



NEWS & EVENTS

Calculating Single-Serving Packages of Grains in the CACFP

If you're serving packages of grain-based snacks in your program, make sure you know how to credit them using ounce equivalents. This worksheet from USDA contains a handy measuring chart for common single-serving packaged grain items.



[Download the Worksheet in English and Spanish](#)

Have you registered for Annual Training?

Save
the
Date

Day Care Homes Training

October 9, 2021

Child and Adult Centers Training

October 16, 2021

At-Risk (After School) Centers Training

October 21, 2021

If you have not registered,
Please contact your GNSI consultant for registration details.

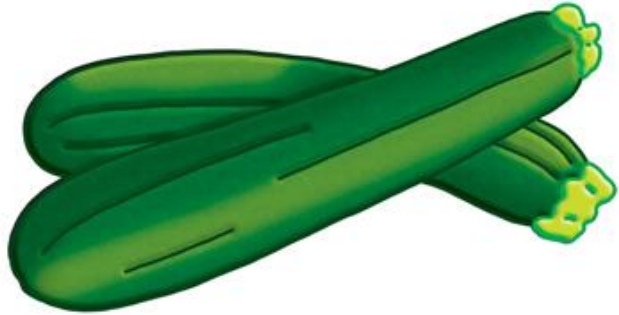
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Harvest of the Month™



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)