



# Perspectives

Horizons Unlimited Inc. — Sponsor of the Child and Adult Care Food Program

## Very Important Program Pointers

Volume 20 Issue 212  
March 2013

### Organize yourself for smooth home reviews

1. Have your menus and meal counts current and available for viewing
  - Menus and Meal Counts need to be entered by the end of the business day
  - It is recommended that you record meal counts immediately after the meal service to ensure accuracy of the counts
2. Have all your enrollments organized in one place.
  - Your current enrollments should have a date of September 2012 to present
  - Check to make sure that Attendance and Meal Data information on the enrollment form or worksheet reflects each child's permanent schedule. If they have had a permanent update the schedule directly on that child's that enrollment or on the enrollment worksheet and have the parents initial that change.
3. Have attendance records current and available for viewing.
  - The monitor will need to see the last two weeks of attendance.
  - Check daily that accurate in and out times have been recorded by the parents
  - Parents should sign the attendance record at the end of the week confirming that attendance record is an accurate reflection of their child's time at daycare.
4. Place all 2012 Food Program records in a binder and label it.  
Things to include:
  - Menus and Meal Counts (if you are a paper claimer)
  - Enrollments and AMD's dated 9/2011-8/2012
  - Home visit reviews

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"Wherever you go and whatever you do, may the luck of the Irish be with you."

—Irish Blessing

New School Eligibility list available on our website.  
Let us know if you qualify. [www.horizonsunlimited.org](http://www.horizonsunlimited.org)

### Does it Count:

**BREAD PUDDING** - Yes - Counted as a bread alternative at snack time only if bread is enriched and ½ slice of bread is served each child. No more than two dessert-type items should be served per week.

**DIPS** - Perhaps - If made with food items that are creditable and if the quantity served meets the age requirement. Consider using peanut butter, cheddar cheese, refried beans, cottage cheese or yogurt for a reimbursable dip. DO NOT count sour cream, mayonnaise or cream cheese dips. Record the kind of dip. For example: bean dip, yogurt dip.

**NUTS** - Yes - Young children can easily choke on nuts. Serve only to children 3 years or older. Meets all of the requirements for snack but not more than ½ requirement for lunch and supper.





# Nutrition Note

There's No Better Time to Eat  
Right

By Kristen Frie RD

## March is National Nutrition Month®!

This month celebrates making informed food choices and developing sound eating habits. Eating right is essential to keeping our bodies running at their best. "Eat Right, Your Way, Every Day" is this year's motto of the Academy of Nutrition and Dietetics. Keep your [childcare] family healthy by following the tips below:

- Take this time to be role models to promote healthy eating.
- Just because a meal is quick to fix doesn't mean it can't also be nutritious.
- Have the kids help in preparing meals and snacks.
- Cook extra ingredients to use for another recipe.
- Get the kids involved with setting the table for mealtime.



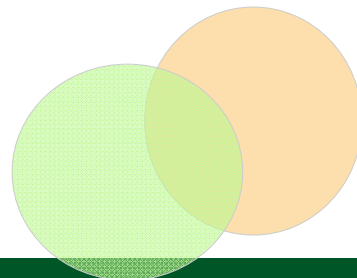
eat right. Academy of Nutrition and Dietetics  
National Nutrition Month® 2013

## Fact or Fiction? Game

1. Frozen or canned fruits and vegetables are not as nutritious as fresh ones.
2. A healthy recipe substitution is to use fruit puree, such as applesauce, for a portion of the fat when baking.
3. A healthy snack includes protein.
4. Healthy eating helps prevent dental cavities.
5. Whole grain food products are always brown.

## Answers:

1. **Fiction.** Canned or frozen produce is usually processed at its peak so it may contain more nutrients than fresh. They may also contain more added sugar and salt than fresh so be sure to read the nutrition labels.
2. **Fact.** You can also switch from solid fats (i.e. shortening) to oils when cooking and baking to keep unhealthy fats in check.
3. **Fact.** The purpose of snacks is to keep you energized throughout the day. Healthy protein sources include: yogurt, eggs, milk, cheese, nuts, beans, and soy-based products.
4. **Fact.** Sugary foods, particularly sticky or chewy ones, can encourage bacterial growth and acid production in your mouth. Milk and cheese protect against cavities because they contain the sugar lactose.
5. **Fiction.** Color is not a reliable method for identifying healthy products. The most reliable information is on the nutrition label.



# MARCH LUNCH IDEAS

VISIT [WWW.HORIZONSUNLIMITED.ORG](http://WWW.HORIZONSUNLIMITED.ORG) FOR MORE MENU IDEAS!

<p>1% Milk</p> <p><b>* Corned Beef Quesadillas</b></p> <p>Green Apples</p> <p><b>Broccoli</b></p> <p>WW tortilla</p>	<p>1% Milk</p> <p><b>Hard Boiled Egg</b></p> <p>Oranges</p> <p><b>Green Beans</b></p> <p>WW Toast</p>	<p>1% Milk</p> <p><b>Bean Soup</b></p> <p>Raw Veggies</p> <p><b>Banana</b></p> <p>Crackers</p>	<p>1% Milk</p> <p><b>Hot Beef Sandwich</b></p> <p>Cauliflower</p> <p><b>Apricots</b></p> <p>Bun</p>	<p>1% Milk</p> <p><b>Baked Chicken</b></p> <p><b>*Baked Basil Fries</b></p> <p><b>Grapes</b></p> <p>WW Bread</p>
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## Corned Beef Quesadillas

To make Corned Beef Quesadillas you need chopped left over corned beef (or use deli chopped corned beef), Swiss Cheese and some sauerkraut. (OK, sauerkraut is a long shot but it tastes so good in this sandwich, I swear!)

Then it's made just like any Quesadilla. Butter the outside, add the cheese and filling, then heat in a skillet until the cheese melts. Cut into wedges and serve.

Want a dipping sauce? Thousand Island dressing works great!



Source: Bettycrocker.com

## Baked Basil Fries

### Ingredients:

2 lb. fresh russet potatoes (about 2 large)  
 1/4 cup grated Parmesan cheese  
 1 tablespoon olive oil  
 1 tablespoon dried basil leaves  
 1/2 teaspoon salt  
 1/4 teaspoon garlic powder

Source: bettycrocker.com

### Directions:

Heat oven to 425°F. Cut potatoes into 1/4-inch-thick strips. In medium bowl, mix remaining ingredients. Toss potatoes with mixture.

Spray large cookie sheet with cooking spray. Place potatoes on cookie sheet in single layer. Bake 15 minutes; turn potatoes, and bake 15 to 20 minutes longer or until tender.



# Word Search: March

- |            |               |
|------------|---------------|
| Basketball | Green         |
| Clover     | Party         |
| Luck       | Dance         |
| Leprechaun | Irish         |
| Rainbow    | Top Hat       |
| Lamb       | March Madness |
| Lion       | Pot of gold   |

What does a leprechaun call a happy man wearing green?



A	G	N	B	R	A	C	G	T	P	Y	U
S	R	U	D	A	N	C	E	O	O	H	L
D	E	A	N	I	G	O	L	P	T	L	H
F	E	H	E	N	R	L	I	H	O	W	S
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S	W	E	R	O	H	P	V	T	G	U	I
I	E	R	F	W	K	N	G	O	O	I	S
R	E	P	D	C	O	B	M	A	L	C	I
I	R	E	U	I	K	C	U	L	D	C	R
G	T	L	L	A	B	T	E	K	S	A	B
H	Y	A	P	A	R	T	Y	T	D	T	L
M	A	R	C	H	M	A	D	N	E	S	S

# Let's Get Moving!

## Irish Hot Potato

Gather the kids in a circle, either seated or standing. Whether you use a beanbag, soft ball or an actual potato, tell the kids to pretend it's very, very hot, so pass it on as soon as possible. (Decide beforehand if it should be passed around the circle in an orderly fashion or can be tossed to anyone.) Have someone, with back to the group, in charge of playing Irish music on a CD or iPod, then stopping it at random points. Whoever's holding the potato when the music stops is eliminated. The person left standing at the end gets to be in charge of the music during the next round.

## Pin the Pot of Gold on the Rainbow

Spin each blindfolded participant around three times, then point them toward the big paper rainbow, with a personalized sticky-backed pot of gold in hand. Whoever places it closest to the end (or ends) of the rainbow wins. Change the game to Pin the Hat on the Leprechaun if you'd rather!



CACFP -  
where healthy eating  
becomes a habit.

Perspectives is published monthly by Horizons Unlimited, Inc. a sponsor of the Child and Adult Care Food Program.  
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