

For **GOOD**

2024
CALENDAR

MEASURE

**Tips to make sure
your meals & snacks
measure up!**



**Day Care
Resources, Inc.**

**USDA Child and Adult Care
Food Program (CACFP)**

RECORD KEEPING PAGES

At Day Care Resources, we know that caring for children is your first priority; however, keeping good records is also important to maintain a successful day care business. This calendar includes tools to help keep track of your finances so you can spend more time focusing on the kids!

13 Month Calendar

This calendar includes 13 months so you can track information through next January when you receive your next calendar.

Attendance Record

Attendance records provide evidence of each child's presence and may be needed for DCFS, the Food Program, taxes, and more. First, write in each child's name in the column marked "Child's Name." When each child arrives, have his/her parent record the time the child is being dropped off and initial in the box marked "In" under the date. When the child leaves for the day, have the parent record the time the child is picked up and initial in the box marked "Out" under today's date.

NOTE: If a child is leaving, but will return later in the day (ex. a doctor's appointment), split the "In" and "Out" frame for today in half to allow two "In" and "Out" times.

Example:

Annie arrives at 8 am. Her mom takes her to the doctor from 10-11 am and picks her up for the day at 5 pm.

Annie Jones	In	8 a JJ 11 a JJ
	Out	10 a JJ 5 p JJ
	\$ Due	

Track Payments & Income

- **Record Payments** You can write in each payment you receive for day care each week in the space marked "AMT. PD." At the bottom of the form where it is marked "Weekly Totals," add up how much you were paid for the week.
- **Monthly Income** At the end of the month, add up all of your weekly totals. Write this number under "Parent Payments." Next, write the amount of money you received from the food program that month under "Food Program (CACFP)." You can write any other income you receive under "Other Income." You can also write in last month's totals under "Balance Forward." Add the current monthly income to last month's totals for a grand total of the money you have received so far this year.

Emergency Contact List

Keep phone numbers handy in case of emergency, including local emergency services and contacts for each child in case a parent/guardian needs to be reached.

Expense Sheets

- **Monthly Expense Record** Record tax deductible expenses here. Note the date, store, and type of purchase in the appropriate boxes. Since each facility's needs are different, you can record your own expense categories in the blank columns. A suggested list of categories from the IRS Schedule C is listed at the top of each page. At the bottom right, you can record the hours your day care is open each month. Make sure to include the time you spend meeting prospective clients or preparing activities before the children arrive for the day. At the bottom left, there is a place to record the number of meals and snacks you serve for the month. Since tax laws change often, you will want to choose an accountant that specializes in day care.
- **Utilities and Home Expense Record** On this page, you can record utilities and other home expenses that are used for your day care business. Resources are included at the bottom to help you find the information needed to calculate your space-time percentage.
- **Child Care Mileage Record** Use this log to keep track of how many miles you travel for your business. Record each trip you make. Keep some type of evidence of each trip, such as receipts for groceries, gas, or registration fees.

Training Opportunities

- **Post Test** Day care facilities can earn in-service training hours to meet training requirements for the Food Program (CACFP) or to help maintain a day care license. Please:
 - ▶ Have each employee/assistant complete a separate test.
 - ▶ Check with your local representative to see what training is required in your area to make sure you earn credit in all of your mandatory content areas.
 - ▶ Take your test online to get a certificate right after you pass a test. Allow 4-6 weeks for processing mail in tests.

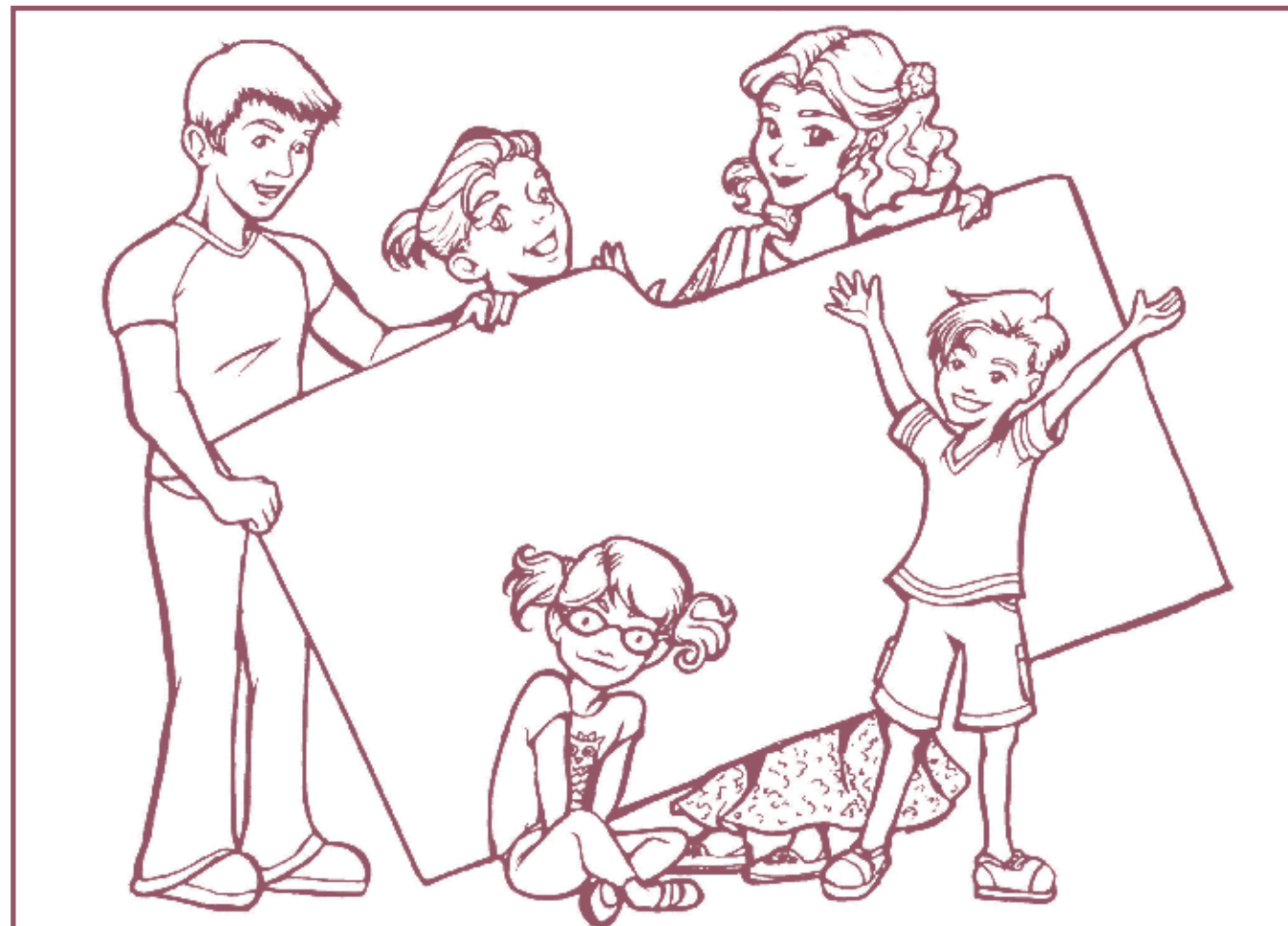
Get Set for Success with Standardized Recipes

A **Standardized Recipe:**

- Is tested at least 3 times. This ensures that the recipe comes out the same way every time.
- Tells you exactly how much you need of each ingredient. Many standardized recipes will list a weight (ex. 8 ounces of cheese instead of 2 cups shredded cheese), since weight (ex. ounces) is more accurate than volume (ex. cups).
- Shows the equipment you will need (ex. pan sizes, kitchen tools, etc) to make the recipe.
- Lists how the recipe meets meal pattern requirements. For the CACFP, we use the **Food Buying Guide (FBG)** to calculate how each ingredient counts towards our recipe. For example, if we buy a pound of carrots, the FBG will tell us how many cups of cooked carrot are left after we peel, trim, slice and cook them. The **Recipe Analysis Workbook (RAW)** adds up each of the ingredients in a recipe and calculates how the whole recipe counts on the Food Program.
- Helps you meet serving sizes. Serving perfect portions will help your reviews (or audits) go smoothly and prevent deductions.

Find Standardized Recipes for the CACFP at:

- **The Institute for Child Nutrition (ICN)**
<https://theicn.org/cnr>
- **USDA Food and Nutrition Service**
<https://www.fns.usda.gov/tn/standardized-recipes-cacfp>



Recipe Race

Picture recipes are recipes with drawings or photos that go along with each step. The pictures help pre-readers link words with visual cues. Visual recipes also help school-age kids learn how to follow a recipe and gain basic cooking skills. Choose a picture recipe from daycareresources.org (Go to Recipes/Activities and select "Fun Pages." Under "search by category", choose "Picture Recipes"). Make one copy of the recipe for each child (or team). Cut each recipe apart so each step is on a separate piece of paper. Mix up the recipe steps. Place the pile of recipe pieces on one side of a room or yard. On "go," players race from the start line to their recipe pile and grab one step. Then race back to put the recipe steps in order. For a challenge, mix the steps for two recipes! See how long it takes each player to "standardize" their recipe!

Cheesy Garlic Squares	16 squares <i>13 x 18" sheet pan</i>	32 squares <i>18 x 26" sheet pan</i>
Pizza Crust, <i>refrigerated</i>	1 (13.8 oz.) can	2 (13.8 oz.) cans
Mozzarella Cheese, <i>shredded</i>	(8 oz.) OR 2 cups	1 pound
Garlic Powder	1/4 teaspoon	1/2 teaspoon
Italian Seasoning	1 teaspoon	2 teaspoons
Parmesan Cheese, <i>grated</i>	1/4 cup	1/2 cup

1. Spray pan(s) with nonstick spray. Press or roll pizza dough into pan(s).
 2. Spray or brush dough with oil/nonstick spray.
 3. Sprinkle Mozzarella evenly over dough.
 4. Mix seasonings and Parmesan. Sprinkle over top.
 5. Bake at 425°F until lightly browned, about 10 min. for 13 x 18" pan.
 6. Cut into squares. (*Cut 4 x 4 for a 13 x 18" sheet pan; Cut 4 x 8 for a 18 x 26" sheet pan.*)
- CACFP Credit:** 1 square counts as 1/2 oz. eq. meat alternate + 1/2 oz. eq. grain.

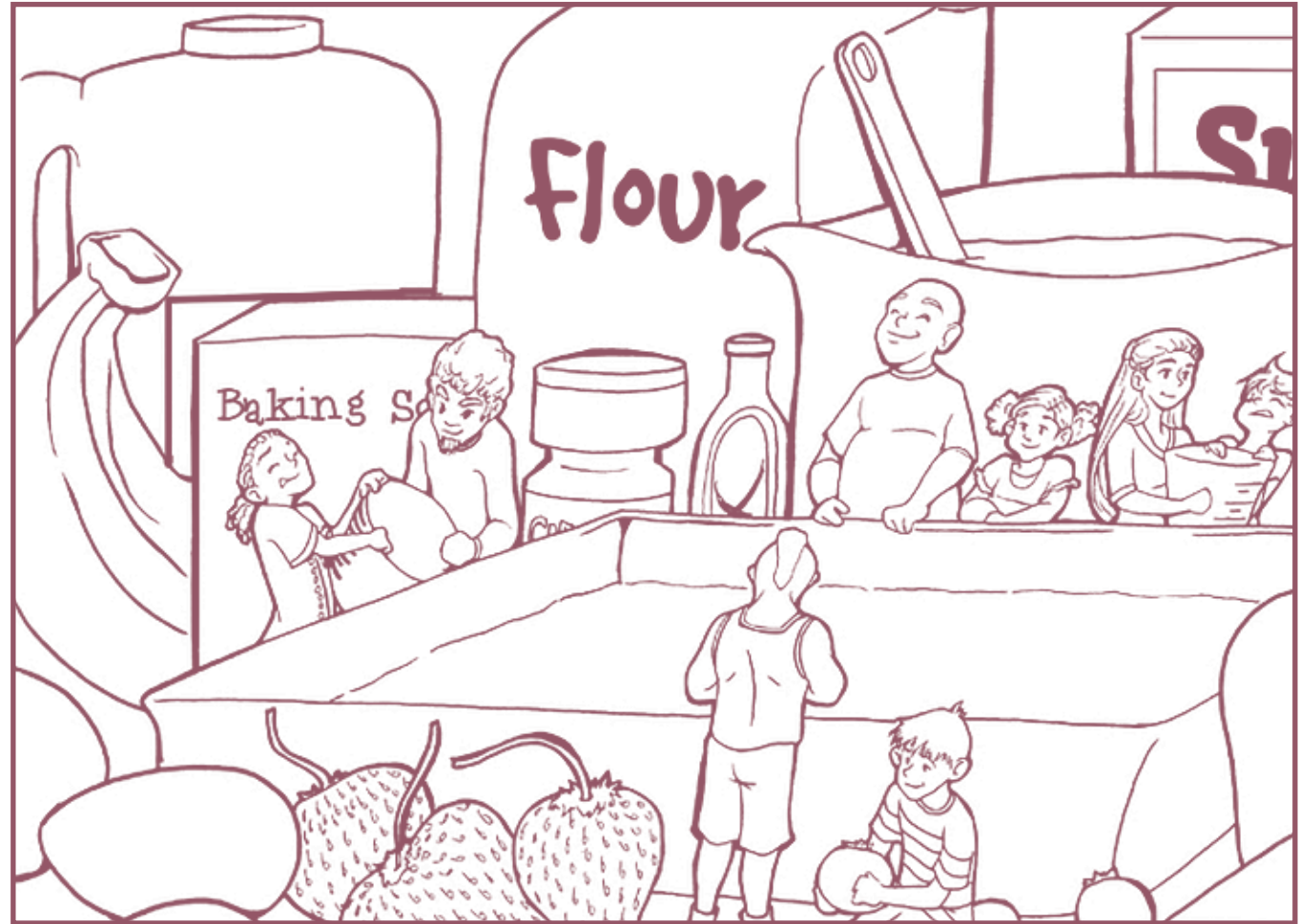
JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>(DCR Office Closed)</i>	2 <div style="border: 1px solid black; padding: 5px; text-align: center;">Submit your December claim. Start recording your January claim.</div> Tornado Drill	3	4	5	6
7	8 Claims Due for First Batch	9	10	11	12	13
14	15 <i>(DCR Office Closed)</i>	16	17	18	19	20
21	22	23	24	25	26 Fire Drill	27
28	29	30	31 <div style="border: 1px solid black; padding: 5px; text-align: center;">Submit your January claim after the last meal/snack is served.</div>	This month: <ul style="list-style-type: none"> • Start the new year off right! Complete your Food Program records at the end of each meal. • Call us if you have questions! Phone lines are open 8 am - 3 pm Monday-Thursday and 8 am - noon Fridays. 		

At Capacity (Pan Sizes)

Have you ever wanted to make a recipe, but you **didn't have the right size pan**? Use the chart below to find other pan(s) to do the job. For example, two 8" square baking pans hold the same amount as a 9x13" pan. Keep in mind you may need to adjust cooking times. If the new pan is deeper, (ex. making banana bread instead of muffins), go low and slow. Turn down the oven by 25°F and bake longer. This allows the thick center to bake through and prevents the crust from burning.

Capacity:	Pan Sizes:
4 cups	8" round cake pan; 9" pie pan
6 cups	8x4x2-1/2" loaf pan; three 5x2" mini loaf pans; two 2 x1-1/2" muffin tins; 12x8x2" cake pan; 1-1/2 quart casserole dish
8 cups	9x5x3" loaf pan; 8" square cake pan; 9" round cake pan; 2 quart casserole dish
10 cups	15x10x1" jelly roll pan; 9" square cake pan; two 8" round cake pans; 2-1/2 quart casserole dish
12 cups	Two 8x4x2-1/2" loaf pans; 3 quart casserole dish
14-16 cups	13x9x2" baking dish; two 9" round cake pans; two 8" square cake pans
16 cups	14x10x2" cake pan; 4 quart casserole dish
2 gallons	12x20x2-1/2" steamtable pan; Two 9x13x3" lasagna pans; 8 quart roasting pan
3-1/2 gallons	12x20x4" steamtable pan
5 gallons	12x20x6" steamtable pan; 20 quart roasting pan



Too Hot To Handle Tell kids that the dinner rolls just came out of the oven and need to be served right away! Pair kids up in twos. Give a pair of oven mitts to each child. Give each pair a soft/light ball, such as a wiffle/foam ball, or a rolled up pair of socks for the "dinner rolls." Have the pair toss the ball to each other. Since oven mitts are bulky, catching the ball may be tricky! How long can each pair last without dropping the ball? Tip: Have younger or less skilled players stand close to each other to make the game easier; more skilled/older kids should stand farther away from each other for a challenge.



Chicken & Rice	12 portions 9 x 13" pan	30 portions 12 x 20 x 2 1/2" pan
Long Grain & Wild Rice, w/ seasoning	1 (6.2 oz.) box	3 (6.2 oz.) boxes
Poultry Seasoning	1 teaspoon	3 teaspoons
Water or Chicken Broth, low sodium	2 cups	6 cups
Chicken Thighs, boneless, skinless	12 thighs (about 2 lb. 8 oz.)	30 thighs (about 5 lb. 8 oz.)

1. Mix rice, poultry seasoning, seasoning packet, and water/broth in pan(s).
2. Layer chicken thighs on top. Press down to submerge in water/broth.
3. Cover with foil.
4. Bake at 425°F until a food thermometer placed inside chicken reaches 165°F, about 40 minutes for a 9 x 13" pan.

Tip: Serve 1/2 oz. bread (ex. roll or bread slice) to meet grain serving sizes for ages 6+.

CACFP Credit: 1 portion counts as 2 oz. eq. meat + 1/4 c. (1/2 oz. eq.) grain.

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This month: <ul style="list-style-type: none"> Income Tax Statements were sent in January. If you did not receive your income statement, call the office. To leave a message after hours, call 309-925-2274. 				1 Submit your January claim. Start recording your February claim.	2	3
4	5	6 Tornado Drill	7	8	9	10
11	12 Claims Due for First Batch	13	14	15	16	17
18	19 <i>(DCR Office Closed)</i>	20	21	22	23 Fire Drill	24
25	26	27	28	29 Submit your February claim after the last meal/snack is served.		

FEBRUARY EXPENSE RECORD
for IRS Schedule C (Form 1040)
 Profit or Loss from Business

LIST EXPENSE CATEGORIES BELOW:

Advertising, Insurance (other than health), Interest, Legal/Professional Services, Office Expenses, Rent/Lease (for Business Property), Business Repairs & Maintenance, Supplies, Taxes & Licenses, Travel, Wages, Other Expenses (ex. Food, Toys, Household Items, Cleaning Supplies, Activity Supplies, etc.)

DATE	PAYMENT TYPE <small>(Cash, Check #, etc)</small>	PURCHASED FROM	MILEAGE	PURCHASE TOTAL								
				THIS MONTH'S TOTAL								
				BALANCE FORWARD								
				YEAR TO DATE (YTD) TOTAL								

Food Program Claim
 Claim sent on: _____
 Date \$ Received: _____

If you need more room, make a copy of this page.

Number of Meals & Snacks Served This Month*	
Breakfasts	
AM Snacks	
Lunches	
PM Snacks	
Dinners	
EV Snacks	

	Parent Payments	Other Income	Food Program (CACFP)	Totals
Monthly Income				
Balance Forward				
Total Year-To-Date				

**Record the total number of meals and snacks you served this month, including meals and snacks not reimbursed by the CACFP, for the Standard Meal Allowance. Please consult your tax professional for details on the Standard Meal Allowance.*

Hours	
# HOURS OPEN	
<small>(day care kids present)</small>	
OTHER HOURS	
<small>(no kids present)</small>	
PREVIOUS TOTAL	
YTD TOTAL	

February 2024 Attendance & Payment Record

Child's Name		TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	TOTAL/CHILD		
		1	2	3		4	5	6	7	8	9	10		11	12	13	14	15	16	17		18	19	20	21	22	23	24		25	26	27	28	29						
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Weekly Totals																																								

**If you care for more than 9 children, make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.*

Raw versus Cooked

Have you ever noticed that raw meat seems to shrink when you cook it? It's not your imagination! **Most meats shrink by about 25%** when you cook them. Some fatty meats, such as sausage, shrink a bit more: about 50%. Items with bone and skin may be only 25% meat. Meats that have high amounts of fat (and very little meat), like pork bacon, do **NOT** count on the Food Program at all.

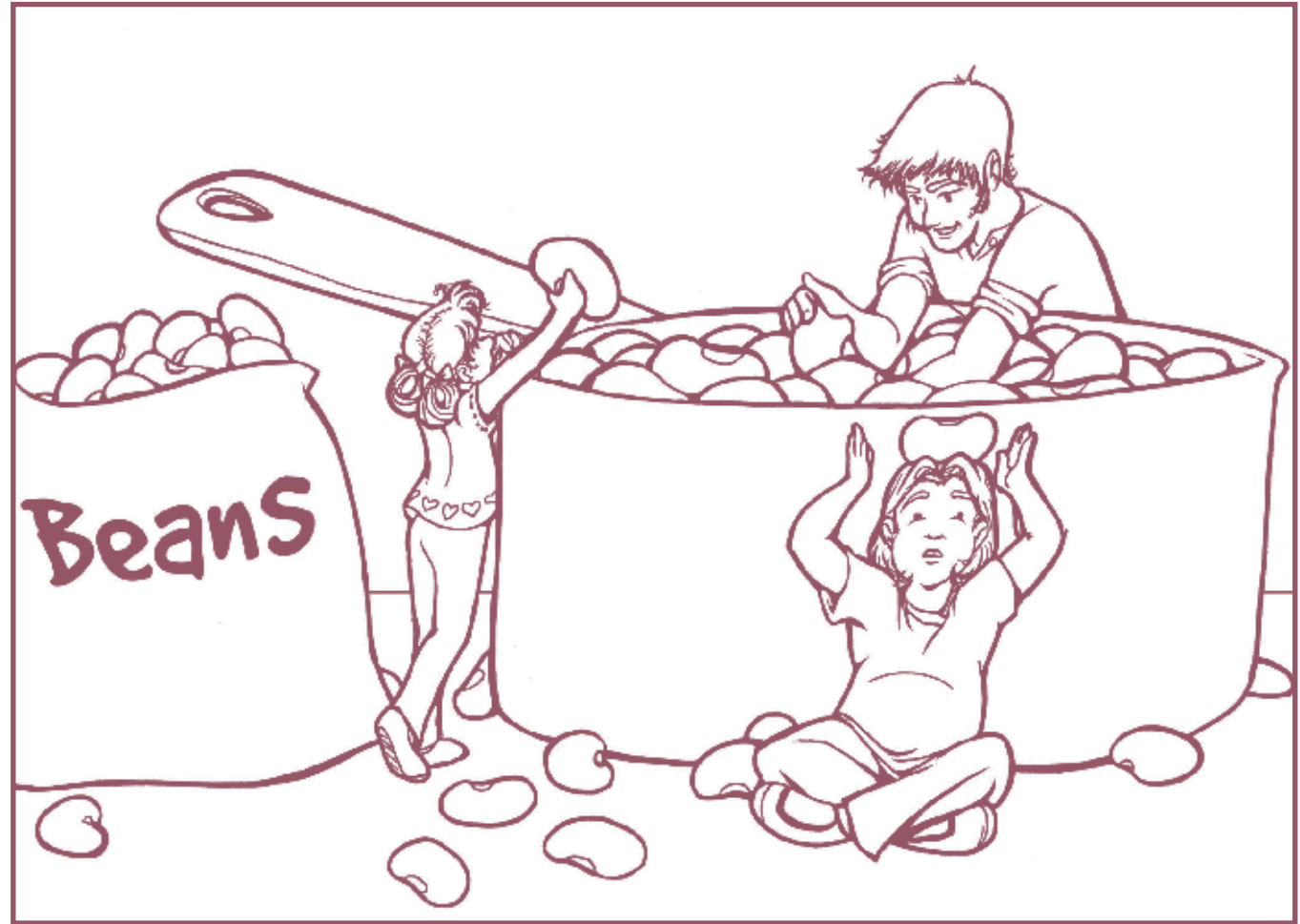
On the other hand, one meat alternate stands out as a clear winner: **dry beans**. These plant powerhouses are low priced and double in size after cooking. This gives you a lot more for your money.

Check out the chart below to see what your favorite meat/alternate yields after cooking. Keep in mind serving sizes are based on **COOKED** meat/alternates. For example, since one pound of pork sausage cooks down to 7.5 ounces, this would only feed 3 school age kids (2 oz. each) at lunch or dinner. A pound of cheese, on the other hand, would feed 8 school age kids!

What happens when we cook one pound (16 oz.):

One pound raw/as purchased:	Cooks down (or up) to:
16 oz. natural cheese (4 cups shredded)	1 pound melted cheese (1.85 cups)
16 oz. chicken breast boneless, skinless	11.6 oz. cooked meat
16 oz. chicken breast w/ bone & skin	8.7 oz. cooked meat
16 oz. ground beef, 75% lean	11.5 oz. cooked meat
16 oz. ground turkey	11.2 oz. cooked meat
16 oz. pork sausage	7.52 oz. cooked meat
16 oz. pinto beans (about 2-3/8 cups dry)	5-1/4 cups cooked beans

space themselves throughout the playing area. On "go," the "bean pot" begins to "boil" and runs to find beans to add to the pot. When the bean pot tags a bean, they must link together (e.g. hands or elbows) with the bean pot. The beans must work together as a team to keep adding beans to the pot until there is only one free bean left out in the field (or two if there is a big group!). The last free bean(s) become the bean pot and start a new game.



Bean Pot Tag

You will need a large, open space (indoors or outdoors) to play this game. Choose 1 (or 2 for a large group) person to be the "bean pot." The other child(ren) will be the "beans" and should



Tater Tot Casserole	14 portions 9 x 13" pan	56 portions 12 x 20 x 4" pan
Ground Turkey	1 lb. 8 oz. raw (or 1 lb. 1 oz. cooked)	6 pounds raw (or 4 lb. 4 oz. cooked)
Cream Soup, any kind	1 (26 oz.) can	2 (50 oz.) cans
Mixed Vegetables, frozen	1 (12 oz.) bag	3 pounds
Cheddar Cheese, shredded	8 ounces (2 cups)	2 pounds (8 cups)
Potato Rounds, frozen	1 lb. 8 oz.	6 pounds

1. Spray pan(s) with nonstick spray.
 2. Place cooked turkey, soup and veggies in the pan(s). Gently mix.
 3. Sprinkle cheese and potato rounds evenly on top.
 4. Bake at 375°F until a food thermometer placed in the center reaches 165°F, about 1 hour for a 9 x 13" pan.
- CACFP Credit:** A #5 scoop (3/4 cup) counts as 1.75 oz. eq. meat/alternate + 3/8 cup veggies.

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> • Make sure to record "School Out" each day to get credit for meals and snacks served to school-age children on "No School" days, such as Spring Break. • Teach kids about healthy foods for National Nutrition Month! • Day Care Home Providers who have <u>moved</u> or had a <u>school boundary change</u> must send in a new school data form by March 10. 					<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>1 Submit your February claim. Start recording your March claim.</p> </div>	2
3	4	5 Tornado Drill	6	7	8	9
10 Daylight Savings starts (turn clocks ahead one hour)	11 Claims Due for First Batch	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Submit your March claim after the last meal/snack is served.</div>					Fire Drill	

MARCH EXPENSE RECORD
 for IRS Schedule C (Form 1040)
 Profit or Loss from Business

LIST EXPENSE CATEGORIES BELOW:

Advertising, Insurance (other than health), Interest, Legal/Professional Services, Office Expenses, Rent/Lease (for Business Property), Business Repairs & Maintenance, Supplies, Taxes & Licenses, Travel, Wages, Other Expenses (ex. Food, Toys, Household Items, Cleaning Supplies, Activity Supplies, etc.)

DATE	PAYMENT TYPE (Cash, Check #, etc)	PURCHASED FROM	MILEAGE	PURCHASE TOTAL								
<i>Food Program Claim</i>					THIS MONTH'S TOTAL							
Claim sent on: _____					BALANCE FORWARD							
Date \$ Received: _____					YEAR TO DATE (YTD) TOTAL							

Number of Meals & Snacks Served This Month*	
Breakfasts	
AM Snacks	
Lunches	
PM Snacks	
Dinners	
EV Snacks	

	Parent Payments	Other Income	Food Program (CACFP)	Totals
Monthly Income				
Balance Forward				
Total Year-To-Date				

*Record the total number of meals and snacks you served this month, including meals and snacks not reimbursed by the CACFP, for the Standard Meal Allowance. Please consult your tax professional for details on the Standard Meal Allowance.

If you need more room, make a copy of this page.

Hours
HOURS OPEN <small>(day care kids present)</small>
OTHER HOURS <small>(no kids present)</small>
PREVIOUS TOTAL
YTD TOTAL

March 2024 Attendance & Payment Record

Child's Name		F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	TOTAL/ CHILD		
		1	2		3	4	5	6	7	8	9		10	11	12	13	14	15	16		17	18	19	20	21	22	23		24	25	26	27	28	29	30		31			
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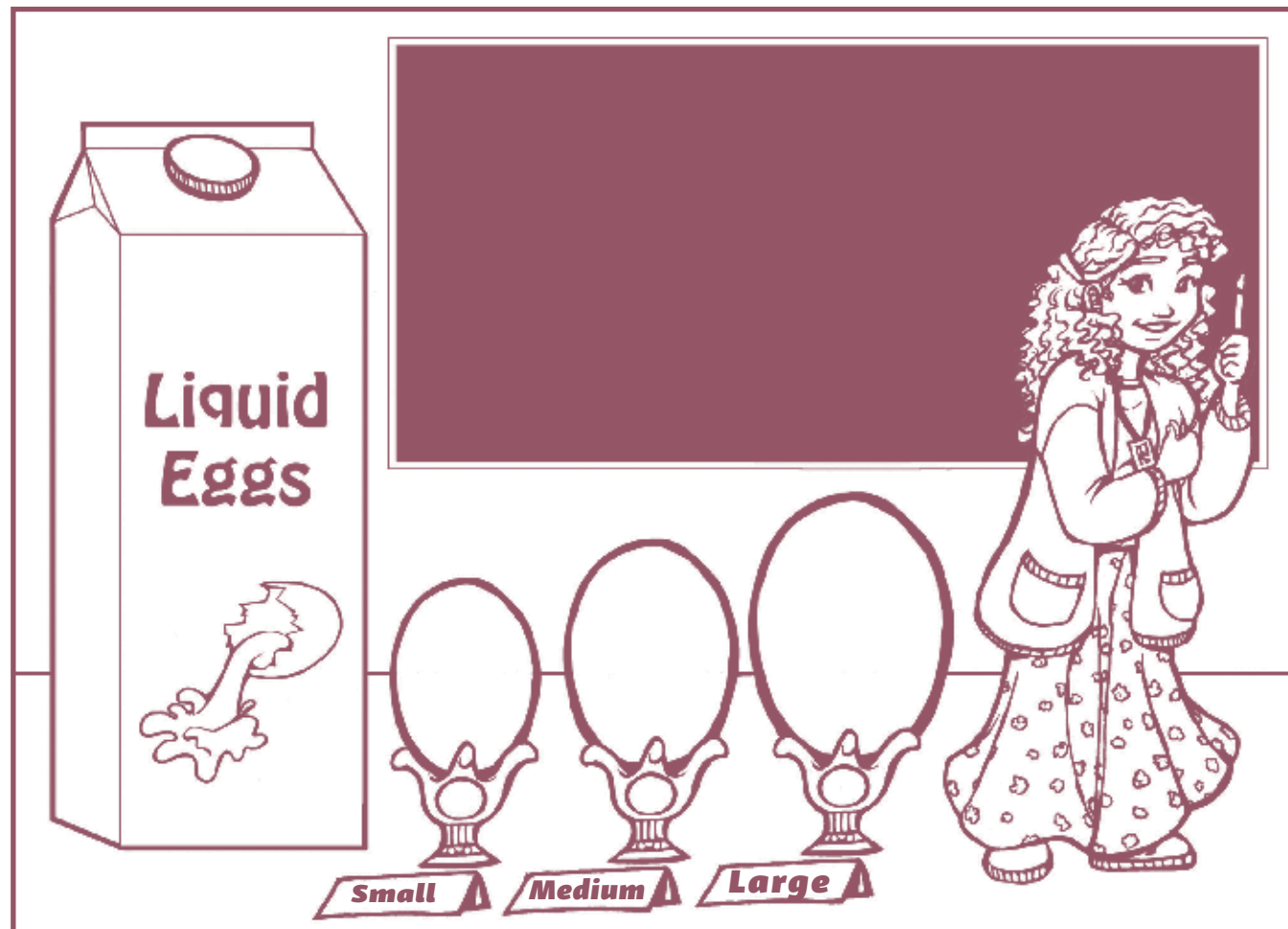
Sizing up Eggs

You may wonder: **What is the difference between a small, medium or large egg?** A small egg weighs 1 ounce less than a jumbo egg. That may not seem like a big difference. However, if there's not enough egg, your recipe may end up dense or dried-out. If there's too much, it may end up rubbery or gooey. To help recipes turn out consistently, all standardized recipes use large eggs.

Liquid whole eggs can save time, especially when you are cooking for large groups! Use this chart to see how much liquid eggs you need to replace the shell eggs in your recipe. However, make sure to buy liquid **WHOLE** eggs. Egg whites (like egg substitutes) or egg yolks do **NOT** count by themselves. Whole eggs are good sources of many nutrients kids need. One egg has a little over 6 grams of protein, with nearly 3 grams from the yolk alone. Eggs are one of the best sources of choline, which is important for nerve development. Lastly, the yolks contain folate to build blood cells, vitamin D for growing bones, and Vitamin A for good eyesight.

Large Eggs	= Liquid Egg
1	3 Tbsps.
10	2 cups
12	2 1/2 cups
19	1 quart
25	1 qt. + 1 1/4 cups
50	2 qt. + 2 1/2 cups

From: USDA AMS, 2022.



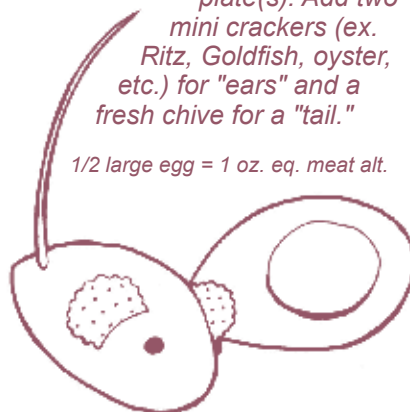
Egg & Spoon Race

Give each player an egg (plastic or hard boiled) and a spoon (large enough to hold an egg). Mark a start and finish line on opposite sides of a room or yard. Ask each player to carefully place their egg on the spoon. On "go," players move towards the finish line as quickly as possible. If an egg drops, younger players should put their egg back on the spoon and continue to the finish line. For a challenge, older players that drop their egg should go back to the "start" line. Once players have practiced the game, use a stopwatch to time players and see if they can beat their own personal record!



Make "mice" out of hard boiled eggs. Slice eggs in half lengthwise. Place flat edge on plate(s). Add two mini crackers (ex. Ritz, Goldfish, oyster, etc.) for "ears" and a fresh chive for a "tail."

1/2 large egg = 1 oz. eq. meat alt.



Egg + Cheese Squares	24 squares 9 x 13" pan	54 squares 12 x 20 x 2 1/2" pan
Large Eggs OR Liquid Whole Eggs	12 eggs OR 2 1/2 cups	27 large eggs OR 3 lbs. (about 5 1/3 c.)
Mozzarella Cheese, shredded	8 oz. (OR 2 cups)	1 lb. 2 oz.
Cheddar Cheese, shredded	8 oz. (OR 2 cups)	1 lb. 2 oz.
Cottage Cheese	1 (16 oz.) tub	2 lb. 4 oz.
All-Purpose Flour ¹	63 g. (about 1/2 cup)	141 g. (about 1 c. + 2 T.)
Salt	1 teaspoon	2 1/4 teaspoons

¹Use gluten free flour if you serve kids that cannot have gluten.

1. Spray pan(s) with nonstick spray.
 2. Whisk eggs in a large bowl. Stir in cheeses, flour, and salt.
 3. Bake at 350°F until a food thermometer placed in the center reads 160°F, about 55-60 min. for a 9x13" pan. (Cut 4 x 6 for 24 squares; Cut 6 x 9 for 54 squares).
- CACFP Credit:** 1 square counts as 2 oz. eq. meat alternate.

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Submit your March claim. Start recording your April claim. </div>	2 Tornado Drill	3	4	5	6
7	8 Claims Due for First Batch	9	10	11	12	13
14	15 Tax Day	16	17	18	19	20
21	22	23	24	25	26	27 Fire Drill
28	29	30 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Submit your April claim after the last meal/snack is served. </div>	Visit www.daycareresources.org to: <ul style="list-style-type: none"> • See when reimbursements are sent. • Search our collection of CACFP approved recipes. Visit our page at www.pinterest.com/dcrinc for games & activities for the kids!			

APRIL EXPENSE RECORD

for IRS Schedule C (Form 1040)
Profit or Loss from Business

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Advertising, Insurance (other than health), Interest, Legal/Professional Services, Office Expenses, Rent/Lease (for Business Property), Business Repairs & Maintenance, Supplies, Taxes & Licenses, Travel, Wages, Other Expenses (ex. Food, Toys, Household Items, Cleaning Supplies, Activity Supplies, etc.)

DATE	PAYMENT TYPE <small>(Cash, Check #, etc)</small>	PURCHASED FROM	MILEAGE	PURCHASE TOTAL								
THIS MONTH'S TOTAL												
BALANCE FORWARD												
YEAR TO DATE (YTD) TOTAL												

Food Program Claim
 Claim sent on: _____
 Date \$ Received: _____

If you need more room, make a copy of this page.

Number of Meals & Snacks Served This Month*	
Breakfasts	
AM Snacks	
Lunches	
PM Snacks	
Dinners	
EV Snacks	

	Parent Payments	Other Income	Food Program (CACFP)	Totals
Monthly Income				
Balance Forward				
Total Year-To-Date				

**Record the total number of meals and snacks you served this month, including meals and snacks not reimbursed by the CACFP, for the Standard Meal Allowance. Please consult your tax professional for details on the Standard Meal Allowance.*

Hours
HOURS OPEN <small>(day care kids present)</small>
OTHER HOURS <small>(no kids present)</small>
PREVIOUS TOTAL
YTD TOTAL

April 2024 Attendance & Payment Record

Child's Name		M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	AMT. PD.	TOTAL/CHILD	
		1	2	3	4	5	6		7	8	9	10	11	12	13		14	15	16	17	18	19	20		21	22	23			24
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Weekly Totals																														

*If you care for more than 9 children, make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.

Teaspoon vs. Tablespoon

If you've ever mixed up teaspoons and tablespoons, chances are you have an interesting story to tell. For example, putting 1 tablespoon of salt (instead of 1 teaspoon) in a recipe makes for a terribly salty tale! Teaspoons are small. Although you should always use measuring spoons to make recipes, you might think of teaspoons as tiny, dainty spoons that might be used to add sugar to tea. Teaspoons may be listed as "tsp" or a lower case "t" in recipes. Tablespoons are three times bigger (and their name is larger too!). You might think of them as bigger spoons you might use to serve food at a table. Tablespoons may be listed as "Tbsp" or a capital "T" in recipes.

Teaspoon facts:

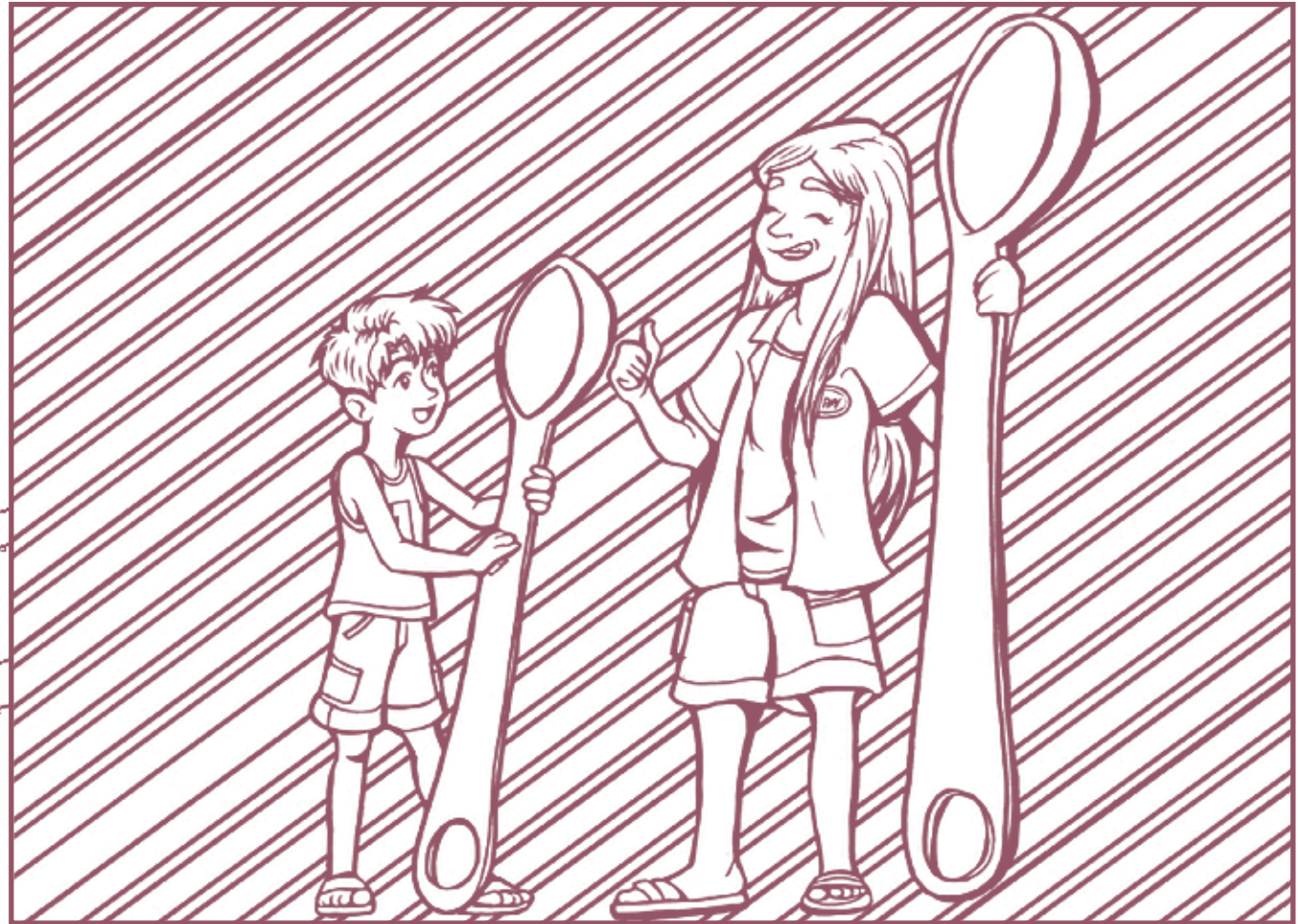
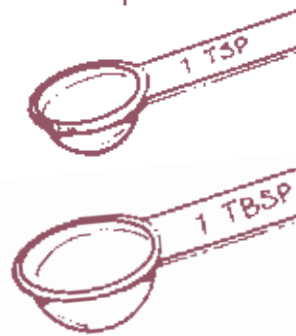
- 3 teaspoons = 1 tablespoon
- 48 teaspoons = 1 cup
- Listed as "tsp." or "t." in recipes

Tablespoon facts:

- 16 tablespoons = 1 cup
- Listed as "tbsp." or "T." in recipes

How to use measuring spoons:

Fill the measuring spoon. For dry ingredients, scrape across the top with the flat edge of the knife. This helps ensure you get the amount you need.



Tournament of Tablespoons

Bring plastic cups and spoons to a sand table or sandbox. Divide kids into pairs. Have one child hold the cup while the other uses the spoon to fill the cup with sand. The child holding the cup should count to see how many spoonfuls it takes to fill the cup. Once cups are filled, compare the number of spoonfuls for each pair. Are numbers the same between groups? Why or why not? Next, have a sandcastle race! Fill a bucket/container half full with sand. Add just enough water to pack the sand. Place the wet sand at the "start" line. Have pairs spoon WET sand into their cup, pack it down, and level off the top with the straight edge of a plastic/butter knife (like measuring brown sugar). Then run across to the "finish" line (ex. in a sandbox). Turn the cup over to make the first tower for the team's castle. Go back to the start line and repeat until the sand castle has a certain number of towers (ex. 4) or the team runs out of sand. Award prizes for the team that is the fastest, most creative, most accurate at measuring, etc.

Baked Cherry Oatmeal	8 (1 cup) portions 9 x 13" pan	18 (1 cup) portions 12 x 20 x 2 1/2" pan
Old Fashioned Oats ¹	162 grams (2 cups)	365 grams (4 1/2 cups)
Flaxseed, <i>ground OR liquid eggs</i>	26 grams (1/4 cup)	59 grams (1/2 cup + 1 T.)
Sugar	47 grams (1/4 cup)	106 grams (1/2 cup + 1 T.)
Apple Pie Spice, Vanilla, and Almond ² Extract (² Use imitation for nut allergies)	1/2 teaspoon each	1 1/8 teaspoons
Water	2 cups	4 1/2 cups
Applesauce, <i>unsweetened</i>	2 cups	4 1/2 cups
Sweet Cherries, <i>frozen</i>	2 pounds	4 pounds 8 ounces

1. Spray pan(s) with nonstick spray.

2. Place all ingredients in pan(s). Stir to mix.

3. Bake at 400°F until bubbly, about 45 minutes for a 9 x 13" pan.

CACFP Credit: 1 cup (#4 scoop) counts as 1 oz. eq. whole grain + 1/2 cup fruit.

¹Use certified gluten free oats if you serve kids that cannot have gluten.

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make sure to:</p> <ul style="list-style-type: none"> Record "School Out" each day to get credit for meals and snacks served to school-age children on "No School" days. Call Day Care Resources to change your meal and snack times if your schedule changes in the summer. 			<p>1</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Submit your April claim. Start recording your May claim.</p> </div>	<p>2</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6</p>	<p>7</p> <p style="text-align: center;">Tornado Drill</p>	<p>8</p>	<p>9</p>	<p>10</p> <p style="text-align: center;">Claims Due for First Batch</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p> <p style="text-align: center;">(DCR Office Closed)</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Submit your May claim after the last meal/snack is served.</p> </div> <p style="text-align: center;">Fire Drill</p>	

MAY EXPENSE RECORD
for IRS Schedule C (Form 1040)
Profit or Loss from Business

LIST EXPENSE CATEGORIES BELOW:

Advertising, Insurance (other than health), Interest, Legal/Professional Services, Office Expenses, Rent/Lease (for Business Property), Business Repairs & Maintenance, Supplies, Taxes & Licenses, Travel, Wages, Other Expenses (ex. Food, Toys, Household Items, Cleaning Supplies, Activity Supplies, etc.)

DATE	PAYMENT TYPE <small>(Cash, Check #, etc)</small>	PURCHASED FROM	MILEAGE	PURCHASE TOTAL							
Food Program Claim Claim sent on: _____ Date \$ Received: _____				THIS MONTH'S TOTAL							
				BALANCE FORWARD							
				YEAR TO DATE (YTD) TOTAL							

If you need more room, make a copy of this page.

Number of Meals & Snacks Served This Month*	
Breakfasts	
AM Snacks	
Lunches	
PM Snacks	
Dinners	
EV Snacks	

	Parent Payments	Other Income	Food Program (CACFP)	Totals
Monthly Income				
Balance Forward				
Total Year-To-Date				

**Record the total number of meals and snacks you served this month, including meals and snacks not reimbursed by the CACFP, for the Standard Meal Allowance. Please consult your tax professional for details on the Standard Meal Allowance.*

Hours
HOURS OPEN <small>(day care kids present)</small>
OTHER HOURS <small>(no kids present)</small>
PREVIOUS TOTAL
YTD TOTAL

May 2024 Attendance & Payment Record

Child's Name		W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	TOTAL/CHILD		
		1	2	3	4		5	6	7	8	9	10	11		12	13	14	15	16	17	18		19	20	21	22	23	24	25		26	27	28	29	30	31					
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Weekly Totals																																									

*If you care for more than 9 children, make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.

Get Your Fruit Fix

You may know you need to serve 1/2 cup fruit to each child age 3 and older at breakfast. But how many apples is that? What about kiwi? Look at the table below for serving sizes of some common fruits.

	1/2 cup portion	3/4 cup portion
Apple	1/2 medium	3/4 medium
Banana	1 medium	1 1/2 medium
Cantaloupe	1/5 medium melon	3/10 medium melon
Dried Fruit	1/4 cup	1/4 cup + 2 Tbsps.
Grapes	14 large grapes	21 large grapes
Kiwi	1 1/2 kiwis	2 1/4 kiwis
Oranges	1 medium	1 1/2 medium
Peaches	1 medium peach	1 large peach
Pears	1 small pear	1 medium pear
Plums	1 medium plum	1 1/2 medium plums

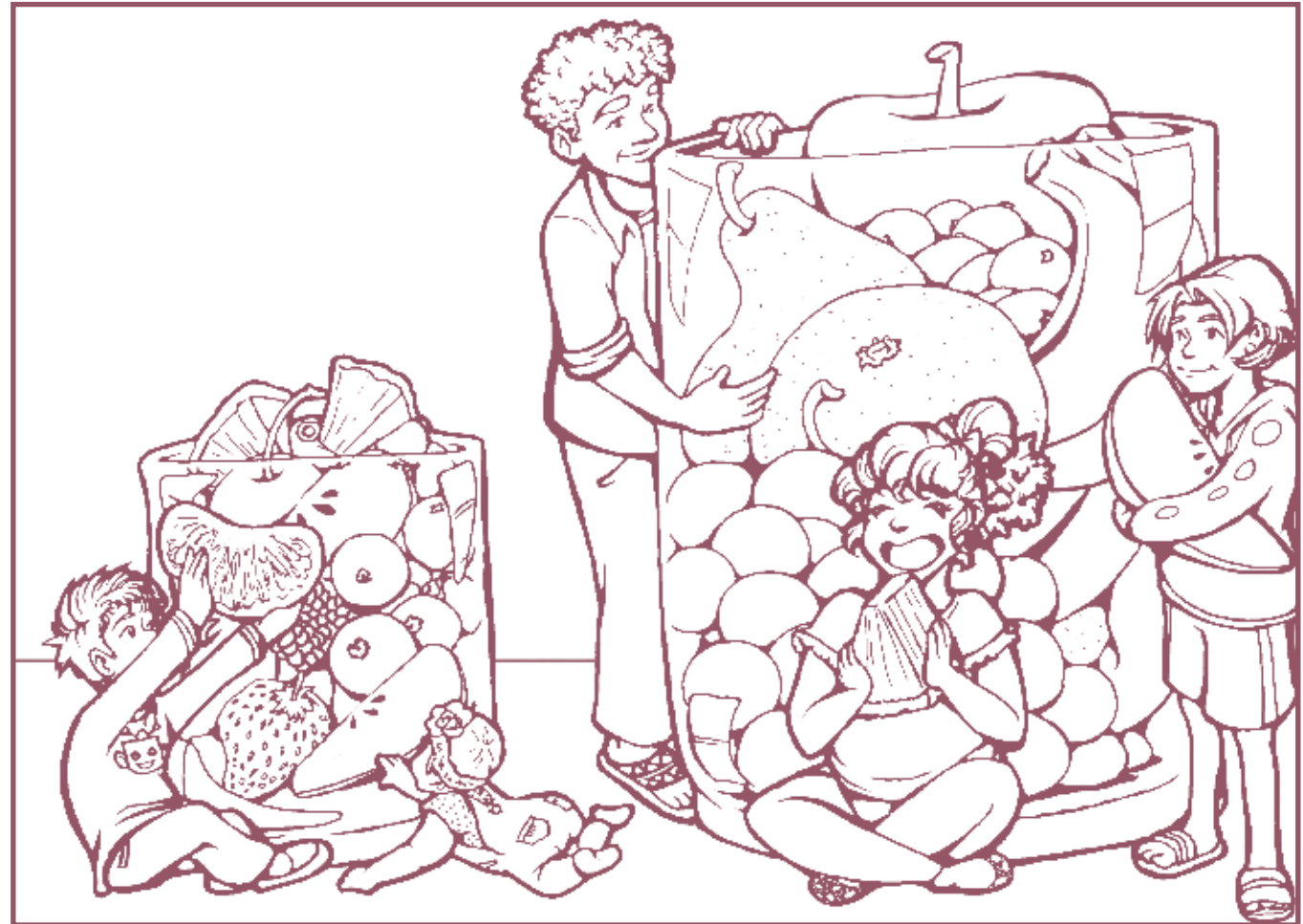
Food Program Facts:

- Dried fruit counts double: 1/4 c. counts as 1/2 c. fruit!
- Sites can claim 100% juice at **ONE** meal/snack each day (ages 1 and older only).
 - Fruit pureed in a smoothie counts as juice.
 - Serve a food with 100% juice at snack. Juice does NOT count when milk (a beverage) is the only other component (ex. 100% juice popsicles and milk)

Fruits & Chutes

You will need: rainbow colored construction paper (5 each: red, orange, yellow, green, blue, and purple), a 6-number die/spinner, and materials for the games at each purple space. Place construction paper in 5 rainbow colored rows. Each player rolls/spins on their turn. Go forward that number of spaces. When a player lands on yellow, this is a "chute:" roll the die/spinner and move BACK that many spaces. If you land on a purple "fruit farm," do an activity to move ahead:

- **#1: Apple Orchard** Throw 5 balls into the apple bin to move ahead 2 spaces.
- **#2: Orange Grove** Dribble a basketball 10 times to move ahead 3 spaces.
- **#3: Peach Plantation** Throw a frisbee at a target. Move to the Pear Patch.
- **#4: Grape Vineyard** Stomp grapes (jump rope) 10 times and move ahead 2.
- **#5: Pear Patch** Knock down the bowling pins to complete your farm tour!



Fruit Fiesta Bowl	6 portions	24 portions
Brown Sugar, <i>optional</i>	2 Tablespoons	1/2 cup
Cinnamon	1/4 teaspoon	1 teaspoon
Cottage Cheese	12 ounces (1-1/2 cups)	3 pounds (6 cups)
Mandarin Oranges, <i>canned, drained</i>	1 1/2 cups (16 oz.)	6 cups (5 lb. 5 oz.)
Pineapple, <i>canned, crushed, drained</i> <i>For ages 6+, add Fruit Cocktail, drained</i>	1 1/2 cups (15 oz.) <i>Ages 6+: ADD 1 1/2 c. (17 oz.)</i>	6 cups (4 lb. 7 oz.) <i>Ages 6+: ADD 6 c. (4 lb. 5 oz.)</i>
Coconut, <i>shredded, optional</i>	1/4 cup + 2 Tbsps.	1-1/2 cups

1. Mix brown sugar and cinnamon with cottage cheese.
2. In each bowl, place 1/4 cup oranges, 1/4 cup pineapple, (AND 1/4 cup fruit cocktail for ages 6+). Top with 1/4 cup cottage cheese and, if desired, 1 Tablespoon coconut.

CACFP Credit: 1 bowl counts as 1 oz. eq. meat alternate + 1/2 cup fruit for ages 1-5 at snack. (3/4 cup fruit for ages 6+)

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reminder: • Contact DCR in advance if your facility will be: - Closed (for vacation, emergency, etc) - Serving meals and snacks off site (like a field trip)						1 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Submit your May claim. Start recording your June claim. </div>
2	3	4 Tornado Drill	5	6	7	8
9	10 Claims Due for First Batch	11	12	13	14	15
16	17	18	19 (DCR Office Closed)	20	21	22
23	24	25	26	27	28	29
30	<div style="border: 1px solid black; padding: 2px;"> Submit your June claim after the last meal/ snack is served. </div>				Fire Drill	

JUNE EXPENSE RECORD

for IRS Schedule C (Form 1040)

Profit or Loss from Business

LIST EXPENSE CATEGORIES BELOW:

Advertising, Insurance (other than health), Interest, Legal/Professional Services, Office Expenses, Rent/Lease (for Business Property), Business Repairs & Maintenance, Supplies, Taxes & Licenses, Travel, Wages, Other Expenses (ex. Food, Toys, Household Items, Cleaning Supplies, Activity Supplies, etc.)

DATE	PAYMENT TYPE <small>(Cash, Check #, etc)</small>	PURCHASED FROM	MILEAGE	PURCHASE TOTAL								

Food Program Claim
 Claim sent on: _____
 Date \$ Received: _____

THIS MONTH'S TOTAL
BALANCE FORWARD
YEAR TO DATE (YTD) TOTAL

If you need more room, make a copy of this page.

Number of Meals & Snacks Served This Month*	
Breakfasts	
AM Snacks	
Lunches	
PM Snacks	
Dinners	
EV Snacks	

	Parent Payments	Other Income	Food Program (CACFP)	Totals
Monthly Income				
Balance Forward				
Total Year-To-Date				

**Record the total number of meals and snacks you served this month, including meals and snacks not reimbursed by the CACFP, for the Standard Meal Allowance. Please consult your tax professional for details on the Standard Meal Allowance.*

Hours
HOURS OPEN <small>(day care kids present)</small>
OTHER HOURS <small>(no kids present)</small>
PREVIOUS TOTAL
YTD TOTAL

June 2024 Attendance & Payment Record

Child's Name		S	AMT.	S	M	T	W	TH	F	S	AMT.	S	M	T	W	TH	F	S	AMT.	S	M	T	W	TH	F	S	AMT.	S	M	T	W	TH	F	S	AMT.	S	AMT.	TOTAL/ CHILD	
		1	PD.	2	3	4	5	6	7	8	PD.	9	10	11	12	13	14	15	PD.	16	17	18	19	20	21	22	PD.	23	24	25	26	27	28	29	PD.	30	PD.		
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	\$ Due																																						
Weekly Totals																																							

**If you care for more than 9 children, make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.*

Volumes of Veggies

You may know how much vegetables you need for snack: 1/2 cup for ages 1-5 and 3/4 cup for each child age 6 and older. But how many ears of corn is that? Check out this chart to see serving sizes for several popular vegetables:

	1/2 cup portion	3/4 cup portion
Carrot Sticks	6 (4" x 1/2") sticks	9 (4" x 1/2") sticks
Celery Sticks	6 (4" x 1/2") sticks	9 (4" x 1/2") sticks
Corn	1 medium ear	1 1/2 medium ears
Cucumber Sticks	6 (3" x 3/4") sticks	9 (3" x 3/4") sticks
Lettuce	1 cup* shredded	1 1/2 cups* shredded
Olives	16 large olives	24 large olives
Pickles	2/3 large pickle	1 large pickle
Potato Rounds	8 rounds	12 rounds
Tomatoes, Cherry	6 cherry tomatoes	9 cherry tomatoes

Food Program Facts:

- One serving of vegetables is required at lunch/dinner.
- One cup of leafy greens, such as fresh lettuce or spinach, counts as 1/2 cup vegetables.
- You can serve a vegetable AND a fruit at snack. For example, 3/4 apple (3/4 cup) AND 9 cherry tomatoes (3/4 cup) would be a creditable snack for ages 6+.



Scavenger Story Soup

You will need a variety of colored bean bags, such as red, orange, yellow, green, and/or brown. Place a basket in the center of the room/yard. Have half of the children hide their eyes and slowly count to 60. Have the other half of the kids hide the bean bags in a large open area, such as a large room, a yard, or a playground. (Rules: don't bury them or place them where kids might get hurt searching for them.) Once kids open their eyes, give each child a turn to find a bean bag. Have the child name a vegetable that is the same color as the bean bag they find. Then have the child take aim at the "soup pot" (basket). He/she should throw the vegetable and try to make it into the "soup pot!" For a challenge, have older kids say, "We're making soup and I'm adding (their new vegetable) to our soup with (names of vegetables the other kids previously added to the soup). For example a child with a red bean bag might say, "We're making soup and I'm adding tomatoes to our soup with pumpkin, corn, okra, and potatoes." Then trade sides and play again.

Cowboy Caviar <i>Southwest Bean Salad</i>	9 (1/2 cup) portions	56 (1/2 cup) portions
Black Beans, <i>canned, drained</i>	1 (15 oz.) can	1 (110 oz.) can
Pinto Beans, <i>canned, drained</i>	1 (15.25 oz.) can	1 (108 oz.) can
Diced Tomatoes, <i>with Mild Green Chiles</i>	1 (10 oz.) can	2 (28 oz.) cans
Green Pepper & Onion, <i>frozen, chopped</i>	1/2 cup each	1 pound each
Italian Dressing	1/4 cup	1 1/2 cups
Garlic Salt, <i>optional or to taste</i>	1 teaspoon	1 Tbsp. + 2 tsps.



1. Mix all ingredients together.
 2. Serve with tortilla chips for dipping.
- CACFP Credit:** 1/2 cup counts as 1 oz. eq. meat alternate **OR** 1/2 cup veggies.



Note: Beans can count as a meat alternate OR a vegetable, but cannot count as both at the same meal/snack.

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>Submit your June claim. Start recording your July claim.</p> </div>	2 Tornado Drill	3	4 (DCR Office Closed)	5	6
7	8 Claims Due for First Batch	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Fire Drill	27
28	29	30	31 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>Submit your July claim after the last meal/snack is served.</p> </div>	This month: <ul style="list-style-type: none"> • Make sure to record "School Out" each day to get credit for meals and snacks served to school-age children on "No School" days. • USDA publishes rates for the upcoming year (July 1 - June 30) soon. Visit www.daycareresources.org for updates. 		

JULY EXPENSE RECORD for IRS Schedule C (Form 1040) Profit or Loss from Business

LIST EXPENSE CATEGORIES BELOW:

Advertising, Insurance (other than health), Interest, Legal/Professional Services, Office Expenses, Rent/Lease (for Business Property), Business Repairs & Maintenance, Supplies, Taxes & Licenses, Travel, Wages, Other Expenses (ex. Food, Toys, Household Items, Cleaning Supplies, Activity Supplies, etc.)

DATE	PAYMENT TYPE <small>(Cash, Check #, etc)</small>	PURCHASED FROM	MILEAGE	PURCHASE TOTAL											

Food Program Claim
Claim sent on: _____
Date \$ Received: _____

THIS MONTH'S TOTAL
BALANCE FORWARD
YEAR TO DATE (YTD) TOTAL

If you need more room, make a copy of this page.

Number of Meals & Snacks Served This Month*	
Breakfasts	
AM Snacks	
Lunches	
PM Snacks	
Dinners	
EV Snacks	

	Parent Payments	Other Income	Food Program (CACFP)	Totals
Monthly Income				
Balance Forward				
Total Year-To-Date				

*Record the total number of meals and snacks you served this month, including meals and snacks not reimbursed by the CACFP, for the Standard Meal Allowance. Please consult your tax professional for details on the Standard Meal Allowance.

Hours
HOURS OPEN <small>(day care kids present)</small>
OTHER HOURS <small>(no kids present)</small>
PREVIOUS TOTAL
YTD TOTAL

July 2024 Attendance & Payment Record

Child's Name		M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	AMT. PD.	TOTAL/CHILD			
		1	2	3	4	5	6		7	8	9	10	11	12	13		14	15	16	17	18	19	20		21	22	23	24	25	26	27		28	29	30	31					
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*If you care for more than 9 children, make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.

This Speaks Volumes

There are 8 ounces in one cup, right? There are when you're talking about fluid ounces (fl. oz.)! Liquids, such as milk or 100% juice, are measured in fluid ounces. One cup of liquid is equal to 8 fluid ounces.

You'll want to use a liquid measuring cup to be sure your recipe has the right amount of liquid. Liquid measuring cups have a spout to help pour liquids. Next, you should be able to see through the measuring cup. Place the measuring cup on a flat surface. You may need to bend over so you can see the measurement at eye level. Carefully pour liquid into the cup. Stop when the line of liquid (called a meniscus) is at the correct measurement on the measuring cup.

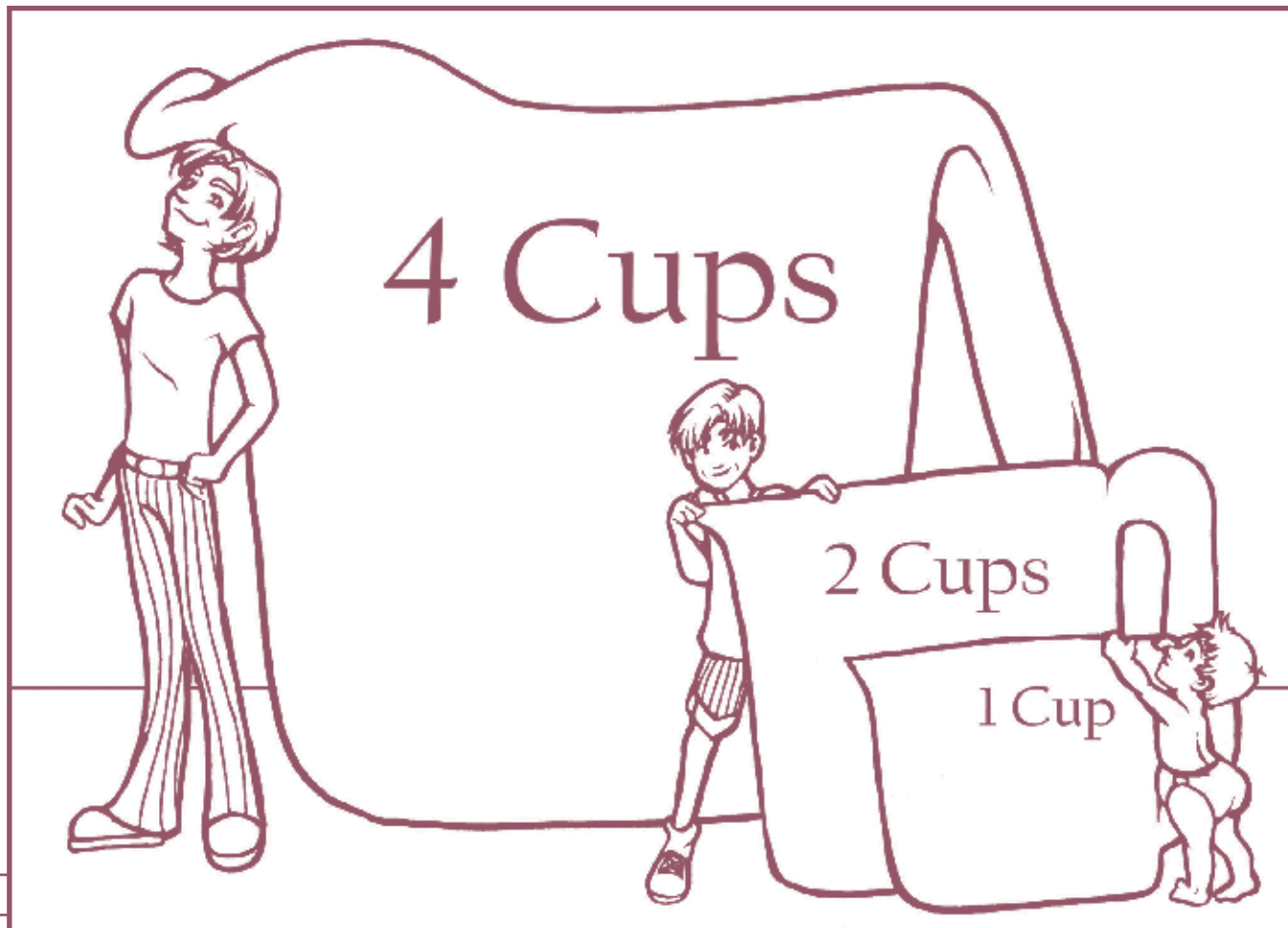
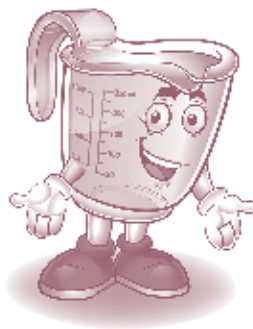
This amount:	Is equal to:
1 pint	2 cups
1 quart	4 cups
1 gallon	16 cups 4 quarts 128 fl. oz.

One of the most important liquids to measure for the food program is milk. Use the table below to see how many kids a gallon of milk serves.

Make sure to buy **whole** milk for 1 year-olds and **1% or skim** for ages 2+!

One gallon of milk serves:	
4 fl. oz. portions	32 kids 1-2 years old (or 3-5 years old at snacks)
6 fl. oz. portions	21 kids 3-5 years old at meals
8 fl. oz. portions	16 kids ages 6 and older

Let It Pour Stay cool on a hot summer's day with this wacky water game! Have kids stand (or sit) in a line in a grassy area. For large groups of children, divide into teams. Give each child a plastic cup. Place a full bucket of water in front of each line/team (if playing in teams, make sure each team gets the same amount of water). Then place an empty bucket at the end of the line/team. On "go," the first person in line fills up their cup from the full bucket. They pass the water backwards over their head to the player behind them. At the end of the line, the last player in line pours the remaining water into the empty bucket. When the front bucket runs out of water, see how much water is in the bucket at the end! Other ways to play: Set a timer to see who collects the most water in the same time period (ex. 5 minutes).



Apple Cider Slush	Makes 4 cups or 5 (3/4 cup) portions	Makes 20 cups or 26 (3/4 cup) portions
Apple Juice or Cider	1 quart	1 gallon + 1 quart
Cinnamon	1/2 teaspoon	2 1/2 teaspoons
Cloves, ground	1/8 teaspoon	1/2 tsp. + 1/8 tsp.

1. Pour half of the apple cider into ice cube trays. Freeze.
2. Puree ice cubes, spices and remaining juice in a blender/food processor.
3. Tip: Serve with graham crackers or pumpkin muffins.

CACFP Credit: 3/4 cup counts as 3/4 cup 100% fruit juice.

About 100% Juice:

- Fruit juice can be served **once** a day at your facility (at the same meal/snack).
- Milk and 100% juice cannot be claimed as the only two components at snack.
- Juice does NOT count for infants.

At snack, serve:	To each child:
1/2 cup juice	Ages 1-5
3/4 cup juice	Ages 6+

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This month: <ul style="list-style-type: none"> • Make sure to record "School Out" each day to get credit for meals and snacks served to school age children on "No School" days. • Call us if you have questions! Phone lines are open 8 am - 3 pm Monday - Thursday and 8 am - noon Fridays. 				1 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Submit your July claim. Start recording your August claim.</p> </div>	2	3
4	5	6 Tornado Drill	7	8	9	10
11	12 Claims Due for First Batch	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 Fire Drill	31 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Submit your August claim after the last meal/snack is served.</p> </div>

August 2024 Attendance & Payment Record

Child's Name		TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	TOTAL/ CHILD				
		1	2	3		4	5	6	7	8	9	10		11	12	13	14	15	16	17		18	19	20	21	22	23	24		25	26	27	28	29	30	31						
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**If you care for more than 9 children, make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.*

What's the Scoop?

Using the right utensils can help you meet serving sizes. Scoops may LOOK like something you would use to serve ice cream, but they help serve up proper portions. You may see a number on a portion scoop. This number, or **scoop size** (see chart below), tells you how many level scoopfuls it takes to fill a quart (or 4 cups). For example, if a scoop says #8, then it would take 8 level scoops to fill a 4 cup container.

Example:

1/2 cup × 8 scoops = 4 cups (or 1 quart)

#8 scoop

Scoop Size Chart

Scoop Size	Holds	Scoop Size	Holds
#4	1 cup	#10	3/8 cup
#5	3/4 cup	#12	1/3 cup
#6	2/3 cup	#16	1/4 cup
#8	1/2 cup	#30	1/8 cup (2 Tbsp.)

Ladle/Spoodle Size Chart



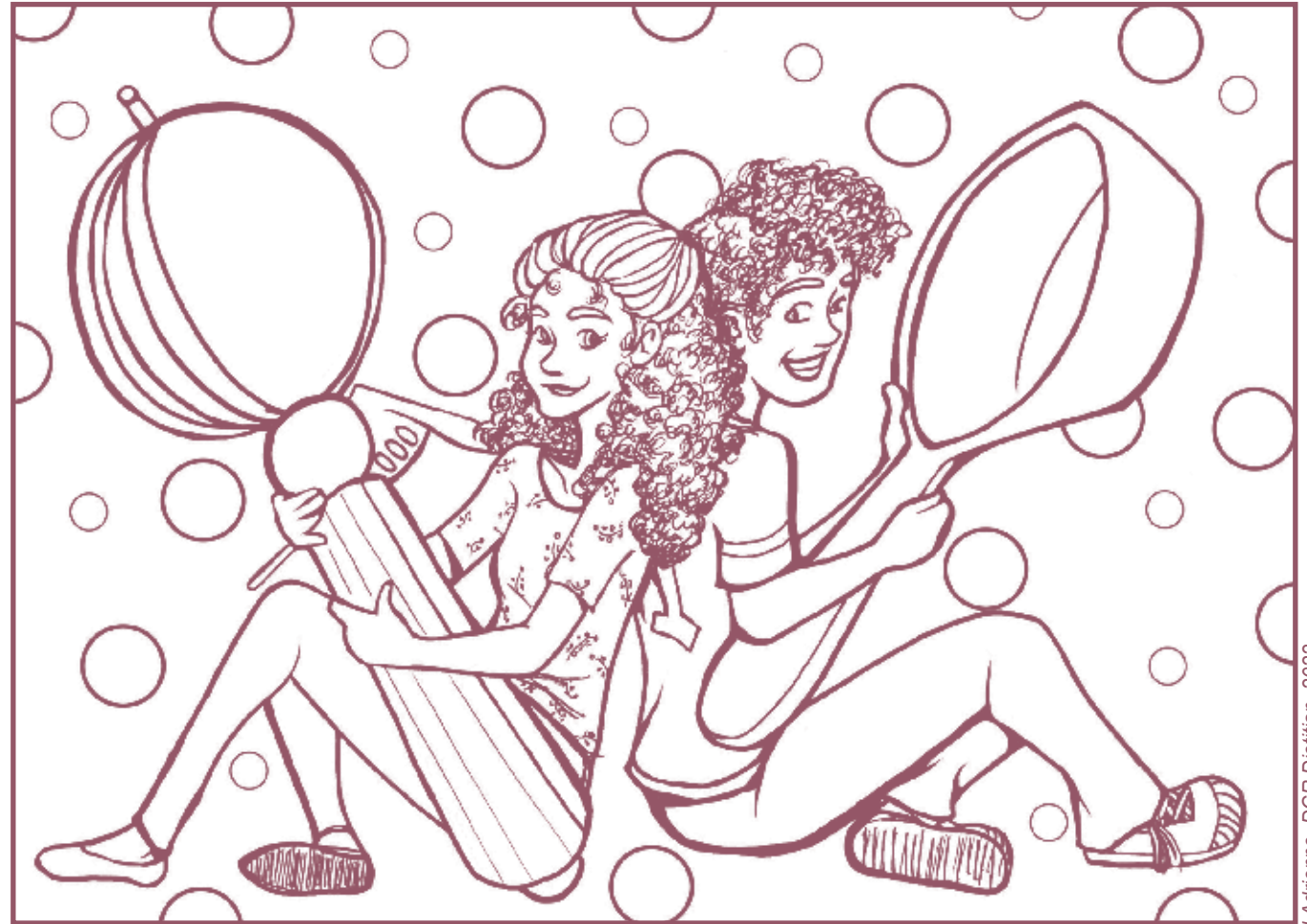
Size	Holds
1 oz.	1/8 cup
2 oz.	1/4 cup
3 oz.	3/8 cup
4 oz.	1/2 cup
6 oz.	3/4 cup
8 oz.	1 cup
12 oz.	1 1/2 cups



Ladles are used for liquids like soups, so they are labeled in (fluid) ounces. **Spoodles** can be used for both liquid AND solid foods, so the chart (at right) also shows measurements in cups.

Get the Scoop

Wash and dry one empty milk jug for each player. Cut out the bottom of each jug. Cover any rough edges with duct tape. Kids hold the handle to use their "scoop." Game ideas include: 1) Play catch with 2+ players using light balls, balled up newspaper, or a sock ball. 2) Play milk jug "lacrosse." Set up a goal for each team on two sides of a field or yard. Players can take three steps toward the goal while the ball is in their "scoop." Then they must use their scoop to pass the ball to another player. When a player is close to the goal, they can throw the ball into the goal to score a point. See how many points each team can score!



Garlic Cheese Biscuits	35 biscuits 18 x 13" half sheet pan	70 biscuits 18 x 26" full sheet pan
Self-Rising Flour, <i>enriched</i>	500 g (4 cups)	1000 g (8 cups)
Vegetable Shortening	102 g (1/2 cup)	204 g (1 cup)
Milk or Water	328 g (1 1/3 cups)	656 g (2 2/3 cups)
Cheddar Cheese, <i>shredded</i>	4 ounces (1 cup)	8 ounces (2 cups)
Margarine or Butter, <i>melted</i>	1/2 stick (1/4 cup)	1 stick (1/2 cup)
Garlic Powder	1/2 teaspoon	1 teaspoon

- Put flour, shortening, milk, & cheese in a bowl. Lightly beat with a mixer.
- Use a 1/8 cup scoop (#32) to drop dough onto ungreased sheet pan(s).
- Bake at 450°F for 10 minutes. Remove from oven.
- Mix melted margarine/butter and garlic powder. Brush tops of biscuits.

CACFP Credit: 1 biscuit counts as 1/2 oz. eq. grain.

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Submit your August claim. Start recording your September claim. </div>	2 (DCR Office Closed)	3 Tornado Drill	4	5	6	7
8	9 Claims Due for First Batch	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 Fire Drill	28
29	30 <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Submit your September claim after the last meal/snack is served. </div>	This month: <ul style="list-style-type: none"> • Make sure to record "School Out" each day to get credit for meals and snacks served to school-age children on "No School" days. • Call us if you have questions! Phone lines are open 8 am - 3 pm Monday - Thursday and 8 am - noon Fridays. 				

Prepare for Perfect Portions

It's important to serve portions that are "just right": not too big and not too small. Serving portions that are the same size helps:

- make sure kids are treated fairly and equally,
- meet the serving sizes on the meal pattern,
- ensure kids get the nutrition they need, and
- control costs.

Tip: When using a serving scoop or spoodle, fill the scoop and scrape it against the side of the pan to level it.

Portion size tools (See "What's the Scoop?" for more information.) are one of the best ways to keep costs in check. Suppose Martha feels like the 1/4 cup meat planned for tacos is small, so she decides to serve a double portion. One portion costs 51 cents, so this doubles the cost for meat to \$1.02 per child. If she decides to do this every day the facility is open (50 weeks/year), this will cost her \$127.50 more per child for the year. Of course, the more kids she's serving, the bigger the effects. If her facility serves 100 kids, that daily double serving of meat would cost \$12,750 per year.

Example: Extra Servings Cost Money	Portion Cost
1/4 cup meat	\$0.51
1/2 cup meat	\$1.02
Extra \$ for one double portion	\$0.51
Extra \$/year* for 1 child	\$127.50
Extra \$/year* for 100 kids	\$12,750.00

*assumes site is open 5 days/week for 50 weeks/year

Order Up!

Put together a basket of cooking tools and a small tray. (If you have enough kids to play in groups, make sure each team has the same amount of items.) Examples include: a plastic bowl, a whisk, a spatula, a plastic egg, a wooden spoon, etc. Place the full basket on one end of a room or yard. Place an empty basket on the other side of the room/yard. On "go," have one child take an item, place it on their tray, and carry it to the basket on the other side of the room. Once this player returns to the start line, the next player goes. See how long it takes to empty the "start" basket. Variation: Compete against another team to see which team can empty their basket the fastest. For a more challenging game, have players carry the tray on their heads. Players must then carry the cooking tool he/she chooses on the tray. If someone drops an item, they must return to start and begin again.



Broccoli Pasta Alfredo	8 portions <small>4 qt. pot/Dutch oven</small>	34 portions <small>16 qt. pot</small>
Penne Pasta	7 ounces dry	1 lb. 12 oz. dry
Broccoli, florets, frozen	14 ounces	3 lb. 8 oz.
Great Northern Beans, drained	2 (15.5 oz.) cans	1 (110 oz.) + 1 (15.5 oz.) can
Parmesan Cheese, grated	4 oz. (1 1/2 cups)	1 lb. 1 oz.
Garlic, minced	2 teaspoons	2 Tbsps. + 2 tsps.
Alfredo Sauce	1 (16 oz.) jar	4 (16 oz.) jars OR 64 oz. pouch

1. Cook pasta according to package directions.
2. Steam broccoli. (Tip: Many frozen broccoli brands can be microwaved in the bag.)
3. Mix hot cooked pasta and broccoli with remaining ingredients. Serve immediately or heat to 140°F to hold for service.

CACFP Credit: 1 cup counts as 1.5 oz. eq. meat alternate, 1/2 oz. eq. grain + 1/3 cup veggies.

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Submit your September claim. Start recording your October claim. </div> Tornado Drill	2	3	4	5
6	7	8	9	10 Claims Due for First Batch	11	12
13	14 (DCR Office Closed)	15	16	17	18	19
20	21	22	23	24	25 Fire Drill	26
27	28	29	30	31 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Submit your October claim after the last meal/snack is served. </div>	Need training hours? <ul style="list-style-type: none"> • Visit www.daycareresources.org. • Log in to take tests. To take the 2024 Calendar test, choose "Training," then "Tests" and pick "Calendar & Business Guide." 	

Worth the Weight

What weighs more, a pound (lb.) of flour or a pound of oats? That's a trick question! They both weigh the same: ONE POUND! On the other hand, volume - how much space an item takes up - is a very different story. Let's look at some examples:

- 1 lb. all-purpose flour = 3 3/4 cups
- 1 lb. rolled oats = 5 cups
- 1 lb. popped popcorn = 64 cups (**or 4 gallons!**)

When making homemade grain foods, like breads, muffins, or pancakes, one serving must have 16 grams of creditable grains. Want to know how many grain servings are in your recipe? Multiply the number of cups of grain flour by the grams per cup in the chart below. Then divide by 16. This will give you the number of grain servings in your recipe.

Grain Ingredients	Multiply by:
Number of cups of enriched white flour	125 grams
Number of cups of whole wheat flour	120 grams
Number of cups of rolled oats	81 grams
Number of cups of enriched cornmeal	138 grams
Number of cups of whole grain cornmeal	122 grams

For other kinds of grain flour, visit www.daycareresources.org.
Go to Training > Portions > How Many Grain Servings are in My Recipe?

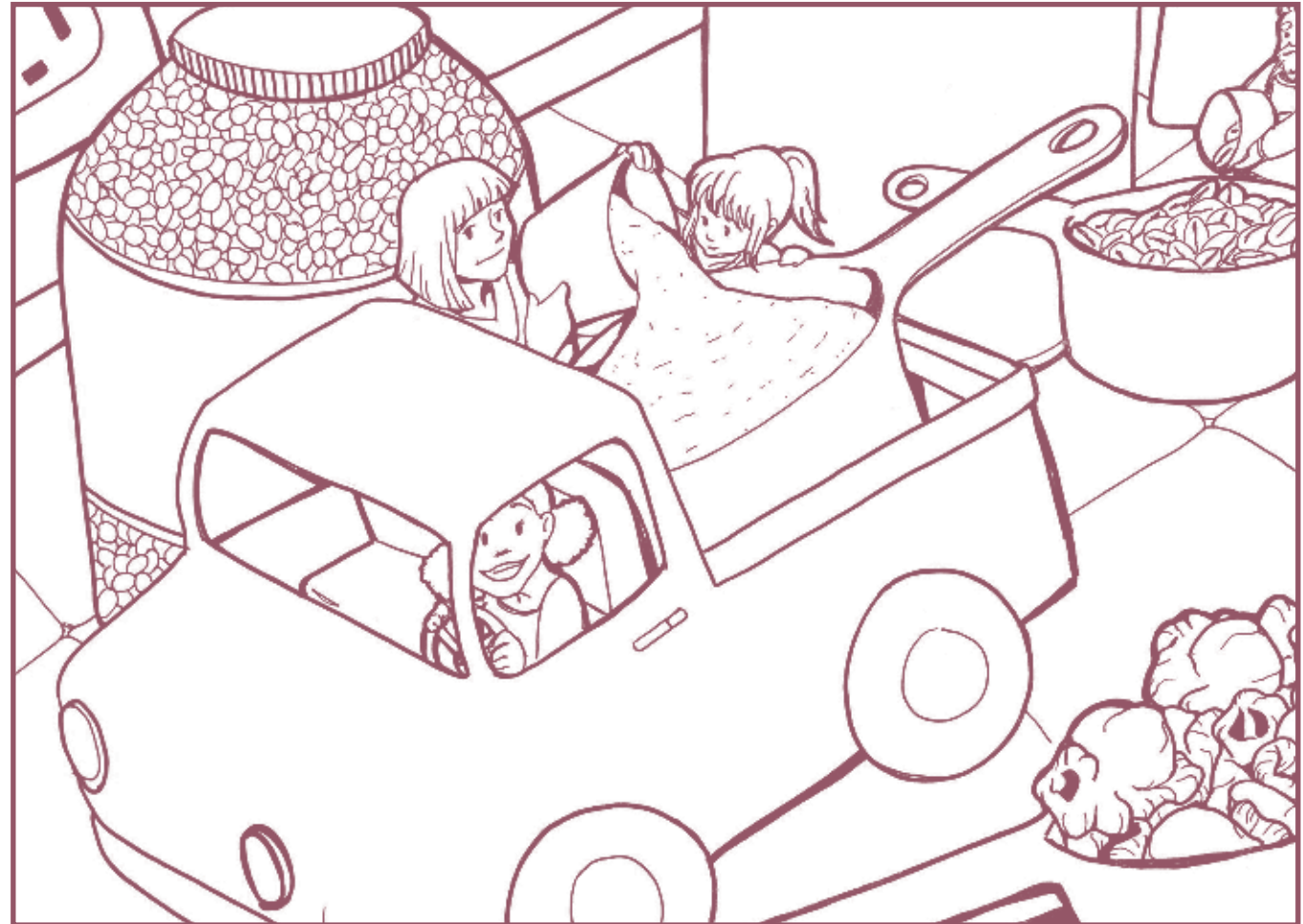
Example: The recipe on this page has 2 cups of enriched flour.

$$2 \text{ cups} \times 125 \text{ grams per cup} = \frac{250 \text{ grams enriched flour}}{16 \text{ grams in 1 grain serving}} = 15 \text{ oz. eq. grain servings}$$

(This recipe can serve up to 15 school age kids.)

Practice Makes Perfect

Don't have a kitchen or food scale? Don't worry. Just take care to measure grain flours carefully. For best results, we recommend using a spoon to fill your measuring cup. This helps break up clumps, add air into your flour, and make baked goods light and fluffy. Then gently scrape the extra flour off the top with the flat edge of a knife or spatula. To practice measuring, turn your sandbox or sand table into a "kitchen." Add some measuring cups, spoons, plastic knives, and play dishes to spark their culinary creativity. Show kids how to measure. Then read some recipes and have the kids "make" them in their "kitchen."



Nut/Seed Butter Bread	15 squares 9 x 13" pan	36 squares 12 x 20 x 2 1/2" pan
Baking Powder	1 Tbsp. + 1 tsp.	3 Tbsps. + 1 tsp.
Salt	1 teaspoon	2 1/2 teaspoons
Sugar	63 grams (1/3 cup)	155 grams (3/4 c. + 1 T.)
All-Purpose Flour, enriched	250 grams (2 cups)	625 grams (5 cups)
Milk or Water	1 1/2 cups milk	3 3/4 cups
Nut/Seed Butter*	1/2 cup	1 1/4 cups

1. Whisk together dry ingredients.
2. Stir in milk/water and nut/seed butter.
3. Spray pan(s) with nonstick spray. Pour into pan(s).
4. Bake at 350°F until a toothpick inserted in the center comes out clean, about 20 minutes for a 9 x 13" pan. Cut 3 x 5 for 15 (or 6 x 6 for 36) squares.

*Care for kids with peanut allergies?
Ask parents if their child can have sunflower or soy butter!

CACFP Credit: 1 square counts as 1 oz. eq. grain.

NOVEMBER

Sunday *Monday* *Tuesday* *Wednesday* *Thursday* *Friday* *Saturday*

Don't get lost in the shuffle!

- Submit your claim (and claim paperwork) after you serve and record your last meal or snack for the month!

Need training hours?

- Log into www.daycareresources.org to take tests online.

1 **Submit your
October
claim. Start
recording your
November
claim.** 2

3 Daylight Savings ends (turn clocks back one hour)	4	5 Tornado Drill Election Day <i>(DCR Office Closed)</i>	6	7	8	9
10	11 Claims Due for First Batch <i>(DCR Office Closed)</i>	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27 <i>(DCR Office Closed)</i>	28 <i>(DCR Office Closed)</i>	29 Fire Drill <i>(DCR Office Closed)</i>	30 Submit your November claim after the last meal/snack is served.

November 2024 Attendance & Payment Record

Child's Name		F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	TOTAL/ CHILD				
		1	2		3	4	5	6	7	8	9		10	11	12	13	14	15	16		17	18	19	20	21	22	23		24	25	26	27	28	29	30						
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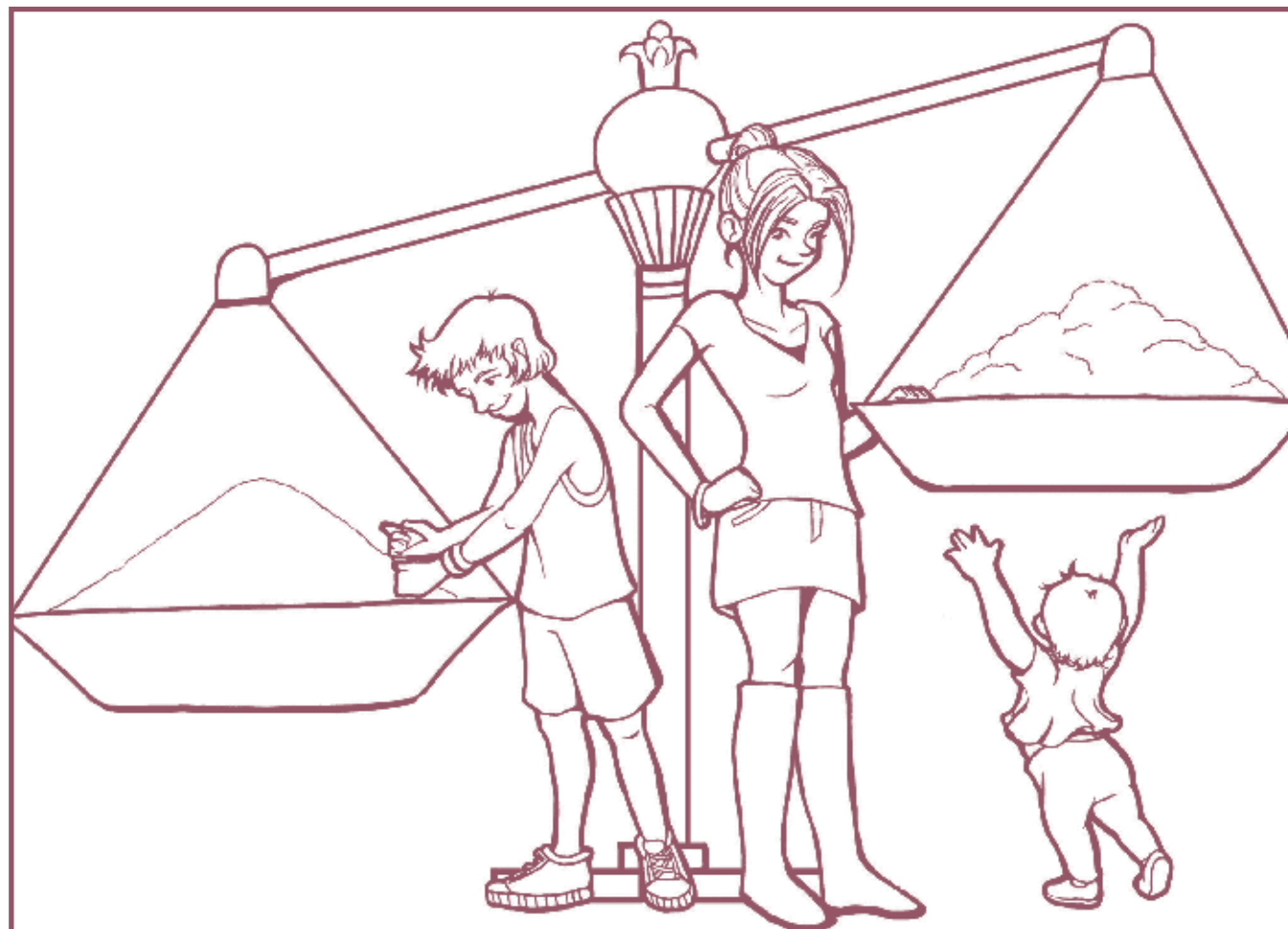
*If you care for more than 9 children, make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.

Tipping the Scales

Packing a measuring cup with flour can give you 50% more than you need! This can make your baked goods dry, stiff or crumbly. Using a kitchen scale can help make sure your breads, muffins, and biscuits come out perfectly every time.

How to use a kitchen scale:

1. Turn the scale on.
2. Set the scale to the units you are measuring: grams (g), ounces (oz), pounds (lb), etc.
Note: if your scale only has kilograms, 125 grams will read as 0.125 kg, since 100 grams equal 1 kilogram.
3. Place an empty bowl on the scale.
4. Press the "tare" button. This sets your scale to "0" and ignores the weight of the bowl.
5. Add the first ingredient slowly until you have the amount you need for the recipe.
6. To weigh other ingredients for the same recipe into the bowl, repeat steps 4 and 5.



In The Balance Make a balance scale! You will need: a plastic clothes hanger with a notch on each shoulder, yarn/string, scissors, two yogurt tubs, a hole punch, and crayons. Use the hole punch to make three holes around the top of each plastic tub. Try to space them as evenly as possible to help with balance. Cut 6 pieces of yarn/string about a foot long. Tie one end of each string to a cup. Then tie the three strings together and place over the shoulder notch on each side of the hanger. Hang the hanger on a door knob. Place an equal number of crayons in each tub and make sure it is equally balanced on each side. Divide kids into two teams. Use a piece of masking or painter's tape to make a "start" line for each team across from the balance scale. On "go," one person from each team runs to the scale, removes one crayon, and takes it to the start line. The next player runs (or skips, hops, etc.) and picks up another crayon. Which team can unload their crayons first?



WG-Rich Corn Muffins	12 muffins	48 muffins
All-Purpose Flour, <i>enriched</i>	125 grams (1 cup)	500 grams (4 cups)
Whole Wheat Flour	30 grams (1/4 cup)	120 grams (1 cup)
Whole Grain Cornmeal	92 grams (3/4 cup)	366 grams (3 cups)
Sugar	70 g (1/4 c. + 2 T.)	282 g (1-1/2 cups)
Baking Powder	27 g (2 Tbsps.)	110 g (1/2 cup)
Vegetable Oil	56 g (1/4 cup)	224 grams (1 cup)
Eggs, <i>large, or liquid whole eggs</i>	2 eggs (1/3 cup)	8 eggs (1-1/2 cups)
Water or Milk (<i>any type</i>)	160 g (2/3 cup)	640 g (2 2/3 cups)

1. Whisk dry ingredients together in a bowl.
2. Stir in oil, eggs, and water/milk.
3. Spray pan(s) with nonstick spray. Fill muffin cups 1/2 full. Bake at 400°F until a toothpick placed in the center comes out clean, about 15 minutes.

CACFP Credit: One muffin counts as 1 oz. eq. whole grain.

These muffins are whole grain-rich, so you can count them as your whole grain for the day!

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Submit your November claim. Start recording your December claim. </div>	2	3 Tornado Drill	4	5	6	7
8	9 Claims Due for First Batch	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 (DCR Office Closed)	25 (DCR Office Closed)	26 (DCR Office Closed)	27 Fire Drill (DCR Office Closed)	28
29	30 (DCR Office Closed)	31 <div style="border: 1px solid black; padding: 5px; width: fit-content;"> Submit your December claim after the last meal/snack is served. </div> (DCR Office Closed)	This month: <ul style="list-style-type: none"> • Make sure to record “School Out” each day to get credit for meals and snacks served to school-age children on “No School” days, such as Winter Break. • Need training hours? Complete the test at the back of this calendar! 			

December 2024 Attendance & Payment Record

Child's Name		S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	W	TH	F	S	AMT. PD.	S	M	T	AMT. PD.	TOTAL/CHILD										
		1	2	3	4	5	6	7		8	9	10	11	12	13	14		15	16	17	18	19	20	21		22	23	24	25	26	27	28		29	30	31				
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*If you care for more than 9 children, make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.

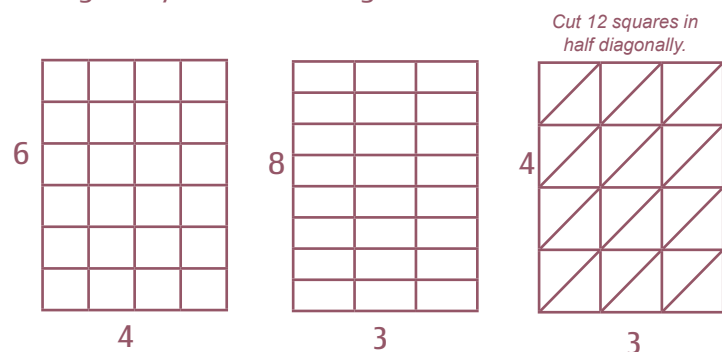
Making the Cut

Some dishes, like cornbread, casseroles, or sheet pan quesadillas, are sliced before serving. Slicing pans into the correct serving size is crucial. The cook (or caterer) should cut pans into servings and provide utensils that make it easy to serve the correct amount. Lastly, make sure to let staff know the serving size for each dish.

Suppose your recipe makes 24 servings.

Here are three ways to cut a pan into 24 servings:

- 1) Cut 6 slices on the long side of the pan. Then cut 4 slices on the short side. $6 \times 4 = 24!$
- 2) Cut 8 slices on the long side of the pan. Then cut 3 slices on the short side. $8 \times 3 = 24!$
- 3) Cut 4 slices on the long side of the pan. Then cut 3 slices on the short side. Cut each piece in half diagonally to make triangles. $4 \times 3 \times 2 = 24!$



Cooking Caterpillar

You will need a few cooking supplies/toys (such as a bowl, a whisk, a spatula, and/or a ladle), one hula hoop for each player, and a large open space, such as a yard, gym, or park. Place cooking supplies/toys throughout the space. Place hula hoops in a line (hoops should be touching) and have each player stand inside a hula hoop. The goal is to move the caterpillar around to each station to pick up supplies they need to "cook" in the "kitchen." To move the caterpillar, all players step into the next hula hoop in front of them (the player in front will step out in front of their hula hoop). Then the player in back passes the empty hula hoop from the back of the line to the front. The team moves to the first item (ex. the bowl). They must pick it up and take it with them to the next station. (Tip: They can carry the other items in the bowl.) Once the caterpillar picks up the last item, have them move back to the place they started to "serve up" their culinary masterpiece!

Pizza Quesadillas <i>Great for Vegetarian Meals!</i>	12 squares <i>13 x 18" sheet pan</i>	24 squares <i>18 x 26" sheet pan</i>
Tortillas, <i>whole wheat</i>	12 tortillas, 45 g. each	16 tortillas, 70 g. each
Spaghetti Sauce	1 cup	2 cups
Mozzarella Cheese, <i>shredded</i>	24 ounces	3 pounds
Pizza toppings, <i>optional</i>	to taste	to taste

1. Place tortillas around the pan edges. Half of each tortilla will hang over the edge.
 - For a 13 x 18" pan, hang 2 tortillas halfway over each edge of the pan.
 - For a 18 x 26" pan - place 2 tortillas over each short edge and 3 on each long side.
2. Fill center with tortillas (2 for 13x18", 3 for 18 x 26").
3. Spread sauce in the bottom of the pan(s). Top with cheese (and pizza toppings).
4. Place tortilla(s) in the center (2 for 13x18", 3 for 18 x 26"). Fold hanging tortillas over top.
5. Bake at 425°F until browned, about 20 minutes for 13 x 18" pan.

CACFP Credit: 1 square counts as 2 oz. eq. meat alternate and 1 oz. eq. whole grain.

JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month:</p> <ul style="list-style-type: none"> • Start the new year off right! Complete your Food Program records at the end of each meal. • Call us if you have questions! Phone lines are open 8 am - 3 pm Monday-Thursday and 8 am - noon Fridays. 			<p>1</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Submit your December claim. Start recording your January claim.</p> </div> <p>(DCR Office Closed)</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6</p>	<p>7</p> <p style="text-align: center;">Tornado Drill</p>	<p>8</p>	<p>9</p>	<p>10</p> <p style="text-align: center;">Claims Due for First Batch</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p> <p style="text-align: center;">(DCR Office Closed)</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Submit your January claim after the last meal/snack is served.</p> </div> <p style="text-align: center;">Fire Drill</p>	

Utilities and Home Expense Worksheet

(For IRS Form 8829 - Expenses for Business Use of Your Home)

YEAR:	NAT. GAS		ELECTRIC		WATER/ SEWER		TRASH/ RECYCLING		HOME INS.		PROPERTY TAX		RENT/ MORT. INT.		REPAIRS							
	DATE PAID	AMOUNT	DATE PAID	AMOUNT	DATE PAID	AMOUNT	DATE PAID	AMOUNT	DATE PAID	AMOUNT	DATE PAID	AMOUNT	DATE PAID	AMOUNT	DATE PAID	AMOUNT	DATE PAID	AMOUNT	DATE PAID	AMOUNT	DATE PAID	AMOUNT
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TOTAL EXPENSES																						

NOTE: When you file your federal income tax return, a day care home provider will be able to claim a percentage of his/her utilities and other home expenses as a business expense. For information on calculating your Time-Space Percentage:

- Visit irs.gov and refer to Publication 587, "Business Use of Your Home" or call 1-800-829-1040 or 1-800-829-4059 (TTY/TDD)
- See the current issue of *The Family Day Care Tax Workbook*, available through Redleaf Press (1-800-423-8309).

2024 Calendar: In Good Measure

1. Completely read the calendar/business guide.
2. Read the questions below and choose the best answer.
3. Go to www.daycareresources.org and log in to take the test online.

If you **CANNOT** take the test online, mail a completed test for each person
AND a self-addressed, stamped envelope to: **Day Care Resources, Inc.**
Please allow 4-6 weeks for processing.
P.O. Box 1103
Tremont, IL 61568

If you **CANNOT** take the test online, please complete:
Participant Name _____
I am a: Home Provider Home Assistant Center or At-Risk Staff
Site Number: _____ Facility Name: _____
Address: _____
City: _____ Zip: _____
Phone Number: _____

If you answer at least 17 of the 26 questions correctly, you will be eligible for a certificate of completion for 2 hours of in-service training to meet continuing education requirements.

- _____ 1. A tested recipe that includes specific instructions to help ensure the recipe comes out the same way every time is called a:
a. picture recipe b. quantity recipe c. foodservice recipe d. standardized recipe e. portion control recipe
- _____ 2. To calculate how a recipe counts on the Food Program, DCR's Dietitian uses the:
a. Crediting Handbook for the CACFP b. Child Nutrition Recipe Box c. Recipe Analysis Workbook d. CACFP Training Tools
- _____ 3. Which of these pans holds the same amount as a 12x20x6" steam table pan?
a. four 9x13x3" lasagna pans b. a 20-quart roasting pan c. two 12x20x2-1/2" steam table pans d. four 9x13" pans
- _____ 4. Most meats shrink by about _____ when you cook them.
a. 5% b. 10% c. 15% d. 25% e. 30%
- _____ 5. One pound shredded cheese is about:
a. 2 cups shredded b. 4 cups shredded c. 1 cup melted d. 4 cups melted e. 8 ounces melted
- _____ 6. A #5 scoop of the "Tater Tot Casserole" recipe counts as:
a. 1.75 oz. eq. meat/alt. + 3/8 c. veggie b. 2 oz. eq. meat/alt. + 1/2 c. veggie c. 3/4 c. veggie ONLY d. 1.5 oz. eq. meat/alt. + 1/4 c. veggie
- _____ 7. To help recipes turn out consistently, standardized recipes use _____ eggs.
a. extra small b. small c. medium d. large e. jumbo
- _____ 8. According to the recipe for "Egg + Cheese Squares," 27 large eggs is equal to _____ liquid whole eggs.
a. 16 oz. b. 2 1/2 cups c. 12 lbs. d. 27 cups e. 3 lbs.
- _____ 9. Which of these is an abbreviation for "2 tablespoons?"
a. 2 T. b. 2 t. c. 2 tsp. d. 2 tsps. e. none of these
- _____ 10. The recipe for "Baked Cherry Oatmeal" counts as:
a. 1 oz. eq. grain serving b. 1/2 cup fruit serving c. a whole grain d. all of these e. none of these

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- _____ 11. Which of these is equal to 1/2 cup fruit?
a. one kiwi b. one medium apple c. one medium orange d. one medium pear e. 21 large grapes
- _____ 12. One quarter cup of dried fruit, such as raisins, counts as:
a. 1/2 cup fruit b. 1/4 cup fruit c. 1/8 cup (2 Tablespoons) fruit d. nothing, dried fruit doesn't count
- _____ 13. Which of these is equal to 3/4 cup vegetable?
a. 6 celery sticks b. 1 medium ear of corn c. 6 cherry tomatoes d. 16 large olives e. 1 large pickle
- _____ 14. One cup of leafy greens, such as fresh lettuce, counts as:
a. 2 cups vegetables b. 1 cup vegetables c. 3/4 cup vegetables d. 1/2 cup vegetables e. 1/4 cup vegetables
- _____ 15. One gallon of milk serves up to _____ kids who are 1-2 years old.
a. 8 b. 16 c. 21 d. 32 e. 64
- _____ 16. A recipe made from 100% juice, like the "Apple Cider Slush" recipe or 100% juice popsicles, could be claimed two times in the same day.
a. True b. False
- _____ 17. The number on a _____ tells you how many times you would need to fill it to portion out one quart.
a. scoop b. ladle c. spoodle d. kitchen scale e. dry measuring cup
- _____ 18. Which of these would be the best tool to portion out soup?
a. a scoop b. a ladle c. a spoodle d. a dry measuring cup e. a liquid measuring cup
- _____ 19. Serving portions that are just the right size helps:
a. treat kids fairly b. meet serving sizes c. give kids nutrients they need d. control costs e. all of these
- _____ 20. The cost of Martha giving out double portions of meat is:
a. 51 cents more per child/meal b. \$127.50 per child/year c. \$12,750 for 100 kids/year d. all of these e. none of these
- _____ 21. There are _____ cups in one pound of popped popcorn.
a. 2 b. 3 3/4 c. 5 d. 11 e. 64
- _____ 22. According to the USDA, one cup of whole wheat flour should weigh:
a. 125 grams b. 120 grams c. 81 grams d. 138 grams e. 122 grams
- _____ 23. Which game helps kids practice their measuring skills?
a. Order Up b. Practice Makes Perfect c. Cooking Caterpillar d. Get the Scoop e. Fruits & Chutes
- _____ 24. Packing a measuring cup with flour can give you 50% more than you need.
a. True b. False
- _____ 25. The "tare" button on a kitchen scale sets the scale to different units, such as kilograms, grams, or ounces.
a. True b. False
- _____ 26. To cut a pan into 24 servings:
a. Cut 6 x 4 b. Cut 8 x 3 c. Cut 4 x 3 and cut each square in half d. All of these will cut 24 portions

Milk Matters

Design a milk carton for each kind of milk your facility serves.

Kids ages 2 and older need 1% or fat free milk*. One-year-olds must be served whole milk*.

Non-Dairy Milk* that is equal to milk (ex. soy milk) can be served with a parent request form.

*Milk must be unflavored for ages 1-5.

An approved medical form is required to serve special milks/beverages that do NOT meet requirements.

