

# SEPTEMBER

## Tuna Time

Pita Pockets  
Canned Tuna  
Tomato Slices

Kids can have fun making their own healthy lunch, spooning tuna into a pita pocket and stuffing sliced tomato inside. Add milk and fruit for a complete meal.

#CACFP CREDITABLE

## Ring Toss

Kids can make fun discs to toss to each other by cutting out the center circle of a paper plate and decorating the ring. See if they can catch one another's rings in the air with their hands or with an empty paper towel holder.

## Protein Power

Protein is a building block for healthy bones, muscles, skin, cartilage, and blood, and is an important part of a balanced diet. Good sources include lean meat, poultry, fish, and a variety of beans, nuts, vegetables, and dairy products.

## Circus Yoga

Start by standing on one leg, and then the other, like you're balancing on a tightrope. Then, bend forward and swing arms side to side making an elephant trunk. Next, lie on tummies, lift the chest and shoulders, and look up pretending to be a trapeze artist swinging through the air.



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September 2020

CACFP is an indicator of quality child care.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday