



# Perspectives

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

## Very Important Program Pointers

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### Diet Statements and Milk Substitutes

Family daycare providers are required to serve all components of the meal pattern to children. *Providers are required to offer an Iron Fortified Infant formula and the parent has the right to accept or decline the said formula. All other components of the infant meal are to be supplied by the provider when the child is developmentally ready.*

When a child is unable to eat all meal pattern components it must be determined if the special diet is due to a disability or to a food allergy/intolerance. When the food modification is determined to be a disability the provider is required to provide the substitutions and a Diet Statement is required. If the food modification is determined to be a food allergy or intolerance the parent may supply the substitution and a Diet Statement is required.

So what about lifestyle choices such as organic, vegetarian or eliminating foods for religious beliefs or personal preferences. The FULL meal pattern and all the components must be supplied by the provider in order to receive reimbursement. The only exception is for parents wanting their child on non-dairy milk without a medical reason.

The parent can request in writing that a non-dairy milk substitute be served without providing a diet statement. **If**, the non-dairy milk substitution is the nutritional equivalent to milk and meets all the nutritional standards found in cow's milk. *This applies to children over the age of 1.* The parent request needs to state the reason for the substitution and which approved non-dairy substitute should be used.

#### Wisconsin approved non-dairy milk substitutions.

*These are the only approved non-dairy milks that may be served without a medical statement.*



Kikkoman Pearl Soymilk, Smart Creamy Vanilla  
\* 8.25 fluid ounce single-serving container, UPC Code 0-41390-06141-7

Kikkoman Pearl Soymilk, Smart Creamy Chocolate  
\* 8.25 fluid ounce single-serving container, UPC Code 0-41390-06151-6

Pacific Natural Foods Ultra Soy All Natural Nondairy Beverage, Plain  
\* 8.25 fluid ounce single-serving container, UPC 0-52603-08311-9  
\* Quart (32 fluid ounces), UPC 0-52603-08200-6

Pacific Natural Foods Ultra Soy All Natural Nondairy Beverage, Vanilla  
\* Quart (32 fluid ounces), UPC 0-52603-08225-9

8th Continent Soymilk, Original  
\* Half gallon (64 fluid ounces), UPC 0-53859-07066-3

SunOpta Sunrich Naturals Soymilk, Original,  
\* 8 fluid ounce single-serving container, UPC 7-82758-33108-6

SunOpta Sunrich Naturals Soymilk, Vanilla  
\* 8 fluid ounce single-serving container, UPC 7-82758-33208-3

Please call Horizons with any questions or refer to the Blog on Diet Statements on our website.

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### Government Shutdown and the CACFP

September CACFP claims will be processed and paid as usual. The Sponsors of the CACFP in WI will release funds for October claims once we receive them. The CACFP is a viable program and all program requirements are intact. The timing of distribution of funds may change due to the government shut down.





# Nutrition Note

By Kristen Frie RD

## Lunch Box Winners

School days have begun! What are you packing in your children's lunch box, or sending with them for a mid-morning or after-school snack? It is important to fuel their brains with food options that are tasty and nutritious.

Try some of the following ideas:

- Trail mix
- Whole-grain crackers and hummus
- Carrot sticks with low-fat ranch dressing
- Baked sweet potato chips
- Low-fat popcorn
- Yogurt with low-fat granola
- Ants on a log (celery, peanut butter, raisins)
- Roasted nuts
- Turkey/Ham and cheese roll-ups
- Grapes and cheese kabobs (on pretzel stick "skewers")
- Edamame (soybeans in pods)



Hint: Make foods fun to encourage an empty lunchbox (and a full tummy!) when your child returns home from the end of their school day. Use cookie cutters to shape sandwiches, cheese, deli meat, vegetables, and fruits. Pack dips for vegetables. Incorporate many finger foods so your child feels like they're having a picnic. And most importantly, add a cute "love" note that will make your child smile!

## Trick-or-Healthy Treat

Halloween is right around the corner! Traditionally, this spook-tacular holiday has revolved around sugar-laden treats. Children (and parents) will be equally thrilled to get any of the following healthier items in their trick-or-treat buckets:

### Food Treats

- 100% fruit leathers/strips
- Packaged pumpkin seeds
- Granola bars
- Boxes of raisins
- Packaged trail mix
- Light microwave popcorn
- Individual packages of pretzels

### Non-Food Treats:

- Temporary tattoos
- Halloween-themed pencils or stickers
- Large bouncy balls
- Orange toothbrushes



# OCTOBER LUNCH IDEAS

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

<p>1% Milk</p> <p><b>HM Chicken Nuggets</b></p> <p>Baked Squash</p> <p><b>Pineapple</b></p> <p>WW bread</p>	<p>1% Milk</p> <p><b>Ham</b></p> <p>Scalloped Potato</p> <p><b>Green Beans</b></p> <p>Zucchini Bread</p>	<p>1% Milk</p> <p><b>Refried Beans</b></p> <p>Lettuce /Tomato</p> <p><b>Apples</b></p> <p>Taco Shells</p>	<p>1% Milk</p> <p><b>Black Bean Chili</b></p> <p>Banana</p> <p><b>Carrots</b></p> <p>WW Crackers</p>	<p>1% Milk</p> <p><b>Hamburger</b></p> <p>Spaghetti Sauce</p> <p><b>Brussel Sprouts</b></p> <p>Pasta</p>
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## Easy Chicken Nuggets (24 Nuggets)

### Ingredients:

- 1 pound chicken breasts, boneless & skinless cut into chunks
- 1/4 cup old fashioned oats (also known as 5 minute oats)
- 1/4 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 3/4 cup panko bread crumbs
- 1 tablespoon parmesan cheese, grated



### Directions:

1. Preheat oven to 375° F.
  2. Place the first 6 ingredients in a food processor until chicken is finely chopped and ingredients are combined.
  3. Place the bread crumbs and parmesan cheese in a shallow bowl or on a plate and stir to combine.
  4. With moistened hands, roll 1 tablespoon of chicken mixture between your palms and flatten it into a "nugget" shape.
  5. Gently press nuggets into bread crumbs to evenly coat them.\*
  6. Place nuggets on a cooling rack. Place cooling rack over a foil-lined baking sheet.
  7. Lightly spray nuggets with cooking spray.
  8. Bake for 15 minutes and serve.\*\*
- To freeze, place nuggets on a sheet tray after this step and freeze for one hour. Place nuggets in labeled freezer bags for up to 3 months. When ready to cook, follow the directions starting with step #6.
  - \*\* If you want your nuggets to be golden brown, place under the broiler for 2 minutes after cooking.

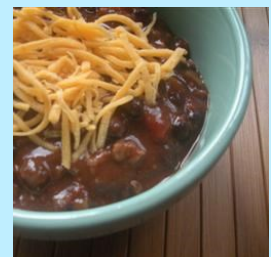
### Ingredients:

- 1 Tbls vegetable oil
- 1 onion, diced
- 2 cloves garlic, minced
- 3 (15 oz) cans black beans, undrained
- 1 (14.5 oz) can crushed tomatoes
- 1 1/2 Tbls chili powder
- 1 Tbls dried oregano
- 1 Tbls dried basil leaves
- 1 Tbls apple cider vinegar

## Black Bean Chili

### Directions:

Heat the oil in a large heavy pot over medium heat. Cook onion and garlic until onions are translucent. Stir in the rest of the ingredients. Cover and simmer for 60 minutes.



# Word Search: October

HALLOWEEN  
COSTUMES  
WITCH  
PUMPKINS  
HAY BALE  
CANDY  
SQUASH

APPLES  
LEAVES  
FALL  
CORNSTALKS  
FOOTBALL  
SQUIRRELS

Why did the skeleton go to the barbeque?



To get some spare ribs!

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

# Let's Get Moving!

## Pumpkin Patch Dramatic Play

To celebrate the fall season create a pumpkin patch play area. First, stock up on pumpkins and gourds at your local grocery store. Then make a quick stop at the dollar store for some fall flowers, scarecrows and a hay bale for. Get out a wagon, straw hats, scale. Mission Pumpkin Patch accomplished! Your kids will have a blast as they pick the perfect pumpkin, sort the pumpkins by attribute, and measure and weigh their pumpkins.



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CACFP -  
where healthy eating  
becomes a habit.

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