

Parent Provider Connections - July 2021

TROPICAL TUNA SALAD

Tuna, canned in water
Pineapple, chunked
Avocado, cubed
Mix together all ingredients. Serve on whole grain toast or with crackers or cucumber rounds.

#CACFPCREDITABLE

BEACH BOWL JELLY FISH

Cover the outside of a white paper bowl in tissue paper. Add two big googly eyes. Glue tissue paper streamers or curly ribbon on the inside of the bowl. Turn it upside down and you've got your own jelly fish!

SURIMI SEAFOOD

Ready-to-eat and often restructured as an imitation seafood, Surimi is generally high in protein and Omega 3 which is important for brain development. Commonly made from the pollock fish it can be used in seafood salads, sushi-style rolls, and sandwiches as a meat | meat alternate.

BEACH BALL GAMES

Using a large beach ball, teach the children to play kickball, soccer, or how to kick it through cones on an obstacle course. They will love the variation and challenge of different sized balls.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday