



MAKING CHANGE HAPPEN

IT'S ANNUAL TRAINING TIME!!

Georgia Nutritional Services Inc. has locked in the Child and Adult Centers Annual Training Date.

THERE WILL **NOT** BE A MAKE-UP TRAINING!!
BEGIN TO MAKE ARRANGEMENTS FOR SATURDAY,

OCTOBER 26, 2019

10 AM – 4 PM

ROCKDALE CAREER ACADEMY

1064 Culpepper Drive, SW

CONYERS, GA 30094

(770) 388-5677



AT RISK ANNUAL TRAINING!!

BEGIN TO MAKE ARRANGEMENTS FOR TUESDAY,

OCTOBER 29, 2019

10 AM – 1 PM

GEORGIA NUTRITIONAL SERVICES

883 COMMERCE DRIVE, SW

CONYERS, GA 30094

(470) 419-4674

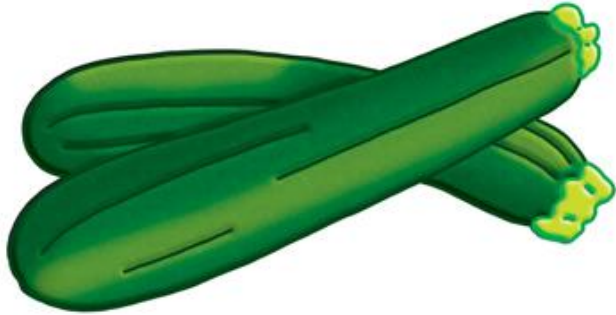
We are investing in
YOU!

Effective October 1, 2019, we will no longer be using Minute Menu for CACFP claiming.

We are transitioning to a new and better way of maintaining CACFP compliance. Be on the look out for something spectacular!!

Please submit September 2019 claim packet to GNSI office as usual. All centers will be provided with their October Weekly Attendance sheets as well as October Sign in and Out Sheets if applicable. Continue to maintain record keeping requirements as members of our GNSI team will be in contact with you throughout transition.

Pursuant to Policy CACFP/01-13 Effective October 1, 2019 CACFP meals can only be claimed for children enrolled in the center or day care home. As a reminder, a child is considered enrolled when a current document is signed and dated by a parent or legal guardian, and is available, accurate, and confirms the child ate at least one meal during the claim month. *Children with no IES and or enrollment form on file will not be eligible for reimbursement.



ZUCCHINI

Baked Zucchini “Fries”

INGREDIENTS

- 3 medium zucchini sliced into 3" x 1/2" sticks
- 1 large egg white
- 1/3 cup seasoned bread crumbs
- 2 tbsp Parmesan Cheese
- cooking spray
- 1/4 tsp garlic powder
- salt
- fresh pepper

INSTRUCTIONS

1. Preheat oven to 425°.

2. In a small bowl, beat egg whites and season with salt and pepper. In a ziplock bag, place breadcrumbs, garlic powder and cheese and shake well. Spray cookie sheet with cooking spray and set aside.

3. Dip zucchini sticks into eggs then into bread crumb and cheese mixture, a few at a time and shake to coat. Place the breaded zucchini in a single layer and spray more cooking spray on top. Bake at 425° for about 20-25 minutes, or until golden brown. Serve with 1/2 cup marinara sauce for dipping (.5 pt)



The Girl Who Ate Everything