



April 2025 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. Cinnamon Pancake Apple Slice w/ sunbutter dip Milk</p>	<p>2. Sunbutter & Jelly on Whole Wheat Cucumber Slices Orange Slices Milk</p>	<p>3. Chicken, Broccoli Pasta Alfredo Melon Milk</p>	<p>4. Cheese Quesadilla w/Salsa Green Beans Pineapple 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>7. Macaroni & Cheese Peas Peach Slices Milk</p>	<p>8. Chicken Nuggets Broccoli Melon Milk</p>	<p>9. Grilled Cheese on Whole Wheat Green Beans Apple Slice Milk</p>	<p>10. Pasta Salad w/ Turkey, Peas & Carrots Pineapple Milk</p>	<p>11. Fish Sticks Sweet Potato Fries Orange Slices 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>14. Pasta w/Turkey Meatballs Broccoli Applesauce Milk</p>	<p>15. Sunbutter and Jelly on Whole Wheat Cucumber Slices Pineapple Milk</p>	<p>16. Chicken & Pasta Peas Melon Milk</p>	<p>17. Pizzadilla Green Beans Orange Slices Milk</p>	<p>18. Cinnamon Pancake Apple Slices w/ Sunbutter dip 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>21. Pasta W/Alfredo Sauce Green Beans Peach Slices Milk</p>	<p>22. Ground Turkey Taco w/Lettuce, Tomato and Cheese Chips Orange Slices Milk</p>	<p>23. Turkey Hot Dog Baked Beans Pineapple Milk</p>	<p>24. Turkey Sandwich on Whole Wheat Cucumber Slices Apple Slices Milk</p>	<p>25. Pasta Salad w/ Turkey, Peas, Carrots Melon 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>28. American Chop Suey w/Ground Turkey Peas Apple Slices Milk</p>	<p>29. Grilled Cheese on Whole Wheat Green Beans Melon Milk</p>	<p>30. Chicken Nuggets Broccoli Orange Slices Milk</p>	<p>Please be advised that food prepared here may contain these ingredients:</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