



What's Cookin' Child Nutrition Services



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Is everyone counting the days until Christmas??? I can not believe how this year has flown by! I am not a fan of Winter so I am hoping for a short one. Our youngest will be heading off to college soon enough, makes me sad but she will move on to bigger and better things. I know a few of you have Seniors this year too so hang in there and enjoy the time you have them home! CNS wishes you all a Merry Christmas! Brooke

MEAT/MEAT alternates can be served in place of the grain portion at Breakfast **up to 3 times per week.**

Specify kind of meat in **hotdogs/frankfurters** and **bologna**—list if beef, chicken, pork or turkey.

Specify kind of meat in **casseroles** and **meat dishes**. For example: pork spaghetti casserole or beef sloppy joes.



SERVE low sugar **Yogurts** (23 grams or less per 6 oz. serving.) **Cereals** served may contain 6 grams of sugar or less per dry oz.

1% or Skim MILK is required at meals for all children 2 years and older. Substitutions **require** a Doctor's note or a Medical Statement form on file with CNS. Let us know if you would like us to mail you a Medical Statement form.

Whole Milk is required at 1 year of age. Limit 100% fruit/veggie Juice to 1 X Daily! Serve 1 wholegrain item daily!

Keep Labels for all **Cereals, Commercially processed meats, Yogurts and Wholegrains** served in your daycare.

***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.** *If serving commercially breaded meats or combination foods have your **CN Labeled** product package 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.

Holiday Forms—We must receive your Holiday Form if claiming children on Christmas Day by December 18th!

Let us know if you need a Holiday form.

Cookies, cakes, cupcakes, pop tarts, donuts, cinnamon rolls, pies, cobblers, brownies, vanilla wafers, bread pudding, cereal bars, granola bars and any type of desert items **are NOT allowed and will be deducted from your menus if served.**

***INFANTS**—Serve **Iron fortified infant cereal or a meat/meat alternate** along with Breastmilk/Formula and Fruit/Vegetable at meals. Try serving cheese, cottage cheese, eggs, creditable meat/meat or yogurt in place of the IFIC at Breakfast, Lunch or Dinner if IFIC is not an option per parent request.

Pancakes, low sugar breakfast cereals, toast, crackers, waffles and muffins at snacks only.

Juice is NOT allowed for Infants!

Formula Documentation—You are required to offer to supply an Iron Fortified Infant Formula to all infants enrolled in your daycare. This information must be documented on their Enrollment Form even if the Parent declines the formula you offered.



*** Do NOT deep fat fry!**

***No Grain Based Desserts are to be Served!**

***Serve only Unflavored Milk!**



Child Nutrition Services

1-402-806-4477

1818 Court Street, Suite 3

www.gocns.net

Beatrice, NE 68310

1-800-927-7122





Did you have a baby or just get married?
Let us know so we can share your news in
our monthly newsletter!



Refer a Friend!

Receive quality bakeware after
your friend submits 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.

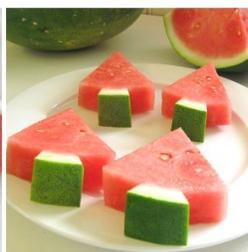
Online Claiming—From a mobile device use this mobile link. www.cacfpnet.com/mobile

Let us know if you would like to start claiming online!



Santa hats—Grapes, strawberries,
banana slices and a mini
marshmallow.

Watermelon trees with a cucumber
for the trunk.



POPCORN
SNOWMEN



Mini Bagel Ornaments!



Mini ritz crackers,
pretzels, raisins and
peanut butter!



Tortilla trees with guacamole,
red peppers & pretzel trunks!



Apples, pretzel sticks,
craisins and cheese!



Cottage cheese, raisins,
celery & carrot for the
nose!

Mailing Claims—Make sure to mail forms to **1818 Court St. Ste. 3, Beatrice, NE 68310** If you need mailing labels let us know!

December Dates to know...

Thursday, December 5th—**Claims are Due!**

Wednesday, December 18th —Checks **SHOULD BE*** mailed.

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

Saturday, December 21st—Winter Begins!

Wednesday, December 25th— **Christmas Day!**

