



What's Cookin' Child Nutrition Services



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I hope you all are enjoying your Summer so far. All the rain makes taking Field Trips a little more challenging. Remember to continue to let us know if you are on an outing during a meal/snack time or if you are closed for a vacation. Yes, I said vacation. Make sure you take time off for you and your family.



CNS wishes you and your families a Safe and Happy 4th! Brooke



***Keep CN Labels or Product Analysis Statements** when serving breaded meats such as...**fish -sticks, patties, fillets, chicken - nuggets, patties, strips, corndogs, summer sausage, and salami.** **Let us know if you have any questions!**

*Specify kind of meat in **hotdogs/frankfurters** and **bologna**—list if beef, chicken, pork or turkey. Choose products with **no fillers or by products** to ensure children are getting adequate protein. [Keep your label.](#)

*If serving commercially breaded meats have your **CN Labeled** product package with the CN Label on file or a qualifying **Product Analysis Statement** for your product. Make sure adequate portions are being served. Try serving non-breaded meats and bread them yourself. [One less label to keep that way.](#)

***Meat/meat** alternates can be served in place of the grain portion at Breakfast **up to 3 times per week.** At meals try serving **cottage cheese, yogurt or eggs** as your protein.

*Serve low sugar **Yogurts** (23 grams or less per 6 oz. serving.) **Cereals** (6 grams or less per dry oz.) [Keep your labels.](#)

*Serve a **variety** of fruits and vegetables at meals and snacks.

***Milk is required** at meals! Substitutions require a Doctor's note or a Medical Statement form on file with CNS.

***Soy milk**—Providers must offer to supply 1 of the creditable soy milk options to children needing this substitution. Parent's that decline may choose to supply a different creditable brand from the list.

When serving CN Label products make sure you are serving adequate portions for each age group.

[Call or email the office if you have questions.](#)

Popcorn can now credit as a wholegrain on the CACFP!

Serving Requirements are as follows...

1- 5 years—**1 1/2 cups** (0.5 oz.) 6-12 years - **3 cups** (1 oz.) of popped popcorn at meals/snacks. Limit the use of salty toppings and **avoid** sugary toppings, these are considered grain based desserts. **Keep in mind that popcorn is choking hazard for children under 5 years of age.** [Keep your label.](#)

Holiday Form—If caring for children on a Holiday make sure we receive your Holiday Form in our office 1 week prior to the Holiday you are claiming children!

***Do NOT deep fat fry!**

***No grain based desserts are to be served!**

***Serve only unflavored milk!**

INFANTS—Serve **Iron fortified infant cereal or a meat/meat alternate** along with Breastmilk/Formula and Fruit/Vegetable at meals. **Pancakes, low sugar breakfast cereals, toast, crackers, waffles and muffins at snacks only.**

Please complete and return your 2019 Required Annual Training to our office by 8/31/19.



Child Nutrition Services

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Congratulations to Brad and Ashley!

Trinity Ellasynn Garrison was born on May 29th at 5:52 pm weighing 8 lbs. 3 oz. and 19 1/4 inches long. She was welcomed home by siblings Bennett 7, Keyton 11, Miley 11 and Drew 16. Ashley is the owner of Sky High Daycare in Beatrice.



Holiday Forms are Required and must be **received in our office by June 27th** in order to claim children on July 4th.

Recording Menus and Meal Attendance—You are allowed to record menus ahead of time, this helps to plan out your meals and can be cost saving when it comes to budgeting for meals/snacks. However, your **Meal Attendance** is to be recorded as you serve your meals/snacks. It is too easy to forget to go back and adjust your meal counts if someone unexpectedly leaves early before eating a meal or snack at your daycare. This is a USDA Requirement and meals will be deducted if Meal Attendance is recorded before a meal or snack is served.

Required Annual Training—Complete and return your 2019 Annual Training to our office by mail or email.

Referral Gift—Refer a Friend to CNS and receive quality bakeware after they submit their 1st claim with us!



Newsletters & Vouchers by Email—Watch for a monthly email from april@gocns.net with this Information. **If you would like to receive your Newsletter and Voucher by email let us know.**

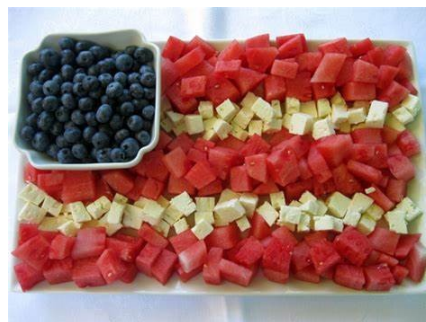
Online Claiming—If claiming online and using a mobile device use this mobile link. www.cacfpnet.com/mobile

[Let us know if you would like to start claiming online!](#)



Fruit Kababs using Strawberries, Bananas and Blueberries.

Festive way of serving Watermelon, Blueberries and Feta cheese.



Magical Fruit Wands using Watermelon and Blueberries.

July Dates to know...

Thursday, **July 4th**—INDEPENDENCE DAY!

Friday, **July 5th**—June Claims are Due!

Thursday, **July 18th** —Checks **SHOULD BE*** mailed.

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

