

In this issue:

Page 2:

Better KnowAmaranth Poultry 101

No Child Left *Inside*

Page 3: Asthma Education

Page 4: Menu Magic

Reminders:

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

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

Let's Go Green! We are transitioning to sending a newsletter electronically to save papers, so please call Lucia with your email address information.

Welcome New Provider:

Sarika Agrawal

We are accepting applications for new providers into our program. Please spread the words. Together, we can help feed America's future!

Providers of the Month



Congratulations!

May Calendar of Events & Celebrations

May is National Physical Fitness & Sports Month Kids need 60 minutes of daily activity. See page 2 for some ways to get them outside with that activity.

May is Celiac Awareness Month Celiac disease, an autoimmune digestive disease that damages the body's ability to absorb nutrients from food, gluten in particular. Gluten is the major protein in many grains and is responsible for the elasticity in dough, allows for leavening, and contributes chewiness to baked products. Amaranth, our feature whole grain this month, is a gluten-free grain. Read more about it on page 2

"Mothers hold their children's hands for a short while, but their hearts forever." Author Unknown

New Resource From Minute Menu

Minute Menu is launching a brand new, free child care community and resource website for the entire child care community, www.ChildCareInfo.com. There are direct links to lots of great information, including MyPyramid.gov and California's Licensing Division website. We hope you add it to your favorites. Please be aware however, that recipes on the website are not specifically endorsed by your local CCFP. If in doubt, please consult with us.

Annual CCFP Training :

THE 2011 MANDATORY CACFP ANNUAL NUTRITION TRAINING IS NOW AVAILABLE ONLINE!

March 15th thru July 31st, 2011 on the Choices for Children website!

For complete instructions, go to www.choices4children.org click on Santa Clara County, then Good Nutrition and scroll down to the bottom of the page. We will also be offering 2 group training sessions in September (dates TBA).

IMPORTANT MESSAGE

If you are unable to complete the online annual training by July 31st, you will be **required** to attend one of the group trainings in September. Please remember that we are required by the California Department of Education to declare any provider who has not completed the Annual Training **Seriously Deficient**.

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 May 5th
Webkids submit by April 30th

Newsletter by:

Sarah Farzinkhou ☺



May 2011

Minute Menu Magic

**HAPPY
MOTHER'S DAY!**

BREAKFAST				
Apples (01)	Fresh Blueberries (06)	Strawberries (43)	Sliced Bananas (04)	Kiwi Wheels (22)
Pancakes (101)	French Toast (26)	Biscuits (05)	Rice Crispies Cereal (181)	Cinnamon Raisin Bagel (03)
Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)
SNACK				
Soft Pretzel (115)	String Cheese (145)	*HUMMUS DIP (184)	Celery Sticks (172)	Vegetable Soup (275)
100% Grape Juice (57)	Tangelos (44)	Pita Bread (40)	Creamy Peanut Butter (155)	Rye Crackers (253)
LUNCH/DINNER				
Carne Asada (20)	*PITA POCKET CHICKEN SALAD (30)	Sloppy Josephinas w/ Ground Turkey (102)	Beef Meatballs (13)	Egg Salad Sandwiches (151)
Corn on the Cob (176)	Lettuce (204)	Tomato Sauce (252)	Apples (01)	Carrot Sticks (170)
Sliced Tomatoes (250)	Cucumber Slices (177)	Green Beans (186)	Green Salad (254)	Red Grapes (18)
Whole Wheat Tortillas (134)	Pita Bread (40)	Whole Wheat Hamburger Buns (32)	Spaghetti Noodles (110)	Whole Wheat Bread (56)
Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)	Low Fat Milk (6)

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Refrigerated
 Low Fat Milk
 String Cheese
 Part-Skim
 Mozzarella Cheese
 Eggs
Produce
 Blueberries
 Strawberries
 Apples
 Bananas
 Red Grapes
 Carrots
 Corn on the Cob
 Cucumbers
 Tomatoes
 Kiwi
 Tangelos
 Lemon
 Garlic Cloves
 Lettuce
 Parsley
 Celery
 Green Beans
Frozen
 100% Grape Juice

Meat
 Carne Asada Steak
 Chicken Breast
 Ground Turkey
 Ground Lean Beef
Canned/ Bottled
 Creamy Peanut Butter
 Garbanzo Beans
 Vegetable Soup
 Tomato Sauce
 Poppy Seed Salad Dressing
 Tahini
 Olive Oil
Packaged
 Whole Wheat
 Hamburger Buns
 Whole Wheat Bread
 Rye Crackers
 Whole Wheat Tortillas
 Spaghetti Noodles
 Corn Meal
 Rice Crispies Cereal
 Soft Pretzels
 Pita Bread
 Cinnamon Raisin Bagels
 Bisquick Mix



- *HUMMUS DIP**
 2 tbsp. Tahini
 2 cups pureed, cooked garbanzo beans
 1 ½ cloves minced garlic, juice of ½ lemon
 ½ tsp. olive oil, salt to taste, parsley
 pita bread
- Mix Tahini, garbanzo beans, garlic, lemon juice, olive oil and salt into a creamy sauce.
 - Serve in a shallow dish garnished with parsley. Best served with Middle Eastern pita bread.

Source: www.cooks.com

- *PITA POCKET CHICKEN SALAD**
- 2 cups cubed cooked chicken
 1 ½ cups seedless red grapes, halved
 1 cup chopped cucumber, leaf lettuce
 ¾ cup shredded part-skim mozzarella cheese
 ½ cup poppy seed salad dressing
 6 pita breads (6 inches), halved.



In a large bowl, combine the chicken, grapes, cucumber, and mozzarella cheese. Drizzle with dressing and toss to coat. Line pita breads with lettuce; fill with chicken salad.

Serves: 12

Source: www.tasteofhome.com