

SENDCAA NEWS

Volume 21 Issue 8

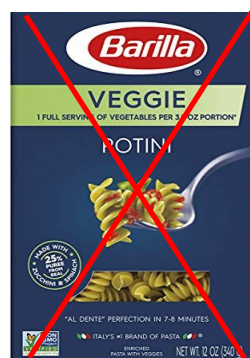
"Where Healthy Eating Becomes a Habit"

August 2019

Vegetable Flour Pasta Now Creditable

- ⇒ Pasta made of 100% vegetable flour(s) credits as a VEGETABLE.
- ⇒ Whole vegetables cut into "noodles" or spirals, such as spiralized zucchini or sweet potatoes, continue to credit as a vegetable based on the volume served.
- ⇒ Pasta made from 100% legume flour may credit as a vegetable or a meat/meat alternate, but not as both in the same meal. A second meat/meat alternate must be served on the side.
- ⇒ Grain-based pasta products that contain small amounts of vegetable powder for color (e.g. spinach, sun-dried tomato) continue to credit as a grain.

Type of Pasta	Serving Size	Creditable Component
Made of 100% vegetable flour	1/2 cup cooked pasta	1/2 cup vegetable
Made of 100% legume flour	1/2 cup cooked pasta	1/2 cup vegetable OR 2 oz. must be offered with an additional .25oz of meat/meat alternate
Made of vegetable flour and other non-vegetable ingredients	A product formulation statement from the manufacturer must be submitted.	



The first two examples above would credit as a vegetable pasta. The third example would only credit as a grain pasta, not a vegetable pasta because it has wheat flour as the first ingredient.

Provider Profile

The SENDCAA CACFP would like to feature a SENDCAA Provider in our monthly newsletters. Big thank you to **Alisha** for sharing her child care with us! Please contact your home monitor if you want to be featured.

Alisha Eveland

Alisha, of West Fargo has participated with the SENDCAA CACFP since the spring of 2009 when she opened her Child Care. She had previously worked at a Child Care center and was hoping to start her own family, so she decided it would be best for her and her future children to do Child Care from her home.

Since, opening her Child Care she has become a Mom of two children. She presently has a group license and cares for children ranging from ages one to six years.

Alisha has a common Child Care issue, picky eaters! The children love it when Alisha serves spaghetti, pizza, fish sticks and macaroni & cheese.

When the children aren't enjoying Alisha's cooking they love the sensory bins and playing special games during the holidays.

Alisha appreciates the SENDCAA CACFP because it helps her provide healthy meals and gives her great ideas on meal planning.

Thank you Alisha for being an amazing provider and participating in the SENDCAA Child & Adult Care Food Program!

2019 USDA Mandatory Training

Don't forget, the USDA training is due in our office by August 30th, 2019! This is a mandatory training, failure to complete by the deadline could result in a corrective action to take place.

You can find this training on our website, or call our office to make other arrangements.





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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

Nicole Buhendwa
 to the SENDCAA Food
 Program!

A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • WG Pancakes • Bananas • Milk 	<ul style="list-style-type: none"> • Hardboiled Egg • Hashbrowns • Milk 	<ul style="list-style-type: none"> • WG Waffle • Apple Slices • Milk 	<ul style="list-style-type: none"> • Yogurt • Mixed Fruit • Milk 	<ul style="list-style-type: none"> • WG Oatmeal • Pineapple • Milk
Lunch	<ul style="list-style-type: none"> • Grilled Chicken • WG Bun • Sweet Potatoes • Strawberries • Milk 	<ul style="list-style-type: none"> • Red Beans • WG Brown Rice • Broccoli • Oranges • Milk 	<ul style="list-style-type: none"> • Turkey Taco Meat • WG Brown Rice • Black Bean and Corn Salsa • Peaches • Milk 	<ul style="list-style-type: none"> • Turkey Meatballs • WG Spaghetti • Peas & Carrots • Fruit Cocktail • Milk 	<ul style="list-style-type: none"> • Cheddar Cheese • WG Bread • Tomato Soup • Carrots • Milk
Snack	<ul style="list-style-type: none"> • Life Cereal® • Milk 	<ul style="list-style-type: none"> • Banana Bread • Milk 	<ul style="list-style-type: none"> • WG Toast • Peanut butter 	<ul style="list-style-type: none"> • WG Triscuits • HM Hummus 	<ul style="list-style-type: none"> • Grapes • Yogurt

Age 1 serve whole milk/Age 2 and older serve 1% or skim milk

Turkey Meatballs

- 2 lbs. Ground turkey
- 1 c. Bread crumbs or panko
- 2/3 c. Onion minced
- 2 Tbsp. Dried parsley
- 2 Large eggs
- 3 Cloves garlic minced
- 2 tsp. Worcestershire sauce
- 1/2 tsp. Dried basil
- 1/2 tsp. Dried oregano
- Salt and freshly ground black pepper, to taste
- 1/4 c. olive oil

Instructions:

1. In a large bowl, combine all ingredients, except olive oil.
2. Using a strong spatula or your hands, mix well. Shape the mixture into 1 inch balls.

3. Preheat oven to 400°. Line a rimmed baking sheet with foil for easy cleanup. Coat a wire rack with nonstick spray and set on prepared sheet.



4. Arrange meatballs on rack, brush with oil, and bake until browned with crispy edges, about 15-20 minutes.

To freeze meatballs:

Arrange in a single layer on a baking sheet, not touching. Freeze until solid, about an hour, then transfer to a freezer-safe container and store up to one month.

culinaryhill.com

New Reimbursements Rates July 1, 2019-June 30, 2020

	Tier 1	Tier 2
Breakfast	1.33	.48
Lunch/ Supper	2.49	1.50
Snack	.74	.20

Save the Date!

**Fall Mini
Conference
Saturday,
October 26th**

**More info coming
soon!**

**SENDCAA offices
will be closed
Monday,
September 2nd
for the Labor day
holiday.**