

Healthy eating = A healthy life



Sanford's Family Day Care Network April, May, June 2019

Cycle Menus

CHILD MENU		Cycle Month:		Year:		SANFORD Children's									
Provider Name:		1	2	3	4	State Menu:									
Phone #:		[Check] Week:				1	2								
<p>REGIMEN: Menu categories and options are categorized by the following week in months.</p> <table border="1"> <tr> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> </tr> </table>								REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN
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<p>DAY MENU: Choose 1 of 2 components per day to determine:</p> <table border="1"> <tr> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> </tr> </table>								REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN
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<p>LUNCH: Which day components are served, and different kinds of vegetables must be served.</p> <table border="1"> <tr> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> <td>REGIMEN</td> </tr> </table>								REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN	REGIMEN
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May/June/July/Aug

Due April 2019

Sept/Oct/Nov/Dec

Due August 2019

Jan/Feb/Mar/Apr

Due December 2019

*Menus need to be pre-approved before claiming

Menus:

Manual Providers: Menus for May/June/July/Aug are due in the FDCN office by the end of April.

KidKare Providers: Menus are due into KidKare for May/June/July/Aug by the end of April. If you are not going to enter your menus into KidKare for May/June/July/Aug by April 30th, then paper copies will need to be sent into FDCN office for approval. Failure to have pre-approved menus could result in loss of reimbursement.

Non-Discrimination Statement:

Your blue non-discrimination statement needs to be available for parents and FDCN monitoring staff. Posting this statement ensures that it is always available. If you are not able to locate your non-discrimination statement, please contact the FDCN office for another copy. As was discussed at annual training, this statement replaces the "And Justice For All" poster.

Whole Grains:

Meals continue to be disallowed due to whole grains not being identified in KidKare. Please, carefully review your claim summary and errors report to see if you are missing any whole grains.

If you have any questions or concerns, please contact the FDCN at (605) 312-8370 or email daycare@sanfordhealth.org

Late Claims:

Providers now have 50 days to submit their late claim to our office for reimbursement. To meet our deadline, we need all late claims submitted to the FDCN office by the 20th of each month. Once the 50 day time frame has expired, we will not be able to reimburse you for that claim.

Froggy Apples

Here is what you will need:

Green apples, cut into slices
Grapes, cut in half
Peanut butter or Almond butter
Raisins
Spinach

Step 1: Adult should cut apple into slices leaving green peel on.

Step 2: Allow child to spread peanut butter on top of apple slice and layer another slice on top.

Step 3: Add dabs of peanut butter on top and attach grapes. Add another dab of peanut butter and place raisins on the grapes for eyes



Five Little Speckled Frogs

Five little speckled frogs,
Sitting on a speckled log,
Eating the most delicious bugs,
Yum, Yum.
On jumped into the pool,
Where it was nice and cool,
Then there were four little speckled frogs.

(Repeat, working your way down to one.)

One little speckled frog sitting,
Sitting on a speckled log,
Eating the most delicious bugs,
Yum, Yum.
On jumped into the pool,
Where it was nice and cool,
Then there were no little speckled frogs.

Mary Had a Little Frog

(To the tune of Mary had a little Lamb)

Mary had a little frog,
Little frog, little frog,
Mary had a little frog,
Its skin was green as grass.

And everywhere that Mary went,
Mary went, Mary went,
Everywhere that Mary went,
The frog would jump and splash.



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