

## Program Reminders

### 2017 Mandatory Annual Nutrition Training

If you have not already completed the online **Mandatory Annual Training**, please do so immediately by going to our website at [choices4children.org](http://choices4children.org). Deadline to receive Certificates of Completion for Parts 1 & 2 is September 5, 2017.



### Avoiding Overcapacity Errors

Repeated Overcapacity errors on your claim can put you into serious deficiency and require us to report to licensing so it's important that you understand capacity rules for school ages, preschoolers and infants.

If you are licensed for 8 you may care for up to 3 pre-schoolers and 3 infants\* (6 children) but if you take two additional children they must be of school age (6 years or older - one of the two children can be 5 years old as long as attending kindergarten) and then your infant capacity drops to 2 infants\*.

If you are licensed for 14 you may care for up to 8 pre-schoolers and 4 infants\* (12 children) but if you take two additional children they must be of school age (6 years or older - one of the two children can be 5 years old as long as attending kindergarten) and then your infant capacity drops to 3 infants\* (\*under age 2)

## Policy Updates

### 2017-2018 Child Enrollment Renewals

Child Enrollment Renewal Worksheets and Instructions will be mailed to you in early October. You must re-enroll **ALL** currently enrolled children by updating their information on the worksheet and obtaining parent signatures and email addresses to ensure their continued enrollment for the 2017-2018 program year.



**Holiday Closures:  
September 4—Labor Day**

### August Claim Deadlines

Web Kids: Submit by Sept 1st

Scan Forms: Must Be Received by Sept 1st

(Late Scan Forms will not be accepted!)

Enrollment Forms: Received by Sept 5th

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

## Nutrition News



### September is National Breakfast Month



### Breaking the Fast

We all "fast" for seven or more hours a night when we sleep. "Break the fast" with some nourishing food. If you feel a little sluggish when you miss your morning meal, you have a good reason. You're running your "engine" on empty. Eating breakfast restores your body's supply of blood glucose, the brain's main fuel source. Here are some benefits of breakfast:

- Breakfast improves school performance. Children who skip breakfast have trouble staying on task in school and become tired and irritable.
- Breakfast improves nutrition. Researchers have shown that children who eat breakfast are more likely to meet their needs for calcium, iron, riboflavin, folic acid, iron, vitamins A and D and other nutrients. They also eat less fat.
- People who eat breakfast tend to eat more healthfully all day. Breakfast skippers usually don't make up for the nutrients they missed at breakfast, and they may overeat later.

### What's the Best Breakfast?

Fuel your body and brain with nourishing food in the morning.

- **Aim for variety.** Choose foods from three or four different food groups, such as a grain, meat, fruit and milk, for breakfast.
- **Have some protein.** Researchers have shown that people who eat a protein-containing breakfast performed better on tests involving thinking and concentration. For example, having a glass of milk, container of yogurt, a piece of cheese, peanut butter on your toast or a hard-cooked egg all would add protein.
- **Choose cereal wisely.** When shopping, look high on the shelves instead of at eye level or lower, where the kids' cereals often are placed. Read the Nutrition Facts labels carefully. Compare fiber, sugar content, vitamins and minerals. Compare cereal prices. Consider store brands, and use the unit price found on most store shelves.
- **Choose whole-grain cereals and whole-grain breads.** To select whole-grain foods, check the first couple of items on the ingredient list. For example, look for oatmeal, whole wheat or whole grain. Whole grain rich foods contain at least 50% whole grains and the remaining grains in the food are enriched.



### Sample Breakfast Menus

- Cereal with sliced bananas and milk
- Homemade cereal mix with whole-grain cereal, nuts, dried fruit and milk
- Graham crackers with peanut butter, and a fruit and yogurt smoothie
- Waffles with fresh strawberries, lean ham and low-fat milk
- Oatmeal with raisins and low-fat milk
- Peanut butter on whole-wheat toast, apple slices and low-fat milk
- Scrambled eggs, whole-wheat toast, orange slices and low-fat milk
- Scrambled eggs with salsa wrapped in Tortillas, sliced peaches and low-fat milk

**\* REMEMBER: Starting October 1, 2017, Meat/Meat Alternates may be substituted for the entire grains component at breakfast a maximum of three times per week!**

**CONGRATULATIONS!**

**Providers of the Month**

**MARIA LEDEZMA  
CHRISTINE KNAPP**

**Minute Menu Magic**



<i>All Day with</i>		<b>BREAKFAST</b>			<i>All Day with</i>
<b>CHRISTINE KNAPP</b>	Yogurt			<i>*Chilled</i>	<b>MARIA LEDEZMA</b>
<b>Blackberries (05)</b>	Figs (14)	Pluots (33)	<i>Blueberry Soup (05)</i>	<b>Raspberries (40)</b>	
<b>English Muffin (23)</b>	Whole Grain Grits (233)	Raisin-Cinnamon Bagel (03)	WW Toast Fingers (56)	<b>Banana Bread (04)</b>	
<b>1% Milk (6)</b>	1% Milk (6)	1% Milk (6)	1% Milk (6)	<b>1% Milk (6)</b>	
<b>SNACK</b>					
<b>Jack Cheese (138) &amp; Black Beans (160)</b>	Baked Beans (156)	Frozen Grapes (18)	Artichokes (152)	<b>Jicama (201)</b>	
<b>Wh Wheat Tortilla (134)</b> <b>1% Milk (6)</b>	Biscuits (05)	1% Milk (6)	Ritz Crackers (247)	<b>1% Milk (6)</b>	
<b>LUNCH/DINNER</b>					
<b>Hard Boiled Eggs (151)</b>	HM Beef Vegetable Soup (266)	Chicken Legs (34)	<i>*Tropical Sliders(55)</i>	<b>Catfish/Trout (67)</b>	
<b>Broccoli (164)</b>	Turnips (182), Corn, Celery	Brussels Sprouts (166)	<i>Pineapple (164)</i>	<b>Carrots (170)</b>	
<b>Strawberries (43)</b>	<i>*Crunchy Bok Choy Slaw ()</i>	Nectarines (25)	Sugar Snap Peas (173)	<b>Watermelon (46)</b>	
<b>Multi Grain Bread (37)</b>	Brown Bread ()	Whole Wheat Orzo (107)	<i>Hawaiian Rolls (33)</i>	<b>Spanish Rice (123)</b>	
<b>1% Milk (6)</b>	1% Milk (6)	1% Milk (6)	<b>1% Milk (6)</b>	<b>1% Milk (6)</b>	

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**Refrigerated**  
1% Milk  
Jack Cheese  
Plain Yogurt  
Flavored Yogurt  
**Frozen**  
Apple Juice  
**Meat**  
Beef  
Trout/Catfish  
Chicken Legs  
**Packaged**  
Whole Wheat Tortillas  
Brown Bread  
Whole Wheat Bread  
Multi-Grain Bread  
Whole Wheat Orzo  
Hawaiian Rolls  
Ritz Crackers  
English Muffins  
Raisin-Cinnamon  
Bagels  
Baked & Black Beans  
Honey  
White Rice  
Diced Pineapple  
Dark Sesame Oil  
Rice Vinegar  
Dry Roasted Cashews  
Whole Grain Grits

**Produce**  
Carrots  
Blackberries  
Red Bell Pepper  
Red Onions  
Nectarines  
Grapes  
Brussels Sprouts  
Pluots  
Bok Choy  
Cilantro  
Broccoli  
Artichokes  
Jicama  
Figs  
Blueberries  
Bananas  
Raspberries  
Watermelon  
Sugar Snap Peas  
Strawberries  
Turnips  
Corn  
Celery



**\*Tropical Sliders**

Combine diced Pineapple, chopped Red onion, Cilantro, Lime Juice and Salt to make a Pineapple Cilantro Relish. Serve on ham slices on Hawaiian rolls.



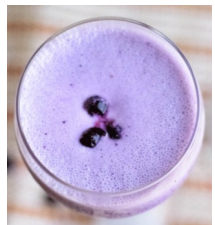
**\*Crunchy Bok Choy Slaw**

- 1 C thinly sliced Bok Choy
- 1 T Rice Vinegar
- 1/4 C grated Carrot
- 1/2 tsp. Dark Sesame Oil
- 1/4 C sliced Red Bell Pepper
- 1/8 C dry-roasted unsalted Cashews

Combine all ingredients except cashews in a bowl; toss to combine. Sprinkle with cashews right before serving. Serves 6, 3-5 years. *Source: Cooking Light magazine*

**\*Chilled Blueberry Soup**

- 2 C fresh Blueberries (2 6oz. Containers)
- 1 C 100% Apple Juice
- 1 1/2 C plain Yogurt
- 1 T Honey
- 1/4 tsp. Cinnamon
- Optional: Fresh Mint Leaves for garnish



Rinse blueberries and set aside a few for garnishing.. Blend all ingredients in a food processor or blender. Serve immediately. Garnish with blueberries and mint leaves, if desired. Serves 6, 3-5 years. *Source: NaturipeFarms.com and JuiceCentral.org*

