

"This institution is an equal opportunity provider."

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[www.cni-usda.org](http://www.cni-usda.org)

(800) 735-5434 or (540) 347-3767

### GET EXCITED ABOUT KIDKARE!



We are very excited about KidKare! These are a few of the topics you can access by using the help feature at <https://help.kidkare.com>.



- Getting started
- Introduction to KidKare
- Watch videos or recorded webinars
- Enroll a child
- Record a meal
- Submit to sponsor
- Schedule menus


Please call our office if you have any questions.

### PARENT SURVEYS

Parent Surveys are sent out each month to parents of those children who participate in the Child and Adult Care Food Program. The results from the surveys tell us if providers are serving nutritious snacks and meals and if they are maintaining records correctly.

Thank you to Giuliana Grayson-Deza, Janeth Torrico and all our providers for doing a great job serving healthy and delicious meals.

### FUN FOOD FACTS

- ☞ The largest zucchini was 65 pounds and was 7 feet 10 inches long.
- ☞ If you grew 100 apple trees from the seeds of the same tree, the new apple trees would all be different. 
- ☞ Pumpkins were once recommended for removing freckles and curing snake bites.

### WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in August and September.

<i>Farjana Akter</i>	<i>Alberta King</i>
<i>Maria Alvarez-Ventura</i>	<i>Irma Lopez</i>
<i>Lilia Crisostomo-Vazquez</i>	<i>Fouzia Mazhar</i>
<i>Nilufa Easmin</i>	<i>Aisha Shah</i>
<i>Rene Feliciano</i>	<i>Maria Viafara-Zapata</i>
<i>Marney Franco</i>	

We look forward to working with each of you. Please feel free to contact your field specialist or call our office at 1-800-735-5434 if you have any questions.

### IMPORTANT REMINDERS AND INFORMATION

#### ENROLLMENTS

- send forms to our office **within 5 days** of a child starting in your daycare
- **carefully look over** forms before sending them
- use **your name** not the daycare name on the forms

**HOLIDAY CARE FORMS** are required to claim these holidays

- JANUARY - New Year's Day
- MAY - Memorial Day
- JULY - Independence Day
- SEPTEMBER - Labor Day
- NOVEMBER - Thanksgiving Day
- DECEMBER - Christmas Day

#### WHOLE GRAINS

At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

#### NEWSLETTER ENTRY

Don't forget to enter the drawing for a restaurant gift card.

## SEPTEMBER/OCTOBER WINNER

Congratulations to Brandi Dacko, Provider #2678 from Rockingham! Her name was chosen in the drawing. She will receive a \$25 restaurant gift card.

Thank you to everyone who entered.

## NEWSLETTER DRAWING

As a thank you for all you do, we would like to give you an opportunity to receive a gift card to a local restaurant!

All providers who submit their name from this newsletter will be entered in the drawing.

There are three ways you can enter -

- send in the entry form from this newsletter 
- send an email to [sheila.j@cni-usda.org](mailto:sheila.j@cni-usda.org) 
- call our office at 1-800-735-5434 

Be sure to mention the November/December 2017 Newsletter when you email or call.

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## NOVEMBER / DECEMBER 2017 ENTRY

NAME: \_\_\_\_\_

PROVIDER NUMBER: \_\_\_\_\_



## RECIPES

### CHEESY TOFU STRIPS - ITALIAN STYLE

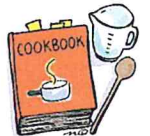
- 1 ½ cups spaghetti sauce, divided
- 1/3 cup dried breadcrumbs (plain or Italian style)
- 1/3 cup finely grated parmesan cheese
- 14 ounces firm tofu (or extra firm tofu)
- 1 cup shredded reduced-fat mozzarella cheese

- Preheat oven to 325° F.
- Coat a 9X13 inch baking dish with cooking spray.
- Spread ½ cup of spaghetti sauce evenly around bottom of dish.
- On a plate, combine bread crumbs and parmesan cheese. Set aside.
- Slice tofu in half lengthwise, then cut each half lengthwise into thirds.
- Cut each piece lengthwise again into halves to create 12 sticks.
- Coat each stick with remaining spaghetti sauce and top with mozzarella. Bake 20 to 25 minutes.



### TACO EMPANADAS

- 1 can of large refrigerator biscuits
- ¾ cup refried beans, divided
- 1 cup shredded cheddar cheese, divided
- ¾ cup prepared taco meat, divided
- Option garnishes: chopped tomato, chopped green onion, sour cream



- Preheat oven to 375° F and line baking sheet with aluminum foil.
- Flatten a biscuit on the foil using the heel of your hand, starting from the center and working your way outward.
- Spread one tablespoon of refried beans onto the flattened biscuit.
- Top refried beans with a tablespoon of shredded cheese.
- Add a heaping tablespoon of prepared taco meat onto the cheese.
- Fold the biscuit by pulling one side up over the other and sealing the edges with your finger. Crimp the edges and poke a few holes in top with a fork.
- Drizzle some of the juice from the taco meat over the empanada. Top with another tablespoon of shredded cheese.
- Repeat these steps for all empanadas.
- Bake in preheated oven for 12-15 minutes or until biscuits are golden brown.

