

"This institution is an equal opportunity provider."

9 N. 3rd Street, Suite 100, Warrenton, Virginia 20186

www.cni-usda.org

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

SERVE WHOLE GRAIN-RICH EVERY DAY

The new meal pattern requires that you **serve at least one whole grain-rich food every day**. After you select the bread/alternate you must click the button to answer the question "Is this whole-grain rich?" **every time** you serve a whole grain-rich food. Meals will be disallowed if you don't click the button.

Bread/Alternate ▼

Is this whole-grain rich? Yes No

PARENT SURVEYS

Parent Surveys are conducted each month for 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 Lisa Eyler, Denise Rigans, Cynthia Simmons, Miriam Ayala and all our providers for doing a great job serving healthy and delicious meals.



WELCOME NEW PROVIDERS

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

<i>Marian Abdi</i>	<i>Kiran Muhammad</i>
<i>Nejat Ahmed</i>	<i>Harpreet Nakai</i>
<i>Laura Alvarado</i>	<i>Sushma Pandey-Bista</i>
<i>Husna Islam</i>	<i>Safora Saadvandi</i>
<i>Francis Jimenez</i>	<i>Habiba Zahan</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

ENROLLMENT RENEWAL REPORTS

Annual Enrollment Renewal Reports will be sent out the week of February 19th. Parents will need to update information such as meals served, days of attendance, address, phone number, etc., and sign the report.

It is important to send back the updated report **BY MARCH 16, 2018** to avoid any delays.



All children listed on the report with no parent signature **will be withdrawn**. Any child that is withdrawn will require a new enrollment form in order to be reimbursed for future claims.



It is very important that you send back the updated report as soon as possible to avoid a delay in reimbursement.

We will be happy to answer any questions you may have regarding this process. We appreciate your cooperation. Feel free to call us at 1-800-735-5434.

PRE-PLANNED MENU

Pre-planned menus provided by Child Nutrition list all grains as WG (whole grain.) You must make changes to show what you actually serve.

Lunch	
<i>Meat or Other Approved Protein</i>	
<i>Milk</i>	<i>Whole Grain (WG) (recommended)</i>
<i>Vegetable</i>	<i>Vegetable or Fruit</i>
Turkey	
Milk	WG Stuffing
Carrots	Green-Beans Peas
Beef Hot Dog	
Milk	WG Bun
French Fries	Apples

*cross out items to make
and show your changes*

JANUARY / FEBRUARY WINNER

Congratulations to Giti Fardad, Provider # 1076 from Sterling! 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 sheilaj@cni-usda.org 
- call our office at 1-800-735-5434 

Be sure to mention the January/February 2018 Newsletter when you email or call.

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MARCH / APRIL 2018 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPE

BAKED BATATAS AND APPLES

3 tablespoons Brown Sugar, packed

$\frac{1}{2}$ teaspoon Ground Cinnamon

$\frac{1}{4}$ teaspoon Salt

2 cups Sweet Potatoes (batatas dulce), fresh, peeled, $\frac{1}{2}$ " cubed

3 cups Apples, fresh, peeled, cored, $\frac{1}{2}$ " cubed (recommend: Braeburn, Gala, Honey Crisp, Jonagold, or Jonathans)

1 tablespoon Canola Oil

$\frac{1}{4}$ cup Orange Juice

Nonstick Cooking Spray



Preheat oven to 350 °F.

Lightly coat a medium baking dish (8"X8") with nonstick cooking spray.

In a medium bowl, combine brown sugar, cinnamon, and salt.

Toss sweet potatoes (batatas dulces), apples, oil, and orange juice in the cinnamon-sugar mixture.

Place the sweet potato (batata dulce) and apple mixture in the baking dish.

Cover with foil and bake for 40 minutes, or until sweet potatoes (batatas dulces) are tender. Heat to 140 °F or higher for at least 15 seconds.

Serving size $\frac{1}{2}$ cup.

Variations: Yams or butternut squash may be substituted for the sweet potatoes. Canned apple slices may be substituted for fresh apples.

FUN FOOD FACTS

- Honeybee workers must visit 2 million flowers to make one pound of honey.
- Lettuce is a member of the sunflower family.
- A bushel of apples weighs about 42 pounds.
- Food can only be tasted when mixed with saliva.

