

November has arrived and it is officially holiday season! November 11th is Veteran's Day and we'll be taking a moment to honor those men and women who serve our country and letting them know how much their service means to us. We'll keep the gratitude going for the rest of the month as we keep in mind everything we're thankful for, all the way to Thanksgiving on the 22nd and beyond. CDA Nutrition is thankful for every wonderful Provider on our program and everything you do for the children you care for. Happy Thanksgiving to you!

Reminders

» **The New Meal Pattern** is now mandatory. We always want you to receive your full reimbursement, so please ensure that:

- at least one *Whole Grain* item has been offered and claimed each day,
- breakfast cereals do not exceed their sugar limit,
- yogurts do not exceed their sugar limit,
- eggs are claimed a maximum of 3 times per week at breakfast,
- infants are claimed for breastmilk or formula *only* until developmentally ready to have all required items at meals and snacks,
- only unflavored milk is offered, regardless of fat content.
- children one year of age are offered whole milk, and
- children aged 2 years and up are offered 1% or fat-free milk.
- Juice is limited to **one serving** per day **per facility** (not per child). For example, if juice is claimed at AM snack *and* PM snack on the same day, one snack will be disallowed.

» **Save your labels!** The State of California requires that you save labels for certain foods that you claim regularly in your CACFP meals. You should have the following labels available for your Monitor or State Auditor to view at a visit:

- Bread/grains you serve,
- Cereals you serve,
- Yogurt that you serve, and
- Infant formula and infant cereals offered.

» **Minute Menu** online allows you to create menu templates for your regularly served meals. Those templates must be reviewed and updated to ensure that your templates are meeting the new Meal Pattern requirements.

» **The Nutrition Office** will be closed for Thanksgiving Nov. 22nd and 23rd. Please do not claim meals on the 22nd as they will not be eligible for reimbursement. You may claim meals offered on the 23rd as usual.

Reminders

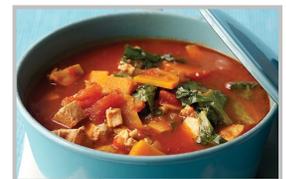
» **Annual Renewals** are complete! If your last name starts with the letter **S – Z, your enrollments were due on Oct. 15th**. If you have not yet sent them in, please do so now to avoid any disruption in your reimbursements.

» **Meat alternates**, such as beans, which can count as the meat component or the vegetable component are only reimbursable as the meat OR the veggie in the same meal. Not both. For example, you offer refried bean burritos in a whole grain tortilla, milk, lentils and apples for lunch. You claim refried beans as the meat alternate and lentils as a veggie. That meal would be disallowed because you are serving the same type of food as both protein and veggie.

Turkey & Vegetable Soup

Ingredients:

- 1 Tbsp olive oil
- 1 medium onion, finely chopped
- 2 cloves of garlic, minced
- 2 Tbsp tomato paste
- 1 large sweet potato, peeled & cubed
- 1 can (14.5oz) diced tomatoes with juices
- 1 can (14.5oz) low sodium chicken broth
- ½ tsp dried, crushed rosemary
- 2 cups chopped kale
- 1 lbs cooked turkey, shredded
- Salt & pepper to taste



Directions:

In a large saucepan with a lid, heat oil over medium heat. Add the onion and garlic and, stirring occasionally, cook until softened, about 5 minutes, then stir in the tomato paste. Add sweet potato, tomatoes and their juice, broth, 1 cup water, and rosemary. Bring to a boil, and reduce to a simmer. Cover and cook until the sweet potato is tender, about 12 to 15 minutes. Next, stir in the turkey, then add the kale and stir. Cover, and simmer just until turkey is heated through. Season with salt and pepper. Serve with whole grain toast or brown rice.