



**SENDCAA NEWS**  
CACFP Edition | April 2026

## Thank you Governor Armstrong!

The governor of the great state of North Dakota has proclaimed Child & Adult Care Food Program week. Thank you to the childcare providers that are committed to serving healthy meals to children in their care.

# STATE OF NORTH DAKOTA

## PROCLAMATION

### CHILD & ADULT CARE FOOD PROGRAM WEEK MARCH 15-21, 2026

WHEREAS, one of the basic rights of children, as set forth in the Universal Declaration of Human Rights by Eleanor Roosevelt in 1948, is the right to basic nutrition, and caring for the children must be a national priority; and

WHEREAS, from the inception of the Child & Adult Care Food Program (CACFP) in 1968, it has granted our children the best possible foundation in life and benefited many adults, which is vital to North Dakota's long-term health; and

WHEREAS, the two fundamental goals of the CACFP are that children served by the program be well-nourished during their crucial early years, while concurrently learning healthy eating behaviors that will last their lifetime. Nutritious diets are foundational for emotional, mental and physical health; and

WHEREAS, child and adult care providers, nutrition educators, program specialists and staff, state and federal professionals and parents contribute to and support the success of the CACFP; and

WHEREAS, the CACFP is committed to the benefits of nutritious eating for children, individuals with disabilities and older adults, and together Americans can make a difference in the lives of our youngest and most vulnerable citizens.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim  
March 15-21, 2026, CHILD & ADULT CARE FOOD PROGRAM WEEK  
in the State of North Dakota.



  
Kelly Armstrong  
GOVERNOR

ATTEST:   
Michael Howe  
SECRETARY OF STATE

## ND Community Needs Assessment

Your Voice Matters!

The 2026 North Dakota Statewide Community Needs Assessment is live!

CAPND and Community Action Agencies across North Dakota are launching this important statewide survey — and we need to hear from YOU.

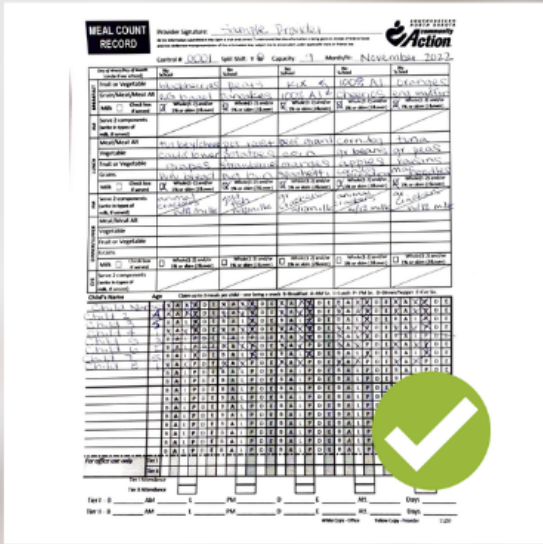
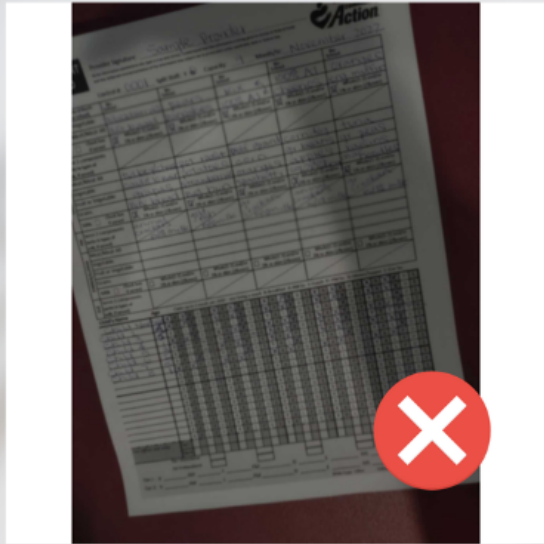
Who should take it?

- ✓ Anyone with low incomes, experiencing homelessness, or in need.
- ✓ Anyone who works in North Dakota
- ✓ Anyone who lives in North Dakota

That means *everyone* has a voice in shaping the future of our communities.

Take the Survey Now!

## Please Send All Documents as a PDF



**Email is best for sending your claims and enrollments. Contact your home monitor for ways to scan your documents with your phone. Unreadable documents could result in lost reimbursement.**

## REMINDER

**If you mail your claim each month, be sure you are providing appropriate postage. We have been receiving mail with “Postage Due” notices which is also delaying arrivals. Claims may not be processed on time if this occurs.**



## Free virtual Training from The National CACFP Association

In celebration of Provider Appreciation Month and the 40th anniversary of the National CACFP Association, we're taking a moment to celebrate you: the child care providers who make a difference every single day.

Together, we'll explore easy menu ideas, playful ways to turn everyday meals into opportunities for learning and movement, and helpful resources designed with providers in mind. It's a chance to connect, feel appreciated and pick up simple ideas you can use right away!

**If you choose to register and complete this training you will be responsible for preapproval and submitting your time to the ND Early Childhood Workforce Registry.**



Register

<span style="font-size: 2em; font-weight: bold; margin-left: 20px;">A Week's Worth of Menu Ideas</span>					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Banana Muffin Mandarin Oranges Milk	<b>WG</b> Oatmeal Cantaloupe Milk	<b>WG</b> Tortilla Breakfast Burrito Peaches Milk	<b>WG</b> Cheerios Banana Milk	<b>WG</b> French Toast Applesauce Milk
Lunch	HM Baked Chicken Strips Coleslaw Sweet Potato <b>WG</b> Dinner Roll Milk	Pork Stir Fry Broccoli Apricots <b>WG</b> Brown Rice Milk	Ground Beef Marinara Sauce Peas Apple Slices Spaghetti Noodles Milk	Tuna Salad Mixed Berries Carrot Sticks <b>WG</b> Bread Milk	Bean & Cheese Burrito Red & Green Pepper slices Corn <b>WG</b> Tortilla Milk
Snack	Grapes Trail Mix	Kiwi Graham Cracker	Cherry Tomatoes Cottage Cheese	String Cheese <b>WG</b> Triscuits	Pumpkin Bread Milk
*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older					

## Honey Lime Chicken

Honey Lime Chicken is a simple and delicious dish of tender baked chicken thighs lightly glazed with lime and honey

### CACFP Home Childcare Crediting Information

½ cup (1/3 cup measuring cup or 3 oz spoodle) provides 1.25 oz equivalent meat.



**Preparation Time:** 25 minutes

**Cooking Time:** 30 minutes

**Makes:** 6 servings

### Ingredients

- 1 lb 7 oz Raw chicken thighs, boneless, skinless
- ½ cup or 3 ½ oz Honey
- ¼ cup or 2 oz Fresh lime juice
- ½ tsp Salt
- ¼ tsp Ground black or white pepper
- ½ cup Lime zest

### Directions

- 1 Preheat oven:  
Conventional oven: 400 °F  
Convection oven: 375 °F
- 2 Combine chicken thighs, honey, lime juice, salt, pepper, and lime zest in a large bowl. Stir well. Set aside for step 2. Allow flavors to blend for 15-20 minutes.
- 3 Place seasoned chicken thighs on a baking pan (9" x 13" x 2") lightly coated with pan release spray and lined with parchment paper.
- 4 Bake:  
Conventional oven: 400 °F for 30-35 minutes.  
Convection oven: 375 °F for 30-35 minutes.
- 5 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
- 6 Once chicken thighs are removed from oven, cut into ¼" cubes.
- 7 Transfer honey lime chicken to a medium baking dish (8" x 8" x 2").
- 8 Critical Control Point:  
Hold at 140 °F or higher until served.
- 9 Serve ½ cup (portion with 1/3 cup measuring cup or 3 oz spoodle).

**Source:**  
CACFP Home Childcare 6-Serving Recipe Project

**Nutrients Per Serving:** Calories 211, Protein 20 g, Carbohydrates 15 g, Dietary Fiber 0 g, Total Sugars 13 g, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 72 mg, Sodium 255 mg, Vitamin A 16 mcg RAE, Vitamin C 6 mg, Vitamin D 0 IU, Calcium 14 mg, Iron 1 g, Potassium 0 mg



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# April Resources

The National CACFP Association has developed extra monthly resources to go along with your calendar. The Parent Connections monthly newsletters are ready for you to add your own info at the bottom of the page; and the activity pages contain recipes, craft activities, movement activities and more.

## Parent Provider Connection - April 2026



### Very Berry Crunch

Did you know that berries do not seem to be in season? Choose dark, vibrant berries for sweeter taste. Because berries are loaded with vitamin C, put them into your iron-rich foods. The vitamin C will help absorb the iron more effectively in the body. Serve strawberries with yogurt or cooked green beans with chickpeas.

### Berry Bug Log

Berries, peeled.  
No wax and food.  
Your choice of berries (e.g. strawberries, raspberries, blueberries, blackberries, raspberries).  
Cut each berry lengthwise. Spread one tablespoon of glue or seed paste along the flat side of every berry. Mix a small amount of seeds into each side with a toothpick. Direct children to place their "berry" bugs on top of the berry log.

### Berry, Berry, Fruit!

A lady on one of our favorite classic! One child will walk around the circle and say "Berry, Berry, Fruit!" When they choose the fruit that child will get up and try to make it back to their spot before the other child does. New child will take turns.

### Dauber Fruit

Show children how to paint the strawberry in the template at color with a red dauber. Allow to dry, cut out and glue onto construction paper for background. With green toothpicks, show the children how to glue on the seeds for their strawberry.

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Name \_\_\_\_\_

## Sow Much Fun

Count the number of seeds in each box. Draw a line to match it with the correct number.

## April

### Learn It Choosing the Right Seed

Local foods grown and served in a CACFP meal is based on the United States hardiness zone map. These zones are what help gardeners determine which plants grow best during certain times of the year and what may not grow well depending on where you live. Let children know which state they are in and where it is on the map. Have them tell you what hardiness zone they live in. Talk about what fruits and vegetables are local to their area and what's on the menu. Next, show seed packets of plants that would grow well in their garden. Have them decide which seeds will be planted.

### Eat It Strawberries and Cream Bagel

- 1 cup Greek plain yogurt
- 1 1/2 cup self-rising flour
- 1 egg
- 6 oz cream cheese
- 6 cups strawberries, chopped

Preheat oven to 375° F. In a bowl, mix yogurt and flour. Knead for 5 minutes or until dough is smooth, not tacky to the touch. If dough feels wet add 1 tbsp of flour at a time until dough is no longer tacky. Let it rest for 5 minutes. Divide dough evenly into 12 pieces. Roll each dough into balls and with your finger, poke a hole in the middle of each ball. Place on lined baking sheet. In a small bowl, scramble the egg and brush egg on top of each bagel. Bake bagels for 18-20 until golden brown on top. Allow them to cool and then cut each bagel in half. Spread 1 tablespoon of cream cheese on top and serve 1/2 cup strawberries on the side. Encourage children to add strawberries on top of their bagel slices.

### Laugh About It

Where do kids learn to grow?  
Kinder-garden.

### Create It Seed Clusters

Cut various colors of construction paper into 1" squares. Place into separate color containers or mix all together. Cover the squares with water for 20 minutes. Drain the water and mix in a food processor to make pulp. Mix seeds into the pulp to make your seed "batter". Little hands will have fun forming the batter into clusters or balls. Let these dry overnight and plant in a pot.

### Play It My Garden Imaginative Play

Set up an imaginary garden in a designated area. Complete the garden with plastic rakes, shovels, watering cans, and plastic flowers. Allow the children free time to create and work together to design and plant a class garden.

### Read It

- Just Ask: Be Different, Be Brave, Be You* by Sonia Sotomayor
- Inch by Inch: The Garden Song* by David Mallett
- ¡Solo preguntó: Sé Diferente, Sé Valiente, Sé Tú* by Sonia Sotomayor

### Grow It

Check the seed packet to know how deep to plant the seed and how far apart to plant them from each other.

### Fun Fact

All seeds need moisture, oxygen and the correct temperature to germinate.



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# Extra Calendar Activities

Follow the links to download all the extra activities that go along with the 2026 Calendar.

- [All Monthly Activity Pages](#)

- [All Monthly Parent Connection Newsletter](#)
  - [Supplemental Calendar Work sheets](#)
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# Training Opportunities

Looking for free training hours? Check out our website for all of the available at-home training modules. SENDCAA training hours are ND Early Childhood Workforce approved and free to SENDCAA providers and their staff.

- [Nutrition Facts Label](#)
  - [Nutrition & Wellness Tips for Young Children](#)
  - [Infant Feeding Guide](#)
  - [Identifying Whole Grain-Rich](#)
  - [2026 Calendar -NEW](#)
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To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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