Nutrition **N**ews

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



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.

TabboulehServes 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.
- 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:			Month
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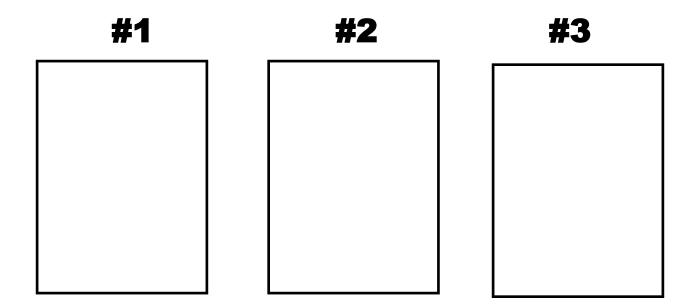
How Does Lettuce Grow?

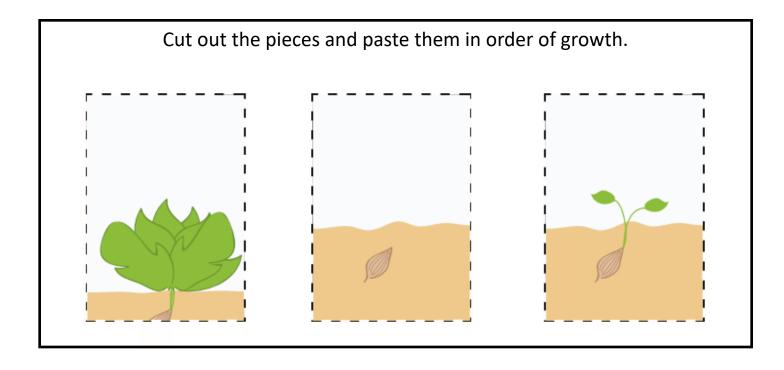
Lettuce grows when the average daily temperature is between 60° to 70°F.

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.





April 2022 Family Meal Tracker for In-Kind Credit

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

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							Address:
Total Meals:			ame:	Parent Name:			Child Name:
		ВІО	B L D	B L D	B L D	8 L D	BLD
Week:		Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):
Total Meals for		30	29	28	27	26	25
	B L D	BLD	B L D	B L D	B L D	B L D	BLD
Week:	Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):			
Total Meals for	24	23	22	21	20	19	18
	B L D	BLD	B L D	B L D	B L D	B L D	BLD
Week:	Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):			
Total Meals for	17	16	15	14	13	12	11
	B L D	BLD	B L D	B L D	B L D	B L D	B L D
Week:	Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):			
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Week:	Meals Eaten Together (circle):	Meals Eaten Together (circle):	Meals Eaten Together (circle):				
Total Meals for	З	2	1				
	Sunday	Saturday	Friday	Thursday	Wednesday	Tuesday	Monday
RULES FOR CREDIT: EAT TOGETHER—TURN OFF TV—SIT AROUND TABLE TOGETHER—PASS FOOD FAMILY STYLE—HAVE MEAL CONVERSATIONS) I YLE—HAVE MEAI	SS FOOD FAINILY S	SLE TOGETHER-PA	SII AROUND I AE	A-IORN OFF IV-	II: EAT TOGETHER	KOLEV FOR CKED

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.



Apple Yogurt

CN Cod On WG Bun Green Beans Peaches WG Bread

Orange Milk

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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.

Apple WG Cheerios WG Oatmeal WG Chex WG Oatmeal WG Ox Cheesy Chicken Refried Bean Tropical Fruit Cocked Carrots Applesauce Corn Pears WG Muffin Peaches Milk Milk Pears WG Oatmeal WG Cheerios WG Muffin Pears WG Oatmeal Oatmeal WG Oatmeal Oat	EIIJOY	leary greens in salaus, sin	iootilles alla added to di	snes like spagnetti.	Milk
WG Cheerios WG Oatmeal WG Chex WG Oatmeal WG Rice Crisps WG CN Taco Refried Bean Tropical Fruit WG CN Country Fried Mashed Potato Cooked Carrots WG CN Chicken Patty Green Beans Applesauce WG CN Cheesy Chicken Burrito CN Egg Hash brown Mandarin Orange WG Muffin Peaches Milk Pineapple Milk Tropical Fruit Milk Peaches Milk Banana Milk Milk Apple WG Chex Orange WG Oatmeal Pear WG Cheerios Banana WG Rice Crisps No School VNG Bun Green Beans Green Beans WG CN Chicken Patty Green Beans WG Cherios CN Italian Chicken WG Rice Crisps No School Peaches Milk Applesauce Milk WG Enerios WG Bread Mandarin Orange WG Bread Fruit Cocktail WG Cherios Mandarin Orange WG Cherios Fruit Cocktail WG Cheerios WG Rice Crisps Meatloaf Mashed Yams Milk Pineapple Chicken WG Rice WG Rice WG Bread Loaded Baked Potato With Turkey Ham, Broccoll & Cheese Blueberries WG Beef Spaghetti WG Cheerios Tropical Fruit WG Rice Drisps WG Rice Drisps WG Cheerios Apple WG Cheerios WG Banana WG Cheerios Apple WG Cheerios WG Banana WG Cheerios WG Banana WG Cheerios WG Banana WG Rice Crisps WG Beeans ACorn Squash WG Cheerios Acorn Squash WG Cheerios	4	5	6	7	
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Milk Milk Milk Milk Milk Milk 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 Drange WG Rice Crisps Fruit Cocktail WG Chex Apple WG Cheerios Banana WG Oatmeal Fruit Cocktail WG Rice Crisps Meatloaf Mashed Yams Mik Vegetable WG Bread Pineapple Chicken WG Rice Loaded Baked Potato With Turkey Ham, Broccoli & Cheese Blueberries WG Beef Spaghetti WG Salad Applesauce Chicken Drummy Butter Beans Acorn Squash WG Cornbread Apple MG Bread Pears Milk Orange Tropical Fruit Milk Banana Milk Apple WG Cheerios Mandarin Orange WG Oatmeal Banana WG Rice Crisps Peaches WG Cheerios Chicken Chicken Honey Ginger Carrots Green Beans Chicken Alfredo On WG Bun Honey Ginger Carrots Green Beans Chicken Alfredo On WG Bun Cucumber Salad Applesauce Chicken Fajitas On WG Tortilla Refried Beans Applesauce On WG Tortilla Refried Beans Applesauce	Refried Bean	Beef Mashed Potato	Green Beans	Burrito Corn	Hash brown Mandarin Orange
Apple WG Chex WG Oatmeal WG Cheerios WG Rice Crisps CN Hamburger WG CN Chicken Patty Carrots Fruit Cocktail Peaches Milk MIlk MIlk MG Cheerios WG Oatmeal Orange WG Rice Crisps Corn Peaches Milk MIlk MIlk MG Cheerios Milk MG Rice Crisps MG Refried Beans Tropical Fruit Pineapple WG Bread Mandarin Orange Milk MG Chex MG Cheerios MG Catterial WG Catterial WG Cheerios MG Catterial MG Chicken Chicken WG Cheese Blueberries MG Chicken Chicken Milk MIlk MG Cheerios MG Cheerios MG Chicken			1 .		
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Milk Milk Milk Milk Milk Milk Milk Milk	WG Bun Green Beans	Carrots	Refried Beans	Mixed Vegetable s Pineapple	
Orange WG Rice Crisps WG Chex WG Cheerios WG Oatmeal Fruit Cocktail WG Rice Crisps Meatloaf Pineapple Chicken WG Rice With Turkey Ham, Broccoli & Cheese Blueberries WG Cornbread Apple Pears Orange Milk Milk Milk Milk Milk Milk Milk 25 26 27 28 Pear Apple WG Cheex WG Oatmeal WG Rice Crisps WG Cheerios Chicken Tabbouleh Crushed Pineapple Ghicken WG Cornbread Cornage Mandarin Orange WG Cheex WG Oatmeal WG Rice Crisps WG Cheerios Chicken Tabbouleh Crushed Pineapple Green Beans Orange Peach Fruit Cocktail Tropical Fruit MG Rice Crisps WG Cheerios Tropical Fruit Cocktail Tropical Fruit MG Rice Crisps WG Cheerios Chicken Tabbouleh Crushed Pineapple Green Beans Orange Peach Fruit Cocktail Tropical Fruit Banana				_	
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Mashed Yams Mix Vegetable WG BreadWG Rice PeasWith Turkey Ham, Broccoli & Cheese BlueberriesTossed Salad ApplesauceButter Beans Acorn Squash WG CornbreadApple MilkPears MilkOrange MilkTropical Fruit MilkBanana Milk25262728Pear WG CheeriosApple WG ChexMandarin Orange WG OatmealBanana WG Rice CrispsPeaches WG CheeriosChicken Tabbouleh Crushed PineappleCN Cod On WG Bun Honey Ginger Carrots Green BeansChicken Alfredo Over WG Noodles PeasSloppy Joe On WG Bun Cucumber Salad ApplesauceChicken Fajitas On WG Bun Cucumber Salad ApplesauceOrangePeachFruit CocktailTropical FruitBanana	_				
Milk Milk Milk Milk Milk Milk Milk Milk	Mashed Yams Mix Vegetable	WG Rice	With Turkey Ham, Broccoli & Cheese	Tossed Salad	Butter Beans Acorn Squash
Pear WG CheeriosApple WG ChexMandarin Orange WG OatmealBanana WG Rice CrispsPeaches WG CheeriosChicken Tabbouleh Crushed PineappleCN Cod On WG Bun Honey Ginger Carrots 			_	•	
WG Cheerios Chicken Chicken Tabbouleh Crushed Pineapple Orange Cheerios WG Cheerios Chicken Alfredo Over WG Noodles On WG Bun Cucumber Salad Applesauce Mangos Fruit Cocktail Tropical Fruit Banana	25	26	27	28	2
Tabbouleh Crushed PineappleOn WG Bun Honey Ginger Carrots Green BeansOver WG Noodles PeasOn WG Bun Cucumber Salad ApplesauceOn WG Tortilla Refried Beans MangosOrangePeachFruit CocktailTropical FruitBanana		•	_		
	Tabbouleh	On WG Bun Honey Ginger Carrots	Over WG Noodles	On WG Bun Cucumber Salad	On WG Tortilla Refried Beans
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