

Taco Tuesday!

Menu:

- Soft Taco: 1 soft flour tortilla, ¼ cup of seasoned chicken or beef, ¼ cup of shredded cheese
- ¼ cup of shredded lettuce and tomato (mixed)
- 1/8 cup salsa
- 1 banana
- 8 oz. milk
- Condiment: sour cream

Activity ideas:

- Staff wear brightly colored t-shirts
- Decorate the meal service line with bright tissue paper flowers
- Serve items individually and let kids build their own taco
- Read Dragons Love Tacos to the kids
- Provide craft paper, scissors and glue to have kids make a paper taco
- Make fresh salsa or guacamole with the kids
- Do a taste test of plain avocado to introduce new foods to kids
- Do a taste test of mild, medium and hot salsa for older kids
- Serve a churro (grain based dessert) as a special dessert treat

“Let’s Taco ‘bout How Great You Are” craft:

- Supplies: craft paper, markers or pens, scissors

Instructions:

Cut one yellow circle to be the shell. Cut shapes in red, green, brown and white to fit into the shell. Have the children write things they like/admire about someone on the fillings, then have the kids give the craft to that person.

