



April 2024

Precious Memories Place



| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|---|--|--|---|
| <p>Healthy Eating Tips: Children require different amounts of iron at various ages and stages of</p> | <p>1. Macaroni & Cheese Green Beans Apple Sauce Milk</p> | <p>2. Chicken Nuggets Broccoli Melon Milk</p> | <p>3. Sunbutter & Jelly on Whole Wheat Cucumber Slices Orange Slices Milk</p> | <p>4. Chicken & Pasta Peas Melon Milk</p> | <p>5. Grilled Cheese on Whole Wheat Carrots Apple Slice Milk</p> | <p>lead to learning and behavioral problems. Although iron from meat sources is more easily ab-</p> |
| <p>After 12 months of age, toddlers are at risk for iron deficiency because they no longer drink iron -</p> | <p>8. American Chop Suey w/Ground Turkey Peas Peach Slices Milk</p> | <p>9. Cheese Quesadilla w/Salsa Cucumber Slices Pineapple Milk</p> | <p>10. Cinnamon Pancake Apple Slice w/ sunbutter dip Milk</p> | <p>11. English Muffin Pizzas Broccoli Orange Slices Milk</p> | <p>12. Turkey Hot Dog Baked Beans Melon Milk</p> | <p>body than that from plant foods, all of these iron-rich foods below can make a diet more nutritious.</p> |
| <p>fortified formula and may not be eating iron - fortified infant cereal or enough other iron-containing</p> | <p>15. Pasta W/Alfredo Sauce Broccoli Applesauce Milk</p> | <p>16. Sunbutter & Jelly on Whole Wheat Green Beans Orange Slices Milk</p> | <p>17. Fish Sticks Sweet Potato Fries Melon Milk</p> | <p>18. Grilled Cheese on Whole Wheat Cucumber Slices Apple Slices Milk</p> | <p>19. English Muffin Pizzas Carrots Pineapple Milk</p> | <p>*red meat *tuna *salmon *eggs *dried fruits *tofu *leafy green veggies</p> |
| <p>make up the difference. Drinking a lot of cow's milk can also put a toddler at risk as cow's milk is low</p> | <p>22. Pasta w/Turkey Meatballs Green Beans Peach Slices Milk</p> | <p>23. Ground Turkey Taco w/Lettuce, Tomato and Cheese Chips Apple Slices Milk</p> | <p>24. Cheese Quesadilla w/Salsa Broccoli Pineapple Milk</p> | <p>25. Pasta Salad w/ Turkey, Peas & Carrots Melon Milk</p> | <p>26. Cinnamon Pancake Apple Slices w/ Sunbutter dip Milk</p> | <p>*dark poultry *iron-fortified cereals *enriched grains *blackstrap molasses</p> |
| <p>in iron and milk decreases the absorption of iron . Iron deficiency can affect growth and may</p> | <p>29. Pasta & Sauce Peas Applesauce Milk</p> | <p>30. Turkey Sandwich on Whole Wheat Broccoli Melon Milk</p> | | | | <p>For more information visit: www.kidshealth.org</p> |

Breakfast: Cheerios, Fruit Cheerios, Bananas, Toast, Juice & Milk*Whole Milk is All Natural & Free of Growth Hormones*

Snacks : Graham Crackers, Gerber Fruit Puffs, Fresh Fruit, Yogurt, Cheese, Goldfish, Cinnamon Toast Crunch/Cheerios Mix, Wheat Thins, Craisins, Bananas, Cheese and Crackers, Cucumber and Hummus, Go-gurt