ACA Provider Update

Keeping You Informed

Sept. 2026

Common Menu Errors

As we process claims and complete home visits, we see a few common serving size miscalculations. The serving sizes below are for children ages 3–5.

Here are a few quick reminders to help menus meet minimum serving-size requirements:

Breakfast

Fresh fruit: Each child needs ½ cup. One pint of blueberries serves 4 children.

To stretch higher-cost fruits, try mixing blueberries with less expensive options such as apples or bananas.

Lunch/Supper

Tuna: Each child needs 1.5 ounces. One 6-ounce can of drained, flaked tuna serves 3 children.

Peanut butter: Each child needs 3 tablespoons. One cup serves 5 children.

Cheese: Each child needs 1.5 ounces. Eight ounces serve 5 children.

If these amounts feel like too much for one meal, consider pairing the item with another meat or meat alternate to meet the minimum requirement. You can also serve these foods at snacks or for breakfast, when smaller serving sizes are required.

Snack

Popcorn: Each child needs 1 ½ cups. Six cups serve 4 children. If that seems like a large portion, pair it with another grain, such as whole wheat crackers.

Questions? Please contact ACA. We're happy to help!

ACA will be closed Labor Day, September 7th.

Enrollment Renewals Due Oct. 5

It's enrollment renewal time!

A letter with instructions was emailed to you earlier this week. If you did not receive a letter, check your junk, clutter or spam folder.

Enrollment Renewal Reports are printed from the reports section of KidKare.

Reports>Worksheets>Enrollment Renewal Worksheet>October 2026.

Contact ACA if you have any questions or would like another copy of the letter emailed to you.

Fall Veggie Casserole

5 ½ cups cubed eggplant (1 large eggplant)
1 cup chopped onion
¼ tsp. pepper
1 clove garlic
2 Tbsp. grated Parmesan cheese
3 cups chopped tomatoes
1 cup chopped green pepper
1 tsp. salt
3 Tbsp. vegetable oil

Remove the skin from the eggplant. Cut the eggplant into cubes. Chop the tomatoes into small pieces. Cut the green pepper in half. Remove the seeds and cut it into small pieces. Chop the onion into small pieces. Cut the garlic into tiny pieces. Cook the first 8 ingredients in a large skillet until tender. Top with the Parmesan cheese and serve.

Yield: About 16 servings (a serving is ¼ cup)
Crediting Information: Each serving provides a vegetable (¼ cup) at lunch/supper for children 3-5 years.

***Note**, if you give each child a ½ cup serving, it will provide both vegetable servings (¼ cup each) at lunch/supper for children 3-5 years.*

Adapted from: Fall Recipes | SNAP-Edhttps://snaped.fns.usda.gov/resources/nutrition-education-materials/recipes/fall-recipes#recipe-2536

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