



CHILD CARE DEVELOPMENT SERVICES
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS
123 E POWELL BLVD
SUITE #300
GRESHAM, OR 97030

Hot Topics:

- Meal Pattern Requirements checklist
- School Age Children
- Harvest Delight
- 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 November 2017

October 2017 Meal Pattern Requirements Checklist for Family Child Care

- Juice is limited to ounce per day.
- A vegetable and fruit must be served during lunch and supper meals. The fruit component may be substituted for a vegetable at lunch and supper meals; when two vegetables are served, they are two different kinds of vegetables.
- At least one serving of grains per day must be whole grain-rich.
- No grain-based desserts are included on the menu.
- Optional meat/meat alternates may replace the entire grains component at breakfast a maximum of three times per week.
- The appropriate type of milk is listed for each age group:
 - Age 1 year: Unflavored whole milk;
 - Ages 2-5 years: Unflavored low-fat or fat-free milk.
- No food items are deep-fat fried on-site.
- Breakfast cereals contain no more than 6 grams of sugar per dry ounce.
- Breakfast cereals must be named.
- Yogurt contains no more than 23 grams of sugar per 6 ounces.
- Tofu and soy yogurt may be served as meat alternate.
- Providers must have a copy of all labels for the products served for yogurt, whole-grain, cereals, CN labels, Tofu.

INFANTS:

- Two age groups under 6 months and 6 months through 11 months of age.
- Parental preference is determining factor for introducing solids.
- No juice until 12 months.
- Record portion sizes offered.

School Age Children

Once school begins kindergarten children are considered school age kids and will need to be updated on any renewals or new enrollment forms.





Dark Green and 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

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Harvest Delight

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.