

JANUARY

Heart Healthy Chicken

12 ounces chicken tenders
2 tbsp milk
6 tbsp bread crumbs
2 tbsp parmesan cheese, grated

Dip each strip of chicken in milk and then in a mixture of bread crumbs and cheese. Bake at 425 degrees for 8-10 minutes, turn over, and bake another 5 minutes until cooked through.

#CACFP CREDITABLE

Infant Notes

New foods should be introduced gradually to infants once it is determined that they are developmentally ready. Infant cereals, grains, and pureed or mashed vegetables and fruits offer many nutrients that complement breast milk and iron-fortified formula.

Waving Wand

Give your kids a large cardstock heart to decorate. Glue it to a wooden craft stick or paint stir stick and attach red, pink, or white streamers. It's perfect to use in the parade.

Marching Together

Parade around the yard or through the house letting the children take turns leading in any way they choose: skipping, walking, crawling on all fours, or marching with knees high.



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CACFP is an indicator of quality child care.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday