

FAMILY ACTIVITY EVENTS FOOD 2014 -15

SEPTEMBER: *Melon Fruit tray, Variety Crackers, Cheese, and Ice Water*

Recommend whole grain crackers, lower fat cheese like mozzarella and milk instead of lemonade (another option is ice cold water or seltzer with lemon and lime wedges on the side or as slices in the water).



OCTOBER: *Bagels & Cream Cheese, Fruit Tray*

Recommend whole grain bagels and light cream cheese

NOVEMBER: *Pumpkin Bread or Muffins and Hot Chocolate, Milk or Crackers/ Cheese and Veggies*

Recommend low fat pumpkin bread or muffins using some whole wheat flour. Recommend homemade hot chocolate, using old fashioned Hershey powder and less sugar than the recipe calls for instead of hot chocolate from a package. Recommend whole grain crackers and lower fat cheese.

DECEMBER: **Hot Veggie Soup and Corn Bread**

Oatmeal Cookies, Mandarin Oranges, Hot Apple Cider made from Apple juice

Recommend oat bran muffins. What about a hot vegetable soup instead of cider served with cornbread instead of muffins? (my favorite recipe is 2 boxes Pacific vegetable broth, 1 lb frozen unseasoned mixed vegetables for soups like a gumbo mix, 1-2 cans of diced tomatoes, 1 can of chili, kidney or black beans and if desired add some pasta to it. I use tortellini or whole wheat pasta product). If that's too elaborate then I would do the hot chocolate instead of hot apple cider especially if the cider comes from a packet and has a lot of added sugar.

JANUARY: **Moo-ve Yogurt Parfait w/berries, Low Fat granola and yogurt, & Hot Chocolate**

Use low fat granola

FEBRUARY: **Catch on to Veggies Tortilla Chips w/ Salsa, and Veggies**

Offer soft cut up tortilla for younger children. Be sure vegetables are sliced thin so they don't pose choking risk.

MARCH: **Start up with Breakfast Check Mix and Fruit Tray**

The purchased chex mix is a little high in sodium and may have some choking risk with round pretzels and hard rye crackers. Might consider diluting the sodium by adding extra plain chex mix to the blend for older children and having a chex, cheerio and oyster cracker blend for younger children (the latter would work for the whole group).

APRIL: **Go Basic Potato Bar (potato, broccoli, shredded cheddar cheese, and sour cream), Milk**

Use lower fat cheese and lite sour cream

MAY: **Take the Variety Challenge Variety Cheese, and Variety Fruit Kabobs**

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Try lower fat cheeses.

JUNE: *Fruit Tray, Cracker and Cheese, Strawberries, Lemonade, Milk*

Recommend whole grain crackers, lower fat cheese like mozzarella, fresh fruit and milk instead of juice for orientation



JULY: *Yogurt Dip with fresh fruit (strawberries, blueberries, berries, cantaloupe), Lemonade*

Cherries can be a choking risk for young children. How about strawberries, blueberries and honey dew or cantaloupe melon. Recommend ice cold water or seltzer water with lemons instead of lemonade.

AUGUST: *Same as June End of Year*

OTHER MEALS:

If you want something different than the above you may choose two components (fruit or veggies, protein, milk, grain) and serve as snack. If you have a parent Activity Night on Friday when there are no classes you can serve a complete breakfast or complete lunch. You would have to prepare it yourself or come into the main kitchen and help prepare it there.

SUPPERS: Due to budget cuts supper are not provided this year.

Unfortunately we cannot receive reimbursement for suppers served on a regular school day. Thanks for your help in making things run smoothly.