

Quality Care Services, Inc.

CACFP Nutrition News

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WHAT'S NEW WITH QUALITY CARE?



Our review is coming!

- ◇ Our review will be this year so it is **very** important that you update meal times.
- ◇ You must serve meals during the times listed on file with us.
- ◇ IF you do not know your scheduled meal times contact us for the information.
- ◇ Remember per our program agreement 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.

Welcome

New Providers !

Kayla Kimbel

Heather Scroggin

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.

Menu Documentation Tips:

Is your meat listed?:

- Be sure to list the type of meat you are serving: such as Beef Hot Dogs, Beef Sloppy Joes, Ground Turkey Sloppy Joes,

Was your Dish Homemade?

- Give yourself the credit!!! If you make it—list HM. Without being HM— it probably be disallowed in most cases— so please label accordingly. Hamburger Meat Sauce for Spaghetti, Tuna Casserole, Salmon Patties, Home Made Chicken Nuggets, Home Made (HM) Chicken & Noodles, Etc.

Consider Color:

- We are suggesting more color on your menu. If you offer a orange veggie/fruit be sure to offer another color. We tend to see carrots and mandarin oranges together. A popular meal we see is Chicken Nuggets, Peaches, Corn and Mac/Cheese. Remember eat the rainbow!

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.

This institution is an equal opportunity provider.

APRIL IS

Garden Month

Celery Month

Easter	April 1
Walking Day	April 4
Fresh Tomato Day.....	April 6
Grilled Cheese Sandwich Day	April 12
Earth Day.....	April 22
Zucchini Bread Day.....	April 25
Raisin Day	April 30

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

BEST BUYS

SPRING !!!

FRUITS

**APRICOTS, BANANAS, HONEYDEW MELON,
MANGOS, PINEAPPLE, STRAWBERRIES**

VEGETABLES

**BROCCOLI, CABBAGE, GREEN BEANS,
LETTUCE, MUSHROOMS, ONIONS AND
LEEEKS, PEAS, RHUBARB, SPINACH**

<https://healthymeals.fns.usda.gov/features-month/whats-season>



Cook's Corner

Simple Tomato Salad

Prep Time: 15 min | Chill Time: 1 hr | Serves 4

Ingredients

3 fresh tomatoes (sliced)
2 tablespoons vegetable oil
2 teaspoons lemon juice
1/8 teaspoon black pepper
1/2 cup reduced fat cheddar
cheese (shredded)

Directions

1. Place tomatoes on a plate.
2. Drizzle with vegetable oil and lemon juice, and sprinkle with black pepper.
3. Top with cheese. Serve cold.

Meal Pattern Contribution:

- 1/4 cup = 1 vegetable serving for 3-5 year olds

From: <https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/simple-tomato-salad>

Tip: Use small-medium sized tomatoes to make family style self-serving easier.

