



CHILD CARE DEVELOPMENT SERVICES
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

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

Hot Topics:

- New Meal Pattern Self-Assessment
- Corned Beef Quesadillas
- Milk Options

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 March 2018

New CACFP Meal Pattern Self-Assessment

We are now half way through year one of the new meal pattern implementation. This means there are only six more months to get the details of the changes correct without penalty of meal reimbursement deductions for mistakes. When you can check "yes" to each of the items below, you know your menus will have implemented the changes correctly. Let your food program specialist know if you have any questions.

When serving claimed meals and snacks, do you...	Yes	No
1. Introduce solid foods to infants around 6 months as developmentally ready?	<input type="checkbox"/>	<input type="checkbox"/>
2. Claim a vegetable, fruit, or both at snack for infants 6 through 11 months old?	<input type="checkbox"/>	<input type="checkbox"/>
3. Avoid claiming juice for infants?	<input type="checkbox"/>	<input type="checkbox"/>
4. Avoid claiming cheese food or cheese spread for infants?	<input type="checkbox"/>	<input type="checkbox"/>
5. Claim one fruit and one vegetable or two vegetables at lunch and dinner?	<input type="checkbox"/>	<input type="checkbox"/>
6. Claim juice for children no more than once per day?	<input type="checkbox"/>	<input type="checkbox"/>
7. Claim whole grain-rich* grains, breads, or cereals at least once per day?	<input type="checkbox"/>	<input type="checkbox"/>
8. Avoid claiming grain-based desserts**?	<input type="checkbox"/>	<input type="checkbox"/>
9. Claim breakfast cereals with no more than 21.2 grams sugar per 100 grams cereal?	<input type="checkbox"/>	<input type="checkbox"/>
10. Claim yogurt with no more than 23 grams of sugar per 6 ounces?	<input type="checkbox"/>	<input type="checkbox"/>
11. Claim unflavored (and no flavored) whole milk to 1 year old children?	<input type="checkbox"/>	<input type="checkbox"/>
12. Claim unflavored (and no flavored) low-fat or fat-free milk to children 2-5 years old?	<input type="checkbox"/>	<input type="checkbox"/>
13. Claim unflavored low-fat or fat-free, or flavored fat-free milk to children 6 or older?	<input type="checkbox"/>	<input type="checkbox"/>
14. Avoid claiming foods deep fried on-site?	<input type="checkbox"/>	<input type="checkbox"/>

*Whole grain-rich means at least 50% of the grains in a food are whole grains. Remaining grains are enriched.

**Grain-based desserts include cookies (including vanilla wafers), sweet scones, sweet rice cakes, sweet rice pudding, sweet bread pudding, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, and brownies.



YIELD

Makes 4 Servings
1.5 oz meat
1 serving bread

Prep time: 5 min.
Total time: 15 min.

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Corned Beef Quesadillas

Ingredients

4 8" flour tortillas
1 Tablespoon Butter
8 1 oz slices swiss cheese
1 cup chopped leftover corned beef
1/2 cup sauerkraut

Top each tortilla with 1 cheese slice, 1/4 cup corned beef, 2 tablespoons sauerkraut and another cheese slice. Fold tortilla in half over filling. Cook 3 to 5 minutes, turning once, until golden brown and cheese is melted.

Window Safety Reminder

Window falls are predictable — and preventable. Here's what families can do to prevent child window falls.

Safety tips

- Keep play away from windows.
- Only allow windows to open 4 inches, *and* install window stops and/or window guards that can be removed by an adult in an emergency.
- Lock windows when not in use.
- Open windows from the top and use a window stop for the bottom.
- Prevent climbing. Keep furniture and *anything* a child can climb on away from windows.
- Actively watch children near windows.

Kidkare.com

The milk options on the Kidkare.com app choices have been updated. If you need to serve more than one kind of milk, then choose either #6 or #7. If you only serve one kind of milk, choose the one you serve from the choices in the drop down box.

All flavored milk must be fat-free and served to children 6 years and older only.