

# NUTRITION FIRST NEWS



July, 2020



## HOTDOGS!

Please remember to send in pictures (through text or email) of your hotdogs, plus the ingredient list. Hotdogs must be 100% beef, chicken or turkey – they cannot be mixed meats, such as pork and beef or chicken and pork. The package needs to read all beef, all chicken, or all turkey, with no more than 2% of spices, etc. They cannot have fillers or binders. *We have not removed any meals from your menus for not having the package picture on file, however, disallowances will be made effective **October 1, 2020**, so please get those pictures in to us, thanks!*

### The Following Are Brands That We Know Are Claimable:

- Foster Farms chicken frank
- Foster Farms turkey frank
- Hebrew National beef franks
- Nathan's beef franks
- Simple Truth Uncured beef hotdogs
- Jennie-o turkey franks
- Tyson Uncured beef franks
- Ballpark 100% beef, chicken, or turkey franks
- Private Selection all-beef hotdogs

**Please note than the corndog labels have not changed.** Those you currently have on file are fine. Also, note that you are still allowed to serve hotdogs other than these brands. However, they will **not** be claimable, so you will have to serve an additional second protein.

## Reminders

Please remember that if you serve the following **homemade** foods, we need a recipe on file – you can just take a picture of your recipe and text it to us:

- **Meatballs**
- **Meatloaf**
- **Chicken Nuggets**
- **Fish sticks**
- **Hummus**

**Keep your recipe in your envelope with your labels also, please.**



- Also, remember that you are required to save copies of your meal processing paperwork (menus, meal count logs, attendance, and **yellow enrollments**)
- The July 4<sup>th</sup> holiday (Saturday, only) requires a parent signed holiday note. Please send with your July menus if you provided care on that day.
- In addition, remember to get those confidential income statements in to us if you are claiming your own children, or foster children, or want to claim Tier One rates. These are due PRIOR to the end of July. Also, if you are a Tier Two provider with some kids getting Tier One rates, be sure to have your parents fill out the forms that were mailed to you at the beginning of July. Thank you!

## Garlicky & Cheesy Quinoa Zucchini Fritters

Learning Zone Express



**Yay**, its fresh zucchini time! Use up some in this great fritter recipe -

- ✓ 2 cups grated zucchini
- ✓ 1 cup water
- ✓  $\frac{1}{2}$  cup dry quinoa
- ✓ 1 egg
- ✓ 3 garlic cloves, minced
- ✓  $\frac{1}{2}$  cup grated Parmesan cheese
- ✓ 2 cups panko breadcrumbs
- ✓ 3 Tbsp. olive oil

(Preparation tip: Quinoa has a natural bitter coating on the seeds that can make your recipe taste soapy. To prevent this, rinse the quinoa well in a fine mesh strainer before cooking.)

Lay grated zucchini out on paper towel and press to dry. Combine water and quinoa in a small saucepan and bring to boil over medium heat. Reduce to a simmer, cover, and cook for 10 minutes. Remove from heat, fluff with a fork, and let stand for 10 minutes. Place the pressed dry zucchini in a large bowl.

Add quinoa, egg, garlic, cheese, and panko breadcrumbs and mix until thoroughly combined. Heat olive oil in a skillet over medium heat. Form zucchini mixture into 14 patties, about 2-3 inches wide. Working in batches, add zucchini patties into skillet and cook for about 4 minutes per side until golden and crisp. (100 calories, 5 g fat and 4 g protein)

## One Skillet Cauliflower Fried Rice

- ✓ 1 medium cauliflower
- ✓ 4 large eggs
- ✓  $\frac{1}{2}$  cup chopped onion
- ✓ 3 garlic cloves, minced
- ✓ 3 cups frozen mixed vegetables (or leftover vegetables)
- ✓ 2 Tbsp. soy sauce
- ✓ 1  $\frac{1}{2}$  Tbsp. vegetable oil

Cut cauliflower into florets, discarding the tough core. Use a grater or food processor to grate the cauliflower until crumbly and similar to rice. Set the cauliflower "rice" aside. In a large skillet, heat vegetable oil over medium heat. Add onion and garlic and cook for 2-3 minutes, or until soft.

Add the frozen mixed vegetables, or leftover vegetables and cook for 6-8 minutes until softened and heated through. Add the riced cauliflower to the pan. Cover and cook for 7-9 minutes or until the cauliflower is soft.

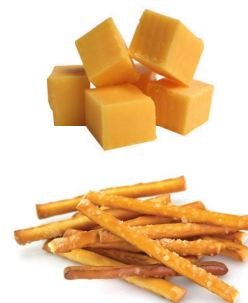
Add the whisked eggs and soy sauce to the pan, mixing with a large spoon until all veggies are evenly coated with the mixture. Cook for 3-5 minutes until eggs are cooked. (Serves 12,  $\frac{1}{2}$  cup per serving)



## Sticks, Stones, & Bricks

- ✓ 4 ounces cubed cheddar cheese
- ✓ 1 bunch grapes
- ✓ Small pretzel sticks
- ✓ 1 cucumber, sliced

Set out food items in bowls or plates.  
Allow children to build a healthy snack by connecting the cheese cubes, grapes and cucumber slices using pretzel sticks. (Serves 4)



## Tropical Fruit & Honey Salad



- ✓ 3 Tbsp. honey
- ✓ 1 Tbsp. raspberry vinegar (or any kind of vinegar)
- ✓  $\frac{1}{2}$  cup non-fat plain yogurt
- ✓ 2 cups fresh pineapple, cut into 1" chunks
- ✓ 1 navel orange, peeled, cut in half, and sliced thin
- ✓ 1 kiwi, peeled, cut in half, and sliced thin
- ✓ 1 large banana, peeled and sliced

Combine honey and vinegar in a small bowl. Whisk the yogurt into the honey and vinegar mixture until smooth.

Cover and refrigerate. Combine all of the sliced fruit in a large bowl. Pour the dressing over the fruit and toss to coat evenly. Use only as much dressing as you'd like. (Serves six,  $\frac{1}{2}$  cup serving)

## Apple Turkey Wraps

- ✓ 1  $\frac{1}{2}$  cups diced apples
- ✓  $\frac{1}{2}$  cup low-fat lemon yogurt
- ✓ 4-10" whole grain tortillas
- ✓ 2 cups fresh spinach leaves, washed & dried
- ✓ 6 ounces sliced turkey breast
- ✓ 2 ounces thinly sliced Havarti cheese



Combine apples and yogurt. Warm tortillas slightly in the microwave. Place spinach, turkey, and cheese on each tortilla. Place  $\frac{1}{4}$  of apple mixture down the center of each tortilla. Fold opposite sides in about 1  $\frac{1}{2}$  inches and roll. Cut each wrap in half and serve immediately. (Serves 8 children)

## Confetti Salad

- ✓  $\frac{1}{4}$  cup lemon or lime juice
- ✓ 2 Tbsp. orange juice
- ✓ 1 Tbsp. honey
- ✓ 2 cups shredded carrots
- ✓ 2 medium apples, peeled and chopped
- ✓  $\frac{1}{2}$  cup raisins



Mix lemon or lime juice together with the orange juice and honey until the honey is dissolved. Combine juice mixture, carrots and apples together. Toss with raisins and serve. (Serves 8 children,  $\frac{1}{2}$  cup each)

## Breakfast Shake

- ✓ 2 cups skim milk
- ✓ 2 bananas, peeled and cut into chunks
- ✓ 2 whole graham crackers, broken into pieces
- ✓ 1 Tbsp. peanut butter
- ✓ 1 Tbsp. honey
- ✓ 6-8 ice cubes

Put all ingredients into a blender. Blend on high until smooth. Pour into cups and serve immediately. (Serves six,  $\frac{1}{2}$  cup serving size)



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Nutrition First USDA Child Care  
Food Program is a program of the  
Mid-Willamette Valley  
Community Action Agency



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## MENU WINNERS

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- **The menu winners for May are: Diana Pike of Newberg & Isabel Ruiz of Salem**
- **The menu winners for June are: Jennifer Smith of Newport & JaNet Peterson of Keizer**

- **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!!*

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### "Good nutrition is the right of all children."

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