

# Healthier Meals for Healthier Kids

Week 1 Menu for (enter date) \_\_\_\_\_

Breakfast

Milk  
Peach Slices  
Whole Grain Cereal:

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Milk  
Banana Slices  
Whole Wheat English Muffin

Milk  
Apple Slices  
Oatmeal



Milk  
Whole Grain Waffle with Blueberry Sauce\*  
Banana

Milk  
Grapefruit  
Aspen Power Bars\* (made with oats, sunflower seeds, dried fruit)

Lunch

Milk  
Carrots  
Cucumber Slices  
Sloppy Joe\* with Whole Grain Bun

Milk  
Roasted Sweet Potatoes\*  
Turkey Roll Up\* (with carrots, spinach & bell pepper)

Milk  
Kiwi Slices  
Steamed Broccoli  
Chicken Salad\* on Whole Grain Bread

Milk  
Pineapple Chunks  
Homemade Salsa\*  
Whole Wheat Cheese Quesadilla\*

Milk  
Orange Smiles  
Whole Grain Rainbow Bake\*

PM Snack

Honeydew Melon Cubes  
Fiesta Zucchini Bread\*

Mixed Berry Yogurt Parfait\*



Orange Smiles  
Toasted Mini Bagels  
Sun Butter

Apple Slices  
Honey Yogurt Dip\*



Carrot & Celery Sticks  
Black Bean Salsa Dip\*

Milk Served: 1% or fat-free milk for children  $\geq 2$  years old; whole milk for children 12-23 months old.

Our center participates in a USDA-funded Program and is an equal opportunity provider and employer.

\* recipe in toolkit

# Shopping List–Week 1

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## Milk

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

## Fruits and Vegetables

- Apples
- Bananas
- Bell Pepper, red
- Blueberries, frozen
- Broccoli florets, fresh or frozen
- Carrots, whole
- Celery
- Cilantro, fresh
- Cucumber
- Garlic, fresh
- Grapefruit
- Green chilies, canned
- Kiwi
- Melon, Honeydew
- Mixed vegetables, canned or frozen
- Onion-yellow and green
- Oranges
- Pineapple chunks, fresh or canned
- Raisins
- Spinach
- Strawberries, fresh or frozen
- Sweet potatoes, fresh
- Tomatoes, whole, canned
- Zucchini, fresh

## Meats and Meat Alternates

- Black Beans, canned low sodium or dry
- Cheese, Cheddar, 2%
- Eggs
- Ground turkey
- Kidney beans, canned or dry
- Pre-cooked chicken fajita meat
- Sun butter
- Turkey, deli sliced, low sodium
- Plain Yogurt, low-fat

## Grains & Breads

- Oats, old fashioned
- Whole Grain Cereal
- Whole Wheat English muffin
- Whole Wheat frozen waffles
- Whole Wheat hamburger bun
- Whole Wheat mini-bagel
- Whole Wheat bread
- Whole Wheat elbow pasta
- Whole wheat tortillas, 8"

## Other

- Baking powder
- Baking soda
- Black pepper
- Brown Sugar
- Chili powder
- Cinnamon, ground
- Coconut flakes, unsweetened
- Cornmeal, whole grain
- Dry mustard powder
- Dry powdered milk
- Flour, enriched, all-purpose
- Flour, whole wheat
- Honey
- Hummus
- Ketchup
- Lemon Juice
- Lime Juice
- Non-Stick Cooking Spray
- Oil, olive
- Oil, vegetable
- Orange juice, frozen concentrate
- Pickle relish, dill
- Raspberry jam
- Salsa, low sodium
- Salt
- Sugar
- Sunflower seeds, raw
- Vanilla extract
- Vinegar, cider



# SLOPPY JOE WITH GROUND TURKEY

Serving Size: 1 sandwich

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Olive oil	1/8 cup	1/4 cup
Ground turkey	3 1/2 lb	7 lb
Finely chopped onions	4 oz	8 oz
Minced garlic	1/8 cup	1/4 cup
Ketchup, # 10 can	1/4 can	1/2 can
Water	1 cup	2 cups
Apple cider vinegar	3/8 cup	3/4 cup
Dry mustard powder	1/8 cup	1/4 cup
Chili powder	1/8 cup	1/4 cup
Salt, Kosher	1/2 Tbsp	1 Tbsp
Pepper	1/2 tsp	1 tsp
Hamburger buns, whole grain, 1 oz	25	50

## Directions

1. Defrost ground turkey properly under refrigeration for 2 to 3 days prior to cooking.
2. Heat oil over medium heat in a large stockpot (use multiple pots for larger yields).
3. Add the ground turkey and brown the meat.
4. Add the onions and garlic. Continue cooking for 5 minutes.
5. Add the ketchup, water, apple cider vinegar, dry mustard powder, chili powder, salt, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. Cook to at least 165 °F for 15 seconds.
6. Portion with a #8 scoop (1/2 cup) on the bottom half of each roll. Cover with the top half of the roll and serve immediately.

### CACFP Crediting

Each serving meets the meat/meat alternate requirement and two servings of the bread/bread alternate requirement at lunch/supper for 3-5 year old children.

# FIESTA ZUCCHINI BREAD

Serving Size: 1 square

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Cornmeal, whole grain	4 ½ oz	9 oz
Flour, whole wheat	2 ½ oz	5 oz
Flour, enriched all purpose	2 oz	4 oz
Sugar	3 oz	6 oz
Baking soda	1 tsp + 1/8 tsp	2 tsp + ¼ tsp
Baking powder	¾ tsp	1 tsp + ½ tsp
Salt	3/8 tsp	½ tsp + ¼ tsp
Buttermilk*	¾ cup	1½ cup
Vegetable oil	¾ cup	1 ½ cup
Eggs, liquid or whole	3/8 cup or 1 ½ eggs	¾ cup or 3 eggs
Grated low fat cheddar cheese	4 oz	8 oz
Grated zucchini	3 oz	6 oz
Green chilies, canned diced, drained	1 oz	2 oz

## Directions

1. Preheat oven to 375 °F (350 °F if using convection oven).
2. Spray or grease a 13x 9 inch pan (for 25 serving recipe), or 1 full size 2-inch hotel pan (for 50 servings).
3. In a large mixing bowl, whisk together cornmeal, whole wheat flour, enriched all purpose flour, sugar, baking soda, baking powder, and salt. Set aside.
4. In a medium bowl, whisk together buttermilk, vegetable oil, and eggs.
5. Make a well in the middle of the dry ingredients and pour in the wet ingredients. Using a rubber spatula, stir gently to combine ingredients. (You can also use a hand or countertop mixer.) Do NOT over mix.
6. Gently fold in the grated cheese, grated zucchini, and diced green chilies.
7. Pour the batter into greased pan. As noted in step 2 above, the size of the pan depends on the recipe yield. Spread the batter evenly in the pans to ensure consistent baking.

### CACFP Crediting

Each serving meets the bread/bread alternate requirement at all meals or snack for 3-5 year old children.

# ROASTED SWEET POTATOES

Serving Size: 1/4 cup

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Chunky orange sweet potato or yam strips (washed, do not peel)	4 lb	7 lb
Olive oil	1/8 cup	¼ cup
Salt, Kosher	1 tsp	2 tsp
Pepper	1/2 tsp	1 tsp

## Directions

1. Preheat oven to 425 °F (375 °F if using convection oven).
2. In a large mixing bowl, toss the wedged sweet potatoes with olive oil, salt, and pepper. Mix ingredients thoroughly.
3. Spray sheet pans with pan release to make clean up easy. Spread sweet potatoes on half sheet pans. Do not crowd the pans.
4. Roast at 425 °F (375 °F for convection oven). After 25 minutes, gently use a metal spatula to loosen sweet potatoes. Continue roasting until tender and lightly caramelized, about 40 minutes total.
5. Serve immediately.

### CACFP Crediting

Each serving meets ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Two servings meet the fruit/vegetable requirement at snack for 3-5 year old children.

# TURKEY ROLL UP

Serving Size: 1/2 Wrap

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Hummus	1 3/4 cups	3 1/8 cups
Whole Wheat Flour 8" tortillas	13 each	25 each
Deli Turkey Meat, low sodium	2 lb, 6 ounces	4 lb 11 ounces
Carrots, shredded	6 1/4 cups	12 1/2 cups
Spinach	6 1/4 cups	12 1/2 cups
Red Bell Pepper, medium, cut into 10 strips each	5 each	10 each

## Directions

1. Spread each tortilla with 1 tablespoon hummus.
2. Place 1 1/2 oz turkey, 1/4 cup shredded carrots, 1/4 cup spinach, and 2 bell pepper strips in the bottom half of the wrap.
3. Roll up the tortilla and cut in half.

**Exploring Food Together**—The use of hummus in this recipe has a dual purpose. It acts like a “glue” to keep the roll-up together and adds wonderful flavor. Hummus is made from garbanzo beans (chick peas), tahini (sesame seed paste), lemon juice and olive oil. Included in the recipe cards is delicious homemade hummus recipe that you can easily prepare.

### CACFP Crediting

Each serving meets the bread/bread alternate, meat/meat alternate and ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Another ¼ cup of a different fruit/vegetable will need to be provided at lunch/supper.

# MIXED BERRY YOGURT PARFAIT

Serving Size: 3/4 cup

Week #1

Ingredients	25 Portions	50 Portions
Blueberry sauce (see HMI recipe)	1 1/2 qt + 1/4 cup	3 qt + 1/2 cup
Low fat yogurt, plain	1 1/2 qt + 1/4 cup	3 qt + 1/2 cup
Halved strawberries (de-stemmed)	2 1/2 lb	5 lb
Granola (optional)	1/2 lb + 3 oz	1 lb + 6 oz

## Directions

1. Prepare the blueberry sauce in advance according to the HMI recipe and cool properly.
2. To assemble family style parfaits in a serving bowl, add a layer of yogurt to the bottom of the bowl, then add a layer of strawberries, and then top the parfait with a layer of blueberry sauce.
3. Optional: sprinkle granola on top as a garnish.
4. Serve immediately or refrigerate until service.

### CACFP Crediting

Each serving meets the meat/meat alternate requirement and the fruit/vegetable requirement at snack for 3-5 year old children.

# BLUEBERRY SAUCE

Serving Size: 1/4 Cup

Week #1

Ingredients	25 Portions	50 Portions
	Yield: 1 1/2 qt + 1/4 cup total	Yield: 3 qt + 1/2 cup total
Frozen blueberries	3 1/2 lb	7 lb
Frozen orange juice concentrate	1 cup	1 pt

## Directions

1. Place frozen berries and orange juice concentrate into a large stockpot.
2. Over low heat, bring mixture to a simmer, stirring occasionally. Simmer for 35-40 minutes, reducing the liquid to thicken.
3. Using an immersion (stick) blender, blend to the desired consistency. If no immersion blender you can use a food processor or a regular blender and blend in small batches but be careful as the berry mixture is hot.
4. Portion with a 2 oz ladle for a 1/4 cup serving.
5. Serve immediately.

### CACFP Crediting

Each serving meets 1/4 cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Two servings meet the fruit/vegetable requirement at breakfast or snack for 3-5 year old children.



# STEAMED BROCCOLI

Serving Size: 1/4 Cup

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Broccoli florets	3 lb	6 lb

## Directions

1. Fill a full size 6-inch hotel pan with an inch of water and place it on the stovetop over 2 burners. Insert a full size 4-inch perforated pan, and cover with a lid to create a steamer.
2. Over medium heat, heat pans until steam is visible.
3. Avoiding a steam burn, carefully open the lid and add broccoli. Steam, covered, until crisp-tender, 4-6 minutes.
4. Drain and serve immediately, or briefly submerge cooked broccoli in an ice bath to chill quickly for cold service.

### CACFP Crediting

Each serving meets ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Two servings meet the fruit/vegetable requirement at snack for 3-5 year old children.

# CHICKEN SALAD

Serving Size: 3 oz

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Pre-cooked chicken fajita meat, defrosted, diced	2 1/2 lb	5 lb
Finely diced celery	1/2 lb	1 lb
Diced green onions	2 oz	4 oz
Dill pickle relish	4 oz	8 oz
Low fat mayonnaise	1 cup	2 cup
Dry mustard powder	1/2 Tbsp	1 Tbsp
Salt, Kosher	1/2 Tbsp	1 Tbsp
Pepper	1 tsp	2 tsp

## Directions

1. In a large bowl or hotel pan, combine pre-cooked chicken, diced celery, diced green onions, and pickle relish. Stir to mix.
2. In a medium bowl, whisk together mayonnaise, dry mustard powder, salt, and pepper.
3. Pour mayonnaise dressing over the chicken mixture, and stir until combined.
4. Serve immediately, or hold under refrigeration until service.

### CACFP Crediting

Each serving meets the meat/meat alternate requirement at lunch/supper for 3-5 year old children.

# TOMATO SALSA

Serving Size: 1/4 cup

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Canned tomatoes, whole, with juice, #10 can	1/2 can	1 can
Lemon Juice	1/4 cup	1/2 cup
Salt, Kosher	1/2 Tbsp	1 Tbsp
Minced garlic	1/4 cup	1/2 cup
Diced onions, red or yellow	1/2 cup	1 cup
Chopped fresh cilantro	1/2 cup	1 cup
Minced jalapeno pepper, without seeds	1/8 cup	1/4 cup

## Directions

1. Open cans, but do not drain tomatoes.
2. Combine tomatoes (with juice), lemon juice, salt, and garlic.
3. Using an immersion blender or food processor, puree the mixture.
4. Mix in onion, cilantro, and jalapeno.
5. Serve immediately, or refrigerate until service.

### CACFP Crediting

Each serving meets ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Two servings meet the fruit/vegetable requirement at snack for 3-5 year old children. year old children.

# WHOLE WHEAT CHEESE QUESADILLA

Serving Size: 1/2 Quesadilla

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Whole Wheat Flour Tortillas, 8"	13 each	25 each
Cheddar Cheese	2 lb, 6 ounces	4 lb, 12 ounces
Shredded Carrots	6 1/4 cups	12 1/2 cups
Fresh spinach, chopped	6 1/4 cups	12 1/4 cups

## Directions

1. Preheat oven to 350 ° F.
2. Place tortillas on baking sheet and sprinkle 3 oz of cheese, 1/4 cup shredded carrots and 1/4 cup chopped spinach on the bottom half of the tortilla.
3. Fold the tortilla in half.
4. Bake tortillas for about 10 to 15 minutes or until the cheese is melted.

**Simple Variations**-You can also use an electric skillet to make the tortillas. Flip the tortilla to make sure that each side is golden brown and the cheese is completely melted.

### CACFP Crediting

Each serving meets the bread/bread alternate, meat/meat alternate and ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Another ¼ cup of a different fruit/vegetable will need to be provided at lunch/supper.

# HONEY YOGURT DIP

Serving Size: 1/4 cup dip

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Low fat yogurt, plain	1 qt + 2 1/4 cup	3 qt + 1/2 cup
Honey	3/4 cup	1 1/2 cup
Cinnamon	1 Tbsp	2 Tbsp

## Directions

1. Whisk together yogurt, honey, and cinnamon until smooth. Use an immersion blender if making large batches.
2. Serve immediately with the correct amount of the cut up fruit of your choice, or hold under refrigeration until service.

**Exploring Food Together**—Until children are at least one year old, honey should be avoided. Honey can harbor spores of a toxic bacterium called *Clostridium botulinum*. These spores are harmless to adults and older children, but for babies younger than 12 months, they can cause botulism, a severe food-borne illness.

**Simple Variation**—Omit the honey in the recipe for children 12 months and younger.

## CACFP Crediting

Each serving meets the meat/meat alternate requirement at snack for 3-5 year old children.

# ASPEN POWER BARS

Serving Size: 1 square

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Old fashioned oats	1/2 lb	1 lb
Sunflower seeds	4 oz	8 oz
Brown sugar	3 oz	6 oz
Dried cranberries*	2 oz	4 oz
Raisins	2 oz	4 oz
Coconut flakes, unsweetened	2 oz	4 oz
Powdered milk	1 oz	2 oz
Salt	3/8 tsp	1/2 tsp + 1/4 tsp
Sunflower seed butter or other nut butter	5 oz	10 oz
Raspberry jam	2 oz	4 oz
Vegetable oil	3/8 cup	3/4 cup
Honey	1/2 cup + 1/2 Tbsp	1/2 cup + 1 Tbsp
Vanilla extract	1 tsp + 1/8 tsp	2 tsp + 1/4 tsp

## Directions

1. Preheat oven to 375 °F (350 °F if using convection oven).
2. Spray or grease a 13x 9 inch pan (for 25 serving recipe), or 1 full size 2-Inch hotel pan (for 50 serving recipe).
3. In a large mixing bowl, combine oats, sunflower seeds, brown sugar, dried cranberries, raisins, coconut flakes, powdered milk, and salt. Stir to mix and set aside.
4. In a saucepan, melt sunflower seed butter, jam, oil, honey and vanilla, stirring occasionally. Do NOT burn.
5. Make a well in the middle of the dry ingredients and pour in the melted wet ingredients. Using gloved hands, mix ingredients well. (You can also use a hand or countertop mixer.)
6. Press the dough firmly into the greased pan using a rolling pin to compress. As noted in step 2 above, the size of the pan depends on the recipe yield.
7. Bake for 12-15 minutes. The top should be evenly browned.
8. Cool for 15 minutes. While still warm, cut into squares. Cool completely before serving.

**\*Simple Variation-** You can substitute additional raisins for dried cranberries if desired

CACFP Crediting

Each serving meets the bread/bread alternate requirement at breakfast or snack for 3-5 year old children.

# WHOLE GRAIN RAINBOW BAKE

Serving Size: 3/4 Cup

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Frozen Mixed Vegetables	6 1/4 lb	12 1/2 lb
Cheddar Cheese, shredded	2 1/4 cups	4 1/2 cups
Elbow macaroni, whole grain, dry	5 1/4 cups	10 1/2 cups
Onion, chopped	2 1/4 cups	4 1/2 cups
Kidney beans, rinsed and drained	5 1/4 cups	10 1/2 cups
Black Pepper	To taste	To taste

## Directions

1. Cook pasta according to directions. Once cooked, drain and set aside.
2. Preheat oven to 350° F.
3. In a large mixing bowl, combine mixed vegetables, shredded cheese, cooked pasta, onion, beans, and black pepper.
4. Divide mixture between 9"x 13" casserole dishes.
5. Bake for 30 to 35 minutes.

### CACFP Crediting

Each serving meets the bread/bread alternate, meat/meat alternate and ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Another 1/4 cup of a different fruit/vegetable will need to be provided at lunch/supper.

# BLACK BEAN SALSA DIP

Serving Size: 1/4 Cup

Week #1

Ingredients	Yield 25 Portions	Yield 50 Portions
Black Beans, canned, low sodium, rinsed and drained	4 1/4 cups	8 1/2 cups
Salsa, mild, low sodium	2 cups	4 cups
Lime Juice	1/2 cup	1 cup

## Directions

1. Combine black beans, salsa, and lime juice in a food processor or blender. Process until smooth. Season with salt and pepper.

**Exploring Food Together**-Beans are more than just a meat alternate. They are high in fiber, which keeps you full longer, and are loaded with protein. Beans are also versatile and can add flavor to any recipe. If no salt canned beans are difficult to come by remember to drain and rinse the canned beans, by doing so you can reduce the salt (sodium) content by about 40%!

### CACFP Crediting

Each serving meets the meat/meat alternate requirement at snack for 3-5 year old children.



# Healthier Meals for Healthier Kids

Week 2 Menu for (enter date) \_\_\_\_\_

Breakfast

Milk  
Warm Apples with Cinnamon  
Oatmeal



Milk  
Apple Slices  
Blueberry Bread\*

Milk  
Yogurt Parfait\*  
Whole Grain Cereal:

Milk  
Superstar Breakfast\*  
(made w/couscous & apples)  
Banana

Milk  
Melon  
Whole Grain Cereal:  

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Hard Cooked Egg

Lunch

Milk  
Pineapple Chunks  
Sweet Cabbage Salad\*  
Whole Wheat English Muffin  
Pizza\*

Milk  
Orange Smiles  
Roasted Cauliflower\*  
Cornbread\*  
Chili\*

Milk  
Kiwi Slices  
Colorful Salad\*  
Whole Wheat Spaghetti  
Turkey Mighty Meatballs \*

Milk  
Homemade Applesauce\*  
Roasted Carrots  
Mexican Haystacks\*  
(beans, brown rice, cheese)

Milk  
Apricot Halves  
Green Beans  
Quinoa Pilaf\*  
Spice Rubbed Chicken\*

PM Snack

Snap Peas & Carrot Sticks with Asian Dressing  
Whole Wheat Pita Bread Slices

Pineapple Chunks  
Cottage Cheese



Banana  
Rice Cakes  
Sun Butter

Orange Smiles  
String Cheese



Celery Sticks  
Whole Grain Pitas  
Homemade Hummus\*

Milk Served: 1% or fat-free milk for children  $\geq 2$  years old; whole milk for children 12-23 months old.

Our center participates in a USDA-funded Program and is an equal opportunity provider and employer.

\* recipe in toolkit

# Shopping List–Week 2

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## Milk

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

## Fruits and Vegetables

- Apples, fresh
- Apple juice
- Apricots, fresh, frozen, or canned
- Bananas, fresh
- Bell Peppers , Green and Red
- Blueberries, fresh or frozen
- Cabbage, shredded
- Carrots
- Cauliflower
- Celery
- Cilantro
- Corn, frozen
- Cucumbers
- Garlic, fresh
- Green Beans, fresh or frozen
- Kiwis
- Leaf Lettuce
- Onions
- Oranges
- Peas, snap
- Pineapple chunks, fresh, frozen, or canned
- Romaine Lettuce
- Shallots
- Strawberries, fresh
- Tomato Paste, canned

- Tomato Sauce, canned
- Tomatoes, fresh
- Tomatoes, canned, diced

## Meats and Meat Alternates

- Cheddar Cheese, shredded
- Cheese, string
- Chicken Breast, raw
- Eggs
- Canned beans: Garbanzo, kidney and pinto
- Ground Turkey
- Mozzarella Cheese, shredded
- Sun butter
- Yogurt, low-fat, plain

## Grains & Breads

- Couscous (whole wheat if available)
- Brown Rice
- Oatmeal
- Oats, old-fashioned, rolled
- Quinoa
- Rice Cakes
- Whole Grain Cereal
- Whole Wheat English Muffins
- Whole Wheat Pita
- Whole Wheat Spaghetti

## Other

- Baking Powder & Baking Soda
- Basil, dried
- Bay Leaf, dried
- Beef and Chicken Stock, low-sodium
- Black Olives, canned, sliced
- Black Pepper
- Chili powder
- Cinnamon, ground
- Cumin
- Flour, enriched all-purpose
- Flour, Whole Wheat
- Garlic Powder
- Honey
- Instant Nonfat Dry Milk
- Lemon Juice
- Mustard
- Non-Stick Cooking Spray
- Oil: olive, vegetable and sesame
- Orange juice, frozen concentrate
- Oregano, dried
- Paprika
- Parsley, dried
- Red Enchilada Sauce
- Salt
- Soy sauce
- Sugar
- Tahini
- Thyme, fresh
- Vinegar: cider, rice and white



# WARM APPLES WITH CINNAMON

Serving Size: 1/2 cup or 4 slices of medium sized apple

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Sliced apples	12.5 medium sized apples	25 medium sized apples
Cinnamon	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp

## Directions

1. Preheat oven to 325 °F.
2. Put sliced apples into a baking pan
3. Sprinkle with cinnamon.
4. Bake at 325 °F for 15 minutes.

### CACFP Crediting

Each serving meets the fruit/vegetable requirement at breakfast or snack for 3-5 year old children.

# SWEET CABBAGE SALAD

Serving Size: 1/4 Cup

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Cabbage, chopped, shredded	1 small head (2 lb)	2 small heads (4 lb)
Cider Vinegar	1/2 cup	1 cup
Olive Oil	1/4 cup	1/2 cup
Carrots, shredded	4 cups	8 cups
Apples, cut into thin slices	2 cups	4 cups

## Directions

1. Wash and dry cabbage and chop or use pre-shredded, prewashed cabbage.
2. Whisk vinegar and oil in a serving bowl to blend.
3. Add carrots and cabbage. Toss. Cover and refrigerate for at least two hours.
4. Add apples and toss.

### CACFP Crediting

Each serving meets 1/4 cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Two servings meet the fruit/vegetable requirement at snack for 3-5 year old children.

# WHOLE WHEAT ENGLISH MUFFIN PIZZA

Serving Size: 1/2 muffin pizza

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Whole Wheat English Muffins	12 1/2 each	25 each
Tomato (Pizza) Sauce	6 1/4 cups	12 1/2 cups
Mozzarella Cheese, Part Skim, shredded	2 lb, 6 oz	4 lb, 11 oz
Non-Stick Cooking Spray	As needed	As needed

## Directions

1. Preheat oven to 350 °F.
2. Split each English muffin in half.
3. Spread 1/4 cup tomato sauce on each muffin half.
4. Top with 1 1/2 ounces of shredded cheese on each muffin half.
5. Coat baking sheets with non-stick cooking spray and place pizzas on baking sheet.
6. Bake pizzas at 350 °F for 5 to 10 minutes or until cheese is melted.

**Simple Variations**-You can choose to add other toppings such as vegetables (spinach, bell pepper, mushrooms, etc.) or unprocessed meats (e.g. shredded cooked chicken/turkey, cooked ground beef/pork, etc.) to the individual pizzas.

## CACFP Crediting

Each serving meets the meat/meat alternate and bread/bread alternate at lunch/supper for 3-5 year old children.

# ASIAN VINAIGRETTE SALAD

Serving Size: 2 Tbsp

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Vegetable oil	1 1/2 cups	3 cups
Rice vinegar	3/4 cup	1 1/2 cups
Soy sauce	1/2 cup	1 cup
Toasted sesame oil	1/4 cup	1/2 cup
Mustard	1/2 Tbsp	1 Tbsp
Honey	1/2 Tbsp	1 Tbsp

## Directions

1. Combine all ingredients in a large food storage bucket or other large container (1 gallon bucket for every 50 servings).
2. Using an immersion blender, mix until smooth.
3. Serve immediately, or refrigerate until service.

**Exploring Food Together-** Making homemade salad dressing takes minutes and only few simple ingredients. By making your own homemade dressings the amount of salt and sugar are far less than pre-made commercial dressings.

CACFP Crediting

\*This recipe does not contribute towards the CACFP meal pattern .

# BLUEBERRY BREAD

Serving Size: 1 square

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Flour, whole wheat	5 oz	10 oz
Flour, enriched all purpose	4 oz	8 oz
Sugar	4 1/2 oz	9 oz
Baking soda	1 tsp + 1/8 tsp	2 tsp + 1/4 tsp
Baking powder	3/4 tsp	1 tsp + 1/4 tsp
Salt	1/4 tsp	1/2 tsp + 1/4 tsp
Buttermilk*	3/4 cup	1 1/2 cups
Vegetable oil	1 cup + 1 Tbsp	1 cup + 2 Tbsp
Eggs, liquid or whole eggs	3/8 cup or 1 1/2 eggs	3/4 cup or 3 eggs
Blueberries, fresh or frozen	1/2 lb	1 lb

## Directions

1. Preheat oven to 375 °F (350 °F if using convection oven).
2. Spray or grease a 13x 9 inch pan (for 25 serving recipe), or 1 full size 2-Inch hotel pan (for 50 serving recipe).
3. In a large mixing bowl, whisk together whole wheat flour, enriched all purpose flour, sugar, baking soda, baking powder, and salt. Set aside.
4. In a medium mixing bowl, whisk together buttermilk, vegetable oil, and eggs.
5. Make a well in the middle of the dry ingredients and pour in the wet ingredients. Using a rubber spatula, stir gently to combine ingredients. (You can also use a hand or countertop mixer.) Do NOT over mix.
6. Gently fold in blueberries
7. Pour the batter into greased pan. As noted in step 2 above, the size of the pan depends on the recipe yield. Spread the batter evenly in the pans so to ensure consistent baking.
8. Bake for 25-30 minutes. Check for doneness by inserting a pairing knife or toothpick into the center of the bread. It should come out clean.
9. Allow bread to cool completely before cutting each pan into 25 square servings (using a 5 x 5 grid) or 50 square servings (using a 10 x 5 grid).

**Simple Variation-**Substitution tip, if you cannot get buttermilk you can make your own. Add 1 T of lemon juice or white vinegar for each cup of milk, and let sit for 5 minutes.

### CACFP Crediting

Each serving meets the bread/bread alternate requirement at all meals or snack for 3-5 year old children.

# CHILI

Serving Size: 3/4 Cup

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Chili Seasoning Spice Rub (see HMI recipe)	1/2 cup	1 cup
Kidney beans, #10 can, un-drained	1 can	2 cans
Pinto beans, #10 can, un-drained	1/2 can	1 can
Vegetable oil	1/8 cup	1/4 cup
Diced onions	1 lb + 4 oz	1 lb + 8 oz
Diced green bell peppers	1/2 lb + 4 oz	1 lb + 8 oz
Minced garlic	1/8 cup	1/2 cup
Canned tomatoes, diced with juice	2 cups	1 qt
Chopped fresh cilantro	1/8 cup	1/4 cup

## Directions

1. Prepare the Chili seasoning spice rub according to the HMI recipe.
2. Open cans set aside. Do NOT drain the beans.
3. Heat oil in a large stockpot over medium heat.
4. Add the onions and sauté until translucent, about 5 minutes.
5. Add the peppers and continue cooking until the peppers begin to soften, about 2 minutes.
6. Add garlic and chili seasoning to the onions and peppers and stir. Cook for 1 minute being careful not to let the garlic burn.
7. Add tomatoes and beans with the bean liquid.
8. Bring the mixture to a simmer, cooking for a minimum of 30 minutes to blend the flavors. The chili should reach an internal temperature of 165 °F for 15 seconds.
9. Taste for seasoning. Adjust with salt and pepper if necessary.
10. Stir in cilantro.
11. Serve immediately or hot hold, above 135 °F, for use in another recipe.

### CACFP Crediting

Each serving meets the meat/meat alternate requirement at lunch/supper for 3-5 year old children.



# CORNBREAD

Serving Size: 1 square

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Cornmeal, whole grain	4 1/2 oz	9 oz
Flour, whole wheat	2 1/2 oz	5 oz
Flour, enriched all purpose	2 oz	4 oz
Sugar	3 oz	6 oz
Baking soda	1 tsp + 1/8 tsp	2 tsp + 1/4 tsp
Baking powder	3/4 tsp	1 tsp + 1/2 tsp
Salt	1/4 tsp	1/2 tsp + 1/4 tsp
Buttermilk*	3/4 cup	1 1/2 cups
Vegetable oil	3/4 cup	1 1/2 cups
Eggs, liquid or whole eggs	3/8 cup or 1 1/2 eggs	3/4 cup or 3 eggs
Corn, frozen	1/2 lb	1 lb

## Directions

1. Preheat oven to 375°F (350°F if using convection oven).
2. Spray or grease a 13x 9 inch pan (for 25 serving recipe), or 1 full size 2-Inch hotel pan (for 50 serving recipe).
3. In a large mixing bowl, whisk together cornmeal, whole wheat flour, enriched all purpose flour, sugar, baking soda, baking powder, and salt. Set aside.
4. In a medium bowl, whisk together buttermilk, vegetable oil, and eggs.
5. Make a well in the middle of the dry ingredients and pour in the wet ingredients. Using a rubber spatula, stir gently to combine ingredients. (You can also use a hand or countertop mixer.) Do NOT over mix.
6. Gently fold in corn.
7. Pour the batter into greased pan. As noted in step 2 above, the size of the pan depends on the recipe yield.
8. Spread the batter evenly in the pans to ensure consistent baking.
9. Bake for 25-30 minutes. Check for doneness by inserting a paring knife or toothpick into the center of the bread. It should come out clean.
10. Allow bread to cool completely before cutting each pan into 25 square servings (using a 5x 5 grid) or 50 square servings (using a 10 x 5 grid).

**Simple Variation-**Substitution tip, if you cannot get buttermilk you can make your own. Add 1 Tbsp of lemon juice or white vinegar for each cup of milk, and let sit for 5 minutes.

CACFP Crediting: Each serving meets the bread/ bread alternate requirement at all meals or snack for 3-5 year old children .

# ROASTED CAULIFLOWER

Serving Size: 1/4 cup

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Cauliflower florets	2 1/2 lb	5 lb
Olive oil	1 Tbsp	2 Tbsp
Water	1/4 cup	1/2 cup
Salt, Kosher	1 tsp	2 tsp
Pepper	1/2 tsp	1 tsp

## Directions

1. Preheat oven to 425° F (375° F if using convection oven).
2. In a large mixing bowl, toss cauliflower with olive oil, water, salt, and pepper. Mix ingredients thoroughly.
3. Spray sheet pans with pan release to make clean up easy. Spread florets on half sheet pans. Do not crowd the pans.
4. Roast at 425° F (375° F for convection oven). After 20 minutes, gently use a metal spatula to loosen florets. Continue roasting until tender and lightly caramelized, about 30 minutes total.
5. Serve immediately.

### CACFP Crediting

Each serving meets 1/4 cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Two servings meet the fruit/vegetable requirement at snack for 3-5 year old children.

# COLORFUL SALAD

Serving Size: 1/4 Cup

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Diced tomatoes, seeded	2 cups	4 cups
Cucumber, peeled and diced	2 cups	4 cups
Red Bell Pepper, chopped	1/2 cup	1 cup
Black Olives, canned and sliced	1/4 cup	1/4 cup
Romaine lettuce	2 1/4 cups	4 1/2 cups
<b>Dressing:</b>		
Olive oil	1/8 cup	1/4 cup
White Vinegar	1 Tbsp	1/8 cup
Oregano, dried	1 tsp	2 tsp

## Directions

1. Chop and prepare all salad ingredients and place in a large bowl.
2. Mix dressing ingredients in another bowl.
3. Pour dressing over salad and toss to coat.

**Simple Variation**-You may purchase a premade, prewashed salad mix if you prefer.

### CACFP Crediting

Each servings meets 1/4 cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Another 1/4 cup of a different fruit/vegetable will need to be provided at lunch or supper.

# MIGHTY MEATBALLS

Serving Size: 2 meatballs (1 oz each)

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Canned tomato paste	1/3 cup	2/3 cup
Water	1/2 cup	1 cup
Beef Stock, low sodium	1 cup	2 cups
Eggs	3 each	5 each
Oats, old-fashioned, rolled	3 cups	6 cups
Instant Nonfat Dry Milk	1/4 cup + 3 Tbsp	3/4 cup + 2 Tbsp
Ground Turkey	3 lb, 15 oz	7 lb, 14 oz
Onions, chopped	3/4 cup	1 1/2 cups
Celery, chopped	1 3/4 cups + 2 Tbsp	3 3/4 cups
Dried Parsley	1 Tbsp	2 Tbsp
Black Pepper	1/2 tsp	1 tsp
Garlic Powder	3/4 tsp	1 1/2 tsp
Dried Basil	1/4 tsp	1/2 tsp
Dried Oregano	1/4 tsp	1/2 tsp

## Directions

1. In a mixer combine tomato paste, water, stock, eggs, oats, and dry milk. Mix for 2 minutes on medium speed.
2. Add ground turkey, onions, celery, parsley, pepper, garlic powder, basil and oregano. Mix on low speed for 3 minutes or until blended. Be careful to not over mix.
3. Portion 1 ounce of meat mixture (a No. 20 scoop, leveled) and place in a 9"x13" pan 5 across and 5 down. For 25 servings you will need 2 pans for 50 servings use 4 pans.
4. Bake for 1 hour or internal temperature is 165°F or higher for at least 15 seconds
5. Drain fat from pans and serve.

### CACFP Crediting

Each serving meets the meat/meat alternate requirement at lunch/supper for 3-5 year old children.

# SUPERSTAR BREAKFAST

Serving Size: 3/4 cup

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Couscous, dry	2 3/4 lb	5 1/2 lb
Milk or water	5 cups	10 cups
Apples, peeled, sliced	1 3/4 lb	3 1/4 lb
Ground cinnamon	1 1/2 Tbsp	3 Tbsp

## Directions

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

**Exploring Food Together**-You can always substitute unflavored old fashioned rolled oats for the couscous. You will need 1 lb oats for 25 servings and 2 lb oats for 50 servings. Boil the rolled oats according to the package directions the amount of milk or water may need to be adjusted.

### CACFP Crediting

Each serving meets the bread/bread alternate and 1/4 cup of the fruit/vegetable requirement at breakfast for 3-5 year old children.

# APPLESAUCE

Serving Size: 1/4 cup

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Wedge apples (cored, do not peel), Golden Delicious, Fuji, Macintosh, or Jonathan	3 1/2 lb	7 lb
Apple juice	1 cup	2 cups
Lemon juice	1/4 cup	1/2 cup
Cinnamon	1/2 Tbsp	1 Tbsp

## Directions

1. Place apple wedges into a large stockpot.
2. Add apple juice, lemon juice, and cinnamon. Mix to combine.
3. Over low to medium heat, simmer the apples until soft, about 35-45 minutes.
4. Using an immersion blender, blend to the desired consistency.
5. Portion correctly into serving bowls for the number of children per classroom.
6. Serve immediately.

### CACFP Crediting

Each serving meets 1/4 cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Two servings meet the fruit/vegetable requirement at breakfast or snack for 3-5 year old children.

# ROASTED CARROTS

Serving Size: 1/4 cup

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Thickly sliced carrots (1/4-inch thickness), on the long bias	3 lb	6 lb
Olive oil	1 Tbsp	2 Tbsp
Water	¼ cup	1/2 cup
Salt, Kosher	1 tsp	2 tsp
Pepper	½ tsp	1 tsp

## Directions

1. Preheat oven to 425° F (375° F if using convection oven).
2. In a large mixing bowl, toss carrots with olive oil, water, salt, and pepper. Mix ingredients thoroughly.
3. Spray sheet pans with pan release to make clean up easy. Spread carrot slices on half sheet pans. Do not crowd the pans.
4. Roast at 425° F (375° F for convection oven). After 20 minutes, gently use a metal spatula to loosen carrot slices. Continue roasting until tender and lightly caramelized, about 30 minutes total.
5. Serve immediately.

### CACFP Crediting

Each serving meets ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Two servings meet the fruit/vegetable requirement at snack for 3-5 year old children.

# MEXICAN HAYSTACKS

Serving Size: 1/4 cup beans, 1/4 cup rice, 1/2 ounce cheese

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Pinto beans, canned, low sodium, rinsed	6 1/4 cups	13 cups
Red Enchilada Sauce	1 lb, 9 oz	3 lb, 2 oz
Brown Rice, cooked	6 1/4 cups	12 1/2 cups
Cheddar Cheese, shredded	12 1/2 oz	1 lb, 9 oz
Leaf Lettuce	12 oz	1 lb, 9 oz

## Directions

1. Mix beans in with the enchilada sauce and heat well.
2. Measure out 1/4 cup rice, top with 1/4 cup beans and top with 1/2 ounce cheese and lettuce.

### CACFP Crediting

Each serving meets the meat/meat alternate and bread/bread alternate requirement at lunch/supper for 3-5 year old children.



# QUINOA PILAF

Serving Size: 1/4 Cup

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Shallots, minced	1 1/2 oz (1/4 cup + 1 1/2 tsp)	3 oz (1/2 cup + 1 1/4 Tbsp)
Garlic, peeled, minced	3/4 oz (2 1/2 Tbsp)	1 1/2 oz (1/4 cup + 1 Tbsp)
Chicken stock, prepared, hot	2 lb, 4 oz, (4 1/2 cups)	4 lb, 8 oz, (9 cups)
Quinoa, dry, rinsed	1 lb, 2 oz (3 cups)	2 lb, 4 oz (6 cups)
Bay Leaf	1 bay leaf	2 bay leaves
Black Pepper	3/4 tsp	1 1/2 tsp
Thyme, Whole	1/8 tsp	1/4 tsp

## Directions

1. Cook shallots and garlic for one minute in one ounce of chicken stock.
2. Rinse quinoa in a small mesh strainer.
3. Add quinoa, remaining stock, bay leaf and thyme. Bring to a simmer.
4. Cover pot tightly and place in 350°F oven. Cook for 15 minutes until grains are tender.
5. Remove bay leaf and fluff grains with a fork. Fold in desired garnish. Serve.

**Exploring Food Together-** Quinoa is a small seed that is used as a grain in many dishes. It has a slightly nutty flavor, is a whole grain and high in protein. As Quinoa gains in popularity it is becoming more readily available. Quinoa may be found in the aisle next to the rice section at your local grocer. If not, ask as it may be located in various places.

**Simple Variation-** Cooking quinoa is very similar to cooking rice. In this recipe it is baked. But you may also prepare the quinoa on the stove. If preparing quinoa on the stove use 3 cups quinoa and 6 1/2 cups water for 25 yield and 6 cups quinoa and 12 1/2 cups water for 50 yield. Combine water and quinoa in a pan and bring to a boil. Cover and let simmer, about 12 to 15 minutes (until quinoa is tender).

### CACFP Crediting

Each serving meets the bread/bread alternate requirement at lunch/supper for 3-5 year old children.

# SPICE RUBBED BONELESS CHICKEN

Serving Size: 1/2 or 1 piece, depending upon cut

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Chicken, raw, boneless, skinless thighs or breasts	3 lb + 6 oz	6 lb + 12 oz
Spice rub (see HMI recipe)	1/2 cup	1 cup

## Directions

1. Defrost chicken properly under refrigeration for 2 to 3 days prior to cooking.
2. Prepare spice rub according to the HMI recipe.
3. Preheat oven to 375 °F (350 °F if using convection oven).
4. In a large mixing bowl or hotel pan, toss defrosted chicken with pre-made spice rub mix.
5. Line half sheet pans with parchment paper. Place chicken on lined half sheet pans. You can typically fit 16 breasts or 24 thighs per pan.
6. Roast for 30-40 minutes, depending on the cut of chicken, until chicken reaches an internal temperature of at least 165 °F for 15 seconds.
7. Using an instant read thermometer, test more than one piece per tray, always sanitizing the thermometer between each temperature reading.
8. Cut chicken breasts in half after they are finished cooking.
9. Serve immediately, 1/2 breast piece or 1 thigh per child.

### CACFP Crediting

Each serving meets the meat/meat alternate requirement at lunch/supper for 3-5 year old children.

# CHILI SEASONING SPICE RUB\*

Serving Size: 1 tsp

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Chili powder	1/8 cup + 1 Tbsp	1/4 cup + 2 Tbsp
Cumin	1/8 cup	1/4 cup
Salt, Kosher	1 1/2 Tbsp	3 Tbsp
Paprika	1 1/2 Tbsp	3 Tbsp
Pepper	1/2 Tbsp	1 Tbsp

## Directions

1. In a medium bowl, combine all spices together.
2. Use as a rub for poultry, or as a seasoning for taco meat and chili.
3. You can this rub make ahead of time and store in a sealed container at room temperature.

CACFP Crediting

\*This recipe does not contribute towards the CACFP meal pattern

# HUMMUS

Serving Size: 1/2 cup

Week #2

Ingredients	Yield 25 Portions	Yield 50 Portions
Garbanzo beans, #10 can	1 # 10 cans	2 # 10 cans
Lemon juice, bottled or fresh	1 5/8 cup	3 1/4 cup
Tahini (sesame seed butter)	1 1/2 cup	3 cups
Minced garlic	1/2 cup	1 cup
Water	1 1/2 cup	3 cups
Salt, Kosher	1/2 Tbsp	1 Tbsp
Pepper	1/2 Tbsp	1 Tbsp

## Directions

1. Refrigerate canned beans overnight to ensure proper temperature controls are being met.
2. Drain the beans.
3. Combine all ingredients in a large bowl; use an immersion blender (stick blender) to puree to a smooth consistency. Or, combine all ingredients in a blender or food processor and blend until smooth.
4. Taste for seasoning. Adjust if necessary.
5. Serve immediately or refrigerate until service.

**Exploring Food Together-** Hummus is a delicious creamy dip that goes well with vegetables, bread, pitas, and crackers. Tahini is roasted sesame paste similar to peanut butter that is full of flavor. Ask your local grocery store if they carry it, some grocery stores will specialty order products usually at no extra charge. Visit the customer service counter for more information.

### CACFP Crediting

Each 4 oz serving meets the meat/meat alternate requirement at lunch for 3-5 year old children. A 2 oz serving meets the meat/meat alternate requirement at snack for 3-5 year old children.

# Healthier Meals for Healthier Kids

Week 3 Menu for (enter date) \_\_\_\_\_

Breakfast

Milk  
 Fruity Wheels\*  
 (made w/whole grain English muffin, cottage cheese & strawberries)

Milk  
 Banana sprinkled with cinnamon  
 Homemade French Toast\*

Milk  
 Breakfast Banana Split\*  
 (yogurt, strawberries and whole grain cereal)

Milk  
 Grapefruit Sections  
 Oatmeal



Milk  
 Pear Slices  
 Whole Grain Toast

Lunch

Milk  
 Sweet Potato Bakes\*  
 Turkey Wraps\*  
 (made with whole wheat tortilla, cheese, tomato & spinach)

Milk  
 Apple Slices  
 Green Beans  
 Whole Wheat Toast  
 Lentil Soup\*

Milk  
 Orange Smiles  
 Green Leaf Salad with Homemade Ranch Dressing\*  
 Cheddar Cheese Egg Bake\*

Milk  
 Melon  
 Steamed Broccoli  
 Cowboy Pasta\* (made with black beans, whole grain rotini pasta, corn & tomatoes)

Milk  
 Pineapple Chunks  
 Stir Fry Veggies  
 Brown Rice  
 Teriyaki Chicken\*

PM Snack

Apple Slices sprinkled with Cinnamon  
 Vanilla Yogurt



Bell Pepper Strips  
 Baked Corn Tortillas  
 Homemade Black Bean Salsa Dip\*

Whole Wheat Bread  
 Sun Butter Sprinkled with Cinnamon

Whole Wheat Tortilla  
 Tuna Salad

Cucumber Slices  
 Cheese Cubes



Milk Served: 1% or fat-free milk for children  $\geq 2$  years old; whole milk for children 12-23 months old.

Our center participates in a USDA-funded Program and is an equal opportunity provider and employer.

\* recipe in toolkit

# Shopping List–Week 3

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## Milk

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

## Fruits and Vegetables

- Apples, fresh
- Apple Juice Concentrate
- Bananas, fresh
- Bell Peppers, fresh
- Carrots, fresh
- Celery, fresh
- Cherry Tomatoes, fresh
- Corn, frozen
- Cucumbers, fresh
- Grapefruits, fresh
- Green Beans, fresh or frozen
- Green Peas, frozen
- Onions, fresh
- Oranges, fresh
- Peach Slices, fresh, frozen, or canned
- Pear Slices, fresh, frozen, or canned
- Pineapple Chunks, fresh, frozen or canned
- Potatoes, Russet and Yukon Gold Potatoes
- Romaine Lettuce
- Spinach
- Strawberries, fresh or frozen



- Sweet Potato
- Tomato Paste, canned, low sodium
- Various Vegetables for Stir Fry, fresh or frozen

## Meats and Meat Alternates

- Black Beans, canned, low sodium
- Canned Tuna, water packed, chunk
- Chicken Breast
- Chicken Thighs, with bone, without skin
- Cottage Cheese, low-fat
- Dry lentils
- Eggs, liquid
- Low-Fat cheddar cheese, block or cubed
- Low-Fat Cheddar Cheese, shredded
- Low-Fat Yogurt, Plain
- Sun Butter or Peanut Butter

## Grains & Breads

- Brown Rice
- Corn Flakes
- Corn Tortillas
- Unflavored Oats, old fashioned or quick cooking
  - Whole Grain Cereal (see list in Cook's Corner Booklet)
  - Whole Grain Rotini

## Pasta

- Whole Wheat Bread
- Whole Wheat English Muffin
- Whole Wheat Flour Tortilla
- Whole Wheat Pita

## Other

- Beef stock, low sodium
- Chicken Stock, low sodium
- Cider vinegar
- Cinnamon
- Cooking Spray
- Dried Bay Leaf
- Dried Chives
- Dried Parsley
- Dry Mustard
- Garlic, minced
- Garlic Powder
- Granulated garlic
- Ground cumin
- Lemon Juice
- Lime Juice
- Oil, canola, olive, vegetable
- Oil, olive
- Onion Powder
- Pepper
- Low-fat Mayonnaise
- Salt
- Salsa, mild
- Soy Sauce, low sodium
- Pickle Relish
- Vanilla Extract

# FRUITY WHEELS

Serving Size: ½ English muffin

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Whole Wheat English Muffin	13 each	25 each
Cottage Cheese, low-fat	6 1/4 cups	12 1/2 cups
Strawberries, sliced, fresh or frozen	12 1/2 cups	25 cups

## Directions

1. Toast English muffins.
2. Spread ¼ cup cottage cheese on top of ½ of each English muffin.
3. Top with ¼ cup sliced strawberries.

**Simple Variations**-You can also use low-fat yogurt (¼ cup per serving) instead of cottage cheese.

### CACFP Crediting

Each serving meets the bread/bread alternate requirement and the fruit/vegetable requirement at breakfast for 3-5 year old children.

# SWEET POTATO BAKES

Serving Size: ½ cup

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Sweet potatoes	12 ½ cups (3 lb)	25 cups (6 lb)
Cinnamon	¼ cup	½ cup
Canola Oil	1 Tbsp	2 Tbsp

## Directions

1. Preheat oven to 425° F.
2. Wash sweet potatoes. Peeling potatoes is optional for older children.
3. Cut potatoes in half lengthwise. Cut each half into ¼ inch strips.
4. Place strips in single layer on an 18 x 26 x 1” baking tray and toss with oil.
5. Sprinkle cinnamon over tops of potatoes.
6. Bake at 425° F for approximately 20 minutes.

**Exploring Food Together-** Cinnamon is a great way to add sweetness without any added sugar.

### CACFP Crediting

Each serving meets ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Two servings meet the fruit/vegetable requirement at snack for 3-5 year old children.



# TURKEY WRAPS

Serving Size: 1 wrap

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Whole wheat tortilla, 8 inch	25 each	50 each
Low-fat cheddar cheese grated, ½ ounce each	12 ounces	25 ounces
Sliced deli turkey, 1 ounce each	1 lb + 9 ounces	3 lb + 2 ounces
Tomatoes, diced	3 cups	6 cups
Spinach, shredded	6 ¼ cups	12 ½ cups
Homemade ranch dressing (see HMI recipe)	8 ounces	1 lb (16 ounces)

## Directions

1. Put approximately 2 teaspoons of homemade ranch dressing on each wrap.
2. Layer cheese, sliced turkey, tomatoes, and lettuce on the wrap.
3. Roll and serve.

**Exploring Food Together-** Making your own homemade dressings are simple, quick, flavorful and nutritious! Another reason to making your own is to help control costs. Homemade salad dressing is less expensive than store bought pre-made dressings. Enjoy!

### CACFP Crediting

Each Serving meets the meat/meat alternate, bread/bread alternate and ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children

# HOMEMADE RANCH DRESSING\*

Serving Size: 2 Tbsp

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Buttermilk, low-fat	1 ½ cups	3 cups
Yogurt, plain, low-fat	1 cup	2 cups
Mayonnaise, low-fat	1 cup	2 cups
Lemon juice	1 Tbsp	2 Tbsp
Garlic powder	1 Tbsp	2 Tbsp
Onion powder	1 Tbsp	2 Tbsp
Parsley, dried	1/2 Tbsp	1 Tbsp
Chives, dried	1/2 Tbsp	1 Tbsp
Salt, Kosher	1/2 Tbsp	1 Tbsp
Pepper	1/2 tsp	1 tsp

## Directions

1. Combine all ingredients in a large bowl
2. Using a blender or immersion (stick) blender, mix until smooth.
3. Serve immediately or refrigerate.

**Exploring Food Together**-Making your own homemade dressings are simple, quick, flavorful and nutritious! This recipe is lower in calories, and fat when compared to a similar store bought dressing. Another reason to making your own is to help control costs. Homemade salad dressing is less expensive than store bought pre-made dressings. Enjoy!

**Simple Variations**-If you cannot get buttermilk, you can make your own. Add 1 tablespoon of lemon juice or white vinegar to 1 cup of milk, and allow it to sit for 5 minutes. Contrary to what the name implies buttermilk does not have butter in it, it is slightly sour in taste. Look for low-fat or fat-free buttermilk when purchasing.

CACFP Crediting

\*This recipe does not contribute towards the CACFP meal pattern

# FRENCH TOAST

Serving Size: 1/2 slice

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Eggs, liquid	1 1/8 cup	2 1/4 cup
Low fat or non fat milk	1 1/8 cup	2 1/4 cup
Vanilla extract	1/2 Tbsp	1 Tbsp
Apple juice concentrate, thawed	1 1/2 Tbsp	3 Tbsp
Salt, Kosher	1/8 tsp	1/4 tsp
Cinnamon	1/2 tsp	1 tsp
Whole Wheat Bread	13 slices	25 slices

## Directions

1. Preheat oven to 425 °F (375 °F for convection oven).
2. Using parchment paper, line the correct number of half sheet pans for the yield and spray with pan cooking oil spray. 25 portions = 1 pan, 50 portions = 2 pans
3. In a large mixing bowl, whisk together eggs, milk, vanilla extract, apple juice concentrate, salt and cinnamon.
4. Dip bread into egg mixture and arrange in a single layer on half sheet pans.
5. Bake for 10-15 minutes or until toast is golden brown.
6. Cut slices in half on the diagonal and serve immediately with your favorite topping or fruit sauce (see recipes for fruit sauces).

**Exploring Food Together**-Purchasing liquid eggs is a great way to save preparation time in the kitchen by eliminating the step to crack each individual egg.

**Simple Variation**-If you have whole shell eggs use 5 eggs for the 25 serving yield and 9 eggs for the 50 serving yield.

### CACFP Crediting

Each serving meets the bread/bread alternate requirement at breakfast for 3-5 year old children.

# LENTIL SOUP

Serving Size: 1/2 cup (4 ounce ladle)

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Dry Lentils	1 ¾ lb	3 ½ lb
Beef Stock, low sodium	3 quarts	1 gallon, 2 quarts
Tomato Paste, canned, low sodium	10 ounces	1 lb, 4 ounces
Fresh Potatoes, peeled, ¼" cubes	½ cup	1 cup
Fresh Onions, chopped	¼ cup + 3 Tbsp	¾ cup + 2 Tbsp
Fresh Celery, ¼" diced	1 cup	2 cups
Fresh Carrots, ½" chopped	1 cup	2 cups
Dried Parsley	1 Tbsp	2 Tbsp
Granulated Garlic	1 tsp	2 tsp
Dried Bay Leaf	1 each	2 each
Ground Cumin	⅛ tsp	1/4 tsp

## Directions

1. Rinse lentils and discarding any discolored or shriveled beans or any foreign matter. Drain well.
2. In a heavy pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 20 minutes.
3. Add potatoes, onions, celery, carrots, parsley, granulated garlic, bay leaves, and cumin. Simmer, uncovered, about 50 minutes.
4. Remove bay leaves and serve.

**Exploring Food Together**-Lentils are a delicious and healthy type of legume (related to beans and peanuts), rich in vitamins and minerals such as B-vitamin folate and the minerals iron, potassium and magnesium. Lentils are also relatively high in fiber. Lentils do not have a strong flavor but do a great job absorbing flavors in recipes.

### CACFP Crediting

Each serving meets the meat/meat alternate requirement at lunch/supper for 3-5 year old children.

# BREAKFAST BANANA SPLIT

Serving Size: 1 banana split (1/4 cup yogurt)

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Banana	4 1/4 lb (about 13 medium bananas)	7 3/4 lb (about 25 medium bananas)
Vanilla Yogurt	6 3/4 cups (12 1/2 oz)	12 1/2 cups (1 lb, 9 oz)
Strawberries, sliced, fresh or frozen	6 3/4 cups (3 lb, 12 oz)	12 1/2 cups (7 lb, 8 oz)
Whole Grain Cereal (see list in the Cook's Corner Booklet)	8 1/2 cups (12 1/2 oz)	17 cups (1 lb, 9 oz)

## Directions

1. Cut banana in half lengthwise. Place half of the banana in the bottom of a bowl.
2. Top with 1/4 cup yogurt, 1/4 cup berries, and 1/3 cup cereal.

**Exploring Food Together**-This recipe is a great one to serve family style. You could have kids build their own breakfast banana splits.

### CACFP Crediting

Each serving meets the bread/bread alternate and the fruit/vegetable requirement at breakfast for children 3-5 years of age.

# GREEN LEAF AND ROMAINE SALAD

Serving Size: 1/4 cup

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Cut green leaf lettuce (washed and spun)	10 oz	20 oz
Cut romaine lettuce (washed and spun)	10 oz	20 oz
Sliced cucumbers (striped with a peeler before cutting)	2 lb 2 oz	4 lb 4 oz

## Directions

1. Combine lettuces and cucumbers into a large bowl or hotel pan. Gently toss to mix.
2. Assemble family style salads according to the number of students per serving bowl.
3. Serve immediately or refrigerate.

### CACFP Crediting

Each serving meets ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children. Two servings meet the fruit/vegetable requirement at snack for 3-5 year old children.

# CHEDDAR CHEESY EGG BAKE

Serving Size: 1 square

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Eggs, liquid	1 qt + 1 cup	2 qt + 2 cups
Salt, kosher	1 tsp	2 tsp
Pepper	½ tsp	1 tsp
Cheddar cheese, low fat, grated	½ lb	1 lb

## Directions

1. Preheat oven to 375° F (325° F if using convection oven).
2. Spray or grease the correct number of 9x13 baking pans for the yield.
3. 25 portions = 1 pan, 50 portions = 2 pans
4. Pour 1 quart + 1 cup of liquid eggs into each hotel pan.
5. Season each pan with 2 teaspoons of salt and 1 teaspoon of pepper. Gently whisk to combine.
6. Add 1/2 lb of grated cheese to each pan. Whisk gently to combine.
7. Bake for 30-35 minutes, until cheesy egg bake reaches an internal temperature of 155° F. Take a first temperature reading at 30 minutes.
8. Cut into 5 x 5 pieces and serve immediately.

**Exploring Food Together**-Purchasing liquid eggs is a great way to save preparation time in the kitchen by eliminating the step to crack each individual egg.

**Simple Variations**-If you have whole shell eggs use 24 eggs for the 25 serving yield and 40 eggs for the 50 serving yield.

CACFP Crediting

Each serving meets the meat/meat alternate at lunch or supper for 3-5 year old children.

# COWBOY PASTA

Serving Size: 3/4 cup

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Whole Grain Rotini Pasta, dry	6 ¼ cups	12 ½ cups
Water	3 qts (12 cups water)	6 qts (24 cups water)
Cider Vinegar	¼ cup	½ cup
Olive Oil	½ cup	1 cup
Black Beans, canned, low sodium, rinsed	1 ½ # 10 cans	2 ¾ # 10 cans
Corn, frozen	4 cups + 1 Tbsp	8 ⅓ cups
Chopped Tomatoes	2 cups + 1 Tbsp	4 ⅛ cups
Onions, sliced	1 cup	2 cups

## Directions

1. Fill a large stockpot with water. Bring the water to a boil.
2. Add pasta to boiling water and cook according to package directions.
3. Drain pasta and place in large bowl.
4. In a separate bowl whisk together oil and vinegar. Pour over pasta.
5. Add beans, corn, tomatoes, and onion.
6. Stir and serve.

**Simple Variation-**For a creative substitute try quinoa instead of the pasta. Quinoa is a small seed that is used as a grain in many dishes. It has a slightly nutty flavor and is a whole grain. If preparing quinoa for this recipe use 3 cups quinoa and 6 ½ cups water for 25 yield and 6 cups quinoa and 12 ½ cups water for 50 yield. Combine water and quinoa in a pan and bring to a boil. Cover and let simmer, about 12 to 15 minutes (until quinoa is tender).

### CACFP Crediting

Each serving meets the meat/meat alternate, bread/bread alternate and 1/8 cup fruit/vegetable requirement at breakfast and lunch for 3-5 year old children.



# TUNA SALAD

Serving Size: 1/8 cup + 2 Tbsp

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Canned Tuna, water packed, chunk	18 ounces	36 ounces
Onions, chopped	1/4 cup	1/2 cup
Fresh Celery, chopped	1 1/3 cup	2 2/3 cups
Pickle Relish, undrained	1/8 cup + 1 Tbsp	1/3 cup
Dry Mustard	1/4 tsp	1/2 tsp
Low-fat Mayonnaise	4 1/2 ounces	9 ounces

## Directions

1. Drain and place tuna in a large bowl. Use a fork to flake tuna into small pieces.
2. Combine tuna, onions, celery, pickle relish, dry mustard, and mayonnaise. Mix lightly until well blended.
3. Cover and refrigerate until ready to use.

### CACFP Crediting

Each serving meets the meat/meat alternate at snack only for 3-5 year old children.

# STIR FRY VEGGIES

Serving Size: 1/4 cup

Week #3

Ingredients	Yield 25 Portions	Yield 50 Portions
Assorted Fresh or Frozen Vegetables	3 lb, 4 oz	6 lb, 8 oz
Water	¼ cup	1/2 cup
Low Sodium Soy Sauce	2 Tbsp	1/4 cup
Granulated Garlic	1 tsp	2 tsp
Vegetable Oil	¼ cup	1/2 cup
Ground Black or White Pepper	¼ tsp	1/2 tsp

## Directions

1. Select a colorful assortment of 4 or more vegetables.
2. Clean, slice and cut vegetables into bite-size pieces.
3. Combine water, soy sauce, and granulated garlic. Set aside for step 7.
4. Heat oil in a large, heavy skillet or pan.
5. Combine pepper and oil, stir.
6. Add vegetables in order of cooking time, as follows: Add group A vegetables (see *Exploring Food Together*). Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.
7. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
8. Cover, reduce heat, and steam for 2-3 minutes. Do not overcook vegetables. They will continue to cook on the steam table.
9. Separate into serving pans, using 1 pan for 25 servings and 2 pans for 50 servings.
10. Hold for hot service at 135°F or higher.

**Exploring Food Together-Group A:** vegetables include: broccoli, carrots, cauliflower, celery, and onions. These require a longer cooking time, which is why you add them first. **Group B:** vegetables include: cabbage, green beans, green peas, yellow summer squash, and zucchini. Other options include snow peas, red or green peppers, etc. You can purchase premixed frozen stir fry veggies if you prefer. Also for younger children (1 and younger) you may want to steam the vegetables first for a softer texture.

### CACFP Crediting

Each serving meets ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children.

# TERIYAKI CHICKEN

Serving Size: 1/3 cup

Week #3

Ingredients	25 Portions	50 Portions
Lemon Juice	½ cup	1 cup
Low Sodium Soy Sauce	½ cup	1 cup
Vegetable Oil	⅓ cup	2/3 cup
Ground Black or White Pepper	¼ tsp	1/2 tsp
Granulated Garlic	¼ tsp	1/2 tsp
Chicken Thighs, with bone, without skin	4 lb, 8 ½ oz	9 lb, 1 oz

## Directions

1. Marinade: In a bowl, whisk together lemon juice, soy sauce, vegetable oil, pepper and granulated garlic. Whisk until smooth.
2. Place chicken pieces in a pan (9" x 13" x 2") which has been lightly coated with cooking spray. Each pan will hold about nine pieces of chicken. For 25 servings, use 3 pans. For 50 servings, use 6 pans.
3. Pour ½ cup marinade evenly over each pan of chicken. Cover and refrigerate overnight.
4. Bake until golden brown in oven at 350° F for 65 minutes. Remove chicken from bone.

### CACFP Crediting

Each serving meets the meat/meat alternate requirement at lunch/supper for 3-5 year old children.

# Healthier Meals for Healthier Kids

Week 4 Menu for (enter date) \_\_\_\_\_

Breakfast

Milk  
Orange Smiles  
Breakfast Burrito\*  
(whole grain tortilla,  
egg, spinach,  
homemade salsa\*)

Milk  
Peach Slices  
Oatmeal



Milk  
Breakfast Fruit  
Pizza\*  
(whole wheat  
English muffins,  
cottage cheese &  
bananas)

Milk  
Bananas  
Whole Grain  
Pancakes with  
Strawberry Fruit  
Topping\*

Milk  
Sliced Strawberries  
Whole Grain  
Cereal:

Lunch

Milk  
Fresh Tomato  
Wedges  
Carrot Sticks  
Egg Salad \*  
on Whole Grain Bread

Milk  
Pineapple Chunks  
Salad with  
Homemade Asian or  
Ranch Dressing\*  
Baked Ziti with  
Turkey\*

Milk  
Peach Slices  
Broccoli Soup\*  
Whole Wheat Pita  
Wedges  
Chicken Bites\*

Milk  
Apple Slices  
Mixed Veggies  
Bean & Beef Burrito  
wrapped in a Whole  
Grain Tortilla\*

Milk  
Steamed Broccoli  
Fresh Tomato Slices  
Macaroni & Cheese\*  
Spiced Rubbed  
Chicken\*

PM Snack

Snap Peas & Bell  
Pepper Strips  
Homemade  
Hummus\*



Bell Pepper Strips  
Baked Corn  
Tortillas  
Homemade Black  
Bean Salsa Dip\*

Couscous Salad\*  
(with cucumber &  
tomato)  
Grapefruit

Orange Smiles  
Yogurt



Cucumber Slices with  
Homemade Ranch  
Dressing\*  
Whole Grain Flour  
Tortilla Slices

Milk Served: 1% or fat-free milk for children  $\geq 2$  years old; whole milk for children 12-23 months old.

Our center participates in a USDA-funded Program and is an equal opportunity provider and employer.

\* recipe in toolkit

# Shopping List–Week 4

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## Milk

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

## Fruits and Vegetables

- Apples
- Bananas
- Bell Peppers, fresh
- Blueberries, frozen
- Broccoli, fresh or frozen
- Canned Tomatoes
- Carrots
- Celery
- Cucumbers
- Grapefruit, fresh or canned
- Green Leaf Lettuce
- Mixed Veggies, fresh or frozen
- Onions
- Oranges, fresh
- Orange Juice
- Parsley, fresh
- Peaches
- Pineapples, fresh, frozen or canned
- Romaine Lettuce
- Snap Peas
- Spinach
- Strawberries, frozen
- Tomato, fresh
- Tomato sauce, low sodium
- Sweet Potatoes, fresh
- Yukon Gold Potatoes
- Zucchini, fresh

## Meats and Meat Alternates

- Beans, black or pinto, low sodium
- Beans, garbanzo, low sodium
- Chicken, fresh
- Cottage Cheese
- Eggs, whole in shell
- Ground beef, at least 80% lean
- Ground turkey, at least 80% lean
- Low-fat cheddar cheese, shredded
- Low-fat, mozzarella cheese, shredded
- Parmesan Cheese
- Sliced Turkey Breast
- Yogurt, plain, low-fat
- Yogurt, low-fat vanilla

## Grains & Breads

- All Purpose Flour
- Cereal, whole grain (see list in Cook's Corner Booklet)
- Couscous (whole wheat if available)
- Unflavored Oats, old fashion or quick cooking
- Whole Grain Elbow Macaroni
- Whole Grain Flour
- Whole Grain Waffle, frozen
- Whole Wheat English Muffins
- Whole Wheat Penne Pasta

- Whole Wheat Pita Bread
- Whole Wheat Flour Tortilla

## Other

- Baking Soda
- Basil
- Chicken Stock, low sodium
- Chili powder
- Cinnamon
- Cooking Spray
- Cumin
- Dijon Mustard
- Dried Chives
- Dried Parsley
- Garlic: minced, powder
- Honey
- Lemon Juice
- Mayonnaise, low-fat
- Mustard Powder
- Oil: olive, vegetable
- Onion Powder
- Oregano
- Paprika
- Pepper
- Pickle Relish
- Rice Vinegar
- Salsa (optional)
- Salt
- Sesame Oil
- Soy Sauce
- Tahini (sesame seed butter)



# BREAKFAST BURRITO

Serving Size: 1 burrito

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Whole wheat tortilla, 8 inch	25 each	50 each
Eggs	25 each	50 each
Spinach	12 ounces	1 1/2 lb
Tomato Salsa (see recipe week 1)	1 1/2 cups	3 cups
Salt and Pepper	To taste	To taste

## Directions

1. Lay out tortillas on a cutting board or cookie sheet.
2. Crack eggs into a large bowl and mix with a whisk.
3. Spray a large skillet with cooking spray and pour the eggs into the skillet.
4. Add the spinach to the eggs and stir with a wooden spoon to scramble them. Continue to stir the eggs until they are cooked.
5. Salt and pepper to taste.
6. Spoon 1/4 cup of eggs onto each tortilla.
7. Serve 1/4 c Tomato Salsa recipe to each child
8. Fold the bottom edge of the tortilla up and then fold each side over to wrap the burritos. Serve.

**Simple Variation**-This recipe is a great one to serve family style. You could have kids build their own breakfast burrito. Liquid eggs can be used in this recipe to save time. For 25 servings of this recipe, 6 1/4 cups of liquid egg will be required. For 50 servings, use 12 1/2 cups of liquid egg.

### CACFP Crediting

Each serving meets the bread/bread alternate, meat/meat alternate at all meals for 3-5 year/old children.

# EGG SALAD

Serving Size: 1/3 cup

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Egg, whole, hard-boiled	25 each	50 each
Diced celery	12 ounces	1 lb + 8 oz
Salt, kosher	½ Tbsp + ½ tsp	1 Tbsp + 1 tsp
Pepper	¾ tsp	1 1/2 tsp
Mustard powder, dry	¾ tsp	1 1/.2 tsp
Mayonnaise, low fat	8 oz	1 lb
Pickle relish	4 oz	8 oz

## Directions

1. Peel and finely chop eggs, using a potato masher, pastry cutter or other such tool.
2. Combine eggs, celery, salt, pepper, dry mustard, mayonnaise, and pickle relish. Mix lightly until well blended.
3. Cover and refrigerate until ready to use.
4. Portion with no. 12 scoop (1/3 C).

### CACFP Crediting

Each serving meets the meat/meat alternate requirement at lunch/supper for 3-5 year old children.

# BAKED ZITI

Serving Size: 1/2 cup

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Whole Grain penne or ziti pasta, dry	14 oz	1 lb + 12 oz
Marinara sauce (see HMI recipe)	6 cups	12 cups (or 3 qt)
Grated mozzarella cheese, low fat	1 lb	2 lb
Grated parmesan cheese	4 oz	8 oz
Ground turkey	1 3/4 lb	3 1/2 lb

## Directions

1. Prepare marinara sauce according to recipe. Keep hot.
2. Preheat oven to 375°F (350°F if using convection oven).
3. Cook pasta in boiling salted water until just tender, time varies depending on type of pasta used. Drain when finished cooking.
4. In a large skillet, brown the turkey. Drain off any excess grease.
5. Spray or grease the correct number of full size 2-Inch hotel pans for the yield. 50 portions = 1 pan, 100 portions = 2 pans, 150 portions = 3 pans, 200 portions = 4 pans.
6. In the greased hotel pan(s), combine cooked pasta with marinara, cooked turkey and cheeses, reserving 1 cup of parmesan cheese to sprinkle on the top.
7. Sprinkle reserved parmesan cheese evenly over each pan of pasta.
8. Bake uncovered until internal temperature reaches 165°F for 15 seconds, and top is browned, 20-30 minutes. Serve immediately.

### CACFP Crediting

Each serving meets the bread/bread alternate requirement and the meat/meat alternate requirement at lunch/supper for 3-5 year old children.



# MARINARA SAUCE

Serving Size: 1/4 cup

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Olive oil	1/8 cup	¼ cup
Sliced onions	1/2 lb	1 lb
Minced garlic	1/8 cup	¼ cup
Sliced carrots	6 oz	12 oz
Sliced celery	6 oz	12 oz
Sliced zucchini	6 oz	12 oz
Salt, Kosher	1/2 Tbsp	1 Tbsp
Pepper	1/2 tsp	1 tsp
Oregano	1/2 tsp	1 tsp
Basil	1/2 tsp	1 tsp
Canned tomatoes, diced, with juice	1/2 qt	1 qt
Canned tomato sauce	1/2 qt	1 qt
Water	As needed	As needed

## Directions

1. Heat oil in a large stockpot over low heat.
2. Add onions, garlic, carrots, celery, and zucchini and cover pot.
3. Sauté over low heat, cooking until all the vegetables start to get tender, about 15 minutes.
4. Season with salt, pepper, oregano and basil, cooking for 5 minutes until fragrant.
5. Add tomato products and simmer for at least 20-30 minutes until the sauce reaches an internal temperature of at least 135 °F for 15 seconds.
6. Puree with an immersion blender directly in the stockpot. Thin with water if necessary and taste for seasoning.
7. Serve immediately.

### CACFP Crediting

Each serving meets ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children.

# FRUIT SMOOTHIE

Serving Size: 1/2 cup

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Bananas, whole	4 ½ lb	9 lb
Orange juice	6 ½ cups	3 qt + 1 cup
Blueberries, frozen	1 lb	2 lb
Strawberries, frozen	1 lb	2 lb

## Directions

1. Peel bananas and break into chunks.
2. Blend all ingredients. This can be done in small batches in a blender, or by using an immersion blender.
3. Portion using a 4-ounce ladle or liquid measuring cup.

### CACFP Crediting

Each serving meets ¼ cup fruit/vegetable requirement at lunch/supper. Another ¼ cup of a different fruit/vegetable will need to be provided at lunch or supper. At breakfast or snack each serving meets the fruit/vegetable requirement for 3-5 year old children.

# BREAKFAST FRUIT PIZZA

Serving Size: 1/2 English Muffin Pizza

Week #4

Ingredients	25 Portions	50 Portions
Whole Wheat English Muffins	12 ½ each	25 each
Cottage Cheese	6 ¼ cups	12 ½ cups
Bananas, sliced	8 lb	16 lb
Cinnamon	To taste	To taste

## Directions

1. Toast English muffins.
2. Spread ¼ cup cottage cheese on top of ½ of each English muffin
3. Top with ½ cup banana slices
4. Sprinkle with cinnamon.

**Exploring Food Together**-You can also use yogurt (¼ cup per serving) instead of cottage cheese, if preferred.

### CACFP Crediting

Each serving meets the fruit/vegetable requirement and the bread/bread alternate requirement at breakfast for 3-5 year old children.

# BROCCOLI SOUP

Serving Size: 1/2 cup

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Vegetable oil	1 Tbsp	2 Tbsp
Sliced onions	1 lb	2 lb
Sliced celery	1 lb	2 lb
Whole garlic cloves	1/8 cup	¼ cup
Broccoli florets	1 ½ lb	3 lb
Cubed Yukon gold potatoes, unpeeled	½ lb	1 lb
Chicken stock or water	7 pints +1 cup	3 qt + 2 cups
Salt, Kosher	1 tsp	2 tsp
Pepper	½ tsp	1 tsp

## Directions

1. Heat the oil in a large stockpot over medium heat.
2. Add the onions, celery, and garlic cloves, sautéing until tender, about 10 minutes.
3. Add the broccoli florets, cubed potatoes, chicken stock, salt, and pepper. Simmer over medium heat for 15-20 minutes, until the vegetables, especially the potatoes, are tender. Do not overcook or the broccoli will lose its color and the soup won't be as bright green when pureed. The soup should reach an internal temperature of at least 165 °F for 15 seconds.
4. Puree until smooth using an immersion blender.
5. If necessary, thin with additional water to adjust consistency.
6. Taste for seasonings. Add more salt and pepper if required.
7. Serve immediately

**Exploring Food Together**-You may substitute russet potatoes for the Yukon gold potatoes

### CACFP Crediting

Each serving meets ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children.

# CHICKEN BITES

Serving Size: 1 1/2 ounces

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Chicken Breast Cubes	3 lb, 6 ounces	6 lb, 12 ounces
Corn Flakes	3 cups	6 cups
Egg	1 each	2 each
Skim Milk	2 Tbsp	¼ cup
Canola Oil	¼ cup	½ cup

## Directions

1. Preheat oven to 400° F.
2. Crush corn flakes in a plastic bag with a rolling pin until fine crumbs.
3. Mix egg and milk with a fork in a bowl.
4. Dip chicken in egg/milk mixture.
5. Roll chicken in crumbs in the plastic bag.
6. Place chicken on a baking sheet. Drizzle chicken with oil. Bake 20 minutes or until cooked through.

**Exploring Food Together-** Canned or precooked chicken could be used in place of the raw chicken. If using canned chicken without bone you will need 2 ¼ lb for 25 servings and 5 ½ lb for 50 servings. If using precooked chicken you will need 2 ½ lb for 25 servings and 4 ¾ lb for 50 servings.

### CACFP Crediting

Each serving meets the meat/meat alternate component at lunch/supper for 3-5 year old children.

# COUSCOUS SALAD

Serving Size: 1/2 cup

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Whole grain couscous, uncooked	14 oz	1 lb 12 oz
Water, boiling	4 cups	1 qt
Salt, Kosher	½ Tbsp	1 Tbsp
Olive oil	¼ cup	1/2 cup
Canned tomatoes, diced, drained	12 oz	1 lb + 8 oz
Canned garbanzo beans, drained	1 lb	2 lb
Diced cucumber	½ lb	1 lb
Chopped parsley	½ cup	1 cup
Olive oil	1 cup	2 cups
Lemon juice	¼ cup	1/2 cup
Dijon mustard	½ Tbsp	1 Tbsp
Minced garlic	½ Tbsp	1 Tbsp
Salt, Kosher	½ tsp	1 tsp

## Directions

1. Add couscous, boiling water, the salt (the quantity listed as the 3<sup>rd</sup> ingredient), and the oil (the quantity listed as the 4<sup>th</sup> ingredient) to a full size 4-inch hotel pan(s) for the yield. 50 servings = 1 pan.
2. Stir to combine.
3. Cover pan(s) with a tight fitting lid or plastic wrap and allow couscous to sit for 15 minutes.
4. While couscous is steaming, open and drain the canned tomatoes and the garbanzo beans, measuring the correct amount and pouring it into a large bowl.
5. Add the diced cucumbers to the bowl with the tomatoes and garbanzo beans.
6. Add chopped parsley to the other vegetables, and mix to combine.
7. In a separate bowl, whisk together olive oil, lemon juice, mustard, minced garlic, and salt. If making large quantities, you may want to use the immersion blender to combine.
8. Toss the vegetables with the dressing.
9. When the couscous is cooked, fluff using a large fork or perforated spoon. Add the vegetable mixture to the couscous, gently mixing to combine. Do not over mix or it will become mushy.
10. Serve immediately.

### CACFP Crediting

Each serving meets the bread/bread alternate requirement and ¼ cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children.

# WHOLE GRAIN PANCAKES WITH STRAWBERRY TOPPING

Serving Size: 1 four-inch pancake + 1/4 cup topping

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
All-purpose flour	2 cups	4 cups
Whole Grain flour	4 cups	8 cups
Baking Soda	1 Tbsp	2 Tbsp
Egg, Whole	4 each	8 each
Egg, White	4 each	8 each
Vegetable Oil	¼ cup + 2 Tbsp	¾ cup
1% (Low-fat) Milk	2 cups	4 cups
Strawberries, Frozen	3 ¾ lb	7 ¼ lb
Cooking Spray	As needed	As needed

## Directions

1. Mix dry ingredients in a bowl.
2. In a separate bowl, beat whole eggs. Add egg whites and mix slowly; be careful not to over mix.
3. Stir in oil and milk to eggs.
4. Pour milk mixture into dry ingredient and stir to combine.
5. Heat a lightly greased griddle.
6. Place a heaping teaspoon of batter onto pan and cook until bubbles appear and the edges are cooked. Flip pancake and brown the other side,
7. For strawberry topping: Place frozen strawberries in a sauté pan and heat over medium heat until strawberries are warmed through.

**Exploring Food Together**-Majority of the syrup purchased by child care centers is artificially flavored maple syrup that is packed with sugar and offers no nutritional benefit. By topping pancakes, waffles and French toast with a homemade fruit topping you are providing a healthy nutritious alternative to syrup that is wonderfully delicious and colorful.

### CACFP Crediting

Each serving meets the bread/bread alternate, and ¼ cup of the fruit/vegetable requirement at breakfast for 3-5 year old children.

# BEAN AND BEEF BURRITO

Serving Size: 1 burrito

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Whole Wheat Tortillas, 8 inch	25 each	50 each
Lean ground beef, at least 80% lean	2 ½ lb	5 lb
Beans, black or pinto, canned, no salt added, rinsed	2 ½ lb (40 oz)	5 lb (80 oz)
Onions, chopped (optional)	½ cup	1 cup
Pepper	1 tsp	2 tsp
Ground cumin	1 Tbsp	2 Tbsp
Garlic powder	½ Tbsp	1 Tbsp

## Directions

1. Lay out tortillas on a cutting board or baking sheet.
2. In a large skillet, brown the beef with the onions, pepper, cumin, and garlic powder. Drain off the grease.
3. Using a mixer with a paddle attachment, puree beans for 4-5 minutes on medium speed until smooth.
4. Stir together the beef mixture and the beans. Spoon 2 ounces of the mixture onto tortillas.
5. Fold the bottom of the tortillas up and then fold each side over to wrap the tortillas. Serve.

**Exploring Food Together**-Consider substituting lean ground turkey or lean ground chicken in place of the beef for a lower-fat option. Precooked all beef crumbles can be used in place of the raw ground beef.

### CACFP Crediting

Each serving meets the meat/meat alternate and bread/bread alternate requirement at lunch/supper for 3-5 year old children.



# MACARONI AND CHEESE

Serving Size: 1/2 cup

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Whole grain macaroni, dry	10 oz	1 lb + 4 oz
Cheese sauce (see recipe)	6 ¼ cup	3 qt + ½ cup
Grated cheddar cheese, low fat	½ lb	1 lb

## Directions

1. Prepare cheese sauce according to recipe. Keep hot.
2. Preheat oven to 350°F (325°F if using convection oven).
3. Cook pasta in boiling salted water until just tender, cooking time varies depending on type of pasta used.
4. Spray or grease the correct number of full size 2-Inch hotel pans or half sheet pans for the yield.  
50 portions = 1 pan
5. Drain the cooked pasta.
6. In the greased hotel pan(s), combine cooked pasta with hot cheese sauce and grated cheese, reserving 2 cups of grated cheese to sprinkle on the top.
7. Bake uncovered until cheese is thoroughly melted and lightly browned, and dish reaches an internal temperature of 165°F for 15 seconds, about 20 minutes.
8. Serve immediately.

**Exploring Food Together**-When serving the spice rubbed boneless chicken recipe from week two with this macaroni and cheese recipe at lunch, you will only need to use ½ of the chicken recipe to provide the other 0.75 ounces of meat/meat alternate required at lunch/supper for 3-5 year old children. (When using the recipe for spice rubbed boneless chicken: for 25 servings of the spice rubbed chicken, you will need 1 pound + 14 ounces of chicken, and for 50 servings you will need 3 pounds, 6 ounces of chicken).

### CACFP Crediting

Each serving meets the bread/bread alternate requirement and 0.75 ounces of the meat/meat alternate requirement at lunch/supper for 3-5 year old children.

# CHEESE SAUCE

Serving Size: 1/4 cup

Week #4

Ingredients	Yield 25 Portions	Yield 50 Portions
Olive oil	1/8 cup	1/4 cup
Sliced onions	1/2 lb	1 lb
Sliced celery	4 oz	8 oz
Peeled and cubed (or thickly sliced) sweet potato	1 lb + 4 oz	2 lb + 8 oz
Chicken stock	1 cup	2 cup
Milk	1 cup	2 cup
Grated cheddar cheese, low fat	12 oz	1 lb + 8 oz
Salt, Kosher	1/2 Tbsp	1 Tbsp
Pepper	1/2 tsp	1 tsp

## Directions

1. Heat oil in a large heavy bottomed saucepan (8 qt pan for each 50 servings).
2. Add onions and celery and sauté for 10 minutes.
3. Add sweet potato cubes and chicken stock. Simmer, covered, for about 20 minutes, cooking until all vegetables are tender and the mixture reaches an internal temperature of at least 165°F for 15 seconds.
4. Puree vegetable mixture with an immersion blender.
5. Keeping the heat on low, whisk or blend in the milk.
6. Turn off the heat and add the grated cheese to the sauce. Mix well.
7. Taste for seasoning (wait until this step to add the salt and pepper as chicken stock and cheese can be salty). Adjust seasoning if necessary.
8. Serve immediately.

**Exploring Food Together**-The sweet potato in this recipe is a surprise delight. It adds a subtle flavor and boost of color and creaminess to the sauce that the children will love.

### CACFP Crediting

Each serving meets 1/4 cup of the fruit/vegetable requirement at lunch/supper for 3-5 year old children.

**For more information on the Colorado Department of Public Health & Environment's  
Child and Adult Care Food Program and this toolkit, please call 303-692-2330.**