



Seasonal Recipe

Turkey Time Roll-Ups

Makes 6 servings

Ingredients:

- 1 Flour Tortilla per child
- 1 Lb. Finely Chopped Roast Turkey Breast
- 1 Cup Jellied Cranberry Sauce
- 3 Cups Mashed Butternut (Winter) Squash
- Romaine Lettuce Leaves

Directions:

To meet nutritional requirements for lunch (children 1-2 years must have 1 oz. turkey, 1/8 cup of the squash) (children 3-5 years must have 1 1/2 oz's. of turkey, 1/4 cup of the squash) and (children 6-12 years must have 2 oz's. turkey, 1/2 cup of the squash). Additionally, you can use the small flour tortilla's for children 1-5 years old, and the larger flour tortillas for children 6-12 years old.

1. Warm the flour tortillas, turkey breast, mashed squash and cranberry sauce. Separately.
2. Lay out each flour tortilla. Measure and spread 2 tablespoons of cranberry sauce on each one.
3. Measure out correct serving amount of squash per info above on each tortilla and spread over the cranberry layer.
4. Measure out the correct serving amount of chopped turkey per the info above and spread over the squash layer.
5. Remove the center rib of the Romaine lettuce and place it over the turkey.
6. Roll the tortilla to make a roll-up .

This recipe counts towards 3 meal components at lunch/supper (Tortilla=bread, squash=vegetable, and turkey=meat), to be a fully creditable meal, you must add a side fruit or vegetable and milk.

Additionally, children 1-2 years may not be developmentally ready for roll-ups, roll-up ingredients can be given separately.

Training for 2018/2019 Available!

The PRI trainings for October 2018-September 2019 are:

Nutrition (2 hours): "Great Grains"

Food Safety/Sanitization (2 hours): "Health & Safety"

Recordkeeping: (2 hours): "USDA Meal Pattern Changes"

Your PRI Monitor has received and will be giving you copies of the trainings during the first round of food reviews between October-January depending on your food review month. We currently have the trainings in English and Spanish available, and are working on the translation for the Portuguese versions.

If you prefer to do your training online, the online version should be posted by November 1, 2018. Please make sure that you select the trainings that state FY 2019.

Log into to: www.ProviderResources.org and follow the prompts to create an account. If you need a step by step guide, call the office and we will send one to you.

If you have previously taken PRI's trainings online your account is already set-up, you just need to log in, it does not change from year to year.

We appreciate when providers complete the trainings as they receive them as it takes PRI time to log in, correct, and create certificates.

Additionally, many times the trainings are meant to help you understand any changes, so that you don't have any meal deductions.



Reminders

It is important to remember the meal pattern change on serving 100% fruit juice.

Infants birth-1 year are not allowed 100% juice
100% juice can only be served at one meal or snack per day for children 1-12 years old.

This change was made so that children will be given more whole fruit which provides more natural fiber in their diet. Excessive juice servings must be disallowed.



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