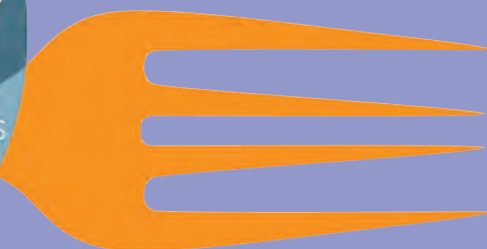




The Link

YOUR QUARTERLY CONNECTION TO CACFP SUCCESS



ISSUE #58

DECEMBER 2023

ODBCACFP.org
contact@odbcacfp.org



In this edition...

MENUS AND MEAL COUNTS

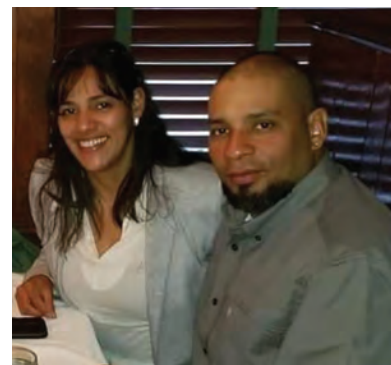
The Child and Adult Food Program can be broken down into just a few key components: your menu, your meal service, and your attendance and meal counts. Mastering these three areas of expertise guarantees a maximized claim for your child care facility.

In this edition of *The Link*, we cover the CACFP basics you need to know to maximize your claim. Learn how to write and execute menus, keep track of meal counts, and make the most of the CACFP.

*-Story continued on **Page 6.***



Chicken noodle soup is a classic for a reason. Get our CACFP-creditable recipe on **page 7.**



Featured Educator:

Loving Hands Learning Center in La Grange, Kentucky commits themselves to the well-being of both their children and their staff. Read their story on **page 14.**



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Soups and CN Lables: Excelling in Winter Recipes

Magazine Editor-in-Chief | Kayla Guard

Graphic Design | Kayla Guard, Zach Oran

Cover Photo: Children at Jeana Lewis's daycare bake pumpkin pear muffins from the Fall 2023 edition of *The Link*.

Stock Photography courtesy of Envato Elements.

A LETTER FROM OUR PRESIDENT

Dear friends,

Providing training and resources for educators to serve healthy, affordable meals to children is a great privilege for our organization. We value community, diversity, and integrity. We lead by example, making ethical choices and believing in the worth of every individual.

Since 1995, Our Daily Bread Child and Adult Care Food Program (ODB CACFP) has been dedicated to the nutritional care of children. Partnering with educators, we serve over 12,000 meals a day to children and adults across the states of Tennessee and Kentucky.

At Our Daily Bread CACFP, we firmly believe that knowledge is power. We are committed to informing the public about making healthy food choices and educating adults and children about the importance of proper nutrition. This is a vital step in our collective fight against the epidemics of childhood hunger and childhood obesity. Through our programs, we offer thorough training and technical assistance to daycare homes, adult care, and childcare centers, ensuring that they are equipped with all the necessary tools to provide nutritious meals to those in their care.

We have taken extraordinary pride in being members of the National CACFP Sponsors Association since 2004. Our Executive Director, Senta Hester, has played a significant role within the association. She has served as a board member, chairperson, vice president, and as president. Senta's dedication and leadership have been instrumental in advancing our cause, and in 2017, she was elected as the president of the National CACFP Sponsors Association, serving a two-year term.

Looking ahead, we remain committed to promoting children's health and well-being. Our vision is a society where healthy choices are the norm, and education is promoted, taught, encouraged, and passed on to educators and parents, and ingrained in our children at a very young age. Your support makes this possible. Childcare educators lay the foundation for the future of our society, and we are proud to walk along your side as positive forces in the lives of children.

Together, let us build a future where every child has access to nutritious meals and the knowledge for healthy living. Thank you for being part of our journey.

Warm regards,



Phillip Hester

President, Our Daily Bread CACFP



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Winter Meal Planning

This sample menu is for ages 1-12 Yrs.

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Turkey Hash

Skim/1%/Whole
Ground Turkey
Potatoes
Peppers

Blueberry Bagel

Skim/1%/Whole
Blueberries
Whole Grain -
Bagel

Peaches & Cream

Skim/1%/Whole
Peaches
Whole Grain -
Cream of
Wheat

Greek Yogurt

Skim/1%/Whole
Apricots
Greek Yogurt

Fun Fruit Breakfast Pizza

Skim/1%/Whole
Strawberries
Bananas
Blueberries
Whole Grain -
Rolled Oats

Lunch/Dinner

Chicken & Veg. Couscous

Skim/1%/Whole
Chicken
Mixed Veggies
Peaches
Whole Grain -
Couscous

Tater Tot Casserole

Skim/1%/Whole
Lean Ground -
Beef & Cheese
Mushrooms
Tater Tots
Whole Grain -
Dinner Roll

Harvest Stew

Skim/1%/Whole
Chicken
Northern Beans
Carrots &
Sweet Potatoes
Whole Grain -
Roll

Red Beans & Rice

Skim/1%/Whole
Lean Ground -
Beef & Red
Beans
Corn on the Cob
Grapes
Whole Grain -
Brown Rice

Sweet Sloppy Joes

Skim/1%/Whole
Lentils
Mixed Greens
Grapes
Whole Grain -
Bun

Snack

Roasted Pineapple

Water
Yogurt
Pineapple

Carrot Salad

Water
Carrots
Raisins
Apples

D.I.Y. Peach Cobbler

Water
Peach Yogurt
Peaches
Cinnamon -
Chex Cereal

Tuna & Crackers

Water
Tuna
Whole Grain -
Triscuits

Peppers & Pears

Water
Bell Pepper -
Slices
Pear Wedges



This sample menu is for ages 6-11 months.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p><u>IFIF or BM</u></p> <p>Infant Oatmeal Sliced Banana</p>	<p><u>IFIF or BM</u></p> <p>Infant Rice - Cereal Pureed or Mashed - Blueberries</p>	<p><u>IFIF or BM</u></p> <p>Infant Whole - Wheat Cereal Peaches</p>	<p><u>IFIF or BM</u></p> <p>Yogurt Apricots</p>	<p><u>IFIF or BM</u></p> <p>Scrambled - Eggs Sliced - Strawberries</p>
Lunch/Dinner	<p><u>IFIF or BM</u></p> <p>Infant or Diced Chicken Peaches</p>	<p><u>IFIF or BM</u></p> <p>Infant or Lean - Ground Beef Tater Tots</p>	<p><u>IFIF or BM</u></p> <p>Infant or Diced Turkey and/or Mashed - Northern Beans Mashed - Sweet Potatoes</p>	<p><u>IFIF or BM</u></p> <p>Infant or Lean - Ground Beef and/or Mashed - Red Beans Diced Plums</p>	<p><u>IFIF or BM</u></p> <p>Lentils Green Beans</p>
Snack	<p><u>IFIF or BM</u></p> <p>Mashed Cooked Carrots Goldfish</p>	<p><u>IFIF or BM</u></p> <p>Diced - Cucumber Whole Grain - English Muffin</p>	<p><u>IFIF or BM</u></p> <p>Crushed - Pineapple Cherrios</p>	<p><u>IFIF or BM</u></p> <p>Mashed - Cherries Teddy Grahams</p>	<p><u>IFIF or BM</u></p> <p>Tortilla Strips Diced Pears</p>

MENU REQUIREMENTS IN THE CACFP



BY KELLY CHILDERS
FIELD REPRESENTATIVE
OUR DAILY BREAD CACFP

One of the requirements for participating in the CACFP is keeping menus posted and available for parents. These menus should be kept in a place visible to parents upon drop-off and pick up. Menus should list the items to be served during the day at each meal and/or supplement.

Menus can be easily printed off and hung up from Minute Menu CX/KidKare.

Although Minute Menu CX/KidKare menus list most required items, there are a few additional requirements that must be listed on your menu.

All menus must list:

Milk by type (1%/skim/whole)

Juice by type (example: 100% apple juice)

Whole grain items (These items can be marked with a WG)

Items that require a child nutrition label

Items that require a recipe.

Fruit should be marked fresh, frozen or canned.

Please be sure to mark if a change is made on the physical menu. Any change to your physical menu will need to match in Minute Menu CX/KidKare.

Did you know that Our Daily Bread CACFP also creates seasonal menus? These menus are full of kid-friendly CACFP meal options and already list all menu requirements for your convenience. Please be sure to reach out to your Field Representative or Case Manager if you would like to know more information on using these menus. Our Daily Bread CACFP-sponsored educators can also access our seasonal menus through the Educator Portal.

Notes

- Try adding fruit on top like banana or strawberry slices.
- Servings per age group:
1-5 yrs. (½ slice)
6-12 yrs. (1 slice)

Fantabulous French Toast

Yield: 25 Servings

Meal Type: Breakfast



Ingredients

8	large eggs
2 cups	1 Tbsp nonfat milk
2 ⅛ tsp	vanilla extract
25	slices of whole wheat bread (at least 1 oz. per slice)

Source: cacfpsvdp.org

Notes

- Chicken Noodle Soup is considered to be one of the healthiest dishes in the world.
- Servings per age group:
1-2 yrs. (1 cup)
3-5 yrs. (1 ½ cups)
6-12 yrs. (2 cups)

Chicken Noodle Soup

Yield: 25 Servings

Meal Type: Lunch/Dinner



Ingredients

7 qts	2 cups	chicken stock/broth
3 cups		chopped celery
1 ½ cups		chopped carrots
1 cup		chopped or dehydrated onions
2 Tbsp		dried parsley
½ tsp		ground pepper
½ tsp		poultry seasoning
11 oz.		enriched medium egg noodles
1 lb.	10 oz.	cooked, chopped chicken

Source: cacfpsvdp.org



Directions

1. Preheat the griddle over medium heat, or set an electric frying pan to 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork, or whisk until well combined.
3. Grease the griddle or pan with a thin layer of oil or cooking spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side. Cook until temperature reaches 160 degrees.
6. Serve with fruit to make a creditable breakfast.

CACFP Servings & Components

1-2 Years	3-5 Years	6-12 Years
1/2 slice	1/2 slice	1 slice
-	-	-
fruit	fruit	fruit
egg	egg	egg
whole wheat bread	whole wheat bread	whole wheat bread

to meet meal component requirements
serve with any fruit and milk:

1/2 cup milk 1 year = whole 2 year = 1%/skim	3/4 cup 1%/skim milk	1 cup 1%/skim milk
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Source: cacfpvdp.org



Directions

1. In a heavy pot, combine stock/broth, celery, carrots, onions, parsley, pepper, and poultry seasoning. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
2. Add noodles and cooked chicken. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender and internal temperature of chicken reaches 165 degrees.

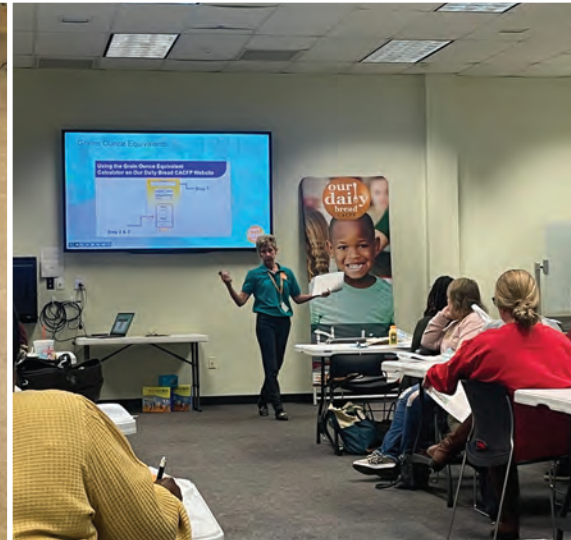
CACFP Servings & Components

1-2 Years	3-5 Years	6-12 Years
1 cup	1 1/2 cup	2 cups
-	-	-
chicken	chicken	chicken
egg noodles	egg noodles	egg noodles

to meet meal component requirements
serve with:

1/2 cup milk 1 year = whole 2 year = 1%/skim	3/4 cup 1%/skim milk	1 cup 1%/skim milk
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Source: cacfpvdp.org



Looking for more menu planning tips, CACFP recipes, and administrative best practices?

Attend a training with Our Daily Bread CACFP!

Training dates and locations for 2024 will be announced soon. Visit odbcacfp.org to sign up for our mailing list so that you can be among the first to register. Space is limited, so be sure to RSVP ASAP!

MASTER ATTENDANCE AND MEAL COUNTS



BY SHEENA WILSON
CASE MANAGER
OUR DAILY BREAD CACFP



Attendance and meal counts play a very important role in the CACFP. Keeping track of those totals help determine how many meals you will be reimbursed for on your claim. Attendance and meal counts should be entered into KidKare at each meal served. During a monitoring review, your Field Representative must collect attendance and meal counts for the previous 5 days. It is important to always have them readily available. Here are a few helpful tips to keep you on track with your AMC.

Stay on top of it. Make it a habit to sit down and do this at each meal. Getting behind on entering those numbers can become overwhelming, especially when trying to enter multiple days at the same time, and also leaves you at a higher risk of missing days. Missing days can cause you to lose money and we want to help you maximize that reimbursement by getting paid for each meal you serve. Set a reminder on your phone at each meal, so that you can remember to enter those numbers in.

Distribute AMC sheets to each classroom. These sheets can help make entering those numbers a little easier. At each meal, teachers will write how many children were served, and you can collect those sheets when entering the numbers. That way you aren't having to count up all the children, especially for those bigger centers with a large number of children enrolled. These sheets can be printed directly from the "Reports" tab on KidKare. If you are unsure on how to find these, ask your field representative during your next review. We will be happy to show you!

Designate a person to be responsible for entering those numbers. Sometimes, being a director can become chaotic and overwhelming. Don't be afraid to delegate and distribute this responsibility to a trusted staff member, or two.

If you are using a program, such as BrightWheel, to manage your attendance, make sure someone in the center has the password to get those numbers off in the event of your absence during a monitoring review. If the numbers have already been entered into KidKare for the previous 5 days, the numbers can be collected from there. However, it is a good idea to always have someone who can pull those numbers up just in case.

Keeping track of your attendance and meal counts in KidKare daily will also help you determine your required milk amount each month. If these numbers, as well as menus, are entered daily, your required amount of milk will automatically update to an accurate number in your "Milk Audit" tab on KidKare, ensuring that you purchase the correct amount of milk each month. Remember that Our Daily Bread is here to help you succeed on the food program and will offer any assistance you need. If you are having trouble keeping up with your attendance and meal counts, reach out to your field representative or case manager, and they will gladly help you!



KEEP US UPDATED!

- Will you be closed for the holidays?
- Do you need to close early for illness or emergency?
- Are you serving a special meal that is non-reimbursable?
- Your non-related children are not attending your home daycare today?



To avoid an unsuccessful monitoring review for any of these reasons, give Our Daily Bread CACFP a call.

1 (855) 238-6328



Scan the QR code to find more recipes like this one in our Quick Bites series on YouTube!



The Link

CHILD NUTRITION MAGAZINE

Issue # 58

Notes

- Trail Mix is a popular food due to its light weight and the combo of quick and sustained energy provided by carbohydrates and fats.
- Servings per age group:
1-2 yrs. (½ cup)
3-5 yrs. (½ cup)
6-12 yrs. (1 cup)

Trail Mix

Yield: 25 Servings
Meal Type: Snack



Ingredients

2 ⅓ cups	Toasted O's cereal
1 qt.	crispy whole wheat cereal squares
1 ⅛ cups	raisins, packed
3 ⅜ cups	mini pretzels
1 ⅛ cups	chocolate chips

Source: cacfpvdp.org

SOUPS AND CN LABELS

EXCELLING IN WINTER RECIPES



BY TAKESHA MIDDLETON
CENTERS PROGRAM MANAGER
OUR DAILY BREAD CACFP

As winter approaches so does the cooler winter weather. With winter comes those yummy soups, crockpot dishes, and casseroles. Here is some great information for crediting and serving those meals this winter.



Directions

1. In a large bowl, mix all ingredients together.
2. With a ½ cup measuring cup, portion into individual cups, bowls, or zip-top bags.
3. Place in an air-tight container. Store in a cool, dry place until served.

CACFP Servings & Components

1-2 Years	3-5 Years	6-12 Years
½ cup	½ cup	1 cup
raisins	raisins	raisins
whole wheat cereal squares	whole wheat cereal squares	whole wheat cereal squares

Reminder: Feel free to swap out the raisins for another dried fruit of your choice.



Our Daily Bread CACFP's recipe library in the Educator Portal under the "Credible Cuisines" feature allows you to browse and bookmark recipes for your facility. This section of the educator portal has many CACFP approved recipes that you can tailor to your childcare locations needs. You can also find essential CN labels and use our handy calculators to ensure your meal meets CACFP regulations. If you have any questions about crediting a recipe, please review these features in the Portal.

All soups, casseroles, and crockpot dishes must have a recipe on file. Recipes should break down all components and have the correct serving sizes for children based on their ages. If there is not enough of a component in the dish to adequately serve the child, the recipe will not be credible and an additional component will need to be

served. Please breakdown these dishes on your menus as well. For instance, list out chili, ground beef, kidney beans, etc.

As a reminder, CN labels are needed for any store-bought combination foods being served (like nuggets, fish sticks, or pizza). Please keep CN labels and recipes at your home/ center where they are readily available to review when a monitoring review is conducted or requested by TDHA. If you need any assistance with crediting a recipe or searching for a CN label, please do not hesitate to contact Our Daily Bread CACFP. We are always happy to help!



• CACFP EDUCATOR PORTAL •

Find recipes and more at portal.odbcacfp.org!

FEATURED CACFP SITE



Loving Hands Learning Center La Grange, Kentucky



BY KIMBERLEY CASTELLUZZO
FIELD REPRESENTATIVE
OUR DAILY BREAD CACFP

Our Daily Bread is honored to spotlight Loving Hands Learning Center in La Grange, Kentucky! Mr. Norberto Mendez, along with his wife Shamelly Coto, both love working with and caring for children of all ages.

Every child at Loving Hands Learning Center feels safe and loved as soon as they walk through the door. Mr. Norberto and Ms. Shamelly made the decision to get into the childcare business after years of working in other childcare facilities. They finally got the courage and decided to open their own center. The duo said their proudest accomplishment has been creating a safe, loving, and nurturing environment for the children while they are in their care. Mr. Norberto also bragged on his staff, stating they are “diligent and consistent in the completion

“Our staff are diligent and consistent in the completion of their professional development.”

of their professional development. And because our staff’s dedication, we have been able to see children with different social-emotional challenges achieve behavioral milestones!” Having the distinct honor and privilege to witness children meeting milestones, is definitely something to be proud of! The kids at Loving Hands Learning Center have no complaints on the food either! They all enjoy Ms. Shamelly’s tacos the most! Just watching the children enjoy the meal makes her happy, so it’s her favorite, too!

Loving Hands Learning Center has been sponsored by Our Daily Bread, CACFP since March of 2021. When asked what they loved most about the Child and Adult

Food Program, “it has allowed me to increase the quality of food we provide and assist in creating healthy habits at an early age in children.” Hearing their answer makes all of us at Our Daily Bread, CACFP smile from ear to ear. We agree that creating healthy habits in young children will lead to individuals making healthy food choices for generations to come!

To anyone interested in the CACFP, the couple shared these words, “CACFP is a great program! It has improved the quality of our center and has allowed children to start healthy habits at an early age. If you are thinking about joining the program, go for it!! It has been essential in the development of our facility and we can’t see our center running without it now!”

Thank you Mr. Norberto and Ms. Shamelly! It is truly a pleasure to be the CACFP sponsor of such an amazing childcare center!



Educator Portal

Proud CACFP Sponsor since 1995
Serving Tennessee & Kentucky

At Our Daily Bread CACFP, we believe in community both inside and outside our walls. The Educator Portal is a tool meant to help you stay connected as an Educator to Our Daily Bread and all things CACFP. The Educator Portal makes completing and submitting documents to your Case Manager easier than ever before! Child Care is a challenge and we're trying our best to remove pain-points from your daily operations. Be on the lookout for more upcoming features soon!

History of Documentation

Access a library of all of your past uploaded documents. This will allow you to download any document you need without having to contact Our Daily Bread CACFP.



- o Easily retrieve documents from your history.
- o Never lose any of your CACFP documents.
- o Accessible anytime.

Credible Cuisines

Dive into a rich collection of CACFP approved recipes, tailor yields to your needs, and bookmark favorites to your personal culinary vault.



- o Comprehensive library of CACFP approved recipes.
- o Save your favorite recipes to a personal cookbook.
- o Recipes with compliant CACFP crediting information.
- o Adjust recipe yields to fit your serving needs.

More Portal Perks Coming Soon!

- o E-Sign & Online Form Completions
- o Annual CACFP Training
- o CACFP Calendar

CACFP Calculators

Equip yourself with smart tools that effortlessly crunch numbers, ensuring cereals, yogurts, and grains meet CACFP standards.



- o Specialized calculators to simplify your shopping.
- o Calculate if a cereal or yogurt remains compliant to CACFP sugar limits.
- o Calculate grain ounce equivalents for commonly served grain components.

CN Label Archive

Navigate through a curated gallery of CN Labels, and save all of the essentials to your quick-access favorites shelf.



- o Browse a collection of CN Labels tailored for CACFP.
- o Save CN Labels to a favorites list for quick reference.



Scan me!



Sign up at portalsignup.odbcacfp.org or by scanning the QR code



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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442; or

email:
Program.Intake@usda.gov

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