



North Carolina Division of Child and Family Well-Being  
 Community Nutrition Services Section  
 Child and Adult Care Food Program  
[www.ncdhhs.gov/nccacfp](http://www.ncdhhs.gov/nccacfp)

January/February 2024  
 Volume 5, Issue 1



# The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

Hello CACFP Family,

Happy New Year! Can you believe it is already 2024? The past year truly flew by. I hope you all have had a wonderful start to the new year. I am sure by now your new year’s resolutions are in full swing, as well as your record renewal for fiscal year 2024. The deadline of February 29<sup>th</sup>, 2024, is fast approaching, so please keep working diligently on updating your record in NC CACFP CONNECTS.

I am sure this renewal process has brought up a few questions, especially about navigating our new system. If you attended recent Monthly Institution Calls you may have heard some common concerns from the State agency as records are being submitted for approval. See page 7 for a review of those concerns and tips for how to complete your record renewal. Don’t forget to follow the FY 2024 Guide for Record Renewal for your institution type and the NC CACFP CONNECTS Institution User Manual for further assistance.

Don’t worry, this issue of the NC CACFP Messenger holds more than just Record Renewal details. Take some time to enjoy reading through all of the fun announcements, resources, and recipes below! I am sure it will be a welcome break from the business of the new year. Keep up with those new year’s resolutions and have a wonderful 2024!

In appreciation,

Cassandra Williams  
 CACFP Manager

## Inside this issue

[Announcements ..... 2](#)  
[Resources ..... 3](#)  
[Meet Your State Agency Staff ..... 4](#)  
[Go NAPSACC ..... 5](#)  
[What’s Happening in February ..... 6](#)  
[Record Renewal FAQ ..... 7](#)  
[NC Medical Expansion ..... 8](#)  
[CACFP Standardized Recipe ..... 10](#)

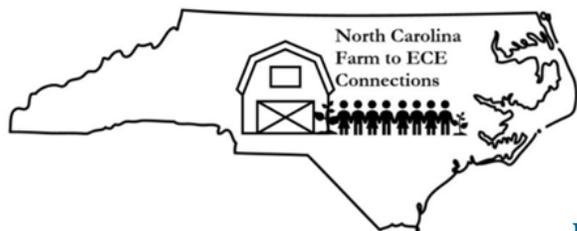
## Reminders

- **Friday, February 2 and March 1, from 1 to 2 PM**—next two State agency monthly calls with CACFP Institutions ([click here](#) to join)
- **Thursday, February 29, 2024**—last day to submit December 2023 claims
- Check out our seasonal recipe for Chicken With Veggie Couscous on [page 10](#)



## Announcements

**NC Farm to ECE Mapping System:** Farm to Early Care and Education (ECE) programs have been proven to boost children's vegetable and fruit intake. The North Carolina CACFP, Division of Public Health, and NC Farm to Preschool



Network are looking into the possibility of a Farm to ECE interactive statewide mapping system to connect childcare providers and farmers for easier purchasing or selling of local foods. Your input is important. Click [here](#) to complete a short survey and let us know if the map would be helpful to you.

## Policy Memos

**CACFP 01-2016 – Revised: Procuring Local Meat, Poultry, Seafood, Game, and Eggs for Child Nutrition Programs.** FNS is updating questions six, seven, and eight on page eight (indicated with asterisks) to better reflect opportunities to access domesticated and wild game animals including buffalo as well as other minor technical updates throughout. The responses to these three questions remind Child Nutrition Program (CNP) operators to comply with all applicable Federal, State, and local (including Tribal) laws and regulations. For more information, read the memo [here](#).

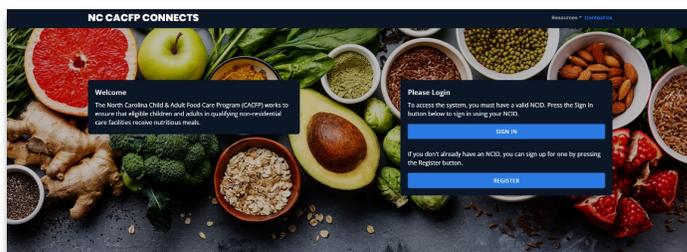
**CACFP 02-2024 – Revised: Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program.** This memorandum provides updated guidance on crediting tofu and soy yogurt products in the Child and Adult Care Food Program. This memorandum supersedes SP 53-2016, CACFP 21-2016 *Crediting Tofu and Soy Yogurt Products in the School Meal Programs, Child and Adult Care Food Program*. For more information, read the memo [here](#).

**SP 03-2024 - Child Nutrition Program Integrity Final Rule: Administrative Review and Food Service Management Company Review Cycles.** The purpose of this memorandum is to provide additional information on the 5-Year Review Cycle provision of the Child Nutrition Program Integrity final rule. For more information, read the memo [here](#).

**SP 04-2024 - Child Nutrition Program Integrity Final Rule: State Agency Discretion for Repeat Meal Pattern Violations Fiscal Action.** The purpose of this memorandum is to remind State agencies of discretionary and required fiscal action for meal pattern violations, including the new provision of the Child Nutrition Program Integrity final rule. For more information, read the memo [here](#).

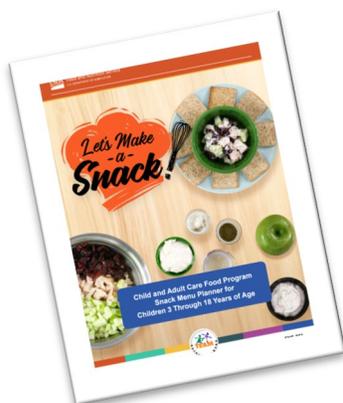
## Reminders

**FY 2024 Record Renewal Approval Deadline is Thursday, February 29, 2024.** Please note the email account, [NCCACFPCONNECTS@dhhs.nc.gov](mailto:NCCACFPCONNECTS@dhhs.nc.gov), is deactivated effective November 3, 2023. General questions regarding the CACFP should be sent to the Field Service Specialist. Questions regarding Record Renewal should be sent to the Renewal App Specialist.

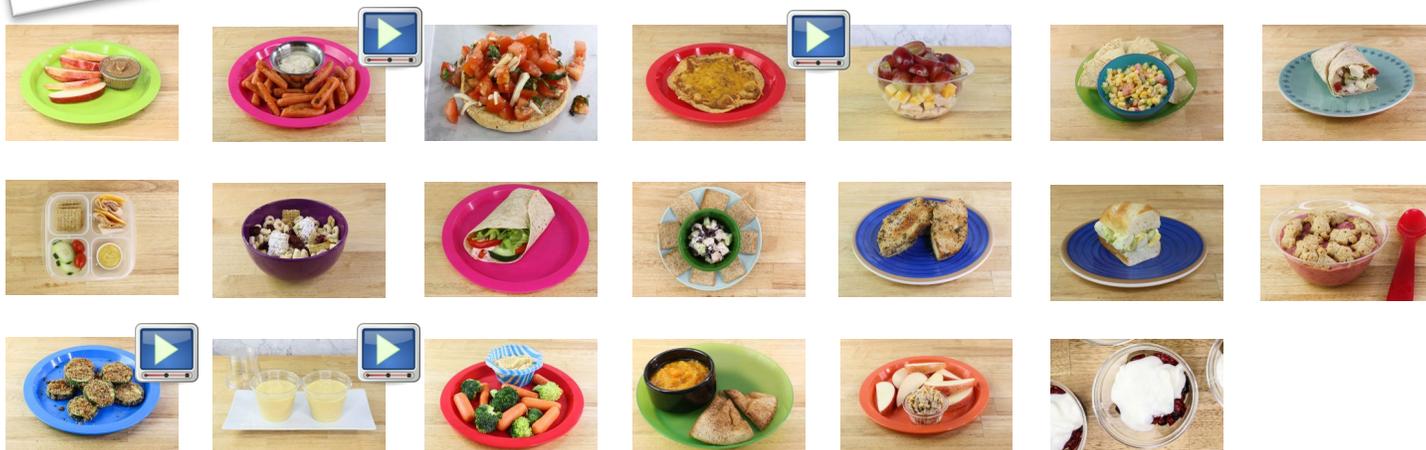


**On-Demand FY 2024 Record Renewal Training:** Pre-recorded trainings for ICs, SOs, and SFA-ARAMs are available. This on-demand course must be completed by institutions who were unable to attend the live FY 2024 Record Renewal Trainings held this past September and October. Once an institution has completed this training in full (time is tracked) and has submitted an evaluation survey, they will receive a certificate of attendance. Be sure to upload the certificate into NC CACFP CONNECTS with your record renewal. If you attended a live training and would like a refresher on the FY 2024 Record Renewal process, you are welcome to take this on-demand course. Visit the [Training page](#) of the NC CACFP website to view the prerecorded training for your institution type. Important note: FY 2024 Record Renewal Training is separate from NC CACFP CONNECTS Orientation Training. Both trainings are required.

## Resources



On December 1, 2023, USDA's Team Nutrition announced that **the revised version of the "Let's Make a Snack! Child and Adult Care Food Program Snack Menu Planner for Children 3 Through 18 Years of Age"** is now available in [English](#) and [Spanish](#). This easy-to-use menu planner and recipe booklet is designed for CACFP operators that provide snacks for children 3–18 years of age. It includes sample menus, checklists, menu planning activities, and 20 USDA standardized snack recipes (e.g., Apples and Almond Butter, Cheesy Bean Tostada, Deli Bento Box, and Herb Bagel Bites). The recipes with the  icon below have cooking videos that demonstrate the quick-and-easy preparation of the recipe. Try these easy and tasty recipes and make snack time more fun!



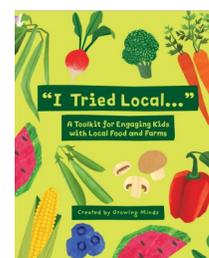
USDA's Team Nutrition has revised their *Team Nutrition* publications to assist Child Nutrition Program operators with serving meals in their programs. The resources have been updated to remove guidance related to the COVID-19 pandemic, update images, and reflect the current USDA logo and Team Nutrition URL. These publications are also available in Spanish. Check out these helpful CACFP resources: [Methods for Healthy Cooking](#) and [Serving Adult Participants in the USDA Child and Adult Care Food Program](#).



[Carolina Hunger Initiative's Nutrition Education Tools](#) include MyPlate education resources, free cooking classes, recipes, and more for teachers, children, families, and nutrition professionals. Explore the *Harvest of the Month* series for fruit and vegetable recipes, activities, videos, etc.!

### Free Webinars!

- [Food Program Fun: CACFP Week At-a-Glance](#), Thursday, February 8, 2:00 pm – 2:30 pm EST. The CACFP brings healthy foods to children and adults across the country. Learn how you can celebrate and raise awareness of the program within your network during CACFP Week coming up March 10 – 16, 2024.
- ["I Tried Local..."](#), Tuesday, February 20, 3:00 pm EST. Growing Minds Farm to School Program launched their new resource: ["I Tried Local..." A Toolkit for Engaging Kids with Local Food and Farms](#). The Toolkit is for use in early care and education (ECE) through second grade and offers curriculum alignment. The training will explore the different components of the Toolkit, hear success stories from farm to school champions across the state, and brainstorm ways you can start using the Toolkit in your classroom.



## Meet Your State Agency Staff Leeya Uslan and SaMonya McGirt

**Leeya Uslan: Business Officer/Record Renewal  
1<sup>st</sup> Party Reviewer**  
**Region: Raleigh**

- **My favorite foods are...**Açaí bowls, Hawaiian poke, spicy Korean stews & squid stir fry, and anything homemade with a lot of love!
- **My favorite place and/or activity/event in North Carolina is...**Aloha Safari, State Farmer's Market, Duke Gardens, Shackleford Banks (so far!)
- **My favorite part of my job has been...**joining this wonderful team in their shared mission to grow access to nourishing meals for families & individuals all across the state.
- **The best tip I have for success in the CACFP is...**be thorough, inquisitive, solution-oriented, service-oriented, listen & communicate well, and most of all, make it a daily goal to cultivate meaningful connections, sharpen your skills, and add value to the space!



**SaMonya McGirt: Administrative Specialist I**  
**Region: Wake County**

- **My favorite food is...**sushi
- **My favorite place and/or activity/event in North Carolina is...**the NC State Fair
- **My favorite part of my job is...**how friendly and supportive everyone is.
- **The best tip I have for success in the CACFP is...**always ask questions even if you feel like it's self-explanatory, you never know!



# Go NAPSACC



## COVID-19 and Its Impact on Oral Health

The COVID-19 pandemic has had grave impacts on our lives. There are the effects on our mental health, children’s social-emotional development, the supply chain, and our workforce – to name a few. It has also affected our nation’s oral health. There was an overall [decrease in preventative care visits](#), which can lead to increased cavities or worsening periodontal illness. [Data from 2021-22](#) showed “75% of U.S. children ages 1 – 17 received preventative dental care.” This means that in the U.S. 1 out of every 4 children ages 1 – 17 *didn’t* receive dental care.



Children’s access to preventative dental care is likely to be determined by their race, ethnicity, special health care needs, family socioeconomic status, and other demographic factors. North Carolina had a slightly higher percentage with 77% of children in this age group receiving preventative dental care ([National Survey of Children’s Health](#)).

Untreated dental problems can be painful and affect children’s ability to eat, sleep, and play. This affects their development and learning. Early Care and Education (ECE) programs can play a pivotal role in educating children on how to care for their

teeth, setting healthy habits for the future, and connecting families to dental care. [Go NAPSACC](#) is a free tool in North Carolina that can provide ECE programs with ideas on how to include more oral health practices in their program. Go NAPSACC allows programs to assess their current practices in Oral Health (along with six other health modules), create plans for change, access resources to assist in that change, and view free, on-demand DCDEE-approved trainings. Educators can easily download resources to share with their families. Together we can add to children’s smiles in North Carolina!



[Go NAPSACC](#) offers free accounts for North Carolina ECE programs. Access free DCDEE-approved on-demand trainings, the Tips & Materials library, and more. To get involved, fill out the [Go NAPSACC Interest Survey](#).

Get started with free Go NAPSACC oral health trainings and these [children’s books about oral health!](#)

### Oral Health Books for Children

**Oral Health Care**  
Highly Recommended  
*Brush, Floss, and Rinse: Caring for Your Teeth and Gums\**  
Amanda Doering, Tourville, Picture Window Books, 2009

*Ready, Set, Brush*  
Sesame Street, Readers Digest Children’s Books, 2008

*Brushing Teeth*  
Mari Schuh, Capstone Press, 2008

*Toothful Tales: Becoming My Cavities Free*  
Janelle Flannery Courstad, DDS  
Mentors International Publications, 2015

**Recommended**  
*Brush, Brush, Brush!*  
Alicia Padron, Scholastic, 2010

*Brush Your Teeth Please*  
Leslie McQuire, Studio Fun, 2015

*Flossing Teeth\**  
Mari Schuh, Capstone Press, 2008

*Pony Brushes His Teeth*  
Michael Dahl, Picture Window Books, 2013

*Have You Ever Seen a Moose Brushing His Teeth?*  
Jamie McCline, JAFS Inc., 2003

**Visiting the Dentist**  
Highly Recommended  
*At the Dentist\**  
Mari Schuh, Capstone Press, 2008

*Going to the Dentist*  
Anne Cwaid, Usborne, 2010

*Dentists Help*  
Dee Ready, Capstone Press, 2013

**Dentists**  
Kristin L. Nelson, Lerner Publishing Group, 2005

**Recommended**  
*Man Goes to the Dentist\**  
Adria F. Klein, Picture Window Books, 2006

*My Dentist, My Friend*  
P. K. Hallinan, Ideals Children’s Books, 2002

*A Visit to The Dentist’s Office*  
Patricia J. Murphy, Capstone Press, 2005

*A Day in the Life of a Dentist*  
Heather Adamson, Capstone Press, 2004

*The Berenstain Bears Visit the Dentist*  
Stan and Jan Berenstain, Random House, 1981

**General Information About Teeth**  
Highly Recommended  
*Loose Teeth\**  
Mari Schuh, Capstone Press, 2008

**Mouth\***  
Cynthia Klingel and Robert B. Noye, Gareth Stevens Publishing, 2010

*I Know Why I Brush My Teeth*  
Kate Rowan, Scholastic, 2000

**Recommended**  
*All about Teeth\**  
Mari Schuh, Capstone Press, 2008

*Snacks for Healthy Teeth\**  
Mari Schuh, Capstone Press, 2008

*The Tooth Book*  
Dr. Seuss, Random House, 2003

The book list and additional information about each book is available at <http://guides.holmlibrary.org/dentistry/DentalBooksForChildren>

\*Original authors also available

UNIVERSITY of MARYLAND  
MIDDLEBURY COLLEGE  
Maryland Dental Action Coalition

## What's Happening in February



### National Children's Dental Health Month

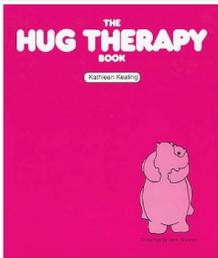
February is National Children's Dental Health Month (NCDHM)! What started as a small, one-day event in Ohio is now a nationwide, month-long observance. NCDHM has grown in leaps and bounds since 1941 and now reaches communities and armed service bases across the country. The purpose of National Children's Dental Health Month is to promote good oral health and encourage healthy habits that last a lifetime. This year's theme is "Healthy Habits for Healthy Smiles." Be sure to check out the American Dental Association's [website](#) to learn more about NCDHM and explore posters, activities sheets for kids (available in English and Spanish), and more!

**American Heart Month:** February is American Heart Month, during which we are encouraged to protect ourselves against heart disease. As child and adult care providers, you spend a lot of time and energy seeing to the needs of those in your care. This month is a reminder to take care of your health, too! The CACFP meal patterns help to ensure meals served are filled with healthy grains, vegetables, fruits, low-fat dairy, and lean meats. Did you know that including these foods as part of a healthy lifestyle can help [prevent heart disease](#)? Learn more about heart health [here](#).



**For Our Health:** [National Wear Red Day](#), the first Friday of February, helps raise awareness of heart health. February is also a month for the romantic to celebrate Valentine's Day.

All the hearts around and love in the air could get us thinking about the people we hold close to our hearts (not just romantically). It reminds me of one of my favorite childhood books, "The Hug Therapy Book" by Kathleen Keating.



Author, Kathleen Keating, says, "Hug Therapy is not just for the lonely or hurting ones. Hug Therapy can make the healthy healthier, the happy happier, and the most secure among us feel even more so. Hugging is for everybody. Anyone can be a Hug Therapist."

Keating says hugs are good for our hearts and our physical and mental health. So, go celebrate the month of February by opening your arms, hugging someone, and improving your health and happiness! (Karen Lainez Rubi, Supervisor – Nutrition, Training, and Policy Team)

**Black History Month:** Black History Month is a time to honor the achievements and contributions of African Americans throughout U.S. history. This year's theme is [African Americans and the Arts](#). All ages can take part in celebrating this important month by exploring books, paintings, movies, plays, etc. by black writers and artists. There are even [online resources](#) available to help plan activities and curriculum for child care programs. It can also be fun and delicious to learn more about traditional [African foods](#) (culinary arts) and to incorporate [Multicultural Child Care Recipes From Africa](#) from USDA's Team Nutrition to your menus.



# Record Renewal FY 2024 - Frequently Asked Questions and Common Findings

With this year's Record Renewal in full swing, the State agency has created a list of common findings to assist institutions as they continue to work on their record renewal. Remember, if you have a question that is not addressed here, please reach out to your Renewal App Specialist who is responsible for reviewing your FY 2024 Record Renewal.

| Management Plan Section   |   |
|---|---|
| Questions   | Comments  |
| Describe the process used to collect and verify enrollment information and ensure it is on file for all participants. (if applicable) | Please ensure that complete answers are provided for questions that require an open-ended, written response. Make sure to include "who, what, when, where, and how" in each of these responses.   |
| Describe the institution's process of accountability for all funds and property received, held, and disbursed.                        | Please make sure that question number five in the "Financial Viability" tab of the Management Plan Section is answered fully. The process of accountability for all funds and property received, held, and disbursed must be described. |

## Documents Sections

- Under the Required Documents for **Budgets**, institutions may see both the 2022-2023 and 2023-2024 budgets. Please make sure you are completing the **2023-2024** budget for FY 2024.

| Required Documents  |               |                          |   |                          |                |        |                     |               |  |
|---|---------------|--------------------------|---|--------------------------|----------------|--------|---------------------|---------------|--|
| Rows per page: 10   1-4 of 4   < > >>   |               |                          |   |                          |                |        |                     |               |  |
| Actions   | Category      | SubCategory              | Document Name                             | On File                  | Date Submitted | Status | Frequency           | Next Due Date |  |
|      | Budget Record | Independent Institutions | 2022-2023 EZ Independent Centers          | <input type="checkbox"/> |                |        | Fiscal Year Renewal |               |  |
|      | Budget Record | Independent Institutions | 2022-2023 Full Independent Centers        | <input type="checkbox"/> |                |        | Fiscal Year Renewal |               |  |
|      | Budget Record | Independent Institutions | 2023-2024 EZ Independent Center Budget    | <input type="checkbox"/> |                |        | Fiscal Year Renewal |               |  |
|      | Budget Record | Independent Institutions | 2023-2024 Full Independent Centers Budget | <input type="checkbox"/> |                |        | Fiscal Year Renewal |               |  |

- There are two ways to submit a document for State agency review:

(1) You can click the green checkmark on the row with the document.



(2) Or, you can select **SUBMIT** on the **Document Details** screen.

**Affirmation**

The Institution certifies that the information in this Institution Record is true and correct, and that the Institution will immediately report to the NC Department of Health and Human Services any changes that occur to the information submitted. The Institution understands that deliberate submission of false information on the Institution's record may result in the denial of the record or termination of the agreement (as applicable) and disqualification of the Institution, the responsible principals, and the responsible individuals from the CACFP program.

**Required Documents**

**Documentation Details**

Document Requirement Name: Attachment D-Sole Proprietors

Description: Attachment D-Sole Proprietors

Submission Frequency: Does not Expire

Download Form / Template Instructions / Sample

**Current Documentation on File**

Text Document.pdf

Submitted By: Ashley Smith

Submitted On: 07/13/2023 06:04 PM

Effective Date: 07/13/2023 06:04 PM

Approved By:

Approved On:

Status: Draft

Updated By:

Last Update Date:

Expiration Date: N/A

Either way, you must certify your submission by clicking the certification box and selecting **SUBMIT**.

## More people can now get health care coverage through Medicaid.

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**Starting Dec. 1, 2023, more people can now get health care coverage through Medicaid.** Medicaid covers people ages 19 through 64 years with higher incomes. North Carolinians may be able to get health care insurance through Medicaid even if they haven't qualified before.

Medicaid pays for doctor visits, yearly check-ups, emergency care, mental health services and more – at little or no cost to beneficiaries.

Most people can get health care coverage through Medicaid if they meet the criteria below. If they were eligible for Medicaid prior to Dec. 1, 2023, they still are. To learn more, go to [Medicaid.nc.gov](https://www.Medicaid.nc.gov).

- Live in North Carolina
- Age 19 through 64
- Are a citizen. Some non-U.S. citizens can get health care coverage through Medicaid. To learn more, go to [Medicaid.nc.gov](https://www.Medicaid.nc.gov).
- Have a household income that is below 138% of the federal poverty level. That's about \$20,000 for a single adult or about \$34,000 for a family of three.

Apply for Medicaid online at [epass.nc.gov](https://www.epass.nc.gov). They can also submit a paper application or apply in person at their local Department of Social Services (DSS). Applications may take up to 45 days to process. Incomplete applications may take longer. To help the process go faster, people can:

- **Apply online at ePASS and provide all the information requested.** If the application is incomplete, it may take longer to process. DSS will need to follow up with the applicant.
- **Keep contact information up-to-date in ePASS, to receive all important information about Medicaid benefits.**
  - **Sign up for an enhanced ePASS account** to keep their information updated without having to contact the local DSS office.

To learn more, visit [Medicaid.nc.gov](https://www.Medicaid.nc.gov).

# Más personas ahora pueden obtener cobertura médica a través de Medicaid.

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**A partir del 1 de diciembre de 2023, más personas ahora podrán obtener cobertura médica a través de Medicaid.** Medicaid cubre a personas de 19 a 64 años con ingresos más altos de lo que se permitía antes. Es posible que personas de Carolina del Norte puedan obtener cobertura médica a través de Medicaid incluso si no han calificado antes.

Medicaid paga las visitas al médico, los chequeos médicos de rutina anuales, la atención de emergencia, servicios de salud mental y más, a bajo costo o sin costo para ti.

La mayoría de personas pueden obtener cobertura médica a través de Medicaid si cumplen con los criterios a continuación. Si eras elegible para Medicaid antes del 1 de diciembre de 2023, todavía lo eres. Para obtener más información, visita [MasMedicaid.nc.gov](https://www.MasMedicaid.nc.gov).

- Vivir en Carolina del Norte
- Tener entre 19 y 64 años
- Ser ciudadano. Algunas personas que no son ciudadanos estadounidenses son elegibles para obtener cobertura médica a través de Medicaid. Para más información, visita [MasMedicaid.nc.gov](https://www.MasMedicaid.nc.gov).
- Tener un ingreso familiar que esté por debajo del 138% del nivel federal de pobreza. Eso es alrededor de \$20,000 para un adulto soltero o alrededor de \$34,000 para una familia de tres personas.

Completa una solicitud para Medicaid en línea en [epass.nc.gov](https://www.epass.nc.gov). También pueden enviar una solicitud impresa o completar una solicitud en persona en la oficina local del Departamento de Servicios Sociales (DSS). Las solicitudes pueden tardar hasta 45 días en ser procesadas. Las solicitudes incompletas pueden demorar más. Para ayudar a que el proceso sea más rápido, las personas pueden:

- **Completar la solicitud en línea en ePASS y proporcionar toda la información que piden.** Si la solicitud está incompleta, puede llevar más tiempo procesarla. La oficina local del DSS se comunicará con el solicitante.
- **Mantener actualizada su información de contacto en ePASS para recibir toda la información importante sobre los beneficios de Medicaid.**
  - **Registrarse para obtener una cuenta de ePASS** mejorada para mantener su información actualizada sin tener que comunicarse con la oficina local de DSS.

Para aprender más, visita [MasMedicaid.nc.gov](https://www.MasMedicaid.nc.gov).



NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES



DEPARTAMENTO DE  
SALUD Y SERVICIOS  
HUMANOS DE  
CAROLINA DEL NORTE



# Chicken With Veggie Couscous

Couscous is a staple food commonly served in North Africa but also growing in popularity in France, Greece, Italy, Portugal, and Spain. It is traditionally steamed. The basket is placed atop the main dish and allowed to absorb the flavors as it cooks, producing a fluffy, flavorful side dish.

### CACFP CREDITING INFORMATION

1 drumstick, 1/3 cup (No. 12 scoop) mixed vegetables, and 1/4 cup (No. 16 scoop) couscous provides 1 1/2 oz equivalent meat, 1/4 cup vegetable, and 1/2 oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

| INGREDIENTS   | 25 SERVINGS       |               | 50 SERVINGS |               | DIRECTIONS  |
|---|-------------------|---------------|-------------|---------------|---|
|   | Weight            | Measure       | Weight      | Measure       |   |
|   |                   |               |             |               | 1 Preheat oven to 400 °F.   |
| Nonstick cooking spray  |                   | 1 spray       |             | 2 sprays      | 2 Coat two extra-large skilletts, a flat top, or a griddle with nonstick cooking spray. Heat on medium-high heat. |
| Chicken drumsticks, with bone and skin, raw (about 3.7 oz each) | 5 lb<br>12 1/2 oz | 25 drumsticks | 11 lb 5 oz  | 50 drumsticks | 3 Brown chicken on all four sides, about 2–3 minutes per side.  |
|   |                   |               |             |               | 4 Remove chicken from heat and place on a sheet pan. Remove skin, cover, and set aside.                           |

| INGREDIENTS   | 25 SERVINGS     |              | 50 SERVINGS      |              | DIRECTIONS  |
|---|-----------------|--------------|------------------|--------------|---|
|   | Weight          | Measure      | Weight           | Measure      |   |
| Canola oil  |                 | ¼ cup        |                  | ½ cup        | <p><b>5</b> Roast vegetables: In a large bowl toss oil, spices, carrots, and onions. Transfer to steam table pan (12" x 20" x 4"). Spread seasoned vegetables in a single layer in the steam table pan.</p> <p>For 25 servings, use 1 pan.<br/>For 50 servings, use 2 pans.</p> |
| Coriander, dried, ground                              |                 | 1 Tbsp 1 tsp |                  | 2 Tbsp 2 tsp |   |
| Cumin, dried, ground                                  |                 | 1 Tbsp 1 tsp |                  | 2 Tbsp 2 tsp |   |
| Ginger, dried, ground                                 |                 | 1 Tbsp 1 tsp |                  | 2 Tbsp 2 tsp |   |
| Cinnamon, dried, ground                               |                 | 2 tsp        |                  | 1 Tbsp 1 tsp |   |
| *Carrots, fresh, peeled, ¼" diced                     | 1 lb 5 oz       | 1 qt ¾ cup   | 2 lb 10 oz       | 2 qt 1 ½ cup | <p><b>6</b> Roast uncovered in the oven until vegetables start to become tender, about 20 minutes. Remove from the oven. Do not turn oven off.</p>  |
| *Onions, fresh, peeled, ¼" diced                      | 1 lb 1 oz       | 1 qt ¼ cup   | 2 lb 2 oz        | 2 qt ½ cup   |   |
| Lemon juice, fresh squeezed, seeds removed or bottled |                 | 1 cup        |                  | 2 cup        | <p><b>7</b> For 25 servings, mix lemon juice and 1 qt chicken broth together in a medium stockpot.</p> <p>For 50 servings, mix lemon juice and 2 qt chicken broth together in a large stockpot.</p> <p>Reserve remaining chicken broth for step 10 to cook the couscous.</p>    |
| Chicken broth, low-sodium                             | 64 fl oz (4 lb) | 2 qt         | 128 fl oz (8 lb) | 4 qt         |   |
|   |                 |              |                  |              |   |



| INGREDIENTS                                  | 25 SERVINGS |                     | 50 SERVINGS |                    | DIRECTIONS  |
|--|-------------|---------------------|-------------|--------------------|---|
|  | Weight      | Measure             | Weight      | Measure            |   |
| Olives, ripe, black, canned, drained, sliced | 4 oz        | 1 cup               | 8 oz        | 2 cup              | <p><b>8</b> Bring to a boil on medium-high heat, continue boiling for 5 minutes to reduce a small portion of the liquid. Remove from heat and pour the liquid over the partially roasted carrots and onions. Stir in olives.</p>  |
|  |             |                     |             |                    | <p><b>9</b> Place 25 chicken legs in each steam table pan with the vegetables and reduced liquid. Place steam table pan(s) back into the 400 °F oven and bake uncovered for 40–45 minutes.</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>   |
| Couscous, uncooked                           | 12½ oz      | 2 cup               | 1 lb 9 oz   | 1 qt               | <p><b>10</b> Prepare the couscous: In a large saucepan, add 1 quart chicken broth. Bring to a boil on medium-high heat on the stove. Stir in couscous and remove from the heat. Cover and let stand for 15–20 minutes. When done, couscous will be soft.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p> |
| Mint leaves, fresh, chopped                  |             | 2 Tbsp OR 25 leaves |             | ¼ cup OR 50 leaves | <p><b>11</b> Fluff couscous with a fork and gently stir in the mint.</p>  |
|  |             |                     |             |                    | <p><b>12</b> Serve 1 drumstick with ⅓ cup ( No. 12 scoop) mixed vegetables and ¼ cup (No. 16 scoop) couscous.</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>  |
|  |             |                     |             |                    |   |
|  |             |                     |             |                    |   |



**NUTRITION INFORMATION**

For 1 drumstick, 1/3 cup (No. 12 scoop) mixed vegetables, and 1/4 cup (No. 16 scoop) couscous.

| NUTRIENTS                 | AMOUNT        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>166</b>    |
| <b>Total Fat</b>          | <b>6 g</b>    |
| Saturated Fat             | 1 g           |
| Cholesterol               | 39 mg         |
| <b>Sodium</b>             | <b>120 mg</b> |
| <b>Total Carbohydrate</b> | <b>14 g</b>   |
| Dietary Fiber             | 2 g           |
| Total Sugars              | 2 g           |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>15 g</b>   |
| Vitamin D                 | N/A           |
| Calcium                   | 29 mg         |
| Iron                      | 1 mg          |
| Potassium                 | N/A           |

N/A=data not available.

**MARKETING GUIDE**

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Carrots               | 1 lb 10 oz  | 3 lb 3 oz   |
| Mature onions         | 1 lb 4 oz   | 2 lb 7 oz   |

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**Variations**

If chicken is frozen, defrost in the refrigerator. Hold raw chicken at 40 °F or lower.

Add hot chili sauce if desired. The addition of hot chili sauce will increase the amount of sodium in the recipe.

Traditionally couscous is cooked over broth and vegetables or water but for ease of preparation in the CACFP the cooking method was modified.

When taking temperature of raw chicken, do not touch the bone as it is hotter than the meat.

**YIELD/VOLUME**

| 25 Servings  | 50 Servings   |
|--|---|
| 3 lb 14½ oz chicken legs, 3 lb 14 oz mixed vegetables, 2 lb 5½ oz couscous | 7 lb 13 oz chicken legs, 7 lb 12 oz mixed vegetables, 4 lb 11 oz couscous |
| 25 chicken legs, 2 qt 1/3 cup mixed vegetables, 1 qt 2¼ cup couscous       | 50 chicken legs, 1 gal 2/3 cup mixed vegetables, 3 qt 1/2 cup couscous    |

