

## Program Reminders

### 2018—2019 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 2018-2019 program year. As always, newly enrolled children need a separate enrollment form signed by the parent.

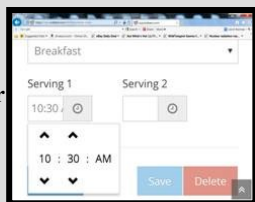


### Recording Mealtimes in KidKare



**KidKare** uses a "real time" clock when recording your meal times, so be sure to **double check the meal time you record is correct for AM or PM**. If you get error "170—Insufficient time was allowed before/after this meal and previous/next meal" you may be putting in AM instead of PM or vice versa.

**IMPORTANT:** Meals and attendance are to be recorded **DAILY (before midnight)**. You may not enter your meals and attendance in KidKare ahead of time (before meal is served). However, you may schedule your menus ahead of time in KidKare under Calendar>Schedule menus.



## Policy Updates

### 2018—2019 Reimbursement Rates (July 1, 2018—June 30, 2019)

The CACFP 2018-2019 reimbursement rates for daycare home providers for Tier 1 and Tier 2 will remain the same as the 2017-2018 rates.

	<u>Tier 1</u>	<u>Tier 2</u>
Breakfast	\$1.31	\$0.48
Lunch/Dinner	\$2.46	\$1.48
Snack	\$0.73	\$0.20



### **Holiday Closures:**

**Monday, September 3rd - Labor Day**

### August Claim Deadlines

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

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

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

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

## Nutrition News



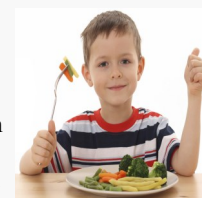
### Updated CACFP Meal Pattern Checklist

As of **October 1, 2018** the Updated CACFP Meal Patterns are to be fully adhered to (no more warning messages for errors made). Please carefully review the following checklists to be sure you are following all of the meal pattern requirements so you do not get disallowed any meals/snacks! Better yet, cut out the updated reminders below and post on your refrigerator with the updated meal pattern.

### Updated Reminders

#### Child Meal Pattern:

- At least one serving of grains per day at meal or snack are whole grain or whole grain rich. (use the KidKare toggle bar to indicate if a grain is whole grain)
- Grain based desserts are no longer allowed. (graham crackers and animal crackers are ok 2 times per week).
- Breakfast cereals must contain no more than 6 grams of sugar per day ounce.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- 100% juice limited to once a day
- At least one vegetable must be served at lunch and dinner. Two vegetables at lunch and dinner may be served. A vegetable and a fruit can serve as two components for snack.
- Whole, unflavored milk is required for 1 year old children.
- Meat/meat alternates may be substituted for the entire grain component at breakfast (maximum of three times per week).
- Commercially prepared tofu (silken, soft, firm and extra firm) and soy products (including soy yogurt) can count as meat alternate (when easily recognized as a meat substitute).
- No deep fat frying allowed on-site.



### Updated Reminders

#### Infant Meal Pattern:

- Infant meals can be claimed by the provider when mother breastfeeds on-site.
- Solid foods to be introduced to infants around 6 months as developmentally appropriate.
- Juice is not allowed. Instead, serve vegetable or fruit at all meals and snacks around 6 months as developmentally appropriate.
- Yogurt and whole eggs can be served at lunch and dinner (yogurt no more than 23 grams sugar per 6 ounces).
- Ready-to-eat cereals can be served at snack (no more than 6 grams of sugar per dry ounce).
- Cheese food and cheese spread not allowed.





# Minute Menu Magic



2018

BREAKFAST				
Pistachios		<i>Nut or Seed Butter</i>	<i>All Day with</i>	<b>KORIE WARD</b>
HM Zucchini-Nut Muffins	Hawaiian Bread Rolls	<i>*Berry Bites</i>	<b>Bagels</b>	Yogurt
Melon Balls	Kiwi Fruit	<i>Blueberries &amp; Strawberries</i>	<b>Peaches</b>	Fresh Figs
1% Milk	1% Milk	1% Milk	<b>1% Milk</b>	1% Milk
Snack and lunch with SNACK				
Celery	<b>IRENE PEREYRA</b>	Kale Salad	<b>Blueberries</b>	Broccoli
100% Orange Juice	<b>Mandarin Oranges</b>	1% Milk	<b>Triscuits</b>	Cheddar Cheese
	<b>Multi-Bran Chex</b>			
LUNCH/DINNER				
Mushroom & Leek Quiche with	<b>Veal</b>	<i>*Green Chicken Enchilada Pie</i>	<b>Ground Beef</b>	Grilled Tilapia
Wh. Wheat Spaghetti Crust	<b>Spanish Rice</b>	<i>Corn Tortillas</i>	<b>Flour Tortillas</b>	Whole Grain Cornbread
<i>*Granny Smith Kohlrabi Salad</i>	<b>Bok Choy</b>	<i>Pinto Beans, Salsa, Avocado</i>	<b>Cauliflower</b>	Grilled Zucchini
Mushrooms & Leeks	<b>Plums</b>	Jicama & Nopales	<b>Fruit Salad</b>	Summer Melon
1% Milk	<b>1% Milk</b>	1% Milk	<b>1% Milk</b>	1% Milk

<b>WEEKLY GROCERY LIST</b>	<b>Refrigerated</b>	<b>Meat</b>
	1% Milk	Veal
	Eggs	Ground Beef
	Yogurt	Boneless, Skinless
	Jack & Cheddar Cheese	Chicken Thighs
	<b>Frozen</b>	Tilapia
	100% Orange Juice	<b>Produce</b>
	<b>Packaged/Canned</b>	Blueberries
	Pecans	Granny Smith Apples
	Pistachios	Strawberries
	Corn & Flour Tortillas	Kohlrabi Plums
	Triscuits	Mandarin Oranges
	Whole Wheat Spaghetti	Baby Spinach
	Dried Cranberries	Peaches
	Hawaiian Bread Rolls	Celery Leeks
Pinto Beans	Avocado Radishes	
Whole Grain English Muffins	Summer Melons	
Bagels	Zucchini Figs	
Multi-Bran Chex	Mushrooms	
White Rice	Kale Kiwi Fruit	
Nut or Seed Butter	Bok Choy	
Green Tomatillo Salsa	Broccoli Jicama	
Whole Grain Cornmeal	Nopales (Cactus)	
	Cauliflower	

**Green Chicken Enchilada Pie**  
 3 boneless, skinless Chicken Thighs (just under 1 pound)  
 Salt and Pepper 8 oz. coarsely grated Monterey Jack  
 1 T Safflower Oil 9 corn tortillas (5-inch)  
 1 jar (15 ounces) Mild Green Tomatillo Salsa  
 3 Radishes, sliced 1 Avocado, sliced  
 1 (15oz.) can whole Pinto Beans

Preheat oven to 425°. Lightly season chicken on both sides with salt and pepper. Heat large skillet over medium-high. Add oil and chicken; cook, flipping once, until browned, about 10 minutes. Transfer to a plate and let cool slightly; shred with two forks. Put ¼ cup salsa in 8" baking dish. Layer in 3 tortillas, ½ cup salsa, 1 cup beans, half of the shredded chicken, and ½ of the cheese. Repeat layering. Finish with remaining tortillas, followed by remaining salsa and cheese. Place dish on a rimmed baking sheet. Bake until bubbly and top is golden brown in spots, 15 to 20 minutes. Let cool slightly before serving. Top with radishes and avocado. Serves 8, 3-5 years *Source: www.marthastewart.com*

**Granny Smith Kohlrabi Salad**  
 1 Purple Kohlrabi 6 C Baby Spinach 1/2 C Pecan Halves  
 1 Granny Smith Apple 1/4 C Dried Cranberries Dressing of your choice

Trim kohlrabi of all its' stem and bottom. Cut kohlrabi and apple into 1/8" thick slices, then cut again into 1/8" matchsticks. Place all ingredients in a large bowl. Drizzle with dressing and toss just prior to serving. Serves 9, 3-5 years *Source: veganvisitor.wordpress.com*

**Berry Bites**  
 3 whole grain English Muffins, halved and lightly toasted  
 6 T Peanut or Sunflower Seed Butter  
 1 C sliced Strawberries ½ C Blueberries

Spread 1 T of nut/seed butter on each English muffin half. Layer strawberries and blueberries on top of each muffin half, covering butter. Serve immediately or chill served. Serves 6, 3-5 years *Source: What's Cooking USDA Mixing Bowl*

