




MAY 2019



Care a lot
CHILD CARE
"Caring is at the heart of what we do!"

Snail Roll-ups

		<p>1 <u>Breakfast</u> Corn Bread Diced Pears</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p><u>Snack</u> Whole Wheat Goldfish Watermelon</p>	<p>2 <u>Breakfast</u> Whole Wheat Apple Cinnamon Muffin Banana</p> <p><u>Lunch</u> Hamburger Sliders Sweet Potato Tater Tots Pineapple Tidbits</p> <p><u>Snack</u> Trail Mix Grapes</p>	<p>3 <u>Breakfast</u> Whole Wheat English Muffin Apple</p> <p><u>Lunch</u> Turkey Sandwich Tropical Fruit Carrot Sticks</p> <p><u>Snack</u> Cheddar Cheese Wheat Crackers</p>
<p>6 <u>Breakfast</u> Corn Flakes (2gof S) Tangerine</p> <p><u>Lunch</u> Ravioli & Meat Sauce Broccoli Diced Pears</p> <p><u>Snack</u> Soft Pretzel Cheddar Cheese</p>	<p>7 <u>Breakfast</u> Hot Biscuit Fruit Cocktail</p> <p><u>Lunch</u> Chicken with Veggies and Brown Rice Diced Peaches</p> <p><u>Snack</u> Grapes Goldfish Crackers</p>	<p>8 <u>Breakfast</u> Mini Quiche Apricot Halves</p> <p><u>Lunch</u> Baked Beans w/ Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><u>Snack</u> Wheat Crackers Apple Slices</p>	<p>9 <u>Breakfast</u> Bagel Peaches</p> <p><u>Lunch</u> Chicken Nuggets Green Beans Strawberries Whole Wheat Dinner Roll</p> <p><u>Snack</u> 1/2 Soynut Butter & Jelly Sandwich</p>	<p>10 <u>Breakfast</u> Cinnamon Wheat Toast Fresh Banana Slices</p> <p><u>Lunch</u> Ham & Cheese Whole Wheat Wrap Corn Fruit Salad</p> <p><u>Snack</u> Yogurt with Blueberries</p>
<p>13 <u>Breakfast</u> Rice Krispies Mandarin Orange</p> <p><u>Lunch</u> Chicken Pasta w/Peas and Carrots Cantaloupe</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>	<p>14 <u>Breakfast</u> Corn Bread Pineapple Tidbits</p> <p><u>Lunch</u> Turkey Sandwich Veggies Fruit Cocktail</p> <p><u>Snack</u> Whole Wheat Pita Cucumber Slices</p>	<p>15 <u>Breakfast</u> Homemade French Toast Sliced Peaches</p> <p><u>Lunch</u> Sloppy Joe Whole Wheat Roll Sweet Potato Fries Apple Slices</p> <p><u>Snack</u> Animal Crackers Pears</p>	<p>16 <u>Breakfast</u> Pigs in a Blanket Banana</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><u>Snack</u> Ants on a Log (Banana, Soynut Butter & Raisins)</p>	<p>17 <u>Breakfast</u> Life Cereal Oranges</p> <p><u>Lunch</u> Make Your Own Sub Whole Wheat Roll Broccoli Tropical Fruit</p> <p><u>Snack</u> Watermelon Wheat Thins</p>



Makes: 4 snails

Ingredients:

Italian Dressing (you can also use whipped cream cheese or mayonnaise)
 1 large flour tortilla, cut into a square
 Green leaf lettuce or baby spinach
 Sliced deli meat of your choice
 Sliced deli cheese of your choice
 2 baby dill pickles, cut in half
 Chives

Directions:

If necessary, trim the edges of the tortilla to make it square, then spread a thin layer of the dressing over the tortilla.

Layer on the lettuce, then the meat and cheese and roll it up tightly.

With the seam on the bottom, slice the tortilla into 2-inch-wide roll-ups. For the heads, cut a pickle in half. Use a toothpick to poke two small holes in the uncut end and stick pieces of chive in each hole for the antennae.

Slip each pickle half under the edge of a pinwheel, securing them together with a toothpick if necessary (although we never have).

Depending on the size of your tortilla, this recipes make approximately 4 roll-ups per tortilla.




MAY 2019



Care a lot

CHILD CARE
"Caring is at the heart of what we do!"

<p>20 Breakfast Cheerios Pear Halves</p> <p>Lunch Chicken Taco on Whole Wheat Wrap w/ Lettuce & Cheese Pineapple Chunks</p> <p>Snack Salsa Corn Chips</p>	<p>21 Breakfast Whole Wheat Blueberry Muffin Fresh Banana Slices</p> <p>Lunch Soy Butter & Jelly Sandwich Mixed Vegetables Fruit Cocktail</p> <p>Snack Apple Slices Pretzels</p>	<p>22 Breakfast Whole Wheat Pancakes Peaches</p> <p>Lunch Cheeseburger Macaroni Carrots Applesauce</p> <p>Snack Graham Crackers Yogurt</p>	<p>23 Breakfast Egg & Cheese on Whole Wheat Wrap Apricots</p> <p>Lunch Turkey Bologna Sandwich Green Beans Strawberries</p> <p>Snack Animal Crackers Orange</p>	<p>24 Breakfast Whole Wheat English Muffin Cantaloupe</p> <p>Lunch Shells w/ Beef & Sauce Steamed Broccoli Pears</p> <p>Snack Ritz Crackers Cheese Cubes</p>
<p>27 MEMORIAL DAY</p> <p>Center Closed!</p> 	<p>28 Breakfast Corn Chex Pineapple Tidbits</p> <p>Lunch Meatball Subs on a Whole Wheat Roll with White Sauce Peas Fruit Cocktail</p> <p>Snack Soy Butter Dip Apple Slices</p>	<p>29 Breakfast Corn Bread Diced Pears</p> <p>Lunch Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p>Snack Whole Wheat Goldfish Watermelon</p>	<p>30 Breakfast Whole Wheat Apple Cinnamon Muffin Banana</p> <p>Lunch Hamburger Sliders Sweet Potato Tater Tots Pineapple Tidbits</p> <p>Snack Trail Mix Grapes</p>	<p>31 Breakfast Whole Wheat English Muffin Apple</p> <p>Lunch Turkey Sandwich Tropical Fruit Carrot Sticks</p> <p>Snack Cheddar Cheese Wheat Crackers</p>

Use these simple tips to reduce sugar in your child's diet:

- *Reduce fizzy drinks and juices— water and milk are really the only drinks kids should be having on a regular basis
- *Remove sugar (white and brown), syrup, honey and molasses from the table — out of sight, out of mind!
- *Avoid sugary breakfast cereals - these give kids a sugar rush and then a slump that makes there whole day tough
- *Instead of adding sugar to cereal or oatmeal, add fresh fruit (try bananas, cherries or strawberries) or dried fruit (raisins, cranberries or apricots).
- *Buy fresh fruits or fruits canned in water or natural juice. Avoid fruit canned in syrup, especially heavy syrup.
- *Avoid ready meals and convenience foods as much as possible. These processed meals often contain a staggering amount of added sugars
- *Beware of low fat and fat-free yogurts, they often have as much sugar as a doughnut or a can of cola!
- *Eat more fruit, which is naturally sweet. You may have to offer it over and over again but eventually kids will try more and more.
- *Talk about food! Kids need to be taught what they should be eating and why. Keep it positive, such as “that will help your bones grow” or “that will give you energy to play sports.”

Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change

*In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity.
(Not all prohibited bases apply to all programs).*

