

Nutrition Notes

OCTOBER 2022

POSITIVE BRIGHT START

News & Calendar Events



Celebrations...

Creditable Food Spotlight



Looking for a great meat alternate to incorporate into your back-to-school menus? Yoplait® Original low-fat yogurt, made with real fruit, delivers calcium and vitamin D and is perfect for breakfast or snack. It also meets the sugar limits for CACFP. One 6 oz serving credits for 1.5 oz meat alternate.

Don't forget all new enrollments need to be dated **10/01/2022** or after. If they are not filled out by the parent or missing information I will have to send them back to you to fix.

Remember you only have to serve one Whole Grain once a day. Make sure to mark it on your claim and double check it. Some of you are getting money deducted because you forgot to mark your claim or, forget to serve it. Whole grain pasta is a great choice too.



OCTOBER 2022

1st National Vegetarian Day
5th World Teachers Day
9th Fire Prevention Day
12th Columbus Day
16th Bosses Day
31st Halloween

Activities...

BuggyandBuddy.com



MINI PUMPKIN SPIDERS Halloween Craft for Kids



Really easy, have the children paint the mini pumpkins black all but the top so it looks like it has a hat on. When they are good and dry you glue on 8 legs which are thin strips of black construction paper that has been folded like an accordion then glue the eyes.



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



Food In Focus

Ways to enjoy Pomegranate.

Juiced- add pomegranate juice to a breakfast smoothie, or tangy salad.

Raw- Sprinkle arils over salad, roasted veggies, desserts and dips like guacamole, or eat them on their own as a snack.

Baked- Add to savory dishes like stuffing and succotash, and sweet goods like cookies & scones.

Pomegranate

- ✓ Low in Saturated Fat
- ✓ Cholesterol-Free
- ✓ High-Fiber
- ✓ Low-Sodium
- ✓ Gluten-Free

Rich in vitamin C-essential for healthy bone structure-as well as satiety-boosting fiber

3.3G
FAT

11.3G
FIBER

234
CALORIES

One medium fruit (282g)

4.7G
PROTEIN

29G
CARBS

Make This Your Menu?

Autumn Egg & Ham Bites

- Vegetable oil spray
- 10 large eggs
- 1/2 cup milk
- 1/2 tbsp onion powder
- 1 cup spinach, finely chopped
- 4 slices Canadian bacon or ham, diced
- 3/4 cup shredded cheese

Directions:

1. Pre-heat oven 350 degrees.
2. Spray muffin pans with vegetable oil spray.
3. In a bowl mix up eggs, milk, onion powder.
4. Add Spinach and diced meat.
5. Pour evenly only half way in each muffin pan sprinkle cheese on top.
6. Bake for approx 15 min until egg mixture looks puffed up and light brown on top. Make sure egg inside is cooked thoroughly.



Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Pomegranate
Bread/Bread Alternative	WG Oatmeal
Meat/Meat Alternate	
Snack	
Two Items	Cheese sticks
Two Groups	Ritz Crackers
Other Food	
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Red Grapes Hashbrowns
Bread/Bread Alternative	Biscuit
Meat/Meat Alternative	Autumn Egg & Ham Bites