




August 2017

Precious Memories Preschool



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Healthy Eating Tips:</i></p> 		1) Fish Sticks Green Beans Pineapple Milk	2) English Muffin Pizzas Cucumber Orange Slices Milk	3) American Chop Suey Broccoli Bananas Milk	4) Grilled Cheese on Whole Wheat Mixed Vegetables Cantaloupe 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/ Alfredo Sauce Peas Pineapple Milk	8) Turkey on Whole Wheat Sweet Potato Fries Orange Slices Milk	9) Cheese Quesadillas w/ Salsa Mixed Vegetables Watermelon Milk	10) Turkey Hot Dogs Baked Beans Bananas Milk	11) Sunbutter and Jelly Triangles Green Beans Applesauce Milk	<i>with the vegetable portion being a little bigger than the fruit. The plate has been divided so that the</i>
<p><i>has a new symbol: a colorful plate called My Plate—with some of the same messages. Eat a variety of foods</i></p>	14) Ham on Whole Wheat Cucumber Apple Slices Milk	15) Pasta Salad w/ Turkey, Peas & Carrots Honeydew Milk	16) Chicken Nuggets Mixed Vegetables Peaches Milk	17) Pasta w/ Alfredo Sauce Green Beans Watermelon Milk	18) Grilled Cheese on Whole Wheat Broccoli Bananas Milk	<i>section. Why? Be- cause nutrition ex- perts 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) Turkey on Whole Wheat Sweet Potato Fries Orange Slices Milk	22) Turkey Hot Dogs Baked Beans Applesauce Milk	23) Sunbutter and Jelly Triangles Cucumber Cantaloupe Milk	24) English Muffin Pizzas Broccoli Bananas Milk	25) Macaroni & Cheese Peas 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) American Chop Suey Green Beans Watermelon Milk	29) Ham on Whole Wheat Sweet Potato Fries Pineapple Milk	30) Cheese Quesadillas w/ Salsa Mixed Vegetables Honeydew Milk	31) Pasta w/ Marinara Sauce Broccoli Applesauce Milk		

Breakfast: Cheerios, Bananas, Toast with Sunbutter and Jelly, Milk

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

We serve Whole Milk that is All Natural & Free of Growth Hormones.