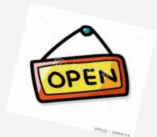


Program Reminders

Open for Holidays

If you plan to be open on a holiday that Choices for Children is closed, you must notify us ahead of time for approval to claim meals on that day. The remaining holidays for 2018 are:



Veteran's Day -Nov. 12th
Thanksgiving & Day after Thanksgiving-Nov. 22nd & 23rd
Christmas & Day after Christmas- Dec. 25th & 26th

You can notify us ahead of time by calling, emailing or sending a list of all holidays you will be open for the year.

You must also indicate on your Provider Calendar in KidKare that you are open. You can do this by going to Calendar, highlighting the Provider box at the top and then dragging and dropping 'Open for Holiday' on the date(s) you plan to be open.

Are you going to be Away or Closed?

With the busy holiday season, field trips and/or festive events may take you away from home. If you will be closed for business or gone during meal time you must call or email us and let us know in advance so that we do not show up for a monitor visit. You do not need to notify us if you are not home but still open for business. If you are not home, please be sure that your assistant is trained on what to do if we show up for a monitor visit.



October Claim Deadlines

Web Kids: Submit by November 1st
Enrollment Forms: Received by November 5th



On the Move!



Fall colors are flourishing and it is a great time to enjoy the mild temperatures. Enlist everyone to take a hike around the block, over to the playground, in your yard, or around the neighborhood. Jump, hop, skip and walk backwards while gathering leaves of all colors. Use them to create a collage of fall fun on paper or a bulletin board by adding to it after each hike.



Upcoming Holidays:
Veterans Day—Nov 12
Thanksgiving—Nov 22 & 23

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

Meal Pattern Reminders



Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. **You can also serve meat and/or meat alternates instead of grains at breakfast up to 3 times per week.** This option gives you more choices for menu planning.

Here's how to include meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 ounce equivalent of meat/meat alternate for 1 serving of grains; or
- Substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains.

Ounce equivalents are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to:

- Beans or peas (cooked): 1/4 cup
- Natural or processed cheese: 1 ounce
- Cottage or ricotta cheese: 1/4 cup (2 ounces)
- Eggs: 1/2 large egg
- Lean meat, poultry, or fish: 1 ounce
- Peanut butter, soy nut butter, or other nut or seed butters: 2 tablespoons
- Tofu: 1/4 cup (2.2 ounces)
- Yogurt (including soy yogurt): 1/2 cup of yogurt (4 ounces)



You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.

KidKare Corner



Recording your Meals by Midnight

We recognize that occasionally there may be extenuating circumstances that prevent you from inputting your meals before the end of the day in KidKare. These are rare occurrences and are usually due to weather related issues, natural disasters and or computer crashes.

Please plan to always have a back up method of claiming (ie, smartphone or alternate computer) if your primary method of claiming is not working or unavailable. Remember, KidKare is accessible from any device/phone and does not require an app since it is a website (www.kidkare.com). In the event that KidKare is experiencing technical issues, we will notify you by email and let you know when the problem has been resolved. Usually this is short term and does not interfere with being able to claim your meals before the end of the day.



Daylight Savings Time ends Sunday, November 4th.
Don't forget to turn your clocks back!

CONGRATULATIONS!
Providers of the Month
JILLIAN SOLANDER
MARIA GOMEZ

Minute Menu Magic



BREAKFAST				
			<i>All Day with</i>	
	Walnuts		MARIA GOMEZ	
Cornbread	HM Whole Wheat Pumpkin Muffins	Crispix Cereal	Hard Boiled Eggs, Corn Tortillas, Bananas	Oatmeal with Cinnamon
Baked Beans	Pumpkin & Raisins	Red Pears	Stewed Tomatoes	Persimmons
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
SNACK				
<i>Snack and Lunch with</i>			Cottage Cheese, Bagel	Spinach Salad with
JILLIAN SOLANDER Peanut Butter	Beets	Almonds	Grapefruit	Raspberries & Radishes
Wh. Wh. Bread, 1% Milk	1% Milk	Spiced Apple Cider		
LUNCH/DINNER				
Mozzarella Cheese	*Stir Fry Beef	*Cornucopia Wrap	Pork Chops	*Easy Oven Fish Nuggets
Bagels	White Rice	Whole Wheat Tortilla	Brown Rice	Brown Bread
Pizza Sauce	* and Vegetables	Corn & Sweet Potatoes	Cucumbers	Roasted Brussels Sprouts
Peaches	Kumquats	Red Apple Slices	Oranges	Pomegranates
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk



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Refrigerated
 1% Milk
 Eggs
 Mozzarella, Co-Jack, and Cottage Cheese

Packaged/Canned
 Wh. Wheat Tortillas
 Corn Tortillas
 Cornmeal Oats
 Baby Corn on the Cob
 Baked Beans Raisins
 Peanut Butter
 Crispix Cereal
 Brown Bread
 Whole Wheat Bread
 Whole Wheat Bread Crumbs
 Brown & White Rice
 Walnuts Almonds
 Pizza Sauce
 Pumpkin Bagels
 Apple Cider
 Stewed Tomatoes

Meat
 (Frozen) Cod
 Ham
 Beef
 Pork Chops

Produce
 Red Apples
 Peaches Carrot
 Cornmeal Oats
 Red Pears Onion
 Mushrooms
 Bell Pepper
 Broccoli Beets
 Sweet Potato
 Radishes
 Spinach
 Raspberries
 Cucumbers
 Oranges Bananas
 Brussels Sprouts
 Pomegranates
 Grapefruit
 Persimmons
 Kumquats

Stir Fry Beef and Vegetables

1/2 tsp. ground Ginger
 1/8 tsp. Garlic Powder
 1 tsp. Soy Sauce
 1/3 C Water
 2 T Oil
 1 C Carrots, sliced
 1 Onion, chopped
 1 Bell Pepper, chopped
 1 C fresh Mushrooms, sliced
 1 C Broccoli
 12 oz. sliced Beef

Mix spices, soy sauce and water; set aside. Heat oil in large frying pan and add meat when oil is hot; stir until brown. Push meat to the side and in the middle of the pan add carrots, onions and peppers. Cook them for one minute. Add mushrooms and broccoli. Cook until they are tender. Add liquid mixture and cook until bubbly. Reduce heat, cover pan and cook for two more minutes. Serve over pasta or rice. Serves 8, 3-5 years. *Source: What's Cooking? USDA mixing Bowl*



Cornucopia Wrap

4 Whole Wheat Tortillas
 6 oz. Co-Jack Cheese
 1 15oz can Baby Corn on the Cob
 6 oz. Ham
 1 med. Sweet Potato

Drain corn. Peel potato and cut into matchsticks. Cut ham and cheese into strips. Cut tortillas in half and heat, if desired. Divide all ingredients between the 8 tortilla halves and roll up into cone shape. Serves 8, 3-5 years.

Easy Oven Fish Nuggets

1lb. frozen Cod, partially thawed
 1 large Egg, beaten (plus 1 T water)
 Cooking Spray
 3/4 C WW Bread Crumbs (or Panko)
 2 T grated Parmesan Cheese
 1/3 C Corn Starch
 1/4 tsp Salt
 1/8 tsp. Pepper

Preheat oven to 450°. Spray cookie sheet with cooking spray. Cut fish into 1 1/2" pieces. Mix crumbs with cheese, salt and pepper. Place crumbs and corn starch in 2 separate shallow dishes. Dredge fish in corn starch and shake off excess. Dip in egg. Dredge in crumbs and place on cookie sheet. Lightly spray fish nuggets with cooking spray. Bake 12 minutes, turning halfway through. Serves 8, 3-5 years *Source: Adapted from an AboutSeafood.com and a Cooking Light recipe*

Wishing this
THANKSGIVING
 finds you with
 plenty of reasons to
 give thanks!

