

TABLETALK

NOVEMBER, 2010 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

A Reminder About Training Material

Just a reminder that our website has lots of training modules that you can download. After taking the training send us the test and for clock hours and we'll send you a certificate. There's no charge.

Software Programs Now Have Messaging Center

Both the day care center and day care home software now have a built-in messaging center. We will be sending you messages this way more often so when you see that a message has been sent you may want to look at it. We usually don't send anything that's not important to your CACFP participation.

Important Software Change For Day Care Centers

Effective the week of November 29th, a new feature has been added to your Minute Menu program. You will be required to enter all meals, attendance and quantities before business closes at the end of each week (Saturdays). It will help you keep up with software entries and help us process your claim at the end of each claim period on a more timely basis. If your information is not entered by the end of each week, you will not be able to go back and put it in. You will only be able to go forward. If you have an emergency or unusual circumstance you can call Carol, our Executive Director and plea for mercy and she can override the software for that one occurrence.

Be A Role Model

Helping children develop a healthy lifestyle—including healthy eating and physical activity—begins at home but should be reinforced in the childcare setting. Caregivers can help children to be active and make smart food choices by modeling these behaviors themselves. Your role in promoting a healthy lifestyle can impact children—not just while they are growing up, but for the rest of their lives.

Office To Be Closed For XMas Holidays

Our offices will be closed from December 23 to January 4th.

Stacey Rutherford Joins Our Staff

If you call our office and a strange voice answers it's Stacey Rutherford, the newest edition to our staff. She will be working in the office on a daily basis and taking care of technology issues.



Tips from Chef Bob

SIMPLY LASAGNA

Ingredients: 1 lb. ground beef; 2-1/2 cups shredded low-moisture part-skim mozzarella cheese, divided; 1 container (15 oz.) natural part skim ricotta cheese; 1/2 cup grated parmesan cheese, divided; 1/4 cup chopped fresh parsley; 1 egg, beaten; 1 jar (24 oz.) spaghetti sauce; 1 cup water; 12 lasagna noodles, uncooked.

Directions: Heat oven to 350°F. Brown meat in large skillet on medium-high heat. Meanwhile, mix 1-1/4 cups mozzarella, ricotta cheese, 1/4 cup Parmesan, parsley and egg until well blended; set aside. Drain meat; return to skillet. Stir in spaghetti sauce. Add 1 cup water to empty sauce jar; cover with lid and shake well. Add to meat mixture; stir until well blended. Spread 1 cup meat sauce onto bottom of 13x9-inch baking dish; top with layers of 3 lasagna noodles, 1/3 of the ricotta cheese mixture and 1 cup meat sauce. Repeat layers twice. Top with remaining noodles, meat sauce and cheeses. Cover with greased foil. Bake 1 hour or until heated through, removing foil after 45 min. Let stand 15 min. before cutting to serve.