Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events

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. :)

Celebrations. .

1st April Fool's Day 10th National Siblings Day 11th National Pet Day 14th National Gardening Day 26th National Pretzel Day

Activities . . .

Catapillar Fun

Supplies Needed:

- Construction Paper
- Googley Eyes
- Multi colored tissue paper

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- ♦ 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

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Papaya Facts:

MENU IDEAS

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 chlorestoral levels

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 ingredidents ending with a tortilla topped with cheese. Cover with foil bake 30 min.

Papaya Nutrition VITAMINS MINERALS CALORIES 60.9 mg (68% DV) 🦰 Mg 21 mg (5% DV) Magnesium 43 kcal 37 µg (9% DV) **CU 0.045 mg (5% DV)** 0.191 mg (4% DV) 182 mg (4% DV) 2.6 µg (2% DV) 0.357 mg (2% DV) 0.038 mg (2% DV) 20 mg (2% DV) 0.027 mg (2% DV) B 0.04 mg (2% DV) 0.023 mg (2% DV) 0.3 mg (2% DV)

NUTRITION INFO

RECIPES

Less than 2% DV vitamins: Choline

Less than 2% DV minerals: Selenium & Zinc

PROTEIN CARE 5 FAT DIETARY FIBER 0.26 g (0% DV) 1.7 g (7% DV) TER 7.82 g (16% DV) 88.06 g 0.47 g (1% DV) 10.82 g (4% DV) HerbaZest

Serving Size: 100 g

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	Рарауа
Two Groups	Cheese cubes
Other Food	water
Lunch	
Fluid Milk	Milk
Two Servings	Corn
Fruits/Vegetables	Red Grapes
Bread/Bread Alternative	Flour Tortilla
Meat/Meat Alternative	Burrito Casserole Beef & Beans

Positive Bright Start is committed to making workshop activities accessible to all participants. Please contact us at 1900 Delaware or call 785-842-9679 to advise us of special requirements or to make assistance requests. In order to accommodate