



# Nutrition Nuggets



## Meal Pattern - the transition period is over

The Meal Pattern was updated last October (in 2017) but we had a year to transition to the new requirements. That year is up, and all changes must now be followed or meals will be disallowed. As a reminder, the key changes are:

- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Protein can be served in place of grain at breakfast up to 3 times per week.
- At least one serving of grains per day must be "whole grain-rich." (Main meal or snack)
- Grain-based desserts are not creditable (granola bars, cookies, sweet rolls, etc.)
- Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- Milk served to children 2 years and older must be 1% or non-fat. (Milk is required at Main meals)
- Milk served to children that are 1 year old must be whole milk.
- In California, all milk must be unflavored. (Per licensing regulation AB 2084 issued in 2012.)
- There is a separate vegetable and fruit component at lunch, dinner and snack.
- There must be at least one vegetable served for lunch and dinner. (Cannot be two fruits)
- Juice can only be served once per day, to children over the age of 1 year
- Infants cannot be served juice.
- Infants are allowed to have ready-to-eat cereals at snack time.

We congratulate all of you who have worked diligently this year to make the necessary changes to your menus. The children will benefit from the healthy life-style choices being served at your child care!

Be sure to review the beige-colored *Meal Pattern* that was included in your training packet (in the green folder distributed during your last site visit.) The changes are listed at the bottom in the footnotes. It might be helpful to post it so you can refer to it often. Also, make sure any others that help you with meal preparation and service are aware of the requirements.

We have posted helpful pages on our website that guide you through the changes. You can also find more training, menu planning, and nutrition education materials for the CACFP at <https://teamnutrition.usda.gov>.



Solano Family and Children's Services  
Child Care Food Program  
421 Executive Court, North  
Fairfield CA 94534-4019

Phone: 707-863-3950  
Toll Free: 1 (888) 861-1594  
Fax: 707-863-3975

Web: [www.solanofamily.org](http://www.solanofamily.org)  
[www.facebook.com/solanofamily](https://www.facebook.com/solanofamily)  
[www.twitter@SolanoFamilyCS](https://www.twitter@SolanoFamilyCS)

**CCFP Check Info: extension 714**  
**CCFP Call-in Line: extension 703**



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## Mexican Vegetable Rice

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| 1 1/3 cups canned chicken broth                                   | 1/2 cup chopped zucchini                                      |
| 1 cup prepared red or green salsa                                 | 1/2 cup chopped bell pepper                                   |
| 1 cup long grain rice   | 1 (15-ounce) can reduced sodium black beans, rinsed & drained |
| 1 cup chopped onion   | 1 T. chopped fresh cilantro                                   |
| 3/4 cup fresh, frozen corn, thawed, or canned, (no salt,) drained |   |

In a medium saucepan, bring broth, salsa, rice, and onion to a boil over medium-high heat. Reduce heat and simmer, covered, for 20 minutes. Stir corn, zucchini, bell pepper, and beans into hot rice and replace cover; let stand for 5 minutes. Stir in cilantro and serve immediately.  
From *Flavors of my Kitchen*, Public Health Institute



## Reminders:

- Update the hours and school level for children who had a change in their school information.
- Lunches for school age children cannot be claimed on days when lunch is offered at school. Some schools have an early release day each week. If there is a lunch period offered during school, you cannot claim them that day. If it is at the end of the day and the school allows you to pick them up before the lunch period is over, then you can claim the meal. In this case, you would treat it like a minimum day.
- Minimum days are different and are allowed. Make sure you mark the child as "School Out" on minimum days or the system will disallow the meal. In KidKare, click on the 3 lines that are on the right side of their name to view the screen that allows you to mark a child as sick or out of school for the meal. (This means they are in the day care for the meal.) For providers using scan forms, make sure you write the minimum day information on the blue CIF that you attach to your scan forms.
- Keep your meal packaging for the day. We will be required to check labels to ensure you are serving a whole grain-rich item, and creditable cereal, milk, and yogurt. We only need to verify these items for the day we are visiting, not the entire month. If you aren't present, make sure your assistant knows where this information is kept and can access your meal records.
- Remember to use your Provider Calendar (KidKare users) to inform us of days you are closed or away from care on a field trip and not serving a meal. Scan providers can list planned vacations/days off on the calendar on your blue CIF. There is a place on the bottom that asks if you are closed any days during the following month. You can also call the "call-in line" at extension 703 if you are unexpectedly closed. It will help us plan our visits and hopefully not stop by on a day when you are not providing care or away.