



Melons grow in Iowa!

Watch for locally grown melons from July to September. They may be less expensive, taste better and last longer.

There are around 30 different types of melons. The most common varieties in Iowa include: watermelon, cantaloupe and honeydew.

Melon food safety tips:

- Avoid melons with soft spots, dents or cracks.
- Wash melons under cool running water before cutting.
- Whole melons can be kept at room temperature for 7 to 10 days.
- Cut melon should be stored in a covered container in the refrigerator for 3 to 4 days

Let your child help you make melon kabobs!

Melon Kabobs

All you need:

- Your choice of melons
- popsicle sticks (if opt for skewers make sure to cut the sharp tips off)

Here's how:

1. Wash outside of melon under cold running water.
2. Cut melon into cubes.
3. Let your child assemble kabobs.



Picture: Cantaloupe growing. All melons grow on a vine.

National Breastfeeding Awareness Month



- Breastfeeding has tremendous benefits for mothers and babies.
- It helps keep children healthy, helps moms lose weight, and it saves money.
- **We support breastfeeding moms.** Let us know how we can help support you!

If you are breastfeeding, make sure to talk to your doctor about getting enough Vitamin D. Your doctor may recommend you give your baby a vitamin D supplement.

Vitamin D helps support healthy bone development and helps prevent rickets, a condition that causes weak or deformed bones.

Once your child is old enough to start eating solid foods you can make sure they are eating fortified Vitamin D foods like whole milk, yogurt, cereals and some 100% juices.

August Menu 2023

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

"This institution is an Equal Opportunity Provider"



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



We will have Gyros to celebrate Greek heritage.

Did you know...the word "Gyro" is Greek for "turn" which refers to the way the meat is cooked on a rotating grill.

WG Pancake Strawberries 7

Ranch Drumstick **Local Veggie**
Potato Salad
Oyster Crackers

Mandarin Oranges
Cottage Cheese

Cherries **Yogurt** 14

WG,CN Popcorn Chicken
Mandarin Oranges
Spinach Salad

String Cheese
Grapes

21

WG Cheerios Peaches 1

Beef Taco Meat on WG Tortilla
Taco Toppings
Refried Beans

Apple
WG Goldfish



Greek Gyros on WG Flatbread
Veggie Toppings
Mango

Banana
Milk

Sliced Apple
WG Rice Chex 9

Chicken Strips WG,CN
Local Veggie
Sweet Potato Puffs

Banana
Milk

Melon
WG Muffin 16

WG PB Sandwich
Baby Carrots
Fruit Cocktail
Yogurt

Banana
Milk

23

Banana **Yogurt** 3
WG,CN

Country Fried Steak
Local Veggie
Pears

Local Veggie
String Cheese

Banana
WG Berry Muffin 10

Build Your Own
CN Pepperoni Pizza
on WG Flatbread
Local Veggie

Clementine
Milk

Banana
WG Cheerios 17

Grilled Chicken
with WG Bun
Peas
Apricots

Tropical Fruit
Cottage Cheese

24

Grapes
WG English Muffin 4

Turkey and Swiss
on WG Roll
Local Veggie
Applesauce

Melon
Milk

Kiwi **Yogurt** 11

Pork Rib Patty, CN
on WG Bun
Baked Beans
Peaches

Apple
WG Grahms

Blueberries
WG Waffle 18

Turkey Coins &
String Cheese
Local Veggie
Grapes & WG Ritz

Yogurt
Clementine

25

No School - Preservice Week

Yogurt
Pears 28

Sloppy Joe on
WG Bun
Creamy Coleslaw
Melon

Tropical Fruit
WG Grahms

WG Rice Chex Peaches 29

Scrambled Egg
Hash Brown Patty
Mandarin Oranges
WG Muffin

Local Veggie
Cottage Cheese

WG Waffle Strawberries 30

Turkey & Swiss on
WG Roll
Local Veggie
Applesauce

Banana
Milk

Banana
WG Toast 31

Beef Nacho Dip
with WG Chips
Refried Beans
Corn

Yogurt
Peaches

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- Tip: Choose a melon that is uniform in shape and heavy for its size.





August 2023

Family Meal Tracker for In-Kind Credit



Your child needs Vitamin D:

- Vitamin D helps your child build strong bones and prevent rickets. Rickets is a condition of softening of the bones that can occur in growing children.
- Make sure your child's diet has foods with vitamin D like: eggs and vitamin D fortified products (whole milk, yogurt, cereals and 100% juices).

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	2	3	4	5	Total Weekly Meals: <input type="text"/>
6	7	8	9	10	11	12	Total Weekly Meals: <input type="text"/>
13	14	15	16	17	18	19	Total Weekly Meals: <input type="text"/>
20	21	22	23	24	25	26	Total Weekly Meals: <input type="text"/>
27	28	29	30	31			Total Weekly Meals: <input type="text"/>

Child Name: _____ Address: _____

Guardian Name: _____ Signature: _____

Total Monthly Meals: