



March Microgreens

This month we will learn about microgreens.

Microgreens include a variety of edible immature greens, harvested less than a month after germination when the plants are up to 2 inches tall. The stem, cotyledons (or seed leaves) and first set of true leaves are all edible and packed with flavor.

Microgreens can be grown outdoors or indoors.

Some of the easiest types of microgreens to grow are lettuce, broccoli, cauliflower, Napa cabbage, mustard, chia, radish, turnip bok choy, sesame, cress, sunflower or buckwheat.

Microgreens have an intense aroma, flavor and are packed with nutrients. They can be used as toppings for things like scrambled eggs or baked potatoes, or in soups, salads, sandwiches, tacos and smoothies to add flavor and nutrition.

Grow Your Own Microgreens

Materials:

Potting Soil

Microgreen Seeds

Shallow Container

(like aluminum pie tin)

Squeeze Bottle for Misting Water, optional

Scissors for Harvesting



Directions:

1. Fill shallow containers with potting soil at least 1 inch deep.
2. Spread seeds over the soil evenly. Seeds should be much closer together than traditional gardening. A general guideline is about 5-10 seeds per square inch.
3. Mist water over the seeds to moisten them.
4. Place the containers in the sun. A south-facing window is ideal.
5. Seeds will germinate in about a week. Mist with water daily to keep the soil moist. Use kitchen scissors to harvest microgreens when they have developed one or two sets of leaves. Cut the stems right above the soil. Wash and enjoy!



Stay Healthy Everyday

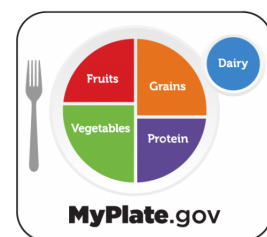
- 5** servings fruits and vegetables
- 2** hours or less of screen time
- 1** hour or more of exercise or play
- 0** sugary drinks



**Talk to your
child about
where food
comes from
and how it
grows!**

Monthly Nutrition Tip: Eat Healthy with MyPlate...

[MyPlate.Gov](https://www.mypyplate.gov) is a FREE website that provides you tools to eat healthy.



2 Tips from MyPlate on Healthy Eating for Preschoolers:

• Model healthy behaviors

Preschoolers tend to copy what parents or caregivers do at the table. **If you eat your veggies, they'll eat their veggies.**

• Think about their drinks

Beverages with no added sugars like water, unsweetened fat-free or low-fat milk (including lactose-free options), or fortified soy beverages **should be the primary choice for children.**





March Menu



Milk served daily at breakfast and lunch.
Whole milk for 12-24 months, low fat milk for 2+.
Water available all day. Menus developed following USDA CACFP.
WG = Whole Grain CN = Child Nutrition Label

"This institution is an Equal Opportunity Provider"

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



In Iowa microgreens are often grown in a green house.

This month we will plant and grow our own microgreens!

Microgreens



Dr. Seuss Birthday:
Green Eggs & Ham
Hash Brown Patty
Tropical Fruit
WG Muffin

6
Cutie & WG CN Breakfast Corndog

Hawaiian Ham & Coconut Rice
Carrots
Tropical Fruit

Apple Yogurt

7
Pineapple
WG Rice Chex

Chicken & WG Waffles
Corn
Peaches

Banana Milk

8
Banana Oatmeal

Meatloaf
Green Bean
Mashed Potato
WG Bread

Peaches Cottage Cheese

9
Fruit Cocktail Yogurt

WG Spaghetti with Meat Sauce
Tossed Salad
Blueberries

Pear Milk

10
Cutie WG Cheerios

Easy Tuna Salad in WG Pita Pocket
Sliced Cucumber
Diced Pears

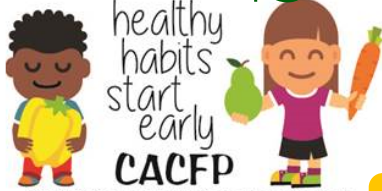
Apple WG Grahams

13

14

15

16



Spring Break Consolidated Care (WRAP Only)

Cook's Choice Breakfast, Lunch and Snack

Happy National CACFP Week!

Traditional Irish Meal:
Bangers and Mash
Peas
WG Biscuit

CACFP makes it possible for our centers to serve your kids healthy meals and snacks!

20
Apple WG Waffle

Beef Taco Meat
WG Tortilla
Refried Beans
Tropical Fruit

WG Breadstick Marinara

21
Peaches WG Cheerios

Barbecued Turkey on WG Bun
Sweet Potato Puffs
Green Beans

Banana Yogurt

22
Oatmeal with Pumpkin Sauce

Chili Carrots
Diced Pears
Crackers

String Cheese Cutie

23
Banana WG Apple Muffin

Chicken, Rice & Edamame
Corn
Apple

Celery + PB Milk

24
NO SCHOOL

27
Cutie WG Rice Chex

Chicken Alfredo with WG Noodles
Broccoli
Peaches

Apple WG Grahams

28
Pears Oatmeal

Hmong Beef Rice
Peas & Carrots
Crushed Pineapple

Mandarin Orange Milk

29
Banana Yogurt

Italian Chicken
WG Pasta & Broccoli
Fruit Cocktail

Peaches Cottage Cheese

30
Apple WG Cheerios

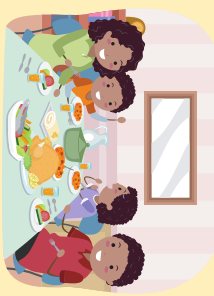
Pork Rib Patty CN
WG Bun
Green Beans
Mandarin Oranges

Banana Milk

31
Pineapple Turkey Sausage CN

Tuna and WG Noodles
Tossed Salad
Blueberries

Cutie WG Goldfish



March 2023

Family Meal Tracker for In-Kind Credit



Rules for Credit:

Circle meals eaten together

B = Breakfast L = Lunch D = Dinner

Eat Together

Sit Around Table Together

No TV - Focus On Meal Conversations

It's normal for kids to go through a picky eating phase.

- Stay calm when your child won't eat what you prepared.
- Don't try to force them to eat.
- Offer new foods with familiar foods your child likes.
- Let your child choose between two healthy options.
- Avoid using food as a reward for good behavior.

HELPFUL
TIPS



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1	2	3	4	Total Weekly Meals: —
			B L D	B L D	B L D	B L D	
5	6	7	8	9	10	11	Total Weekly Meals: —
B L D	B L D	B L D	B L D	B L D	B L D	B L D	
12	13	14	15	16	17	18	Total Weekly Meals: —
B L D	B L D	B L D	B L D	B L D	B L D	B L D	
19	20	21	22	23	24	25	Total Weekly Meals: —
B L D	B L D	B L D	B L D	B L D	B L D	B L D	
26	27	28	29	30	31		Total Weekly Meals: —
B L D	B L D	B L D	B L D	B L D	B L D		

Child Name: _____

Address: _____

Guardian Name: _____

Signature: _____

Total Monthly Meals: —