

Program Reminders

Limit Processed Meat Products on the CCFP

The New CCFP Meal Pattern encourages serving protein sources (meat and meat alternates) that are low in saturated fat. These include lean meats, poultry, fish and now, tofu. Processed meat products such as chicken nuggets, fish sticks, corn dogs as well as lunchmeat, hot dogs, pepperoni and sausages are higher in fat and often contain binders and extenders which can limit the amount of protein they contain.



As a result, these items are limited to serving no more than 2 times per week on the CCFP.

In addition to being limited to 2 times per week, items such as chicken nuggets, fish sticks and corn dogs must have a Child Nutrition (CN) label in order to be reimbursable so please keep your product labels on hand. Lunchmeat, hot dogs, pepperoni and sausages must be supplemented with an additional protein source (ie, cheese) in order to be reimbursable.



Policy Updates



Check your Claim Summary & Error Report for Warning Messages

The New CACFP Meal Pattern for Infants and Older Children went into effect October 1, 2017. Warning messages are being generated on your Claim Summary & Error Report for meals and snacks that do not meet the new meal pattern requirements. Be sure to check your Claim Summary & Error Report in KidKare by going to Reports>Claim Statements>Claim Summary. These warning messages are intended to help you adjust your current meals and snacks to the new meal pattern requirements. **Remember, after October 1, 2018 these warning messages will become disallows.**



February Claim Deadlines

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

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

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

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

Nutrition News



Healthy Meat and Meat Alternate Choices

Children should eat a variety of healthy meat and meat alternates each week. These foods include fish, shellfish, dry beans and peas, nuts, and seeds, as well as lean meats, poultry, and eggs.

Providing different choices each day helps children get the nutrition they need and introduces them to new foods. Here are some healthy meat and meat alternate choices:

Fish and seafood (fresh, frozen, or canned) are good choices for meal time.

Try salmon, tuna, trout, and tilapia prepared in different ways: baked, grilled, or in sandwiches or tacos.



Poultry, like chicken or turkey, can be served grilled, roasted, or in pastas or burritos.

Look for lean cuts of meat, including beef, pork, and lamb.

Try round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts. The leanest pork choices include pork loin, tenderloin, or center loin.

Choose the leanest ground meats possible (including beef, pork, chicken, and turkey), preferably meats labeled “90% lean” or higher. The higher the % number, the lower the amount of solid fats in the meat.

Offer unsalted, chopped or finely ground nuts and seeds (including almonds, mixed nuts, peanuts, walnuts, sunflower seeds), and peanut and sunflower seed butters spread thinly.



Prepare and serve eggs in different ways. Try hard-boiled egg slices, scrambled eggs, or deviled eggs (prepared with low-fat mayo or mustard). Make sure the egg whites and yolks are cooked thoroughly to avoid foodborne illness.

Cooked, canned, or frozen dry beans and peas are all great options. Vary the choices for dry beans and peas.

Yogurt and cheese can be credited as a meat alternate. Offer yogurt labeled fat-free or low-fat (1%). When selecting cheese, choose low-fat or reduced-fat versions. Cheese must not include the words “processed cheese product” on the label.



NEW! Tofu—Commercial tofu and soy products (including soy yogurt) are creditable as a meat/ meat alternate as of **October 1, 2017.**

REMEMBER: Meat/Meat Alternates may be substituted for the entire grains component at breakfast a maximum of three times per week!

Source: <https://www.teamnutrition.usda.gov>



CONGRATULATIONS!
Providers of the Month
DEBORAH MILLER
DENIECE LUJAN

Minute Menu Magic



<i>All Day with</i>		BREAKFAST		
DENIECE LUJAN				
Strawberries	Scrambled Eggs	Peaches	Kiwi	Bananas
Waffles	(WG) Bran Muffin	Rice Chex	Yogurt	Wheat Hearts
1% Milk	1% Buttermilk	1% Milk	1% Milk	1% Milk
SNACK				
Carrots & Grapes	Jicama	Whole Wheat Bread Sticks	Oatmeal & Blackberries	Cinnamon-Sugar (Baked) Sweet Potato Fries
Hi Ho/Ritz Crackers	1% Milk	Warm Marinara Sauce	1% Milk	Vanilla Yogurt Dip
LUNCH/DINNER		<i>Lunch and Snack with</i>		
American Cheese	<i>*Shepherd's Pie</i>	Pot Roast	DEBORAH MILLER Ground Chicken	Shrimp
Fresh Tomatoes	<i>Mashed Potatoes</i>	Cucumbers	Bell Peppers	Oranges
Blueberries	<i>Peas & Carrots</i>	Mushrooms	Honeydew Melon	<i>Spinach & Onion</i>
Whole Wheat Bread	Irish Soda Bread	Egg Noodles	Flour Tortilla	<i>*Spinach Rice</i>
1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)

W E E K L Y G R O C E R Y L I S T	Refrigerated 1% Milk Eggs American Cheese Feta Cheese Yogurt Frozen Chopped Spinach Mixed Peas & Carrots Sweet Potato Fries Meat Ground Chicken Ground Lamb Pot Roast Shrimp Packaged Tomato Paste Chicken Broth Hi Ho/Ritz Crackers Whole Wheat Bread Sticks White Rice Egg noodles Whole Wheat Bread Rice Chex Flour Tortillas Oatmeal Worcestershire Sauce Marinara Sauce Bran Peaches Wheat Hearts	Produce Bananas Carrots Kiwi Grapes Garlic Jicama Blackberries Blueberries Oranges Onions Mint Thyme Tomatoes Strawberries Potatoes Lemon Mushrooms Cucumbers Honeydew Bell Peppers	Shepherd's Pie 1 T Oil 1 small Onion, chopped 1/2 lb. ground Lamb 1/2 tsp. Salt 1/4 tsp. Black Pepper 1 T Tomato Paste 1 3/4 C leftover mashed Potatoes, heated 1 tsp. fresh Thyme, minced 1T Flour 1/2 C Chicken Broth 2 tsp. Worcestershire Sauce 1 clove Garlic, minced 1 1/2 C frozen Peas & Carrots	
	<p>Place oil in a 10" oven-safe skillet and heat over medium heat. Add onion and cook until softened. Add Lamb, salt, and pepper and cook breaking up meat until no longer pink. Stir in tomato paste, garlic and thyme and cook 1 minute. Stir in flour and cook 1 minute. Stir in broth and Worcestershire, scraping up brown bits. Bring to simmer and cook, stirring occasionally, until mixture has thickened a bit, about 2 minutes. Stir in peas and carrots and remove from heat. Adjust oven rack to 5" from broiler and heat. Using spoon, dollop potatoes over filling in pan and smooth into even layer. Transfer skillet to oven and broil until topping is golden, about 6 minutes. Cool for 10 minutes. Serves 5, 3-5 years.</p>	Spinach Rice 3 T Oil 1 Onion, chopped fine Salt & Pepper 1 C long grain White Rice 1 clove Garlic, minced 1 tsp. dried Oregano 2 C Chicken Broth 10 oz. frozen chopped Spinach, thawed, squeezed dry 2 T chopped fresh Mint 1 T Lemon Juice 2 oz. Feta Cheese, crumbled		



Serves 5, 3-5 years *Adapted from Cook's Country magazine*