



# What's Cookin' Child Nutrition Services

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**Happy Fall Everyone! I hope everyone has fallen into a new routine with the start of the school year. I know I am learning a new routine here at Child Nutrition as Program Director. I continue to look forward to working with all of our wonderful Childcare Providers as well as our new staff at our CNS office. Brooke**

**Program changes Effective October 1st! Make sure to follow all the new regulations to avoid costly deductions.**

**Call or email with any questions!**

Chicken Nuggets and Fish Sticks must be CN Label in order to be creditable. Mark CN chicken nugget or CN fish sticks on your menu. (or HM if home made) Only **CN** labeled items are creditable—all others will be deducted.

Specify meat in meat dishes. Tator tot casserole—you must specify the meat, as well as with spaghetti, tacos, quesadillas, etc. List as Beef tator tot casserole, Beef Spaghetti, Chicken quesadilla, etc.

**Serve cereals containing 6 grams of sugar or less . Always list cereal by name.**

**Serve yogurts with 23 grams of sugar or less per 6 oz. (keep your labels)**

Specify kind of hotdogs served! Beef, chicken, pork or turkey? Must be without fillers/extenders!

**(keep your labels)**

**Breakfast may include a Meat/Meat alternate in place of the grain component up to 3 times per week.**

**Limit 100% fruit and vegetable juice to 1 time daily!**



**Do not deep fat fry!**

**Serve only  
Unflavored  
Milk!**

**Serve 1 whole grain item daily! (keep your labels)**

**Mark WG on your menus!**

**No grain based  
desserts!**

**Moms can  
Breastfeed  
on site.**



## Congratulations!

Kortlyn Beth blessed the True family on August 2nd at 4:28pm, she weighed 7 lbs 2 oz and was 18 1/4 in long. She is welcomed home by her proud big sister Karsyn who is 2. Congratulations to Josh and Kasey—Owner of Small Steps in-home Daycare in Auburn.



*It's a Girl!*



## Here are some Fun and Healthy snack ideas !



**More NEW information...**

October is full of changes

First we would like to say “Great job to all providers who have had all of their labels on file for us to view!” We appreciate all your hard work. We have some exciting office changes to share with you. We will be moving our Office to Beatrice mid-October! Be watching for that new information in the mail.

*I am of course excited to be closer to home!*

### October 2018 Dates to know...

Friday, October 5th—September claims are due by noon.

October 16th—National Boss Day! Treat yourself, you deserve it!!

Thursday, October 18th—Checks SHOULD BE \* mailed.

Thursday, October 19th —Bank Transfers SHOULD BE\* complete based on information provided by: The Nebraska Department of Education.

Wednesday, October 31st—Happy Halloween!