

NOVEMBER 2023 Nutrition Notes

POSITIVE BRIGHT START

News & Calendar Events

DAYLIGHT SAVINGS TIME ENDS
Don't forget to set your clocks back
on November 5th.



If you do not have a refrigerator thermometer it's very important to get one. They are very inexpensive. They don't take up a lot of space and it will help insure your foods are being kept at the proper temperature. The refrigerator should be kept 41 degrees or below. Make sure you keep meats and eggs on bottom shelves. Its cooler there and you don't want the meat to drip on any other food and cause cross contamination. If you have questions about storing food call the office for more information.

To avoid costly mistakes double check your claim before you turn it in to be processed.

Claims are due each month by the 3rd. Special thanks to those who turn in your claims on time. It helps me a lot.

PBS will be closed for Thanksgiving
Holiday on Nov 23rd & 24th.



Celebrations...

NOVEMBER

Nov 4th end of Daylight Savings
Nov 8th National Cappuccino Day
Nov 11th Veterans Day
Nov 23th Thanksgiving
Nov 30th National Day of Giving

Activities...

OWLS

Supplies Needed:

Small paper plates

Brown markers or paint to make plates brown.

Yellow construction paper

Black construction paper or googly eyes

Brown construction paper

White construction paper

Scissors and Glue

Directions:

Precut all three parts of the eye, wings, feet and beak ahead of time so, they are mostly gluing it all together. For the older kids have them cut out their own pieces. You can buy some magnets to stick on the back so they can take it home and put it on their refrigerator.



1900 Delaware Lawrence, KS 66046 • 785-842-9679 • M-T 8:30AM-4:30PM F 8:30-12:00 Noon



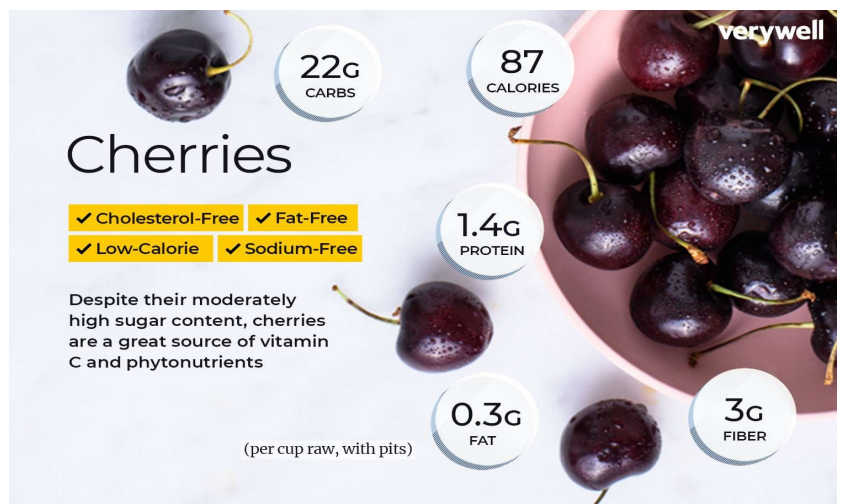
Food In Focus

Washington, Oregon and California produce the most cherries. They are loaded with antioxidants.

They are a preferred snack their natural sugar it gives you energy and the fiber will make you fill full.

They also help reduce inflammation.

Contain more beta carotene than strawberries and blueberries, and are an excellent source of vitamin C.



Tuna Salad Wraps

Ingredients:

1. 6 Whole Wheat Tortilla (8 inch)
2. 1 & 1/4 cups (11 1/2oz) Tuna Drained
3. 1/4 cup fresh onions chopped
4. 1/4 cup chopped celery
5. 1/4 tsp dry mustard
6. 1/2 cup low fat mayo
7. 2 large hard boiled eggs chopped
8. 1 tsp parley
9. 1 tsp garlic powder

Directions:

In a medium bowl combine all the ingredients and stir well. Cut the tortilla in half. Use a measuring scoop 1/2 cup to place tuna mixture on the tortilla and roll it up.

One wrap provides 1/2 cup vegetable
2 ounces meat/meat alternate
1 oz grain.

Make This Your Menu?

Breakfast	
Fluid Milk	Milk
Juice, Fruit or Vegetable	Apple Slices
Bread/Bread Alternative	
Meat/Meat Alternate	Scrambled Eggs
Snack	
Two Items	Blueberry Muffins
Two Groups	
Other Food	Milk
Lunch	
Fluid Milk	Milk
Two Servings Fruits/Vegetables	Carrot Sticks Cherries
Bread/Bread Alternative	Whole Wheat Tortilla
Meat/Meat Alternative	Tuna