



H.E.L.P Center
 201 E Harrison
 664-2562

Provider News Letter

October 2017

Big Thanks to all for helping to make the annual training successful!!

The New Meal pattern is started.

As menu planning is underway with the new changes. Here are a few things to remember with the planning:

- ◆ No flavored milks for children 0-5. This includes soy substitutes.
- ◆ Whole milk is served to children 1yr.
- ◆ Fat free or 1% milk served 2 and up.
- ◆ Serve at least 1 serving of Whole Grain Rich per day.
- ◆ Sweet grains are no longer credible.
- ◆ Juice can only be served once per day. Best practice is twice per week.
- ◆ A meat/meat alternative may be served 3 times per week replacing your grain. The serving size is oz per oz equivalent at breakfast

1/4 c lettuce or leafy greens is an 1/8 c serving.

No more vanilla wafers, fruit bars, or cookies.



Reminder:

Write on the menu the name of the:

- cold cereal
- Meat/meat alternative
- 2nd protein when serving peanut butter.
- **Circle WG**, if the grain for that meal is whole grain
- **Circle 1% &/or Whole milk** being served at BK & L.

Continue to collect:

CN labels, Product Formulation Statements, & Nutrition Labels. Put them in a file or binder for easy use.

Write school schedules on the attendance.

