

# FOOD PROGRAM Memo



**APRIL 2018**

***The March claim payment will be deposited or checks sent by Friday, May 4, 2018.***

## ENROLLMENT RENEWAL

All enrollment renewal reports should be sent to our office by April 30, 2018 in order to give us time to process them. If we do not receive the report by May 31, 2018, children will be withdrawn and you will need to re-enroll them. If you have any questions or need assistance with the report, please contact our office. Thanks!

## REMINDERS....

- As is stated on the Meal Pattern Chart, **nuts/seeds served at lunch or dinner** may be used to meet no more than  $\frac{1}{2}$  the meat or meat alternative requirement. They need to be combined with a second M/MA to meet the fulfill minimum serving size. For paper claimers, record both foods served; for Dots/Bubble menus and online, record the second food served.
- **Child Diet statements** – please make sure the office has a copy.
- **Quick breads / muffins** – According to USDA, these are not considered “Grain Based Desserts” and can still be served/claimed – both sweet and savory. If you do serve quick breads or muffins, we highly encourage you to make them with healthy ingredients such as blueberries, oats, cranberries, nuts, and seeds.
- **Paper claimers**, remember to keep filling in the bubble for whole grains served at your meals located at the top part of your menus.
- As the weather hopefully starts to get warmer this means more outdoor activities. Please remember it is your responsibility to **notify your Nutrition Specialist or the 4-C office** when you will be away from your day care during your hours of operation. The contact information for our Nutrition Specialists is listed below.

**Mary Schott**- 608.219.6714 email: [mary.schott@4-c.org](mailto:mary.schott@4-c.org)

**Robin Hunter**- 608.219.6716 email: [robin.hunter@4-c.org](mailto:robin.hunter@4-c.org)

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## RECIPE

### Baked Blueberry Oatmeal Cups



#### Ingredients

- 2 cup – oats, dry
- 1 teaspoon – baking powder
- 1/2 teaspoon – salt
- 1 teaspoon – cinnamon
- 1/2 cup – banana
- 2 tablespoons – coconut oil
- 1 cup – milk
- 2 tablespoons – honey
- 1/2 teaspoon – vanilla extract
- 1 medium – egg
- 1 cup – blueberries

#### Directions

1. Preheat oven to 350 degrees and grease a muffins pan!
2. In a medium bowl, add oats, baking powder, salt and cinnamon.
3. In a separate bowl mash banana, add coconut oil, milk, honey, vanilla extract and eggs.
4. Combine wet and dry ingredients and then fold in blueberries. You can use fresh or frozen berries.
5. Fill muffins tins evenly, they won't rise too much so you don't need to leave room for rising. Bake for 20-25 minutes or until golden brown. Serve warm!

[www.superhealthykids.com](http://www.superhealthykids.com)

## FOOD PROGRAM STAFF

**Health and Safety Services Manager**  
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