



Perspectives

Horizons Unlimited Inc.—Sponsor of the Child and Adult Care Food Program

Very Important Program Pointers

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Not all cheeses are creditable on the food program

CREDITABLE CHEESE must contain at least 51% cheese. You can determine this by reading the description on the label. Look for *Natural Cheese, Pasteurized Process Cheese, Cheese Food and Cheese Spread*.



NON-CREDITABLE CHEESE contains less than 51% cheese and can be identified on labels as *Imitation Cheese and Cheese Product*.

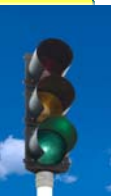


CHEESE SAUCES NEED A CN LABEL

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April prepares her green traffic light and the world thinks GO.



Horizons has a new website address:

www.horizonsfoodprogram.org

Required Annual Food Program Training

It's spring and that means it's time for the Required Annual Food Program Training.

Back by popular demand!!

We will be doing a group training in Appleton and Green Bay. There will also be a self-study packet. Look for more information in the next few weeks.





NUTRITION NOTE

Eat the Nutritious Rainbow

By Kristen Frie RD

April showers bring May flowers. And with rain showers comes rainbows. This month, focus on a pledge to (serve and) eat the healthy rainbow. For starters, have the children help you decide what healthy foods fit into each of the rainbow color's category. Here's a start:

<u>RED:</u>	<u>ORANGE</u>	<u>YELLOW</u>	<u>GREEN</u>	<u>BLUE & PURPLE</u>
strawberries	oranges	pineapple	kiwi	blueberries
raspberries	cantaloupe	grapefruit	green apples	purple grapes
watermelon	carrots	lemons	zucchini	blackberries
red pepper	sweet potato	mango	Broccoli	plum
tomato	bell pepper	corn	green beans	eggplant

Have fun putting all of the colors together, in different food combinations. Be creative. You could make:

- rainbow fruit platter
- rainbow veggie platter
- rainbow fruit pizza
- rainbow stir fry
- rainbow fruit salad
- rainbow pancakes, waffles, or muffins - dye the batter different rainbow colors
- rainbow eggs - use egg-coloring kits (or vinegar + food coloring) to color hard-boiled eggs
- rainbow fruit skewers – arrange fruit in the order of rainbow colors
- rainbow pasta – use tri-color pasta
- rainbow popsicles – create homemade popsicles in disposable paper cups
- rainbow trail mix – combine various colors of dried fruit and chocolates
- rainbow soup – combine vegetables of all colors for a savory rainbow meal
- rainbow gelatin cups – layer different flavors/colors of gelatin in clear bowls or cups



“Why should we “eat the rainbow?”

Eating the rainbow helps give our bodies the nutrients they need. Foods that are from each color of the rainbow provide fiber, vitamins, minerals, and phytochemicals to keep our bodies healthy and strong. Children who are two to six years old should eat three servings of vegetables and two servings of fruit every day. Try to eat some of each color in the rainbow! And don't forget white foods. We highlighted these in last December's newsletter, but here's a quick refresher list: bananas, garlic, cauliflower, mushrooms, onions, and potatoes. Have some colorful fun!

APRIL LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Chicken Fajita</p> <p>Green/Red/Yellow Peppers</p> <p>Applesauce</p> <p>Tortilla</p>	<p>1% Milk</p> <p>Ham</p> <p>Tater Tots</p> <p>Green Beans</p> <p>WW Bread</p>	<p>1% Milk</p> <p>Refried Beans</p> <p>Broccoli</p> <p>Peaches</p> <p>Corn Bread</p>	<p>1% Milk</p> <p>Chicken Quesadilla</p> <p>Brown rice</p> <p>Lettuce & Tomato</p> <p>Tortilla</p>	<p>1% Milk</p> <p>Fish</p> <p>Carrots</p> <p>Red Potato Rolls</p>
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Recipe of the Month

Chicken Quesadillas

Ingredients:

Roasted Chicken, shredded
 Cheese, shredded
 Onions, sliced
 Red, orange, yellow peppers, sliced
 2 Tbs olive oil
 Tortillas
 Cooking Spray

Directions:

1. Shred roasted chicken.
 2. Sauté onions and peppers in olive oil until tender.
 3. Spread vegetables, shredded chicken and cheese on a tortilla shell.
 4. Top with another tortilla shell
 5. Spray both sides lightly with cooking spray.
 6. Grill like a grilled cheese sandwich.
- Use a pizza cutter to cut into slices.



snack of the Month

DEVILED EGG BOATS

- 12 hard-boiled eggs
- 2 teaspoons Dijon mustard
- 2 teaspoons vinegar (white or cider)
- 1/4 to 1/2 cup mayonnaise
- 2 red, orange, yellow, or green bell peppers
- Paprika

1. Peel the eggs, then slice each one in half to make boats. Place the yolks in a medium-sized bowl and mash them with a fork. Add the mustard and the vinegar, then add the mayonnaise, stirring until the consistency is smooth but not soupy.
2. Next, make the sails. To do this, cut each pepper into 1-inch-wide strips, then cut the strips into 1-inch squares and slice each square in half diagonally.
3. Fill the egg-white halves with the yolk mixture. Stick the sail upright into the filling and sprinkle with paprika. Makes two dozen.



Word Search: Spring

LEAVES
PUDDLES
UMBRELLA
MUD
DAFFODIL
SUN
ASPARAGUS

MELTED SNOW
SPRING BREAK
GALOSHES
FROGS
TADPOLE
TULIPS
NEST

A	S	U	G	A	R	A	P	S	A	M	
S	A	L	L	E	R	B	M	U	E	W	K
K	N	P	S	E	V	A	E	L	W	E	A
L	T	S	P	I	L	U	T	L	S	R	E
S	U	N	S	S	N	E	K	I	D	T	R
T	S	E	N	C	D	U	M	D	F	Y	B
F	K	O	K	S	E	H	S	O	L	A	G
E	R	Y	N	V	J	U	C	F	G	U	N
E	L	O	P	D	A	T	V	F	H	I	I
F	W	M	G	B	U	A	V	A	J	O	R
G	O	N	I	S	E	D	B	D	K	P	P
P	U	D	D	L	E	S	N	B	L	Q	S

What season is it when you are on a trampoline?

Spring time



Let's Get Moving!

Spring Nature Walk

Help your child find signs of spring. Point out how small the snowbanks are, if any still remain in your area. Is there a stream now swollen with winter's melt? Ask your children if he can remember how it looked last month, when ice and snow still covered it. Go down and look for minnows or tadpoles. If you can, scoop up a few tadpoles to watch at home. They are exciting for children to see, as they mature. Look for shoots of fresh, green grass. Look for birds, see if you can find any that are building a nest. Watch carefully, you might find birds primping and preening for one another in the rite of spring. Look for buds on trees and bushes. Look for pussy willows. Bring your camera, and take pictures of your children with each sign of spring, to make your own picture book.



CACFP -
where healthy eating
becomes a habit.

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