

## Program Reminders

### October 2017 Annual Child Enrollment Renewal

2017-2018 Child Enrollment Renewal Worksheets and Instructions will be mailed out October 6, 2017.

Be sure to carefully read the instructions and return the updated and signed worksheets by the **October 25, 2017** deadline.



The Enrollment Renewal Worksheets are used to re-enroll all of your existing children as of October 1, 2017 and are good until September 30, 2018. **Parents must sign and date enrollment renewal in the month of October.**

**IMPORTANT:** Any NEW children that you enroll after October 1st must be enrolled as you normally do by submitting a signed enrollment form (even if their name appears on the enrollment renewal worksheet).



## Policy Updates

### Record Retention Policy

All Minute Menu/KidKare meal records (electronic or scan) from the current program year (October 2017—September 2018) plus 3 years prior must be retained by provider and be available for review by the Sponsor (Choices for Children) or the State Agency. Only the current month plus the previous 12 months need to be retained on site. However, the 3 years prior records must be easily accessible.



7CFR 226.10 (c&a), 226.11(1) and 226.18.

### September Claim Deadlines

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

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

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

## Nutrition News



### The Updated CACFP Infant and Child Meal Patterns are Here!

On October 1, 2017, the updated CACFP Meal Patterns go into effect! The good news is that the USDA has given us a transition period in order to implement all the changes which means you will continue to see "warning" messages when the updated meal pattern is not adhered to rather than "disallow" for most errors.

**It is important that you view your Claim Summary & Errors report each month in KidKare after claims get processed (Reports>Claim Statements>Claimed Summary & Errors Report) in order to be ready when the transition period is over!**

### KidKare Changes after October 1, 2017

- There will be 5 meal components: Meat/Meat Alternate, Bread/Bread Alternate, Fruit, Vegetable, Milk
- Meat/Meat Alternate can be served in place of Bread/Bread Alternate (maximum of 3 times/week) at breakfast.
- There will be a button in order to indicate if the bread/bread alternate served is whole grain (one whole grain item to be served per day).
- There will be a separate Fruit & Vegetable component (a fruit and vegetable or two vegetables to be served at lunch and dinner)
- The Food Chart will have some changes including the elimination of grain-based desserts and breakfast cereals that contain more than 6 grams of sugar. Tofu will now be added as a meat alternate.
- Infant menus will look different with two age groups (0-5 mo. and 6-11 mo.) with the ability to add solid foods when developmentally appropriate.

### Review Your Planned/Scheduled Menus in KidKare

Be sure to review your Menu templates (MyMenus) and/or Scheduled Menus in KidKare to make sure they meet the new meal pattern requirements. You can view your menu templates by going to Reports > Menu Planning > MyMenus. You can view your Scheduled Menus by going to Enter a Meal > Schedule Menus. To change your menu templates, go to Enter a Meal > Add/Edit Menus > MyMenus and use the drop down arrow to make changes so that they are in line with the updated meal pattern.

### Review the Updated Meal Pattern

By now everyone should have completed the 2017 Online Annual Training on the Updated Meal Patterns but just in case you need to review the meal pattern changes you can go to [www.choices4children.org](http://www.choices4children.org) and take Part 2 of the training again!

**CONGRATULATIONS!**

Providers of the Month

JUDY TAYLOR


APRIL FENDER

**Minute Menu Magic**



<i>All Day with</i>		<b>BREAKFAST</b>		<i>All Day with</i>	
	<b>JUDY TAYLOR</b>			<b>APRIL FENDER</b>	Poached Egg
Plums (36)	<b>Blueberries (06)</b>	Chopped Apples (01)		<b>Blackberries (05)</b>	Tomato Slices (250) & Avocado
HM Persimmon Bread (02)	<b>Corn Chex (153)</b>	Yogurt (157) Chopped Hazelnuts		<b>Waffles (102)</b>	WW English Muffin (23)
1% Milk (6)	<b>1% Milk (6)</b>	1% Milk (6)		<b>1% Milk (6)</b>	1% Milk (6)
<b>SNACK</b>					
Oranges (26)	<b>Peanut Butter (155) Milk</b>	Mulled Cider (50)		<b>Celery (172)</b>	Carrot Coins (170)
Graham Crackers (246)	<b>Bagel (03) Watermelon</b>	Sesame Crackers (255)		<b>Club Crackers (244)</b>	<b>*Kale Dip (157)</b>
<b>LUNCH/DINNER</b>					
<b>*Seared Tofu (175)</b>	<b>Omelet (152)</b>	Ginger Chicken (30)		<b>Pork Roast (62)</b>	<b>*Dilly Salmon Packets (78)</b>
<b>Broccoli (164)</b>	<b>Hash Browns (232)</b>	Eggplant (181)		<b>Cauliflower (171)</b>	Sautéed Collard Greens (175)
<b>Bok Choy (36)</b>	<b>Mushrooms (211)</b>	Kiwi (22)		<b>Pears (32)</b>	Peach Salsa (31)
Brown Rice (120)	<b>WW Bread (56)</b>	Soba Noodles (108)		<b>WW Bread (56)</b>	Garlic Bread (25)
1% Milk (6)	<b>1% Milk (6)</b>	1% Milk (6)		<b>1% Milk (6)</b>	1% Milk (6)



<b>W E E K L Y  G R O C E R Y  L I S T</b>	<b>Refrigerated</b> 1% Milk Plain & Flavored Yogurt Eggs Extra Firm Tofu	<b>Produce</b> Carrots Avocado Blackberries Pears Apples Watermelon Oranges Plums Lime Broccoli Ginger Cilantro Bananas Kiwi Collard Greens Kale Basil Red Onion Eggplant Garlic Potatoes Mushrooms Peaches Dill Tomatoes Cauliflower Bok Choy Celery Persimmons Blueberries	<b>*Seared Tofu with Sweet Chili Sauce</b> 1 (14oz.) package extra-firm Tofu, drained 4 T Sweet Chili Sauce 3 T Rice Vinegar 2 T Soy Sauce 2 tsp. grated peeled Ginger 1 Garlic Clove, grated 2 heads baby Bok Choy, quartered lengthwise 2 C Broccoli florets  Cut tofu in half horizontally; place on a paper towel-lined plate. Top with more towels and let stand 15 minutes. Cut into 3/4" cubes. Combine chili sauce, vinegar, soy sauce, ginger and garlic in a bowl. Fill a large steamer saucepan with water to a depth of 3"; bring to a boil. Add bok choy and broccoli to basket; cover and steam to tender crisp (about 5-7 minutes). Drain. Combine flour and cornstarch in a bowl. Dredge tofu in mixture, shaking off excess. Heat a large skillet over med-high heat. Add 1 T oil to pan; swirl. Add half tofu and cook 5 minutes or until browned on all sides. Repeat with remaining tofu and another 1 T of oil. Add rest of oil and onion to pan; cook 4 minutes. Return all tofu to pan and cook 1 minute. Divide broccoli mixture and tofu among plates. Top with chili sauce mixture, peanuts and cilantro. Serves 4, 3-5 years. <i>Source: Cooking Light magazine</i>	1/2 C Flour 1/2 C Cornstarch 2 1/2 T dark Sesame Oil 1 C vertically sliced Red Onion 2 T chopped roasted unsalted Peanuts 2 T chopped fresh Cilantro 2 T toasted Sesame Seeds	
	<b>Packaged</b> Whole Wheat Bread Club Crackers Soba Noodles WW English Muffins Bagels Corn Chex Brown Rice Hazelnuts Roasted Unsalted Peanuts Graham Crackers French Bread Dark Sesame Oil Sesame Crackers Peanut Butter 100% Apple Cider Sesame Seeds Sweet Chili Sauce Rice Vinegar	<b>*Dilly Salmon Packet</b> Cooking Spray 6-oz. Salmon fillet (about 1" thick) Salt and Pepper to taste  Preheat oven to 425°. Coat 12" square piece of foil with cooking spray; place fillet in center. Top fillet with butter, salt, pepper, and orange slices. Bring edges of foil over fillet; fold to seal. Place packet on a cookie sheet in the oven; bake 15 minutes or until done. Serves 4, 3-5 years. <i>Source: Cooking Light magazine</i>	1 1/2 tsp. Butter 1 T chopped fresh Dill 2 Orange slices		
			<b>*Kale Dip</b> 1 Banana 1 T Lime juice Add all ingredients to a blender and mix until smooth. Serves 4, 3-5 years. <i>Source: www.fieldsofflavor.com</i>	1/2 C blanched Kale leaves 1/2 C fresh Basil leaves 1 C plain non-fat Yogurt	

