

# Healthy eating = A healthy life



## Sanford's Family Day Care Network April, May, June 2018

### Cycle Menus

Sanford Children's Family Day Care Network MENU	Menu Cycle #							Provider # Provider Name Phone #
	MON	TUE	WED	THUR	FRI	SAT	SUN	
Breakfast (10)								
Bread/Alternative								
Cheese								
CFR Search ID								
Meat/Meat Alt.								
Meat/Plant Prot.								
Bread/Alternative								
Meat/Meat Alt.								
Meat/Plant Prot.								
Vegetable								
Fruit								
Bread/Alternative								
CFR Search ID								
Meat/Meat Alt.								
Meat/Plant Prot.								
Bread/Alternative								
Meat/Meat Alt.								
Meat/Plant Prot.								
Vegetable								
Fruit								
Bread/Alternative								
CRACKER LIST								
CEREAL LIST								

May/June/July/Aug

Due April 2018

Sept/Oct/Nov/Dec

Due August 2018

Jan/Feb/March/Apr

Due December 2018

\*Menus need to be pre-approved before claiming

### Menus:

Menus for May, June, July and August are due in the FDCN office by the end of April. Remember to incorporate your seasonal fruits and vegetables with this new menu cycle. South Dakota Harvest of the Month is a great resource to find recipe ideas, games and activities.

[www.sdharvestofthemonth.org](http://www.sdharvestofthemonth.org)

### Meal Pattern Reminders:

We want to highlight some of the meal pattern changes that started in October of 2017.

### Children:

- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- Meat/meat alternates may be served in place of the entire grains component at breakfast up to 3 times per week.
- Juice is limited to once per day.
- Vegetables and fruits are separate components at snack.
- Unflavored whole milk must be served to 1 year olds.

If you have any questions or concerns, please contact the FDCN at (605) 312-8370 or email [daycare@sanfordhealth.org](mailto:daycare@sanfordhealth.org)

## Meal Pattern Reminders:

### Infant:

- Only breastmilk and infant formula are served to infants 0-5 months old.
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.
- When solid foods are introduced, infants 6-11 months old are required to be served a vegetable or fruit at snack in addition to breastmilk or formula, and infant cereal/bread.
- Juice is not allowed be served to infants.
- Ready-to-eat cereals are allowed for infants at snack.

SNACK (6-11 months)	
Breastmilk/IFIF	2-4 fl. oz. breastmilk or Iron Fortified Infant Formula
Infant Cereal/Bread	0-1/2 bread slice or 0-2 crackers or 0-4 tbsp infant cereal or ready-to-eat cereal
Fruit/Vegetable	0-2 tbsp vegetable, fruit or both

## CACFP creditable recipe:



### recipe *Big Bird's Happy Day Sunrise Smoothie*

#### ingredients

- 2 cups plain yogurt*
- 2 cups pineapple juice*
- 16 ounce bag frozen pineapple*

#### directions

*Add all ingredients to a blender, mix on high until smooth. Serve 1/2 cup per child immediately as a frosty smoothie or let sit for five minutes before serving.*



  *Snack Crediting: 8 Servings for ages 1-5*  
cacfp.org

Find more fun recipe ideas at <https://www.cacfp.org/resources/cacfp-creditable/recipes-and-menus/>



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