

National CACFP Week

Child Recipe Book
For Child Care Centers and
Family Day Care Homes

March 2023

National Child and Adult Care Food Program Week

Table of Contents

- [3](#) Sample Menu
- [4](#) Spinach & Bean Quesadillas
- [5](#) Beef Goulash
- [6](#) Arroz Con Pollo
- [7](#) Chicken & Veggie Couscous
- [8](#) Chickpeas & Tomatoes
- [9](#) Baked Egg Rolls

National CACFP Week is celebrated annually on the third week of March to raise awareness of how the Child and Adult Care Food Program (CACFP) works to combat hunger. In North Carolina, there are over 600 Institutions actively participating in the Program.

National CACFP Week recognizes all CACFP partners providing healthy meals to their participants. These nutritious foods contribute to the wellness, growth and development of young children and support quality of life for adults. The recipes found in this book are great examples of the nourishing and delicious meals and snacks you may serve!

Five Day Sample Menu

March is also National Nutrition Month® which is meant to encourage healthy eating habits. This sample menu features cultural recipes with healthy ingredients that support both National CACFP Week and National Nutrition Month®.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*	Scrambled Eggs Strawberries ^{NC} Milk	Hot Oatmeal (WG) Green Apples ^{NC} Milk	Hard Boiled Eggs Cherries Milk	French Toast (WG) Blueberries ^{NC} Milk	Pancakes (WG) Bananas Milk
Lunch/Supper	Quick Quesadilla Tortillas (WG) Beans Spinach Fresh Avocado Milk	Beef Goulash Egg Noodles (WG) Beef Onion ^{NC} Peach Slices Milk	Arroz Con Pollo Brown Rice (WG) Chicken Onion ^{NC} , Green Pepper ^{NC} , Tomatoes ^{NC} Pineapple Cubes Milk	Baked Salmon Brown Rice (WG) Salmon Sweet Potato Cantaloupe ^{NC} Milk	Chicken w/ Veggie Couscous Chicken Carrots ^{NC} , Onion ^{NC} Orange Slices Milk
Snack	Chickpeas and Tomatoes Tortilla Chips (WG)	Cheese Cubes Grapes	Yogurt Kiwi	Animal Crackers Carrot ^{NC} Sticks	Baked Egg Rolls Wonton Wrappers Turkey

*Meat or Meat Alternate can be served in place of grain up to 3 times per week at breakfast.

NC = NC Grown Produce

[Child Meal Pattern Link](#)

[NC CACFP Seasonal Menus](#)



Visit [What's in Season?](#) to see which fruits and vegetables are in season in NC!

Recipes adapted from: [USDA Multicultural Child Care Recipes](#)

Spinach & Bean Quesadilla



Instructions

1. Drain and squeeze excess liquid from spinach.
2. Preheat oven to 350 °F.
3. Place kidney beans in a small microwavable bowl.
4. Add garlic powder, onion powder, and chili powder.
5. Lightly mash beans by squeezing, using gloved hands (at least 50% of the beans should appear whole). Be careful not to overmash beans.
6. Heat in microwave for 1 minute. Stir with a spoon.
7. Prepare quesadillas:
 - a. Place half of the tortillas on a baking sheet. Spread $\frac{3}{4}$ cup of spinach on each tortilla. Top each with $\frac{3}{8}$ cup of bean mixture and $\frac{3}{4}$ cup of cheese.
 - b. Place remaining tortillas on top.
 - c. Spray outside of filled quesadillas with nonstick cooking spray.
8. Bake for 15 minutes. Heat quesadillas to an internal temperature of 140 °F or higher.
9. Cut each quesadilla into six wedges.
10. Serve 2 Wedges ($\frac{1}{3}$ quesadilla).

Ingredients

- 2¼ cups Spinach, frozen
- 1 cup Kidney Beans
- 1 tsp Garlic Powder
- ½ tsp Onion Powder
- ¼ tsp Chili Powder
- 4 Whole-Grain Tortillas, 8"
- 1½ cups Shredded Mozzarella Cheese
- Nonstick Cooking Spray

CACFP Crediting Information: 2 wedges ($\frac{1}{3}$ quesadilla) provides legume as meat alternate: 1½ oz equivalent meat alternate, $\frac{1}{4}$ cup vegetable, and 1 oz equivalent grains; or legume as vegetable: 1 oz equivalent meat alternate, $\frac{3}{8}$ cup vegetable, and 1 oz equivalent grains.

Recipe Yield: 6 servings

Beef Goulash



Instructions

1. Place beef, onions, minced garlic, ketchup, Worcestershire sauce, brown sugar, salt, paprika, and mustard into a slow cooker, and stir well.
2. Cover and cook for 3 hours on high or 6 hours on low. (Click on Recipe Link to view slow cooker safety tips.)
3. Combine warm water and flour; mix well using a whisk or fork to form a thin paste, known as a slurry. Add the slurry to the slow cooker, cover, and cook for 15 minutes or until goulash has thickened. Heat to 165 °F or higher for at least 15 seconds.
4. Fill a large pot with water. Bring water to a rolling boil. Slowly add noodles. Stir constantly, until water returns to a boil. Cook uncovered for about 8 minutes or until tender. Do not overcook. Drain well.
5. Serve ½ cup goulash over ¼ cup of cooked noodles.

Ingredients

15½ Ounces Beef Round, Roast, or Steak
2½ cups Diced Onion
2 Cloves Minced Garlic
¼ cup Ketchup
1 Tbsp Worcestershire Sauce
1 Tbsp Brown Sugar
½ tsp Table Salt
1 tsp Paprika
1 tsp Yellow Mustard
¼ cup Warm Water
2 Tbsp All Purpose Flour
2¼ cups WGR Egg Noodles

CACFP Crediting Information:

½ cup goulash over ¼ cup cooked noodles provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

Recipe Yield: 6 servings

[Recipe Link](#)

Arroz Con Pollo



Instructions

1. Preheat oven to 400 °F.
2. Combine brown rice and water in small pot. Stir once.
3. Heat on medium-high heat to a rolling boil.
4. Cover and reduce heat to medium. Cook 10-15 minutes over low heat until water is absorbed. Fluff the rice gently with a fork.
5. In a small bowl, combine seasonings: salt, black pepper, garlic powder, and cumin.
6. Sprinkle chicken tenderloins with ½ of the seasoning mixture. Reserve the remaining seasoning mixture for step 12.
7. Line a baking sheet with parchment paper, and lightly coat with nonstick cooking spray. Place chicken tenderloins evenly spaced on baking sheet.
8. Roast for 12–15 minutes. Chicken tenderloins should reach an internal temperature of 165 °F for at least 15 seconds.
9. While tenderloins are roasting, spray a medium skillet with nonstick cooking spray.
10. Place skillet over medium-high heat.
11. Add onion and peppers, and sauté for about 3 minutes, or until vegetables are tender. Stir frequently.
12. Add fresh garlic, oregano, tomatoes, and the remaining seasoning mixture. Cook for 3 minutes, stirring frequently.
13. Add chicken broth, and bring to boil.
14. Add cooked rice, stir well, and cover.
15. Cook for 7–10 minutes. Stir occasionally.
16. Serve one chicken tenderloin and ½ cup rice and vegetable mixture.

Ingredients

½ cup Brown Rice
1 cup Water
½ tsp Table Salt
½ tsp Black Pepper
½ tsp Garlic Powder
2 tsp Ground Cumin
12½ Ounces Chicken Tenderloins
¾ cup Diced Onion
¾ cup Diced Green Bell Pepper
3 Cloves Minced Garlic
2 tsp Oregano
¾ cup Canned Diced Tomatoes
1 cup Low Sodium Chicken Broth
Nonstick Cooking Spray

CACFP Crediting Information:

1 chicken tenderloin and ½ cup rice and vegetable mixture provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

Recipe Yield: 6 servings

[Recipe Link](#)

Chicken & Veggie Couscous



Instructions

1. Coat a small skillet with nonstick cooking spray.
2. Heat the skillet on medium–high heat. Brown chicken on all four sides, about 2–3 minutes per side.
3. Remove chicken from skillet and put on a plate; remove skin; cover, and set aside.
4. In the same skillet used to brown the chicken, heat oil on medium. Add cinnamon, coriander, cumin, and ginger to the skillet, and toast them while stirring continuously, about 2 minutes.
5. Add carrots and onion to skillet; continue cooking the vegetables and spices on medium heat for 3–4 minutes or until the onions are tender, but not brown.
6. Add lemon juice, 1 cup chicken broth, and olives to the skillet (reserve remaining chicken broth for step 9). Increase the heat to medium–high. Bring to a boil.
7. Return the chicken legs to the skillet, and return to a boil.
8. Reduce heat to medium–low. Cover and simmer for 20–25 minutes, until internal temperature of chicken reaches 165 °F.
9. Prepare the couscous: In a small saucepan, add 1 cup of chicken broth. Bring to a boil on medium–high heat on the stove. Stir in couscous, and remove from the heat. Cover, and let stand for 10 minutes. When done, couscous will be soft.
10. Fluff couscous with a fork, and gently stir in the mint.
11. Serve one drumstick, $\frac{1}{3}$ cup mixed vegetables, and $\frac{1}{4}$ cup couscous.

Ingredients

- 6 Raw Chicken Drumsticks
- 1 Tbsp Canola Oil
- $\frac{1}{2}$ tsp Ground Cinnamon
- 1 tsp Ground Coriander
- 1 tsp Ground Cumin
- 1 tsp Ground Ginger
- $1\frac{1}{8}$ cups Diced Carrots
- 1 cup Diced Onion
- $\frac{1}{4}$ cup Fresh Squeezed Lemon Juice
- 2 cups Chicken Broth
- $\frac{1}{4}$ cup Black Olives
- $\frac{1}{2}$ cup Uncooked Couscous
- $\frac{1}{2}$ Tbsp Chopped Mint Leaves
- Nonstick Cooking Spray

CACFP Crediting Information:

1 drumstick, $\frac{1}{3}$ cup vegetable mix, and $\frac{1}{4}$ cup couscous provides 1 $\frac{1}{2}$ oz equivalent meat, $\frac{1}{4}$ cup vegetable, $\frac{1}{2}$ oz equivalent grains.

Recipe Yield: 6 servings

[Recipe Link](#)

Chickpeas & Tomatoes



Ingredients

1 tsp Canola Oil
1¼ cups Diced Onion
2 Cloves Minced Garlic
½ tsp Grated Ginger
2½ cups Cooked Garbanzo Beans
3 cups Canned Diced Tomatoes
¼ cup Water
½ tsp Chili Powder
1½ tsp Ground Cumin

Instructions

1. Heat oil in a small stockpot on medium–high heat. Add onions, and sauté until soft. Do not brown. Add the garlic and ginger; stir until fragrant.
2. Add the garbanzo beans (chickpeas), tomatoes with juice, water, chili powder, and cumin. Continue cooking on medium–high heat, and bring to a boil.
3. Reduce heat to medium, and simmer uncovered for 10 minutes or until there is only enough liquid to cover the bottom of the pan. Heat to 140 °F or higher for at least 15 seconds.
4. Serve ½ cup.

CACFP Crediting Information:

½ cup provides legume as meat alternate: 1½ oz equivalent meat alternate and ¼ cup vegetable; or legume as vegetable ⅝ cup vegetable.

Recipe Yield: 6 servings

[Recipe Link](#)

Baked Egg Rolls



Instructions

1. Preheat oven to 425 °F.
2. Coat a medium skillet with nonstick cooking spray. Add ground turkey, salt, pepper, and garlic powder. Brown turkey on medium–high heat for about 8–10 minutes. Stir frequently. Heat to 165 °F or higher for at least 15 seconds.
3. Stir in cabbage and carrots. Lightly sauté for 2 minutes, remove from heat, and cover. Let cool for 20 minutes.
4. Make egg wash by whisking together egg and water.
5. Assemble egg rolls: Place ½ cup turkey vegetable mixture on the center of each wrapper.
6. Carefully roll each filled wrapper.
7. Place egg rolls, seam side down, on a baking sheet lined with parchment paper and lightly coated with nonstick cooking spray.
8. Brush egg wash over the top and on all the sides of each egg roll.
9. Bake for 20 minutes. Heat to 140 °F for at least 15 seconds.
10. Serve 1 egg roll.

Ingredients


13 Ounces Raw Ground Turkey
½ tsp Table Salt
½ tsp Ground Black Pepper
½ tsp Garlic Powder
2½ cups Shredded Green Cabbage
¾ cup Shredded Carrots
1 Large Egg
1 tsp Water
6 Wonton Wrappers (1 oz each)
Nonstick Cooking Spray

CACFP Crediting Information:

1 egg roll provides 1½ oz meat, ¼ cup vegetable, and 1 oz equivalent grains.

Recipe Yield: 6 servings

[Recipe Link](#)



**North Carolina Department of Health and Human Services
Division of Child and Family Well-Being
Community Nutrition Services Section
Child and Adult Care Food Program (CACFP)**

Contact NC CACFP
CACFPTraining@dhhs.nc.gov
(919) 707-5799

Acknowledgement: Recipe Book adapted with permission from
the Texas Department of Agriculture CACFP

This institution is an equal opportunity provider.

