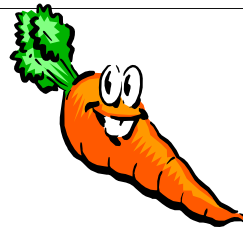


| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|---|
| BREAKFAST: | 1/2 oz. Approved cereal or 1/2 sl. WW Toast 1/2 c. Orange Juice (C) 3/4 c. Skim Milk | 1 1/2 WG French Toast Stick 1/2 c. Strawberries (C) 3/4 c. Skim Milk | 1/2 (.5oz) Bagel w/ cream cheese 1/2 c. Pineapple Chunks (C) 3/4 c. Skim Milk | 1/2 oz. Approved Cereal 1/2 c. Orange Slices (C) 3/4 c. Skim Milk | 1/2 Blueberry Muffin 1/2 c. Grape Juice (C added) 3/4 c. Skim Milk |
| LUNCH: | 1 1/2 oz. Ham 1/4 c. Peas & Carrots (C,A) 1/4 c. Pears (C) 1/2 WG Roll 3/4 c. Skim Milk | 3 Fish Nuggets 1/4 c. Fresh Spinach (A) 1/4 c. Fruit Cocktail (C) 3/4 c. Skim Milk | 3/4 c. Taco Soup 1/4 c. Broccoli (C,A) 1/4 c. Peaches (C) 4 Saltine Crackers 3/4 c. Skim Milk | 1 Turkey Burrito 1/4 c. Refried Beans 1/4 c. Tropical Fruit (A,C) 3/4 c. Skim Milk | 1/2 Hamburger 1/4 c. Broccoli & Cauliflower (C,A) 1/4 c. Mandarin Oranges (C,A) 3/4 c. Skim Milk |
| PM SNACK: <i>(For children attending extended "Wrap" Hours)</i> | 1/2 c. Blueberries (C) 1/8 c. Cottage Cheese Water | 1 PB & Apple Triangle Water | 1/2 c. Bananas (C) 1/2 c. Skim Milk | 1/2 c. Berry Juice (C) 1/3 c. Cereal Snack Mix (cheerios) | 2 sq. Graham Crackers 1/4 c. Yogurt |

Recipe: Cream of Carrot Soup



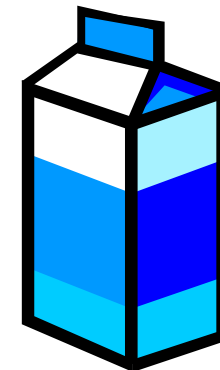
2 Tbsp. vegetable oil
 1/2 C. finely chopped onions
 2 1/2 C. carrots, finely chopped
 4 C. low-sodium chicken broth
 1/3 C. uncooked long-grain white rice
 1 C. evaporated low-fat milk
 seasoned salt, thyme, and freshly ground pepper to taste.
 2 Tbsp. minced parsley (optional)
 Head oil in a large saucepan, add onions and carrots. Cover and simmer over low heat stirring occasionally until onions are tender. Add chicken broth and rice, bring to a boil. Simmer for 20 minutes or until vegetables are tender. Remove from heat and cool slightly. Puree soup in small batches with evaporated milk in a blender or food processor. Return to saucepan and bring to a boil. season with salt, thyme and pepper. Garnish with parsley if desired.

Makes 8 servings (2/3 cup each). One serving satisfies half the fruit/vegetable requirement for the lunch or supper of 3 to 5 year old children.

KEY: (C) - Vitamin C Source (A) = Vitamin A Source

Kid's Activities:

During the cold days of winter, it may be hard for birds to find enough food to eat. Feeders are a good way to feed wildlife and provide a learning experience for young children. to make a simple feeder, cover a pine cone with peanut butter, sprinkle with birdseed and hang from a tree branch with string. Help children identify and count the birds that visit the feeder.



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---------------------|--|---|
| BREAKFAST: | 1/2 oz. Approved cereal or 1/2 sl. WW Toast 1/2 c. Orange Juice (C) 3/4 c. Skim Milk | 1/2 Banana Muffin 1/2 c. Pineapple (C) 3/4 c. Skim Milk | Class Choice | 1/2 WG Waffle (.7oz.) 1/2 c. Blueberries (C) 3/4 c. Skim Milk | 1/2 oz. Approved Cereal or 1/2 sl. WW Toast 1/2 c. Apple Juice (C) 3/4 c. Skim Milk |
| LUNCH: | 1 Tuna Melt 1/4 c. Broccoli (A) 1/4 c. Peaches (C) 3/4 c. Skim Milk | 1/2c. Turkey Rice Soup 1/4 c. Carrots (A) 1/4 c. Strawberries (C) 1 oz. Cheese Stick .2oz (2) Ritz Crackers 3/4 c. Skim Milk | Class Choice | 2 Meatballs w/ sauce 1/8 c. Peas (C) 1/4 c. Apricots (A) 3/4 c. Skim Milk | 2/3 c. Goulash 1/4 c. Mixed Veggies. (C,A) 1/4 c. Winter Pears (C) 3/4 c. Skim Milk |
| PM SNACK: <i>(For children attending extended "Wrap" hours)</i> | 6 Wheat Thins 1/2 c. Skim Milk Water | 1/2 c. Mandarin Oranges (C,A) 1/2 c. Skim Milk | Class Choice | 19 Goldfish Crackers 1/2 c. Orange Slices (C) Water | 2 Strawberry Newtons 1/2 c. Skim Milk |

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Food Safety

Slow cookers are a good way to cook soup or other favorite foods. To keep slow cooked foods safe:

- ◆ Defrost food before placing it in the cooker.
- ◆ Cut meat and poultry in smaller less dense pieces
- ◆ Add enough liquid to cover the bottom of the cooker
- ◆ Use the highest heat setting then turn the heat down to low after one hour



Parent Information:

Studies show that getting enough folic acid, a B vitamin, in your diet can help prevent birth defects. Women are encouraged to eat ample amounts of this vitamin during their child-bearing years. Good sources of folic acid include:

- ◆ Leafy dark green vegetables (such as broccoli, kale and spinach);
- ◆ Dried peas and beans
- ◆ Citrus fruit and juices.

In January 1998, all enriched flour, breads, cornmeal, macaroni, and other grain products were fortified with folic acid.



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|---|
| BREAKFAST: | 1/2 oz. Approved Cereal or 1/2 sl. WW Toast 1/2 c. Apple Juice (C) 3/4 c. Skim Milk | 1/2 (.6oz) WG Pancake 1/2 c. Mixed Berries (C) 3/4 c. Skim Milk | 1/2 Mini Bagel 1/2 c. Pineapple (C) 3/4 c. Skim Milk | 1/2 oz. Approved Cereal or 1/2 sl. WW Toast 1/2 c. Strawberries (C) 3/4 c. Skim Milk | 1/2 Pumpkin Muffin (A) 1/2 c. Grape Juice (C added) 3/4 c. Skim Milk |
| LUNCH: | 1/2 Hot Ham & Cheese 1/4 c. Peas (C) 1/4 c. Navel Oranges (C) 3/4 c. Skim Milk | 3/4 c. Chicken Alfredo 1/4 c. Broccoli (C,A) 1/4 c. Apples (C) * 3/4 c Skim Milk | 1 pc. Veggie Frittata 1/8c. Asparagus (C) 1/8c. Apricots (A) 1/2 sl. WW Bread 3/4 c. Skim Milk | 1 Bean Burrito 1/8 c. Mixed Veggies (C,A) 1/4 c. Tropical Fruit (C,A) 3/4 c. Skim Milk | 1 sl. Cheese Pizza 1/4 c. Romaine Lettuce (A,C) 1/4 c. Mandarin Oranges (C,A) 3/4 c. Skim Milk |
| PM SNACK: <i>(For children attending extended "Wrap" hours)</i> | 1 Yogurt Parfait Water | 1/2 c. Peaches (C) 1/8 c. Cottage Cheese Water | 1/2 c. Cranberry Juice (C added) 5 Vanilla Wafers | 1/3 c. Cereal Snack (cheerios) 1/2 c. Skim Milk | 1/2 c. Pears (C) 1/2 c. Skim Milk |

*EHS Serve Applesauce

Recipe: Mexican Chicken Pie

- 1 (10 1/4 oz.) can fat-free reduced salt Cream of Mushroom Soup
- 1 c. fat-free yogurt
- 1 (4 oz.) can diced green chili peppers, drained
- 1/3 c. finely chopped green peppers
- 1/4 c. finely chopped onions
- 2 cloves garlic, minced
- 6 corn tortillas
- 2 c. diced cooked chicken breast
- 2 c. (8 oz.) shredded reduced-fat sharp cheddar cheese



Preheat oven to 350 Degrees. Stir together soup and yogurt in medium bowl. Add chili peppers, green peppers, onion and garlic. Spray a 9" pie plate with no-stick spray. Spoon a thin layer of the soup mixture on the bottom of the plate. Top with three tortillas (overlapping them to fit), half of the soup mixture, chicken and cheese. Repeat. Bake for 35 minutes or until well heated.

Makes 6 servings (1/6 pie each) One serving satisfies the meat requirement and the grain/bread requirement for the lunch or supper of 3 to 5 year old children.

KEY: (C) = Vitamin C Source (A) = Vitamin A Source

Menu Planning:

Young children can eat an occasional donut, cookie, or cupcake and still have a healthful diet. These foods tend to be high in fat and sugar, low in nutrients and more costly than more wholesome foods. Avoid using them regularly or in place of whole grain breads and cereals.



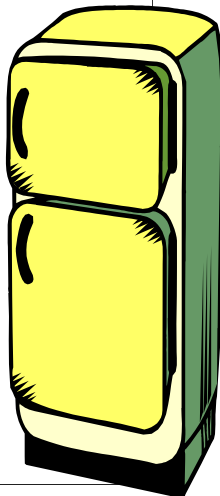
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|----------------------|--|
| BREAKFAST: | 1/2 oz. Approved Cereal or 1/2 sl. WW Toast 1/2 c. Apricots (A) 3/4 c. Skim Milk | 1/2 WG English Muffin 1/2 c. Strawberries (C) 3/4 c. Skim Milk | 1/2 (.7oz.) WG Waffle 1/2 c. Bananas (C) 3/4 c. Skim Milk | Cook's Choice | 1/2 oz. Approved Cereal or 1/2 sl. WW Toast 1/2 c. Berry Juicy Juice (C added) 3/4 c. Skim Milk |
| LUNCH: | 1 Turkey & Cheese Sandwich (1 1/2 oz. Meat & Cheese) 1/4 c. Green Beans (C) 1/4 c. Apple Slices (C) * 3/4 c. Skim Milk | 2/3 c. Hamburger Stroganoff 1/4 c. Carrots (A) 1/4 c. Pineapple Chunks (C) 3/4 c. Skim Milk | 1/2 c. Broccoli Cheese Soup 1/4 c. Mandarin Oranges (A,C) 5 Shrimp 3/4 c. Skim Milk | Cook's Choice | 2/3 c. Cheesy Tuna Noodle Casserole 1/4 c. Broccoli & Cauliflower (C,A) 1/4 c. Peaches (C) 3/4 c. Skim Milk |
| PM SNACK: <i>(For children attending extended "Wrap Hours")</i> | 2 Strawberry Newton 1/2 c. Grape Juice (C added) | 1/2 c. Winter Pears (C) 1/4 c. Yogurt (any flavor) Water | 6 Animal Crackers 1/2 c. Skim Milk | Cook's Choice | 1/2 c. Raspberries (C) 1/8 c. Cottage Cheese Water |

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* EHS serve applesauce

Food Safety:

To keep refrigerated foods safe, check the temperature in your refrigerator periodically. The best temperature is between 36 degrees and 38 38 degrees Farenheit. Put a kitchen thermometer in a glass of water and place in the refrigerator overnight. If the temperature is above or below the recommended range, adjust the thermostat slightly and allow 24 hours for the temperature to adjust. After reaching the right temperature, keep refrigerator full to improve efficiency.



Parent Information:

Too much toothpaste may harm the appearance of young children's teeth. Since preschool children often swallow tooth paste, they may absorb too much fluoride and get fluorosis (snowflaking the the tooth enamel. Supervise young children when they brush their teeth and make sure they do not use more than a pea size amount of toothpaste.



Book Corner:

Going to Dentist by Fred Rogers

Our Valintine's Day Book by Jane Belk Moncure

Feast for 10 by Cathryn Falwell

