

# MARCH

## Child Management

### Associates

### Providers' Playground

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#### CMA

8831 S Redwood Rd #D1  
W. Jordan, UT 840788  
801-566-1007  
www.cmautah.net

#### ANNUAL TRAINING

This is the very LAST training of the year. Call and sign up.

West Valley Library  
Tues, March 6, 2018  
6:00pm—8:00pm

#### Business Corner:

##### Enrollment Renewals

Please make sure that when you receive these that you are having the parent's sign and date. Also, please make sure to update everything, including school information and times, as this is a very common error during claims.

##### New Bubble Sheets

Please remember that you can not mix the old bubble forms with the new bubble forms within the same month. If you have enough old ones please use those first and then transition to the new forms. The blue shaded column on the new forms can be left blank.

##### Not Homes

Please make sure you are contacting either your monitor or the office when you are going to be out of the house or when you do not have outside daycare children. This must be done 30 min before your meal time.

##### Meal Pattern Updates

\*Milk—Lactose free milk is fine. It is still cow's milk but the lactose has been broken down already. If a non-dairy beverage, such as soy milk, is approved by WIC it qualifies on our program as well. Pasteurized goat milk is also acceptable.

\*Breakfast sausage—Breakfast sausage qualifies on our program as long as it is not turkey sausage. Turkey does not qualify.

\*Whole wheat—If a box reads **made with Whole Wheat** it does not qualify as a grain item. These products need to pass the rule of 3.

Daylight Savings Time begins on Sunday, March 11 at 2:00

AM. Don't forget to set your clocks forward one hour.



#### CPR & 1st Aid Certification

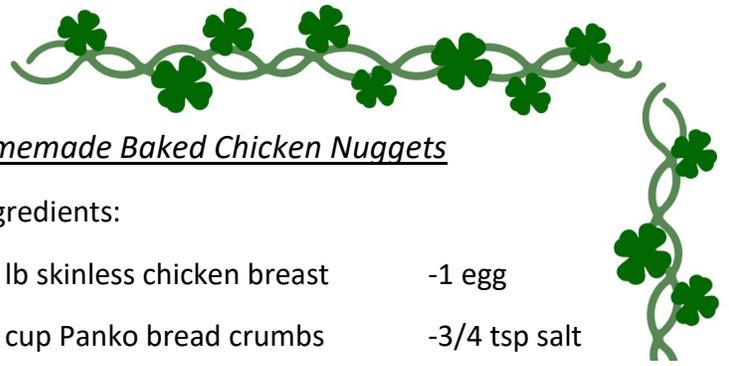
UEMTC—\$35

Call CMA or 801-562-2663

Steve—\$45	Toby—\$45
801-201-0699	801-582-7114

#### Claim Due Dates

February	March 6th
March	April 5th
April	May 4th



## Go to Recipes

### Homemade Whole Wheat Waffles/Pancakes

#### \*Ingredients:

- 1 Cup Whole Wheat flour
- 1 egg
- 1 tsp cinnamon
- 2 Tbsp sugar
- 1 tsp baking powder
- 2 Tbsp oil
- 1 Cup milk

#### \*Directions:

-Mix well and pour into waffle iron or skillet to cook. Enjoy.

### Homemade Baked Chicken Nuggets

#### \*Ingredients:

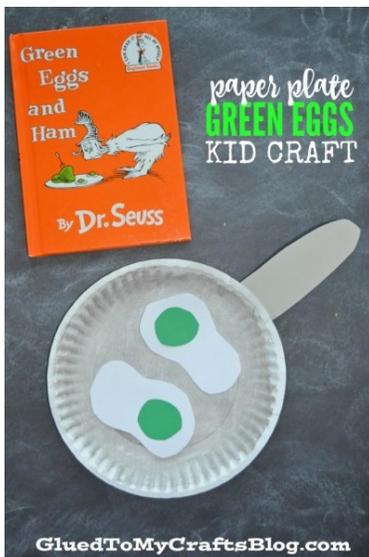
- 1 lb skinless chicken breast
- 1 egg
- 1 cup Panko bread crumbs
- 3/4 tsp salt

#### \*Directions:

- Preheat oven to 325 F.
- Line baking sheet with parchment paper.
- Wisk egg in bowl.
- Cut chicken into 1" pieces and add to bowl w/ egg.
- Put egg coated chicken into Ziploc bag & add bread crumbs. Shake until coated.
- Place chicken onto baking sheet (single layer).
- Bake in oven for 20 min.



## Craft Time—Green Eggs & Ham

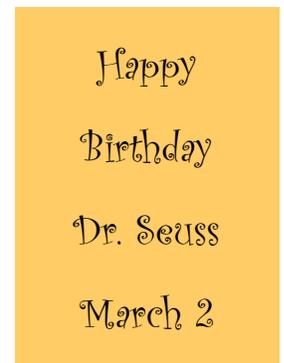


#### *Supplies:*

- Large paper plates
- Silver/grey paint, crayon, or marker
- White/grey/green cardstock
- Glue
- Scissors
- Stapler

#### *Directions:*

- Paint (or color) the paper plate grey and set aside to dry. This will be the start of the frying pan.
- Cut out a handle for the frying pan along with two eggs (and ham if desired).
- Cut out yolk from green cardstock and glue onto eggs.
- Glue/staple eggs (and ham) inside the frying pan and attach the handle with the stapler.



<http://www.gluedtomycraftsblog.com/2016/01/paper-plate-green-eggs.html>

**Did you know: Dr. Seuss wrote Green Eggs & Ham on a dare. His publisher bet that he couldn't write a book using only 50 different words.**