

Program Reminders

Claiming Holiday and Weekends

In order to claim weekend/holiday meals, parents must sign their children in/out daily with times and signatures.



Parent Sign In/Out Sheets are due in our Cameron Park office no later than the 5th of the following month (same time as Child Enrollment Forms). You may use your own sign in/out sheets or you may print sign in/out sheets in KidKare by going to: Reports>Worksheets>Sign In/Out Sheets>Print.

Open for Holidays

If you plan to be open on a holiday that Choices for Children is closed, you must 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. You must also send in parent sign in/out sheets for weekend care!

The remaining CFC holidays for 2019 are:

- Veteran's Day—Nov 11
- Thanksgiving & Day after Thanksgiving—Nov 28 & 29
- Christmas & Day after Christmas—Dec 25 & 26

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 or you risk going into serious deficiency. 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.

Interested in Direct Deposit?

Contact our office at 530-676-0707 x3003 or email adodd@choicesforchildren.org

* October Claim Deadlines *

November 1st: KidKare claim due by midnight

November 5th: Child Enrollment Forms (and Parent Sign In/Out sheets for Holiday/Weekend care) due in office



On the Move!



Pumpkin Patch and Corn Maze Fun!

Visit a farm or festival for some good old fashioned fun. Skip the hayride to the pumpkin patch or apple orchard and choose to walk. Not only will you be getting physical activity, you'll be picking healthy foods. Also, many pumpkin patches have corn mazes for hours of wandering and exploring. The colder air of Fall shouldn't limit activities for children. So grab a jacket and hat, plan those fall activities, and head outdoors!



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



Meal Pattern Reminders



Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. **You can also serve meat and/or meat alternates instead of grains at breakfast up to 3 times per week.** This option gives you more choices for menu planning.

Here's how to include meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 ounce equivalent of meat/meat alternate for 1 serving of grains; or
- Substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains.

Once equivalents are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to:

- Beans or peas (cooked): 1/4 cup
- Natural or processed cheese: 1 ounce
- Cottage or ricotta cheese: 1/4 cup (2 ounces)
- Eggs: 1/2 large egg
- Lean meat, poultry, or fish: 1 ounce
- Peanut butter, soy nut butter, or other nut or seed butters: 2 tablespoons
- Tofu: 1/4 cup (2.2 ounces)
- Yogurt (including soy yogurt): 1/2 cup of yogurt (4 ounces)



You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.



Please note: Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.



**Daylight Savings Time ends Sunday, Nov 3rd.
Don't forget to turn your clocks back!**



KidKare Corner



CACFP Claims Deadline

Choices for Children CACFP Claims are always due the 1st of the month by midnight for the previous month's claim (regardless if it falls on a weekend or holiday). Claims are submitted electronically in KidKare by going to **Food Program>Send to Sponsor>checking box that you Agree to Terms & Conditions>and then clicking the Send to Sponsor** button. If you have not been told that you are required to enter Check in/out times for children, then you can bypass the step to Verify in/out Times. **Submitting your claim past the deadline may result in your claim not being reimbursed.**

CONGRATULATIONS!
Providers of the Month
HEATHER STREIF
TERESA RAMIREZ

Minute Menu Magic



BREAKFAST				<i>All Day with</i>
	Canadian Bacon		Yogurt	TERESA RAMIREZ
<i>*Winter Squash Muffins (WG)</i>	Croissants	Oatmeal (WG)	Sourdough Bread	Corn Tortillas
Papaya	Spinach & Mushrooms	Red Apples	Blackberries	Fresh Tomatoes
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
SNACK				<i>Snack & Lunch with</i>
Tossed Salad	Hummus & Cucumbers	Cheddar Cheese	HEATHER STREIF Cashews Dried Mixed Fruit	Pecans Pears
Brown Bread	Whole Wheat Pita Bread	Hard Pretzels	1% Milk	1% Milk
LUNCH/DINNER				
Refried Beans & Cheese	Ground Beef	Ground Turkey	Pork Chops	Clams/Oysters
<i>*Baked Whole Wheat Tortilla Chips</i>	Egg Noodles	Flour Tortillas	Brown Rice (WG)	Whole Wheat Bread
Avocado	Artichokes	Minestrone Soup	Broccoli	Celery Sticks
Red Grapes	<i>*Crispy Parmesan-Roasted Butternut Squash</i>	Bell Peppers	Mandarins	Mangos
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

W
E
E
K
L
Y
G
R
O
C
E
R
Y
L
I
S
T

Refrigerated
 1% Milk
 Eggs Yogurt
 Hummus
 Parmesan Cheese
 Cheddar Cheese

Produce
 Tomatoes Pears
 Mixed Lettuces
 Cucumber Avocado
 Butternut Squash
 Cranberries
 Red Apples
 Mangos Papaya
 Blackberries
 Artichokes
 Red Grapes
 Celery Broccoli
 Bell Peppers
 Mandarins
 Spinach
 Mushrooms

Meat
 Ground Beef
 Pork Chops
 Ground Turkey
 Clams/Oysters
 Canadian Bacon

Packaged/Canned
 Brown Rice Oats
 WW Pita Bread
 Hard Pretzels
 Sourdough Bread
 Brown Bread
 Wh. Wheat Bread
 Minestrone Soup
 WW Flour Tortillas
 Corn Tortillas
 Pecans Cashews
 Mixed Dried Fruit
 White WW Flour
 Maple Syrup
 Egg Noodles
 Croissants
 Refried Beans

Winter Squash Muffins
 1/2 C old-fashioned rolled Oats
 1 1/2 C White Whole-Wheat Flour
 1/3 C Sugar
 1 1/2 tsp. Baking Powder
 3/4 tsp. Baking Soda
 1/2 tsp. each, ground Cinnamon & Salt
 1/4 tsp. ground Allspice
 1/4 tsp. ground Nutmeg
 1 1/2 C shredded raw Butternut Squash

1/2 C toasted Pecans,
 coarsely chopped
 1/2 C chopped Cranberries
 2 large Eggs
 1/2 C low-fat plain Yogurt
 3 T Vegetable Oil
 3 T pure Maple Syrup
 1 small Apple, shredded



Preheat oven to 375°. Line 12 muffin cups with paper liners; lightly coat with cooking spray. Combine oats, flour, sugar, baking powder & soda, and spices. Stir in squash, cranberries and pecans. Whisk eggs, yogurt, oil and syrup in another bowl. Stir in apple. Add squash mixture and fold until evenly moistened. Divide batter among the muffins cups, filling almost to the top. Bake until the muffins are golden brown and the tops spring back when lightly touched, 20 - 25 minutes. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool for at least 5 minutes before serving. Serves 24, 3-5 years. *Source: Eating Well Magazine*

Baked Whole Wheat Tortilla Chips
 3 Whole Wheat Flour Tortillas (10") Cooking Oil Spray *Optional: Salt*

Preheat oven to 400°. Lightly grease a baking sheet with cooking spray. Cut tortillas into 8 sections and place on baking sheet. Spray tops of tortillas with cooking spray; salting lightly if desired. Bake for 8-10 minutes, until crisp and brown, watching closely so the chips won't burn. Serves 6, 3-5 years. *Source: USDA What's Cooking*

Crispy Parmesan-Roasted Butternut Squash
 One 1^{1/2}-1^{3/4} lb. Butternut Squash, peeled, seeded,
 and cut into 3/4" pieces 2T Olive Oil
 1/3 C grated Parmesan Cheese Cooking Spray
 1/4 tsp. dried Thyme, Sage, or Basil, crushed Salt & Pepper



Preheat oven to 425°. Coat a 10 x 15-inch baking pan with cooking spray. Place squash in pan; drizzle with oil and sprinkle with salt and pepper; toss to coat. Roast 15 minutes; stir; roast 5 more minutes. Stir in cheese and thyme. Roast an additional 5 minutes or until squash is tender. Serves 9, 3-5 years. *Source: Better Homes & Garden magazine*

