

FOOD PROGRAM Memo



DECEMBER 2018

The November claim payment will be deposited or checks sent by Friday, January 4, 2019.

ANNUAL RECORD KEEPING ASSIGNMENT

We are trying something different this year for the record keeping assignment. We will be emailing the assignment the first or second week of January. If you do not have an email address, we will be mailing it to those providers. The email will look like the memo emails, so keep an eye out for it. Please remember, the annual record keeping is due in the office by June 30, 2019.

REMINDERS

- ✓ **On line claimers** -- Remember the only whole grain button that is automatically checked is for whole wheat bread. For all other grain based breads/alternatives **you must click the whole grain button.**
- ✓ **Paper claimers** – Please remember to fill in your pay circles for providers who do the handwritten menus. Please use a #2 pencil to fill in the circles.
- ✓ **General**
 - Even if you serve only one meal or snack in a day, you still must serve a grain that is either a whole grain or “whole grain rich”.
 - Juice cannot be served to infants. For children over the age of 1 year, juice can only be served up to one time per day.
 - You must have the correct type of milk on hand at all times for the ages of kids you are caring for each day.
 - All children in your care must be enrolled in the Food Program.

TAX RECORDS

Can you believe that 2018 is almost over? For those of you that like to get going on your taxes early in 2019, below are the instructions of how to get your tax report.

On line claimers – you can print off your own payment history for 2018 in KidKare by going to: Reports – Claim statement – Tax report – 2018 – Run

If you have problems printing this report off, please contact our office and we will email a copy of the report to you.

Paper claimers – if you need a copy of your payment history for 2018, please contact our office and we will either email or put a copy in the mail for you.

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RECIPES

Spice Roasted Carrots

16 medium carrots
¼ cup coconut oil
2 teaspoons cinnamon
½ teaspoon ground ginger
¼ teaspoon cardamom
2 teaspoons salt



Directions:

Preheat oven to 425° F. Peel the carrots and cut into 3-inch long sections. Cut the sections lengthwise into halves, quarters, or sixths, making the stick mostly even in size. Toss the cut carrots with the spices and coconut oil. Place a baking sheet and cook for 15 minutes. Stir, cook for another 15 minutes, stir again. Cook for a final 5-15 minutes until the carrots are soft and golden.

Aztec Grain Salad

1 ½ cups Quinoa, dry
1 ¾ cups Fresh granny smith apples, peeled, cored, cubed 3/4"
1 ¾ cups Fresh butternut squash, peeled, seeded, cubed 1/2"
1 tablespoon canola oil
¼ teaspoon ground ginger
¾ teaspoon ground cinnamon
¼ cup frozen orange juice concentrate
1 ½ tablespoons olive oil
1 teaspoon honey
1/3 teaspoon Dijon mustard
2 tablespoons red wine vinegar
1/8 teaspoon salt
1 dash ground black pepper
1 dash ground white pepper
½ teaspoon Fresh cilantro, chopped (Optional: use additional cilantro as a garnish)
1/3 cup Dried cranberries, finely chopped
1/3 cup Golden raisins, seedless, finely chopped



Directions

1. Preheat oven to 400 °F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and 3 cups water in a medium pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Cover and refrigerate. A rice cooker may be used with the same quantity of quinoa and water.
3. Combine apples and squash in a large mixing bowl. Add canola oil, 1/8 tsp ginger, and 1/4 tsp cinnamon. Toss well to coat.
4. Pour apples/squash mixture onto a large baking sheet and place in oven at 400 °F. Roast for 15 minutes or until squash is soft and slightly brown on the edges. Do not overcook. Remove and set aside to cool.
5. In a medium mixing bowl, combine orange juice, olive oil, honey, Dijon mustard, red wine vinegar, salt, peppers, cilantro, and remaining ginger and cinnamon. Whisk together to make dressing.
6. In a large mixing bowl, combine quinoa, apples/squash mix, cranberries, raisins, and dressing. Toss well to combine. If desired, garnish with additional cilantro. Cover and refrigerate for about 2 hours. Serve chilled.

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This institution is an equal opportunity provider.

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