



# FOOD PROGRAM

## March 2023 Newsletter



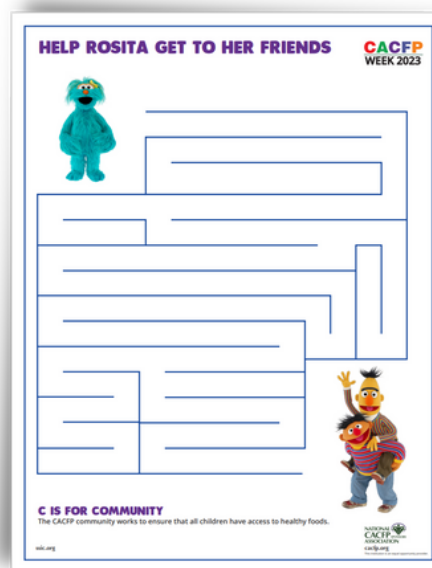
Serving over **4.5 million children and adults** healthy meals and snacks daily.

[www.CACFPWeek.org](http://www.CACFPWeek.org)



CELEBRATE NATIONAL CACFP WEEK!					SAMPLE MENU				
					MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	Milk 1/2 cup 3/4 cup 1 cup 1 cup	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Smoothie Bowl Whole/LowFat Free Milk
	Fruit/Vegetable 1/4 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup	1/2 cup 1/2 cup 1/2 cup	Berry Banana Split Strawberries & Banana	Blueberries	Banana-Cinnamon Oatmeal Banana	Smiley Face Pancake Mixed Fruit	Smoothie Bowl Frozen Tropical Fruit Mix
	Granola/Nut 1/2 oz eq 1/2 oz eq 1/2 oz eq	1/2 oz eq 1/2 oz eq 1/2 oz eq	1/2 oz eq 1/2 oz eq 1/2 oz eq	1/2 oz eq 1/2 oz eq 1/2 oz eq	Berry Banana Split Greek Yogurt	WGR Muffin	Banana-Cinnamon Oatmeal Cinnamon Oatmeal	Smiley Face Pancake WGR Pancake	Smoothie Bowl Almond Butter Drizzle
LUNCH/SUPPER	Milk 1/2 cup 3/4 cup 1 cup 1 cup	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)
	Vegetable 1/8 cup 1/4 cup 1/4 cup	1/8 cup 1/4 cup 1/4 cup	1/8 cup 1/4 cup 1/4 cup	1/8 cup 1/4 cup 1/4 cup	Orange Slices	Red Pudding Cottage	Apple Slices	Peach Slices	Chicken Veggie Salad Tomatoes
	Fruit 1/8 cup 1/4 cup 1/4 cup	1/8 cup 1/4 cup 1/4 cup	1/8 cup 1/4 cup 1/4 cup	1/8 cup 1/4 cup 1/4 cup	Broccoli	Red Pudding Honey	Broccoli	Zucchini Corn Pancakes Zucchini	Chicken Veggie Salad Cucumber
SNACK	Milk 1/2 cup 1/2 cup 1 cup 1 cup	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)	Whole Milk (age 1) or LowFat Free Milk (ages 2-5)
	Vegetable 1/2 cup 1/2 cup 3/4 cup 1/2 cup	1/2 cup 1/2 cup 3/4 cup 1/2 cup	1/2 cup 1/2 cup 3/4 cup 1/2 cup	1/2 cup 1/2 cup 3/4 cup 1/2 cup	WGR Roll	Tortilla Chips	WGR Crackers	Zucchini Corn Pancakes Cornmeal Pancake	WGR Focaccia
	Fruit 1/2 cup 1/2 cup 3/4 cup 1/2 cup	1/2 cup 1/2 cup 3/4 cup 1/2 cup	1/2 cup 1/2 cup 3/4 cup 1/2 cup	1/2 cup 1/2 cup 3/4 cup 1/2 cup	Apple Slices	Rainbow Fruits	Granola Yogurt Pops Greek Yogurt	Granola Yogurt Pops Greek Yogurt	Pumpkin Parfait Pumpkin Puree

Scan the QR code for more CACFP week activity pages



## Reckitt Recalls Two Batches Of ProSobee 12.9 oz Simply Plant-Based Infant Formula Because Of Possible Health Risk

To determine if you have purchased the recalled product you can check any product you have on hand for the below listed recalled batch codes.

Product: Enfamil ProSobee Powder, 12.9 oz Can

Global Batch Code: ZL2HZF

UPC: 300871214415

Lot Number: 0670975

Expiration: 3/1/2024

Product: Enfamil ProSobee Powder, 12.9 oz Can

Global Batch Code: ZL2HZZ

UPC: 300871214415

Lot Number: 0670979

Expiration: 3/1/2024

Please reference the following photos for where to locate the SKU and batch codes on affected product.





## Safe Feeding Practices to Prevent Choking

Choking while eating can happen quickly and be very scary. Children 0-4 years old are at the greatest risk of choking because they may not chew food properly. Want to make eating safer for young children in your care? Our partners at the Institute of Child Nutrition (ICN) have some great resources on how to decrease choking risks.

### 3 Key Methods to Prevent Choking

1. Know which foods are the most common causes of choking.
2. Select and modify foods to the appropriate size, shape, and texture.
3. Supervise children during mealtime.



\*\*Scan code for common foods that may cause choking and how to modify them



## Peanut Butter Overnight Oats

### Ingredients

- ½ cup peanut butter, creamy
- 1 tsp vanilla extract
- 2 tbsp honey
- 1 ½ cup milk, low-fat or fat-free, plain
- 1 cup dry oats, quick
- 4 cups frozen mixed berries, thawed and divided

Optional variation: add 2 tbsp cocoa powder and substitute 4 cups sliced bananas (divided) for the mixed berries



### Directions

1. Warm peanut butter, vanilla and honey in a sauce pan over medium heat, stirring constantly until smooth. Alternatively, heat the peanut butter, vanilla and honey in a microwave in 30-second increments, stirring between until smooth.
2. Once the mixture is warm and smooth, add the milk and stir to combine.
3. In a large bowl, combine oats and warm peanut butter mixture. Stir well.
4. Add 2 cups thawed berries and toss well.
5. Cover and refrigerate overnight or for at least 2 hours.
6. Serve 1/2 cup cold oats with 1/4 cup mixed berries on the side.



Why shouldn't you tell  
an Easter Egg a joke?



He might crack up

