



Perspectives

Horizons Unlimited Inc.—Sponsor of the Child and Adult Care Food Program

Very Important Program Pointers

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MILK: Effective October 2011

- Milk served to children two years and older must be low fat (1%) or fat free (skim).
- One year olds may be served 2%, 1% , skim, or whole (recommended) milk,

At a home review Horizon will document the type of milk served. If the milk served does not meet the requirement listed above, the meal will be disallowed and a corrective plan written.

We recommend you document the type of milk served on your menus, however, USDA has recently provided additional guidance and we no longer need to deduct meals if the type of milk is not recorded. But, it must be served!

RECORD "HOLIDAY CARE" IF DOING CHILD CARE ON HOLIDAYS

- If you do child care on Thanksgiving or Christmas Day, be sure to record "holiday care provided" on your menus or in claim notes if you claim online.
- If you do not specifically indicate holiday care was provided, we will need to disallow all meals on Thanksgiving and Christmas Day.



HORIZONS IS NOW ON FACEBOOK. CHECK US OUT AND POST YOUR COMMENTS!

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"Thanksgiving after all is a word of action.."

W.J. Cameron

DOES IT COUNT?

- **Apple Cider:** Yes. It must be pasteurized and full-strength juice.
- **Hot Chocolate:** Yes, if made with fluid milk. Remember, for 2 years and above it must be 1% or skim.
- **Pumpkin Pie:** Yes. Must be homemade with canned pumpkin (not pumpkin pie filling).
- **Pizza Sauce:** Yes if used for dipping. Pizza sauce on a slice of pizza does not meet the quantity requirements.

Happy Thanksgiving





NUTRITION NOTE

TURKEY

www.goodhousekeeping.com

QUESTION: How do I thaw a frozen turkey?

ANSWER: **The best way:** Place frozen turkey (still in packaging) in a shallow pan on the bottom shelf of the refrigerator. Allow 24 hours thawing time for every 4 to 5 pounds. A thawed bird can keep up to 4 days in the fridge.

Last-minute solution: Place a still-wrapped turkey in a large cooler or bowl and submerge in cold water. Allow 30 minutes of thawing time per pound and change the water every 30 minutes. Cook turkey immediately.

QUESTION: How can I stuff the bird safely?

ANSWER: **The best way:** Bake stuffing separately in a shallow casserole in the oven alongside the turkey. If you prefer to stuff the bird, follow these guidelines:

- Make sure the turkey is fully thawed.
- Mix ingredients just before using and pack stuffing loosely into cavity to allow room for expansion.
- Roast turkey about 30 minutes longer than an unstuffed one.
- Check that the internal temperature of the stuffing reaches 165 degrees F.

QUESTION: Everything I make gets done at a different time? How do I serve it all together?

ANSWER: Keep hot foods hot and cold foods cold: Bacteria growth increases when food is kept between 40 degrees F and 140 degrees F for more than two hours. Figure out which cold dishes and desserts can be made in advance and kept in the refrigerator. When possible, use shallow baking dishes for side dishes — they can often fit on the lowest rack of the oven while the turkey is roasting. To keep food warm, reduce the oven temperature to 200 degrees F and wrap dishes with aluminum foil. The microwave can be used on less than full power to reheat smaller dishes that have been refrigerated.

QUESTION: How long can I keep the leftovers?

ANSWER: Cooked poultry should be kept refrigerated for a maximum of three to four days; stuffing and gravy are good for one to two days. Reheat leftovers to an internal temperature of 165 degrees F.

NOVEMBER SNACK RECIPE

Body: Cut a slice from the bottom of a melon to stabilize the turkey body.

Tail: Alternate cheese cubes and grapes onto wooden skewers. Put the (feathers) fruit and cheese skewers near the back of the melon. At the sides, insert red and yellow pepper strips.

Head: Insert a small pear in the front of the melon for the head.

Complete the decorations using red and yellow pepper pieces and additional cheese!

Caution: Grapes can be a choking hazard for children under 4.



NOVEMBER LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Ham/Cheese</p> <p>Carrots</p> <p>Pears</p> <p>Whole Wheat</p> <p>Bread</p>	<p>1% Milk</p> <p>HM Chicken</p> <p>Nuggets</p> <p>Broccoli</p> <p>Squash</p> <p>WW Bread</p>	<p>1% Milk</p> <p>*Mini Taco Cups</p> <p>Ground Beef</p> <p>Lettuce/tomato</p> <p>Apple Slices</p> <p>Tortilla</p>	<p>1% Milk</p> <p>Turkey</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Dinner Roll</p>	<p>1% Milk</p> <p>Split Pea Soup</p> <p>Applesauce</p> <p>Potato</p> <p>WW Crackers</p>
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* Mini Taco Cups

www.kraftrecipes.com/recipes

8 flour tortillas (6 inch)
 1 lb. extra-lean ground beef
 1 cup thick and chunky salsa
 1/2 cup shredded cheddar cheese

2 cups shredded lettuce
 1 tomato, chopped
 1/4 cup ranch dressing

HEAT oven to 350°F.

MICROWAVE tortillas on HIGH 30 sec. Line each of 8 muffin cups with 1 tortilla. Carefully fold back edges of tortillas, leaving opening in centers for filling.

BAKE 10 min. Meanwhile, brown meat in large skillet; drain. Stir in salsa; bring to boil. Simmer on medium-low heat 10 min.

SPOON meat mixture into tortilla bowls; top with remaining ingredients.

Substitution Idea: 2 cups cooked chicken for the ground beef.

Record ground beef for the meat component.

Record tomato/lettuce for the F/V component.

Record tortilla for the Grain component.

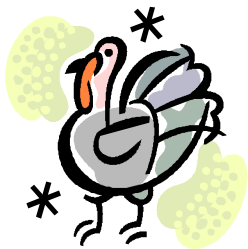


Word Search: Thanksgiving

TURKEY
DRESSING
GREEN BEANS
CRANBERRIES
PUMPKIN PIE
ROLLS
JELLO

THANKS
PILGRIMS
INDIAN
SHARR
KINDNESS
FAMILY
CELEBRATE

What does a turkey like to eat on Thanksgiving?



Nothing. They are already stuffed!

C	E	L	E	B	R	A	T	E	N	S	K
U	G	F	A	M	I	L	Y	A	A	E	I
Y	R	T	T	U	R	K	E	Y	I	I	N
J	E	L	L	O	O	P	I	S	D	R	D
P	E	R	Y	G	L	I	P	C	N	R	N
I	N	R	T	R	L	E	N	V	I	E	E
L	B	D	R	E	S	S	I	N	G	B	S
G	E	J	E	L	O	K	K	B	N	N	S
R	A	R	E	S	S	N	P	N	I	A	W
A	N	T	H	A	N	A	M	U	R	R	E
M	S	H	A	R	E	H	U	P	A	C	R
S	D	F	H	L	E	T	P	I	H	T	T

Let's Get Moving!

"If You're Thankful and You Know It!"

Tune: If your happy and you know it

If your thankful and you know it, clap your hands (*clapping hands*)
 If your thankful and you know it, clap your hands
 If your thankful and you know it, and you really want to show it
 If your thankful and you know it, clap your hands

(change it up - stomp feet, shout hurray, blow a kiss, etc)



CACFP -
where healthy eating
becomes a habit.

Perspectives is published monthly by Horizons Unlimited, Inc. a sponsor of the Child and Adult Care Food Program.
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