

TABLETALK

SEPTEMBER 2009 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

New JDA /FND Menu Recommendations

The recommended modifications are voluntary, but if you implement these minor changes to the meal patterns, they will lower total fat, saturated fat, trans fatty acids, added sugars and calories. At the same time, they will increase fruit, vegetable, Vitamins A and C, fiber and whole grain consumption.

The recommended modifications are as follows:

- ❑ Serve nonfat or 1% milk for children ages 2 years and older.
- ❑ Serve juice only once daily, for breakfast or snack (juice must not be served from a bottle).
- ❑ Serve one fresh or frozen fruit or vegetable daily for a required Vegetables/Fruits component at any meal service.
- ❑ Serve one good source of Vitamin C daily.
- ❑ Serve one good source of Vitamin A three days per week. (see attached list for examples of vitamin A and C rich foods)
- ❑ Serve one whole grain daily (whole grain must be the first ingredient listed), for a required Grains/Breads component at any meal service.
- ❑ Serve Grains/Breads food items listed in Exhibit A: Group C through Group G of the *Food Buying Guide* no more than twice a week for a snack only.

- ❑ Serve ready-to-eat cereals with no more than 10 grams of sugar per serving.
- ❑ Do not serve vegetable or fruit juice as a Vegetables/Fruits component for lunch or supper.

Although these are only "recommendations" at this point, we think that in the not-too-distant future they will become requirements.



Tips from Chef Bob

BEARY-BERRY" BANANA SPLIT

Ingredients: 1 small banana, split lengthwise; 1 container (6 oz.) strawberry low-fat yogurt, 1/4 cup Teddy Grahams; Cinnamon Graham Snacks

Directions: Place bananas in sundae dish or cereal bowl. Top evenly with yogurt and graham snacks. Serve immediately.

NEW REIMBURSEMENT RATES - EFFECTIVE JULY 1, 2009

DAYCARE HOMES					
Breakfast		Lunch & Supper		Snack	
Tier I	Tier II	Tier I	Tier II	Tier I	Tier II
1.19	.44	2.21	1.33	.66	.18

DAYCARE CENTERS			
	Breakfast	Lunch & Supper	Snack
FREE	1.46	2.68	.74
REDUCED	1.16	2.28	.37
PAID	.26	.25	.06