

Nutritional & Other

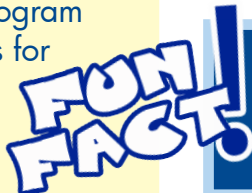
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New Horizon Academy is Committed to Proper Nutrition

At New Horizon Academy we know nutrition is an important part of a child's growing years. That is why we only serve whole wheat and whole grain items (every bread, pasta, cereal, and cracker you see on this menu), as well as cereal that is high in fiber and the freshest items available. We serve a variety of fruits and vegetables and hormone-free milk, with each meal (toddlers are served whole milk, preschoolers and school-agers are served skim milk). Additionally, only 100% juice is served and water is available throughout the day. Age-appropriate portion sizes are provided at each meal and we follow the USDA's MyPlate recommendations for portion sizes.



Meals are served in a combination of pre-plated and family style, with an emphasis on self-serving at developmentally appropriate ages. New Horizon Academy's menu meets the Child and Adult Care Food Program (CACFP) meal standards for children.



Wellness Tip: Get Up and Go Activities

New Horizon Academy is committed to helping families lead healthy and active lives. We will provide you with quick hints and tips to support your family. Each month we will share recipes, nutrition ideas, or wellness activities for you and your family.

Don't get stuck indoors! Go outside and plan an exciting game of Stuck in the Mud.

Instructions:

1. Choose someone to be "it." His or her name is "Mud."
2. Each player grabs hold of one of Mr. or Ms. Mud's fingers and everyone chants, "What happened to you, Mr./Ms. Mud while spring flowers they did bud?!"
3. Then at an unpredictable speed—the point is to trick the players—Mr./Ms. Mud chants back, "I slipped into the crud! I got stuck in the mud!"
4. At the sound of the word "mud," all the players let go of Mr./Ms. Mud's fingers and scatter away while he/she gives chase.
5. If Mr./Ms. Mud tags a player, that player is "stuck in the mud" or frozen in place.
6. The sole way to get unstuck is for an untagged player to crawl under the stuck player's legs. Players are only safe while they are in those crawling-under moments.
7. You play until everyone is caught. Then name another player Mud and begin again.

Tip: To avoid exhausting Mr./Ms. Mud, an adult could set a time limit for each round.

Variations: If a player is tagged twice (once before being stuck, once after being unstuck), he or she becomes the new Mud.

SURPRISE MUFFINS

INGREDIENTS: DIRECTIONS:

- 2 packages cinnamon muffin mix
- 12 canned apricot halves
- 1 1/3 cups milk

SUPPLIES:

- paper muffin cup liners
- muffin tins
- mixing bowl
- measuring cup



1. Preheat the oven to 450°.
2. Invite the children to wash their hands and come to the table for a cooking activity.
3. Tell the children they will be making muffins and hiding something inside of them.
4. Pour the mix into a bowl.
5. Add the milk to the dry ingredients and stir just until batter is blended. (Refer to the package directions.)
6. Line the muffin cups with muffin papers, or spray the tins with food release.
7. Put enough batter to cover the bottom of each cup.
8. Place one canned apricot half in each cup.
9. Put enough batter over each apricot to fill the cup to 3/4 full and cover the apricot.
10. Bake at 450° for 12-15 minutes or until muffins test done with a toothpick and are lightly browned.
11. Remove from oven and cool.
12. Serve as a snack to children. Offer additional canned or dried apricots with the muffin.

*Note: this recipe can be made with fresh whole strawberries as well. Just omit the apricots and replace with strawberries.

Makes approximately 12 muffins

About 240 million laying hens produce about 5.5 billion dozen eggs per year in the United States. Egg yolks are one of the few foods that naturally contain Vitamin D.