

2017

Cooking Up Healthy Habits: A Guide to CACFP Meals

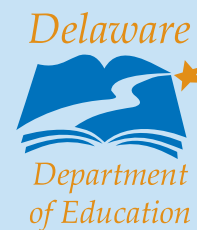


Table of Contents

Introduction	2
Definitions: Nutrition	4
Tools	5
CACFP Meal Pattern—Infants of All Ages	5
CACFP Daily Menu—Infants 0 Through 5 Months	6
CACFP Daily Menu—Infants 6 Through 11 Months	7
Breastfeeding Support and CACFP Reimbursement	8
CACFP Meal Pattern—Children Ages 2 & Older	10
CACFP Daily Menu Children Ages 1-2	13
CACFP Daily Menu Children Ages 3-5	14
CACFP Daily Menu Children Ages 6-12	15
Cooking Techniques	16
Farm to CACFP	16
Healthy Food Substitutions	18
Choosing Healthy Options in Each Food Group	20
Healthy Cooking Methods	21
Tips for Transitioning Kids to Healthier Foods	22
Foundations	23
– Fresh Vegetables	23
– Chicken Breasts	24
– Food Safety	25
Menus and Recipes	28
Cycle Menu 1	28
– Recipes	30
– Shopping List	40
Cycle Menu 2	41
– Recipes	43
– Shopping List	53
Cycle Menu 3	54
– Recipes	56
– Shopping List	66
Cycle Menu 4	67
– Recipes	69
– Shopping List	79
Recipe Index	80

INTRODUCTION

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Acknowledgements

This book is a supplemental resource to the toolkit series *First Years in the First State: Improving Nutrition and Physical Activity in Delaware Child Care*¹, originally published in 2011. It reflects 2017 changes to the meal pattern requirements and best practices for child care providers in the Child and Adult Care Food Program (CACFP). This book is intended to serve as an informational guide that provides tools to help you meet the updated CACFP nutrition rules in your child care home or center.

For information on ideas for nutrition and physical activity, classroom activities and best practices, please see the original series which can be found at <https://healthymeals.fns.usda.gov/state-resources/first-years-first-state-toolkit-improving-nutrition-and-physical-activity-quality>.

Materials include:

- CACFP regulations for nutrition
- Menu planning templates for infants and children
- 4, 2-week cycles of CACFP-approved and CACFP-reimbursable recipes
- Shopping lists

¹ *First Years in the First State: Improving Nutrition and Physical Activity Quality in Delaware Child Care*. 2011. Funded by 2009 United States Department of Agriculture Team Nutrition training grant.

For more information about this toolkit, or any questions about the Child and Adult Care Food Program, please contact:

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Definitions: Nutrition

You may see some words in the new regulations that you do not recognize. Here are some definitions that may help.

Added Sugars — Sugars and syrups that are added to foods during processing or preparation. Added sugars do not include naturally occurring sugars such as those found in milk and fruits.¹

Basic Food Groups — In the USDA meal patterns, the basic food groups are grains; fruits; vegetables; milk, yogurt and cheese; and meat, poultry, fish, dried peas and beans, eggs and nuts. In the CACFP meal pattern, the basic food groups are grains and breads; milk; meats and meat alternates; and fruits and vegetables.¹

Combination Food — A single serving of a food item that contains two or more of the required meal components (e.g., pizza, chef salad).¹

Ounce Equivalent — Beginning October 2019, ounce equivalents will be used to determine the quantity of credible grains. Look for Child Nutrition labels to determine amount of credible grains in packaged goods.²

Processed Meat — A meat product containing at least 30% meat, where the meat has undergone processing other than boning, slicing, dicing, mincing or freezing, either as a single meat or in combination with other ingredients or additives. Processed meats have been cured, smoked, dried, canned, dehydrated and/or combined with chemicals and/or enzymes. Examples include sausage, bacon, deli meats, hot dogs, bologna, salami, pepperoni, etc.³

Serving Size — A standardized amount of a food, such as a cup or an ounce, used in providing dietary guidance or in making comparisons among similar foods. In CACFP, serving sizes are listed on the meal pattern.¹

Whole Grains — Foods made from the entire grain seed, usually called the kernel, which consists of the bran, germ and endosperm. If the kernel has been cracked, crushed or flaked, it must retain nearly the same relative proportions of bran, germ and endosperm as the original grain in order to be called whole grain.¹ To determine if a food is whole grain, look at the ingredients list. The first ingredient should be “whole wheat,” “whole corn,” “oats” or other whole grain.⁴

¹ U.S. Department of Health and Human Services, U.S. Department of Agriculture. Dietary Guidelines for Americans, 2005. <http://www.health.gov/dietaryguidelines/dga2005/document/default.htm>. Accessed May 28, 2010.

^{2, 4} Grain Requirements in the Child and Adult Care Food Program; Questions and Answers, 2016. <http://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP02-2017os.pdf>. Accessed August 10, 2017

³ Food Standards New Zealand Australia. Food Standards Guide, 2001. http://foodstandards.gov.au/_srcfiles/Meat_0801.pdf. Accessed June 11, 2010.

CACFP Meal Pattern — Infants of All Ages

Meal Component	Birth through 5 months	6 through 11 months
BREAKFAST — Serve all 3 components for a reimbursable meal:		
Breast Milk or Formula ^{1,2}	4 - 6 fl oz	6 - 8 fl oz
<i>Any one or combination of the following:</i> ³		
Infant Cereal ⁴	None	0 - 4 Tbsp
Lean meat, poultry, fish, whole egg, cooked dry beans or cooked dry peas	None	0 - 4 Tbsp
Cheese	None	0 - 2 oz
Cottage cheese	None	0 - 4 oz
Yogurt ⁵	None	0 - 4 oz or ½ cup
Fruit or Vegetable or combination of both ⁶	None	0 - 2 Tbsp
LUNCH or SUPPER — Serve all 3 components for a reimbursable meal:		
Breast Milk or Formula ^{1,2}	4 - 6 fl oz	6 - 8 fl oz
<i>Any one or combination of the following:</i> ³		
Infant Cereal ⁴	None	0 - 4 Tbsp
Lean meat, poultry, fish, whole egg, cooked dry beans or cooked dry peas	None	0 - 4 Tbsp
Cheese	None	0 - 2 oz
Cottage cheese	None	0 - 4 oz
Yogurt ⁵	None	0 - 4 oz or ½ cup
Fruit or Vegetable or combination of both ⁶	None	0 - 2 Tbsp
SNACK — Must serve a Fruit or Vegetable and at least 1 other component for a reimbursable meal:		
Breast Milk or Formula ^{1,2}	4 - 6 fl oz	2 - 4 fl oz
Grain or Bread: ⁸	None	
Bread	None	0 - ½ slice
Crackers	None	0 - 2 crackers
Infant Cereal or Ready-to-Eat Breakfast Cereal ⁹	None	0 - 4 Tbsp
Fruit or Vegetable or combination of both ⁶	None	0 - 2 Tbsp

¹ Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ A serving of this component is required when the infant is developmentally ready to accept it.

⁴ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of credible grains.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Fruit and vegetable juices must not be served.

⁷ Only one beverage may be served.

⁸ A serving of grains must be whole grain-rich, enriched meal or enriched flour.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

CACFP Daily Menu | Infants 0 through 5 Months

Facility: _____ Week of: _____
 Name: _____ Age: _____ MEDICAL STATEMENT ON FILE: YES NO

RECORD THE AMOUNT(S) SERVED AFTER EACH MEAL. SEE THE INFANT MEAL PATTERN FOR MEAL COMPONENT REQUIREMENTS.

	Monday / DATE:	Tuesday / DATE:	Wednesday / DATE:	Thursday / DATE:	Friday / DATE:
BREAKFAST					
(1) Breast milk* or iron-fortified fluid infant formula					
LUNCH OR SUPPER					
(1) Breast milk* or iron-fortified fluid infant formula					
AM OR PM SUPPLEMENT					
(1) Breast milk* or iron-fortified fluid infant formula					

* See "Breastfeeding Support and CACFP Reimbursement" for more information on supporting mothers who breastfeed and reimbursement requirements.

CACFP Daily Menu | Infants 6 through 11 Months

Facility: _____ Week of: _____

Name: _____ Age: _____ MEDICAL STATEMENT ON FILE: YES NO

RECORD THE AMOUNT(S) SERVED AFTER EACH MEAL. SEE THE INFANT MEAL PATTERN FOR MEAL COMPONENT REQUIREMENTS.

FOOD COMPONENTS	DAY:	DATE:	DAY:	DATE:	DAY:	DATE:	DAY:	DATE:
BREAKFAST								
(1) Breast milk* or iron-fortified fluid infant formula								
(2) Infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or cheese; or cottage cheese, or yogurt; or combination of the above**								
(3) Tablespoons of fruit or vegetables or a combination of both**								
LUNCH OR SUPPER								
(1) Breast milk* or iron-fortified fluid infant formula								
(2) Infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or cheese; or cottage cheese, or yogurt; or combination of the above**								
(3) Tablespoons of fruit or vegetables or a combination of both**								
AM OR PM SUPPLEMENT								
(1) Breast milk* or iron-fortified fluid infant formula or full-strength fruit juice								
(2) Slice bread; or crackers; or tablespoons of infant cereal or ready-to-eat breakfast cereal**								
(3) Tablespoons of fruit or vegetables or a combination of both**								

* See "Breastfeeding Support and CACFP Reimbursement" for more information on supporting mothers who breastfeed and reimbursement requirements.
 ** This component is only required when the infant is developmentally ready.

Breastfeeding Support and CACFP Reimbursement

It is important to support parent/guardian preferences for feeding infants in the first year of life. Infants aged 0 through 5 months are only to receive iron-fortified formula or breastmilk. Here is some information to help you better understand the reimbursement and regulations related to infant feeding.

Breastfeeding and the Infant Meal Pattern

Providers may receive reimbursement for meals when a breastfeeding mother comes to the daycare center or home and directly breastfeeds her infant. This includes a staff member who breastfeeds on-site.

Note: Only breastmilk and infant formula are served and reimbursed for infants 0 through 5 months old, unless there is a medical note on file.

Formula and Breastmilk Regulations

- Breastmilk or iron-fortified infant formula, or portions of both, **must** be served to infants birth through 11 months of age.
- An institution or facility must offer at least one type of iron-fortified infant formula.
- CACFP regulations require that to be eligible for reimbursement infant formula served must be iron-fortified. Meals containing breastmilk or iron-fortified infant formula supplied by the institution or facility, or by the parent or guardian, are eligible for reimbursement.
 - Formulas classified as Exempt Infant Formulas by FDA may be served as part of a reimbursable meal if the substitution is supported with a medical statement signed by a licensed physician or a State recognized medical authority.
- A parent or guardian may choose to accept the offered formula, or decline the offered formula and supply expressed breastmilk or an iron-fortified infant formula instead.
- For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered. In these situations, additional breastmilk must be offered at a later time if the infant will consume more.
- Meals served to infants younger than 12 months of age may contain iron-fortified infant formula, breastmilk, or a combination of both, as long as the total number of ounces offered to the infant meets or exceeds the minimum amount required in the CACFP infant meal pattern.
- Centers are not required to document the amount offered when the mother breastfeeds on-site.

Introduction of Solid Foods

- When a parent or guardian chooses to provide breastmilk or iron-fortified infant formula and the infant is consuming solid foods, the institution or facility must supply all other required meal components in order for the meal to be reimbursable.
- For a period of one month, when children are 12 to 13 months of age, meals that contain infant formula may be reimbursed to facilitate the weaning from infant formula to cow's milk.
- Meals containing infant formula that are served to children 13 months and older are reimbursable when supported by a medical statement signed by a licensed physician or a State recognized medical authority.
- Some infants may not be ready for solid foods at 6 months. Centers/homes should communicate with parents/guardians.

Food Safety

- A center or daycare home may keep refrigerated bottles of fresh breastmilk up to 72 hours from the time it was collected.
- Bottles of fresh breastmilk must be stored in a refrigerator kept at 40° F or below.

CACFP Meal Pattern — Children Ages 2 and Older

BREAKFAST — Serve all 3 components for a reimbursable meal:				
Food Components¹	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18² (at-risk afterschool programs and emergency shelters)
Milk, Fluid³	4 fl oz	6 fl oz	8 fl oz	8 fl oz
Fruit, Vegetables or portions of both⁴	¼ cup	½ cup	½ cup	½ cup
Grains (oz. eq.)^{5,6,7}				
Whole grain-rich	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal⁸, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	½ cup	½ cup	¼ cup	¼ cup

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children ages two through five years old. Must be unflavored low-fat (1%), unflavored fat-free (skim) or flavored fat-free (skim) milk for children six years and older.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count toward meeting the grains requirement.

⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three (3) times per week. One ounce of meat and meat alternate is equal to one ounce equivalent of grains.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose or other sugars per 100 grams of dry cereal).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; and ¾ cup for children ages 6-12.

CACFP Meal Pattern — Children Ages 2 and Older

LUNCH or SUPPER — Serve all 5 components for a reimbursable meal:				
Food Components	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18^{10,11} (at-risk afterschool programs and emergency shelters)
Milk, Fluid¹²	4 fl oz.	6 fl oz.	8 fl oz.	8 fl oz.
Meat or Meat Alternate				
Lean meat, poultry or fish	1 oz.	1 ½ oz.	2 oz.	2 oz.
Tofu, soy product or alternate protein products ¹³	1 oz.	1 ½ oz.	2 oz.	2 oz.
Cheese	1 oz.	1 ½ oz.	2 oz.	2 oz.
Large egg	½ egg	¾ egg	1 egg	1 egg
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt, plain or flavored unsweetened or sweetened ¹⁴	4 oz. or ½ cup	6 oz. or ¾ cup	8 oz. or 1 cup	8 oz. or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/ meat alternate	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1 oz. = 50%
Vegetables¹⁵	¼ cup	¼ cup	½ cup	½ cup
Fruits^{15,16}	¼ cup	¼ cup	¼ cup	¼ cup
Grains (oz. eq.)^{17,18}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

¹⁰ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

¹¹ Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

¹² Must be unflavored whole milk for children age one. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years or older.

¹³ Alternate protein products must meet requirements.

¹⁴ Yogurt must contain no more than 23 grams of total sugars per 6 oz.

¹⁵ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

¹⁶ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

¹⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirements.

¹⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

CACFP Meal Pattern — Children Ages 2 and Older

SNACK — Select 2 of the 5 components for a reimbursable meal:				
Food Component²⁰	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18²¹ (at-risk afterschool programs and emergency shelters)
Milk, Fluid²²	4 fl oz.	6 fl oz.	8 fl oz.	8 fl oz.
Meat or Meat Alternate				
Lean meat, poultry or fish	½ oz.	½ oz.	1 oz.	1 oz.
Tofu, soy product, or alternate protein products ²³	½ oz.	½ oz.	1 oz.	1 oz.
Cheese	½ oz.	½ oz.	1 oz.	1 oz.
Cottage Cheese	2 Tbsp.	2 Tbsp.	2 Tbsp.	2 Tbsp.
Large egg	½ egg	½ egg	½ egg	½ egg
Cooked dry beans or peas	2 Tbsp.	2 Tbsp.	4 Tbsp.	4 Tbsp.
Peanut butter or other nut seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Yogurt, plain or flavored unsweetened or sweetened ²⁴	2 oz. or ¼ cup	2 oz. or ¼ cup	4 oz. or ½ cup	4 oz. or ½ cup
Peanuts, soy nuts, tree nuts or seeds	½ oz.	½ oz.	1 oz.	1 oz.
Vegetables²⁵	½ cup	½ cup	¾ cup	¾ cup
Fruits²⁵	½ cup	½ cup	¾ cup	¾ cup
Grains (oz. eq.)^{26, 27}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ²⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{28, 29}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	½ cup	½ cup	¼ cup	¼ cup

²⁰ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

²¹ Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

²² Must be unflavored whole milk for children age one. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years or older.

²³ Alternate protein products must meet requirements.

²⁴ Yogurt must contain no more than 23 grams of total sugars per 6 oz.

²⁵ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

²⁶ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirements.

²⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grains.

²⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

²⁹ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; and ¾ cup for children ages 6-12.

CACFP Daily Menu | Children Ages 1-2

Facility: _____ Week of: _____

INDICATE FOOD ITEM AND AMOUNT SERVED FOR EACH COMPONENT.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2					
Vegetables, fruits or portions of both (½ cup)					
Grains (Indicate "WGR" next to WGR menu items) Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (½ serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain, or pasta (¼ cup) or WGR, enriched or fortified ready-to-eat breakfast cereal (¼ cup)					
LUNCH OR SUPPER					
Milk (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2					
Meat/Meat Alternate Meat, poultry or fish (1 ounce) or tofu, soy product or alternate protein products (APP) (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce = 50%) or yogurt or soy yogurt (½ cup)					
Vegetables (½ cup)					
Fruit (½ cup)					
Grains (Indicate "WGR" next to WGR menu items) WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (½ serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (¼ cup) or WGR, enriched or fortified ready-to-eat (RTE) breakfast cereal (¼ cup)					
SNACK (AM OR PM) — SELECT 2 OF 5					
Milk (½ cup) Unflavored whole milk for age 1 and unflavored low-fat (1%) or unflavored fat-free milk for age 2					
Meat/Meat Alternate Meat, poultry or fish (½ ounce) or tofu, soy product or APP (½ ounce) or cheese (½ ounce) or cottage cheese (½ cup) or egg (½ large) or cooked dry beans and peas (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) or yogurt or soy yogurt (¼ cup)					
Vegetables (½ cup)					
Fruits (½ cup)					
Grains (Indicate "WGR" next to WGR menu items) WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (½ serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (¼ cup) or WGR, enriched or fortified RTE breakfast cereal (¼ cup)					

CACFP Daily Menu | Children Ages 3 - 5

Facility: _____ Week of: _____

INDICATE FOOD ITEM AND AMOUNT SERVED FOR EACH COMPONENT.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (¾ cup) Unflavored low-fat (1%) or unflavored fat-free					
Vegetables, Fruits or portions of both (½ cup) <i>(Indicate "WGR" next to WGR menu items)</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (½ serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (¼ cup) or WGR, enriched or fortified ready-to-eat (RTE) breakfast cereal (½ cup)					
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (¾ cup) Unflavored low-fat (1%) or unflavored fat-free					
Meat/Meat Alternate Meat, poultry or fish (1 ½ ounces) or tofu, soy product or alternate protein products (APP) (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) or yogurt or soy yogurt (¾ cup)					
Vegetables (½ cup)					
Fruits (½ cup)					
Grains <i>(Indicate "WGR" next to WGR menu items)</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (½ serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup)					
SNACK (AM OR PM) — SELECT 2 OF 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (¾ cup) Unflavored low-fat (1%) or unflavored fat-free					
Meat/Meat Alternate Meat, poultry or fish (½ ounce) or tofu, soy product or APP (½ ounce) or cheese (½ ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) or yogurt or soy yogurt (¼ cup)					
Vegetables (½ cup)					
Fruits (½ cup)					
Grains <i>(Indicate "WGR" next to WGR menu items)</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (½ serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup)					

CACFP Daily Menu | Children Ages 6-12

Facility: _____ Week of: _____

INDICATE FOOD ITEM AND AMOUNT SERVED FOR EACH COMPONENT.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (1 cup) <i>Unflavored low-fat (1%), unflavored fat-free or flavored fat-free</i>					
Vegetables, fruits or portions of both (½ cup) Grains (<i>Indicate "WGR" next to WGR menu items</i>) Whole grain-rich (WGR) or enriched bread (1 slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (1 serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (½ cup) or WGR, enriched or fortified ready-to-eat (RTE) breakfast cereal (¾ cup)					
LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (1 cup) <i>Unflavored low-fat (1%), unflavored fat-free or flavored fat-free</i>					
Meat/Meat Alternate Meat, poultry or fish (2 ounces) or tofu, soy product or APP (2 ounces) or cheese (2 ounces) or cottage cheese (½ cup) or egg (1 large) or cooked dry beans and peas (½ cup) or peanut butter (4 tablespoons) or nuts and seeds (1 ounce = 50%) or yogurt or soy yogurt (1 cup)					
Vegetables (½ cup)					
Fruits (¼ cup)					
Grains (<i>Indicate "WGR" next to WGR menu items</i>) WGR or enriched bread (1 slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (1 serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (½ cup) or WGR, enriched or fortified RTE breakfast cereal (¾ cup)					
SNACK (AM OR PM) — SELECT 2 OF 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk (1 cup) <i>Unflavored low-fat (1%), unflavored fat-free or flavored fat-free</i>					
Meat/Meat Alternate Meat, poultry or fish (1 ounce) or tofu, soy product or APP (1 ounce) or cheese (1 ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (2 tablespoons) or nuts and seeds (1 ounce) or yogurt or soy yogurt (½ cup)					
Vegetables (¾ cup)					
Fruits (¾ cup)					
Grains (<i>Indicate "WGR" next to WGR menu items</i>) WGR or enriched bread (1 slice) or WGR or enriched bread product, e.g., biscuit, roll or muffin (1 serving) or WGR, enriched or fortified cooked breakfast cereal, cereal grain or pasta (½ cup) or WGR, enriched or fortified RTE breakfast cereal (¾ cup)					

Farm to CACFP

Did you know that Delaware has more than 2,000 farm families across the state? While many are in Kent and Sussex Counties, all three counties have many opportunities to purchase local foods for your CACFP program, whether direct from the farm or from a local farm stand. Buying local can help meet meal pattern requirements, while also supporting the Delaware economy, providing fresh from the farm produce, and allowing children to learn more about how their food gets to the table. CACFP funds **can** be used to purchase local produce as long as receipts are maintained.

Delaware's growing season spans from late May through mid-October. During this time, there are a few ways you can buy locally-grown produce. Buying local can be a money-saving option as many farm stands and markets supply fruits and vegetables at a low cost.

Farm Stands/Farmers' Markets

To find a local farmers market or farm stand near you, check the Delaware Department of Agriculture's website: <http://dda.delaware.gov/marketing/FarmersMarketsGuide.shtml>. New Castle County farmers' markets can also be found here: <http://nccde.org/455/Farmers-Markets>.

Dates, times and locations of stands and markets may change from year to year, so it is important to check back at the beginning of each spring and throughout the summer to stay up to date.

Community Supported Agriculture (CSA)

Community supported agriculture (CSA) allows consumers to buy a subscription to receive food items from a local farmer. Many offer seasonal subscriptions, but some offer a pay-by-week option. Each week, the consumer picks up a box of fresh produce or other food items (some supply cheese or eggs as well) from a specific location.

CSAs can provide a variety of fruits and vegetables at a reasonable cost for a center or home. A list of local CSAs can be found here: <http://dda.delaware.gov/marketing/CSAs.shtml>.

Community Gardens

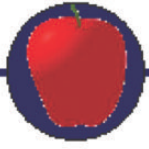









Gardening can be a great learning opportunity for kids and adults! Growing food teaches many lessons about agriculture and nutrition, among others. If you are interested in finding a garden, or starting your own for food to serve in your center or home, but aren't sure where to start, check out the Delaware Center for Horticulture <https://www.thedch.org/what-we-do/community-gardens/our-gardens-farms> or University of Delaware Master Gardeners at <http://extension.udel.edu/lawngarden/mg/>.

If you have any questions on how to credit locally purchased foods, it is important to connect with your sponsor or state agency.

For a list of Delaware-grown produce, as well as when you can expect to find them, see the next page.

DELAWARE PRODUCE

Fresh Market Availability

 Apples <i>July - November</i>	 Asparagus <i>April - June</i>	 Broccoli <i>June - August</i>	 Cabbage <i>June - November</i>
 Cantaloupe <i>June - September</i>	 Cucumbers <i>June - October</i>	 Green Beans <i>June - October</i>	 Peaches <i>June - September</i>
 Peppers <i>July - October</i>	 Potatoes <i>June - August</i>	 Pumpkins <i>August - November</i>	 Squash <i>July - September</i>
 Strawberries <i>May - June</i>	 Sweet Corn <i>June - October</i>	 Tomatoes <i>June - October</i>	 Watermelon <i>July - October</i>

dda.delaware.gov

Healthy Food Substitutions

Making your menu healthier doesn't always require big changes. It can be easy! Adjusting just one or two ingredients can reduce the fat and sugar content of most meals and snacks. More importantly, many substitutions are so subtle that children won't even notice a difference! Changing the way food is prepared, like switching from frying to baking, is also an effective and simple way to cut calories and fat (see Healthy Cooking Methods on pg.21).

Use the chart below for ideas on healthy substitutions. It organizes foods into categories by CACFP food groups (which may not be how you're used to seeing foods grouped). Please note that many of the foods in the first column are not reimbursable and/or do not meet the CACFP regulations. While most foods in the second column are reimbursable, some — such as those in the “Condiments” section — are not. You may even find that some healthier options are less expensive than their less healthy counterparts. Either way, switching to healthier ingredients will greatly benefit the health and well-being of the children in your care!

Instead of this...	Try this healthier option!
MILK	
Whole milk or 2% milk	Fat-free or 1% (low-fat) milk [for cooking/baking and children ages two and older]
GRAINS & BREADS	
White bread	Whole grain bread, pita, roll, etc.
White rice	Brown rice
Bagel	Whole grain, mini-bagel
Flour tortilla	Corn or whole grain tortilla
Pasta	Whole grain pasta
Croissant	Whole grain roll, English muffin or mini-bagel
Sugary boxed cereal	Whole grain boxed cereal with at least 3 grams of fiber and no more than 6 grams of sugar per serving
Instant sweetened oatmeal	Plain instant oats with fruit and/or nuts
FRUITS & VEGETABLES	
Adding salt to flavor cooked vegetables	A mixture of herbs or spices like garlic powder, onion powder, oregano, basil, lemon pepper, etc.*
Creamy sauces	Lemon juice
Fruit pie	Baked fruit with raisins
Fruit canned in heavy syrup	Fruit canned in own juice; fruit canned in light syrup, drained and rinsed
Dried fruit, sweetened	Dried fruit, unsweetened Fresh fruit; fruit canned in own juice; fruit canned in light syrup, drained and rinsed
French fries	Oven baked potato or sweet potato wedges with skin intact

*Foods that are not reimbursable †Foods that may only be served once every two weeks **CN** Foods that require a Child Nutrition label (Continued on next page)

(Continued from previous page)

Instead of this...	Try this healthier option!
MEATS & MEAT ALTERNATES	
Ground beef	Lean and very lean ground beef (90% lean or greater) Lean ground turkey or chicken Textured vegetable protein*
Bacon	Baked turkey, chicken or pork strips Turkey bacon † ^{CN} Spiral ham †
Sausage	Lean ground turkey 95% fat-free sausage † ^{CN} Lean turkey sausage † ^{CN} Soy sausage links or patties*
Chicken nuggets	Baked chicken breast
Fish sticks	Baked fish fillet
Cheese	Reduced-fat, part-skim, low-fat or fat-free cheese
Yogurt	Low-fat or fat-free yogurt
Ice cream	Low-fat or fat-free frozen yogurt Low-fat or fat-free ice cream* Frozen fruit juice products* or sorbet*
Cream cheese	Low-fat or fat-free cream cheese*
CONDIMENTS	
<i>*Please note that most condiments are not reimbursable</i>	
Whipped cream	Chilled, whipped evaporated skim milk* Non-dairy, fat-free or low-fat whipped topping made from polyunsaturated fat* Low-fat or fat-free yogurt
Mayonnaise	Fat-free or low-fat mayonnaise* Fat-free or low-fat salad dressing, whipped* Fat-free or low-fat yogurt, plain
Salad dressing	Fat-free or low-fat commercial dressings* Homemade dressing made with unsaturated oils, water and vinegar, honey or lemon juice*
Sour cream	Fat-free or low-fat sour cream* Fat-free or low-fat yogurt, plain ½ cup fat-free or low-fat cottage cheese blended with 1 ½ tsp lemon juice
Vegetable dips, commercial	Hummus; low-fat or fat-free plain yogurt
SOUPS	
Cream soups, commercial	Broth-based or skim milk-based soups, commercial Fat-free or low-fat cream soups, commercial
Cream or whole milk in soups or casseroles	Puréed vegetables Evaporated skim milk*
BAKING & COOKING	
Evaporated milk	Evaporated skim milk*
Butter, margarine or oil to grease pan	Cooking spray or a tiny amount of vegetable oil rubbed in with a paper towel*
Butter or oil in baked goods	Natural applesauce for half of butter, oil or shortening
Refined, all-purpose flour	Half whole wheat flour, half all-purpose flour
Sugar	Reduce the amount by half and add spices like cinnamon, cloves, all-spice or nutmeg*
Salt	Reduce the amount by half (unless it's a baked good that requires yeast) Herbs, spices, fruit juices or salt-free seasoning mixes*

*Foods that are not reimbursable

†Foods that may only be served once every two weeks

^{CN} Foods that require a Child Nutrition label

Choosing Healthy Options in Each Food Group

Planning a menu can be hard. Trying to find foods that meet CACFP regulations and your budget is a challenging task! Use the suggestions below to choose healthy options from each food group when planning menus:

FOOD COMPONENT	HEALTHY OPTIONS
Grains & Breads	<ul style="list-style-type: none"> Whole grain bread (rolls, breadsticks) Whole grain pita Whole grain mini-bagels Whole grain English muffins Whole grain pancake or waffle mix Whole grain or corn tortillas Brown rice Whole grain couscous Oatmeal Low-sugar cereal (less than 6 grams of sugar per serving) Rice cakes Whole grain crackers Graham crackers Baked tortilla or corn chips Pretzels
Meats & Meat Alternates	<ul style="list-style-type: none"> Lean and very lean ground meats (80-95% lean) Lean and very lean ground chicken or turkey (80-95% lean) Lean cuts of beef, ham, lamb, pork or veal Boneless, skinless chicken and turkey Fish (e.g., salmon, trout, flounder, tilapia, tuna or cod) Canned tuna packed in water Real cheeses (e.g., cheddar, provolone, parmesan, Gouda, mozzarella, Swiss or ricotta) Low-fat real cheeses (e.g., cheddar, provolone, parmesan, Gouda, mozzarella, Swiss or ricotta) Cottage cheese (1% low-fat or fat-free) Yogurt (low-fat or fat-free, plain or flavored) Nuts and seeds Beans Hummus Eggs
Fruits & Vegetables	<ul style="list-style-type: none"> Fresh — See the “Seasonal Fruits and Vegetables List” for fresh suggestions Canned fruit in 100% juice or if in syrup, drained and rinsed Canned vegetables without added salt or fat Frozen fruits and vegetables without added salt, sugar or fat Unsweetened or no sugar added applesauce Salsa
Milk	<ul style="list-style-type: none"> 1% (low-fat) } For children ages two and older Fat-free }

Healthy Cooking Methods¹

Preparation and cooking methods make a big difference in determining the nutritional value of a recipe. Use the following easy cooking methods to make everyday dishes healthier.

- 1. Baking** — Baking can be used for almost any type of food including meat, fruits and vegetables, mixed dishes (i.e., casseroles) and baked goods such as bread or pies. Place the food in a dish, either covered or uncovered, and allow the hot air from the oven to cook it.
- 2. Braising** — Cooking slowly in a covered container with a small amount of liquid or water. The cooking liquid may be used for a sauce.²
- 3. Broiling** — Cooking meats, poultry, seafood or vegetables by placing on a broiler rack in oven below the heat, allowing fat to drip away.
- 4. Grilling** — Cooking foods over direct heat on a grill, griddle or pan. Fat can be removed as it accumulates.
- 5. Microwaving** — Microwaving can be a fast and easy way to cook food if it is done correctly. Cover the food with a lid or plastic wrap. Loosen the lid or wrap so that steam can escape. Stir or rotate the food mid-way through cook time so that it is evenly cooked.³
- 6. Poaching** — Cooking delicate foods like eggs or fish either partially or completely in liquid (such as water or broth) at temperature between 140° – 180°.
- 7. Roasting** — Cooking meat, poultry and seafood larger than single portions by dry heat, uncovered in an oven. It is a great way to use marinades, herbs and spices.
- 8. Sautéing** — Sautéing is a good method for vegetables that are tender and high in moisture such as mushrooms, tomatoes and zucchini. The ingredients are cooked in a small amount of oil or margarine at a very high heat until tender.
- 9. Steaming** — A great, healthy way to cook vegetables that produces little to no loss in flavor or moisture. Cut into small, even-size pieces. Fill a pot or pan with 1-2 inches of water or broth, set to medium-high heat, and wait until liquid begins to produce steam. Add the vegetables, cover, and let the steam surround and cook the vegetables. Generally, vegetables are done steaming when they become slightly soft (yet still crunchy) and vibrant in color. To enhance taste, seasoning (e.g., herbs, chicken stock) can be added to the water.²
- 10. Stir frying** — Cooking quickly over very high heat in a wok or skillet. Cut all ingredients the same size so they cook evenly. With a small amount of vegetable or canola oil, keep the food in constant motion by stirring and tossing. Great for large or small batches of meats, seafood, vegetables (fresh, frozen or precooked) combinations.

¹ United States Department of Agriculture (USDA) Food and Nutrition Service. (June 2009). USDA Recipes for Child Care.

² Mayo Clinic. Access August 15, 2017. Healthy-cooking techniques: Boost flavor and cut calories. <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/healthy-cooking/art-20049346>.

³ United States Department of Agriculture (USDA). Accessed August 12, 2010. Cooking Safely in the Microwave Oven. Retrieved from http://www.fsis.usda.gov/PDF/Cooking_Safely_in_the_Microwave.pdf.

Tips for Transitioning Kids to Healthier Foods

Many young children are picky eaters and prefer to eat simple, familiar foods. However, childhood is an important time that shapes food preferences and lifelong health habits. As a child care provider or staff, you have the unique opportunity to introduce children to a variety of nutritious foods to make sure they grow up strong and healthy. While you may encounter small challenges along the way, the tips below for transitioning kids to healthier foods are sure to make the task less daunting.

- Don't tell them it's different! Sometimes kids won't even notice.
- Transition foods after a summer, winter or spring break. Children are less likely to notice a difference if they've been away for awhile.
- Transition to new foods or ingredients slowly and gradually. Instead of going directly from whole milk to fat-free, first serve 2% for a few weeks, then 1% (low-fat), before finally arriving at fat-free milk. You can also try mixing whole and fat-free and gradually reducing the amount of whole milk as kids adjust to the taste.
- Be sure to introduce only one new food at a time and allow kids to adjust to the change.
- Encourage kids to taste food every time it's served, but let them know that they don't have to eat a whole serving if they don't like it. They can just "try it."
- Introduce new foods in fun and creative ways. For example, freeze small batches of mixed chopped fruit in small cups or ice cube trays, add a stick, and voilà – a delicious frozen treat that kids are sure to enjoy!
- Involve children in preparing meals and snacks created from new foods they are learning about. Children are more likely to try and enjoy food that they have helped prepare.
- Teach children where the food they're eating comes from. This may be comforting for picky eaters and allows them to learn about how food is made or grown. Talk about the food with children during meal time, and encourage them to share how they like it.
- Always provide plenty of praise and encouragement when kids try new foods to reinforce this positive behavior. Praising children at the table who are trying the new food may encourage the more hesitant children as well.

Fresh Vegetables

Prepare: The most important step in preparing vegetables is to take your time.

1. Always wash fresh vegetables in cold water before any other action.
2. Peel vegetables if needed (e.g., carrots, onions, potatoes and sweet potatoes).
3. Slice, dice or chop as needed per recipe directions.
 - a. It is important to remember when slicing, dicing and chopping fresh vegetables to cut them as uniformly as possible. This not only helps with appearance but also allows the vegetables to cook evenly.
 - i. Broccoli can be cut into 1-inch florets.
 - ii. Carrots can be cut into $\frac{1}{8}$ -inch thick rounds or 1 $\frac{1}{2}$ -inch long strips.
 - iii. Cauliflower can be cut into 1-inch florets.
 - iv. Squash can be cut into $\frac{1}{4}$ -inch strips, slices or rings after the stem has been removed.
 - v. Sweet potatoes can be cut into $\frac{1}{2}$ -inch wedges or 1-inch dice.

Cooking Techniques

Roast

1. Preheat oven to 450° F.
2. Spread vegetables on a baking sheet in a single layer.
3. Coat vegetables with 1 Tbsp. of olive oil and season with salt and pepper.
4. Roast vegetables turning once halfway through cooking time until vegetables are tender and beginning to brown.
 - a. **Broccoli** – Roast about 10 minutes.
 - b. **Carrots** – Roast about 15 minutes.
 - c. **Cauliflower** – Roast about 15 minutes.
 - d. **Squash** – Roast about 10 minutes.
 - e. **Sweet Potatoes** – Roast about 20 minutes.



Steam

1. Place vegetables in steamer basket over 1 to 2 inches of water in a pot set over high heat.
2. Cover and steam until tender.
 - a. **Broccoli** – Steam about 5-10 minutes.
 - b. **Carrots** – Steam about 10 minutes.
 - c. **Cauliflower** – Steam about 5-10 minutes.
 - d. **Squash** – Steam about 5 minutes.
 - e. **Sweet Potatoes** – Steam about 20-25 minutes.
3. If you don't have a steamer basket you can use a pot with a tight fitting lid. Add about ½-inch of water to the pot and bring to a boil. Once the water is boiling add the vegetables and cover.

Chicken Breasts

Sauté

1. Select a heavy, 10" or 12" pan. Chicken breasts should fit in one layer, and not overlap.
2. Season both sides of the chicken breasts with salt and pepper to taste.
3. If your skillet is non-stick, lightly coat it with non-stick cooking spray.
4. Preheat the skillet over medium-high heat until the skillet is hot. Place the chicken in the skillet, in one layer.
5. Reduce the heat to medium and cook 8 to 12 minutes. As the chicken cooks, turn it occasionally, so it browns evenly on both sides. If the chicken browns too quickly, reduce the heat to medium-low.
6. Chicken breasts are done when the meat is no longer pink inside and the juices run clear. For a more accurate measurement, use a meat thermometer — the internal temperature should be 165°F.



Broil

1. Change the oven rack so that it is 4 to 5 inches from the top of the oven.
2. Brush both sides of the chicken breasts with olive oil and season with salt and pepper.
3. Preheat the broiler of your oven and place chicken breasts on a cooking sheet. Broil chicken breasts 12 to 15 minutes, turning over about halfway through the cooking time.
4. Chicken breasts are done when the meat is no longer pink inside and the juices run clear. For a more accurate measurement, use a meat thermometer — the internal temperature should be 165°F.

Bake

1. Brush the chicken breasts with olive oil on both sides and season with salt and pepper.
2. Place the chicken breasts in a single layer in a large baking dish. Preheat the oven to 450° F.
3. Roast the chicken breasts for 15 to 18 minutes.
4. Chicken breasts are done when the meat is no longer pink inside and the juices run clear. For a more accurate measurement, use a meat thermometer — the internal temperature should be 165°F.
5. Loosely tent a sheet of aluminum foil over the baking dish and allow chicken breasts to rest 5 to 10 minutes before serving.

Food Safety

Making sure food is handled and cooked properly is important to avoid any illness in your center, home or classroom. Follow these tips to be sure you do not put anyone at risk for foodborne illness.

- Temperature danger zone: between 41°F and 135°F — pathogens (bacteria or other harmful organisms) grow in this range. They grow especially fast between 70°F and 125°F. To avoid this, your freezer should be set to 0°F and your refrigerator set to 40°F.



Storage

- Ready-to-eat food can be stored for only seven days if it's held at 41°F or lower. The countdown begins on the day the food was prepared or a container of food was opened.
- Store meat, poultry, seafood and dairy items in the coldest part of the freezer or refrigerator, away from the door.
- Store raw meat, poultry and seafood separately from ready-to-eat food. If raw food and ready-to-eat food cannot be stored separately, store ready-to-eat food above raw meat, poultry and seafood. This will prevent juices from raw food dripping onto ready-to-eat food.

Thawing

- Frozen food should not be thawed at room temperature as it presents a risk for bacteria growth.
- **Cooler:** Thaw food in a cooler (refrigerator) keeping its temperature at 41°F or lower. This requires advance planning — your daily menu planning template will come in handy.
- **Running water:** Submerge the food under cool to cold running water and always use a clean and sanitized sink.
- **Microwave:** Thaw food in the microwave only if it will be cooked immediately after thawing. The food must be cooked in conventional cooking equipment such as an oven, once it is thawed.

Cooking

In order to be sure cooked food has reached the right temperature, it is a good idea to have a meat thermometer handy!

- Minimum internal cooking temperatures (place thermometer in the thickest part):
 - **165°F for 15 seconds:** Poultry
 - **155°F for 15 seconds:** Ground meat
 - **145°F for 15 seconds:** Steaks/chops of pork, beef, veal, lamb; seafood including fish, shellfish and crustaceans
 - **145°F for 4 minutes:** Roasts of pork, beef, veal, lamb
 - **135°F:** fruit, vegetables and grains (rice/pasta), legumes (beans) that will be served hot



Cooling and Reheating Food

- First, cool food from 135°F to 70°F within two hours of cooking. Then, cool it from 70°F to 41°F or lower in the next four hours.
 - If food has not reached 70°F within two hours, it must be reheated and then cooled again.
- If the food has been prepared, cooled and stored properly according to what is stated above, it may be reheated to any temperature.
- You must reheat food for hot-holding to an internal temperature of 165°F for 15 seconds. Make sure the food reaches this temperature within two hours.

Holding for Service

- Hold hot food at an internal temperature of 135°F or higher.
- Hold cold food at an internal temperature of 41°F or lower.

Best ways to keep food hot are: using the “keep warm” setting on your oven/holding food, in the oven at a temperature of 135°F, or preparing meals to be served immediately.

1 CYCLE

MONDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Mandarin Oranges	Blueberries	
Vegetables		<i>Garden Pita</i>	
Grains	Cold Cereal	<i>Garden Pita</i>	Carrots
Meat/Meat Alternate		<i>Garden Pita</i>	String Cheese

TUESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	<i>Berry Bonanza</i>	Banana Slices	Blueberries
Vegetables		Spinach	
Grains	<i>Berry Bonanza</i>	Brown Rice	Whole Grain Rice Cakes
Meat/Meat Alternate		Unbreaded Fish Fillets	

WEDNESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Banana Slices	Apple Slices	Pineapple Chunks
Vegetables		Baked Sweet Potatoes	
Grains	Cold Cereal	Whole Grain Dinner Roll	Graham Crackers
Meat/Meat Alternate		<i>Nom Nom Nuggets</i>	

THURSDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Blueberries	Peaches	
Vegetables		Broccoli	<i>From the Garden Salad</i>
Grains	Whole Grain Pancakes	Whole Grain Pasta	Whole Grain Crackers
Meat/Meat Alternate		Baked Whole Turkey Breast	

FRIDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Peaches	Golden Raisins	Apple Slices
Vegetables		<i>Pizza My Heart</i>	
Grains	Cold Cereal	<i>Pizza My Heart</i>	
Meat/Meat Alternate		Real Cheese Cubes	Non-Fat Yogurt

1
CYCLE

MONDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Kiwi	Blueberries	Golden Raisins
Vegetables		<i>Cowpoke Chili</i>	
Grains	Cold Cereal	Whole Grain Tortilla Chips	Graham Crackers
Meat/Meat Alternate		<i>Cowpoke Chili</i>	

TUESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	<i>Berry Jams</i>	Peaches	
Vegetables		Sliced Cucumber	
Grains	<i>Berry Jams</i>	Grilled Cheese on Whole Grain Bread	Carrots
Meat/Meat Alternate		Grilled Cheese on Whole Grain Bread	String Cheese

WEDNESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Strawberries	Banana Slices	Apple Slices
Vegetables		<i>Around the World Wrap</i>	Sliced Cucumber
Grains	Cold Cereal	<i>Around the World Wrap</i>	
Meat/Meat Alternate		Unbreaded Fish Fillets	

THURSDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Grapes	Kiwi	<i>Banana Splitz</i>
Vegetables		Corn	
Grains	Scrambled Eggs	Brown Rice	
Meat/Meat Alternate		Grilled Chicken Breasts	<i>Banana Splitz</i>

FRIDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Mandarin Oranges	Golden Raisins	Grapes
Vegetables		Baked Sweet Potatoes	
Grains	Cold Cereal	<i>Thanksgiving Burgers</i>	
Meat/Meat Alternate		<i>Thanksgiving Burgers</i>	Cheese Cubes

MEAL TYPE: LUNCH or SUPPER		GARDEN PITA		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Whole Wheat Pita	10 Small (4" diameter)	50 Small (4" diameter)	100 Small (4" diameter)	
Avocado, <i>Sliced</i>	1 ¼ cups	6 ¼ cups	12 ½ cups	
Lettuce, <i>Shredded</i>	1 ¼ cups	6 ¼ cups	12 ½ cups	
Cherry Tomatoes, <i>Halved</i>	1 ¼ cups	6 ¼ cups	12 ½ cups	
Carrots, <i>Grated</i>	1 ¼ cups	6 ¼ cups	12 ½ cups	
Baked Chicken Breast, <i>Sliced</i>	1 lb. + 3 oz.	6 lb.	12 lb.	
Dijon Mustard	½ cup	1 ¾ cup	3 ½ cups	

Directions:

1. For best results, follow the baking directions located in the Foundations section for chicken.
2. Prepare chicken.
3. Cut each pita open.
4. Spread 1 tsp Dijon mustard in each pita.
5. Wash and prep vegetables by shredding and grating where appropriate. Combine vegetables in a large mixing bowl (omitting avocado).
6. Place 2 oz. of baked chicken breast in each pita and add ½ cup of vegetable mixture in each pita.
7. To slice an avocado, make sure the avocado is placed on a cutting board and not in your hand. Carefully cut the avocado in half lengthwise, rotating around the pit. Twist the avocado apart. Carefully, using the heel of the knife, hit the pit of the avocado. Twist the knife and the pit should dislodge. Using a spoon, scoop out the flesh of the avocado onto a cutting board and slice.
8. For ages 1-2, cut each pita in half.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ Pita
Ages 3-5	1 Pita
Ages 6-12	1 Pita

FOOD COMPONENT

- Grains
- Meat/Meat Alternate
- Vegetable

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from *Disney Family Fun Magazine* Website. <http://familyfun.go.com/recipes> 2010. Updated and revised: June 30, 2017.

MEAL TYPE: BREAKFAST		BERRY BONANZA		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Old-Fashioned Rolled Oats	1 ¼ cups	6 ¼ cups	12 ½ cups	
Vanilla Yogurt, Non-Fat	1 ¼ cups	6 ¼ cups	12 ½ cups	
Milk, 1% (Low-Fat)	½ cup	3 cups	6 cups	
Apple, <i>Peeled, Diced</i>	1 ¾ cups	8 ¼ cups	16 ½ cups	
Blueberries (Fresh or Frozen)	2 cups	10 ½ cups	21 cups	
Golden Raisins	1 ¾ cups	7 ¼ cups	14 ½ cups	

Directions:

1. In a medium bowl, mix old-fashioned rolled oats, yogurt and milk.
2. Cover and refrigerate for 6 to 12 hours (overnight is best). Meanwhile, thaw blueberries (if frozen).
3. Peel, core and dice the apples. Add apples, blueberries, and golden raisins and mix gently.
4. Scoop into small dishes and serve.

BREAKFAST

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	¾ cup

FOOD COMPONENT	
Fruit	<input checked="" type="checkbox"/>
Grains*	<input checked="" type="checkbox"/>

* Meat and Meat Alternate used to meet grain requirement.

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

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. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		NOM NOM NUGGETS		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Panko Bread Crumbs	1 cup + 1 Tbsp.	5 ½ cups	11 cups	
Black Pepper	½ tsp	2 ½ tsp	5 tsp	
Paprika	½ tsp	2 ½ tsp	5 tsp	
Margarine (Trans-Fat Free)	1 Tbsp. + 1 tsp	½ cup + 2 Tbsp.		
Chicken Breasts, Boneless, Skinless	1 lb.	5 lb.	10 lb.	
Honey	2 Tbsp. + 2 tsp	¾ cup + 2 Tbsp.	1 ¾ cup	
Mayonnaise with Olive Oil	2 Tbsp. + 2 tsp	¾ cup + 2 Tbsp.	1 ¾ cup	
Dijon Mustard	2 Tbsp. + 2 tsp	¾ cup + 2 Tbsp.	1 ¾ cup	
Lemon Juice	2 tsp	3 Tbsp. + 2 tsp	½ cup + 2 Tbsp.	

Directions:

1. Line baking pan with foil. Coat with cooking spray. Preheat the oven to 325°F.
2. In a bowl, mix panko bread crumbs, black pepper, and paprika together.
3. Melt margarine.
4. Cut chicken in ½ oz. portions (about the size of your thumb).
5. Roll each piece of chicken in margarine followed by bread crumb mixture.
6. Place on baking sheet and spread evenly apart.
7. Bake for 25 to 35 minutes.
8. In a mixing bowl, add honey, mayonnaise, Dijon mustard and lemon juice. Whisk until smooth.
9. Serve nuggets with honey mustard sauce (optional).

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	2 nuggets
Ages 3-5	3 nuggets
Ages 6-12	4 nuggets

FOOD COMPONENT
Meat/Meat Alternate 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from *Disney Family Fun Magazine* Website. <http://familyfun.go.com/recipes> 2010. Updated and revised: June 30, 2017

MEAL TYPE: LUNCH or SUPPER / SNACK		FROM THE GARDEN SALAD		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Cherry Tomatoes, <i>Halved</i>	1 ¾ cups	8 ¼ cups	16 ½ cups	
Cucumber, <i>Sliced</i>	1 ¾ cups	8 ¼ cups	16 ½ cups	
Red Bell Pepper, <i>Chopped</i>	½ cup	2 cups	4 cups	
Lettuce, <i>Shredded</i>	2 cups	10 cups	20 cups	
Olive Oil	1 Tbsp. + 2 tsp	½ cup	1 cup	
Vinegar (White/Red Wine)	2 ½ tsp	¼ cup	½ cup	
Oregano	1 tsp	1 Tbsp. + 1 tsp	2 Tbsp. + 2 tsp	


Directions:

1. Prep all vegetables by chopping, slicing and shredding where appropriate.
2. Place sliced tomatoes, sliced cucumber, chopped red bell pepper and chopped lettuce into a bowl.
3. In a separate bowl, whisk olive oil, vinegar and oregano together.
4. Pour dressing over salad. Toss to coat.

NOTE: This recipe may be served as part of lunch/supper or as a snack. Be sure to check serving size chart for correct amounts.


LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup
Ages 3-5	¼ cup
Ages 6-12	½ cup

FOOD COMPONENT
Vegetable 

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	½ cup
Ages 6-12	¾ cup

FOOD COMPONENT
Vegetable 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Thomas, R., Khoiuri, L., Fenton, W. Nutrition in the Kitchen. Children's Hospital of Philadelphia 2 ed.; 2008. www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER

PIZZA MY HEART

INGREDIENTS	10 Servings	50 Servings	100 Servings
Ricotta Cheese, Part Skim	1 ¼ cup	6 ¼ cups	12 ½ cups
White Beans, Canned	1 ½ cups + 1 Tbsp.	7 ¾ cups	15 ½ cups
Diced Tomatoes	2 ½ cups	12 ½ cups	25 cups
Spinach	1 ¼ cups	6 ¼ cups	12 ½ cups
Spaghetti Sauce	1 ¼ cups	6 ¼ cups	12 ½ cups
Whole Wheat Pita	10 Small (4" diameter)	50 Small (4" diameter)	100 Small (4" diameter)
Milk, 1% (Low-Fat)	1 Tbsp. + 1 tsp	½ cup + 1 Tbsp.	¾ cup + ½ Tbsp.

Directions:

1. Preheat oven to 350°F.
2. In a mixing bowl, stir together spinach, ricotta cheese, tomatoes, spaghetti sauce and beans.
3. Slice pitas open. Place ¼ cup mixture in each pita.
4. Line baking sheet with lightly greased foil. Place pitas on sheet and brush tops with milk. Prick tops with a fork.
5. Bake for 8 to 10 minutes.
6. For ages 1-2, cut each pita in half.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ Pita
Ages 3-5	1 Pita
Ages 6-12	1 Pita

FOOD COMPONENT

Grains



Vegetable



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from *Better Homes and Gardens. Low-Fat & Luscious Vegetarian*. Des Moines (IA): Meredith Corporation; 1997. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER

COWPOKE CHILI

INGREDIENTS	10 Servings	50 Servings	100 Servings
Ground Turkey	1 lb.	4 lb. + 11 oz.	9 lb. + 6 oz.
Black Beans, Canned	½ cup + 1 Tbsp.	1 ¼ lb.	2 ½ lb.
Kidney Beans, Canned	½ cup + 1 Tbsp.	1 ¼ lb.	2 ½ lb.
Onion, <i>Chopped</i>	¾ cup	1 ½ lb.	3 lb.
Light Brown Sugar	½ cup + 2 Tbsp. (Packed)	3 cups (Packed)	6 cups (Packed)
Diced Tomatoes, Canned	¾ cup + 1 Tbsp.	2 ¼ lb.	4 ½ lb.
Carrots, <i>Chopped</i>	½ cup + 2 Tbsp.	1 lb.	1 ¾ lb.
Green Bell Pepper, <i>Chopped</i>	½ cup + 2 Tbsp.	1 lb.	2 lb.
Corn (Fresh/Canned/Frozen)	½ cup + 2 Tbsp.	1 lb.	2 lb.
Tomato Paste, Canned	½ cup + 1 Tbsp.	2 cup + 1 Tbsp.	4 cups + 2 Tbsp.
Garlic, <i>Mincd</i>	1 Tbsp. + 1 tsp	½ cup	¾ cup

Directions:

1. In a Dutch Oven or large pot, brown turkey over medium heat. Remove turkey when cooked and set aside.
2. Chop onions and carrots. In the same cooking vessel, sauté onions and carrots for about 3 minutes.
3. Add garlic and sauté for another 3 minutes.
4. Add the remaining ingredients and cook for 30 minutes (until heated thoroughly) over medium heat, uncovered. Stir occasionally.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	1 cup

FOOD COMPONENT

- Vegetable 
- Meat/Meat Alternate 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Thomas, R., Khoiuri, 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. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: BREAKFAST/SNACK		BERRY JAMS		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Whole Grain English Muffins (Whole)	5 Muffins	25 Muffins	50 Muffins	
Peanut Butter*	½ cup + 2 Tbsp.	3 cups	6 ¼ cups	
Strawberries (Fresh or Frozen)	3 ½ cups	10 ½ lb.	21 lb.	
Blueberries (Fresh or Frozen)	2 ½ cups	4 ½ lb.	9 lb.	

Directions:


1. Thaw the strawberries and blueberries (if frozen).
2. Gently split the English Muffin in half.
3. Spread 1 Tbsp. of peanut butter* on each English Muffin half.
4. Layer the strawberries and blueberries on top of each English Muffin half, covering the peanut butter*.
5. Serve immediately or chill until served.


* Sunflower Seed Butter or Almond Butter could be used as a replacement for those with peanut allergies.

BREAKFAST

AGE GROUP	SERVING SIZE
Ages 1-2	½ Muffin
Ages 3-5	½ Muffin
Ages 6-12	½ Muffin

FOOD COMPONENT

Fruit 

Grains 

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	½ Muffin
Ages 3-5	½ Muffin
Ages 6-12	1 Muffin

FOOD COMPONENT

Fruit 

Grains 

Meat/Meat Alternate 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from What's Cooking? USDA Mixing Bowl. United States Department of Agriculture. <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/berry-jams-party-bites>. Accessed June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		AROUND THE WORLD WRAP		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Brown Rice	¾ cup	4 cups	8 cups	
Whole Wheat Tortilla, 8"	5	25	50	
Spinach	¾ cup	4 cups	8 cups	
Carrots, <i>Grated</i>	1 ¼ cups	6 ¼ cups	12 ½ cups	
Cucumber, <i>Sliced</i>	¾ cup	4 cups	8 cups	
Soy Sauce (Low-Sodium)	3 Tbsp.	1 cup	2 cups	

Directions:

1. Cook rice as directed on box.
2. Warm each tortilla in microwave oven for about 10 seconds.
3. Wash spinach. Place about 8 spinach leaves in the middle of the tortilla, followed by 1 ½ Tbsp. of cooked rice.
4. Grate carrots.
4. Slice cucumbers into ¼" rounds. Combine the carrots and cucumbers. Place about ⅓ cup of mixture on rice.
6. Fold bottom up and roll from one side to the other.
7. Serve with low-sodium soy sauce for dipping.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ Tortilla Wrap
Ages 3-5	½ Tortilla Wrap
Ages 6-12	1 Tortilla Wrap

FOOD COMPONENT

Vegetable 

Grains 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from *Disney Family Fun Magazine* Website. <http://familyfun.go.com/recipes>. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: SNACK

BANANA SPLITZ

INGREDIENTS	10 Servings	50 Servings	100 Servings
Bananas	5 Medium	25 Medium	50 Medium
Vanilla Yogurt, Non-Fat	2 ½ cups	12 ½ cups	25 cups
Strawberries, <i>Sliced</i> , (Fresh or Frozen)	1 ¼ cups	6 ¼ cups	12 ½ cups
Pineapple Chunks (Fresh or Canned)	1 ¼ cups	6 ¼ cups	12 ½ cups

Directions:

1. Cut bananas in half crosswise, and then cut again lengthwise so that each banana produces 4 quarters.
2. Put yogurt in each bowl.
3. Place 2 banana quarters in each bowl.
4. Top with 2 Tbsp. each of strawberries and pineapple chunks.

NOTE: For younger children, slice banana into rounds and serve ¼ cup.

When serving ages 6-12, double the fruit indicated (1 whole banana, ¼ cup each of strawberries and pineapple).

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup yogurt
Ages 3-5	¼ cup yogurt
Ages 6-12	½ cup yogurt

FOOD COMPONENT

Fruit 

Meat/Meat Alternate 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Network for a Healthy California. Champions for Change. California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		THANKSGIVING BURGERS		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Ground Turkey	1 lb.	4 ¾ lb.	9 lb. + 6 oz.	
Eggs	1 Large	3 Large	6 Large	
Panko Bread Crumbs	¼ cup + 1 Tbsp.	1 ½ cups + 1 Tbsp.	3 cups + 2 Tbsp.	
Salt, <i>Divided</i>	2 tsp	3 Tbsp. + 1 tsp	½ cup + 1 Tbsp.	
Black Pepper, <i>Divided</i>	2 tsp	3 Tbsp. + 1 tsp	½ cup + 1 Tbsp.	
Cranberries (Fresh or Frozen)	½ cup + 2 Tbsp.	3 cups + 2 Tbsp.	6 ¼ cups	
Orange Juice	1 Tbsp. + 1 tsp	½ cup + 1 Tbsp.	¾ cup + ½ Tbsp.	
Vinegar (White/Red Wine)	1 Tbsp. + 1 tsp	½ cup + 1 Tbsp.	¾ cup + ½ Tbsp.	
Honey	2 tsp	3 Tbsp. + 1 tsp	½ cup + 1 Tbsp.	
Whole Wheat Hamburger Rolls	5 rolls	25 rolls	50 rolls	

Directions:

- Mix ground turkey, eggs, panko bread crumbs, half of each salt and pepper in a large mixing bowl.
- Form into patties according to serving size chart.
- Spray skillet with cooking spray. Cook patties on medium-high in skillet until brown on both sides, about 10 minutes total.
- CRANBERRY KETCHUP OPTIONAL:** Add cranberries, honey, vinegar, orange juice, remaining half of salt and pepper each to a sauce pot and simmer until cranberries are soft. Once softened, blend all ingredients in a blender. Return blended mixture to saucepan and bring to a simmer over medium heat for about 10 minutes. Stir occasionally. Remove from heat and allow to cool.
- Serve Thanksgiving Burgers with ½ whole wheat hamburger rolls (open-faced) and cranberry ketchup (optional).

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	1 oz. patty
Ages 3-5	1 ½ oz. patty
Ages 6-12	2 oz. patty

FOOD COMPONENT

Grains 

Meat/Meat Alternate 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.
 ** Most proteins when cooked lose ¼ of their size, to serve a 1 oz. patty form a 1 ¼ oz. patty; a 1 ½ oz. patty form a 2-oz. patty; a 2-oz. patty form a 2 ½ oz. patty **

Recipe adapted from Shulman, M. Turkey and Vegetable Burgers. *New York Times*. 2010. Updated and revised: June 30, 2017.

1

CYCLE SHOPPING LIST

Dairy

- ___ 1% or Fat-Free Milk
- ___ Cheese Cubes
- ___ Cheese Slices
- ___ Margarine (Trans-Fat Free)
- ___ Ricotta Cheese, Part Skim
- ___ String Cheese
- ___ Vanilla Yogurt, Non-Fat
- ___ Whole Milk (if applicable)

Produce (Fruits and Vegetables)

- ___ Apples
- ___ Avocado
- ___ Bananas
- ___ Black Beans (Canned)
- ___ Blueberries (Fresh or Frozen)
- ___ Broccoli (Fresh or Frozen)
- ___ Carrots (Regular)
- ___ Cherry Tomatoes
- ___ Corn (Fresh/Canned/Frozen)
- ___ Cranberries (Fresh or Frozen)
- ___ Cucumber
- ___ Diced Tomatoes (Canned)
- ___ Garlic
- ___ Golden Raisins
- ___ Grapes, Seedless
- ___ Green Bell Pepper
- ___ Kidney Beans (Canned)
- ___ Kiwi
- ___ Lettuce
- ___ Mandarin Oranges (Canned)

- ___ Onions
- ___ Peaches (Fresh or Canned)
- ___ Pineapple Chunks (Fresh or Canned)
- ___ Red Bell Pepper
- ___ Spinach
- ___ Strawberries (Fresh or Frozen)
- ___ Sweet Potatoes
- ___ White Beans (Canned)

Meat

- ___ Chicken Breasts, Boneless, Skinless
- ___ Eggs
- ___ Ground Turkey
- ___ Unbreaded Fish Fillets (Salmon, Cod, Tilapia)
- ___ Whole Turkey Breast

Grains & Breads

- ___ Brown Rice
- ___ Cold Cereal
- ___ Graham Crackers
- ___ Old-Fashioned Rolled Oats
- ___ Panko Bread Crumbs
- ___ Whole Grain Bread
- ___ Whole Grain Crackers
- ___ Whole Grain Dinner Rolls
- ___ Whole Grain English Muffins
- ___ Whole Grain Rice Cakes
- ___ Whole Grain Pancakes
- ___ Whole Grain Pasta
- ___ Whole Grain Tortilla Chips
- ___ Whole Grain Tortillas, 8"
- ___ Whole Wheat Hamburger Rolls
- ___ Whole Wheat Pitas

Other

- ___ Almond Butter or Sunflower Seed Butter*
- ___ Dijon Mustard
- ___ Ground Black Pepper
- ___ Honey
- ___ Lemon Juice
- ___ Light Brown Sugar
- ___ Mayonnaise with Olive Oil
- ___ Olive Oil
- ___ Orange Juice
- ___ Oregano
- ___ Paprika
- ___ Peanut Butter*
- ___ Salt
- ___ Soy Sauce (Low-Sodium)
- ___ Spaghetti Sauce
- ___ Tomato Paste (Canned)
- ___ Vinegar (White/Red Wine)

Food for Thought

1. Purchase canned fruits that are stored in 100% Juice
2. Purchase canned vegetables that are Low-Sodium
3. Purchase Low-Fat or Fat-Free items where possible (e.g., cheeses, salad dressings, etc.)

*Choose nut or other butter that works for your home or center.



MONDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Peaches	Banana Slices	
Vegetables		<i>Sloppy Joeys</i>	
Grains	Cold Cereal	<i>Sloppy Joeys</i>	Mandarin Oranges
Meat/Meat Alternate		<i>Sloppy Joeys</i>	Non-Fat Yogurt

TUESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	<i>Superhero Smoothie</i>	Strawberries	
Vegetables		Squash	Baby Carrots
Grains	<i>Superhero Smoothie</i>	Whole Grain Pasta	Whole Grain Crackers
Meat/Meat Alternate		Baked Chicken Breast	

WEDNESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Grapes	Apple Slices	Pears
Vegetables		<i>Super Spud</i>	
Grains	Cold Cereal	Whole Grain Dinner Roll	Graham Crackers
Meat/Meat Alternate		Baked Whole Turkey Breast	

THURSDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Strawberries	Peaches	Grapes
Vegetables		<i>Cheesy Chicken Pasta</i>	
Grains	Whole Grain Pancakes	<i>Cheesy Chicken Pasta</i>	
Meat/Meat Alternate		<i>Cheesy Chicken Pasta</i>	Cheese Cubes

FRIDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Apple Slices	Banana Slices	<i>Parfait Perfection</i>
Vegetables		Broccoli	
Grains	Cold Cereal	Grilled Cheese on Whole Grain Bread	
Meat/Meat Alternate		Grilled Cheese on Whole Grain Bread	<i>Parfait Perfection</i>

CYCLE 2

MONDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	Raw Broccoli Florets Whole Grain Rice Cakes
Fruits	Mixed Fruit	Applesauce	
Vegetables		<i>Big Tuna Melt</i>	
Grains	Cold Cereal	<i>Big Tuna Melt</i>	
Meat/Meat Alternate		<i>Big Tuna Melt</i>	

TUESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	Golden Raisins Celery Sticks
Fruits	<i>Apple Jacked Pancakes</i>	Peaches	
Vegetables		Green Beans	
Grains	<i>Apple Jacked Pancakes</i>	Whole Grain Dinner Roll	
Meat/Meat Alternate		Baked Ham	

WEDNESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	Mandarin Oranges Graham Crackers
Fruits	Strawberries	Pears	
Vegetables		<i>Comfort Stew</i>	
Grains	Cold Cereal	Whole Grain Pasta	
Meat/Meat Alternate		Baked Whole Turkey Breast	

THURSDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	<i>Hungry Hummus</i> Whole Grain Pretzels <i>Hungry Hummus</i>
Fruits	Mixed Fruit	Watermelon	
Vegetables		Zucchini	
Grains	Whole Grain Waffles	Brown Rice	
Meat/Meat Alternate		Unbreaded Fish Fillets	

FRIDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	Mixed Fruit Graham Crackers
Fruits	Mandarin Oranges	Apple Slices	
Vegetables		<i>Grandma's Chicken Soup</i>	
Grains	Cold Cereal	Whole Grain Crackers	
Meat/Meat Alternate		<i>Grandma's Chicken Soup</i>	

MEAL TYPE: LUNCH or SUPPER

SLOPPY JOEYS

INGREDIENTS	10 Servings	50 Servings	100 Servings
Onion, <i>Chopped</i>	1/3 cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Carrots, <i>Grated</i>	3/4 cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 1/4 cups
Green Bell Pepper, <i>Chopped</i>	1/3 cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Ground Turkey	1 lb.	5 lb.	10 lb.
Spaghetti Sauce	3/4 cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 1/4 cups
Diced Tomatoes	1 1/4 cup	6 1/4 cups	12 1/2 cups
BBQ Sauce	1/3 cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Whole Wheat Hamburger Buns	5 Buns	25 Buns	50 Buns

Directions:

1. Prep all vegetables by chopping or grating where appropriate. Spray skillet with cooking spray. Sauté onions, carrots, green pepper and ground turkey over medium-high heat for about 8 minutes until vegetables and turkey begin to brown.
2. Add spaghetti sauce, diced tomatoes and BBQ sauce. Bring to a boil.
3. Reduce heat, cover and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on a toasted half of a whole wheat hamburger bun.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	1/2 cup mixture
Ages 3-5	3/4 cup mixture
Ages 6-12	1 cup mixture

FOOD COMPONENT

- Grains
- Meat/Meat Alternate
- Vegetable
(Contributes only 1/3 cup for ages 6-12)

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Healthy Recipes. Oregon State University Extension Services; 2008. <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/sloppy-garden-joes>. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: BREAKFAST/SNACK		SUPERHERO SMOOTHIE		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Strawberries (Fresh or Frozen), <i>Sliced</i>	3 ½ cups	10 ½ lb.	20 ¾ lb.	
Peaches (Fresh/Frozen/Canned), <i>Sliced</i>	1 ¾ cups	8 ¼ cups	16 ½ cups	
Vanilla Yogurt, Non-Fat	2 ½ cups	12 ½ cups	25 cups	
Lemon Juice	1 Tbsp. + 2 tsp	½ cup + 1 tsp	1 cup	
Bananas, <i>Sliced</i>	⅓ cup + 4 tsp	2 cups	4 cups	

Directions:

1. Slice all fruit. Combine peaches, strawberries, bananas, yogurt and lemon juice in a blender. Process until smooth.

BREAKFAST

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	¾ cup

FOOD COMPONENT

Grains* 

Fruit 

* Meat and Meat Alternate used to meet grains requirement.

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	¾ cup
Ages 3-5	¾ cup
Ages 6-12	1 ½ cup

FOOD COMPONENT

Meat/Meat Alternate 

Fruit 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Neufeld, N., Henry, S., Lawrence, D. *Kid Shape Café*. Nashville (TN): Rutledge Hill Press; 2005. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		SUPER SPUD		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Russet Potatoes	2 ½ potatoes (Medium)	12 ½ potatoes (Medium)	25 potatoes (Medium)	
Olive Oil	1 ¼ tsp	2 Tbsp. + ¼ tsp	¼ cup + ½ tsp	
Corn (Fresh/Frozen/Canned)	1 ¼ cup	6 ¼ cups	12 ½ cups	
Green Bell Pepper, <i>Chopped</i>	½ cup + 2 Tbsp.	3 cups + 2 Tbsp.	6 ¼ cups	
Red Bell Pepper, <i>Chopped</i>	½ cup + 2 Tbsp.	3 cups + 2 Tbsp.	6 ¼ cups	
Taco Seasoning	2 ½ tsp	¼ cup + ½ tsp	½ cup + 1 tsp	
Salsa, Homestyle, Jarred	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.	
Cheddar Cheese, <i>Shredded</i>	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.	


Directions:

- Preheat the oven to 425°F. Rub the potatoes with olive oil. Using a fork, poke holes around the potato. Place the potatoes on a baking sheet.
- Bake for 45 to 60 minutes.
Alternative: microwave potatoes for 5 minutes on full power, turn them over and microwave for another 5 minutes. If potatoes are still hard in the center, continue to microwave for 1 minute rounds until they are done.
- Wash and chop peppers. In a large skillet, sauté and begin to brown corn, red and green bell peppers. Add taco seasoning to mixture.
- Cut potatoes in half length-wise and then crosswise, so you have a quarter of the baked potato.
- Top each potato with ¼ cup of vegetable mixture, 2 tsp of salsa and cheese. Place back in oven to melt the cheese OR back in the microwave for 30 seconds.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	¼ potato
Ages 3-5	¼ potato
Ages 6-12	½ potato

FOOD COMPONENT

Vegetable 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

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/POC_topoc3.pdf. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		CHEESY CHICKEN PASTA		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Whole Grain Pasta, Rotini	1 ¾ cup	8 ½ cups	16 ¾ cups	
Olive Oil	1 Tbsp. + 1 tsp	¾ cup	¾ cup	
Cherry Tomatoes	1 cup	4 ¼ cups	8 ½ cups	
Broccoli Florets (Fresh or Frozen)	1 ¼ cups	6 ¼ cups	12 ½ cups	
Onion	½ cup	2 cups	4 cups	
Parsley, Dried	1 ¼ tsp	2 Tbsp.	4 Tbsp.	
Basil, Dried	1 ¼ tsp	2 Tbsp.	4 Tbsp.	
Parmesan Cheese, <i>Grated</i>	3 Tbsp. + 1 tsp	1 cup	2 cups	
Chicken Breasts, Boneless, Skinless	1 lb.	5 lb.	10 lb.	

Directions:

1. In a large skillet over medium-high heat, cook vegetables for about 5 to 10 minutes. Add spices.
2. Remove the vegetables and set aside.
3. Using the same skillet, cook the chicken 8 to 12 minutes. As the chicken cooks, turn it occasionally, so it browns evenly on both sides. If the chicken browns too quickly, reduce the heat to medium-low.
4. Set the chicken aside.
5. In a separate pot, cook pasta according to package directions.
6. Combine pasta and vegetables.
7. Drizzle with olive oil and Parmesan cheese.
8. Cut chicken into cubes, or strips.
9. Serve vegetable/pasta mix and top with chicken cubes.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup mix, 1 oz. chicken
Ages 3-5	½ cup mix, 1 ½ oz. chicken
Ages 6-12	1 cup mix, 2 oz. chicken

FOOD COMPONENT

- Grains 
- Meat/Meat Alternate 
- Vegetable 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

**** The palm of your hand is equals 3 oz. cooked chicken ****

Recipe adapted from Fruits and Veggies: More Matters Website. Produced for Better Health Foundation. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: BREAKFAST or SNACK		PARFAIT PERFECTION		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Bananas, <i>Sliced</i>	2 ½ cups (5 bananas)	12 ½ cups (25 bananas)	25 cups (50 bananas)	
Grapes, Seedless	2 ½ cups	12 ½ cups	25 cups	
Vanilla Yogurt, Non-Fat	2 ¾ cups + 2 ½ Tbsp.	12 ½ cups (100 oz.)	25 cups (200 oz.)	
Multi-Grain Cheerios®	2 ½ cups	12 ½ cups	25 cups	

Directions:

1. Peel and slice the bananas. Cut the grapes in half lengthwise.
2. Spoon ¼ cup of grapes into a Parfait cup (tall plastic cup) or bowl.
3. Add 2 Tbsp. or 1 oz. of vanilla yogurt on top of the grapes.
4. Spoon ¼ cup of banana slices on top of vanilla yogurt.
5. Add 2 Tbsp. (1 oz.) of vanilla yogurt on top of bananas.
6. Top with ¼ cup of Multi-Grain Cheerios®
7. Serve immediately or refrigerate until service.

NOTE: If refrigerating, wait to top Parfait with Multi-Grain Cheerios® until service.

BREAKFAST

AGE GROUP	SERVING SIZE
Ages 1-2	½ Parfait Cup*
Ages 3-5	1 Parfait Cup
Ages 6-12	1 Parfait Cup

* Half of amounts indicated in recipe.

FOOD COMPONENT

Fruit 

Grains** 

** Meat and Meat Alternate used to meet grains requirement.

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	1 Parfait Cup
Ages 3-5	1 Parfait Cup
Ages 6-12	2 Parfait Cups

FOOD COMPONENT

Meat/Meat Alternate 

Fruit 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from *What's Cooking?* USDA Mixing Bowl. United States Department of Agriculture.
<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-yogurt-parfait>. Accessed June 30, 2017.

MEAL TYPE: LUNCH or SUPPER

BIG TUNA MELT

INGREDIENTS	10 Servings	50 Servings	100 Servings
Tuna, Canned in Water	14 ½ oz.	4 lb. + 7 ½ oz.	9 lb.
Mayonnaise with Olive Oil	2 tsp	3 Tbsp. + 2 tsp	½ cup + 5 tsp
Dijon Mustard	2 tsp	3 Tbsp. + 2 tsp	½ cup + 5 tsp
Onion, <i>Chopped</i>	¾ cup	3 ½ cups	7 cups
Celery, <i>Chopped</i>	1 ½ cup	7 cups	14 cups
Carrots, <i>Grated</i>	1 ½ cup	7 cups	14 cups
Whole Grain Bread	10 Slices	50 Slices	100 Slices
Cheddar Cheese, <i>Shredded</i>	½ cup	1 ¾ cup	3 ½ cups

Directions:

1. Preheat oven to 350°F.
2. Wash and dry onions, celery and carrots. Chop onion and celery. Grate carrots. Combine in a bowl and set aside.
3. Combine mayonnaise, mustard and drained tuna in a bowl.
4. Add onions, celery and carrots.
5. Place bread slices on a baking sheet.
NOTE: For children ages 6-12 layer ¼ cup additional grated carrot on bread.
6. Top bread with tuna mixture, sprinkle with cheddar cheese.
7. Bake for 5 minutes, until cheese is melted and bread is toasted.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup tuna mixture, ½ slice of bread
Ages 3-5	¾ cup tuna mixture, 1 slice of bread
Ages 6-12	1 cup tuna mixture, 1 slice of bread

FOOD COMPONENT

- Grains
- Meat/Meat Alternate
- Vegetable

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from USDA Recipes for Child Care. USDA Team Nutrition. United States Department of Agriculture: Food and Nutrition Services; 2009. Updated and revised: June 30, 2017.

MEAL TYPE: BREAKFAST		APPLE JACKED PANCAKES		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Milk, 1% (Low-Fat)	½ cup	2 cups	4 cups	
Eggs	3 Large	17 Large	34 Large	
Vegetable Oil	1 Tbsp. + 2 tsp	½ cup	1 cup	
Applesauce, Unsweetened	¾ cup	4 cups	8 cups	
Whole Wheat Flour	1 ¼ cups	6 ¼ cups	12 ½ cups	
Baking Powder	2 ½ tsp	¼ cup	½ cup	
Salt	Pinch	2 tsp	1 Tbsp. + 1 tsp	
Sugar	2 Tbsp.	½ cup	1 cup	
Ground Cinnamon	¼ tsp	½ tsp	1 tsp	
Apple, Peeled, Sliced into Rings	2 Large	8 Large	16 Large	
Apple, Peeled, Diced	2 ½ cups	12 ½ cups	25 cups	

Directions:

1. Heat griddle over high heat (to about 375°F).
2. Combine milk, eggs, oil and applesauce in a mixing bowl. Mix well.
3. Sift whole wheat flour, baking powder, salt, sugar and cinnamon. Mix batter completely, scraping the sides of the bowl when necessary.
4. Peel, core and slice apple into 5 rings.
5. For each pancake, place an apple ring (1) on griddle and pour ¼ cup of batter over the apple ring starting in the center and covering the apple.
6. Cook until bubbles appear on top and bottom is browned. Flip and cook the other side (about 1 minute).
7. Peel, core and dice apple. Top each pancake with ¼ cup of diced apples.

BREAKFAST

AGE GROUP	SERVING SIZE
Ages 1-2	1 Pancake, No Diced Apples
Ages 3-5	1 Pancake, w/ Diced Apples
Ages 6-12	1 Pancake, w/ Diced Apples

FOOD COMPONENT

- Fruits
- Grains



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from USDA Recipes for Child Care. USDA Team Nutrition. United States Department of Agriculture: Food and Nutrition Services; 2009. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER

COMFORT STEW

INGREDIENTS	10 Servings	50 Servings	100 Servings
Chicken Stock (Low-Sodium)	3 ¾ cup	1 gal + 2 ¾ cup	2 gal + 3 qt
Potatoes, <i>Diced</i>	1 cup	5 ¼ cups	10 ½ cups
Carrots, <i>Sliced</i>	¾ cup	4 cups + 2 Tbsp	8 ¼ cups
Summer Squash, <i>Sliced</i>	¾ cup	4 cups + 2 Tbsp	8 ¼ cups
Corn (Fresh/Canned/Frozen)	¾ cup	4 cups + 2 Tbsp	8 ¼ cups
Thyme, Dried	1 ¼ tsp	2 Tbsp.	¼ cup
Garlic, <i>Minced</i>	2 Cloves	8 Cloves	16 Cloves
Green Onion, <i>Sliced</i>	1 Medium Stalk	4 Medium Stalks	8 Medium Stalks
Onion, <i>Chopped</i>	¾ cup	4 cups + 2 Tbsp	8 ¼ cups
Diced Tomatoes, Canned	¾ cup	4 cups + 2 Tbsp	8 ¼ cups

Directions:

1. Pour chicken stock in a large pot and bring to a boil.
2. Prep all vegetables by dicing, chopping and slicing where appropriate. Add potatoes and carrot slices. Simmer for 5 minutes.
3. Add squash, corn, thyme, garlic, green onion and onion and continue cooking for 25 minutes over medium heat.
4. Add tomatoes and cook for an additional 5 minutes.
5. Remove from heat and let sit for 10 minutes to allow stew to thicken.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	1 cup

FOOD COMPONENT

Vegetable



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

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. Updated and revised: June 30, 2017.

MEAL TYPE: SNACK		HUNGRY HUMMUS		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Chickpeas, Canned	2 ½ cups	12 ½ cups	13 lb. + 4 oz.	
Greek Yogurt, Plain	1 cup	5 cups	10 cups	
Lemon Juice	2 Tbsp.	½ cup + 2 Tbsp.	1 ¼ cup	
Paprika	1 Tbsp.	¼ cup + 1 Tbsp.	½ cup + 2 Tbsp.	
Garlic Powder	1 Tbsp.	¼ cup + 1 Tbsp.	½ cup + 2 Tbsp.	
Ground Cinnamon	1 tsp	1 Tbsp. + 2 tsp	3 Tbsp. + 1 tsp	
Olive Oil	1 ½ Tbsp.	½ cup + 2 Tbsp.	¾ cup + 3 Tbsp.	
Baby Carrot Sticks	2 ½ lb.	12 ½ lb.	25 lb.	

Directions:

1. Blend chickpeas, yogurt, lemon juice, olive oil, paprika, garlic powder and cinnamon in a blender until smooth.
2. Serve with baby carrots.

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup, (½ cup or 6) baby carrot sticks
Ages 3-5	¼ cup, (½ cup or 6) baby carrot sticks
Ages 6-12	¼ cup, (¾ cup or 9) baby carrot sticks

FOOD COMPONENT

Meat/Meat Alternate

Vegetable

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

MEAL TYPE: LUNCH or SUPPER

GRANDMA'S CHICKEN SOUP

INGREDIENTS	10 Servings	50 Servings	100 Servings
Chicken Breasts, Boneless, Skinless	1 lb.	5 lb.	9 ½ lb.
Olive oil	¼ cup	1 ¼ cups + ½ Tbsp.	2 ½ cups + 1 Tbsp.
Mixed Vegetables (Corn, Peas, Carrots, etc.) (Canned or Frozen)	2 ½ cups	12 ½ cups	25 cups
Chicken Stock (Low-Sodium)	9 cups	2 gal + 2 ½ qt	5 gal + 1 qt
Evaporated Milk	2 cups	9 ½ cups	18 ¾ cup
Brown Rice	1 cup	5 ¼ cups	4 ½ lb.
Black Pepper	1 tsp	1 Tbsp. + 1 tsp	2 Tbsp. + 2 tsp

Directions:

1. Heat half of olive oil over medium-high heat in a large pot. Add chicken breasts and begin to brown on each side. Add mixed vegetables (thawed, if frozen) to the pot and cook for about 10 minutes, stirring occasionally. Remove the cooked chicken breasts.
2. Add remainder of the olive oil and cook 3 to 5 minutes longer.
3. Add broth, rice and evaporated milk. Bring to a boil, cover and reduce to a simmer. Cook for about 20 minutes.
4. Add chicken and black pepper. Cook another 10 minutes. Using forks, shred the chicken breasts.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	1 cup
Ages 3-5	1 ½ cups
Ages 6-12	2 cups

FOOD COMPONENT

Meat/Meat Alternate 

Vegetable 

(Contributes only 1/3 cup for ages 6-12)

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Kaboose. <http://recipes.kaboose.com/creamy-chicken-rice-soup.html>. 2010. Updated and revised: June 30, 2017.

2

SHOPPING LIST

Dairy

- ___ 1% or Fat-Free Milk
- ___ Cheddar Cheese, Shredded
- ___ Cheese Cubes
- ___ Cheese Slices
- ___ Evaporated Milk
- ___ Greek Yogurt, Plain
- ___ Parmesan Cheese, Grated
- ___ Vanilla Yogurt, Non-Fat
- ___ Whole Milk (if applicable)

Produce (Fruits and Vegetables)

- ___ Apples
- ___ Applesauce, Unsweetened
- ___ Bananas
- ___ Broccoli Florets (Fresh or Frozen, where applicable)
- ___ Carrots (Regular and Baby)
- ___ Celery
- ___ Cherry Tomatoes
- ___ Chickpeas (Canned)
- ___ Corn (Canned)
- ___ Diced Tomatoes (Canned)
- ___ Garlic
- ___ Golden Raisins
- ___ Grapes, Seedless
- ___ Green Beans (Canned)
- ___ Green Bell Peppers
- ___ Green Onions
- ___ Mandarin Oranges (Canned)
- ___ Mixed Fruit (Canned)
- ___ Mixed Vegetables (Canned or Frozen)
- ___ Onions

- ___ Peaches (Fresh/Canned/Frozen)
- ___ Pears (Fresh/Canned/Frozen)
- ___ Potatoes (Russet, Red, Yellow)
- ___ Red Bell Pepper
- ___ Russet Potatoes
- ___ Squash
- ___ Strawberries (Fresh or Frozen)
- ___ Watermelon
- ___ Zucchini

Meat

- ___ Chicken Breasts, Boneless, Skinless
- ___ Eggs
- ___ Ground Turkey
- ___ Ham
- ___ Tuna (Canned in Water)
- ___ Unbreaded Fish Fillets (Salmon, Cod, Tilapia)
- ___ Whole Turkey Breast

Grains & Breads

- ___ Brown Rice
- ___ Cold Cereal
- ___ Graham Crackers
- ___ Multi-Grain Cheerios®
- ___ Whole Grain Bread
- ___ Whole Grain Crackers
- ___ Whole Grain Dinner Rolls
- ___ Whole Grain Rice Cakes
- ___ Whole Grain Pancakes
- ___ Whole Grain Pasta (Rotini)
- ___ Whole Grain Waffles
- ___ Whole Wheat Flour
- ___ Whole Wheat Hamburger Rolls
- ___ Whole Wheat Pitas

Other

- ___ Baking Powder
- ___ Basil, Dried
- ___ BBQ Sauce
- ___ Chicken Stock (Low-Sodium)
- ___ Dijon Mustard
- ___ Garlic Powder
- ___ Ground Black Pepper
- ___ Ground Cinnamon
- ___ Lemon Juice
- ___ Mayonnaise with Olive Oil
- ___ Olive Oil
- ___ Oregano, Dried
- ___ Paprika
- ___ Parsley, Dried
- ___ Salsa, Homestyle, Jarred
- ___ Salt
- ___ Spaghetti Sauce
- ___ Sugar
- ___ Taco Seasoning
- ___ Thyme, Dried
- ___ Vegetable Oil

Food for Thought

1. Purchase canned fruits that are stored in 100% Juice
2. Purchase canned vegetables that are Low-Sodium
3. Purchase Low-Fat or Fat-Free items where possible (e.g. cheeses, salad dressings, etc.)

3 CYCLE

MONDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Honeydew	Peaches	Dried Cranberries
Vegetables		Green Beans	
Grains	Cold Cereal	Whole Grain Dinner Roll	Whole Grain Pretzels
Meat/Meat Alternate		<i>Catch N Release</i>	

TUESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	<i>Golden Rays</i>	Watermelon	Mandarin Oranges
Vegetables		Squash	
Grains	<i>Golden Rays</i>	Whole Grain Tortilla Chips	
Meat/Meat Alternate		Baked Whole Turkey Breast	Non-Fat Yogurt

WEDNESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Applesauce	Mixed Fruit	Watermelon
Vegetables		<i>Faux Fries</i>	
Grains	Cold Cereal	Brown Rice	Graham Crackers
Meat/Meat Alternate		Grilled Chicken Breast	

THURSDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	Peaches
Fruits	Blueberries	Mandarin Oranges	
Vegetables		Cucumber Slices	
Grains	Non-Fat Yogurt	<i>Use Your Noodle Bake</i>	
Meat/Meat Alternate		<i>Use Your Noodle Bake</i>	String Cheese

FRIDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Golden Raisins	Grapes	Blueberries
Vegetables		Broccoli	
Grains	Cold Cereal	Grilled Cheese on Whole Grain Bread	
Meat/Meat Alternate		Grilled Cheese on Whole Grain Bread	<i>Nature's Trail Mix Bars</i>

3
CYCLE

MONDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Mandarin Oranges	Grapes	
Vegetables		<i>Poppin' Potatoes</i>	Baby Carrots
Grains	Cold Cereal	Whole Grain Dinner Roll	Whole Grain Crackers
Meat/Meat Alternate		Baked Ham	

TUESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Strawberries	Honeydew	Golden Raisins
Vegetables		<i>Taquitos Banditos</i>	Celery Sticks
Grains	Whole Grain Waffles	<i>Taquitos Banditos</i>	
Meat/Meat Alternate		<i>Taquitos Banditos</i>	

WEDNESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Grapes	Cantaloupe	
Vegetables		Corn	<i>Snack Attack Salsa</i>
Grains	Cold Cereal	Whole Grain Pasta	<i>Snack Attack Salsa</i>
Meat/Meat Alternate		Unbreaded Fish Fillets	

THURSDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	<i>Morning Pizza</i>	Strawberries	Grapes
Vegetables		Peas	
Grains	<i>Morning Pizza</i>	Whole Grain Dinner Roll	
Meat/Meat Alternate		Baked Whole Turkey Breast	Cheese Cubes

FRIDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Blueberries	Mandarin Oranges	Cantaloupe
Vegetables		<i>Vibrant Veggie Pasta Salad</i>	
Grains	Cold Cereal	<i>Vibrant Veggie Pasta Salad</i>	
Meat/Meat Alternate		Grilled Chicken Breasts	Non-Fat Yogurt

MEAL TYPE: LUNCH or SUPPER		CATCH N RELEASE		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Panko Bread Crumbs	3 ½ cups	4 ¼ lb.	8 ½ lb.	
Black Pepper, Ground	1 tsp	2 Tbsp. + 1 tsp	4 Tbsp. + 2 tsp	
Paprika	1 tsp	2 Tbsp. + 1 tsp	4 Tbsp. + 2 tsp	
Eggs	2 Large	7 Large	14 Large	
Tilapia	1 lb. + 7 oz.	7 lb. + 3 oz.	14 lb. + 6 oz.	
Flour, All-Purpose	¾ cup	3 ½ cups	7 cups	
Salt	1 tsp	2 Tbsp. + 1 tsp	4 Tbsp. + 2 tsp	

Directions:

1. Preheat oven to 450°F. Set a wire rack or foil on baking sheet. Coat with cooking spray.
2. Combine panko bread crumbs, pepper, salt and paprika in a shallow dish.
3. Place flour in a second shallow dish and beaten eggs in a third.
4. Cut tilapia into strips.
5. Coat each fish strip in flour, then eggs, and finally breadcrumbs. Place on baking sheet or wire rack and refrigerate for 10 to 20 minutes.
6. Bake until fish is cooked thoroughly and outer coating is golden brown (about 15 to 25 minutes).

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	1 oz. strip
Ages 3-5	1 ½ oz. strip
Ages 6-12	2 oz. strip

FOOD COMPONENT
Meat/Meat Alternate 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

**** The palm of your hand equals 3 oz. cooked fish ****

Recipe adapted from Eating Well Recipe Website. www.eatingwell.com/recipes_menus/. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: BREAKFAST		GOLDEN RAYS		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Old-Fashioned Rolled Oats	1 ¾ cup + 2 Tbsp.	9 ¼ cups	18 ½ cups	
Milk, 1% (Low-Fat)	3 ½ cup	1 gal + ¾ cup	2 gal + 1 ¼ cups	
Ground Cinnamon	2 ½ tsp	¼ cup	½ cup	
Vanilla Extract	1 ½ tsp	2 Tbsp. + 2 tsp	½ cup	
Light Brown Sugar	1 Tbsp. + 1 tsp	½ cup + 1 tsp	¾ cup + 2 tsp	
Golden Raisins, Seedless	2 ½ cups	12 ½ cups	25 cups	
Apple, <i>Diced</i>	2 ½ cups	12 ½ cups	25 cups	

Directions:

1. In a large saucepan, bring milk to a boil.
2. Combine oats and cinnamon. Mix into milk. Return to a boil.
3. Peel, core and dice apples.
4. Add diced apples to mixture, reduce heat and simmer for 5 to 10 minutes or until mixture has thickened.
5. Remove from heat and mix in brown sugar, vanilla and golden raisins.

BREAKFAST

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup
Ages 3-5	½ cup
Ages 6-12	½ cup

FOOD COMPONENT

- Fruits
- Grains



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted All Recipes. <http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx>. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		FAUX FRIES		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Sweet Potatoes	1 ½ lb.	7 lb. + ¾ cup	15 lb.	
Margarine (Trans-Fat Free)	1 Tbsp. + 2 tsp	½ cup	1 cup	
Ground Cinnamon	1 Tbsp. + 2 tsp	½ cup	1 cup	
Light Brown Sugar	3 Tbsp. + 1 tsp (packed)	1 cup (packed)	2 cups (packed)	
Paprika	1 Tbsp.	¼ cup	½ cup	
Salt	1 Tbsp.	¼ cup	½ cup	


Directions:

1. Poke holes in top of potatoes with a fork. Cook in microwave about 2 minutes.
2. Preheat oven to 375°F.
3. Wash sweet potatoes. Peel (if desired). Carefully cut into sticks.
4. Melt margarine. Combine margarine, brown sugar, cinnamon, paprika and salt in a resealable plastic bag.
5. Add sweet potatoes to bag and shake until coated.
6. Spray baking sheet with non-stick spray. Spread potatoes onto baking sheet. Bake for 45 minutes.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup
Ages 3-5	¼ cup
Ages 6-12	½ cup

FOOD COMPONENT

Vegetable 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

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. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		USE YOUR NOODLE BAKE		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Whole Grain Spaghetti	½ lb.	1 ¾ lb.	3 ½ lb.	
Eggs	1 Large	5 Large	10 Large	
Milk, 1% (Low-Fat)	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.	
Salt	½ tsp	2 tsp	1 Tbsp. + 1 tsp	
Mozzarella Cheese, Part Skim	1 ¾ oz.	8 ¾ oz.	1 lb. + 1 oz.	
Oregano, Dried	1 Tbsp. + 2 tsp	½ cup	1 cup	
Ground Turkey	1 lb.	5 lb.	10 lb.	
Onion, <i>Chopped</i>	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.	
Spaghetti Sauce	1 ¾ cups	8 ¾ cups	16 ½ cups	

Directions:

1. Preheat oven to 350°F.
2. Grease baking dish with cooking spray.
3. Cook spaghetti according to package directions; drain.
4. In a large bowl: beat the eggs, milk and salt; add spaghetti, oregano and half of the cheese called for. Toss to coat.
5. Transfer to greased baking dish.
6. Brown the turkey in a skillet. Once browned, add onions and cook until translucent. Drain if necessary. Add spaghetti sauce and mix well. Spoon over pasta.
7. Bake, uncovered for 20 minutes.
8. Sprinkle with the rest of the shredded cheese and bake 10 minutes more.
9. Let stand 10 minutes before cutting and serving.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	1 cup

FOOD COMPONENT

Grains

*(Contributes only 1/8 cup for ages 1-2)
(Contributes only 1/3 cup for ages 6-12)*

Meat/Meat Alternate

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

MEAL TYPE: SNACK		NATURE'S TRAIL MIX BARS		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Corn Flakes	1 cup + 1 Tbsp.	5 ½ cups	11 cups	
Peanut Butter*	5 ¾ oz.	1 lb. + 13 oz.	3 lb. + 9 oz.	
Dried Cranberries	½ cup + 1 tsp	1 ¾ cup + ½ Tbsp.	3 ½ cups + 1 Tbsp.	
Honey	½ cup + 2 Tbsp.	3 cups + 2 Tbsp.	6 ¼ cups	
Multi-Grain Cheerios®	1 cup + 1 Tbsp.	5 ½ cups	11 cups	
Golden Raisins	½ cup + 1 tsp	1 ¾ cup + ½ Tbsp.	3 ½ cups + 1 Tbsp.	
Sunflower Seeds	2 Tbsp. + 2 ½ tsp	¾ cup + 2 Tbsp.	1 ¾ cups + ½ Tbsp.	
Vanilla Extract	½ tsp	1 ¾ tsp	1 Tbsp. + ½ tsp	

Directions:

1. Combine corn flakes, Cheerios®, cranberries, raisins and sunflower seeds in a bowl.
2. Bring honey to a slow boil in a saucepan, add peanut butter* and vanilla extract until peanut butter* melts.
3. Pour mixture over cereal and mix well.
4. Press into a 13" x 9" pan and cool. Cut into even bars. Each full 13" x 9" pan should yield 28 bars. A 9" x 9" should yield 14 bars.

* Sunflower Seed Butter or Almond Butter could be used as a replacement for those with peanut allergies.

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	1 bar
Ages 3-5	1 bar
Ages 6-12	2 bars

FOOD COMPONENT

Meat/Meat Alternate



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from What's Cooking? USDA Mixing Bowl. United States Department of Agriculture. <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/trail-mix-bars>. Accessed June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		POPPIN' POTATOES		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Potatoes (Red, Russet, Yellow), <i>Diced</i>	2 ¾ cups + 2 ½ Tbsp. (3 Medium Russet)	14 ½ cups (11 Medium Russet)	29 cups (22 Medium Russet)	
Olive Oil	2 ½ Tbsp.	¾ cup + ½ Tbsp.	1 ½ cup + 1 Tbsp.	
Black Pepper	2 ½ tsp	¼ cup	½ cup	
Paprika	2 ½ tsp	¼ cup	½ cup	
Onion Powder	1 Tbsp. + 1 tsp	½ cup + 1 Tbsp.	¾ cup + ½ Tbsp.	
Parsley, Dried	1 ½ tsp	2 Tbsp. + 2 ½ tsp	½ cup + 1 tsp	

Directions:

1. Preheat oven to 400°F.
2. Clean potatoes.
3. Dice the potatoes. Drizzle oil onto potatoes. Add pepper, paprika, onion powder and parsley. Toss in a mixing bowl to coat.
4. Place on a baking sheet and bake for about 20 minutes. Potatoes will be done when they are golden brown.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup
Ages 3-5	¼ cup
Ages 6-12	½ cup

FOOD COMPONENT

Vegetable 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe courtesy of Mr. John Dupont. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER

TAQUITOS BANDITOS

INGREDIENTS	10 Servings	50 Servings	100 Servings
Chicken Breasts, Boneless, Skinless	1 lb. + 4 oz.	6 lb. + 4 oz.	12 ½ lb.
Salsa, Homestyle, Jarred	1 ½ cups + 2 Tbsp.	7 ¼ cups	14 ½ cups
Corn (Fresh/Canned/Frozen)	1 ¾ cup	8 ¼ cups	16 ½ cups
Green Onion, <i>Chopped</i>	3 Tbsp. + 1 tsp	1 cup + ½ Tbsp.	2 cups + 1 Tbsp.
Green Bell Pepper, <i>Chopped</i>	½ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Monterey Jack Cheese, <i>Shredded</i>	½ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Black Beans, Canned	1 ¼ cup	6 ¼ cups	12 ½ cups
Black Pepper	1 Tbsp. + 2 tsp	½ cup + 1 tsp	1 cup + 2 tsp
Whole Grain Tortilla, 8"	10	50	100
Vegetable Oil	2 tsp	2 Tbsp. + 2 ½ tsp	½ cup + 1 tsp

Directions:

1. Preheat the oven to 425°F.
2. Preheat the skillet over medium-high heat until the skillet is hot. Place the chicken in the skillet. Reduce the heat to medium and cook 8 to 12 minutes. As the chicken cooks, turn it occasionally, so it browns evenly on both sides. Let chicken cool to the touch, finely chop the chicken breasts.
3. Chop vegetables (onion and pepper). In a medium bowl, combine salsa, corn, green onion, bell pepper, beans, black pepper and cheese.
4. Soften tortillas on stove top or in the microwave (about 10 seconds), spoon filling (½ cup) onto center of tortilla. Layer 2 oz. of chicken on top of mixture. Roll up tightly. Place a toothpick in the center of the tortilla to secure.
5. Place tortillas roll side down on a baking sheet, brush with oil. Bake 15 to 20 minutes or until crisp and lightly browned.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ Taquito
Ages 3-5	1 Taquito
Ages 6-12	1 Taquito

FOOD COMPONENT

- Grains 
- Meat/Meat Alternate 
- Vegetable 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

**** The palm of your hand equals 3 oz. cooked chicken ****

Recipe adapted from Network for a Healthy California. Champions for Change. California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: SNACK		SNACK ATTACK SALSA		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Black Beans, Canned	2 ½ cups	12 ½ cups	25 cups	
Salsa, Homestyle, Jarred	2 ½ cups	12 ½ cups	25 cups	
Whole Wheat Pita	5 Small (4" diameter)	25 Small (4" diameter)	50 Small (4" diameter)	
Margarine (Trans-Fat Free)	3 Tbsp. + 1 tsp	1 cup + ½ Tbsp.	2 cups + 2 Tbsp.	
Salt	1 ¼ tsp	2 Tbsp. + ¼ tsp	¼ cup + ½ tsp	

Directions:

1. Purée beans with salsa.
2. Line a baking sheet with foil and coat with cooking spray.
3. Melt margarine in a microwave-safe bowl.
4. Preheat oven to 400°F.
5. Cut each pita into eight wedges.
6. Layer the pita wedges on the baking sheet. Brush the top of each pita with melted margarine and sprinkle salt.
7. Bake for 10 to 15 minutes until crisp.

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup of dip, 4 chips
Ages 3-5	½ cup of dip, 4 chips
Ages 6-12	¾ cup of dip, 8 chips

FOOD COMPONENT

Grains



Vegetable



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

MEAL TYPE: BREAKFAST		MORNING PIZZA		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Strawberries (Fresh or Frozen)	2 ½ cups	7 ¾ lb.	15 ½ lb.	
Whole Grain English Muffins	5 Muffins	25 Muffins	50 Muffins	
Fat-Free Cream Cheese	½ cup + 2 Tbsp.	3 cups + 2 Tbsp.	6 ¼ cups	
Grapes, Seedless, <i>Sliced</i>	½ cup	3 cups + 2 Tbsp.	6 ¼ cups	
Mandarin Oranges	¾ cup	3 cups + 2 Tbsp.	6 ¼ cups	

Directions:

1. Thaw strawberries, if frozen.
2. Gently split the English Muffin in half.
OPTIONAL: Toast the English Muffin if serving immediately.
3. Spread 1 Tbsp. of fat-free cream cheese on each English Muffin half.
4. Layer ¼ cup of strawberries on top of each English Muffin half, covering the fat-free cream cheese.
5. Layer sliced grapes (4) and 2 Tbsp. of mandarin oranges on top of the strawberries.
6. Serve immediately or chill until served (if not toasted).

BREAKFAST

AGE GROUP	SERVING SIZE
Ages 1-2	½ muffin
Ages 3-5	½ muffin + ¼ cup fruit
Ages 6-12	½ muffin + ¼ cup fruit

FOOD COMPONENT

Fruit



Grains



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from What's Cooking? USDA Mixing Bowl. <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-pizza-go>. United States Department of Agriculture. Accessed June 30, 2017.

MEAL TYPE: LUNCH or SUPPER

VIBRANT VEGGIE PASTA SALAD

INGREDIENTS	10 Servings	50 Servings	100 Servings
Whole Grain Farfalle (Bowtie)	½ lb.	2 ¼ lb.	4 ½ lb.
Corn (Fresh/Canned/Frozen)	¾ cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 ¼ cups
Peas (Canned or Frozen)	½ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Red Bell Pepper, <i>Chopped</i>	½ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Carrots, <i>Grated</i>	¾ cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 ¼ cups
Olive Oil	2 Tbsp. + 2 ½ tsp	¾ cup + 2 Tbsp.	1 ¾ cup + 1 Tbsp.
Parmesan Cheese, <i>Grated</i>	½ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.

Directions:

1. Cook pasta according to package directions.
2. Drain and let cool.
3. Prep all vegetables by chopping or grating where appropriate. In a large bowl, mix pasta, corn, peas, red bell pepper and carrots.
4. Drizzle with olive oil. Toss to coat.
5. Add Parmesan cheese. Toss again.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	½ cup
Ages 6-12	1 cup

FOOD COMPONENT

Grains



Vegetable



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipes adapted from Ellie Kreiger for Food Network. <http://www.foodnetwork.com/recipes/ellie-kreiger/rainbows-and-butterflies-pasta-salad-recipes/index.html>. 2010. Updated and revised: June 30, 2017. Updated and revised: June 30, 2017.



CYCLE SHOPPING LIST

Dairy

- ___ 1% or Fat-Free Milk
- ___ Cheese Cubes
- ___ Cheese Slices
- ___ Fat-Free Cream Cheese
- ___ Margarine (Trans-Fat Free)
- ___ Monterey Jack Cheese, Shredded
- ___ Mozzarella Cheese (Part Skim), Shredded
- ___ Parmesan Cheese, Grated
- ___ String Cheese
- ___ Vanilla Yogurt, Non-Fat
- ___ Whole Milk (if applicable)

Produce (Fruits and Vegetables)

- ___ Apples
- ___ Applesauce, Unsweetened
- ___ Black Beans (Canned)
- ___ Blueberries (Fresh or Frozen)
- ___ Broccoli Florets (Fresh or Frozen)
- ___ Cantaloupe
- ___ Carrots (Regular and Baby)
- ___ Celery
- ___ Corn (Fresh/Canned/Frozen)
- ___ Cucumber
- ___ Dried Cranberries
- ___ Golden Raisins
- ___ Grapes, Seedless
- ___ Green Beans (Fresh/Canned/Frozen)
- ___ Green Bell Peppers
- ___ Green Onions
- ___ Honeydew
- ___ Mandarin Oranges (Canned)
- ___ Mixed Fruit (Canned)
- ___ Onions

- ___ Peaches (Fresh/Canned/Frozen)
- ___ Peas (Canned or Frozen)
- ___ Potatoes (Russet, Red, Yellow)
- ___ Red Bell Pepper
- ___ Squash
- ___ Strawberries (Fresh or Frozen)
- ___ Sweet Potatoes
- ___ Watermelon

Meat

- ___ Chicken Breasts, Boneless, Skinless
- ___ Eggs
- ___ Ground Turkey
- ___ Ham
- ___ Tilapia
- ___ Unbreaded Fish Fillets (Salmon, Cod, Tilapia)
- ___ Whole Turkey Breast

Grains & Breads

- ___ Brown Rice
- ___ Cold Cereal
- ___ Corn Flakes
- ___ Graham Crackers
- ___ Multi-Grain Cheerios®
- ___ Old-Fashioned Rolled Oats
- ___ Whole Grain Bread
- ___ Whole Grain Crackers
- ___ Whole Grain Dinner Rolls
- ___ Whole Grain English Muffins
- ___ Whole Grain Rice Cakes
- ___ Whole Grain Pasta (Spaghetti, Farfalle[Bowtie])
- ___ Whole Grain Tortilla Chips
- ___ Whole Grain Tortillas, 8"
- ___ Whole Grain Waffles
- ___ Whole Wheat Pitas

Other

- ___ All-Purpose Flour
- ___ Almond Butter or Sunflower Seed Butter*
- ___ Ground Black Pepper
- ___ Ground Cinnamon
- ___ Honey
- ___ Light Brown Sugar
- ___ Olive Oil
- ___ Onion Powder
- ___ Oregano, Dried
- ___ Panko Bread Crumbs
- ___ Paprika
- ___ Parsley, Dried
- ___ Peanut Butter*
- ___ Salsa, Homestyle, Jarred
- ___ Salt
- ___ Spaghetti Sauce
- ___ Sunflower Seeds
- ___ Vanilla Extract
- ___ Vegetable Oil

Food for Thought

1. Purchase canned fruits that are stored in 100% Juice
2. Purchase canned vegetables that are Low-Sodium
3. Purchase Low-Fat or Fat-Free items where possible (e.g. cheeses, salad dressings, etc.)

*Choose nut or other butter that works for your home or center.

4 CYCLE

MONDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Kiwi	Peaches	<i>Tootie Fruity Salad</i>
Vegetables		Corn	
Grains	Cold Cereal	Quinoa	Graham Crackers
Meat/Meat Alternate		Baked Whole Turkey Breast	

TUESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	<i>Strawberry Fields French Toast</i>	Grapes	Apple Slices
Vegetables		Squash	Sliced Cucumber
Grains	<i>Strawberry Fields French Toast</i>	Whole Grain Pasta	
Meat/Meat Alternate		Unbreaded Fish Fillets	

WEDNESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Peaches	Pears	Cantaloupe
Vegetables		<i>Mexican Pizza</i>	
Grains	Cold Cereal	<i>Mexican Pizza</i>	
Meat/Meat Alternate		<i>Mexican Pizza</i>	Non-Fat Yogurt

THURSDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Strawberries	Pineapple Chunks	Baby Carrots
Vegetables		<i>Spud Salad</i>	Whole Grain Crackers
Grains		Whole Grain Dinner Roll	
Meat/Meat Alternate	Non-Fat Yogurt	Grilled Chicken Breasts	

FRIDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Blueberries	Mixed Fruit	Grapes
Vegetables		<i>Western Quinoa</i>	
Grains	Cold Cereal	<i>Western Quinoa</i>	
Meat/Meat Alternate		<i>Western Quinoa</i>	Cheese Cubes

4
CYCLE

MONDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Orange Slices	Grapes	Pineapple Chunks
Vegetables		<i>Soup for You!</i>	
Grains	Cold Cereal	Whole Grain Dinner Roll	Graham Crackers
Meat/Meat Alternate		Baked Whole Turkey Breast	

TUESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Strawberries	Peaches	Orange Slices
Vegetables		<i>Farm Fresh Salad</i>	
Grains	Whole Grain Pancakes	Whole Grain Crackers	Graham Crackers
Meat/Meat Alternate		Grilled Chicken Breasts	

WEDNESDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Honeydew	Apple Slices	<i>Sweet Salsa</i>
Vegetables		Spinach	
Grains	Cold Cereal	Grilled Cheese on Whole Grain Bread	<i>Sweet Salsa</i>
Meat/Meat Alternate		Grilled Cheese on Whole Grain Bread	

THURSDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	<i>Sunrise Smoothie</i>	Cantaloupe	
Vegetables		Zucchini	Raw Broccoli Florets
Grains	<i>Sunrise Smoothie</i>	Brown Rice	Whole Grain Crackers
Meat/Meat Alternate		Unbreaded Fish Fillets	

FRIDAY	BREAKFAST	LUNCH	SNACK
Milk	1% or Fat-Free	1% or Fat-Free	
Fruits	Kiwi	Mango	
Vegetables		Peas	
Grains	Cold Cereal	Whole Grain Dinner Roll	Apple Slices
Meat/Meat Alternate		<i>Not Mom's Meatloaf</i>	String Cheese

MEAL TYPE: BREAKFAST/LUNCH or SUPPER/SNACK		TOOTIE FRUITY SALAD		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Peaches (Fresh/Canned/Frozen), <i>Sliced</i>	1 ¼ cups	6 ¼ cups	12 ½ cups	
Pineapple Chunks (Fresh/Canned/Frozen)	1 ¾ cups + 2 Tbsp.	9 ¼ cups	18 ½ cups	
Grapes, Seedless, <i>Sliced</i>	1 ¼ cups	6 ¼ cups	12 ½ cups	
Bananas, <i>Sliced</i>	2 ½ Medium	12 ½ Medium	25 Medium	

Directions:

1. Drain canned peaches and pineapple or thaw if frozen. Mix together in a large bowl and refrigerate.
2. Before serving, slice bananas and grapes and place on top of salad.

BREAKFAST


AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup
Ages 3-5	½ cup
Ages 6-12	½ cup

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup
Ages 3-5	¼ cup
Ages 6-12	¼ cup

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	½ cup
Ages 6-12	¾ cup

FOOD COMPONENT
Fruit 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Stenberg, M., Bark, K., & Peppers, B. *Making it Balance and Kicking' It Up: A Cycle Menu for Montana Child Care*. Vol. 3; 2005. www.childcare.mt.gov. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: BREAKFAST		STRAWBERRY FIELDS FRENCH TOAST		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Whole Grain Bread, <i>Cubed</i>	10 Regular Slices	50 Regular Slices	100 Regular Slices	
Eggs	2 Large	10 Large	20 Large	
Milk, 1% (Low-Fat)	1 ½ cups + 1 ½ Tbsp.	7 cups + 2 Tbsp.	3 qt + 2 ¼ cups	
Margarine (Trans-Fat Free)	1 Tbsp. + 1 ¼ tsp	½ cup + 2 Tbsp.	¾ cup + 2 Tbsp.	
Strawberries (Fresh or Frozen), <i>Sliced</i>	3 ½ lb.	17 ½ lb.	35 lb.	
Vanilla Yogurt, Non-Fat	2 ¾ cups + 1 ½ Tbsp.	14 ¼ cups	28 ½ cups	

Directions:

1. Cube whole grain bread. Arrange cubed bread on bottom of a lightly greased 9" x 13" pan.
2. Whisk together eggs, milk and margarine. Pour mixture evenly over bread cubes.
3. Cover with foil and refrigerate overnight.
4. Preheat the oven to 350°F. Bake covered for 30 minutes.
5. Thaw strawberries and warm in a saucepan (if frozen).
6. Top each serving with ½ cup of strawberries and ¼ cup of non-fat vanilla yogurt.

BREAKFAST

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup casserole, ¼ cup strawberries
Ages 3-5	½ cup casserole
Ages 6-12	½ cup casserole

FOOD COMPONENT	
Grains	✓
Fruit	✓

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Mrs. Marlette's Colorful World Daycare. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		MEXICAN PIZZA		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Whole Grain English Muffins	5 Muffins	25 Muffins	50 Muffins	
Spaghetti Sauce	2 ½ cups	12 ½ cups	25 cups	
Chicken Breasts, Boneless, Skinless	1 lb.	5 lb.	10 lb.	
Green Bell Pepper, <i>Chopped</i>	¾ cup	4 cups	8 cups	
Red Bell Pepper, <i>Chopped</i>	¾ cup	4 cups	8 cups	
Monterey Jack Cheese, <i>Shredded</i>	1 ¼ cups	6 ¼ cups	12 ½ cups	
Taco Seasoning	2 Tbsp.	½ cup	1 cup	
Black Beans, Canned	1 ¼ cups	6 ¼ cups	12 ½ cups	

Directions:

1. Preheat oven to 400°F.
2. Split English Muffins and toast lightly (optional).
3. Wash and chop peppers. In a skillet, roast red and green bell peppers for 5 to 10 minutes, adding half of taco seasoning to peppers. Add drained black beans to mixture. Set aside.
4. Season both sides of the chicken breasts with remaining taco seasoning. If your skillet is non-stick, lightly coat it with non-stick cooking spray.
5. Using a second skillet, preheat the skillet over medium-high heat until the skillet is hot. Reduce the heat to medium and cook 8 to 12 minutes. As the chicken cooks, turn it occasionally, so it browns evenly on both sides. If the chicken browns too quickly, reduce the heat to medium-low.
6. Cut chicken into strips/pieces and set aside.
7. Place English Muffins halves on a baking sheet. Spoon and spread sauce over each muffin half (about ¼ cup). Top with bell pepper mixture (4 Tbsp.) and then chicken strips. Add shredded cheese (2 Tbsp.).
8. Bake for 10 minutes or until the cheese has melted.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ Muffin, 1 oz. chicken
Ages 3-5	½ Muffin, 1 ½ oz. chicken
Ages 6-12	1 Muffin, 2 oz. chicken

FOOD COMPONENT

- Grains 
- Meat/Meat Alternate 
- Vegetable 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

** The palm of your hand equals 3 oz. cooked chicken **

MEAL TYPE: LUNCH or SUPPER		SPUD SALAD		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Lemon Juice	2 ½ Tbsp.	¾ cup + ½ Tbsp.	1 ½ cups + 1 Tbsp.	
Olive Oil	2 ½ tsp	¼ cup + ½ tsp	½ cup + 1 tsp	
Dijon Mustard	1 ¼ tsp	2 Tbsp. + ¼ tsp	¼ cup + ½ tsp	
Vinegar (White/Red Wine)	1 ¼ tsp	2 Tbsp. + ¼ tsp	¼ cup + ½ tsp	
Thyme, <i>Dried</i>	¼ tsp	1 tsp	2 tsp	
Potatoes (Red, Russet, Yellow), <i>Diced</i>	1 ¼ cups	6 ¼ cups	12 ¾ cups	
Broccoli Florets (Fresh or Frozen)	½ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.	
Peas (Canned or Frozen)	½ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.	
Red Bell Pepper, <i>Chopped</i>	1 Tbsp. + 2 tsp	½ cup + 1 tsp	1 cup + ½ Tbsp.	
Celery, <i>Chopped</i>	1 Tbsp. + 2 tsp	½ cup + 1 tsp	1 cup + ½ Tbsp.	
Corn (Fresh/Canned/Frozen)	3 Tbsp. + 1 tsp	1 cup + ½ Tbsp.	2 cups + 2 Tbsp.	


Directions:

1. Combine lemon juice, oil, mustard, vinegar and thyme; whisk together. Store in refrigerator until ready for use.
2. Prep all vegetables by dicing or chopping where appropriate. Place diced potatoes in a pot and cover with water. On high heat, bring potatoes to a boil, simmer for 15 minutes or until potatoes are easily pierced. Drain.
3. Combine potatoes, peas, broccoli, peppers, celery and corn in a large mixing bowl.
4. Mix dressing, pour over vegetables and mix gently.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup
Ages 3-5	¼ cup
Ages 6-12	½ cup

FOOD COMPONENT

Vegetable 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Thomas, R., Khoiuri, 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. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		WESTERN QUINOA		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Quinoa	2 ½ cups	12 ½ cups	25 cups	
Chicken Stock (Low-Sodium)	5 cups	1 ½ gal + 1 cup	3 gal + 2 cups	
Ground Turkey	1 lb.	5 lb.	10 lb.	
Vinegar (White/Red Wine)	1 Tbsp. + 2 tsp	½ cup + ½ tsp	1 cup + ½ Tbsp.	
Olive Oil	3 Tbsp. + 1 tsp	1 cup + ½ Tbsp.	2 cups + 1 Tbsp.	
Black Beans, Canned	¾ cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 ¼ cups	
Corn (Fresh/Canned/Frozen)	¾ cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 ¼ cups	
Cherry Tomatoes, Sliced	¾ cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 ¼ cups	
Onion, Chopped	3 Tbsp. + 1 tsp	1 cup + ½ Tbsp.	2 cups + 1 Tbsp.	

Directions:

1. Combine chicken stock and quinoa in a pot and bring to a boil. Cover and let simmer, about 15 minutes until quinoa is tender.
2. In a skillet, over medium-high heat, brown the ground turkey. Remove from heat and set aside.
3. Whisk together oil and vinegar. Pour over cooked quinoa.
4. Chop onion. Add beans, corn, tomatoes, onion and ground turkey to quinoa. Stir and serve.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	1 cup
Ages 3-5	1 cup
Ages 6-12	1 ½ cups

FOOD COMPONENT

- Grains** ✓
Contributes only 1/3 cup for ages 6-12)
- Meat/Meat Alternate** ✓
- Vegetable** ✓
Contributes only 1/3 cup for ages 6-12)

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Nick Jr. Website. <http://www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.jhtml>. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER

SOUP FOR YOU!

INGREDIENTS	10 Servings	50 Servings	100 Servings
Margarine (Trans-Fat Free)	2 ½ tsp	¼ cup + ½ tsp	½ cup + 1 tsp
Onion, <i>Chopped</i>	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Corn (Fresh/Canned/Frozen)	1 ¾ cups	8 ¼ cups	6 lb.
Chicken Stock (Low-Sodium)	3 ½ cups	1 gal + ¾ cup	2 gal + 1 ¼ cup
Potatoes (Red, Russet, Yellow), <i>Diced</i>	1 ¾ cups	8 ¼ cups	5 ½ lb.
Milk, 1% (Low-Fat)	¾ cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 ½ cups
All-Purpose Flour	3 Tbsp. + 1 tsp	1 cup + ½ Tbsp.	2 cups + 1 Tbsp.

Directions:

1. Melt margarine in a large soup pot.
2. Prep all vegetables by chopping or dicing as directed. Add onions. Cover and let cook over low heat for 10 minutes, stirring occasionally.
3. Add stock, corn and potatoes. Bring to a low boil.
4. Lower the heat and cover. Let simmer for about 10 minutes.
5. In a small bowl, whisk milk and flour together. Add to the soup to thicken, stir.
6. Bring soup back to a boil, reduce the heat and let simmer for another 10 minutes.

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	1 ½ cups

FOOD COMPONENT

Vegetable



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from *Disney Family Fun Magazine Website*. <http://familyfun.go.com/recipes>. 2010. Updated and revised: June 30, 2017


MEAL TYPE: LUNCH or SUPPER/SNACK		FARM FRESH SALAD		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Broccoli, Florets, (Fresh or Frozen)	1 ¼ cups	6 ¼ cups	12 ½ cups	
Carrots, <i>Chopped</i>	1 cup	5 cups	10 cups	
Cauliflower, Florets (Fresh or Frozen)	1 ¼ cups	6 ¼ cups	12 ½ cups	
Peas (Canned or Frozen)	¾ cup	4 cups	8 cups	
Cucumber, <i>Sliced</i>	¾ cup	4 cups	8 cups	
Italian Dressing (Low-Fat/Fat-Free)	3 Tbsp. + 1 tsp	1 cup	2 cups	

Directions:

1. Steam broccoli, carrots, cauliflower and peas by filling a large pot with 1 inch of water and vegetables. Bring water to boil, cover and reduce heat to simmer. Steam about 10 minutes until vegetables are cooked and still slightly crisp. Drain any excess water. If using frozen vegetables add about 5 minutes more to steaming process.
2. In a large bowl, mix together steamed vegetables with Italian dressing.
3. Top by adding cucumber slices.


LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup
Ages 3-5	¼ cup
Ages 6-12	½ cup

FOOD COMPONENT
Vegetable 

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	½ cup
Ages 6-12	¾ cup

FOOD COMPONENT
Vegetable 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Kohl, M. Potter, J. *Cooking Art: Easy Edible Art for Young Children*. Beltsville (MD): Gryphon House; 1997. Updated and revised: June 30, 2017.

MEAL TYPE: SNACK		SWEET SALSA		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Peaches (Fresh/Canned/Frozen), <i>Sliced</i>	1 ¾ cups	8 ¾ cups	16 ½ cups	
Mango (Fresh or Frozen), <i>Diced</i>	¾ cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 ¾ cups	
Strawberries (Fresh or Frozen), <i>Sliced</i>	2 ½ cups	12 ½ cups	25 cups	
Honey	1 ¼ tsp	2 Tbsp. + ¼ tsp	¼ cup + ½ tsp	
Whole Wheat Pita	5 Small (4" diameter)	25 Small (4" diameter)	50 Small (4" diameter)	
Ground Cinnamon	1 ¼ tsp	2 Tbsp. + ¼ tsp	¼ cup + ½ tsp	
Sugar	1 Tbsp. + ¾ tsp	½ cup + 1 Tbsp.	¾ cup + ½ Tbsp.	
Margarine (Trans-Fat Free)	3 Tbsp. + 1 tsp	1 cup + ½ Tbsp.	2 cups + 1 Tbsp.	

Directions:

1. Wash, peel and dice mangoes.
2. Wash and dice peaches, peeling is optional.
3. Wash and dice strawberries.
4. Mix all fruit together in medium bowl. Drizzle honey on top. Mix until honey is evenly distributed.
5. Preheat oven to 400°F.
6. Line a baking sheet with foil and coat with cooking spray.
7. Cut each pita into eight wedges.
8. Melt margarine in a microwave-safe bowl. Combine sugar and cinnamon into a small bowl.
9. Layer the pita wedges on the baking sheet. Brush the top of each pita with melted margarine and sprinkle sugar/cinnamon mixture.
10. Bake for 10 to 15 minutes until crisp.

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup, 4 chips
Ages 3-5	½ cup, 4 chips
Ages 6-12	¾ cup, 8 chips

FOOD COMPONENT

Grains



Fruit



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Nickjr. Website. <http://www.nickjr.com/recipes/all-shows/healthy-recipes/all-ages/index.jhtml>. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: BREAKFAST / SNACK		SUNRISE SMOOTHIE		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Pineapple Chunks (Fresh/Canned/Frozen)	2 ½ cups	12 ½ cups	25 cups	
Carrots, Shredded	1 ¾ cups	8 ¾ cups	16 ½ cups	
Bananas	4 ¼ Medium	21 Medium	42 Medium	
Vanilla Yogurt, Non-Fat	2 ½ cups	12 ½ cups	25 cups	

Directions:

1. Shred carrots. Place carrots and pineapple with in a blender some reserved juice and blend a few seconds until smooth.
2. Add bananas and yogurt and continue to blend until smooth.

BREAKFAST

AGE GROUP	SERVING SIZE
Ages 1-2	¼ cup
Ages 3-5	½ cup
Ages 6-12	½ cup

FOOD COMPONENT

Grains* 
 Fruit 

* Meat and Meat Alternate used to meet grains requirement.

SNACK

AGE GROUP	SERVING SIZE
Ages 1-2	½ cup
Ages 3-5	½ cup
Ages 6-12	¾ cup

FOOD COMPONENT

Meat/Meat Alternate 
 Fruit 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

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. 2010. Updated and revised: June 30, 2017.

MEAL TYPE: LUNCH or SUPPER		NOT MOM'S MEATLOAF		
INGREDIENTS	10 Servings	50 Servings	100 Servings	
Ketchup	1/3 cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.	
Light Brown Sugar	1 Tbsp. + 2 tsp	1/2 cup + 1 tsp	1 cup + 1/2 Tbsp.	
Dijon Mustard	1 tsp	1 Tbsp. + 1 tsp	2 Tbsp. + 2 1/2 tsp	
Garlic Powder	1 tsp	1 Tbsp. + 1 tsp	2 Tbsp. + 2 1/2 tsp	
Eggs	1 Large	5 Large	10 Large	
Milk, 1% (Low-Fat)	2 1/2 tsp	1/4 cup + 1/2 tsp	1/2 cup + 1 tsp	
Black Pepper	1/4 tsp	1 tsp	2 tsp	
Black Beans, Canned	1/3 cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.	
Ground Turkey	1 lb.	4 3/4 lb.	9 1/2 lb.	
Panko Bread Crumbs	1 1/4 cups	6 1/4 cups	12 1/2 cups	

Directions:

1. Preheat oven to 350°F.
2. In a mixing 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 mixing bowl, add garlic powder, egg, milk, beans (drained), ground turkey and black pepper. Mix well.
5. Stir in panko bread crumbs. Let stand for 5 to 10 minutes.
6. Shape into loaf pans (7 3/8" x 3 5/8" x 2"). If you don't have loaf pans, shape into a loaf and place on a rimmed baking sheet.
7. Bake for 1 hour and 5 minutes.
8. Brush on reserved sauce mixture and bake for an additional 15 minutes. Let rest 10 minutes.
9. Slice into 1 oz. portions (loaf pan should provide 24 1 oz. slices)

LUNCH or SUPPER

AGE GROUP	SERVING SIZE
Ages 1-2	(1) 1 oz. slice
Ages 3-5	(1 1/2) 1 oz. slice
Ages 6-12	(2) 1 oz. slice

FOOD COMPONENT
Meat/Meat Alternate 

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted All Recipes. <http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx>. 2010. Updated and revised: June 30, 2017.



CYCLE SHOPPING LIST

Dairy

- 1% or Fat-Free Milk
- Cheese Cubes
- Cheese Slices
- Margarine (Trans-Fat Free)
- Monterey Jack Cheese, Shredded
- String Cheese
- Vanilla Yogurt, Non-Fat
- Whole Milk (if applicable)

Produce (Fruits and Vegetables)

- Apples
- Bananas
- Black Beans (Canned)
- Blueberries (Fresh or Frozen)
- Broccoli Florets (Fresh or Frozen)
- Cantaloupe
- Carrots (Regular and Baby)
- Cauliflower (Fresh or Frozen)
- Celery
- Cherry Tomatoes
- Corn (Fresh/Canned/Frozen)
- Cucumber
- Dried Cranberries
- Grapes, Seedless
- Green Beans (Canned)
- Green Bell Peppers
- Honeydew
- Kiwi
- Mango (Fresh or Frozen)
- Mixed Fruit (Canned)
- Onions
- Oranges

- Peaches (Fresh/Canned/Frozen)
- Peas (Canned or Frozen)
- Pears (Fresh or Canned)
- Pineapple Chunks (Fresh or Canned)
- Potatoes (Russet, Red, Yellow)
- Red Bell Pepper
- Spinach
- Squash
- Strawberries (Fresh or Frozen)
- Zucchini

Meat

- Chicken Breasts, Boneless, Skinless
- Eggs
- Ground Turkey
- Unbreaded Fish Fillets (Salmon, Cod, Tilapia)
- Whole Turkey Breast

Grains & Breads

- Brown Rice
- Cold Cereal
- Graham Crackers
- Quinoa
- Whole Grain Bread
- Whole Grain Crackers
- Whole Grain Dinner Rolls
- Whole Grain English Muffins
- Whole Grain Rice Cakes
- Whole Grain Pancakes
- Whole Grain Pasta
- Whole Grain Waffles
- Whole Wheat Pitas

Other

- All-Purpose Flour
- Chicken Stock (Low-Sodium)
- Dijon Mustard
- Garlic Powder
- Ground Black Pepper
- Ground Cinnamon
- Honey
- Italian Dressing
- Ketchup
- Lemon Juice
- Light Brown Sugar
- Olive Oil
- Panko Bread Crumbs
- Spaghetti Sauce
- Sugar
- Taco Seasoning
- Thyme, Dried
- Vinegar (White/Red Wine)

Food for Thought

1. Purchase canned fruits that are stored in 100% Juice
2. Purchase canned vegetables that are Low-Sodium
3. Purchase Low-Fat or Fat-Free items where possible (e.g. cheeses, salad dressings, etc.)

Recipe Index

Apple Jacked Pancakes	49
Around the World Wrap	37
Banana Splitz	38
Berry Bonanza	31
Berry Jams	36
Big Tuna Melt	48
Catch N Release	56
Cheesy Chicken Pasta	46
Comfort Stew	50
Cowpoke Chili	35
Farm Fresh Salad	75
Faux Fries	58
From The Garden Salad	33
Garden Pita	30
Golden Rays	57
Grandma's Chicken Soup	52
Hungry Hummus	51
Mexican Pizza	71
Morning Pizza	64
Nature's Trail Mix Bars	60
Nom Nom Nuggets	32
Not Mom's Meatloaf	78
Parfait Perfection	47
Pizza My Heart	34
Poppin' Potatoes	61
Sloppy Joeys	43
Snack Attack Salsa	63
Soup For You!	74
Spud Salad	72
Strawberry Fields French Toast	70
Sunrise Smoothie	77
Super Spud	45
SuperHero Smoothie	44
Sweet Salsa	76
Taquitos Banditos	62
Thanksgiving Burgers	39
Tootie Fruity Salad	69
Use Your Noodle Bake	59
Vibrant Veggie Pasta Salad	65
Western Quinoa	73

DEVELOPED BY:

