



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:

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

- Preheat oven to 350°F. Wash chicken and pat dry.
- In large bowl, combine all dry ingredients and vinegar to make seasoning.
- Rub seasoning over chicken. Marinate in refrigerator for at least 6 hours (or overnight).
- Place chicken, evenly spaced, on lightly greased baking pan.
- Cover with foil. Bake for 40 minutes.
- 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		
Calories	280	Cal. from Fat 36
% Daily Value*		
Total Fat	4g	6%
Saturated Fat	2g	10%
Cholesterol	10mg	4%
Sodium	86mg	4%
Total Carbohydrate	48g	15%
Dietary Fiber	13g	55%
Sugars	1g	
Protein	15g	
Vitamin A	50%	Vitamin C 10%
Calcium	15%	Iron 25%

Recipe adapted from Little Caboose Child Care and Learning Center.

Twisted Tuna

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

Directions:

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

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

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

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

Nutrition Facts

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

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

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



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

Nutrition Facts

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

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

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

Eggs in a Nest

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

Directions:

- 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: 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.

