




August 2017

Precious Memories Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Healthy Eating Tips:</i></p> 		1. Turkey Sandwich On Whole Wheat Broccoli Orange Slices & Milk	2. Mac-n-Cheese Green Beans Watermelon Milk	3. Turkey Hot Dog Baked Beans Apple Slices Milk	4. Grilled Cheese on Whole Wheat Cucumber Slices Melon & Milk	<i>plus a side order of dairy in blue. The big message is that fruits and vegetables take up half the plate</i>
<p><i>The Food Guide Pyramid was the model for healthy eating in the United States. However the USDA</i></p>	7. Pasta w/Turkey Meatballs Peas Applesauce & Milk	8. Cheese Quesadilla w/Salsa Broccoli Melon & Milk	9. Sunbutter and Jelly on Whole Wheat Cucumber Slices Orange Slices & Milk	10. Pasta Salad w/ Turkey, Peas, Carrots Watermelon Milk	11. Chicken & Rice Green Beans Apple Slices Milk	<i>with the vegetable portion being a little bigger than the fruit. The plate has been divided so that the</i>
<p><i>a new symbol: a colorful plate called MyPlate—with some of the same messages. Eat a variety of foods</i></p>	14. Pasta w/Alfredo Sauce Broccoli Peach Slices & Milk	15. Turkey Hot Dog Baked Beans Apple Slices Milk	16. Ham Sandwich on Whole Wheat Cucumber Slices Orange Slices & Milk	17. Grilled Cheese on Whole Wheat Green Beans Watermelon & Milk	18. Mac-n-cheese Peas Melon Milk	<i>section. Why? Because nutrition experts recommend you eat more vegetables than fruit and more</i>
<p><i>and eat less of some foods and more of others. The pyramid had six vertical stripes to represent</i></p>	21. American Chop Suey w/Ground Turkey, Peas Applesauce & Milk	22. Chicken & Rice Broccoli Watermelon Milk	23. Cheese Quesadilla w/Salsa Green Beans Melon & Milk	24. Cinnamon Pancakes Apple Slices w/ Sunbutter Dip & Milk	25. Turkey Sandwich on Whole Wheat Cucumber Slices Orange Slices & Milk	<i>For more health tips visit KidsHealth.org</i>
<p><i>groups plus oils. The plate features four sections (vegetables, fruits, grains and protein)</i></p>	28. Pasta w/Marinara Sauce Green Beans Peach Slices & Milk	29. Sunbutter and Jelly on Whole Wheat Cucumber Slices Orange Slices & Milk	30. Pasta Salad w/ Turkey, Peas & Carrots Melon & Milk	31. Turkey Hot Dogs Baked Beans Apple Slices Milk		

Breakfast: Cheerios, Fruit Cheerios, Bananas, Toast, Juice & Milk *Whole Milk is All Natural & Free of Growth Hormones*
 Snacks: Goldfish, Pretzels, Cinnamon Toast Crunch/Cheerios Mix, Graham Crackers, Gerber Fruit Puffs, Fresh Fruit, Yogurt, Cheese