

# Nutrition News



August/September 2017

This institution is an equal opportunity provider.

## State Review Findings

Thank you to those providers who were selected for State review. We had a good review except for a few findings. These are the areas we need to see improved:



our

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**MILK**- This was the biggest issue in homes again. When you serve milk, it **must** follow the USDA guidelines:
  - Infants** – Breastmilk or Iron Fortified Infant formula
  - Children between 12 and 23 months** – Whole milk
  - Children 2 years and older** – 1% or non-fat milk
 (Exceptions to these guidelines are if a child has an allergy. If there is an allergy, a Physician’s Statement is required to explain what is to be substituted in place of milk). Soy & goat milk are also acceptable but require a Milk Substitution form to be submitted.
- No records for meals**- I cannot stress enough how important it is to record daily. Meals were disallowed due to providers not having records. It only takes a few moments to do after each meal or at the end of the day.
- Over capacity** – Two providers were found over capacity in our State review visits. Since we are mandated reporters, we must call licensing when we find you over capacity. Please be aware of your capacity, not only by how many children you have, but also how many infants you can have.

## New Meal Rates for July 2017- June 2018

The rates stayed the same this year except for lunch & dinner. Unfortunately they decreased cent.



Tier 2  
by 1

Meal	Tier 1	Tier 2
Breakfast	\$ 1.31	\$ .48
Lunch	\$2.46	\$1.48
Dinner	\$2.46	\$1.48
Snacks	\$ .73	\$ .20

## Important Reminders:

**ENROLLMENT RENEWAL** packets have been mailed out. Please update addresses, phone numbers, and schedules. If children’s schedules vary, mark the “times and days vary” boxes. Mark any days and meals that they may have in your care. Return them by August 31, 2017.

**THE NEW MEAL PATTERN** will go into effect October 1, 2017. The third and final training will be completed at your next home visit. Contact your monitor if you have questions.

**MINUTE MENU KIDS** will be discontinued on October 1, 2017. Stay ahead of the game, and switch to **KidKare** now! This is the same company, just a new program. All of your old records will be there, so the switch is simple. Your login & passwords remain the same too.

**GOOD NEWS!** Graham and animal crackers will still be credible grain components

# Easy Overnight Oats:

Serves 6

## Ingredients:

- 3 cups rolled oats (quick or regular)
- Dash cinnamon (optional)
- 4 ½ cups milk
- 2-4 Tbsp maple syrup or honey
- 3 cups unsweetened applesauce

## Directions:

1. Combine all ingredients in large bowl.
2. Cover and refrigerate 8 hours or overnight.
3. Serve chilled.

*\*Tip: Serve with a glass of milk to make a complete breakfast!*



# Zesty Chicken Pinwheels:

Serves 8

## Ingredients:

- 8 oz cream cheese, low fat
- 1/3 cup salsa
- ½ cup cheddar cheese, shredded
- 1 lb cooked chicken, shredded
- 3 green onions, diced
- 1 Tbsp taco seasoning
- 4 medium tortillas, whole wheat

## Directions:

1. In large bowl, combine all ingredients except tortillas.
2. Spread mixture evenly onto entire surface of tortillas, then roll them up tightly.
3. Chill in refrigerator for 20 minutes.
4. Slice tortilla rolls into 1-inch pieces.
5. Serve with extra salsa on the side for dipping.



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*\*Serve with a glass of milk and another serving of a fruit or vegetable to make a complete lunch or dinner!*