



Perspectives

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

Very Important Program Pointers

Volume 20 Issue 223
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Keep yourself organized in 2014

Place all 2013 Food Program records in a binder and label it.

Things to include:

- Menus and Meal Counts (if you are a paper claimer)
- Enrollments dated 9/2012- 7/2013
- Home visit reviews
- Menu review letters

Did you know that you can change your tier status, based on your income, at any time?

If you have had a change in your income please let us know. You may qualify for Tier 1 reimbursement rates and qualify to claim your own children.

Did you know you can scan and email your Child Enrollments to: horizon@bayland.net?

Problems with Minute Menu Software

If you are having problems with the Minute Menu software you need to submit a help ticket.

You can do this by clicking the *Help* button on the top right side of the Minute Menu home screen. Select *Common Questions* from the drop window and find the *Contact Minute Menu Support* on the bottom left.

You will need to contact Minute Menu for all computer program related problems such as meal counts disappearing and other software related questions. Please continue to contact Horizons for any food program related questions.

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“Luck is what happens when preparation meets opportunity.”

Roman Philosopher
mid-1st century AD

DOES IT COUNT?

BISCUITS (Commercial or Homemade) -Yes - biscuits may be credited based on the amount of whole grain, bran, germ and/or enriched meal or flour in the recipe.

QUICK BREAD (Pumpkin, Banana, etc.) - Yes - May be counted as a bread alternative if enriched or whole grain flour or meal is the main ingredient. The vegetables or fruits used in these products are not in sufficient quantities to count as vegetable/fruit component.





NUTRITION NOTE

How to Show Your Heart a
Endless Love

By Kristen Frie RD

March is the month to celebrate the lucky little **green** leprechaun. **Green** foods can sometimes be a bit scary for kids (and adults!) to try. But at the same time, these are some of the nutritional powerhouses that we should fuel our bodies with regularly. Here are some ways to make **green** foods fun for kids.

Make it a point to incorporate **green** fruits and vegetables into your menus this month. Check them off this list after you use them:

- ◆ kiwifruit
- ◆ green grapes
- ◆ asparagus
- ◆ Anjou pears
- ◆ broccoli
- ◆ honeydew melon
- ◆ celery
- ◆ avocado
- ◆ kale
- ◆ green apple
- ◆ lettuce
- ◆ star fruit
- ◆ spinach
- ◆ lime
- ◆ sugar snap peas
- ◆ zucchini
- ◆ cucumber
- ◆ green pepper
- ◆ string beans

Have some fun with **green** food riddles:

I am a vegetable that looks like a little tree and full of vitamin C.

I am a green friend with a hard shell, and sometimes smashed into guacamole.

I am a green fruit that is sometimes made into a pickle.

I am green, small, round, and sweet. Sometimes I am colored purple.

Answers:

1) broccoli; 2) avocado; 3) cucumber; 4) green grapes

Here are some nutritious ways to incorporate **green** fruits and vegetables into recipes:

Oven-Fried Zucchini Sticks: Combine $\frac{1}{2}$ cup whole wheat flour, $\frac{1}{2}$ cup all-purpose flour, 2 Tbsp. cornmeal, 1 tsp. salt, and $\frac{1}{2}$ tsp. ground black pepper in a medium bowl. Cut 3 medium zucchini into $\frac{1}{2}$ x 3-inch sticks. Lightly beat 2 egg whites in a separate medium bowl. Dip zucchini sticks in egg white, then coat in flour breading, and place on a parchment-lined baking sheet. Bake at 475° for 7 minutes, then turn zucchini over and bake for an additional 5 minutes.



Guacamole: Place $\frac{1}{2}$ Tbsp. coarsely chopped red onion, 1 Tbsp. lime juice, $\frac{1}{8}$ tsp. salt, and 1 garlic clove in food processor, and pulse 5 times. Add 1 ripe peeled avocado, and process until smooth. Serve with baked tortilla chips, vegetable slices, or whole wheat pita chips.

MARCH LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Chicken/Rice Casserole</p> <p>Asparagus</p> <p>Grapes</p> <p>Brown Rice</p>	<p>1% Milk</p> <p>Yogurt</p> <p>Tomato Soup</p> <p>Melon</p> <p>WW Toast</p>	<p>1% Milk</p> <p>Ham & Eggs</p> <p>Carrots</p> <p>Kiwi</p> <p>WW Bread</p>	<p>1% Milk</p> <p>Porcupine Meatballs</p> <p>Baked Potato</p> <p>Broccoli</p> <p>Corn Bread</p>	<p>1% Milk</p> <p>Corned Beef</p> <p>Cabbage</p> <p>Red Potato Rolls</p>
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Recipe of the Month

Porcupine Meatballs

Ingredients:

1 lb ground beef
 1/2 cup uncooked white rice
 1/2 cup water
 1/3 cup onion, chopped
 1 tsp salt
 1/2 tsp celery salt

1/8 tsp garlic powder
 1/8 tsp pepper
 1 (15 oz) can tomato sauce
 1 cup water, more if needed
 2 tsp Worcestershire sauce

Directions:

Mix the first 8 ingredients. Roll the mixture into 12 meatballs. Cook the meatballs in a large skillet until browned on all sides. Drain any grease.

Pour the tomato sauce, 1 cup water and Worcestershire sauce into the skillet; reduce heat to medium low. Cover and simmer for about 45 minutes adding water if needed.

Record as ground beef.

snack of the Month

St Patty's Day Dill Dip

(The dip is not creditable but the veggies are!)

1/2 cup mayonnaise
 1/2 cup sour cream
 1 tsp dried dill
 1 tsp seasoning salt
 1/4 tsp onion salt
 1/2 tsp Worcestershire sauce
 1 Tbsp dried minced onion
 1 Tbsp dried parsley
 1/4 tsp hot sauce

Mix all the ingredients and chill for at least 2 hours.

Serve with raw veggies of your choice.



Word Search: March

LION
LAMB
MELTING
SNOW
GREEN
PUDDLES
SLOPPY

RAINBOW
POT O GOLD
LUCK
IRISH
GOULASHES
LEPRECHAUN
FUN

How can you tell if an Irishman is having a good time?

He's Dublin o'er with laughter!



S	W	E	A	G	H	Y	N	R	S	W	P
L	O	Z	C	V	B	N	E	E	D	O	U
O	N	A	N	S	D	E	E	V	T	B	D
P	S	F	U	N	B	R	R	O	P	N	D
P	G	G	A	Y	M	U	G	L	O	I	L
Y	N	D	H	A	A	O	E	C	R	A	E
B	I	F	C	U	L	R	R	I	S	R	S
T	T	G	E	D	I	U	S	S	D	T	G
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P	E	K	P	D	N	T	U	K	G	E	L
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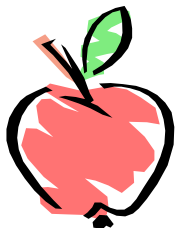
Let's Get Moving!

Clover Hunt

Materials: Make several clover leaves from green construction paper and hide them. Small pot filled with play gold coins.

Directions: Find the hidden clover leaves and the Leprechaun will give you his pot-o-gold!

Have fun with the coins too! Count them. Put them in a circle. Stack them. Roll them.



*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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