

## Program Reminders

### Limit Processed Meat Products on CACFP

Meat and meat alternates served on the CACFP should be low in fat. These include lean meats, poultry, fish and dried beans and tofu. Processed meat products such as chicken nuggets, fish sticks and corn dogs as well as lunch meats, 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 TWO TIMES PER WEEK.

Items such as chicken nuggets, fish sticks and corn dogs must have a Child Nutrition (CN) label which identifies the ounce equivalent for the meat portion of the CACFP meal pattern. Usually it is the larger (bulk) size products that contain the CN label on the packaging. If you do not see a CN label on the package, then only use the following brands: Tyson, Foster Farms, Dino (for chicken nuggets), Gorton, Vandekamp (for fish sticks), Foster Farm, State Fair (for corn dogs).

**Remember, you MUST keep the packaging on hand of you serve these items so we can verify if the product is reimbursable.**

Please note that lunchmeats, hot dogs, sausage and pepperoni **must** be supplemented with an additional protein source (ie, cheese) in order to be reimbursable.

**Limit processed meats to no more than 2 times per week and choose from the healthier meat/meat alternate choices in the next column!**

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

### \* December Claim Deadlines \*

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

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

## On the Move!

### Balloon Volleyball

Make a net by tying a piece of yarn from one chair to another. Then blow up a balloon and start practicing those serving skills! Change things up a bit by kicking or head-bumping the balloon. This is a great indoor game on those rainy days!



## Meal Pattern Reminders

### 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.

**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.

**Tofu**—commercial tofu and soy products (including soy yogurt) are now reimbursable. Be sure to check the label that a 2.2 ounce serving of tofu contains 5 grams of protein. at <http://www.teamnutrition.usda.gov/library.html>.

Source: <http://www.teamnutrition.usda.gov/library.html>



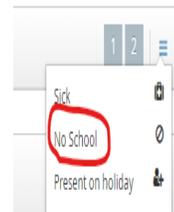
**Upcoming Holidays**  
New Years—Jan 1  
Martin Luther King Jr.—Jan 20



## KidKare Corner

### Indicating School Days Out in KidKare

School days out for school age children due to **minimum days or unplanned school closures** should be noted in the Comment Box. However, you must also **indicate at the point of meal service that school was out in order to allow the meal.** Click on the three lines next to the child’s name and then click “No School” to indicate that a school age child was present for am snack or lunch when it is a minimum day or an unplanned school day out during the school week. **Only regularly scheduled school vacation days and holidays (not minimum days or unplanned school closures) are automatically recorded for you** according to the school district calendar IF you indicated the school district when you first enrolled the child in KidKare. If you did not indicate the school district you can contact us and we will enter it for you.





**CONGRATULATIONS!**  
**Providers of the Month**  
**SHERRY GROCE**  
**DINA ANDUHA**

# Minute Menu Magic



2020

All Day with		BREAKFAST		All Day with	
<b>SHERRY GROCE</b>				<b>DINA ANDUHA</b>	
<b>Kix</b>	(WG) French Toast	Cheddar Cheese	<b>Scrambled Eggs</b>	<b>Wh. Wheat Bread</b>	Biscuits
<b>Grapefruit</b>	Plums	Red & Green Apples	<b>Cantaloupe</b>		Pear Compote
<b>1% Milk</b>	1% Milk	1% Milk	<b>1% Milk</b>		1% Milk
SNACK					
<b>100% Apple Juice</b>	Riced Cauliflower Mash	Green Beans	<b>Banana Bread/Muffin</b>		Oranges
<b>Peanut Butter Wheat Thins</b>	1% Milk	Toasted Onion Bagel	<b>1% Milk</b>		<i>*Apple Oatmeal Muffins</i>
LUNCH/DINNER					
<b>Ricotta Cheese</b>	<i>*Slow Cooker Hamburger Stew</i>	Chicken Thighs	<b>Pork Chops</b>		<i>*HM Fish Sticks</i>
<b>Wh. Wheat Pasta</b>	Sourdough Toast	Brown Rice (WG)	<b>Stuffing</b>		Wh. Wheat Bread
<b>Spinach</b>	<i>Onions, Carrots &amp; Potatoes</i>	Refried Beans	<b>Broccoli</b>		Coleslaw
<b>Pears</b>	Cucumbers	Persimmons	<b>Applesauce</b>		Peaches
<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>	<b>Meat</b>
	1% Milk	Pork Chops
	Eggs	Chicken Thighs
	Ricotta and Cheddar Cheese	Ground Beef
	<b>Frozen</b>	<b>Packaged/Canned</b>
	White Fish	Kix Cereal
	Onion Bagels	Brown Rice
	100% Apple Juice	Stuffing Mix
	Riced Cauliflower	Whole Wheat Bread
	<b>Produce</b>	Whole Wheat Pasta
	Pears	Applesauce
	Onions	Quick Cooking Oats
	Broccoli	Bread Crumbs
	Red Apples	Parmesan Cheese
Green Apples	Sourdough Bread	
Oranges	Refried Beans	
Granny Smith Apples	Wheat Thins	
Grapefruit	Tomatoes	
Bananas	Peanut Butter	
Potatoes	Flax Seeds	



**Slow Cooker Hamburger Stew**  
 1 lb. Ground Beef      1 C chopped Carrots      1 C chopped Celery  
 1/2 C chopped Onions      1 can (15 ounce) Tomatoes      4 C Water  
 2 C chopped Potatoes      1/2 tsp. Oregano, Basil or other herb (optional)

Brown ground beef in a medium fry pan. Drain fat. Place beef, chopped vegetables, tomatoes and water in slow cooker. Cook on LOW 8 to 10 hours or on HIGH for 4 to 6 hours. Serves 10, 3-5 years. *Source: www.food.unl.edu*

**Apple Oatmeal Muffins**  
 1C Milk, non-fat      2 C Sugar  
 1/3 C Applesauce      1 T Baking Powder  
 1 C Flour, enriched      1 tsp. ground Cinnamon  
 1 C quick-cooking Oats      2 Apples, tart

Preheat oven to 400°F. Place 12 cupcake holders in muffin tin. Cut and chop apples. In a mixing bowl, add milk and applesauce and stir until blended. Stir in flour, oats, sugar, baking powder, and cinnamon; mix just until moistened. Gently stir in the apples. Spoon into cupcake holders. Bake for 15-20 minutes or until a toothpick comes out clean. Cool in pan 5 minutes before serving. Serves 24, 3-5 years.



**Fish Sticks**  
 4 White Fish fillets (1 lb. frozen)      1 C Bread Crumbs  
 2 T Flax Seeds      1/2 C Parmesan Cheese  
 1/2 C Water      1 tsp. Salt      1 T Olive Oil

Steam fish in the steamer basket of a rice cooker for 20 minutes. Blend flax seeds and water in a blender until frothy. After fish is cooked, combine in a bowl with the flax/water mix. Stir till combined and fish is crumbled and coated by the liquid. In a separate bowl, combine bread crumbs, parmesan, and salt. Scoop fish out with a cookie scoop. Dump into crumb mix and gently roll around. Arrange on a cookie sheet, and flatten gently with your hands. Drizzle with olive oil. Broil on High setting, close to heat source. After 5 minutes, flip with spatula. Cook the other side for five more minutes. Serves 10, 3-5 years. *Source: Super Healthy Kids*

