

The Nutrition Edition

P.O. Box 517 Fredonia, KS 66736

(620)378-2481 or (866)-54CACFP

Happy New Year to all -

I do hope everyone's Christmas was warm and kind, with lots of family and food! To me, the memories are far more important than the gifts. 😊

A few things that I want to comment on this month...

PROTEIN SUBSTITUTIONS @ BREAKFAST - The new rule states that "you may substitute a protein component for the bread/grain component at breakfast up to 3 times per week". Just be careful that you don't accidentally sub for the fruit/veggie component. Breakfast **ALWAYS** requires a fruit/veggie be served.

COMBINING NUMBERED MENUS & WRITTEN OUT MENUS - If you are using a combination of numbered menus and written out menus, please do so on the Written Menu form. Not only is there a lack of space on the numbered menu form, but most of you end up leaving off a required component when you try to write in the meal in that tiny space. I certainly don't mind seeing menu #'s written in on the big menu.

HANDLING DROP-INS - Do you allow drop in's to attend when regular children are absent? It is perfectly fine if you do, **HOWEVER, all children in your care are to be listed on the attendance roster.** You may choose not to claim them if the care is sporadic, but they still need to be listed on the roster. Consider putting them at the bottom, with a note - DROP IN, NOT CLAIMING. Then we won't hassle you for a form!

Londa

WELCOME TO OUR NEWEST PROVIDERS:

- Amanda DeWitt - Yates Center -
- Michelle Spears - Pleasanton -



Checks will be deposited on
January 31st 2020



SPECIAL DAYS

National Hot Tea Month
National Oatmeal Month
National Soup Month
National Baking Month

National Spaghetti Day - 4th
National Bean Day - 6th
National Milk Day - 11th
National Bagel Day - 15th
National Peanut Butter Day - 24th



HAPPY NEW YEAR



December Facebook Challenge Winner
“Best Christmas Craft”
Wanda Gettler
\$25 Amazon Gift Card

January Facebook Challenge “Daycare Tips and Tricks”


The sharing you did in December was FANTASTIC! Chime in again this month with your “best daycare hacks”. It takes a very special (possible crazy) person to run a home daycare, share some of your tips with each other this month!

Winner receives a \$25 Amazon Gift Card.



Find us on Facebook
 PPCSEK Food Program

	REIMBURSEMENT RATES (Effective 7/1/19)	
	Tier 1	Tier 2
Breakfast	\$1.33	\$.48
Lunch/Dinner	\$2.49	\$1.50
Snack	\$.74	\$.20



Get your December menus sent to us by the 5th of January!

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TOGETHER COOK ~ READ ~ EAT

Peanut Butter Chocolate Chip Oat Muffins

Ingredients:

- ¼ C butter, softened
- ½ C sugar
- ½ C no-stir natural peanut butter
- 2 eggs
- 1 tsp vanilla extract
- 1½ C mashed bananas, about 3 large
- 1¼ C whole wheat flour
- 1 C all-purpose flour
- 2½ tsp baking soda
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp salt
- ¾ C non-fat milk
- ½ C mini chocolate chips, plus additional for sprinkling on tops

Instructions:

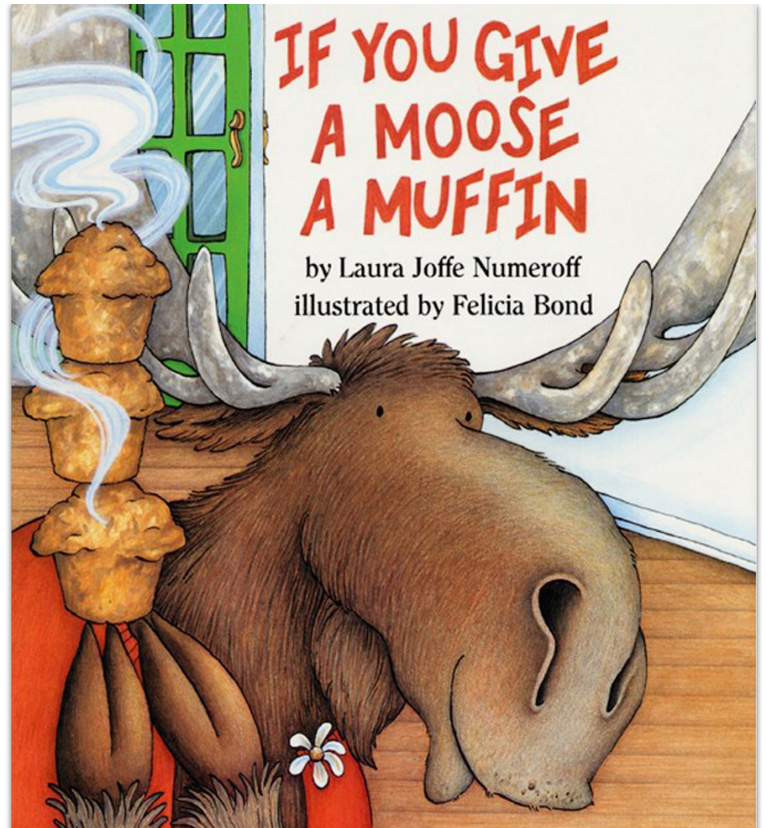
1. Preheat oven to 375. Lightly spray muffin tin with non-stick cooking spray or line with cupcake liners.
2. In the bowl of a stand mixer (or using an electric mixer), cream together butter and sugar. Add in peanut butter, eggs, vanilla, bananas, and milk. Mix until well-combined. Set aside.
3. In a medium bowl, whisk together flours, baking soda, cinnamon, nutmeg, and salt. Slowly add dry ingredients to wet ingredients and stir until just combined.
4. Stir in mini chocolate chips.
5. Fill each muffin cup about ¾ full. Bake for 8-11 minutes or until toothpick inserted in the center comes out clean.

CACFP CREDITING

Makes 31 grain/bread servings for 3-5 year olds at any meal or snack.

Breakfast: Serve with Fruit and Milk

Snack: Serve with Milk, Meat, Fruit or Vegetable



<https://www.a-kitchen-addiction.com/peanut-butter-banana-chocolate-chip-muffins/>

Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meat and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.



Here's how to include meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 **ounce equivalent** of meat/meat alternate for 1 serving of grains; or
- Substitute 1 **ounce equivalent** of meat/meat alternate for 1 ounce equivalent of grains.

Ounce equivalents are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ½ of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meat/meat alternates more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.

A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years	Adults
Minimum amount of meat/ meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	⅛ cup	¼ cup	½ cup
Natural or processed cheese	½ ounce	1 ounce	2 ounces
Cottage or ricotta cheese	⅛ cup (1 ounce)	¼ cup (2 ounces)	½ cup (4 ounces)
Eggs	¼ large egg	½ large egg	1 large egg
Lean meat, poultry, or fish	½ ounce	1 ounce	2 ounces
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons	4 tablespoons
Tofu (store-bought or commercially prepared)	⅛ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)

Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

