

Healthy eating = A healthy life



Sanford's Family Day Care Network January, February, March 2019

Cycle Menus

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:

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

Updating Enrollments:

Updated enrollments need to be completed and signed in January. **Updated enrollments are due to our office by January 31st.** This applies to both manual/paperwork providers and KidKare providers. You do not need to fill out a new infant menu for infants with the updated enrollments.

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.

Whole Grains:

Please check your claim summary and error report that comes with your check. If you have had meals disallowed due to missing whole grains, please make the appropriate changes on your menu to avoid future disallows.

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

Staff Updates:

With many changes in the last few months, we would like to introduce new staff and provide you the full listing of FDCN staff.

- Jenn Holien is our new part-time Food Program Educator. Welcome Jenn!

Additional Staff:

- Becky Hinton - Administrative Assistant
- Michelle Ehlers - Administrative Assistant
- Sarah Boese - Food Program Educator
- Sharon Schmidt - Community Programs Specialist
- Terra Johnson - Manager

Easy Cheesy Snowman

Here is what you will need:

- Large chunk mozzarella cheese
- Pretzel sticks (for the arms)
- 2-3 tablespoons seedless blackberry preserves (or substitute with something comparable)
- Grapes or strawberries (for the hats)



Step 1: Cut mozzarella into groups of 3 chunk sizes.

Start with deciding the size you'd like the head chunk to be and cut those equally.

Next, cut slightly larger chunks for the middle, and repeat for the bottom.

Step 2: Fill piping bag or plastic baggie with corner sliced off for piping with blackberry preserves, and pipe faces onto smallest chunks of cheese.

The preserves, once piped onto the cheese for faces, stay in place very well, and they should not dribble as long as you do not make the dots too large.

Step 3: Build Snowmen

Layer your three chunks of cheese, largest on bottom, and work up. Slice the bottom off of a grape and add it to the top to look like a hat.

Add pretzel sticks to each side of the middle cheese chunk for arms.



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