

# SENDCAA NEWS



Volume 21 Issue 10

"Where Healthy Eating Becomes a Habit"

October 2019

## **Menu Reminders**

***Double check your menus so you don't lose out on reimbursement!***

***Deductions will be made if these requirements are not met:***

- ⇒ Juice can only be served once per day. If documented twice in one day, even if a different group of children were served, the second meal where juice was served will be deducted.
- ⇒ A whole grain item needs to be served and recorded once per day. If no whole grain was recorded for the day, the meal with the lowest reimbursement where a grain was served will be deducted for that day. If you served an item that was whole grain be sure the slider box says "yes" in KidKare, or document WGR on manual claims.
- ⇒ Sweet snacks served will be a deduction for that meal. Sweet snacks include: cakes, cookies, bars, granola bars, doughnuts, pastries, cinnamon rolls, etc.

## ***Infant menu reminders:***

- ⇒ Documentation is required for all infants, 6-11 months who are NOT developmentally ready to eat all components at all meals or if the parent has requested the child not be served solids yet. Meals will be deducted when all required components are not recorded and no explanation is given. Documentation can be given in the comment box on a menu in KidKare or on the space provided on manual claims. One comment for the month is sufficient.

## **Welcome Martha Holte**

We welcome Martha Holte as the next SENDCAA Child and Adult Care Food Program Coordinator as of October 1<sup>st</sup>.

Martha grew up in various cities around Minnesota, graduating from Mora High School and later receiving a Bachelor's Degree in Food, Nutrition, and Dietetics from Concordia College. After graduation, Martha worked as a Nutrition Educator for the SENDCAA Food Program, Nutrition Consultant and Lead School Age Teacher for a local daycare center, Direct Service Professional for Creative Care for Reaching Independence (CCRI) and as a Program Specialist for Community Action Partnership of North Dakota (CAPND), later moving into the Program Coordinator position. As the Program Coordinator for CAPND, Martha oversaw the Individual Development Accounts (IDA) program, Sportsmen Against Hunger, Supportive Services for Veteran Families (SSVF) and facilitation of poverty simulations, ensuring programs were impactful across the state. She also assisted in marketing and promotion of all statewide programs, developing resources to sustain and expand services.

Martha and her husband, Peder, live in Fargo with their two rescue dogs. In her spare time, she enjoys volunteering at 4 Luv of Dog Rescue, fostering dogs in need and spending time outdoors.

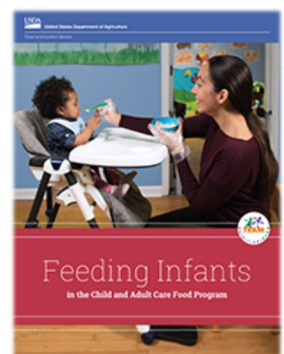
**Martha can be contacted at: 701.232.2452 ext. 118 or [marthah@sendcaa.org](mailto:marthah@sendcaa.org)**



## **Infant Feeding Guide**

USDA has put together an extensive guide on infant feeding. It covers topics such as the infant meal pattern, developmental readiness, hunger and fullness signs, handling and storing breastmilk and infant formula, solid foods, what is creditable in the infant meal pattern, and much more.

Your home monitor will be bringing one to you at your next visit over the next few months. We ask that you keep these guides for reference and to use for future at-home trainings that we are currently developing.



**There is still time to register!**

**Fall Conference Saturday, October 26<sup>th</sup> 9:00-12:00**

**Check out our website to register [sendcaa.org](http://sendcaa.org) or call our office, 232-2452 ext. 132**





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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**

**Kellie Reno  
Marissa Buchanan**

**to the SENDCAA Food  
Program!**

# A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• WG French Toast</li> <li>• Kiwi slices</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Strawberry and Mango</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Cheerios®</li> <li>• Honeydew</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Tortilla</li> <li>• Peanut Butter</li> <li>• Banana</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WG Oatmeal</li> <li>• Mixed Berries</li> <li>• Milk</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Beef Meatballs</li> <li>• Dinner Roll</li> <li>• Mashed Potatoes</li> <li>• Carrots</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna Sandwich</li> <li>• WG Bread</li> <li>• Celery Sticks</li> <li>• Apple Wedges</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Nuggets/Cottage Cheese</li> <li>• WG Brown Rice</li> <li>• Green Beans</li> <li>• Grapes</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Rotisserie Chicken</li> <li>• Fettuccini Noodles with Alfredo sauce</li> <li>• Pear slices</li> <li>• Green Beans</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Burger Sliders*</li> <li>• WG Bun</li> <li>• Baked Potato</li> <li>• Raspberries</li> <li>• Milk</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• Salsa</li> <li>• WG Tortilla Chips</li> </ul>	<ul style="list-style-type: none"> <li>• Cheddar Cheese Cubes</li> <li>• Grapes</li> </ul>	<ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Graham Cracker</li> </ul>	<ul style="list-style-type: none"> <li>• Deli Ham</li> <li>• Ritz Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• English Muffin</li> <li>• Applesauce</li> </ul>

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



## Easy Cheeseburger Sliders

### Burgers

- 2 lbs. ground beef
- 1 Tbsp. worcestershire sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp ground pepper
- 12 soft pull apart roll (like King's Hawaiian)
- 6 slices cheddar cheese

### Glaze

- 2 tablespoons butter, melted
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sesame seeds

1. Preheat oven to 350°.

2. In a large bowl, mix together ground beef, worcestershire sauce, garlic powder, onion powder, salt, and pepper. Press mixture into a 9 x 13 baking dish or quarter sheet pan sprayed lightly with cooking spray. Bake the patty about 15-20 minutes.
3. Slice the entire pack of buns in half lengthwise. Place bottom half into another 9 x 13 baking dish. Use two large spatulas to transfer the meat patty on top of the buns. Top with a layer of cheddar cheese slices. At the bun tops, pressing down on them gently.
4. In a small bowl, combine the melted butter, sesame seeds, and garlic powder. Use a pastry brush to spread the mixture on top of the buns.
5. Bake sliders for 15-20 minutes, until cheese is melted and tops are golden. Slice sliders into 12 individual portions using a serrated knife. Serve immediately.

<https://thisdelicioushouse.com>