



CHILD CARE DEVELOPMENT SERVICES  
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS

123 E POWELL BLVD  
SUITE #300  
GRESHAM, OR 97030

### Hot Topics:

- Documenting
- Labels
- HM Recipes
- Holiday Notes

### Menu Due Dates:

Menus must be hand delivered or submitted by the 5th or post marked by the 2nd of each Month.

CCDS Department  
Directory:

USDA Food Program -  
503-489-2528  
Training -  
503-489-2599  
Human Resources -  
503-489-2541  
Program Manager -  
503-489-2509

CCDS Website

<http://www.ccdsmetro.org>

# Child Care Development Services Newsletter January 2018

## Labels and the New CACFP Meal Pattern

**Here are a few reminders of requirements regarding labels and recipes now that we are two months into the new meal pattern.**

- We still require that you send to us your pictures of chicken nuggets, corndogs, and fish sticks. Also, hummus is only claimable if homemade, so you'll need to send us a recipe for homemade hummus.
- Chicken nuggets, corndogs and fish sticks are to be noted by sending us pictures of the bag or box and the UPC code on the package. This way, we can let you know if you have the correct ones.
  - Yogurt (under 23 grams of sugar per 6 oz), breakfast cereals (6 grams of sugar or less), and whole grain bread/tortilla/pasta items (only if claiming for your one whole grain item per day) labels and nutrition facts labels need to kept on file at your home or site.
  - Pictures are fine – but we have found that the easiest way to keep these labels is simply to cut them out, along with their nutrition labels, and put them all in an envelope, as we will be asking to see these labels on our visits.
  - You only have to save the labels of the cereals, yogurt and whole grain items of those that you are claiming. And you only have to save the labels once, as long as you are still claiming the item.
  - Again, you have the choice of cutting out the labels or taking pictures of them and saving to your phones, or taking pictures and printing them out on a computer and putting them in a binder. These are not to be sent to us, just keep them at home.
  - As with all homemade items, if you are claiming homemade rolls or bread as your one whole grain item, you will need to have a recipe on file so we can ascertain that the homemade item is whole grain.
  - Finally, remember that you can serve any type of bread, homemade or otherwise, without saving a recipe if these items are not being claimed as whole grain.

### Holiday Notes

Be sure to send in parent signed holiday notes if you claim meals on Christmas or New Year's Day.



# Harvest Delight



Dark Green & Orange Vegetables—  
Inspired by autumn vegetables found  
at farmers markets,

Harvest Delight is an irresistible,  
brilliantly colored roasted vegetable  
and fruit medley side dish.

**Nutrients Per Serving:** Calories **93**,  
Protein **1 g**, Carbohydrate **16 g**,  
Dietary Fiber **3 g**, Total Fat **3 g**,  
Saturated Fat **0 g**, Cholesterol **0 mg**,  
Vitamin A **11204 IU (560 RAE)**,  
Vitamin C **11 mg**, Iron **2 mg**, Calcium  
**38 mg**, Sodium **103 mg**

**Preparation Time:**

**30-40 minutes**

**Cooking Time: 1 hour**

**Makes six ½-cup servings**

**Kidkare questions?**

Go to  
[www.kidkare.com](http://www.kidkare.com)  
and search the  
“Help” tab for  
answers.

Need more help?  
Call Minute Menu  
@ 972-671-5211

## Ingredients

- 1 1/3 cups** Fresh green apples, peeled, cored, diced ½”
- 1/3 cup** Fresh carrots, peeled, sliced ¼”
- 1 cup** Fresh sweet potatoes, peeled, cubed 1”
- 1 cup** Fresh butternut squash, peeled, seeded, cubed ½”
- 1/3 cup** Fresh red onions, peeled, diced
- 2 Tbsp** Extra virgin olive oil
- ¼ tsp** Sea salt
- 1 tsp** Fresh thyme, chopped
- 1 tsp** Fresh oregano, chopped
- 1 tsp** Fresh sage, chopped
- 1 tsp** Fresh rosemary, chopped
- 1 tsp** Fresh garlic, minced
- 2 ½ tsp** Maple syrup
- 1 cup** Fresh baby spinach, chopped
- 1/8 cup** Dried cranberries, finely chopped

## Directions

1. Preheat oven to 425 °F.
2. You may place diced apples in a small bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.
3. Steam carrots in a steam basket over high heat for 10 minutes or until soft.
4. Toss potatoes, squash, carrots, and red onions in a large mixing bowl with olive oil and salt.
5. Line a large baking pan with parchment paper and spray with nonstick cooking spray. Spread vegetables evenly on baking pan. Roast vegetables in oven at 425 °F for 25 minutes or until tender and slightly browned. Turn vegetables once midway through roasting.
6. In a large mixing bowl, combine apples, thyme, oregano, sage, rosemary, and garlic.
7. Remove vegetables from oven, lower heat to 400 °F. Add apple mixture to vegetables. Spread evenly. Return to the oven and roast for 15 minutes or until slightly tender.
8. Remove from oven. Drizzle with maple syrup and mix well. Return to oven. Roast for 8 additional minutes at 400 °F until vegetables are fork-tender.

## Holiday Notes

A holiday meal attendance form is to be used when the children are in care and meals are being claimed on:

**Thanksgiving  
November 24th**

This institution is an equal opportunity provider.