



Child Care Links

www.childcarelink.org

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August 2017

Make Up Training

If you were unable to attend "Step Up To The Plate" this year, you still need the required two hours of CACFP Training. This MUST be completed before the end of September to continue participation. Please watch our Facebook page, our web site, special mailings and/or the next newsletter for instructions on how to do an online training as soon as the information is available.



Back To School Breakfast Ideas

We love that the new CACFP Meal Pattern allows a protein at breakfast! Tummies will stay full longer, allowing children to learn easier! Here are a few ideas to replace the bread/grain with a protein at breakfast.

- Low fat yogurt & fresh mixed berry parfait and milk
- Hard Cooked Eggs, Orange slices and milk
- Cheese Omelet, fresh fruit salad and milk
- Low fat cottage cheese, cherry tomatoes and milk
- Peanut butter (minimum requirement) with Apple and Banana slices and milk
- Egg and ground sausage scramble, kiwi and milk
- String cheese, fresh grape salad and milk
- Turkey and Swiss cheese cubes, strawberries and milk
- Spinach egg bake, peaches and milk
- Hummus, mixed fresh vegetables and milk

Spinach Egg Bake

- 2 1/4 c. spinach, frozen, thawed and drained
- 6 eggs, large
- 1 T. cheese (your choice of feta cheese, crumbled, Swiss, cheddar or ricotta)
- 1 tsp. onion, chopped
- 1/8 tsp. pepper
- 1/8 tsp. salt

Nonstick cooking spray

Preheat oven to 350°. Whisk eggs in mixing bowl. Add feta cheese, onion, salt and pepper. Mix well. Lightly coat medium baking dish with cooking spray. Spread spinach evenly on the bottom of the baking dish.

Top spinach with egg mixture. Slightly stir the mixture with a spatula. Bake 15 minutes to an internal temperature of 165° or higher. Then broil on high for 2 minutes or until the eggs are set and the top is a light brown.

Serve immediately.

Cut into 6 even pieces.

Credit: 1 piece provides 2 oz. meat alternate and 1/4 c. vegetable



Nutrition Bites

New CACFP Meal Pattern Requirements



The New Meal Pattern goes into full effect October 1, 2017.
Please begin practicing NOW so you are ready to be successful!

- Infants must have OFFERED amounts listed with each meal component.
Example: 6 oz. breast milk (BM) 3 T. rice cereal (RC) 4 T. peaches.
**If mother breast feeds on site, document MOS (offered amount is not required)
- At snack time, in addition to formula or breast milk and a grain, a fruit or vegetable is required for infants who are developmentally ready for fruits and vegetables
- Ready to eat breakfast cereal is allowed for infants only at snack time, no more than 6 grams of sugar per dry oz.
- A 100% whole grain (WG) or whole grain rich (WGR) item is required one time each day & must be documented
- 100% fruit/vegetable juice must be limited to no more than one time each day
- Grain based dessert items such as cookies, brownies, granola bars, poptarts, cinnamon rolls and other similar items are **not allowed** for reimbursement. NEW GUIDANCE: Graham and Animal crackers **are** allowed
- Whole unflavored milk is required for children 12 months to 2 years of age. 1% or skim unflavored milk is required for children 2 years and up. Flavored skim milk may be served to children age 6 and up only.
- Ready to eat breakfast cereal must have no more than 6 grams of sugar per dry oz.
take sugars divided by serving size = no more than .212 or see the WIC approved list
- Yogurt must have no more than 23 grams of sugar per 6 oz.
take sugars divided by serving size = no more than 3.83
- At lunch and dinner you must serve at least one vegetable. Two fruits are not reimbursable, two vegetables are allowed.
- A meat/meat alternate may substitute the grain requirement at breakfast up to 3 times each week.

Welcome New Providers

Shannon Tritt—Pratt

Chelsea Masterson—Wichita

Marci Lamphier—Wichita

Welcome Back

Roger Kingsley—Conway Springs

Anticipate Reimbursement Distribution Dates:

August 30, 2017

September 28, 2017

October 27, 2017