



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/fns/cacfpwellness.html>

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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
Juice (fruit or vegetable), or fruit(s) or vegetable(s)
Grain/Bread
LUNCH/SUPPER
Milk, fluid
Meat or meat alternate
Vegetable and/or fruit (at least two)
Grain/Bread
SNACK (choose 2 components)
Milk, fluid
Juice (fruit or vegetable), or fruit(s) or vegetable(s)
Grain/Bread
Meat or meat alternate

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

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 is 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 and sweet grains/breads:** These products should only be served once in a two-week cycle. Because of high fat, sodium and sugar 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 recommended to serve a whole grain 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.
- **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



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	<i>Kix</i> [®]	Whole Grain Pancakes	<i>Wheaties</i> [®]	Fruity Toast	<i>Cheerios</i> [®]
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	–	Graham 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.



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	<i>Wheat Chex</i> [®]	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.



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 100% juice or light syrup)
- Mixed fruit (canned in 100% juice or light syrup)
- Mixed vegetables (canned or frozen)
- Onions (red and yellow)
- Oranges
- Peaches (fresh, frozen or canned in 100% juice or light syrup)
- Pears (fresh or canned in 100% juice or light syrup)
- Peas (fresh, frozen or canned)
- Pineapple (fresh or canned in 100% juice or light syrup)

- 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)

Grains & Breads

- Bread crumbs

- Brown rice
- Cheerios*®
- Corn Flakes*®
- Kix*®
- Couscous
- Graham crackers
- 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

*not CACFP reimbursable



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

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 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/PDC_topic3.pdf. Accessed May 21, 2010.

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%



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.



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. <http://healthyrecipes.oregonstate.edu/kid-friendly>. Accessed May 21, 2010.



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		% Daily Value*	
Calories	178	Cal. from Fat	16
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		% Daily Value*	
Calories	117	Cal. from Fat	39
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.



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. www.doh.state.fl.us/Family/ccfp/Nutrition/Children/fruits_and_vegetables.pdf. 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)				
Filletts, 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.



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%



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		% Daily Value*	
Calories	202	Cal. from Fat	32
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		% Daily Value*	
Calories	180	Cal. from Fat	49
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



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	<i>Cheerios</i> [®]	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	–	Graham Crackers	<i>Wheat Chex</i> [®]	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	<i>Multi-Grain Cheerios®</i>	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	–	<i>Honey Kix®</i>	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.



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 100% juice or light syrup)
- ___ Mixed vegetables
- ___ Onions
- ___ Oranges
- ___ Peaches (fresh or canned in 100% juice or light syrup)
- ___ Pears (fresh or canned in 100% juice or light syrup)

- ___ Pineapple (fresh or canned in 100% juice or light syrup)
- ___ 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

Grains & Breads

- ___ Brown rice
- ___ *Cheerios*[®]
- ___ Cornbread

- ___ Graham crackers
- ___ *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

*not CACFP reimbursable



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

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 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.
<http://www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.jhtml>.
Accessed May 24, 2010.

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.



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	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		% Daily Value*	
Calories	281	Cal. from Fat	31
Total Fat 3g			
			4%
Saturated Fat 1g			
			4%
Cholesterol	55 mg		20%
Sodium	360 mg		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*. National Heart, Lung, and Blood Institute; 2008. www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm. 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		% Daily Value*	
Calories	60	Cal. from Fat	1
Total Fat 0g			
			0%
Saturated Fat 0g			
			0%
Cholesterol	0 mg		0%
Sodium	4 mg		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.



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. www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf. Accessed June 10, 2010.



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.
<http://www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.jhtml>.
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. www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf.
Accessed June 10, 2010.



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		% Daily Value*	
Calories	120	Cal. from Fat	17
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		% Daily Value*	
Calories	144	Cal. from Fat	31
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. www.nhlbi.nih.gov/health/public/heart/other/sp_recipe.htm. Accessed May 24, 2010.



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.



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.



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: <http://www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.jhtml>. Accessed May 24, 2010.



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	<i>Total</i> [®]	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	Corn Chips	Animal Crackers	–
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.



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	<i>Cheerios</i> [®]	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.

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 100% juice or light syrup)
- ___ Mixed fruit (canned in 100% juice or light syrup)
- ___ Mushrooms (fresh, frozen or canned)
- ___ Olives
- ___ Onions
- ___ 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 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
- ___ Animal crackers
- ___ Brown rice
- ___ *Cheerios*[®]
- ___ Corn bread
- ___ 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

*not CACFP reimbursable



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:

- Preheat oven to 350°F.
- Wash and dry onions, celery and carrots. Chop onion and celery. Grate carrots. Combine in bowl. Set aside.
- Combine mayonnaise, mustard and drained tuna in a bowl.
- Add onions, celery and carrots.
- Place bread slices on a baking sheet.
- Top bread with 3/4 cup of tuna mixture, sprinkle with cheese.
- 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:

- Drain canned peaches and pineapple and chop.
- Mix peaches and pineapples together.
- Refrigerate.
- 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.



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. www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf Accessed June 10, 2010.



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		% Daily Value*	
Calories	162	Cal. from Fat	48
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		% Daily Value*	
Calories	182	Cal. from Fat	27
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.



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:

- Mix dry ingredients in bowl.
- In a different bowl, beat eggs. Add egg whites and mix slowly; be careful not to overmix.
- Stir in molasses, oil and milk.
- Pour milk mixture into dry ingredients, stir.
- 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		% Daily Value*	
Calories	172	Cal. from Fat	43
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. <http://healthyrecipes.oregonstate.edu/kid-friendly>. 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:

- Heat oil in a large non-stick skillet over medium heat. Add onions, bell peppers and garlic. Cover and cook 5 minutes.
- Add chili powder. Cook 1 minute, stirring constantly.
- 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		% Daily Value*	
Calories	286	Cal. from Fat	21
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.



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		% Daily Value*	
Calories	212	Cal. from Fat	52
Total Fat 6g			
		Saturated Fat	2g
Cholesterol 35mg			
Sodium 367mg			
Total Carbohydrate 23g			
		Dietary Fiber	2g
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		% Daily Value*	
Calories	16	Cal. from Fat	5
Total Fat 1g			
		Saturated Fat	0g
Cholesterol 0mg			
Sodium 80mg			
Total Carbohydrate 3g			
		Dietary Fiber	1g
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. www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf. Accessed June 10, 2010.



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

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: 1/2 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. <http://healthyrecipes.oregonstate.edu/kid-friendly>. Accessed May 21, 2010.

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. www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm. Accessed May 24, 2010.



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		% Daily Value*	
Calories	134	Cal. from Fat	11
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		% Daily Value*	
Calories	116	Cal. from Fat	18
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. www.doh.state.fl.us/ccfp/Nutrition/Children/fruits_and_vegetables.pdf. Accessed May 22, 2010.



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:

- 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.
- Shred chicken and place in bowl. Add carrots, tomatoes, green onions and mayonnaise.
- Spread mixture over bread slices. Cut into triangles.
- 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

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:

- In medium saucepan, combine milk and cinnamon. Bring to a boil.
- Add couscous and apples. Cover and remove from heat.
- Let stand for 5 minutes.
- 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: 1/2 cup mix (147g)
Servings Per Recipe: 28

Amount Per Serving		% Daily Value*
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

Nutrition Facts

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

Amount Per Serving		% Daily Value*
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.



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	4 g	6%
Saturated Fat	1 g	4%
Cholesterol	30 mg	10%
Sodium	332 mg	15%
Total Carbohydrate	28 g	8%
Dietary Fiber	4 g	15%
Sugars	15 g	
Protein	11 g	
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	3 g	4%
Saturated Fat	1 g	6%
Cholesterol	5 mg	2%
Sodium	184 mg	8%
Total Carbohydrate	71 g	25%
Dietary Fiber	9 g	35%
Sugars	8 g	
Protein	17 g	
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.



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 (88g)
Servings Per Recipe: 24

Amount Per Serving		
Calories	69	Cal. from Fat 25
% Daily Value*		
Total Fat	3g	4%
Saturated Fat	0g	2%
Cholesterol	1mg	0%
Sodium	34mg	0%
Total Carbohydrate	10g	4%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	2g	
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	<i>Wheaties</i> ®	Oatmeal	Whole Wheat Toast	<i>Shredded Mini Wheat</i> s®
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	–	Graham Crackers	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	<i>Cheerios</i> ®	Whole Grain Pancakes	Whole Grain English Muffin	<i>Total</i> ®	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.

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 100% juice or light syrup)
- Mixed vegetables (canned or frozen)
- Mushrooms (fresh, frozen or canned)
- Onions
- Oranges
- Peaches (canned in 100% juice or light syrup)
- Peas (fresh, frozen or canned)
- Pears (canned in 100% juice or light syrup)
- Pineapple (fresh or canned in 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*[®]
- Graham crackers
- 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 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

*not CACFP reimbursable



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 C	215%
Calcium	6%	Iron	8%

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



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		% Daily Value*	
Calories	228	Cal. from Fat	39
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 graham crackers 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		% Daily Value*	
Calories	86	Cal. from Fat	20
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.



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		% Daily Value*	
Calories	280	Cal. from Fat	36
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		% Daily Value*	
Calories	169	Cal. from Fat	10
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.



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:

- 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.
- Add remainder of olive oil and cook 3 to 5 minutes longer.
- Add broth, rice and evaporated milk, bring to a boil and reduce to simmer. Cook about 20 minutes.
- 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:

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



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.



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:

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

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:

- Preheat oven to 350°F.
- In medium-size bowl, combine eggs, egg whites and milk.
- Crumble bread and place on bottom of casserole pan (square pan for 6 servings).
- Place chopped tomato, peppers and onion into egg mixture. Mix.
- Mix in cheese.
- Pour mixture over bread crumbs.
- Bake at 350°F for 45 minutes or until slightly brown on top.
- 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: 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

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.



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.



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	<i>Cheerios®</i>	Whole Grain Toast	<i>Honey Kix®</i>	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	–	–	Animal Crackers	Whole Grain English Muffin	Mini Rice Cakes
Meats/Meat Alternates	Super Drink	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.



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	<i>Wheat Chex®</i>	Whole Grain English Muffin	<i>Shredded Mini Wheat®</i>	Whole Grain Waffles	<i>Rice Krispies®</i>
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	Graham Crackers	–	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.

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
- ___ Graham crackers
- ___ 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)

Other*

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



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.



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:

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

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:

- Warm tortillas in microwave or on stovetop.
- Warm salsa (if desired). Place 1 Tbsp salsa in each tortilla.
- Mix together tomatoes, peppers, onions and black beans.
- Place 1/2 cup mixture onto each tortilla and top with 2 slices avocado.
- 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: 1-1/2 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

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.



“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:

- Mix ground turkey, ketchup and pepper together in large bowl.
- Form mixture into palm-size patties.
- Spray skillet with cooking spray.
- 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:

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



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.



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.



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 (only 6 years and older, optional)	1-1/3 cups	2-2/3 cups	5-1/3 cups	10-2/3 cups
Pretzels (only 5 years and older)	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%



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	Go Bananas! Bread
Grains/Breads	<i>Cheerios</i> [®]	Oatmeal	<i>Honey Kix</i> [®]	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.



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	<i>Cheerios®</i>	Whole Grain Waffles	<i>Shredded Mini Wheat®</i>	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.

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

- 100% juice or light syrup)
- ___ Mushrooms (fresh, frozen or canned)
- ___ Oranges
- ___ Peaches (fresh or canned in 100% juice or light syrup)
- ___ Pears (fresh or canned in 100% juice or light syrup)
- ___ Pineapple (fresh or canned in 100% juice or light syrup)
- ___ 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
- ___ Graham crackers
- ___ *Honey Kix*[®]
- ___ Mini rice cakes
- ___ Oatmeal
- ___ Pancake mix
- ___ Rice (white, short grain)
- ___ *Shredded Mini Wheat*[®]
- ___ Tortillas (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

*not CACFP reimbursable



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.



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.



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 (144g)
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
Calories	198	Cal. from Fat	27
Total Fat	3g		4%
Saturated Fat	1g		4%
Cholesterol	56mg		20%
Sodium	388mg		15%
Total Carbohydrate	23g		8%
Dietary Fiber	3g		10%
Sugars	2g		
Protein	24g		
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 (54g)
Servings Per Recipe: 24

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



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. www.chop.edu/export/download/pdfs/articles/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



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/fruitsandveggies/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.



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		% Daily Value*	
Calories	42	Cal. from Fat	1
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		% Daily Value*	
Calories	100	Cal. from Fat	4
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.



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. www.chop.edu/export/download/pdfts/articles/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. www.cancer.gov/cancertopics/down-home-healthy-cooking/page15. Accessed June 11, 2010.



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		% Daily Value*	
Calories	171	Cal. from Fat	42
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		% Daily Value*	
Calories	22	Cal. from Fat	1
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.



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	<i>Cheerios</i> [®]	Whole Grain Toast	<i>Total</i> [®]	Oatmeal	<i>Wheaties</i> [®]
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.



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	<i>Kix</i> ®	<i>Shredded Mini Wheat</i> ®	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	–	Graham Crackers	–	–	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.

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 100% juice or light syrup)
- ___ Melon
- ___ Mixed fruit (canned in 100% juice or light syrup)
- ___ Mushrooms (fresh, frozen or canned)

- ___ Nectarines
- ___ Onions
- ___ Oranges
- ___ Peaches
- ___ Pears
- ___ Pineapple (fresh or canned in 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)
- ___ Graham crackers
- ___ *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

*not CACFP reimbursable



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	4 g	6%
Saturated Fat	1 g	4%
Cholesterol	38 mg	15%
Sodium	393 mg	15%
Total Carbohydrate	15 g	4%
Dietary Fiber	5 g	20%
Sugars	8 g	
Protein	18 g	
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 15 oz canned Navy beans or great Northern beans	3/4 cup + 2 Tbsp	1-3/4 cups	3-1/2 cups	7 cups
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	2 g	4%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	220 mg	8%
Total Carbohydrate	22 g	8%
Dietary Fiber	8 g	35%
Sugars	3 g	
Protein	9 g	
Vitamin A	50%	Vitamin C 6%
Calcium	6%	Iron 10%



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 12x20x2 1/2 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

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 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.

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%



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

Directions:

- Blend chickpeas, yogurt, lemon juice, olive oil and hot sauce in blender until smooth.
- 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	—	—	—	—

Directions:

- Spray skillet with cooking spray. Sauté onions, carrots, green pepper and ground turkey (chicken) in a pan over medium-high heat for 5 minutes.
- Add tomato sauce, chopped or crushed tomatoes, and barbeque sauce. Bring to a boil.
- Reduce heat and simmer for 10 minutes, stirring occasionally.
- Uncover and cook for an additional 3 minutes or until thick.
- Serve open-faced on toasted or plain whole wheat buns.
- 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

Nutrition Facts

Serving size: 1/4 cup (65g)
Servings Per Recipe: 20

Amount Per Serving			% Daily Value*
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%

Nutrition Facts

Serving size: 3/4 cup; 1/2 roll (188g)
Servings Per Recipe: 24

Amount Per Serving			% Daily Value*
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%

Recipe adapted from *Healthy Recipes*. Oregon State University Extension Services; 2008. <http://healthyrecipes.oregonstate.edu/kid-friendly>. Accessed May 21, 2010.



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

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

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%

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

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

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%



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

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

Nutrition Facts

Serving size: 1/2 muffin w/topping (132g)
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
Calories	116	Cal. from Fat	19
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%

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

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

Nutrition Facts

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

Amount Per Serving		% Daily Value*	
Calories	170	Cal. from Fat	53
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%



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:

- In a mixing bowl, combine chicken, celery, oranges and onions.
- Add mayonnaise and pepper. Mix until chicken is coated.
- Place about four teaspoons of lettuce onto tortilla and top with chicken mix.
- 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. <http://healthyrecipes.oregonstate.edu/kid-friendly>. 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 vegetables for dipping	2 Tbsp	1/4 cup	1/2 cup	1 cup
	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups

Directions:

- Purée beans with salsa.
- 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%



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	<i>Wheat Chex</i> [®]	Banana-Rama Breakfast	<i>Alpha Bits</i> [®] (No Sugar)	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	Graham Crackers
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.



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	Cantaloupe
Grains/Breads	Whole Grain Toast	<i>Multi Grain Cheerios®</i>	Whole Grain Waffles	Oatmeal	<i>Kix®</i>
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	Animal Crackers	–
Meats/Meat Alternates	Cottage 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.

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

- ___ *Alpha Bits*® (unsweetened)
- ___ 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

*not CACFP reimbursable



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%



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.



“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

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 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. www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm. Accessed May 24, 2010.

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 Nick Jr. Website. <http://www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.jhtml>. Accessed May 24, 2010.



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:

- Put water and bouillon in large pot and bring to a boil.
- Add potatoes and carrots and simmer for 5 minutes.
- Add remaining ingredients, except for tomatoes, and continue cooking for 25 minutes over medium heat.
- Add tomatoes and cook for another 5 minutes.
- 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		% Daily Value*	
Calories	36	Cal. from Fat	2
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:

- Spray a large 12x14 non-stick pan. Sauté bell peppers for 1 minute over medium heat; reduce heat to medium-low.
- Blend eggs, milk and Mexican seasoning (optional) in a bowl.
- Pour over bell peppers. Cook, scrambled egg-style until almost firm.
- Stir in tomatoes. Continue cooking until firm throughout. Keep warm.
- 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		% Daily Value*	
Calories	153	Cal. from Fat	42
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. www.aeb.org/foodservice-professionals/recipes/featured-recipes/123-kangaroo-sandwich. Accessed May 20, 2010.



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

Directions:

Parfait Directions:

- Mix fruit slices and blueberries together.
- Spoon cereal into the bottom of a cereal bowl.
- Add 1/2 cup of fruit.
- Top with 1/4 cup yogurt.

Smoothie Directions:

- Follow parfait directions, but place ingredients into blender.
- 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

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

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

Directions:

- Place eggs in water over medium heat. Heat until bubbles appear, but not boiling, about 15 minutes until hard-cooked. Set aside to cool.
- Wash and drain spinach, pinch off stems, tear into bite-size pieces and place in a large salad bowl.
- Peel eggs, chop and add them to the salad bowl with the spinach.
- Add chickpeas to the salad bowl.
- Make the dressing: Combine olive oil, lemon juice, and minced garlic or garlic powder in a screw top jar. Cover and shake well.
- 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

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%



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

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

Nutrition Facts

Serving size: 1 muffin (83g)
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%



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. http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm. Accessed May 24, 2010.



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

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

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. www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm. Accessed May 24, 2010.



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

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

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

Nutrition Facts

Serving size: 1 cup (225g)
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
Calories	103	Cal. from Fat	18
Total Fat 2g			
		Saturated Fat	1g
Cholesterol 2mg			
Sodium 121mg			
Total Carbohydrate 17g			
		Dietary Fiber	3g
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.

Nutrition Facts

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

Amount Per Serving		% Daily Value*	
Calories	53	Cal. from Fat	1
Total Fat 0g			
		Saturated Fat	0g
Cholesterol 0mg			
Sodium 7mg			
Total Carbohydrate 14g			
		Dietary Fiber	1g
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. http://healthymeals.nal.usda.gov/hsmrs/Iowa/Physical_Activities_%20Healthy_Snacks.pdf. Accessed May 26, 2010.



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

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

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 5g	8%
Saturated Fat 2g 8%	
Cholesterol 38mg	15%
Sodium 267mg	10%
Total Carbohydrate 21g	8%
Dietary Fiber 4g 15%	
Sugars 3g	
Protein 13g	
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.

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