

August 2025



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145 N. 46th Street | Suite 5  
Lincoln, NE 68503  
(402) 464-4335  
www.facebook.com/pnicacfp

Carrie Sullivan | Executive Director  
csullivan@pnicacfp.com

Lara Brown | Administrative Assistant  
lbrown@pnicacfp.com

Lisa Benson | Program Advisor  
lbenson@pnicacfp.com

Maricela Meza | Program Advisor  
mmeza@pnicacfp.com



### CACFP Reimbursement Rates July 1, 2025 - June 30, 2026

|              | Tier 1 | Tier 2 |
|--------------|--------|--------|
| Breakfast    | \$1.70 | \$.61  |
| Lunch/Supper | \$3.22 | \$1.94 |
| Snacks       | \$.96  | \$.26  |

### To avoid deductions as of August 1st:

If any of your preschool or school age children are still out for summer break after August 1st, you will need to add those "non-school" days in their individual calendars. Since there are HUNDREDS of school districts throughout Nebraska that have different schedules throughout the year, each individual provider will need to add all non-school days for the year, as usual, beginning August 1st.

### PLAN ON MOVING or

### HAVE A CHANGE OF DIRECTOR??

Remember to contact your advisor or the PNI office **AND** licensing **BEFORE** your change. Failure to notify us in a timely manner may result in your claim being ineligible until we have your updated paperwork.



**Quick Tips!!** Submit your claim on the last day you are providing care for the month. | Call or email the same day you are having KidKare issues. | Check KidKare messaging for the direct deposit date. | Read emails daily.



August is National Sandwich month and a perfect time to get creative with this satisfying meal option. As the story goes, the word “sandwich” originated with the 4<sup>th</sup> Earl of Sandwich. He supposedly ate bits of meat between pieces of bread to keep his hands clean while playing cards. Sandwiches remain popular because of their convenience and versatility. Sandwiches, sometimes shunned because of carbohydrate content, can provide a healthy and satisfying meal option when choosing nutrient-rich ingredients.



#### Tips for Healthier Sandwiches:

**Make it whole grain:** Bypass the traditional white bread and go straight to a whole grain option. Remember, loaf bread is not the only option. Whole grain English muffins, bagels and bagel thins, rolls and crackers all provide the ability to boost whole grain intake. Stuff a whole wheat pita pocket and enjoy a chicken pita sandwich. Or grab a whole grain tortilla and create a vegetarian wrap.

**Lower the carbs:** For some, carbohydrates may be the deal breaker when it comes to choosing a sandwich. Loosen the carbs and use greens instead of bread, like romaine or bibb lettuce, cabbage or kale leaves. A roll can be swapped out with grilled portobello mushrooms. The possibilities are endless. The tortilla won't be missed!

**Stuff with interest and flavor:** Salad sandwiches traditionally turn to mayonnaise as a binding agent. Tuna salad gets a low-fat makeover with yogurt and lemon juice in place of mayo. Grapes add some extra fiber and a bit of sweetness while the curry adds a great flavor boost.

**Spread it out:** Spreads such as mayo, butter and cream cheese tend to add extra fat and calories but offer little in the way of nutrition. Try different mustards, plain yogurt, light dressings, hummus or avocado to add healthful interest to your sandwich.

**Boost fruit and veggie intake:** Use sandwiches as a vehicle to add vegetables like spinach, arugula, tomato slices, zucchini, cucumber strips, peppers strips, red onion add grated carrots. Or incorporate cut up apples, pineapple, pears or bananas. Don't hesitate to include anything that grows out of the ground or on a tree!

**Go lean with protein:** Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwich fillings instead of luncheon/deli meats with more fat, such as regular bologna or salami.

## Tasty Snack Ideas:

- Ham & Swiss Cracker Melts & 100% Apple Juice
- Graham Crackers & Bananas
- Whole Wheat Tortillas & Refried Beans
- Pita Bread & Sliced Tomatoes

### Ham and Swiss Cracker Melts

- 48 round crackers
- 12 slices ham (½ oz. each)
- 12 slices Swiss cheese (½ oz. each)
- 4 T. butter, melted
- 2 tsp. Dijon mustard
- 1 tsp. Worcestershire Sauce
- ½ tsp. garlic powder
- 1 T. poppy seeds
- ½ tsp. dried minced onion



Preheat oven to 350°F. Arrange half of the crackers (24 crackers) in a 9x13-inch baking dish, flat side down. Tear each ham slice into small strips and split between two crackers. Continue with the rest of the ham. Cut each cheese slice into small squares and split between two crackers. Continue with the rest of the cheese. Top each with another cracker to form mini sandwiches. In a small bowl, combine the melted butter, Dijon mustard, Worcestershire sauce, and garlic powder; mix well. Pour the butter mixture evenly over the top of the cracker sandwiches. Sprinkle the poppy seeds and minced onion over the crackers. Bake in preheated oven for 10-12 minutes, or until the cheese is melted and the cracker tops are golden brown. Serve the cracker melts warm.

#### Snack Menu Suggestion:

Ham and Swiss Crackers Melts & 100% Apple Juice

## End-of-SUMMER Self-Care Challenge

- |                   |                |                   |
|-------------------|----------------|-------------------|
| 1. Share          | 11. Tropical   | 21. Glow          |
| 2. Fruity         | 12. Stargazing | 22. Friendship    |
| 3. Nature Walk    | 13. S'mores    | 23. Park          |
| 4. Lazy           | 14. Daydream   | 24. Game Night    |
| 5. Ice            | 15. Picnic     | 25. Photography   |
| 6. Road Trip      | 16. Music      | 26. Water         |
| 7. Nap            | 17. Sunrise    | 27. Cool          |
| 8. Sunset         | 18. Icecream   | 28. Unplug        |
| 9. Sun Meditation | 19. Brightness | 29. Adventure     |
| 10. Cook Out      | 20. Late Night | 30. Summer Selfie |

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