



Back to School!! Children will be coming and going. Don't forget to call if you will not be home.



September 2011

Noodle News

Volume

182

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

We still have not moved:

Please continue to send all your documents to 1914 Carpenter Ave. Des Moines, Ia 50314 until we give you a new date of our move.

RENEWAL IN SEPTEMBER

Renewal Sessions are located at:

River Place

2309 Euclid Ave

Des Moines, Ia 50310

Sessions will be in the following rooms:

Date Room#

9/6 room 2

9/7 room 2

9/8 room 2

9/12 room 3A

DON'T FORGET

Enrollments:

Please include the children's:

- ⇒ school hours.
- ⇒ Birthdates
- ⇒ If scannable #
- ⇒ Infant feeding information
- ⇒ The formula that you will offer even if you do not provide formula.

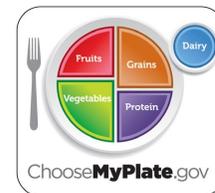
CACFP Classes:

Sept 15, 2011 6:30—8:30p.m. Farmers Market.

This class will be held at Valley Junction (FULL)

Sept 29, 2011 6:30-8:30p.m. Don't Put Your Program in Jeopardy with CACFP.

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



Portion size is very 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:

September food sheets are due by **October 5, 2011**

WebHX claims are due **October 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 September reimbursement will be mailed no later than **October 19, 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.

This sponsorship is an equal opportunity sponsorship.

You may contact us by

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

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September is Better Breakfast Month

Did you know that September is Better Breakfast Month? Start those kids off to school or in your daycare with energy provided by the following menus:

1% or non-fat Milk



Apple Slices

Whole Grain Toast

With Jelly

1% or non-fat Milk



Cantaloupe

Corn tortilla rolled with cheese (½ oz)

1% or non-fat Milk

Sliced Fresh Fruit

Old Fashioned Oatmeal

1% or non-fat Milk

Mandarin orange slices

Whole grain cereal

1% or non-fat Milk

Banana



French Toast

1% or non-fat Milk

Kiwi



Whole wheat pita w/shredded cheese (½ oz)

1% or non-fat Milk

Orange Wedges



Ham & Cheese Sandwich

1% or non-fat Milk

Mixed fresh fruit w/ ¼ c. yogurt and

Whole-grain cereal on top (parfait)

Remember Breakfast is a great time to get your vitamin A and C. Some of the fruits are:

Vitamin C:

Cantaloupe

Kiwi

Oranges

Tangerines

Papaya

Guava

Mango

Strawberries

Grapefruit

Lemon

Vitamin A:

Apricots

Cantaloupe

Mango

Papaya

Persimmon (Japanese)