

## Program Reminders

### 2019-20 Child Enrollment Renewals Coming Soon!

Child Enrollment Renewal Worksheets and Instructions will be mailed out in early October. According to state regulations, providers **must re-enroll ALL currently enrolled children annually.**



Each currently enrolled child's information is to be updated on the worksheet and signed and dated by the parent in order to ensure their continued enrollment for the new program year which runs October 2019 through September 2020.

As always, any newly enrolled children starting from October 2019 on will need an enrollment form printed from KidKare and signed by the parent the first date of enrollment.

**This year we will also be asking for parent email addresses so that we will be able to use KidKare's automated system for the Child Renewal process next year.**

**Interested in Direct Deposit?**  
Contact our office at 530-676-0707 x3003  
or email [adodd@choicesforchildren.org](mailto:adodd@choicesforchildren.org)

#### \* September Claim Deadlines \*

**October 1st:** KidKare claim due by midnight  
**October 5th:** Child Enrollment Forms  
(and Parent Sign In/Out sheets  
for Holiday/Weekend care) due in office



## On the Move!



### Outdoor Bike or Toy Wash!

You can let kids wash their own tricycles or bicycles, or you can let them wash smaller toy cars or trucks. Simply provide a bucket of warm water, sponges, brushes, and a dry towel. Add some baby shampoo to the bucket of water. Let the children wash their bicycle or toy using the sponges and brushes. You can even provide a spray bottle full of water to aid in the washing process. Finally, provide a towel for them to dry off their tricycle or toy.



## Meal Pattern Reminders



### Reducing Added Sugar in the CACFP

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often however, kids are filling up on foods high in added sugars and low in nutrients. The CACFP Meal Pattern limits the amount of added sugar by eliminating grain based desserts and limiting sugar in breakfast cereals and yogurt.

### Grain Based Desserts are NOT Creditable on the CACFP

Grain-based desserts cannot credit in the CACFP Meal Patterns, even if they are whole grain rich. Examples of grain-based desserts include: brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, pie crusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and sweet bread pudding.

Grain-based desserts do not include graham crackers, animal crackers, muffins, quick breads such as banana bread and zucchini bread. Sweet crackers (graham crackers and animal crackers) are limited to serving no more than two times per week because of their higher sugar content. For more information, see the USDA's handout, [Grain-Based Desserts in the CACFP](#).

### Creditable Breakfast Cereals on the CACFP

Creditable Breakfast Cereals must have whole grain or enriched grain as the first ingredient OR be fortified AND have no more than 6 grams of sugar per dry ounce. Here is a list of [Allowable Breakfast Cereals](#). For more information, see the USDA's handout for [Choosing Breakfast Cereals Lower in Sugar](#).



### Creditable Yogurt on the CACFP

Yogurt must not contain more than 23 grams of sugar per 6 ounce serving. Most yogurts meet this requirement but you can check your brand by using the USDA's handout, [Choose yogurts that are lower in sugar](#) to see if it's creditable.



## KidKare Corner



### Daily Recordkeeping in KidKare

USDA regulations require providers to maintain meal records on a **DAILY BASIS** (7CFR26.16(1)(2)(v), 226.10(c&d), 226.11 (1), 226.18).

Did you know that if you are not able to log into KidKare on your computer, laptop or ipad due to internet, wifi or device issues that you can get on using your smartphone through your cell phone service provider? Just open your internet browser on your phone, go to [www.kidkare.com](http://www.kidkare.com) and login using the mobile version with your ID and password.



# Minute Menu Magic



2019

<i>All Day with</i>		<b>BREAKFAST</b>		<i>All Day with</i>	
	<b>VANESSA VALADEZ</b>			<b>CATHY MARVOS</b>	
*Quinoa Tortillas (WG)	<b>Yogurt Waffles</b>	Whole Wheat Silver Dollar Pancakes		<b>American Cheese English Muffin</b>	Buttermilk Biscuits
Fruit Salad	<b>Cantaloupe</b>	Warm Applesauce w/ Cinnamon		<b>Watermelon</b>	Peaches
1% Milk	<b>1% Milk</b>	1% Milk		<b>1% Milk</b>	1% Milk
<b>SNACK</b>					
Edamame	<b>Hard Pretzels Mixed Fruit</b>	Raspberries		<b>Wheat Chex (WG) Apples</b>	Squash Soup
100% Orange Juice	<b>1% Buttermilk</b>	Yogurt		<b>1% Milk</b>	Whole Wheat Saltines
<b>LUNCH/DINNER</b>					
*Mustard-Crusted Tofu	<b>Chicken Breasts</b>	Turkey & Havarti Sandwiches		<b>Beef Steak</b>	Tuna and Hummus
Hawaiian Rolls	<b>Whole Wheat Pasta</b>	Sourdough Bread		<b>Brown Rice (WG)</b>	Pita Bread
Mixed Greens	<b>Brussels Sprouts</b>	Tomato Soup		<b>Bok Choy</b>	Lettuce & Tomato
Sweet Potatoes	<b>Watercress</b>	*Vegetable Sticks with Chili & Lime		<b>Carrots</b>	Asian Pears
1% Milk	<b>1% Milk</b>	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>Meat</b> Beef Steak Chicken Breasts Deli Turkey	<b>Refrigerated</b> 1% Milk 1% Buttermilk Eggs Yogurt Firm Tofu American Cheese Havarti Cheese Hummus	<b>Mustard-Crusted Tofu</b> 14oz package Firm Tofu 1/2 C whole grain Dijon Mustard 2 T Vegetable oil Cut tofu into 4 slices. Arrange on paper towels; drain 10 minutes. Spread both sides of each slice with mustard. Heat oil in a large nonstick skillet over medium heat. Add tofu; cover and cook until heated through and crisp, about 2 minutes per side. Serves 4, 3-5 years. Recipe adapted from: <a href="http://www.epicurious.com">http://www.epicurious.com</a>	
	<b>Packaged/Canned</b> Brown Rice Pita Bread Hard Pretzels Sourdough Bread Whole Wheat Pasta Quinoa Flour English Muffins Whole Wheat Bread Wheat Chex Tuna Chili Powder Wh. Wheat Saltines WG Dijon Mustard Hawaiian Rolls Tomato Soup Applesauce	<b>Frozen</b> Orange Juice Edamame	<b>Produce</b> Mixed Greens Cantaloupe Brussels Sprouts Watercress Bok Choy Tomato Carrots Watermelon Peaches Lettuce Lime Cucumber Jicama Winter Squash Apples Sweet Potatoes Asian Pears Raspberries	 <b>Quinoa Tortillas</b> 1 C (WG) Quinoa Flour    1 C Water    1 pinch Salt  Whisk together all ingredients in a small bowl (batter will be runny); let sit for a couple of minutes. Heat a non-stick skillet over low to medium-low heat. Oil pan lightly (use a bit of oil on a paper towel) and pour in approximately 3 T (just shy of 1/4 cup) of batter. Immediately tilt pan around in a circle to spread evenly. Allow to cook until edges just begin to lift off pan, flip and cook until small brown spots starts to show, flip back to original side for extra 30 seconds. Set aside on a cooling rack and stack other tortillas on top. Crisp edges will soften as they cool. Serves 10, 3-5 years. Source: <a href="http://BobsRedMill.com">Bobs Red Mill.com</a>
			<b>Vegetable Sticks with Chili and Lime</b> 1 Cucumber                      1 small Jicama    1 large Carrot 2T fresh Lime Juice            1/4 tsp. Salt        1/8 tsp. Chili Powder  Peel all the veggies and slice into sticks. Combine in a bowl with lime juice and stir. In a small bowl, combine salt and chili powder; sprinkle over veggies. Serves 8, 3-5 years. Source: <a href="http://KidsGetCookin.com">Kids Get Cookin'!</a> Fast and Fun Recipes	