

FOOD PROGRAM Memo



MAY 2018

The April claim payment will be deposited or checks sent by Friday, June 1, 2018.

ENROLLMENT RENEWAL

All enrollment renewal reports should have been sent to our office by April 30, 2018. If we do not receive the report by May 31, 2018, all daycare children will be withdrawn and you will need to re-enroll them. If you have any questions or need assistance with the report, please contact our office. Thanks!

REMINDERS....

2017-18 Recordkeeping - The annual recordkeeping assignment for the 2017-18 Fiscal Year is due in the 4-C office by June 1, 2018. If you have not completed this required and need another copy, you can find it on our website ([www.4-c.org/Programs & Services/Early Childhood Professionals/Food Program/Home Assignments](http://www.4-c.org/Programs%20&%20Services/Early%20Childhood%20Professionals/Food%20Program/Home%20Assignments)) or contact us and we will email or mail you a copy. Failure to complete the annual recordkeeping assignment can result in being found seriously deficient in CACFP.

Paper claimers – if you are in need of menus (regular or infant) please contact our office to have them mailed to you.

NEW MEAL PATTERN

In addition to changes on the type of food served, the New Meal Pattern also brought about changes to Cooking Methods. As of October 1, 2017 – foods that are deep-fat fried (meaning cooking by fully covering/submerging food in hot oil or other fat) onsite cannot count towards a reimbursable meal in the CACFP. Some providers have started using an Airfryer instead, which is acceptable. USDA has a handout explaining this, as well as ideas for methods for healthy cooking.

<https://fns-prod.azureedge.net/sites/default/files/tn/CACFPHealthyPrep.pdf>

The USDA handout regarding Methods for Health Cooking has several recipe links: below are two of the recipes that are an alternative to deep-fat frying.

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RECIPES

Crunchy Chicken Tenders – makes 4 Servings

3/4 cup plain panko bread crumbs	2 large egg whites
1 1/2 teaspoons dried basil	2 tablespoons fat-free milk
1 teaspoon garlic powder	1 pound skinless chicken, about 8 to 10 pieces
1 teaspoon dried parsley	1 tablespoon olive oil
2 tablespoons freshly grated Parmesan	

Directions

1. Preheat the oven to 400°F. Spray a dark baking sheet with cooking spray. 2. In a small bowl, stir together the bread crumbs, 1 teaspoon basil, garlic powder, parsley, and Parmesan. 3. In a second small bowl, beat the egg whites, milk, and remaining 1/2 teaspoon basil. 4. Working with 1 piece at a time, dip the chicken tenders into the egg mixture, making sure to coat both sides. Dip one side of the chicken tender into the bread crumb mixture, then flip it over to coat the other side. Dip the chicken tender back in the egg mixture and then back in the bread crumb mixture so it has two coats of each. 5. Place the coated chicken tenders on the prepared baking sheet and repeat with the remaining chicken, egg mixture, and bread crumb mixture. 6. Drizzle olive oil over the chicken and bake for 10 minutes. Flip the chicken tenders over, drizzle with more olive oil, and bake until golden brown, about 10 minutes.

Delicious Oven French Fries – makes 5 servings

2 potatoes (large, about 2 pounds)	1 teaspoon white pepper (ground)
8 cups water (ice)	1/4 teaspoon allspice
1 teaspoon garlic powder	1 teaspoon pepper flakes (hot)
1 teaspoon onion powder	1 tablespoon vegetable oil
1/4 teaspoon salt	

Directions

1. Scrub potatoes and cut into 1/2 inch strips. 2. Place potato strips into ice water, cover, and chill for 1 hour or longer. 3. Remove potatoes and dry strips thoroughly. 4. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in plastic bag. 5. Toss potatoes in spice mixture. 6. Brush potatoes with oil. 7. Place potatoes in nonstick shallow baking pan. 8. Cover with aluminum foil and place in 475° F oven for 15 minutes. 9. Remove foil and continue baking uncovered for additional 15-20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

FOOD PROGRAM STAFF

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