

# KENT REGIONAL 4C CACFP CHECKSTUFFER

## July 2011

**\$ \$ \$ \$**

The following reimbursement rates are in effect for the period of July 1, 2011 through June 30, 2012. The check/stub you are receiving currently reflects these new rates.

	<i>Tier I</i>	<i>Tier II</i>
<b>Breakfast</b>	<b>1.24</b>	<b>0.45</b>
<b>Lunch / Supper</b>	<b>2.32</b>	<b>1.40</b>
<b>Snack</b>	<b>0.69</b>	<b>0.19</b>

### STORK REPORT



**Jenny Karp**

Mason Todd  
4/2/11  
8 lbs. 2 oz. 20"

**Stephanie Perfitt - Grandma**

Emmie Nevaeh  
5/13/11  
9 lbs. 3 oz. 21.4"

**Daevwana Holden**

Messiah LaMeh  
7/7/11  
6 lbs. 4 oz. 19½"

### ARE YOU SENDING IN THE WRONG MENU PAGE?

It is very important that each month only one, **Page One**, is included with every menu that is submitted for reimbursement. **Page One** is the only sheet that contains boxes verifying that all mixed dishes are homemade, all juice served is 100% juice, and infants are being served iron fortified formula. If menus are submitted that do not have these boxes checked, providers will lose reimbursement. If you should run low on **Page One** sheets, please call us and request that more be sent to you. You'll receive four (4) **Page One** sheets on home visits. These should be enough to last until the next home visit if only one **Page One** is used each month. Providers do not need a separate **Page One** for infant menus. Please call your CACFP Specialist if you have any questions about how menus should be filled out.

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## Quick & Easy Recipes

### Broccoli and Black Bean Quesadilla

1 cup cooked black beans  
4 oz. cheddar cheese  
1 cup cooked chopped broccoli  
1 T vegetable oil  
4 - 8 inch flour tortillas

In a large bowl mash the beans. Add the grated cheese and broccoli, mix together. Place the mixture on  $\frac{1}{2}$  of the tortilla and fold. Heat the oil in a pan, cook the tortilla 3 or 4 minutes until golden brown. Flip and cook the other side.

**Lunch/Supper:** 1. Black beans/cheese  
2. Tortilla  
3a. Broccoli  
b. Salsa  
4. Milk

### Cinnamon Oranges

4 navel oranges  
2 T orange juice  
2 T lemon juice  
1 T sugar  
 $\frac{1}{4}$  tsp. ground cinnamon

#### Directions:

With a sharp knife, remove rind and white pith from oranges. Cut each into 5 or 6 slices and arrange on 4 plates. Whisk together orange juice and lemon juice, sugar and cinnamon. Spoon over the orange slices.

**Snack:** 1. Oranges  
2. Milk

**Banana Split Salad:** Slice banana lengthwise, place on a bed of lettuce. Top with a scoop of cottage cheese or yogurt. Pour fruit cocktail over. Good for the hot summer months.

**Snack:** 1. Cottage Cheese  
2. Fruit cocktail

**Make a Face Sandwich:** Cut bread into a circle. Spread with peanut butter. Make hair and eyes with raisins, grated carrots, apple slices.

**Lunch/Supper:** 1. Peanut butter  
2. Bread  
3a. Carrots/raisins  
b. Peaches  
4. Milk

**Party Mix:** Mix 1 cup dry cereal and  $\frac{1}{2}$  cup small pretzel sticks. Place on a cookie sheet, sprinkle with parmesan cheese and  $\frac{1}{4}$  cup of melted butter. Bake at 250° for 30 min. stirring occasionally.

**Snack:** 1. Juice  
2. Pretzel mix

#### **Fresh Apple Ideas:**

- Serve apple slices with peanut butter or cheese cubes
- Add chopped apple to pancake mix
- Add chopped apples to hot or cold cereal

**Please use the stamps we provide you each month. Many of you are sending in menus with insufficient postage and we are having to pay extra. Greatly appreciated!**

*Hope you are  
having a Great  
Summer!*