



Guilford Child Development  
1200 Arlington Street  
Greensboro, NC 27406

# News and View

Monthly Newsletter for Family Childcare Providers

## CACFP



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## Potato Salad

This potato salad is creamy with a blend of mayonnaise and mustard mixed in with potatoes, hard boiled eggs, celery, onions, and pickle relish. Served cold, this dish is paired well with chicken or other meats!



Preparation Time: 15 minutes    Cooking Time: 30 minutes  
Makes: 8 servings

### Ingredients

- 1 cup mayonnaise, low-fat
- 2 tablespoons yellow mustard
- 8 medium red potatoes (about 2 pounds)
- 3 Fresh large eggs, hard-cooked, chopped (optional)
- 1 cup celery, chopped
- ½ cup onion, finely chopped
- ¼ cup sweet pickle relish, undrained
- 1 teaspoon salt
- ½ teaspoon pepper

CACFP Crediting Information  
2/3 cup (No. 6 scoop)  
provides 1/2 cup of vegetable.

<https://www.fns.usda.gov/usda-standardized-recipe>

### Directions

1. To prepare sauce, combine mayonnaise and mustard in a small bowl. Mix well and refrigerate.
2. Wash potatoes, cut into bite-sized cubes and place in large pot. Cover with water about 1 inch above potatoes.
3. Bring water and potatoes to a boil and simmer until potatoes are fork tender.
4. Drain potatoes and set aside to cool.
5. When potatoes have cooled, place into a large bowl.
6. Add celery, onions, pickle relish, salt, and pepper to potatoes. Top with sauce and mix well.
7. Serve immediately or refrigerate until ready to serve.



Healthy Recipes for Child Nutrition Professionals

Visit here for more CACFP creditable recipes!

[https://theicn.org/cnr/recipes-cacfp-homes/?page\\_id=119354](https://theicn.org/cnr/recipes-cacfp-homes/?page_id=119354)

For more recipe ideas and to order a free recipe book go here:

<https://www.fns.usda.gov/tn/team-nutrition-recipes>

Menu documenting requirements: (manuals write on menu/KidKare make menu comments)

**Meat/meat alt**=must list the meat or meat alternate used. For example if you served lasagna, you would list ground beef/chicken/turkey or cheese as the meat/meat alt. Manuals, you would not write 'lasagna' on the meat line.

Hot Dogs/Corn Dogs/Fish/Luncheon meat etc...: you must write the brand name, for example: Ball Park 100% Beef; State Fair Corn Dogs; Whole piece Perch; Hillshire Farms Sandwich Ham etc...

**Cheese**= no imitation cheese slices/cheese food/processed cheese. Pimento cheese must be made with real cheese as first ingredient. Cheese slices must be 'real' cheese, not imitation cheese food. Write brand name, for example-Kraft cheese, Palmetto Pimento cheese, etc...

**Bread/grains**=all breads/grains claimed as WGR must have brand name/type on menus. For example, Sara Lee 100% ww slices; Thomas 100% WW English muffins; Mueller's 100% ww macaroni, etc...

Snack mix, party mix, trail mix etc...write what is in it, for example-party mix (peanuts, popcorn, rye crackers, chex cereal); trail mix (raisins, pretzel sticks, dried cherries) etc...

If you would rather, you can write a list of products served for the month and send that with menu instead of trying to write everything on your menu (manual) or make menu comments (KK).

**ALL** homemade products served require a recipe to be sent. Once we have a recipe on file, you will not need to send it again. If you make mac & cheese for lunch/dinner, your menu may look like this: (manual) **Meat/meat alt** kraft cheese (ROF) (KK) **Meat/meat alt** cheese (comment Kraft) (ROF)

Veg green peas

Veg green peas

Veg/Fruit applesauce

Veg/Fruit applesauce

Bread/Grain GV 100% ww macaroni

Bread/Grain macaroni (comment GV 100% ww )

Milk 1% milk

Milk 1% milk

IF you have already sent the recipe, you can write ROF (recipe on file) beside the cheese or the macaroni and we will know we already have your recipe. IF you have not already sent the recipe, then you will send it with your menu.

## Contact information

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442;
- or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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