

Quality Care Services, Inc.

CACFP Nutrition News

229 N. Main • El Dorado, Kansas 67042

Local Phone: 316-321-7237 • Fax and Line 2: 316-435-5001 • Toll Free: 1-800-273-1341

Brooke: qlyser@sbcglobal.net • Royann: royannl.qlyser@sbcglobal.net

• Janet: Janet.qly@sbcglobal.net

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WHAT'S NEW WITH QUALITY CARE? Closed 5/28/18



Summer is just around the corner! School Age exceptions will expire 2 weeks after the last day of school. Preschool exceptions are not valid on school out days or summer. Summer meal times will need to be updated as soon as you know your new schedule. Please do so in writing!

Our review is coming...

- ◇ Per your provider agreement with CACFP you must allow representatives (with proper photo identification) from KSDE to enter your home, announced or unannounced to review CACFP operations and records during normal hours of child care operation.
- ◇ Be sure your mealtimes are current especially with school and summer changes.
- ◇ With summer actives be sure to serve meals at scheduled times or notify the office of daily changes.
- ◇ Be sure to double check whole grains, yogurt and cereal sugar limits as well as proper milk types being offered.
- ◇ If you have not already attended our CACFP Training this year be sure to call the office and schedule for one of the Face-to-face Trainings listed below or contact Janet to get on the "Online Training Roster" We will let you know about the online training dates as they become available.

**Welcome
New Providers !**

**Letitia Pepe
Britany Cooper**

Claims are Due:

All claims are due by the **5th** of the month. They are considered late by the **10th** any claims "**late**" may result in delayed payments. At the end of the month—be sure to **sign each page** of your claim!

No Name No Claim?

**Attendance and Menu Tips
Paper and Electronic**

- Providers name must be on all the menus. Month/year
- Infant name must be on all the Infant menus.
- Providers name must be on all attendance records.

You need to be sure to follow these tips, even if it is an electronic claim. We have received several claims without the above mentioned information. When and if an Auditor looks at your claim without the names at the top of the pages the meals could be disallowed.

Training

**Growing Healthier Futures with
the CACFP**

All training is 6:30-8:30

- ◆ **Tues. May 8th El Dorado**
Pizza Hut 729 N. Main
- ◆ **Tues. May 22nd Wichita**
TOPs Learning Center
2320 N. Opportunity Drive
- ◆ **Thurs. June 7th Emporia**
K-State Extension Office
2632 US-50

REMINDER

E-mail or call with any meal time changes.

Preschool & School Age Exceptions:

School Age Exceptions may be used during the school year. Preschool exceptions can only be used during the lunch period **11-1**, not for school out days. If you have questions please contact the office prior to use.

May is



Asparagus Month

Beef Month

Egg Month

Orange Juice DayMay 4

No Diet DayMay 6

Shrimp DayMay 10

Mother's DayMay 13

Memorial DayMay 28

Source: <https://food.unl.edu/may-food-calendar>



Cook's Corner

Whole Grain Strawberry Pancakes

Total Time: 20 Min/Serves 7

Ingredients

1 1/2 Cups whole wheat flour

3 tablespoons Sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

3 eggs

1 container vanilla low-fat yogurt (6oz)

3/4 cup water

3 tablespoons canola oil

1 3/4 cups sliced fresh strawberries

1 container strawberry low-fat yogurt (6oz)

Meal Pattern Contribution:

- Fruits-1/4 cup
- Grains- 1 1/2 oz
- M/MA- 1/2 oz or Adult (Dairy -1/4 cup)

Directions:

1. Heat griddle to 375 degrees or heat 12 inch skillet over medium heat. Grease with canola oil if necessary.
2. In large bowl, mix flour, sugar baking powder, baking soda and salt; set aside.
3. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.
4. Pour eggs mixture all at once into flour mixture stir until moistened.
5. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook 1 to 2 minutes or until bubbles on top, puffed and dry around the edges. Turn; cook 1 to 2 minutes or until golden brown.
6. Top each serving (two pancakes) with 1/4 cup strawberries and 1 to 2 tablespoons strawberry yogurt.

Farm to Plate: Using the Whole Grain Strawberry Pancakes recipe as an example, farm to plate is a reality for many ingredients. With Spring having arrived, look for fresh, locally-grown strawberries at a Farmer's Market. Also Kansas offers a number of flour mills that can be sources of locally-produced whole wheat flour. Most dairy products in Kansas are locally-produced, including low-fat yogurt. Finally, locally-produced eggs are plentiful across the state. Enjoy the quality and freshness of local products.