



Polk County Community, Family & Youth Services  
 Home Sponsor  
 Child and Adult Care Food Program  
 1914 Carpenter Ave – Des Moines, IA 50314  
 515-286-2136



February 2009

# *Noodle News*

Volume 152

Food for Your Brain



## Happy Valentines Day



**CACFP Spotlight:** CACFP Week is March 15<sup>th</sup> -21<sup>st</sup>.

Activities and training will be on March 16<sup>th</sup> and the 17<sup>th</sup>.

This year trainings will be on Pleasing the Picky Palate



and

recycling 

for healthy me healthy earth. We hope

these

trainings will be educational as well as fun. Seating will be limited so please call to reserve your place in the training.





## **Breakfast the most important meal of the day.**



**Just add eggs**, bread, ham, cheese and Kellogg's Rice Krispies for an unforgettable egg bake. You might not want a traditional breakfast again!

### Ingredients:

5 C cubed multi-grain bread (6 slices)	½ tsp Dried sage leaves
1 C Finely chopped ham	¼ tsp Salt
1 C (4oz) Shredded sharp cheddar cheese	¼ tsp Pepper
6 eggs (slightly beaten)	1-1/2 C Kellogg's Rice Krispies cereal
¾ C Milk	½ C Finely shredded or grated Parmesan Cheese

### **Cooking Instructions:**

Place half of the bread pieces in 12x7-1/2 x2 inch (2qt.) glass baking dish coated with Cooking spray. Sprinkle with ham and cheddar cheese. Arrange remaining bread piece on top. In medium bowl stir together egg, milk, sage, salt and pepper. Pour over bread mixture in dish. Cover and Refrigerate for 4 to 24 hours. Sprinkle with kelloggs Rice Krispies cereal. Lightly press cereal into bread mixture. Sprinkle with Parmesan cheese. Bake at 325 degrees F about 70 minutes or until knife inserted in center comes out clean. Let stand for 5 minutes. Cut into squares and serve.





## Training Opportunities:

**Computer training on Web kids will be on February 17th from 6:30pm-8:30pm**

**Location: CACFP office on the NW side of the building at 1914 carpenter in Des Moines.**

**Call Carol Rainforth [515 246 3561] for workshops available through CCR&R**

**Call Pam [515 286-2136] for workshops available through CACFP**

**CACFP requires 1 ½ hours of training that must be completed by September 30th each program year (October – September).**

**The State (DHS) requires 12 hours of training that must be completed for each of the 2 years of registration.**

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CACFP Staff phone numbers and e-mail address:

Please contact Pam with CACFP questions or to have forms mailed to you.

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**Don't Forget:**

It's always nice to hear from our providers over the phone, however, we print and document our correspondence. At the end of your e-mail please include your name, so that we can file them correctly.

place your e-mails in your file to

**January** food sheets are due February 5<sup>th</sup>

**WebHX** claims are due the 5<sup>th</sup>

Claims received on the 6<sup>th</sup> or after are a late claim

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Checks for the January reimbursements will be mailed no later than February 18, 2009



**Holidays eligible for reimbursement:**

**Martin Luther King Jr. Day – January 19, 2009**

**Presidents Day – February 16, 2009**

**Veterans Day – November 11, 2009**

Remember to call in a couple of days before each Holiday and let CACFP know that you are working on the holiday and complete the Parent signature form and turn it in with the claim for the same month

