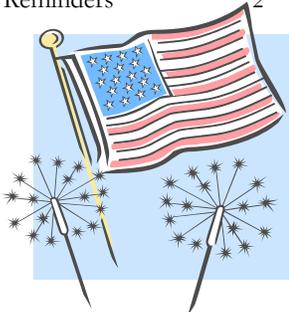




## Providers' Playground

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CMA  
will be closed  
July 4th for  
Independence  
Day and July  
24th for  
Pioneer Day

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### What's For Lunch/Dinner?

#### Homemade Chicken Nuggets

- 2 chicken breasts, cubed
- ½ cup flour
- ½ cup cornmeal
- 1½ tsp seasoning salt
- ½ tsp black pepper
- 1 egg, beaten
- ½ cup milk
- 2 tbsp canola oil

#### Directions

- 1 Mix the flour, cornmeal, seasoning salt and pepper in a large plastic storage baggie.

- 2 Combine the egg and milk in a medium-size bowl.

- 3 Place the chicken pieces in the egg/milk mixture to coat and then pop them into the coating-mix baggie.

- 4 Close the baggie and shake to coat all of the chicken pieces thoroughly.

- 5 Heat the olive oil in a skillet over medium-high heat.

- 6 Place the chicken pieces in the skillet.

> Cook, stirring occasionally so all sides brown evenly until chicken is cooked thoroughly.



- Dip in barbecue sauce, light ranch dressing, honey mustard or kid-essential ketchup.



### DID YOU KNOW!!!

**Did you know** unless food is mixed with saliva you can't taste it

**Did you know** apples are more effective at waking you up in the morning than coffee

**Did you know** a strawberry is the only fruit which seeds grow on the outside

**Did you know** that you burn more calories eating celery than it contains (the more you eat the thinner you become)

**Did you know** lemons contain more sugar than strawberries

**Did you know** almonds are members of the peach family

**Did you know** an egg contains every vitamin except vitamin C

**Did you know** the oldest known vegetable is the pea

**Did you know** carrots contain 0% fat

**Did you know** a banana contains 75% water

**Did you know** cucumbers are 96% water.

**Did you know** bananas grow pointing upwards.

Did-you-knows.com

# Down to Business!

## Summer Lunch

Please be aware that you may not claim a lunch that was provided as a free lunch at any local park or local recreation center. Lunch must be made at the providers own home and served by the provider in order to be claimed.

## Reminders!!

1. Be sure to call CMA and your monitor when you are closed for the day.
2. If you are going to the park please call CMA.
3. Please remember to update your summer schedules to avoid NH visit.

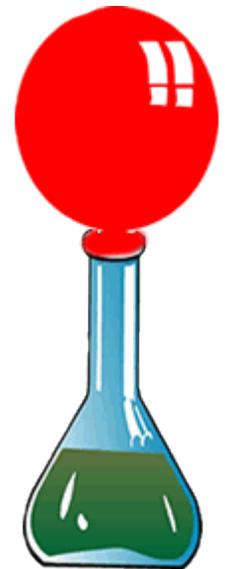
# ACTIVITY TIME

Thread grapes onto a skewer and attach mini chocolate chips with a bit of icing for the eyes. The children could easily help with this snack!



## Yeast Experiment

To demonstrate the effects of yeast, try this experiment. Pour one package of dry yeast, 1/2 cup of sugar, and one cup of warm water into an empty soda bottle. Cover the bottle opening with a balloon and watch it expand.



## Claim Due Dates:

Last Day for April  
Claims:

**Friday, June 28th**

Last Day for May  
Claims:

**Wednesday, July 30th**

Last Day for June  
Claims Due:

**Friday, July 5th**



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'

