



MEAL PATTERN REMINDERS

Don't forget September is the last month of the grace period for following the new meal pattern that began last October.

All CACFP programs are required to begin deducting for any meal that does not fully meet the new guidelines on October 1, 2018.

Below are some common mistakes that we have seen when processing menu's during claim time.

1. Grain Reminder:

KidKare-Provider selected a whole grain product in the KidKare but did not click "Y" on the, "Is this Whole Grain Rich" box.

Scan Menu-Provider wrote in Whole Grain Bread, but did not also bubble in which meal the whole grain was served at.

2. Milk Reminder:

KidKare-Providers must make sure that they are selecting the correct milk combination type for the ages of children in care for that specific meal (Ex. Enrolled children are 18 months and 3 years old, provider must serve and select whole/1% in KidKare for the milk component).

Scan Menu-Providers must write the correct milk combination type for the ages of children in care for that specific meal (Ex. Enrolled children are 18 months and 3 years old, provider must serve and write whole/1% on the milk line).

3. Infant Menu Amounts:

Providers using bubble menus for their claim must write the amounts of formula (how many ounces) and infant food (how many Tbls.) that are offered to each infant for each meal.

DO NOT WRITE HOW MUCH THE INFANT ATE, INSTEAD WRITE THE SERVING SIZE YOU OFFERED!

RECIPE CORNER

Fiesta Hummus

Makes: 6 servings

This dip is full of protein and can be served with vegetables or whole wheat pita for a healthy snack.

Ingredients

1 can garbanzo beans
 1/2 teaspoon cumin, 1/4 teaspoon salt 1 dash
 cayenne pepper
 2 minced garlic cloves
 1/2 cup plain yogurt
 1 Tablespoon lime juice
 1 Tablespoon sesame oil
 2 Tablespoons chopped cilantro

Directions

Drain and mash garbanzo beans in a blender or food processor. Add all other ingredients to blender and blend again until ingredients are smooth and mixed in. Refrigerate overnight, then use as a dip with vegetable sticks or pita bread.

When serving hummus it would be documented under meat/meat alternate

Fluid Milk Alternatives

There are two situations in which a provider may serve a cow's milk alternative:

1. Parents present a written request for a cow's milk alternative due to dietary preferences (ex. Cultural, religious, ethical, non-disabling allergies). However, the milk alternative must have the same dietary nutritional standard as cows milk in order for it to be creditable.
2. The child has a medical need due to a disability for a specific milk alternative. The child's doctor has filled out a medical form or has given specific written information on what that disability is, what milk/food must be eliminated and what the substitute should be.

Please note that as a milk alternative most brands of Soy Milk meet the nutritional requirement as an alternative. There are many alternative milk products like (rice, almond, cashew, and pea) that do not meet the Milk Substitute Nutritional Standards .



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