

# TABLE TALK

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

This past physical year was an adjustment for the new food regulations from USDA. **Starting October 1, 2018**, the following USDA and TDA food regulations must be followed, or **we will be mandated to make deductions**.

The changes are as followed:

## 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

## VEGETABLES AND FRUITS 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

## 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

## YOGURT


- No more than 23 grams of sugar per 6 ounces

## 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

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## Chef Bob's Cookbook

## 4 Ingredient Mini Chicken Pot Pies



**Chicken Pot Pie Cupcakes**  
From [easytoddlermeals.com](http://easytoddlermeals.com)  
PREP: 10 min  
COOK: 20 Min  
TOTAL: 30 min

### Main Ingredients

- Crescent dough – Store bought
- 1 c. cooked chopped cooked chicken
- 3/4 c. canned cream of chicken
- thawed garden vegetables
- chicken seasoning or salt and pepper optional

### Directions

1. Preheat oven to 400
2. In a bowl, mix chicken, cream of chicken, and sprinkle a little chicken seasoning or salt and pepper. Set aside.
3. Using a glass or cookie cutter, carve out circles of crescent dough
4. Grease a muffin tin with cooking spray and carefully place dough in each circle
5. Add chicken mixture into each circle
6. Using the leftover dough, cut strips and place it on top as shown in video
7. Bake for about 20 minutes, check at 15 minutes for desired brownness