



H.E.L.P. Center ~ 201 E Harrison
664-2562

CACFP CENTER NEWS

November 2017

Thanks

Yea!! We have made it through the first official month of the new meal pattern. Everyone is doing an awesome job and are headed in a good direction. A few headaches happened with Minute Menu. MM is working to correct problems and we will keep everyone updated as corrections are made.

Friendly Reminders

When creating your menus check the little box if the grain being served is WGR

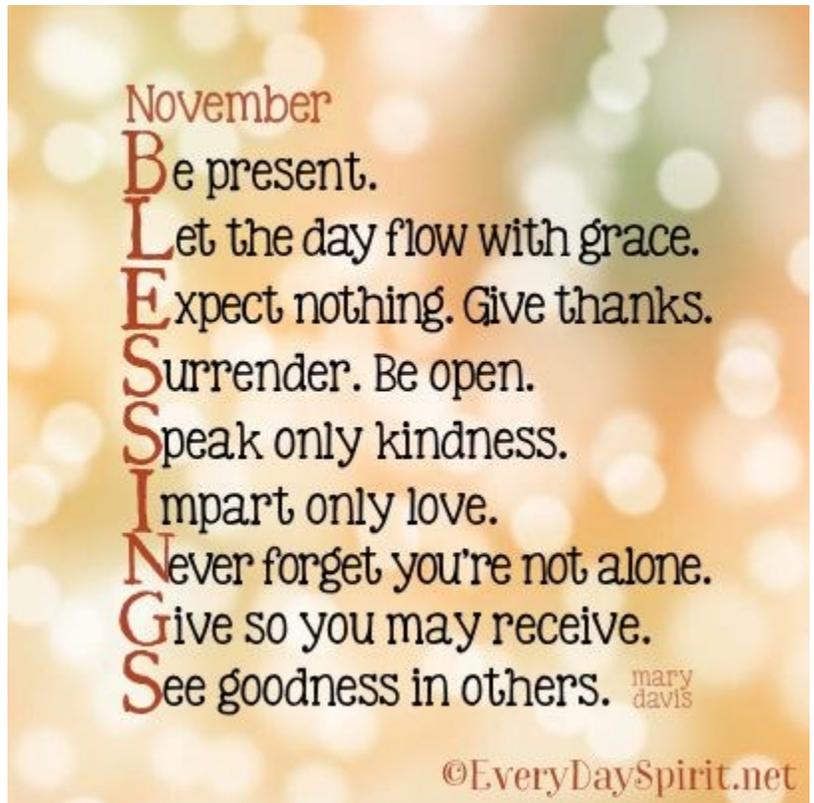
Veggies and fruit are separate components and need to be marked separately on the menu.

Combination dishes need to have standardized recipes.

Fruit bars and vanilla wafers are no longer credible.

MM Issue

*Infant menus are not printing from MM correctly
We will keep you informed*



Up Date Information

Due 12/31/2017

Remember to submit your staff training documentation



INGREDIENTS

1cup flour

$\frac{1}{2}$ cup salt

2teaspoons cream of tartar

2teaspoons pumpkin pie spice

$\frac{1}{2}$ teaspoon cinnamon

- 1tablespoon vegetable oil

1cup water

- food coloring (6 drops of red and 15 drops of yellow)

DIRECTIONS

1. Combine the dry ingredients in a nonstick saucepan.
2. Add the oil, water, and food coloring and whisk until smooth.
3. Stirring constantly with a rubber spatula, cook the mixture over medium heat until it forms a ball, about 3 to 4 minutes.
4. Turn the dough onto a counter, let it cool slightly, then knead the dough until it has a smooth texture, about 1 minute.
5. The dough will keep up to a week in a Ziploc bag.
6. To make pumpkin stems, place some pasta (suggested: fusilli) in a Ziploc bag.
7. Add five drops of green food coloring and a teaspoon of water.
8. Seal the bag, then let your tot squish the pasta around until it's tinted. Pour the pasta onto a piece of waxed paper and let it dry for about five minutes before pressing it into your pumpkins.

