CACFP

Menu Planning Guide

Introduction

This toolkit is intended to serve as a practical, how-to guide to following Meal Planning at your child care home or center. Materials include:

- The CACFP Meal Pattern
- Information on choking hazards and allergies
- 16 weeks of menus
- 120 CACFP-reimbursable recipes with nutritional information
- 8 shopping lists of items needed for every two-week menu cycle

While we have made a great effort to include suggestions and ideas that are possible for all homes and centers, we understand that budgets and other resources can differ greatly. If you come across a recipe that calls for an ingredient you are not able to get, please feel free to substitute as you see fit. However, be sure to substitute recipe ingredients with an item that is similar and fits into the same food group/category. We encourage you to use the toolkit as a flexible guide. You should adapt it to best fit your child care home or center.

This Menu Planning Guide has been adapted from "*First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care*."

To download additional copies of this CACFP Menu Planning Guide go to:

http://dpi.wi.gov/community-nutrition/cacfp/resources

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*** Vegetarian Dishes (includes all Breakfast, Beans, Snacks and Sides)**

CACFP Meal Pattern Requirements

Children (Age 1 through 12)

BREAKFAST
Milk, fluid
Vegetables, Fruits, or portions of both
Grains
LUNCH/SUPPER
Milk, fluid
Meat or meat alternate
Vegetables
Fruits
Grains
SNACK (choose 2 components)
Milk, fluid
Vegetables
Fruits
Grains
Meat or meat alternate

At snack, if serving milk do not serve juice as the second component.

Juice may only be served one time per day.

Choking Hazards & Allergy Warning

Choking Hazards

The following foods, if served whole or in chunks, are considered choking hazards. Use these simple changes to make them safe options. Some foods cannot be safely altered, so it's recommended they not be served at all.

Choking Hazard	Make It Safe By...
Nuts and seeds†	Chopping finely
Hot dogs†	Cutting in quarters lengthwise, then cutting into smaller pieces
Whole grapes	Cutting in half lengthwise, then cutting into smaller pieces
Raisins	Cooking in food
Chunks of meat or cheese	Chopping finely
Hard fruit chunks (like apples)	Chopping finely, cutting into thin strips, steaming, mashing or puréeing
Raw vegetables	Chopping finely, cutting into thin strips, steaming, mashing or puréeing
Peanut butter†	Spreading thinly on crackers or mixing with applesauce and cinnamon and spreading thinly on bread (use only creamy (not chunky) version)
Choking Hazard	**DO NOT SERVE**
Dried fruits or vegetables	Do not serve
Popcorn*	Do not serve

*Foods that are not reimbursable. † Foods that are not reimbursable for infants under 1 year old.

ACTION STEP: Be sure all foods are cut into bite-size pieces, steamed or mashed. Encourage children to chew completely before swallowing to ensure safety.

Food Allergies

Because food allergies are common in children, it is important to be aware of the ingredients in all foods before serving.

The eight most common allergens are:

- **Milk**
- **Eggs**
- **Peanuts***
- **Tree nuts***
- **Fish**
- **Shellfish**
- **Soy**
- **Wheat**

***Note:** Tree nuts, peanuts and nut butters are excellent sources of protein for growing children, are reimbursable meat alternate options and are strongly encouraged if feasible for your center. If your center in nut-free, and nuts listed in the following recipes are optional.

ACTION STEP: If a child has a food allergy, a doctor's note must be kept on file stating the allergy and any appropriate substitutions. Be sure to speak with all parents/guardians about children's food allergies. If allergies are severe, ask for a list of foods the child is able to eat.

Menus & Recipes—Info You Need to Know

The Menu Cycles and Recipes in this toolkit were created with the following considerations:

- **Variety:** Some recipes may be children's favorites, while others may cause more push-back, which is okay. You may need to adjust the recipes according to taste preferences and food availability. In order to meet the guidelines, choose fruits, vegetables, spices and lean meats/meat alternates to add to or replace other ingredients.
- **Nutritional value:** Recipes were created in alignment with the Dietary Guidelines for Americans 2010. They do not exceed 35% of calories from fat or 7% of calories from saturated fat per serving. Grain products have no more than 25% of calories from sugar per serving.
- **Combination foods:** Most recipes are combination foods, meaning they satisfy two or three meal component requirements. When it is noted that a food satisfies a fruit/vegetable component for a meal, each serving contains approximately 1/4 cup.

Before viewing the Menu Cycles and Recipes, here are some tips to help you better understand the contents of this section.

Menu Cycles

- **Processed meats:** These products should only be served once in a two-week cycle. Because of high fat and sodium content, it is highly recommended these items are not served at all. For this reason, they are not included in the Menu Cycles in this toolkit.
- **Whole grains:** It is required to serve a whole grain rich product at least once per day. Following recommendations by the Dietary Guidelines for Americans to make half of grain servings whole, most grain/bread products in the Menu Cycles are listed as whole grains.
- **Sweet grains/breads:** Because of high fat and sugar content, these items are not creditable on the CACFP. For this reason, they are not included in the Menu Cycles in this toolkit.
- **Water:** Water should be available at all times throughout the day. Encourage children to drink water during play, at snacks and as a second beverage option after serving milk at meals.
  Note: Water cannot be substituted for milk at meals. Water is not a creditable food item.

* **Note:** If you participate in CACFP, it is important to be as clear as possible when filling out menu cycles for reimbursement. State the brand of the product or be specific when describing it. Examples of how to fill in grain/bread are shown throughout the menu cycles. Other examples include: "cheddar cheese" and "baked turkey breast." Be specific. Be sure to state if a product is homemade on the menu (e.g., "homemade meat sauce," "homemade chicken soup").

Menus & Recipes—Info You Need to Know (cont'd.)

Recipes

- **Servings:** The number of servings provided by each recipe is based on the USDA meal pattern requirements for children 3 through 5 years of age. You are encouraged to prepare at least 10–20% more servings than needed to ensure there is enough food for children who will eat extra as well as for the staff at your center or home.
- **Nutrition labels:** The nutrition labels are based on one 3- to 5-year-old serving that satisfies the meal requirements for each meal/snack.
- **CACFP reimbursable meal components:** The shaded boxes at the bottom of each recipe show which meal components are fulfilled with one serving. The empty boxes show which meal components must still be served to complete meal pattern requirements and receive reimbursement (if applicable).

Shopping Lists

- **Lists:** The Shopping Lists cover the ingredients needed for each two-week Menu Cycle.
- **Amount:** The amounts needed for each ingredient will vary depending on the number of children served. Check the Recipes and Menu Cycles prior to shopping to determine how many times items are used.

Measuring & Serving

Recipe Abbreviations

approx.	= approximate
tsp or t	= teaspoon
Tbsp or T	= tablespoon
c	= cup
pt	= pint
qt	= quart
gal	= gallon
wt	= weight
oz	= ounce
lb or #	= pound
g	= gram
kg	= kilogram
vol	= volume
mL	= milliliter
L	= liter
fl oz	= fluid ounce
°F	= degree Fahrenheit
°C	= degree Celsius or centigrade

Measure Equivalents

1 Tbsp	= 3 tsp
1/16 cup	= 1 Tbsp
1/8 cup	= 2 Tbsp
1/6 cup	= 2 Tbsp + 2 tsp
1/4 cup	= 4 Tbsp
1/3 cup	= 5 Tbsp + 1 tsp
3/8 cup	= 6 Tbsp
1/2 cup	= 8 Tbsp
2/3 cup	= 10 Tbsp + 2 tsp
3/4 cup	= 12 Tbsp
1 cup	= 48 tsp
1 cup	= 16 Tbsp
8 fl oz	= 1 cup
1 pint	= 2 cups
1 quart	= 2 pt
4 cups	= 1 qt
1 gallon	= 4 qt
16 oz	= 1 lb

Ladles & Portion Servers

Ladle (fl oz)	Approx. Measure	Portion Server (fl oz)
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	–

Scoops

Scoop No.	Level
Measure	
6	2/3 cup
8	1/2 cup
10	3/8 cup
12	1/3 cup
16	1/4 cup
20	3-1/3 Tbsp
24	2-2/3 Tbsp
30	2 Tbsp
40	1-2/3 Tbsp
50	3-3/4 tsp
60	3-1/4 tsp
70	2-3/4 tsp
100	2 tsp

Volume Equivalents for Liquids

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
12” x 20” x 2-1/2”	2 gal	1/2 cup	4 oz	8	64
		3/8 cup	3 oz	10	80
		1/3 cup	2.65 oz	12	90
		1/4 cup	2 oz	16	128
12” x 20” x 4”	3-1/2 gal	1/2 cup	4 oz	8	112
		3/8 cup	3 oz	10	135
		1/3 cup	2.65 oz	12	168
		1/4 cup	2 oz	16	224
12” x 20” x 6”	6 gal	1/2 cup	4 oz	8	160
		3/8 cup	3 oz	10	200
		1/3 cup	2.65 oz	12	240
		1/4 cup	2 oz	16	320

Basics at a Glance. National Food Service Management Institute. The University of Mississippi. **www.nfsmi.org**. Accessed August 10, 2010.

FALL WEEKS 1&2

Menu Cycle: Fall—Week One

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Orange Slices	Banana Slices	Applesauce	**Fruity Toast**	Peaches
Grains/Breads	*Kix®*	Whole Grain Pancakes	*Wheaties®*	**Fruity Toast**	*Cheerios®*
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Stuffed Spud**	**Going Green**	**Chix Mix**	**Macaroni Mess**	Apple Slices
Fruits/Vegetables	Kiwi	Mixed Fruit	Pears	Broccoli	Cucumber Slices
Grains/Breads	Whole Grain Breadstick	Whole Grain Dinner Roll	Whole Grain Pita Wedges	**Macaroni Mess**	**Boat Burgers**
Meats/Meat Alternates	Baked Ham	**Going Green**	**Chix Mix**	**Macaroni Mess**	**Boat Burgers**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Carrots	–	Watermelon	Pineapple	Blueberries
Grains/Breads	Mini Rice Cakes	**Muscle Mix**	–	Whole Grain Crackers	Whole Grain Waffles
Meats/Meat Alternates	–	Yogurt	String Cheese	–	–
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

FALL WEEKS 1&2

Menu Cycle: Fall—Week Two

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Mixed Fruit	Mandarin Oranges	Baked Apples	Kiwi	Honeydew Melon
Grains/Breads	**Johnny Applesauce Pancakes**	*Wheat Chex®*	Whole Grain Toast	Oatmeal	Whole Grain English Muffin
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Bunny Sticks**	**Super Salmon**	**Green Giant Salad**	**Tasty Taquitos**	Yellow Squash
Fruits/Vegetables	Pears	Peas	Grapes	Green Beans	Zucchini
Grains/Breads	Whole Grain Roll	Brown Rice	**Cheesy Spaghetti Bake**	**Tasty Taquitos**	Couscous
Meats/Meat Alternates	Baked Turkey Breast	**Super Salmon**	**Cheesy Spaghetti Bake**	**Tasty Taquitos**	**Magic Meat**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Pineapple	Tangerines	Cucumber	Applesauce	**Berry Banana Split**
Grains/Breads	Mini Whole Grain Bagels	–	–	Whole Grain Crackers	–
Meats/Meat Alternates	–	Yogurt	Cheese Cubes	–	**Berry Banana Split**
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

FALL WEEKS 1&2

Shopping List — Fall Weeks One & Two

Food For Thought Buy low-fat or fat-free items where possible (e.g., cheeses, salad dressings, etc.)

Milk

____ 1% (low-fat) or fat-free
____ Whole for 12 through 23 months

Fruits & Vegetables

____ Apples
____ Applesauce (bottled, no sugar added or unsweetened)
____ Bananas
____ Blueberries
____ Broccoli
____ Carrots (fresh, frozen or canned)
____ Corn (fresh, frozen or canned)
____ Cucumber
____ Dried fruit (apricots, raisins, cranberries, etc.)
____ Green beans (fresh, frozen or canned)
____ Grapes
____ Honeydew melon
____ Kiwi
____ Mandarin oranges (fresh or canned in water or 100% juice)
____ Mixed fruit (canned in water or 100%juice)
____ Mixed vegetables (canned or frozen)
____ Onions (red and yellow)
____ Oranges
____ Peaches (fresh, frozen or canned in water or 100% juice)
____ Pears (fresh or canned in water or 100% juice)
____ Peas (fresh, frozen or canned)
____ Pineapple (fresh or canned in water or 100% juice)
____ Red or green seedless grapes
____ Romaine lettuce
____ Salsa
____ Spinach (fresh)
____ Squash
____ Sweet potatoes
____ Tangerines
____ Tomatoes (fresh)
____ Zucchini

Meats & Meat Alternates

____ Almonds, cashews, walnuts or other chopped nuts
____ Black beans
____ Cheddar cheese
____ Cheese (sliced)
____ Chicken breast (boneless, skinless)
____ Cod fillets (fresh or frozen)
____ Salmon (fresh or frozen)
____ Cottage cheese
____ Eggs
____ Ham
____ Lentils
____ Pinto beans (canned or dry)
____ Plain yogurt (low-fat)*
____ Vanilla yogurt*(low-fat or fat-free)
____ String cheese
____ Turkey breast (boneless, skinless)
____ White beans (canned) (Northern)

* Yogurt must contain no more than 23g of sugar per 6 oz

** Not CACFP reimbursable

Grains & Breads

____ Bread crumbs
____ Brown rice
____ *Cheerios®*
____ *Corn Flakes®*
____ *Kix®*
____ Couscous
____ Macaroni noodles
____ Mini rice cakes
____ Pancake mix
____ Steel cut or old-fashioned oats
____ *Wheat Chex®*
____ *Wheaties®*
____ Whole grain bread
____ Whole grain English muffins
____ Whole grain hamburger buns
____ Whole grain mini bagels
____ Whole grain rolls
____ Whole grain tortillas
____ Whole grain pitas

Other**

____ Barbeque sauce
____ Black pepper
____ Brown sugar
____ Cinnamon (ground)
____ Cream of mushroom soup
____ Garlic
____ Garlic powder
____ Honey
____ Margarine (trans fat free)
____ Olive oil
____ Parsley leaves
____ Salt
____ Sunflower or sesame seeds
____ Thyme leaves
____ Vanilla extract
____ Vegetable oil
____ Vinegar, red wine

FALL WEEKS 1&2

Stuffed Spud

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Potatoes (any type)	3	6	12	24
Mixed vegetables, canned or frozen	1 cup	2 cups	4 cups	8 cups
Salsa 3 cups	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	
Cheddar cheese, shredded	2 Tbsp	1/4 cup	1/2 cup	1 cup

Directions:

1. Poke holes in top of all potatoes.
2. Microwave potatoes (uncovered) for about 3 to 4 minutes on high power.
3. Cut the potatoes in half.
4. Top each potato half with veggies, salsa and cheese. Microwave for 30 seconds to melt the cheese.

Food For Thought Putting vegetables on top of a potato gives a fun and appealing look to a meal. Choose any vegetables you like, or use up leftovers from a different meal.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 potato (98g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 74		Cal. from Fat 8	
		% Daily Value*	
Total Fat 1g			**0%**
Saturated Fat 1g			**4%**
Cholesterol 2mg			**0%**
Sodium 93mg			**4%**
Total Carbohydrate 15g			**4%**
Dietary Fiber 3g			**10%**
Sugars 6g			
Protein 2g			
Vitamin A 290%		Vitamin C 20%	
Calcium 4%		Iron 4%	

Recipe adapted from The Power of Choice: yourCHOICE…Great Tastes!Cool Moves! *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions.* United States Department of Agriculture. 2008. **www.fns.usda.gov/tn/resources/POC_topic3.pdf. Accessed May 21, 2010.**

Going Green

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Lentils, dry	3/4 cup	1-1/2 cups	3 cups	6 cups
Green beans, fresh, frozen or canned	1 cup	2 cups	4 cups	8 cups
Carrots, medium, sliced or shredded	1-1/2	3	6	12
Onion, large, chopped	1/2	1	2	4
Olive oil	2 Tbsp	1/4 cup	1/2 cup	1 cup
Thyme leaves, dried	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Black pepper	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Vinegar, red wine	3 Tbsp	1/3 cup	2/3 cup	1-1/3 cups
Spinach, fresh	1-1/2 cups	3 cups	6 cups	12 cups

Directions:

1. Rinse lentils with water and discard any stones or shriveled lentils.
2. Chop green beans, carrots and onions.
3. In a sauce pan, combine lentils, green beans, carrots, onion and thyme. Add enough water to cover by 1". Bring to a boil, reduce heat and simmer for 15 to 20 minutes until lentils are tender but not mushy.
4. Drain lentils and vegetables. Add olive oil, vinegar and pepper. Toss to mix.
5. Wash spinach leaves.
6. Serve 1/2 cup lentils and vegetables with 1/4 cup fresh spinach leaves.

Food For Thought Lentils are a great source of protein and fiber which is good for growing kids. Adding carrots and spinach makes this meal colorful and healthy.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup mix; (156g)
1/4 cup spinach
Servings Per Recipe: 20

Amount Per Serving			
Calories 165		Cal. from Fat 8	
		% Daily Value*	
Total Fat 1g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 0mg			**0%**
Sodium 44mg			**2%**
Total Carbohydrate 30g			**10%**
Dietary Fiber 14g			**55%**
Sugars 5g			
Protein 12g			
Vitamin A 110%		Vitamin C 15%	
Calcium 6%		Iron 25%	

FALL WEEKS 1&2

Muscle Mix

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Oats, regular, rolled	3/4 cup	1-1/2 cups	3 cups	6 cups
Honey	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Brown sugar	1-1/4 tsp	2-1/2 tsp	5 tsp	10 tsp
Water	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Vanilla extract	1/2 tsp	1 tsp	2 tsp	4 tsp
Salt	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Sunflower or sesame seeds	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Chopped nuts (optional)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Dried fruit (apricots, raisins, cranberries, etc.), chopped finely	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Preheat oven to 275°F.
2. Line large baking sheet(s) with parchment paper or oil lightly. Place oats in a large bowl and set aside.
3. Add nuts and seeds to the oats in the bowl.
4. Put brown sugar and water in a microwave-safe bowl or in saucepan on low and heat until sugar dissolves (about 1 minute or less).
5. Add vanilla and salt to the melted sugar mixture. Pour over oat-nut mixture in the large bowl and stir well.
6. Spread granola mixture evenly on the prepared pan(s).
7. Bake 15 to 20 minutes for 5 - 20 servings, (30 to 40 minutes for 40 servings).
8. Remove from oven. Sprinkle dried fruit on top while still warm. Cool before storing.

Food For Thought

This granola can be made in advance and stored for later use. Use this tasty treat as a topping for yogurt, pancakes, cereal, cottage cheese or whatever else you like!

CACFP Crediting

For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ■
- Fruit/Vegetable ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/4 cup (38g)
Servings Per Recipe: 20

Amount Per Serving			
Calories 120		Cal. from Fat 8	
			% Daily Value*
Total Fat 1g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 32mg			0%
Total Carbohydrate 12g			4%
Dietary Fiber 1g			4%
Sugars 6g			
Protein 2g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 4%	

Chix Mix

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Chicken, boneless, skinless, cut in chunks	1/4 lb	1/2 lb	1 lb	2 lbs
Barbeque sauce	2 Tbsp	1/4 cup	1/2 cup	1 cup
Black beans	6 Tbsp	3/4 cup	1-1/2 cups	3 cups
Yellow corn, frozen	1/2 cup	1 cup	2 cups	4 cups
Yogurt, low-fat, plain	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Spinach, raw	1-1/2 cups	3 cups	6 cups	12 cups

Directions:

1. Place a large non-stick skillet over medium-high heat. Add chicken, barbeque sauce, beans, corn and yogurt. Stir to combine. Cook until hot.
2. Wash and pat dry spinach.
3. Place 1/4 cup chicken mixture over 1/4 cup spinach greens.
4. Serve with pita wedges.

Food For Thought

Making barbeque chicken by substituting yogurt for a bit of the barbeque sauce keeps the flavor and lessens the salt and fat.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■ (if served with pita wedges)
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1/4 cup chicken; (71g)
1/4 cup spinach
Servings Per Recipe: 20

Amount Per Serving			
Calories 107		Cal. from Fat 11	
			% Daily Value*
Total Fat 1g			2%
Saturated Fat 0g			2%
Cholesterol 19mg			6%
Sodium 88mg			4%
Total Carbohydrate 13g			4%
Dietary Fiber 4g			15%
Sugars 1g			
Protein 11g			
Vitamin A 20%		Vitamin C 8%	
Calcium 4%		Iron 10%	

Recipe adapted from Food Network. www.foodnetwork.com/recipes-and-cooking/index/html
Accessed May 21, 2010.

FALL WEEKS 1&2

Fruity Toast

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Whole grain bread	3 slices	6 slices	12 slices	24 slices
Cottage cheese	1/4 cup	1/2 cup	1 cup	2 cups
Pears, sliced	3 cups	6 cups	12 cups	24 cups
Cinnamon, ground	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Margarine, soft, trans fat free	1/2 tsp	1 tsp	2 tsp	4 tsp

Directions:

1. Preheat oven to 375°F.
2. Spread one side of bread with margarine. Put in baking pan with margarine side face down.
3. Spoon cottage cheese on bread. Sprinkle cinnamon on top.
4. Bake at 375°F until bread turns brown on bottom (about 10 minutes).
5. Cut toast in half and top each half with 1/2 cup pears.

Food For Thought Add any type of fruit in season to make this a healthy, fun breakfast all year 'round. Cinnamon is a nice way to add flavor without adding sugar.

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■
- Milk □

Nutrition Facts

Serving size: 1/2 slice, 1/2 cup pears (106g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 89		Cal. from Fat 8	
			% Daily Value*
Total Fat 1g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 0mg			**0%**
Sodium 108mg			**4%**
Total Carbohydrate 19g			**6%**
Dietary Fiber 4g			**15%**
Sugars 8g			
Protein 3g			
Vitamin A 0%		Vitamin C 6%	
Calcium 4%		Iron 4%	

Recipe adapted from The Power of Choice: yourCHOICE…Great Tastes!Cool Moves! *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions.* United States Department of Agriculture. 2008. Accessed May 21, 2010.

Macaroni Mess

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Vegetable oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Garlic	1/2 clove	1 clove	2 cloves	4 cloves
Turkey, cooked, cubed	2 cups + 2 Tbsp	4-1/4 cups	8-1/2 cups	17 cups
Water	1-1/2 cups	3 cups	6 cups	12 cups
1% (low-fat) milk	3/4 cup	1-1/2 cups	3 cups	6 cups
Cream of mushroom soup	1/2 - 10-3/4 oz can	1 - 10-3/4 oz can	2 - 10-3/4 oz cans	4 - 10-3/4 oz cans
Peas, frozen	5 oz	1 - 10 oz package	2 - 10 oz packages	4 - 10 oz packages
Carrots, grated	3/4 cup	1-1/2 cups	3 cups	6 cups
Elbow macaroni, dry	1 cup	2 cups	4 cups	8 cups
Black pepper	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Corn flakes	3/4 cup	1-1/2 cups	3 cups	6 cups
Garlic powder	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp

Directions:

1. Heat oil in large skillet over medium-high heat and sauté onions until transparent.
2. Add garlic and cook briefly, about 30 seconds.
3. Add turkey, water, milk, soup, carrots and peas. Bring to a boil.
4. Add macaroni and pepper. Stir to combine.
5. Cover pan, reduce heat to low, and cook for 10 to 15 minutes, until pasta is tender, stirring occasionally.
6. While mixture is cooking, crush corn flakes in small bowl, mix in garlic powder.
7. Place 3/4 cup serving on plate and top with corn flakes.

Food For Thought This dish has protein-rich turkey as well as vegetables for good nutrition. To make it even healthier, use whole grain macaroni!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 3/4 cup (199g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 167		Cal. from Fat 37	
			% Daily Value*
Total Fat 4g			**6%**
Saturated Fat 1g			**4%**
Cholesterol 28mg			**8%**
Sodium 312mg			**15%**
Total Carbohydrate 17g			**6%**
Dietary Fiber 1g			**4%**
Sugars 3g			
Protein 15g			
Vitamin A 45%		Vitamin C 8%	
Calcium 6%		Iron 8%	

Recipe adapted from Healthy Recipes. Oregon State University Extension Services. 2008. Accessed May 21, 2010.

FALL
WEEKS 1&2

Boat Burgers

Ingredients	4 Servings	8 Servings	16 Servings	32 Servings
Cod fillets, frozen	1/2 lb	1 lb	2 lbs	4 lbs
White beans, canned	1/2 cup	1 cup	2 cups	4 cups
Parsley leaves	1/4 cup	1/2 cup	1 cup	2 cups
Bread crumbs	2 Tbsp	1/4 cup	1/2 cup	1 cup
Egg	1/2 egg	1	2	4
Whole grain buns	2	4	8	16
Romaine lettuce	4 slices	8 slices	16 slices	32 slices
Tomato, sliced	4 slices	8 slices	16 slices	32 slices
Cooking spray	–	–	–	–

Directions:

1. Preheat oven to 375°F. Spritz baking pan with cooking spray and add fish. Bake until flaky, 7 to 10 minutes.
2. In food processor purée white beans, parsley and bread crumbs.
3. Place mixture in bowl with egg and crumble in fish. Mix until incorporated.
4. Form small (1-1/2 oz) patties.
5. Coat oven-proof skillet with cooking spray over medium heat. Add burgers. Cook about 5 minutes on one side. Flip and cook 5 minutes longer.
6. Serve each patty on 1/2 bun with lettuce and tomato.

Food For Thought Try making these burgers into minis and serve with the kids' favorite vegetables on the side.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable □ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1/2 roll, 1 1/2 oz. mix (283g)
Servings Per Recipe: 16

Amount Per Serving			
Calories 178	Cal. from Fat 16		
			% Daily Value*
Total Fat 2g			4%
Saturated Fat 0g			2%
Cholesterol 34mg			10%
Sodium 187mg			8%
Total Carbohydrate 26g			8%
Dietary Fiber 5g			20%
Sugars 4g			
Protein 17g			
Vitamin A 30%	Vitamin C 40%		
Calcium 8%	Iron 15%		

Recipe adapted from Parenting Magazine Web site. www.parenting.com/recipes-article/Mom/Recipes/Mini-Fish-Burgers. Accessed May 21, 2010

Johnny Applesauce Pancakes

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Milk, 1% (low-fat) or fat-free	1/4 cup	1/2 cup	1 cup	2 cups
Eggs	2	4	8	16
Vegetable oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Bottled applesauce, natural or unsweetened	1/2 cup	1 cup	2 cups	4 cups
Flour, whole wheat	3/4 cup	1-1/2 cups	3 cups	6 cups
Baking powder	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cinnamon, ground	Pinch	1/8 tsp	1/4 tsp	1/2 tsp

Directions:

1. Heat griddle over high heat (to about 375°F).
2. Combine milk, eggs, oil and applesauce in a mixing bowl. Mix on low speed until blended.
3. Sift in flour, baking powder, salt, sugar and cinnamon. Using whip attachment, mix batter for 15 seconds on low speed. Scrape sides of bowl.
4. Mix for 1 minute on medium speed.
5. Portion 1/4 cup onto 375°F griddle for each pancake.
6. Cook until bubbles appear on top and bottom is browned. Flip and cook other side (about 1 minute).

Food For Thought Pancakes are a fun treat that kids can help make. Use whole wheat flour and their favorite fruit to make them a healthy breakfast or snack. To reheat leftover pancakes, try popping them in the toaster!

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable □
- Milk □

Nutrition Facts

Serving size: 1 pancake (68g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 117	Cal. from Fat 39		
			% Daily Value*
Total Fat 4g			8%
Saturated Fat 1g			4%
Cholesterol 71mg			25%
Sodium 248mg			10%
Total Carbohydrate 16g			4%
Dietary Fiber 2g			8%
Sugars 5g			
Protein 5g			
Vitamin A 2%	Vitamin C 0%		
Calcium 8%	Iron 6%		

Recipe adapted from *USDA Recipes for Child Care.* USDA Team Nutrition. United States Department of Agriculture: Food and Nutrition Services; 2009.

FALL WEEKS 1&2

Bunny Sticks

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Sweet potatoes	14 oz	1-3/4 lbs	3-1/2 lbs	7 lbs
Margarine, melted, trans fat free	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cinnamon, ground	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Poke holes in top of potatoes with a fork. Cook in microwave about 1 minute.
2. Preheat oven to 375°F.
3. Wash sweet potatoes and peel if desired. Cut into sticks.
4. Combine margarine, brown sugar and cinnamon in sealable plastic bag.
5. Add sweet potatoes to bag and shake until coated.
6. Spray baking sheet with non-stick vegetable spray.
7. Spread potatoes onto baking sheet.
8. Bake at 375°F for 45 minutes.

Food For Thought Sweet potatoes have lots of nutrients for growing kids such as Vitamin A and Vitamin C. Baking them in strips makes them look like French fries, but without the fat. These can be eaten as a snack or as a side.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/4 cup (70g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 79	Cal. from Fat 18		
			% Daily Value*
Total Fat 2g			**4%**
Saturated Fat 0g			**2%**
Cholesterol 0mg			**0%**
Sodium 25mg			**0%**
Total Carbohydrate 15g			**4%**
Dietary Fiber 3g			**10%**
Sugars 6g			
Protein 1g			
Vitamin A 255%	Vitamin C 20%		
Calcium 4%	Iron 4%		

Recipe adapted from *The Florida Child Care Program Cookbook*. Florida Department of Health: Bureau of Child Nutrition Programs; 2007. Accessed May 21, 2010.

Super Salmon

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Salsa				
Mango, chopped (optional)	1/2	1	2	4
Peaches, fresh or canned, chopped	1/2 cup	1 cup	2 cups	4 cups
Red onion	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Parsley	2 Tbsp	1/4 cup	1/2 cup	1 cup
Black beans	1/4 cup	1/2 cup	1 cup	2 cups
Lime juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Salmon (or White Fish)				
Fillets, frozen	3/4 lb	1-1/2 lbs	3 lbs	6 lbs
Salt	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Cooking spray	–	–	–	–

Directions:

1. In a medium bowl, stir together salsa ingredients.
2. Rinse fish, pat dry. Season with salt and pepper.
3. Preheat oven to 350°F.
4. Line baking sheet with foil. Spray with cooking spray.
5. Place fillets skin side down on baking sheet.
6. Cook about 15 to 20 minutes, until fish flakes with fork.
7. Place fish on plate, spoon salsa on top.

Food For Thought This salsa gives salmon a tropical flavor. You can use the salsa again as a snack with pita wedges or on top of chicken or another fish.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1-1/2 oz. (91g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 133	Cal. from Fat 45		
			% Daily Value*
Total Fat 5g			**8%**
Saturated Fat 1g			**4%**
Cholesterol 35mg			**10%**
Sodium 77mg			**4%**
Total Carbohydrate 8g			**4%**
Dietary Fiber 2g			**8%**
Sugars 2g			
Protein 14g			
Vitamin A 6%	Vitamin C 8%		
Calcium 2%	Iron 6%		

Recipe adapted from *Diabetes and Heart Healthy Cookbook*. American Heart Association and American Diabetes Association; 2004.

FALL WEEKS 1&2

Green Giant Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Granny Smith apple, sliced	1-1/2	3	6	12
Lemon juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Mixed lettuce greens	2 cups	4 cups	8 cups	16 cups
Sunflower seeds, unsalted	2 Tbsp	1/4 cup	1/2 cup	1 cup
Raisins (optional)	1/4 cup	1/2 cup	1 cup	2 cups
Raspberry vinaigrette dressing, low-fat	1/4 cup	1/2 cup	1 cup	2 cups
Walnuts, chopped (optional)	2 Tbsp	1/4 cup	1/2 cup	1 cup

Directions:

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, apples, sunflower seeds, walnuts and raisins (optional) in a bowl.
3. Toss with raspberry vinaigrette dressing to coat.

Food For Thought Mixing fruits and vegetables gives salads a sweeter taste and more variety than veggies alone. Try adding more fruits or vegetables, if you have them, to add color and flavor!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/4 cup (58g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 44	Cal. from Fat 10	
		% Daily Value*
Total Fat 1g		**2%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 29mg		**0%**
Total Carbohydrate 9g		**4%**
Dietary Fiber 1g		**4%**
Sugars 6g		
Protein 1g		
Vitamin A 20%	Vitamin C 10%	
Calcium 0%	Iron 2%	

Recipe adapted from *Heart Healthy Home Cooking African American Style - With Every Heartbeat is Life.* National Heart, Lung, and Blood Institute; 2008. www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm. Accessed May 24, 2010.

Cheesy Spaghetti Bake

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Spaghetti, dry, whole wheat	1 cup	2 cups	4 cups	8 cups
Egg	1/2	1	2	4
Milk, 1% (low-fat) or fat-free	1/4 cup	1/2 cup	1 cup	2 cups
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Turkey, ground	10 oz	1-1/4 lb	2-1/2 lbs	5 lbs
Onion, small, chopped	1/2	1	2	4
Spaghetti sauce, canned or homemade	1 cup	2 cups	4 cups	8 cups
Cheese, mozzarella, shredded, part-skim, divided in half	1 oz	2 oz	4 oz	8 oz
Oregano	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Preheat oven to 350°F.
2. For 24 servings, grease a 11x7x2 baking dish. (For 12 servings, grease 8x8x1½ baking dish.)
3. Cook spaghetti as package directions indicate; drain.
4. In a large bowl, beat the egg, milk and salt; add spaghetti, oregano, and half the cheese called for. Toss to coat.
5. Transfer to greased baking dish.
6. Brown meat and chopped onion; drain. Add spaghetti sauce and mix well. Spoon over pasta.
7. Bake, uncovered, at 350°F for 20 minutes.
8. Sprinkle with the rest of the shredded cheese and bake 10 minutes more. Let stand 10 minutes before cutting.

Food For Thought Adding meat to spaghetti is a great way to increase your child's protein. Using lean meats like turkey allows them to get plenty of protein without the added fat.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (189g)
Servings Per Recipe: 20

Amount Per Serving		
Calories 329	Cal. from Fat 66	
		% Daily Value*
Total Fat 7g		**10%**
Saturated Fat 2g		**10%**
Cholesterol 70mg		**25%**
Sodium 357mg		**15%**
Total Carbohydrate 47g		**15%**
Dietary Fiber 1g		**4%**
Sugars 3g		
Protein 21g		
Vitamin A 4%	Vitamin C 6%	
Calcium 10%	Iron 20%	

FALL WEEKS 1&2

Tasty Taquitos

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Salsa, jarred, ready to eat	1/2 cup	1 cup	2 cups	4 cups
Cooked chicken, boneless, skinless, finely chopped	1 cup	2 cups	4 cups	8 cups
Corn, fresh, canned or frozen	1/4 cup	1/2 cup	1 cup	2 cups
Green onion	2 Tbsp	1/4 cup	1/2 cup	1 cup
Green bell pepper, finely chopped	1/4 cup	1/2 cup	1 cup	2 cups
Monterey Jack cheese, shredded	1/4 cup	1/2 cup	1 cup	2 cups
Black beans	3/4 cup	1-1/2 cups	3 cups	6 cups
Vegetable oil	1 tsp	2 tsp	4 tsp	8 tsp
Pepper	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Tortillas, whole grain, 8"	6	12	24	48

Directions:

1. Preheat oven to 425°F.
2. In medium bowl, combine salsa, chicken, corn, green onion, bell pepper, beans, pepper and cheese.
3. Soften tortillas on stove top or in microwave, and spoon filling onto center of tortilla. Roll up tightly. Place toothpick in center to secure.
4. Place tortillas roll side down on baking sheet, brush with oil. Bake 15 to 20 minutes or until crisp and lightly browned.
5. Serve 1 taquito per child.

Food For Thought Taquitos can be made in advance, frozen and reheated. They serve as a great on-the-go food if needed and can include almost any vegetable you have left over.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1 taquito (112g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 202	Cal. from Fat 32	
		% Daily Value*
Total Fat 4g		**4%**
Saturated Fat 1g		**6%**
Cholesterol 19mg		**6%**
Sodium 352mg		**15%**
Total Carbohydrate 35g		**10%**
Dietary Fiber 7g		**30%**
Sugars 1g		
Protein 14g		
Vitamin A 8%	Vitamin C 20%	
Calcium 8%	Iron 15%	

Recipe adapted from Network for a Healthy California. *Champions for Change*. California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. Accessed May 21, 2010.

Magic Meat

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Turkey, ground	3/4 lb	1-1/2 lbs	3 lbs	6 lbs
Ketchup	1/4 cup	1/2 cup	1 cup	2 cups
Brown sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Mustard	1/2 tsp	1 tsp	2 tsp	4 tsp
Garlic powder	1/2 tsp	1 tsp	2 tsp	4 tsp
Egg	1/2	1	2	4
1% (low-fat) milk	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Black pepper	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Wheat cereal squares	3/4 cup	1-1/2 cups	3 cups	6 cups
Beans, black	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Preheat oven to 350°F.
2. In bowl, combine ketchup, brown sugar and mustard. Mix well.
3. Remove 1/4 cup of mixture from bowl to use later.
4. To the mixture in bowl, add garlic powder, egg, milk, beans, turkey and black pepper, and mix well.
5. Stir in wheat cereal squares. Let stand for 5 minutes.
6. Break up cereal squares and add ground beef. Mix.
7. Shape into loaf pans.
8. Bake at 350°F for 1 hour and 5 minutes. Brush on reserved ketchup mixture and bake for 15 minutes.

Food For Thought Using ground turkey instead of ground beef decreases the fat in meatloaf. You can also add vegetables to increase the nutrition!

Nutrition Facts

Serving size: 1 slice (96g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 180	Cal. from Fat 49	
		% Daily Value*
Total Fat 5g		**8%**
Saturated Fat 1g		**8%**
Cholesterol 62mg		**20%**
Sodium 228mg		**8%**
Total Carbohydrate 18g		**6%**
Dietary Fiber 3g		**10%**
Sugars 5g		
Protein 15g		
Vitamin A 4%	Vitamin C 8%	
Calcium 4%	Iron 15%	

Recipe adapted from All Recipes. http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx. Accessed May 21, 2010.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread □
- Fruit/Vegetable □ □
- Meat/Meat Alternate ■
- Milk □

FALL
WEEKS 1&2

Berry Banana Split

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Bananas	3	6	12	24
Vanilla yogurt, low-fat	1-1/2 cups	3 cups	6 cups	12 cups
Berries, fresh or frozen, any variety	1 cup	2 cups	4 cups	8 cups

Directions:

1. Cut bananas in half lengthwise, and then cut again, so each banana produces 4 long slices.
2. Put 1/4 cup yogurt in each bowl.
3. Place 1 banana quarter on either side of each bowl.
4. Top with berries.

Food For Thought

You can switch the flavor of low-fat yogurt and use any fruit you have available.

CACFP Crediting

For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1/4 cup yogurt (146g)
Servings Per Recipe: 24

Amount Per Serving	
Calories 104	Cal. from Fat 12
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 1g	**4%**
Cholesterol 4mg	**0%**
Sodium 44mg	**2%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 2g	**8%**
Sugars 14g	
Protein 4g	

Vitamin A	2%	Vitamin C	10%
Calcium	10%	Iron	0%

Recipe adapted from Network for a Healthy California. *Champions for Change.* California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. Accessed May 23, 2010.

Menu Cycle: Fall—Week Three

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Applesauce	Grapes	Blueberries	Banana Slices	Orange Slices
Grains/Breads	**Basketball Biscuits**	*Cheerios®*	**Pumpkin Patch Pancakes**	Mini Whole Grain Bagel	Whole Grain Toast
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Pop's Potatoes**	**Jammin' Jambalaya**	**Farmer's Harvest Chili**	Carrots	Mixed Vegetables
Fruits/Vegetables	Peaches	Steamed Broccoli	Pear Slices	Mixed Fruit	Kiwi
Grains/Breads	Whole Grain Bread	**Jammin' Jambalaya**	Whole Grain Roll	**Cowboy Quinoa** ("keen-wah")	**Fish in Blankets**
Meats/Meat Alternates	Baked Turkey Breast	**Jammin' Jambalaya**	**Farmer's Harvest Chili**	**Cowboy Quinoa**	**Fish in Blankets**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Cucumbers	**Tootie Fruity Chip Dip**	–	**Sandbox Surprise**	Pineapple
Grains/Breads	–	Whole Grain Crackers	*Wheat Chex®*	**Sandbox Surprise**	–
Meats/Meat Alternates	String Cheese	–	Yogurt	–	Cottage Cheese
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

Menu Cycle: Fall—Week Four

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Strawberries	Blueberries	Orange Wedges	Banana Slices	Kiwi
Grains/Breads	Whole Grain English Muffin	Whole Grain Waffles	Whole Grain Toast	*Multi-Grain Cheerios®*	Oatmeal
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Kickin' Chicken**	**Under the Sea Chowder**	**Roly Poly Roll-Up**	**Finger Food**	**Jack O' Lantern Soup**
Fruits/Vegetables	Pineapple Slices	Grapes	Steamed Red Potatoes	Peaches	Green Beans
Grains/Breads	Cornbread	Whole Grain Roll	**Roly Poly Roll-Up**	Brown Rice	Grilled Cheese on Whole Grain Bread
Meats/Meat Alternates	**Kickin' Chicken**	**Under the Sea Chowder**	**Roly Poly Roll-Up**	**Finger Food**	Grilled Cheese on Whole Grain Bread
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	**Autumn Orchard Snacks**	Celery and Carrot Sticks	Honeydew Melon	**All-Star Snack**	Mixed Fruit
Grains/Breads	Whole Grain Rice Cakes	–	*Honey Kix®*	Whole Grain Crackers	–
Meats/Meat Alternates	–	Cheese Cubes	–	–	Yogurt
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age.
Please be sure to cut, steam or mash them as appropriate.

FALL WEEKS 3&4

Shopping List — Fall Weeks Three & Four

Food For Thought Buy low-fat or fat-free items where possible (e.g., cheeses, salad dressings, etc.)

Milk

____ 1% (low-fat) or fat-free
____ Whole for 12 through 23 months
____ Creamer, half-and-half*

Fruits & Vegetables

____ Acorn squash (small)
____ Apples
____ Applesauce (bottled, no sugar added or unsweetened)
____ Avocado
____ Bananas
____ Blueberries
____ Butternut squash
____ Carrots (fresh or frozen)
____ Celery (fresh or frozen)
____ Cherry tomatoes
____ Corn (fresh, frozen or canned)
____ Cucumber
____ Grapes
____ Green beans
____ Green bell peppers (fresh or frozen)
____ Green cabbage
____ Honeydew melon
____ Kiwi
____ Lemon juice (fresh-squeezed or bottled)
____ Lettuce (shredded)
____ Mixed fruit (canned in water or 100% juice)
____ Mixed vegetables
____ Onions
____ Oranges
____ Peaches (fresh or canned in water or 100% juice)
____ Pears (fresh or canned in water or 100%juice)
____ Pineapple (fresh or canned in water or 100% juice)
____ Pumpkin purée (canned)
____ Raisins
____ Red bell peppers (fresh or frozen)
____ Red leaf lettuce
____ Russet potatoes (small)
____ Strawberries (fresh or frozen, no sugar added)
____ Sweet potatoes
____ Tomato paste
____ Tomato sauce (canned)
____ Tomatoes (fresh or canned)

Meats & Meat Alternates

____ Black beans (canned)
____ String cheese
____ Chicken breast (boneless, skinless)
____ Cod fillet (fresh or frozen)
____ Cottage cheese
____ Eggs
____ Kidney beans (canned)
____ Mozzarella cheese
____ Fish fillets (fresh or frozen)
____ Plain yogurt*
____ Turkey breast (skinless, boneless)
____ Vanilla yogurt*
____ Walnuts (optional)
____ Mixed nuts (optional)
____ Peanut butter

*Yogurt must contain no more than 23g of sugar per 6 oz

**Not CACFP reimbursable

Grains & Breads

____ Brown rice
____ *Cheerios®*
____ Cornbread
____ *Honey Kix®*
____ *Multigrain Cheerios®*
____ Quinoa
____ Rice cakes
____ Steel cut or old-fashioned oats
____ *Wheat Chex®*
____ Whole grain bread
____ Whole grain crackers
____ Whole grain English muffin
____ Whole grain rolls
____ Whole grain waffles
____ Whole grain mini bagels
____ Whole wheat flour
____ Whole grain tortillas

Other**

____ Baking powder
____ Bay leaf
____ Black pepper
____ Brown sugar
____ Cayenne pepper
____ Chicken bouillon
____ Chili powder
____ Cider vinegar
____ Cinnamon, ground
____ Cumin
____ Garlic
____ Granulated sugar
____ Margarine (trans fat free)
____ Olive oil
____ Onion powder
____ Paprika
____ Parsley
____ Thyme leaves
____ Vanilla extract
____ Vegetable oil

FALL WEEKS 3&4

Basketball Biscuits

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Sweet potatoes	2	4	8	16
Flour, whole wheat	1/4 cup	1/2 cup	1 cup	2 cups
Flour, white, enriched	1/2 cup	1 cup	2 cups	4 cups
Baking powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Sugar, granulated	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Baking soda	2 Tbsp	1/4 cup	1/2 cup	1 cup
Applesauce, unsweetened	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
1% (low-fat) milk	1/4 cup	1/2 cup	1 cup	2 cups
Cinnamon	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

Directions:

1. Wash and dry potatoes, poke holes in top. Microwave on high 5 to 7 minutes, turning occasionally. Let cool.
2. Peel and mash until all lumps are gone.
3. Preheat oven to 400°F.
4. Line cookie sheet with parchment paper.
5. Combine flour, baking powder, cinnamon, sugar and baking soda in medium bowl. Add applesauce and stir. Add sweet potatoes and milk. Stir until mixture holds together.
6. Transfer mixture to lightly floured surface. Roll out dough to 3/4" thickness. Cut with biscuit cutter (about 2-1/2" size). Transfer circles to cookie sheet.
7. Bake at 400°F about 10 to 15 minutes, until golden. Let cool before serving.

Food For Thought These biscuits are a great way to eat sweet potatoes which are full of vitamin A.

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ☐
- Milk ☐

Nutrition Facts

Serving size: 1 biscuit (53g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 88	Cal. from Fat 3	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 1mg		**0%**
Sodium 43mg		**2%**
Total Carbohydrate 19g		**6%**
Dietary Fiber 2g		**8%**
Sugars 4g		
Protein 2g		
Vitamin A 60%	Vitamin C 0%	
Calcium 4%	Iron 6%	

Recipe adapted from NickJr. Website. Accessed May 24, 2010.

Pop's Potatoes

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Russet potatoes, medium	2-1/2	5	10	20
Olive oil	1-1/2 Tbsp	3 Tbsp	6 Tbsp	12 Tbsp
Pepper	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Paprika	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Onion powder	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp	6 Tbsp
Parsley	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

1. Preheat oven to 400°F.
2. Scrub potatoes well under cold water. Pat dry.
3. Cut into slices or small chunks. Drizzle oil onto potatoes. Add pepper, paprika, onion powder and parsley. Toss in bowl to coat.
4. Place on pan and bake in oven for about 20 minutes at 400°F. Potatoes will be done when they are golden brown.
5. Serve 1/4 cup per serving.

Food For Thought Baking potatoes still makes them finger foods but without all the added fat of frying. This recipe can also be made with sweet potatoes!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/4 cup (61g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 75	Cal. from Fat 16	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 5mg		**0%**
Total Carbohydrate 13g		**4%**
Dietary Fiber 2g		**8%**
Sugars 1g		
Protein 2g		
Vitamin A 4%	Vitamin C 15%	
Calcium 2%	Iron 4%	

Recipe courtesy of Mr. John Dupont.

FALL WEEKS 3&4

Jammin' Jambalaya

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken breast, boneless, skinless	1 lb	2 lbs	4 lbs	8 lbs
Celery, stalk	1	2	4	8
Onions, chopped	1/2	1	2	4
Green onions, chopped	1/2 small bunch	1 small bunch	2 small bunches	4 small bunches
Green bell pepper, chopped	1 medium	2 medium	4 medium	8 medium
Tomatoes, diced, canned	1/2- 14-1/2 oz can	1-14-1/2 oz can	2-14-1/2 oz cans cans	4-14-1/2 oz
Brown rice, dry	1 cup	2 cups	4 cups	8 cups
Water	3 cups	6 cups	12 cups	24 cups
Chicken bouillon	1 cube	2 cubes	4 cubes	8 cubes
Bay leaf	1/2	1	2	4
Cayenne pepper	1-1/4 tsp	2-1/2 tsp	5 tsp	10 tsp
Cooking spray	–	–	–	–

Directions:

1. Wash chicken and pat-dry. Cut into 1" chunks.
2. Spray a medium-size pan with non-stick cooking spray. Brown chicken over medium heat and remove from pan.
3. Add celery, onion, green onion, pepper and tomatoes to same pot and cook over medium heat for 10 minutes.
4. Return chicken to the pan. Add rice, water, bouillon, bay leaf and cayenne pepper. Bring to a boil.
5. Cover, reduce heat, and let simmer for about 50 minutes. (Instant brown rice will require a different cook time.) Stir in parsley and serve warm.

Food For Thought Jambalaya can be made using any lean meat. Add more vegetables if you wish or change them according to those in season.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1-1/4 cup (301g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 281		Cal. from Fat 31	
			% Daily Value*
Total Fat 3g			**4%**
Saturated Fat 1g			**4%**
Cholesterol 55mg			**20%**
Sodium 360mg			**15%**
Total Carbohydrate 37g			**10%**
Dietary Fiber 3g			**10%**
Sugars 2g			
Protein 25g			
Vitamin A 8%		Vitamin C 45%	
Calcium 10%		Iron 15%	

Recipe adapted from *Heart Healthy Home Cooking African American Style – With Every Heartbeat is Life.* **https://www.nhlbi.nih.gov/health/resources/heart/african-american-cooking.** National Heart, Lung, and Blood Institute; 2008. Accessed May 24, 2010.

Tootie Fruity Chip Dip

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Apples, cored, peeled, (if desired), diced finely	3 cups	6 cups	12 cups	24 cups
Brown sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Peaches, canned, chopped finely	2 cups	4 cups	8 cups	16 cups
Cinnamon, ground	1/2 tsp	1 tsp	2 tsp	4 tsp

Directions:

1. Combine all ingredients in bowl.
2. Refrigerate until ready to use.

Food For Thought Dips are a great way to use up leftover fruit. Serve with whole grain chips or crackers for a great after-school snack.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread □
- Fruit/Vegetable ■
- Meat/Meat Alternate □
- Milk □

Nutrition Facts

Serving size: 1/2 cup (119g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 60		Cal. from Fat 1	
			% Daily Value*
Total Fat 0g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 0mg			**0%**
Sodium 4mg			**0%**
Total Carbohydrate 16g			**4%**
Dietary Fiber 2g			**8%**
Sugars 7g			
Protein 0g			
Vitamin A 4%		Vitamin C 8%	
Calcium 2%		Iron 4%	

Recipe adapted from Disney Family Fun Magazine Website. **http://familyfun.go.com/recipes.** Accessed May 24, 2010.

FALL WEEKS 3&4

Pumpkin Patch Pancakes

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
Flour, whole wheat	1/2 cup	1 cup	2 cups	4 cups
Baking powder	1 tsp	2 tsp	4 tsp	8 tsp
Cinnamon, ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp
1% (low-fat) milk	5 fl oz	1-1/4 cups	2-1/2 cups	5 cups
Applesauce, unsweetened	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Egg	1/2	1	2	4
Pumpkin purée, canned	1/4 cup	1/2 cup	1 cup	2 cups
Vanilla yogurt, low-fat	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. In a large mixing bowl, combine flour, baking powder and cinnamon.
2. In separate bowl, mix milk, applesauce, egg, pumpkin and yogurt until combined.
3. Add wet ingredients to flour mixture and stir until moist. Batter may still be lumpy.
4. Lightly coat griddle or skillet with cooking spray and heat on medium.
5. Pour batter onto hot griddle (about 2 Tbsp for each pancake).
6. Cook until bubbles burst, flip and cook until golden on both sides.

Food For Thought Top with low-fat yogurt and raisins for sweetness or walnuts for a protein-rich breakfast.

CACFP Crediting

For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ☐
- Milk ☐

Nutrition Facts

Serving size: 1 pancake (44g)
Servings Per Recipe: 32

Amount Per Serving		
Calories 47	Cal. from Fat 6	
		% Daily Value*
Total Fat 1g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 14mg		**4%**
Sodium 96mg		**4%**
Total Carbohydrate 8g		**4%**
Dietary Fiber 1g		**4%**
Sugars 2g		
Protein 2g		
Vitamin A 35%	Vitamin C 0%	
Calcium 8%	Iron 4%	

Recipe adapted from Stenberg, M, Bark, K., & Peppers, B. *Making it Balance and Kickin' It Up: A Cycle Menu for Montana Child Care.* Vol. 3; 2005. www.childcare.mt.gov. Accessed May 24, 2010.

Farmer's Harvest Chili

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Onion, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Carrots, diced	1-1/2	3	6	12
Garlic, cloves, minced	1/2 clove	1 clove	2 cloves	4 cloves
Green bell pepper, diced	1/2 cup	1 cup	2 cups	4 cups
Corn, canned, drained	1/2 - 12 oz can	1 - 12 oz can	2 - 12 oz cans	4 - 12 oz cans
Kidney beans, canned, drained	2-1/4 cups	4-1/2 cups	9 cups	18 cups
Diced tomatoes, fresh or canned	1/2 - 14.5 oz can	1 - 14.5 oz can	2 - 14.5 oz cans	4 - 14.5 oz cans
Tomato paste	1 can	2 cans	4 cans	8 cans

Directions:

1. Spray large saucepan with non-stick cooking spray.
2. Sauté onions for about 3 minutes.
3. Add carrots and garlic. Sauté for another 3 minutes.
4. Add rest of ingredients and cook for 30 minutes (until heated thoroughly) on medium heat, uncovered. Stir occasionally.

Food For Thought Use any beans or vegetables you have available to change the flavors of this dish!

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (175g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 288	Cal. from Fat 10	
		% Daily Value*
Total Fat 1g		**2%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 299mg		**10%**
Total Carbohydrate 55g		**20%**
Dietary Fiber 20g		**80%**
Sugars 8g		
Protein 19g		
Vitamin A 55%	Vitamin C 40%	
Calcium 15%	Iron 40%	

Recipe adapted from Thomas, R., Khouri, L., Fenton, W. *Nutrition in the Kitchen.* Children's Hospital of Philadelphia 2nd ed.; 2008. http://media.chop.edu/data/files/pdfs/healthy-weight-healthyweight-pdf-nutrition-kitchen-complete-book.pdf. Accessed December 23, 2016.

FALL
WEEKS 3&4

Cowboy Quinoa ("keen-wah")

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Quinoa	3/4 cup	1-1/2 cups	3 cups	6 cups
Water	1-1/2 cups	3 cups	6 cups	12 cups
Cider vinegar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Olive oil	2 Tbsp	1/4 cup	1/2 cup	1 cup
Black beans, canned, rinsed	2 - 15 oz cans	4 - 15 oz cans	8 - 15 oz cans	16 - 15 oz cans
Corn, frozen	1 cup	2 cups	4 cups	8 cups
Cherry tomatoes, halved	1/2 cup	1 cup	2 cups	4 cups
Onions, sliced	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Combine water and quinoa in small pan and bring to boil. Cover and let simmer, about 12 to 15 minutes (until quinoa is tender).
2. Whisk together oil and vinegar. Pour over quinoa
3. Add beans, corn, tomatoes and onion.
4. Stir.

Food For Thought Quinoa is a small round grain, similar to couscous. It has a nutty flavor when cooked and can be used as a main dish or as a side.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1 cup (271g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 241	Cal. from Fat 17	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 552mg		**25%**
Total Carbohydrate 46g		**15%**
Dietary Fiber 12g		**50%**
Sugars 2g		
Protein 12g		
Vitamin A 4%	Vitamin C 15%	
Calcium 8%	Iron 25%	

Recipe adapted from NickJr. Website. Accessed May 24, 2010.

Sandbox Surprise

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Whole grain bread, toasted, cubed	4 slices	8 slices	16 slices	32 slices
Applesauce, bottled, natural or unsweetened	1/2 cup	1 cup	2 cups	4 cups
Apples, chopped	2 cups	4 cups	8 cups	16 cups
Eggs, beaten lightly	1/2	1	2	4
Egg whites, beaten lightly	2	4	8	16
Fat-free milk	1-1/2 cups	3 cups	6 cups	12 cups
Vanilla extract	2 Tbsp	1/4 cup	1/2 cup	1 cup
Cinnamon, ground	1 tsp	2 tsp	4 tsp	8 tsp
Raisins (optional)	1 cup	2 cups	4 cups	8 cups

Directions:

1. Preheat oven to 350°F.
2. For 24 servings, spray 11x7 baking dish (for 12 servings use 8x4 loaf pan) with cooking spray.
3. Place cubed bread in bottom of baking dish.
4. Mix all other ingredients together and pour over bread, being sure to coat all pieces. Cover with plastic wrap.
5. Refrigerate for 30 minutes.
6. Bake uncovered for 1 hour to 1 hour and 30 minutes.
7. Cut into even squares. Serve alone or with low-fat yogurt and raisins (optional).

Food For Thought Kids can help make this dish by cutting the bread with plastic knives or breaking it using their fingers. They can also help with mixing and pouring.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (155g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 115	Cal. from Fat 12	
		% Daily Value*
Total Fat 1g		**2%**
Saturated Fat 0g		**2%**
Cholesterol 19mg		**6%**
Sodium 148mg		**6%**
Total Carbohydrate 19g		**6%**
Dietary Fiber 2g		**8%**
Sugars 6g		
Protein 6g		
Vitamin A 0%	Vitamin C 4%	
Calcium 10%	Iron 4%	

Recipe adapted from Thomas, R., Khouri, L., Fenton, W. *Nutrition in the Kitchen.* Children's Hospital of Philadelphia 2nd ed.; 2008. http://media.chop.edu/data/files/pdfs/healthy-weight-healthyweight-pdf-nutrition-kitchen-complete-book.pdf. Accessed December 23, 2016.

FALL WEEKS 3&4

Fish in Blankets

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Cod fillets, frozen, sliced	1 lb	2 lbs	4 lbs	8 lbs
Olive oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Lemon juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Red leaf lettuce, shredded	6 Tbsp	3/4 cup	1-1/2 cups	3 cups
Lettuce, shredded	1/2 cup	1 cup	2 cups	4 cups
Tomatoes, chopped	1 cup	2 cups	4 cups	8 cups
Tortillas, whole grain, 8"	14	28	56	112
Yogurt, plain, non-fat	1/2 cup + 2 Tbsp	1-1/4 cups	2-1/2 cups	5 cups
Salsa, ready to eat	1/2 cup	1 cup	2 cups	4 cups

Directions:

1. Combine fish, olive oil and lemon juice in bowl. Pour into skillet.
2. Cook on medium-high heat for 4 to 5 minutes, stirring occasionally.
3. Fill each tortilla with 1/8 cup fish.
4. Top with 1/4 cup vegetables and 1 Tbsp of yogurt.

Food For Thought Tacos are a fun food to let children assemble themselves. You can also use onions, peppers or any other vegetables you have on hand.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 2 tacos; and filling (156g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 120	Cal. from Fat 17	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 0g		**0%**
Cholesterol 24mg		**8%**
Sodium 190mg		**8%**
Total Carbohydrate 12g		**4%**
Dietary Fiber 2g		**6%**
Sugars 1g		
Protein 14g		
Vitamin A 10%	Vitamin C 10%	
Calcium 8%	Iron 4%	

Recipe adapted from Recipe adapted from Network for a Healthy California. *Champions for Change.* California Department of Public Health. **www.cachampionsforchange.net/en/Recipes.php.** Accessed June 10, 2010.

Kickin' Chicken

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken breast, boneless, skinless	1 lb	2 lbs	4 lbs	8 lbs
Olive oil	2 tsp	4 tsp	8 tsp	16 tsp
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Green bell pepper, chopped	1 cup	2 cups	4 cups	8 cups
Red pepper, chopped	1 cup	2 cups	4 cups	8 cups
Tomato sauce, canned	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Lemon juice	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Water	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Bay leaves	1	2	4	8

Directions:

1. Heat olive oil in large skillet over medium heat. Add onions and peppers and sauté until vegetables are soft (about 5 to 10 minutes).
2. Add chicken. Stir-fry for another 5 to 10 minutes, until thoroughly cooked.
3. Add tomato sauce, lemon juice, bay leaves and water to mix.
4. Cover pan. Reduce heat. Let simmer for 10 minutes until chicken is tender.
5. Remove bay leaves and serve.

Food For Thought Flavoring chicken breasts with different spices gives children a chance to try new flavors without added salt, sugar or fat.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread □
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1/2 cup (136g)
Servings Per Recipe: 30

Amount Per Serving		
Calories 144	Cal. from Fat 31	
		% Daily Value*
Total Fat 3g		**4%**
Saturated Fat 1g		**4%**
Cholesterol 51mg		**15%**
Sodium 243mg		**10%**
Total Carbohydrate 9g		**4%**
Dietary Fiber 1g		**8%**
Sugars 5g		
Protein 19g		
Vitamin A 10%	Vitamin C 80%	
Calcium 2%	Iron 6%	

Delicious Heart Healthy Latino Recipes. National Heart, Lung, and Blood Institute; 2008. **https://www.nhlbi.nih.gov/health/resources/heart/recipes-bilingual**. Accessed May 24, 2010.

FALL WEEKS 3&4

Autumn Orchard Snacks

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Acorn squash, small	1-1/2	3	6	12
Applesauce, natural or unsweetened	3/4 cup	1-1/2 cups	3 cups	6 cups
Brown sugar	1/4 Tbsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Cinnamon, ground	1/4 Tbsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Walnuts or pecans (optional), chopped	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Preheat oven to 350°F.
2. Wash and halve the squash, remove seeds.
3. Place on baking sheet cut-side down.
4. Cover and cook about 6 to 9 minutes. Be sure they are being cooked thoroughly by rotating the dish halfway through.
5. Scrape the squash flesh from each half into a bowl.
6. Add applesauce, cinnamon, brown sugar and nuts (optional) to bowl and mix.
7. Spoon mixture evenly into squash halves.
8. Cook about 2 to 3 minutes to heat thoroughly.
9. Serve 1/4 squash to each child.

Food For Thought Making vegetables into a bowl is a fun new way to serve fruits and vegetables.

CACFP Crediting

For 3-5 year olds; Snack.
Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/4 squash (57g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 30		Cal. from Fat 1	
			% Daily Value*
Total Fat 0g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 0mg			**0%**
Sodium 2mg			**0%**
Total Carbohydrate 8g			**4%**
Dietary Fiber 2g			**8%**
Sugars 4g			
Protein 0g			
Vitamin A 2%		Vitamin C 4%	
Calcium 2%		Iron 2%	

Recipe adapted from Neufeld, N, Henry, S, Lawrence, D. *Kid Shape Cafe.* Nashville (TN): Rutledge Hill Press; 2005.

Under the Sea Chowder

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Margarine, soft, trans fat free	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Celery, chopped	1 cup	2 cups	4 cups	8 cups
Red bell pepper, chopped	1/2 cup	1 cup	2 cups	4 cups
Chicken or vegetable broth, canned	1 cup	2 cups	4 cups	8 cups
Potatoes, Russet, diced	1 cup	2 cups	4 cups	8 cups
Paprika	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Black pepper	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Bay leaf	1/2	1	2	4
1% (low-fat) milk	2-1/2 cups	5 cups	10 cups	20 cups
Corn, frozen	1 cup	2 cups	4 cups	8 cups
Fish fillets, fresh or frozen	1 lb	2 lbs	4 lbs	8 lbs

Directions:

1. In a large skillet, heat margarine over medium-high heat. Add celery and bell pepper and cook until soft, about 3 minutes.
2. While vegetables are cooking, put potatoes in the slow cooker.
3. Add vegetables to potatoes, but do not mix. Add broth, bay leaf, paprika and black pepper.
4. Stir top layer of vegetables, but leave potatoes submerged below. Cover and cook on low for 5 to 6 hours.
5. Add milk and fish. Stir. Cover and cook on high for about 1 hour.

Food For Thought This soup is a great way to use up leftover vegetables, fish or even chicken.

CACFP Crediting

For 3-5 year olds; Lunch/Supper.
Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1 cup (261g)
Servings Per Recipe: 28

Amount Per Serving			
Calories 154		Cal. from Fat 32	
			% Daily Value*
Total Fat 4g			**4%**
Saturated Fat 1g			**4%**
Cholesterol 29mg			**10%**
Sodium 344mg			**15%**
Total Carbohydrate 14g			**4%**
Dietary Fiber 1g			**4%**
Sugars 6g			
Protein 17g			
Vitamin A 15%		Vitamin C 45%	
Calcium 10%		Iron 4%	

Recipe adapted from Hensperger, B., Kaufmann, J. *Not Your Mother's Slow Cooker Cookbook.* Boston (MA): The Harvard Common Press; 2005.

FALL WEEKS 3&4

Roly Poly Roll-Up

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Tortillas, whole wheat, 8"	5	10	20	40
Turkey breast, sliced	1/2 lb	1 lb	2 lbs	4 lbs
Mustard	1/4 cup	1/2 cup	1 cup	2 cups
Cucumber	1 cup	2 cups	4 cups	8 cups
Tomato	1 cup	2 cups	4 cups	8 cups
Avocado (optional)	1/2 cup	1 cup	2 cups	4 cups

Directions:

1. Layer each tortilla with mustard, slices of turkey breast, avocado (if necessary), tomato and cucumber.
2. Roll it up.
3. Cut into halves and serve.

Food For Thought Sandwiches and wraps are great places to add fruits and vegetables to your child's diet.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1 roll-up (132g)
Servings Per Recipe: 20

Amount Per Serving			
Calories 139	Cal. from Fat 12		
			% Daily Value*
Total Fat 1g			**2%**
Saturated Fat 0g			**0%**
Cholesterol 28mg			**8%**
Sodium 351mg			**15%**
Total Carbohydrate 22g			**8%**
Dietary Fiber 3g			**10%**
Sugars 1g			
Protein 15g			
Vitamin A 4%		Vitamin C 4%	
Calcium 4%		Iron 8%	

Recipe adapted from Neufeld, N, Henry, S, Lawrence, D. *Kid Shape Cafe.* Nashville (TN): Rutledge Hill Press; 2005.

Finger Food

Ingredients	7 Servings	15 Servings	30 Servings	60 Servings
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Lemon juice	1/4 cup	1/2 cup	1 cup	2 cups
Tomatoes, cherry, sliced	7	15	30	60
Onion, diced	1/2 cup	1 cup	2 cups	4 cups
Green bell peppers, diced	1/2 cup	1 cup	2 cups	4 cups
Black pepper	1 tsp	2 tsp	4 tsp	8 tsp
Chicken, boneless, skinless diced	1 lb	2 lbs	4 lbs	8 lbs

Directions:

1. Preheat oven to 325°F.
2. Slice chicken into 1" cubes.
3. Mix olive oil, lemon juice and black pepper. Pour over chicken. Allow to marinate for at least 1 hour.
4. Use wooden or metal skewers or straws to thread tomato, chicken, onion and bell pepper. Repeat until skewer is full (use roughly 1/4 cup chicken cubes and 1/4 cup mixed vegetables per skewer)
5. Repeat for other 11 skewers.
6. Bake at 325°F for about 15 minutes, check and turn. Continue to bake until chicken is cooked thoroughly.

Food For Thought Kabobs are a fun way to get kids to eat their vegetables because they can eat with their hands. Use any type of fruit or vegetable you like.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread □
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1 skewer (118g)
Servings Per Recipe: 30

Amount Per Serving			
Calories 129	Cal. from Fat 36		
			% Daily Value*
Total Fat 4g			**6%**
Saturated Fat 1g			**4%**
Cholesterol 51mg			**15%**
Sodium 186mg			**8%**
Total Carbohydrate 3g			**0%**
Dietary Fiber 1g			**4%**
Sugars 2g			
Protein 19g			
Vitamin A 4%		Vitamin C 40%	
Calcium 2%		Iron 4%	

Recipe adapted from Network for a Healthy California. *Champions for Change.* California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. Accessed June 10, 2010.

FALL
WEEKS 3&4

All-Star Snack

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Carrots, sliced	1 cup	2 cups	4 cups	8 cups
Sweet potatoes, sliced	1/2 cup	1 cup	2 cups	4 cups
Apples, peeled, sliced	1-1/2 cups	3 cups	6 cups	12 cups
Brown sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Water, divided	1 cup	2 cups	4 cups	8 cups

Directions:

1. Bring 3/4 the amount of water to boil. Simmer carrots and sweet potatoes until tender. Drain and cool.
2. In baking or casserole dish, alternate sweet potatoes and carrots with apples.
3. Sprinkle brown sugar on top.
4. Add remaining water. Cover and bake at 350°F for 30 minutes or until apples are tender.
5. Remove cover and bake until golden brown on top.

Food For Thought This dish can be baked in advance and served all week for breakfast or snack.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (121g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 40		Cal. from Fat 1	
			% Daily Value*
Total Fat 0g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 0mg			**0%**
Sodium 23mg			**0%**
Total Carbohydrate 10g			**4%**
Dietary Fiber 1g			**4%**
Sugars 6g			
Protein 0g			
Vitamin A 85%		Vitamin C 4%	
Calcium 0%		Iron 0%	

Recipe adapted from Cook, D. *The Kids' Multicultural Cookbook.* Nashville, TN: Williamson Books.; 1995.

Jack O' Lantern Soup

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Vegetable oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Butternut squash, peeled and cubed	1	2	4	8
Pumpkin purée, canned	3/4 cup	1-1/2 cups	3 cups	6 cups
Chicken or vegetable broth, canned	1 cup	2 cups	4 cups	8 cups
Thyme, ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Yogurt, plain, low-fat	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Heat oil in large saucepan. Add onions and cook until translucent.
2. Add squash, broth, purée and thyme. Bring to a boil, reduce heat and allow to simmer (about 30 to 45 minutes).
3. Purée the mixture in small batches.
4. Pour 1/2 cup serving into bowls.
5. Garnish top with a spoonful of yogurt.

Food For Thought This soup can be made in advance, frozen and thawed to serve with sandwiches on busy days.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (115g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 64		Cal. from Fat 27	
			% Daily Value*
Total Fat 3g			**4%**
Saturated Fat 0g			**2%**
Cholesterol 1mg			**0%**
Sodium 344mg			**15%**
Total Carbohydrate 7g			**2%**
Dietary Fiber 1g			**6%**
Sugars 1g			
Protein 3g			
Vitamin A 180%		Vitamin C 10%	
Calcium 4%		Iron 4%	

Recipe adapted from NickJr. Website. Accessed May 24, 2010.

WINTER WEEKS 1&2

Menu Cycle: Winter—Week One

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Tangerines	Peaches	Strawberries	Banana Slices	Pears
Grains/Breads	Whole Grain Mini Bagel	**Golden Porridge**	*Total®*	**Spiced Pancakes**	Whole Grain Toast
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Veggie Tuna Melts**	**Spunky Spud Salad**	**Snowy Day Sandwiches**	**Big Bad Wolf Soup**	Cooked Spinach
Fruits/Vegetables	Mixed Fruit	Apple Slices	Mixed Vegetables	Pineapple	Orange Slices
Grains/Breads	**Veggie Tuna Melts**	Brown Rice	**Snowy Day Sandwiches**	Whole Grain Roll	**Cheesy Chicken Quesadilla**
Meats/Meat Alternates	**Veggie Tuna Melts**	**Tasty Tenders**	**Snowy Day Sandwiches**	**Big Bad Wolf Soup**	**Cheesy Chicken Quesadilla**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	**Wintery Mix**	Grapefruit	Salsa	Carrots	**Colorful Crispy Salad**
Grains/Breads	–	Whole Grain Crackers	Whole Grain Corn Chips	Yogurt	–
Meats/Meat Alternates	Cottage Cheese	–	–	–	String Cheese
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

WINTER WEEKS 1&2

Menu Cycle: Winter—Week Two

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Very Merry Berries**	Banana Slices	Grapefruit Slices	**Superstar Breakfast**	Pineapple
Grains/Breads	**Very Merry Berries**	*Cheerios®*	Whole Grain Toast	**Superstar Breakfast**	Whole Grain Waffle
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Green Beans	Cooked Peas & Carrots	**Beautiful Butterflies**	**Wild Cowboy Stew**	**Pizza Party Pita**
Fruits/Vegetables	Apple Slices	Pears	Grapes	Pineapple	Mixed Fruit
Grains/Breads	Brown Rice	Whole Grain Pasta	**Beautiful Butterflies**	Whole Grain Roll	**Pizza Party Pita**
Meats/Meat Alternates	**Finger Lickin' Chicken**	**Fishin' Poles**	**Beautiful Butterflies**	**Wild Cowboy Stew**	**Pizza Party Pita**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Peaches	**Prince and Princess Salad**	Applesauce	Broccoli and Cauliflower	Orange Wedges
Grains/Breads	Whole Grain Crackers	–	Whole Grain Mini Bagel	–	–
Meats/Meat Alternates	–	**Prince and Princess Salad**	–	Cheese Cubes	**Polka Dot Pasta**
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

WINTER WEEKS 1&2

Shopping List — Winter Weeks One & Two

Food For Thought Buy low-fat or fat-free items where possible (e.g., cheeses, salad dressings, etc.)

Milk

___ 1% (low-fat) or fat-free
___ Whole for 12 through 23 months

Fruits & Vegetables

___ Apples
___ Applesauce (bottled, no sugar added or unsweetened)
___ Bananas
___ Blueberries (fresh or frozen)
___ Broccoli (fresh or frozen)
___ Butternut squash
___ Carrots (fresh)
___ Cauliflower
___ Celery (fresh or frozen)
___ Cherry tomatoes
___ Corn (fresh, frozen or canned)
___ Cucumbers
___ Grapefruit
___ Green beans
___ Green bell peppers (fresh or frozen)
___ Green onions
___ Lemon juice (fresh-squeezed or bottled)
___ Lettuce
___ Mandarin oranges (fresh or canned in water or 100% juice)
___ Mixed fruit (canned in water or 100% juice)
___ Mushrooms (fresh, frozen or canned)
___ Olives
___ Onions
___ Oranges
___ Peaches (fresh, frozen or canned in water or 100% juice)
___ Pears (fresh or canned in water or 100% juice)
___ Peas (frozen or canned)
___ Pineapple (fresh or canned in water or 100% juice)
___ Raisins
___ Red bell peppers (fresh or frozen)
___ Red or green seedless grapes
___ Russet potatoes
___ Salsa
___ Spinach (fresh, frozen or canned)
___ Strawberries (fresh or frozen, no sugar added)
___ Tangerines
___ Tomato sauce
___ Tomatoes (fresh or canned)
___ Tomatoes (stewed)

Meats & Meat Alternates

___ Baked beans (canned)
___ Cheddar cheese
___ Cottage cheese
___ Chicken breast (skinless, boneless)
___ Chickpeas/garbanzo beans (canned)
___ Chopped nuts
___ Eggs
___ Kidney beans (canned)
___ Low-fat yogurt*(vanilla or plain)
___ Mozzarella cheese
___ Parmesan cheese
___ Part-skim ricotta cheese
___ Peanut butter
___ Peas (fresh, frozen or canned)
___ Pinto beans (canned)
___ Refried beans
___ Slivered almonds
___ String cheese
___ Tilapia or cod fillets (fresh or frozen)
___ Tuna (chunk light, packed in water)
___ Turkey breast (boneless, skinless)
___ Turkey breast (ground)
___ Walnuts
___ White beans (canned or dry) (Northern)

Grains & Breads

___ All-purpose flour ___
Brown rice
___ *Cheerios®*
___ Corn bread
___ Whole grain corn chips
___ Couscous (dry)
___ Old-fashioned rolled oats
___ Pancake mix
___ *Total®*
___ Wheat bran cereal
___ Whole grain crackers
___ Whole grain mini bagels
___ Whole grain rolls
___ Whole grain waffles
___ Whole grain bowtie pasta
___ Whole grain bread
___ Whole wheat flour
___ Whole grain tortillas

Other**

___ All-spice
___ Baking soda
___ Basil
___ Black pepper
___ Brown mustard
___ Brown sugar
___ Chili powder
___ Cider vinegar
___ Cinnamon
___ Cooking spray
___ Dijon mustard
___ Dried thyme
___ Garlic
___ Garlic powder
___ Granulated sugar
___ Lemon pepper
___ Mayonnaise
___ Molasses
___ Mustard (dry)
___ Olive oil or canola oil
___ Oregano
___ Paprika
___ Pumpkin pie spice
___ Red taco sauce
___ Salt
___ Thyme
___ Vanilla extract
___ Vegetable oil
___ Vinegar

*Yogurt must contain no more than 23g of sugar per 6 oz

**Not CACFP reimbursable

WINTER WEEKS 1&2

Veggie Tuna Melts

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Tuna, packed in water, drained	1- 12.5 oz can	2- 12.5 oz cans	4- 12.5 oz cans	8- 12.5 oz cans
Mayonnaise	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Mustard, brown	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Celery, chopped	1 cup	2 cups	4 cups	8 cups
Carrots, grated	1 cup	2 cups	4 cups	8 cups
Cheese, cheddar	1/4 cup	1/2 cup	1 cup	2 cups
Bread, whole grain	7 slices	14 slices	28 slices	56 slices

Directions:

1. Preheat oven to 350°F.
2. Wash and dry onions, celery and carrots. Chop onion and celery. Grate carrots. Combine in bowl. Set aside.
3. Combine mayonnaise, mustard and drained tuna in a bowl.
4. Add onions, celery and carrots.
5. Place bread slices on a baking sheet.
6. Top bread with 3/4 cup of tuna mixture, sprinkle with cheese.
7. Bake at 350°F for 5 minutes, until cheese is melted and bread is toasted.

Food For Thought This dish can also be made using tomatoes, peppers or any combination of vegetables children like!

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 3/4 cup mix; (118g)
1 slice bread
Servings Per Recipe: 28

Amount Per Serving			
Calories 149	Cal. from Fat 30		
			% Daily Value*
Total Fat 3g			**4%**
Saturated Fat 1g			**4%**
Cholesterol 17mg			**6%**
Sodium 350mg			**15%**
Total Carbohydrate 15g			**4%**
Dietary Fiber 3g			**10%**
Sugars 1g			
Protein 15g			
Vitamin A 40%		Vitamin C 4%	
Calcium 8%		Iron 8%	

Recipe adapted from *USDA Recipes for Child Care.* USDA Team Nutrition. United States Department of Agriculture: Food and Nutrition Services; 2009.

Wintery Mix

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
Canned peaches, drained, chopped	1 cup (3/4 - 20 oz. can)	2 cups (1-1/2 - 20 oz. can)	4 cups (3 - 20 oz. cans)	8 cups (6 - 20 oz. cans)
Canned pineapple chunks, drained	1-1/2 cups (1 - 16 oz. can)	3 cups (2 - 16 oz. cans)	6 cups (3 - 16 oz. cans)	12 cups (4 - 16oz. cans)
Red or green seedless grapes, sliced	1 cup	2 cups	4 cups	8 cups
Bananas, sliced	2	4	8	16

Directions:

1. Drain canned peaches and pineapple and chop.
2. Mix peaches and pineapples together.
3. Refrigerate.
4. Before serving, slice bananas and grapes and place on top of salad.

Food For Thought You can make this salad any time of the year using fruit in season.

CACFP Crediting

For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread □
- Fruit/Vegetable ■
- Meat/Meat Alternate □
- Milk □

Nutrition Facts

Serving size: 1/2 cup (114g)
Servings Per Recipe: 32

Amount Per Serving			
Calories 71	Cal. from Fat 2		
			% Daily Value*
Total Fat 0g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 0mg			**0%**
Sodium 2mg			**0%**
Total Carbohydrate 19g			**6%**
Dietary Fiber 2g			**6%**
Sugars 14g			
Protein 1g			
Vitamin A 4%		Vitamin C 10%	
Calcium 0%		Iron 2%	

Recipe adapted from Stenberg, M, Bark, K., & Peppers, B. *Making it Balance and Kicking' It Up: A Cycle Menu for Montana Child Care.* Vol. 3; 2005. www.childcare.mt.gov. Accessed May 24, 2010.

WINTER WEEKS 1&2

Golden Porridge

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Old-fashioned rolled oats	1 cup	2 cups	4 cups	8 cups
Milk, 1% (low-fat) fat-free	2 cups	4 cups	8 cups	16 cups
Ground cinnamon	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Vanilla extract	1 tsp	2 tsp	4 tsp	8 tsp
Brown sugar	2 tsp	4 tsp	8 tsp	16 tsp
Walnuts (optional)	1 cup	2 cups	4 cups	8 cups

Directions:

1. In a large saucepan, bring milk to a boil.
2. Combine oats and cinnamon. Mix into milk. Return to a boil.
3. Reduce heat and simmer for 5 to 10 minutes or until mixture has thickened.
4. Remove from heat and mix in brown sugar, vanilla and walnuts (optional).

Food For Thought Oatmeal can be made using water or milk. Add more or less depending on the thickness your children like. For added nutrition, add berries or raisins.

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (96g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 89		Cal. from Fat 14	
			% Daily Value*
Total Fat 2g			2%
Saturated Fat 1g			4%
Cholesterol 4mg			0%
Sodium 37mg			2%
Total Carbohydrate 14g			4%
Dietary Fiber 1g			6%
Sugars 6g			
Protein 5g			
Vitamin A 4%		Vitamin C 0%	
Calcium 10%		Iron 4%	

Recipe adapted All Recipes. http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx. Accessed June 10, 2010.

Spunky Spud Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Dressing:				
Lemon juice	1-1/2 Tbsp	3 Tbsp	6 Tbsp	12 Tbsp
Olive oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Dijon mustard	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Vinegar	1 tsp	1/2 Tbsp	1 Tbsp	1/4 cup
Thyme, dried	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Potato Salad:				
Potatoes, diced, skin on	1/2 lb	1 lb	2 lbs	4 lbs
Broccoli, chopped	1/2 cup	1 cup	2 cups	4 cups
Peas, frozen, thawed and drained	1/2 cup	1 cup	2 cups	4 cups
Red bell pepper, diced	2 Tbsp	1/4 cup	1/2 cup	1 cup
Celery, diced	2 Tbsp	1/4 cup	1/2 cup	1 cup
Canned corn, drained	1/4 cup	1/2 cup	1 cup	1 - 15 oz can

Directions:

1. Combine all dressing ingredients and whisk together. Store in refrigerator until ready for use.
2. Place potatoes in pan and cover with water. On high heat, bring potatoes to a boil, and simmer for 15 minutes or more until potatoes are soft. Drain.
3. Combine potatoes, peas, broccoli, peppers, celery and corn in a large bowl.
4. Mix dressing, pour over vegetables and mix gently.

Food For Thought Make this dish in advance and refrigerate to use later in the week.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (86g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 62		Cal. from Fat 13	
			% Daily Value*
Total Fat 1g			2%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 113mg			4%
Total Carbohydrate 12g			4%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 2g			
Vitamin A 10%		Vitamin C 40%	
Calcium 2%		Iron 4%	

Recipe adapted from Thomas, R., Koori, L., Fenton, and W. *Nutrition in the Kitchen.* Children's Hospital of Philadelphia 2nd ed.; 2008. http://media.chop.edu/data/files/pdfs/healthy-weight-healthyweight-pdf-nutrition-kitchen-complete-book.pdf Accessed June 10, 2010.

WINTER WEEKS 1&2

Tasty Tenders

Ingredients	5 Servings	10 Servings	25 Servings	50 Servings
Chicken, skinless, boneless breasts or thighs	3/4 lb	1-1/2 lb	3-1/2 lbs	7 lbs
Wheat bran cereal, crushed	3/4 cup	1-1/2 cups	3-3/4 cups	7-1/2 cups
Fat-free or 1% (low-fat) milk	1/4 cup	1/2 cup	1-1/4 cups	2-1/2 cups
Olive or canola oil	1 Tbsp	2 Tbsp	5 Tbsp	10 Tbsp

Directions:

1. Preheat oven to 400°F.
2. Trim the fat from the chicken.
3. Cut each breast or thigh into 3 to 4 pieces.
4. Soak in milk.
5. Roll chicken in cereal crumbs on both sides.
6. Place in oiled pan.
7. Spritz or drizzle with oil.
8. Bake at 400°F for 30 minutes.

Food For Thought These tenders can be made with any whole grain flake cereal, such as corn flakes, Total® or Chex®.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread ☐
Fruit/Vegetable ☐ ☐
Meat/Meat Alternate ■
Milk ☐

Nutrition Facts

Serving size: 1-1/2 oz. (98g)
Servings Per Recipe: 25

Amount Per Serving			
Calories 162		Cal. from Fat 48	
			% Daily Value*
Total Fat 5g			**8%**
Saturated Fat 1g			**6%**
Cholesterol 55mg			**20%**
Sodium 205mg			**8%**
Total Carbohydrate 7g			**2%**
Dietary Fiber 1g			**4%**
Sugars 1g			
Protein 21g			
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	4%

Snowy Day Sandwiches

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Pitas, whole wheat	6	12	24	48
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Red bell pepper, sliced	1 cup	2 cups	4 cups	8 cups
Green bell pepper, sliced	1/2 cup	1 cup	2 cups	4 cups
Turkey breast, cut into strips	3/4 lb	1-1/2 lbs	3 lbs	6 lbs
Ricotta cheese, part-skim	1/2 cup	1 cup	2 cups	4 cups
Vegetable oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

Directions:

1. Bake turkey breast according to package directions.
2. Cut turkey into strips to be used later.
3. In non-stick skillet, sauté onions and bell peppers in oil until tender.
4. Fold pita in half.
5. Fill with 1 tablespoon of ricotta cheese, 1/2 cup vegetable mixture and 1-1/2 oz of turkey breast.

Food For Thought This sandwich is an adjusted form of a Greek gyro. You can make your own gyro at home using any type of meat, tomatoes, onions and low-fat cheese.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread ■
Fruit/Vegetable ■ ☐
Meat/Meat Alternate ■
Milk ☐

Nutrition Facts

Serving size: 1 pita (156g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 182		Cal. from Fat 27	
			% Daily Value*
Total Fat 3g			**4%**
Saturated Fat 1g			**8%**
Cholesterol 40mg			**15%**
Sodium 169mg			**8%**
Total Carbohydrate 20g			**8%**
Dietary Fiber 4g			**15%**
Sugars 2g			
Protein 19g			
Vitamin A	20%	Vitamin C	95%
Calcium	8%	Iron	10%

Recipe adapted from Network for a Healthy California. *Champions for Change.* California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. Accessed June 10, 2010.

WINTER WEEKS 1&2

Spiced Pancakes

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Flour, all-purpose	1/2 cup	1 cup	2 cups	4 cups
Flour, whole grain	1 cup	2 cups	4 cups	8 cups
Baking soda	3/4 tsp	1-1/2 tsp	3 tsp	6 tsp
Cinnamon	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Egg, whole	1	2	4	8
Egg white	1	2	4	8
Molasses	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Vegetable oil	1-1/2 Tbsp	3 Tbsp	6 Tbsp	12 Tbsp
1% (low-fat) or fat-free milk	1/2 cup	1 cup	2 cups	4 cups

Directions:

1. Mix dry ingredients in bowl.
2. In a different bowl, beat eggs. Add egg whites and mix slowly; be careful not to overmix.
3. Stir in molasses, oil and milk.
4. Pour milk mixture into dry ingredients, stir.
5. Bake on a hot, lightly greased griddle.

Food For Thought Gingerbread pancakes are a sweet treat on winter mornings. Top with unsweetened applesauce or low-fat yogurt for a healthy alternative to syrup.

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ☐
- Milk ☐

Nutrition Facts

Serving size: 1 pancake (101g)
Servings Per Recipe: 28

Amount Per Serving		
Calories 172	Cal. from Fat 43	
		% Daily Value*
Total Fat 5g		**8%**
Saturated Fat 1g		**4%**
Cholesterol 33mg		**10%**
Sodium 179mg		**8%**
Total Carbohydrate 27g		**8%**
Dietary Fiber 2g		**10%**
Sugars 6g		
Protein 6g		
Vitamin A 4%	Vitamin C 0%	
Calcium 8%	Iron 8%	

Recipe adapted from *Healthy Recipes.* Oregon State University Extension Services. 2008. https://www.foodhero.org/recipes/recipe-categories/kid-approved. Accessed May 21, 2010.

Big Bad Wolf Soup

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Olive oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Red bell pepper, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Garlic	1/2 clove	1 clove	2 cloves	4 cloves
Chili powder	1/2 Tbsp	1 Tbsp	2 Tbsp	4 Tbsp
Butternut squash, peeled, diced	1 cup	2 cups	4 cups	8 cups
Pinto beans, canned, drained and rinsed	2 cups	4 cups	8 cups	16 cups
Water	3/4 cup	1-1/2 cups	3 cups	6 cups
Whole-kernel corn, frozen	1 cup	2 cups	4 cups	8 cups
Tomatoes, stewed	1/2 cup	1 cup	2 cups	4 cups

Directions:

1. Heat oil in a large non-stick skillet over medium heat. Add onions, bell peppers and garlic. Cover and cook 5 minutes.
2. Add chili powder. Cook 1 minute, stirring constantly.
3. Place onion and pepper mixture in slow cooker. Add squash, beans, water, corn and tomatoes. Cover and cook on low for 8 hours or until soup is thick.

Note: Cooking on high will take less time, but be sure not to scorch the soup on the bottom of the pot.

Food For Thought For added protein and a non-vegetarian option, add leftover chicken. You can also add any other leftover vegetables and spices to change the flavor.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (200g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 286	Cal. from Fat 21	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 0g		**2%**
Cholesterol 0mg		**0%**
Sodium 64mg		**4%**
Total Carbohydrate 53g		**20%**
Dietary Fiber 12g		**50%**
Sugars 5g		
Protein 15g		
Vitamin A 65%	Vitamin C 80%	
Calcium 10%	Iron 20%	

Recipe adapted from Cooking Light. *Slow Cooker.* Birmingham (AL): Ox moor House, Inc.; 2006.

WINTER WEEKS 1&2

Cheesy Chicken Quesadilla

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Tortillas, whole grain, 6"	6	12	24	48
Refried beans	1/2 cup	1 cup	1 - 16 oz can	2 - 16 oz cans
Onion, chopped	2 Tbsp	1/4 cup	1/2 cup	1 cup
Red taco sauce	3 Tbsp	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups
Broccoli, chopped finely	1 cup	2 cups	4 cups	8 cups
Mushrooms, sliced	1/2 cup	1 cup	2 cups	4 cups
Mozzarella cheese	1 oz	2 oz	4 oz	8 oz
Chicken, cooked, diced		1/2 lb	1 lb	2 lbs 4 lbs
Vegetable oil	–	–	–	–

Directions:

1. Bake chicken in oven at 350°F for about 45 minutes. Dice. Set aside.
2. Brush the outside of the tortillas with a small amount of oil. Place on baking sheet and bake at 350°F for about 2 minutes on each side, until golden.
3. Heat refried beans and onion in medium saucepan over medium heat, stirring occasionally. Set aside.
4. Mix broccoli and mushrooms in large bowl.
5. Spread 1/4 cup of bean mixture on each tortilla. Drizzle 1 teaspoon taco sauce and top with 1/4 cup vegetable mixtures.
6. Top with 1 tablespoon of chicken and 1 tablespoon of cheese. Fold tortilla in half if desired.
7. Return to oven just until cheese melts (about 2 minutes).

Food For Thought

Using vegetables in place of some of the cheese adds nutrients and decreases fat. Switch the vegetables to use any leftovers you may have.

CACFP Crediting For 3-5 year olds; Lunch/Supper.

Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1 quesadilla (130g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 212	Cal. from Fat 52	
		% Daily Value*
Total Fat 6g		8%
Saturated Fat 2g		8%
Cholesterol 35mg		10%
Sodium 367mg		15%
Total Carbohydrate 23g		8%
Dietary Fiber 2g		10%
Sugars 2g		
Protein 17g		
Vitamin A 20%	Vitamin C 80%	
Calcium 4%	Iron 10%	

Recipe adapted from Network for a Healthy California. *Champions for Change.* California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. Accessed June 10, 2010.

Colorful Crispy Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Salad:				
Tomatoes, seeded and diced	1 cup	2 cups	4 cups	8 cups
Cucumber, peeled and diced	1 cup	2 cups	4 cups	8 cups
Bell pepper, red, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Olives, canned	2 Tbsp	1/4 cup	1/2 cup	1 cup
Lettuce, chopped	1 cup	2 cups	4 cups	8 cups
Dressing:				
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Vinegar	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Oregano	1/2 tsp	1 tsp	2 tsp	4 tsp

Directions:

1. Place all salad ingredients into a bowl.
2. In a separate bowl, mix dressing ingredients together.
3. Pour dressing over salad. Toss to coat.

Food For Thought

Small salads made with a mixture of vegetables are a great way to boost nutrition. Enjoy them as a side at meals or as an afternoon snack.

CACFP Crediting For 3-5 year olds; Snack.

Must serve *two* of the following:

- Grain/Bread □
- Fruit/Vegetable ■
- Meat/Meat Alternate □
- Milk □

Nutrition Facts

Serving size: 1/2 cup (70g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 16	Cal. from Fat 5	
		% Daily Value*
Total Fat 1g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 80mg		4%
Total Carbohydrate 3g		0%
Dietary Fiber 1g		4%
Sugars 2g		
Protein 1g		
Vitamin A 10%	Vitamin C 30%	
Calcium 0%	Iron 2%	

Recipe adapted from Thomas, R., Koori, L., Fenton, and W. *Nutrition in the Kitchen.* Children's Hospital of Philadelphia 2nd ed.; 2008. http://media.chop.edu/data/files/pdfs/healthy-weight-healthyweight-pdf-nutrition-kitchen-complete-book.pdf. Accessed June 10, 2010.

WINTER WEEKS 1&2

Very Merry Berries

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Rolled oats, old-fashioned	3/4 cup	1-1/2 cups	3 cups	6 cups
Yogurt, low-fat (vanilla or plain)	1/2 cup	1 cup	2 cups	4 cups
Milk, 1% (low-fat) or fat-free	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Apple, peeled, sliced	1 cup	2 cups	4 cups	8 cups
Blueberries, frozen	1-1/4 cups	2-1/2 cups	5 cups	10 cups
Raisins	3/4 cup	1-1/2 cup	3 cups	6 cups
Walnuts (optional)	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. In a medium bowl, mix oats, yogurt and milk.
2. Cover and refrigerate for 6 to 12 hours (overnight is best).
3. Add fruit and mix gently.
4. Scoop 1/2 cup into small dishes.
5. Add walnuts if desired.

Food For Thought Serve this dish with any fruit that is in season or use canned when necessary.

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (113g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 147	Cal. from Fat 12		
			% Daily Value*
Total Fat 1g			2%
Saturated Fat 0g			2%
Cholesterol 2mg			0%
Sodium 23mg			0%
Total Carbohydrate 32g			10%
Dietary Fiber 3g			10%
Sugars 19g			
Protein 4g			
Vitamin A 0%		Vitamin C 8%	
Calcium 8%		Iron 4%	

Recipe adapted from *Healthy Recipes.* Oregon State University Extension Services. 2008. https://www.foodhero.org/recipes/recipe-categories/kid-approved. Accessed May 21, 2010.

Finger Lickin' Chicken

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken, breast or drumsticks, skinless	1 lb	2 lbs	4 lbs	8 lbs
Allspice, ground	1 tsp	2 tsp	4 tsp	8 tsp
Cinnamon, ground	1/2 tsp	1 tsp	2 tsp	4 tsp
Black pepper, ground	3/4 tsp	1-1/2 tsp	3 tsp	6 tsp
Oregano, ground	1 tsp	2 tsp	4 tsp	8 tsp
Thyme, ground	1 tsp	2 tsp	4 tsp	8 tsp
Garlic, finely chopped	2 cloves	4 cloves	8 cloves	16 cloves
Vinegar	2 Tbsp	1/4 cup	1/2 cup	1 cup
Brown sugar	1-1/2 Tbsp	3 Tbsp	6 Tbsp	12 Tbsp
Cooking spray	–	–	–	–

Directions:

1. Preheat oven to 350°F. Wash chicken and pat dry.
2. In large bowl, combine all dry ingredients and vinegar to make seasoning.
3. Rub seasoning over chicken. Marinate in refrigerator for at least 6 hours (or overnight).
4. Place chicken, evenly spaced, on lightly greased baking pan.
5. Cover with foil. Bake for 40 minutes.
6. Remove foil and bake for another 30 to 40 minutes until chicken is tender.

Food For Thought Allowing chicken to marinate overnight gives it a lot of flavor when cooked and saves time in preparation. Allow kids to get their hands dirty by rubbing the marinade onto the chicken, being sure to wash their hands before and after handling the food.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1-1/2 oz (74g)
Servings Per Recipe: 28

Amount Per Serving			
Calories 122	Cal. from Fat 21		
			% Daily Value*
Total Fat 1g			4%
Saturated Fat 1g			4%
Cholesterol 55mg			20%
Sodium 199mg			8%
Total Carbohydrate 4g			0%
Dietary Fiber 0g			2%
Sugars 3g			
Protein 20g			
Vitamin A 0%		Vitamin C 0%	
Calcium 4%		Iron 8%	

Recipe adapted from *Heart Healthy Home Cooking African American Style - with Every Heartbeat is Life.* National Heart, Lung, and Blood Institute; 2008. https://www.nhlbi.nih.gov/health/resources/heart/african-american-cooking. Accessed May 24, 2010.

WINTER WEEKS 1&2

Fishin' Poles

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Cooking spray	–	–	–	–
Whole grain bread, toasted, crumbled	1 cup	2 cups	4 cups	8 cups
Bran flakes	1-1/2 cups	3 cups	6 cups	12 cups
Lemon pepper	1 tsp	2 tsp	4 tsp	8 tsp
Paprika	1 tsp	2 tsp	4 tsp	8 tsp
Flour, all-purpose	1/2 cup	1 cup	2 cups	4 cups
Egg whites, beaten	1-1/2	3	6	12
Tilapia or cod fillets, cut into 1/2" by 3" strips	1 lb	2 lbs	4 lbs	8 lbs

Directions:

1. Preheat oven to 450°F. Set a wire rack or foil on baking sheet. Coat with cooking spray.
2. Place crumbled bread, bran flakes, lemon pepper, garlic powder and paprika in food processor or blender. Process until finely ground, transfer to shallow dish.
3. Place flour in second shallow dish and egg whites in a third. Coat each fish strip in flour, then egg, and breadcrumbs.
4. Coat both sides with cooking spray and place on rack or baking sheet.
5. Bake until fish is cooked thoroughly and outer coating is golden brown (about 15 to 25 minutes).

Food For Thought Kids can help by crushing the bread and coating the fish in bread crumbs.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1-1/2 oz (97g)
Servings Per Recipe: 28

Amount Per Serving			
Calories 134	Cal. from Fat 11		
			% Daily Value*
Total Fat 1g			2%
Saturated Fat 0g			0%
Cholesterol 24mg			8%
Sodium 175mg			8%
Total Carbohydrate 17g			6%
Dietary Fiber 3g			15%
Sugars 2g			
Protein 15g			
Vitamin A 8%	Vitamin C 4%		
Calcium 2%	Iron 20%		

Recipe adapted from Eating Well Recipe Website. www.eatingwell.com/recipes_menus/. Accessed June 4, 2010.

Prince and Princess Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Lemon juice	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Garlic powder	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Basil, dried	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Black pepper	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Chickpeas (garbanzo beans), rinsed and drained	1- 15 oz can	2- 15 oz cans	4- 15 oz cans	8- 15 oz cans
Tomato, chopped	1 cup	2 cups	4 cups	8 cups
Bell pepper, green, chopped	1 cup	2 cups	4 cups	8 cups
Bell pepper, red, chopped	1 cup	2 cups	4 cups	8 cups
Mozzarella cheese, shredded	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Rinse and drain chickpeas (garbanzo beans).
2. Chop tomato and bell peppers.
3. Combine lemon juice, garlic powder, basil and black pepper.
4. Stir in chickpeas and vegetables.
5. Chill.
6. Serve plain or with pita bread, whole wheat bread or whole grain crackers, if desired.

Food For Thought This is a protein-packed snack that can be eaten by itself or as a dip with crackers or pita wedges.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (157g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 116	Cal. from Fat 18		
			% Daily Value*
Total Fat 2g			4%
Saturated Fat 1g			4%
Cholesterol 4mg			0%
Sodium 244mg			10%
Total Carbohydrate 20g			8%
Dietary Fiber 4g			20%
Sugars 3g			
Protein 5g			
Vitamin A 25%	Vitamin C 125%		
Calcium 4%	Iron 8%		

Recipe adapted from *The Florida Child Care Program Cookbook*. Florida Department of Health: Bureau of Child Nutrition Programs; 2007. Accessed May 22, 2010.

WINTER WEEKS 1&2

Beautiful Butterflies

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken, boneless	1 lb	2 lbs	4 lbs	8 lbs
Mayonnaise	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Green onions, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Tomatoes, chopped	1/2 cup	1 cup	2 cups	4 cups
Carrots, chopped	1 cup	2 cups	4 cups	8 cups
Tomatoes, cherry, halved	1/2 cup	1 cup	2 cups	4 cups
Bread, whole grain	7 slices	14 slices	28 slices	56 slices
Baby carrots	1/2 cup	1 cup	2 cups	4 cups

Directions:

1. Place chicken in skillet with enough water to cover. Bring to a boil. Reduce heat and allow to simmer for 12 to 14 minutes. Drain and let cool.
2. Shred chicken and place in bowl. Add carrots, tomatoes, green onions and mayonnaise.
3. Spread mixture over bread slices. Cut into triangles.
4. Arrange triangles with points facing each other to look like butterfly wings. Place baby carrot in center.

Food For Thought Allow children to assemble the butterflies or use cookie cutters to make these sandwiches more appealing!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1/2 cup mix (147g)
Servings Per Recipe: 28

Amount Per Serving		
Calories 161	Cal. from Fat 28	
		% Daily Value*
Total Fat 3g		**4%**
Saturated Fat 1g		**4%**
Cholesterol 38mg		**15%**
Sodium 209mg		**8%**
Total Carbohydrate 16g		**4%**
Dietary Fiber 3g		**10%**
Sugars 2g		
Protein 18g		
Vitamin A 75%	Vitamin C 10%	
Calcium 4%	Iron 8%	

Recipe adapted from Taste of Home Website. www.tasteofhome.com/recipes. Accessed June 3, 2010

Superstar Breakfast

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Couscous, dry	1/2 cup	1 cup	2 cups	4 cups
Milk, 1% (low-fat) or fat-free (or water)	1-1/4 cups	2-1/2 cups	5 cups	10 cups
Apples, peeled, sliced	3 cups	6 cups	12 cups	24 cups
Ground cinnamon	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

1. In medium saucepan, combine milk and cinnamon. Bring to a boil.
2. Add couscous and apples. Cover and remove from heat.
3. Let stand for 5 minutes.
4. Spoon 3/4 cup of mixture into bowls.

Food For Thought Couscous is a great breakfast item that can be topped similar to oatmeal. Try it with different fruits or add honey for extra sweetness.

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■
- Milk □

Nutrition Facts

Serving size: 3/4 cup (93g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 90	Cal. from Fat 6	
		% Daily Value*
Total Fat 1g		**0%**
Saturated Fat 0g		**2%**
Cholesterol 3mg		**0%**
Sodium 24mg		**0%**
Total Carbohydrate 18g		**6%**
Dietary Fiber 1g		**4%**
Sugars 5g		
Protein 4g		
Vitamin A 2%	Vitamin C 2%	
Calcium 8%	Iron 2%	

Recipe adapted from Better Homes and Gardens. *Low-Fat & Luscious Vegetarian.* Des Moines (IA): Meredith Corporation; 1997.

WINTER WEEKS 1&2

Wild Cowboy Stew

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Turkey breast, ground	1/2 lb	1 lb	2 lbs	4 lbs
Baked beans, canned, undrained	1 cup	2 cups	4 cups	8 cups
Kidney beans, canned, drained	1/2 cup	1 cup	2 cups	4 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Brown sugar	6 Tbsp	3/4 cup	1-1/2 cups	3 cups
Tomato, diced, canned	1/2 cup	1 cup	2 cups	4 cups
Mustard, dry	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Celery, chopped	1/2 cup	1 cup	2 cups	4 cups
Cider vinegar	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

1. Brown turkey over medium heat.
2. In slow cooker, combine all ingredients. Stir to combine.
3. Cover and cook for 1 hour on high.

Food For Thought This dish, made with baked beans, kidney beans and ground turkey, is a great protein source for kids. Adding vegetables into the mix makes it a complete meal!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (161g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 190	Cal. from Fat 37	
		% Daily Value*
Total Fat 4g		**6%**
Saturated Fat 1g		**4%**
Cholesterol 30mg		**10%**
Sodium 332mg		**15%**
Total Carbohydrate 28g		**8%**
Dietary Fiber 4g		**15%**
Sugars 15g		
Protein 11g		
Vitamin A 0%	Vitamin C 8%	
Calcium 8%	Iron 10%	

Recipe adapted from Neufeld, N, Henry, S, Lawrence, and D. *Kid Shape Cafe.* Nashville (TN): Rutledge Hill Press; 2005.

Pizza Party Pita

Ingredients	4 Servings	8 Servings	16 Servings	32 Servings
Pitas	4	8	16	32
Filling:				
Ricotta cheese	1/2 cup	1 cup	2 cups	4 cups
White beans, cooked and drained	1/2 cup + 2 Tbsp	1-1/4 cups	2-1/2 cups	5 cups
Tomatoes, chopped	1 cup	2 cups	4 cups	8 cups
Spinach	1/2 cup	1 cup	2 cups	4 cups
Tomato sauce	1/2 cup	1 cup	2 cups	4 cups
Milk, 1% (low-fat) or fat-free	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

Directions:

1. Preheat oven to 350°F.
2. In mixing bowl, stir together spinach, ricotta cheese, tomatoes and beans.
3. Slice pitas open. Place 1/4 cup mixture in each pita.
4. Line baking sheet with lightly greased foil. Place pitas on sheet and brush tops with milk. Prick tops with a fork.
5. Place in 350°F oven for 8 to 10 minutes.

Food For Thought This pita can be made with eggs for breakfast, fruit and/or vegetables for a quick snack, or topped with vegetables or meat for meals!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1 pita (247g)
Servings Per Recipe: 16

Amount Per Serving		
Calories 370	Cal. from Fat 29	
		% Daily Value*
Total Fat 3g		**4%**
Saturated Fat 1g		**6%**
Cholesterol 5mg		**2%**
Sodium 184mg		**8%**
Total Carbohydrate 71g		**25%**
Dietary Fiber 9g		**35%**
Sugars 8g		
Protein 17g		
Vitamin A 20%	Vitamin C 15%	
Calcium 15%	Iron 35%	

Recipe adapted from Better Homes and Gardens. *Low-Fat & Luscious Vegetarian.* Des Moines (IA): Meredith Corporation; 1997.

WINTER WEEKS 1&2

Polka Dot Pasta

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Pasta, whole wheat bowtie, dry	1 cup	2 cups	4 cups	8 cups
Tomatoes, chopped	1 cup	2 cups	4 cups	8 cups
Spinach, chopped	1/2 cup	1 cup	2 cups	4 cups
Carrots, chopped	1 cup	2 cups	4 cups	8 cups
Broccoli, chopped	1/2 cup	1 cup	2 cups	4 cups
Pepper, black	1/2 tsp	1 tsp	2 tsp	4 tsp
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Vinegar, distilled	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Parmesan cheese, grated	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Cook pasta as directed on box.
2. Allow pasta to cool.
3. Chop vegetables. Mix together in large bowl.
4. Mix oil and vinegar and coat pasta.
5. Combine pasta and vegetable mix.
6. Top with pepper and parmesan cheese. Mix.

Food For Thought

Pasta salad can be made any time of year using frozen instead of fresh vegetables.

CACFP Crediting

For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (88 g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 69	Cal. from Fat 25	
		% Daily Value*
Total Fat 3 g		**4%**
Saturated Fat 0 g		**2%**
Cholesterol 1 mg		**0%**
Sodium 34 mg		**0%**
Total Carbohydrate 10 g		**4%**
Dietary Fiber 2 g		**8%**
Sugars 2 g		
Protein 2 g		
Vitamin A 55%	Vitamin C 20%	
Calcium 4%	Iron 4%	

Recipe adapted from Little Caboose Child Care and Learning Center.

Menu Cycle: Winter—Week Three

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Strawberry Jumpin' French Toast**	Mixed Fruit	Apple Slices	Banana Slices	Blueberries
Grains/Breads	**Strawberry Jumpin' French Toast**	*Wheaties®*	Oatmeal	Whole Wheat Toast	*Shredded Mini Wheats®*
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Bowties**	**Submarine Sandwich**	**Rainbow Bake**	**Twisted Tuna**	**Homemade Chicken Soup**
Fruits/Vegetables	Peaches	Applesauce	Tangerines	Pears	Red Potatoes
Grains/Breads	**Bowties**	**Submarine Sandwich**	**Rainbow Bake**	**Twisted Tuna**	Whole Grain Roll
Meats/Meat Alternates	Baked Fish Fillets	**Submarine Sandwich**	**Rainbow Bake**	**Twisted Tuna**	**Homemade Chicken Soup**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Carrot Sticks	**Monkey Snacks**	Cherry Tomatoes	Pineapple	Grapefruit Slices
Grains/Breads	–	Whole grain rice cakes	Whole Grain Crackers	–	Whole Grain Mini Bagel
Meats/Meat Alternates	String Cheese	–	–	Cottage Cheese	–
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

Menu Cycle: Winter—Week Four

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Tangerines	Mixed Fruit	Pineapple	Strawberries	Peaches
Grains/Breads	*Cheerios®*	Whole Grain Pancakes	Whole Grain English Muffin	*Total®*	Whole Grain Waffles
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Red Monster Soup**	**Poppin' Pasta**	Green Beans	**Eggs in a Nest**	**Sunshine Soup**
Fruits/Vegetables	Bananas	Orange Slices	Carrots	Grapes	Apple Slices
Grains/Breads	Grilled Cheese on Whole Grain Bread	**Poppin' Pasta**	**Sammy Salmon**	**Eggs in a Nest**	Whole Grain Roll
Meats/Meat Alternates	Grilled Cheese on Whole Grain Bread	**Poppin' Pasta**	**Sammy Salmon**	**Eggs in a Nest**	Grilled Skinless Chicken Breast
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	**Speckled Salad**	Celery or Carrot Sticks	Blueberries	**Lucky Leprechaun Greens**	Salsa
Grains/Breads	Whole Grain Crackers	–	–	Whole Grain Rolls	Whole Grain Pita Wedges
Meats/Meat Alternates	–	String Cheese	Yogurt	–	–
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

WINTER WEEKS 3&4

Shopping List — Winter Weeks Three & Four

Food For Thought Buy low-fat or fat-free items where possible (e.g., cheeses, salad dressings, etc.)

Milk

___ 1% (low-fat) or fat-free
___ Whole for 12 through 23 months

Fruits & Vegetables

___ Apples
___ Applesauce (bottled, no sugar added or unsweetened)
___ Bananas
___ Blueberries (fresh or frozen)
___ Broccoli florets (fresh or frozen)
___ Carrots (fresh, frozen or canned)
___ Cauliflower (fresh or frozen)
___ Celery
___ Cherry tomatoes
___ Cucumbers
___ Grapefruit
___ Grapes
___ Green beans
___ Green bell peppers (fresh or frozen)
___ Lemon juice (fresh-squeezed or bottled)
___ Mixed fruit (canned in water or 100% juice)
___ Mixed vegetables (canned or frozen)
___ Mushrooms (fresh, frozen or canned)
___ Onions
___ Oranges
___ Peaches (canned in water or 100% juice)
___ Peas (fresh, frozen or canned)
___ Pears (canned in water or 100% juice
___ Pineapple (fresh or canned in water or 100% juice)
___ Potatoes
___ Raisins
___ Red bell peppers (fresh or frozen)
___ Salsa (can be replaced with canned, diced tomatoes and peppers)
___ Spinach (fresh, frozen or canned)
___ Strawberries (fresh or frozen, no added sugar)
___ Tangerines
___ Tomatoes (fresh)

Meats & Meat Alternates

___ Almonds
___ Black beans
___ Cheddar cheese
___ Chicken breast (boneless, skinless)
___ Cottage cheese
___ Eggs
___ Lentils
___ Pecans
___ Ricotta cheese
___ Salmon fillets (fresh or frozen)
___ String cheese
___ Swiss cheese
___ Tuna (chunk light, packed in water)
___ Turkey breast (boneless, skinless, sliced)
___ Walnuts
___ Yogurt*(low-fat or fat-free)

Grains &Breads

___ Brown rice
___ *Cheerios®*
___ Long grain white rice
___ Pancake mix
___ Pita (4")
___ Rice cereal
___ *Shredded Mini Wheat®*
___ Steel cut or old-fashioned oats
___ *Total®*
___ *Wheaties®*
___ Whole grain crackers
___ Whole grain elbow macaroni
___ Whole grain English muffins
___ Whole wheat flour
___ Whole grain hot dog rolls
___ Whole grain rice cakes
___ Whole grain mini bagels
___ Whole grain waffles
___ Whole grain bread

Other**

___ Black pepper
___ Brown sugar
___ Canola oil
___ Chicken stock
___ Cinnamon
___ Cooking spray
___ Evaporated milk (canned)
___ Garlic
___ Nutmeg
___ Italian dressing
___ Ketchup
___ Margarine (trans fat free)
___ Mayonnaise
___ Mustard
___ Olive oil
___ Oregano
___ Sesame oil
___ Soy sauce
___ Vanilla extract

* Yogurt must contain no more than 23g of sugar per 6 oz

** Not CACFP reimbursable

WINTER WEEKS 3&4

Strawberry Jumpin' French Toast

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Bread, whole grain, cubed	7 Slices	14 slices	28 slices	56 slices
Egg whites	2	4	8	16
Milk, 1% (low-fat) or fat-free	1 cup	2 cups	4 cups	8 cups
Margarine (trans fat free)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Strawberries, frozen, plain	4 cups	8 cups	16 cups	32 cups
Cottage cheese or yogurt (optional)	1 cup	2 cups	4 cups	8 cups

Directions:

1. Arrange cubed bread on bottom of a lightly greased 9x13 pan.
2. Whisk together eggs, milk and margarine. Pour mixture evenly over bread cubes.
3. Cover with foil and refrigerate overnight.
4. Preheat oven to 350°F. Bake covered for 30 minutes.
5. Thaw strawberries and warm in saucepan.
6. Cut casserole into even servings.
7. Top each serving with 1/2 cup strawberries. Top with cottage cheese or yogurt, if desired.

Food For Thought Baked French toast casserole can be made with any fruit you like or use nuts to add protein.

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■
- Milk □

Nutrition Facts

Serving size: 1 slice (134g)
Servings Per Recipe: 28

Amount Per Serving		
Calories 135	Cal. from Fat 30	
		% Daily Value*
Total Fat 3g		4%
Saturated Fat 1g		4%
Cholesterol 2mg		0%
Sodium 183mg		8%
Total Carbohydrate 19g		6%
Dietary Fiber 3g		15%
Sugars 7g		
Protein 5g		
Vitamin A 4%	Vitamin C 40%	
Calcium 8%	Iron 6%	

Recipe adapted from Mrs. Marlette's Colorful World Daycare.

Bowties

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Bowtie pasta	2 cups	4 cups	8 cups	16 cups
Olive oil	1 Tbsp + 2 tsp	3 Tbsp + 1 tsp	6 Tbsp + 2 tsp	13 Tbsp + 1 tsp
Corn kernels yellow, frozen	1/2 cup	1 cup	2 cups	4 cups
Edamame, peas, or snap peas, frozen	1/4 cup	1/2 cup	1 cup	2 cups
Bell pepper, red	1/4 cup	1/2 cup	1 cup	2 cups
Carrots, chopped or shredded	1/2 cup	1 cup	2 cups	4 cups
Parmesan cheese, grated	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Cook pasta as directed on package.
2. Drain. Let cool.
3. In large bowl, mix pasta, corn, edamame (peas or snap peas), bell pepper and carrots.
4. Drizzle with olive oil. Toss to coat.
5. Add parmesan cheese. Toss again.
6. Serve 1/2 cup servings.

Food For Thought Allow kids to pick colors they would like to try and add vegetables from each color group to change the look and taste of this dish. Bowties can also be served for snack.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate □
- Milk □

Nutrition Facts

Serving size: 1/2 cup (69g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 159	Cal. from Fat 49	
		% Daily Value*
Total Fat 7g		8%
Saturated Fat 1g		8%
Cholesterol 4mg		0%
Sodium 74mg		4%
Total Carbohydrate 22g		8%
Dietary Fiber 1g		6%
Sugars 2g		
Protein 5g		
Vitamin A 25%	Vitamin C215%	
Calcium 6%	Iron 8%	

Recipe adapted from *Ellie Kreiger for Food Network.* http://www.foodnetwork.com/recipes/ellie-krieger/rainbows-and-butterflies-pasta-salad-recipe/index.html. Accessed November 24, 2010.

WINTER WEEKS 3&4

Submarine Sandwich

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Hot dog roll, whole grain	7	14	28	56
Turkey breast, roasted	1 lb	2 lbs	4 lbs	8 lbs
Pepper, bell, red, sliced	1/4 cup	1/2 cup	1 cup	2 cups
Pepper, bell, green, sliced	1/4 cup	1/2 cup	1 cup	2 cups
Tomato, sliced	1 cup	2 cups	4 cups	8 cups
Onion, sliced	1/2 cup	1 cup	2 cups	4 cups
Lettuce, shredded	1/2 cup	1 cup	2 cups	4 cups
Cheese	3 oz	6 oz	12 oz	24 oz
Mustard	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Place mustard on hot dog roll.
2. Place 1/2 oz of cheese on each roll.
3. Top with 2 oz of turkey and 1/4 cup vegetables.

Food For Thought Use leftover chicken, turkey or tuna as well as any leftover vegetables to change this sandwich.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1 sandwich (161g)
Servings Per Recipe: 28

Amount Per Serving		
Calories 228	Cal. from Fat 39	
		% Daily Value*
Total Fat 4g		**8%**
Saturated Fat 1g		**4%**
Cholesterol 58mg		**20%**
Sodium 269mg		**10%**
Total Carbohydrate 25g		**8%**
Dietary Fiber 4g		**15%**
Sugars 5g		
Protein 23g		
Vitamin A 10%	Vitamin C 30%	
Calcium 6%	Iron 15%	

Recipe adapted from Mrs. Marlette's Colorful World Daycare.

Monkey Snacks

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Bananas, peeled, sliced	3 cups	6 cups	12 cups	24 cups
Water	1/2 cup	1 cup	2 cups	4 cups
Margarine, soft, (trans fat free)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Nutmeg	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Cinnamon	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

Directions:

1. Preheat oven to 350°F.
2. Bring water to a boil.
3. Remove from heat and stir in margarine, nutmeg and cinnamon.
4. Peel and slice bananas. Place in casserole dish.
5. Drizzle sauce over bananas.
6. Bake in oven 12 minutes. Serve warm with graham crackers.

Food For Thought Grilling fruit allows the sugars to emerge, making these bananas a gooey treat. Serve with yogurt and rice cakes for a yummy, healthy dessert.

CACFP Crediting

For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread □
- Fruit/Vegetable ■
- Meat/Meat Alternate □
- Milk □

Nutrition Facts

Serving size: 1/2 cup (78g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 86	Cal. from Fat 20	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 0g		**2%**
Cholesterol 0mg		**0%**
Sodium 26mg		**0%**
Total Carbohydrate 18g		**6%**
Dietary Fiber 2g		**8%**
Sugars 9g		
Protein 1g		
Vitamin A 4%	Vitamin C 10%	
Calcium 0%	Iron 2%	

Recipe adapted from Disney Family Fun Magazine Website. http://familyfun.go.com/recipes.
Accessed June 10, 2010.

WINTER WEEKS 3&4

Rainbow Bake

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Mixed vegetables, drained	1-1/2 cups	3 cups	6 cups	12 cups
Cheddar cheese, shredded	1/2 cup	1 cup	2 cups	4 cups
Elbow macaroni, whole grain	1-1/4 cup	2-1/2 cups	5 cups	10 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Kidney beans	1-1/4 cups	2-1/2 cups	5 cups	10 cups
Black pepper	1/2 tsp	1 tsp	2 tsp	4 tsp

Directions:

1. Cook pasta as directed.
2. Preheat oven to 350°F.
3. In large mixing bowl, combine drained mixed vegetables, cheese, macaroni, onion, pepper and beans.
4. Pour mixture into casserole dish.
5. Bake 30 to 35 minutes.

Food For Thought Adding beans to this casserole adds additional protein without adding unhealthy fats. It can also be made with ground turkey!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 3/4 cup (130g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 280	Cal. from Fat 36		
			% Daily Value*
Total Fat 4g			6%
Saturated Fat 2g			10%
Cholesterol 10mg			4%
Sodium 86mg			4%
Total Carbohydrate 48g			15%
Dietary Fiber 13g			55%
Sugars 1g			
Protein 15g			
Vitamin A 50%		Vitamin C 10%	
Calcium 15%		Iron 25%	

Recipe adapted from Little Caboose Child Care and Learning Center.

Twisted Tuna

Ingredients	7 Servings	15 Servings	30 Servings	60 Servings
Tuna, canned in water, drained	18 oz	3 - 12 oz cans	6 - 12 oz cans	12- 12 oz cans
Peas, frozen	1 cup	2 cups	4 cups	8 cups
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Celery, chopped	1/2 cup	1 cup	2 cups	4 cups
Yogurt, plain low-fat	2 Tbsp	1/4 cup	1/2 cup	1 cup
Pepper, black	1/2 tsp	1 tsp	2 tsp	4 tsp
Tortilla, whole grain, 8"	7	15	30	60

Directions:

1. Drain tuna, place in bowl.
2. Cook peas as directed, allow to cool.
3. Add celery, onions and peas to tuna and combine.
4. Add yogurt and pepper. Stir until mixed well.
5. Spoon 1/2 cup of the mixture onto 1 tortilla.

Food For Thought This twist on normal tuna salad adds an extra helping of vegetables to your child's lunch. Try it with peppers, carrots or any other vegetables you have.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1 tortilla; 1/2 cup mix (135g)
Servings Per Recipe: 30

Amount Per Serving			
Calories 169	Cal. from Fat 10		
			% Daily Value*
Total Fat 1g			2%
Saturated Fat 0g			0%
Cholesterol 19mg			6%
Sodium 412mg			15%
Total Carbohydrate 24g			8%
Dietary Fiber 3g			10%
Sugars 2g			
Protein 20g			
Vitamin A 8%		Vitamin C 8%	
Calcium 4%		Iron 10%	

Recipe adapted from All Recipes. http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx. Accessed June 10, 2010.

WINTER WEEKS 3&4

Homemade Chicken Soup

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken breast, boneless, skinless	1 lb	2 lbs	4 lbs	8 lbs
Olive oil, divided	2-1/2 Tbsp	1/4 cup + 1 Tbsp	1/2 cup + 2 Tbsp	1-1/4 cups
Mixed vegetables, frozen, thawed	1-1/2 cups	3 cups	6 cups	12 cups
Black pepper, ground	1/2 tsp	1 tsp	2 tsp	4 tsp
Chicken broth, canned	5 cups	10 cups	20 cups	40 cups
Evaporated milk, canned	3/4 can	1-1/2 cans	3 cans	6 cans
White rice, long grain	1/2 cup + 2 Tbsp	1-1/4 cups	2-1/2 cups	5 cups

Directions:

1. Heat 2 Tbsp of olive oil over medium high heat in large pot. Add chicken and thawed vegetables to pot and cook about 10 minutes, flipping once. Remove chicken.
2. Add remainder of olive oil and cook 3 to 5 minutes longer.
3. Add broth, rice and evaporated milk, bring to a boil and reduce to simmer. Cook about 20 minutes.
4. Add chicken and cook another 5 to 10 minutes.

Food For Thought Try this soup with brown rice, turkey or beans to make a whole new lunch recipe!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1 1/2 cups (379 g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 328	Cal. from Fat 89	
		% Daily Value*
Total Fat 10 g		**15%**
Saturated Fat 2 g		**10%**
Cholesterol 66 mg		**20%**
Sodium 362 mg		**15%**
Total Carbohydrate 26 g		**8%**
Dietary Fiber 2 g		**6%**
Sugars 5 g		
Protein 33 g		
Vitamin A 35%	Vitamin C 8%	
Calcium 15%	Iron 15%	

Recipe adapted from Kaboose. http://recipes.kaboose.com/creamy-chicken-rice-soup.html.
Accessed December 1, 2010

Red Monster Soup

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Carrots, chopped	1/2 cup	1 cup	2 cups	4 cups
Tomatoes, chopped	1 cup	2 cups	4 cups	8 cups
Bay leaves	1	2	4	8
Thyme	1/2 tsp	1 tsp	2 tsp	4 tsp
Parsley	1/2 tsp	1 tsp	2 tsp	4 tsp
Sugar	1/2 tsp	1 tsp	2 tsp	4 tsp
Chicken or vegetable broth, canned, reduced sodium	3 cups	6 cups	12 cups	24 cups
Yogurt, plain, low-fat	2-1/4 cups	4-1/2 cups	9 cups	18 cups
Pepper, black	1/2 tsp	1 tsp	2 tsp	4 tsp

Directions:

1. In a large stockpot, sauté onion in olive oil over medium heat, until clear (about 5 minutes).
2. Add broth, carrots, tomatoes, bay leaves, thyme and parsley.
3. Allow to simmer for 25 minutes.
4. Allow soup to cool.
5. Stir in sugar, pepper and yogurt.

Food For Thought Making your own soup can decrease the amount of salt and allows you to add any ingredients you like.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (178 g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 77	Cal. from Fat 21	
		% Daily Value*
Total Fat 2 g		**4%**
Saturated Fat 0 g		**2%**
Cholesterol 1 mg		**0%**
Sodium 74 mg		**4%**
Total Carbohydrate 10 g		**4%**
Dietary Fiber 1 g		**4%**
Sugars 2 g		
Protein 5 g		
Vitamin A 30%	Vitamin C 10%	
Calcium 15%	Iron 4%	

Recipe adapted from All Recipes. http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx.
Accessed June 10, 2010.

WINTER WEEKS 3&4

Speckled Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Broccoli florets, frozen, cooked, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Carrot slices, frozen, cooked	1 cup	2 cups	4 cups	8 cups
Cauliflower pieces, frozen, cooked	1/2 cup	1 cup	2 cups	4 cups
Peas, frozen, cooked	1/2 cup	1 cup	2 cups	4 cups
Spinach	1/2 cup	1 cup	2 cups	4 cups
Cucumber, sliced	1 cup	2 cups	4 cups	8 cups
Italian dressing	2 Tbsp	1/4 cup	1/2 cup	1 cup

Directions:

1. Cook broccoli, carrots, cauliflower and peas as directed on packages.
2. Slice into small pieces, if needed.
3. Slice cucumber.
4. In large bowl, layer broccoli on the bottom, carrots, cauliflower, peas and cucumber on top.
5. Top by pouring salad dressing on top so it drips through the layers.
6. Spoon 1/2 cup servings onto plates.

Food For Thought The layers in this salad make it colorful and fun. Let the kids do the layering of vegetables and pouring of the dressing.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (91g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 45	Cal. from Fat 15	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 125mg		**4%**
Total Carbohydrate 7g		**2%**
Dietary Fiber 2g		**8%**
Sugars 3g		
Protein 2g		
Vitamin A 90%	Vitamin C 35%	
Calcium 4%	Iron 4%	

Recipe adapted from Kohl, M. Potter, J. *Cooking Art: Easy Edible Art for Young Children.* Beltsville (MD): Gryphon House; 1997.

Poppin' Pasta

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken, boneless, skinless, diced	1 lb	2 lbs	4 lbs	8 lbs
Pasta, whole grain	1-1/4 cups	2-1/2 cups	5 cups	10 cups
Broccoli, frozen, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Tomatoes, chopped	1 cup	2 cups	4 cups	8 cups
Pepper, black	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Garlic	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Lemon juice	1/2 lemon	1 lemon	2 lemons	4 lemons
Oregano, ground	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Cook pasta according to package directions. Drain.
2. Heat olive oil over medium heat in skillet.
3. Cut chicken into bite-size pieces.
4. Add spices and lemon juice to oil.
5. Add chicken and cook until no longer pink inside.
6. Add vegetables to chicken and cook until they are tender.
7. Add vegetable and chicken mixture to pasta.

Food For Thought This dish can also be made with mixed canned or frozen vegetables. Choose different shapes of pasta to make the dish appealing for kids.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (138g)
Servings Per Recipe: 28

Amount Per Serving		
Calories 244	Cal. from Fat 44	
		% Daily Value*
Total Fat 5g		**8%**
Saturated Fat 1g		**4%**
Cholesterol 55mg		**20%**
Sodium 205mg		**8%**
Total Carbohydrate 26g		**8%**
Dietary Fiber 1g		**4%**
Sugars 1g		
Protein 25g		
Vitamin A 8%	Vitamin C 25%	
Calcium 4%	Iron 15%	

Recipe adapted from All Recipes. http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx. Accessed June 10, 2010.

WINTER WEEKS 3&4

Sammy Salmon

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Salmon fillets, fresh or frozen (or flounder, fresh or frozen)	1 lb	2 lbs	4 lbs	8 lbs
Soy sauce	2 Tbsp	1/4 cup	1/2 cup	1 cup
Brown sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Canola oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Sesame oil	1 tsp	2 tsp	4 tsp	8 tsp
Lemon juice (fresh or bottled)	1 lemon (1/2 Tbsp)	2 lemons (3 Tbsp)	4 lemons (6 Tbsp)	8 lemons (12 Tbsp)
Pepper, black	1 tsp	2 tsp	4 tsp	8 tsp
Brown rice, dry	1 cup	2 cups	4 cups	8 cups

Directions:

1. Combine soy sauce, brown sugar, canola oil, sesame oil, lemon juice and pepper in resealable plastic bag.
2. Add salmon to bag and shake to coat. Refrigerate for at least 3 hours.
3. Preheat broiler and line broiler pan with foil.
4. Place salmon on pan and brush with vegetable oil.
5. Broil 5 to 7 minutes or until salmon is a pale pink color.
6. Reheat sauce in saucepan over medium heat and serve on side if desired.
7. Serve 1-1/2 oz salmon over 1/2 cup rice.

Food For Thought Letting the salmon marinate overnight increases the richness of flavor when it's cooked. Salmon is a great source of heart-healthy fats.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate □
- Milk □

Nutrition Facts

Serving size: 1-1/2 oz (108g)
Servings Per Recipe: 28

Amount Per Serving			
Calories 242	Cal. from Fat 80		
			% Daily Value*
Total Fat 9g			**15%**
Saturated Fat 1g			**8%**
Cholesterol 40mg			**15%**
Sodium 321mg			**15%**
Total Carbohydrate 23g			**8%**
Dietary Fiber 1g			**4%**
Sugars 2g			
Protein 16g			
Vitamin A 4%		Vitamin C 4%	
Calcium 0%		Iron 4%	

Recipe adapted from Food Network. www.foodnetwork.com/recipes/. Accessed May 21, 2010

Eggs in a Nest

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Egg, whole	5	9	18	36
Milk, fat-free	2 cups	4 cups	8 cups	16 cups
Tomato, chopped	1 cup	2 cups	4 cups	8 cups
Bell pepper, red, chopped	1/2 cup	1 cup	2 cups	4 cups
Bell pepper, green, chopped	1/2 cup	1 cup	2 cups	4 cups
Onion, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Cheddar cheese	1/2 cup	1 cup	2 cups	4 cups
Bread, whole grain	1-1/2 slices	3 slices	6 slices	12 slices
Pita, small (4"), whole grain	6	12	24	48

Directions:

1. Preheat oven to 350°F.
2. In medium-size bowl, combine eggs, egg whites and milk.
3. Crumble bread and place on bottom of casserole pan (square pan for 6 servings).
4. Place chopped tomato, peppers and onion into egg mixture. Mix.
5. Mix in cheese.
6. Pour mixture over bread crumbs.
7. Bake at 350°F for 45 minutes or until slightly brown on top.
8. Cut into even pieces and place each into a pita.

Food For Thought Eggs are a good source of protein, and can be eaten for breakfast, lunch or dinner. This dish can be served on whole grain bread or English Muffins, too!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 3/4 cup mix; 1 pita (191g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 182	Cal. from Fat 44		
			% Daily Value*
Total Fat 5g			**8%**
Saturated Fat 1g			**8%**
Cholesterol 160mg			**55%**
Sodium 271mg			**10%**
Total Carbohydrate 25g			**8%**
Dietary Fiber 3g			**10%**
Sugars 6g			
Protein 11g			
Vitamin A 15%		Vitamin C 30%	
Calcium 15%		Iron 10%	

Recipe adapted from Kohl, M. Potter, J. *Cooking Art: Easy Edible Art for Young Children.* Beltsville (MD): Gryphon House; 1997.

WINTER WEEKS 3&4

Lucky Leprechaun Greens

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Pears, canned, chopped	1 cup	2 cups	4 cups	8 cups
Spinach, leaves	1-1/2 cups	3 cups	6 cups	12 cups
Bell pepper, red, chopped	1/2 cup	1 cup	2 cups	4 cups
Balsamic vinegar	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Rinse spinach. Pat dry.
2. In large bowl, combine spinach, pears and peppers.
3. Drizzle with balsamic vinegar.
4. Toss to coat.

Food For Thought Combining fruits and vegetables in a salad makes a nice snack. Try this recipe with oranges, pineapples or any other fruit you wish!

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (72g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 30		Cal. from Fat 1	
			% Daily Value*
Total Fat 0g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 0mg			**0%**
Sodium 8mg			**0%**
Total Carbohydrate 8g			**4%**
Dietary Fiber 1g			**4%**
Sugars 6g			
Protein 0g			
Vitamin A	20%	Vitamin C	45%
Calcium	0%	Iron	2%

Recipe adapted from Fruits and Veggies: More Matters Website. Produce for Better Health Foundation. www.fruitsandveggiesmorematters.org/?page_id=10. Accessed May 25, 2010.

Sunshine Soup

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Potatoes, peeled, diced	1 cup	2 cups	4 cups	8 cups
Onions, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Corn, frozen kernels	1 cup	2 cups	4 cups	8 cups
Chicken or vegetable stock	2 cups	4 cups	8 cups	16 cups
Milk, 1% (low-fat) or fat-free	1/2 cup	1 cup	2 cups	4 cups
Flour, all purpose	2 Tbsp	1/4 cup	1/2 cup	1 cup
Margarine (trans fat free)	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

Directions:

1. Melt margarine in large soup pot.
2. Stir in onions. Cover and let cook over low heat for 10 minutes, stirring occasionally.
3. Add stock, corn and potatoes, and bring mixture to a low boil.
4. Lower heat, cover and let simmer for about 7 minutes.
5. In small bowl, whisk milk and flour. Pour into soup.
6. Bring mixture back to boil, reduce heat and let simmer for another 8 minutes.

Food For Thought Soups can be a healthy comfort food. To make this meal more protein-packed, add chicken or beans.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (164g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 104		Cal. from Fat 22	
			% Daily Value*
Total Fat 2g			**4%**
Saturated Fat 1g			**4%**
Cholesterol 3mg			**0%**
Sodium 138mg			**6%**
Total Carbohydrate 17g			**6%**
Dietary Fiber 1g			**6%**
Sugars 4g			
Protein 5g			
Vitamin A	4%	Vitamin C	8%
Calcium	4%	Iron	4%

Recipe adapted Disney Family Fun Magazine Web site. http://familyfun.go.com/recipes. Accessed June 10, 2010.

SPRING WEEKS 1&2

Menu Cycle: Spring—Week One

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Pineapple	Blueberries	Orange Slices	Pears	Banana Slices
Grains/Breads	*Cheerios®*	Whole Grain Toast	*Honey Kix®*	Oatmeal	Whole Grain Mini Bagel
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	String Beans	Sugar Snap Peas	Potato Wedges	Peas	**Mario's Meal**
Fruits/Vegetables	Corn	Honeydew Melon	Cooked Spinach	Cantaloupe	Mixed Fruit
Grains/Breads	Brown Rice	Whole Grain Pasta	**Rock-n-Roll-Ups**	**"Gobble" Up Burgers**	**Mario's Meal**
Meats/Meat Alternates	**Chuck's Cheesy Tilapia**	**Zesty Nuggets**	**Rock-n-Roll-Ups**	**"Gobble" Up Burgers**	**Mario's Meal**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	**Super Drink**	Carrot Sticks	Banana Slices	–	Apple Wedges
Grains/Breads	–	–	Whole grain tortilla	Whole Grain English Muffin	Mini Rice Cakes
Meats/Meat Alternates	**Super Drink**	String Cheese	Peanut Butter	Yogurt	–
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

SPRING WEEKS 1&2

Menu Cycle: Spring—Week Two

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Strawberries	Cantaloupe	Peaches	Honeydew Melon	Kiwi
Grains/Breads	*Wheat Chex®*	Whole Grain English Muffin	*Shredded Mini Wheat®*	Whole Grain Waffles	*Rice Krispies®*
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Sunny Salsa**	**Island Fun Pasta Salad**	**Wizard's Stew**	**Green Monster Salad**	**Squirrel Snacks**
Fruits/Vegetables	Cauliflower	Asparagus	Baked Potato	Grapes	Blueberries
Grains/Breads	Brown Rice	**Island Fun Pasta Salad**	**Wizard's Stew**	Whole Grain Roll	**Squirrel Snacks**
Meats/Meat Alternates	Grilled Unbreaded Fish Fillets	Baked Turkey Breast	**Wizard's Stew**	**Green Monster Salad**	**Squirrel Snacks**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Applesauce	Watermelon	Bell Pepper Sticks	Carrots and Cucumbers	–
Grains/Breads	Whole Grain Crackers	*Honey Kix Cereal®*	–	Whole Grain Mini-Bagel	**Friends Trail Mix**
Meats/Meat Alternates	–	–	Hard Boiled Eggs	–	Yogurt
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

SPRING WEEKS 1&2

Shopping List — Spring Weeks One & Two

Food For Thought Buy low-fat or fat-free items where possible (e.g., cheeses, salad dressings, etc.)

Milk

____ 1% (low-fat) or fat-free
____ Whole for 12 through 23 months

Fruits & Vegetables

____ Apples
____ Applesauce (bottled, no sugar added or unsweetened)
____ Apricots (unsweetened, dried)
____ Asparagus
____ Avocado
____ Bananas
____ Blueberries
____ Broccoli
____ Carrots (fresh)
____ Cauliflower (fresh or frozen)
____ Chives
____ Cucumbers
____ Grapes
____ Green bell peppers (fresh or frozen)
____ Green onions
____ Honeydew melon
____ Kiwi
____ Lemon juice (fresh-squeezed or bottled)
____ Mandarin oranges (fresh or canned in 100% juice or light syrup)
____ Mangos
____ Mixed fruit (canned in 100% juice or light syrup)
____ Mixed vegetables (frozen or canned)
____ Oranges
____ Peaches (fresh, frozen or canned in 100% juice or light syrup)
____ Pears (fresh or canned in 100% juice or light syrup)
____ Peas (frozen or canned)
____ Pineapple (fresh or canned in 100% juice or light syrup)
____ Raisins
____ Red bell peppers (fresh or frozen)
____ Red cabbage
____ Red leaf lettuce
____ Romaine lettuce
____ Salsa
____ Spinach (fresh)
____ Strawberries (fresh or frozen, no sugar added)
____ String beans
____ Sugar snap peas
____ Tomato juice
____ Tomatoes
____ Watermelon
____ White corn (fresh, frozen or canned)
____ White potatoes

Meats & Meat Alternates

____ Almonds
____ Black beans
____ Cheese (block for cubes)
____ Chicken breasts (skinless, boneless)
____ Eggs
____ Ground turkey
____ Cottage cheese (low-fat)
____ Plain yogurt (low-fat)
____ Nuts (almonds, walnuts or pistachios)
____ Parmesan cheese
____ Peanut butter
____ Soy nuts (optional)
____ String cheese
____ Tilapia (fresh or frozen)
____ Turkey breast (lean, white meat)

Grains & Breads

____ Brown rice
____ *Cheerios®*
____ Corn tortillas
____ Cornmeal
____ Grits
____ *Honey Kix®*
____ Mini rice cakes
____ *Multi-grain Chex®*
____ Steel cut or old-fashioned oats
____ Orzo
____ Pretzels
____ *Rice Krispies®*
____ *Shredded Mini Wheat®*
____ Whole grain bread
____ Whole grain crackers
____ Whole grain English muffins
____ Whole grain mini bagels
____ Whole grain rolls
____ Whole grain hamburger rolls
____ Whole grain pitas
____ Whole grain rotini (corkscrew pasta)
____ Whole grain tortillas

Other*

____ Basil
____ Black pepper
____ Cooking spray
____ Honey
____ Honey mustard
____ Italian dressing
____ Ketchup
____ Margarine (trans fat free)
____ Olive oil
____ Paprika
____ Parsley
____ Sugar
____ Thyme

*not CACFP reimbursable

SPRING WEEKS 1&2

Chuck's Cheesy Tilapia

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Tilapia, fresh or frozen	1 lb	2 lbs	4 lbs	8 lbs
Lemon juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Basil	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Black pepper	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Parmesan cheese	2 Tbsp	1/4 cup	1/2 cup	1 cup
Margarine (trans fat free)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cooking spray	–	–	–	–

Directions:

1. Coat a broiling pan with cooking spray.
2. Mix together margarine, lemon juice, pepper, basil and parmesan cheese. Set aside.
3. Space fillets equally apart on broiler pan.
4. Broil fish fillets about 2 to 3 minutes on each side.
5. Top with cheese mixture and cook about 2 minutes more or until coating is browned.

Food For Thought Tilapia is a white fish that can take on many flavors. Try different spices and herbs such as cumin, paprika or basil for a new taste.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1-1/2 oz (68g)
Servings Per Recipe: 28

Amount Per Serving			
Calories 60		Cal. from Fat 7	
		% Daily Value*	
Total Fat 1g			**0%**
Saturated Fat 0g			**2%**
Cholesterol 25mg			**8%**
Sodium 70mg			**4%**
Total Carbohydrate 0g			**0%**
Dietary Fiber 0g			**0%**
Sugars 0g			
Protein 12g			
Vitamin A 0%		Vitamin C 4%	
Calcium 2%		Iron 0%	

Recipe adapted from All Recipes. http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx. Accessed June 10, 2010.

Super Drink

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Strawberries, sliced	2 cups	4 cups	8 cups	16 cups
Peaches, canned, drained	1 cup	2 cups	4 cups	8 cups
Yogurt, plain, low-fat	2 cups	4 cups	8 cups	16 cups
Lemon juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Bananas	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Combine peaches, strawberries, bananas, yogurt and lemon juice in blender.
2. Process until smooth.
3. Dish 3/4 cup servings into cups.

Food For Thought Soups don't always have to be hot. Blending fruit and yogurt can be a smoothie or a soup, whichever way your child likes to eat it!

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (173g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 87		Cal. from Fat 14	
		% Daily Value*	
Total Fat 2g			**2%**
Saturated Fat 1g			**4%**
Cholesterol 5mg			**2%**
Sodium 58mg			**2%**
Total Carbohydrate 15g			**4%**
Dietary Fiber 2g			**8%**
Sugars 7g			
Protein 5g			
Vitamin A 4%		Vitamin C 55%	
Calcium 15%		Iron 2%	

Recipe adapted from Neufeld, N, Henry, S, Lawrence, D. Kid Shape Cafe. Nashville (TN): Rutledge Hill Press; 2005.

SPRING WEEKS 1&2

Zesty Nuggets

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken breasts, boneless, skinless	1 lb	2 lbs	4 lbs	8 lbs
Bread, whole grain, toasted	3 slices	6 slices	12 slices	24 slices
Pepper, black	1/2 tsp	3/4 tsp	1-1/2 tsp	3 tsp
Paprika	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Honey (optional)	2 Tbsp	1/4 cup	1/2 cup	1 cup
Margarine (trans fat free)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cooking spray	–	–	–	–

Directions:

1. Line baking pan with foil. Coat with cooking spray.
2. Place toasted bread in resealable bag or food processor and crush into tiny flakes.
3. In bowl, mix bread, pepper and paprika together.
4. Melt margarine.
5. Roll each piece of chicken in margarine followed by crushed bread mix.
6. Place on baking sheet evenly spread apart.
7. Drizzle with honey, if desired.
8. Bake at 325°F for 25 to 35 minutes.
9. Cut into nuggets.

Food For Thought Instead of using margarine, try olive or canola oil to add healthy fats. You can also use whole grain cereal as a coating instead of bread crumbs.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1-1/2 oz (83g)
Servings Per Recipe: 28

Amount Per Serving			
Calories 167		Cal. from Fat 40	
			% Daily Value*
Total Fat 4g			8%
Saturated Fat 1g			4%
Cholesterol 55mg			20%
Sodium 284mg			10%
Total Carbohydrate 10g			4%
Dietary Fiber 1g			4%
Sugars 5g			
Protein 21g			
Vitamin A 4%		Vitamin C 0%	
Calcium 2%		Iron 6%	

Recipe adapted from Disney Family Fun Magazine Website. http://familyfun.go.com/recipes. Accessed June 10, 2010

Rock-n-Roll-Ups

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Tortilla, whole wheat 8"	6	12	24	48
Tomato, chopped	1/2 cup	1 cup	2 cups	4 cups
Bell pepper, red, chopped	1/2 cup	1 cup	2 cups	4 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Avocado, sliced	1/2 cup	1 cup	2 cups	4 cups
Black beans, canned	2-1/2 cups	5 cups	10 cups	20 cups
Salsa	1/2 cup	1 cup	2 cups	4 cups

Directions:

1. Warm tortillas in microwave or on stovetop.
2. Warm salsa (if desired). Place 1 Tbsp salsa in each tortilla.
3. Mix together tomatoes, peppers, onions and black beans.
4. Place 1/2 cup mixture onto each tortilla and top with 2 slices avocado.
5. Fold up end of the tortilla. Fold in the sides.

Food For Thought Allow kids to make their own wraps by scooping the vegetables onto their tortilla. You can also use chicken or turkey for protein.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1 tortilla; filling (130g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 209		Cal. from Fat 27	
			% Daily Value*
Total Fat 3g			4%
Saturated Fat 0g			2%
Cholesterol 0mg			0%
Sodium 76mg			4%
Total Carbohydrate 38g			15%
Dietary Fiber 9g			35%
Sugars 2g			
Protein 10g			
Vitamin A 15%		Vitamin C 55%	
Calcium 10%		Iron 15%	

Recipe adapted from Fruits and Veggies; More Matters Website. Produced for Better Health Foundation. http://www.fruitsandveggiesmorematters.org/?page_id=10. Accessed May 25, 2010.

SPRING WEEKS 1&2

"Gobble" Up Burgers

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
Turkey, ground	1 lb	2 lbs	4 lbs	8 lbs
Ketchup	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Black pepper	3/4 tsp	1-1/2 tsp	3 tsp	6 tsp
Black beans	1/2 cup	1 cup	2 cups	4 cups
Whole wheat hamburger rolls	4	8	16	32
Cooking spray	–	–	–	–

Directions:

1. Mix ground turkey, ketchup and pepper together in large bowl.
2. Form mixture into palm-size patties.
3. Spray skillet with cooking spray.
4. Cook patties on medium-high in skillet until brown on both sides, about 10 minutes total.

Food For Thought Add vegetables to this dish by putting tomatoes, lettuce and onions into the ground turkey mix or on top of the burgers.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread ☐
Fruit/Vegetable ■ ☐
Meat/Meat Alternate ■
Milk ☐

Nutrition Facts

Serving size: 1 burger; 1/2 roll (94g)
Servings Per Recipe: 32

Amount Per Serving		
Calories 185	Cal. from Fat 49	
		% Daily Value*
Total Fat 5g		8%
Saturated Fat 1g		8%
Cholesterol 45mg		15%
Sodium 225mg		8%
Total Carbohydrate 20g		8%
Dietary Fiber 3g		15%
Sugars 1g		
Protein 15g		
Vitamin A 0%	Vitamin C 6%	
Calcium 4%	Iron 10%	

Recipe adapted from Shulman, M. Turkey and Vegetable Burgers. *New York Times.* January 10, 2010.

Mario's Meal

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Pasta, whole wheat, rotini	1 cup	2 cups	4 cups	8 cups
Olive oil	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp	6 Tbsp
Tomatoes, cherry, sliced	1/2 cup	1 cup	2 cups	4 cups
Asparagus, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Onions, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Parsley	3/4 tsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Basil	1/4 Tbsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Parmesan cheese, grated	2 Tbsp	1/4 cup	1/2 cup	1 cup
Chicken, boneless, skinless, cut into cubes	3/4 lb	1-1/2 lbs	3 lbs	6 lbs
Cooking spray	–	–	–	–

Directions:

1. Coat a large skillet in cooking spray. Add vegetables and spices.
2. Cook on medium-high heat for about 5 minutes.
3. Remove vegetables and add chicken. Cook about 3 minutes on each side, or longer depending on thickness of breasts.
4. In separate pot, cook pasta noodles as directed.
5. Combine pasta and vegetables.
6. Drizzle with olive oil and small amount of parmesan cheese.
7. Dish 1/2 cup vegetables/pasta mix and top with 2 tablespoons of chicken cubes.

Food For Thought This dish can also be made with beans or turkey breast. It can also be used a snack and served with more vegetables or without the chicken.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread ■
Fruit/Vegetable ■ ☐
Meat/Meat Alternate ■
Milk ☐

Nutrition Facts

Serving size: 1/2 cup (134g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 258	Cal. from Fat 44	
		% Daily Value*
Total Fat 5g		8%
Saturated Fat 1g		6%
Cholesterol 50mg		15%
Sodium 209mg		8%
Total Carbohydrate 30g		10%
Dietary Fiber 1g		2%
Sugars 1g		
Protein 24g		
Vitamin A 4%	Vitamin C 4%	
Calcium 4%	Iron 15%	

Recipe adapted from Fruits and Veggies: More Matters Website. Produced for Better Health Foundation. www.fruitsandveggiesmorematters.org/?page_id=10. Accessed May 25, 2010.

SPRING WEEKS 1&2

Sunny Salsa

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Mandarin oranges, chopped	1 cup	2 cups	4 cups	8 cups
Pineapple chunks, fresh or canned	1 cup	2 cups	4 cups	8 cups
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Green bell pepper, chopped	1/2 cup	1 cup	2 cups	4 cups
Chives (optional)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Chop mandarin oranges, pineapple, onions and peppers into small pieces.
2. In large bowl, combine all ingredients.

Food For Thought Salsa can be made using almost any type of fruit or vegetable. Add some flavor to chicken or fish by topping it with fruit and vegetable salsa.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (100g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 42		Cal. from Fat 1	
			% Daily Value*
Total Fat 0g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 0mg			**0%**
Sodium 3mg			**0%**
Total Carbohydrate 11g			**4%**
Dietary Fiber 1g			**4%**
Sugars 9g			
Protein 1g			
Vitamin A 10%		Vitamin C 40%	
Calcium 0%		Iron 2%	

Recipe adapted from American Institute for Cancer Research. *The New American Plate.* Washington, D.C.; 2010.

Island Fun Pasta Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Pasta, whole grain, corkscrew	1 cup	2 cups	4 cups	8 cups
Romaine lettuce, shredded	1/2 cup	1 cup	2 cups	4 cups
Pineapple chunks, fresh or canned	1/2 cup	1 cup	2 cups	4 cups
Mango, peeled, sliced	1/4 cup	1/2 cup	1 cup	2 cups
Red cabbage, shredded	1/4 cup	1/2 cup	1 cup	2 cups
Onions, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Yogurt, low-fat, plain or vanilla	1/2 cup	1 cup	2 cups	4 cups
Orange	1/4	1/2	1	2

Directions:

1. Cook pasta as directed on package. Drain.
2. In a small bowl, combine yogurt and juice of the orange.
3. Combine lettuce, pasta, pineapple, mango, cabbage and onion in large bowl.
4. Pour dressing over. Mix until all parts are coated.

Food For Thought This salad can also be made using lemon, grapefruit or lime juice. Serve as a snack or a side dish.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (186g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 182		Cal. from Fat 10	
			% Daily Value*
Total Fat 1g			**2%**
Saturated Fat 0g			**2%**
Cholesterol 2mg			**0%**
Sodium 33mg			**0%**
Total Carbohydrate 39g			**15%**
Dietary Fiber 1g			**6%**
Sugars 17g			
Protein 7g			
Vitamin A 25%		Vitamin C 30%	
Calcium 10%		Iron 8%	

Neufeld, N, Henry, S, Lawrence, D. *Kid Shape Café.* Nashville (TN): Rutledge Hill Press; 2005.

SPRING WEEKS 1&2

Wizard's Stew

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Orzo, dry	1/2 cup + 2 Tbsp	1-1/4 cups	2-1/2 cups	5 cups
Vegetables, mixed, frozen	2 cups	3 2/3 cups	6-3/4 cups	13-1/2 cups
Tomato juice, low-sodium	1-1/2 cups	3 cups	6 cups	12 cups
Basil, ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Thyme, ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Black pepper	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Beans, kidney, canned	2-1/4 cups	4-1/2 cups	9 cups	18 cups

Directions:

1. Cook orzo according to directions on package.
2. In a large saucepan, combine tomato juice, vegetables, beans and spices. Bring to a boil.
3. Reduce heat, cover and allow it to simmer for 10 to 15 minutes.
4. Drain orzo. Stir it into mixture.
5. Serve 1 cup servings.

Food For Thought This soup can also be made using leftover fresh or canned vegetables of any kind.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread	■	
Fruit/Vegetable	■	□
Meat/Meat Alternate	■	
Milk	□	

Nutrition Facts

Serving size: 1 cup (240g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 203		Cal. from Fat 7	
			% Daily Value*
Total Fat 1g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 0mg			**0%**
Sodium 364mg			**15%**
Total Carbohydrate 42g			**15%**
Dietary Fiber 9g			**40%**
Sugars 0g			
Protein 9g			
Vitamin A 70%		Vitamin C 30%	
Calcium 4%		Iron 15%	

Recipe adapted from All Recipes. http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx. Accessed June 10, 2010.

Green Monster Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Chicken breast, boneless, skinless	14 oz	1-3/4 lbs	3-1/2 lbs	7 lbs
Spinach	3/4 cup	1-1/2 cups	3 cups	6 cups
Romaine lettuce	1/4 cup	1/2 cup	1 cup	2 cups
Red leaf lettuce	1/2 cup	1 cup	2 cups	4 cups
Carrots, chopped	1/2 cup	1 cup	2 cups	4 cups
Tomatoes, cherry	1/2 cup	1 cup	2 cups	4 cups
Parsley	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Basil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Olive oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Italian dressing	2 Tbsp	1/4 cup	1/2 cup	1 cup

Directions:

1. Drizzle chicken breasts with olive oil, sprinkle on basil and parsley and bake in 350°F oven until no longer pink on inside.
2. In large bowl, combine spinach, romaine, red leaf lettuce, carrots and tomatoes.
3. Scoop 1/2 cup servings onto plates.
4. Cut chicken into bite-size pieces. Top each salad with 2 Tbsp chicken.
5. Pour dressing over mixture. Toss to coat. (If more dressing is needed, mix Italian dressing with olive oil.)

Food For Thought This salad is an easy way to use leftover chicken and vegetables. It can also be made using turkey breast or beans.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread	□	
Fruit/Vegetable	■	□
Meat/Meat Alternate	■	
Milk	□	

Nutrition Facts

Serving size: 1/2 cup salad (105g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 132		Cal. from Fat 35	
			% Daily Value*
Total Fat 4g			**6%**
Saturated Fat 1g			**4%**
Cholesterol 56mg			**20%**
Sodium 294mg			**10%**
Total Carbohydrate 3g			**0%**
Dietary Fiber 1g			**4%**
Sugars 1g			
Protein 21g			
Vitamin A 40%		Vitamin C 8%	
Calcium 4%		Iron 8%	

Recipe adapted from Disney Family Fun Magazine Website. http://familyfun.go.com/recipes. Accessed June 10, 2010.

SPRING WEEKS 1&2

Squirrel Snacks

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Pita, whole wheat, 4"	7	14	28	56
Avocado, sliced	1/2 cup	1 cup	2 cups	4 cups
Lettuce, shredded	1/2 cup	1 cup	2 cups	4 cups
Tomato, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Carrots, grated	1/2 cup	1 cup	2 cups	4 cups
Turkey breast, lean, white meat	1 lb	2 lbs	4 lbs	8 lbs
Honey mustard	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Cut each pita open.
2. Spread 1 tsp honey mustard in each pita.
3. Combine turkey and vegetables together in large bowl.
4. Place 1/2 cup mixture in each pita. (Can add more if needed.)
5. Top each with 1 slice avocado.

Food For Thought Use leftover turkey or chicken to make this meal on a busy day. Using lots of vegetables makes this a great lunch or dinner option.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1 pita (145g)
Servings Per Recipe: 28

Amount Per Serving		
Calories 229	Cal. from Fat 54	
		% Daily Value*
Total Fat 6g		**8%**
Saturated Fat 1g		**6%**
Cholesterol 44mg		**15%**
Sodium 400mg		**15%**
Total Carbohydrate 22g		**8%**
Dietary Fiber 3g		**15%**
Sugars 1g		
Protein 23g		
Vitamin A 25%	Vitamin C 6%	
Calcium 4%	Iron 10%	

Recipe adapted from Disney Family Fun Magazine Website. http://familyfun.go.com/recipes. Accessed June 10, 2010.

Friends Trail Mix

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
Multi-grain Chex®	1-1/2 cups	3 cups	6 cups	12 cups
Cheerios®	1-1/2 cups	3 cups	6 cups	12 cups
Raisins (optional)	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Apricots, dried, chopped (optional)	3 Tbsp	1/3 cup	2/3 cup	1-1/3 cups
Kix®	1-1/2 cups	3 cups	6 cups	12 cups
Finely chopped almonds, walnuts or pistachio nuts (optional)	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Soy nuts	1-1/3 cups	2-2/3 cups	5-1/3 cups	10-2/3 cups
Pretzels	1-1/3 cups	2-2/3 cups	5-1/3 cups	10-2/3 cups

Directions:

1. Toss cereal, dried fruit and chopped nuts together.
2. Serve in resealable bags or plastic cups.

Food For Thought Trail mix is a fun way to get kids involved in making their own snack. Let them scoop their own servings with a tablespoon or pre-measured scoops. Give them a variety of healthy options to choose from to design their own. Knowing that they made the snack themselves will make them more likely to eat it!

CACFP Crediting

For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread □
- Fruit/Vegetable □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1/2 cup (29g)
Servings Per Recipe: 32

Amount Per Serving		
Calories 95	Cal. from Fat 6	
		% Daily Value*
Total Fat 1g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 139mg		**6%**
Total Carbohydrate 23g		**8%**
Dietary Fiber 2g		**10%**
Sugars 8g		
Protein 2g		
Vitamin A 8%	Vitamin C 4%	
Calcium 8%	Iron 35%	

SPRING WEEKS 3&4

Menu Cycle: Spring—Week Three

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Orange Slices	Bananas	Pears	Strawberries	Mixed Fruit
Grains/Breads	*Cheerios®*	Oatmeal	*Honey Kix®*	Whole Grain Toast	**Go Bananas! Bread**
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Party Pasta**	**From the Garden Rice**	**Dragon Treats**	**Underwater Wheels**	**Old McDonald Chicken**
Fruits/Vegetables	Mangos	Pineapple	Honeydew Melon	Watermelon	Kiwi
Grains/Breads	**Party Pasta**	**From the Garden Rice**	**Dragon Treats**	**Underwater Wheels**	Whole Grain Roll
Meats/Meat Alternates	**Party Pasta**	**Fancy Fish**	**Dragon Treats**	Grilled Fish Fillets	**Old McDonald Chicken**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Apple Slices	**Melon Chiller**	Carrot Sticks	**Toasty Treats**	Grapes
Grains/Breads	Whole Grain English Muffin	Whole Grain Mini Rice Cakes	–	**Toasty Treats**	–
Meats/Meat Alternates	–	–	String Cheese	–	Yogurt
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

SPRING WEEKS 3&4

Menu Cycle: Spring—Week Four

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Blueberries	Pineapple	Honeydew Melon	Mixed Fruit	Applesauce
Grains/Breads	Whole Grain Toast	*Cheerios®*	Whole Grain Waffles	*Shredded Mini Wheat®*	Whole Grain Pancakes
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Stoplight Chicken**	**Veggie Sketti**	**Shipwreck Pie**	**Way Cool Pasta Salad**	Pears
Fruits/Vegetables	Snap Peas	Strawberries	Peaches	Cantaloupe	Baked Potato Wedges
Grains/Breads	**Stoplight Chicken**	**Veggie Sketti**	**Shipwreck Pie**	**Way Cool Pasta Salad**	**Tuna Sammies**
Meats/Meat Alternates	**Stoplight Chicken**	Baked Turkey Breast	**Shipwreck Pie**	Baked Skinless Chicken Breast	**Tuna Sammies**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	**Fruit Towers**	Bananas	Cherry Tomatoes	Carrot and Cauliflower Slices	**Karate Chopped Salad**
Grains/Breads	–	Whole Grain Crackers	–	Whole Grain Mini-Bagel	Whole Grain Baguette
Meats/Meat Alternates	Yogurt	–	Cheese Cubes	–	–
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

SPRING WEEKS 3&4

Shopping List — Spring Weeks Three & Four

Food For Thought Buy low-fat or fat-free items where possible (e.g., cheeses, salad dressings, etc.)

Milk

___ 1% (low-fat) or fat-free
___ Whole for 12 through 23 months

Fruits & Vegetables

___ Apples
___ Applesauce (bottled, no sugar added or unsweetened)
___ Asparagus
___ Bananas
___ Blueberries (fresh or frozen)
___ Broccoli (fresh or frozen)
___ Cantaloupe
___ Carrots (fresh)
___ Cauliflower (fresh or frozen)
___ Celery (fresh)
___ Cherry tomatoes
___ Corn (fresh, frozen or canned)
___ Cucumber
___ Dried fruit (optional)
___ Garlic
___ Green beans
___ Green bell peppers (fresh or frozen)
___ Green onions
___ Honeydew melon
___ Kiwi
___ Lemon juice (fresh-squeezed or bottled)
___ Mangos (fresh or canned)
___ Mixed fruit (canned in water or 100% juice)
___ Mushrooms (fresh, frozen or canned)
___ Oranges
___ Peaches (fresh or canned in water or 100% juice)
___ Pears (fresh or canned in water or 100% juice)
___ Pineapple (fresh or canned in water or 100% juice)
___ Red bell peppers (fresh or frozen)
___ Red onions
___ Red or green seedless grapes
___ Romaine lettuce
___ Spinach leaves (fresh)
___ Squash
___ Strawberries (fresh or frozen, no added sugar)
___ Sugar snap peas
___ Tomato paste
___ Tomato sauce
___ Tomatoes (fresh or canned)
___ Watermelon
___ Yellow bell peppers (fresh or frozen)
___ Zucchini

Meats & Meat Alternates

___ Almonds (optional)
___ Black beans
___ Cheese block
___ Chicken breast (skinless, boneless)
___ Cod fillets (fresh or frozen)
___ Eggs
___ Ground turkey
___ Kidney beans (dry)
___ Low-fat cottage cheese
___ Low-fat yogurt*(plain)
___ Peanut butter
___ Pecans
___ Pinto beans
___ Salmon filets (fresh or frozen)
___ String cheese
___ Tuna (chunk light, packed in water)
___ Walnuts (optional)

Breads & Grains

___ Brown rice
___ *Cheerios®*
___ Corn tortillas
___ French bread
___ *Honey Kix®*
___ Mini rice cakes
___ Oatmeal
___ Pancake mix
___ Rice (white, short grain)
___ *Shredded Mini Wheat®*
___ Tortillas (whole corn or whole grain)
___ White flour (enriched, all-purpose)
___ Whole grain baguette
___ Whole grain couscous
___ Whole grain English muffins
___ Whole grain mini bagels
___ Whole grain pasta (medium shell)
___ Whole grain pasta (wagon wheel or elbow)
___ Whole grain rolls
___ Whole grain spaghetti
___ Whole wheat flour
___ Whole grain pitas
___ Whole grain bread
___ Whole grain waffles

Other**

___ Baking powder
___ Basil (dried leaves)
___ Brown mustard
___ Canola oil
___ Cinnamon
___ Cooking spray
___ Italian dressing
___ Margarine (trans fat free)
___ Olive oil
___ Onion powder
___ Oregano
___ Paprika
___ Parsley
___ Pepper
___ Salt
___ Soy sauce
___ Sugar
___ Thyme
___ Vinegar

* Yogurt must contain no more than 23g of sugar per 6 oz

** Not CACFP reimbursable

SPRING WEEKS 3&4

Party Pasta

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Olive oil	1/2 Tbsp	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Bell pepper, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Tomatoes, canned, sliced	3/4 cup	1-1/2 cups	3 cups	6 cups
Tomato sauce	1/2 cup	1 cup	2 cups	4 cups
Corn, whole kernels	1/2 cup	1 cup	2 cups	4 cups
Kidney beans, canned	1-1/4 cups + 2 Tbsp	3-3/4 cups	7-1/2 cups	15 cups
Pasta, whole wheat, wagon wheel or elbow	1 cup	2 cups	4 cups	8 cups

Directions:

1. In medium saucepan, heat olive oil over medium-high heat.
2. Add onions and peppers. Allow to cook for 6 minutes, stirring occasionally, until vegetables are tender.
3. Stir in undrained canned tomatoes and tomato sauce. Bring to a boil.
4. Reduce heat and allow to simmer for 20 to 30 minutes, until mixture thickens. Stir often.
5. While mixture simmers, cook pasta as directed.
6. Stir kidney beans and pasta into hot tomato mix.

Food For Thought Add leftover chicken or turkey for a non-vegetarian version. Leftovers can be used as a side dish or refrigerated for another lunch.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 3/4 cup (134g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 180	Cal. from Fat 6	
		% Daily Value*
Total Fat 1g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 155mg		**6%**
Total Carbohydrate 36g		**10%**
Dietary Fiber 8g		**35%**
Sugars 4g		
Protein 10g		
Vitamin A 4%	Vitamin C 30%	
Calcium 6%	Iron 20%	

Recipe adapted from Better Homes and Gardens. *Low-Fat & Luscious Vegetarian.* Des Moines (IA): Meredith Corporation; 1997.

From the Garden Rice

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Rice, brown, dry	1 cup	2 cups	4 cups	8 cups
Asparagus, chopped	1/2 cup	1 cup	2 cups	4 cups
Baby carrots, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Bell pepper, red or green, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Squash, chopped	1/2 cup	1 cup	2 cups	4 cups
Mushrooms, sliced	1/4 cup	1/2 cup	1 cup	2 cups
Olive oil	1/2 Tbsp	1 Tbsp	2 Tbsp	4 Tbsp
Water, divided	1-1/2 cups	3 cups	6 cups	12 cups
Cooking spray	–	–	–	–

Directions:

1. Preheat oven to 425°F. Spray roasting pan with cooking spray.
2. Combine carrots, asparagus, peppers, squash, mushrooms and 1/2 cup of water in pan.
3. Cook for 20 minutes, stirring at 10 minutes.
4. While vegetables are cooking, make rice as directed on package.
5. Heat oil in medium-size pot. Add rice. Cook for 2 minutes, stirring occasionally.
6. Add 1 cup water. Cook until water is absorbed.
7. Add remaining water 1 cup at a time, stirring until absorbed before adding more.
8. Add vegetable mixture to rice.

Food For Thought Combining vegetables with rice makes a quick side dish for any meal. If short on time, use a frozen vegetable mix!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate □
- Milk □

Nutrition Facts

Serving size: 3/4 cup (152g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 145	Cal. from Fat 12	
		% Daily Value*
Total Fat 1g		**2%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 24mg		**0%**
Total Carbohydrate 30g		**10%**
Dietary Fiber 2g		**8%**
Sugars 2g		
Protein 3g		
Vitamin A 80%	Vitamin C 15%	
Calcium 2%	Iron 10%	

Recipe adapted All Recipes. http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx. Accessed June 10, 2010.

SPRING WEEKS 3&4

Fancy Fish

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Cod fillets, frozen (or other white fish)	1 lb	2 lbs	4 lbs	8 lbs
Paprika	Pinch	1/4 tsp	1/2 tsp	1 tsp
Onion powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Pepper	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Oregano, ground	Pinch	1/4 tsp	1/2 tsp	1 tsp
Thyme, ground	Pinch	1/4 tsp	1/2 tsp	1 tsp
Lemon juice, fresh or bottled	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Margarine, soft, melted (trans fat free)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Preheat oven to 350°F.
2. Place fish on ungreased baking pan.
3. In a small bowl, combine paprika, onion powder, pepper, oregano and thyme.
4. Sprinkle mixture over fish. Squeeze lemon juice over fish. Drizzle margarine on top.
5. Bake about 30 minutes or until fish flakes with a fork.

Food For Thought You can also make this recipe using chicken, pork or turkey. Serve over rice and with seasonal vegetables for a complete meal.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1-1/2 oz (61g)
Servings Per Recipe: 32

Amount Per Serving		
Calories 65	Cal. from Fat 21	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 0g		**0%**
Cholesterol 21mg		**8%**
Sodium 50mg		**2%**
Total Carbohydrate 0g		**0%**
Dietary Fiber 0g		**0%**
Sugars 0g		
Protein 10g		
Vitamin A 0%	Vitamin C 4%	
Calcium 0%	Iron 0%	

Recipe adapted from Eat Smart Play Hard. *Recipes and Tips for Quick and Thrifty Meals.* United States Department of Agriculture. Accessed June 10, 2010.

Melon Chiller

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Watermelon, cubes or balls	1 cup	2 cups	4 cups	8 cups
Honeydew, cubes or balls	1/2 cup	1 cup	2 cups	4 cups
Kiwi, sliced	1/2 cup	1 cup	2 cups	4 cups
Water, cold	4 cups	8 cups	16 cups	32 cups

Directions:

1. Place all ingredients in blender.
2. Pour 1 cup servings into glasses to serve as a smoothie or bowls to serve as a cold soup.

Food For Thought Blending fruit to make it a drink gives kids a new way of getting their daily serving of fruits and vegetables. Try different varieties using other fruits.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1 cup (218g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 23	Cal. from Fat 1	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 10mg		**0%**
Total Carbohydrate 6g		**2%**
Dietary Fiber 1g		**4%**
Sugars 3g		
Protein 0g		
Vitamin A 10%	Vitamin C 30%	
Calcium 0%	Iron 0%	

Recipe adapted from Network for a Healthy California. *Champions for Change.* California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. Accessed June 10, 2010.

SPRING WEEKS 3&4

Dragon Treats

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Tortillas, whole wheat 8"	6	12	24	48
Chicken, boneless, skinless, cut into strips	1 lb	2 lbs	4 lbs	8 lbs
Tomatoes, diced	1/2 cup	1 cup	2 cups	4 cups
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Romaine lettuce, shredded	1/2 cup	1 cup	2 cups	4 cups
Barbeque sauce	1/4 cup	1/2 cup	1 cup	2 cups
Cooking spray	–	–	–	–

Directions:

1. Coat large, non-stick skillet with cooking spray.
2. Coat chicken with barbeque sauce.
3. Place chicken strips into pan. Cook about 3 minutes on each side.
4. Add barbeque sauce to chicken.
5. Simmer over medium heat for 15 to 25 minutes until chicken is cooked all the way through.
6. Warm tortillas in microwave oven.
7. Combine tomatoes, onions and lettuce in bowl.
8. Place 1-1/2 oz chicken and 1/4 cup vegetable mixture on each tortilla.

Food For Thought Tacos can be made using a variety of ingredients, including lean ground beef, steak, chicken or beans.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread	■	
Fruit/Vegetable	■	□
Meat/Meat Alternate	■	
Milk	□	

Nutrition Facts

Serving size: 1 tortilla (144 g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 198		Cal. from Fat 27	
			% Daily Value*
Total Fat 3 g			**4%**
Saturated Fat 1 g			**4%**
Cholesterol 56 mg			**20%**
Sodium 388 mg			**15%**
Total Carbohydrate 23 g			**8%**
Dietary Fiber 3 g			**10%**
Sugars 2 g			
Protein 24 g			
Vitamin A 8%		Vitamin C 8%	
Calcium 4%		Iron 08%	

Recipe adapted from Botty's BBQ Chicken Tacos. Meals Matter. www.mealsmatter.org/recipes-meals/recipe/34337. Accessed June 10, 2010.

Underwater Wheels

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Tortillas, whole wheat, 8"	6	12	24	48
Spinach leaves	1/2 cup	1 cup	2 cups	4 cups
Carrots, grated	3/4 cup	1-1/2 cups	3 cups	6 cups
Cucumber, cut into strips	1/2 cup	1 cup	2 cups	4 cups
Soy sauce	2 Tbsp	1/4 cup	1/2 cup	1 cup
Rice, white, short grain	1/2 cup	1 cup	2 cups	4 cups

Directions:

1. Cook rice as directed on box.
2. Warm each tortilla in microwave oven for about 10 seconds.
3. Place about 4 spinach leaves in middle of tortilla, followed by 1-1/2 Tbsp of rice.
4. Combine carrots and cucumbers. Place about 1/3 cup of mixture on rice.
5. Fold bottom up and roll from one side to the other.
6. Serve with soy sauce for dipping.

Food For Thought Try making these with brown rice or fish fillets for a whole new recipe!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread	■	
Fruit/Vegetable	■	□
Meat/Meat Alternate	□	
Milk	□	

Nutrition Facts

Serving size: 1 tortilla; 1/3 cup filling (54 g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 112		Cal. from Fat 3	
			% Daily Value*
Total Fat 0 g			**0%**
Saturated Fat 0 g			**0%**
Cholesterol 0 mg			**0%**
Sodium 360 mg			**15%**
Total Carbohydrate 24 g			**8%**
Dietary Fiber 1 g			**4%**
Sugars 1 g			
Protein 3 g			
Vitamin A 25%		Vitamin C 4%	
Calcium 2%		Iron 4%	

Recipe adapted from Disney Family Fun Magazine Website. http://familyfun.go.com/recipes. Accessed June 10, 2010.

SPRING WEEKS 3&4

Toasty Treats

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Baguette, whole grain, cut into 1" slices	12 slices	24 slices	48 slices	96 slices
Tomatoes, chopped	2 cups	4 cups	8 cups	16 cups
Celery, chopped	1 cup	2 cups	4 cups	8 cups
Basil	1 tsp	2 tsp	4 tsp	8 tsp
Black pepper	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Garlic, minced	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

1. Toss tomato, celery, garlic and basil in large bowl.
2. Mix in pepper and oil.
3. Cover and refrigerate for about an hour.
4. Preheat oven to 350°F.
5. Cut baguette into slices and place on baking sheet.
6. Bake about 5 minutes until toasted.
7. Spoon 1/4 cup tomato mixture onto each slice.
8. Serve 2 slices per child.

Food For Thought Make the tomato mixture in advance and keep refrigerated. Serve cold on whole grain crackers for a healthy snack.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 2 slices; 1/2 cup (64g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 97	Cal. from Fat 28	
		% Daily Value*
Total Fat 3g		**4%**
Saturated Fat 0g		**2%**
Cholesterol 0mg		**0%**
Sodium 134mg		**6%**
Total Carbohydrate 15g		**4%**
Dietary Fiber 2g		**10%**
Sugars 1g		
Protein 3g		
Vitamin A 6%	Vitamin C 8%	
Calcium 2%	Iron 6%	

Recipe adapted from Thomas, R., Khouri, L., Fenton, W. *Nutrition in the Kitchen.* Children's Hospital of Philadelphia 2nd ed.; 2008. http://media.chop.edu/data/files/pdfs/healthy-weight-healthyweight-pdf-nutrition-kitchen-complete-book.pdf Accessed June 10, 2010.

Go Bananas! Bread

Ingredients	1/2 Loaf 5 slices	1 Loaf 10 slices	2 Loaves 20 slices	4 Loaves 40 slices
White flour, enriched all-purpose	1/2 cup	1 cup	2 cups	4 cups
Whole wheat flour	3/4 cup	1-1/2 cups	3 cups	6 cups
Cinnamon, ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Baking powder	2 tsp	4 tsp	8 tsp	16 tsp
Egg, large	1/2	1	2	4
Ripe banana, mashed	1/2 cup	1 cup	2 cups	4 cups
Applesauce, unsweetened	1/2 cup	1 cup	2 cups	4 cups
Sugar	1/4 cup	1/2 cup	1 cup	2 cups
Oil, canola	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Fat-free or 1% (low-fat) milk	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Cooking spray	–	–	–	–
Dried fruit (raisins, cranberries), chopped (optional)	2 Tbsp	1/4 cup	1/2 cup	1 cup

Directions:

1. Preheat oven to 350°F.
2. Spray loaf pans with cooking spray.
3. In a mixing bowl combine flours, cinnamon, salt and baking powder.
4. In a separate bowl, beat together the egg, banana, applesauce, sugar, oil and milk.
5. Add the milk mixture to the dry ingredients and mix until just combined.
6. Fold in dried fruit (optional).
7. Pour into pan(s) and bake for 55 to 65 minutes.

Food For Thought Making banana bread is a great way to use up bananas that may have gotten a little too ripe. This recipe can also be made by adding nuts.

Nutrition Facts

Serving size: 1 slice (53g)
Servings Per Recipe: 20

Amount Per Serving		
Calories 89	Cal. from Fat 18	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 0g		**0%**
Cholesterol 11mg		**4%**
Sodium 164mg		**8%**
Total Carbohydrate 16g		**4%**
Dietary Fiber 2g		**8%**
Sugars 3g		
Protein 3g		
Vitamin A 0%	Vitamin C 2%	
Calcium 8%	Iron 4%	

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ☐
- Milk ☐

SPRING WEEKS 3&4

Old McDonald Chicken

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken, boneless, skinless	1 lb	2 lbs	4 lbs	8 lbs
Onion, diced	1/2 cup	1 cup	2 cups	4 cups
Zucchini, diced	1/2 cup	1 cup	2 cups	4 cups
Mushrooms, sliced	1/2 cup	1 cup	2 cups	4 cups
Garlic, minced	1/2 clove	1 clove	2 cloves	4 cloves
Tomatoes, canned, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Parsley	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Black pepper	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Basil leaves, dried	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

Directions:

1. Heat oil in large pan.
2. Sauté chicken 3 minutes on each side.
3. Add onions, zucchini and mushrooms.
4. Cook for another 10 minutes, stirring occasionally.
5. Add garlic and allow to cook 1 minute.
6. Add tomatoes with juice to chicken and vegetables.
7. Add parsley, basil and black pepper.
8. Allow to simmer until chicken is no longer pink, about 20 minutes or more.

Food For Thought This dish can also be made in a crockpot or slow cooker. Put all the vegetables in the pot and allow to simmer on low for the day.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (113g)
Servings Per Recipe: 28

Amount Per Serving			
Calories 85		Cal. from Fat 8	
			% Daily Value*
Total Fat 1g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 38mg			**15%**
Sodium 92mg			**4%**
Total Carbohydrate 3g			**0%**
Dietary Fiber 1g			**4%**
Sugars 1g			
Protein 16g			
Vitamin A 4%		Vitamin C 10%	
Calcium 2%		Iron 4%	

Recipe adapted from New Hampshire Obesity Prevention Program. *Fruit and Vegetable Quantity Recipe Cookbook.* New Hampshire Department of Health and Human Services. http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf Accessed June 10, 2010.

Stoplight Chicken

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken, boneless, finely chopped	1 lb	2 lbs	4 lbs	8 lbs
Soy sauce	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Red bell pepper, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Yellow bell pepper, finely chopped	1/4 cup	1/2 cup	1 cup	2 cups
Green bell pepper, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Mangos (or peaches), canned or fresh, peeled, cut into bite-size pieces	3/4 cup	1-1/2 cups	3 cups	6 cups
Couscous	1/2 cup + 2 Tbsp	1-1/4 cups	2-1/2 cups	5 cups
Almonds, slivered (optional)	2 Tbsp	1/4 cup	1/2 cup	1 cup
Cooking spray	–	–	–	–

Directions:

1. Coat large skillet with non-stick cooking spray.
2. Sauté chicken over medium-high heat for about 10 minutes.
3. Add bell peppers and soy sauce to skillet.
4. Cook for about 5 to 10 minutes, until peppers are crisp.
5. Add mangos (or peaches) and almonds (optional).
6. Cook couscous as directed.
7. Serve chicken mixture over 1/2 cup couscous.

Food For Thought Rice can be substituted for couscous, when necessary. Onions, broccoli, cauliflower, carrots or any mixture of vegetables can be used instead of just peppers.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (129g)
Servings Per Recipe: 28

Amount Per Serving			
Calories 151		Cal. from Fat 12	
			% Daily Value*
Total Fat 1g			**2%**
Saturated Fat 0g			**2%**
Cholesterol 38mg			**15%**
Sodium 118mg			**4%**
Total Carbohydrate 17g			**6%**
Dietary Fiber 2g			**6%**
Sugars 3g			
Protein 18g			
Vitamin A 10%		Vitamin C 80%	
Calcium 2%		Iron 4%	

Network for a Healthy California. *Champions for Change.* California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. Accessed June 10, 2010.

SPRING WEEKS 3&4

Fruit Towers

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Apples	1	2	4	8
Oranges	1	2	4	8
Pears	1	2	4	8

Directions:

1. Cut each fruit into 3 flat slices.
2. Stack 1 slice from each fruit on top of the other to make a fruit tower.
3. Cut each tower in half for one serving.
4. Serve with yogurt or cottage cheese.

Food For Thought Combining fruits simply by cutting them into designs or different pieces gives them a whole new look for kids. Try this with any large fruits that are stackable.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 fruit (81g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 42	Cal. from Fat 1	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 1mg		**0%**
Total Carbohydrate 11g		**4%**
Dietary Fiber 2g		**8%**
Sugars 8g		
Protein 0g		
Vitamin A 2%	Vitamin C 30%	
Calcium 2%	Iron 0%	

Recipe adapted from Disney Family Fun Magazine Web site. http://familyfun.go.com/recipes. Accessed June 10, 2010.

Veggie Sketti

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Spaghetti, whole wheat, dry	1 cup	2 cups	4 cups	8 cups
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Tomatoes, chopped	1/2 cup	1 cup	2 cups	4 cups
Yellow bell pepper, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Green bell pepper, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Green beans	1/4 cup	1/2 cup	1 cup	2 cups
Water	1/4 cup	1/2 cup	1 cup	2 cups
Parsley	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp	6 Tbsp
Black pepper	1/2 Tbsp	1 Tbsp	2 Tbsp	4 Tbsp
Tomato paste	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups

Directions:

1. Combine onions, tomatoes, bell peppers, green beans, water, parsley and pepper in large saucepan.
2. Let cook for 10 to 15 minutes.
3. Stir in tomato paste.
4. Cook for another 15 to 25 minutes stirring occasionally.
5. Cook spaghetti as directed on package.
6. Serve 1/4 cup spaghetti with 1/4 cup vegetable mixture.

Food For Thought Spaghetti is a fast and easy meal for busy days. Top with any vegetables and/or meat/meat alternate that may be leftover from another meal.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (87g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 100	Cal. from Fat 4	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 134mg		**6%**
Total Carbohydrate 22g		**8%**
Dietary Fiber 1g		**4%**
Sugars 3g		
Protein 4g		
Vitamin A 8%	Vitamin C 15%	
Calcium 42%	Iron 8%	

Recipe adapted from *A Healthier You: Recipes.* United States Department of Agriculture Dietary Guidelines for Americans. www.health.gov/dietaryguidelines/dga2005/healthieryou/html/entrees2.html. Accessed June 11, 2010.

SPRING WEEKS 3&4

Shipwreck Pie

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Turkey, ground	1/2 lb	1 lb	2 lbs	4 lbs
Pinto beans	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Red bell pepper, chopped	1/2 cup	1 cup	2 cups	4 cups
Zucchini, chopped	1 cup	2 cups	4 cups	8 cups
Tomato paste	1- 6 oz can	2- 6 oz cans	4- 6 oz cans	8- 6 oz cans
Brown rice	3/4 cup + 2 Tbsp	1-3/4 cups	3-1/2 cups	7 cups
Water	1/2 cup	1 cup	2 cups	4 cups
Cooking spray	–	–	–	–

Directions:

1. Preheat oven to 350°F.
2. Coat skillet with cooking spray. Brown turkey and onions over medium heat. Drain excess liquid.
3. Spray baking dish with cooking spray.
4. Layer ground turkey and onion mixture, rice, peppers, zucchini and beans in dish.
5. Combine tomato paste and water in small bowl. Pour over mixture in pan.
6. Bake covered for 1-1/2 hours.

Food For Thought Casseroles are a great way to combine meat, vegetables and grains into one dish. Try different vegetables and different meats, beans or tofu for other flavors!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread ■
Fruit/Vegetable ■ □
Meat/Meat Alternate ■
Milk □

Nutrition Facts

Serving size: 3/4 cup (161g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 233		Cal. from Fat 38	
			% Daily Value*
Total Fat 4g			**8%**
Saturated Fat 1g			**4%**
Cholesterol 30mg			**10%**
Sodium 266mg			**10%**
Total Carbohydrate 37g			**10%**
Dietary Fiber 5g			**20%**
Sugars 5g			
Protein 13g			
Vitamin A 15%		Vitamin C 60%	
Calcium 4%		Iron 15%	

Recipe adapted from Thomas, R., Khouri, L., Fenton, W. *Nutrition in the Kitchen.* Children's Hospital of Philadelphia 2nd ed.; 2008. http://media.chop.edu/data/files/pdfs/healthy-weight-healthyweight-pdf-nutrition-kitchen-complete-book.pdf Accessed June 10, 2010.

Way Cool Pasta Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Medium-shell pasta, whole wheat	1-1/2 cups	3 cups	6 cups	12 cups
Yogurt, vanilla, non-fat	1/2 cup	1 cup	2 cups	4 cups
Mustard	3/4 Tbsp	1-1/3 Tbsp	2-2/3 Tbsp	5-1/3 Tbsp
Celery, chopped	1/2 cup	1 cup	2 cups	4 cups
Green onion, chopped	1/4 cup	1/2 cup	1 cup	4 cups
Tomatoes, chopped or canned, drained	1 cup	2 cups	4 cups	8 cups
Pepper	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

1. Cook pasta according to package directions, but without adding salt to water. Drain and allow to cool.
2. In large bowl, combine yogurt and mustard.
3. Add pasta, celery and green onion to yogurt and mustard. Chill at least 2 hours in refrigerator.
4. Add tomatoes just before serving.
5. Top with pepper. Mix.

Food For Thought This dish can be served as a side, or as a main dish by adding chicken, turkey, beans or fish.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread ■
Fruit/Vegetable ■ □
Meat/Meat Alternate □
Milk □

Nutrition Facts

Serving size: 1/2 cup (62g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 83		Cal. from Fat 4	
			% Daily Value*
Total Fat 0g			**0%**
Saturated Fat 0g			**0%**
Cholesterol 0mg			**0%**
Sodium 35mg			**0%**
Total Carbohydrate 16g			**4%**
Dietary Fiber 1g			**4%**
Sugars 1g			
Protein 3g			
Vitamin A 4%		Vitamin C 6%	
Calcium 4%		Iron 4%	

Recipe adapted from *Down Home Healthy Cooking*. National Cancer Institute. https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/down-home-healthy-cooking.pdf (page33). Accessed June 11, 2010.

SPRING WEEKS 3&4

Tuna Sammies

Ingredients	7 Servings	15 Servings	30 Servings	60 Servings
Tuna, light, packed in water	1- 12.5 oz can	2- 12.5 oz cans	4- 12.5 oz cans	8- 12.5 oz cans
Bread, whole wheat	7 slices	15 slices	30 slices	60 slices
Carrots, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Celery, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Mayonnaise	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp	5 Tbsp + 1 tsp	10 Tbsp + 2 tsp

Directions:

1. Combine tuna, carrots, celery and mayonnaise. Stir well to blend.
2. Scoop 1/2 cup tuna mixture onto one slice of bread.
3. Fold in half to make sandwiches.

Food For Thought Tuna makes a great topper for a salad, or it can be used to make a sandwich. Serving this tuna over spinach or as a dip with whole grain crackers makes a great snack.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (110g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 171	Cal. from Fat 42	
		% Daily Value*
Total Fat 5g		**8%**
Saturated Fat 1g		**4%**
Cholesterol 18mg		**6%**
Sodium 397mg		**15%**
Total Carbohydrate 17g		**6%**
Dietary Fiber 3g		**10%**
Sugars 1g		
Protein 16g		
Vitamin A 40%	Vitamin C 2%	
Calcium 4%	Iron 8%	

Recipe adapted from Network for a Healthy California. *Champions for Change.* California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. Accessed June 10, 2010.

Karate Chopped Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Romaine lettuce, chopped	1-1/4 cups	2-1/2 cups	5 cups	10 cups
Tomatoes, chopped	1 cup	2 cups	4 cups	8 cups
Carrots, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Yellow bell pepper, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Cucumber, chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Walnuts (optional)	1/4 cup	1/2 cup	1 cup	2 cups
Yogurt, non-fat	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Lemon juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Directions:

1. Chop all vegetables.
2. Combine all vegetables in a large bowl.
3. Chill until ready to serve.
4. Combine yogurt and lemon juice in small bowl. Pour over salad.
5. Toss to coat.

Food For Thought This salad can be used as a snack, a side dish, or topped with chicken or fish and eaten as a larger-portioned main course.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (78g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 22	Cal. from Fat 1	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 20mg		**0%**
Total Carbohydrate 4g		**0%**
Dietary Fiber 1g		**4%**
Sugars 2g		
Protein 1g		
Vitamin A 50%	Vitamin C 35%	
Calcium 4%	Iron 2%	

Recipe adapted from Disney Family Fun Magazine Website. http://familyfun.go.com/recipes. Accessed June 10, 2010.

SUMMER WEEKS 1&2

Menu Cycle: Summer—Week One

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Strawberries	Mixed Fruit	Banana Slices	Apple Slices	Pineapple
Grains/Breads	*Cheerios®*	Whole Grain Toast	*Total®*	Oatmeal	*Wheaties®*
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Summer Sizzler**	**Swamp Soup**	**Luigi's Lasagna**	Leafy Greens	**Sloppy Sammies**
Fruits/Vegetables	Baked Potato Wedges	Pears	Nectarines	Grapes	Cantaloupe
Grains/Breads	Whole Grain Roll	Whole Grain Bread Stick	**Luigi's Lasagna**	Whole Grain Hot Dog Roll	**Sloppy Sammies**
Meats/Meat Alternates	**Summer Sizzler**	**Swamp Soup**	**Luigi's Lasagna**	**Sailboats**	**Sloppy Sammies**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Applesauce	Bell Pepper Sticks	Watermelon	Carrots	Banana Slices
Grains/Breads	Whole Grain Crackers	Mini Rice Cakes	–	–	Whole Grain Mini-Bagel
Meats/Meat Alternates	–	–	Cheese Slices	**Sandy Snack**	–
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

SUMMER WEEKS 1&2

Menu Cycle: Summer—Week Two

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Kiwi	Cantaloupe	Orange Wedges	Banana Slices	Applesauce
Grains/Breads	*Kix®*	*Shredded Mini Wheat®*	Whole Grain Mini-Bagel	**Mega Muffins**	Whole Grain Pancakes
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Orangutan Salad**	Cucumbers	Kiwi	**Sunshine Roll-Ups**	Honeydew Melon
Fruits/Vegetables	Grapes	Apple Slices	**Pete's Pizza**	Mixed Fruit (canned)	Corn
Grains/Breads	Turkey and Cheese Sandwich	Brown Rice	**Pete's Pizza**	**Sunshine Roll-Ups**	Whole Grain Roll
Meats/Meat Alternates	Turkey and Cheese Sandwich	**Gone Fishin'**	**Pete's Pizza**	**Sunshine Roll-Ups**	Baked Skinless Chicken Breast
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Blueberries	Pineapple	Strawberries	Peaches	–
Grains/Breads	–	Whole grain rice cakes	–	–	Whole grain Corn Chips
Meats/Meat Alternates	Hard Boiled Egg	–	String Cheese	Yogurt	**Molten Lava**
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

SUMMER WEEKS 1&2

Shopping List — Summer Weeks One & Two

Food For Thought Buy low-fat or fat-free items where possible (e.g., cheeses, salad dressings, etc.)

Milk

____ 1% (low-fat) or fat-free
____ Whole for 12 through 23 months

Fruits & Vegetables

____ Apples
____ Applesauce (bottled, no sugar added or unsweetened)
____ Asian vegetable mix (fresh or frozen)
____ Bananas
____ Blueberries or apples (optional)
____ Broccoli (fresh or frozen)
____ Cantaloupe
____ Carrots (fresh, canned or frozen)
____ Celery (fresh or frozen)
____ Corn
____ Cranberries (dried)
____ Cucumbers
____ Grapes
____ Green bell peppers (fresh or frozen)
____ Kiwi
____ Leafy greens
____ Lemon juice (fresh-squeezed or bottled)
____ Lettuce
____ Mandarin oranges (canned in water or 100% juice)
____ Melon
____ Mixed fruit (canned in water or 100% juice)
____ Mushrooms (fresh, frozen or canned)
____ Nectarines
____ Onions
____ Oranges
____ Peaches
____ Pears
____ Pineapple (fresh or canned in water or 100% juice)
____ Raisins or dried fruit (optional)
____ Red bell peppers (fresh or frozen)
____ Salsa
____ Spinach (fresh)
____ Strawberries (fresh or frozen, no sugar added)
____ Tomato sauce
____ Tomatoes (fresh or canned, crushed)
____ Watermelon
____ Zucchini

Meats & Meat Alternates

____ Almonds
____ Black beans (canned or dry)
____ Cheese (sliced)
____ Chicken (skinless, boneless)
____ Turkey, pork or tofu* (optional ingredient)
____ Chickpeas/garbanzo beans (canned)
____ Chopped nuts (optional)
____ Cottage cheese (low-fat)
____ Eggs
____ Feta cheese
____ Fish fillets (frozen, unbreaded)
____ Ground turkey or chicken
____ Hamburger
____ Lima beans
____ Low-fat yogurt* (plain or vanilla)
____ Mozzarella cheese (part-skim, shredded)
____ Navy beans/great Northern beans (dry or canned)
____ Peanut butter
____ Shredded cheese
____ String cheese
____ Tuna (chunk light, packed in water)

Grains & Breads

____ Brown rice
____ *Cheerios®*
____ Flour (all-purpose and whole wheat or corn meal)
____ *Kix®*
____ Mini rice cakes
____ Steel cut or old-fashioned oats
____ Pancake mix
____ *Shredded Mini Wheat®*
____ *Total®*
____ *Wheaties®*
____ Whole grain chips
____ Whole grain English muffins
____ Whole grain lasagna noodles
____ Whole grain mini bagel
____ Whole grain pita or crackers
____ Whole grain tortillas
____ Whole grain buns
____ Whole grain hot dog rolls

Other**

____ Baking powder
____ Barbeque sauce
____ Black pepper
____ Brown sugar
____ Chicken or vegetable broth
____ Garlic (can be replaced with garlic powder)
____ Garlic salt
____ Honey
____ Hot pepper sauce
____ Light mayonnaise
____ Olive or canola oil
____ Oregano
____ Paprika
____ Parsley (dried)
____ Red or cayenne pepper
____ Salad dressing (sweet and sour)
____ Salt
____ Soy sauce (low-sodium)
____ Thyme
____ Vegetable oil

* Yogurt must contain no more than 23g of sugar per 6 oz

** Not CACFP reimbursable

SUMMER WEEKS 1&2

Summer Sizzler

Ingredients	5 Servings	10 Servings	30 Servings	60 Servings
Chicken, turkey or pork, cut in cubes or thin slices	3/4 lb	1-1/2 lbs	4-1/2 lbs	9 lbs
Asian vegetable mix, frozen	2-1/2 cups	5 cups	15 cups	30 cups
Oil, olive or canola or cooking spray	1/2 Tbsp	1 Tbsp	3 Tbsp	6 Tbsp
Soy sauce, low-sodium (optional)	1 Tbsp	2 Tbsp	6 Tbsp	12 Tbsp

Directions:

1. Slice chicken, turkey or pork into strips or cubes.
2. Spray pan (or wok or griddle) with cooking spray or use a little olive or canola oil.
3. Cook until meat is browned.
4. Add vegetables to the meat and cook 1 to 2 minutes until the vegetables are cooked but still colorful and crisp.

Food For Thought Stir-frying is a healthy and quick cooking method that can easily transform chicken or any leftover meat or vegetables into another entrée.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (164g)
Servings Per Recipe: 10

Amount Per Serving		
Calories 162	Cal. from Fat 32	
		% Daily Value*
Total Fat 4g		**6%**
Saturated Fat 1g		**4%**
Cholesterol 38mg		**15%**
Sodium 393mg		**15%**
Total Carbohydrate 15g		**4%**
Dietary Fiber 5g		**20%**
Sugars 8g		
Protein 18g		
Vitamin A 115%	Vitamin C 20%	
Calcium 4%	Iron 8%	

Swamp Soup

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Dry Navy beans or great Northern beans OR	3/4 cup + 2 Tbsp	1-3/4 cups	3-1/2 cups	7 cups
15 oz canned Navy beans or great Northern beans	2 cans	4 cans	8 cans	16 cans
Chicken or vegetable stock 6 cups		3/4 cup	1-1/2 cups	3 cups
Carrots, chopped	1 cup	2 cups	4 cups	8 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Celery, chopped	1/2 cup	1 cup	2 cups	4 cups
Garlic, clove, minced OR garlic powder	1/2 tsp OR 1/16 tsp	1 tsp OR 1/8 tsp	2 tsp OR 1/4 tsp	4 tsp OR 1/2 tsp
Olive oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

Directions:

1. If using dry beans, sort and rinse Navy beans and soak in 4 cups of cold water at least 4 hours (until they double in size) or overnight. Drain. If using canned Navy beans, drain and rinse.
2. Pour beans into a large slow cooker and cover with fresh water. Add chicken or vegetable stock to cover beans by 1" or more.
3. Peel carrots and onions. Finely dice carrots, onions and celery. Set aside.
4. Sauté carrots, onions and celery with garlic and olive oil until they soften.
5. Add this mixture to the beans in the crock pot. Stir thoroughly.
6. Cook on medium or low power for 4 to 6 hours until beans are tender.

Food For Thought Make this soup in advance, refrigerate it, and reheat on the stove when ready to serve.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1/2 cup (106g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 138	Cal. from Fat 18	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 220mg		**8%**
Total Carbohydrate 22g		**8%**
Dietary Fiber 8g		**35%**
Sugars 3g		
Protein 9g		
Vitamin A 50%	Vitamin C 6%	
Calcium 6%	Iron 10%	

SUMMER WEEKS 1&2

Luigi's Lasagna

Ingredients	6 Servings	12 Servings	25 Servings	50 Servings
Lasagna noodles, whole grain	6 noodles	12 noodles	26 noodles	52 noodles
Vegetable oil	1/2 Tbsp	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp
Zucchini, sliced	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Mushrooms, sliced	2 Tbsp	1/4 cup	1/2 cup	1 cup
Onions, chopped	2 Tbsp	1/4 cup	1/2 cup	1 cup
Broccoli, frozen	1/2 cup	1 cup	2-1/4 cups	4-1/2 cups
Cottage cheese, low-fat, drained	1-1/2 cups	3 cups	6 cups	12 cups
Parsley, dried	1/2 Tbsp	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp
Mozzarella cheese, grated	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Tomatoes, canned	1/2 cup	1 cup	2-1/4 cups	4-1/2 cups

Directions:

1. Cook lasagna noodles as directed.
2. Heat vegetable oil. Add zucchini, mushrooms and onions. Sauté for 3 minutes. Remove from heat and set aside.
3. Cook broccoli as directed. Set aside.
4. Combine cottage cheese and parsley.
5. Spread vegetables on the bottom of a 12x20x2½ pan for 25 servings (9x9x2 pan for 12 servings). Follow with a layer of noodles, a layer of cottage cheese, another layer of vegetables and a layer of mozzarella.
6. Repeat for the second layer.
7. The third layer is the last of the lasagna noodles and a layer of the canned tomatoes.
8. Cover with plastic wrap and foil.
9. Bake at 375°F for 50 minutes for 25 servings (25 minutes for 12) or until warmed through.

Food For Thought

Lasagna can be made in advance and frozen for later. It is full of different vegetables that help us meet our goal of 5 or more servings a day.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread ■
Fruit/Vegetable ■ □
Meat/Meat Alternate ■
Milk □

Nutrition Facts

Serving size: 1 slice (121g)
Servings Per Recipe: 25

Amount Per Serving		
Calories 178	Cal. from Fat 36	
		% Daily Value*
Total Fat 4g		6%
Saturated Fat 1g		8%
Cholesterol 7mg		2%
Sodium 265mg		10%
Total Carbohydrate 24g		8%
Dietary Fiber 0g		2%
Sugars 2g		
Protein 13g		
Vitamin A 6%	Vitamin C 15%	
Calcium 10%	Iron 8%	

Recipe adapted from *USDA Recipes for Child Care.* USDA Team Nutrition. United States Department of Agriculture: Food and Nutrition Services; 2009.

Sailboats

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Tuna, chunk-light, water-packed, drained	8 oz	16 oz	32 oz	64 oz
Mayonnaise, light	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Yogurt, plain, low-fat	1/2 Tbsp	1 Tbsp	2 Tbsp	3 Tbsp
Rolls, hot dog, whole grain	2-1/2	5	10	20
Cheese, shredded	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Heat oven to 350°F.
2. Mix the tuna, mayonnaise, yogurt and honey mustard in a bowl.
3. Slice buns in half.
4. Spread 1/4 cup of tuna mixture evenly on each half bun.
5. Place on cookie sheet and bake for 8 minutes.
6. Top with 2 tsp cheese. Bake 2 more minutes.

Food For Thought

These can also be put on pieces of lettuce and served with pita wedges or cut a tomato in half and fill with this tuna salad.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread ■
Fruit/Vegetable □ □
Meat/Meat Alternate ■
Milk □

Nutrition Facts

Serving size: 1/4 cup; 1/2 roll (77g)
Servings Per Recipe: 28

Amount Per Serving		
Calories 167	Cal. from Fat 55	
		% Daily Value*
Total Fat 6g		8%
Saturated Fat 1g		6%
Cholesterol 10mg		4%
Sodium 147mg		6%
Total Carbohydrate 11g		4%
Dietary Fiber 2g		6%
Sugars 2g		
Protein 17g		
Vitamin A 0%	Vitamin C 0%	
Calcium 8%	Iron 8%	

SUMMER WEEKS 1&2

Sandy Snack

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Chickpeas (canned garbanzo beans), drained, rinsed well	1/2- 12.5 oz can	1- 12.5 oz can	2- 12.5 oz cans	4- 12.5 oz cans
Yogurt, low-fat or fat-free	1/2 cup	1 cup	2 cups	4 cups
Lemon juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Hot pepper sauce (optional)	1 drop	3 drops	6 drops	12 drops
Olive oil	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp	6 Tbsp

Nutrition Facts

Serving size: 1/4 cup (65g)
Servings Per Recipe: 20

Amount Per Serving			
Calories 76		Cal. from Fat 25	
			% Daily Value*
Total Fat 3g			4%
Saturated Fat 1g			4%
Cholesterol 1mg			0%
Sodium 123mg			4%
Total Carbohydrate 10g			4%
Dietary Fiber 2g			6%
Sugars 0g			
Protein 3g			
Vitamin A	0%	Vitamin C	4%
Calcium	6%	Iron	4%

Directions:

1. Blend chickpeas, yogurt, lemon juice, olive oil and hot sauce in blender until smooth.
2. Serve as a sandwich spread or have children use it as a dip with whole grain crackers or fresh vegetables, such as carrot or cucumber slices.

Food For Thought This is a great snack with veggies or whole grain chips. It is also a tasty spread on bread with chicken, turkey or vegetables. This dish can be counted as a meat/meat alternate or a fruit/vegetable.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ☐
- Meat/Meat Alternate ■
- Milk ☐

Sloppy Sammies

Ingredient	6 Servings	12 Servings	24 Servings	48 Servings
Onion, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Carrot, grated	1/2 cup	1 cup	2 cups	4 cups
Green bell pepper, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Ground turkey	1 lb	2 lbs	4 lbs	8 lbs
Tomato sauce	1/2 cup	1 cup	2 cups	4 cups
Tomatoes, chopped OR canned crushed tomatoes	3/4 cup	1-1/2 cup	3 cups	6 cups
Barbeque sauce	1/4 cup	1/2 cup	1 cup	2 cups
Whole wheat buns, hamburger or hot dog	3	6	12	24
Cooking spray	–	–	–	–

Nutrition Facts

Serving size: 3/4 cup; 1/2 roll (188g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 245		Cal. from Fat 69	
			% Daily Value*
Total Fat 8g			10%
Saturated Fat 2g			10%
Cholesterol 60mg			20%
Sodium 461mg			20%
Total Carbohydrate 27g			8%
Dietary Fiber 4g			15%
Sugars 3g			
Protein 18g			
Vitamin A	30%	Vitamin C	15%
Calcium	8%	Iron	15%

Directions:

1. Spray skillet with cooking spray. Sauté onions, carrots, green pepper and ground turkey (chicken) in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, chopped or crushed tomatoes, and barbeque sauce. Bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole wheat buns.
6. Refrigerate leftovers within 2 to 3 hours.

Food For Thought You can also make these plain without the vegetables mixed in. In that case, this would not count toward the fruit/vegetable requirement.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Recipe adapted from *Healthy Recipes*. Oregon State University Extension Services; 2008. https://www.foodhero.org/recipes/recipe-categories/kid-approved. Accessed May 21, 2010.

SUMMER WEEKS 1&2

Orangutan Salad

Ingredients	4 Servings	8 Servings	24 Servings	48 Servings
Spinach, fresh	1-1/2 cups	3 cups	9 cups	18 cups
Mandarin oranges, canned, drained	1/2- 15 oz can	1- 15 oz can	3- 15 oz cans	6- 15 oz cans
Almonds, slivered (optional)	1 Tbsp	2 Tbsp	1/4 cup + 2 Tbsp	3/4 cup
Dried cranberries (optional)	2 Tbsp	1/4 cup	3/4 cup	1-1/2 cups
Feta cheese	1 Tbsp	2 Tbsp	1/4 cup + 2 Tbsp	3/4 cup
Salad dressing, sweet & sour	1 Tbsp	2 Tbsp	1/4 cup + 2 Tbsp	3/4 cup

Nutrition Facts

Serving size: 1/4 cup (76g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 42	Cal. from Fat 3	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 1mg		**0%**
Sodium 29mg		**0%**
Total Carbohydrate 10g		**4%**
Dietary Fiber 1g		**4%**
Sugars 8g		
Protein 1g		
Vitamin A 35%	Vitamin C 35%	
Calcium 2%	Iron 4%	

Directions:

1. Wash spinach.
2. Drain juice from mandarin oranges.
3. Toss all ingredients in a large salad bowl and mix thoroughly.

Food For Thought This salad combines fruit and vegetables. Try adding grapes or apples, chicken or beans for a different meal. You can also use blue cheese or cheddar cheese crumbles.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread ☐
Fruit/Vegetable ■ ☐
Meat/Meat Alternate ☐
Milk ☐

Gone Fishin'

Ingredient	5 Servings	10 servings	25 servings	50 Servings
Fish fillets, frozen, unbreaded, cut into strips	3/4 lb	1-1/2 lbs	3-3/4 lbs	7-1/2 lbs
Paprika	1/4 tsp	1/2 tsp	1-1/2 tsp	3 tsp
Pepper, red/cayenne	Pinch	1/8 tsp	3/8 tsp	3/4 tsp
Pepper, black	1/8 tsp	1/4 tsp	3/4 tsp	1-1/2 tsp
Oregano, ground	Pinch	1/4 tsp	3/4 tsp	1-1/2 tsp
Thyme, ground	Pinch	1/4 tsp	3/4 tsp	1-1/2 tsp
Oil, vegetable	2 Tbsp	1/4 cup	3/4 cup	1-1/2 cups
Lemon juice	1 Tbsp	2 Tbsp	5 Tbsp	10 Tbsp

Nutrition Facts

Serving size: 1-1/2 oz (41g)
Servings Per Recipe: 25

Amount Per Serving		
Calories 43	Cal. from Fat 14	
		% Daily Value*
Total Fat 2g		**2%**
Saturated Fat 0g		**0%**
Cholesterol 13mg		**4%**
Sodium 27mg		**0%**
Total Carbohydrate 0g		**0%**
Dietary Fiber 0g		**0%**
Sugars 0g		
Protein 7g		
Vitamin A 0%	Vitamin C 4%	
Calcium 0%	Iron 0%	

Directions:

1. Place fish portions on an ungreased pan.
2. Mix seasonings in a small bowl. Place in a shaker.
3. Sprinkle lemon juice over the top of the fish fillets.
4. Shake seasoning mix over fish fillets.
5. Lightly spray or drizzle oil over the seasonings.
6. Bake at 350°F for 20 minutes or until fish flakes easily with fork.

Food For Thought This fish can be served over lettuce for a salad or served with vegetables in a tortilla as a fish taco!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread ☐
Fruit/Vegetable ☐ ☐
Meat/Meat Alternate ■
Milk ☐

SUMMER WEEKS 1&2

Pete's Pizza

Ingredients	4 Servings	8 Servings	24 Servings	48 Servings
English muffins, whole grain, halved	2	4	12	24
Tomato or spaghetti sauce	1 cup	2 cups	6 cups	12 cups
Broccoli, finely chopped	1/2 cup	1 cup	3 cups	6 cups
Lima beans, black beans, or Northern beans	1 cup	2 cups	6 cups	12 cups
Red peppers, diced	1/4 cup	1/2 cup	1-1/2 cups	3 cups
Onions, diced	1/4 cup	1/2 cup	1-1/2 cups	3 cups
Mozzarella cheese, part-skim	1/2 cup	1 cup	3 cups	6 cups
Oregano	1 tsp	2 tsp	6 tsp	12 tsp

Nutrition Facts

Serving size: 1/2 muffin w/topping (132g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 116	Cal. from Fat 19	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 1g		**4%**
Cholesterol 4mg		**0%**
Sodium 258mg		**10%**
Total Carbohydrate 20g		**8%**
Dietary Fiber 4g		**15%**
Sugars 4g		
Protein 6g		
Vitamin A 20%	Vitamin C 60%	
Calcium 10%	Iron 8%	

Directions:

1. Preheat oven to 400°F.
2. Split English muffins. Pre-toast lightly if desired.
3. Add toppings in order listed.
4. Bake for 10 minutes.

Food For Thought
Experiment by using different leftover vegetables. You can also top this pizza with chicken instead of beans.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Mega Muffins

Ingredients	6 Muffins	12 Muffins	24 Muffins	48 muffins
Milk, 1% (low-fat) or fat-free	1/4 cup	1/2 cup	1 cup	2 cups
Vegetable oil	2 Tbsp	1/4 cup	1/2 cup	1 cup
Egg, beaten	1/2	1	2	4
Honey	2 Tbsp	1/4 cup	1/2 cup	1 cup
Oats, old-fashioned, uncooked	3/4 cup	1-1/2 cups	3 cups	6 cups
Flour, white, enriched	1/4 cup	1/2 cup	1 cup	2 cups
Flour, whole wheat	1/4 cup	1/2 cup	1 cup	2 cups
Brown sugar, packed	2 Tbsp	1/4 cup	1/2 cup	1 cup
Baking powder	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Salt	1/2 tsp	1 tsp	2 tsp	4 tsp
Optional: blueberries or chopped apples, raisins or dried fruit, chopped nuts	1/2 cup	1 cup	2 cups	4 cups

Nutrition Facts

Serving size: 1 muffin (53g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 170	Cal. from Fat 53	
		% Daily Value*
Total Fat 6g		**8%**
Saturated Fat 1g		**4%**
Cholesterol 18mg		**6%**
Sodium 268mg		**10%**
Total Carbohydrate 27g		**8%**
Dietary Fiber 2g		**8%**
Sugars 12g		
Protein 4g		
Vitamin A 0%	Vitamin C 0%	
Calcium 6%	Iron 6%	

Directions:

1. Preheat oven to 400° F.
2. Prepare muffin pans by oiling, spraying with cooking spray or using paper cupcake liners.
3. Combine milk, oil, egg and honey in a small bowl and mix.
4. Combine dry ingredients in a large bowl and mix.
5. Add wet ingredients to dry, mixing just until dry ingredients are moistened.
6. For plain muffins, skip ahead to step 8.
7. For fruit or nut muffins, fold in the optional ingredients for the variation you chose.
8. Fill greased or paper-lined muffin cups 3/4 full.
9. Bake in preheated oven for 15 to 18 minutes or until golden brown.

Food For Thought
Make these muffins in advance and serve them for snack or breakfast later in the week.

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable □
- Milk □

SUMMER WEEKS 1&2

Sunshine Roll-Ups

Ingredient	6 Servings	12 Servings	24 Servings	48 Servings
Chicken, chopped	1 lb	2 lbs	4 lbs	8 lbs
Celery, chopped	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Mandarin oranges, canned, drained	1/2 cup	1 cup	2 cups	4 cups
Onion, chopped	2 Tbsp	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups
Mayonnaise	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Pepper	1/8 tsp	3/8 tsp	3/4 tsp	1-1/2 tsp
Tortilla, whole grain, 6"	6	12	24	48
Lettuce, chopped	1/2 cup	1 cup	2 cups	4 cups

Directions:

1. In a mixing bowl, combine chicken, celery, oranges and onions.
2. Add mayonnaise and pepper. Mix until chicken is coated.
3. Place about four teaspoons of lettuce onto tortilla and top with chicken mix.
4. Roll up and enjoy!

Food For Thought Let kids help make their own by choosing different vegetables and fruits they would like to try and rolling it themselves.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1 tortilla w/ filling (124g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 192	Cal. from Fat 39	
		% Daily Value*
Total Fat 4g		**8%**
Saturated Fat 1g		**4%**
Cholesterol 49mg		**15%**
Sodium 364mg		**15%**
Total Carbohydrate 22g		**8%**
Dietary Fiber 2g		**8%**
Sugars 2g		
Protein 21g		
Vitamin A 10%	Vitamin C 10%	
Calcium 4%	Iron 8%	

Recipe adapted from *Healthy Recipes*. Oregon State University Extension Services. 2008. https://www.foodhero.org/recipes/recipe-categories/kid-approved. Accessed May 21, 2010.

Molten Lava

Ingredient	6 Servings	12 Servings	24 Servings	48 Servings
Black beans, canned or cooked from dry	1-1/2 cups	3 cups	6 cups	12 cups
Mild salsa	1 cup	2 cups	4 cups	8 cups
Whole grain pita wedges, crackers, OR	2 Tbsp	1/4 cup	1/2 cup	1 cup
vegetables for dipping	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups

Directions:

1. Purée beans with salsa.
2. Serve with whole grain pita wedges, whole grain crackers or vegetables for dipping.

Food For Thought Salsa is a healthy snack for any time of day. Salsa can also be a topper for potatoes, fish or chicken.

CACFP Crediting

For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ■
  (if served with pita or crackers)
- Fruit/Vegetable ■
  (if served with dipping vegetables)
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1/4 cup (81g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 67	Cal. from Fat 3	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 226mg		**8%**
Total Carbohydrate 12g		**4%**
Dietary Fiber 4g		**15%**
Sugars 1g		
Protein 4g		
Vitamin A 4%	Vitamin C 4%	
Calcium 2%	Iron 4%	

SUMMER WEEKS 3&4

Menu Cycle: Summer—Week Three

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Blueberries	**Banana-Rama Breakfast**	Orange Slices	Strawberries	Pears
Grains/Breads	*Wheat Chex®*	**Banana-Rama Breakfast**	*Oatmeal Squares®*	Whole Grain Mini-Bagel	Whole Grain Waffle
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Zucchini	**Sweet Summer Salad**	Peas	**Veggin' Out Stew**	**Hip-Hop Pita Pocket**
Fruits/Vegetables	Summer Squash	Kiwi	Watermelon	Mixed Fruit	Apple Slices
Grains/Breads	Brown Rice	Whole Grain Bread	**"Use Your Noodle" Bake**	Grilled Cheese on Whole Grain Bread	**Hip-Hop Pita Pocket**
Meats/Meat Alternates	**Catch of the Day**	**Limeade Chicken**	**"Use Your Noodle" Bake**	Cheese	**Hip-Hop Pita Pocket**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Honeydew Melon	Cucumber	**Fruit-astic Salsa**	Cantaloupe	**Smoothilicious**
Grains/Breads	Rice Cakes	–	Pita Wedges	Whole Grain Crackers	Mini rice cakes
Meats/Meat Alternates	–	String Cheese	–	–	–
Beverage	Water	Water	Water	Water	Water

Recipes for the menu items in bold are included in the toolkit.

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

SUMMER WEEKS 3&4

Menu Cycle: Summer—Week Four

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Pineapple	Grapes and Strawberries	Watermelon	Peaches	Canteloupe
Grains/Breads	Whole Grain Toast	*Multi Grain Cheerios®*	Whole Grain Waffles	Oatmeal	*Kix®*
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Jolly Green Giant Salad**	**Rainbow Wrap**	**Swimmy Salmon Steaks**	**Monster Mash Soup**	**Pita Pockets**
Fruits/Vegetables	Cucumbers	Honeydew Melon	Cooked Carrots	Baked Potato	Strawberries
Grains/Breads	**Jimmy Crack Cornbread**	**Rainbow Wrap**	Brown Rice	Whole Grain Toast	**Pita Pockets**
Meats/Meat Alternates	**Jolly Green Giant Salad**	Baked Skinless Chicken Breast	**Swimmy Salmon Steaks**	**Monster Mash Soup**	**Pita Pocket**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Blueberries	Nectarine Slices	Banana Slices	**Sunshine Smoothie**	Mixed Fruit
Grains/Breads	–	Rice Cakes	Whole Grain Crackers	–	–
Meats/Meat Alternates	Cottage Cheese	–	–	String cheese	Yogurt
Beverage	Water	Water	Water	Water	Water

Many foods can be **choking hazards** for children under four years of age. Please be sure to cut, steam or mash them as appropriate.

Recipes for the menu items in bold are included in the toolkit.

SUMMER WEEKS 3&4

Shopping List — Summer Weeks Three & Four

Food For Thought Buy low-fat or fat-free items where possible (e.g., cheeses, salad dressings, etc.)

Milk

____ 1% (low-fat) or fat-free
____ Whole for 12 through 23 months
____ Fat-free evaporated milk*
____ Buttermilk, low-fat or fat-free

Fruits & Vegetables

____ Apples
____ Applesauce (bottled, no sugar added or unsweetened)
____ Asparagus
____ Avocado
____ Bananas
____ Blueberries
____ Cabbage
____ Carrots (fresh)
____ Celery (fresh)
____ Corn (fresh, frozen or canned)
____ Creamed corn
____ Cucumber
____ Eggplant
____ Green bell peppers (fresh or frozen)
____ Honeydew melon
____ Kiwi
____ Lemon juice (fresh-squeezed or bottled)
____ Lemons
____ Lime juice (fresh-squeezed or bottled)
____ Mangos
____ Mixed fruit (canned in 100% juice or light syrup)
____ Nectarines
____ Olives
____ Onions
____ Oranges
____ Peaches (fresh, frozen or canned in 100% juice or light syrup)
____ Peas (frozen or canned)
____ Pineapple (fresh or canned in 100% juice)
____ Raisins
____ Red bell peppers (fresh or frozen)
____ Red or green seedless grapes
____ Salsa
____ Scallions
____ Spinach (fresh)
____ Strawberries (fresh or frozen, no sugar added)
____ Sugar snap peas
____ Summer squash
____ Tomato paste
____ Tomatoes (fresh or canned)
____ Watermelon
____ White potatoes
____ Yellow bell peppers (fresh or frozen)
____ Zucchini

Meats & Meat Alternates

____ Beans (any variety, canned or dry)
____ Black beans (low-sodium, canned)
____ Cheddar cheese
____ Chick peas/garbanzos (canned or cooked from dry)
____ Chicken breast (boneless, skinless)
____ Eggs
____ Green peas (dry, split)
____ Ground turkey
____ Low-fat cottage cheese
____ Low-fat yogurt* (plain or vanilla)
____ Mozzarella cheese (part-skim)
____ Nuts (almonds, walnuts or other)
____ Parmesan cheese
____ Peanut butter
____ Peanuts (unsalted)
____ Ricotta cheese (part-skim)
____ Salmon fillets (fresh or frozen)
____ String cheese
____ White (Northern) beans
____ White fish fillets (cod or tilapia; frozen and unbreaded)

Grains & Breads

____ *Oatmeal Squares®*
____ Bran flakes
____ Brown rice
____ *Cheerios®*
____ Cornmeal
____ Mini rice cakes ____ *Multigrain Cheerios®* ____ Oatmeal
____ Pita pockets
____ Pretzels
____ Raisin bread
____ *Wheat Chex®*
____ Wheat germ
____ White flour (enriched, all-purpose)
____ Whole grain bagel
____ Whole grain crackers
____ Whole grain English muffins
____ Whole grain macaroni
____ Whole grain rolls
____ Whole grain waffles
____ Whole grain bread
____ Whole wheat flour
____ Whole grain tortillas

Other**

____ Baking powder
____ Baking soda
____ Basil leaves (dry)
____ Bay leaves
____ Beef or vegetable stock
____ Black pepper
____ Canola oil
____ Cider vinegar
____ Cinnamon
____ Cooking spray
____ Dijon mustard
____ Garlic
____ Honey
____ Margarine (trans fat free)
____ Marjoram (ground)
____ Mexican seasoning
____ Olive oil
____ Oregano leaves (dry)
____ Parsley
____ Salt
____ Sugar
____ Thyme
____ Vegetable bouillon
____ Vegetable oil

* Yogurt must contain no more than 23g of sugar per 6 oz

** Not CACFP reimbursable

SUMMER WEEKS 3&4

Catch of the Day

Ingredient	5 Servings	10 Servings	25 Servings	50 Servings
White fish fillets (cod, tilapia), frozen, unbreaded	7-1/2 oz	15 oz	38 oz	76 oz
Oil (olive or canola) or cooking spray	–	–	–	–
Dijon mustard	1 Tbsp	2 Tbsp	5 Tbsp	10 Tbsp
Crushed bran flakes	1/2 cup	1 cup	2-1/2 cups	5 cups

Directions:

1. Preheat oven to 400°F.
2. Coat a baking sheet evenly with oil or cooking spray.
3. Brush mustard over fish fillets.
4. Crush bran flake cereal into crumbs and sprinkle over fillets.
5. Place on prepared baking sheet.
6. Bake 20 to 25 minutes, until fish is white throughout and flakes easily with a fork.

Food For Thought You can also use rye, whole wheat or any type of whole grain bread crumbs for this recipe. Simply toast the bread and crumble it to make the crumbs.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1-1/2 oz (50g)
Servings Per Recipe: 25

Amount Per Serving		
Calories 51	Cal. from Fat 5	
		% Daily Value*
Total Fat 1g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 16mg		**4%**
Sodium 99mg		**4%**
Total Carbohydrate 3g		**0%**
Dietary Fiber 1g		**4%**
Sugars 1g		
Protein 8g		
Vitamin A 2%	Vitamin C 2%	
Calcium 0%	Iron 8%	

Banana-Rama Breakfast

Ingredient	4 Servings	8 Servings	16 Servings	32 Servings
English muffins, whole grain	2	4	8	16
Cottage cheese, low-fat	1 cup	2 cups	4 cups	8 cups
Bananas, sliced	3 medium	6 medium	12 medium	24 medium
Cinnamon	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

1. Toast English muffins lightly in oven broiler.
2. Spoon 2 tablespoons of cottage cheese onto each muffin half.
3. Arrange banana slices on top of cheese and sprinkle with cinnamon.
4. Heat in or under broiler until banana and cheese are warm.

Food For Thought If kids don't like cottage cheese, use yogurt instead. You can also try this with strawberries or apples!

CACFP Crediting For 3-5 year olds; Breakfast. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■
- Milk ☐

Nutrition Facts

Serving size: 1/2 muffin (175g)
Servings Per Recipe: 16

Amount Per Serving		
Calories 187	Cal. from Fat 15	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 1g		**4%**
Cholesterol 2mg		**0%**
Sodium 316mg		**15%**
Total Carbohydrate 35g		**10%**
Dietary Fiber 5g		**20%**
Sugars 12g		
Protein 11g		
Vitamin A 2%	Vitamin C 15%	
Calcium 8%	Iron 8%	

SUMMER WEEKS 3&4

Sweet Summer Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Cabbage, chopped	1/4 small head (1/2 lb)	1/2 small head (1 lb)	1 small head (2 lbs)	2 small heads (4 lbs)
Cider vinegar	2 Tbsp	1/4 cup	1/2 cup	1 cup
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Carrots, shredded	1 cup	2 cup	4 cup	8 cups
Apples, cut into thin slices	1/2 cup	1 cup	2 cups	4 cups
Raisins	1/4 cup	1/2 cup	1 cup	2 cups
Peanuts, unsalted, crushed (optional)	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Wash and dry cabbage and chop.
2. Whisk vinegar and oil in serving bowl to blend.
3. Add carrots and cabbage. Toss. Cover and refrigerate for at least 2 hours.
4. Add apples, raisins and peanuts (optional). Toss.

Food For Thought This salad can be made using any fruit, meat/meat alternate, and chopped nuts. Serve it as a side at a meal or as a snack.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 1/4 cup (73g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 61		Cal. from Fat 21	
			% Daily Value*
Total Fat 2g			**4%**
Saturated Fat 0g			**2%**
Cholesterol 0mg			**0%**
Sodium 19mg			**0%**
Total Carbohydrate 11g			**4%**
Dietary Fiber 2g			**8%**
Sugars 7g			
Protein 1g			
Vitamin A 45%		Vitamin C 20%	
Calcium 2%		Iron 2%	

Recipe adapted from Women's Day Magazine Website. www.womansday.com/ Accessed May 20, 2010.

Limeade Chicken

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Chicken breast, boneless, skinless	7/8 lb	1-3/4 lbs	3-1/2 lbs	7 lbs
Lime juice, canned, bottled, or squeezed	2 oz	4 oz	8 oz	16 oz
Vegetable oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Pepper, black	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

1. Trim fat from chicken breast.
2. Cut each breast into four pieces and place in resealable bag.
3. Add lime juice, oil and pepper and toss in bag.
4. Marinate 3 hours.
5. Place on oiled cookie sheet.
6. Bake at 400°F for about an hour.

Food For Thought The chicken can marinate overnight, so make the marinade in advance. It can also be made using lemon or orange juice.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 1-1/2 oz (79g)
Servings Per Recipe: 24

Amount Per Serving			
Calories 132		Cal. from Fat 42	
			% Daily Value*
Total Fat 5g			**8%**
Saturated Fat 1g			**4%**
Cholesterol 56mg			**20%**
Sodium 203mg			**8%**
Total Carbohydrate 1g			**0%**
Dietary Fiber 0g			**0%**
Sugars 0g			
Protein 20g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 4%	

Recipe adapted from Stenberg, M, Bark, K., & Peppers, B. *Making it Balance and Kickin' It Up: A Cycle Menu for Montana Child Care.* Vol. 3; 2005. www.childcare.mt.gov. Accessed May 24, 2010.

SUMMER WEEKS 3&4

"Use Your Noodle" Bake

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Macaroni, whole grain	3/4 cup	1-1/2 cups	3 cups	6 cups
Evaporated milk, fat-free	1 cup	2 cups	4 cups	8 cups
Egg, beaten	1/2	1	2	4
Pepper, black	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Mozzarella cheese, part-skim, shredded	2 Tbsp	1/4 cup	1/2 cup	1 cup
Cheddar cheese, shredded	1/4 cup	1/2 cup	1 cup	2 cups
Tomatoes, sliced	1/2 cup	1 cup	2 cups	4 cups
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Peppers, green, chopped	1/2 cup	1 cup	2 cups	4 cups
White (Northern) beans	1/2 cup	1 cup	2 cups	4 cups
Squash, sliced	1/2 cup	1 cup	2 cups	4 cups
Parmesan cheese, grated	2 Tbsp	1/4 cup	1/2 cup	1 cup

Directions:

1. Cook macaroni as directed. Drain, set aside.
2. Spray casserole dish with non-stick cooking spray.
3. Peel and slice squash. Place in large saucepan with water.
4. Bring to a boil. Reduce heat and cook until squash is tender. Mash.
5. Preheat oven to 350°F.
6. In bowl, combine onions, tomatoes, peppers, macaroni, milk, mozzarella and cheddar cheese, pepper and beans, and mix thoroughly. Add squash. Stir to combine.
7. Transfer mixture into casserole dish.
8. Sprinkle parmesan cheese on top.
9. Bake for 25 minutes or until bubbly. Let sit before serving.

Food For Thought This dish can be made as a side to chicken or fish. If chosen as a side, you do not need to add the beans, and it will not count toward a meat/meat alternate.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Nutrition Facts

Serving size: 1 slice (146g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 200	Cal. from Fat 27	
		% Daily Value*
Total Fat 3g		**4%**
Saturated Fat 2g		**8%**
Cholesterol 26mg		**8%**
Sodium 103mg		**4%**
Total Carbohydrate 32g		**10%**
Dietary Fiber 5g		**20%**
Sugars 7g		
Protein 13g		
Vitamin A 45%	Vitamin C 30%	
Calcium 25%	Iron 20%	

Recipe adapted from *Heart Healthy Home Cooking African American Style – With Every Heartbeat is Life.* National Heart, Lung, and Blood Institute; 2008. https://www.nhlbi.nih.gov/health/resources/heart/african-american-cooking. Accessed May 24, 2010.

Fruit-astic Salsa

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Peaches, fresh, diced	1 cup	2 cups	4 cups	8 cups
Mango, diced	1/2 cup	1 cup	2 cups	4 cups
Strawberries, fresh or frozen, diced	1-1/2 cups	3 cups	6 cups	12 cups
Honey	1 tsp	1/2 Tbsp	1 Tbsp	2 Tbsp

Directions:

1. Wash, peel and dice mangos.
2. Wash and dice peaches, peeling optional.
3. Wash and dice strawberries.
4. Mix all together in medium bowl. Drizzle honey on top.
5. Mix until honey is evenly distributed.

Food For Thought Fruit salsa is a yummy afternoon snack in the summer. You can use any fruit you like. You can also make your own cinnamon chips by toasting whole grain pitas and topping with cinnamon. These make great dippers!

CACFP Crediting

For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread □
- Fruit/Vegetable ■
- Meat/Meat Alternate □
- Milk □

Nutrition Facts

Serving size: 1/2 cup (84g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 36	Cal. from Fat 2	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 1mg		**0%**
Total Carbohydrate 9g		**4%**
Dietary Fiber 2g		**6%**
Sugars 7g		
Protein 1g		
Vitamin A 4%	Vitamin C 50%	
Calcium 0%	Iron 0%	

Recipe adapted from NickJr. Website. Accessed May 24, 2010.

SUMMER WEEKS 3&4

Veggin' Out Stew

Ingredients	6 Servings	12 servings	24 servings	48 Servings
Water	2-1/4 cups	4-1/2 cups	9 cups	18 cups
Vegetable bouillon, made with water	1/2 cup	1 cup	2 cups	4 cups
White potatoes, chopped	1/2 cup	1 cup	2 cups	4 cups
Carrots, sliced	1/2 cup	1 cup	2 cups	4 cups
Summer squash, chopped	1/2 cup	1 cup	2 cups	4 cups
Sweet corn, fresh or canned	1/2- 15 oz can or 1 ear	1- 15 oz can or 2 ears	2- 15 oz cans or 4 ears	4- 15 oz cans or 8 ears
Thyme	3/4 tsp	1-1/2 tsp	1 Tbsp	2 Tbsp
Garlic, minced	1 clove	2 cloves	4 cloves	8 cloves
Scallion, chopped	1/2 stalk	1 stalk	2 stalks	4 stalks
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Tomatoes, diced	1/2 cup	1 cup	2 cups	4 cups

Directions:

1. Put water and bouillon in large pot and bring to a boil.
2. Add potatoes and carrots and simmer for 5 minutes.
3. Add remaining ingredients, except for tomatoes, and continue cooking for 25 minutes over medium heat.
4. Add tomatoes and cook for another 5 minutes.
5. Remove from heat and let sit for 10 minutes to allow stew to thicken.

Food For Thought This dish can be made in advance and frozen for later use.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ☐
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup (166g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 36	Cal. from Fat 2	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 124mg		**4%**
Total Carbohydrate 8g		**4%**
Dietary Fiber 1g		**6%**
Sugars 2g		
Protein 1g		
Vitamin A 30%	Vitamin C 15%	
Calcium 2%	Iron 4%	

Recipe adapted from *Heart Healthy Home Cooking African American Style – With Every Heartbeat is Life.* National Heart, Lung, and Blood Institute; 2008. www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm. Accessed May 24, 2010.

Hip-Hop Pita Pocket

Ingredients	6 Servings	12 servings	24 servings	48 Servings
Bell pepper, diced	1 cup	2 cups	4 cups	8 cups
Eggs	5	10	20	40
Egg whites	1	2	4	8
Non-fat milk (or water)	1/4 cup	1/2 cup	1 cup	2 cups
Mexican seasoning (optional)	1 tsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Tomatoes, fresh or canned, diced	1 cup	2 cups	4 cups	8 cups
Pitas	6	12	24	48
Cooking spray	–	–	–	–

Directions:

1. Spray a large 12x14 non-stick pan. Sauté bell peppers for 1 minute over medium heat; reduce heat to medium-low.
2. Blend eggs, milk and Mexican seasoning (optional) in a bowl.
3. Pour over bell peppers. Cook, scrambled egg-style until almost firm.
4. Stir in tomatoes. Continue cooking until firm throughout. Keep warm.
5. Portion 3/4 cup of egg mixture into 1 pita.

Food For Thought This dish can be made with any variety of vegetables that may be leftover. Try it with asparagus, onions or broccoli!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

Nutrition Facts

Serving size: 3/4 cup mix; 1 pita (140g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 153	Cal. from Fat 42	
		% Daily Value*
Total Fat 5g		**8%**
Saturated Fat 1g		**8%**
Cholesterol 176mg		**60%**
Sodium 181mg		**8%**
Total Carbohydrate 19g		**6%**
Dietary Fiber 4g		**15%**
Sugars 2g		
Protein 10g		
Vitamin A 25%	Vitamin C 85%	
Calcium 4%	Iron 10%	

Recipe adapted from American Egg Board website. http://www.aeb.org/foodservice/recipes/61-breakfast-sandwiches. Accessed May 20, 2010.

SUMMER WEEKS 3&4

Smoothilicious

Ingredients	6 Servings	12 servings	24 servings	48 Servings
Cereal, whole grain	2 cups	4 cups	8 cups	16 cups
Fruit slices (fresh, frozen or canned)	2-1/2 cups	5 cups	10 cups	20 cups
Plain or vanilla low-fat yogurt	1-1/2 cups	3 cups	6 cups	12 cups
Blueberries	1/2 cup	1 cup	2 cups	4 cups
Smoothie: add low-fat or fat-free milk	2-1/2 cups	5 cups	10 cups	20 cups

Nutrition Facts

Serving size: 1 cup (248g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 159	Cal. from Fat 23	
		% Daily Value*
Total Fat 3g		4%
Saturated Fat 0g		6%
Cholesterol 0mg		4%
Sodium 157mg		8%
Total Carbohydrate 28g		8%
Dietary Fiber 3g		10%
Sugars 18g		
Protein 8g		
Vitamin A 8%	Vitamin C 70%	
Calcium 30%	Iron 20%	

*Analysis for smoothie

Directions:

Parfait Directions:

1. Mix fruit slices and blueberries together.
2. Spoon cereal into the bottom of a cereal bowl.
3. Add 1/2 cup of fruit.
4. Top with 1/4 cup yogurt.

Smoothie Directions:

1. Follow parfait directions, but place ingredients into blender.
2. Blend with 3/4 cup milk.

Food For Thought This snack can be made with any one or mixture of fruit. Use any type of whole grain cereal available (bran flakes, corn flakes or rice cereal).

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■
- Meat/Meat Alternate ■
- Milk ☐

Jolly Green Giant Salad

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Spinach, fresh	1-1/2 cups	3 cups	6 cups	12 cups
Hard cooked eggs, large	1	2	4	8
Chick peas (garbanzos), canned or cooked from dry chick peas	1-1/2 cups	3 cups	6 cups	12 cups
Olive oil	1 Tbsp	2 Tbsp	4 Tbsp	9 Tbsp
Lemon juice	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Garlic, minced clove OR garlic powder	1/2 clove OR Pinch powder	1 clove OR 1/8 tsp powder	2 cloves OR 1/4 tsp powder	4 cloves OR 1/2 tsp powder

Nutrition Facts

Serving size: 1/2 cup (72g)
Servings Per Recipe: 20

Amount Per Serving		
Calories 130	Cal. from Fat 47	
		% Daily Value*
Total Fat 5g		8%
Saturated Fat 1g		4%
Cholesterol 42mg		15%
Sodium 21mg		0%
Total Carbohydrate 15g		4%
Dietary Fiber 4g		15%
Sugars 0g		
Protein 6g		
Vitamin A 20%	Vitamin C 6%	
Calcium 4%	Iron 8%	

Directions:

1. Place eggs in water over medium heat. Heat until bubbles appear, but not boiling, about 15 minutes until hard-cooked. Set aside to cool.
2. Wash and drain spinach, pinch off stems, tear into bite-size pieces and place in a large salad bowl.
3. Peel eggs, chop and add them to the salad bowl with the spinach.
4. Add chickpeas to the salad bowl.
5. Make the dressing: Combine olive oil, lemon juice, and minced garlic or garlic powder in a screw top jar. Cover and shake well.
6. Pour dressing over spinach; toss lightly to coat spinach.

Food For Thought Use this lemon juice and olive oil dressing on any type of salad or as a marinade for fish or chicken.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ☐
- Fruit/Vegetable ■ ☐
- Meat/Meat Alternate ■
- Milk ☐

SUMMER WEEKS 3&4

Jimmy Crack Cornbread

Ingredients	6 Muffins	12 Muffins	24 Muffins	48 Muffins
Cornmeal	1/2 cup	1 cup	2 cups	4 cups
Whole grain flour (ground oats or whole wheat flour)	1/2 cup	1 cup	2 cups	4 cups
Baking soda	1/2 tsp	1 tsp	2 tsp	4 tsp
Baking powder	1/2 tsp	1 tsp	2 tsp	4 tsp
Salt	1/2 tsp	1 tsp	2 tsp	4 tsp
Sugar	1 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
Eggs	1	2	4	8
Buttermilk or 1% (low-fat) milk	1/2 cup	1 cup	2 cups	4 cups
Applesauce, unsweetened	2 Tbsp	1/4 cup	1/2 cup	1 cup
Creamed corn	1/2 cup	1 cup	2 cups	4 cups
Vegetable oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

Nutrition Facts

Serving size: 1 muffin (83 g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 163	Cal. from Fat 33	
		% Daily Value*
Total Fat 4g		**6%**
Saturated Fat 1g		**4%**
Cholesterol 36mg		**10%**
Sodium 366mg		**15%**
Total Carbohydrate 29g		**10%**
Dietary Fiber 3g		**15%**
Sugars 4g		
Protein 5g		

Vitamin A	0%	Vitamin C	2%
Calcium	4%	Iron	8%

Directions:

1. Preheat oven to 400°F.
2. Grease a cake pan or muffin tins.
3. Mix together cornmeal, flour, baking soda, baking powder, salt and sugar in a large bowl.
4. In another bowl, mix together eggs, buttermilk or milk, applesauce, creamed corn and oil.
5. Pour milk mixture into cornmeal mixture and stir until just combined.
6. Fill each muffin cup 2/3 full with batter and bake for 15 to 18 minutes or until tester* comes out clean.

***Note:** Gently insert a toothpick or thin, sharp knife to make sure batter is baked through.

Food For Thought

Cornbread is a great alternative to having white or wheat bread. Making it in advance and freezing it can save time if you bake extra and freeze for later use!

CACFP Crediting

For 3-5 year olds; Lunch/Supper.
Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ☐ ☐
- Meat/Meat Alternate ☐
- Milk ☐

SUMMER WEEKS 3&4

Rainbow Wrap

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Red bell pepper, sliced	1/2 cup	1 cup	2 cups	4 cups
Yellow bell pepper, sliced	1/2 cup	1 cup	2 cups	4 cups
Onion	1/2 cup	1 cup	2 cups	4 cups
Canola oil	1/2 tsp	1 tsp	2 tsp	4 tsp
Black beans, low sodium, drained and rinsed	2- 15 oz cans	4- 15 oz cans	8- 15 oz cans	16- 15 oz cans
Lime juice (fresh or bottled)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Tortillas, whole wheat, 8"	6	12	24	48
Salsa	1/4 cup	1/2 cup	1 cup	2 cups
Avocado (optional)	1/4	1/2	1	2

Directions:

1. In a non-stick pan, sauté peppers and onion in canola oil for 10 minutes over medium heat. Add beans, stir well. Reduce heat and let simmer for about 10 minutes. Set aside.
2. In a small bowl, combine avocado (if used), lime juice, cilantro and chili powder. Reserve half of the mixture for topping.
3. Warm tortillas in microwave or in a pan on the stovetop.
4. Fill each warmed tortilla with 1/4 cup bean mixture and 2 Tbsp avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture.
5. Fold the ends of the tortilla over. Roll up to make wraps.

Food For Thought

Children love to help, so let them wash veggies and assemble the wrap they will eat. This can also be made using English muffins or pitas, as well.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread	■	
Fruit/Vegetable	■	□
Meat/Meat Alternate	■	
Milk	□	

Nutrition Facts

Serving size: 1 tortilla; 1/2 c. filling (144g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 231	Cal. from Fat 12	
		% Daily Value*
Total Fat 1g		**2%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 813mg		**35%**
Total Carbohydrate 49g		**15%**
Dietary Fiber 13g		**50%**
Sugars 1g		
Protein 13g		

Vitamin A	8%	Vitamin C	105%
Calcium	8%	Iron	20%

Recipe adapted from *Delicious Heart Healthy Latino Recipes*. National Heart, Lung, and Blood Institute; 2008. https://www.nhlbi.nih.gov/health/resources/heart/recipes-bilingual. Accessed May 24, 2010.

SUMMER WEEKS 3&4

Swimmy Salmon Steaks

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
Relish:				
Tomatoes, chopped	1-1/2	3	6	12
Onion, chopped	1 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
Parsley	1 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
Olive oil	1 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
Salmon (or other fish fillet):				
Salmon (or other fish fillets)	1-1/4 lbs	2-1/2 lbs	5 lbs	10 lbs
Water	1-1/2 cups	3 cups	6 cups	12 cups
Pepper	1/2 tsp	1 tsp	2 tsp	4 tsp
Lemon, thickly sliced	1/2	1	2	4
Onion, thickly sliced	1/2	1	2	4
Bay leaves	1	2	4	8
Pineapple, chopped	1 cup	2 cups	4 cups	8 cups
Asparagus, sliced	1 cup	2 cups	4 cups	8 cups
Rice, brown, medium grain, raw	3/4 cup	1-1/2 cups	3 cups	6 cups

Nutrition Facts

Serving size: 1-1/2 oz; 1/4 c. rice (121g)
Servings Per Recipe: 24

Amount Per Serving	
Calories 228	Cal. from Fat 75
	% Daily Value*
Total Fat 8g	**15%**
Saturated Fat 1g	**8%**
Cholesterol 44mg	**15%**
Sodium 40mg	**2%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 17g	

Vitamin A	10%	Vitamin C	20%
Calcium	4%	Iron	6%

Recipe adapted from *Heart Healthy Home Cooking African American Style – With Every Heartbeat is Life.* National Heart, Lung, and Blood Institute; 2008. **https://www.nhlbi.nih.gov/health/resources/heart/african-american-cooking**. Accessed May 24, 2010.

Directions:

1. For relish, combine all the ingredients in a bowl, mix and set aside.
2. Using a pan large enough to hold salmon steaks, bring water to a boil and add lemon slices, parsley, onion and bay leaves.
3. Lower heat to a gentle simmer, cover and let flavors infuse for 5 minutes. Add salmon steaks and make sure they are covered with water. Add water, if necessary.
4. Cook, uncovered for 10 to 12 minutes or until fish is just tender. It will flake easily when tested with a fork. Never let water boil.
5. Divide relish among plates.
6. Place 1-1/2 oz of salmon on each plate along with 2 Tbsp of asparagus pieces, 2 Tbsp of pineapple and 1/4 cup rice.

Food For Thought

This recipe can also be made using any type of white fish, chicken, pork or turkey.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread	■
Fruit/Vegetable	■ □
Meat/Meat Alternate	■
Milk	□

SUMMER WEEKS 3&4

Monster Mash Soup

Ingredient	6 Servings	12 Servings	24 servings	48 servings
Margarine, soft, trans fat free	1/2 Tbsp	1 Tbsp	2 Tbsp	4 Tbsp
Onions, minced	2 Tbsp	1/4 cup	1/2 cup	1 cup
Water	3 cups	6 cups	12 cups	24 cups
Dry split green peas	1 cup	2 cups	4 cups	8 cups
Fresh celery, diced	1/2 cup + 2 Tbsp	1-1/4 cups	2-1/2 cups	5 cups
Fresh carrots, diced	1/2 cup + 2 Tbsp	1-1/4 cups	2-1/2 cups	5 cups
Bay leaves	1/2	1	2	4
Pepper, black	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Ground marjoram	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Ground thyme	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Milk, 1% (low-fat), hot	1 cup	2 cup	4 cups	8 cups
Wheat bread, toasted	3 slices	6 slices	12 slices	24 slices

Nutrition Facts

Serving size: 1 cup (225g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 103	Cal. from Fat 18	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 1g		**4%**
Cholesterol 2mg		**0%**
Sodium 121mg		**4%**
Total Carbohydrate 17g		**6%**
Dietary Fiber 3g		**10%**
Sugars 3g		
Protein 5g		
Vitamin A 35%	Vitamin C 2%	
Calcium 8%	Iron 4%	

Recipe adapted from *USDA Recipes for Child Care.* USDA Team Nutrition. United States Department of Agriculture: Food and Nutrition Services; 2009.

Directions:

1. In stock pot, sauté onions in margarine until soft and slightly browned (2 to 3 minutes).
2. Add water to onions and bring to a boil.
3. Add peas, celery, carrots, bay leaves and pepper. Bring to a boil.
4. Reduce heat. Simmer, uncovered, until peas are soft. (About 50 minutes.)
5. Add marjoram, thyme and hot milk. Stir to blend.
6. Serve 1 cup. Place 1/2 slice of toasted bread on top.

Food For Thought The split peas in this soup count as a meat/meat alternate. Change it up by substituting black, kidney or white beans.

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread ■
- Fruit/Vegetable ■ □
- Meat/Meat Alternate ■
- Milk □

Sunshine Smoothie

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Pineapple, canned in juice	1-1/2 cups	3 cups	6 cups	12 cups
Carrots, chopped	1/2 cup	1 cup	2 cups	4 cups
Banana	1	2	4	8
Crushed ice	1 cup	2 cups	4 cups	8 cups
Yogurt (optional)	1-1/2 cups	3 cups	6 cups	12 cups

Nutrition Facts

Serving size: 1/2 cup (91g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 53	Cal. from Fat 1	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Cholesterol 0mg		**0%**
Sodium 7mg		**0%**
Total Carbohydrate 14g		**4%**
Dietary Fiber 1g		**4%**
Sugars 11g		
Protein 1g		
Vitamin A 25%	Vitamin C 10%	
Calcium 0%	Iron 2%	

Recipe adapted from *Physical Activities and Healthy Snacks for Young Children.* Team Nutrition Iowa. https://healthymeals.fns.usda.gov/hsmrs/iowa/physicalactivitiesandhealthysnacksforyoungchildren.pdf. Accessed May 26, 2010.

Directions:

1. Cut carrots.
2. Place carrots in blender and chop for a few seconds. Add some pineapples with juice and blend a few more seconds until carrots are smooth.
3. Add remainder of pineapple juice, banana and crushed ice, and blend until smooth.

Food For Thought Try this smoothie using any fruit in season! Get the kids involved by letting them choose the fruit they want to include.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread □
- Fruit/Vegetable ■
- Meat/Meat Alternate ■ (if using yogurt)
- Milk □

SUMMER WEEKS 3&4

Pita Pockets

Ingredient	6 Servings	12 Servings	24 Servings	48 Servings
Tomato paste	1/4 cup	1/2 cup	1 cup	2 cups
Water	1/4 cup	1/2 cup	1 cup	2 cups
Sugar	1/2 tsp	3/4 tsp	1-1/2 tsp	3 tsp
Dry basil leaves	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Dry oregano leaves	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Granulated garlic	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Beef or vegetable stock	1/4 cup	1/2 cup	1 cup	2 cups
Pitas, whole wheat	6	12	24	48
Ricotta cheese	2 Tbsp	1/4 cup	1/2 cup	1 cup
Peppers, bell, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Onions, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Zucchini, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Tomato, finely chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Turkey, ground	3/4 lb	1-1/2 lb	3 lbs	6 lbs
Mozzarella cheese	1/4 cup	1/2 cup	1 cup	2 cups

Nutrition Facts

Serving size: 1 pita; 1/2 c. filling (158g)
Servings Per Recipe: 24

Amount Per Serving		
Calories 175	Cal. from Fat 45	
		% Daily Value*
Total Fat 5 g		**8%**
Saturated Fat 2 g		**8%**
Cholesterol 38 mg		**15%**
Sodium 267 mg		**10%**
Total Carbohydrate 21 g		**8%**
Dietary Fiber 4 g		**15%**
Sugars 3 g		
Protein 13 g		
Vitamin A 8%	Vitamin C 30%	
Calcium 4%	Iron 10%	

Recipe adapted from *USDA Recipes for Child Care.* USDA Team Nutrition. United States Department of Agriculture: Food and Nutrition Services; 2009.

Directions:

1. Preheat the oven to 400°F.
2. Coat saucepan with oil. Brown turkey.
3. In pot, combine tomato paste, water, sugar, basil, oregano, garlic and stock. Simmer uncovered for 30 minutes. Add tomatoes, ricotta cheese, onions, peppers, zucchini and turkey.
4. Cut each pita leaving bottom connected to form a pocket.
5. Fill each pita with 1/2 cup mixture.
6. Place filled pitas on paper-lined half sheet pan. Lightly sprinkle with mozzarella cheese. Cover with foil and seal.
7. Bake at 400°F for 10 minutes.

Food For Thought

You can make this pita with ready-made tomato sauce and make it on tortillas to resemble a pizza.

CACFP Crediting

For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

Grain/Bread	■
Fruit/Vegetable	■ □
Meat/Meat Alternate	■
Milk	□

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