

SENDCAA NEWS

Volume 18 Issue 12

December 2016

You're Invited!

"Classics from the Cupboard"

Wednesday, January 11th

6:00-8:00pm

Dakota Medical Foundation

4141 28th Ave S, Fargo

Using the 2017 Nutrition calendar and record keeping system, we will show you how to add classic nursery rhyme themed recipes, crafts and physical activities to your childcare.

REGISTER THREE WAYS!

1. Follow the link to the email invite that was sent to you.
2. Visit our website:
www.sendcaa.org
3. Contact Jenny at 701-232-2452 ext. 132

Reminders:

⇒SENDCAA offices will be closed Monday, December 26th and Monday, January 2nd.

⇒Anyone still wanting to submit 2016 Calendar training must have to have it in our office by December 31st

⇒Tax Reports will not be automatically sent out. You may call our office and request a copy of your 2016 year end tax report. If you are a Minute Menu user, just go to **Review Claims** and click on **Tax Report**.

Natural Cheese vs Cheese Product

Any item labeled with the wording "imitation" cheese or cheese "product" does not meet the requirements for use as a creditable meat alternate. *Kraft Singles* is a popular example of that. Yes, it's made with regular cheese, but with the addition of one or more of the following: whey, emulsifiers, milk, salts, preservatives, and food coloring you end up with a product that contains less than 50% actual cheese. Since American cheese, is the most popular processed cheese in the US with its smooth mild flavor, you need to check the packaging to make sure it is a natural hard cheese. Below is example of what to look for: the *Crystal Farms* cheese does not have any other words after its product label, where as the *Kraft Singles* has the word "product" after cheese which indicates that it is not natural cheese. 1 1/2oz is the creditable requirement per child for 3-5 year olds. If you are making homemade macaroni and cheese make sure you have the required amount of cheese if you are wanting to claim it as your meat alternate.



Homemade Macaroni & Cheese

12 servings

- 2 1/2 cups cooked macaroni
- 6 Tbsp. butter
- 1/2 c + 3 Tbsp. flour
- 1 1/4 tsp salt
- 3/4 tsp dry mustard
- 1/4 pepper
- 3/4 tsp paprika
- 5 cups low fat milk
- 1/2 tsp Worcestershire sauce
- 3 1/4 c cheddar or American cheese
- 1/4 c. grated parmesan



1. Cook macaroni in boiling water until firm-tender, about 8 minutes. Drain well.
2. Melt butter in a large pot.
3. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to melted butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
4. Heat the milk in a separate pot or in a microwavable container. Slowly add the heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
5. Add Worcestershire sauce, cheddar cheese, and parmesan cheese to the white sauce. Stir over low heat until cheese melts.
6. Combine macaroni and cheese sauce and mix well.
7. Optional: put in casserole dish and sprinkle bread crumbs and additional shredded cheese over the top, place uncovered in a 350° oven for 5 minutes or until lightly browned.

USDA Mixing Bowl

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www.sendcaa.org



Sendcaa Child & Adult Care
Food Program

Welcome

Malama Kamara
Jessica Klein
Christine Nikuze
Darlene Donaldson

to the
SENDCAA Food
Program



October 2017 Revised Meal Pattern will be Implemented

We will be conducting training sessions this summer/fall regarding the implementation of these new guidelines. During the next few months we will be highlighting these changes in our newsletter. This month we will focus on milk:

Milk requirements now

- Whole milk is recommended for 1 year olds
- Flavored or unflavored 1% or skim is required for children 2 years and older

Milk requirements starting October 2017

- Unflavored whole milk will be required for 1 year olds
- Only unflavored 1% or skim is required for children 2 years and older

PUT A LITTLE
HOLIDAY IN YOUR
SNACK!



Want themed resources?
Check out our website,
sendcaa.org, click child adult
care food program and under
our newsletters tab you will find
downloadable links to activity
newsletters related to Christmas,
Hanukkah and Kwanzaa that you
can also share with the parents!

USDA is an equal opportunity provider.