

TABLE TALK

OCTOBER, 2018 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

The Meal Changes that we have been following will become official as of **October 1**. This means that if the meal components are not right, the meal will be deducted for the number of children that ate the meal.

MILK

- Newborn through 11 months old: Breastmilk or Iron-fortified formula or Mother coming to site and breast feeding infant
- 12 months through 23 months: whole milk
- 2 years through 12 years: fat-free (skim) milk or low-fat (1%) milk

YOGURT

- No more than 23 grams of sugar per 6 ounces

VEGETABLES AND FRUITS ARE NOW TWO SEPARATE COMPONENTS

- Breakfast: one fruit or vegetable
- Lunch or Dinner: one vegetable and one fruit or two vegetable
- Snacks: one vegetable and one fruit (**optional, not required**)

MEAT AND MEAT ALTERNATE AT BREAKFAST

- You can serve meat or meat alternate instead of a grain up to 3 times a week

GRAIN –BASED DESERTS

- Can no longer be reimbursed
- Graham crackers and Animal crackers up to two times a week

BREAKFAST CEREAL

- No more than 6 grams of sugar per dry ounce

WHOLE GRAIN-RICH

- Whole Grain –Rich must be served as a grain at least 1 serving a day. Make sure it is marked on your menus in the computer program or on your bubble sheets.
- The first ingredient (second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grain, enriched grain, bran, or germ

JUICE:

- One time a day at any meal or snack
- Infants no juice

Income Eligibility Form (IEF)

The Food Stamp # on the (IEF) has changed. When a person goes to apply for Food Stamps they are given a Case Number. When their application is approved for Food Stamps they receive an Eligibility Number (EDG). In order to use this number in the Food Program it must be the Eligibility Number on the IEF.

Day Care Homes

The Reenrollments have just gone in the mail. Please have your parents look over the form for their children. If there are any changes, have the parent make the changes, initial next to the change, and then sign and date form. These forms must be in our office no later than October 22, 2018.

Have you heard? Our website is back up and running even better than before! Visit from any computer, tablet, or smart phone to experience the new look. Need activities? Have questions? **Come see for yourself!** Childfoodprogramoftexas.org

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Chef Bob's Cookbook

OWL RICE CAKE SNACKS



**OWL
RICE CAKE
snacks**
AFewShortcuts.com

OWL RICE CAKE SNACKS
From afewshortcuts.com

Main Ingredients

- plain rice cakes
- 2 Tbsp peanut butter
- 1 banana
- 1/4 cup blueberries
- 1/2 apple sliced
- 1/4 cup Cheerios
- Small piece of cantaloupe

Directions

1. Spread peanut butter on each rice cake.
2. Top rice cake with 2 banana slices for eyes, and top each banana slice with 1 blueberry.
3. Add a small piece of cantaloupe cut into the shape of a triangle for the beak.
4. Add two apple slices for the wings.
5. Finally add cheerios for the body.
6. Serve.

* **Get creative! Switch out ingredients for different fruits.**