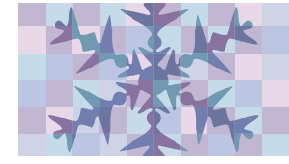



# January 2018

## Precious Memories Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Healthy Living Tips: Wash, Brush, Comb! Children and germs go hand in hand. Each day parents</i></p>	<p>1) Closed</p> 	<p>2) Mac and Cheese Peas Apple Sauce Milk</p>	<p>3) Ham Sandwich on Whole Wheat Cucumber Slices Melon Milk</p>	<p>4) Cinnamon Pancakes Apple Slices w/ sunbutter dip Milk</p>	<p>5) Chicken Nuggets Green Beans Melon Milk</p>	<p><i>of a healthy lifestyle in the future. Here are some ideas on how to make teaching Hygiene fun.</i></p>
<p><i>watch their children play in the sand at the park, stick fingers in their noses and mouths, pick up slimy</i></p>	<p>8) American Chop Suey w/ Ground Turkey Broccoli Peach Slices and Milk Milk</p>	<p>9) Sunbutter and Jelly on Whole Wheat Cucumber Slices Apple Slices Milk</p>	<p>10) Turkey Hot Dog Baked Beans Melon Milk</p>	<p>11) Grilled Cheese on Whole Wheat Green Beans Orange Slices Milk</p>	<p>12) Chicken &amp; Pasta Peas Melon Milk</p>	<p><i>1. Pretend to be a "germ detective" and use a magnifying glass to examine your child's hands and</i></p>
<p><i>creatures, and reach for food that's fallen on the ground. Get- ting preschoolers to take over the brushing</i></p>	<p>15) Pasta w/Alfredo Sauce Green Beans Applesauce Milk</p>	<p>16) Turkey Chili w/ Cheese Chips Melon Milk</p>	<p>17) Pasta Salad w/ Turkey, Peas, Carrots Orange Slices Milk</p>	<p>18) Turkey on Whole Wheat Cucumber Slices Melon Milk</p>	<p>19) Cheese Quesadillas w/ Salsa Broccoli Apple Slices Milk</p>	<p><i>teeth. Give him a "secret mission" to wash his hands or brush his teeth. 2. Let your child pick</i></p>
<p><i>scrubbing, and rins- ing themselves is an important step in the development of a pre- schooler's independ- ence.</i></p>	<p>22) Pasta w/ Turkey meatballs Peas Peach Slices Milk</p>	<p>23) Grilled Cheese on Whole Wheat Cucumber Slices Orange Slices Milk</p>	<p>24) Fish Sticks Sweet Potato Fries Melon Milk</p>	<p>25) Turkey Hot Dog Baked Beans Apple Slices Milk</p>	<p>26) Sunbutter &amp; Jelly on Whole Wheat Green Beans Melon Milk</p>	<p><i>out a special soap and toothpaste at the store that he'll use to wash his hands and body and to brush his teeth .</i></p>
<p><i>Teaching basic hygiene concepts to children at a young age will form the groundwork</i></p>	<p>29) Pasta w/Marinara Sauce Broccoli Applesauce Milk</p>	<p>30) Turkey Sandwich on Whole Wheat Cucumber Slices Melon Milk</p>	<p>31) Chicken &amp; Pasta Peas Apple Slices Milk</p>			<p><i>For more information visit: <a href="http://www.education.com">www.education.com</a></i></p>

Breakfast: Cereal, Fruit, Toast, Milk

Snacks: Goldfish, Cinnamon Toast Crunch/Cheerios Mix, Wheat Thins, Gerber Fruit Puffs, Craisins, Veggie Sticks, Cheerios, Graham Crackers

Whole Milk is All Natural & Free of Growth Hormones