SUMMER WEEKS 1&2

Menu Cycle: Summer—Week One

Pre-approved to Meet Delaware CACFP/*Delacare* Rules

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Strawberries	Mixed Fruit	Banana Slices	Apple Slices	Pineapple
Grains/Breads	*Cheerios®*	Whole Grain Toast	*Total®*	Oatmeal	*Wheaties®*
Meats/Meat Alternates (optional)	Cottage Cheese	Peanut Butter (or other nut/seed butter)	Yogurt	Cheese Slices	Eggs
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Summer Sizzler**	**Swamp Soup**	**Luigi's Lasagna**	Leafy Greens	**Sloppy Sammies**
Fruits/Vegetables	Baked Potato Wedges	Pears	Nectarines	Grapes	Cantaloupe
Grains/Breads	Whole Grain Roll	Whole Grain Bread Stick	**Luigi's Lasagna**	Whole Grain Hot Dog Roll	**Sloppy Sammies**
Meats/Meat Alternates	**Summer Sizzler**	**Swamp Soup**	**Luigi's Lasagna**	**Sailboats**	**Sloppy Sammies**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Applesauce	Bell Pepper Sticks	Watermelon	Carrots	Banana Slices
Grains/Breads	Whole Grain Crackers	Mini Rice Cakes	–	–	Whole Grain Mini-Bagel
Meats/Meat Alternates	–	–	Cheese Slices	**Sandy Snack**	–
Beverage	Water	Water	Water	Water	Water

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

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

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.

SUMMER WEEKS 1&2

Menu Cycle: Summer—Week Two

Pre-approved to Meet Delaware CACFP/*Delacare* Rules

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Kiwi	Cantaloupe	Orange Wedges	Banana Slices	Applesauce
Grains/Breads	*Kix®*	*Shredded Mini Wheat®*	Whole Grain Mini-Bagel	**Mega Muffins**	Whole Grain Pancakes
Meats/Meat Alternates (optional)	Cottage Cheese	Yogurt	Peanut Butter (or other nut/seed butter)	Scrambled Eggs	Chopped Nuts
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Orangutan Salad**	Cucumbers	Kiwi	**Sunshine Roll-Ups**	Honeydew Melon
Fruits/Vegetables	Grapes	Apple Slices	**Pete's Pizza**	Mixed Fruit (canned)	Corn
Grains/Breads	Turkey and Cheese Sandwich	Brown Rice	**Pete's Pizza**	**Sunshine Roll-Ups**	Whole Grain Roll
Meats/Meat Alternates	Turkey and Cheese Sandwich	**Gone Fishin'**	**Pete's Pizza**	**Sunshine Roll-Ups**	Baked Skinless Chicken Breast
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Blueberries	Pineapple	Strawberries	Peaches	–
Grains/Breads	–	Graham Crackers	–	–	Corn Chips
Meats/Meat Alternates	Hard Boiled Egg	–	String Cheese	Yogurt	**Molten Lava**
Beverage	Water	Water	Water	Water	Water

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

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

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.

SUMMER WEEKS 1&2

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

Nutrition Facts

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

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

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 1-2 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 ☐

Swamp Soup

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Dry navy beans or great Northern beans	3/4 cup + 2 Tbsp	1-3/4 cups	3-1/2 cups	7 cups
OR				
15 oz canned navy beans or great Northern beans	2 cans	4 cans	8 cans	16 cans
Chicken or vegetable stock	3/4 cup	1-1/2 cups	3 cups	6 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

Nutrition Facts

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

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

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 an inch 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 ☐

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 ½ 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	□	

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.

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: 1/4 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

Nutrition Facts

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

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

Directions:

1. Blend chickpeas, yogurt, lemon juice, olive oil and hot sauce in blender until smooth.
2. 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	–	–	–	–

Nutrition Facts

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

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

Directions:

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

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

Nutrition Facts

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

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

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 ☐

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

Nutrition Facts

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

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

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 ☐

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

Nutrition Facts

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

Amount Per Serving		
Calories 116	Cal. from Fat 19	
		% Daily Value*
Total Fat 2g		**4%**
Saturated Fat 1g		**4%**
Cholesterol 4mg		**0%**
Sodium 258mg		**10%**
Total Carbohydrate 20g		**8%**
Dietary Fiber 4g		**15%**
Sugars 4g		
Protein 6g		
Vitamin A 20%	Vitamin C 60%	
Calcium 10%	Iron 8%	

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 □

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

Nutrition Facts

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

Amount Per Serving		
Calories 170	Cal. from Fat 53	
		% Daily Value*
Total Fat 6g		**8%**
Saturated Fat 1g		**4%**
Cholesterol 18mg		**6%**
Sodium 268mg		**10%**
Total Carbohydrate 27g		**8%**
Dietary Fiber 2g		**8%**
Sugars 12g		
Protein 4g		
Vitamin A 0%	Vitamin C 0%	
Calcium 6%	Iron 6%	

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 ¾ 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 □

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:

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

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

CACFP Crediting

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

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

Nutrition Facts

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

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

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

Molten Lava

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

Directions:

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

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

CACFP Crediting

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

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

Nutrition Facts

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

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

Menu Cycle: Summer—Week Three

Pre-approved to Meet Delaware CACFP/*Delacare* Rules

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Blueberries	**Banana-Rama Breakfast**	Orange Slices	Strawberries	Pears
Grains/Breads	*Wheat Chex®*	**Banana-Rama Breakfast**	*Alpha Bits® (No Sugar)*	Whole Grain Mini-Bagel	Whole Grain Waffle
Meats/Meat Alternates (optional)	Scrambled Eggs	Cottage Cheese	Yogurt	Peanut Butter (or other nut/seed butter)	Chopped Nuts
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Zucchini	**Sweet Summer Salad**	Peas	**Veggin' Out Stew**	**Hip-Hop Pita Pocket**
Fruits/Vegetables	Summer Squash	Kiwi	Watermelon	Mixed Fruit	Apple Slices
Grains/Breads	Brown Rice	Whole Grain Bread	**"Use Your Noodle" Bake**	Grilled Cheese on Whole Grain Bread	**Hip-Hop Pita Pocket**
Meats/Meat Alternates	**Catch of the Day**	**Limeade Chicken**	**"Use Your Noodle" Bake**	Cheese	**Hip-Hop Pita Pocket**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Honeydew Melon	Cucumber	**Fruit-astic Salsa**	Cantaloupe	**Smoothilicious**
Grains/Breads	Rice Cakes	–	Pita Wedges	Whole Grain Crackers	Graham Crackers
Meats/Meat Alternates	–	String Cheese	–	–	–
Beverage	Water	Water	Water	Water	Water

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: Summer—Week Four

Pre-approved to Meet Delaware CACFP/*Delacare* Rules

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	Pineapple	Grapes and Strawberries	Watermelon	Peaches	Canteloupe
Grains/Breads	Whole Grain Toast	*Multi Grain Cheerios®*	Whole Grain Waffles	Oatmeal	*Kix®*
Meats/Meat Alternates (optional)	Peanut Butter (or other nut/seed butter)	String Cheese	Yogurt	Scrambled Eggs	Cottage Cheese
LUNCH					
Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk	1% or Fat-free Milk
Fruits/Vegetables	**Jolly Green Giant Salad**	**Rainbow Wrap**	**Swimmy Salmon Steaks**	**Monster Mash Soup**	**Pita Pockets**
Fruits/Vegetables	Cucumbers	Honeydew Melon	Cooked Carrots	Baked Potato	Strawberries
Grains/Breads	**Jimmy Crack Cornbread**	**Rainbow Wrap**	Brown Rice	Whole Grain Toast	**Pita Pockets**
Meats/Meat Alternates	**Jolly Green Giant Salad**	Baked Skinless Chicken Breast	**Swimmy Salmon Steaks**	**Monster Mash Soup**	**Pita Pocket**
SNACK					
Milk	–	–	–	–	–
Fruits/Vegetables	Blueberries	Nectarine Slices	Banana Slices	**Sunshine Smoothie**	Mixed Fruit
Grains/Breads	–	Rice Cakes	Whole Grain Crackers	Animal Crackers	–
Meats/Meat Alternates	Cottage Cheese	–	–	–	Yogurt
Beverage	Water	Water	Water	Water	Water

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

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

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.

SUMMER WEEKS 3&4

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 20-25 minutes, until fish is white throughout and flakes easily with a fork.

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

CACFP Crediting

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

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

Nutrition Facts

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

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

Banana-Rama Breakfast

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

Directions:

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

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

CACFP Crediting

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

- Grain/Bread ■
- Fruit/Vegetable ■
- Milk ☐

Nutrition Facts

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

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

Sweet Summer Salad

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

Directions:

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

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

CACFP Crediting

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

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

Nutrition Facts

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

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

Recipe adapted from Women's Day Magazine Website. www.womansday.com/ Accessed May 20, 2010.

Limeade Chicken

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

Directions:

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

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

CACFP Crediting

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

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

Nutrition Facts

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

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

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

"Use Your Noodle" Bake

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

Directions:

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

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

CACFP Crediting

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

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

Nutrition Facts

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

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

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

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: 1/2 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 NickJr. Website. www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.html. 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:

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

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

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

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

Nutrition Facts

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

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

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

Hip-Hop Pita Pocket

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

Directions:

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

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

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

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

Nutrition Facts

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

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

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

Smoothilicious

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

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

Directions:

Parfait Directions:

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

Smoothie Directions:

1. Follow parfait directions, but place ingredients into blender.
2. 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 ☐

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

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%	

Directions:

1. Place eggs in water over medium heat. Heat until bubbles appear, but not boiling, about 15 minutes until hard-cooked. Set aside to cool.
2. Wash and drain spinach, pinch off stems, tear into bite-size pieces and place in a large salad bowl.
3. Peel eggs, chop and add them to the salad bowl with the spinach.
4. Add chickpeas to the salad bowl.
5. Make the dressing: Combine olive oil, lemon juice, and minced garlic or garlic powder in a screw top jar. Cover and shake well.
6. 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 ☐

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

Nutrition Facts

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

Amount Per Serving		
Calories 163	Cal. from Fat 33	
		% Daily Value*
Total Fat 4g		**6%**
Saturated Fat 1g		**4%**
Cholesterol 36mg		**10%**
Sodium 366mg		**15%**
Total Carbohydrate 29g		**10%**
Dietary Fiber 3g		**15%**
Sugars 4g		
Protein 5g		

Vitamin A	0%	Vitamin C	2%
Calcium	4%	Iron	8%

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 -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 □

SUMMER WEEKS 3&4

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

Swimmy Salmon Steaks

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

Nutrition Facts

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

Amount Per Serving	
Calories 228	Cal. from Fat 75
	% Daily Value*
Total Fat 8g	**15%**
Saturated Fat 1g	**8%**
Cholesterol 44mg	**15%**
Sodium 40mg	**2%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 17g	

Vitamin A	10%	Vitamin C	20%
Calcium	4%	Iron	6%

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

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 10-12 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 □

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
1% (low-fat) milk, hot	1 cup	2 cup	4 cups	8 cups
Wheat bread, toasted	3 slices	6 slices	12 slices	24 slices

Nutrition Facts

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

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

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

Directions:

1. In stock pot, sauté onions in margarine until soft and slightly browned (2-3 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

Nutrition Facts

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

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

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

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 □

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

Nutrition Facts

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

Amount Per Serving	
Calories 175	Cal. from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 2g	**8%**
Cholesterol 38mg	**15%**
Sodium 267mg	**10%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 4g	**15%**
Sugars 3g	
Protein 13g	

Vitamin A	8%	Vitamin C	30%
Calcium	4%	Iron	10%

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

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	□	

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