



## Program Reminders

### Examine your Scheduled Menus for upcoming New CACFP Meal Pattern

Last month's newsletter specified which grain based desserts will no longer be reimbursable after the new CACFP Meal Pattern goes into effect October 1, 2017. These include: **cookies, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, coffee cake, brownies, etc.**



In addition, yogurt must contain no more than 23 grams of sugar and breakfast cereals no more than 6 grams of sugar per dry ounce. You may have seen a warning message for serving these items on your last Claim Summary & Errors Report.

If you use the Scheduled Menus feature of Minute Menu/ KidKare, it is important to carefully examine which food components you have scheduled and to make any necessary modifications before October 2017. **To view your Scheduled Menus in KidKare, go to Reports>Menu Planning>Scheduled Menus>Select the first day of the week of menus you wish to examine>Run.** You can print your Scheduled Menus by clicking on the printer icon under the Run button.

## Policy Updates

### Whole Grain Requirement for upcoming New CACFP Meal Pattern

As of October 1, 2017, at least one serving of grains served per day must be whole grain or whole grain rich. The Nutrition News article this month gives some guidance on how to identify whole grain or whole grain rich foods. It is important to note that the whole grain requirement applies to the provider's menu for the day and not to each individual child. Providers can decide each day which meal or snack to include the whole grain food in. Serving a whole grain food at breakfast one day (ie, oatmeal) and a whole grain food at lunch the next day (ie brown rice) will help expose children to a variety of whole grains and the wide range of vitamins and minerals whole grains provide.



### February Claim Deadlines

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

Scan Forms: **Must Be Received by March 6th**  
(Late Scan Forms will not be accepted!)

Enrollment Forms: **Received by March 6th**

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## Nutrition News



### Identifying & Serving Whole-Grains

It can be difficult to know if you are choosing whole grain or whole grain rich foods by simply reading statements on the packages alone. Some claims may sound good, but do not always mean that the product is a whole grain. Here are some tips in selecting whole-grain foods:

#### Read the Label

Take a look at the ingredient list. Choose products that name a whole-grain ingredient first on the list, or second after water—that means there is more of it than the other ingredients.

Look for “whole wheat”, “brown rice”, “oatmeal”, “bulgur”, “buckwheat”, “whole corn”, whole-grain cornmeal”, “whole oats”, “whole rye”, or “wild rice”.

For foods made of multiple grains, make sure the whole-grain ingredients appear near the beginning of the ingredient list.

**Ingredients:**  
Whole-wheat flour, water, sugar, soybean oil, whey (milk), eggs, vanilla, natural and artificial flavoring, salt, leavening.

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Choose those higher in dietary fiber. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.

### Review Your Current Menu for Whole Grains

Take a look at your current weekly or cycle menu. Circle the whole grain and whole grain rich foods on your child care menu to see if it meets the requirement of one serving of grains per day.

Be sure to check the ingredient list. Whole-grain or whole grain rich foods are any bread or grain products that have a “whole” grain listed as the **first** grain ingredient in the ingredient list. Examples are *whole* wheat, *whole* oat, and *whole* corn.

*Adapted from: [www.treamnutrition.usda.gov/library](http://www.treamnutrition.usda.gov/library)*

Amaranth  
Brown rice  
Buckwheat  
Bulgur (cracked wheat)  
Millet  
Oatmeal  
Ready-to-eat breakfast cereals:  
Whole-grain cereal flakes  
Muesli  
Rolled oats  
Quinoa  
Sorghum  
Triticale

Whole-grain barley  
Whole-grain cornmeal  
Whole-corn tortillas  
Whole rye  
Whole-wheat or whole grain bread, pita, sandwich buns, & rolls  
Whole-grain crackers  
Whole-wheat pasta  
Whole-grain noodles  
Whole-grain tortillas  
Wild rice  
Other ideas: \_\_\_\_\_



**Which new whole grains or whole-grain-rich foods listed will you try on your menu? Circle what you plan to try next month.**



# Minute Menu Magic



2017

All Day with		BREAKFAST		All Day with
Egg Salad	<b>EDITH MARTINEZ</b>		Chopped Pistachios	<b>MARGARITA CASTRO</b>
Red Grapes (18)	<b>Kiwi (22)</b>	Strawberries (43)	Mixed Dried Fruit (13)	<b>Avocado (154)</b>
Wh. Wheat Pita (40)	<b>Multi-Grain Bread (37)</b>	Special K (186)	Irish Oatmeal (237)	<b>Flour Tortilla (131)</b>
1% Milk (6)	<b>1% Milk (6)</b>	1% Milk (6)	1% Milk (6)	<b>1% Milk (6)</b>
SNACK				
Marinara Sauce (252 )	<b>Cheese Crackers (243)</b>	Diced Pineapple(34)	Pears (32)	<b>Apples (01)</b>
Angel Hair Pasta (108 )	<b>Jicama (201)</b>	Cottage Cheese (135)	Spiced Warm Milk (6)	<b>Wheat Crackers (257)</b>
LUNCH/DINNER				
<b>*Spinach &amp; Feta Quiche (245)</b>	<b>Chicken Legs (34)</b>	Lamb Chops (46)	Corned Beef (04)	<b>Tuna &amp; Meat Alt. (85)</b>
Tossed Salad (254)	<b>Broccoli (164)</b>	<b>*Creamed Kale (202)</b>	Boiled Red Potatoes (224)	<b>Celery Sticks (172)</b>
Grapefruit (17)	<b>Oranges (26)</b>	Mandarins (23)	Steamed Cabbage (168)	<b>Fruit Salad (16)</b>
<b>Quinoa Crust )</b>	<b>Fried Rice (121)</b>	Polenta (77)	Irish Soda Bread (54)	<b>Brown Bread (07)</b>
1% Milk (6)	<b>1% Milk (6)</b>	1% Milk (6)	0% Milk (7)	<b>1% Milk (6)</b>

<b>W E E K L Y  G R O C E R Y  L I S T</b>	<b>Refrigerated</b> 1% Milk Eggs Feta Cheese Cottage Cheese Vanilla Yogurt Parmesan Cheese	<b>Produce</b> Onion Leeks Kale Garlic Grapefruit Mandarins Cabbage Red Potatoes Baby Spinach Tangerines Pears Oranges Broccoli Lettuce Strawberries Jicama Red Grapes Kiwi	<b>*Spinach &amp; Feta Quiche with Quinoa Crust</b>  Crust: 2 C cooked Quinoa, chilled 1/8 tsp. Black Pepper 1 Egg, beaten Cooking Spray  Filling: 1 tsp. Oil 1/2 Onion, thinly sliced 1 (5 oz. bag) baby Spinach 1/2 C Milk  1/4 tsp. Black Pepper 5 large Eggs 1/2 tsp. salt 1.5 oz. crumbled Feta Cheese  For the crust- preheat oven to 375°. Combine ingredients in a bowl and mix well. Press mixture into bottom and sides of a 9" pie pan coated with cooking spray. Bake for 20 minutes; cool. For filling - heat a skillet over medium heat. Add oil and onions; sauté 3 minutes. Add spinach; sauté 3 min. Remove from heat and cool. Combine remaining ingredients (except feta) in a bowl; stir with whisk. Arrange spinach mixture in crust; pour egg mixture over. Sprinkle with Feta. Bake for 35 minutes. Cut into 6 wedges. Serves 6, 3-5 years. <i>Source: Cooking Light Magazine</i>	
	<b>Packaged</b> Quinoa Whole Wheat Pita Bread Flour Tortillas White Rice Brown Bread Irish Oatmeal Pistachios Dried Mixed Fruit Angel Hair Pasta Special K Multi Grain Bread Brown Bread Cornmeal Cheese Crackers Wheat Crackers	<b>Canned/Bottled</b> Diced Pineapple Marinara Sauce Tuna	<b>*Creamed Kale</b>  1 T Olive Oil 1/2 C sliced Leeks 1/4 tsp. Salt 1/8 tsp. Pepper 6 C chopped Kale  1 clove Garlic, minced 1/2 C Water, as needed 1 T Flour 3/4 C Milk  Heat oil in large pot over medium heat. Add leeks and cook, stirring frequently, until starting to soften, 1-2 minutes. Add greens, garlic salt and pepper, cook, stirring often, until very soft, 10-15 minutes, adding water a few tablespoons at a time if greens start to stick. Sprinkle with flour and cook, stirring, for 30 seconds. Stir in milk, cook, stirring until just starting to boil and thicken, 1-2 minutes. Serves 12, 3-5 years. <i>Source: EatingWell.com</i>	

