



New Website  
Address!

[www.choicesforchildren.org](http://www.choicesforchildren.org)

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### Program Reminders



#### Avoiding Overcapacity Errors

Repeated Overcapacity errors on your claim can put you into serious deficiency and may require us to report to licensing, so it is important to know your capacity rules for school agers, preschoolers and infants.

#### Small Capacity

If you care for 6 children, you may care for 4 infants\* only or 3 infants\* and 3 children who are at least 2 years of age. If you take two additional children (8 children), they **must** be of school age (6 years or older - however, one of the two children can be under 6 as long as they are attending TK (transitional kindergarten) or Kindergarten. With 8 children, your infant capacity drops to 2 infants\* .

#### Large Capacity

If you care for 12 children, you may care for up to 4 infants and eight children who are at least 2 years of age. If you take two additional children (14 children), they **must** be of school age (6 years or older - however, one of the two children can be under 6 as long as they are attending TK (transitional kindergarten) or Kindergarten). With 14 children your infant capacity drops to 3 infants\* .

\* infant = under age 2



#### November Claim Deadlines

Web Kids: Submit by December 1st  
Enrollment Forms: Received by December 5th



### On the Move!



#### Snowball Race!

Cold winter weather doesn't have to be an excuse for sedentary kids. This game can be played indoors to get kids up and moving!

You'll need: Styrofoam balls or balls of white yarn, spoons, and mittens for each team. Play this game as you would any relay race. Divide into teams. Each player takes turns putting on mittens and balancing a "snowball" on a spoon while racing to the other side of the room. Drop the snowball into a bucket, return to the team, pass the mittens and go to the back of the line. The first team to have all their members complete the race wins!



**Upcoming Holidays:**  
Winter Break - Dec 24 & Dec 25  
New Years—Jan 1

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



### Meal Pattern Reminders



#### Serving Whole Grain-Rich

**Whole Grain-Rich** are foods that contain at least **50%** whole grains and the remaining grains are enriched, or are **100%** whole grain. On the CACFP, one whole grain-rich food must be served each day regardless of which children participate in that meal.

If your site serves snacks only and the snack does not include a grain, the whole grain-rich requirement does not apply. If you do serve a grain, it must be whole grain-rich.

Grain portions served must meet the minimum serving size for the age group to satisfy the whole grain-rich requirement.

Some food items are already designated in KidKare as whole grain-rich (ie, oatmeal, brown rice, whole wheat bread etc.)

However, you will need to indicate items such as spaghetti noodles, tortillas and bread as whole grain-rich by sliding the toggle bar to "yes" to indicate the food item you are serving is whole grain-rich.



#### Identifying Whole Grain-Rich

The term whole grain-rich (verses whole grain) can be confusing and many product packaging labels can add to that confusion as well. Manufacturers and advertisers are experts at making food sound appealing. Statements on the packaging can sometimes mislead consumers into believing they are getting a product high in whole grain when they may not be. Beware of terms like "good source," "hearty grains," "whole grain blend," "multi-grain," "made with whole wheat," and "contains whole grains."

The best way to determine if what you are serving is indeed whole grain-rich is to check out the [Identifying Whole Grain-Rich Training Sheet](#) on our website ([www.choicesforchildren.org](http://www.choicesforchildren.org)) under Child Care Food Program>Meal Pattern Training Sheets.

#### Easy Ways to Include Whole Grain-Rich in your Daily Menus

- Whole wheat bread for sandwiches or toast, whole grain-rich tortillas for quesadillas or wraps
- Ready-to-eat whole grain, fortified cereals
- Brown or wild rice, oatmeal, whole wheat spaghetti
- Pancakes, waffles, or muffins made with at least 50% whole grain flour and remaining grains are enriched
- Whole grain-rich crackers, pretzels, pita wedges



### KidKare Corner

#### Updating "MyMenus" in KidKare

For those of you who use the MyMenus or Scheduled Menus feature of KK to plan your meals ahead of time, be sure to double check that they meet the new Meal Pattern Requirements.

You can check this by going to **Meals>Add/Edit Menus or Schedule Menus** in KidKare. Be sure to check that any bread/bread alternates listed in your menus that are whole grain-rich, have the slider bar set to YES and then be sure to SAVE your menus.



**CONGRATULATIONS!**  
**Providers of the Month**  
**KIM COOK**  
**OKSANA MYZHALA**

# Minute Menu Magic



2018

<i>All Day with</i>		<b>BREAKFAST</b>			<i>All Day with</i>	
<b>KIM COOK</b>	Pistachios			<b>OKSANA MYZHALA</b>	<i>Peanut Butter</i>	
<b>Apricot Bread</b>	Cream of Wheat	Omelet		<b>Bulgur</b>	<i>*Tropical Muffin Bites</i>	
<b>Grapes</b>	Figs & Dates	Eggplant & Tomatoes		<b>Papaya</b>	<i>Pineapple and Bananas</i>	
<b>1% Milk</b>	1% Milk	1% Milk		<b>1% Milk</b>	1% Milk	
<b>SNACK</b>						
<b>Cucumbers</b>	<i>*Squash Soup</i>	HM Raspberry-Rhubarb Muffins		<b>Tofu</b>	Celery Sticks	
<b>Wheat Thins</b>	Oyster Crackers	1% Milk		<b>Green Beans</b>	100% Orange Juice	
<b>LUNCH/DINNER</b>						
<b>Mozzarella Cheese</b>	<i>*Crispy Taquitos</i>	Lamb Meatballs		<b>Chicken Livers</b>	Tuna Melt	
<b>Flour Tortilla</b>	<i>Corn Tortillas</i>	Quinoa		<b>Brown Rice</b>	Sourdough Bread	
<b>Refried Beans</b>	<i>Peppers, Corn &amp; Pico</i>	Kohlrabi		<b>Vegetable Soup</b>	Kale Salad	
<b>Fruit Salad</b>	Cactus (Nopales)	Plums		<b>Apples</b>	Guavas	
<b>1% Milk</b>	1% Milk	1% Milk		<b>1% Milk</b>	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 Eggs Mozzarella Cheese Monterey Jack Cheese Firm Tofu Pico de Gallo	<b>Meat</b> Chicken Livers Chicken Ground Lamb	<b>Crispy (baked) Taquitos</b> 2 C Pico de Gallo, divided 1 C cooked, finely chopped Chicken 1/4 C frozen Corn, thawed 1/8 C chopped Green Onion	 1/8 C chopped Green Bell Pepper 3/4C shredded Monterey Jack cheese 7 Corn Tortillas 2 tsp. Vegetable Oil	
	<b>Frozen</b> Orange Juice Corn	<b>Packaged/Canned</b> Flour Tortillas Corn Tortillas Quinoa Crushed Pineapple Refried Beans Peanut Butter Sourdough Bread Wheat Thins Brown Rice Tuna Bulgur Vegetable Broth Coconut Whole Wheat English Muffins Oyster Crackers Cream of Wheat Pistachios Dates	<b>Squash soup</b> 1/2 T Olive Oil 1 medium Onion, chopped) 1 medium Carrot, chopped) 1 Garlic Clove, minced	 2 1/2 C Vegetable Broth 2 C cooked Acorn Squash 2 tsp. dried Basil	
	<b>Produce</b> Apples Figs Apricots Guava Papaya Tomatoes Garlic Onions Carrots Cactus Eggplant Plums Grapes Bananas Kale Celery Raspberries Rhubarb Kohlrabi Acorn Squash Green Onions Green Beans Bell Pepper Cucumbers		<b>In a large saucepan, warm oil over medium heat. Stir in onions, carrots and garlic. Cook for about 5 minutes, covered. Stir in the tomato puree, chicken broth, cooked squash, and herbs. Bring to a simmer and cook, covered, for 30 minutes. Serves 12, 3-5 years.</b> <a href="https://whatscooking.fns.usda.gov/recipes">https://whatscooking.fns.usda.gov/recipes</a>		
		<b>Using a fork, gently split muffins in half. Spread 2 teaspoons of peanut butter on each muffin half. Layer bananas and pineapple on top of each half, dividing bananas and pineapple between the 6 halves, Sprinkle with coconut. Serves 6, 3-5 years.</b> <i>Source: Adapted from an <a href="https://whatscooking.fns.usda.gov/recipe">https://whatscooking.fns.usda.gov/recipe</a></i>			

*Greetings of the Season*  
**May your holidays be filled with Happiness, health, good cheer and warmth of family**