Involving Kids in the Kitchen!

One of the best ways to help children develop a healthy relationship with food is by involving them with all aspects of meal preparation. The younger they start helping, the better! Helping with meal preparation can help picky eaters try new foods, gives them a new appreciation for foods on the table, and makes them a well-rounded eater. It takes children time to get the hang of it, but be persistent and patient. Choose several nights each week that you have extra time to have them help. Here are great ways to involve your children:

**Cleaning.** Let the children wash several of the fruits and vegetables when preparing food for cooking or eating.

**Selecting.** When shopping, let them select a new fruit or vegetable (or several) that they would like to try.

**Preparing.** Children can tear the lettuce, break the broccoli off of the stems, or remove the seeds from the bell peppers.

**Measuring.** Show them how to measure the fruits and vegetables for the recipes. This can be a great math lesson too! They can determine how many 1/4 cups are in 1 cup.

**Tasting.** Ask them to taste test fruit and vegetable recipes and experiment with herbs and spices.

**Growing.** During the summer months, your child can plant seeds. They will learn what it takes to help with meal preparation can help picky eaters try new foods, gives them a new appreciation for foods on the table, and makes them a well-rounded eater. It takes children time to get the hang of it, but be persistent and patient. Choose several nights each week that you have extra time to have them help. Here are great ways to involve your children:

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Teacher Planning Day

Monday
September 23
NO SCHOOL

Tuesday
September 24
Breakfast French Toast Bake Iced Strawberry Cup White Milk

Wednesday
September 25
Breakfast Egg & Cheese Biscuit Chilled Diced Peaches White Milk

Thursday
September 26
Breakfast Warm Pancakes with Maple Syrup Fresh Granny Smith Apple Half White Milk

Friday
September 27
Breakfast Colby Cheese Omelet Warm Biscuit Fresh Banana White Milk

Vegetarian Day
Cycle 1
Monday
September 30
Breakfast Cinnamon Glazed French Toast Bake Applesauce Cup White Milk

Tuesday
October 1
Breakfast Scrambled Eggs Warm Biscuit Chilled Diced Peaches White Milk

Wednesday
October 2
Breakfast Blueberry Muffin Top Iced Mixed Fruit Cup White Milk

Thursday
October 3
Breakfast Hot Apple Oatmeal Vanilla Bear Graham Fresh Banana White Milk

Friday
October 4
Breakfast Hard Boiled Egg Vanilla Bear Graham Fresh Local Apple Half White Milk

Week of Sep 23-27, 2019

Nutrition Facts

Serving Size 1 Meal

Serving Size 1 Lunch per Day

Nutrition Facts

% Value*

Fat Calories 17 gm 22%

Sodium 35 mg 35%

Cholesterol 17 mg 17%

Saturated Fat Calories 3 gm 4%

Total Carbohydrate 6 gm 6%

Protein 1 gm 1%

Calcium 6 mg 6%

Iron 1 mg 1%

Vitamin C 10 mg 10%

Fiber 0.5 gm 0.5%

Dietary Fiber 0.5 gm 0.5%

Amount Per Serving (Week Avg.)

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**Teacher Planning Day**

**Involving Kids in the Kitchen!**

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**Week of Sep 23-27, 2019**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat Calories</th>
<th>% Value*</th>
<th>Iron</th>
<th>Calcium</th>
<th>Vitamin A</th>
<th>Total Carbohydrate</th>
<th>Cholesterol</th>
<th>Saturated Fat Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Meal</td>
<td>673</td>
<td>24 cal</td>
<td>35%</td>
<td>9 mg</td>
<td>577 mg</td>
<td>1287 IU</td>
<td>64 gm</td>
<td>7 cal</td>
<td>27%</td>
</tr>
<tr>
<td>1 Lunch per Day</td>
<td>579</td>
<td>19 cal</td>
<td>27%</td>
<td>4 mg</td>
<td>499 mg</td>
<td>1322 IU</td>
<td>56 gm</td>
<td>6 cal</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Monday September 23**

- **Lunch**
  - Macaroni & Cheese
  - Shrimp Poppers
  - Lean Meat Green Beans
  - Chilled Diced Peaches
  - White Milk

**Tuesday September 24**

- **Lunch**
  - Cheese Breadsticks with Pasta Sauce
  - Fresh Sugar Snap Peas
  - Cinnamon Applesauce
  - White Milk

**Wednesday September 25**

- **Lunch**
  - Soft Shell Beef Taco
  - Refried Beans
  - Fresh Banana
  - Red Velvet Cookie
  - White Milk

**Thursday September 26**

- **Lunch**
  - Country Beef Cutlet on a Bun
  - Hashbrown Rounds
  - Fresh Orange Smiles
  - White Milk

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**Week of Sep 30-Oct 4, 2019**

**Lunch Prices**

- **Full Paid Reduced**
  - Elem. $1.45 - $0.60
  - Sec. $1.75 - $0.85
  - Adult $3.75 - $3.75

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Visit our website for nutrition information, free/reduced applications and more about our program at http://district.ops.org/. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-9859. School lunch money may be transferred to other accounts, carried over to the next school year or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.