



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		% Daily Value*	
Calories	229	Cal. from Fat	54
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		% Daily Value*	
Calories	95	Cal. from Fat	6
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		% Daily Value*	
Calories	97	Cal. from Fat	28
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		% Daily Value*	
Calories	89	Cal. from Fat	18
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

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 (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.

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	
		Saturated Fat 0g	
		Cholesterol 0mg	
		Sodium 1mg	
Total Carbohydrate 11g		Dietary Fiber 2g	
		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	
		Saturated Fat 0g	
		Cholesterol 0mg	
		Sodium 134mg	
Total Carbohydrate 22g		Dietary Fiber 1g	
		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		% Daily Value*	
Calories	233	Cal. from Fat	38
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		% Daily Value*	
Calories	83	Cal. from Fat	4
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.