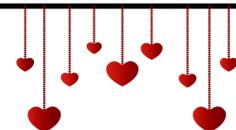
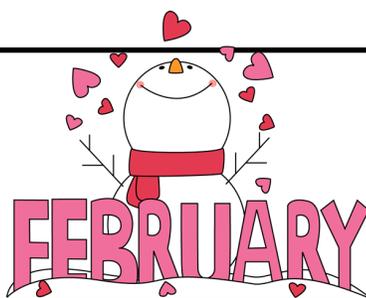




What's Cookin' Child Nutrition Services

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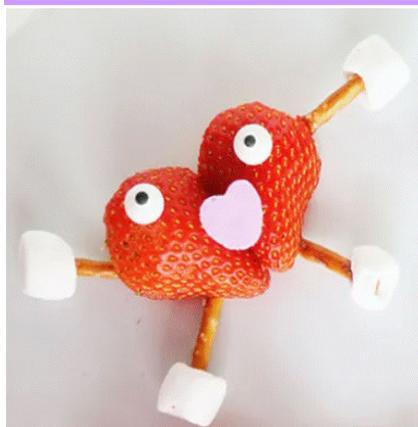
February 2026
Volume 121 Issue 98

Hello, It seems be a good winter so far, not much of that white stuff. Sledding has been kept to a minimum, so our grandkids might not get much use of those sleds we got them for Christmas. I like these random warmer days we have been having. Has everyone started off the New Year with some training hours under their belt? If not, make sure to utilize the links in our newsletter. Another place you can find these same training links is our website, www.gocns.net under About Us, then Services. April is posting other available trainings on there too, along with on our Facebook page. Make sure you are also starting the year off right by keeping records up to date daily, letting us know when you are closed, and by participating in the January Meat/Meat Alternate Challenge. It's a great way to encourage the little ones to try new foods and get them involved in the menu planning. Try giving them options to choose from, you might be surprised at how eager they are to try a meal they helped plan. ~Brooke~

Use a creditable yogurt, add cut up strawberries and freeze into heart shapes.



Let the kids make their own Valentine character for snack.



Serve heart shaped tortillas at snack or add meat/extra cheese & serve for lunch.



FOODS THAT REQUIRE A CN LABEL OR PRODUCT FORMULATION STATEMENT WHEN SERVED IN THE CACFP

Bacon (any kind) *Breaded meats Polish sausage Bratwurst Kielbasa *Corndogs Summer sausage
Beef jerky Pepperoni (any kind) Commercially Prepared meat dishes *Pot Pies *Ravioli *Pizza
Salami Commercially prepared soup /stew Vienna Sausage Commercial Meat Sauce Liverwurst
Dried/semi dried meats *Meatballs *Meatloaf *Burritos/enchiladas/quesadillas/tacos

*If this food is homemade then it is creditable in the CACFP.

FOODS THAT MUST BE HOMEMADE TO BE CREDITABLE—(if a CN Label or Product Formulation Statement is not on file.)

Meatballs / meatloaf / Soups / Casseroles / Pot Pies / Ravioli / Pizza / Breaded meats / Burritos / Enchiladas / Quesadillas / Tacos

WHEN TO SUPPLEMENT PROTIEN AT LUNCH & DINNER—When cheese or peanut butter are the main protein at a meal.

Serve extra cheese or peanut butter and specify on your menu or add a half serving of another meat or meat alternate to meal.



Child Nutrition Services
1-402-806-4477

829 W. Court St., Ste.4
www.gocns.net

Beatrice, NE 68310
1-800-927-7122



WELCOME TO CHILD NUTRITION SERVICES!

LACEY CATLETT—BELLEVUE

We are happy to have you join the CACFP!



REFER A FRIEND TO CNS AND RECEIVE A REFERRAL GIFT!

MEAT/MEAT ALTERNATE CHALLENGE

How many different creditable meats & meat alternates you can have the kids try in the month of January?

INCLUDE YOUR TOTAL ON YOUR MENUS

AT THE TOP OF YOUR CHILD MENUS CIRCLE THE NUMBER OF MEATS/MEAT ALTERNATES SERVED.

These top 3 will receive a prize!

Make sure adequate protein is served per child's age.

Cut out the shapes for a caterpillar and let the kids create their own.



Using colored construction paper or tissue paper, let the kids tear out shapes to glue on to a heart.



Get out the paint and make handprint lady bugs.



ONLINE TRAINING OPPORTUNITIES

- ◆ NDE's online Canvas Trainings— <https://www.education.ne.gov/ns/training/cacfp-training/> Create free account.
- ◆ National CACFP Sponsors Association— <https://www.cacfp.org> Create free account.
- ◆ 2025 Calendar Training Modules —This training is still available. 5 pre-approved hours.
- ◆ Institute of Child Nutrition— <https://theicn.org> Create a free account and start learning.
- ◆ UNL Trainings—<https://child.unl.edu/register-upcoming-classes> Free trainings available.
- ◆ Team Nutrition—<https://www.fns.usda.gov/tn/team-nutrition> Free trainings available.
- ◆ 2026 Calendar Training—This is now available and was sent via email. Let us know if you need it resent. (worth 5 pre-approved training hours.)
- ◆ Education Services ESU6—<https://www.esu6.org>—Click on Event Registration for available trainings.
- ◆ REVIEW ENCLOSED CIVIL RIGHTS TRAINING, COMPLETE AND RETURN YOUR FY26 REQUIRED ANNUAL TRAINING.



February Dates to know...

Monday, **February 2nd**—Groundhog's Day!

Thursday, **February 5th**—CLAIMS ARE DUE BY NOON!

Saturday, **February 14th**—Valentine's Day!

Monday, **February 16th**— Presidents' Day!



An exact date for monthly claim reimbursement is not given to Sponsors, the date of reimbursement each month depends on when Sponsors receive the funding. You will be notified via email.

THANK YOU FOR ALL THAT YOU DO!