



JULY 2011

# Noodle News

Volume 180

The 3rd Trimester is all about having fun with physical activity in daycare homes.

Community, Family & Youth Services  
CACFP  
1914 Carpenter Ave  
Des Moines, Ia 50314  
515-286-2136

### ENROLLMENTS:

When you enroll a child on the computer, do not print the temporary enrollment report that Minutemenu asks you to print. Just hit Finalize Enrollment and hit close twice. If you choose to print it for your records, please do not mail it to us. We are not allowed to use this document as an enrollment. Please call us if you run out of enrollments.

We have new enrollments and when you use these forms, please turn in the **top copy**. Do not turn in the yellow copy on this form because we need the top copy and it is white.

You can still use the old enrollments if you still have them during renewal time. Our State Agency will inform us when you can throw away the old forms.

### DURING RENEWAL IN SEPTEMBER

Bring in your black notebook because we will be giving you new documents to put into it. Make sure to call Pam to schedule your time. This is mandatory every year.

### DON'T FORGET

Call your monitor if you are going to be gone during a meal.

### CACFP Classes:

July 18, 2011 6:30—8:30p.m. Farmers Market. This class will be held at South Ridge

Aug. 4, 2011 6:30—8:30p.m. Farmers Market. This class will be held at Valley Junction

Aug 25, 2011 6:30-8:30p.m. Farmers Market. This class will be held at Valley Junction

Healthy Menu Makeover On-Line Module information has been mailed to you. DHS has approved this 4 hour class.



### Portion Size is Important

By serving the correct portion size and balancing the meal out with nutritious foods you will be helping to teach children good meal habits.

Serving appropriate portions along with exercise will help children to maintain a healthier weight and combat obesity.

### Important Dates to Remember:

July food sheets are due by **August 5, 2011**

WebHX claims are due **August 5, 2011**.

Claims received on the 6th or after are considered late claims.

WebHX claims received on the 6th or after are also considered late claims.

Checks for the July reimbursement will be mailed no later than **August 24, 2011**

Next Paid Holiday: **November 11, 2011**.

**Don't forget to have parents sign the Parent signature sheet if you are open during this holiday. If it is not turned in, you will not get paid.**

### You may contact us by

Calling, E-mailing or dropping by between the hours of 8:00am-12:00pm or 1:30pm-5:00pm

© Gracy Kirkman 515-286-3703

Gracy.Kirkman@polkcountyiowa.gov

© Pamela Patterson 515-286-2136

Pamela.Patterson@polkcountyiowa.gov

© Treva Olson 515-286-2063

Treva.Olson@polkcountyiowa.gov

© Lorna Sapp 515-286-3284

Lorna.Sapp@polkcountyiowa.gov

© Penny Warner 515-286-2037

Penny.Warner@polkcountyiowa.gov

## CREDITABLE CACFP SNACKS, MEALS AND MENU IDEAS

Breakfast	1	2	3
Juice, Fruit or Veg	Bananas	Pears	Grapes
Grain/Bread	Pancakes	Waffles	Cinnamon Rolls
Milk	Milk	Milk	Milk
Lunch/Dinner			
Meat/Meat Alternate	American Cheese	Pepperoni	Beef
Grain/Bread	Bread	Pizza Crust	Egg Noodles
Fruit or Vegetable	Pineapple	Tomato Sauce	Peaches
Fruit or Vegetable	Carrots	Apples	Corn
Milk	Milk	Milk	Milk
Snacks (Choose 2 of the 4 components)			
Meat/Meat Alternate.	Yogurt		
Juice or Fruit or Veg	Grapes	Mandarin Oranges	
Grain/Bread		Bagels	Graham Crackers
Milk			Milk

### MAGIC FRUIT SALAD

Makes 10 servings

1/2 pound of seedless grapes ( about 1 1/2 cups)

1 can pineapple chunks with juice (20 ounces)

2 bananas

1 3/4 cups fat-free milk

1 package sugar free instant lemon or vanilla pudding mix (4 serving size)

Directions: 1. Wash your hands. 2. Rinse the grapes. If young children will be eating this salad, cut the grapes in half. 3. Drain the juice from the pineapple. 4. Put the pineapple chunks and grapes in a large bowl. 5. Peel the bananas, cut them into bite-size pieces, and add them to the bowl of fruit. 6. Pour the milk over the fruit. While slowing stirring the fruit mixture, sprinkle in the pudding mix. 7. Let the mixture stand for 5 minutes, and then serve.

