

"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

WHOLE GRAIN-RICH REQUIREMENT

The new meal pattern requires that providers serve at least one whole grain-rich food per day and indicate that the food was whole grain-rich when recording menus.

EFFECTIVE OCTOBER 1, 2018, each day a whole grain-rich food is not served, the meal/snack with the lowest reimbursement rate **WILL BE DISALLOWED**.

WHOLE GRAIN-RICH IN KIDKARE



When claiming meals online in KidKare, if you serve a whole grain-rich food, select the bread/alternate food choice and be sure to click/tap the button next to the "Is this whole grain-rich?" option to change it to Yes.

Bread/Alternate

Is this whole-grain rich? Yes No

Please call our office if you have any questions.

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 Rita Kessie, Jasmine Singh, Gurpreet Kaur 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 April and May.

Parven Akhter

Constantine Autry-Boykin

Asna Bhatti

Nadia Elmdini

Nahid Ghanizada

Juana Maldonado

Rosmelinda Munoz

Mandana Nassiri

Aixa Peterson

Maria Sanchez

Margaret Verrilli

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

- Effective January 1, 2019, providers who use the accounting features in KidKare (formerly Kids PRO) will pay a fee of \$8.00 per month.
- Holiday Care Forms are required for these upcoming holidays -
 - SEPTEMBER - Labor Day (9/3/2018)
 - NOVEMBER - Thanksgiving (11/22/2018)
 - DECEMBER - Christmas (12/25/2018)
 - JANUARY - New Year's Day (1/1/2019)

Download the form from our website or call our office and we'll send you one. If you claim a holiday and don't submit a holiday care form you will not be reimbursed for that day.

- Attendance Forms
 - Write and bubble the correct provider number and dates on all pages of attendance.
 - Fill in bubbles completely and dark enough so you can't read the number underneath.
 - Use only #2 pencils to complete forms.
 - No writing on the forms.
 - Forms cannot be folded.

JULY / AUGUST WINNER

Congratulations to Zohra Sayed, Provider #2642 from Aldie! 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 September / October 2018 Newsletter when you email or call.

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SEPTEMBER / OCTOBER 2018 ENTRY

NAME: _____

PROVIDER NUMBER: _____



RECIPES

BIG ROUND NACHOS

8 each whole-grain tostada shells (0.5 ounce)
2 ounces cheddar cheese or low-fat cheese
 $\frac{1}{2}$ cup refried beans



1. Grate cheese and set aside.
2. Gently spread each tostada shell with 1 tablespoon of refried beans.
3. Place on baking sheet and top with grated cheese (1/4 ounce on each tostado.)
4. Heat at 400° until cheese melts.
5. Serve one tostada per child.

PITA PIZZAS

1 cup Tomato sauce

1 cup grilled boneless, skinless Chicken breasts, diced (about 2 small breasts)

1 cup Broccoli, rinsed, chopped and cooked

2 tablespoons Grated Parmesan cheese

1 tablespoon fresh Basil, rinsed, dried and chopped (or 1 teaspoon dried)

4 6-inch whole-wheat Pitas

Preheat oven or toaster oven to 450°.

For each pizza, spread one-quarter cup tomato sauce on a pita and top with one-quarter cup chicken, one-quarter cup broccoli, one-half tablespoon Parmesan cheese and one-quarter tablespoon chopped basil.



Place pitas on a nonstick baking sheet and bake for about 5-8 minutes until golden brown and chicken is heated through. Serve immediately.

FUN FOOD FACTS

- About 3 billion pizzas are sold each year in the U.S.
- Avocados will not ripen on the tree. They must be picked from the tree to initiate ripening.
- Yellow fleshed potatoes contain more Vitamin C than white fleshed potatoes.