

Nutrition News

April 2022



Stay Healthy Every Day!

- Eat **5** or more fruits and vegetables
- Limit screen time to **2** hours or less
- Exercise or play **1** or hour or more
- Choose **0** sugary drinks



This month we will learn about leafy greens. Our Maywood and Lily sites have garden carts and will be planting leafy greens from seeds.

The USDA MyPlate recommends adults and children **eat 2 cups of leafy greens weekly!** Try to aim for darker leafy greens for an added nutrition punch!

Make leafy greens kid friendly. Let your child help make a smoothie and add a little kale. Kids enjoy dipping. Let your child dip each bite of their lettuce in ranch. Eggs are a great way to start the day. Consider adding some fresh spinach to your scrambled eggs and make green eggs and ham!



Build a Toddler Friendly Salad

- Use a mild tasting lettuce Good options are butter or ice berg lettuces.
- Cut your fruits and veggies Cut circular produce like cherry tomatoes or grapes in half to help prevent choking.
- Use a yummy dressing Good options include ranch, poppy seed and honey mustard.
- Serve it in a fun way If using skewers make sure to cut the sharp tips off.



ARAB AMERICAN HERITAGE MONTH



Arab Americans have ancestry in one of the world's 22 Arab nations, which are located from northern Africa through western Asia. Food varies according to the region. A traditional meal in Lebanese is Tabbouleh.

Tabbouleh
Serves 6

Bulgar is a whole grain. It's a good source of **fiber, protein, iron** and **vitamin B6**. All important nutrients for your child!

All you need:

- 1/2 cup bulgur, uncooked
- 1 cup water
- 3/4 cup cucumber, fresh, peeled, 1/4" diced
- 3/4 cup tomatoes, fresh, 1/4" diced
- 2 tablespoons Italian parsley, fresh, chopped
- 2 tablespoons mint leaves, fresh, chopped
- 2 tablespoons green onion with tops, chopped
- 1 clove garlic, fresh, minced
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper, ground

All you do:

1. In a small stockpot, bring water to a rolling boil.
2. Add bulgur; cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered, and let stand for 20 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool.
3. In a medium bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.
4. Prepare dressing: In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
5. Combine dressing with the other ingredients.
6. Refrigerate; let chill for at least 2 hours before serving to allow the flavors to fuse.

Source: Team Nutrition CACFP Multicultural Recipe Project

Name: _____

Date: _____

Flags of Arabic Nations



Algeria



Morocco



Bahrain



Oman



Comoros



Palestine



Djibouti



Qatar



Egypt



Saudi Arabia



Iraq



Somalia



Jordan



Sudan



Kuwait



Syria



Lebanon



Tunisia



Libya



United Arab Emirates



Mauritania



Yemen



How Does Lettuce Grow?

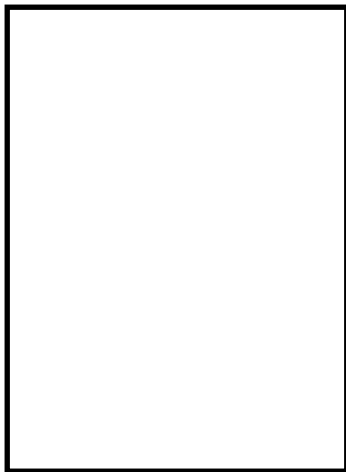
Lettuce grows when the average daily temperature is between 60° to 70°F.

It should be planted in early spring or late summer.

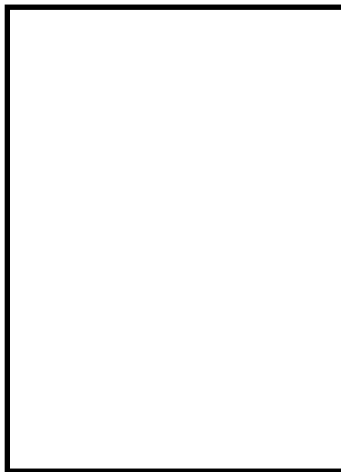
You can plant lettuce seeds directly in the ground or in containers.

Make sure to water your lettuce for best growth.

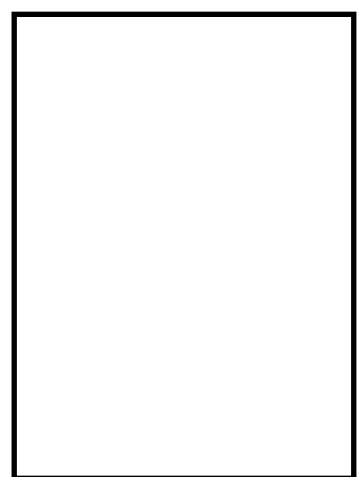
#1



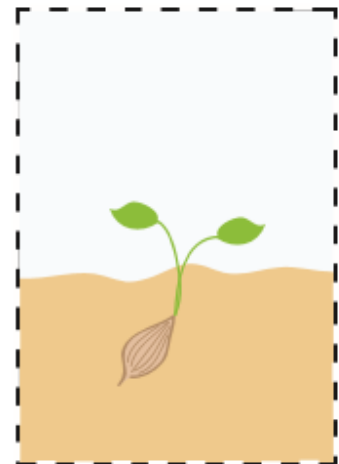
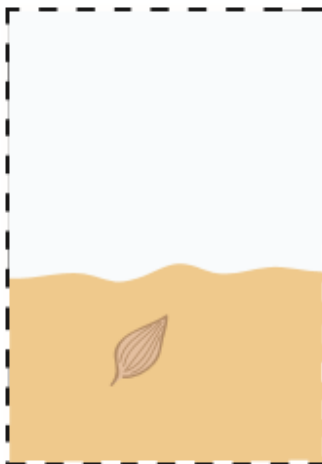
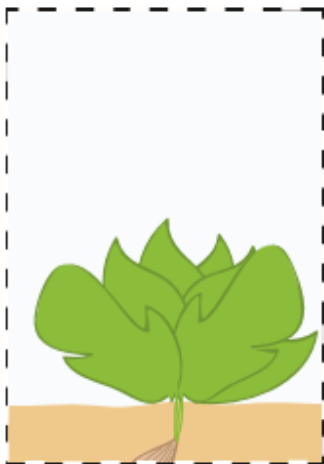
#2



#3



Cut out the pieces and paste them in order of growth.



April 2022 Family Meal Tracker for In-Kind Credit

RULES FOR CREDIT: EAT TOGETHER—TURN OFF TV—SIT AROUND TABLE TOGETHER—PASS FOOD FAMILY STYLE—HAVE MEAL CONVERSATIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
				1 Meals Eaten Together <small>(circle):</small> B L D	2 Meals Eaten Together <small>(circle):</small> B L D	3 Meals Eaten Together <small>(circle):</small> B L D	Total Meals for Week:
4 Meals Eaten Together <small>(circle):</small> B L D	5 Meals Eaten Together <small>(circle):</small> B L D	6 Meals Eaten Together <small>(circle):</small> B L D	7 Meals Eaten Together <small>(circle):</small> B L D	8 Meals Eaten Together <small>(circle):</small> B L D	9 Meals Eaten Together <small>(circle):</small> B L D	10 Meals Eaten Together <small>(circle):</small> B L D	Total Meals for Week:
11 Meals Eaten Together <small>(circle):</small> B L D	12 Meals Eaten Together <small>(circle):</small> B L D	13 Meals Eaten Together <small>(circle):</small> B L D	14 Meals Eaten Together <small>(circle):</small> B L D	15 Meals Eaten Together <small>(circle):</small> B L D	16 Meals Eaten Together <small>(circle):</small> B L D	17 Meals Eaten Together <small>(circle):</small> B L D	Total Meals for Week:
18 Meals Eaten Together <small>(circle):</small> B L D	19 Meals Eaten Together <small>(circle):</small> B L D	20 Meals Eaten Together <small>(circle):</small> B L D	21 Meals Eaten Together <small>(circle):</small> B L D	22 Meals Eaten Together <small>(circle):</small> B L D	23 Meals Eaten Together <small>(circle):</small> B L D	24 Meals Eaten Together <small>(circle):</small> B L D	Total Meals for Week:
25 Meals Eaten Together <small>(circle):</small> B L D	26 Meals Eaten Together <small>(circle):</small> B L D	27 Meals Eaten Together <small>(circle):</small> B L D	28 Meals Eaten Together <small>(circle):</small> B L D	29 Meals Eaten Together <small>(circle):</small> B L D	30 Meals Eaten Together <small>(circle):</small> B L D		Total Meals for Week:

Child Name: _____ **Parent Name:** _____

Address: _____

Staff Signature: _____ **Parent Signature:** _____

Total Meals: _____

April 2022 Menu - Maywood and Lily

Monday

Tuesday

Wednesday

Thursday

Friday

April is Arabic American Heritage Month.

Arab Americans have ancestry in one of the world's 22 Arab nations, which are located from northern Africa through western Asia. Food varies according to the region. A traditional meal in Lebanese is Tabbouleh, a salad. This salad usually includes Bulgur (a whole grain), parsley, tomatoes and lemon juice.



Our food of the month is leafy greens. Leafy greens are healthy and good for you! We will be planting some leafy greens in our garden carts! Enjoy leafy greens in salads, smoothies and added to dishes like spaghetti.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April is Arabic American Heritage Month.</p> <p>Arab Americans have ancestry in one of the world's 22 Arab nations, which are located from northern Africa through western Asia. Food varies according to the region. A traditional meal in Lebanese is Tabbouleh, a salad. This salad usually includes Bulgur (a whole grain), parsley, tomatoes and lemon juice.</p> <p style="color: green;">Our food of the month is leafy greens. Leafy greens are healthy and good for you! We will be planting some leafy greens in our garden carts! Enjoy leafy greens in salads, smoothies and added to dishes like spaghetti.</p>				1
4	5	6	7	8
Apple WG Cheerios	Pears WG Oatmeal	Orange WG Chex	Banana WG Oatmeal	Apple WG Rice Crisps
WG CN Taco Refried Bean Tropical Fruit	WG CN Country Fried Beef Mashed Potato Cooked Carrots	WG CN Chicken Patty Green Beans Applesauce	WG CN Cheesy Chicken Burrito Corn Pears	CN Egg Hash brown Mandarin Orange WG Muffin
Peaches Milk	Pineapple Milk	Tropical Fruit Milk	Peaches Milk	Banana Milk
11	12	13	14	15
Apple WG Chex	Orange WG Oatmeal	Pear WG Cheerios	Banana WG Rice Crisps	No School
CN Hamburger WG Bun Green Beans Corn	WG CN Chicken Patty Carrots Fruit Cocktail	WG CN Beef Taco Refried Beans Tropical Fruit	CN Italian Chicken Mixed Vegetable s Pineapple WG Bread	
Peaches Milk	Applesauce Milk	Pineapple Milk	Mandarin Orange Milk	
18	19	20	21	22
Orange WG Rice Crisps	Fruit Cocktail WG Chex	Apple WG Cheerios	Banana WG Oatmeal	Fruit Cocktail WG Rice Crisps
Meatloaf Mashed Yams Mix Vegetable WG Bread	Pineapple Chicken WG Rice Peas	Loaded Baked Potato With Turkey Ham, Broccoli & Cheese Blueberries	WG Beef Spaghetti Tossed Salad Applesauce	Chicken Drummy Butter Beans Acorn Squash WG Cornbread
Apple Milk	Pears Milk	Orange Milk	Tropical Fruit Milk	Banana Milk
25	26	27	28	29
Pear WG Cheerios	Apple WG Chex	Mandarin Orange WG Oatmeal	Banana WG Rice Crisps	Peaches WG Cheerios
Chicken Tabbouleh Crushed Pineapple	CN Cod On WG Bun Honey Ginger Carrots Green Beans	Chicken Alfredo Over WG Noodles Peas	Sloppy Joe On WG Bun Cucumber Salad Applesauce	Chicken Fajitas On WG Tortilla Refried Beans Mangos
Orange Milk	Peach Milk	Fruit Cocktail Milk	Tropical Fruit Milk	Banana Milk