

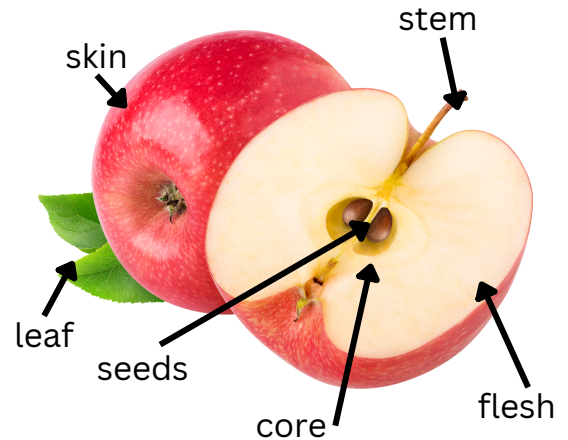
5 Ideas for Growing Healthy

- 5 Eat at least **5** fruits and vegetables a day.
- 2 Keep screen time down to **2** hours or less per day.
- 1 Get **1** hour or more of physical activity every day.
- 0 Drink **0** sugar-sweetened drinks.

In September we will learn about fall fruits. Apples are a commonly grown fall fruit in Iowa.

- Apples are high in fiber, which helps with digestion and helps us feel full longer.
- Apples are thirst-quenching because they contain about 85% water.
- They are a perfect snack food because their natural sugars provide quick energy, while the bulky pulp makes us feel full.

Parts of the Apple:



In-Kind At Home Apple Activity

What you need:

apple(s)
large bowl of water



Video: *How Apples Grow*
<https://youtu.be/Y5F3ne8zUPU>

Directions:

1. Show your child an apple. Let them hold and explore it. Talk about how apples grow, apple color and shape.
2. Ask your child if they think the apple will sink or float. Dunk the apple in a bowl of water. Did the apple sink or float? _____

After your experiment you can eat the apple for a snack. Instead of asking if they liked the apple focus on sensory questions such as...

Is the apple sweet or salty?

Is it crispy or squishy?

Are apples healthy or unhealthy?

Name of your child: _____

Date activity completed: _____

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____

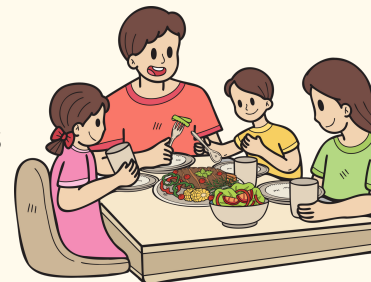
Turn completed form in for 15 minute in-kind credit.

Try Family Style Meals!

A family style meal is one where all the foods and drinks for the meal are placed on the table in the center. Food is passed around the table and each individual (including your child) serves themselves.

When kids serve themselves they:

- Improve motor skills
- Learn about portion sizes
- Gain self-confidence
- Recognize when they are hungry or full



Tips for eating meals family style:

- Eat with your children and model how they should fill their plate
- Place your hands over theirs and help them to hold the bowl and serve themselves if needed
- Try to use small size bowls and measuring cups to make it easier for your child to serve themselves
- Don't get discouraged by messes
- Keep the mealtime calm and enjoyable

LCC & Lily September 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 are making fresh Salsa Fresca on Friday, September 15 for Hispanic Heritage Month.



Scan or click image for Salsa Fresca recipe



We are learning about apples this month. We will be making our own microwave applesauce on September 19 for lunch.



Scan or click image for Microwave Applesauce recipe

1
Grapes
Turkey Sausage ^{CN}

BBQ Pork on
WG Bun
Baked Beans
Local Produce

Apple
String Cheese

4

Peaches
Oatmeal

Chicken Drummy ^{WG, CN}
Green Beans
Pears

Watermelon
Milk

No School

5

Mandarin Orange
WG Cheerios

Turkey Coins ^{CN},
String Cheese,
Cucumber, Mango
WG Ritz

Banana
Milk

6

Banana
WG English Muffin

Taco Salad
with WG Chips
Fruit Cocktail

Apple
Milk

7

8
Blueberries
WG Pancake

Chicken Ratatouille
Crushed Pineapple
WG Breadstick

Grapes
Yogurt

Cantaloupe 11
WG Muffin

Tuna Salad on
WG Tortilla
Peas
Applesauce

Carrots
String Cheese

Apricots 12
Yogurt

Build Your Own ^{WG, CN}
Pepperoni Pizza
Fresh Vegetable

Apple
Milk

Strawberries 13
Blueberry Bagel ^{WG}

Meatloaf
Corn
Tropical Fruit
WG Bread

Kiwi
Milk

Pears 14
Oatmeal

Spaghetti Meat
Sauce with
WG Noodles
Cauliflower

Banana
Milk



Banana 15
WG Cheerios

Grilled Chicken on
WG Bun
Broccoli Littles
Watermelon

Salsa Fresca
WG Chips

WG Toast 18
Mandarin Orange

Greek Meatball, ^{CN}
Euros on WG Pita
Peaches

Grapes
Yogurt

Fruit Cocktail 19
WG Rice Chex

Chicken Caesar
Salad
Applesauce
WG Breadstick

Pear
Milk



Cantaloupe 20
Blueberry Muffin ^{wg}

Southern Style
Pollock, ^{CN}
WG Pasta & Broc
Pineapple

Banana
Milk

Banana 21
Yogurt

Chicken Alfredo
with WG Noodles
Broccoli
Blueberries

Apple
WG Grahams

22

No School

Apple 25
WG Cheerios

WG Popcorn
Chicken with
Orange Spinach
Salad & **Cucumber**

Kiwi
WG Goldfish

Mandarin O's 26
WG English Muffin

WG Mac & Cheese
Normandy Veg.
Cherries

Peaches
Milk

Mango 27
Yogurt

Hamburger ^{CN} on
WG Bun
Wax Beans
Sweet Potato Puffs

WG Breadstick
Marinara Sauce

Tropical Fruit 28
Hard Boiled Egg

Chicken Pot Pie
with WG Biscuit
Plum Halves

Banana
Milk

Banana 29
WG Muffin

Country Fried Beef
Sticks, ^{WG, CN}
Mashed Potato
Peas & Carrots

Apple
WG Cheese It

Hawkeye September Menu 2023

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



We are learning about apples this month. We will be making our own microwave applesauce on September 19 for lunch.



Scan or click image for Microwave Applesauce recipe

1

BBQ Pork on
WG Bun
Baked Beans
Local Produce

4

No School

5

Chicken Drummy ^{WG, CN}
Green Beans
Pears

6

Turkey Coins CN,
String Cheese,
Cucumber, Mango
WG Ritz

7

Taco Salad
with WG Chips
Fruit Cocktail

8

Chicken Ratatouille
Crushed Pineapple
WG Breadstick

11

Tuna Salad on
WG Tortilla
Peas
Applesauce

12

Build Your Own ^{WG, CN}
Pepperoni Pizza
Fresh Vegetable

13

Meatloaf
Corn
Tropical Fruit
WG Bread

14

Spaghetti Meat
Sauce with
WG Noodles
Cauliflower


15

Grilled Chicken on
WG Bun
Broccoli Littles
Watermelon

18

Greek Meatball, CN
Euros on WG Pita
Peaches

19

Chicken Caesar
Salad
Applesauce 
WG Breadstick

20

Southern Style
Pollock, CN
WG Pasta & Broc
Pineapple

21

Chicken Alfredo
with WG Noodles
Broccoli
Blueberries

22

PB & Jelly on
WG Bread
Carrots
Apple
Yogurt

25

WG Popcorn
Chicken with
Orange Spinach
Salad & **Cucumber**

26

WG Mac & Cheese
Normandy Veg.
Cherries

27

Hamburger CN on
WG Bun
Wax Beans
Sweet Potato Puffs

28

Chicken Pot Pie
with WG Biscuit
Plum Halves

29

Country Fried Beef
Sticks, WG, CN
Mashed Potato
Peas & Carrots



September 2023

Family Meal Tracker for In-Kind Credit



Research suggests eating dinner together as a family at least four times a week has positive effects on child development. Family dinners have been linked to a lower risk of obesity, substance abuse, eating disorders and an increased chance of graduating from high school

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	
						B L D 1	B L D 2	Total Weekly Meals: <input type="text"/>
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		Total Weekly Meals: <input type="text"/>
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		Total Weekly Meals: <input type="text"/>
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		Total Weekly Meals: <input type="text"/>
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		Total Weekly Meals: <input type="text"/>

Child Name: _____ Address: _____ Total Monthly Meals:

Guardian Name: _____ Signature: _____