

Program Reminders

Check for Errors in KidKare Before you Send your Claim

Before you click "send" to submit your monthly claim in KidKare, be sure to check your claim for errors or you may lose out on your reimbursement or even be cited for overcapacity. Common errors include recording meal time as A.M. instead of P.M. (and vice versa), missing meal components or recording meals but no children in attendance. Also, claiming children by mistake can show you as overcapacity and put you into Serious Deficiency status, risking termination. To review your claim in KidKare, go to **Reports>Claim Statements> Claim Summary & Error** and carefully look over your claim. If you see any errors, please call or email us immediately and we will do our best to assist you.



KidKare Mealtimes

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.**

As always, you have until the end of the day (midnight) to record your meals.

REMEMBER: If you record your meals in the afternoon or evening, the meal time clock will automatically be set to PM so you will need to change the PM to AM when recording breakfast or am snack or the meal will be the incorrect time and therefore disallowed.

REMINDER: You are not allowed to record meals ahead of time.

Policy Updates

Indicating School Out/School Age Children in KidKare

When enrolling school age children in KidKare be sure to indicate **School District and Grade Level**. By indicating School District, KidKare will automatically cross check with the appropriate School District Calendar for school breaks and holidays in order to allow any am snack and/or lunches claimed for school age children in your care.

Please Note: You must indicate Minimum Days and Sick Days yourself using the icon next to each child's name when recording am snack and/or lunch in KidKare. In addition, be sure to indicate Grade level (am K, pm K, all day K, school age, etc.) for any children attending school so that they count towards your school age capacity.



Holiday: Memorial Day—May 29th

April Claim Deadlines

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

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

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

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

Nutrition News



New Meal Pattern Changes for Fruits and Vegetables

The new CACFP Meal Pattern, which goes into effect October 1st, 2017, supports offering of a greater variety of fruits and vegetables by now having a **separate fruit and vegetable component** at snacks, lunch and dinner and limiting juice to one time per day for children 1 year and older. To encourage more vegetable consumption, two vegetables may be served at meals in place of a fruit and a vegetable, and a fruit and a vegetable may be served together as the two components for a snack.

In addition, a fruit or vegetable will be required at meals and snacks for infants 6 months and older (when and developmentally ready) and juice will no longer be allowed.

Springtime is Farmer's Market Time

The Farmer's Market is a great place to introduce children to a variety of fruits and vegetables while teaching valuable lessons. Here are a few things children will learn:

What local food is

Understanding what local food is gives kids a sense of appreciation for their meals, and shopping at a local Farmer's Market can make this concept a little more concrete. By asking the farmers where their farms are located, they will understand that food is grown local to where they live. You can share with them the importance of eating locally-grown foods to financially support the family farm and local communities.



What goes into making a meal

How does that food get on the table? Eating isn't a matter of microwaving something or boiling it. Food goes from ingredient to recipe to table, and kids can learn more about how this process takes place at the Farmer's Market.

The seasons of foods

Strawberries in January? That's not natural, and kids can learn that if you teach them about seasonality. As kids visit Farmer's Markets on a regular basis, they will see the availability of certain foods at certain times of year, rather than all foods being available at all times (like in a supermarket). They can ask the farmers questions about why foods grow better at certain times of year (due to weather and growing conditions).

How to identify fruits and veggies

The simple act of learning the names of all the different fruits and vegetables can be very powerful. If you don't know what to call it, how likely is it you will eat it?



Let the kids pick the best-looking produce. Tell them what you need, and one at a time, let them examine the fruits and veggies and make their selections. It may make your trip take a little bit longer, but it's a great way to teach the kids about the many fruits & vegetables available.

Adapted from: www.sheknows.com/parenting

CONGRATULATIONS!
Providers of the Month
MARISOL CHAVEZ
PAT ALEXANDER

Minute Menu Magic



2017

<i>All Day with</i>		BREAKFAST		<i>All Day with</i>
Vanilla Yogurt	PAT ALEXANDER	Peanut Butter		MARISOL CHAVEZ
Mixed Dried Fruit (04)	Fruit Cocktail (15)	Orange Slices (26)	Applesauce (03)	Mangos (24)
Sweet Spiced Barley(74)	Sourdough Bread (51)	Buttermilk Biscuits(05)	*Poor Man's Blintzes (101)	Oatmeal (237)
1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)
SNACK				
Blackberries (05)	Refried Beans (125) Tortilla Chips (133)	Sliced Tomatoes (250)	Baby Kale Caesar Salad (202)	Cottage Cheese (135)
1% Milk (6)	1% Milk (6)	Brown Rice Crackers (255)	1% Milk (6)	Blueberries (06)
LUNCH/DINNER				
2-Cheese Southwest Quesadilla (138)	Chicken Breast (30)	*Mexicali Pork Chops (51)	Roast Beef (12) & Provolone Sandwiches	Haddock/Tilapia (74)
Corn Salsa (243), Avocado & Radish	Tossed Salad (254)	with Black Beans (160)	*Collards (175) with Carrots	Broccoli (164)
Chayote Squash (260)	Blueberries (06)	Apricots (03)	Celery Sticks (172)	Cantaloupe (08)
WW Tortilla (134)	Egg Noodles (105)	Fideo (112)	WW Hamburger Buns(32)	Brown Rice (120)
1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)

WEEKLY GROCERY LIST	Refrigerated 1% Milk Eggs Jack Cheese Cheddar Cheese Provolone Cheese Cottage Cheese Vanilla Yogurt		*Collards with Carrots, Garlic & Pumpkin Seeds 1 Garlic Clove, cut into lengthwise slices 1/2 C Water 2 T Olive Oil 2 Carrots 8 Collard Greens leaves 2 T shelled raw Pumpkin Seeds Cut away stem and center vein of greens. Fold leaves in half and stack. Cut into 1" strips, turn and cut into 1" pieces. Cut carrots in thin diagonal slices. In a large skillet, heat oil over med. heat. Add seeds and sauté 1 min. Add garlic and sauté 30 seconds. Add collards and carrots and sauté until collards begin to wilt. Stir in water. Cover and steam for 5-7 min. until tender crisp. Uncover and continue cooking ,stirring often, until water evaporates. Season with salt and pepper and serve. Serves , 3-5 years <i>Source: www.aicr.org</i>
	Meat Chicken Breast Pork Chops Deli Roast Beef Haddock/Tilapia	Canned/Bottled Green Chiles Picante Sauce Peanut Butter Corn Salsa Applesauce Fruit Cocktail Black Beans Refried Beans	*Mexicali Pork Chops with Black Beans 4 boneless Pork Chops, 3/4-inch thick 1 15-oz can Black Beans, rinsed and drained 1 4-oz can chopped Green Chiles, undrained 1 T Cilantro, chopped 1 C Picante Sauce 2 tsp. Chili Powder 1/4 tsp. Pepper Vegetable Spray In a med. bowl combine all ingredients except chops. Set aside. Heat a large skillet over med-high heat. Spray pan and brown chops 1-2 min. on each side; remove. Add bean mixture to skillet; bring to a boil. Return chops to skillet; cover tightly and cook over low heat for 5-6 min. Turn off heat and let rest pan 3-min. Serves , 3-5 years. <i>Source: www.porkbeinspired.com</i>
	Packaged Mixed Dried Fruit Barley Oatmeal Brown Rice Egg Noodles Tortilla Chips Shelled Raw Pumpkin Seeds Fideo (Vermicelli) Sourdough Bread Brown Rice Crackers Whole Wheat Tortillas Whole Wheat Hamburger Buns	Produce Cilantro Celery Collard Greens Garlic Carrots Apricots Bananas Cantaloupe Chayote Squash Baby Kale Oranges Tomatoes Broccoli Blueberries Lettuce Greens Avocado Radishes Blackberries Mangos Blueberries	*Poor Man's Blintzes (Cottage Cheese Pancakes) 2 C Cottage Cheese 4 Eggs 1/2 tsp. Salt 1/2 C Flour Cooking Spray Mix all ingredients in a bowl. Let rest in the fridge for 1 hour. Heat griddle; spray griddle. (NOTE: Batter should make 12 pancakes so spoon batter accordingly.) Spoon batter on griddle; cook until bubbles on surface remain open; flip and cook until golden brown. Serves 6, 2 pancakes each for 3-5 years. <i>Source: Lemon Meringue Pie Murder by Joanne Fluke</i>

