



May 2023 Nutrition Newsletter

## Radishes

### This month we will learn about radishes

The radish is an edible, root vegetable that commonly has red skin with white flesh, however there are many sizes and colors. Raw radishes have a peppery taste, but when cooked have a mellow, sweet flavor.

### Grow Your Own Radishes

Your child can help poke holes in dirt, place seeds in holes, water and watch the radishes grow!



#### All you need:

- Container (should be at least 6 inches deep and contain drainage holes) or space outside to plant and grow radishes
- Dirt (potting soil will work)
- Radish seeds
- Water



[Scan for Radish Video](#)

#### All you do:

1. Add dirt to pot. If planting directly in to the ground, make sure the space is weed free and soil is loose.
2. Use your finger and poke small holes in the dirt about 2 cm apart.
3. Place 2-3 radish seed in each hole.
4. Cover holes with dirt.
5. Water and let grow. Your radishes should poke out of the soil in about a week. If the plants are crowded, thin them out.
6. **Your radishes should be ready to eat in about 21 days!** Simply grab radishes near their base and pull out. Wash and eat!



### Happy Birthday Head Start!



May 18 is Head Start's 57th Birthday. Our center's will celebrate by making Breakfast Banana Splits. **Make these at home...**

### Breakfast Banana Splits



#### All you need:

- Bananas
- Low-fat yogurt, vanilla or strawberry
- Pineapple tidbits
- Rice Crispies
- Honey (optional)
- Additional toppings (optional) - berries, walnuts, peanut butter + more

#### All you do:

1. For each serving, peel and slice each banana in half lengthwise. Place 2 halves in a container.
2. Spoon yogurt over banana as desired.
3. Top with pineapple tidbits and rice crispies.
4. Drizzle with honey. Enjoy

Note: Baby's under 12 months should not be given honey. Honey may contain bacteria that a developing babies digestive system can't handle.

### Cultural Celebration



May is Asian-American and Pacific Island (AAPI) Heritage Month. AAPI represents a diverse group of nations, regions and ethnic groups so it includes several cuisines. Our centers will be trying [Asian Chicken Wraps](#) with [Gingered Carrots](#).



# May Menu



We support local farmers!  
Locally sourced food is indicated in **red**



"This institution is an Equal Opportunity Provider"

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

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1</p> <p>Peaches Oatmeal</p> <p>Pulled Pork on WG Bun Baked Beans Fruit Cocktail</p> <p>Pear Milk</p>	<p>2</p> <p>Cutie <b>Yogurt</b></p> <p>Crispy WG Chicken <b>Lettuce</b> Salad Mandarin Oranges</p> <p>WG Chips Salsa</p>	<p>3</p> <p>Apple WG Cheerios</p> <p>Hamburger on WG Bun <b>Roasted Radishes</b> Pears</p> <p>Banana String Cheese</p>	<p>4</p> <p>Banana WG English Muffin</p> <p>WG Mac &amp; Cheese Broccoli Strawberries <b>Yogurt</b></p> <p>Cutie Milk</p>	<p>5</p> <p>Peaches Cottage Cheese</p> <p>WG Tamale Refried Beans Mango</p> <p>Apple WG Goldfish</p>
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<p>8</p> <p>Cutie &amp; WG CN Breakfast Corndog</p> <p>Chef <b>Lettuce</b> Salad Tropical Fruit WG Breadstick</p> <p>Apple <b>Yogurt</b></p>	<p>9</p> <p>Pineapple WG Rice Chex</p> <p>Chicken &amp; WG Waffles Corn Peaches</p> <p><b>Radish Slices</b> Milk</p>	<p>10</p> <p>Banana Oatmeal</p> <p>Chicken Dumpling <b>Asparagus</b> Mandarin Oranges</p> <p>Peaches Cottage Cheese</p>	<p>11</p> <p>Fruit Cocktail <b>Yogurt</b></p> <p>WG Spaghetti with Meat Sauce Tossed Salad Blueberries</p> <p>Pear Milk</p>	<p>12</p> <p>Cutie WG Cheerios</p> <p>Easy Tuna Salad in WG Pita Pocket Sliced Cucumber Diced Pears</p> <p>Apple WG Grahams</p>
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<p>15</p> <p>Cutie Cottage Cheese</p> <p>WG Chicken Alfredo <b>Spinach Salad</b> Peaches</p> <p>Apple WG Grahams</p>	<p>16</p> <p>Pears Oatmeal</p> <p>Rock &amp; Roll Beef on WG Wrap Peas &amp; Carrots Crushed Pineapple</p> <p>Mandarin Oranges Milk</p>	<p>17</p> <p>Banana WG Toast</p> <p>Chicken Tabbouleh Fruit Cocktail</p> <p>Peaches Cottage Cheese</p>	<p>18</p> <p><b>Breakfast Banana Split for Head Start's Birthday!</b></p> <p>Pork Rib Patty CN WG Bun Green Beans Mandarin Oranges</p> <p>Banana Milk</p>	<p>19</p> <p>Pineapple Turkey Sausage CN</p> <p>Build Your Own Personal Pizza Blueberries</p> <p>Cutie <b>Yogurt</b></p>
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<p>22</p> <p>Apple WG Waffle</p> <p>Beef Taco <b>Lettuce</b> Salad Tropical Fruit WG Chips</p> <p>WG Breadstick Marinara</p>	<p>23</p> <p>Peaches WG Cheerios</p> <p>Barbecued Turkey on WG Bun Sweet Potato Puffs <b>Asparagus</b></p> <p>Banana <b>Yogurt</b></p>	<p>24</p> <p>Oatmeal Applesauce</p> <p><b>Cultural Meal:</b> Asian Chicken on WG Wrap Gingered Carrots Crushed Pineapple</p> <p>Milk Cutie</p>	<p>25</p> <p>Banana WG Chex</p> <p>Scrambled Egg Hash Brown Patty Blueberries WG Muffin</p> <p>Celery + PB Milk</p>	<p>26</p> <p>Mand Orange <b>Yogurt</b></p> <p>WG Cheesy Bites Green Beans Fruit Cocktail</p> <p>Apple String Cheese</p>
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<p>29</p> <p><b>NO SCHOOL</b></p>	<p>30</p> <p>Apple WG Cheerios</p> <p>Hamburger on WG Bun Green Beans Pears</p> <p>Banana Milk</p>	<p>31</p> <p>Peaches Oatmeal</p> <p><b>Last Day Picnic Celebration!</b> WG Turkey Sammy Carrot Sticks Banana</p> <p><b>Elmo Pops</b></p>
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This month we will learn about radishes!

Scan for recipes





# May 2023

## Family Meal Tracker for In-Kind Credit



Children who eat most of their meals with their families:

- Do better in school
- Learn social skills, such as talking to others and sharing
- Eat healthier
- Gain independence and confidence

### 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 Weekly Meals:
	1 B L D	2 B L D	3 B L D	4 B L D	5 B L D	6 B L D	Total Weekly Meals: <input type="text"/>
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	Total Weekly Meals: <input type="text"/>
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	Total Weekly Meals: <input type="text"/>
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	Total Weekly Meals: <input type="text"/>
28 B L D	29 B L D	30 B L D	31 B L D				Total Weekly Meals: <input type="text"/>

Child Name: \_\_\_\_\_

Address: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Total Monthly Meals: