

Program Reminders

Indicating School Closures in KidKare for Distance Learners

If you have school age children in your care who are doing “distance learning” because their school is closed and you wish to claim their meals, you must indicate “No School” at either the point of meal service by clicking on the three horizontal lines next to the child’s name (then click No School) OR by indicating No School on the Child’s Calendar by following the directions below:

1. From the menu to the left, click **Food Program**.
 2. Click **Calendar**.
 3. Click **Child**.
 4. Select a child.
 5. Drag the **No School** event from the **Draggable Options** to the right and drop it on the calendar.
 6. Click the event. The Event Details open.
 7. Use the **From** and **To** boxes and set a date range for the closure.
 8. Clear the meals that would have been served while school is in-session.
- Click **OK**.

For more information about marking school out and using the Child Calendar, see [Mark School Out](#) and [Use the Child Calendar](#).

2020-21 Federal Reimbursement Rates Released

Effective July 1, 2020 - June 30, 2021

	Tier1	Tier2
Breakfast	\$1.39	\$0.50
Lunch/Dinner	\$2.61	\$1.58
Snack	\$0.78	\$0.21

Interested in Direct Deposit?
Contact our office at 530-676-0707 x3003
or email adodd@choicesforchildren.org

* August Claim Deadlines *

September 1st: KidKare claim due by midnight
September 4th: Child Enrollment Forms
(and Parent Sign In/Out sheets
for Holiday/Weekend care) due in office

On The Move



BOOT STOMP You’ll need paper bags, masking tape, crayons/markers, and Country music. Have children color paper bags to look like boots; have them step into their “boots” and tape securely around their legs.

Play music and direct children to stomp and dance in their boots. As a variation, do this activity outside, and encourage the children pretend to ride galloping horses on the range.

Source: www.headstart.ihs.gov

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Nutrition & Health News

Meals Without Meat

Eating a plant-based meal every now and then can help you lower your cholesterol and improve your heart health. A strict vegan or vegetarian diet isn’t a necessary change to just mix in some meatless meals. You can totally eat lean meat – just less of it!

Most of the cholesterol-raising saturated fats that we eat come from meat and full-fat dairy products such as whole milk cheese. By decreasing your daily intake of animal fat, you’re also decreasing your intake of saturated fat.

What does your meals look like when you take meat off the menu? Going meatless is as simple as moving vegetables and fruits from a side dish to a starring role. Seek out high-fiber whole grains, beans and legumes, unsalted nuts, and lower fat and fat-free dairy foods. These tend to be high in fiber, vitamins, minerals, other important phytonutrients, and, of course, protein.

An easy way to get started is to eat one meatless meal a week. Sticking with it can quickly make you start feeling lighter and your wallet fatter. People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available. Meat typically costs more per pound than other protein sources.



If meatless is not for you, don’t worry. You don’t have to go cold turkey on meat to adopt a heart-healthy eating style. Are you a fan of chicken or fish? Skinless poultry and fish containing the healthy omega-3 fatty acids are good protein choices and easy to prepare in healthy ways.

When you do eat meat, choose the leanest cut available, reduce your portion size to no more than 6 oz cooked, remove all visible fat, and cook in a healthy way to avoid excess saturated fats. And remember, a meatless meal doesn’t automatically translate to less saturated fat. If you substitute quiche for steak, you’re not going to get any advantage in terms of heart health. So make sure you’re making healthy swaps.

More tips for going meatless:

Keep the fridge and pantry stocked with plant-based such as vegetables, beans, nuts, whole grains and tofu.

Find recipes for meatless meals and get your cook on!

Many online sources and cookbooks offer many choices.

(Minute Menu Magic on page 2 always features a meatless Monday and mixes in non-meat recipes regularly.)

Go veggie at snacks Keep veggies cleaned and cut, making them easier to choose to eat. A veggie tray is easy for the children to snack on while you are preparing a meal; keeps them occupied and eating the veggies that are part of your meal anyway!

Source: www.heart.org



KidKare Corner



Using your Provider Calendar in KidKare

You must notify us ahead of time of any upcoming closures. You can do so by calling your monitor, calling the office, or by using your Provider Calendar in KidKare. To use your KidKare Calendar, go to Calendar, then highlight the Provider tab at the top, then drag and drop “Closed for Business”, “Off Site Meal” or “Open for Holiday” on the specific day(s) you are closed/open. Remember, if you are Open for a Holiday you must also submit parent sign in/out sheets for those days.



Minute Menu Magic **SEPTEMBER** 2020

September 15-October 15		BREAKFAST		
				Walnuts
French Toast Sticks	Peanut Butter	Silver Dollar Pancakes	Rice Krispies	HM Carrot Muffins (WG)
Cinnamon Applesauce	Bananas	Golden Kiwi Fruit "Coins"	Raspberries	Honeydew Melon
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
SNACK				
Sugar Snap Peas	Whole Wheat Pita Bread	Frozen Red Grapes and Frozen Banana Rounds	Amaranth Graham Crackers (WG)	Cherry Tomatoes
Hummus	Tuna Salad	1% Milk	*Batido Smoothie	1% Milk
LUNCH/DINNER				
*Tofu & Black Bean Tacos	*Grilled Chicken Thighs	Roast Beef and Provolone	Pork Meatballs	Baked Tilapia
Corn Tortillas (WG)	Pretzel Rolls	WW Sourdough Bread (WG)	Angel Hair Pasta	Spanish Rice
Onions, Lettuce & Tomato	*Confetti Salad	Spinach & Sliced Tomatoes	Mixed Vegetables	Mixed Sweet Peppers
Sliced Mangoes	Red Delicious Apples	Broccoli	Persian Melon	Corn-on-the-Cob
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	Frozen	<p>Grilled Chicken Thighs with Confetti Bean Salad</p> <p>Cooking spray 1 tsp. Garlic Powder 1 tsp. ground Cumin 1/4 tsp. Black Pepper 1/2 tsp. Salt 8 skinless, boneless Chicken Thighs (about 1 1/4 lbs.)</p> <p>Heat a grill pan over medium-high heat; lightly coat with cooking spray. Combine garlic powder, cumin, pepper, and salt in a small bowl; sprinkle over chicken. Add chicken to pan; cook 10 minutes on each side or until done. Serves 12, 3-5 years old. <i>Source: CookingLight.com</i></p> <p>Confetti Bean Salad 1 15 oz. can Black Beans 1 C Salsa 1 12oz. Can Corn</p> <p>Drain and rinse beans. Mix beans with Salsa and corn in a medium bowl. Serves 8, 3-5 years. <i>Source: ChooseMyPlate.gov</i></p>  <p>Batido Smoothie 2 C Papaya chunks 2 Bananas (overripe, sliced) 1 C plain non-fat Yogurt 1 C Ice Cubes</p> <p>Put all ingredients in a blender; blend until smooth. Serves 6, 3-5 years old. <i>Source: ChooseMyPlate</i></p> <p>Tofu and Black Bean Tacos 1 (14-oz.) package extra-firm Tofu, drained 1/2 tsp. each, dried Oregano & fine Salt 1/2 tsp. each, ground Cumin & Coriander 1 1/2 tsp. Chili Powder 12 Corn Tortillas, warmed 1 T olive oil 3 C shredded Lettuce 3 cloves Garlic, finely chopped 2 C chopped Tomatoes 3 Green Onions, finely chopped 1 1/2 C shredded Jack Cheese</p>  <p>1(15-oz.) can Black Beans, drained and rinsed</p> <p>Put tofu, oregano, salt, cumin, coriander, and chili powder into a bowl and mash together with a fork. Set aside. Heat oil in large skillet over medium heat. Add garlic and 2/3 of the green onions and cook until fragrant, about 2 minutes. Add seasoned tofu and cook, stirring occasionally, until most of the moisture has evaporated, 10 to 12 minutes. Add beans and remaining green onions, stir well and cook until beans are heated through, about 2 minutes more. Spoon tofu mixture into tortillas, top with lettuce, tomatoes and cheese; serve. Serves 12, 3-5 years <i>Source: http://www.wholefoodsmarket.com/recipe/tofu-and-black-bean-tacos</i></p>
	1% Milk	Tilapia	
	Extra-Firm Tofu	Produce	
	Jack Cheese	Raspberries	
	Provolone Cheese	Honeydew Melon	
	Non-fat Plain Yogurt	Persian Melon	
	Hummus	Sugar Snap Peas	
	Meat	Golden Kiwi Fruit	
	Roast Beef	Corn-on-the-Cob	
	Boneless Skinless Chicken Thighs	Tomatoes	
Ground Pork	Bananas Garlic		
Packaged/Canned	Lettuce		
Amaranth Graham Crackers	Carrots		
Angel Hair Pasta	Cherry Tomatoes		
WW Pita Bread	Green Onions		
Pretzel Rolls	Papaya		
Walnuts Tuna	Red Delicious Apples		
White Rice	Mangoes		
WW Sourdough Bread	Spinach		
Corn Tortillas	Broccoli		
Peanut Butter	Sweet Peppers		
Rice Krispies Cereal	Red Grapes		
Black Beans			
Salsa			
Canned Corn			
Chili Powder			
Ground Cumin & Coriander			
Dried Oregano			

