



GNSI Fall Holiday Hours:

- November 24, 2021- Half Day Close at 12:00 p.m.
- November 25, 2021- CLOSED
- November 26, 2021- CLOSED

**Thank you for attending
CACFP FY22 Annual Training.
Make up training has been re-
scheduled and invites have been sent.**

NEWS AND REMINDERS

-Civil Rights DUE November 30, 2021
Agenda and Sign in Sheet REQUIRED

-Effective October 1, 2021 failure to serve at-least one whole grain per day will result in a disallowance of meals. WG must be identified On menu and/or WG boxes must be checked.

-Claims **must be received in its entirety. **Effective immediately,** All claim documents must be received with original claim. All IES sent after the original claim is received will be Processed with the following claim month.**

THANK YOU!



Harvest of the Month™

Sweet Potatoes



Sweet potatoes are a root vegetable, with a sweet taste packed with nutrition! Try them in sweet and savory dishes all year long.

USES AND TIPS

Select sweet potatoes that are firm, with smooth skin and free from cracks or bruises. Store sweet potatoes in a cool, dry place; do not refrigerate.

Sweet potatoes are very versatile. Try them baked, roasted or mashed for a healthy side dish. Substitute sweet potatoes for white potatoes in hash browns or potato salad, or bake sweet potatoes into muffins or pies.

- Sweet potatoes are in season in Georgia from August through November.
- Sweet potatoes are a warm-weather vegetable that need a long growing season; they grow well in Georgia!
- Sweet potatoes are ready to harvest about 90-120 days after planting.
- Sweet potatoes grow from “slips”, which are plants that are produced from the roots of previous crops.

Georgia Department of Education School Nutrition Program



This institution is an equal opportunity provider.



Harvest of the Month™



Spicy Sweet Potato Dip



Ingredients

- 2 large sweet potatoes (about 1.7 pounds)
- 2 canned chipotle peppers in adobo sauce
- 2 tablespoons fresh squeezed lime juice
- 2 tablespoons salsa
- 1/4 cup (2 ounces) shredded pepper jack cheese

Directions

Pierce the sweet potato skin five or six times. Place on a microwave-safe plate and microwave on high for 5-8 minutes or until potato is tender, rotating halfway through.

Remove flesh from sweet potato. Discard skin.

Combine sweet potato, chipotle pepper and salsa in a food processor or blender and process until smooth. Spoon mixture into a serving bowl and top with shredded cheese. Serve with whole-wheat pita chips.