TO: Child and Adult Care Food Program Institutions  
FROM: Mary Ann Chartrand, Director  
       Grants Coordination and School Support  
DATE: March 4, 2008  
SUBJECT: Mealtime Memo for Child Care

Attached are four issues of the *Mealtime Memo for Child Care*. The titles are, “Beverages for Children,” “Cooking with Fresh Vegetables: Focus on Broccoli,” “Healthy Classroom Celebrations,” and “Iron Nutrition for Children.”

Developed by the National Food Service Management Institute, these publications reinforce the importance of the Food Guide Pyramid and include menus, recipes, and activities related to child care. 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.
Children can learn to drink healthy beverages, such as milk, juice, and water, in childcare. At breakfast and lunch, children drink milk. They may occasionally have juice at breakfast and snacks. Offering water regularly can help young children learn to enjoy drinking water.

Let’s discuss recommendations for children’s beverage intake. This information is also helpful for parents, who may not know how much milk, water, and juice their children should be drinking.

Milk
- Milk intake for toddlers and pre-schoolers should not exceed 24 oz (3 cups) per day. Two to three 6-8 oz servings of milk per day is appropriate.
- Children need calcium, vitamin D, and protein in milk.
- Drinking too much milk can cause anemia.

Water
- Offering water rather than juice or other beverages when children are thirsty between meals and snacks may improve appetite for meals.
- Offer water at snack time, even if you offer milk or juice.

Juice
- For children 1-6 years of age, juice should be limited to 4-6 oz per day in a cup. Juice should not be offered in a bottle.
- Only 100% juice (rather than “fruit drinks” or “ades”) should be offered to toddlers and children.
- Toddlers and young children often drink too much juice because it tastes good and is easily packaged and carried around.
- Encourage children to enjoy eating fruits more often.
- **Drinking too much juice can cause:**
  - Diarrhea
  - Malnutrition
  - Tooth decay

Other Beverages
Sugared beverages, such as sodas and fruit drinks, contain few nutrients. Children do not need these beverages.
Peach Muffin Squares A-16A*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Rolled oats</td>
<td>1 ½ cups</td>
<td>Frozen egg whites, thawed OR</td>
<td>½ cup 1 Tbsp OR</td>
</tr>
<tr>
<td>Water, hot</td>
<td>1 ¼ cups</td>
<td>OR Fresh large egg whites</td>
<td>4 each</td>
</tr>
<tr>
<td>Enriched all-purpose flour</td>
<td>2 ¼ cups 1 Tbsp</td>
<td>Lowfat plain yogurt</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Baking soda</td>
<td>½ tsp</td>
<td>Canned applesauce</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Ground cinnamon</td>
<td>½ tsp</td>
<td>Rolled oats</td>
<td>½ cup 1 ¼ tsp</td>
</tr>
<tr>
<td>Ground nutmeg</td>
<td>½ tsp</td>
<td>Enriched all-purpose flour</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Salt</td>
<td>½ tsp</td>
<td>Brown sugar, packed</td>
<td>2 Tbsp ½ tsp</td>
</tr>
<tr>
<td>Margarine or butter</td>
<td>½ cup 2 Tbsp</td>
<td>Margarine or butter</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Brown sugar, packed</td>
<td>1 cup 2 Tbsp</td>
<td>Canned sliced cling preaches,</td>
<td>3 ¾ cups</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cup 2 Tbsp</td>
<td>in syrup, drained</td>
<td></td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 ¼ tsp</td>
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</table>

Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Set aside.

In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Set aside.

In a separate mixing bowl, cream margarine or butter and sugars using paddle attachment for 10 minutes on medium speed. Scrape down sides of bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed. Add the oat mixture and blend for 1 minute on low speed. Add the flour mixture and blend for 1 minute on low speed. Scrape down sides of bowl. Blend for 1 minute on low speed.

For topping: In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.

Coat 9” x 13” x 2” pan with pan release spray. Pour batter and spread evenly. Spread peaches over pan. Peaches may be pureed. Sprinkle topping over peaches.

Bake until golden brown and muffin pulls away from sides of pan.


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

Snack Menus

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<thead>
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<tbody>
<tr>
<td></td>
<td>Peach Muffin Squares- A-16A*</td>
<td>Fresh fruit kabobs</td>
<td>Yogurt Fruit Dip – G-04*</td>
<td>Graham crackers</td>
<td>Cottage cheese</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td>Wheat crackers</td>
<td>Crackers</td>
<td>Peanut butter</td>
<td>Pineapple tidbits</td>
</tr>
<tr>
<td>Water</td>
<td></td>
<td>Water</td>
<td>Water</td>
<td>Milk</td>
<td>Water</td>
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</table>


** Sunflower butter may be substituted for peanut butter.

Sources:

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Broccoli is a good source of fiber, vitamin C, and vitamin A. It also contains iron and calcium.

**Broccoli is great**
- cooked and served as a side dish
- in soups
- in salads
- in quiches
- in stir fry
- on pizza

Broccoli can be served raw, boiled, steamed, microwaved, or blanched.

**Methods of preparing broccoli:**

1. **Boil**
   Bring water to a boil in a pot, then add fresh broccoli. The water should partially cover the broccoli. For one bunch, boil for 5-10 minutes.

2. **Steam**
   To steam broccoli, either use a metal steamer pot with a colander or make your own steamer by placing a small footed sieve or colander in a large pot. Add water until it almost reaches the bottom of the colander. The water should not touch the vegetables. Cover the pot. Steam just long enough for broccoli to be easily cut with a fork. The broccoli will turn a bright color. Steaming takes a little bit longer than boiling.

3. **Microwave**
   Place broccoli in a microwave safe container, cover, and vent slightly (you can use plastic wrap). You do not need to add water. Microwave just long enough for broccoli to be easily cut with a fork. Since microwaves cook unevenly, you will need to stir and turn broccoli during cooking. Remove broccoli from microwave and uncover. Allow broccoli to stand for at least five minutes before serving.

4. **Blanch**
   Fresh broccoli is easier for young children to chew if partially cooked. Cook broccoli for a very short time, then chill quickly in ice water and drain. Remember to cut broccoli into small pieces to avoid choking.

**Teaching tips:**
Before serving broccoli for a meal or snack, plan a learning activity.
- Ask the children where broccoli comes from (the ground, a tree).
- Ask them to describe broccoli (is it sweet, crunchy, smooth? What color is it?)
- Talk about broccoli belonging to a family of similar vegetables. Show pictures of cauliflower and cabbage. Ask children if they have tried these vegetables.
**Mealtime Memo FOR CHILD CARE**

**A Week's Menus**

### Breakfast Menus

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td>Corn flakes</td>
<td>Cut Biscuits Using Master Mix-A-09B*</td>
<td>Oven Baked Three Grain Pancakes-A-06B*</td>
<td>Scrambled eggs Toast</td>
<td>Oatmeal</td>
</tr>
<tr>
<td>Banana slices</td>
<td>Ham slices Mixed fruit Milk</td>
<td>Diced peaches Milk</td>
<td>Pineapple tidbits Milk</td>
<td>Diced strawberries in vanilla yogurt Milk</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

### 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>Broccoli Quiche- D-08* Apple slices Milk</td>
<td>Baked chicken Yellow corn Pear and mandarin orange salad Whole wheat bread Milk</td>
<td>Turkey sandwich Broccoli Cheese Soup- H-05* Applesauce Milk</td>
<td>Sliced turkey Chicken or Turkey Rice Soup- H-10A* Steamed carrots Diced peaches Whole wheat roll Milk</td>
<td>Hamburger Lettuce and tomato Sesame Broccoli- I-03* Pineapple chunks Whole wheat bun Milk</td>
</tr>
</tbody>
</table>

### Snack Menus

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toasted English muffin with fruit spread Milk Water</td>
<td>Mini banana muffins Milk Water</td>
<td>Lightly steamed carrot sticks and broccoli with lowfat dip String cheese Water</td>
<td>Lowfat yogurt sprinkled with granola Strawberries Water</td>
<td>Mixed dried fruits Wheat crackers Milk</td>
</tr>
</tbody>
</table>

*USDA Recipes for Child Care. Available online at www.nfsmi.org.*

**Sources:**


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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.
Healthy Classroom Celebrations

By serving healthy foods at classroom parties, you can help teach children to enjoy healthy foods at celebrations. There are many fun and healthy foods to serve at parties. Plan parties around non-food activities.

Share ideas in this newsletter with parents to encourage them to bring healthy foods when they bring foods for classroom celebrations.

Healthy party foods:

- Apple slices with peanut butter\(^1\) and raisins
- Carrot sticks and broccoli (very lightly steamed), served with low fat dip
- Oatmeal Whole Wheat Raisin Cookies (B-02A\(^2\) - see recipe on next page)
- Rice cakes
- Graham crackers and peanut butter\(^1\)
- Cheese and crackers
- Fruit with yogurt dip
- Granola
- Pita face pizzas
- Mini bagels with cream cheese and raisins

Non-food activities for classroom celebrations:

- Play games. Here are some suggestions:
  - **Name That Sound**
    - Gather a selection of items that can make a recognizable sound. Examples: a pan and spoon, a whistle, a toy drum, a rattle, a packet of cereal, and a set of keys.
    - Now demonstrate each item so children know what to expect.
    - To play the game, hide behind a screen, and randomly make noises with each instrument. Ask the children to name the sound.
  - **Pin the Tail on the Donkey**
    - You can use variations of this game for different holidays. For instance, you can pin the stem on the pumpkin for a fall party. For toddlers, omit the blindfold.
    - Play with puzzles.
    - Sing songs.

Children can still enjoy special treats at parties. Limit high-fat or high-sugar items to one item per party. For example, you can have cake at a celebration, and make the other choices healthier.
Oatmeal-Whole Wheat Raisin Cookies B-02A

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Margarine or butter</td>
<td>¼ cup</td>
<td>Baking powder</td>
<td>1 ½ tsp</td>
</tr>
<tr>
<td>Sugar</td>
<td>1½ cups</td>
<td>Baking soda</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Frozen whole eggs, thawed OR fresh large eggs</td>
<td>½ cup OR</td>
<td>Salt</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 ½ tsp</td>
<td>Ground nutmeg (optional)</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Lowfat 1% milk</td>
<td>3 Tbsp</td>
<td>Ground Cinnamon</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Whole wheat flour</td>
<td>2 cups</td>
<td>Raisins</td>
<td>1 cup</td>
</tr>
<tr>
<td>Rolled oats</td>
<td>1 cup 2 Tbsp</td>
<td>Sugar</td>
<td>¼ cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cinnamon</td>
<td>1 tsp</td>
</tr>
</tbody>
</table>

Cream margarine or butter and sugar in a mixer with the paddle attachment for 10 minutes on medium speed. Add eggs, vanilla, and milk. Mix for 1 minute on medium speed until smooth. Scrape down sides of bowl.

In a separate bowl, combine flour, oats, baking powder, baking soda, salt, nutmeg (optional), and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on medium speed until well blended. Scrape down sides of bowl. Mix for 30 seconds on low speed.

Lightly coat 3 half-sheet pans (13” x 18” x 1”) with pan release spray or line with parchment paper. Portion with a No. 24 scoop (2 ⅔ Tbsp) in rows 3 across and 3 down. Combine sugar and cinnamon in a shaker and sprinkle over cookies.


Number of servings: 25
Serving size: 1 cookie

Snack Menus

<table>
<thead>
<tr>
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<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yogurt Fruit Dip-G-04²</td>
<td>Diced peaches</td>
<td>Bagel half</td>
<td>Mini pita</td>
<td>Graham cracker sticks</td>
</tr>
<tr>
<td>Apple slices</td>
<td>Pretzels</td>
<td>Peanut butter¹</td>
<td>Lowfat cream cheese</td>
<td>Applesauce sticks</td>
</tr>
<tr>
<td>Water</td>
<td>Water</td>
<td>Raisins³</td>
<td>Steamed diced vegetables⁴</td>
<td>Water</td>
</tr>
</tbody>
</table>

¹Sunflower seed butter may be substituted for peanut butter.
²USDA Recipes for Child Care. Available online at www.nfsmi.org
³Children can use the raisins to make faces on the bagel. Remember that raisins can be choking hazards for young children.
⁴Choose vegetables according to seasonal colors. For example, orange carrots can be used for a fall party; green and red peppers can be used for a winter holiday party

Sources:

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Iron deficiency is the most common nutrient deficiency worldwide, and can be a problem for some infants and children in the U.S. In fact, 7% of 1-2 year old children and 5% of 3-5 year old children in the U.S. are iron deficient.

Left untreated, iron deficiency can cause anemia. Anemia is a decrease in the number of red blood cells.

Iron carries out a number of important functions in the body. Iron
• prevents anemia.
• carries oxygen in the body.
• boosts immune function.
• contributes to learning and problem solving.

Good food sources of iron include:
• Lean red meats
• Dark poultry
• Whole and enriched grains
• Beans and peas
• Green leafy vegetables
• Dried fruits

Symptoms of iron deficiency include:
• Fatigue
• Irritability

• Weakness
• Pale skin
• Headache

Iron rich foods you can serve for breakfast include:
• Fortified breakfast cereals
• Hot cereals, such as oatmeal and grits
• Dried fruits

Iron rich foods you can serve for lunch include:
• Beans (try bean soup or bean burritos)
• Meats (particularly red meat)
• Enriched grain products, such as rolls, bread, and pasta made with enriched flour
• Cornbread made with enriched corn meal
• Salad greens, such as leafy lettuce, romaine lettuce, and spinach

Iron rich foods you can serve for snack include:
• Dried fruits
• Enriched grain products, such as crackers, bagels, and breads made with enriched flour
# Mealtime Memo for Child Care

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<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>Cheese toast Pear halves Milk</td>
<td>Baked Whole Wheat Doughnuts-A-071 Applesauce Milk</td>
<td>Oatmeal Warm grapefruit wedges with brown sugar Milk</td>
<td>Cinnamon roll Orange sections Milk</td>
<td>Blueberry pancakes Diced peaches Milk</td>
</tr>
</tbody>
</table>

## Lunch Menus

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oven-Baked Parmesan Chicken - D-051 Steamed broccoli Bean Soup - H-081 Apple slices Whole wheat roll Milk</td>
<td>Bean Burrito-D-12A1 Diced peaches Milk</td>
<td>Sweet-and-Sour Chicken - D-061 Rice Boiled carrots Orange wedges Milk</td>
<td>Oven Baked Fish-D-091 Baked sweet potato Green peas Whole wheat roll Milk</td>
<td>Pizza-in-a-Pocket-F-041 Green salad Apricot halves Lowfat yogurt Milk</td>
</tr>
</tbody>
</table>

## Snack Menus

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<tr>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese and crackers Water</td>
<td>Graham cracker sticks Lowfat yogurt Water</td>
<td>Apple smiles2 Milk Water</td>
<td>Fresh carrot sticks3 Lowfat dip Wheat crackers Water</td>
<td>Toasted mini bagel with cheddar cheese Water</td>
</tr>
</tbody>
</table>

1 USDA Recipes for Child Care. Available online at www.nfsmi.org.
2 Apples sliced in circles with peanut butter and raisins. Sunflower butter may be substituted for peanut butter. Remember that raisins can be a choking hazard for young children.
3 Lightly steaming carrots may make them easier to eat for young children.

Sources:

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