TO:       Child and Adult Care Food Program Institutions

FROM:  Mary Ann Chartrand, Director
       Grants Coordination and School Support

DATE:   May 18, 2007

SUBJECT:  Mealtime Memo for Child Care

Attached are three issues of the Mealtime Memo for Child Care. The titles are, “Fun Food Lessons,” “Balanced Nutrition for Pre-School Children from the Meat/Meat Alternate Food Group,” and “Balanced Nutrition for Pre-School Children from the Grains/Breads Food Group.”

Developed by the National Food Service Management Institute, these publications reinforce the importance of the Food Guide Pyramid and emphasize that physical activity will help children grow healthy. Subsequent issues of the Mealtime Memo for Child Care will be provided when published.

If you have any questions regarding this memorandum, you may contact the Child and Adult Care Food Program staff at (517) 373-7391.
Games and songs are fun ways to teach children about food and eating. Use these activities before or after you serve foods mentioned in the game or song.

Sing nutrition songs while cooking with children. Make motions to go along with the words of the songs. Small children who may not be able to sing all of the words will enjoy making the motions.

Tossed Vegetables Game
- Draw a tic-tac-toe board with nine blocks on a large poster board.
- Cut out pictures of vegetables from magazines and glue one in each block.
- Make a beanbag by putting one-half cup dried beans or peas in a zip-top plastic bag and close.
- Place the game board on the floor.
- Have the children stand in a circle a few feet away from the board.
- Let them take turns throwing the beanbag on the board. Have them name the vegetable. You can also have them name the color of the vegetable. Ask them to describe it (crunchy or soft, for example).

Fishing Game
- Place a string on the end of a blunt stick or wooden dowel, about two to three feet long.
- Tie a small magnet to the end of the string.
- Cut out pictures of foods from magazines (choose foods that are easy to identify and that you want your children to learn about).
- Place a large paper clip on each picture.
- Place the pictures face up on the floor.
- Allow the children to take turns fishing for food.
- Have them tell the name of the food they catch. Ask the children to describe the food.

Old MacDonald Song
Sing “Old MacDonald had a Farm,” but use healthful foods Farmer MacDonald may have grown in place of the typical animals.

Old MacDonald had a farm, E-I-E-I-O,
And on his farm he had some carrots, E-I-E-I-O
With a yum, yum here and a yum, yum there,
Here a yum, there a yum,
everywhere a yum, yum.
Old MacDonald had a farm, E-I-E-I-O.

Ask children to name other foods the farmer may have grown and sing another verse replacing carrots with the new food.

Good Snack Song
- At snack time, talk about how snacks give us energy between meals.
- Give children examples of healthy snacks.
- Lead children in singing the following song, to the tune of “Mary Had A Little Lamb,” filling in the blank with the day’s snack choice.

A good snack for you and me,
you and me, you and me.
A good snack for you and me,
We’ll eat ________.
**Baked Scrambled Eggs D-15***

Whole eggs, frozen  
OR 23 large eggs, fresh  
Instant nonfat dry milk, reconstituted  
Salt  
Margarine or butter (optional)  
Cheddar cheese, reduced fat, shredded (optional)

1 qt 1 ¾ cups  
2 cups  
3/4 tsp  
2 Tbsp 2 tsp  
2 cups

Beat eggs thoroughly. Add milk and salt. Mix until well blended. Pour egg mixture into a 12”x10”x2” pan which has been lightly coated with pan release spray. Bake. Conventional oven: 350° F for 20 minutes; stir once after 15 minutes. Convection oven: 300° F for 10 minutes. DO NOT OVERCOOK. Heat to 155° F or higher for at least 15 seconds. Remove from oven. Stir well. Eggs will be cooked completely but still have a slightly moist appearance. Add margarine or butter (optional) and stir. Sprinkle cheese over eggs (optional). Hold for hot service at 135° F or higher. For best results, serve within 15 minutes. Cut 5 x 5. Portion is one piece.

Number of servings: 25  
Serving size: 1 piece provides 1 large egg or the equivalent of 2 oz of cooked lean meat.

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**Breakfast Menus**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange juice</td>
<td>Peach slices</td>
<td>Banana slices</td>
<td>Applesauce</td>
<td>Pineapple chunks</td>
</tr>
<tr>
<td>Baked Scrambled</td>
<td>Bagel half</td>
<td>Cheerios</td>
<td>Vegetable</td>
<td>French toast</td>
</tr>
<tr>
<td>Eggs D-15*</td>
<td>Lowfat cream</td>
<td>Milk 2%</td>
<td>omelet**</td>
<td>Milk 2%</td>
</tr>
<tr>
<td>Toast</td>
<td>cheese</td>
<td></td>
<td>Toast</td>
<td></td>
</tr>
<tr>
<td>Milk 2%</td>
<td>Milk 2%</td>
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<td>Milk 2%</td>
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** Consider doing the tossed vegetable game today and discuss the various vegetables in the omelet. Consider including mushrooms, onions, tomatoes, green peppers, or others.

NOTE: Whole milk is recommended for children from 1-to-2 years old. Until they are 1 year old, infants should be served breast milk or iron-fortified formula.

**Sources:**

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Subscribe to Mealtime Memo for Child Care online at www.nfsmi.org and receive the link to download the newsletter via e-mail each month!!

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.
Foods in the meat/meat alternate group provide protein, iron, B vitamins (thiamin, riboflavin, niacin), and other nutrients. Meats, poultry, fish, eggs, cheese, dry beans and peas, yogurt, peanut butter, and other nut butters are included in this group. Let’s learn how to make healthy choices within this food group.

**Variety** and **moderation** are two principles of dietary guidance that should be used in meal planning.

**Variety:** serving many different kinds of foods from the food groups. Planning meals with **variety** helps children meet nutrient needs for growth and health.

**Moderation:** limiting the number of times foods high in fat, sugar, or salt that are served to children. Planning meals with **moderation** allows you to sometimes include foods higher in fat, sugar, or salt but to usually serve foods that are not.

In the meat/meat alternate group, nutrient dense choices include:
- Lean meats, such as pork tenderloin, chicken breast, beef sirloin
- Dried beans and peas
- Fish
- Lowfat yogurt
- Nuts and nut butters—Although nuts and nut butters are high in fat, the fat in these foods is heart healthy.

High-fat foods in the meat/meat alternate group that should only be served occasionally include:
- Sausage
- Bacon
- Luncheon meat (other than lowfat)
- Fried foods

**Tip:** Try using meats in combination with vegetables such as in soups and stir-fries. For example, the featured recipe this month provides an example of using beef with vegetables in a stir-fry.

Try the ideas below for serving a variety of foods from the meat/meat alternate group at lunch:

**Dried beans and peas:** Bean Burrito (D-21A)*, Bean Soup (H-08)*, Bean Taco (D-24A)*, Split Pea Soup (H-02)*, Refried Beans (I-13)*, or Lentil Soup (H-07)*

**Lean meats:** Chicken or Turkey Vegetable Soup (H-11B)*, Chicken Pot Pie (D-11)*, Pork Stir-Fry (D-18B)*, or Beef Stir-Fry (D-18A)*

**Fish:** Tuna Melt (F-01)* or Fish Nuggets (D-09A)*

**Other choices:** cottage cheese, natural or processed cheese, egg, nuts or nut butters, lowfat yogurt
**Beef Stir-Fry D-18A***

- Cornstarch: 1/4 cup 3 Tbsp
- Water, cold: 1/2 cup
- Low-sodium soy sauce: 1/2 cup
- Ground ginger: 1/4 tsp
- Granulated garlic: 1 Tbsp 1/2 tsp
- Ground black or white pepper: 1 tsp
- Fresh carrots, peeled, 1/4” slices carrots OR: 2 qt 1 cup
- Frozen sliced carrots: 3 qt

Beef stock, non-MSG: 1 qt
Vegetable oil: 1/4 cup
Fresh onions, chopped: 2 cups
Fresh broccoli, chopped OR: 1 gal 1/8 qt OR
Frozen mixed Oriental vegetables: 2 qt 3/8 cups
Raw skinless, boneless beef top round, 1/2” cubes: 5 lb 2 oz
Vegetable oil: 1/2 cup

Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper. Heat beef stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. Cook for 3-5 minutes, until thickened. Remove from heat. Sauté sliced carrots in oil for 4 minutes. Add onions, cook for 1 minute. Add broccoli and cook for 2 minutes. Place in two serving pans (9”x13”x2”). Keep warm. Sauté beef in oil for 2-3 minutes. Add beef to vegetables in pans. Add sauce and mix to coat beef and vegetables. Heat to 165°F or higher for at least 15 seconds. Hold for hot service at 135°F or higher. Portion with 2 rounded No. 10 scoops.

Number of servings: 25
Serving size: 3/4 cup 1 Tbsp (2 rounded No. 10 scoops) provides the equivalent of 2 oz cooked lean meat and 5/8 cup of vegetable.

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**Lunch Menus**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lentil Soup H-07*</td>
<td>Tuna salad</td>
<td>Beef Stir-Fry D-18A*</td>
<td>Oven-Bake Chicken D-29*</td>
<td>Chili Con Carne D-25*</td>
</tr>
<tr>
<td>Steamed baby carrots</td>
<td>Carrot sticks</td>
<td>Rice</td>
<td>Steamed broccoli</td>
<td>Mexicali Corn I-15*</td>
</tr>
<tr>
<td>Pear slices</td>
<td>Fruit and gelatin**</td>
<td>Pineapple chunks</td>
<td>Potato wedges</td>
<td>Peach halves</td>
</tr>
<tr>
<td>Cornbread</td>
<td>Wheat crackers</td>
<td>Milk</td>
<td>Wheat roll</td>
<td>Wheat crackers</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td></td>
<td>Milk</td>
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</tbody>
</table>

*USDA Recipes for Child Care. Available online at www.nfsmi.org
** Must contain enough fruit to meet a fruit/vegetable component.

**Sources:**

For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.
Balanced Nutrition for Pre-School Children from the Grains/Breads Food Group

Foods in the grains/breads group provide fiber, iron, and some B vitamins (thiamin, riboflavin, niacin). Breads, hot and cold cereals, crackers, muffins, pasta, pancakes, and waffles are included in this group. Whole grains and breads form the foundation of a healthy diet. Choosing healthy, whole grain or enriched choices from the grains/breads group can help children learn to make healthy selections.

Remember to use the principles of variety and moderation in menu planning.

- **Variety** means serving many different kinds of foods from each food group.
- **Moderation** means limiting the number of times foods high in fat, sugar, and salt are served to children.

Here are some tips for using the principles of variety and moderation in choosing foods from the grains/breads group.

Excellent choices in the grains/breads group include:

- Whole-grain or enriched breads
- Whole-grain cereals
- Oatmeal
- Whole-grain waffles and pancakes
- Whole-grain muffins
- Whole grain crackers
- Pasta

High-fat foods in the grains/breads group that should only be served occasionally include:

- Doughnuts
- Pastries
- Pie crust
- Biscuits
- Croissants

Try these ideas for serving a variety of foods from the grains/breads group at each meal.

**Breakfast choices**: hot or cold cereal, Applesauce Pancakes (A-05)*, Baked Whole Wheat Doughnuts (A-07)*, muffins, waffles, French toast, Pineapple Scones (A-01)*, or English muffins

**Lunch choices**: rice, whole wheat bread or roll, tortillas, couscous, bulgur, Corn Muffins (A-02)*, or pasta

**Snack choices**: Whole Wheat Muffin Squares (A-11A)*, Banana Muffins (A-04)*, graham crackers, wheat crackers, or pita bread
Oven-Baked Whole Wheat Pancakes A-06A*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Whole wheat flour</td>
<td>1 ½ cups</td>
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<tr>
<td>Enriched all-purpose flour</td>
<td>1 ½ cups 1 Tbsp</td>
</tr>
<tr>
<td>Baking powder</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Sugar</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Frozen whole eggs OR fresh large eggs</td>
<td>½ cup OR 3</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Lowfat 1% milk</td>
<td>3 cups</td>
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</tbody>
</table>

Combine flours, baking powder, sugar, salt, eggs, oil, and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl. Mix for 1 minute on medium speed until batter is smooth. Pour batter into one half-sheet pan (13”x18”x1”) which has been lightly coated with pan release spray. Bake until golden brown. Conventional oven: 450 °F for 10 minutes; Convection oven: 400 °F for 8 minutes. Cut 5 x 5 (25 pieces).

Number of servings: 25
Serving size: 1 piece provides the equivalent of one slice of bread.

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<tbody>
<tr>
<td>Oven Baked Whole Wheat Pancakes-A06-A*</td>
<td>Oatmeal with Banana slices Milk</td>
<td>Peanut butter toast Orange sections Milk</td>
<td>Toasted banana bread slices Fresh strawberries Milk</td>
<td>Waffles Pear halves Milk</td>
</tr>
<tr>
<td>Orange juice Milk</td>
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*USDA Recipes for Child Care. Available online at www.nfsmi.org

**Sunflower butter may be substituted for peanut butter.

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