

Healthy eating = A healthy life



Sanford's Family Day Care Network January, February, March 2018

Cycle Menus

Sanford Family Day Care Network		MENU							Provider #
Menu Cycle		MON	TUE	WED	THUR	FRI	SAT	SUN	Provider Name
Bread/Grain									
Bread/Alternative									
Protein									
Protein Alternative									
Vegetable									
Fruit									
Bread/Alternative									
Protein									
Protein Alternative									
Vegetable									
Fruit									
Bread/Alternative									
Protein									
Protein Alternative									
Vegetable									
Fruit									
Bread/Alternative									
Protein									
Protein Alternative									
Vegetable									
Fruit									

May/June/July/Aug

Due April 2018

Sept/Oct/Nov/Dec

Due August 2018

Jan/Feb/March/Apr

Due December 2018

*Menus need to be pre-approved before claiming

Enrollments:

Updated enrollments are due to the FDCN office by **January 31st** for all children enrolled. For online providers, please refer to the message in your KidKare account from Sanford Family Day Care Network explaining the details of updating your enrollments for 2018. For manual providers, a new enrollment form will need to be completed for each child/family. Be sure to include a January 2018 update date for each child on the enrollment.

Whole Grains:

The National CACFP Sponsors Association has created a tool to help identify whole grain rich foods. We have ordered handouts for providers and will send them to you as soon as we receive them. This tool will have product examples of whole grain items, an updated cereal list, and will list non-creditable grains such as corn starch. This non-creditable grain (corn starch) excludes Wheat Thins as a whole grain. Wheat Thins are still creditable as a snack cracker, but not as a whole grain. Please remember this information when planning your future menus.

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



Winter Fun



Five Silly Snowmen

Five Silly Snowmen dancing outside my door. One rolled away and then there were four.
Four Silly Snowmen climbing up a tree. One fell down, and then there were three.
Three Silly Snowmen didn't know what to do. One ran away and then there were two.
Two Silly Snowmen baking in the sun. One melted away, and then there was one.
One Silly Snowman dancing round and round. He danced so much he melted to the ground.
No more Silly Snowmen, they all have gone away. I hope I get to see them, on another winter's day!

Banana Snowman

Here's a fun indoor activity for all ages during the cold winter days.

All you need for ingredients:

- Bananas
- Mini chocolate chips
- Strawberries or raspberries
- Baby carrots
- Pretzel sticks



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