

Program Reminders



It's Tax Time!



Reminder: Choices for Children does not send out tax statements (1099) to providers who participate on the CACFP. However, **you can access your Tax Report in KidKare by going to Reports>Claim Statements>Tax Report>Select Year.** In Minute Menu Kids to Claims>Review Claims> Tax Report. Be sure to check out the following IRS link to learn about taxes as related to your Child Care business including how to report CACFP reimbursements:

[IRS Link for Child Care Providers](#)

Policy Updates

Warning Messages for Upcoming Meal Pattern Changes



The New CACFP Meal Pattern changes for Infants and Older Children go into effect October 1, 2017. Starting in January 2017, you will see **warning messages** on your Claim Summary & Error Report for meals and snacks that do not meet the new meal pattern requirements. You can check your Claim Summary & Error Report in KidKare by going to Reports>Claim Statements>Claim Summary & Error Report, select the month and then Run after processing occurs. **Please note:** These warning messages are intended to help you adjust your current meals and snacks to the new meal pattern requirements, however **no meals or snacks will be disallowed** until the changes go into effect in October 2017. However, current disallows (ie, serving a grain based dessert more than 2 times per week) are still in effect. To read about the upcoming changes to the CACFP Meal Pattern, go to the [USDA Food & Nutrition website](#).

Upcoming Holidays & Closures

President's Day - Monday, Feb 20th



January Claim Deadlines

Web Kids: **Submit** by February 1st

Scan Forms: **Must Be Received** by February 5th
(Late Scan Forms will not be accepted!)

Enrollment Forms: **Received** by February 5th

Continuing Development, Inc. (Choices for Children) is an equal opportunity provider..

Nutrition News



Reducing Added Sugars

The new CACFP Meal Pattern supports Reducing Added Sugars, one of the key recommendations of the 2015-2020 Dietary Guidelines. Sugars in your diet can be naturally occurring or added. Naturally occurring sugars are found *naturally* in foods such as fruit (fructose) and milk (lactose). Added sugars are sugars and syrups put in foods during preparation or processing, or added at the table. The major sources of added sugars are regular soft drinks, candy, fruit drinks (fruitades and fruit punch) and grain based desserts such as cakes, cookies, cereal bars, etc. as well as ice cream sweetened yogurt, sweetened milk and sweetened breakfast cereals.

As of October 2017, the new CACFP Meal Pattern will no longer allow grain based desserts to count toward the grain component. These include: cookies, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, coffee cake, brownies, etc. In addition, yogurt must contain no more than 23 grams of sugar and breakfast cereals no more than 6 grams of sugar per dry ounce.

Many people consume more sugar than they realize. It's important to be aware of how much sugar you consume because our bodies don't need sugar to function properly. Added sugars contribute zero nutrients but many added calories that can lead to extra pounds or even obesity, thereby reducing heart health.

"Added Sugars" in grams and as percent Daily Value is now included on the Nutrition Facts label. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar, which is consistent with the 2015-2020 Dietary Guidelines for Americans. "Added Sugars" are included under "Total Sugars" to help consumers understand how much sugar has been added to the product.

The definition of added sugars includes sugars that are either added during the processing of foods, or are packaged as such, and include sugars (free, mono- and disaccharides), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100 percent fruit or vegetable juice of the same type. The definition excludes fruit or vegetable juice concentrated from 100 percent fruit juice that is sold to consumers (e.g. frozen 100 percent fruit juice concentrate) as well as some sugars found in fruit and vegetable juices, jellies, jams, preserves, and fruit spreads.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Values (DV) tell you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

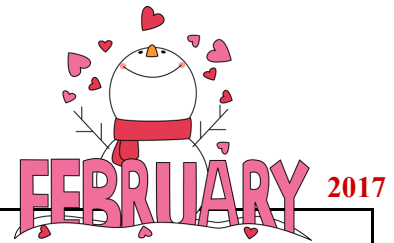
CONGRATULATIONS!

Providers of the Month

DEBBIE BAKER

AMY WASLEY

Minute Menu Magic



BREAKFAST						
	Peanut Butter &		Slivered Almonds			
<i>Peaches (31)</i>	Banana Slices (04) on	Blueberries(06)	Pineapple (34)	Cherries (10)		
<i>*Breakfast Fruit Wrap (131)</i>	Toasted English Muffin (23)	Shredded Wheat (183)	HM Poppy Seed Muffins (68)	Oatmeal (237)		
1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)		
SNACK						
3-Bean Salad (186)	Warm Marinara Sauce (252)	Reduced Fat Cheese (132)	Blood Oranges (26)	Red Beet Salad (158)		
1% Milk (6)	Garlic Breadsticks (06)	Ritz Crackers (247)	1% Milk (6)	Rye Toast (48)		
Lunch with		LUNCH/DINNER			Lunch with	
DEBBIE BAKER	<i>*Jammin' Jambalaya (30)</i>	Pork Cutlets (52)	AMY WASLEY	Ground Beef (07)	Baked Tilapia (74)	
Frittata (154)	<i>Celery, Onions, Bell Peppers (207)</i>	Broccoli (164)	Cucumbers (177)	<i>*Roasted Brussels Sprouts (166)</i>		
Spinach (245)	Asian Pears (32)	Applesauce (02)	Green Salad (155)	Mangoes (24)		
Tangerines (44)	Brown Rice (120)	Cornbread (14)	Spaghetti (110)	Barley (75)		
Whole Wheat Bread (56)	1% Milk (6)	1% Milk (6)	0% Milk (7)	1% Milk (6)		

W E E K L Y G R O C E R Y L I S T	Refrigerated
	1% Milk
	Eggs
	Reduced Fat Cheese
	Parmesan Cheese
	Frozen
	Raspberries
	Meat
	Chicken Breasts
	Ground Beef
	Tilapia
	Pork Cutlets
	Packaged
	Whole Wheat Bread
	Garlic Breadsticks
	Flour Tortillas
	Brown Rice
	Rye Bread
	Barley
	Pine Nuts
	Slivered Almonds
	Poppy Seeds
Spaghetti	
English Muffins	
Shredded Wheat	
Ritz Crackers	
Oatmeal	
Chicken Bouillon	

Produce
Bananas Lemon
Bell Pepper
Brussels Sprouts
Onion Celery
Green Onions
Pineapple Garlic
Cucumbers
Red Beets Spinach
Tangerines
Asian Pears
Blueberries
Blood Oranges
Cherries Broccoli
Green Salad
Mangoes
Canned/Bottled
Peaches
Peanut Butter
Applesauce
Green Beans
Kidney Beans
Garbanzo Beans
Diced Tomatoes
Marinara Sauce



***Jammin' Jambalaya**
 1 lb. skinless, boneless Chicken breast, cut into 1" chunks 1 C Brown Rice
 1 stalk Celery, chopped 3 C Water
 1/2 Onion, chopped 1 cube Chicken Bouillon
 1/2 sm. Bunch Green Onions, chopped 1/2 Bay Leaf
 1 med. Bell Pepper, chopped 1/2 tsp. Cayenne Pepper
 1/2 14.5oz can diced Tomatoes
 Cooking Spray

Spray a med-sized pan with cooking spray. Brown chicken over med. Heat and remove from heat. Add celery, onions, bell pepper and tomatoes to same pan, Cover and cook over med. Heat for 10 min. Return chicken to pan. Add remaining ingredients and bring to a boil. Cover, reduce heat, and let simmer for about 50 minutes. Serves 10, 3-5 years. Adapted from Heart Healthy Cooking African American Style—With Every Heartbeat is Life 2008

***Garlic-Parmesan Roasted Brussels Sprouts**
 1 lbs. Brussels Sprouts, trimmed, and quartered

1/2 small Lemon, sliced 1/4 tsp. Salt and dash Pepper
 1 cloves Garlic, sliced 1/4 C finely shredded Parmesan Cheese
 1/8 C Olive Oil
 1/2 tsp. dried Thyme 1/8 C toasted Pine Nuts

Position racks in upper and lower third of oven; preheat to 425°. Toss sprouts, lemon, garlic, oil, thyme, salt & pepper in a large bowl. Divide between 2 large rimmed baking sheets and spread in an even layer. Roast without stirring for 10 minutes. Switch pans top to bottom and continue roasting until lightly browned and tender (about 8 minutes more). Transfer to serving dish and sprinkle with cheese. Serves 12, 3-5 yrs. Source: EatingWell.com

***Breakfast Fruit Wrap**
 2 C canned sliced Peaches, drained 1 C thinly sliced Banana
 1 C frozen Raspberries, thawed 8 6" Flour Tortillas
 1 T Sugar & 1/2 tsp. Cinnamon, mixed

Place 1/4 C peach slices, 2T raspberries and 2T bananas in a 1" strip along center of each tortilla. Sprinkle with Cinnamon-sugar. Fold in both sides and roll up tortilla. Microwave each wrap on high for 1 minute. Serves 8, 3-5 years. Source: 5-A-Day

