



# Menu Cycle: Fall —Week One

Pre-approved to Meet Delaware CACFP/Delacare Rules

	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>	Orange Slices	Banana Slices	Applesauce	<b>Fruity Toast</b>	Peaches
<b>Grains/Breads</b>	<i>Kix</i> ®	Whole Grain Pancakes	<i>Wheaties</i> ®	<b>Fruity Toast</b>	<i>Cheerios</i> ®
<b>Meats/Meat Alternates</b> (optional)	Yogurt	Cheese Cubes	Scrambled Egg	Cottage Cheese	Yogurt
<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>Stuffed Spud</b>	<b>Going Green</b>	<b>Chix Mix</b>	<b>Macaroni Mess</b>	Apple Slices
<b>Fruits/Vegetables</b>	Kiwi	Mixed Fruit	Pears	Broccoli	Cucumber Slices
<b>Grains/Breads</b>	Whole Grain Breadstick	Whole Grain Dinner Roll	Whole Grain Pita Wedges	<b>Macaroni Mess</b>	<b>Boat Burgers</b>
<b>Meats/Meat Alternates</b>	Baked Ham	<b>Going Green</b>	<b>Chix Mix</b>	<b>Macaroni Mess</b>	<b>Boat Burgers</b>
<b>SNACK</b>					
<b>Milk</b>	–	–	–	–	–
<b>Fruits/Vegetables</b>	Carrots	–	Watermelon	Pineapple	Blueberries
<b>Grains/Breads</b>	Mini Rice Cakes	<b>Muscle Mix</b>	–	Graham Crackers	Whole Grain Waffles
<b>Meats/Meat Alternates</b>	–	Yogurt	String Cheese	–	–
<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.

**Milk** must be whole for children 12 through 23 months.  
Milk must be 1% or fat-free for children two years of age and older.

**Cereals** must contain no more than 6 grams of sugar per serving.

**Grains/Breads:** At least one whole grain product must be served daily.



# Menu Cycle: Fall—Week Two

Pre-approved to Meet Delaware CACFP/Delacare Rules

	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>	Mixed Fruit	Mandarin Oranges	Baked Apples	Kiwi	Honeydew Melon
<b>Grains/Breads</b>	<b>Johnny Applesauce Pancakes</b>	<i>Wheat Chex®</i>	Whole Grain Toast	Oatmeal	Whole Grain English Muffin
<b>Meats/Meat Alternates (optional)</b>	Yogurt	Cottage Cheese	Eggs	String Cheese	Peanut Butter (or other nut/seed butter)
<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>Bunny Sticks</b>	<b>Super Salmon</b>	<b>Green Giant Salad</b>	<b>Tasty Taquitos</b>	Yellow Squash
<b>Fruits/Vegetables</b>	Pears	Peas	Grapes	Green Beans	Zucchini
<b>Grains/Breads</b>	Whole Grain Roll	Brown Rice	<b>Cheesy Spaghetti Bake</b>	<b>Tasty Taquitos</b>	Couscous
<b>Meats/Meat Alternates</b>	Baked Turkey Breast	<b>Super Salmon</b>	<b>Cheesy Spaghetti Bake</b>	<b>Tasty Taquitos</b>	<b>Magic Meat</b>
<b>SNACK</b>					
<b>Milk</b>	–	–	–	–	–
<b>Fruits/Vegetables</b>	Pineapple	Tangerines	Cucumber	Applesauce	<b>Berry Banana Split</b>
<b>Grains/Breads</b>	Mini Whole Grain Bagels	–	–	Whole Grain Crackers	–
<b>Meats/Meat Alternates</b>	–	Yogurt	Cheese Cubes	–	<b>Berry Banana Split</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.

**Milk** must be whole for children 12 through 23 months. Milk must be 1% or fat-free for children two years of age and older.

**Cereals** must contain no more than 6 grams of sugar per serving.

**Grains/Breads:** At least one whole grain product must be served daily.



# Shopping List — Fall Weeks One & Two

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

## Milk

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

## Fruits & Vegetables

- \_\_\_ Apples
- \_\_\_ Applesauce (bottled, no sugar added or unsweetened)
- \_\_\_ Bananas
- \_\_\_ Blueberries
- \_\_\_ Broccoli
- \_\_\_ Carrots (fresh, frozen, or canned)
- \_\_\_ Corn (fresh, frozen, or canned)
- \_\_\_ Cucumber
- \_\_\_ Dried fruit (apricots, raisins, cranberries, etc.)
- \_\_\_ Green beans (fresh, frozen, or canned)
- \_\_\_ Grapes
- \_\_\_ Honeydew melon
- \_\_\_ Kiwi
- \_\_\_ Mandarin oranges (fresh or canned in 100% juice or light syrup)
- \_\_\_ Mixed fruit (canned in 100% juice or light syrup)
- \_\_\_ Mixed vegetables (canned or frozen)
- \_\_\_ Onions (red and yellow)
- \_\_\_ Oranges
- \_\_\_ Peaches (fresh, frozen or canned in 100% juice or light syrup)
- \_\_\_ Pears (fresh or canned in 100% juice or light syrup)
- \_\_\_ Peas (fresh, frozen or canned)
- \_\_\_ Pineapple (fresh or canned)

- \_\_\_ in 100% juice or light syrup)
- \_\_\_ Red or green seedless grapes
- \_\_\_ Romaine lettuce
- \_\_\_ Salsa
- \_\_\_ Spinach (fresh)
- \_\_\_ Squash
- \_\_\_ Sweet potatoes
- \_\_\_ Tangerines
- \_\_\_ Tomatoes (fresh)
- \_\_\_ Zucchini

## Meats & Meat Alternates

- \_\_\_ Almonds, cashews, walnuts or other chopped nuts
- \_\_\_ Black beans
- \_\_\_ Cheddar cheese
- \_\_\_ Cheese (sliced)
- \_\_\_ Chicken breast (boneless, skinless)
- \_\_\_ Cod fillets (fresh or frozen)
- \_\_\_ Salmon (fresh or frozen)
- \_\_\_ Cottage cheese
- \_\_\_ Eggs
- \_\_\_ Ham
- \_\_\_ Lentils
- \_\_\_ Pinto beans (canned or dry)
- \_\_\_ Plain yogurt (low-fat)
- \_\_\_ Vanilla yogurt (low-fat or fat-free)
- \_\_\_ String cheese
- \_\_\_ Turkey breast (boneless, skinless)
- \_\_\_ White beans (canned) (Northern)

## Grains & Breads

- \_\_\_ Bread crumbs

- \_\_\_ Brown rice
- \_\_\_ *Cheerios*®
- \_\_\_ *Corn Flakes*®
- \_\_\_ *Kix*®
- \_\_\_ Couscous
- \_\_\_ Graham crackers
- \_\_\_ Macaroni noodles
- \_\_\_ Mini rice cakes
- \_\_\_ Pancake mix
- \_\_\_ Steel cut or old-fashioned oats
- \_\_\_ *Wheat Chex*®
- \_\_\_ *Wheaties*®
- \_\_\_ Whole grain bread
- \_\_\_ Whole grain English muffins
- \_\_\_ Whole grain hamburger buns
- \_\_\_ Whole grain mini bagels
- \_\_\_ Whole grain rolls
- \_\_\_ Whole grain tortillas
- \_\_\_ Whole grain pitas

## Other\*

- \_\_\_ Barbeque sauce
- \_\_\_ Black pepper
- \_\_\_ Brown sugar
- \_\_\_ Cinnamon (ground)
- \_\_\_ Cream of mushroom soup
- \_\_\_ Garlic
- \_\_\_ Garlic powder
- \_\_\_ Honey
- \_\_\_ Margarine (trans-fat-free)
- \_\_\_ Olive oil
- \_\_\_ Parsley leaves
- \_\_\_ Salt
- \_\_\_ Sunflower or sesame seeds
- \_\_\_ Thyme leaves
- \_\_\_ Vanilla extract
- \_\_\_ Vegetable oil
- \_\_\_ Vinegar, red wine

\*not CACFP reimbursable



## Stuffed Spud

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Potatoes (any type)	3	6	12	24
Mixed vegetables, canned or frozen	1 cup	2 cups	4 cups	8 cups
Salsa	1/4 cup + 2 Tbsp	3/4 cup	1-1/2 cups	3 cups
Cheddar cheese, shredded	2 Tbsp	1/4 cup	1/2 cup	1 cup

### Directions:

1. Poke holes in top of all potatoes.
2. Microwave potatoes (uncovered) for about 3 - 4 minutes on HIGH power.
3. Cut the potatoes in half.
4. Top each potato half with veggies, salsa and cheese. Microwave for 30 seconds to melt the cheese.

**Food For Thought** Putting vegetables on top of a potato gives a fun and appealing look to a meal. Choose any vegetables you like, or use up leftovers from a different meal.

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

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

## Going Green

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Lentils, dry	3/4 cup	1-1/2 cups	3 cups	6 cups
Green beans, fresh, frozen or canned	1 cup	2 cups	4 cups	8 cups
Carrots, medium, sliced or shredded	1-1/2	3	6	12
Onion, large, chopped	1/2	1	2	4
Olive oil	2 Tbsp	1/4 cup	1/2 cup	1 cup
Thyme leaves, dried	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Black pepper	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Vinegar, red wine	3 Tbsp	1/3 cup	2/3 cup	1-1/3 cups
Spinach, fresh	1-1/2 cups	3 cups	6 cups	12 cups

### Directions:

1. Rinse lentils with water and discard any stones or shriveled lentils.
2. Chop green beans, carrots and onions.
3. In a sauce pan, combine lentils, green beans, carrots, onion and thyme. Add enough water to cover by 1". Bring to a boil, reduce heat and simmer for 15 to 20 minutes until lentils are tender but not mushy.
4. Drain lentils and vegetables. Add olive oil, vinegar and pepper. Toss to mix.
5. Wash spinach leaves.
6. Serve 1/2 cup lentils and vegetables with 1/4 cup fresh spinach leaves.

**Food For Thought** Lentils are a great source of protein and fiber which is good for growing kids. Adding carrots and spinach makes this meal colorful and healthy.

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

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

## Nutrition Facts

Serving size: 1/2 potato (98g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	74	Cal. from Fat
		% Daily Value*
Total Fat	1g	0%
Saturated Fat	1g	4%
Cholesterol	2mg	0%
Sodium	93mg	4%
Total Carbohydrate	15g	4%
Dietary Fiber	3g	10%
Sugars	6g	
Protein	2g	
Vitamin A	290%	Vitamin C
Calcium	4%	Iron
		4%

Recipe adapted from The Power of Choice: yourCHOICE...Great Tastes!Cool Moves! *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions.* United States Department of Agriculture. 2008.  
[www.fns.usda.gov/tn/resources/PDC\\_topic3.pdf](http://www.fns.usda.gov/tn/resources/PDC_topic3.pdf). Accessed May 21, 2010.

## Nutrition Facts

Serving size: 1/2 cup mix; (156g)  
1/4 cup spinach  
Servings Per Recipe: 20

Amount Per Serving		
Calories	165	Cal. from Fat
		% Daily Value*
Total Fat	1g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	44mg	2%
Total Carbohydrate	30g	10%
Dietary Fiber	14g	55%
Sugars	5g	
Protein	12g	
Vitamin A	110%	Vitamin C
Calcium	6%	Iron
		25%



## Muscle Mix

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Oats, regular, rolled	3/4 cup	1-1/2 cups	3 cups	6 cups
Honey	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Brown sugar	1-1/4 tsp	2-1/2 tsp	5 tsp	10 tsp
Water	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Vanilla extract	1/2 tsp	1 tsp	2 tsp	4 tsp
Salt	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Sunflower or sesame seeds	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Chopped nuts (optional)	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Dried fruit (apricots, raisins, cranberries, etc.), chopped finely	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

### Directions:

1. Preheat oven to 275°F.
2. Line large baking sheet(s) with parchment paper or oil lightly. Place oats in a large bowl and set aside.
3. Add nuts and seeds to the oats in the bowl.
4. Put brown sugar and water in a microwave-safe bowl or in saucepan on LOW and heat until sugar dissolves (about 1 minute or less).
5. Add vanilla and salt to the melted sugar mixture. Pour over oat-nut mixture in the large bowl and stir well.
6. Spread granola mixture evenly on the prepared pan(s).
7. Bake 15 - 20 minutes for 5 - 20 servings, (30 - 40 minutes for 40 servings).
8. Remove from oven. Sprinkle dried fruit on top while still warm. Cool before storing.

### Food For Thought

This granola can be made in advance and stored for later use. Use this tasty treat as a topping for yogurt, pancakes, cereal, cottage cheese or whatever else you like!

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

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

## Nutrition Facts

Serving size: 1/4 cup (38g)  
Servings Per Recipe: 20

Amount Per Serving		
Calories	120	Cal. from Fat 8
% Daily Value*		
<b>Total Fat</b>	1g	0%
Saturated Fat 0g 0%		
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	32mg	0%
<b>Total Carbohydrate</b>	12g	4%
Dietary Fiber 1g 4%		
Sugars 6g		
<b>Protein</b>	2g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 4%

## Chix Mix

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Chicken, boneless, skinless, cut in chunks	1/4 lb	1/2 lb	1 lb	2 lbs
Barbeque sauce	2 Tbsp	1/4 cup	1/2 cup	1 cup
Black beans	6 Tbsp	3/4 cup	1-1/2 cups	3 cups
Yellow corn, frozen	1/2 cup	1 cup	2 cups	4 cups
Yogurt, low-fat, plain	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Spinach, raw	1-1/2 cups	3 cups	6 cups	12 cups

### Directions:

1. Place a large non-stick skillet over medium-high heat. Add chicken, barbeque sauce, beans, corn and yogurt. Stir to combine. Cook until hot.
2. Wash and pat dry spinach.
3. Place 1/4 cup chicken mixture over 1/4 cup spinach greens.
4. Serve with pita wedges.

**Food For Thought** Making barbeque chicken by substituting yogurt for a bit of the barbeque sauce keeps the flavor and lessens the salt and fat.

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

- Grain/Bread  (if served with pita wedges)
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

## Nutrition Facts

Serving size: 1/4 cup chicken; (71g)  
1/4 cup spinach  
Servings Per Recipe: 20

Amount Per Serving		
Calories	107	Cal. from Fat 11
% Daily Value*		
<b>Total Fat</b>	1g	2%
Saturated Fat 0g 2%		
<b>Cholesterol</b>	19mg	6%
<b>Sodium</b>	88mg	4%
<b>Total Carbohydrate</b>	13g	4%
Dietary Fiber 4g 15%		
Sugars 1g		
<b>Protein</b>	11g	
Vitamin A	20%	Vitamin C 8%
Calcium	4%	Iron 10%

Recipe adapted from Food Network.  
[www.foodnetwork.com/recipes-and-cooking/index/html](http://www.foodnetwork.com/recipes-and-cooking/index/html)  
Accessed May 21, 2010.



## Fruity Toast

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Whole grain bread	3 slices	6 slices	12 slices	24 slices
Cottage cheese	1/4 cup	1/2 cup	1 cup	2 cups
Pears, sliced	3 cups	6 cups	12 cups	24 cups
Cinnamon, ground	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Margarine, soft, trans-fat-free	1/2 tsp	1 tsp	2 tsp	4 tsp

### Directions:

1. Preheat oven to 375°F.
2. Spread one side of bread with margarine. Put in baking pan with margarine side face down.
3. Spoon cottage cheese on bread. Sprinkle cinnamon on top.
4. Bake at 375°F until bread turns brown on bottom (about 10 minutes).
5. Cut toast in half and top each half with 1/2 cup pears.

**Food For Thought** Add any type of fruit in season to make this a healthy, fun breakfast all year 'round. Cinnamon is a nice way to add flavor without adding sugar.

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

- Grain/Bread
- Fruit/Vegetable
- Milk

## Macaroni Mess

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Vegetable oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Garlic	1/2 clove	1 clove	2 cloves	4 cloves
Turkey, cooked, cubed	2 cups + 2 Tbsp	4-1/4 cups	8-1/2 cups	17 cups
Water	1-1/2 cups	3 cups	6 cups	12 cups
1% (low-fat) milk	3/4 cup	1-1/2 cups	3 cups	6 cups
Cream of mushroom soup	1/2 - 10-3/4 oz can	1 - 10-3/4 oz can	2 - 10-3/4 oz cans	4 - 10-3/4 oz cans
Peas, frozen	5 oz	1 - 10 oz package	2 - 10 oz packages	4 - 10 oz packages
Carrots, grated	3/4 cup	1-1/2 cups	3 cups	6 cups
Elbow macaroni, dry	1 cup	2 cups	4 cups	8 cups
Black pepper	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Corn flakes	3/4 cup	1-1/2 cups	3 cups	6 cups
Garlic powder	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp

### Directions:

1. Heat oil in large skillet over medium-high heat and sauté onions until transparent.
2. Add garlic and cook briefly, about 30 seconds.
3. Add turkey, water, milk, soup, carrots and peas. Bring to a boil.
4. Add macaroni and pepper. Stir to combine.
5. Cover pan, reduce heat to low, and cook for 10 - 15 minutes, until pasta is tender, stirring occasionally.
6. While mixture is cooking, crush corn flakes in small bowl, mix in garlic powder.
7. Place 3/4 cup serving on plate and top with corn flakes.

**Food For Thought** This dish has protein-rich turkey as well as vegetables for good nutrition. To make it even healthier, use whole grain macaroni!

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

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

## Nutrition Facts

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

Amount Per Serving		
Calories	89	Cal. from Fat 8
% Daily Value*		
Total Fat	1g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	108mg	4%
Total Carbohydrate	19g	6%
Dietary Fiber	4g	15%
Sugars	8g	
Protein	3g	
Vitamin A	0%	Vitamin C 6%
Calcium	4%	Iron 4%

Recipe adapted from The Power of Choice: yourCHOICE...Great Tastes!Cool Moves! *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions.* United States Department of Agriculture. 2008. Accessed May 21, 2010.

## Nutrition Facts

Serving size: 3/4 cup (199g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	167	Cal. from Fat 37
% Daily Value*		
Total Fat	4g	6%
Saturated Fat	1g	4%
Cholesterol	28mg	8%
Sodium	312mg	15%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	4%
Sugars	3g	
Protein	15g	
Vitamin A	45%	Vitamin C 8%
Calcium	6%	Iron 8%

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



## Boat Burgers

Ingredients	4 Servings	8 Servings	16 Servings	32 Servings
Cod fillets, frozen	1/2 lb	1 lb	2 lbs	4 lbs
White beans, canned	1/2 cup	1 cup	2 cups	4 cups
Parsley leaves	1/4 cup	1/2 cup	1 cup	2 cups
Bread crumbs	2 Tbsp	1/4 cup	1/2 cup	1 cup
Egg	1/2 egg	1	2	4
Whole grain buns	2	4	8	16
Romaine lettuce	4 slices	8 slices	16 slices	32 slices
Tomato, sliced	4 slices	8 slices	16 slices	32 slices
Cooking spray	—	—	—	—

### Directions:

1. Preheat oven to 375°F. Spritz baking pan with cooking spray and add fish. Bake until flaky, 7–10 minutes.
2. In food processor purée white beans, parsley and bread crumbs.
3. Place mixture in bowl with egg and crumble in fish. Mix until incorporated.
4. Form small (1-1/2 oz) patties.
5. Coat ovenproof skillet with cooking spray over medium heat. Add burgers. Cook about 5 minutes on one side. Flip and cook 5 minutes longer.
6. Serve each patty on 1/2 bun with lettuce and tomato.

**Food For Thought** Try making these burgers into minis and serve with the kids' favorite vegetables on the side.

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

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

## Nutrition Facts

Serving size: 1/2 roll, 1 1/2 oz. mix (283g)  
Servings Per Recipe: 16

Amount Per Serving		% Daily Value*	
<b>Calories</b>	178	Cal. from Fat	16
Total Fat 2g			
		4%	
Saturated Fat 0g			
		2%	
<b>Cholesterol</b>	34mg	10%	
<b>Sodium</b>	187mg	8%	
<b>Total Carbohydrate</b>	26g	8%	
<b>Dietary Fiber</b>	5g	20%	
<b>Sugars</b>	4g		
<b>Protein</b>	17g		
<b>Vitamin A</b>	30%	<b>Vitamin C</b>	40%
<b>Calcium</b>	8%	<b>Iron</b>	15%

Recipe adapted from Parenting Magazine Web site.  
[www.parenting.com/recipes-article/Mom/Recipes/Mini-Fish-Burgers](http://www.parenting.com/recipes-article/Mom/Recipes/Mini-Fish-Burgers).  
Accessed May 21, 2010

## Johnny Applesauce Pancakes

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Milk, 1% (low-fat) or fat-free	1/4 cup	1/2 cup	1 cup	2 cups
Eggs	2	4	8	16
Vegetable oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Bottled applesauce, natural or unsweetened	1/2 cup	1 cup	2 cups	4 cups
Flour, whole wheat	3/4 cup	1-1/2 cups	3 cups	6 cups
Baking powder	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cinnamon, ground	Pinch	1/8 tsp	1/4 tsp	1/2 tsp

### Directions:

1. Heat griddle over high heat (to about 375°F).
2. Combine milk, eggs, oil and applesauce in a mixing bowl. Mix on low speed until blended.
3. Sift in flour, baking powder, salt, sugar and cinnamon. Using whip attachment, mix batter for 15 seconds on low speed. Scrape sides of bowl.
4. Mix for 1 minute on medium speed.
5. Portion 1/4 cup onto 375°F griddle for each pancake.
6. Cook until bubbles appear on top and bottom is browned. Flip and cook other side (about 1 minute).

**Food For Thought** Pancakes are a fun treat that kids can help make. Use whole wheat flour and their favorite fruit to make them a healthy breakfast or snack. To reheat leftover pancakes, try popping them in the toaster!

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

- Grain/Bread
- Fruit/Vegetable
- Milk

## Nutrition Facts

Serving size: 1 pancake (68g)  
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
<b>Calories</b>	117	Cal. from Fat	39
Total Fat 4g			
		8%	
Saturated Fat 1g			
		4%	
<b>Cholesterol</b>	71mg	25%	
<b>Sodium</b>	248mg	10%	
<b>Total Carbohydrate</b>	16g	4%	
<b>Dietary Fiber</b>	2g	8%	
<b>Sugars</b>	5g		
<b>Protein</b>	5g		
<b>Vitamin A</b>	2%	<b>Vitamin C</b>	0%
<b>Calcium</b>	8%	<b>Iron</b>	6%

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



## Bunny Sticks

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Sweet potatoes	14 oz	1-3/4 lbs	3-1/2 lbs	7 lbs
Margarine, melted, trans-fat-free	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cinnamon, ground	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

### Directions:

1. Poke holes in top of potatoes with a fork. Cook in microwave about 1 minute.
2. Preheat oven to 375°F.
3. Wash sweet potatoes and peel if desired. Cut into sticks.
4. Combine margarine, brown sugar and cinnamon in sealable plastic bag.
5. Add sweet potatoes to bag and shake until coated.
6. Spray baking sheet with non-stick vegetable spray.
7. Spread potatoes onto baking sheet.
8. Bake at 375°F for 45 minutes.

**Food For Thought** Sweet potatoes have lots of nutrients for growing kids such as Vitamin A and Vitamin C. Baking them in strips makes them look like French fries, but without the fat. These can be eaten as a snack or as a side.

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

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

## Nutrition Facts

Serving size: 1/4 cup (70g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	79	Cal. from Fat 18
		% Daily Value*
Total Fat	2g	4%
Saturated Fat	0g	2%
Cholesterol	0mg	0%
Sodium	25mg	0%
Total Carbohydrate	15g	4%
Dietary Fiber	3g	10%
Sugars	6g	
Protein	1g	
Vitamin A	255%	Vitamin C 20%
Calcium	4%	Iron 4%

Recipe adapted from *The Florida Child Care Program Cookbook*. Florida Department of Health: Bureau of Child Nutrition Programs; 2007.  
[www.doh.state.fl.us/Family/ccfp/Nutrition/Children/fruits\\_and\\_vegetables.pdf](http://www.doh.state.fl.us/Family/ccfp/Nutrition/Children/fruits_and_vegetables.pdf).  
Accessed May 21, 2010.

## Super Salmon

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
<b>Salsa</b>				
Mango, chopped (optional)	1/2	1	2	4
Peaches, fresh or canned, chopped	1/2 cup	1 cup	2 cups	4 cups
Red onion	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Parsley	2 Tbsp	1/4 cup	1/2 cup	1 cup
Black beans	1/4 cup	1/2 cup	1 cup	2 cups
Lime juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
<b>Salmon (or White Fish)</b>				
Filletts, frozen	3/4 lb	1-1/2 lbs	3 lbs	6 lbs
Salt	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Cooking spray	—	—	—	—

### Directions:

1. In a medium bowl, stir together salsa ingredients.
2. Rinse fish, pat dry. Season with salt and pepper.
3. Preheat oven to 350°F.
4. Line baking sheet with foil. Spray with cooking spray.
5. Place fillets skin side down on baking sheet.
6. Cook about 15 - 20 minutes, until fish flakes with fork.
7. Place fish on plate, spoon salsa on top.

**Food For Thought** This salsa gives salmon a tropical flavor. You can use the salsa again as a snack with pita wedges or on top of chicken or another fish.

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

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

## Nutrition Facts

Serving size: 1-1/2 oz. (91g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	133	Cal. from Fat 45
		% Daily Value*
Total Fat	5g	8%
Saturated Fat	1g	4%
Cholesterol	35mg	10%
Sodium	77mg	4%
Total Carbohydrate	8g	4%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	14g	
Vitamin A	6%	Vitamin C 8%
Calcium	2%	Iron 6%

Recipe adapted from *Diabetes and Heart Healthy Cookbook*. American Heart Association and American Diabetes Association; 2004.



## Green Giant Salad

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Granny Smith apple, sliced	1-1/2	3	6	12
Lemon juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Mixed lettuce greens	2 cups	4 cups	8 cups	16 cups
Sunflower seeds, unsalted	2 Tbsp	1/4 cup	1/2 cup	1 cup
Raisins (optional)	1/4 cup	1/2 cup	1 cup	2 cups
Raspberry vinaigrette dressing, low-fat	1/4 cup	1/2 cup	1 cup	2 cups
Walnuts, chopped (optional)	2 Tbsp	1/4 cup	1/2 cup	1 cup

### Directions:

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, apples, sunflower seeds, walnuts and raisins (optional) in a bowl.
3. Toss with raspberry vinaigrette dressing to coat.

**Food For Thought** Mixing fruits and vegetables gives salads a sweeter taste and more variety than veggies alone. Try adding more fruits or vegetables, if you have them, to add color and flavor!

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

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

## Nutrition Facts

Serving size: 1/4 cup (58g)  
Servings Per Recipe: 24

Amount Per Serving		
<b>Calories</b>	44	Cal. from Fat 10
<b>% Daily Value*</b>		
<b>Total Fat</b>	1g	2%
Saturated Fat 0g		0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	29mg	0%
<b>Total Carbohydrate</b>	9g	4%
Dietary Fiber 1g		4%
Sugars 6g		
<b>Protein</b>	1g	
Vitamin A	20%	Vitamin C 10%
Calcium	0%	Iron 2%

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

## Cheesy Spaghetti Bake

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Spaghetti, dry, whole wheat	1 cup	2 cups	4 cups	8 cups
Egg	1/2	1	2	4
Milk, 1% (low-fat) or fat-free	1/4 cup	1/2 cup	1 cup	2 cups
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Turkey, ground	10 oz	1-1/4 lb	2-1/2 lbs	5 lbs
Onion, small, chopped	1/2	1	2	4
Spaghetti sauce, canned or homemade	1 cup	2 cups	4 cups	8 cups
Cheese, mozzarella, shredded, part-skim, divided in half	1 oz	2 oz	4 oz	8 oz
Oregano	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

### Directions:

1. Preheat oven to 350°F.
2. For 24 servings, grease a 11x7x2 baking dish. (For 12 servings, grease 8x8x1½ baking dish.)
3. Cook spaghetti as package directions indicate; drain.
4. In a large bowl, beat the egg, milk and salt; add spaghetti, oregano, and half the cheese called-for. Toss to coat.
5. Transfer to greased baking dish.
6. Brown meat and chopped onion; drain. Add spaghetti sauce and mix well. Spoon over pasta.
7. Bake, uncovered, at 350°F for 20 minutes.
8. Sprinkle with the rest of the shredded cheese and bake 10 minutes more. Let stand 10 minutes before cutting.

**Food For Thought** Adding meat to spaghetti is a great way to increase your child's protein. Using lean meats like turkey allows them to get plenty of protein without the added fat.

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

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

## Nutrition Facts

Serving size: 3/4 cup (189g)  
Servings Per Recipe: 20

Amount Per Serving		
<b>Calories</b>	329	Cal. from Fat 66
<b>% Daily Value*</b>		
<b>Total Fat</b>	7g	10%
Saturated Fat 2g		10%
<b>Cholesterol</b>	70mg	25%
<b>Sodium</b>	357mg	15%
<b>Total Carbohydrate</b>	47g	15%
Dietary Fiber 1g		4%
Sugars 3g		
<b>Protein</b>	21g	
Vitamin A	4%	Vitamin C 6%
Calcium	10%	Iron 20%



## Tasty Taquitos

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Salsa, jarred, ready to eat	1/2 cup	1 cup	2 cups	4 cups
Cooked chicken, boneless, skinless, finely chopped	1 cup	2 cups	4 cups	8 cups
Corn, fresh, canned or frozen	1/4 cup	1/2 cup	1 cup	2 cups
Green onion	2 Tbsp	1/4 cup	1/2 cup	1 cup
Green bell pepper, finely chopped	1/4 cup	1/2 cup	1 cup	2 cups
Monterey Jack cheese, shredded	1/4 cup	1/2 cup	1 cup	2 cups
Black beans	3/4 cup	1-1/2 cups	3 cups	6 cups
Vegetable oil	1 tsp	2 tsp	4 tsp	8 tsp
Pepper	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Tortillas, whole grain, 8"	6	12	24	48

### Directions:

1. Preheat oven to 425°F.
2. In medium bowl, combine salsa, chicken, corn, green onion, bell pepper, beans, pepper and cheese.
3. Soften tortillas on stove top or in microwave, and spoon filling onto center of tortilla. Roll up tightly. Place toothpick in center to secure.
4. Place tortillas roll side down on baking sheet, brush with oil. Bake 15 - 20 minutes or until crisp and lightly browned.
5. Serve 1 taquito per child.

**Food For Thought** Taquitos can be made in advance, frozen and reheated. They serve as a great on-the-go food if needed and can include almost any vegetable you have left over.

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

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

## Nutrition Facts

Serving size: 1 taquito (112g)  
Servings Per Recipe: 24

Amount Per Serving		
<b>Calories</b>	202	Cal. from Fat 32
		<b>% Daily Value*</b>
<b>Total Fat</b>	4g	8%
Saturated Fat	1g	6%
<b>Cholesterol</b>	19mg	6%
<b>Sodium</b>	352mg	15%
<b>Total Carbohydrate</b>	35g	10%
Dietary Fiber	7g	30%
<b>Sugars</b>	1g	
<b>Protein</b>	14g	
Vitamin A	8%	Vitamin C 20%
Calcium	8%	Iron 15%

Recipe adapted from Network for a Healthy California. *Champions for Change*. California Department of Public Health. [www.cachampionsforchange.net/en/Recipes.php](http://www.cachampionsforchange.net/en/Recipes.php). Accessed May 21, 2010.

## Magic Meat

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Turkey, ground	3/4 lb	1-1/2 lbs	3 lbs	6 lbs
Ketchup	1/4 cup	1/2 cup	1 cup	2 cups
Brown sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Mustard	1/2 tsp	1 tsp	2 tsp	4 tsp
Garlic powder	1/2 tsp	1 tsp	2 tsp	4 tsp
Egg	1/2	1	2	4
1% (low-fat) milk	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Black pepper	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Wheat cereal squares	3/4 cup	1-1/2 cups	3 cups	6 cups
Beans, black	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. Preheat oven to 350°F.
2. In bowl, combine ketchup, brown sugar and mustard. Mix well.
3. Remove 1/4 cup of mixture from bowl to use later.
4. To the mixture in bowl, add garlic powder, egg, milk, beans, turkey and black pepper, and mix well.
5. Stir in wheat cereal squares. Let stand for 5 minutes.
6. Break up cereal squares and add ground beef. Mix.
7. Shape into loaf pans.
8. Bake at 350°F for 1 hour and 5 minutes. Brush on reserved ketchup mixture and bake for 15 minutes.

**Food For Thought** Using ground turkey instead of ground beef decreases the fat in meatloaf. You can also add vegetables to increase the nutrition!

## Nutrition Facts

Serving size: 1 slice (96g)  
Servings Per Recipe: 24

Amount Per Serving		
<b>Calories</b>	180	Cal. from Fat 49
		<b>% Daily Value*</b>
<b>Total Fat</b>	5g	8%
Saturated Fat	1g	8%
<b>Cholesterol</b>	62mg	20%
<b>Sodium</b>	228mg	8%
<b>Total Carbohydrate</b>	18g	6%
Dietary Fiber	3g	10%
<b>Sugars</b>	5g	
<b>Protein</b>	15g	
Vitamin A	4%	Vitamin C 8%
Calcium	4%	Iron 15%

Recipe adapted from All Recipes. <http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx>. Accessed May 21, 2010.

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

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



## Berry Banana Split

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Bananas	3	6	12	24
Vanilla yogurt, low-fat	1-1/2 cups	3 cups	6 cups	12 cups
Berries, fresh or frozen, any variety	1 cup	2 cups	4 cups	8 cups

### Directions:

1. Cut bananas in half lengthwise, and then cut again, so each banana produces 4 long slices.
2. Put 1/4 cup yogurt in each bowl.
3. Place 1 banana quarter on either side of each bowl.
4. Top with berries.

**Food For Thought** You can switch the flavor of low-fat yogurt and use any fruit you have available.

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

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

### Nutrition Facts

Serving size: 1/4 cup yogurt (146g)  
 Servings Per Recipe: 24

Amount Per Serving	
Calories 104	Cal. from Fat 12
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	4%
Cholesterol 4mg	0%
Sodium 44mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 4g	
Vitamin A 2%	Vitamin C 10%
Calcium 10%	Iron 0%

Recipe adapted from Network for a Healthy California. *Champions for Change*. California Department of Public Health.  
[www.cachampionsforchange.net/en/Recipes.php](http://www.cachampionsforchange.net/en/Recipes.php).  
 Accessed May 23, 2010.

## Menu Cycle: Fall — Week Three

Pre-approved to Meet Delaware CACFP/Delacare Rules

	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>	Applesauce	Grapes	Blueberries	Banana Slices	Orange Slices
<b>Grains/Breads</b>	<b>Basketball Biscuits</b>	<i>Cheerios</i> <sup>®</sup>	<b>Pumpkin Patch Pancakes</b>	Mini Whole Grain Bagel	Whole Grain Toast
<b>Meats/Meat Alternates</b> (optional)	Scrambled Eggs	Yogurt	Cottage Cheese	Scrambled Eggs	Peanut Butter (or other nut/seed butter)
<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>Pop's Potatoes</b>	<b>Jammin' Jambalaya</b>	<b>Farmer's Harvest Chili</b>	Carrots	Mixed Vegetables
<b>Fruits/Vegetables</b>	Peaches	Steamed Broccoli	Pear Slices	Mixed Fruit	Kiwi
<b>Grains/Breads</b>	Whole Grain Bread	<b>Jammin' Jambalaya</b>	Whole Grain Roll	<b>Cowboy Quinoa</b> ("keen-wah")	<b>Fish in Blankets</b>
<b>Meats/Meat Alternates</b>	Baked Turkey Breast	<b>Jammin' Jambalaya</b>	<b>Farmer's Harvest Chili</b>	<b>Cowboy Quinoa</b>	<b>Fish in Blankets</b>
<b>SNACK</b>					
<b>Milk</b>	–	–	–	–	–
<b>Fruits/Vegetables</b>	Cucumbers	<b>Tootie Fruity Chip Dip</b>	–	<b>Sandbox Surprise</b>	Pineapple
<b>Grains/Breads</b>	–	Graham Crackers	<i>Wheat Chex</i> <sup>®</sup>	<b>Sandbox Surprise</b>	–
<b>Meats/Meat Alternates</b>	String Cheese	–	Yogurt	–	Cottage Cheese
<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.

**Milk** must be whole for children 12 through 23 months.  
Milk must be 1% or fat-free for children two years of age and older.

**Cereals** must contain no more than 6 grams of sugar per serving.

**Grains/Breads:** At least one whole grain product must be served daily.

## Menu Cycle: Fall — Week Four

Pre-approved to Meet Delaware CACFP/Delacare Rules

	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	Blueberries	Orange Wedges	Banana slices	Kiwi
<b>Grains/Breads</b>	Whole Grain English Muffin	Whole Grain Waffles	Whole Grain Toast	<i>Multi-Grain Cheerios®</i>	Oatmeal
<b>Meats/Meat Alternates</b> (optional)	Cottage Cheese	Eggs	Peanut Butter (or other nut/seed butter)	Eggs	Yogurt
<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>Kickin' Chicken</b>	<b>Under the Sea Chowder</b>	<b>Roly Poly Roll-Up</b>	<b>Finger Food</b>	<b>Jack O' Lantern Soup</b>
<b>Fruits/Vegetables</b>	Pineapple Slices	Grapes	Steamed Red Potatoes	Peaches	Green Beans
<b>Grains/Breads</b>	Cornbread	Whole Grain Roll	<b>Roly Poly Roll-Up</b>	Brown Rice	Grilled Cheese on Whole Grain Bread
<b>Meats/Meat Alternates</b>	<b>Kickin' Chicken</b>	<b>Under the Sea Chowder</b>	<b>Roly Poly Roll-Up</b>	<b>Finger Food</b>	Grilled Cheese on Whole Grain Bread
<b>SNACK</b>					
<b>Milk</b>	–	–	–	–	–
<b>Fruits/Vegetables</b>	<b>Autumn Orchard Snacks</b>	Celery and Carrot Sticks	Honeydew Melon	<b>All-Star Snack</b>	Mixed Fruit
<b>Grains/Breads</b>	Whole Grain Rice Cakes	–	<i>Honey Kix®</i>	Whole Grain Crackers	–
<b>Meats/Meat Alternates</b>	–	Cheese Cubes	–	–	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.

**Milk** must be whole for children 12 through 23 months. Milk must be 1% or fat-free for children two years of age and older.

**Cereals** must contain no more than 6 grams of sugar per serving.

**Grains/Breads:** At least one whole grain product must be served daily.

## Shopping List — Fall Weeks Three &amp; Four

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

**Milk**

- \_\_\_ 1% (low-fat) or fat-free
- \_\_\_ Whole for 12 through 23 months
- \_\_\_ Creamer, half-and-half\*

**Fruits & Vegetables**

- \_\_\_ Acorn squash (small)
- \_\_\_ Apples
- \_\_\_ Applesauce (bottled, no sugar added or unsweetened)
- \_\_\_ Avocado
- \_\_\_ Bananas
- \_\_\_ Blueberries
- \_\_\_ Butternut squash
- \_\_\_ Carrots (fresh or frozen)
- \_\_\_ Celery (fresh or frozen)
- \_\_\_ Cherry tomatoes
- \_\_\_ Corn (fresh, frozen or canned)
- \_\_\_ Cucumber
- \_\_\_ Grapes
- \_\_\_ Green beans
- \_\_\_ Green bell peppers (fresh or frozen)
- \_\_\_ Green cabbage
- \_\_\_ Honeydew melon
- \_\_\_ Kiwi
- \_\_\_ Lemon juice (fresh-squeezed or bottled)
- \_\_\_ Lettuce (shredded)
- \_\_\_ Mixed fruit (canned in 100% juice or light syrup)
- \_\_\_ Mixed vegetables
- \_\_\_ Onions
- \_\_\_ Oranges
- \_\_\_ Peaches (fresh or canned in 100% juice or light syrup)
- \_\_\_ Pears (fresh or canned in 100% juice or light syrup)

- \_\_\_ Pineapple (fresh or canned in 100% juice or light syrup)
- \_\_\_ Pumpkin puree (canned)
- \_\_\_ Raisins
- \_\_\_ Red bell peppers (fresh or frozen)
- \_\_\_ Red leaf lettuce
- \_\_\_ Russet potatoes (small)
- \_\_\_ Strawberries (fresh or frozen, no sugar added)
- \_\_\_ Sweet potatoes
- \_\_\_ Tomato paste
- \_\_\_ Tomato sauce (canned)
- \_\_\_ Tomatoes (fresh or canned)

**Meats & Meat Alternates**

- \_\_\_ Black beans (canned)
- \_\_\_ String cheese
- \_\_\_ Chicken breast (boneless, skinless)
- \_\_\_ Cod fillet (fresh or frozen)
- \_\_\_ Cottage cheese
- \_\_\_ Eggs
- \_\_\_ Kidney beans (canned)
- \_\_\_ Mozzarella cheese
- \_\_\_ Fish fillets (fresh or frozen)
- \_\_\_ Plain yogurt
- \_\_\_ Turkey breast (skinless, boneless)
- \_\_\_ Vanilla yogurt
- \_\_\_ Walnuts (optional)
- \_\_\_ Mixed nuts (optional)
- \_\_\_ Peanut butter

**Grains & Breads**

- \_\_\_ Brown rice
- \_\_\_ *Cheerios*<sup>®</sup>
- \_\_\_ Cornbread

- \_\_\_ Graham crackers
- \_\_\_ *Honey Kix*<sup>®</sup>
- \_\_\_ *Multigrain Cheerios*<sup>®</sup>
- \_\_\_ Quinoa
- \_\_\_ Rice cakes
- \_\_\_ Steel cut or old-fashioned oats
- \_\_\_ *Wheat Chex*<sup>®</sup>
- \_\_\_ Whole grain bread
- \_\_\_ Whole grain crackers
- \_\_\_ Whole grain English muffin
- \_\_\_ Whole grain rolls
- \_\_\_ Whole grain waffles
- \_\_\_ Whole grain mini bagels
- \_\_\_ Whole wheat flour
- \_\_\_ Whole grain tortillas

**Other\***

- \_\_\_ Baking powder
- \_\_\_ Bay leaf
- \_\_\_ Black pepper
- \_\_\_ Brown sugar
- \_\_\_ Cayenne pepper
- \_\_\_ Chicken bouillon
- \_\_\_ Chili powder
- \_\_\_ Cider vinegar
- \_\_\_ Cinnamon, ground
- \_\_\_ Cumin
- \_\_\_ Garlic
- \_\_\_ Granulated sugar
- \_\_\_ Margarine (trans-fat-free)
- \_\_\_ Olive oil
- \_\_\_ Onion powder
- \_\_\_ Paprika
- \_\_\_ Parsley
- \_\_\_ Thyme leaves
- \_\_\_ Vanilla extract
- \_\_\_ Vegetable oil

\*not CACFP reimbursable



## Basketball Biscuits

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Sweet potatoes	2	4	8	16
Flour, whole wheat	1/4 cup	1/2 cup	1 cup	2 cups
Flour, white, enriched	1/2 cup	1 cup	2 cups	4 cups
Baking powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Sugar, granulated	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Baking soda	2 Tbsp	1/4 cup	1/2 cup	1 cup
Applesauce, unsweetened	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
1% (low-fat) milk	1/4 cup	1/2 cup	1 cup	2 cups
Cinnamon	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

### Directions:

1. Wash and dry potatoes, poke holes in top. Microwave on high 5 - 7 minutes, turning occasionally. Let cool.
2. Peel and mash until all lumps are gone.
3. Preheat oven to 400°F.
4. Line cookie sheet with parchment paper.
5. Combine flour, baking powder, cinnamon, sugar and baking soda in medium bowl. Add applesauce and stir. Add sweet potatoes and milk. Stir until mixture holds together.
6. Transfer mixture to lightly floured surface. Roll out dough to 3/4" thickness. Cut with biscuit cutter (about 2-1/2" size). Transfer circles to cookie sheet.
7. Bake at 400°F about 10 - 15 minutes, until golden. Let cool before serving.

**Food For Thought** These biscuits are a great way to eat sweet potatoes which are full of vitamin A.

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

- Grain/Bread
- Fruit/Vegetable
- Milk

## Pop's Potatoes

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Russet potatoes, medium	2-1/2	5	10	20
Olive oil	1-1/2 Tbsp	3 Tbsp	6 Tbsp	12 Tbsp
Pepper	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Paprika	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Onion powder	3/4 Tbsp	1-1/2 Tbsp	3 Tbsp	6 Tbsp
Parsley	1 tsp	2 tsp	4 tsp	8 tsp

### Directions:

1. Preheat oven to 400°F.
2. Scrub potatoes well under cold water. Pat dry.
3. Cut into slices or small chunks. Drizzle oil onto potatoes. Add pepper, paprika, onion powder and parsley. Toss in bowl to coat.
4. Place on pan and bake in oven for about 20 minutes at 400°F. Potatoes will be done when they are golden brown.
5. Serve 1/4 cup per serving.

**Food For Thought** Baking potatoes still makes them finger foods but without all the added fat of frying. This recipe can also be made with sweet potatoes!

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

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

## Nutrition Facts

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

Amount Per Serving		
Calories	88	Cal. from Fat 3
% Daily Value*		
Total Fat	0g	0%
Saturated Fat 0g 0%		
Cholesterol	1mg	0%
Sodium	43mg	2%
Total Carbohydrate	19g	6%
Dietary Fiber 2g 8%		
Sugars 4g		
Protein 2g		
Vitamin A	60%	Vitamin C 0%
Calcium	4%	Iron 6%

Recipe adapted from NickJr. Website.  
[www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.html](http://www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.html).  
Accessed May 24, 2010.

## Nutrition Facts

Serving size: 1/4 cup (61g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	75	Cal. from Fat 16
% Daily Value*		
Total Fat	2g	4%
Saturated Fat 0g 0%		
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	13g	4%
Dietary Fiber 2g 8%		
Sugars 1g		
Protein 2g		
Vitamin A	4%	Vitamin C 15%
Calcium	2%	Iron 4%

Recipe courtesy of Mr. John Dupont.



## Jammin' Jambalaya

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken breast, boneless, skinless	1 lb	2 lbs	4 lbs	8 lbs
Celery, stalk	1	2	4	8
Onions, chopped	1/2	1	2	4
Green onions, chopped	1/2 small bunch	1 small bunch	2 small bunches	4 small bunches
Green bell pepper, chopped	1 medium	2 medium	4 medium	8 medium
Tomatoes, diced, canned	1/2- 14-1/2 oz can	1-14-1/2 oz can	2-14-1/2 oz cans	4-14-1/2 oz cans
Brown rice, dry	1 cup	2 cups	4 cups	8 cups
Water	3 cups	6 cups	12 cups	24 cups
Chicken bouillon	1 cube	2 cubes	4 cubes	8 cubes
Bay leaf	1/2	1	2	4
Cayenne pepper	1-1/4 tsp	2-1/2 tsp	5 tsp	10 tsp
Cooking spray	-	-	-	-

### Directions:

1. Wash chicken and pat-dry. Cut into 1" chunks.
2. Spray a medium-size pan with non-stick cooking spray. Brown chicken over medium heat and remove from pan.
3. Add celery, onion, green onion, pepper and tomatoes to same pot and cook over medium heat for 10 minutes.
4. Return chicken to the pan. Add rice, water, bouillon, bay leaf and cayenne pepper. Bring to a boil.
5. Cover, reduce heat, and let simmer for about 50 minutes. (Instant brown rice will require a different cook time.) Stir in parsley and serve warm.

**Food For Thought** Jambalaya can be made using any lean meat. Add more vegetables if you wish or change them according to those in season.

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

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

## Tootie Fruity Chip Dip

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Apples, cored, peeled, (if desired), diced finely	3 cups	6 cups	12 cups	24 cups
Brown sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Peaches, canned, chopped finely	2 cups	4 cups	8 cups	16 cups
Cinnamon, ground	1/2 tsp	1 tsp	2 tsp	4 tsp

### Directions:

1. Combine all ingredients in bowl.
2. Refrigerate until ready to use.

**Food For Thought** Dips are a great way to use up leftover fruit. Serve with whole grain chips or crackers for a great after-school snack.

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

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

## Nutrition Facts

Serving size: 1-1/4 cup (301g)  
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
<b>Calories</b>	281	Cal. from Fat	31
<b>Total Fat</b> 3g <b>4%</b>			
Saturated Fat 1g <b>4%</b>			
<b>Cholesterol</b>	55mg		<b>20%</b>
<b>Sodium</b>	360mg		<b>15%</b>
<b>Total Carbohydrate</b>	37g		<b>10%</b>
<b>Dietary Fiber</b> 3g <b>10%</b>			
<b>Sugars</b> 2g			
<b>Protein</b>	25g		
Vitamin A	8%	Vitamin C	45%
Calcium	10%	Iron	15%

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

## Nutrition Facts

Serving size: 1/2 cup (119g)  
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
<b>Calories</b>	60	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>	4mg		<b>0%</b>
<b>Total Carbohydrate</b>	16g		<b>4%</b>
<b>Dietary Fiber</b> 2g <b>8%</b>			
<b>Sugars</b> 7g			
<b>Protein</b>	0g		
Vitamin A	4%	Vitamin C	8%
Calcium	2%	Iron	4%

Recipe adapted from Disney Family Fun Magazine Website. <http://familyfun.go.com/recipes>. Accessed May 24, 2010.



## Pumpkin Patch Pancakes

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
Flour, whole wheat	1/2 cup	1 cup	2 cups	4 cups
Baking powder	1 tsp	2 tsp	4 tsp	8 tsp
Cinnamon, ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp
1% (low-fat) milk	5 fl oz	1-1/4 cups	2-1/2 cups	5 cups
Applesauce, unsweetened	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Egg	1/2	1	2	4
Pumpkin purée, canned	1/4 cup	1/2 cup	1 cup	2 cups
Vanilla yogurt, low-fat	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. In a large mixing bowl, combine flour, baking powder and cinnamon.
2. In separate bowl, mix milk, applesauce, egg, pumpkin and yogurt until combined.
3. Add wet ingredients to flour mixture and stir until moist. Batter may still be lumpy.
4. Lightly coat griddle or skillet with cooking spray and heat on medium.
5. Pour batter onto hot griddle (about 2 Tbsp for each pancake).
6. Cook until bubbles burst, flip and cook until golden on both sides.

**Food For Thought** Top with low-fat yogurt and raisins for sweetness or walnuts for a protein-rich breakfast.

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

- Grain/Bread
- Fruit/Vegetable
- Milk

## Nutrition Facts

Serving size: 1 pancake (44g)  
Servings Per Recipe: 32

Amount Per Serving		
Calories	47	Cal. from Fat 6
		% Daily Value*
Total Fat	1g	0%
Saturated Fat		0g 0%
Cholesterol	14mg	4%
Sodium	96mg	4%
Total Carbohydrate	8g	4%
Dietary Fiber		1g 4%
Sugars		2g
Protein		2g
Vitamin A	35%	Vitamin C 0%
Calcium	8%	Iron 4%

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

## Farmer's Harvest Chili

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Onion, finely chopped	1/2 cup	1 cup	2 cups	4 cups
Carrots, diced	1-1/2	3	6	12
Garlic, cloves, minced	1/2 clove	1 clove	2 cloves	4 cloves
Green bell pepper, diced	1/2 cup	1 cup	2 cups	4 cups
Corn, canned, drained	1/2 - 12 oz can	1 - 12 oz can	2 - 12 oz cans	4 - 12 oz cans
Kidney beans, canned, drained	2-1/4 cups	4-1/2 cups	9 cups	18 cups
Diced tomatoes, fresh or canned	1/2 - 14.5 oz can	1 - 14.5 oz can	2 - 14.5 oz cans	4 - 14.5 oz cans
Tomato paste	1 can	2 cans	4 cans	8 cans

### Directions:

1. Spray large saucepan with non-stick cooking spray.
2. Sauté onions for about 3 minutes.
3. Add carrots and garlic. Sauté for another 3 minutes.
4. Add rest of ingredients and cook for 30 minutes (until heated thoroughly) on medium heat, uncovered. Stir occasionally.

**Food For Thought** Use any beans or vegetables you have available to change the flavors of this dish!

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

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

## Nutrition Facts

Serving size: 3/4 cup (175g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	288	Cal. from Fat 10
		% Daily Value*
Total Fat	1g	2%
Saturated Fat		0g 0%
Cholesterol	0mg	0%
Sodium	299mg	10%
Total Carbohydrate	55g	20%
Dietary Fiber		20g 80%
Sugars		8g
Protein		19g
Vitamin A	55%	Vitamin C 40%
Calcium	15%	Iron 40%

Recipe adapted from Thomas, R., Khouri, L., Fenton, W. *Nutrition in the Kitchen*. Children's Hospital of Philadelphia 2nd ed.; 2008. [www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf](http://www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf). Accessed June 10, 2010.



## Cowboy Quinoa (“keen-wah”)

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Quinoa	3/4 cup	1-1/2 cups	3 cups	6 cups
Water	1-1/2 cups	3 cups	6 cups	12 cups
Cider vinegar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Olive oil	2 Tbsp	1/4 cup	1/2 cup	1 cup
Black beans, canned, rinsed	2 - 15 oz cans	4 - 15 oz cans	8 - 15 oz cans	16 - 15 oz cans
Corn, frozen	1 cup	2 cups	4 cups	8 cups
Cherry tomatoes, halved	1/2 cup	1 cup	2 cups	4 cups
Onions, sliced	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. Combine water and quinoa in small pan and bring to boil. Cover and let simmer, about 12 to 15 minutes (until quinoa is tender).
2. Whisk together oil and vinegar. Pour over quinoa
3. Add beans, corn, tomatoes and onion.
4. Stir.

**Food For Thought** Quinoa is a small round grain, similar to couscous. It has a nutty flavor when cooked and can be used as a main dish or as a side.

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

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

### Nutrition Facts

Serving size: 1 cup (271g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	241	Cal. from Fat 17
		% Daily Value*
Total Fat	2g	4%
Saturated Fat		0g 0%
Cholesterol	0mg	0%
Sodium	552mg	25%
Total Carbohydrate	46g	15%
Dietary Fiber		12g 50%
Sugars		2g
Protein		12g
Vitamin A	4%	Vitamin C 15%
Calcium	8%	Iron 25%

Recipe adapted from Nickjr. Website.  
[www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.html](http://www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.html)  
Accessed May 24, 2010.

## Sandbox Surprise

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Whole grain bread, toasted, cubed	4 slices	8 slices	16 slices	32 slices
Applesauce, bottled, natural or unsweetened	1/2 cup	1 cup	2 cups	4 cups
Apples, chopped	2 cups	4 cups	8 cups	16 cups
Eggs, beaten lightly	1/2	1	2	4
Egg whites, beaten lightly	2	4	8	16
Fat-free milk	1-1/2 cups	3 cups	6 cups	12 cups
Vanilla extract	2 Tbsp	1/4 cup	1/2 cup	1 cup
Cinnamon, ground	1 tsp	2 tsp	4 tsp	8 tsp
Raisins (optional)	1 cup	2 cups	4 cups	8 cups

### Directions:

1. Preheat oven to 350°F.
2. For 24 servings, spray 11x7 baking dish (for 12 servings use 8x4 loaf pan) with cooking spray.
3. Place cubed bread in bottom of baking dish.
4. Mix all other ingredients together and pour over bread, being sure to coat all pieces. Cover with plastic wrap.
5. Refrigerate for 30 minutes.
6. Bake uncovered for 1 hour to 1 hour and 30 minutes.
7. Cut into even squares. Serve alone or with low-fat yogurt and raisins (optional).

**Food For Thought** Kids can help make this dish by cutting the bread with plastic knives or breaking it using their fingers. They can also help with mixing and pouring.

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

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

### Nutrition Facts

Serving size: 3/4 cup (155g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	115	Cal. from Fat 12
		% Daily Value*
Total Fat	1g	2%
Saturated Fat		0g 2%
Cholesterol	19mg	6%
Sodium	148mg	6%
Total Carbohydrate	19g	6%
Dietary Fiber		2g 8%
Sugars		6g
Protein		6g
Vitamin A	0%	Vitamin C 4%
Calcium	10%	Iron 4%

Recipe adapted from Thomas, R., Khouri, L., Fenton, W. *Nutrition in the Kitchen*. Children's Hospital of Philadelphia 2nd ed.; 2008.  
[www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf](http://www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf)  
Accessed June 10, 2010.



## Fish in Blankets

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Cod fillets, frozen, sliced	1 lb	2 lbs	4 lbs	8 lbs
Olive oil	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Lemon juice	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Red leaf lettuce, shredded	6 Tbsp	3/4 cup	1-1/2 cups	3 cups
Lettuce, shredded	1/2 cup	1 cup	2 cups	4 cups
Tomatoes, chopped	1 cup	2 cups	4 cups	8 cups
Tortillas, whole grain, 8"	14	28	56	112
Yogurt, plain, non-fat	1/2 cup + 2 Tbsp	1-1/4 cups	2-1/2 cups	5 cups
Salsa, ready to eat	1/2 cup	1 cup	2 cups	4 cups

### Directions:

1. Combine fish, olive oil and lemon juice in bowl. Pour into skillet.
2. Cook on medium-high heat for 4 - 5 minutes, stirring occasionally.
3. Fill each tortilla with 1/8 cup fish.
4. Top with 1/4 cup vegetables and 1 Tbsp of yogurt.

**Food For Thought** Tacos are a fun food to let children assemble themselves. You can also use onions, peppers or any other vegetables you have on hand.

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

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

## Nutrition Facts

Serving size: 2 tacos; and filling (156g)  
Servings Per Recipe: 24

Amount Per Serving		% Daily Value*	
<b>Calories</b>	120	Cal. from Fat	17
<b>Total Fat</b> 2g			
Saturated Fat 0g			
<b>Cholesterol</b> 24mg			
<b>Sodium</b> 190mg			
<b>Total Carbohydrate</b> 12g			
Dietary Fiber 2g			
Sugars 1g			
<b>Protein</b> 14g			
Vitamin A	10%	Vitamin C	10%
Calcium	8%	Iron	4%

Recipe adapted from Recipe adapted from Network for a Healthy California. *Champions for Change*. California Department of Public Health. [www.cachampionsforchange.net/en/Recipes.php](http://www.cachampionsforchange.net/en/Recipes.php). Accessed June 10, 2010.

## Kickin' Chicken

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Chicken breast, boneless, skinless	1 lb	2 lbs	4 lbs	8 lbs
Olive oil	2 tsp	4 tsp	8 tsp	16 tsp
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Green bell pepper, chopped	1 cup	2 cups	4 cups	8 cups
Red pepper, chopped	1 cup	2 cups	4 cups	8 cups
Tomato sauce, canned	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Lemon juice	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Water	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Bay leaves	1	2	4	8

### Directions:

1. Heat olive oil in large skillet over medium heat. Add onions and peppers and sauté until vegetables are soft (about 5-10 minutes).
2. Add chicken. Stir-fry for another 5-10 minutes, until thoroughly cooked.
3. Add tomato sauce, lemon juice, bay leaves and water to mix.
4. Cover pan. Reduce heat. Let simmer for 10 minutes until chicken is tender.
5. Remove bay leaves and serve.

**Food For Thought** Flavoring chicken breasts with different spices gives children a chance to try new flavors without added salt, sugar or fat.

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

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

## Nutrition Facts

Serving size: 1/2 cup (136g)  
Servings Per Recipe: 30

Amount Per Serving		% Daily Value*	
<b>Calories</b>	144	Cal. from Fat	31
<b>Total Fat</b> 3g			
Saturated Fat 1g			
<b>Cholesterol</b> 51mg			
<b>Sodium</b> 243mg			
<b>Total Carbohydrate</b> 9g			
Dietary Fiber 1g			
Sugars 5g			
<b>Protein</b> 19g			
Vitamin A	10%	Vitamin C	80%
Calcium	2%	Iron	6%

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



## Autumn Orchard Snacks

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Acorn squash, small	1-1/2	3	6	12
Applesauce, natural or unsweetened	3/4 cup	1-1/2 cups	3 cups	6 cups
Brown sugar	1/4 Tbsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Cinnamon, ground	1/4 Tbsp	1/2 Tbsp	1 Tbsp	2 Tbsp
Walnuts or pecans (optional), chopped	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. Preheat oven to 350°F.
2. Wash and halve the squash, remove seeds.
3. Place on baking sheet cut-side down.
4. Cover and cook about 6-9 minutes. Be sure they are being cooked thoroughly by rotating the dish halfway through.
5. Scrape the squash flesh from each half into a bowl.
6. Add applesauce, cinnamon, brown sugar and nuts (optional) to bowl and mix.
7. Spoon mixture evenly into squash halves.
8. Cook about 2-3 minutes to heat thoroughly.
9. Serve 1/4 squash to each child.

**Food For Thought** Making vegetables into a bowl is a fun new way to serve fruits and vegetables.

### CACFP Crediting

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

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

## Nutrition Facts

Serving size: 1/4 squash (57g)  
Servings Per Recipe: 24

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

Recipe adapted from Neufeld, N. Henry, S., Lawrence, D. *Kid Shape Cafe*. Nashville (TN): Rutledge Hill Press; 2005.

## Under the Sea Chowder

Ingredients	7 Servings	14 Servings	28 Servings	56 Servings
Margarine, soft, trans-fat-free	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Celery, chopped	1 cup	2 cups	4 cups	8 cups
Red bell pepper, chopped	1/2 cup	1 cup	2 cups	4 cups
Chicken or vegetable broth, canned	1 cup	2 cups	4 cups	8 cups
Potatoes, Russet, diced	1 cup	2 cups	4 cups	8 cups
Paprika	Pinch	1/8 tsp	1/4 tsp	1/2 tsp
Black pepper	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Bay leaf	1/2	1	2	4
1% (low-fat) milk	2-1/2 cups	5 cups	10 cups	20 cups
Corn, frozen	1 cup	2 cups	4 cups	8 cups
Fish fillets, fresh or frozen	1 lb	2 lbs	4 lbs	8 lbs

### Directions:

1. In a large skillet, heat margarine over medium-high heat. Add celery and bell pepper and cook until soft, about 3 minutes.
2. While vegetables are cooking, put potatoes in the slow cooker.
3. Add vegetables to potatoes, but do not mix. Add broth, bay leaf, paprika and black pepper.
4. Stir top layer of vegetables, but leave potatoes submerged below. Cover and cook on LOW for 5 - 6 hours.
5. Add milk and fish. Stir. Cover and cook on HIGH for about 1 hour.

**Food For Thought** This soup is a great way to use up leftover vegetables, fish or even chicken.

### CACFP Crediting

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

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

## Nutrition Facts

Serving size: 1 cup (261g)  
Servings Per Recipe: 28

Amount Per Serving		
Calories	154	Cal. from Fat 32
		% Daily Value*
Total Fat	4g	4%
Saturated Fat		1g 4%
Cholesterol	29mg	10%
Sodium	344mg	15%
Total Carbohydrate	14g	4%
Dietary Fiber		1g 4%
Sugars		6g
Protein		17g
Vitamin A	15%	Vitamin C 45%
Calcium	10%	Iron 4%

Recipe adapted from Hensperger, B., Kaufmann, J. *Not Your Mother's Slow Cooker Cookbook*. Boston (MA): The Harvard Common Press; 2005.



## Roly Poly Roll-Up

Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Tortillas, whole wheat, 8"	5	10	20	40
Turkey breast, sliced	1/2 lb	1 lb	2 lbs	4 lbs
Mustard	1/4 cup	1/2 cup	1 cup	2 cups
Cucumber	1 cup	2 cups	4 cups	8 cups
Tomato	1 cup	2 cups	4 cups	8 cups
Avocado (optional)	1/2 cup	1 cup	2 cups	4 cups

### Directions:

1. Layer each tortilla with mustard, slices of turkey breast, avocado (if necessary), tomato and cucumber.
2. Roll it up.
3. Cut into halves and serve.

**Food For Thought** Sandwiches and wraps are great places to add fruits and vegetables to your child's diet.

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

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

## Nutrition Facts

Serving size: 1 roll-up (132g)  
Servings Per Recipe: 20

Amount Per Serving		% Daily Value*	
<b>Calories</b>	139	Cal. from Fat	12
<b>Total Fat</b> 1g			
			2%
Saturated Fat 0g			
			0%
<b>Cholesterol</b> 28mg			
			8%
<b>Sodium</b> 351mg			
			15%
<b>Total Carbohydrate</b> 22g			
			8%
<b>Dietary Fiber</b> 3g			
			10%
<b>Sugars</b> 1g			
<b>Protein</b> 15g			
Vitamin A	4%	Vitamin C	4%
Calcium	4%	Iron	8%

Recipe adapted from Neufeld, N. Henry, S., Lawrence, D. *Kid Shape Cafe*. Nashville (TN): Rutledge Hill Press; 2005.

## Finger Food

Ingredients	7 Servings	15 Servings	30 Servings	60 Servings
Olive oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Lemon juice	1/4 cup	1/2 cup	1 cup	2 cups
Tomatoes, cherry, sliced	7	15	30	60
Onion, diced	1/2 cup	1 cup	2 cups	4 cups
Green bell peppers, diced	1/2 cup	1 cup	2 cups	4 cups
Black pepper	1 tsp	2 tsp	4 tsp	8 tsp
Chicken, boneless, skinless diced	1 lb	2 lbs	4 lbs	8 lbs

### Directions:

1. Preheat oven to 325°F.
2. Slice chicken into 1" cubes.
3. Mix olive oil, lemon juice and black pepper. Pour over chicken. Allow to marinate for at least 1 hour.
4. Use wooden or metal skewers or straws to thread tomato, chicken, onion and bell pepper. Repeat until skewer is full (use roughly 1/4 cup chicken cubes and 1/4 cup mixed vegetables per skewer)
5. Repeat for other 11 skewers.
6. Bake at 325°F for about 15 minutes, check and turn. Continue to bake until chicken is cooked thoroughly.

### Food For Thought

Kabobs are a fun way to get kids to eat their vegetables because they can eat with their hands. Use any type of fruit or vegetable you like.

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

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

## Nutrition Facts

Serving size: 1 skewer (118g)  
Servings Per Recipe: 30

Amount Per Serving		% Daily Value*	
<b>Calories</b>	129	Cal. from Fat	36
<b>Total Fat</b> 4g			
			6%
Saturated Fat 1g			
			4%
<b>Cholesterol</b> 51mg			
			15%
<b>Sodium</b> 186mg			
			8%
<b>Total Carbohydrate</b> 3g			
			0%
<b>Dietary Fiber</b> 1g			
			4%
<b>Sugars</b> 2g			
<b>Protein</b> 19g			
Vitamin A	4%	Vitamin C	40%
Calcium	2%	Iron	4%

Recipe adapted from Network for a Healthy California. *Champions for Change*. California Department of Public Health. [www.cachampionsforchange.net/en/Recipes.php](http://www.cachampionsforchange.net/en/Recipes.php). Accessed June 10, 2010.



## All-Star Snack

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Carrots, sliced	1 cup	2 cups	4 cups	8 cups
Sweet potatoes, sliced	1/2 cup	1 cup	2 cups	4 cups
Apples, peeled, sliced	1-1/2 cups	3 cups	6 cups	12 cups
Brown sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Water, divided	1 cup	2 cups	4 cups	8 cups

### Directions:

1. Bring 3/4 the amount of water to boil. Simmer carrots and sweet potatoes until tender. Drain and cool.
2. In baking or casserole dish, alternate sweet potatoes and carrots with apples.
3. Sprinkle brown sugar on top.
4. Add remaining water. Cover and bake at 350°F for 30 minutes or until apples are tender.
5. Remove cover and bake until golden brown on top.

**Food For Thought** This dish can be baked in advance and served all week for breakfast or snack.

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

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

## Nutrition Facts

Serving size: 1/2 cup (121g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	40	Cal. from Fat 1
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	23mg	0%
Total Carbohydrate	10g	4%
Dietary Fiber	1g	4%
Sugars	6g	
Protein	0g	
Vitamin A	85%	Vitamin C 4%
Calcium	0%	Iron 0%

Recipe adapted from Cook, D. *The Kids' Multicultural Cookbook*. Nashville, TN: Williamson Books., 1995.

## Jack O' Lantern Soup

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Vegetable oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Butternut squash, peeled and cubed	1	2	4	8
Pumpkin purée, canned	3/4 cup	1-1/2 cups	3 cups	6 cups
Chicken or vegetable broth, canned	1 cup	2 cups	4 cups	8 cups
Thyme, ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Yogurt, plain, low-fat	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. Heat oil in large saucepan. Add onions and cook until translucent.
2. Add squash, broth, purée and thyme. Bring to a boil, reduce heat and allow to simmer (about 30-45 minutes).
3. Purée the mixture in small batches.
4. Pour 1/2 cup serving into bowls.
5. Garnish top with a spoonful of yogurt.

**Food For Thought** This soup can be made in advance, frozen and thawed to serve with sandwiches on busy days.

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

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

## Nutrition Facts

Serving size: 1/2 cup (115g)  
Servings Per Recipe: 24

Amount Per Serving		
Calories	64	Cal. from Fat 27
% Daily Value*		
Total Fat	3g	4%
Saturated Fat	0g	2%
Cholesterol	1mg	0%
Sodium	344mg	15%
Total Carbohydrate	7g	2%
Dietary Fiber	1g	6%
Sugars	1g	
Protein	3g	
Vitamin A	180%	Vitamin C 10%
Calcium	4%	Iron 4%

Recipe adapted from NickJr. Website. [www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.html](http://www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.html). Accessed May 24, 2010.