

SENDCA NEWS

Volume 19 Issue 10

October 2017

October and November Training!

"Fall Conference"

October 28th, 2017

8:00am-12:00pm

DMF

4141 28th Ave. S Fargo

NEW This year's conference will be a 1/2 day worth 4 hours of Growing Futures approved credit.

Conference Agenda

7:00-8:00am-Registration and continental breakfast

8:00-9:30am-Sarah Meyers

"Common Health and Safety Hazards in the Childcare"

9:30-11:00am-Nate Hendrickson

"Confident Movers"

11:00-12:00pm-Michelle Draxten

"Practical Ways Providers Can Help Breastfeeding Moms"

"Meal Planning with KidKare"

November 15th, 2017

6:00pm-8:00pm

DMF

4141 28th Ave. S Fargo

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:

- ⇒ 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

Snack Ideas

Cucumber Coins Whole Grain crackers	Mini Pizzas (English Muffin/ Cheese)	Nachos (Whole Grain Tortilla Chips/ Cheese/ Salsa)	Fruit Parfait (Yogurt/Mixed Fruit)	Whole Grain Toast Grapes	Carrot Sticks Melon Balls
Mini Sandwiches (cut into quarters) Milk	Applesauce Whole Wheat Toast	Mini Bagels Mixed Fruit cup	Bread Sticks Pizza Sauce	Oatmeal Raisins	Banana Roll-Ups (banana/peanut butter/tortilla)
Chex mix Yogurt	Chicken Salad Pita Bread	Cauliflower spears Bread sticks	Pita Bread Hummus	Tuna Salad Ritz Cracker	Pancakes Applesauce
Whole grain tortilla Topped with Egg Salad	String Cheese Mandarin Oranges	Blueberry muffin Clementines	Hardboiled Egg English Muffin	Cherry Tomatoes Cheese Slices	Pretzels Snap Peas
	Baked Sweet Potatoes Milk	Apple Slices Cubed Cheese	Buttermilk Biscuit Raspberries	Cottage Cheese Peaches	Pineapple Banana Bread

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

Contact us:

Fargo
geril@sendcaa.org
1-800-726-7960
3233 University Drive South
Fargo ND 58104

Wahpeton
dianaf@sendcaa.org
701-642-3497

Grand Forks
bjmcnamee@hotmail.com

Find us online:

www.sendcaa.org



Sendcaa Child & Adult Care
Food Program

Welcome

Clementina Alisandro
Brianna Schjei
Jessica Marynik

to the

SENDCAA
Food Program



KidKare Tip of the Month: How to Create a Reusable Menu

You can create a reusable menu under **Meals >> Add/Edit Menus**.

1. First, select either infants or non-infants, depending on which age group you'd like to create a menu for.
2. Click the **+ Add Menu** button on the top, right of the screen.
3. Indicate the meal type for the new menu (breakfast, snacks, or lunch/dinner).
4. Give your menu a name.
5. Select the food items for each component.
6. Indicate if the bread/alternate was whole grain-rich will be visible.
7. Be sure to **Save** when you're done!
8. Back on the main Add/Edit Menus screen, you can scroll down to view your menu or change the filter settings at the top of the page to narrow the list.

Note: You can revisit these menus at any time to make adjustments.

Here is a week's worth of menu ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Oatmeal (WGR) • Mandarin Oranges • Milk 	<ul style="list-style-type: none"> • Waffles • Bananas • Milk 	<ul style="list-style-type: none"> • Cheerios (WGR) • Strawberries • Milk 	<ul style="list-style-type: none"> • Ham steak • Hash browns • Milk 	<ul style="list-style-type: none"> • Pancakes • Peaches • Milk
Lunch	<ul style="list-style-type: none"> • Eggs • Carrots • Honeydew • English Muffin • Milk 	<ul style="list-style-type: none"> • Baked Turkey Breast • Broccoli • Grapes • Roll (WGR) • Milk 	<ul style="list-style-type: none"> • Beef Meatballs • Spinach • Apples • Spaghetti • Milk 	<ul style="list-style-type: none"> • Baked Fish • Cantaloupe • Jicama • Brown Rice (WGR) • Milk 	<ul style="list-style-type: none"> • Beef Hamburgers • Bell Pepper slices • Baked Sweet Potato Wedges • Bun (WGR) • Milk
Snack	<ul style="list-style-type: none"> • Strawberry • Graham Cracker 	<ul style="list-style-type: none"> • Beets • Milk 	<ul style="list-style-type: none"> • Milk • Peanut butter with Crackers 	<ul style="list-style-type: none"> • Refried Beans • Tortilla 	<ul style="list-style-type: none"> • Mixed Berries • Yogurt

Pumpkin French Toast

- 5 slices whole wheat bread
- 3 eggs
- 1/3 cup pumpkin puree
- 1 TBL milk
- 1/2 tsp pumpkin pie spice
- 1 tsp vanilla

Mix all ingredients together except the bread. Soak both sides of bread in egg mixture. Heat skillet. Cook bread on hot skillet until both sides no longer show wet eggs. Credits towards 1 whole grain.



www.superhealthykids.com/frenchy-pumpkin-toast/

USDA is an equal opportunity provider.