




August 2019

Precious Memories Preschool



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Healthy Eating Tips:</i></p> 				1. Pasta w/ Sweet & Sour Meatballs Mixed Vegetables Applesauce Milk	2. French Toast Sticks Turkey Sausage Cauliflower Bananas 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</i></p>	5. Ham Sandwich Broccoli Peaches Milk	6. Turkey Hot Dogs Baked Beans Pineapple Milk	7. Cheese Ravioli Peas Watermelon Milk	8. Chicken Nuggets Green Beans Orange Slices Milk	9. Turkey Sandwich Sweet Potato Fries Honeydew 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>	12. Macaroni & Cheese Peas & Carrots Apple Slices Milk	13. Ham Sandwich Cucumbers Orange Slices Milk	14. Cheese Pizza Broccoli Cantaloupe Milk	15. Sunbutter & Jelly Triangles Mixed Vegetables Bananas Milk	16. Pasta w/ Alfredo Green Beans Watermelon 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>	19. Grilled Cheese Cucumbers Pineapple Milk	20. Pasta Salad w/ Turkey, Peas & Carrots Peaches Milk	21. Quesadillas w/ Salsa Green Beans Orange Slices Milk	22. Turkey Sandwich Sweet Potato Fries Bananas Milk	23. American Chop Suey Cauliflower Honeydew 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>	26. Cinnamon Pancakes Turkey Sausage Mixed Vegetables Applesauce	27. Grilled Ham & Cheese Broccoli Orange Slices Milk	28. Cheese Ravioli Peas Cantaloupe Milk	29. Cheese Pizza Cucumbers Watermelon Milk	30. Chicken Nuggets Green Beans Bananas Milk	

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

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

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