotini Pasta
Meat/Meat Alternative	Ham & Cheese & Side of Cottage Cheese