



## Providers' Playground

### What's for Snack?



#### Fabulous French Toast.

Prep Time: About 15 minutes.

Ingredients:

- 1 egg
- 1/4 c. milk
- Dash of vanilla extract
- 1 tbsp. margarine
- 2 pieces of bread

Directions:

1. Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.
2. Put the margarine in a frying pan. Heat the pan on the stove5top on medium heat. It's hot enough when the margarine starts to bubble.
3. Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.
4. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).

5. Use a spatula to flip the bread over, and cook again for another 5 minutes.
6. Use the spatula to transfer the French toast to a plate.

Serves: 2  
Serving Size: 1 Slice

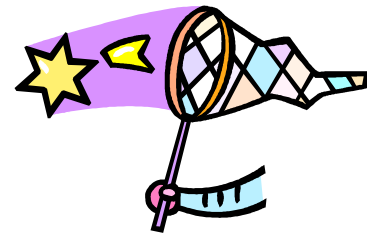
Variations and suggestions:

Eat your French toast with powdered sugar, cinnamon, maple syrup, jelly, or fruit on top.

<http://kidshealth.org/kid/recipes>

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### Serve this not that!

Each month, Provider's Playground will offer some helpful advice, yummy recipes, and interesting food facts from the popular books "Eat This Not That!" by David Zinczenko.

Navigating the supermarket takes some clever thinking and a bit of insider knowledge— keep the following rules in mind:

Serve This!	Not That!
Cheerios (1c) 100 Calories, 2 g fat, 0 sat. fat, 1g sugars, 3 g fiber. Classic for no reason.	Rice Krispies ( 1 1/4 c/33 g) 120 calories, 0 g fat, 3 g sugars, 0 g fiber.
Kraft Philadelphia Whipped Cream Cheese (2 Tbsp) 60 Cal, 6 g fat, 3.5 g sat. fat.	Kraft Philadelphia Regular Cream Cheese ( 2 Tbls) 90 cal, 9g fat, 5 g sat. fat.
Kraft Polly-O Twists (1Twist) 60 Cal, 4 g fat, 2.5 sat. fat, 140 mg sodium.	Kraft Snackables Cubes Natural Cheddar & Monterey Jack Cheeses (5 pieces) 72 cal, 7g fat, 4.5 g sat, 132 mg sodium.

CMA

8831 S Redwood Rd.

Suite D1

West Jordan, UT 84088

This institution is an equal opportunity provider

## Down to Business!

Meals that are served outside of the providers approved meal times are not eligible for reimbursement.

Also Change in meal times must be approved by CMA

Even only for one meal time.



- **Web claimers must enter attendance times for all children:**

Please be aware that all providers using webkids must enter in and out times for each child every day. If you need help with this, please call CMA.

Failure to submit attendance records with your claim will result in loss of reimbursement. If you prefer to submit attendance records on paper, they are due by the monthly claim due date.



## Activity Time:

### Hopscotch

**What you need:** A marker (such as a stone, beanbag or coin) and chalk to draw the board on concrete. This game can be played by one or more children.

**How to play:** The first player tosses the marker into the first square, making sure it completely lands within the square without bouncing out or

touching a line. That player must then hop through the board, skipping the square with the marker, hopping on one foot on single squares, and straddling the lateral squares with the left foot in the left square and the right foot in the right square. After the player successfully completes that sequence, he or she then tosses the marker into the second square and repeats the sequence. If the player steps on a line, loses balance or misses a square, his or her turn is over.

**The rules:** Designs can vary, but typically the board is composed of a series of linear squares with blocks of two lateral squares interspersed within the board. The board ends with a home base, which could be a square, a semicircle or a rectangle. The rest of the squares are numbered in the order in which they are to be hopped.

**How to win:** The first person who can complete one course for every numbered square on the board is the winner.

### **What else you need to**

**know:** There are many variations of hopscotch around the world, such as the French version, called Escargot, which is played on a spiral board.

## Claim Due Dates:

Last Day for August Claims:

**Thursday, Sept 6th**

Last Day for July Claims:

**Friday, Sept 28th**

Last Day for June Claims:

**Wednesday, Aug 29th**



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