



August 2010
Volume 10, Issue 11

CACFP NEWS & TIPS

CACFP Reminders

1. Please check inside this newsletter for more information on mandatory CACFP trainings. You must attend 4 hours of training in August and 2 hours in September.
2. School will be starting soon, if you need to change your times please send a request in writing.
3. When going on field trips, you must let our office know when and where (time and address). We do monitor visits on field trips if you are claiming that meal.

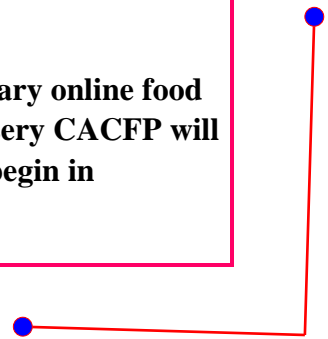
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We would like to thank Lynn Harris for all of her hard work and dedication to the CACFP program. Lynn has decided to further her education.

 Molly Manley will do all monitor visits.

Breaking News.....

You asked for us to get Minute Menu to replace Child Watch as our primary online food program database. We listened... As of the New Contract Year Day Nursery CACFP will be switching to this interactive easy to use software. Look for training to begin in September.



Activity of the Month

Look Who Came To School Today!

During circle time build positive self-esteem when greeting children with this song.

Look Who Came to School Today

(tune: Mary Had A Little Lamb)

Look who came to school today
School today, school today
Look who came to school today,
_____(child's name) did.

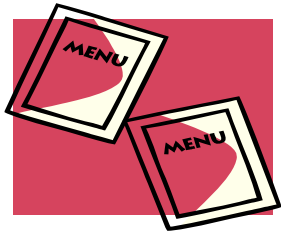
The child named gets up and dances as children clap. Repeat with all the children's names, including the teacher's name.

Source: preschoolrainbow.org

Menu of the Month

Breakfast

Mixed berries
Waffles
Milk



Snack

Mandarine Oranges
Cottage Cheese
Water

Lunch

Tuna salad *
Cucumber Slices
Grapes
French Rolls
Milk

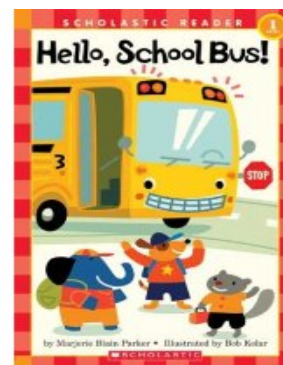
Make your meals exciting. Take some tips from the menu of the Month.

Book Review

Hello, School Bus!

By: Marjorie Blain Parker Reviewed By: Amazon.com

We wave. We meet. We watch and wait. Yes--here it comes! We won't be late. Hello, school bus! This is the first book in a series of three new Scholastic Reader titles about vehicles. Hello, School Bus! is a simple rhyming story for Level 1 readers about the experience of riding on a school bus. Fun colorful illustrations add energy and excitement to this transportation book.



Recipe of the Month

Tuna Salad on a French Roll



- 2 cans (12 ounces each) of tuna packed in water, drained and flaked.
- 1 cup of tarter sauce
- 4 tablespoons of grated lemon peel
- 2 cups of romaine lettuce
- 6 French rolls (8 inches long) cut in half

1. Mix tuna, tarter sauce and lemon peel

Source: bettycrocker.com

Makes: 12 servings, serving size = 2 oz of tuna salad

Serving Suggestion: Serve with sliced cucumbers, grapes and a glass of milk to round out lunch.

Nutritional Information

Making Snack Time Fun

Involving children in preparing their snacks can invite their interest in new foods.

Consider the following ideas:

- Make fruit and yogurt smoothies. Allow the children to help prepare the snack.
- Create a fruit and yogurt cone. Spoon lowfat yogurt into an ice cream cone. Let the children decorate their cones with small pieces of fresh fruit.
- Make a fruit salad face. Give each child a pear or peach half. Provide canned cherry halves for eyes, a thin slice of apple for a smile, and grated cheese for hair.
- Offer fruits with a yogurt dip. Let the children help choose the fruits you will serve for snack.
- Make a bean dip to serve with lightly steamed vegetables cut in manageable pieces. Let the children help mash the beans for the bean dip.

Snack time is a good time to introduce new foods.

Snacks can be used as a taste test opportunity.

Offer a small portion of a new food alongside a familiar

food. Ask the children to tell you what they think about the new food. This is a great way to introduce a new recipe you are considering as a main dish or side.

Snack Time as Teaching Time

Consider including a book, song, or lesson related to the healthy snack foods you serve as a part of your teaching time. Talk about the importance of eating healthy snacks. Teach children how to choose healthy snack foods. Remember, giving children positive experiences with foods in child care, including snacks, is important!



Source: nfsmi.org



CHILD CARE CENTERS
REFERRALS • TRAINING

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Staff	Position	Extension
Mindy Bennett	Director of Programs	224
Molly Manley	CACFP Coordinator	228
Larry Gist	Database Manager	249

Office Hours:	
Monday	8:00 A.M.— 5:00 P.M.
Tuesday	8:00 A.M.—5:00 P.M.
Wednesday	8:00 A.M.—5:00 P.M.
Thursday	8:00 A.M.—7:00 P.M.
Friday	8:00 A.M.—2:00 P.M.



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August 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5 July Claims Due	6 Office Closed	7
8	9	10	11 Spanish CACFP Training	12 Spanish CACFP Training	13	14 CACFP Training
15	16 CACFP Training	17 CACFP Training	18	19	20	21 CACFP Training
22	23	24	25	26	27	28
29	30	31				