

# What's Cookin'

## June 2015

Volume 29, Number 6

*I need to confess.....I have been so busy with everything else that this **is not** a picture of **my** flower bed. My perennials are trying very hard to fight back the weeds every day. Oh well, sometimes the weeds win.*

*School is out soon for everyone! Please remember to **indicate the last day of school** on your menu records. School age children can then be claimed without any further documentation until school starts again in August. Please remember to let CNS staff know if you are away from your home with the children at a meal time. We hope you will take advantage of all the summer activities available to you with camps, zoo trips and park visits, just please keep us informed so we can get the required visits at your home.*

*Holiday forms must be received at CNS by Saturday, June 27th to claim meals on July 4th.*

*Annual trainings have been mailed to everyone who didn't have the opportunity to complete one at the Spring Workshops. This form is **required** and **must be returned to CNS ASAP!***

*No matter how busy you are: menus and attendance must still be maintained on a daily basis. There is not a 24 hour grace period—all records are required to be complete at the end of the business day.*

*Enjoy your summer!*

*Jody*



## Summer Squash: Stuff It, Bake It, Grill It

When it comes to summer squash, such as zucchini, patty pans and yellow crooknecks, you have options. You can stuff it, bake it, steam it or grill it. Get creative cooking this vegetable and make it a fun activity to prepare with kids. With many health benefits, summer squash is low in calories (20 calories in ½ cup) and a great source of vitamin C (½ cup provides 15 percent of the daily recommended amount). It's also a good source of vitamin A, dietary fiber and potassium.

Since different varieties of squash are similar in texture, they can be swapped out for one another in recipes. Here are a few ideas about how to incorporate summer squash into your menu.



- *Grate it and bake with it.* Summer squash can be used in pancakes, muffins, breads and cakes.
- *Stuff it.* Summer squash can be stuffed with meat or used as a boat for any baked side dish.
- *Grill it.* Cut into length-wise strips and place directly on the grill or cook smaller pieces in tin foil.

When selecting summer squash, keep in mind that young, smaller squash tend to have more flavor. Summer squash can be stored in a plastic bag in the refrigerator for up to one week.

Credit: [www.eatright.org](http://www.eatright.org)

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**Fantastic Book Display at Anine Booton's daycare home in Lincoln.! Her books and activities all fit the curriculum for April. What a wonderful sight to greet the parents each day as they arrive.**



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As stated above, all protected bases do not apply to all programs, "the first six protected bases of race, color, national origin, age, disability and sex are the six protected bases for applicants and recipients of the Child Nutrition Programs.

## June 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Claims Due	6
7	8	9	10	11	12	13
14 	15	16	17 Checks Mailed	18 Bank Transfers	19	20
 HAPPY FATHER'S DAY	22	23	24	25	26	27 Holiday Forms Due!
28	29	30	Mail, fax, scan and email, photo, or submit claim on-line on your last day of care for the month!			