



## REMINDERS

- **Field Trip Meals:** PLEASE MAKE SURE YOU ARE GETTING THE FOOD YOU WILL SERVE DURING A FIELD TRIP APPROVED 48 HOURS IN ADVANCE! You must submit the **Field Trip Food Service Documentation form**, that can be found on our website [www.cmautah.net](http://www.cmautah.net), to the Director **48 hours BEFORE the field trip**. Debbie must approve the meal and make sure it is creditable before you can claim a field trip meal!
- **WIC Flyer Building for the Future and Appeals Process :** PLEASE CHECK YOUR MAIL!! We mailed out updated WIC Flyers, new Building for the Future Flyers and Appeals Process forms! Once you have received these new forms, please make sure to post both the WIC Flyer and the Building for the Future flyer where the parents can see them!
- **Sunscreen:** The hot summer months are finally here! Please make sure you are applying and re-applying sunscreen regularly when the kids are playing outside.
- **Water Availability:** Lets make sure to keep these kiddos hydrated! Water needs to be readily available for the kids at all times, but it is extra important when it is hot and they have been outside.

### Milk Amounts

Milk is **REQUIRED** daily for Breakfast, Lunch and Dinner.

Milk is **Optional** during snack times.

**Breakfast:** 1 and 2 year olds: 1/2 Cup

3- 5 year olds: 3/4 Cup

6-12 year olds: 1 Cup

**Snacks:** 1 and 2 year olds: 1/2 Cup

3- 5 year olds: 1/2 Cup

6-12 year olds: 1 Cup

**Lunch/Dinner:** 1 and 2 year olds: 1/2 Cup

3- 5 year olds: 3/4 Cup

6-12 year olds: 1 Cup

### Milk Reminders

- Serve 1 year olds Whole Milk: *This is the only age group able to have Whole Milk.*
- Serve 2 years old and up Skim or 1% milk ONLY!
- Flavored milk such as chocolate milk may be served to 6 year olds and up ONLY! However it still must be skim flavored milk!
- No Raw milk is allowed!
- If a child needs to drink a different kind of milk than is approved for the age group, the child MUST have a Dr.'s Note on file! The note must state, in detail what the medical condition is and what kind of milk the child can drink.

### Claim Due Dates

Please remember you have until the 5th business day at 9:00 AM turn your claim in on time.

July	Mon. Aug. 7	Sept. 20
Aug	Fri. Sept. 8	Oct. 20
Sept	Fri. Oct. 6	Nov. 20

### RENEWALS

Remember to be on the look out for your renewals that come in the mail. Turning these in on time will keep your claim from being put on hold.

- **Income Eligibility Form**
- **License/Relative Cert**
- **CPR and 1st Aid**

### Holiday Hours

The Office will be closed on  
July 4 and July 24

### TEXT CMA AT

**801-891-2960**


**HAPPY 4TH OF JULY**

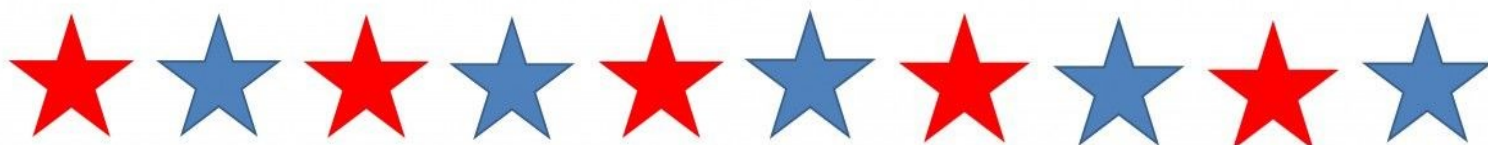
**Materials:**

- Paper Cups
- Balloons (Red, White and Blue)
- Duct Tape (Red, White and Blue)
- Scissors
- Ping Pong Balls
- Markers
- Star Stickers (Optional)



**Directions**

1. Start by cutting off the top, curved part of the balloon.
2. Next, cut the bottom out of the paper cup.
3. Stretch the cut, open end of the balloon over the open bottom of the paper cup.
4. Tie a knot at the bottom of the balloon. This makes it easier to hold onto when launching the ping pong ball.
5. Use duct tape to secure the balloon to the cup.
6. Let the kids decorate their cups with marker and the star stickers.
7. Now they are ready to play with the Ping Pong Ball Popper.
8. Load the ping pong ball into the cup, pull back on the balloon, and then let go. This will launch the ping pong ball.
9. Enjoy this simple and fun DIY 4th of July toy!



## Easy Large Meal Ideas

**Crescent Roll Pizza**



**Materials:** 1 (8 oz) tube crescent roll dough sheet, 1/2 (28 oz) can crushed tomatoes, 10 oz mozzarella, shredded, 3 oz turkey pepperoni, 1 cup green pepper diced, Any other toppings you would like, Season to taste

Preheat the oven to 375° F. Lightly grease the pan and roll the dough sheet onto it. Bake for 10 minutes and remove. Spread crushed tomatoes over the dough, leaving room for a crust and sprinkle on desired seasonings. Top with cheese, pepperoni and green peppers and any other toppings. Bake for 10-12 more minutes, then cut into eight slices. Serve one slice with 1/4 cup fruit and 3/4 cup milk.

**Speedy Salsa  
Chicken**



**Materials:** 1 lb chicken breast, skinless, boneless, 8 oz salsa, Seasoning to taste

Place chicken in slow cooker and cover with salsa. Add taco seasoning or other seasonings to taste. Cook on low for 6 hours, then shred the chicken using two forks. Try serving this in tacos or stuffed peppers, or over sautéed vegetables.

**Serving size:** 1/4 cup. **Makes 7 servings.** **Crediting:** 1 1/2 oz meat