

Providers' Playground



What's for \$nack?

Chicken Cutlets with Sautéed Apples

Ingredients:

- 3 pounds chicken cutlets
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 eggs
- 1/2 cup all-purpose flour
- 1/2 cup olive oil
- 1/4 cup butter
- 1 teaspoon ground cinnamon
- 1 Gala apple, thinly sliced

Instructions:

1. Sprinkle salt and pepper on both sides of the chicken. On a plate lightly mix eggs with 1 tablespoon water. On a second plate place flour. Dip each piece of chicken with egg, shake off excess, then coat with flour.
2. In large non-stick skillet over medium high heat, heat 2 table-spoons oil until it shimmers. Cook chicken turning once half-way through for 5 to 6 minutes, or until cooked through (temperature should reach 165 degrees F). Repeat with remaining chicken, wiping out skillet with paper towels and heating more oil as need.
3. Wipe out skillet with a paper towel. Melt butter and stir in

cinnamon. Add apples and cook 4 to 5 minutes or until they begin to soften. Serve chicken with apples.

Tips & Prep

To keep hands from getting gunked up, try to use one hand for dipping cutlets into the egg and the other for coating with flour.

Serve with green salad, milk, and whole wheat dinner roll.

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ready In: 1 hour

Servings: 8

Inside this issue:

What's For Snack?	1
Serve This Not That!	1
Down to Business	2
Activity Time	2
Claim Due Dates	2



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!
Kraft Natural Low-Moisture Part-skim Mozzarella Shreds (1/4 c) 80 calories, 5g fat, 3.5 g saturated, 220 mg sodium	Kraft Natural Shredded Sharp Cheddar (1/4 c) 80 calories, 6g fat, 3g saturated, 200 mg sodium
Quaker high fiber cinnamon swirl 1 packet has only 160 cal, 2 g fat, 6 g sugars, and packs 10 g of fiber!	Quaker cinnamon & spice 1 packet has 170 cal, 2 g fat, 15 g sugars, and has only 3 g fiber.
Hodgson Mill cracked wheat 1/4 c serving has 110 cal, 1 g fat, 0 sugars, and 5 g fiber. This cereal contains the entire wheat berry.	Cream of Wheat instant maple brown sugar 1 serving contains 120 cal, 0 fat, 12 g sugars, and only 1 g fiber. Who cares if it's fat free with this much sugar and this little fiber?!

This institution is an equal opportunity provider



CMA

8831 S Redwood Rd.

Suite D1

West Jordan, UT 84088

P: 801-566-1007

F: 801-566-1158



Change in Monthly Mailings

Starting August 1, 2012 CMA will no longer mail Error Reports* or direct deposit check copies. You can view this information online at:

www.minutemenu.com.

Contact our office if you have any questions.

*Available after the 17th of each month.

Down to Business!



Going on a field trip?

As you should already be aware, providers are required to inform CMA in advance anytime they plan to be away from their home during day-

care hours. We know many providers enjoy taking daycare children on field trips during warm summer days. Please remember to give CMA a field trip schedule before you leave! This will help to avoid Not Home corrective Action.

Also, please be aware that if you plan to claim any meals during a field trip, that meal must be pre-approved. You must

fill out a field trip request form detailing the menu to be served and how you plan to keep the food at the appropriate temperature.

Remember!

Any meals daycare children receive from a summer food program site MAY NOT be claimed with CMA.

Activity Time:

Musical Hoops

This game is like musical chairs, but uses a hula-hoop instead.

You will need a hula-hoop, music, 4 or more players, and a "referee."

Players stand in a circle holding hands with a hula-hoop hanging on one person's arm.

The referee starts the music and players pass the hoop to the next person by wiggling through it. Players

must keep holding hands the entire time.

The player stuck with the hoop when the music stops is out.

To make the game more difficult, try playing with two hoops!



Claim Due Dates:

Last Day for June Claims:

Thursday, July 5th

Last Day for May Claims:

Monday, July 30th

Last Day for April Claims:

Friday, June 29th



CMA is now on Facebook! Become a fan and stay updated with training dates, great recipes, and other food program resources that can make your daycare a CMA success!!!

Search for 'child management associates'