

FOOD PROGRAM Memo



DECEMBER 2017

The November claim payment will be deposited or checks sent by Friday, December 29, 2017.

PAPER CLAIMERS

We are asking that all paper claimers who have not started to use the new paper menus do so starting with the January 2018 claim.

PLEASE NOTE: New Menus

- You are not required to fill in the attendance at the top

- New bubbles menus- all dots - do not fill in the colored M. Just need to fill in the number for milk.

- At breakfast when serving a meat/meat alternative you still need to serve a fruit or vegetable.
- Fill in only one dot for whole grains served that day. 
- Infants that are developmentally ready for other foods at snack need the breast milk or formula, IFIC or meat/meat alternate AND a fruit or vegetable.
- Remember to sign at least the first page of your menus. On new menus the signature is on the left side of the page.

Master Menu Numbers – are no longer being used. We would want everyone to write out or circle all the food that they are serving.

PLEASE NOTE: You cannot mix old and new paper menus within a month. If you do, your claim will not processed correctly.

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Remember you need to serve one whole grain per day AND note it when entering in meals/snacks served. To do this in KidKare, you need to click the button under the Bread/Alternate which reads "is this whole-grain rich" to "yes" when you serve the whole grain product for that meal or snack. We do have some bread/alternate that are automatically whole grain.

DID YOU KNOW...



USDA Team Nutrition has a CACFP Halftime: Thirty on Thursdays Training Webinar Series? There are monthly training webinars on hot topics related to the CACFP Meal Pattern requirements. Webinars are presented on the third Thursday of every month, in English from 2 to 2:30 PM ET and in Spanish from 3 to 3:30 PM ET.

<https://www.fns.usda.gov/tn/webinars-and-training>

RECIPES

This month we are featuring a recipe submitted to us by one of our providers who is originally from Mexico. It is a traditional dish that uses cactus.

Sopes de Nopales a la Veracruzana (Cactus Soup a la Veracruzana)

Ingredients

1-3 medium sized nopales (cactus pads) with thorns removed
½ cup queso fresco (Mexican cheese)
3 slices of ham
1 cup of black beans (smashed and refried)
2 tomatoes
½ onion (chopped)
1 garlic clove
Jalapeño chilies (optional)
Oil (to taste preference)
1 pinch ground black pepper
Cilantro
Salt

Salsa preparation

Put tomatoes to cook in 1½ cups of water along with garlic clove, onions, jalapeños chilies and a pinch of ground black pepper. Add salt to taste preference. Cook at medium heat for 5 minutes. Once the tomatoes are cooked, allow to cool then blend all ingredients together.

Soup preparation

Remove thorns from the cactus with great care, rinse and drain. Marinade cactus in oil, black pepper and ½ teaspoon salt for 10-15 minutes. Roast cactus in a frying pan and smear with oil and salt on both sides. Cook until a darker color appears approximately 3 to 4 minutes over low heat. Put refried beans on one side of the cactus. Add chopped ham, fresh queso fresco, tomato salsa (recipe above) and cilantro are added to taste.

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FOOD PROGRAM STAFF

Health and Safety Services Manager

Brianne Heidke

Administrative Assistant

Bette Miller

Nutrition Specialists

Jan Howe

Robin Hunter

Wanda Rodriguez

Mary Schott