



## Program Reminders

### CACFP Deadline Reminders



#### CACFP Claims

Choices for Children CACFP Claims are always due the **1<sup>st</sup> of the month** 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.



#### Child Enrollment Forms

Enrollment forms are due in our office no later than the **5<sup>th</sup> of the month** for the previous month's claim. Enrollment forms must be signed by both the provider and parent and dated the first date of enrollment. To print a Child Enrollment Form in KidKare go to **MyKids>click on Pending child's name>click on highlighted 'Enrollment Form'** under their name to generate the form and then print.

#### 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.



## Meal Pattern Reminders



### Menu Modifications in the Child and Adult Care Food Program

As a Family Child Care Provider on the CACFP, you may receive requests to make menu modifications for children with OR without a disability. In order to accommodate menu modifications and continue to claim reimbursement for these meals, the following apply:

#### Meal Modifications Without a Disability

Parents may request that providers make menu modifications for children due to special dietary needs, personal preference, religious reasons, or in other instances where it is not a disability. For example, parents may request that their child receives a fluid milk substitute or that only gluten-free grains are served to their child. These substitutes are allowable provided that they meet the meal pattern requirements.

It is at the provider's discretion to provide menu modifications if the request for the modification is not related to a disability; however, providers are encouraged to accommodate the dietary needs of participants without a disability.

**Please note: In order for the provider to claim reimbursement of a meal for a participant without a disability, the parent may only provide one component per meal; the provider must provide all other components.**

Parents must use the Parent Request for Non Dairy Fluid Milk Substitutions Form for substituting milk with a non dairy milk substitute that is nutritionally equivalent to milk.

For menu modifications other than fluid milk substitutes, providers must document the modification using the Parent/Guardian's Form for Declining a Provider's Food for Older Children.

#### Meal Modifications with a Disability

Providers must make reasonable food and beverage substitutions, at no extra charge, on a case-by-case basis, for participants with a disability that restricts their diet.

If the disability involves a request for foods that do not meet the meal pattern requirements, providers must have a Medical Statement on file in order to claim those meals for reimbursement.

The Medical Statement must describe how the disability restricts the child's diet, explain what must be done to accommodate the disability, identify foods to omit from a participant's diet, recommend foods to substitute, and be signed by either a licensed physician, physician's assistant, or nurse practitioner.

All of the forms referenced in this article can be found on the CCFP webpage at [www.choicesforchildren.org](http://www.choicesforchildren.org).



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

#### \* November Claim Deadlines \*

**December 1st:** KidKare claim due by midnight

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



## On the Move!



### Freeze!

Choose some of your kids' favorite tunes and turn up the volume. Ask them to dance until the music stops. When it does, they have to freeze in whatever position they find themselves in – even if they have one leg up. To make the game more challenging, ask the kids to freeze in specific poses: animals, shapes, letters, etc. Toddlers in particular love this game!



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



## KidKare Corner

### Using the Comment Box in KidKare



When you enter a meal in KidKare and then check the children for attendance, a Comment Box will appear at the bottom of the screen. This Comment Box is used to indicate any food or beverage substitutions made for children either with or without a disability. A Medical Statement is required when a food or beverage substitution does not meet the meal pattern requirements. A Parent Request for Nondairy Milk Substitute Form is used when a child is substituting a non-dairy milk substitute that is nutritionally equivalent to milk. Please note all food and beverage substitutions in the Comment Box.



# Minute Menu Magic



**DECEMBER** 2019

<i>All Day with</i>		<b>BREAKFAST</b>		<i>Breakfast &amp; Dinner with</i>	
<b>JESSICA GILBERT</b>	Walnut-			<b>MARIA SALCEDO</b>	
<b>Whole Wheat Bread</b>	Orange-Cranberry Muffins	Yogurt		<b>Waffles</b>	<i>*Happy Flap Jacks</i>
<b>Mandarins</b>	Prunes	Red & Green Anjou Pears		<b>Blueberries</b>	Warm Applesauce
<b>1% Milk</b>	1% Milk	1% Milk		<b>1% Milk</b>	1% Milk
<b>SNACK</b>					
<b>Strawberries</b>	Crushed Pineapple	Edamame		<i>*Sweet Potato Chips</i>	Kiwi Fruit
<b>Rice Cakes</b>	Cottage Cheese	Red Grapes		1% Milk	Cornbread Muffins
<b>LUNCH/DINNER</b>					
<b>Cheddar Cheese</b>	<i>*Roasted Chicken</i>	Beef Liver Stir Fry		<b>Ground Chicken</b>	Tuna & Mozzarella Panini
<b>Macaroni</b>	Quinoa	Brown Rice (WG)		<b>Wh. Wheat Tortilla</b>	Mixed Grain Bread (WG)
<b>Broccoli</b>	<i>Brussels Sprouts &amp; Potatoes</i>	Bok Choy, Snow Peas, Red Peppers		<b>Avocado</b>	Hubbard Squash
<b>Pears</b>	Red Apple Wedges	Grapefruit Sections		<b>Guavas</b>	Fresh Tomato Slices
<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      Yogurt Ricotta, Cottage, Mozzarella and Cheddar Cheeses	<b>Meat</b> Beef Liver Boneless Chicken Breasts Ground Chicken	<b>Roasted Chicken, Brussels Sprouts, and Potatoes</b> Cooking Spray      1/4 tsp. Salt      1/8 tsp. Pepper 3 C Brussels Sprouts, about 3/4 lb., halved vertically      1/4 C part-skim Mozzarella Cheese, shredded 4 sm. Red Potatoes (cut into chunks)      1/2 C non-fat Ricotta (or Cottage) Cheese 1/2 C chopped Onion      2 T non-fat Milk 2 cloves Garlic, minced      2 T Olive Oil, divided 1 lb. boneless Chicken Breast	
	<b>Produce</b> Strawberries      Garlic Tomatoes      Pears Avocado      Onions Hubbard Squash Mandarins      Broccoli Red Apples      Kiwi Bok Choy      Oranges Red Grapes Red Bell Peppers Granny Smith Apples Sweet Potatoes Grapefruit      Guavas Brussels Sprouts Red Potatoes Snow Peas Blueberries	<b>Frozen</b> Edamame Cranberries	<b>Happy Flap Jacks</b> 1 large Granny Smith Apple      1 C enriched Flour 2 T melted Butter      1 C enriched Cornmeal      1 tsp. Salt 2 Eggs      2 tsp. Baking Powder      1 T Sugar 1 1/2 C milk	
	<b>Packaged/Canned</b> Brown Rice Macaroni Wh. Wheat Bread WW Flour Tortillas Applesauce Walnuts Quinoa Crushed Pineapple Rice Cakes Enriched Cornmeal Tuna Paprika Mixed Grain Bread Prunes	<b>Preheat oven to 325°. In a 2 qt. baking dish coated with cooking spray, toss Brussels sprouts, potatoes, onion, and garlic with 1 T olive oil, salt, and pepper. In a small bowl, mix cheese with milk. Coat chicken breasts with remaining olive oil; nest among vegetables in baking dish. Top with cheese mix. Cover with foil and bake for 40-45 minutes or until chicken is done. Serves 10, 3-5 years. Source: Produce for Better Health Foundation</b>	<b>Core and dice apple into 1/2" pieces. In a medium mixing bowl, beat the butter, eggs and milk together with a fork just until blended. In a small mixing bowl, mix together the flour, cornmeal, baking powder, salt, and sugar. Stir the dry ingredients into the bowl of wet ingredients until just moistened. Stir in the chopped fruit until all ingredients are moist. Coat a skillet with non-stick cooking spray and heat over medium heat. Pour 1/2 C of the batter onto the griddle. Cook pancakes on both sides. Serves 9, 3-5 years. Source: Twist &amp; Sprout</b>	
		<b>Sweet Potato Chips</b> 2 1/2 C Sweet Potatoes, thinly sliced      1/4 tsp. Salt 1/2 T Olive Oil      1/4 tsp. Paprika	<b>Preheat oven to 450°. Line baking sheets with foil and grease lightly with olive oil. In a large plastic bag (or bowl), toss sweet potato with oil and seasonings. Spread out on baking sheets so chips do not overlap. Bake until browned and crisp, about 20 minutes, turning half way through cooking. Serves 9, 3-5 years. Source: Twist &amp; Sprout</b>	

