

SENDCAA NEWS

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November 2017

Grand Forks Training!

"Meal Planning with KidKare"

November 29th, 2017

6:30pm-8:30pm

4000 Valley Square

4000 24th Ave S

Grand Forks, ND

If you are a current KidKare user or have been thinking about switching to electronic claiming, then this training is for you! We will walk through all the steps (enrollments, entering meals/attendance, scheduling meals, etc.) for successful online claims.

Bring your laptop, tablet, smart phone, or other favorite device that can access the internet!

Register by choosing one of the following:

- ⇒ Following the email link sent out in the email invitation
- ⇒ Clicking on the link on our website under for our providers and workshops
- ⇒ Or call our office at 701-232-2452 ext. 132

Frequently Asked Questions about the New Meal Pattern

Q. Can I still serve pre-fried foods such as chicken nuggets and tator tots?

A. Yes, these items are still creditable. The only thing different is that you are no longer able to prepare these items in a deep fat fryer (fry daddy). Baking in the oven is the preferred method, which most providers already do.

Q. Are Rice Krispies a whole grain product?

A. No, Rice Krispies are not a whole grain product. They are a creditable cereal that meets the sugar requirements just not the whole grain requirement.

Q. Is my bread/cracker product whole grain if it says "whole grain" on the front packaging?

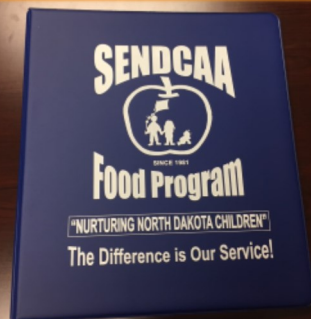
A. Not necessarily, you must check the ingredient label to be sure that the first grain ingredient includes the word "whole". We have found manufacturers can be deceiving with their wording and looking at the ingredient label is a must.

Q. Am I required to serve whole milk to children age 1?

A. Yes, whole milk is required for 1 year old children. If the parent would like a lesser fat milk, a diet statement from a doctor will need to be on file.

New Provider Handbooks!

With all the new changes, we gave our Provider Handbooks an overhaul! Everyone will be receiving one of these in the next few months. Your home monitor will be bringing one out to you at your next visit this fall/winter. If you were at our fall conference, you were some of the lucky ones that received it early! When you receive it we recommend that you take a few minutes to look through it as it contains all the new meal pattern guidelines and all of our policy and procedures. Please discard the old manual that was given to you when you originally signed up on the program. Please keep this handbook and add additional important nutrition as it is received.



Thank You

2017 Fall Conference in the books!

We would like to thank:

- ◇ All the SENDCAA providers that participated in our 2017 Fall Conference that was held on October 28th
- ◇ Our speakers, Sarah Myers, Nate Hendrickson and Michelle Draxten, for giving everyone a wealth of usable knowledge
- ◇ Breakfast donation from Hornbachers, Cashwise, Family Fare, Sams club, and American Heart Assoc.

Don't forget to send in your enrollments before the end of the month!

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Sendcaa Child & Adult Care
Food Program

Welcome

Nikki Clark
Jennifer Anderson
Brittany Wilmer

to the

SENDCAA
Food Program



KidKare Tip of the Month: How to Select a Pre-planned Menu

(Last month's newsletter gave steps in how to create pre-planned menus)

You can select a pre-planned menu by going to **Meals >> Enter Meal**.

1. Be sure the items at the top of the screen are complete: date, infants or non-infants, meal type, and time.
2. Click the **Menus** button.
3. A list of your pre-planned menus will appear.
4. Select the menu you want.
5. Save and you're done!.

Here is a week's worth of menu ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Oatmeal (WGR) • Raisins • Milk 	<ul style="list-style-type: none"> • Blueberry Muffin • Applesauce • Milk 	<ul style="list-style-type: none"> • Cream of Whole Wheat (WGR) • Orange Slices • Milk 	<ul style="list-style-type: none"> • Eggs • Tomato • Milk 	<ul style="list-style-type: none"> • Alpha Bits Cereal (WGR) • Bananas • Milk
Lunch	<ul style="list-style-type: none"> • Yogurt • Bread Stick • Cucumber • Mixed Fruit • Milk 	<ul style="list-style-type: none"> • Beef Corndog • Corndog breading • Celery Sticks • Watermelon • Milk 	<ul style="list-style-type: none"> • Hamburger • Bun • Roasted Cauliflower • Cantaloupe • Milk 	<ul style="list-style-type: none"> • Roast Beef slices • Noodles • Yellow Squash • Grapes • Milk 	<ul style="list-style-type: none"> • Grilled Chicken • Roll • Zucchini • Peaches • Milk
Snack	<ul style="list-style-type: none"> • Milk • Bagel 	<ul style="list-style-type: none"> • Wheat thins (WGR) • Carrots 	<ul style="list-style-type: none"> • Snap Peas • Tuna Wrap 	<ul style="list-style-type: none"> • Tortilla (WGR) • Cheese 	<ul style="list-style-type: none"> • Milk • Pears

Pumpkin Muffins

Bettycrocker.com

- 1 ½ c. whole wheat flour
- 1 c. all purpose flour
- 1 ½ tsp baking soda
- 1 ¼ tsp salt
- 1 ¼ tsp cinnamon
- ¾ tsp ground cloves
- ½ tsp ground ginger
- 1 ½ c sugar
- 2/3 c canola oil
- ½ c water
- 3 eggs
- 1 can (15 oz.) pumpkin



1. Heat oven to 350°. Place paper baking cups in each of 24 regular size muffin tins
2. In a large bowl, mix flours, baking soda, salt, cinnamon, nutmeg, cloves and ginger; make well in center of mixture. In medium bowl, stir sugar, oil, water and eggs with whisk. Stir in pumpkin; add to flour mixture, stirring just until moistened. Divide batter evenly among muffin cups.
3. Bake 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pans to cooling racks. Serve warm or cool.

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