

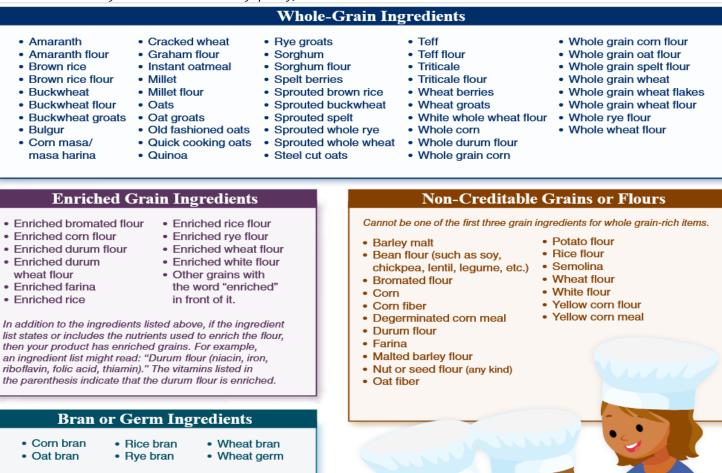
Child & Adult Care Food Program COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD

July 2019

Identifying Grain Ingredients

wwww.communitybridges.org

Whole Grain-Rich (WGR) is the term designated by the USDA to indicate that the grain components in a product are at least 50 percent whole grain, with the remaining grains (if any) being whole grains, enriched grains, bran, or germ. Please use the list below as a guide for identifying grain ingredients. *Note: This list is not meant to be all inclusive. There may be other items that may qualify, or are not reimbursable that are not listed below.*



Program Reminders/ Updates and Announcements

- > **Delay in payments:** The California Department of Education Nutrition Fiscal Services will not be processing payments for a brief period in late June and early July. Claims that may be affected are April and May claims.
- Income eligibility applications will be mailed out in July. Providers who claim their own children are required to renew their eligibility status every year.
- > Mandatory Annual Training: Sign up for an in-person or online training ASAP to fulfill requirement.
- Please be informed that CACFP will be CLOSED on the following date in observance of the holiday:
 - Thursday July 4, 2019 → Regular office hours will resume Friday July 5, 2019.
- Program Consultant, Maria Hernandez-Ramirez is pursuing other career opportunities and is no longer with CACFP. Affected providers will be notified of their new program consultant in the near future.

Menu Ideas

Breakfast

Egg	Oatmeal WG	Kix WG	Cottage Cheese	WW Bread
Tomatoes	Tomatoes	Blackberries	Grapefruit	Banana
1%/ Whole Milk				

Lunch or Dinner

			Peas
Noodles	Tortilla	Brown Rice WG	Pasta
Asparagus	Cucumber	Broccoli	Artichokes
Zucchini	Mango	Sweet Potato	Pineapple
1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk	1%/ Whole Milk
	Asparagus Zucchini	Asparagus Cucumber Zucchini Mango	AsparagusCucumberBroccoliZucchiniMangoSweet Potato

AM or PM Snack

Mozzarella Cheese	Hummus	Pretzels	Apple	Corn on the Cob
Cheez It Crackers	Carrots	Grapes	Sunbutter	Avocado



Sweet Potato Burrito w/ Avocado Crema-- Serves 6 (1 burrito)

Ingredients:

- ½ cup (4 oz.) salsa
- 2 Tbsp. cilantro, chopped
 1-cup black beans
- 2 Tbsp. vegetable oil - $\frac{1}{2}$ small onion, diced
- 2 sweet potatoes, peeled, and diced
- 1 ½ cups pepper jack cheese shredded
- 6 (8-inch) Whole Grain Flour Tortilla
- Avocado Crema (recipe below)

Directions:

- 1. Place sweet potatoes in a pot and cover with water. Cover pot with a lid and bring to a boil. Turn heat down to low and simmer for 15 minutes. Drain water. Mash sweet potatoes with a fork or potato masher. Stir in salsa and cilantro.
- 2. Heat oil in a skillet pan over medium heat, add onions, and cook for 5 minutes. Add beans to the onion mixture. Cook for 2 more minutes. Turn off heat. Stir in sweet potato.
- To make each burrito, spoon ¼ cup of the filling and ¼ cup shredded cheese on to a tortilla and roll up the tortillas. Repeat this step 5 more times to make 6 burritos.
- 4. Serve with avocado crema.

Avocado Crema: Mash 1 pitted avocado with ¼-cup sour cream and 1 Tbsp. lime juice in a bowl.

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Training Corner

Listed below are common findings you need to avoid, as it will affect your claim reimbursement:

- Do you really need to pay attention to the little things like how you BUBBLE?
 - YES! Your scantron menus are ran through a scanner. If the bubbles are not dark enough, scanner will not pick up the information. Thus, your reimbursement depends partly on your skill and accuracy at bubbling. To ensure you perfect this part of claiming, please make sure you fill each bubble darkly and completely.
- WHOLE GRAIN served at: B A L P D
 - Towards the top part of the new scantron regular menus, you are required to fill in the bubble that corresponds to the meal you claimed as serving whole grain.
 - For example, if you documented Brown Rice (WG) at Lunch, you bubble in "L" for Lunch. If you served Wheat Thins (WG) at PM Snack, you bubble in "P" for PM Snack.
 - If the whole grain bubble does not match the meal where you documented "WG", your claim reimbursement will have an impact.
- Your SIGNATURE is required on all MENUS. Missing signature on MENUS will affect your claim reimbursement. Please review your menus before mailing them into CACFP office.

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