



CHILD CARE DEVELOPMENT SERVICES
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS
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503-489-2528

Hot Topics:

- Tips to Make Half Your Grains Whole
- KidKare
- Chicken Alfredo With a Twist
- Holiday Notes Reminder
- Resources—Useful Tips

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>

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Tips to Make Half Your Grains Whole

Make simple switches

To make half your grains whole grains, substitute a whole grain product for a refined-grain product. For example, eat 100% whole wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

Save some time

Cook extra bulgur, wheat berries, rice or barley when you have time. Freeze half to heat and serve later as a quick side dish.

Be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain”, “stoneground”, “100% wheat”, “cracked wheat”, “seven-grain” or “bran” are usually not 100% whole-grain products, and may not contain any whole grain.



This is the new and improved online claiming service from Minute Menu. And best of all **KidKare** will work on all browsers on any platform!

Check out Kidkare at <https://app.kidkare.com/#/login/> by using your same login and password that has been provided to you from Child Care Development Services.

Everyone will need to make the change by September 2017. **KidKare** will have the updated meal pattern guidelines and replace Minute Menu. Minute Menu will not support the new meal patterns and guidelines. Get a head start and make the change today.

If you need assistance call your coordinator at his/her phone number or the receptionist at [503-489-2528](tel:503-489-2528) or check out the great training tutorials at <https://help.kidkare.com/help>



Chicken Alfredo With a Twist

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

Ingredients

- 2 ½ cups** Rotini pasta, whole-wheat, dry (10 oz)
- 2 cans** Low-fat, reduced-sodium cream of chicken soup (two 10¾-oz cans)
- 1 1/3 cups** Fat-free half and half
- ¼ tsp** Ground white pepper
- 1/8 tsp** Garlic powder
- 1/3 cup** Grated parmesan cheese
- 3 cups** Cooked diced chicken, ½" pieces (12 oz)

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165 °F or higher for at least 15 seconds
3. Combine noodles and sauce right before serving. Serve hot.

Note: Keep noodles and sauce separate until serving time. Sauce will thicken upon standing. 1 cup provides 2 oz equivalent meat and 1 oz equivalent grains.

FRIENDLY REMINDER HOLIDAY NOTES

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

Memorial Day

Resources

Find useful tips and strategies to help you incorporate the best practices into your every day meal service:

[Nutrition and Wellness Tips for Young Children \(http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program\)](http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program)

Child care providers can use these tips to incorporate key recommendations and best practices into their menus and daily schedules.

Whole Grains

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-wheat rotini noodles.

Nutrients Per Serving: Calories **345**, Protein **30 g**, Carbohydrate **41 g**, Dietary Fiber **3 g**, Total Fat **8 g**, Saturated Fat **4 g**, Cholesterol **69 mg**, Vitamin A **450 IU (29 RAE)**, Vitamin C **< 1 mg**, Iron **2 mg**, Calcium **174 mg**, Sodium **572 mg**

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