

# SENDCAA NEWS

Volume 20 Issue 10

"Where Healthy Eating Becomes a Habit"

October 2018

## **Avoiding Deductions on Menu Claims**

We have had an entire year to adapt to the new meal pattern changes that went into effect October 2017. USDA instructed CACFP sponsors to give technical assistance and warnings when new rules were not met over the course of the year. Beginning with October 2018 menus, deductions will now be made if errors occur. To receive the most possible reimbursement you deserve, be sure to:

- ☐ Serve whole milk to 1 year old children. Serve 1% or skim milk to children 2 and older. Record accordingly in KidKare or on manual claims, by circling, age appropriate choices.
- ☐ Serve and record a whole grain rich item once per day. In KidKare be sure the whole grain slider bar says "yes" when the food is whole grain. On manual menus please record WG beside the whole grain item. If you have a question whether or not an item is whole grain, contact your home monitor.
- ☐ Choose breakfast cereals that have 6 grams of sugar or less per ounce. Record the cereal served by its name. On manual forms, do not write just "cereal", deductions will be made.
- ☐ Limit juice to once per day and do not serve it to infants under 1 year.
- ☐ Serve milk and a fruit/vegetable at breakfast. You may choose between a grain or a meat/meat alternate (up to 3 times/week) but milk and a fruit or vegetable must always be served.
- ☐ Offer all components in the infant meal pattern to infants 6-11 months, when developmentally ready. If an infant is not ready to accept certain solid food components at certain meals, documentation is needed regarding why. This documentation can be done in the comment section of KidKare or in the space provided on the infant manual menus. Components missed without documentation will result in deductions.
- ☐ Serve yogurt that has 23 grams of sugar or less per 6 oz. If you have a question whether or not your yogurt falls within the guidelines, contact your home monitor.

## **Email Addresses**

We utilize email to get our messages out more often than any other correspondence. If you are not receiving messages from us or have changed your email address, please call our office to update your records.



We would also like to remind you to check your email. We will on occasion send out reminder emails about claim deadlines, enrollment questions, and training opportunities.

## **Enrollments**

Be sure manual enrollments are completely filled out! Incomplete enrollments could cause missed reimbursement opportunity.

We have been receiving enrollments without the providers name and birthdates of children not recorded. Please assist the parent when filling out these forms for new children. The parent should also be dating this document the date the child is enrolled or starting care with you.

## **Coming Soon at a Visit!**



CACFP is an indicator of quality child care.

The 2019 Calendars have arrived and will be dispersed to you as your home monitor visits you sometime between October through January! This new calendar has a fun theme of highlighting community members each month. There will be many downloadable activity sheets and monthly parent newsletter templates that you can customize to your liking along with provider training available beginning in January 2019!



## **Fall Conference Reminder**

### ***"Veggie Power"***

*A hands-on approach to innovative plant strong meals!*

**Saturday, October 27<sup>th</sup>  
9:00am-12:00pm**

**Dakota Medical Foundation  
4141 28th Avenue South  
Fargo, ND 58104**

**There is still time to register! Or if you have found that you will no longer be able to attend please call our office to cancel your registration.**

**Contact Jenny at  
701-232-2452 ext. 132**



Contact us:

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1-800-726-7960  
3233 University Drive South  
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**Grand Forks**  
bjmcnamee@hotmail.com

Find us online at:

[www.sendcaa.org](http://www.sendcaa.org)

**You will find:**

- Program information
- Printable forms
- Training
- Nutrition resources



**Sendcaa Child & Adult Care  
Food Program**

- Announcements
- Recipes
- Fun Activities

Welcome

Roxanne Wanzek  
Annie Carl  
Jodi Holmes

to the SENDCAA  
Food Program!

## How to add the KidKare Icon to your phone

### For iPhones, iPads, and iPods:

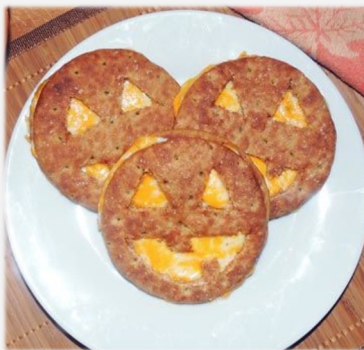
- Apple only allows this feature to be done in Safari.
- Using your device, open Safari and go to [app.kidkare.com](http://app.kidkare.com).
- Find the Share button in the toolbar. It's the icon that is a square with an arrow pointing up, on the left side of the search box at the top of the screen for iPads, and bottom of the screen for iPhones.
- From the drop down box, select the option to, "Add to Home Screen."
- Name the shortcut, "KidKare."
- Go back to your home screen, and your shortcut should be available.

### For Androids:

- This feature can be done in any web browser.
- Using your device, open a web browser and go to [app.kidkare.com](http://app.kidkare.com).
- Find the menu button at the top of the screen.
- From the drop down box, select the option to, "Add to Home Screen."
- Name the shortcut, "KidKare."
- Go back to your home screen, and your shortcut should be available.



## Colby Jack O' Lanterns



Carve out some time to enjoy these cheesy Colby Jack-o'-lanterns. This fun twist on grilled cheese provides a filling meal for kids — so festive and fun they won't even notice the healthy whole grains.

You'll need:

- 4 whole-wheat sandwich thins
- 2 teaspoons butter or margarine
- 1 (8-ounce) block of Colby Jack cheese, sliced

Directions:

Preheat oven to 350°F. Split four sandwich thins in half (so you have 8 slices) and butter one side of 4 of the slices. Lay butter side down on a baking sheet and layer Colby Jack cheese on them. Cut out jack-o'-lantern faces on the other 4 slices, then butter one side and lay butter side down on baking sheet. Bake for 10 to 12 minutes. Remove and place jack o'-lantern faces on top of the sandwiches.

<https://www.everydayhealth.com/healthy-halloween-treats-for-kids.aspx#02>

## A Week's Worth of Menu Ideas!

|           | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|-----------|--|--|--|---|---|
| Breakfast | <ul style="list-style-type: none"> <li>• Wheat Chex® WG</li> <li>• Blueberries</li> <li>• Milk</li> </ul>  | <ul style="list-style-type: none"> <li>• English Muffin WG</li> <li>• Banana</li> <li>• Milk</li> </ul>  | <ul style="list-style-type: none"> <li>• Alpha Bits® WG</li> <li>• Orange slices</li> <li>• Milk</li> </ul>  | <ul style="list-style-type: none"> <li>• Bagel WG</li> <li>• Strawberries</li> <li>• Milk</li> </ul>  | <ul style="list-style-type: none"> <li>• Waffle WG</li> <li>• Pears</li> <li>• Milk</li> </ul>  |
| Lunch     | <ul style="list-style-type: none"> <li>• Baked Tilapia</li> <li>• Zucchini</li> <li>• Squash</li> <li>• Brown Rice WG</li> <li>• Milk</li> </ul> | <ul style="list-style-type: none"> <li>• Baked Chicken Breast</li> <li>• Coleslaw</li> <li>• Kiwi</li> <li>• Bread slice WG</li> <li>• Milk</li> </ul> | <ul style="list-style-type: none"> <li>• "Colby Jack O' Lanterns"</li> <li>• Baked Beans</li> <li>• Kiwi</li> <li>• Sandwich Thins WG</li> <li>• Milk</li> </ul> | <ul style="list-style-type: none"> <li>• HM Beef Stew</li> <li>• Mixed Fruit</li> <li>• Potatoes and carrots in stew</li> <li>• Toast WG</li> <li>• Milk</li> </ul> | <ul style="list-style-type: none"> <li>• Egg Salad</li> <li>• Tomato slices</li> <li>• Apple slices</li> <li>• Pita Pocket</li> <li>• Milk</li> </ul> |
| Snack     | <ul style="list-style-type: none"> <li>• Honeydew melon</li> <li>• Rice cakes</li> </ul>   | <ul style="list-style-type: none"> <li>• Cucumber</li> <li>• String cheese</li> </ul>  | <ul style="list-style-type: none"> <li>• Cornbread muffin</li> <li>• Milk</li> </ul>   | <ul style="list-style-type: none"> <li>• Cantaloupe</li> <li>• Triscuits® WG</li> </ul>   | <ul style="list-style-type: none"> <li>• Fruit/Yogurt smoothie</li> <li>• Graham Cracker</li> </ul>   |

USDA is an equal opportunity provider.