



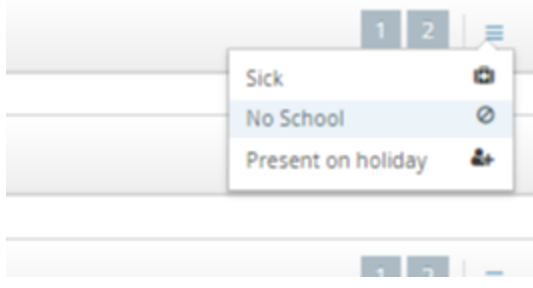
SENDCAA NEWS

CACFP Edition | September 2020



School Age Meals

Since most school districts will be operating in a hybrid model and children only attending in person school a few days a week, you may be claiming school age children this year on days that they are not attending school in person.



In KidKare, when documenting school age

children, choose the "No School" option when clicking attendance for each meal (click the three lines at the end of the bar and choose the "No School" option) You can also go to the calendar and choose child, pick which child, drag and drop the "No School" bar to the days the child will be attending child care instead of school. For manual claims, circle "No School" at the top of the menu form for the day.

Contact your home monitor if you have any questions.

Program Reminders

- Be sure new enrollments are signed and dated by parents or guardians in the month that they started care.
- Please email/mail a copy of your license upon renewal.
- Contact your home monitor to let them know if your child care will be closed due to vacation or illness.
- **Claims need to be submitted or postmarked by the 3rd of each month.**

COVID-19 FAQs Child Care Practices

The ND Department of Human Services has put together an updated guide answering all your questions in regards to healthy practices for back to school and school age children coming into your child care. Click [here](#) to download the document.



KidKare

If you are a current paper claim user and have been thinking about switching to online claiming, contact our office today! We would be happy to help you navigate through the website. If needed we can even set up a Zoom meeting to introduce the website to you and walk you through how to document your meals and attendance.



Click the logo to view a brief introduction to navigating KidKare.

Training Opportunities

Looking for free training hours? Check out our website for all of the available at-home training modules. SENDCAA training hours are free, and Growing Futures approved.

- [Infant Feeding Guide](#)
- [2020 Calendar](#)
- [Nutrition & Wellness Tips for Young Children](#)
- [Identifying Whole Grain-Rich](#)



Check out our website now!

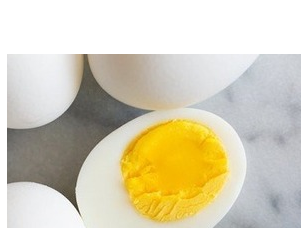
Menu Planning

SENDCAA Child & Adult Care Food Program		A Week's Worth of Menu Ideas				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Pineapple WG Toast with Peanut butter Milk	Grapes and Strawberries WG Cheerios® Milk	Watermelon WG Waffles Milk	Peaches WG Oatmeal Milk	Cantaloupe WG Kix® Milk	
Lunch	Hard Boiled Egg Lettuce Salad Strawberries HM WG Corn Bread Milk	Beef and Cheese Burrito Refried Beans Honey Dew Melon WG Tortilla Milk	Tilapia Fish Fillets Cooked Carrots Mixed Fresh Fruit WG Brown Rice Milk	Ham Baked Potato Pineapple WG Toast Milk	Tuna Salad Carrot Sticks Strawberries Pita Pocket Milk	
Snack	Blueberries Cottage Cheese	Peach Slices Rice Cakes	Banana Slices WG Wheat Thins	HM Fruit/Yogurt Smoothie Animal Crackers	WG Life® Milk	

*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older

Perfect Hard Boiled Eggs

1. Place eggs in a single layer in a sauce pan and add enough water to cover eggs.
2. Heat the pot on high heat and bring the water to a full rolling boil.
3. Turn off the heat, keep the pan on the hot burner, cover, and let sit for 10-12 minutes.
4. Strain the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.
5. Store eggs in a covered container in the fridge. They should be eaten within 5 days.



Check out the link below on more tips:

https://www.simplyrecipes.com/recipes/how_to_make_perfect_hard_boiled_eggs/

Provider Profile

Jackie Miller has been operating Miller's Munchkins for 22 years! She started daycare so that she could be at home with her kids and has found it rewarding to continue teaching kids in childcare. Kids are her business! She has a Bachelor of Arts degree from NDSU and has been with SENDCAA from the day she opened her business. She grows a garden every year and feels it is very important to teach the kids that it is ok to get their hands dirty – to teach them where food comes from. She remembers one of her toddlers answering a question about where eggs come from and the child answered "Hombachers". Keeping kids active and outside is something she feels is extremely important. Let the kids be kids...enjoy each and every day! The Food Program provides structure and ideas on what to serve and hopefully will leave a lasting, healthy food choice impression on the children.

Thank you Jackie for being a dedicated child care provider!



Miller's Munchkins showing off their garden harvest!



Contact Us

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