



# Menu Cycle: Summer—Week One

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>					
<b>Milk</b>	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
<b>Fruits/Vegetables</b>	Strawberries	Mixed Fruit	Banana Slices	Apple Slices	Pineapple
<b>Grains/Breads</b>	<i>Cheerios</i> <sup>®</sup>	Whole Grain Toast	<i>Total</i> <sup>®</sup>	Oatmeal	<i>Wheaties</i> <sup>®</sup>
<b>LUNCH</b>					
<b>Milk</b>	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
<b>Fruits/Vegetables</b>	<b>Summer Sizzler</b>	<b>Swamp Soup</b>	<b>Luigi's Lasagna</b>	Leafy Greens	<b>Sloppy Sammies</b>
<b>Fruits/Vegetables</b>	Baked Potato Wedges	Pears	Nectarines	Grapes	Cantaloupe
<b>Grains/Breads</b>	Whole Grain Roll	Whole Grain Bread Stick	<b>Luigi's Lasagna</b>	Whole Grain Hot Dog Roll	<b>Sloppy Sammies</b>
<b>Meats/Meat Alternates</b>	<b>Summer Sizzler</b>	<b>Swamp Soup</b>	<b>Luigi's Lasagna</b>	<b>Sailboats</b>	<b>Sloppy Sammies</b>
<b>SNACK</b>					
<b>Milk</b>	–	–	–	–	–
<b>Fruits/Vegetables</b>	Applesauce	Bell Pepper Sticks	Watermelon	Carrots	Banana Slices
<b>Grains/Breads</b>	Whole Grain Crackers	Mini Rice Cakes	–	–	Whole Grain Mini-Bagel
<b>Meats/Meat Alternates</b>	–	–	Cheese Slices	<b>Sandy Snack</b>	–
<b>Beverage</b>	Water	Water	Water	Water	Water

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

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



## Menu Cycle: Summer—Week Two

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>					
<b>Milk</b>	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
<b>Fruits/Vegetables</b>	Kiwi	Cantaloupe	Orange Wedges	Banana Slices	Applesauce
<b>Grains/Breads</b>	<i>Kix</i> ®	<i>Shredded Mini Wheat</i> ®	Whole Grain Mini-Bagel	<b>Mega Muffins</b>	Whole Grain Pancakes
<b>LUNCH</b>					
<b>Milk</b>	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
<b>Fruits/Vegetables</b>	<b>Orangutan Salad</b>	Cucumbers	Kiwi	<b>Sunshine Roll-Ups</b>	Honeydew Melon
<b>Fruits/Vegetables</b>	Grapes	Apple Slices	<b>Pete's Pizza</b>	Mixed Fruit (canned)	Corn
<b>Grains/Breads</b>	Turkey and Cheese Sandwich	Brown Rice	<b>Pete's Pizza</b>	<b>Sunshine Roll-Ups</b>	Whole Grain Roll
<b>Meats/Meat Alternates</b>	Turkey and Cheese Sandwich	<b>Gone Fishin'</b>	<b>Pete's Pizza</b>	<b>Sunshine Roll-Ups</b>	Baked Skinless Chicken Breast
<b>SNACK</b>					
<b>Milk</b>	–	–	–	–	–
<b>Fruits/Vegetables</b>	Blueberries	Pineapple	Strawberries	Peaches	–
<b>Grains/Breads</b>	–	Graham Crackers	–	–	Corn Chips
<b>Meats/Meat Alternates</b>	Hard Boiled Egg	–	String Cheese	Yogurt	<b>Molten Lava</b>
<b>Beverage</b>	Water	Water	Water	Water	Water

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

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

# Shopping List — Summer Weeks One & Two

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

## Milk

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

## Fruits & Vegetables

- \_\_\_ Apples
- \_\_\_ Applesauce (bottled, no sugar added or unsweetened)
- \_\_\_ Asian vegetable mix (fresh or frozen)
- \_\_\_ Bananas
- \_\_\_ Blueberries or apples (optional)
- \_\_\_ Broccoli (fresh or frozen)
- \_\_\_ Cantaloupe
- \_\_\_ Carrots (fresh, canned or frozen)
- \_\_\_ Celery (fresh or frozen)
- \_\_\_ Corn
- \_\_\_ Cranberries (dried)
- \_\_\_ Cucumbers
- \_\_\_ Grapes
- \_\_\_ Green bell peppers (fresh or frozen)
- \_\_\_ Kiwi
- \_\_\_ Leafy greens
- \_\_\_ Lemon juice (fresh-squeezed or bottled)
- \_\_\_ Lettuce
- \_\_\_ Mandarin oranges (canned in 100% juice or light syrup)
- \_\_\_ Melon
- \_\_\_ Mixed fruit (canned in 100% juice or light syrup)
- \_\_\_ Mushrooms (fresh, frozen or canned)

- \_\_\_ Nectarines
- \_\_\_ Onions
- \_\_\_ Oranges
- \_\_\_ Peaches
- \_\_\_ Pears
- \_\_\_ Pineapple (fresh or canned in 100% juice)
- \_\_\_ Raisins or dried fruit (optional)
- \_\_\_ Red bell peppers (fresh or frozen)
- \_\_\_ Salsa
- \_\_\_ Spinach (fresh)
- \_\_\_ Strawberries (fresh or frozen, no sugar added)
- \_\_\_ Tomato sauce
- \_\_\_ Tomatoes (fresh or canned, crushed)
- \_\_\_ Watermelon
- \_\_\_ Zucchini

## Meats & Meat Alternates

- \_\_\_ Almonds
- \_\_\_ Black beans (canned or dry)
- \_\_\_ Cheese (sliced)
- \_\_\_ Chicken (skinless, boneless)
- \_\_\_ Turkey, pork or tofu\* (optional ingredient)
- \_\_\_ Chickpeas/garbanzo beans (canned)
- \_\_\_ Chopped nuts (optional)
- \_\_\_ Cottage cheese (low-fat)
- \_\_\_ Eggs
- \_\_\_ Feta cheese

- \_\_\_ Fish fillets (frozen, unbreaded)
- \_\_\_ Ground turkey or chicken
- \_\_\_ Hamburger
- \_\_\_ Lima beans
- \_\_\_ Low-fat yogurt (plain or vanilla)
- \_\_\_ Mozzarella cheese (part-skim, shredded)
- \_\_\_ Navy beans/great Northern beans (dry or canned)
- \_\_\_ Peanut butter
- \_\_\_ Shredded cheese
- \_\_\_ String cheese
- \_\_\_ Tuna (chunk light, packed in water)

## Grains & Breads

- \_\_\_ Brown rice
- \_\_\_ *Cheerios*®
- \_\_\_ Flour (all-purpose and whole wheat or corn meal)
- \_\_\_ Graham crackers
- \_\_\_ *Kix*®
- \_\_\_ Mini rice cakes
- \_\_\_ Steel cut or old-fashioned oats
- \_\_\_ Pancake mix
- \_\_\_ *Shredded Mini Wheat*®
- \_\_\_ *Total*®
- \_\_\_ *Wheaties*®
- \_\_\_ Whole grain chips
- \_\_\_ Whole grain English muffins
- \_\_\_ Whole grain lasagna noodles

- \_\_\_ Whole grain mini bagel
- \_\_\_ Whole grain pita or crackers
- \_\_\_ Whole grain tortillas
- \_\_\_ Whole grain buns
- \_\_\_ Whole grain hot dog rolls

## Other\*

- \_\_\_ Baking powder
- \_\_\_ Barbeque sauce
- \_\_\_ Black pepper
- \_\_\_ Brown sugar
- \_\_\_ Chicken or vegetable broth
- \_\_\_ Garlic (can be replaced with garlic powder)
- \_\_\_ Garlic salt
- \_\_\_ Honey
- \_\_\_ Hot pepper sauce
- \_\_\_ Light mayonnaise
- \_\_\_ Olive or canola oil
- \_\_\_ Oregano
- \_\_\_ Paprika
- \_\_\_ Parsley (dried)
- \_\_\_ Red or cayenne pepper
- \_\_\_ Salad dressing (sweet and sour)
- \_\_\_ Salt
- \_\_\_ Soy sauce (low-sodium)
- \_\_\_ Thyme
- \_\_\_ Vegetable oil

\*not CACFP reimbursable



## Summer Sizzler

Ingredients	5 Servings	10 Servings	30 Servings	60 Servings
Chicken, turkey or pork, cut in cubes or thin slices	3/4 lb	1-1/2 lbs	4-1/2 lbs	9 lbs
Asian vegetable mix, frozen	2-1/2 cups	5 cups	15 cups	30 cups
Oil, olive or canola or cooking spray	1/2 Tbsp	1 Tbsp	3 Tbsp	6 Tbsp
Soy sauce, low-sodium (optional)	1 Tbsp	2 Tbsp	6 Tbsp	12 Tbsp

### Directions:

1. Slice chicken, turkey or pork into strips or cubes.
2. Spray pan (or wok or griddle) with cooking spray or use a little olive or canola oil.
3. Cook until meat is browned.
4. Add vegetables to the meat and cook 1 to 2 minutes until the vegetables are cooked but still colorful and crisp.

**Food For Thought** Stir-frying is a healthy and quick cooking method that can easily transform chicken or any leftover meat or vegetables into another entrée.

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

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

## Nutrition Facts

Serving size: 3/4 cup (164g)  
Servings Per Recipe: 10

Amount Per Serving		
Calories	162	Cal. from Fat 32
% Daily Value*		
<b>Total Fat</b>	4 g	<b>6%</b>
Saturated Fat	1 g	4%
<b>Cholesterol</b>	38 mg	<b>15%</b>
<b>Sodium</b>	393 mg	<b>15%</b>
<b>Total Carbohydrate</b>	15 g	<b>4%</b>
Dietary Fiber	5 g	20%
Sugars	8 g	
<b>Protein</b>	18 g	
Vitamin A	115%	Vitamin C 20%
Calcium	4%	Iron 8%

## Swamp Soup

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Dry Navy beans or great Northern beans OR 15 oz canned Navy beans or great Northern beans	3/4 cup + 2 Tbsp	1-3/4 cups	3-1/2 cups	7 cups
Chicken or vegetable stock 6 cups		3/4 cup	1-1/2 cups	3 cups
Carrots, chopped	1 cup	2 cups	4 cups	8 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Celery, chopped	1/2 cup	1 cup	2 cups	4 cups
Garlic, clove, minced OR garlic powder	1/2 tsp OR 1/16 tsp	1 tsp OR 1/8 tsp	2 tsp OR 1/4 tsp	4 tsp OR 1/2 tsp
Olive oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

### Directions:

1. If using dry beans, sort and rinse Navy beans and soak in 4 cups of cold water at least 4 hours (until they double in size) or overnight. Drain. If using canned Navy beans, drain and rinse.
2. Pour beans into a large slow cooker and cover with fresh water. Add chicken or vegetable stock to cover beans by 1" or more.
3. Peel carrots and onions. Finely dice carrots, onions and celery. Set aside.
4. Sauté carrots, onions and celery with garlic and olive oil until they soften.
5. Add this mixture to the beans in the crock pot. Stir thoroughly.
6. Cook on medium or low power for 4 to 6 hours until beans are tender.

**Food For Thought** Make this soup in advance, refrigerate it, and reheat on the stove when ready to serve.

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

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

## Nutrition Facts

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

Amount Per Serving		
Calories	138	Cal. from Fat 18
% Daily Value*		
<b>Total Fat</b>	2 g	<b>4%</b>
Saturated Fat	0 g	0%
<b>Cholesterol</b>	0 mg	<b>0%</b>
<b>Sodium</b>	220 mg	<b>8%</b>
<b>Total Carbohydrate</b>	22 g	<b>8%</b>
Dietary Fiber	8 g	35%
Sugars	3 g	
<b>Protein</b>	9 g	
Vitamin A	50%	Vitamin C 6%
Calcium	6%	Iron 10%



## Luigi's Lasagna

Ingredients	6 Servings	12 Servings	25 Servings	50 Servings
Lasagna noodles, whole grain	6 noodles	12 noodles	26 noodles	52 noodles
Vegetable oil	1/2 Tbsp	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp
Zucchini, sliced	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Mushrooms, sliced	2 Tbsp	1/4 cup	1/2 cup	1 cup
Onions, chopped	2 Tbsp	1/4 cup	1/2 cup	1 cup
Broccoli, frozen	1/2 cup	1 cup	2-1/4 cups	4-1/2 cups
Cottage cheese, low-fat, drained	1-1/2 cups	3 cups	6 cups	12 cups
Parsley, dried	1/2 Tbsp	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp
Mozzarella cheese, grated	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Tomatoes, canned	1/2 cup	1 cup	2-1/4 cups	4-1/2 cups

### Directions:

1. Cook lasagna noodles as directed.
2. Heat vegetable oil. Add zucchini, mushrooms and onions. Sauté for 3 minutes. Remove from heat and set aside.
3. Cook broccoli as directed. Set aside.
4. Combine cottage cheese and parsley.
5. Spread vegetables on the bottom of a 12x20x2 1/2 pan for 25 servings (9x9x2 pan for 12 servings). Follow with a layer of noodles, a layer of cottage cheese, another layer of vegetables and a layer of mozzarella.
6. Repeat for the second layer.
7. The third layer is the last of the lasagna noodles and a layer of the canned tomatoes.
8. Cover with plastic wrap and foil.
9. Bake at 375°F for 50 minutes for 25 servings (25 minutes for 12) or until warmed through.

### Food For Thought

Lasagna can be made in advance and frozen for later. It is full of different vegetables that help us meet our goal of 5 or more servings a day.

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

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

## Sailboats

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Tuna, chunk-light, water-packed, drained	8 oz	16 oz	32 oz	64 oz
Mayonnaise, light	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Yogurt, plain, low-fat	1/2 Tbsp	1 Tbsp	2 Tbsp	3 Tbsp
Rolls, hot dog, whole grain	2-1/2	5	10	20
Cheese, shredded	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. Heat oven to 350°F.
2. Mix the tuna, mayonnaise, yogurt and honey mustard in a bowl.
3. Slice buns in half.
4. Spread 1/4 cup of tuna mixture evenly on each half bun.
5. Place on cookie sheet and bake for 8 minutes.
6. Top with 2 tsp cheese. Bake 2 more minutes.

Food For Thought These can also be put on pieces of lettuce and served with pita wedges or cut a tomato in half and fill with this tuna salad.

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

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

## Nutrition Facts

Serving size: 1 slice (121g)  
Servings Per Recipe: 25

Amount Per Serving	
Calories 178	Cal. from Fat 36
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	8%
Cholesterol 7mg	2%
Sodium 265mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	2%
Sugars 2g	
Protein 13g	
Vitamin A 6%	Vitamin C 15%
Calcium 10%	Iron 8%

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

## Nutrition Facts

Serving size: 1/4 cup; 1/2 roll (77g)  
Servings Per Recipe: 28

Amount Per Serving	
Calories 167	Cal. from Fat 55
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	6%
Cholesterol 10mg	4%
Sodium 147mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 17g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 8%



## Sandy Snack

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Chickpeas (canned garbanzo beans), drained, rinsed well	1/2- 12.5 oz can	1- 12.5 oz can	2- 12.5 oz cans	4- 12.5 oz cans
Yogurt, low-fat or fat-free	1/2 cup	1 cup	2 cups	4 cups
Lemon juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Hot pepper sauce (optional)	1 drop	3 drops	6 drops	12 drops
Olive oil	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp	6 Tbsp

### Directions:

- Blend chickpeas, yogurt, lemon juice, olive oil and hot sauce in blender until smooth.
- Serve as a sandwich spread or have children use it as a dip with whole grain crackers or fresh vegetables, such as carrot or cucumber slices.

**Food For Thought** This is a great snack with veggies or whole grain chips. It is also a tasty spread on bread with chicken, turkey or vegetables. This dish can be counted as a meat/meat alternate or a fruit/vegetable.

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

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

## Sloppy Sammies

Ingredient	6 Servings	12 Servings	24 Servings	48 Servings
Onion, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Carrot, grated	1/2 cup	1 cup	2 cups	4 cups
Green bell pepper, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Ground turkey	1 lb	2 lbs	4 lbs	8 lbs
Tomato sauce	1/2 cup	1 cup	2 cups	4 cups
Tomatoes, chopped OR canned crushed tomatoes	3/4 cup	1-1/2 cup	3 cups	6 cups
Barbeque sauce	1/4 cup	1/2 cup	1 cup	2 cups
Whole wheat buns, hamburger or hot dog	3	6	12	24
Cooking spray	—	—	—	—

### Directions:

- Spray skillet with cooking spray. Sauté onions, carrots, green pepper and ground turkey (chicken) in a pan over medium-high heat for 5 minutes.
- Add tomato sauce, chopped or crushed tomatoes, and barbeque sauce. Bring to a boil.
- Reduce heat and simmer for 10 minutes, stirring occasionally.
- Uncover and cook for an additional 3 minutes or until thick.
- Serve open-faced on toasted or plain whole wheat buns.
- Refrigerate leftovers within 2 to 3 hours.

**Food For Thought** You can also make these plain without the vegetables mixed in. In that case, this would not count toward the fruit/vegetable requirement.

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

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

## Nutrition Facts

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

Amount Per Serving			% Daily Value*
<b>Calories</b>	76	Cal. from Fat	25
% Daily Value*			
<b>Total Fat</b>	3g		4%
		Saturated Fat	1g 4%
<b>Cholesterol</b>	1mg		0%
<b>Sodium</b>	123mg		4%
<b>Total Carbohydrate</b>	10g		4%
		Dietary Fiber	2g 6%
		Sugars	0g
<b>Protein</b>	3g		
Vitamin A	0%	Vitamin C	4%
Calcium	6%	Iron	4%

## Nutrition Facts

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

Amount Per Serving			% Daily Value*
<b>Calories</b>	245	Cal. from Fat	69
% Daily Value*			
<b>Total Fat</b>	8g		10%
		Saturated Fat	2g 10%
<b>Cholesterol</b>	60mg		20%
<b>Sodium</b>	461mg		20%
<b>Total Carbohydrate</b>	27g		8%
		Dietary Fiber	4g 15%
		Sugars	3g
<b>Protein</b>	18g		
Vitamin A	30%	Vitamin C	15%
Calcium	8%	Iron	15%

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



## Orangutan Salad

Ingredients	4 Servings	8 Servings	24 Servings	48 Servings
Spinach, fresh	1-1/2 cups	3 cups	9 cups	18 cups
Mandarin oranges, canned, drained	1/2- 15 oz can	1- 15 oz can	3- 15 oz cans	6- 15 oz cans
Almonds, slivered (optional)	1 Tbsp	2 Tbsp	1/4 cup + 2 Tbsp	3/4 cup
Dried cranberries (optional)	2 Tbsp	1/4 cup	3/4 cup	1-1/2 cups
Feta cheese	1 Tbsp	2 Tbsp	1/4 cup + 2 Tbsp	3/4 cup
Salad dressing, sweet & sour	1 Tbsp	2 Tbsp	1/4 cup + 2 Tbsp	3/4 cup

### Directions:

1. Wash spinach.
2. Drain juice from mandarin oranges.
3. Toss all ingredients in a large salad bowl and mix thoroughly.

**Food For Thought** This salad combines fruit and vegetables. Try adding grapes or apples, chicken or beans for a different meal. You can also use blue cheese or cheddar cheese crumbles.

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

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

## Nutrition Facts

Serving size: 1/4 cup (76g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	42	Cal. from Fat 3
		<b>% Daily Value*</b>
Total Fat	0g	0%
Saturated Fat		0g 0%
Cholesterol	1mg	0%
Sodium	29mg	0%
Total Carbohydrate	10g	4%
Dietary Fiber		1g 4%
Sugars		8g
Protein	1g	
Vitamin A	35%	Vitamin C 35%
Calcium	2%	Iron 4%

## Gone Fishin'

Ingredient	5 Servings	10 servings	25 servings	50 Servings
Fish fillets, frozen, unbreaded, cut into strips	3/4 lb	1-1/2 lbs	3-3/4 lbs	7-1/2 lbs
Paprika	1/4 tsp	1/2 tsp	1-1/2 tsp	3 tsp
Pepper, red/cayenne	Pinch	1/8 tsp	3/8 tsp	3/4 tsp
Pepper, black	1/8 tsp	1/4 tsp	3/4 tsp	1-1/2 tsp
Oregano, ground	Pinch	1/4 tsp	3/4 tsp	1-1/2 tsp
Thyme, ground	Pinch	1/4 tsp	3/4 tsp	1-1/2 tsp
Oil, vegetable	2 Tbsp	1/4 cup	3/4 cup	1-1/2 cups
Lemon juice	1 Tbsp	2 Tbsp	5 Tbsp	10 Tbsp

### Directions:

1. Place fish portions on an ungreased pan.
2. Mix seasonings in a small bowl. Place in a shaker.
3. Sprinkle lemon juice over the top of the fish fillets.
4. Shake seasoning mix over fish fillets.
5. Lightly spray or drizzle oil over the seasonings.
6. Bake at 350°F for 20 minutes or until fish flakes easily with fork.

**Food For Thought** This fish can be served over lettuce for a salad or served with vegetables in a tortilla as a fish taco!

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

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

## Nutrition Facts

Serving size: 1-1/2 oz (41g)  
Servings Per Recipe: 25

Amount Per Serving		
Calories	43	Cal. from Fat 14
		<b>% Daily Value*</b>
Total Fat	2g	2%
Saturated Fat		0g 0%
Cholesterol	13mg	4%
Sodium	27mg	0%
Total Carbohydrate	0g	0%
Dietary Fiber		0g 0%
Sugars		0g
Protein	7g	
Vitamin A	0%	Vitamin C 4%
Calcium	0%	Iron 0%



### Pete's Pizza

Ingredients	4 Servings	8 Servings	24 Servings	48 Servings
English muffins, whole grain, halved	2	4	12	24
Tomato or spaghetti sauce	1 cup	2 cups	6 cups	12 cups
Broccoli, finely chopped	1/2 cup	1 cup	3 cups	6 cups
Lima beans, black beans, or Northern beans	1 cup	2 cups	6 cups	12 cups
Red peppers, diced	1/4 cup	1/2 cup	1-1/2 cups	3 cups
Onions, diced	1/4 cup	1/2 cup	1-1/2 cups	3 cups
Mozzarella cheese, part-skim	1/2 cup	1 cup	3 cups	6 cups
Oregano	1 tsp	2 tsp	6 tsp	12 tsp

#### Directions:

1. Preheat oven to 400°F.
2. Split English muffins. Pre-toast lightly if desired.
3. Add toppings in order listed.
4. Bake for 10 minutes.

#### Food For Thought

Experiment by using different leftover vegetables. You can also top this pizza with chicken instead of beans.

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

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

### Nutrition Facts

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

Amount Per Serving		% Daily Value*	
<b>Calories</b>	116	Cal. from Fat	19
Total Fat 2g			
Saturated Fat 1g			
Cholesterol 4mg			
Sodium 258mg			
Total Carbohydrate 20g			
Dietary Fiber 4g			
Sugars 4g			
Protein 6g			
Vitamin A	20%	Vitamin C	60%
Calcium	10%	Iron	8%

### Mega Muffins

Ingredients	6 Muffins	12 Muffins	24 Muffins	48 muffins
Milk, 1% (low-fat) or fat-free	1/4 cup	1/2 cup	1 cup	2 cups
Vegetable oil	2 Tbsp	1/4 cup	1/2 cup	1 cup
Egg, beaten	1/2	1	2	4
Honey	2 Tbsp	1/4 cup	1/2 cup	1 cup
Oats, old-fashioned, uncooked	3/4 cup	1-1/2 cups	3 cups	6 cups
Flour, white, enriched	1/4 cup	1/2 cup	1 cup	2 cups
Flour, whole wheat	1/4 cup	1/2 cup	1 cup	2 cups
Brown sugar, packed	2 Tbsp	1/4 cup	1/2 cup	1 cup
Baking powder	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Salt	1/2 tsp	1 tsp	2 tsp	4 tsp
Optional: blueberries or chopped apples, raisins or dried fruit, chopped nuts	1/2 cup	1 cup	2 cups	4 cups

#### Directions:

1. Preheat oven to 400° F.
2. Prepare muffin pans by oiling, spraying with cooking spray or using paper cupcake liners.
3. Combine milk, oil, egg and honey in a small bowl and mix.
4. Combine dry ingredients in a large bowl and mix.
5. Add wet ingredients to dry, mixing just until dry ingredients are moistened.
6. For plain muffins, skip ahead to step 8.
7. For fruit or nut muffins, fold in the optional ingredients for the variation you chose.
8. Fill greased or paper-lined muffin cups 3/4 full.
9. Bake in preheated oven for 15 to 18 minutes or until golden brown.

#### Food For Thought

Make these muffins in advance and serve them for snack or breakfast later in the week.

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

- Grain/Bread
- Fruit/Vegetable
- Milk

### Nutrition Facts

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

Amount Per Serving		% Daily Value*	
<b>Calories</b>	170	Cal. from Fat	53
Total Fat 6g			
Saturated Fat 1g			
Cholesterol 18mg			
Sodium 268mg			
Total Carbohydrate 27g			
Dietary Fiber 2g			
Sugars 12g			
Protein 4g			
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	6%



## Sunshine Roll-Ups

Ingredient	6 Servings	12 Servings	24 Servings	48 Servings
Chicken, chopped	1 lb	2 lbs	4 lbs	8 lbs
Celery, chopped	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Mandarin oranges, canned, drained	1/2 cup	1 cup	2 cups	4 cups
Onion, chopped	2 Tbsp	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups
Mayonnaise	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Pepper	1/8 tsp	3/8 tsp	3/4 tsp	1-1/2 tsp
Tortilla, whole grain, 6"	6	12	24	48
Lettuce, chopped	1/2 cup	1 cup	2 cups	4 cups

### Directions:

- In a mixing bowl, combine chicken, celery, oranges and onions.
- Add mayonnaise and pepper. Mix until chicken is coated.
- Place about four teaspoons of lettuce onto tortilla and top with chicken mix.
- Roll up and enjoy!

**Food For Thought** Let kids help make their own by choosing different vegetables and fruits they would like to try and rolling it themselves.

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

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

## Nutrition Facts

Serving size: 1 tortilla w/ filling (124g)  
Servings Per Recipe: 24

Amount Per Serving		
<b>Calories</b>	192	Cal. from Fat 39
		<b>% Daily Value*</b>
<b>Total Fat</b>	4g	<b>8%</b>
Saturated Fat 1g		4%
<b>Cholesterol</b>	49mg	<b>15%</b>
<b>Sodium</b>	364mg	<b>15%</b>
<b>Total Carbohydrate</b>	22g	<b>8%</b>
Dietary Fiber 2g		8%
Sugars 2g		
<b>Protein</b>	21g	
Vitamin A	10%	Vitamin C 10%
Calcium	4%	Iron 8%

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

## Molten Lava

Ingredient	6 Servings	12 Servings	24 Servings	48 Servings
Black beans, canned or cooked from dry	1-1/2 cups	3 cups	6 cups	12 cups
Mild salsa	1 cup	2 cups	4 cups	8 cups
Whole grain pita wedges, crackers, OR vegetables for dipping	2 Tbsp	1/4 cup	1/2 cup	1 cup
	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups

### Directions:

- Purée beans with salsa.
- Serve with whole grain pita wedges, whole grain crackers or vegetables for dipping.

**Food For Thought** Salsa is a healthy snack for any time of day. Salsa can also be a topper for potatoes, fish or chicken.

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

- Grain/Bread (if served with pita or crackers)
- Fruit/Vegetable (if served with dipping vegetables)
- Meat/Meat Alternate
- Milk

## Nutrition Facts

Serving size: 1/4 cup (81g)  
Servings Per Recipe: 24

Amount Per Serving		
<b>Calories</b>	67	Cal. from Fat 3
		<b>% Daily Value*</b>
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat 0g		0%
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	226mg	<b>8%</b>
<b>Total Carbohydrate</b>	12g	<b>4%</b>
Dietary Fiber 4g		15%
Sugars 1g		
<b>Protein</b>	4g	
Vitamin A	4%	Vitamin C 4%
Calcium	2%	Iron 4%



# Menu Cycle: Summer—Week Three

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>					
<b>Milk</b>	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
<b>Fruits/Vegetables</b>	Blueberries	<b>Banana-Rama Breakfast</b>	Orange Slices	Strawberries	Pears
<b>Grains/Breads</b>	<i>Wheat Chex</i> <sup>®</sup>	<b>Banana-Rama Breakfast</b>	<i>Alpha Bits</i> <sup>®</sup> (No Sugar)	Whole Grain Mini-Bagel	Whole Grain Waffle
<b>LUNCH</b>					
<b>Milk</b>	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
<b>Fruits/Vegetables</b>	Zucchini	<b>Sweet Summer Salad</b>	Peas	<b>Veggin' Out Stew</b>	<b>Hip-Hop Pita Pocket</b>
<b>Fruits/Vegetables</b>	Summer Squash	Kiwi	Watermelon	Mixed Fruit	Apple Slices
<b>Grains/Breads</b>	Brown Rice	Whole Grain Bread	<b>"Use Your Noodle" Bake</b>	Grilled Cheese on Whole Grain Bread	<b>Hip-Hop Pita Pocket</b>
<b>Meats/Meat Alternates</b>	<b>Catch of the Day</b>	<b>Limeade Chicken</b>	<b>"Use Your Noodle" Bake</b>	Cheese	<b>Hip-Hop Pita Pocket</b>
<b>SNACK</b>					
<b>Milk</b>	–	–	–	–	–
<b>Fruits/Vegetables</b>	Honeydew Melon	Cucumber	<b>Fruit-astic Salsa</b>	Cantaloupe	<b>Smoothilicious</b>
<b>Grains/Breads</b>	Rice Cakes	–	Pita Wedges	Whole Grain Crackers	Graham Crackers
<b>Meats/Meat Alternates</b>	–	String Cheese	–	–	–
<b>Beverage</b>	Water	Water	Water	Water	Water

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

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



# Menu Cycle: Summer—Week Four

Pre-approved to Meet CACFP Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>					
<b>Milk</b>	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
<b>Fruits/Vegetables</b>	Pineapple	Grapes and Strawberries	Watermelon	Peaches	Cantaloupe
<b>Grains/Breads</b>	Whole Grain Toast	<i>Multi Grain Cheerios®</i>	Whole Grain Waffles	Oatmeal	<i>Kix®</i>
<b>LUNCH</b>					
<b>Milk</b>	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
<b>Fruits/Vegetables</b>	<b>Jolly Green Giant Salad</b>	<b>Rainbow Wrap</b>	<b>Swimmy Salmon Steaks</b>	<b>Monster Mash Soup</b>	<b>Pita Pockets</b>
<b>Fruits/Vegetables</b>	Cucumbers	Honeydew Melon	Cooked Carrots	Baked Potato	Strawberries
<b>Grains/Breads</b>	<b>Jimmy Crack Cornbread</b>	<b>Rainbow Wrap</b>	Brown Rice	Whole Grain Toast	<b>Pita Pockets</b>
<b>Meats/Meat Alternates</b>	<b>Jolly Green Giant Salad</b>	Baked Skinless Chicken Breast	<b>Swimmy Salmon Steaks</b>	<b>Monster Mash Soup</b>	<b>Pita Pocket</b>
<b>SNACK</b>					
<b>Milk</b>	–	–	–	–	–
<b>Fruits/Vegetables</b>	Blueberries	Nectarine Slices	Banana Slices	<b>Sunshine Smoothie</b>	Mixed Fruit
<b>Grains/Breads</b>	–	Rice Cakes	Whole Grain Crackers	Animal Crackers	–
<b>Meats/Meat Alternates</b>	Cottage Cheese	–	–	–	Yogurt
<b>Beverage</b>	Water	Water	Water	Water	Water

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

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

# Shopping List — Summer Weeks Three & Four

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

## Milk

- \_\_\_ 1% (low-fat) or fat-free
- \_\_\_ Whole for 12 through 23 months
- \_\_\_ Fat-free evaporated milk\*
- \_\_\_ Buttermilk, low-fat or fat-free

## Fruits & Vegetables

- \_\_\_ Apples
- \_\_\_ Applesauce (bottled, no sugar added or unsweetened)
- \_\_\_ Asparagus
- \_\_\_ Avocado
- \_\_\_ Bananas
- \_\_\_ Blueberries
- \_\_\_ Cabbage
- \_\_\_ Carrots (fresh)
- \_\_\_ Celery (fresh)
- \_\_\_ Corn (fresh, frozen or canned)
- \_\_\_ Creamed corn
- \_\_\_ Cucumber
- \_\_\_ Eggplant
- \_\_\_ Green bell peppers (fresh or frozen)
- \_\_\_ Honeydew melon
- \_\_\_ Kiwi
- \_\_\_ Lemon juice (fresh-squeezed or bottled)
- \_\_\_ Lemons
- \_\_\_ Lime juice (fresh-squeezed or bottled)
- \_\_\_ Mangos
- \_\_\_ Mixed fruit (canned in 100% juice or light syrup)
- \_\_\_ Nectarines
- \_\_\_ Olives
- \_\_\_ Onions
- \_\_\_ Oranges
- \_\_\_ Peaches (fresh, frozen or canned in 100% juice or light syrup)
- \_\_\_ Peas (frozen or canned)
- \_\_\_ Pineapple (fresh or canned in 100% juice)
- \_\_\_ Raisins
- \_\_\_ Red bell peppers (fresh or frozen)
- \_\_\_ Red or green seedless grapes
- \_\_\_ Salsa
- \_\_\_ Scallions
- \_\_\_ Spinach (fresh)
- \_\_\_ Strawberries (fresh or frozen, no sugar added)
- \_\_\_ Sugar snap peas
- \_\_\_ Summer squash
- \_\_\_ Tomato paste
- \_\_\_ Tomatoes (fresh or canned)
- \_\_\_ Watermelon
- \_\_\_ White potatoes
- \_\_\_ Yellow bell peppers (fresh or frozen)
- \_\_\_ Zucchini

## Meats & Meat Alternates

- \_\_\_ Beans (any variety, canned or dry)
- \_\_\_ Black beans (low-sodium, canned)
- \_\_\_ Cheddar cheese
- \_\_\_ Chick peas/garbanzos (canned or cooked from dry)
- \_\_\_ Chicken breast (boneless, skinless)

- \_\_\_ Eggs
- \_\_\_ Green peas (dry, split)
- \_\_\_ Ground turkey
- \_\_\_ Low-fat cottage cheese
- \_\_\_ Low-fat yogurt (plain or vanilla)
- \_\_\_ Mozzarella cheese (part-skim)
- \_\_\_ Nuts (almonds, walnuts or other)
- \_\_\_ Parmesan cheese
- \_\_\_ Peanut butter
- \_\_\_ Peanuts (unsalted)
- \_\_\_ Ricotta cheese (part-skim)
- \_\_\_ Salmon fillets (fresh or frozen)
- \_\_\_ String cheese
- \_\_\_ White (Northern) beans
- \_\_\_ White fish fillets (cod or tilapia; frozen and unbreaded)

## Grains & Breads

- \_\_\_ *Alpha Bits*® (unsweetened)
- \_\_\_ Bran flakes
- \_\_\_ Brown rice
- \_\_\_ *Cheerios*®
- \_\_\_ Cornmeal
- \_\_\_ Mini rice cakes
- \_\_\_ *Multigrain Cheerios*®
- \_\_\_ Oatmeal
- \_\_\_ Pita pockets
- \_\_\_ Pretzels
- \_\_\_ Raisin bread
- \_\_\_ *Wheat Chex*®
- \_\_\_ Wheat germ
- \_\_\_ White flour (enriched, all-purpose)
- \_\_\_ Whole grain bagel

- \_\_\_ Whole grain crackers
- \_\_\_ Whole grain English muffins
- \_\_\_ Whole grain macaroni
- \_\_\_ Whole grain rolls
- \_\_\_ Whole grain waffles
- \_\_\_ Whole grain bread
- \_\_\_ Whole wheat flour
- \_\_\_ Whole grain tortillas

## Other\*

- \_\_\_ Baking powder
- \_\_\_ Baking soda
- \_\_\_ Basil leaves (dry)
- \_\_\_ Bay leaves
- \_\_\_ Beef or vegetable stock
- \_\_\_ Black pepper
- \_\_\_ Canola oil
- \_\_\_ Cider vinegar
- \_\_\_ Cinnamon
- \_\_\_ Cooking spray
- \_\_\_ Dijon mustard
- \_\_\_ Garlic
- \_\_\_ Honey
- \_\_\_ Margarine (trans fat free)
- \_\_\_ Marjoram (ground)
- \_\_\_ Mexican seasoning
- \_\_\_ Olive oil
- \_\_\_ Oregano leaves (dry)
- \_\_\_ Parsley
- \_\_\_ Salt
- \_\_\_ Sugar
- \_\_\_ Thyme
- \_\_\_ Vegetable bouillon
- \_\_\_ Vegetable oil

\*not CACFP reimbursable



### Catch of the Day

Ingredient	5 Servings	10 Servings	25 Servings	50 Servings
White fish fillets (cod, tilapia), frozen, unbreaded	7-1/2 oz	15 oz	38 oz	76 oz
Oil (olive or canola) or cooking spray	—	—	—	—
Dijon mustard	1 Tbsp	2 Tbsp	5 Tbsp	10 Tbsp
Crushed bran flakes	1/2 cup	1 cup	2-1/2 cups	5 cups

### Directions:

1. Preheat oven to 400°F.
2. Coat a baking sheet evenly with oil or cooking spray.
3. Brush mustard over fish fillets.
4. Crush bran flake cereal into crumbs and sprinkle over fillets.
5. Place on prepared baking sheet.
6. Bake 20 to 25 minutes, until fish is white throughout and flakes easily with a fork.

**Food For Thought** You can also use rye, whole wheat or any type of whole grain bread crumbs for this recipe. Simply toast the bread and crumble it to make the crumbs.

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

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

### Nutrition Facts

Serving size: 1-1/2 oz (50g)  
Servings Per Recipe: 25

Amount Per Serving		% Daily Value*	
<b>Calories</b>	51	Cal. from Fat	5
<b>Total Fat</b> 1g			
			0%
<b>Saturated Fat</b> 0g			
			0%
<b>Cholesterol</b> 16mg			
			4%
<b>Sodium</b> 99mg			
			4%
<b>Total Carbohydrate</b> 3g			
			0%
<b>Dietary Fiber</b> 1g			
			4%
<b>Sugars</b> 1g			
<b>Protein</b> 8g			
Vitamin A	2%	Vitamin C	2%
Calcium	0%	Iron	8%

### Banana-Rama Breakfast

Ingredient	4 Servings	8 Servings	16 Servings	32 Servings
English muffins, whole grain	2	4	8	16
Cottage cheese, low-fat	1 cup	2 cups	4 cups	8 cups
Bananas, sliced	3 medium	6 medium	12 medium	24 medium
Cinnamon	1 tsp	2 tsp	4 tsp	8 tsp

### Directions:

1. Toast English muffins lightly in oven broiler.
2. Spoon 2 tablespoons of cottage cheese onto each muffin half.
3. Arrange banana slices on top of cheese and sprinkle with cinnamon.
4. Heat in or under broiler until banana and cheese are warm.

**Food For Thought** If kids don't like cottage cheese, use yogurt instead. You can also try this with strawberries or apples!

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

- Grain/Bread
- Fruit/Vegetable
- Milk

### Nutrition Facts

Serving size: 1/2 muffin (175g)  
Servings Per Recipe: 16

Amount Per Serving		% Daily Value*	
<b>Calories</b>	187	Cal. from Fat	15
<b>Total Fat</b> 2g			
			4%
<b>Saturated Fat</b> 1g			
			4%
<b>Cholesterol</b> 2mg			
			0%
<b>Sodium</b> 316mg			
			15%
<b>Total Carbohydrate</b> 35g			
			10%
<b>Dietary Fiber</b> 5g			
			20%
<b>Sugars</b> 12g			
<b>Protein</b> 11g			
Vitamin A	2%	Vitamin C	15%
Calcium	8%	Iron	8%



## Sweet Summer Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Cabbage, chopped	1/4 small head (1/2 lb)	1/2 small head (1 lb)	1 small head (2 lbs)	2 small heads (4 lbs)
Cider vinegar	2 Tbsp	1/4 cup	1/2 cup	1 cup
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Carrots, shredded	1 cup	2 cup	4 cup	8 cups
Apples, cut into thin slices	1/2 cup	1 cup	2 cups	4 cups
Raisins	1/4 cup	1/2 cup	1 cup	2 cups
Peanuts, unsalted, crushed (optional)	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. Wash and dry cabbage and chop.
2. Whisk vinegar and oil in serving bowl to blend.
3. Add carrots and cabbage. Toss. Cover and refrigerate for at least 2 hours.
4. Add apples, raisins and peanuts (optional). Toss.

**Food For Thought** This salad can be made using any fruit, meat/meat alternate, and chopped nuts. Serve it as a side at a meal or as a snack.

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

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

## Nutrition Facts

Serving size: 1/4 cup (73g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	61	Cal. from Fat 21
% Daily Value*		
Total Fat	2g	4%
Saturated Fat		0g 2%
Cholesterol	0mg	0%
Sodium	19mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber		2g 8%
Sugars		7g
<b>Protein</b> 1g		
Vitamin A	45%	Vitamin C 20%
Calcium	2%	Iron 2%

Recipe adapted from Women's Day Magazine Website. [www.womansday.com/](http://www.womansday.com/)  
Accessed May 20, 2010.

## Limeade Chicken

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Chicken breast, boneless, skinless	7/8 lb	1-3/4 lbs	3-1/2 lbs	7 lbs
Lime juice, canned, bottled, or squeezed	2 oz	4 oz	8 oz	16 oz
Vegetable oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Pepper, black	1 tsp	2 tsp	4 tsp	8 tsp

### Directions:

1. Trim fat from chicken breast.
2. Cut each breast into four pieces and place in resealable bag.
3. Add lime juice, oil and pepper and toss in bag.
4. Marinate 3 hours.
5. Place on oiled cookie sheet.
6. Bake at 400°F for about an hour.

**Food For Thought** The chicken can marinate overnight, so make the marinade in advance. It can also be made using lemon or orange juice.

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

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

## Nutrition Facts

Serving size: 1-1/2 oz (79g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	132	Cal. from Fat 42
% Daily Value*		
Total Fat	5g	8%
Saturated Fat		1g 4%
Cholesterol	56mg	20%
Sodium	203mg	8%
Total Carbohydrate	1g	0%
Dietary Fiber		0g 0%
Sugars		0g
<b>Protein</b> 20g		
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 4%

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



### “Use Your Noodle” Bake

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Macaroni, whole grain	3/4 cup	1-1/2 cups	3 cups	6 cups
Evaporated milk, fat-free	1 cup	2 cups	4 cups	8 cups
Egg, beaten	1/2	1	2	4
Pepper, black	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Mozzarella cheese, part-skim, shredded	2 Tbsp	1/4 cup	1/2 cup	1 cup
Cheddar cheese, shredded	1/4 cup	1/2 cup	1 cup	2 cups
Tomatoes, sliced	1/2 cup	1 cup	2 cups	4 cups
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Peppers, green, chopped	1/2 cup	1 cup	2 cups	4 cups
White (Northern) beans	1/2 cup	1 cup	2 cups	4 cups
Squash, sliced	1/2 cup	1 cup	2 cups	4 cups
Parmesan cheese, grated	2 Tbsp	1/4 cup	1/2 cup	1 cup

#### Directions:

1. Cook macaroni as directed. Drain, set aside.
2. Spray casserole dish with non-stick cooking spray.
3. Peel and slice squash. Place in large saucepan with water.
4. Bring to a boil. Reduce heat and cook until squash is tender. Mash.
5. Preheat oven to 350°F.
6. In bowl, combine onions, tomatoes, peppers, macaroni, milk, mozzarella and cheddar cheese, pepper and beans, and mix thoroughly. Add squash. Stir to combine.
7. Transfer mixture into casserole dish.
8. Sprinkle parmesan cheese on top.
9. Bake for 25 minutes or until bubbly. Let sit before serving.

**Food For Thought** This dish can be made as a side to chicken or fish. If chosen as a side, you do not need to add the beans, and it will not count toward a meat/meat alternate.

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

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

### Fruit-astic Salsa

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Peaches, fresh, diced	1 cup	2 cups	4 cups	8 cups
Mango, diced	1/2 cup	1 cup	2 cups	4 cups
Strawberries, fresh or frozen, diced	1-1/2 cups	3 cups	6 cups	12 cups
Honey	1 tsp	1/2 Tbsp	1 Tbsp	2 Tbsp

#### Directions:

1. Wash, peel and dice mangos.
2. Wash and dice peaches, peeling optional.
3. Wash and dice strawberries.
4. Mix all together in medium bowl. Drizzle honey on top.
5. Mix until honey is evenly distributed.

**Food For Thought** Fruit salsa is a yummy afternoon snack in the summer. You can use any fruit you like. You can also make your own cinnamon chips by toasting whole grain pitas and topping with cinnamon. These make great dippers!

#### CACFP Crediting

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

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

### Nutrition Facts

Serving size: 1 slice (146g)  
Servings Per Recipe: 24

Amount Per Serving	
Calories	200 Cal. from Fat 27
% Daily Value*	
Total Fat	3g 4%
Saturated Fat	2g 8%
Cholesterol	26mg 8%
Sodium	103mg 4%
Total Carbohydrate	32g 10%
Dietary Fiber	5g 20%
Sugars	7g
Protein	13g
Vitamin A	45%
Vitamin C	30%
Calcium	25%
Iron	20%

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

### Nutrition Facts

Serving size: 1/2 cup (84g)  
Servings Per Recipe: 24

Amount Per Serving	
Calories	36 Cal. from Fat 2
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	1mg 0%
Total Carbohydrate	9g 4%
Dietary Fiber	2g 6%
Sugars	7g
Protein	1g
Vitamin A	4%
Vitamin C	50%
Calcium	0%
Iron	0%

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



### Veggin' Out Stew

Ingredients	6 Servings	12 servings	24 servings	48 Servings
Water	2-1/4 cups	4-1/2 cups	9 cups	18 cups
Vegetable bouillon, made with water	1/2 cup	1 cup	2 cups	4 cups
White potatoes, chopped	1/2 cup	1 cup	2 cups	4 cups
Carrots, sliced	1/2 cup	1 cup	2 cups	4 cups
Summer squash, chopped	1/2 cup	1 cup	2 cups	4 cups
Sweet corn, fresh or canned	1/2- 15 oz can or 1 ear	1- 15 oz can or 2 ears	2- 15 oz cans or 4 ears	4- 15 oz cans or 8 ears
Thyme	3/4 tsp	1-1/2 tsp	1 Tbsp	2 Tbsp
Garlic, minced	1 clove	2 cloves	4 cloves	8 cloves
Scallion, chopped	1/2 stalk	1 stalk	2 stalks	4 stalks
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Tomatoes, diced	1/2 cup	1 cup	2 cups	4 cups

#### Directions:

- Put water and bouillon in large pot and bring to a boil.
- Add potatoes and carrots and simmer for 5 minutes.
- Add remaining ingredients, except for tomatoes, and continue cooking for 25 minutes over medium heat.
- Add tomatoes and cook for another 5 minutes.
- Remove from heat and let sit for 10 minutes to allow stew to thicken.

**Food For Thought** This dish can be made in advance and frozen for later use.

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

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

### Hip-Hop Pita Pocket

Ingredients	6 Servings	12 servings	24 servings	48 Servings
Bell pepper, diced	1 cup	2 cups	4 cups	8 cups
Eggs	5	10	20	40
Egg whites	1	2	4	8
Non-fat milk (or water)	1/4 cup	1/2 cup	1 cup	2 cups
Mexican seasoning (optional)	1 tsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Tomatoes, fresh or canned, diced	1 cup	2 cups	4 cups	8 cups
Pitas	6	12	24	48
Cooking spray	-	-	-	-

#### Directions:

- Spray a large 12x14 non-stick pan. Sauté bell peppers for 1 minute over medium heat; reduce heat to medium-low.
- Blend eggs, milk and Mexican seasoning (optional) in a bowl.
- Pour over bell peppers. Cook, scrambled egg-style until almost firm.
- Stir in tomatoes. Continue cooking until firm throughout. Keep warm.
- Portion 3/4 cup of egg mixture into 1 pita.

**Food For Thought** This dish can be made with any variety of vegetables that may be leftover. Try it with asparagus, onions or broccoli!

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

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

### Nutrition Facts

Serving size: 3/4 cup (166g)  
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
<b>Calories</b>	36	Cal. from Fat	2
<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	124mg		4%
<b>Total Carbohydrate</b>	8g		4%
Dietary Fiber	1g		6%
<b>Sugars</b>	2g		
<b>Protein</b>	1g		
Vitamin A	30%	Vitamin C	15%
Calcium	2%	Iron	4%

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

### Nutrition Facts

Serving size: 3/4 cup mix, 1 pita (140g)  
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
<b>Calories</b>	153	Cal. from Fat	42
<b>Total Fat</b>	5g		8%
Saturated Fat	1g		8%
<b>Cholesterol</b>	176mg		60%
<b>Sodium</b>	181mg		8%
<b>Total Carbohydrate</b>	19g		6%
Dietary Fiber	4g		15%
<b>Sugars</b>	2g		
<b>Protein</b>	10g		
Vitamin A	25%	Vitamin C	85%
Calcium	4%	Iron	10%

Recipe adapted from American Egg Board website. [www.aeb.org/foodservice-professionals/recipes/featured-recipes/123-kangaroo-sandwich](http://www.aeb.org/foodservice-professionals/recipes/featured-recipes/123-kangaroo-sandwich). Accessed May 20, 2010.



### Smoothilicious

Ingredients	6 Servings	12 servings	24 servings	48 Servings
Cereal, whole grain	2 cups	4 cups	8 cups	16 cups
Fruit slices (fresh, frozen or canned)	2-1/2 cups	5 cups	10 cups	20 cups
Plain or vanilla low-fat yogurt	1-1/2 cups	3 cups	6 cups	12 cups
Blueberries	1/2 cup	1 cup	2 cups	4 cups
Smoothie: add low-fat or fat-free milk	2-1/2 cups	5 cups	10 cups	20 cups

### Directions:

#### Parfait Directions:

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

#### Smoothie Directions:

- Follow parfait directions, but place ingredients into blender.
- Blend with 3/4 cup milk.

**Food For Thought** This snack can be made with any one or mixture of fruit. Use any type of whole grain cereal available (bran flakes, corn flakes or rice cereal).

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

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

### Nutrition Facts

Serving size: 1 cup (248g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	159	Cal. from Fat 23
		% Daily Value*
Total Fat	3g	4%
Saturated Fat		0g 6%
Cholesterol	0mg	4%
Sodium	157mg	8%
Total Carbohydrate	28g	8%
Dietary Fiber		3g 10%
Sugars		18g
Protein		8g
Vitamin A	8%	Vitamin C 70%
Calcium	30%	Iron 20%

\*Analysis for smoothie

### Jolly Green Giant Salad

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Spinach, fresh	1-1/2 cups	3 cups	6 cups	12 cups
Hard cooked eggs, large	1	2	4	8
Chick peas (garbanzos), canned or cooked from dry chick peas	1-1/2 cups	3 cups	6 cups	12 cups
Olive oil	1 Tbsp	2 Tbsp	4 Tbsp	9 Tbsp
Lemon juice	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Garlic, minced clove OR garlic powder	1/2 clove OR Pinch powder	1 clove OR 1/8 tsp powder	2 cloves OR 1/4 tsp powder	4 cloves OR 1/2 tsp powder

### Directions:

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

**Food For Thought** Use this lemon juice and olive oil dressing on any type of salad or as a marinade for fish or chicken.

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

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

### Nutrition Facts

Serving size: 1/2 cup (72g)  
Servings Per Recipe: 20

Amount Per Serving		
Calories	130	Cal. from Fat 47
		% Daily Value*
Total Fat	5g	8%
Saturated Fat		1g 4%
Cholesterol	42mg	15%
Sodium	21mg	0%
Total Carbohydrate	15g	4%
Dietary Fiber		4g 15%
Sugars		0g
Protein		6g
Vitamin A	20%	Vitamin C 6%
Calcium	4%	Iron 8%



## Jimmy Crack Cornbread

Ingredients	6 Muffins	12 Muffins	24 Muffins	48 Muffins
Cornmeal	1/2 cup	1 cup	2 cups	4 cups
Whole grain flour (ground oats or whole wheat flour)	1/2 cup	1 cup	2 cups	4 cups
Baking soda	1/2 tsp	1 tsp	2 tsp	4 tsp
Baking powder	1/2 tsp	1 tsp	2 tsp	4 tsp
Salt	1/2 tsp	1 tsp	2 tsp	4 tsp
Sugar	1 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
Eggs	1	2	4	8
Buttermilk or 1% (low-fat) milk	1/2 cup	1 cup	2 cups	4 cups
Applesauce, unsweetened	2 Tbsp	1/4 cup	1/2 cup	1 cup
Creamed corn	1/2 cup	1 cup	2 cups	4 cups
Vegetable oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

### Directions:

1. Preheat oven to 400°F.
2. Grease a cake pan or muffin tins.
3. Mix together cornmeal, flour, baking soda, baking powder, salt and sugar in a large bowl.
4. In another bowl, mix together eggs, buttermilk or milk, applesauce, creamed corn and oil.
5. Pour milk mixture into cornmeal mixture and stir until just combined.
6. Fill each muffin cup 2/3 full with batter and bake for 15 to 18 minutes or until tester\* comes out clean.

**\*Note:** Gently insert a toothpick or thin, sharp knife to make sure batter is baked through.

**Food For Thought** Cornbread is a great alternative to having white or wheat bread. Making it in advance and freezing it can save time if you bake extra and freeze for later use!

### CACFP Crediting For

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

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

## Nutrition Facts

Serving size: 1 muffin (83g)  
Servings Per Recipe: 24

Amount Per Serving	
<b>Calories</b> 163	Cal. from Fat 33
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	4%
<b>Cholesterol</b> 36mg	<b>10%</b>
<b>Sodium</b> 366mg	<b>15%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 3g	15%
<b>Sugars</b> 4g	
<b>Protein</b> 5g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 8%



## Rainbow Wrap

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Red bell pepper, sliced	1/2 cup	1 cup	2 cups	4 cups
Yellow bell pepper, sliced	1/2 cup	1 cup	2 cups	4 cups
Onion	1/2 cup	1 cup	2 cups	4 cups
Canola oil	1/2 tsp	1 tsp	2 tsp	4 tsp
Black beans, low sodium, drained and rinsed	2- 15 oz cans	4- 15 oz cans	8- 15 oz cans	16- 15 oz cans
Lime juice (fresh or bottled)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Tortillas, whole wheat, 8"	6	12	24	48
Salsa	1/4 cup	1/2 cup	1 cup	2 cups
Avocado (optional)	1/4	1/2	1	2

### Directions:

1. In a non-stick pan, sauté peppers and onion in canola oil for 10 minutes over medium heat. Add beans, stir well. Reduce heat and let simmer for about 10 minutes. Set aside.
2. In a small bowl, combine avocado (if used), lime juice, cilantro and chili powder. Reserve half of the mixture for topping.
3. Warm tortillas in microwave or in a pan on the stovetop.
4. Fill each warmed tortilla with 1/4 cup bean mixture and 2 Tbsp avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture.
5. Fold the ends of the tortilla over. Roll up to make wraps.

### Food For Thought

Children love to help, so let them wash veggies and assemble the wrap they will eat. This can also be made using English muffins or pitas, as well.

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

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

## Nutrition Facts

Serving size: 1 tortilla; 1/2 c. filling (144g)  
 Servings Per Recipe: 24

Amount Per Serving		
Calories	231	Cal. from Fat 12
		% Daily Value*
Total Fat	1g	2%
Saturated Fat		0g 0%
Cholesterol	0mg	0%
Sodium	813mg	35%
Total Carbohydrate	49g	15%
Dietary Fiber		13g 50%
Sugars		1g
Protein	13g	
Vitamin A	8%	Vitamin C 105%
Calcium	8%	Iron 20%

Recipe adapted from *Delicious Heart Healthy Latino Recipes*. National Heart, Lung, and Blood Institute; 2008. [http://www.nhlbi.nih.gov/health/public/heart/other/sp\\_recip.htm](http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.htm). Accessed May 24, 2010.



## Swimmy Salmon Steaks

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
<b>Relish:</b>				
Tomatoes, chopped	1-1/2	3	6	12
Onion, chopped	1 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
Parsley	1 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
Olive oil	1 Tbsp	2 Tbsp	4 Tbsp	8 Tbsp
<b>Salmon (or other fish fillet):</b>				
Salmon (or other fish fillets)	1-1/4 lbs	2-1/2 lbs	5 lbs	10 lbs
Water	1-1/2 cups	3 cups	6 cups	12 cups
Pepper	1/2 tsp	1 tsp	2 tsp	4 tsp
Lemon, thickly sliced	1/2	1	2	4
Onion, thickly sliced	1/2	1	2	4
Bay leaves	1	2	4	8
Pineapple, chopped	1 cup	2 cups	4 cups	8 cups
Asparagus, sliced	1 cup	2 cups	4 cups	8 cups
Rice, brown, medium grain, raw	3/4 cup	1-1/2 cups	3 cups	6 cups

### Directions:

1. For relish, combine all the ingredients in a bowl, mix and set aside.
2. Using a pan large enough to hold salmon steaks, bring water to a boil and add lemon slices, parsley, onion and bay leaves.
3. Lower heat to a gentle simmer, cover and let flavors infuse for 5 minutes. Add salmon steaks and make sure they are covered with water. Add water, if necessary.
4. Cook, uncovered for 10 to 12 minutes or until fish is just tender. It will flake easily when tested with a fork. Never let water boil.
5. Divide relish among plates.
6. Place 1-1/2 oz of salmon on each plate along with 2 Tbsp of asparagus pieces, 2 Tbsp of pineapple and 1/4 cup rice.

**Food For Thought** This recipe can also be made using any type of white fish, chicken, pork or turkey.

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

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

## Nutrition Facts

Serving size: 1-1/2 oz; 1/4 c. rice (121g)  
 Servings Per Recipe: 24

Amount Per Serving		
Calories	228	Cal. from Fat 75
		% Daily Value*
Total Fat	8g	15%
Saturated Fat		1g 8%
Cholesterol	44mg	15%
Sodium	40mg	2%
Total Carbohydrate	21g	8%
Dietary Fiber		2g 8%
Sugars		5g
Protein	17g	
Vitamin A	10%	Vitamin C 20%
Calcium	4%	Iron 6%

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



## Monster Mash Soup

Ingredient	6 Servings	12 Servings	24 servings	48 servings
Margarine, soft, trans fat free	1/2 Tbsp	1 Tbsp	2 Tbsp	4 Tbsp
Onions, minced	2 Tbsp	1/4 cup	1/2 cup	1 cup
Water	3 cups	6 cups	12 cups	24 cups
Dry split green peas	1 cup	2 cups	4 cups	8 cups
Fresh celery, diced	1/2 cup + 2 Tbsp	1-1/4 cups	2-1/2 cups	5 cups
Fresh carrots, diced	1/2 cup + 2 Tbsp	1-1/4 cups	2-1/2 cups	5 cups
Bay leaves	1/2	1	2	4
Pepper, black	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Ground marjoram	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Ground thyme	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Milk, 1% (low-fat), hot	1 cup	2 cup	4 cups	8 cups
Wheat bread, toasted	3 slices	6 slices	12 slices	24 slices

### Directions:

1. In stock pot, sauté onions in margarine until soft and slightly browned (2 to 3 minutes).
2. Add water to onions and bring to a boil.
3. Add peas, celery, carrots, bay leaves and pepper. Bring to a boil.
4. Reduce heat. Simmer, uncovered, until peas are soft. (About 50 minutes.)
5. Add marjoram, thyme and hot milk. Stir to blend.
6. Serve 1 cup. Place 1/2 slice of toasted bread on top.

**Food For Thought** The split peas in this soup count as a meat/meat alternate. Change it up by substituting black, kidney or white beans.

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

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

## Sunshine Smoothie

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Pineapple, canned in juice	1-1/2 cups	3 cups	6 cups	12 cups
Carrots, chopped	1/2 cup	1 cup	2 cups	4 cups
Banana	1	2	4	8
Crushed ice	1 cup	2 cups	4 cups	8 cups
Yogurt (optional)	1-1/2 cups	3 cups	6 cups	12 cups

### Directions:

1. Cut carrots.
2. Place carrots in blender and chop for a few seconds. Add some pineapples with juice and blend a few more seconds until carrots are smooth.
3. Add remainder of pineapple juice, banana and crushed ice, and blend until smooth.

**Food For Thought** Try this smoothie using any fruit in season! Get the kids involved by letting them choose the fruit they want to include.

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

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate  (if using yogurt)
- Milk

## Nutrition Facts

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

Amount Per Serving		% Daily Value*	
<b>Calories</b>	103	Cal. from Fat	18
<b>Total Fat</b> 2g <b>4%</b>			
Saturated Fat 1g <b>4%</b>			
<b>Cholesterol</b> 2mg <b>0%</b>			
<b>Sodium</b> 121mg <b>4%</b>			
<b>Total Carbohydrate</b> 17g <b>6%</b>			
Dietary Fiber 3g <b>10%</b>			
Sugars 3g			
<b>Protein</b> 5g			
Vitamin A	35%	Vitamin C	2%
Calcium	8%	Iron	4%

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

## Nutrition Facts

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

Amount Per Serving		% Daily Value*	
<b>Calories</b>	53	Cal. from Fat	1
<b>Total Fat</b> 0g <b>0%</b>			
Saturated Fat 0g <b>0%</b>			
<b>Cholesterol</b> 0mg <b>0%</b>			
<b>Sodium</b> 7mg <b>0%</b>			
<b>Total Carbohydrate</b> 14g <b>4%</b>			
Dietary Fiber 1g <b>4%</b>			
Sugars 11g			
<b>Protein</b> 1g			
Vitamin A	25%	Vitamin C	10%
Calcium	0%	Iron	2%

Recipe adapted from *Physical Activities and Healthy Snacks for Young Children*.  
Team Nutrition Iowa. [http://healthymeals.nal.usda.gov/hsmrs/Iowa/Physical\\_Activities\\_%20Healthy\\_Snacks.pdf](http://healthymeals.nal.usda.gov/hsmrs/Iowa/Physical_Activities_%20Healthy_Snacks.pdf). Accessed May 26, 2010.



## Pita Pockets

Ingredient	6 Servings	12 Servings	24 Servings	48 Servings
Tomato paste	1/4 cup	1/2 cup	1 cup	2 cups
Water	1/4 cup	1/2 cup	1 cup	2 cups
Sugar	1/2 tsp	3/4 tsp	1-1/2 tsp	3 tsp
Dry basil leaves	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Dry oregano leaves	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Granulated garlic	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Beef or vegetable stock	1/4 cup	1/2 cup	1 cup	2 cups
Pitas, whole wheat	6	12	24	48
Ricotta cheese	2 Tbsp	1/4 cup	1/2 cup	1 cup
Peppers, bell, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Onions, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Zucchini, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Tomato, finely chopped	3/4 cup	1-1/2 cups	3 cups	6 cups
Turkey, ground	3/4 lb	1-1/2 lb	3 lbs	6 lbs
Mozzarella cheese	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. Preheat the oven to 400°F.
2. Coat saucepan with oil. Brown turkey.
3. In pot, combine tomato paste, water, sugar, basil, oregano, garlic and stock. Simmer uncovered for 30 minutes. Add tomatoes, ricotta cheese, onions, peppers, zucchini and turkey.
4. Cut each pita leaving bottom connected to form a pocket.
5. Fill each pita with 1/2 cup mixture.
6. Place filled pitas on paper-lined half sheet pan. Lightly sprinkle with mozzarella cheese. Cover with foil and seal.
7. Bake at 400°F for 10 minutes.

**Food For Thought** You can make this pita with ready-made tomato sauce and make it on tortillas to resemble a pizza.

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

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

## Nutrition Facts

Serving size: 1 pita; 1/2 c. filling (158g)  
 Servings Per Recipe: 24

Amount Per Serving	
<b>Calories</b> 175	Cal. from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g <b>8%</b>	
<b>Cholesterol</b> 38mg	<b>15%</b>
<b>Sodium</b> 267mg	<b>10%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 4g <b>15%</b>	
Sugars 3g	
<b>Protein</b> 13g	
Vitamin A 8%	Vitamin C 30%
Calcium 4%	Iron 10%

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



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