



Day Nursery Child and Adult Care Food Program

June 2014

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Upcoming Training Opportunity

Creating a Healthy Menu on a Budget

Join us on Wednesday, June 4th from 6pm till 8pm for a training on ways to create a healthier menu without spending more money. We will give you some great, low cost ideas for your menus as well as some shopping tips.



The training will be held at the Day Nursery Lilly, 3522 N. Central Ave, Indianapolis, IN 46205. Please make sure you pre-register for the training.

Just as a reminder:

Trainings for the contract year starting October 1, 2013 through September 30, 2014 will be due this year **JULY 31, 2014!!**

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8am-5pm



Happy Birthday !!!

- 6/19 Heather Elliott
- 6/16 Roshanda Harden-Holmes
- 6/13 Kristen Hines
- 6/12 Teri Kopetsky
- 6/30 Lori Pell
- 6/10 Julie Schultz
- 6/25 Kim Shultz
- 6/6 Lavonda Staples
- 6/14 Starisa Vaden
- 6/12 Minnie Williams



Congratulations!

You've been with us awhile!

- 1 Year- Casey Hampton, Lilia Rosas
- 2 Years- Linda Godwin, Peggy Reeves
- 3 Years- Angela Orta
- 5 Years- Sylissa Thomas
- 10 Years Tamica Kilbert**



RECIPE CORNER

Ditch the unhealthy frozen nuggets and make your own!!

**Why are they so popular? Is it the shapes? I'm not sure but they are simple to make!
So why buy them ready-made?**

Healthy Chicken Nuggets

Ingredients

1 lb ground chicken
1/4 cup old-fashioned oats
1/4 cup grated Parmesan cheese, divided
1 tsp Zatarain's Creole Seasoning, divided (optional)
sub paprika
1/2 tsp garlic powder
1/4 tsp black pepper
3/4 cup breadcrumbs

Instructions

In large bowl, combine chicken, oatmeal, half the grated parmesan (1/8 cup), half the Zatarain's seasoning (or paprika) (1/2 tsp), garlic powder and pepper. Knead dry ingredients into ground chicken.

Moisten hands to prevent sticking and form 1 tbsp of chicken mixture into a ball. Press into a cookie cutter for shaped nuggets or flatten with fingers for a basic nugget shape.

In small bowl, combine breadcrumbs with remaining Zatarain's seasoning and grated parmesan.

Press nuggets into bread crumb mixture and turn over, patting crumbs into surface to coat evenly.

--At this point you can freeze-- or

To bake: Preheat oven to 375° F. Arrange nuggets on cookie sheet sprayed with cooking spray or lined with parchment paper. Lightly spray nuggets themselves with cooking spray or olive oil for a crispier coating (optional). Bake 15-20 minutes, turning once, and checking - don't overcook! These baked nuggets will not really brown (unless you pan fry in oil) - if browning is desired, place under broiler for a couple of minutes at the end of cooking.

These nuggets don't have to be baked right away; you can freeze the breaded nuggets on a cookie sheet, then transfer them to an airtight bag or container and store them in the freezer until you're ready to bake as few or as many as you like for up to 3 months. Add about 3-5 minutes to your usual cooking time if baking from frozen.



Recipe by MOMables® - Real Food Healthy School Lunch & Meal Ideas Kids Will LOVE at <http://www.momables.com/lunchbox-wars-4-chicken-nuggets/>

Congratulations to the Error Free Claimers for the Month of April!!!!

Tracey Alexander
 Quay Anderson
 Stephanie Berry
 Audrea Burt
 Susanne Cameron
 Laverne Coleman
 Deanna Collins
 Cierra Cross
 Sandra Daley
 Victoria Davis
 LaToya Dixon
 Heather Elliott
 Theodora Everett
 Swanzetta Fowler
 Juanita Garnett
 Lisa Gassensmith
 Marie Gibson
 Beverly Givens
 Linda Godwin
 Katherine Guerra
 Jane Hale
 Shelly Hall
 Linda Hambrick
 Kim Hatter
 Numidia Hernandez

Juanita Hiser
 Michelle Hochesang
 Theresa Horton
 Jane Iles
 Audrey Jones
 Kelly Jones
 Monica Jones
 Shannon Jones
 Tamica Kilbert
 Linda King
 Kim Masters
 Doris McBride
 Linda McGinnis
 Vicki McKinnon
 Laura McLinn
 Valerie Means
 Lidia Murrieta
 Ne Mya Mya Swe
 Jacqueline Negri
 Regina Outlaw
 Beverly Owens
 Sally Parkhurst
 Alma Ramirez
 Peggy Reeves
 Anna Renfro

Shuntel Robinson
 Julie Schultz
 Tina Shumpert
 Valarie Soloman
 Deborah Stewart
 Beverly Summers
 Maria Villa
 Melanie Webber
 Sarah Weesner



April Claim Vital Statistics

Total Number of Claims:
 132
Total Number of children served:
 1,702
Total Meals Served:
 67,517

Breakfast: 16,666
AM Snack: 6,085
Lunch: 19,765
PM Snack: 20,718
Supper: 3,413
Eve. Snack: 870

First Time Claimers:
 Linda Hambrick
 Chantell Heath
 Laura Heldman
 Julie Mawi
 Ne Mya Mya Swe





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DAY NURSERY

**Follow us on
Facebook!**

"Where Healthy Eating Becomes a Habit"

PLEASE KEEP IN MIND DURING YOUR MONITOR VISITS THAT WE ARE THERE TO HELP YOU AND MAKE SURE YOU STAY IN COMPLIANCE OF THE FOOD PROGRAM. PLEASE TREAT YOUR MONITOR WITH KINDNESS AND RESPECT. ALSO, PLEASE MAKE SURE ALL OF YOUR STAFF IS TRAINED ON HOW TO HANDLE A MONITOR VISIT.

If you won't be home for a meal please notify your monitor immediately!!

Reminders and Policies:

The May claim will need to be processed early due to the state schedule. Please try to submit your claim as soon as possible for May.

- ◆ *We must have your plus 3 certificate on file if you are claiming the 3 school age children.*
- ◆ *We have had many questions from providers about parents who wish to provide food for their child. The parent can decline the Food Program and supply their own food. Please have the parent write a letter stating that and keep it with your CACFP records.*
- ◆ *What trainings might you be interested in? If you have a training suggestions email emilyb@daynursery.org*
- ◆ *Just a reminder Syliva is no longer with CCA or the Food program if you need assistance please email your monitor or leave a voicemail message for Molly or Emily.*
- ◆ *If you are serving two snacks a day per child they must be different snacks. Please be cautious of the sweets category. Serving a sweet more than twice a week will result in your meal being disallowed.*
- ◆ *Menus and meal records are checked every Monday morning. Please make sure you have recorded the previous weeks meals and planned your menu.*