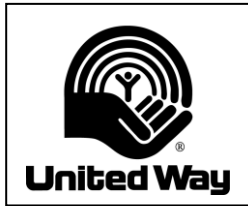


# CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM

June 2019



*"This institution is an equal opportunity provider & employer."*

## June! Celebrate National Fresh Fruit & Vegetables Month!



Farmers' Markets are the best place to find the freshest, most colorful & tasty fruits and vegetables for your meals. Maine has over 100 markets spread out around the State so there is bound to be one nearby.

The Maine Federation of Farmers' Markets has a complete list of markets here: <http://www.mainefarmersmarkets.org/shoppers/markets-by-day/>

As you probably heard at our recent trainings, we have had a few organizational changes within Catholic Charities Child & Adult Care Food Program. After 24 years of commitment to Catholic Charities and the CACFP, Sonja Carvalho is moving to Seattle to be with family. Kimberly Dumond will be taking the lead as CACFP Director. Also, welcome Jennifer Cole, our newest CACFP Monitor, who is taking over for Chris Bagley. Chris is retiring this month. We wish both Sonja and Chris only the best life offers. We will miss you!!

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## Strawberry Mice!



June is strawberry month in Maine!

Turn strawberries into little mice and give them their own treat of cheese! The ears are made of milk chocolate but can be made healthier with dark chocolate instead!

Thank you [forkly.com](http://forkly.com)

## Baked Veggie Chips

Root veggies can be made quite tasty when they're disguised as chips. Slice thin an assortment of nutritious root veggies (i.e., sweet potato, yucca, rutabaga, turnip, red and gold beets, purple and russet potatoes, and parsnips). Toss in a bowl with a bit of olive oil and sea salt. Arrange slices on an oiled cookie sheet and bake for 30-minutes at 400 degrees until crispy. These delicious baked chips make the perfect lunch side or snack.



What? You say popcorn is now creditable in the Food Program?

Why, yes, yes it is!

- ✚ Also beef jerky and summer sausage are creditable as meat.
- ✚ Surimi seafood credits as a meat/meat alternative.
- ✚ Corn flour, corn masa, corn meal & coconut and hominy....now all creditable.
- ✚ Tempeh is highly nutritious and is now allowed as a meat alternative.
- ✚ [Read more here about the new USDA Guidance.](#)

# How to fill in an Optical Mark Recognition (OMR) Form Or, as we know it, Bubble Menu

## Optical Mark Recognition (OMR) Forms Directions

must

OMR forms are read by a scanner and software that looks for the bubbles. They ~~may~~ be completed using pen or a #2 pencil (recommended). The key to success is proper filling of the bubble.

If the bubble is not completely filled it may not be recognized. If the marking touches two bubbles it will not be read properly. If the bubble is erased the scanner will mark the response as an error. See examples below. Corrections can be made by carefully erasing and remarking the form.

Forms should not be folded or rolled. Forms should be kept clean.

**Answer Selection:** Correct = ● Incorrect = ✕ ✎ ⊖

Examples of a properly completed form.

1. ● (A) ○ (B) ○ (C) ○ (D) ○ (E)
2. ○ (A) ● (B) ○ (C) ○ (D) ○ (E)
3. ○ (A) ○ (B) ● (C) ○ (D) ○ (E)
4. ○ (A) ● (B) ○ (C) ○ (D) ○ (E)
5. ○ (A) ○ (B) ● (C) ○ (D) ○ (E)
6. ○ (A) ● (B) ○ (C) ○ (D) ○ (E)
7. ○ (A) ● (B) ○ (C) ○ (D) ○ (E)
8. ○ (A) ○ (B) ● (C) ○ (D) ○ (E)
9. ○ (A) ○ (B) ○ (C) ● (D) ○ (E)
10. ○ (A) ○ (B) ○ (C) ○ (D) ● (E)
11. ○ (A) ○ (B) ○ (C) ○ (D) ● (E)
12. ○ (A) ○ (B) ● (C) ○ (D) ○ (E)
13. ● (A) ○ (B) ○ (C) ○ (D) ○ (E)

Examples of incorrect marking

14. ✕ (A) ○ (B) ○ (C) ○ (D) ○ (E) Incomplete markings
15. ○ (A) ○ (B) ✎ (C) ○ (D) ○ (E) Marks touch adjacent bubble
16. ○ (A) ○ (B) ✎ (C) ○ (D) ○ (E) Incomplete mark covering two bubbles
17. ○ (A) ○ (B) ✎ (C) ○ (D) ○ (E) Incomplete mark covering two bubbles
18. ○ (A) ○ (B) ○ (C) ○ (D) ○ (E)
19. ○ (A) ○ (B) ○ (C) ○ (D) ○ (E) Ambiguous marking
20. ○ (A) ✕ (B) ○ (C) ● (D) ○ (E)

Below is a sample of a correctly filled out Child menu.

- ✚ Nicely filled in bubbles.
- ✚ Legible handwriting. (we have to read your menu)
- ✚ All components entered ( **please proof read** )
- ✚ Signature on all pages. ←
- ✚ WG served and bubbled for each day

# SAMPLE ☺

## CHILD FORM: FOOD SERVED, ATTENDANCE & MEAL COUNT

## MINUTE MENU SYSTEM

MENU MONTH JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

SCANTRON EM-249088-5-554321

		Group 1												Group 2												Group 3																							
DAY		1				2				3				4				1				2				3				4																			
DAILY ATTENDANCE		1				2				3				4				1				2				3				4																			
WHOLE GRAIN SERVED AT:		A				P				D				E				B				A				L				P				D				E											
FOOD SERVED		SERVED TO				SERVED TO				SERVED TO				SERVED TO				SERVED TO				SERVED TO				SERVED TO				SERVED TO																			
BREAKFAST	MEAT OR ALT																																																
	BREAD OR ALT	WG toast				NIC Cold Cereal				yogurt				NIC Cold Cereal				yogurt				WG NIC cereal				yogurt				NIC Cold Cereal																			
	FRUIT OR VEG	grapes				orange				watermelon				orange				watermelon				watermelon				watermelon																							
	MILK	milk				milk				milk				milk				milk				milk				milk																							
	MILK																																																
AM SNACK	MEAT OR ALT																																																
	BREAD OR ALT																																																
	VEG	cucumber				Breadsticks				WG NIC cereal				cucumber				Breadsticks				WG NIC cereal				cucumber																							
	FRUIT	strawberries				Cauliflower				strawberries				Cauliflower				strawberries				Cauliflower				strawberries																							
	MILK																																																
LUNCH	MEAT OR ALT	chicken				fish				hamburger				chicken				fish				hamburger																											
	BREAD OR ALT	brown rice				rice				WG Pasta				brown rice				rice				WG Pasta																											
	VEG	corn				green beans				tossed salad				corn				green beans				tossed salad																											
	FRUIT OR VEG	apples				carrots				cantalope				apples				carrots				cantalope																											
	MILK	milk				milk				milk				milk				milk				milk																											
PM SNACK	MEAT OR ALT																																																
	BREAD OR ALT	cheese				peanut butter				zucchini bread				cheese				peanut butter				zucchini bread																											
	VEG	Crackers				celery sticks				Crackers				celery sticks				Crackers				celery sticks																											
	FRUIT									applesauce												applesauce																											
	MILK																																																
DINNER	MEAT OR ALT	eggs				pork chop				chicken salad				eggs				pork chop				chicken salad																											
	BREAD OR ALT	toast				WG biscuit				pita bread				toast				WG biscuit				pita bread																											
	VEG	potato				peas				tomato				potato				peas				tomato																											
	FRUIT OR VEG	blueberries				blackberries				pine apple				blueberries				blackberries				pine apple																											
	MILK	milk				milk				milk				milk				milk				milk																											
EVENING SNACK	MEAT OR ALT																																																
	BREAD OR ALT	banana bread				toast				bean dip				banana bread				toast				bean dip																											
	VEG									broccoli												broccoli																											
	FRUIT																																																
	MILK																																																

Date: 10/21/11 CK BY

you are here

videa Signature: X

**Are you open for business on a federal holiday?** Please keep in mind that KidKare defaults all providers to being closed on all federal holidays. If you are open and providing care, online providers must go into Kid Kare and change your schedule. Paper menu providers must note it on the CIF.

**Catholic Charities Child & Adult Care Food Program (CACFP)**

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