

# Nutrition Notes

APRIL 2024

POSITIVE BRIGHT START

## News & Calendar Events



## Celebrations...

*A new face coming to your home soon. Please welcome Morgan Baptista as your new home visitor. She is excited and looking forward to meeting you. Becky will be working with Morgan before she transitions to retirement. Thanks Becky for all you have done for the CACFP through PBS.*



**UPCOMING CLASS COMING JUNE 20th** which will be at HyVee Grocery Store in Lawrence. More info will be coming soon. Save the date you wont want to miss this.

On the lighter side:

What school subject is the fruitiest?

Answer: History– because its full of dates. :)

## Activities...

### Catapillar Fun

Supplies Needed:

- ♦ Construction Paper
- ♦ Googly Eyes
- ♦ Multi colored tissue paper
- ♦ Glue
- ♦ Scissors

Pre cut out all the catapillar parts first then let the kids put it all together.



1900 Delaware Lawrence, KS 66046 • 785-842-9679 • M-T Fridays 8:30AM–12:30pm



MENU IDEAS

RECIPES

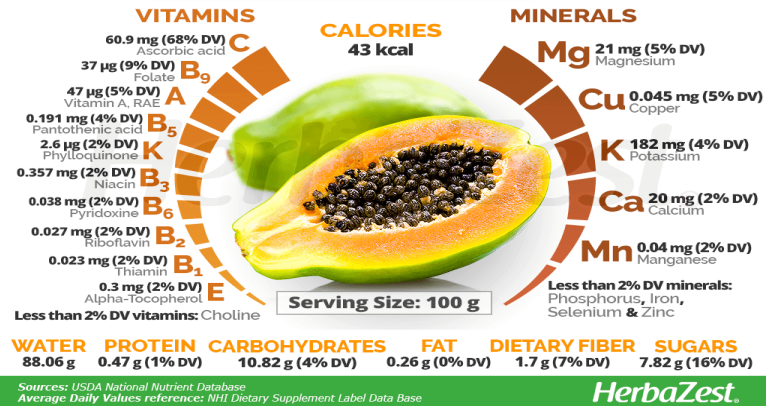
NUTRITION INFO

# Food In Focus

## Papaya Facts:

1. Botanically, papaya is a berry.
2. Christopher Columbus nicknamed papayas as the "Fruit of the Angels".
3. Hawaii is the only known U.S. state that commercially cultivates papayas.
4. Protects your heart.
5. Gives Glowing Skin
6. Loaded with anti-aging benefits
7. Reduces cholestoral levels

## Papaya Nutrition



## Burrito Casserole

### Ingredients:

- 3 (8 inch) flour tortillas
- 1 pound lean ground beef
- 1/2 onion, finely chopped
- 1 packet taco seasoning
- 1/2 cup water
- 1 (15 oz) can black beans, drained and rinsed
- 1 (10 oz) can diced tomatoes with green chiles
- 1/2 cup sour cream
- 2 cups of shredded Mexican cheese

### Directions:

Preheat Oven 350 ° F. In a large skillet brown the beef & onion together until beef is cooked and onions are tender. Drain away any grease leftover.

Add Taco seasoning, water and black beans. Mix

Mix together diced tomatoes and sour cream.

Spray an 8 inch baking pan with non stick spray. Place a flour tortilla in the bottom. Add 1/2 of the ground beef mixture and 1/2 of the tomatoes with sourcream mixture with a 1/3 cup of cheese.

Repeat with the rest of the ingredients ending with a tortilla topped with cheese. Cover with foil bake 30 min.

## Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Apple Slices
Bread/Bread Alternative	Oatmeal WG
Meat/Meat Alternate	
Snack	
Two Items	Papaya
Two Groups	Cheese cubes
Other Food	water
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Corn Red Grapes
Bread/Bread Alternative	Flour Tortilla
Meat/Meat Alternative	Burrito Casserole Beef & Beans