

SENDCAA NEWS

Volume 20 Issue 6

June 2018

KidKare Food List Update

We have recently updated a few items in our KidKare food list:

- *Wheat Thins, Triscuits, Cbeez Its and Gold Fish* crackers have all been added to the cracker list. Wheat Thins and Triscuits will default to whole grain, but the others will not. You will have to manually move the whole grain bar to "yes" if in fact the product you are serving is whole grain rich. (example: Gold fish do have a whole grain variety, but not all varieties are whole grain rich.)
- *Teddy Grahams*, and *Graham crackers* are now two separate options. *Teddy Grahams* will default to whole grain, but regular graham crackers will not.
- *Juice* can be recorded as *100% fruit juice* or *100% vegetable juice*. The flavor of the juice is not important since the only requirement is that it be *100% juice*.
- A few additional *ready-to-eat cereals* have been added to the Cold cereal list. Check it out for more breakfast ideas! *Dora the Explorer*, *Chex-blueberry*, *cinnamon*, and *vanilla* are a few new choices your kids may enjoy.



If you schedule your menus or keep saved menus in KidKare you may need to go in and update some of your meals with these changes.



Providers who use the paper menus should continue to document as you have been, by listing name of the cereal or crackers, writing WGR next to any whole grain rich items you have served, and circling all types of milk that you are serving.

USDA Mandatory Training

The USDA requires the Child & Adult Care Food Program to offer an annual mandatory training to all Child Care providers.

On June 4th, all providers should have received an email with a link to complete the training online. This training can also be found on our website, www.sendcaa.org. If you do not have email or access to complete the training online, contact our office 701.232.2452 ext. 132 to receive a paper copy.

The answers to this training are available in the SENDCAA blue binder that all providers have received. This training is mandatory and Growing Futures approved for one hour. The deadline to complete the training and to receive a Growing Futures approved hour is September 30th, 2018.

Watermelon Fun

Have a watermelon relay! Have the kids carefully roll whole watermelons from a start to finish line. After they're done, wash them, then cut them up and eat them!

SENDCAA offices will be closed
Wednesday, July 4th for Independence
Day. Be sure to submit your claim
BEFORE July 3rd!



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 **H-N** should receive their packet from the SENDCAA office at the beginning of **July**. 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. July 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 July 20th. If you have summers off, hold on to your packet until you reopen again.
- ⇒ Re-enrollments can be emailed to jennvn@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.

Providers with the last names **O-Z** will receive re-enrollments in the beginning of **August**.

Call or email Jenny with any questions regarding your re-enrollments.
701-232-2452 ext. 132
jennyn@sendcaa.org





Contact us:

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1-800-726-7960
3233 University Drive South
Fargo ND 58104

Wahpeton
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701-642-3497

Grand Forks
bjmcnamee@hotmail.com

Find us online at:

www.sendcaa.org

You will find:

- Program information
- Printable forms
- Training
- Nutrition resources



**Sendcaa Child & Adult Care
Food Program**

- Announcements
- Recipes
- Fun Activities

Welcome
Haley Lentz
to the SENDCAA
Food Program!

Save the Date!
**SENDCAA's Annual Fall Mini
Conference will be Saturday Oc-
tober 27th at DMF from 9am-12pm.**
More details coming soon!

6-11mo. Infant Cycle Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Breastmilk or Formula • Mashed Banana • Infant Rice Cereal 	<ul style="list-style-type: none"> • Breastmilk or Formula • Mashed/cubed Avocado • Scrambled Eggs 	<ul style="list-style-type: none"> • Breastmilk or Formula • Applesauce • Infant Rice Cereal 	<ul style="list-style-type: none"> • Breastmilk or Formula • Pureed Mango • Infant Oatmeal 	<ul style="list-style-type: none"> • Breastmilk or Formula • Pureed Peaches • Plain Yogurt
Lunch	<ul style="list-style-type: none"> • Breastmilk or Formula • Mashed Cauliflower • Finally Chopped/ Pureed Chicken 	<ul style="list-style-type: none"> • Breastmilk or Formula • Mashed Green Beans • Infant Rice Cereal 	<ul style="list-style-type: none"> • Breastmilk or Formula • Mashed Carrots • Finally Chopped/ Pureed Turkey 	<ul style="list-style-type: none"> • Breastmilk or Formula • Pureed Peas • Infant Rice Cereal 	<ul style="list-style-type: none"> • Breastmilk or Formula • Mashed Peas • Cottage Cheese
Snack	<ul style="list-style-type: none"> • Breastmilk or Formula • Seedless Watermelon • Teething Biscuit 	<ul style="list-style-type: none"> • Breastmilk or Formula • Mashed Sweet Potato • Cheerios® 	<ul style="list-style-type: none"> • Breastmilk or Formula • Mashed Kiwi • Crackers 	<ul style="list-style-type: none"> • Breastmilk or Formula • Mashed Broccoli • 1/2 slice Toast 	<ul style="list-style-type: none"> • Breastmilk or Formula • Mashed Zucchini • Crackers

Chilled Cantaloupe Soup

- 1 Cantaloupe—peeled, seeded, cubed
- 2 cups Orange Juice
- 1 Tbsp. Fresh Lime Juice
- 1/4 tsp. Cinnamon
- Mint for garnish— optional



1. Peel, seed, and cube the cantaloupe.

2. Place cantaloupe and 1/2 cup orange juice in a blender or food processor; cover, and process until smooth. Transfer to large bowl. Stir in lime juice, cinnamon, and remaining orange juice. Cover, and refrigerate for at least one hour. Garnish with mint if desired.
Creditable as 1 fruit component

allrecipes.com

For recipes below visit: <https://healthymeals.fns.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf>

A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Cheerios® (WGR) • Orange Slices • Milk 	<ul style="list-style-type: none"> • Oatmeal (WGR) • Bananas • Milk 	<ul style="list-style-type: none"> • Cottage Cheese • Peaches • Milk 	<ul style="list-style-type: none"> • Toast (WGR) • Strawberries • Milk 	<ul style="list-style-type: none"> • Scrambled Eggs • Mixed Berries • Milk
Lunch	<ul style="list-style-type: none"> • Party Pasta (w/Beans) • Tomatoes, green peppers, tomato sauce, corn • Mangos • Elbow/Wagon wheel pasta (WGR) • Milk 	<ul style="list-style-type: none"> • Fancy Fish (Cod) • Vegetable Stir Fry (asparagus, carrots, peppers, squash, mushrooms) • Pineapple • Brown Rice (WGR) • Milk 	<ul style="list-style-type: none"> • Dragon Treats (BBQ Chicken Wrap) • Lettuce & Tomato • Honeydew Melon • Whole Wheat Tortilla (WGR) • Milk 	<ul style="list-style-type: none"> • Grilled Fish • Cucumber & Carrots • Watermelon • Macaroni & Cheese • Milk 	<ul style="list-style-type: none"> • Old McDonald Chicken (Chicken Stir Fry) • Zucchini, mushrooms, tomatoes (in stir fry) • Kiwi • Roll (WGR) • Milk
Snack	<ul style="list-style-type: none"> • Apple Slices • English Muffin (WGR) 	<ul style="list-style-type: none"> • Peanut Butter • Rice Cakes 	<ul style="list-style-type: none"> • Carrot Sticks • String Cheese 	<ul style="list-style-type: none"> • Carrots & Cucumbers • Mini Bagels (WGR) 	<ul style="list-style-type: none"> • Chilled Cantaloupe Soup* • Teddy Grahams (WGR)

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