

SENDCAA NEWS



Volume 21 Issue 9

"Where Healthy Eating Becomes a Habit"

September 2019

Fall Conference

*Featuring:
Chef Cyndie
from Culinary
Solution Centers*



**Saturday, October 26th
9:00am-12:00pm**

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

We are excited to announce Chef Cyndie from Culinary Solution Centers will be coming to Fargo! It will be free for SENDCAA providers and 3 hours of Growing Futures training.

At the conference we will:

- Identify at least three new culinary skills aimed at quality food preparation for home child care providers.
- Reduce the sodium in recipes by utilizing herbs, spices and other flavor enhancements.
- Discuss strategies for encouraging young children to try a variety of foods.

To register:

- Follow the link to the email invite that was sent to you.
- go to our website, sendcaa.org
- Call our office, 701-232-2452 ext. 132

Doors open at 8:00am.

A light continental breakfast will be provided. *You must attend entire session for licensing credit*

Dear SENDCAA Child Care Provider,

When I started in October of 2000 I never imagined I would have the opportunity to meet and work with so many wonderful people. I have seen this program grow in many different ways over the years. Going from recording menus and meal counts on paper only, to advancing to the digital world with online menu record keeping. The Nutrition Education we offer our providers has evolved over the years to the highest quality - the trimester packets, parent letters, the fall and spring conferences and other options of trainings we offer.

With that being said, I will be retiring as Coordinator of the Child Adult Care Food Program on September 30th of this year. It has been a privilege working with the CACFP staff these past 19 years. They are exceptional in character and integrity. I know I am leaving this program in good hands for the new coordinator, Martha Holte, who will begin on October 1st.

To the Providers on our Program – Thank you for the job you do and the passion you have for taking care of children. It has been a privilege working with you.

Sincerely,

Geri Langseth



Tempeh Now Creditable

Have you heard of tempeh? Tempeh is a highly nutritious fermented soybean cake traditionally made from whole soybeans.

Tempeh is used as a meat alternate in a variety of recipes, including stir-fries, sandwiches, and salads.

Tempeh is a good source of protein, iron, manganese, phosphorus, magnesium and calcium. It is also low in carbs and sodium.

Child Care Providers may credit 1 ounce of tempeh as 1 ounce equivalent of meat alternate.





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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

Kali Lee

**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 Toast • Kiwi slices • Milk 	<ul style="list-style-type: none"> • WG Pancakes • Applesauce • Milk 	<ul style="list-style-type: none"> • WG English Muffin • Peaches • Milk 	<ul style="list-style-type: none"> • Cream of Wheat • Mixed Berries • Milk 	<ul style="list-style-type: none"> • Blueberry Muffin • Pears • Milk
Lunch	<ul style="list-style-type: none"> • Beef Sloppy Joes • WG Bun • Green Beans • Mixed Fruit • Milk 	<ul style="list-style-type: none"> • HM Cheese Pizza • Pizza Crust • Cauliflower & Broccoli • Strawberries • Milk 	<ul style="list-style-type: none"> • Oven-Fried Chicken Tenders • WG Brown Rice • Sugar Snap Peas • Mandarin Oranges • Milk 	<ul style="list-style-type: none"> • Deli Turkey and Cheese • WG Bread • Carrot Sticks • Watermelon • Milk 	<ul style="list-style-type: none"> • PB&J with a cheese stick • WG Bread • Corn • Grapes • Milk
Snack	<ul style="list-style-type: none"> • Cutie Orange • WG Teddy Grahams® 	<ul style="list-style-type: none"> • Pretzel Sticks • Milk 	<ul style="list-style-type: none"> • Hard Boiled Egg • WG Triscuits® 	<ul style="list-style-type: none"> • Yogurt • Blueberries 	<ul style="list-style-type: none"> • Banana • WG Cheerios®

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

Oven-Fried Chicken Tenders



¼ cup Flour

1 Egg

1 T. Water

1 cup Panko crumbs, plain or Italian

½ cup Parmesan cheese

1 ¼ lbs. Chicken breast tenders

Favorite dipping sauces

Directions:

1. Heat oven to 425°F. Line a cookie sheet with foil; spray with cooking spray.
2. In a shallow dish, place flour. In another shallow dish, beat egg and water. In third shallow dish, mix breadcrumbs and cheese. Coat chicken with flour; dip into egg mixture; then coat with bread crumbs mixture. Place on cookie sheet.
3. Bake 15-20 minutes, turning once, until chicken is no longer pink in center and coating is golden brown. Serve with dipping sauce.

bettycrocker.com

Breakfast Biscuits Now Creditable



Breakfast Biscuits, such as the one shown, may now credit towards the grain component and as a whole grain. This only applies to the plain, unfrosted/unfilled varieties. You can document this in KidKare by choosing "Breakfast Biscuits-Belvita, Nature Valley" under the cracker category. On paper claims document "WG Breakfast biscuit"

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