



August 2017

Graham Crackers and Animal Crackers are back! USDA has changed their interpretation on this. In October these two items will continue to be creditable! Yeah!

How can this be the August newsletter al-

ready? Didn't the kids just get out of school?

August and back to school time is the time to do new enrollment forms. During the month of August have the parents complete the forms with an Effective Date of 9/1/17 (at the top). Send these in anytime in August. If you need more forms—drop us a message.

Tanya is updating our Pinterest page. Be sure to follow at **Child Nutrition Services**. We are working to add more ideas that follow the new regulations and holidays.

Be sure to document the first day of school in August.

Jody

Best Practices

- ◆ Limit 100% fruit juices to 1 time daily.
- ◆ Select Whole Grain items. One item each day will need to be Whole Grain Rich.
- ◆ Serve only unflavored milk.
- ◆ Do not Deep Fat Fry
- ◆ No Grain-Based Desserts
- ◆ Select yogurt with <23 g sugar per 6 oz.
- ◆ Mom's can breastfeed on site and the provider receives reimbursement.
- ◆ Choose Low sugar (<6 g) cereals. Always list cereal by name brand—not "child's choice" or "cold cereal".
- ◆ Breakfast may include a meat/meat alternate in place of the grain requirement up to 3 x/week. (In October)

Contact CNS

Phone:

402-335-4044

1-800-927-7122

Email:

Jody@gocns.net

Brooke@gocns.net

Tanya@gocns.net

Fax: 1-877-837-1493

Web Site:

www.GoCNS.net

Facebook Messenger

Child Nutrition Services, NE



New Enrollments are Effective 9/1/17!

Call CNS when you are gone from home with the children at a meal time.

Graham Crackers and Animal Crackers will be creditable at snack!

Pick WIC cereals!

Read labels—when potato flour is the 1st ingredient on the label—that item is not creditable.

Brown rice, oats, oatmeal, quinoa, wild rice, are all naturally **whole grain**. Mark these items with WG when serving. Don't forget whole wheat and whole corn.

Document the first day of school on your August forms!

Look for the word **whole** on the label when choosing **whole gains**.

One (1) whole grain will be required each day.....so you can serve items that are not "whole" grain at breakfast and lunch as long a whole grain is served at snack. Or serve your whole grain at breakfast (or lunch) and be done for the day. **Just 1!**



Creative Snack Ideas



- Ants on a Log (M/MA & V)**—Spread peanut butter or another nut butter on celery sticks and top with raisins.
- Baked Apples (F & M/MA)**—Core apples, stuff with finely chopped nuts, sprinkle with cinnamon, and bake in the oven or microwave.
- Baked Sweet Potato Fries (V & M/MA)**—Peel, slice, sprinkle with salt, pepper, and olive oil, and bake. Serve with a savory Greek yogurt dip.
- Baked Egg Muffins (M/MA & V)**—Bake eggs and vegetables in muffin cups. Sprinkle cheese on top.
- Banana Freeze (F & G/B)**—Slice and freeze ripe bananas, blend until smooth, and top with granola.
- Banana Roll-Up (M/MA, F & G/B)**—Spread nut or seed butter on a WG tortilla, add sliced bananas. Roll it up.
- Cheddar Apples (M/MA & F)**—Served sliced low-fat cheddar cheese with different varieties of sliced apples.
- Chex Mix (G/B & M/MA)**—Make your own with cereal and nuts or request a Product Formulation Statement.
- Chicken, Tuna, or Egg Salad (M/MA & G/B)**—Serve on WG crackers or WG bread or toast.
- Chips and Dip (G/B & V)**—Serve WG tortilla chips with salsa or guacamole.
- Cottage Cheese & Pineapple or Peaches (M/MA & F)**
- Crackers and Low-Fat Cheese (G/B & M/MA)**
- Frozen Banana Pops (F & M/MA or G/B)**—Put half a banana on a stick, dip in yogurt, roll in cereal, freeze.
- Fruit Parfaits (F, G/B, & M/MA)**—Layer sliced fruit or berries, granola or cereal, and yogurt.
- Fruit Salsa (F & G/B)**—Chop peaches, pineapple, or mango. Serve with toasted WG pita and cinnamon.
- Fruit and Veggies Skewers (F or V & M/MA)**—Cut fruits or vegetables, and low-fat cheeses into small pieces and slide them onto skewers or let the kids do it!
- Hummus Dip (M/MA & V or G/B)**—Serve with crunchy vegetables (carrots, cucumber, cherry tomatoes, snap peas, red pepper slices, etc.) or WG pita bread.
- Kale Chips (V & G/B)**—Coat kale lightly with olive oil, salt, pepper. Bake until crispy. Serve with savory crackers.
- Melon Pops (F)**—Chop pieces of melon (such as honeydew melon, watermelon, or cantaloupe), put them into Popsicle molds, and freeze.
- Mini Pizzas (G/B, V, & M/MA)**—Top 1/2 of a WG English muffin with tomato sauce and mozzarella cheese.
- Mini Sandwich (M/MA, V, & G/B)**—Put lunch meat, cheese, and vegetables on a dinner roll or mini bagel.
- PB&Berries (M/MA, F, & G/B)**—Spread peanut butter or another nut or seed butter on WG bread. Add sliced strawberries or other berries.
- Pumpkin Yogurt Dip (F & M/MA)**—Mix pumpkin puree, yogurt, and pumpkin spice. Serve with fruit.
- Seven Layer Dip (M/MA, V, & G/B)**—Layer beans, low-fat cheese, guacamole, lettuce, plain Greek yogurt, salsa, and olives. Serve with WG tortilla chips.
- Smoothies (F & M/MA)**—Blend fruit and yogurt.
- Strawberry Shortcake (G/B, F, & M/MA)**—Top 1/2 a WG biscuit with sliced strawberries and vanilla yogurt.
- Topped Tortillas (G/B & M/MA)**—Spread WG tortillas with a layer of beans and low-fat cheese.
- Tortilla Roll-Up (G/B, M/MA, & V)**—Top a tortilla with mustard, deli meat, cheese, and vegetables. Roll it up!
- Trail Mix (F, M/MA, & G/B)**—Make your own with the right portions of dried fruit, nuts, and low-sugar cereals or request a Product Formulation Statement.
- Vegetable Dip (M/MA & V)**—Mix plain low-fat Greek yogurt with Ranch dressing powder or fresh herbs, salt, pepper, and garlic powder. Serve with vegetables.
- White Bean Dip (M/MA & G/B or V)**—Serve the dip with WG tortilla chips or vegetables.
- WG Bread Sticks and Marinara Sauce (G/B & V)**
- WG Pancakes or Waffles (G/B & F or M/MA)**—Top with sliced fruit or yogurt.
- WG Quick Bread or Muffins (G/B & F or M/MA)**—Try flavors such as blueberry lemon, cranberry orange, pumpkin, or zucchini bread. Serve with fruit or yogurt.

ABBREVIATION KEY	
F	= Fruit
G/B	= Grain/Bread
M/MA	= Meat/Meat Alternate
V	= Vegetable
WG	= Whole Grain

This project is funded at least in part by USDA funds through the Michigan Department of Education and/or the Illinois State Board of Education.

August Dates to Know:

Saturday, August 5th—Claims are Due

Thursday, August 17th—Checks SHOULD BE* mailed.

Friday, August 18th—Bank Transfers SHOULD BE* Complete

*Dates are approximate based on information provided by the Nebraska Department of Education

Monday, August 28th—Holiday Forms due to claim kids on Labor Day

Friday, September 1st—Enrollment Forms Due!

