



May 2017

## Early Implementation of Updated Meal Pattern

[www.communitybridges.org](http://www.communitybridges.org)

We have exciting things happening in CACFP. As many of you already know, the USDA has finalized a new meal pattern for all child nutrition programs. This new meal pattern will become effective October 1, 2017. Updated meal pattern requirements will be discussed in greater detail at our annual workshops, where you will be able to ask questions. As part of the implementation phase, the USDA has allowed child nutrition programs to implement some of the new requirements before the October 1st effective date to allow providers the opportunity to adapt to some of the new changes before the entire meal pattern is enforced. Below is a list of items that will be implemented beginning June 1, 2017, and how they will be monitored. The early implementation of the updated CACFP meal pattern requirements will be from June 1, 2017- September 30, 2017, with technical assistance and training during the early implementation period. There will be no disallowance for non-compliance to the updated requirements during this time. Please look over the information below and call your consultant if you need further clarification.

### **Early Implementation**

- 1) Infants that are breastfed on-site will now be reimbursable. When documenting, be sure to write "Breastfed on-site" or "Mother on-site".
- 2) Juice is limited to one serving per day per facility. This means that even if a provider is serving two different groups of children a snack that has juice, she may only serve juice to one group.
- 3) Grain based dessert will no longer be reimbursable. The following are examples of grain-based desserts: Breakfast bars, brownies, cakes, cereal bars, cookies, doughnuts, granola bars, sweet crackers including graham and animal crackers, sweet pie crusts, sweet rolls, sweet bread, and toaster pastries.

\*Please note: meal disallowances will continue to happen for unchanged meal pattern requirements.

*Source: [www.fns.usda.gov/cacfp](http://www.fns.usda.gov/cacfp)*



### **Program Reminders/ Updates**

**New CACFP Meal Pattern:** Early implementation period will begin June 1, 2017 – September 30, 2017. Disallowances will continue to occur for non-compliance of unchanged meal pattern requirements.

**Annual Workshop:** Invitations have been mailed out; please don't forget to register as soon as possible. Important: Don't forget to secure a spot for one of our workshop by sending in your registration slip. Registrations will not be taken by phone.

## Menu Ideas – Meatless Mondays

### Breakfast

Sourdough bread	Buckwheat bread	Cheerios	W/w English muffin	Waffles
Avocado	Peaches	Raspberries	Tomatoes	Bananas
Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%

### Lunch or Dinner

Cheddar cheese	Chicken Teriyaki	Black beans	Ground Turkey	Baked Salmon
W/w roll	Brown rice	Hard shell taco	W/w spaghetti	Quinoa
Cucumbers	Mixed Veggies	Lettuce & Tomatoes	Roasted Zucchini	Kale Salad
Strawberries	Pears	Carrots	Apples	Raspberries
Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%

### Snack Am or Pm

Oranges	Low-fat Yogurt	HM Guacamole	Mozzarella String Cheese	Almond Butter
Pretzels	Granola w/mix nuts	Corn chips	Wheat thins	Apples

### Chicken Teriyaki

#### Ingredients:

- 3/4 cup low-sodium soy sauce and 1/4 cup honey
- 1 1/4 teaspoons peeled, fresh grated ginger ( 1 1/2 inch piece) grated on the small holes of the grater
- 1 pound boneless, skinless chicken breasts
- 2 medium scallions, thinly sliced
- 4 teaspoons vegetable oil and black pepper

#### Instructions:

- Simmer soy sauce and honey in a small sauce pan over medium heat, stir often until honey dissolves. Add ginger, stir to combine, remove from heat and set aside.
- Cover ck with a plastic wrap and with a meat mallet gently pound the ck to a 1/2 inch thickness. Cut in half to have 4 pieces of the same size. Season both sides with pepper.
- Heat oil in large frying pan over high heat. Add ck and cook both sides until browned (about 3 minutes each side).
- Reduce heat to medium, slowly pour reserved sauce and cook. Flip ck occasionally, until cooked through.
- Transfer ck to a clean cutting board. Reduce the sauce in the pan over medium heat until slightly thickened (3 minutes). Slice ck crosswise into 1/2 inch pieces. Place on serving dish, top with sauce and scallions.



Source: [www.chowhound.com](http://www.chowhound.com)

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### NEW- Provider Showcase

**Are you doing something amazing in your Family Child Care Home?** Do you have a wonderful activity/recipe you want to share? We want to give you a chance to share your experiences and to showcase particularly great day cares. Please send us your stories and we will showcase you here.



With the help of all **432 Family Child Care Home Providers** participating in the CACFP, we served over **2,054,229 meals and snacks** to over **4,663 children** in 2016! Each one of you are making a difference in children's health every day and the collective impact is incredible. Keep up the amazing work and **THANK YOU** for all you do!

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