



**November 2017**

*Congratulations! I am so proud of everyone making the switch to healthier menus for our children. New research shows the problems associated with sugar consumption and the CACFP is making steps in the right direction! Way to go!*

*All the cookies, cakes, granola bars and cereal bars are gone. You can still celebrate birthdays with a cupcake, but it must be in addition to the two creditable components for snack.*

*Snacks are 2 of the 5 different components. So...you can serve a fruit and vegetable together!*

*Meals must contain a vegetable and fruit, or two vegetables, but not two fruits.*

*Whole milk is now "required" for 1 year olds. It has always been recommended to provide adequate fat for brain development, but it is now a requirement.*

*Most questions have been about whole grains. Remember to look for the word "whole". Call the office with questions and be sure to ask for clarification when we come to your home to visit. We love to look at labels with you to find the answers.*

*Looking forward to our visits! We are happy to be bringing you a copy of Child Nutrition Today and Meal Pattern Reminder cards at your next visit.*

Jody

New Food Charts are available on our website or Facebook page.

Chicken Nuggets (chicken fries or chicken patties) must have a CN label - try chicken strips or chicken bites instead; you may want to oven bake or pan fry chicken legs.

**Bologna, Hot Dogs, Frankfurters.** These items are creditable when "free of byproducts, cereals or extenders and/or when the product is CN labeled".

Look for the word **whole** on the label first when choosing **whole grains**.

Use 1/2 whole wheat flour and 1/2 enriched flour to make Whole Grain breads and muffins.

Brown rice, oats, oatmeal, quinoa, wild rice, are all naturally **whole grain**. Mark these items with WG when serving.

Follow the Child Nutrition Services web site [www.gocns.net](http://www.gocns.net), Facebook and Pinterest pages.

Begin to use the **Infant Authorization for Solids** form when discussing infant feeding with parents. **Document your discussion and keep form available.**



**Best Practices/Regulations**

- ◆ Limit 100% fruit juices to 1 time daily.
- ◆ Select Whole Grain items. One item each day will need to be Whole Grain Rich. Mark as WG.
- ◆ 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.

**Contact CNS**

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Child Nutrition Services, NE

Child Nutrition Services



Thank-you!



Thank-you to Terra Frank for the referral! Terra referred Maggie Wisdom in Falls City to CNS for the food program. Enjoy your new Rachel Ray muffin tin!

CNS will reward any provider with a gift for referring a new provider who participates!

## Sample Cycle Menu *How do we know if it's creditable?*

Here is a sample cycle menu to help you plan your calendar with creditable recipes that meet the New Meal Pattern guidelines. Visit us @ [cacfp.org/childnutritiontoday](http://cacfp.org/childnutritiontoday) for full recipes, serving sizes and other CACFP creditable information.

		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Mandarin Oranges	Bananas	Strawberries	Hashbrowns	Peaches
	Grain/Meat <sup>+</sup>	Whole Grain Oatmeal	Waffles	Cheerios Whole Grain Cereal	Ham Steak	Pancakes
LUNCH	Milk	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Honeydew	Sliced Grapes	Sliced Apples	Cantaloupe	Bell Pepper Slices
	Vegetable	Carrots	Steamed Broccoli	Spinach	Jicama	Baked Sweet Potato Wedges
	Grain	English Muffin	Whole Grain Roll	Spaghetti	Whole Grain Brown Rice	Whole Grain Bun
	Meat/Meat Alternate	Eggs	Baked Turkey Breast	Beef Meatballs	Baked Fish	Hamburger
SNACK	Milk	--	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	Whole Milk (age 1) or Low/Fat Free Milk (2-5)	--	--
	Fruit	Strawberry	--	--	--	Mixed Berries
	Vegetable	--	Beets	--	Refried Beans	--
	Grain	Graham Cracker	--	--	Tortilla	--
	Meat/Meat Alternate	--	--	Peanut Butter with crackers	--	Yogurt

### November Dates to Know:

- Sunday, November 5th—Claims are Due
- Saturday, November 11th Veteran's Day
- Thursday, November 16th Holiday Forms due to claim Thanksgiving!
- Monday, November 20th—Checks SHOULD BE\* mailed.
- Tuesday, November 21st—Bank Transfers SHOULD BE\* complete
- Thursday, November 23rd Happy Thanksgiving!

\*Dates are approximate based on information provided by:

The Nebraska Department of Education

