

NUTRITION FIRST NEWS



May, 2020



More Audit Results

**Please refer to your March newsletter for the additional comments from Oregon Department of Education's recent audit of Nutrition First.

Please remember to check the box at the bottom of your menus that state; "I certify all grain products served are enriched or whole grain". Menus in Spanish have this box toward the top of the menu.

ODE specialists would like providers to always write 100% juice each time they serve it. We told you to state the name of the juice, but ODE says that is not necessary, just write 100% juice. It cannot be written once at the top of the menu – it needs to be written every time you serve juice, just as the flavor of yogurt needs to be written every time you serve it.

The specialists are now requiring hotdogs have a product formulation (PFS) statement from the manufacturer. These are sometimes difficult to obtain. At this time, we have product formulation statements for the following hotdog brands: **Foster Farms Chicken Franks**, UPS Code 11060, **Hebrew National Beef Franks**, UPC Code 7495618263, and **Nathan's Beef Jumbo Franks**, UPC Code 88313-91404. You would purchase any of these brands and send in a picture of the package and of the UPC code, just as you do for chicken nuggets and corndogs. Speaking of corndogs, nothing has changed. You can still purchase the corndog brands that are listed in your handbook.

Please note these changes are effective immediately.

(You can always serve another brand of hotdog as an extra meal component, as long as it is not taking the place of your meat/protein)

Kid-Approved Healthy Snacks

Learning ZoneXpress

Fish in the Pond:



- Eight rice cakes
- $\frac{1}{2}$ cup whipped cream cheese
- Blue food coloring
- 32 fish-shaped crackers (approx.)

Put the whipped cream cheese in a bowl and stir in blue food coloring until it becomes the color of the sea.

Spread 1 tablespoon of cream cheese on each rice cake.

Place 3-4 fish crackers standing up in the "pond".

(You can also use hummus, bean dip, or peanut butter instead of the cream cheese) Serves 4, 2 rice cakes each

Stop Lights: Serves 4, 3 pieces each

- Six ribs of celery
- $\frac{1}{4}$ cup plain cream cheese
- 1 each red, yellow, and green bell pepper

Cut celery ribs in half, approx. 3-inch pieces.

Cut small circles out of peppers in all three colors.

Spread 1 tablespoon cream cheese onto each piece of celery.

Arrange the pepper circles evenly on each celery stalk like a stop light: red on top, yellow in the middle, and green on the bottom. (Again, you can use hummus or peanut butter since we all know cream cheese isn't claimable - but is fine to use)



Frushi (better than sushi!):



- $\frac{1}{3}$ cup brown or white cooked rice
- $\frac{1}{2}$ banana
- $\frac{1}{2}$ cup raspberries, kiwi, or other favorite fruit
- Plastic wrap

Mash the cooked rice with the banana. Lay out the plastic wrap and spread the rice mixture on top of the wrap. You want the rice to be roughly the depth of the tip of your pinky finger. Try to spread the rice in a rectangle shape. Layer the fruits in a neat, tight row on one side of the rice rectangle. Pull one side of the plastic wrap up and gently roll the frushi

together. Place the roll in the freezer for two hours to help solidify the rice. Once solid, slice the roll into 8 equal bite-sized pieces. Serve cold or frozen. Serves 2, 4 pieces each

Grape Pops:



- Eighty red grapes
- 1-5.3 ounce container low fat Greek yogurt
- Crushed whole grain cereal or granola
- Toothpicks (not needed, if children are too small)
- Plastic wrap lined tray

Put a toothpick in each grape and place on the plastic lined tray (skip this step if children are too young). Dip each grape $\frac{2}{3}$ of the way into the low fat yogurt (make sure to stir yogurt until smooth before dipping) and then into the crushed cereal or granola. Place dipped grapes back on the plastic wrap lined tray. Cover the tray with more plastic wrap, and place in the freezer for at least 90 minutes. Serve frozen. (Serves 16, 5 pops each)

Fruit Roll-up:

- One whole grain tortilla
- $1\frac{1}{2}$ tablespoons peanut or almond butter (use cream cheese if there are nut allergies)
- $\frac{1}{2}$ to 1 cup sliced fruit (any kind - apples, bananas, pears, grapes, strawberries)

Spread peanut butter on the tortilla. Place thinly sliced fruit on top of the peanut butter. Roll up the tortilla tightly to keep the fruit inside. Slice in half and serve. (Serves 2, $\frac{1}{2}$ roll-up each)



Tangy Jicama Slaw: Serving size ½ cup, serves 7



- 1- jicama, peeled and chopped (about 2 cups)
- ¼-cup fresh cilantro leaves, minced (*could use fresh mint or parsley instead*)
- 1- large lime, juiced
- 1- lemon, juiced
- 1- 11 ounce can mandarin orange segments in juice, drained, liquid reserved.
- ¼-teaspoon salt, optional

Combine the jicama, cilantro, lime juice, lemon juice, and mandarin orange segments with a small amount of the mandarin orange liquid in a bowl. Allow mixture to sit for 10 minutes for flavors to combine. Season with salt, if desired, just before serving.

Crispy Edamame:



- 1-12 ounce package frozen shelled edamame (green soybeans)
- 1-tablespoon olive oil
- ¼ cup grated Parmesan cheese (fresh)
- Salt and pepper to taste (optional)

Preheat oven to 400 degrees. Place edamame into a strainer and rinse under cold water to thaw.

Drain. Spread the edamame beans into the bottom of a 9X13-inch baking dish. Bake in the oven until the cheese is crispy and golden, about 15 minutes. (*Serving size is 2 ounces, serves 6*)

Rice, Asparagus, & Cucumber Salad:



- 3 cups cooked brown rice, cooled to room temperature
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 1 ½ cups cucumber, seeded and chopped
- ¾ cup light Italian dressing

Cook asparagus in boiling salted water until tender, about one minute.

Drain and rinse with cold water to cool. Combine rice, asparagus and cucumber in a large bowl. Pour dressing over salad and stir to combine. Serve at room temperature or refrigerate and serve chilled. (*Serves 12, ½ cup serving*)

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Community Action Agency





MENU WINNERS



- **The menu winners for March are Rosalba Martinez of Salem & Janetlyn Morrow of Newport**
- **The menu winners for April are Linda Arp & Cynthia Rodriguez, both of Salem**

- **Keep those menus coming in on time – you might be next!**
- **Remember – to enter, menus need to be in an envelope with your name and address on the outside.**

Thanks and Good Luck!!

"Good nutrition is the right of all children."

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