

# September



**Child Management Associates**

Phone: 801-566-1007

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## REMINDERS

- **School District Information Form:** We sent out a form last month for you to list the school districts your children attend. This information will help make sure that school holidays and breaks are entered correctly for your children. Please fill out this form and return it to us ASAP! This will keep you from being disallowed for meals when a child should be at school.
- **What Happens if the School District Information Form is Not Returned:** If we don't receive the school district form back and you need to update a child's school schedule, you will be required to send us a signed parent note with the new schedule. When we receive the note, we will be able to update these school schedules for you. **When changing a child's school schedule please put the earliest time they will get out. This will keep you from being disallowed on early out days.**
- **Meal Time Changes for School:** Please let us know if you are adjusting your meal times for the school year.
- **Enrollment Renewals:** It is time once again for the office to send out your Enrollment Renewals to re-enroll the kids in your care. Please be checking your mail so you don't miss when your enrollment renewals are sent out. We send them out by last name. The letters that expire on Sept 30, 2023 are C, I, M, O and R. Parents need to be signing the enrollment renewal in the month that the children expire!
- **Serving the Same Meal More Than Once in a Day:** Starting September 1st, serving the same meal more than once in the same day will no longer be allowed. We are seeing this meal warning a lot on the Error Reports. We will be changing it from a Meal Warning to a Disallowed Meal starting September 1st. Please make sure you are serving a variety of meals and snacks during the day.

### TEXT CMA AT

**801-891-2960**

### Claim Due Dates

Please remember you have until the 5th business day at 9:00 AM turn your claim in on time.

Sept	Fri. Oct. 6	Nov. 20
Oct	Tues. Nov. 7	Dec. 20
Nov	Thurs. Dec. 7	Jan. 20

### RENEWALS

Remember to be on the look out for your renewals that come in the mail. Turning these in on time will keep your claim from being put on hold.

- **Enrollment Renewal Last Names Starting With: C, I, M, O, R**
- **Income Eligibility Form**
- **License/Relative Cert**
- **CPR and 1st Aid**

### Holiday Hours

**The office will be closed on Sept 4.**

This institution is an equal opportunity provider

## Materials:

- White Construction Paper
- Pencil
- Washable Paint (Brown, Orange, Yellow, Red and Green)
- Qtips
- Paintbrush

Autumn  
Handprint



## Directions

1. Using a pencil, trace the child's hand up to the forearm on the white paper.
2. Next, paint the hand and arm brown making the trunk of the tree.
3. Using Qtips and paint, make dots around the tree trunk to make colorful leaves.
4. Enjoy this fun and special fall craft.

## Yogurt and Cereal Reminders

### Yogurt

- Commercial Yogurt/Soy Yogurt products may be served. Yogurts that meet the CACFP sugar guidelines are Activia, Yoplait, or Chobani, plain, vanilla or fruit.
- **Non Creditable Yogurt products are:** Frozen Yogurt, Drinkable Yogurt, Homemade Yogurt, Yogurt flavored Products, Yogurt Bars, Yogurt Covered Fruit and Nut
- Yogurt served in the Child and Adult Care Food Program (CACFP) must **NOT have more than 23 grams of sugar per 6 ounces.**

### Cereals

- Cereals can contain no more than **6 grams of sugar per dry ounce.** Some examples that meet the CACFP guidelines are: Cheerios, Frosted Shredded Wheat, Rice Krispies (Plain), Cream of Wheat- 10 Min, and Quaker Oates-Quick 1 Min.

#### Yogurt Sugar Limits

Serving Size	Sugar Limits
2.25 Ounces	0-8 grams
3.5 ounces	0-13 grams
4 ounces	0-15 grams
5.3 ounces	0-20 grams
6 ounces	0-23 grams
8 ounces	0-30 grams

#### Cereal Sugar Limits

Serving Size	Sugar Limit
27-28 grams	0-5 grams
29-32 grams	0-6 grams
33-37 grams	0-7 grams
38-42 grams	0-8 grams
43-47 grams	0-9 grams
48-51 grams	0-10 grams
52-56 grams	0-11 grams
57-60 grams	0-12 grams



## Sesame Tofu & Veggies



## Easy Large Meal Ideas

**Materials:** 2 (14 oz) blocks of tofu drained and pressed, 2 1/2 cups baby carrots, 2 1/2 cups green beans, trimmed, 2 tbsp corn starch, 2 tbsp sesame oil, 4 tbsp soy sauce, 3 cloves garlic minced, 2 tbsp maple syrup

Preheat the oven to 425° F. Cut each block of tofu into four smaller blocks, and then cut each block into eight cubes. Toss the tofu in corn starch and 1 tbsp sesame oil and lay out on the sheet pan. Place the vegetables on the pan in separate sections. Whisk together the remaining 1 tbsp sesame oil, soy sauce, garlic, ginger and maple syrup, then drizzle over all ingredients, tossing gently in the pan to coat. Cook for 20-25 minutes, flipping the tofu halfway and tossing the vegetables once more. Serve 8 tofu cubes with 1/4 cup of each vegetable, along with 1/4 cup cooked rice and 3/4 cup milk.

## Overnight Oatmeal



**Materials:** 2 cups steel cut oats, 8 cups water, 8 cups fruit diced, Nonstick cooking spray

Coat the inside of a slow cooker with nonstick cooking spray. Combine the oats and water. Cover and cook on low for 8 hours overnight. Serve in the morning.

Serving size: 1/4 cup oatmeal, 1/2 cup fruit. Makes 16 servings.

Crediting: 1/2 oz eq grains, 1/2 cup fruit