



Program Reminders

2018 Mandatory Annual Nutrition Training

The 2018 Mandatory Annual Nutrition Training is now online at www.choices4children.org. You can access the training by going to Programs>Child Care Food Program and clicking on the **2018 Annual Nutrition Training** button. The Online Annual Nutrition Training is **mandatory** to continue your participation with the CACFP and will be available online **May 1, 2018 through August 31, 2018**.



This year's training consists of a training packet which you can print and a 30 question Annual Nutrition Training online quiz.

Please carefully read through the instructions and training packet then print the Certificate of Achievement after taking the quiz. The Certificate of Achievement is due to us no later than **September 5, 2018**.

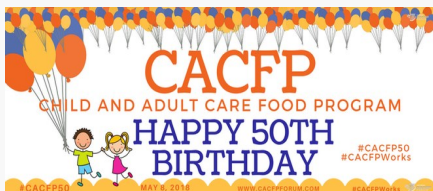
Policy Updates

2018—2019 Meal Benefit Form Renewals for Providers and Parents Coming up in July

If you are a Tier 1 provider by income or have children that qualify Tier 1 by their parents income, you will be mailed the appropriate **Meal Benefit Form** with instructions on July 2, 2018. The deadline to return (original) Meal Benefit Forms with any necessary supporting documentation is **July 23, 2018**. If approved, Meal Benefit Forms will be effective **July 1, 2018—July 31, 2019**.

Celebrating 50 years of CACFP!

Did you know that May 8, 2018 marked the 50th anniversary of the CACFP? Every day, the Child and Adult Care Food Program (CACFP) serves over 4.4 million children. **You are an important part of helping our nation's children get the nutrition they need to grow strong! Thank you!**



May Claim Deadlines

Web Kids: **Submit** by June 1st
Scan Forms: **Must Be Received by June 5th**
(Late Scan Forms will not be accepted!)
Enrollment Forms: **Received** by June 5th

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

Nutrition News



Reminder of Nutrition Requirements for Fluid Milk and Fluid Milk Substitutes

One Year Old Children

One year old children must be served unflavored whole milk. This is consistent with recommendations from the National Academy of Medicine. Additionally, breastmilk is considered an allowable fluid milk substitute for children of any age if a mother chooses to breastfeed her child past one year of age.

Children Two Years Old and Older

Milk served to children two years old and older must be low-fat (1%) or fat-free (0%). Whole milk and reduced-fat (2%) milk may not be served to participants two years of age and older.

Non-dairy Beverages as Fluid Milk Substitutes

Fluid milk is the number one source of calcium. It is also fortified with vitamin D and other vital nutrients, including protein, phosphorus, vitamin A and some B vitamins important for the healthy development of children.



In the case of children who cannot consume fluid milk due to special dietary needs, personal preference, or religious reasons, the provider may serve non-dairy beverages in lieu of fluid milk. **Non dairy beverages must be nutritionally equivalent to cow's milk meeting the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk.**

Parents or guardians must provide a written request for the nondairy milk substitution that is nutritionally equivalent to fluid milk (see **Parent Request Form for Non-Dairy Milk Substitute on our website at www.choices4children.org under Child Care Food Program>Forms**). Non dairy milk substitutes are to be unflavored and are at the option and the expense of the day care home provider. If a nondairy milk substitute is served that does not meet the nutritional standards of milk then the meal is not reimbursable.

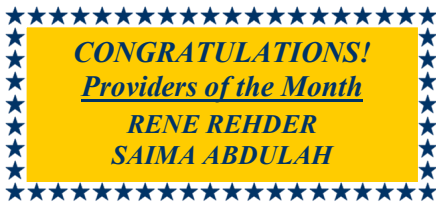
(Programs>Child Care Food Program>Forms) The following Non-Dairy Milk substitutes are considered "nutritionally equivalent" to milk:

- Commercial/Pasteurized Goat milk
- 8th Continent Soymilk
- Pacific Natural Foods Ultra Soy
- Kikkoman PEARL Organic Soymilk
- Walmart Great Value Soymilk
- Kirkland Organic Soymilk



A **Medical Statement** is required for nondairy substitutions that do not meet the nutritional standards of cow's milk. The Medical Statement must be completed and signed by a licensed physician, nurse practitioner or physician's assistant. **The Medical Statement can be found on our website at www.choices4children.org under Child Care Food Program>Forms.**

Source: <https://www.cde.ca.gov/is/nu/cc/mbcc092017.asp>



Minute Menu Magic



2018

| <i>All Day with</i> | | <i>All Day with</i> | | BREAKFAST | |
|---------------------------|------------------------------|-------------------------|-------------------------|-------------------------|--|
| SAIMA ABDULAH | RENE REHDER | | | | |
| Yogurt Blueberries | Scrambled Eggs Grapes | Cantaloupe | Strawberries | Plums | |
| Oats | Whole Wheat Bread | Cheese Scones | Corn Tortilla | Wheat Hearts Cereal | |
| 1% Milk | 1% Milk | 1% Milk | 1% Milk | 1% Milk | |
| SNACK | | | | | |
| Mandarin Oranges | String Cheese | 1% Milk | Ricotta Cheese | Cob Corn | |
| Hard Pretzel | Green Beans | Fresh Fruit Salad | Whole Grain Bagel | 1% Milk | |
| LUNCH/DINNER | | | | | |
| Lentils | Chicken Breast | Canadian Bacon & Cheese | <i>*Baked Egg Rolls</i> | Salmon Salad | |
| Mixed Vegetables | Broccoli | Spinach & Tomato Slices | <i>Mixed Vegetables</i> | Celery, Onions, Lettuce | |
| Apples | Carrots | Cucumbers | Mango Wedges | Kiwi Wheels | |
| White Rice | Spaghetti Noodles | WholeWh.English Muffins | Eggroll Wrappers & Rice | Rye Toast | |
| 1% Milk (6) | 1% Milk (6) | 1% Milk (6) | 1% Milk (6) | 1% Milk (6) | |


| | | |
|----------------------------|---------------------|-------------------|
| WEEKLY GROCERY LIST | Refrigerated | Meat |
| | 1% Milk | Ground Beef |
| | Eggs | Ground Turkey |
| | Cheddar Cheese | Canadian Bacon |
| | Ricotta Cheese | Chicken Breasts |
| | String Cheese | Beef Stew Meat |
| | Yogurt | |
| | Eggroll Wrappers | Produce |
| | Frozen | Grapes Lettuce |
| | Mixed Vegetables | Blueberries Kiwi |
| | Packaged | Cucumbers Spinach |
| | Rye Bread | Mangos Onion |
| | White Rice | Tomatoes Celery |
| | Spaghetti Noodles | Broccoli Plums |
| | Whole Wheat | Mandarin Oranges |
| English Muffins | Green Beans | |
| Canned Salmon | Cob Corn Apples | |
| Whole Wheat Bread | Green Cabbage | |
| Whole Grain Bagels | Rutabagas | |
| Corn Tortillas | Strawberries | |
| Wheat Hearts Cereal | Cantaloupe | |
| Hard Pretzels | Carrots | |
| Lentils | Garlic | |
| Oats | | |

Baked Egg Rolls

Nonstick cooking spray 2 ½ C Green Cabbage, shredded
 13oz. Ground turkey 2/3 C Carrots, peeled, shredded
 ½ tsp. Salt 1 Egg
 ½ tsp. Black pepper 1 tsp. Water
 ½ tsp. Garlic powder 8 Eggroll wrappers (1 oz. each)

Preheat oven to 425°. Coat med. skillet with cooking spray, add ground turkey, salt, pepper, and garlic powder. Brown turkey on med-high heat for 8-10 minutes. Stir frequently. Stir in cabbage and carrots. Lightly sauté for 2 minutes. Remove from heat and cover. Let cool for 20 minutes. Make egg wash by whisking together egg and water. Assemble egg rolls: Divide turkey veggie mixture into eighths, place 1 portion on the center of each wrapper. Carefully roll each filled wrapper. Place egg rolls, seam side down, on a baking sheet lined with parchment paper and lightly coated with cooking spray. Brush egg wash over the top and on all the sides of each roll. Bake for 20 minutes. Serves 8, 3-5 years.

Source: <https://whatscooking.fns.usda.gov/recipes>



Slow Cooker Beef Stew

1 1/2 lbs. stew meat – cut into 1 inch cubes
 1/4 C enriched Flour
 Salt and pepper to taste
 2 C water 3 sliced Carrots
 2 cubes Beef Bouillon 2 diced Rutabagas
 1 finely chopped Garlic Clove
 1 chopped Onion 1 sliced Celery Stalk
 Herbs as desired: bay leaf, basil, thyme, oregano

Place meat in slow cooker. Mix flour, salt, and pepper in a medium bowl and pour over meat; stir to coat. Add remaining ingredients and stir to mix. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours. Stir stew thoroughly before serving. If using bay leaf, discard before serving. Serves 16, 3-5 years. *Source: www.food.unl.edu*

