



May 2010
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CACFP NEWS & TIPS

CACFP Reminders

1. The juice you serve must be 100% juice.
2. Please post infant and regular menu before start of business on Mondays.
3. All food stored in refrigerator and freezer must be covered and all spills must be wiped up.
4. Meals cannot be marked before you serve them, it is best practice to mark at point of service.
5. If your name appears on the block claim report or your visit worksheet reconciliation numbers do not match up with your submitted claim you will receive a follow up visit to validate the reason.

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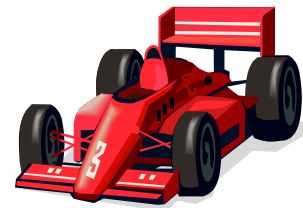
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PLANT A GARDEN

Gardening is a fun and easy way for children to learn about fruits and vegetables. Children are more willing to try the new vegetables if they take part in growing them. Gardening also gives children a sense of satisfaction and pride when they see the produce they have grown.



Happy Memorial Day



Activity of the Month

Penny Spoon Race

Source: familyfun.com

What you need:

- ◆ Bowl of Pennies
- ◆ Large Spoons

Instructions:

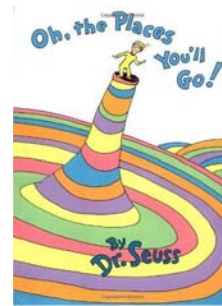
1. Setup: Mark the start and finish lines. Count the number of pennies it takes to fill a spoon, and place that many pennies per player in a bowl.
2. Playing the game: Each player gets a spoon and fills it with the specified amount of pennies. After the referee calls "Ready, Set, Go!" players race toward the finish line. If a penny falls from a spoon, the player has to stop, pick up the coin, and put it back onto the spoon before continuing. The first player to cross the finish line with a full spoon wins. If there are lot of racers have teams or do heats.



Book Review

Oh, the Places You'll Go!

By: Dr. Seuss Reviewed By: Amazon.com



Menu of the Month

Breakfast

English Muffin
Peaches
Milk



Snack

Cottage Cheese
Pineapple
Water

Lunch

Egg Salad*
Wheat Bread
Pickle Spears
Apple Slices
Milk

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

*see recipe

Inspirational yet honest, and always rhythmically rollicking, *Oh, the Places You'll Go!* is a perfect sendoff for children, 1 to 100, entering any new phase of their lives. Kindergartners, graduate students, newlyweds, newly employees--all will glean shiny pearls of wisdom about the big, bountiful future. The incomparable Dr. Seuss rejoices in the potential everyone has to fulfill their wildest dreams: "You'll be on your way up! / You'll be seeing great sights! / You'll join the high fliers / who soar to high heights." At the same time, he won't delude the starry-eyed upstart about the pitfalls of life: "You can get all hung up / in a prickly perch. / And your gang will fly on. / You'll be left in a Lurch."

But fear not! Dr. Seuss, with his inimitable illustrations and exhilarating rhymes, is convinced ("98 and 3/4 percent guaranteed") that success is imminent. As long as you remember "to be dexterous and deft. And NEVER mix up your right foot with your left," things should work out.

Recipe of the Month

Egg Salad Sandwiches

Ingredients:

8 hard-cooked eggs, diced
1 cup mayonnaise
1/4 cup dried onion flakes
1/2 teaspoon salt
1 teaspoon mustard powder
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
1 teaspoon dill weed
16 slices white bread

Directions:

In a bowl, gently mix the eggs, mayonnaise, onion flakes, salt, mustard powder, garlic powder, pepper, and dill. Cover, and refrigerate 8 hours, or overnight. To serve, spread equal amounts on 8 slices bread; top with remaining bread slices to make sandwiches.

This recipe makes 8 servings for ages 6-12 years. Serve with apple slices, pickle spears, and a glass of milk to round out the meal.



Source: allrecipes.com

Nutritional Information

Dairy Foods—A Powerhouse of Nutrients

Dairy foods provide a powerhouse of important nutrients. One 8-ounce glass of milk contains calcium, vitamin D, riboflavin, protein, potassium, vitamin B12, and other essential nutrients.

Pre-school children need two servings from the Milk Group each day. Milk, yogurt, cheese, cottage cheese, ice cream, frozen yogurt, and pudding are part of this group.

Calcium is the principal mineral in bones and teeth. Nearly 99% of the calcium in the body is stored in the bones. As bones begin to form and harden, calcium, along with other minerals, is essential in developing the skeleton. Bones are alive and constantly being replaced. The skeleton can be thought of as a calcium bank. Calcium is deposited and stored in the skeleton. The body needs constant

supply of calcium. When the diet does not provide adequate calcium, it is taken directly from the bones.

Calcium also is important for other body functions. It aids in normal muscle contraction and relaxation, blood clotting, nerve functioning, blood pressure and in the body's ability to fight disease. That is why it is important to eat calcium-rich foods every day. Adequate calcium intake early in life can help prevent the crippling bone disease, osteoporosis, in the adult years. Good sources of calcium are Milk Group foods. Other calcium sources include tofu, oysters, legumes, and green leafy vegetables such as kale, spinach, and broccoli.

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
Lynn Harris	CACFP Monitor	247
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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May 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5 APRIL CLAIMS DUE!	6	7	8
9	10	11	12	13	14	15
16	17 Office closed 11:30-1:30 Staff meeting	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Office closed Memorial Day					