

"This institution is an equal opportunity provider."

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

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ADDING WHOLE GRAINS TO YOUR MENU

Whole grain-rich foods are an important part of your menu. The requirement is that whole grain-rich food items must be offered at least once per day. But, you may choose to offer whole grain-rich food items more often.

Each day, at least one of the grain components of a meal or snack must be "whole grain-rich." Whole grain-rich food items must be offered at least once per day, not once per meal/snack. In the Child and Adult Care Food Program (CACFP), whole grain-rich means at least half of the grain ingredients in the food are whole grains, and any remaining grains are enriched grains, bran, or germ. This is required for the CACFP meals patterns only. There is no whole grain-rich requirement for infants.

Listed below are some easy ways to serve whole grain-rich foods:

BREAKFAST

- Oatmeal*
- Whole grain-rich pancakes, waffles, toast, bagels or English muffins
- Whole grain-rich cereal*
- Whole grain-rich muffins

LUNCH/SUPPER

- Whole-wheat pasta
- Brown Rice
- Quinoa
- Whole-wheat bun or tortilla
- Wild Rice



SNACKS

- Whole grain-rich crackers, cereal mix*
- Rice cakes made with brown rice
- Whole grain-rich chips
- Whole grain-rich pretzels

*Cereal must meet CACFP sugar limits.

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 Milagros Flores, Sandra Sutton, Maria Soto-Martinez and all of 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 August and September.

Nargis Akther
Julie Alvarado
Naveed Jawaid
Juani Maldonado
Hatsumi Mann

Naila Naseer
Marlene Pena-Jovel
Humaira Shadan
Bijaya Shah
Michelle Walters

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

- Providers who use the accounting features in KidKare (formerly Kids PRO) will pay a fee of \$8.00 per month starting January 1, 2019.

- * Claims **must be received by the 5th business** day of the month to be processed on the original claim.



Example:

November 2018 claims are due **by December 7th**
December 2018 claims are due **by January 8th**

- * Call our office if you run out of supplies/forms (i.e. attendance, menus, enrollments, etc.)

SEPTEMBER / OCTOBER WINNER

Congratulations to Cynthia Johnson, Provider #1070 from Woodbridge! Her name was chosen in the drawing. She will receive a 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 November / December 2018

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NOVEMBER / DECEMBER 2018 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

RED POZOLE

- 12 $\frac{1}{2}$ ounces Chicken breast, boneless, skinless, fresh or frozen, raw
- 1 teaspoon Canola oil
- 1 $\frac{1}{4}$ cups Onions, fresh $\frac{1}{4}$ " diced
- 1 clove Garlic, fresh, minced (1 clove is about $\frac{1}{2}$ teaspoon minced)
- $\frac{1}{4}$ teaspoon Salt, table
- $\frac{1}{4}$ teaspoon Black pepper, ground
- $\frac{3}{4}$ cup Tomatoes with juice, canned, diced
- 1 tablespoon Tomato paste, canned
- $\frac{3}{4}$ cup Hominy, canned, drained
- $\frac{1}{2}$ cup Water
- 2 tablespoons Cilantro, fresh, chopped
- 1 Fresh lime, cut into eight wedges (optional)
- Nonstick cooking spray



Preheat oven to 400°F. Spray baking sheet with nonstick cooking spray.

Place chicken breasts on a baking sheet. Bake for 15-25 minutes (Note: For large chicken breast, cut in half to decrease cooking time.) Bake until internal temperature reaches 165°F or higher for at least 15 seconds.

Remove chicken breasts from oven. Let chicken breast sit for 10 minutes to cool slightly, then dice.

Heat oil in medium pot on medium-high heat.

Add onions and sauté until soft.


Add garlic, salt, and pepper. Continue cooking on medium-high heat until garlic is fragrant, about 1-2 minutes. Stir frequently.

Add cooked chicken, diced tomatoes with juice, tomato paste, hominy, and water. Reduce heat to medium-low and simmer for 15 minutes, stirring occasionally. If too thick, add more water for desired consistency. Heat to 140°F or higher for at least 15 seconds.

Remove pozole from heat and stir in fresh cilantro.

Serving size, $\frac{1}{2}$ cup. Lime wedge is optional.

FUN FOOD FACTS

- Pumpkins are usually labelled as vegetables, but they contain seeds and are technically a fruit.
- The most popular carrots used to be purple. 
- There are over 1,000 different kinds of apples.