

June is Children's Awareness Month. It is a time to spend nurturing and cultivating the joys and treasures of childhood. This month aims to encourage, support, and educate children while prioritizing their health and well-being. <https://nationaltoday.com/childrens-awareness-month>. June 18<sup>th</sup> is Father's Day, a day to honor our fathers or father figures for all they do. June 19<sup>th</sup> is Juneteenth, a day to commemorate the emancipation of enslaved people in the US. CDA offices will be closed on the 19<sup>th</sup> in recognition of Juneteenth.

## Reminders

- **All waivers** to the Covid-19 Public Health Emergency are set to expire on **June 30, 2023**. This means pre-pandemic rules will apply.
- **Virtual Monitoring ends.** In-person visits will resume as of July 1<sup>st</sup>. Remember to call the office when you are not claiming a meal or do not have children present.
- The **Tier 1 & Tier 2** reimbursement rates will go in effect as of July 1<sup>st</sup>. The new rates will be published by USDA in the Federal Register. If you are a Tier 2 provider you will receive a Meal Benefit Form to see if you income qualify to be reimbursed for the Tier 1 rate. These forms are time sensitive and processed the month they are received. If you have eligibility questions, please speak to Cecy in the office or email her at [ctorimaru@cdasd.org](mailto:ctorimaru@cdasd.org).
- **Processed food CN labels** are to be kept either by photo or the actual CN Label packaging as part of your paper retention. Your Monitor will be asking to see them. We recommend you keep an electronic file or a physical album of CN labels used.
- An email with the instructions for the **2023 Annual Training** was send to you. If you have not received this email, contact the office. A certificate is available at the end of the training, along with some resource handouts. **June 30<sup>th</sup>** is the deadline to complete the mandatory 2023 Annual Training.

**School vacation will start soon!** Remember to use the "No School" button or the child's calendar to let us know when the children are present in your day-care.

It is very important to contact the Nutrition Office if your name, address, license capacity, phone number or email changes in order for us to have your most current information.

Per regulation a whole grain component is required for at least one meal. Great whole grain ideas are:

- Brown Rice
- WG Barley
- WG Pasta
- Quinoa and Bulgur
- WG Bread
- Rolled Oats and Oatmeal
- WG Tortillas
- WG Crackers
- Some Breakfast Cereal (make sure to look at the ingredient list)

## Build Your Own Chicken Tacos

### Ingredients

- 1 pound boneless, skinless check breast
- ½ cup mild salsa
- 2 cups chopped romaine lettuce
- 1 cup shredded Mexican Cheese Blend
- 8 corn tortillas, warmed and halved



### Directions

Place chicken in a large saucepan and add water to cover by 2 inches. Bring to a simmer. Reduce heat to maintain a gentle simmer and cook until an instant-read thermometer inserted into the thickest part of the chicken registers 165 degrees F, about 15 minutes. Remove the chicken to a clean cutting board. (Discard poaching liquid or save for another use.) Let cool slightly, then shred the chicken into bite-size pieces with two forks. Transfer to a bowl and stir in salsa. Serve the chicken, lettuce, cheese and tortillas separately for build-your-own tacos.

