

CHILD CARE DEVELOPMENT SERVICES

PROMOTING HEALTHY HABITS TO LAST A LIFETIM

CCDS 123 E POWELL BLVD SUITE #300 GRESHAM, OR 97030 503-489-2528



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 December 2017

WHAT DOYOU MEAN, NEW MEAL PATTERN?

Most providers have questions about the New Meal Pattern Requirements that became effective October 1, 2017. You can wait for a CCDS nutrition coordinator to make a visit and ask your questions, or you may find your answer when you need it by visiting our website. Please go to www.ccdsmetro.org/faq.html and click on the appropriate link to find the Q&A for each topic area. The topic areas are Milk. Bread & Grains, Fruit & Vegetables, Infant Meal Pattern and Meat & Meat Alternates. If you still have questions, just let us know. If we do not have the answer, we can get one for you.

WHERE CAN I FIND A FORM FAST?

Need a form? All providers are given a manual with a sample of all forms during the initial training process. They are there for you to use as you need them. If you need a new copy you can find it on our website on the "forms and documents" page which is listed under the Family Child Care heading. The webpage is www.ccdsmetro.org/forms-and-rules.html.

WHERE DO I FIND THE TOTAL REIMBURSEMENT RECEIVED FROM CCDS IN 2017?

It is simple to find your total reimbursement from CCDS in Kidkare. Simply login to your account, click onto "Reports".

Under "select category" click onto "claim statement."

Under "select report" click onto "tax report."

Select the year and click onto "Run."

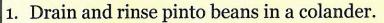
Turkey Tacos

Ingredients:

1 15 oz can pinto beans

Non-stick cooking spray

- 1 pound ground turkey
- 1 cup tomato sauce
- 2 Tablespoons tomato paste
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 8 ounces low-fat cheddar cheese
- 1/4 medium head of lettuce
- 2 large tomatoes
- 14 taco shells



- 2. Coat a large frying pan with spray and brown turkey over medium high heat.
- 3. Add beans, tomato juice, tomato paste, chili powder, garlic powder, salt and pepper to the pan, stirring well.
- 4. Reduce heat to medium and cook until thickened, about 20 minutes.
- 5. Grate cheese.
- 6. Rinse lettuce and tomatoes. Tear lettuce into bite sized pieces and dice tomatoes.
- 7. Place 2 Tablespoons cooked meat mixture into each taco shell. Sprinkle 1 tablespoon cheese so it melts on the meat.
- 8. Top each taco with 1 tablespoon shredded lettuce and 1 tablespoon diced tomato.



Bring sauces, soups and gravy to a boil when reheating. Heat left overs to at least 165 degrees.

Re-heating is not a substitute for keeping food at safe temperatures. Some toxins are not killed by heat.

Chef's Notes

Kids can help with steps 1,3,5,6,8 and 9.

Use any of the kids' favorite sautéed vegetables, low-fat sour cream, or salsa to top the taco.

Substitute any type of canned beans for the pinto beans.

Try using whole wheat tortillas in place of taco shells, or serve over rice or corn bread.

Use leftover turkey in place of ground turkey.

A guide to storing Thanksgiving leftovers

Food	Fridge
Turkey, cooked	3-4 days
Meat (ham, beef), cooked	3-4 days
Gravy	1-2 days
Cranberry sauce	10-14 days

If you choose to freeze these leftovers, they should be used or discarded after 3 months.