



What's Cookin' Child Nutrition Services



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brooke@gocns.net

april@gocns.net

I hope everyone survived the Winter months and that you and the kids are staying healthy. The Groundhog did not see his shadow so we are hoping for an early Spring. Graduation is nearing for all of us with Highschool Seniors, not sure I am ready for the school year to be over. Let the Party planning begin! Wishing all your graduates the best!

We want to remind providers to always be prepared for a visit from NDE, treat every day like a Food Program visit day to ensure you are always in compliance. If you haven't returned your Required Annual Training Form yet please return to us by mail, email or fax. We are impressed with how many have been returned so far! 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: beef tator tot casserole.

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 Formulation 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.

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 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.

Solids for infants do not have to be jarred baby foods, table food is allowed if parent requested and if it is a creditable Infants component. 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



Spring Workshop Dates: Growing Healthy Kids in 2020

Geneva—Monday, March 16th 1900 F Street @Fillmore County Hospital.
Lincoln—Tuesday, March 24th 4720 Randolph St. @Tabitha Health Care.
Auburn—Tuesday, March 31st 1810 Courthouse Ave. @Auburn Library.
Beatrice—Monday, April 20th 4800 Hospital Parkway @ BCHHC.
Gretna—Thursday, April 23rd 736 South St. @Gretna Public Library.

All Workshop Times are 7-9 p.m. Call or email to Register.

Come join the fun, door prizes for all!!!

Congrats to Jennifer and Kyle Krajewski on the birth of their son, Colter Rae Krajewski who was born on February 3rd, weighing 9lbs 10 oz. and 20 3/4 inches long. He was welcomed home by big sister Lily 15, big brothers Lucas 10, Zeke 9 and Zander 3. Jennifer's home daycare is in Eagle.

It's A Boy!!!



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!**



All grains in the CACFP must be either enriched or whole-grain or made from whole-grain or enriched meal and/or flour. Some examples of non-creditable grains are... **potato chips, bugles, veggie straws and/or any product with the first ingredient corn, corn meal, degermed yellow corn, potato flour and dried yellow peas** to name a few. If you are unsure about an item please call or email, we are happy to help!

Serve some green in the Month of March, try celery, green peppers, cucumbers, pickles, lettuce, grapes, kiwi, avocados, broccoli, apples, spinach, asparagus, brussell sprouts, kale, honey dew melon, peas, green beans, okra and zucchini.

Avocado Deviled Eggs



March Dates to know...

Thursday, March 5th—Claims are Due!

Sunday, March 8th—Daylight Savings!

Tuesday, March 17th—St. Patrick's Day!

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

Thursday, March 19th—Bank Transfers **SHOULD BE*** complete

based on information provided by: The Nebraska Department of Education.

Thursday, March 19th—1st day of Spring!

