

# SENDCAA NEWS

Volume 19 Issue 4

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## At-Home Training Opportunities!



Receive up to 6 hours of Growing Futures approved training that go along with the 2017 CACFP Calendar. You can download and print the modules and quizzes from our website, submit them electronically through our website or call our office and we can mail you a hard copy.

To find them on our webpage go to:

- ⇒ [sendcaa.org](http://sendcaa.org)
- ⇒ click on “child care food program”
- ⇒ go to “for our providers”
- ⇒ under that tab you will see “at home training”.

### Reminders:

- ⇒ If any of your families have moved, please send us their updated contact information.
- ⇒ When emailing a picture of an enrollment, make sure the entire page is in the frame. It must be clear enough to read and be signed and dated by the parent.
- ⇒ You're Growing Futures number is not your Food program control number. Remember this when registering for trainings.

## Important Training Announcement! Register for the “New Meal Pattern” training!

With the new meal patterns changing beginning October 1<sup>st</sup> 2017, we want to make sure our providers have the knowledge, resources and the tools to be successful in implementing these changes in your childcare. We will be offering several workshops around the region that will give you **two hours of Growing Futures credit, FREE!** We would like to stress the importance of attending this training and encourage all of our providers to choose one of the dates below:

**May 15<sup>th</sup>– Fargo**  
6:00pm-8:00pm  
Dakota Medical Foundation  
4141 28th Ave S Fargo

**May 22<sup>nd</sup>– Lisbon**  
7:00pm-9:00pm  
501 3rd Ave W  
Lisbon, ND

**May 17<sup>th</sup>– Grand Forks**  
6:30pm-8:30pm  
Valley Memorial Home  
4000 24th Ave S  
Grand Forks, ND

**June 7<sup>th</sup>-Wahpeton**  
7:00pm-9:00pm  
Wahpeton Community  
Center  
304 5th St S Wahpeton, ND

**June 12<sup>th</sup>– Fargo**  
6:00pm-8:00pm  
Dakota Medical Foundation  
4141 28th Ave S Fargo

### To register:

- You may follow the link to the email invite that was sent to you.
- Register by going to our website:  
[http://www.sendcaa.org/child\\_adult\\_food\\_program/for-our-providers/workshops.html](http://www.sendcaa.org/child_adult_food_program/for-our-providers/workshops.html)
- Call Jenny at 232-2452 ext. 132

## October 2017 Revised Meal Pattern will be Implemented

We will be conducting training sessions beginning in May regarding the implementation of these new guidelines. During the next few months we will be highlighting these changes in our newsletter. This month we will focus on Deep Fat Frying. Deep-fat frying, defined as, submerging foods in hot oil or other fat may not be used to prepare meals on-site.



**DON'T FORGET TO CHECK OUT OUR WEBSITE [SENDCAA.ORG](http://SENDCAA.ORG)!**  
**YOU WILL FIND MANY HELPFUL RESOURCES, ANNOUNCEMENTS, FORMS, AND TRAINING!**

## 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  
bjmnamee@hotmail.com

Find us online:

[www.sendcaa.org](http://www.sendcaa.org)



Sendcaa Child & Adult Care  
Food Program

## Welcome

Michele Iverson  
Lindsey Schmitt  
Joseline Nzeyimana  
Amanda Edwards  
Toni Grimsley  
Allison Lillemoen

to the  
SENDCAA Food  
Program



## Here is a week's worth of menu ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Whole grain waffle</li> <li>Blueberries</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain raisin toast</li> <li>Banana</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>French Toast made w/ whole grain bread</li> <li>Canned Peaches</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cream of Wheat</li> <li>100% orange juice</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Carrot muffin</li> <li>Pineapple tidbits &amp; mandarin oranges</li> <li>Milk</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>Chicken Pita Pocket</li> <li>Lettuce &amp; tomato</li> <li>Green Peas</li> <li>1/2 round pita</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fish Sticks</li> <li>Red, green, &amp; yellow pepper strips</li> <li>Orange Slices</li> <li>HM mac &amp; cheese</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Ham</li> <li>Scalloped Potatoes</li> <li>Broccoli</li> <li>Whole grain dinner roll</li> <li>milk</li> </ul>	<ul style="list-style-type: none"> <li>Beef goulash-HM</li> <li>Green Beans</li> <li>Apple slices</li> <li>Whole grain Pasta</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Bean Soup</li> <li>Strawberries</li> <li>Sugar snap peas</li> <li>Peanut Butter on whole grain crackers</li> <li>Milk</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>Cottage Cheese</li> <li>Triscut crackers</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit Cup</li> <li>Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>Banana</li> <li>Wheat thin crackers</li> </ul>	<ul style="list-style-type: none"> <li>Gold Fish crackers</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Carrot sticks w/ ranch</li> <li>Saltine crackers</li> </ul>

## Scrambled Egg Cups

- 1 – cooking spray
- 6 large – egg
- 1/4 cup – milk
- 1/8 teaspoon – salt
- 1/8 teaspoon – black pepper, ground
- 1 medium – bell pepper, red
- 3/4 cup – spinach
- 1/4 cup – cheddar cheese, shredded



1. Spray a muffin tin with cooking spray and set aside. Preheat oven to 375°F.
2. Whisk the eggs and milk together in a bowl. Season with salt and pepper.
3. Dice the bell pepper into small pieces. Stack the spinach leaves, roll them up, and slice them thin. (This method is called chiffonade.)
4. Add the peppers, spinach, and shredded cheddar to the egg mixture.
5. Fill muffin cups 3/4 full and bake for 20-25 minutes until centers are set and no longer runny.
6. Allow to cool slightly before serving.

Extras may be stored in an air-tight container in the refrigerator for up to a week or in a freezer-safe container in the freezer for up to a month. Microwave thawed egg cups on high for 45-60 seconds or until hot.  
[superhealthykids.com](http://superhealthykids.com)



## KidKare will be replacing Minute Menu

KidKare is the online claiming program that will be replacing Minute Menu when the meal patterns change in October. One of the perks is that you will be able to access KidKare from any device with an internet connection: mobile phone, tablet, laptop, or desktop computer (including Apple!). We are slowly transferring providers over on a volunteer basis. If you are interested in converting to KidKare starting May 1, please contact Heide at [heidem@sendcaa.org](mailto:heidem@sendcaa.org). In the mean time feel free to check out some webinar videos to get you better acquainted with the site [help.kidkare.com](http://help.kidkare.com).

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