

SENDCAA NEWS

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Build a Healthy Plate with Dry Beans and Peas

Dry beans and peas are unique foods. They are nutritious, inexpensive, and creditable as either a vegetable OR meat alternate in the CACFP meal pattern because of their high nutrient content!

What types of dry beans and peas should I offer?

- The easiest form is canned, precooked beans. They will simplify recipes and reduce cooking times.
- If using a bag of dry beans/peas, soak them overnight without adding any salt, and discard the soaking water and cook the next day.
- Choose fat-free refried beans, or reduced sugar and reduced sodium versions of baked beans.
- Use herbs or no-salt spice mixes instead of salt, butter or margarine to season bean dishes. Garlic, celery, onion, and carrots complement the flavors of dry beans and peas.

CACFP Crediting Tip:

- Dry beans and peas may be considered both as a vegetable and a meat alternate. However, they cannot be credited as both a vegetable and a meat alternate in the same meal.
- Some beans and peas, such as lima beans, green peas, snap peas, and green (string) beans, are fresh, immature beans and peas that can be served as a vegetables only.

Which dry beans/peas listed below will you add to your next month's menu?

- | | |
|------------------------------|---------------|
| • Baked beans | • Navy beans |
| • Black beans | • Pinto beans |
| • Black-eyed peas | • Soy Beans |
| • Chickpeas (Garbanzo beans) | • Split Peas |
| • Lentils | • White Beans |

For more info on dry beans and peas, check out pages 15-18 in the Nutrition and Wellness Tips binder from Team Nutrition!

Child Re-Enrollments

Every year, USDA requires all children enrolled be verified that they are currently in your care participating on the food program. Providers with the last names **O-Z** should receive their packet from the SENDCAA office at the beginning of **Aug.** Read the letter carefully that came with your packet for specific details.

Please remember to:

- ⇒ Have the parent update any changes regarding days scheduled, meals, hours, address, phone number, etc.
- ⇒ **Have the parent sign and date the enrollment form. The date must reflect the renewal month. (Ex. Aug 2018)**
- ⇒ If a parent signature is missing for a child, we assume the child is no longer in your care and will be deleted.
- ⇒ You the provider need to sign the enrollment form
- ⇒ **Return to SENDCAA office by Aug 20th**. If you have summers off, hold on to your packet until you reopen again.
- ⇒ **Re-enrollments can be emailed to jennyn@sendcaa.org, mailed, or dropped off at our office, 3233 S University Dr. Fargo ND 58104**
- ⇒ If you are waiting for a signature and the deadline is approaching, send in what you have.

Call or email Jenny with any questions regarding your re-enrollments.

**701-232-2452 ext. 132
jennyn@sendcaa.org**

Just a reminder...



- ⇒ Please let your home monitor know if you are going to be closed or away during meal times. If a visit is attempted and no one is home the meal cannot be reimbursed if it was claimed. This includes being away from the home site for a picnic.
- ⇒ If your meal times have changed, please inform the office or your home monitor.
- ⇒ Make sure all new enrollments and re-enrollments are **signed and dated by the parent.**

⇒ Menus and Meal counts need to be completed daily. We have found there to be more errors with claims when a provider waits until the end of the month to input all the information into KidKare from their notes.

⇒ Don't forget to complete the mandatory USDA training! It's due by September 30th 2018.



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www.sendcaa.org

You will find:

- Program information
- Printable forms
- Training
- Nutrition resources



**Sendcaa Child & Adult Care
Food Program**

- Announcements
- Recipes
- Fun Activities

Welcome

Malloree Deyle
Mandy Whitman

to the SENDCAA
Food Program!



Sweet Potato Quesadillas with Black Beans



- 1 medium – sweet potato
- 15 ounce – black beans, canned
- $\frac{1}{4}$ cup – cilantro
- 1 tablespoon – taco seasoning
- 8 medium – tortillas, whole wheat
- 2 ounce – cheddar cheese
- 1 cup – spinach

1. Poke sweet potato with a fork a few times and microwave on high for 5 minutes or until soft. Allow to cool to the touch.
2. Cut open potato and spoon the flesh out into a bowl; mash.
3. Drain and rinse beans and add to the potato, along with the chopped cilantro and taco seasoning; mix well.
4. Grate the cheese and roughly chop the spinach.
5. Heat a large skillet over medium and add a tortilla. Spread with $\frac{1}{4}$ of the potato mixture, top with cheese, spinach and another tortilla. Cook for 3-4 minutes, then flip and continue to cook until cheese has melted and tortillas have browned. Remove from heat and cut into quarters; repeat until all remaining ingredients have been used.

<https://www.superhealthykids.com/sweet-potato-quesadillas-with-black-beans/>

A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Scrambled Eggs • Blueberries • Milk 	<ul style="list-style-type: none"> • WGR Cheerios® • Pineapple • Milk 	<ul style="list-style-type: none"> • Yogurt • Honeydew • Milk 	<ul style="list-style-type: none"> • WGR Shredded Mini Wheats® • Mixed Fruit • Milk 	<ul style="list-style-type: none"> • WGR Pancakes • Applesauce • Milk
Lunch	<ul style="list-style-type: none"> • Chicken Stir Fry • Snap Peas • Red, yellow, green peppers • WGR Brown Rice • Milk 	<ul style="list-style-type: none"> • HM Turkey Pot Pie • Peas & Carrots • Peaches • Dinner Roll • Milk 	<ul style="list-style-type: none"> • Ground Beef Spaghetti Sauce • Green Beans • Bananas • WGR Spaghetti Noodles • Milk 	<ul style="list-style-type: none"> • Tuna Sandwich • Carrots • Kiwi • WGR Bread • Milk 	<ul style="list-style-type: none"> • Baked Chicken Breast • Cantaloupe • Tomatoes • Pasta Salad • Milk
Snack	<ul style="list-style-type: none"> • Fresh Fruit Mix • Yogurt 	<ul style="list-style-type: none"> • Bananas • Graham Crackers 	<ul style="list-style-type: none"> • Cherry Tomatoes • Cheddar Cheese Cubes 	<ul style="list-style-type: none"> • Mini Bagel • Raw Veggie Mix 	<ul style="list-style-type: none"> • Green Salad • Dinner roll

USDA is an equal opportunity provider.