

# HEALTHYBITES 2010-2011 @ BLOSSOM NURSERY

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	
<p><b>I'm Feeling Rather Full Tonight!</b></p> <p><i>I'm feeling rather full tonight. I couldn't eat another bite. I couldn't eat a half a bean or even taste a tangerine. I couldn't lick a lettuce leaf or bite the slightest bit of beef. I couldn't polish off a pea or sip a single drop of tea or nibble on a nannogram of pickled ham or candied yam or lamb or clam or jam or spam. Yes, that's how full I truly am. To even think of eating more would leave me lying on the floor and surely make my stomach hurt unless, of course, you've got dessert...</i></p> <p><b>Kenn Nesbitt</b></p>	Break fast	Cereals: Weetabix & Corn Flakes. Cold Whole Milk. Served between 7:30-8am only.				
	Morning Snack	Apple & Popcorn	Carrot, Banana, Watermelon	Fruit Loaf Bread	Fruits of the Week	Melon, Apple & Cucumber
	Lunch Served @ 11:45/ 12:15 Week 1	Tomato & Basil Soup Cheese Macaroni Chocolate Custard & Warm Pears	Coconut Thai Fish Baked Potatoes Apple Oat Crisp	Tofu, Pumpkin & Vegetable Mild Curry Steamed Rice Banana Toffee Cheesecake	Mixed Vegetable Soup Pasta Pomodoro Carrot & Corn Mini Muffin	French Onion Soup Chicken Polpettone with Mushy Peas & Bread Rolls Watermelon Ice Slush
	Lunch Served @ 11:45/ 12:15 Week 2	Carrot & Orange Soup Pasta Marinara Banana & Custard	Sloppy Joe's Breads Tiramisu	Blossom Chili Steamed Rice Watermelon	Tomato Soup Breaded Cream Dorry & Roast Potato Wedges Warm Apple & Vanilla Custard	Leek & Potato Soup Baked Lasagna Pineapple Ice Slush
	3:05 Snack	Mini Muffin & Milk	Mini Chef Cookies & Milk	Apricot Raisin Bread & Milk	Fruity Yogurt	Popcorn, Fruit & Milk
	Dinner Express 5:05	Mini Arabic Bread Burgers & Veggie Tray	Scrambled Eggs on Toast Fruit Tray	Mini Pizza Fruit Tray	Beans on Brown Toast Veggie Tray	Arabic Bread & Hummus & cucumber
		Skyjuice a.k.a. Water is served with every meal				

Compared to adults, small children need more nutrients in proportion to their body weight. As bones, muscles, teeth, and blood volume are developing. The American Academy of Pediatrics recommends that children age 1 to 3 years get about 40 calories per inch of height a day. Children on a 1000-1400 calories per day (average 1-4 year old) should eat the following per day: 2 cups of dairy calcium - (milk, yogurt, cheese); 4 servings of fruits and vegetables. (Serving size: one tablespoon per year of age / 2 cups total.) One serving should be high in vitamin C and another in vitamin A; 4 servings of grains - bread and cereal. A serving is about 1/4 to 1/3 an adult portion (1/4 slice toast, 1/4 cup pasta total 3 oz) and 2 servings of proteins (meat, beans, eggs, tofu) about 2-3 oz since one serving equals 1/2 ounce. Size wise 1 oz is 4 dice / 1 egg. Limit fats and sweets and have no more than 2 tspn oils / fats per day.