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Keeping Bones

Strong and Healthy

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Important Steps to Improve  
Your Life

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**Reminders:**

Have you paid your  
Licensing Fees? Please be  
sure to provide proof of  
your payment to the  
CFC P for uninterrupted  
meal reimbursement. If  
you have any questions  
please call:

Lucia Arechiga at (408)  
297-3295 ext. 234,

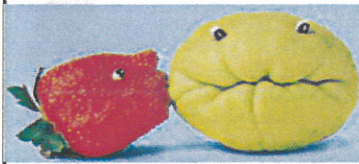
**School Age Children**

Webbers: Please note on  
each child's calendar if  
they will be on your care.

Scanners: Please write a  
note on your CIF form  
and specify dates and  
Meals.

School Breaks: Will you  
be working?

Be sure to let us know if  
you plan to close or take  
time off for upcoming  
Winter.



*Happy Valentine's Day*

**Holiday Schedule**

Our office will be closed  
Monday, February 21th

**February Calendar of Events & Celebrations**

*February is American Hearth Month*

*"The Best of our progress is not whether we add more to the abundance of those who have enough: it is whether we provide enough for those who have too little."*

*Franklin Delano Roosevelt*

**CPR Class Schedule:** Class cost is \$75 if paid in advance or \$90 if paid on day of class. Pre-registration is required. For more information, contact Barbara Kasnic, Choices for Children Operations Manager, 408.297.3295 ext 246

Date	Time	Place	Language
Saturday, February 12, 2011	8:30a - 4p	PTRAC 1197 Lick Ave San Jose 95110	Spanish
Saturday, February 26, 2011	9a-4:30p	CFC Downtown 111 N Market St San Jose 95113	English
Saturday, March 12, 2011	8:30a - 4p	PTRAC 1197 Lick Ave San Jose 95110	English
Saturday, March 26, 2011	9a-4:30p	CFC Downtown 111 N Market St San Jose 95113	English
Saturday, April 09, 2011	8:30a - 4p	PTRAC 1197 Lick Ave San Jose 95110	Spanish
Saturday, April 30, 2011	9a-4:30p	CFC Downtown 111 N Market St San Jose 95113	English
Saturday, May 14, 2011	8:30a - 4p	PTRAC 1197 Lick Ave San Jose 95110	English
Saturday, June 11, 2011	8:30a - 4p	PTRAC 1197 Lick Ave San Jose 95110	Spanish

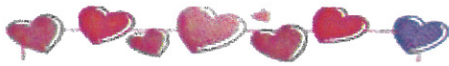
**In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (800) 795-3272 or (202) 720-6382.**

Doris Fredericks, Executive Director at Choices for Children is the coordinator for civil rights compliance on behalf of CDI/CDC. (408) 297-3295.



**Claim Deadline:**

Scanners: Submit by Monday 2/7  
WenKids: Submit by 1/31

Newsletter by:  
Luisa Linares ☺



BREAKFAST				
	<b>Breakfast with</b>			Scrambled Eggs (153)
Banana (04)	<b>ANNAMARIE GUERNSEY Apples(01)</b>	Orange Slices (26)	Strawberries (43)	Peaches (31)
Cheerios (150)	<b>Oatmeal (237)</b>	Cinnamon Raisin Toast (45)	Whole Wheat Waffles (102)	Whole Wheat Toast (56)
Low Fat Milk (6)	<b>Low Fat Milk (6)</b>	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)
SNACK				
<b>*Millet Apple Raisin Bars (83)</b>	Fruit Yogurt (157)	Whole Wheat Animal Crackers (265)	String Cheese (145)	<b>Snack with GERIKA PARCON Hard Pretzels (114)</b>
Low Fat Milk (6)	Fish Crackers (245)	Low Fat Milk (6)	Blackberries (05)	<b>Orange Juice (62)</b>
LUNCH/DINNER				
<b>*Turkey Stew (267)</b>	<b>Lunch With DEBBIE CROWLEY Chicken Breast (30)</b>	Ground Turkey Enchiladas (102)	Pork Chops (51)	Beef Ribs (15)
Potatoes (224), Carrots, Onions & Celery	<b>Edamame (180)</b>	Mixed Vegetables (207)	Marinara Sauce (208)	Potato Salad (225)
Pears (32)	<b>Broccoli (164)</b>	Orange Slices (26)	Cantaloupe (08)	Fruit Cocktail (15)
Wild Rice (125)	<b>Whole Wheat Bread (56)</b>	Corn Tortillas (130)	Spaghetti (110)	Pilaf Rice (122)
Low Fat Milk (6)	<b>Low Fat Milk (6)</b>	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)

<b>W E E K L Y  G R O C E R Y  L I S T</b>	<b>Refrigerated</b> Low Fat milk String Cheese Fruit Yogurt Eggs	<b>Canned/Bottled</b> Marinara Sauce Chicken Stock Extra Virgin Olive Oil Fruit Cocktail	<b>*Millet Apple Raisin Bars</b> 1 cup millet, rinsed      1 cup raisins 3 cups apple juice      pinch salt      1 tsp. ground cinnamon Combine all ingredients, except cinnamon, in a medium-size saucepan over high heat. Bring to a boil, then lower heat, cover, and simmer for about 20 minutes, until all of the juice is absorbed, and the millet is tender. Give it a stir and then taste it; if the millet is still crunchy, add more juice, cover, and simmer for about 3 minutes, then check for tenderness again. Stir in Cinnamon; pour the mixture into an 8"x8" pan. Let it cool for an hour until set. Slice and serve. Store any leftovers in the refrigerator. Serves <i>Source: <u>Gluten-Free Recipes for the Conscious Cook</u> by Leslie Cerier</i>	
	<b>Meat Products</b> Ground Turkey Turkey Breast Beef Ribs Pork Chops Chicken Breast	<b>Packaged</b> Oatmeal / Spaghetti Whole Wheat Bread Pilaf Rice Wild Rice Corn Tortillas Whole Wheat Animal Crackers Cinnamon Raisin Bread	<b>*Turkey Stew</b> 1/2 to 3/4 pound cooked turkey breast, torn into pieces 2 carrots, sliced      3 celery stalks, sliced 1 onion, chopped      3 cloves garlic, minced 4 potatoes, cubed      32 oz. chicken or turkey stock 1 tsp. dried sage      2 tbsp extra virgin olive oil Salt and Pepper to taste Heat olive oil in soup pan over medium heat. Add garlic, cook until browned. Add onions, cook until just translucent. Add celery, carrots potatoes and stock. Bring to a boil, reduce heat to low and simmer, covered for about 15 minutes, or until potatoes are tender. Add sage, stir to combine, cover and cook an additional 5 to 10 minutes. Add turkey, stir to combine and cook just until turkey is heated through. Season to taste, remove from heat and serve. Serves <i>Source: <a href="http://www.cookingbytheseatofmypants.com">http://www.cookingbytheseatofmypants.com</a></i>	
<b>Produce</b> Celery Carrots Onion Potatoes Garlic Bananas Apples Peaches Oranges Broccoli Pears Blackberries Cantaloupe	<b>Frozen</b> Whole Wheat Waffles Strawberries Mixed Vegetables Edamame Orange Juice			