

Healthy eating = A healthy life



Sanford's Family Day Care Network October, November, December 2018

Cycle Menus

Sanford Children's Family Day Care Network		MENU						
Menu Cycle		Jan	Feb	March	Apr	May	June	July
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Snack								
Vegetables								
Fruit								
Snack								
Vegetables								
Fruit								
Snack								
Vegetables								
Fruit								
Snack								
Vegetables								
Fruit								
Snack								
Vegetables								
Fruit								
Snack								
Vegetables								
Fruit								
Snack								
Vegetables								
Fruit								

Jan/Feb/March/Apr

Due December 2018

May/June/July/Aug

Due April 2019

Sept/Oct/Nov/Dec

Due August 2019

*Menus need to be pre-approved before claiming

Menus:

Menus for January, February, March and April are due in the FDCN office by the end of December.

Updating Enrollments:

Updated enrollments need to be completed and signed in January. They are due to our office by January 31st. Please do not have them signed and turned in during December. They will be returned to you! 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.

New Staff:

We are excited to introduce our staff that will be working with the FDCN.

Sarah Boese is a Food Program Educator. She will be focusing on monitoring visits so you will meet her soon if you haven't already.

Terra Johnson is our new Manager at CHILD Services. She will be overseeing the FDCN as well as other programs.

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

Annual Training Follow-up:

Thank you all for attending the annual training. Here are some answers to the questions raised during the discussions:

1. Are infant biscuits or rusks creditable? If they are made with whole, enriched or fortified grains/flour, they are creditable as a grain/bread item. Read your labels!
2. Are honey and cinnamon flavored graham crackers creditable as well as the original flavor? Yes they are creditable. However, infants cannot have the crackers flavored with honey.
3. Is infant cereal with strawberries and blueberries creditable? No. When fruit is added, there is no way of knowing how much of the serving is cereal and how much is fruit.
4. Are tortilla chips creditable as a grain/bread? ONLY if the first ingredient is whole corn. They are never creditable as a whole grain, just a regular grain/bread alternate. Again, read your labels as manufacturers change their ingredient lists.
5. KidKare providers: Remember to identify your whole grains in your menu. Meals without whole grains will be disallowed starting October 1st.

We have received some questions about **printing menus**. Here are the steps from KidKare's "get help" section:

To print a week of scheduled menus:

1. Open KidKare and select the **Reports** option from the main menu.
2. Select **Menu Planning** from the dropdown box.
3. Select the **Scheduled Menus** report. (select infant or non-infant)
4. Select a day (the report will print the entire week).
5. Hit the **Run** Button
6. Hit the printer icon below the "run" button to send the report to your printer.

To print more than one week:

1. Open KidKare and select the **Reports** option from the main menu.
2. Select **Menu Planning** from the dropdown box.
3. Select the **Scheduled Menus** report. (select infant or non-infant)
4. Go to Date Range.
5. Select Custom.
6. Select **From** date and **To** date.
7. Hit the **Run** Button
8. Hit the printer icon below the "run" button to send the report to your printer.



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