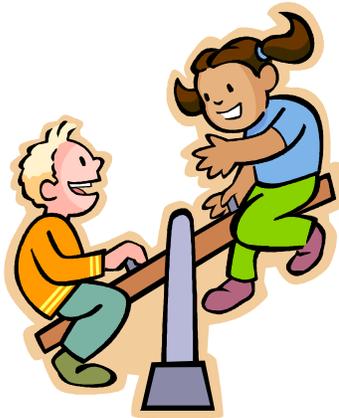


# Making It Balance



and

# Kickin' It Up!



A Cycle Menu for Montana Child Care  
Master Menu Volume 3

September 2005



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# Making It Balance and Kickin' It Up!

## A Cycle Menu for Montana Child Care

### Master Menu Volume 3

This booklet was designed for participants of the Montana Child and Adult Care Food Program. The menus (5 weeks of breakfast, lunch and afternoon snack), with accompanying recipes and resources, are provided to assist childcare providers in serving healthy meals which are cost effective, easy to prepare, and appealing to children. The Montana Child and Adult Care Food Program staff is willing to assist you with any questions you may have.

*Making It Balance and Kickin' It Up* will be available electronically at <http://www.childcare.mt.gov> and <http://www.opi.mt.gov/schoolfood/cyclecare.html>

#### For More Information:

Family/Group Day Care Providers please contact your local CACFP Sponsoring Organization.

#### Child Care Centers contact:

Montana Child and Adult Care Food Program (CACFP)

<http://www.dphhs.state.mt.us/ccrd/>

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## Introduction and General Information

Childcare providers play an important role in children's lives, especially by helping them to learn life-long healthy eating and physical activity habits. Not only do caregivers have the opportunity to teach children but also to reach parents with nutrition and health information. Nutritious foods help young children grow physically and mentally. Enjoying meals and snacks in a pleasant setting with friends and a trusted caregiver is the perfect opportunity for children to learn social skills, table manners and become familiar with eating a variety of healthy foods.



Feeding children can be challenging, but it can also be fun! Get the children involved in simple food preparation tasks. Use your menus and recipes as a chance to teach children about foods-colors, tastes, textures, where food grows, and more. You are a role model for teaching healthy eating, not only about the food itself, but also attitudes related to meal times and feeding children. Don't get frustrated. Many children need to be exposed to a new food at least 10 times (or more!) before they will taste it. Encourage them to put a spoonful of a new food on their plate, feel the texture, look at the colors, but do not make them eat it. It is the caregiver's role to provide healthy food at regular meals and snacks. It is the child's responsibility to decide what foods to eat and how much to eat. Please respect this division of responsibility. Children respond naturally to their own hunger and satiety cues. If forced to eat, these satiety cues can be overlooked, leading to overeating and emotional eating.\* For more information on feeding preschool children, please refer to the resources listed on pages 23-28.

This menu cycle was designed for participants of the **Montana Child and Adult Care Food Program (CACFP)**. The 5 week menu cycle for breakfast, lunch, and one snack (with accompanying recipes) will help you serve cost effective, healthy meals that are easy to prepare and appealing to children. The menu cycle and recipes are designed to meet the recommendations of the **Dietary Guidelines for Americans 2005** and encourage these healthful habits:

- At least half of the grains consumed by children should be whole grains.
- Children ages 2-8 should consume 2 cups per day of fat-free or low-fat milk or equivalent milk products.
- Children should consume a variety of fruits and vegetables, lean meats or other protein foods.
- Children should spend 60 minutes per day being physically active.

Menu planning is an important step in preparing balanced meals and snacks. When planning menus, be sure to take into consideration variety, color, texture, meal pattern components, and how all of these blend together throughout an entire day. This fun and healthy menu cycle has been developed with suggestions from various Montana childcare professionals, providers and nutritionists. We hope it is a helpful tool for serving healthy, kid-friendly meals and snacks.

\*Referenced from Ellyn Satter's book, *How to Get Your Child to Eat, But Not Too Much*

## Included in This Resource: Cycle Menu, Recipes (Appendix A), and Menu Planning Tools

This resource includes a 5 week menu cycle, healthy and fun recipes, and a list of useful menu planning tools to make menu planning easy for you.

### Five Week Menu Cycle:

The menu cycle provides menus for 5 weeks of breakfast, lunch and afternoon snacks. The menu is designed for children ages 3-5 years old, but can be modified for different age groups as needed. The menu cycle meets the CACFP meal pattern requirements for iron, Vitamin A and Vitamin C sources, and low fat meats; and promotes whole grain consumption. All bread and bread alternates must be made with enriched or whole grains. CACFP meal pattern requirements can be found on page 10. Iron sources are indicated with an "I", Vitamin A sources with an "A" and Vitamin C sources with a "C".

The cycle menu can be used in its entirety or feel free to select menus and recipes to add variety to your current menu.

The meals and snacks are numbered for day care home providers using the Minute Menu System.

### Recipes:

There are 66 recipes included in Appendix A and they are organized alphabetically by recipe name.

Recipes are coded with the corresponding week, day and meal of the menu cycle. Recipes, highlighted in **bold font** on the menu cycle, are numbered corresponding to the meals and snacks for day care home providers using the Minute Menu System. Each recipe provides a nutrition and physical activity tip, found at the bottom of the recipe. We encourage you to share these tips with the children, parents, and families.

Montana child care providers generously shared their favorite, "tried and true" recipes. Recipes from Montana providers are noted on the recipe source, located at the bottom of each recipe.

Many of the recipes provided are from the United States Department of Agriculture (USDA) *Child Care Recipes-Food for Health and Fun*, listed on page 23 of this booklet.



## Menu Planning Tools List:

1. **A Weekly Grocery Shopping List**-A blank weekly grocery list is provided as a sample. Shopping weekly can save you time and assures that you have ingredients on hand. Grouping similar food items together helps you shop quickly and efficiently.
2. **Good Food Sources of Iron List** - Make sure you are offering 3-4 iron rich foods daily. (Children who receive 3 meals plus snacks while at child care need 4-6 servings of iron rich foods per day.)
3. **Good Food Sources of Vitamin A List** - Make sure you are serving a Vitamin A rich food every other day.
4. **Good Food Sources of Vitamin C List** - Make sure you are serving at least one Vitamin C rich food daily.
5. **Whole Grain Information Sheet** - Learn what whole grains are and how to incorporate into your menus.
6. **Fiber Information Sheet** - Learn how to increase fiber in your menus.
7. **List of Seasonal Produce** - Take advantage of reasonably priced seasonal fresh fruits and vegetables and enjoy eating them!
8. **Fruits and Vegetables by Color Listing** - Children love colors. The natural colors of fruits and vegetables can make learning about nutrition fun.
9. **Let's Get Descriptive Word List** - A quick and easy way to make a regular meal sound mouth-watering.
10. **Monthly Nutrition Events Calendar** - Use this calendar of food-related events to highlight special foods, colors, and holidays in your monthly menus. For example, celebrate Salad Month in May by trying a new salad each week, letting the children help prepare it, and sending healthy salad recipes home to parents.

