



## Program Reminders



### Open for Holidays

If you plan to be open on a holiday in which Choices for Children is closed, you must notify us ahead of time for approval to claim meals. The remaining holidays for 2017 are:

**Veteran's Day -Nov. 10th**  
**Thanksgiving & Day after Thanksgiving-Nov. 23rd & 24th**  
**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.

## Policy Updates

### Inputting your Meals by Midnight

Occasionally there may be extenuating circumstances that prevent you from inputting your meals before the end of the day in KidKare. These rare occurrences are usually due to weather related issues, natural disasters 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 available. 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.



**Holidays:**  
**Veterans Day—Nov 10**  
**Thanksgiving—Nov 23 & 24**

### October Claim Deadlines

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

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

## Nutrition News

### TOFU



Tofu originated in China over 2,000 years ago. Tofu is believed to have been invented by Taoists, but then became very popular with Chinese Buddhists as part of their strict vegetarian diet.

Tofu is a **great source of protein** for vegetarians and vegans, and it's also high in calcium, iron and naturally cholesterol-free. Plus, it's inexpensive, costing between \$2-\$4 a block, which is enough for most standard, family-of-four-feeding recipes.

Tofu is made similarly to cheese, and the process starts by extracting soy milk from ground, cooked soybeans. The soy milk is then heated, and salt is added to separate the curds (solid) and whey (liquid). After the whey is drained, the remains are then pressed together into a solid block of tofu.

When shopping for tofu, you'll encounter four main types:

**Extra Firm:** contains the least amount of water. Best for cubing and tossing into stir fry; sliced on sandwiches; or marinated and baked into square "cutlets."

**Firm:** contains a little more water than extra firm. Good for tofu scrambles/wraps.  
**Soft/Silken:** this undrained, unpressed tofu contains the most moisture, making it easily blend-able in smoothies, creamy salad dressings, "cheesy" vegan sauces, or decadent puddings/desserts.

**Baked:** this is marinated, ready-to-eat tofu that's great for sandwiches or salads.



When working with extra firm or firm tofu, you'll first want to drain and press it to remove excess water (silken doesn't need any draining — just careful handling as it's very fragile!).

Do this by *carefully* removing the block of tofu from the packaging, then wrapping it with several paper towels to absorb moisture. Place the wrapped block on a cutting board, then top with another cutting board, a heavy frying pan or cookbooks — anything nice and heavy. Leave out for 20-30 minutes to allow excess water to drain and the tofu to firm up.

If your kids like chicken tenders, try the "Tofu Tenders" recipe in Minute Menu Magic on the back!

### CREDITING OF TOFU ON THE CACFP

#### Tofu Products

For tofu products, ¼ cup (2.2 oz) of commercially prepared tofu, containing at least five grams of protein, is creditable as 1.0 oz equivalent (eq) meat alternate.

Since meals served through the CNPs are an opportunity for children to learn and eat healthy and balanced meals, foods should be easily recognized by children as part of a food group that contributes to a healthy meal. Therefore, products made with tofu that are not easily recognized as meat substitutes would not contribute to any component of the reimbursable meal. For example, tofu blended into a recipe, such as a soup or smoothie, that is not recognizable or does not represent a meat substitute will not qualify as a meat alternate.



Meat substitute products, such as links and sausages made from tofu, are easily recognizable as meat substitutes and can be included in a meal. However, when considering processed tofu products such as links and sausages made from tofu as meat alternates for the reimbursable meal, the tofu ingredient must contain the required five grams of protein.  
 Source: <http://www.cde.ca.gov/ls/nu/cc/mbcnp092017.asp>



**CONGRATULATIONS!**  
Providers of the Month  
 Petra Collamer  
 Arminda Fernandez

# Minute Menu Magic



<i>* must serve one whole grain item per day</i>				
<b>BREAKFAST</b> <i>Breakfast with Arminda Fernandez</i>				
Strawberries	Orange Slices	Bananas	Blueberries	Salsa
Whole Wheat * French Toast	Cheese Omelet	Oatmeal *	Greek Yogurt	Scrambled Eggs
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<b>SNACK</b>				
Cucumbers	Graham Crackers	Fruit Cocktail	Apple Slices	Whole Wheat Bagel *
Pretzel Sticks	1% Milk	Cottage Cheese	String Cheese	Peanut Butter
<i>Lunch with Petra Collamer</i> <b>LUNCH/DINNER</b>				
<b>One-Pot Lentil Pumpkin Stew</b>	Refried Beans	Tofu Tenders w/Marinara Sauce	Turkey Breast	Tuna Wrap with Cheese
Onions, Celery and Carrots	Cherry Tomatoes	Steamed Broccoli	Green Beans	Snap Peas
Pumpkin	Cantelope	Apple Slices	Mashed Potatoes	Lettuce/Tomato
Brown Rice	Whole Wheat Tortilla *	Breadsticks	Whole Wheat Bread *	Tortilla Wrap
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

<b>W E E K L Y  G R O C E R Y  L I S T</b>	<b>Refrigerated</b> 1% Milk Greek Yogurt Extra Firm Tofu String Cheese Cheddar Cheese Cottage Cheese Eggs <b>Meat</b> Turkey Breast <b>Packaged</b> Vegetable Broth Olive Oil Oatmeal Wheat Germ Cornmeal Ketchup Peanut Butter Whole Wheat Bread Salsa Pretzels Graham Crackers Bagels Breadsticks Whole Wheat Tortilla Brown Rice	<b>Produce</b> Carrots Lettuce Brown Lentils Diced Pumpkin Cilantro Basil Onion Cherry Tomatoes Celery Strawberries Oranges Blueberries Bananas Cucumbers Apples Cantelope Broccoli Potato Green Beans <b>Canned</b> Fruit Cocktail Refried Beans Tuna	<b>*One-Pot Lentil Pumpkin Stew</b> 1 1/2 T Olive Oil 1 Bay Leaf 1 tsp. minced Garlic 1/2 C chopped Onions 1/2 C chopped Celery chopped 1/2 C peeled and chopped Carrots 2 C uncooked Brown Lentils 1 T Chili Flakes 4 C Vegetable Broth 1 1/2 C diced Pumpkin 1 C whole Cherry Tomatoes 2-3 sprigs of Basil 2-3 sprigs of Cilantro, finely chopped Greek Yogurt (optional) Salt and pepper to taste In a heavy bottomed pot, heat olive oil and add the bay leaf; stir. Add garlic, onions, celery and carrots. Sauté for 8 minutes till the onions/celery look translucent. Add lentils to the pot. Add chili flakes, salt, pepper and 2 1/2 C of broth. Cover and simmer for 35 minutes until the lentils are almost cooked through. Add pumpkin, tomatoes and remaining broth. Cover and simmer for 25 minutes. Check mid-way and add more broth if necessary. Once the pumpkin is cooked, check for seasoning and stir in basil and cilantro. Ladle into bowls, and serve topped with some yogurt and chopped cilantro. Serves, 3-5 years.	
	<b>Tofu Tenders</b> One 14-16 ounce container of <b>extra firm tofu</b> , drained and pressed 3-4 Tb. extra virgin olive oil 3 Tb. wheat germ 2 Tb. cornmeal 1 tsp. salt, or your favorite seasoned salt Ketchup, barbecue sauce or your kid's favorite dip-able dressing. Preheat your oven to 400 F. Line a baking sheet with parchment paper. Cut your drained and pressed block of tofu in half, then cut each half into 8-10 rectangles. Press the pieces gently with a paper towel to soak up any remaining moisture. Combine your dry ingredients in a mixing bowl. Pour olive oil in a separate bowl. Rub a little olive oil on each piece of tofu, then toss in the dry mixture, coating thoroughly. Arrange on baking sheet, and bake for 15-20 minutes, flipping halfway through. The tenders are done once golden brown and firm! Cut 8 strips across. Serves 4.			

