



News and View

Monthly Newsletter for Family Childcare Providers



Guilford Child Development
1200 Arlington Street
Greensboro, NC 27406



August 2021
Vol. 46 Issue 8

Spaghetti and Meat Sauce



Ingredients	12 Servings		Directions
	Weight	Measure	
Beef, ground, 80/20, raw	1.5 lbs		1. Brown ground beef. Chop into ¼ to ½-inch pieces as beef is browning. Heat to 165° F or above for at least 15 seconds. Drain.
Spaghetti sauce, canned		2 ½ cups	2. Add spaghetti sauce to meat. Heat to 135° F. Hold at 135° F or higher.
Water		4 qts	3. Bring water to a boil.
Pasta, spaghetti noodles, whole grain, dry	1 lb box		4. Break noodles into pieces; add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well.
			5. Stir noodles into meat sauce. Pre-heat oven to 350° F.
Pan Release Spray As Needed			6. Pour mixture into 8x8" baking pan which has been lightly coated with pan release spray.
Cheese, parmesan, mozzarella or cheddar, shredded	12 oz		7. Sprinkle cheese evenly over spaghetti and sauce mixture. Cover with foil to retain moisture. Hold at 135° F or higher.

Serving Size: ¾ cup (6 oz spoodle) Crediting Information: 1.5 oz M/MA + 1 oz eq Grains USDA D-35, modified

By now you will have been contacted for instructions of how monitoring desk review meal 'observation' will happen. If you have any questions, please contact your Nutrition Specialist.

CONGRATULATIONS TO EACH OF YOU WHO HAVE COMPLETED THE PROCESS AND ARE SIGNED UP WITH A NEW SPONSOR!





You will be receiving a 2022 calendar!
They will be mailed soon!



Visit here for more CACFP creditable recipes!
You must have standardized recipes for homemade foods.

https://theicn.org/cnr/recipes-cacfp-homes/?page_id=119354

To **order a free recipe book** go here:

<https://www.fns.usda.gov/tn/team-nutrition-recipes>

For more recipe ideas go here:

<http://www.thelunchbox.org/recipes-menus>

Continue making menu comments or writing a list with the brand name of pre-packaged, pre-cooked food items on your menus.

******YOU WILL NEED THIS INFORMATION AS YOU CONTINUE ON THE CACFP!******

Recipes are required for all homemade foods, such as spaghetti, mac & cheese, meatloaf, pizza, etc...

Those of you who are doing this now will be well prepared!

Vegetables in season for August...

Eggplant, cucumber, bell peppers, green beans, tomatoes, green peas, corn, sweet onions, and summer squash



Contact information

Fax: 336-691-6469

- **Anthony Mosley** O#: 336-369-5029; C#: 336-207-3102 anthony.mosley@guilfordchilddev.org
- **Nichelle LaRonde** O#: 336-369-5031; C#: 336-606-0203 nichelle.laronde@guilfordchilddev.org
- Nancy Bartlett, CACFP Director O#: 336-369-5039; C#: 336-486-1358 nancy.bartlett@guilfordchilddev.org

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442;
- or 3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.