



April Bell Peppers

This month we will learn about bell peppers.

Bell peppers are vegetables which grow on plants. They come in a rainbow of colors!



Bell pepper's skin should be firm and the stem should be fresh and green. Take out the seeds on the inside before eating.



Kid-Friendly Ways to Eat Bell Peppers

Rise-and-shine rings: Slice bell pepper horizontally to make rings about half inch thick. Place rings in a nonstick pan. Crack an egg into the middle of the ring. Fry 2 minutes on each side on medium heat, flipping carefully until desired doneness.



Pepper Quesadillas: Dice bell peppers small. Cover half a whole wheat tortilla with cheese and sprinkle with diced bell peppers. Fold in half and warm in a nonstick pan until cheese melts.

Pepper Dippers: Cut bell peppers into strips. Dip in ranch or hummus.



Tabbouleh



Tabbouleh is a popular Middle Eastern salad served as part of a mezze (assortment of appetizers). A primary ingredient in tabbouleh is bulgur, which is a whole grain.

Serves 6

All you need:

- 1/2 cup bulgur, uncooked
- 1 cup water
- 3/4 cup cucumber, fresh, 1/4" diced
- 3/4 cup tomatoes, fresh, 1/4" diced
- 1/2 cup bell pepper, fresh, 1/4" diced
- 2 Tbsp. Italian parsley, fresh, chopped
- 2 Tbsp. mint leaves, fresh, chopped
- 2 Tbsp. green onion with tops, chopped
- 1 clove garlic, fresh, minced
- 1 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. 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.

April 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

<p>Peaches 3 WG Oatmeal</p> <p>WG Chicken Drum Baked Beans Fruit Cocktail</p> <p>Pear Milk</p>	<p>Cutie 4 English Muffin</p> <p>Pulled Pork Sweet Potatoes Collard Greens Corn Bread</p> <p>Fruit Parfait Cones</p>	<p>Apple 5 WG Cheerios</p> <p>Vegetable Beef Soup Peaches Saltine Crackers</p> <p>Banana String Cheese</p>	<p>Banana 6 Yogurt</p> <p>WG CN Pizza Peas & Carrots Crushed Pineapple</p> <p>Cutie Milk</p>	<p>NO SCHOOL</p>
<p>Cutie & WG CN 10 Breakfast Corndog</p> <p>Chef Salad Tropical Fruit WG Breadstick</p> <p>Apple Yogurt</p>	<p>Pineapple 11 WG Rice Chex</p> <p>Chicken & WG Waffles Corn Peaches</p> <p>Banana Milk</p>	<p>Banana 12 Oatmeal</p> <p>Meatloaf Green Bean Mashed Potato WG Bread</p> <p>Peaches Cottage Cheese</p>	<p>Fruit Cocktail 13 Yogurt</p> <p>WG Spaghetti with Meat Sauce Tossed Salad Blueberries</p> <p>Pear Milk</p>	<p>Cutie 14 WG Cheerios</p> <p>Easy Tuna Salad in WG Pita Pocket Sliced Cucumber Diced Pears</p> <p>Apple WG Grahams</p>
<p>Cutie 17 Cottage Cheese</p> <p>WG Chicken Alfredo Broccoli Peaches</p> <p>Apple WG Grahams</p>	<p>Pears 18 Oatmeal</p> <p>Rock & Roll Beef on WG Wrap Peas & Carrots Crushed Pineapple</p> <p>Mandarin Oranges Milk</p>	<p>Banana 19 Yogurt</p> <p>Chicken Tabbouleh Fruit Cocktail</p> <p>Peaches Cottage Cheese</p>	<p>Apple 20 WG Cheerios</p> <p>Pork Rib Patty CN WG Bun Green Beans Mandarin Oranges</p> <p>Banana Milk</p>	<p>Pineapple 21 Turkey Sausage CN</p> <p>Tuna & Noodles Tossed Salad Blueberries</p> <p>Cutie WG Goldfish</p>
<p>Apple 24 WG Waffle</p> <p>Beef Taco Meat WG Tortilla Refried Beans Tropical Fruit</p> <p>WG Breadstick Marinara</p>	<p>Peaches 25 WG Cheerios</p> <p>Barbecued Turkey on WG Bun Sweet Potato Puffs Green Beans</p> <p>Banana Yogurt</p>	<p>Oatmeal 26 Applesauce</p> <p>Chili Carrots Diced Pears Crackers</p> <p>String Cheese Pepper Slices</p>	<p>Banana 27 WG Apple Muffin</p> <p>Chicken, Rice & Edamame Corn Apple</p> <p>Celery + PB Milk</p>	<p>NO SCHOOL</p>

This month we will learn about bell peppers.



- Aim for 5 servings of fruit and vegetables every day!
- Bell peppers are vegetables which grow on plants.
- Bell pepper's skin should be firm and the stem should be fresh and green.
- Take out the seeds before eating.



April 2023

Family Meal Tracker for In-Kind Credit



Many parents worry they are not feeding their preschooler enough. But serving sizes for preschoolers are smaller than serving sizes for adults and each child is different. **Your role is to provide healthy choices for your preschooler and let them decide how much they want to eat.**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Meals:
						B L D 1	_____
B L D 2	B L D 3	B L D 4	B L D 5	B L D 6	B L D 7	B L D 8	_____
B L D 9	B L D 10	B L D 11	B L D 12	B L D 13	B L D 14	B L D 15	_____
B L D 16	B L D 17	B L D 18	B L D 19	B L D 20	B L D 21	B L D 22	_____
B L D 23	B L D 24	B L D 25	B L D 26	B L D 27	B L D 28	B L D 29	_____
B L D 30							_____

Child Name: _____

Address: _____

Guardian Name: _____

Signature: _____

Monthly

Meals: _____