



October 2017

Precious Memories Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Healthy Living Tips: <i>With the flu season approaching, there are many steps we can take to help prevent or lessen the discomfort our children go through during the flu and cold season.</i></p>	<p>2) Mac & Cheese Peas Applesauce Milk</p>	<p>3) Turkey on Whole Wheat Cucumber Slices Orange Slices Milk</p>	<p>4) Chicken & Pasta Green Beans Melon Milk</p>	<p>5) Cinnamon Pancakes Apple Slices W/ Sunbutter Dip Milk</p>	<p>6) Grilled Cheese on Whole Wheat Broccoli Melon Milk</p>	<p><i>For more information go to www.healthy.net</i></p>
<p>A wholesome diet high in fresh fruits and vegetables, whole grains, with enough protein foods like dried beans, legumes, lean meats, fish and fowl, and low in sugar, salt and fat is best. Eating</p>	<p>9) Pasta w/Turkey Meatballs Green Beans Peach Slices Milk</p>	<p>10) Cheese Quesadilla w/ Salsa Broccoli Melon Milk</p>	<p>11) Pasta salad w/ Turkey, Peas, Carrots Orange Slices Milk</p>	<p>12) Sunbutter & Jelly on Whole Wheat Cucumber Slices Melon Milk</p>	<p>13) Turkey Hot Dog Baked Beans Apple Slices Milk</p>	
<p>a lot of sugar and fat depresses your child's immunity and opens him up to more illness. As with adults, staying well means regular exercise. Fortunately for kids, physical activity is not usually a problem. The fresh</p>	<p>16) Pasta with Alfredo Sauce Broccoli Applesauce Milk</p>	<p>17) Chicken Nuggets Green Beans Apple Slices Milk</p>	<p>18) Grilled Cheese on whole wheat Carrot Sticks Melon Milk</p>	<p>19) Chicken & Pasta Peas Orange Slices Milk</p>	<p>20) Ham Sandwich on Whole Wheat Cucumber Slices Melon Milk</p>	<p>A reminder to all parents that we do provide the B.R.A.T. diet here at the center for your child who is on the mend from the flu or cold</p>
<p>air and vitamin D rich sunshine help provide a needed source of energy to our children .</p>	<p>23) American Chop Suey w/ Ground Turkey Peas Peach Slices & Milk</p>	<p>24) Sunbutter & Jelly On Whole Wheat Cucumber Slices Melon Milk</p>	<p>25) Turkey Hot Dogs Baked Beans Apple Slices Milk</p>	<p>26) Cheese Quesadilla w/ Salsa Broccoli Melon Milk</p>	<p>27) Turkey Sandwich on Whole Wheat Green beans Orange Slices Milk</p>	
	<p>30)Pasta w/Marinara Broccoli Applesauce Milk</p>	<p>31)Fish Sticks Sweet Potato Fries Pineapple Milk</p>				

Breakfast: Cheerios, Toast with Sunbutter and Jelly, Milk

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

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