



Child Care Links

www.childcarelink.org

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Nov. 2017

Technical Difficulties

Due to printer problems at the office, you will notice that your check and newsletter look a little different this month. A print out was sent with your check so you still have all the information you need regarding your reimbursement.

New Enrollments

You should have already received new gold enrollment forms for 2017-2018. Enrollments were due October 16th. If you have not sent them, please **do so today**. Children without an updated enrollment can not be reimbursed.

IMPORTANT!! Parents must be the ones to fill out these forms. Make sure that all information is filled in. Incomplete enrollments can't be accepted and can prevent you from receiving reimbursement!

2018 Calendar

Each month contains activity pages filled with recipes, nutrition tips, physical & table activities, snacks and more! Monthly calendar pages have oversized squares for recording important events and are followed by the business record-keeping page. Used by almost 40,000 providers across the country and the most requested CACFP tool in print. Order your 2018 calendar today, order forms were sent with the October newsletter.



Lunch Ideas

- Milk, Honeydew, Carrots, Whole Grain English Muffin, Eggs
- Milk, Grapes, Broccoli, Roll, Turkey breast
- Milk, Apples, Spinach, Whole Wheat Spaghetti, Meatballs
- Milk, Cantaloupe, Jicama, Brown Rice, Fish
- Milk, Bell Pepper, Sweet Potato wedges, whole grain bun, hamburger
- Milk Mixed Fruit, Cucumber, Whole grain Bread Stick, yogurt
- Milk, Cantaloupe, Cauliflower, whole grain crackers, Cheese stick
- Milk, Tangerines, squash, noodles, roast beef
- Milk, green beans, zucchini, roll, grilled chicken
- Milk, watermelon, celery sticks, whole grain bread, peanut butter, boiled egg

Nutrition Bites

Anticipated Reimbursement

Distribution Dates:

November 23, 2017

December 28, 2017

Pediatric CPR and First Aid

What: Pediatric CPR and First Aid Class

When: Saturday, November 18, 2017

Where: Hutchinson Community College Student Union, Blue Dragon Room

Time: 8:00am—Noon

Please send a check to Child Care Links, 21 West 2nd, Hutchinson, KS 67501 for \$55.00. Please note the class date on your check. We will not be able to refund for cancellations made within 14 days prior to the class date.

Class size is limited



Chicken Ratatouille

Ingredients:

1/4 T. Canola oil
12 1/2 oz. boneless chicken breast 1/2" diced
1/4 c. zucchini fresh, unpeeled 1/2" diced
2/3 c. eggplant, fresh 1/2" diced
1/3 c. chopped onion
1 c. diced green pepper
3 T. sliced mushroom
1/4 tsp. salt
3 c. canned diced Italian tomatoes
1 clove garlic, minced
1/2 T. dried basil
1/8 tsp. black pepper
1 tsp. Balsamic vinegar
1/2 tsp lemon juice
1/2 T. Parsley, fresh



Directions:

1. Heat oil on medium-high heat in a skillet
2. Add chicken and sauté on each side for about 3 minutes or until lightly browned
3. Add zucchini, eggplant, onion, green pepper, mushrooms and salt. Cook for an additional 5 minutes until onions are tender. Stir often.
4. Add diced canned tomatoes with juice, garlic, basil, pepper and vinegar. Bring to a boil.
5. Reduce heat to medium and simmer for 10 minutes or until chicken is tender and juices from the tomatoes and vinegar have reduced. Stir frequently. Chicken should reach an internal temp of 165 for at least 15 seconds.
6. Remove from heat and stir in lemon juice and parsley.

3/8 c. provides 1 1/2 oz. equivalent meat and 1/4 c. vegetable.

Credit: USDA/childnutritiontoday