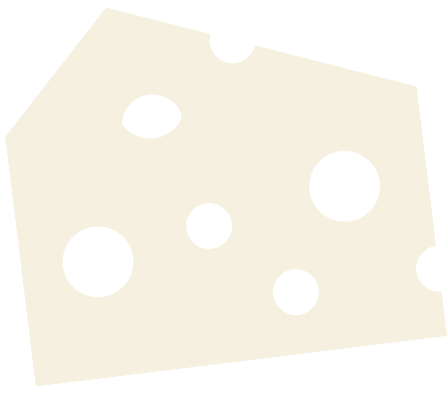




Cooking Up Healthy Habits:  
A Guide to CACFP Meals



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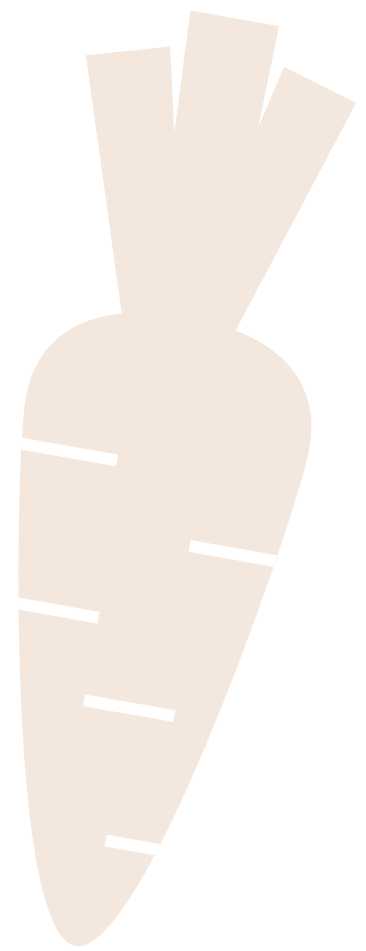
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# Introduction

This book is adapted from the *First Years in the First State: Improving Nutrition and Physical Activity in Delaware Child Care*, 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 meal pattern in your child care home or center.

Materials include:

- The CACFP meal pattern for infants and children
- 4, 2-week cycles of CACFP-reimbursable recipes
- Shopping lists

## DEFINITIONS: NUTRITION

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

**Basic Food Groups** — In the CACFP meal pattern, the basic food groups are grains and breads; milk; meats and meat alternates; fruits, and vegetables.

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

**Ounce Equivalent** — Beginning October 2019, ounce equivalents will be used to determine the quantity of credible grains.

**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.

**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 the CACFP, serving sizes are listed on the meal pattern.

**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. To determine if a food is whole grain, look at the ingredients list. The first ingredient must be “whole wheat”, “whole corn”, “oats” or other whole grain.



# CACFP Infant Meal Pattern

The CACFP infant meal pattern age groups encourage delaying the introduction of solid food until the infant is 6 months. However, the age when solid foods are introduced will depend on the infant. Infants develop at different rates - some infants are ready to consume solid foods before 6 months of age and others are ready after 6 months of age.

Food amounts listed in the meal pattern begin with zero (0) because USDA recognizes that not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Once an infant is developmentally ready to eat solid foods, including infants younger than 6 months, programs are required to offer them to the infant.

## Breakfast, Lunch, or Supper

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	6-8 fluid ounces breastmilk <sup>1</sup> , iron fortified infant formula, or portions of both; AND One or more items from the following <sup>2</sup> : 0-4 tablespoons iron fortified infant cereal; OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas; OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt <sup>3</sup> AND 0-2 tablespoons vegetable, fruit, or a combination of both (no juice)

## Snack

Birth through five months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both; AND One or more items from the following <sup>4</sup> : 0-1/2 slice bread; OR 0-2 crackers; OR 0-4 tablespoons iron fortified infant cereal or ready-to-eat breakfast cereal <sup>5</sup> AND 0-2 tablespoons vegetable, fruit, or a combination of both (no juice)

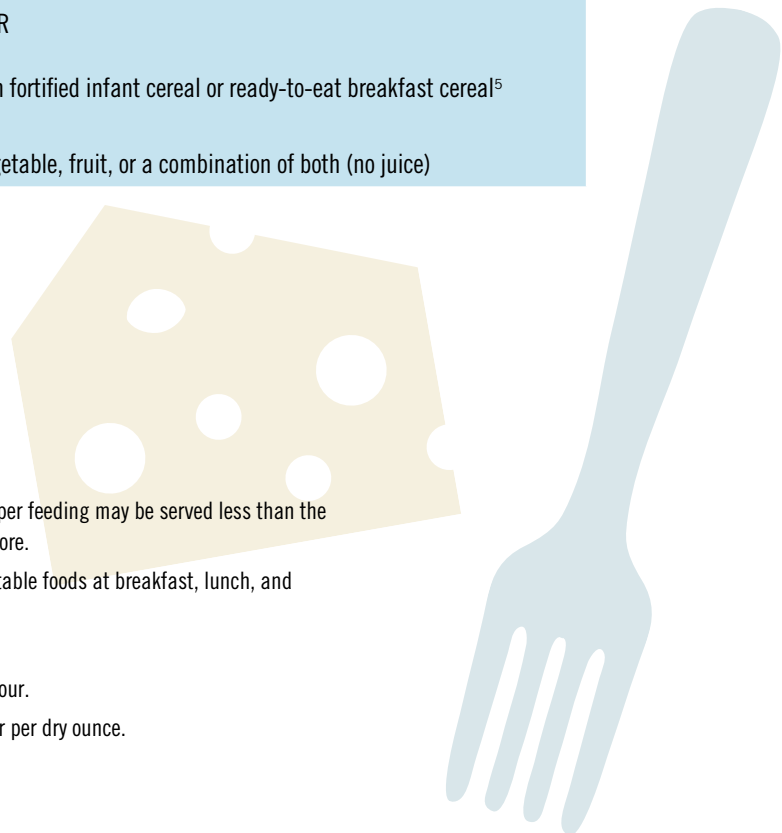
<sup>1</sup>Breastfed infants who consume less than the minimum amount of breastmilk per feeding may be served less than the minimum with additional breastmilk offered later if the infant will consume more.

<sup>2</sup>Grain items (i.e. bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC.

<sup>3</sup>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>4</sup>Grains served at snack must be whole grain-rich, enriched meal, or enriched flour.

<sup>5</sup>Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce.



# CACFP Child Meal Pattern

## Breakfast

Must serve milk, vegetable or fruit, and either a grain or meat/meat alternate.

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup>
<b>Fluid milk</b> Age 1: Unflavored whole milk Ages 2-5: Unflavored 1% or skim milk Ages 6-18: Unflavored 1% or skim, or flavored skim or 1% milk	1/2 cup (4 oz)	3/4 cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
<b>Vegetables or fruits</b> (or portions of both) Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day	1/4 cup	1/2 cup	1/2 cup	1/2 cup
<b>Grains</b> Must be whole-grain rich, enriched, or fortified At least one serving per day must be whole grain-rich Grain-based desserts are not creditable (Refer to the <a href="#">CACFP Grains Chart</a> ) Cereals must contain no more than 6 grams of sugar per dry ounce				
Bread	1/2 slice	1/2 slice	1 slice	1 slice
Bread products such as biscuits, rolls, or muffins (Refer to the <a href="#">CACFP Grains Chart</a> )	1/2 serving	1/2 serving	1 serving	1 serving
Cooked breakfast cereal, cereal grain, rice or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Ready-to-eat breakfast cereal (dry, cold)	1/4 cup	1/3 cup	3/4 cup	3/4 cup
<b>Meat or meat alternates</b> Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week				
Lean meat, poultry, or fish	1/2 oz	1/2 oz	1 oz	1 oz
Cheese (natural process; soft and hard)	1/2 oz (1/8 cup shredded)	1/2 oz (1/8 cup shredded)	1 oz (1/4 cup shredded)	1 oz (1/4 cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	1 oz (1/8 cup)	1 oz (1/8 cup)	2 oz (1/4 cup)	2 oz (1/4 cup)
Large egg	1/4 egg	1/4 egg	1/2 egg	1/2 egg
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup	1/4 cup
Yogurt <sup>2</sup> (regular and soy)	1/4 cup (2 oz)	1/4 cup (2 oz)	1/2 cup (4 oz)	1/2 cup (4 oz)
Peanut butter, soy nut butter, or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts, or seeds	1/2 oz	1/2 oz	1 oz	1 oz
Tofu <sup>3</sup> (commercially prepared)	1/8 cup (1.1 oz)	1/8 cup (1.1 oz)	1/4 cup (2.2 oz)	1/4 cup (2.2oz)
Soy products or alternate protein products <sup>4</sup>	1/2 oz	1/2 oz	1 oz	1 oz

<sup>1</sup>At-risk afterschool programs and emergency shelters

<sup>2</sup>Must contain no more than 23 grams of total sugars per 6 ounces

<sup>3</sup>2.2 oz (1/4 cup) must contain at least 5 grams of protein

<sup>4</sup>Must meet the requirements in Appendix A to Part 226

## Lunch and Supper

All five components required for a reimbursable meal.

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup>
<b>Fluid milk</b> Age 1: Unflavored whole milk Ages 2-5: Unflavored 1% or skim milk Ages 6-18: Unflavored 1% or skim, or flavored skim or 1% milk	1/2 cup (4 oz)	3/4 cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
<b>Meat or meat alternates</b>				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Cheese (natural process; soft and hard)	1 oz (¼ cup shredded)	1½ oz (¾ cup shredded)	2 oz (½ cup shredded)	2 oz (½ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	2 oz (¼ cup)	3 oz (¾ cup)	4 oz (½ cup)	4 oz (½ cup)
Large egg	½ egg	¾ egg	1 egg	1 egg
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Yogurt <sup>2</sup> (regular and soy)	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
Peanut butter, soy nut butter, or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
Peanuts, soy nuts, tree nuts, or seeds <sup>3,4</sup>	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
Tofu <sup>5</sup> (commercially prepared)	¼ cup (2.2 oz)	¾ cup (3.3 oz)	½ cup (4.4 oz)	½ cup (4.4oz)
Soy products or alternate protein products <sup>6</sup>	1 oz	1½ oz	2 oz	2 oz
<b>Vegetables</b> May replace fruit, but must offer two different vegetables Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day	1/8 cup	¼ cup	½ cup	½ cup
<b>Fruits</b> Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day	1/8 cup	¼ cup	¼ cup	¼ cup
<b>Grains</b> Must be whole-grain rich, enriched, or fortified At least one serving per day must be whole grain-rich Grain-based desserts are not creditable (Refer to the <a href="#">CACFP Grains Chart</a> ) Cereals must contain no more than 6 grams of sugar per dry ounce				
Bread	½ slice	½ slice	1 slice	1 slice
Bread products such as biscuits, rolls, or muffins (Refer to the <a href="#">CACFP Grains Chart</a> )	½ serving	½ serving	1 serving	1 serving
Rice, pasta, grains, or cooked cereals	¼ cup	¼ cup	½ cup	½ cup

<sup>1</sup>At-risk afterschool programs and emergency shelters

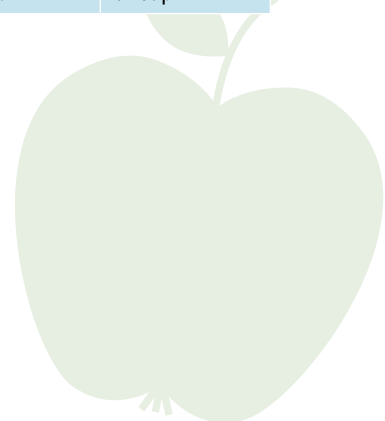
<sup>2</sup>Must contain no more than 23 grams of total sugars per 6 ounces

<sup>3</sup>May be used to meet no more than ½ the M/MA serving size

<sup>4</sup>Must be combined with another M/MA to meet the full minimum serving size

<sup>5</sup>2.2 oz (¼ cup) must contain at least 5 grams of protein

<sup>6</sup>Must meet the requirements in Appendix A to Part 226



## Snack

Must serve two of the five components. Only one of the two components may be a beverage.

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup>
<b>Fluid milk</b> Age 1: Unflavored whole milk Ages 2-5: Unflavored 1% or skim milk Ages 6-18: Unflavored 1% or skim, or flavored skim milk	½ cup (4 oz)	½ cup (4 oz)	1 cup (8 oz)	1 cup (8 oz)
<b>Meat or meat alternates</b>				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Cheese (natural process; soft and hard)	½ oz (⅛ cup shredded)	½ oz (⅛ cup shredded)	1 oz (¼ cup shredded)	1 oz (¼ cup shredded)
Cottage cheese, ricotta cheese, cheese spread, cheese food	1 oz (⅛ cup)	1 oz (⅛ cup)	2 oz (¼ cup)	2 oz (¼ cup)
Large egg	½ egg	½ egg	½ egg	½ egg
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Yogurt <sup>2</sup> (regular and soy)	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)	½ cup (4 oz)
Peanut butter, soy nut butter, or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts, or seeds	½ oz	½ oz	1 oz	1 oz
Tofu <sup>3</sup> (commercially prepared)	⅛ cup (1.1 oz)	⅛ cup (1.1 oz)	¼ cup (2.2 oz)	¼ cup (2.2oz)
Soy products or alternate protein products <sup>4</sup>	½ oz	½ oz	1 oz	1 oz
<b>Vegetables</b> Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day	½ cup	½ cup	¾ cup	¾ cup
<b>Fruits</b> Full-strength juice may only be used to meet the fruit or vegetable requirement at one meal or snack per day	½ cup	½ cup	¾ cup	¾ cup
<b>Grains</b> Must be whole-grain rich, enriched, or fortified At least one serving per day must be whole grain-rich Grain-based desserts are not creditable (Refer to the <a href="#">CACFP Grains Chart</a> ) Cereals must contain no more than 6 grams of sugar per dry ounce				
Bread	½ slice	½ slice	1 slice	1 slice
Bread products such as biscuits, rolls, crackers, or muffins (Refer to the <a href="#">CACFP Grains Chart</a> )	½ serving	½ serving	1 serving	1 serving
Cooked breakfast cereal, cereal grain, rice, or pasta	¼ cup	¼ cup	½ cup	½ cup
Ready-to-eat breakfast cereal (dry, cold)	¼ cup	⅓ cup	¾ cup	¾ cup

<sup>1</sup>At-risk afterschool programs and emergency shelters

<sup>2</sup>Must contain no more than 23 grams of total sugars per 6 ounces

<sup>3</sup>2.2 oz (¼ cup) must contain at least 5 grams of protein

<sup>4</sup>Must meet the requirements in Appendix A to Part 226



# Farm to CACFP

Buying local can help meet meal pattern requirements, while also supporting the Wisconsin economy, providing fresh from the farm produce, and allowing children to learn more about how their food gets to the table. The CACFP funds can be used to purchase local produce and garden supplies as long as receipts are maintained.

Wisconsin'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 AND FARMERS MARKETS

To find a local farmers market or farm stand near you, check the Wisconsin Farmers Market Association's website: <http://www.wifarmersmarkets.org/find-a-farmers-market.aspx>. 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: <https://www.csacoalition.org/>.

## 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 Wisconsin Department of Public Instruction Farm to Early Care and Education website: <https://dpi.wi.gov/community-nutrition/cacfp/farm-2-ece>. If you have any questions on how to credit locally purchased foods, it is important to connect with your sponsor or state agency.



# 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	<ul style="list-style-type: none"> <li>Whole grain bread (rolls, breadsticks)</li> <li>Whole grain pita</li> <li>Whole grain mini-bagels</li> <li>Whole grain English muffins</li> <li>Whole grain pancake or waffle mix</li> <li>Whole grain or whole corn tortillas</li> <li>Brown rice</li> <li>Whole grain couscous</li> <li>Oatmeal</li> <li>Low-sugar cereal (less than 6 grams of sugar per serving)</li> <li>Rice cakes</li> <li>Whole grain crackers</li> <li>Baked tortilla chips</li> <li>Pretzels</li> </ul>
Meats and meat alternates	<ul style="list-style-type: none"> <li>Lean and very lean ground meats (80-95% lean)</li> <li>Lean and very lean ground chicken or turkey (80-95% lean)</li> <li>Lean cuts of beef, ham, lamb, pork or veal</li> <li>Boneless, skinless chicken and turkey</li> <li>Fish (e.g., salmon, trout, flounder, tilapia, tuna or cod)</li> <li>Canned tuna packed in water</li> <li>Natural cheeses (e.g., cheddar, provolone, parmesan, Gouda, mozzarella, Swiss or ricotta)</li> <li>Low-fat real cheeses (e.g., cheddar, provolone, parmesan, Gouda, mozzarella, Swiss or ricotta)</li> <li>Cottage cheese (1% low-fat or fat-free)</li> <li>Yogurt (low-fat or fat-free, plain or flavored)</li> <li>Nuts and seeds</li> <li>Beans</li> <li>Hummus</li> <li>Eggs</li> </ul>
Fruits and vegetables	<ul style="list-style-type: none"> <li>Canned fruit in water, 100% juice, or if in syrup, drained and rinsed</li> <li>Canned vegetables without added salt or fat</li> <li>Frozen fruits and vegetables without added salt, sugar or fat</li> <li>Unsweetened or no sugar added applesauce</li> <li>Salsa</li> </ul>
Milk (ages 2 and older)	<ul style="list-style-type: none"> <li>1% (low-fat), unflavored</li> <li>Fat-free, unflavored</li> </ul>

# 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. 11).

Use the chart below for ideas on healthy substitutions. It organizes foods into categories by CACFP food components (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. 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!
<b>Milk</b>	
Whole milk or 2% milk*	Fat-free or 1% (low-fat) milk (for cooking or baking, and children ages two and older)
<b>Grains</b>	
White bread	Whole grain bread, pita, roll, etc.
White rice	Brown rice
Bagel	Whole grain mini-bagel
Flour tortilla	Whole 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 added fruit and or nuts
<b>Fruits and Vegetables</b>	
Adding salt to flavor cooked vegetables	Mixture of herbs or spices like garlic powder, onion powder, oregano, basil, lemon pepper, etc.*
Creamy sauces	Lemon juice
Fruit pie	Baked fruit
Fruit canned in heavy syrup	Fruit canned in water or its own juice; fruit canned in light syrup, drained and rinsed
Dried fruit, sweetened	Dried fruit, unsweetened; fresh fruit; fruit canned in water or its 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 creditable



Instead of this...	Try this healthier option!
<b>Meats and Meat Alternates</b>	
Ground beef	Lean and very lean ground beef (90% lean or greater); Lean ground turkey or chicken; tofu
Bacon*	Baked turkey, chicken, or pork strips; turkey bacon <sup>CN</sup> ; spiral ham
Chicken nuggets <sup>CN</sup>	Baked chicken breast
Fish sticks <sup>CN</sup>	Baked fish fillet
Cheese	Reduced-fat, part-skim, low-fat, or fat-free cheese
Yogurt	Low-fat or fat-free yogurt
Ice cream*	Yogurt parfait
Cream cheese*	Low-fat or fat-free cream cheese*
Vegetable dips, commercial*	Hummus; low-fat or fat-free plain yogurt
<b>Condiments</b>	
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 1½ tsp lemon juice
<b>Soups</b>	
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*
<b>Baking and Cooking</b>	
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
Whipped cream*	Chilled, whipped evaporated skim milk*; Non-dairy, fat-free or low-fat whipped topping made from polyunsaturated fat*

\*Foods that are not creditable

<sup>CN</sup>Foods that require a Child Nutrition label

# Healthy Cooking Methods<sup>1</sup>

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.

**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.

**Braising** — Cooking slowly in a covered container with a small amount of liquid or water. The cooking liquid may be used for a sauce.<sup>2</sup>

**Broiling** — Cooking meats, poultry, seafood or vegetables by placing on a broiler rack in oven below the heat, allowing fat to drip away.

**Grilling** — Cooking foods over direct heat on a grill, griddle, or pan. Fat can be removed as it accumulates.

**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.<sup>3</sup>

**Poaching** — Cooking delicate foods like eggs or fish either partially or completely in liquid (such as water or broth) at temperature between 140° – 180°.

**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.

**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.

**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.<sup>2</sup>

**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, and vegetables (fresh, frozen, or precooked).

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

<sup>2</sup>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>.

<sup>3</sup>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](http://www.fsis.usda.gov/PDF/Cooking_Safely_in_the_Microwave.pdf).



# Tips for Transitioning 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.
- 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.



# Kitchen Foundations

The following information is designed to help you navigate the kitchen, making your job easy and effortless.

## FRESH VEGETABLES

### Preparation

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

- Always wash fresh vegetables in cold water before any other action.
- Peel vegetables if needed (e.g., carrots, onions, potatoes, and sweet potatoes.)
- Slice, dice, or chop as needed per recipe directions.

When slicing, dicing, and chopping fresh vegetables, cut them as uniformly as possible. This helps with appearance and allows the vegetables to cook evenly.

Broccoli: 1-inch florets

Carrots: 1/8-inch thick rounds or 1½-inch long strips

Cauliflower: 1-inch florets

Squash: ¼-inch strips, slices, or rings after the stem has been removed

Sweet potatoes: ½-inch wedges or 1-inch dice

### Cooking Technique: 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.

Broccoli: 10 minutes

Carrots: 15 minutes

Cauliflower: 15 minutes

Squash: 10 minutes

Sweet potatoes: 20 minutes

### Cooking Technique: 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.

Broccoli: 5-10 minutes

Carrots: 10 minutes

Cauliflower: 5-10 minutes

Squash: 5 minutes

Sweet potatoes: 20-25 minutes

3. If you don't have a steamer basket you can use a pot with a tight fitting lid. Add ½-inch of water to the pot and bring to a boil. Once the water is boiling add the vegetables and cover.



## CHICKEN

### Cooking Technique: Sauté

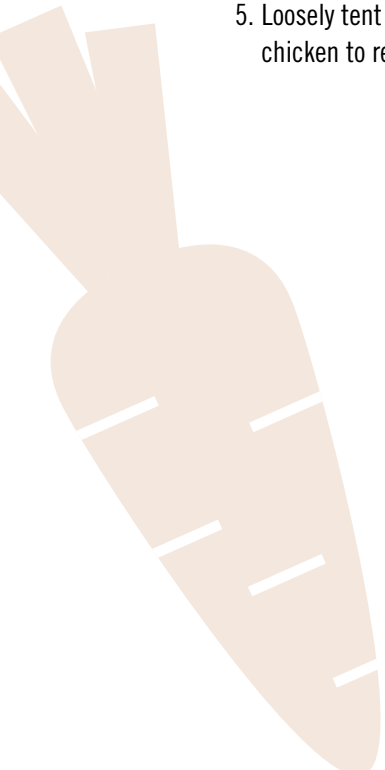
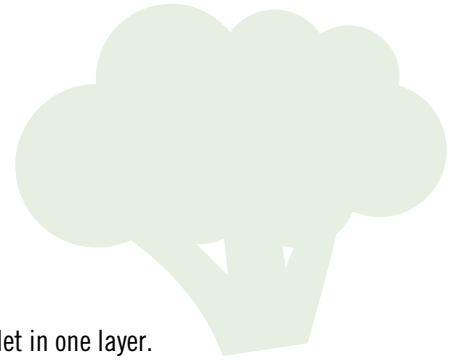
1. Select a heavy 10" or 12" pan. Chicken should fit in one layer and not overlap.
2. Season both sides of the chicken breasts with salt and pepper to taste.
3. If your skillet is non-stick, lightly coat it with non-stick cooking spray.
4. Preheat the skillet over medium-high heat until hot. Place the 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 heat to medium-low.
6. Chicken is 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.

### Cooking Technique: Broil

1. Move 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 cooking time.
4. Chicken is 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.

### Cooking Technique: Bake

1. Brush both sides of the chicken breasts with olive oil and season with salt and pepper.
2. Place the chicken breasts in a single layer in a large baking dish. Preheat oven to 450°F.
3. Bake chicken breasts for 15 to 18 minutes.
4. Chicken is 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 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

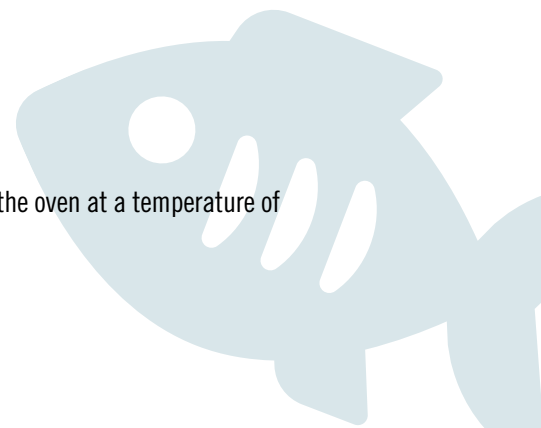
### Cooling and Reheating Food

- 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.



# Cycle 1 Meal Plan

## WEEK 1

Monday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Mandarin oranges	Kiwi	
Vegetables		<i>Garden Pita</i>	Carrots
Grains	Cold cereal	<i>Garden Pita</i>	
Meat or meat alternate		<i>Garden Pita</i>	String cheese

Tuesday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	<i>Berry Bonanza</i>	Strawberries	
Vegetables		Spinach	Red peppers
Grains	<i>Berry Bonanza</i>	Brown rice	Whole grain rice cakes
Meat or meat alternate		Unbreaded fish fillets	

Wednesday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Banana slices	Apple slices	Pineapple chunks
Vegetables		Baked sweet potatoes	
Grains	Toast	Whole grain dinner roll	
Meat or meat alternate		<i>Nom Nom Nuggets</i>	Hard boiled eggs

Thursday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Blueberries	Mandarin oranges	
Vegetables		Broccoli	<i>From the Garden Salad</i>
Grains	Whole grain pancakes	Whole grain pasta	Whole grain crackers
Meat or meat alternate		Baked whole turkey breast	

Friday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or Fat-Free	
Fruits	Peaches	Grapes	Apple slices
Vegetables		<i>Pizza My Heart</i>	
Grains	Oatmeal	<i>Pizza My Heart</i>	
Meat or meat alternate		Real cheese cubes	Non-fat yogurt



## WEEK 2

Monday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Kiwi	Blueberries	Golden raisins
Vegetables		<i>Cowpoke Chili</i>	
Grains	Oatmeal	Whole grain tortilla chips	Graham crackers
Meat or meat alternate		<i>Cowpoke Chili</i>	

Tuesday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	<i>Berry Jams</i>	Peaches	
Vegetables		Sliced cucumber	Carrots
Grains	<i>Berry Jams</i>	Grilled cheese on whole grain bread	
Meat or meat alternate		Grilled cheese on whole grain bread	String cheese

Wednesday			
Component	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 or meat alternate		Unbreaded fish fillets	

Thursday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Grapes	Kiwi	<i>Banana Splitz</i>
Vegetables		Corn	
Grains		Brown rice	
Meat or meat alternate	Scrambled eggs	Grilled chicken breasts	<i>Banana Splitz</i>

Friday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Mandarin oranges	Pineapple	Grapes
Vegetables		Baked sweet potatoes	
Grains	Toast	<i>Thanksgiving Burgers</i>	
Meat or meat alternate		<i>Thanksgiving Burgers</i>	Cheese cubes

# Cycle 1 Recipes

## AROUND THE WORLD WRAP

**Meal Type: Lunch or Supper**

Ingredients	10 Servings	50 Servings	100 Servings
Brown rice	¾ cup	4 cups	8 cups
Whole wheat tortilla (8" diameter)	5	25	50
Spinach	1 ½ cups	8 cups	16 cups
Carrots, grated	1 ¼ cups	6 ¼ cups	12 ½ cups
Cucumber, sliced	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 1½ Tbsp. of cooked rice.
4. Grate carrots.
5. 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.

### Serving Sizes

Age Group	Serving Size
Ages 1-2	½ tortilla wrap
Ages 3-5	½ tortilla wrap
Ages 6-12	1 tortilla wrap

### Food Components Used

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 MagazineWebsite. <http://familyfun.go.com/recipes>. 2010. Updated and revised: June 30, 2017.

# BANANA SPLITZ

Meal Type: Snack			
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, sliced (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.

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).

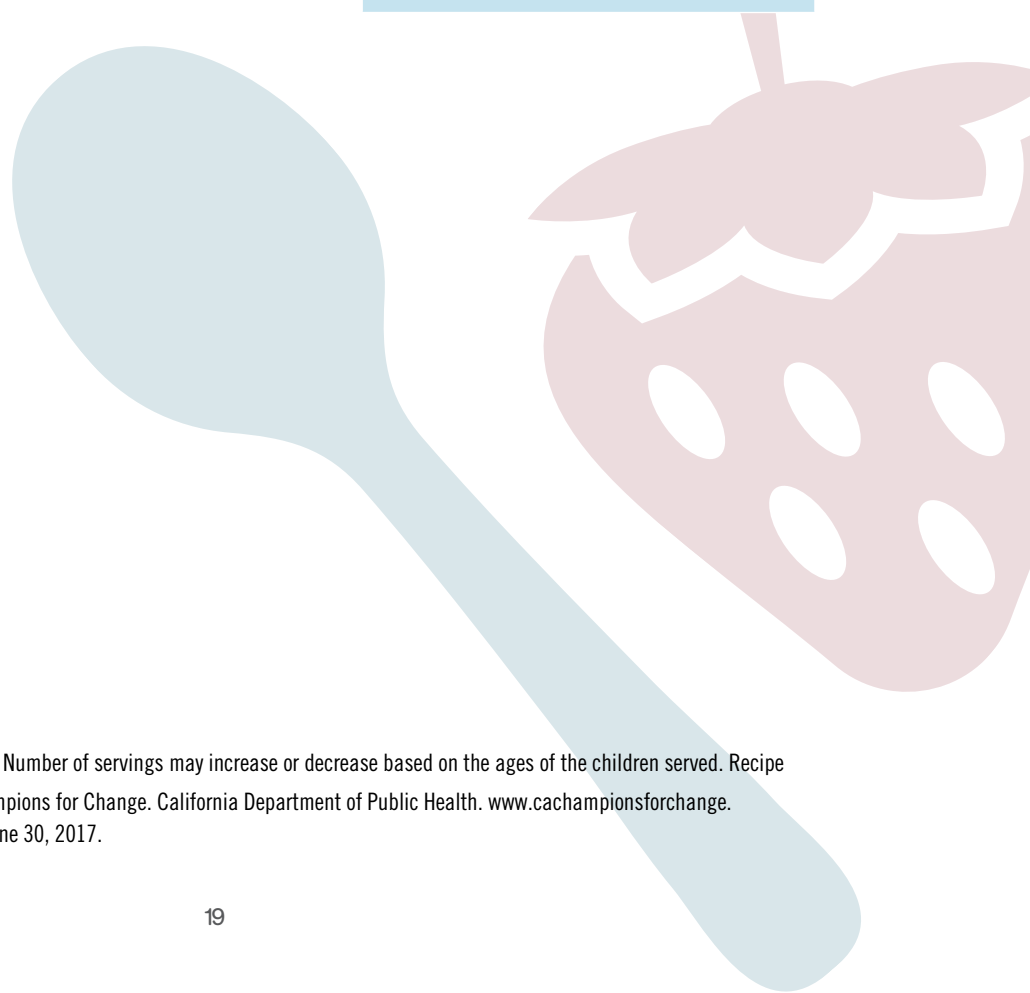
## Serving Sizes

Age Group	Serving Size
Ages 1-2	¼ cup yogurt
Ages 3-5	¼ cup yogurt
Ages 6-12	½ cup yogurt

## Food Components Used

Fruit

Meat or 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](http://www.cachampionsforchange.net/en/Recipes.php). 2010. Updated and revised: June 30, 2017.

## BERRY BONANZA

Meal Type: Breakfast			
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, peeled and diced	1 ⅔ cups	8 ¼ cups	16 ½ cups
Blueberries (fresh or frozen)	2 cups	10 ½ cups	21 cups
Golden raisins	1 ⅔ 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.



### Serving Sizes

Age Group	Serving Size
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	¾ cup

### Food Components Used

Fruit  
Grains\*

\*Meat or 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](http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm). Updated and revised: June 30, 2017.

## BERRY JAMS

Meal Type: Breakfast, Snack			
Ingredients	10 Servings	50 Servings	100 Servings
Whole grain English muffins	5	25	50
Peanut butter*	½ cup + 2 Tbsp.	3 cups	6 ¼ cups
Strawberries (fresh or frozen)	3 ⅓ cups	10 ⅓ lb.	21 lb.
Blueberries (fresh or frozen)	2 ½ cups	4 ⅓ 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 with peanut butter.
5. Serve immediately or chill until served.

Serving Sizes (Breakfast)	
Age Group	Serving Size
Ages 1-2	½ muffin
Ages 3-5	½ muffin
Ages 6-12	½ muffin

Serving Sizes (Snack)	
Age Group	Serving Size
Ages 1-2	½ muffin
Ages 3-5	½ muffin
Ages 6-12	1 muffin

Food Components Used (Breakfast)
Fruit
Grains

Food Components Used (Snack)
Fruit
Grains
Meat or meat alternate



\*Sunflower Seed Butter or soy butter could be used as a replacement for those with tree nut allergies.

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-nutritioncnp/berry-jams-party-bites>. Accessed June 30, 2017.



## COWPOKE CHILI

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Ground turkey	1 lb.	4 lb. + 11 oz.	9 lb. + 6 oz.
Black beans, canned	1/3 cup + 1 Tbsp.	1 1/4 lb.	2 1/2 lb.
Kidney beans, canned	1/3 cup + 1 Tbsp.	1 1/4 lb.	2 1/2 lb.
Onion, chopped	3/4 cup	1 1/2 lb.	3 lb.
Light brown sugar	1/2 cup + 2 Tbsp. (packed)	3 cups (packed)	6 cups (packed)
Diced tomatoes, canned	3/4 cup + 1 Tbsp.	2 1/4 lb.	4 1/2 lb.
Carrots, chopped	1/2 cup + 2 Tbsp.	1 lb.	1 3/4 lb.
Green bell peppers, chopped	1/2 cup + 2 Tbsp.	1 lb.	2 lb.
Corn (fresh, canned, or frozen)	1/2 cup + 2 Tbsp.	1 lb.	2 lb.
Tomato paste, canned	1/3 cup + 1 Tbsp.	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Garlic, minced	1 Tbsp. + 1 tsp	1/3 cup	3/4 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.

### Serving Sizes

Age Group	Serving Size
Ages 1-2	1/2 cup
Ages 3-5	3/4 cup
Ages 6-12	1 cup

### Food Components Used

Vegetable

Meat or 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.

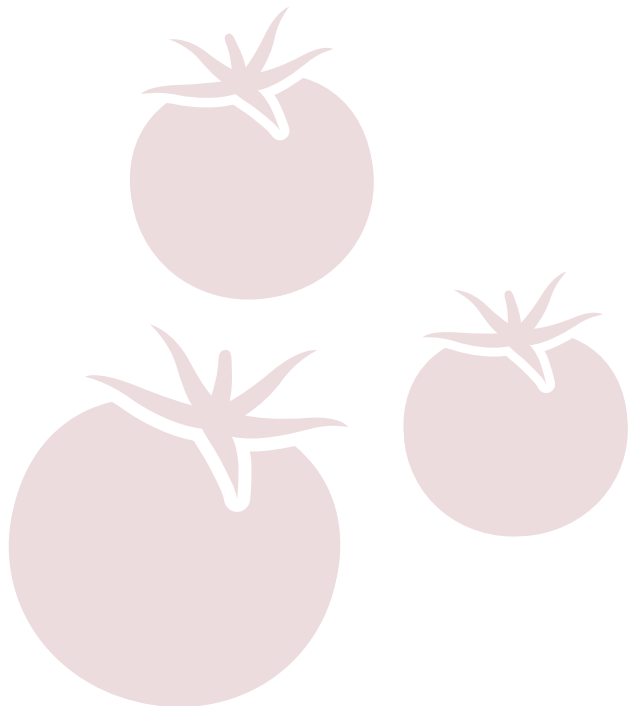
Recipe adapted from Thomas, R., Khoiuri, L., Fenton, W. Nutrition in the Kitchen. Children's Hospital of Philadelphia 2nd ed.; 2008. [www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf](http://www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pd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

## FROM THE GARDEN SALAD

Meal Type: Lunch or Supper, Snack			
Ingredients	10 Servings	50 Servings	100 Servings
Cherry tomatoes, halved	1 <sup>2</sup> / <sub>3</sub> cups	8 <sup>1</sup> / <sub>4</sub> cups	16 <sup>1</sup> / <sub>2</sub> cups
Cucumber, sliced	1 <sup>2</sup> / <sub>3</sub> cups	8 <sup>1</sup> / <sub>4</sub> cups	16 <sup>1</sup> / <sub>2</sub> cups
Red bell peppers, chopped	<sup>1</sup> / <sub>2</sub> cup	2 cups	4 cups
Lettuce, shredded	2 cups	10 cups	20 cups
Olive oil	1 Tbsp. + 2 tsp	<sup>1</sup> / <sub>2</sub> cup	1 cup
Vinegar (white or red wine)	2 <sup>1</sup> / <sub>2</sub> tsp	<sup>1</sup> / <sub>4</sub> cup	<sup>1</sup> / <sub>2</sub> 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.



### Serving Sizes (Lunch or Supper)

Age Group	Serving Size
Ages 1-2	<sup>1</sup> / <sub>4</sub> cup
Ages 3-5	<sup>1</sup> / <sub>4</sub> cup
Ages 6-12	<sup>1</sup> / <sub>2</sub> cup

### Serving Sizes (Snack)

Age Group	Serving Size
Ages 1-2	<sup>1</sup> / <sub>2</sub> cup
Ages 3-5	<sup>1</sup> / <sub>2</sub> cup
Ages 6-12	<sup>3</sup> / <sub>4</sub> cup

### Food Components Used

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](http://www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf). 2010. Updated and revised: June 30, 2017.

## GARDEN PITA

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Small whole wheat pita (4" diameter)	10	50	100
Avocado, sliced	1 ¼ cups	6 ¼ cups	12 ½ cups
Lettuce, shredded	1 ¼ cups	6 ¼ cups	12 ½ cups
Cherry tomatoes, halved	1 ¼ cups	6 ¼ cups	12 ½ cups
Carrots, grated	1 ¼ cups	6 ¼ cups	12 ½ cups
Baked chicken breast, sliced	1 lb. + 3 oz.	6 lb.	12 lb.
Dijon mustard	1/3 cup	1 ¾ cups	3 ½ cups

### Directions

1. Bake chicken according to baking directions located in the Kitchen Foundations section for chicken.
2. Cut each pita open.
3. Spread 1 tsp Dijon mustard in each pita.
4. Wash and prep vegetables by shredding and grating where appropriate. Combine vegetables in a large mixing bowl (omitting avocado).
5. Place 2 oz. of baked chicken breast in each pita and add ½ cup of vegetable mixture in each pita.
6. 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.  
For ages 1-2, cut each pita in half.

### Serving Sizes

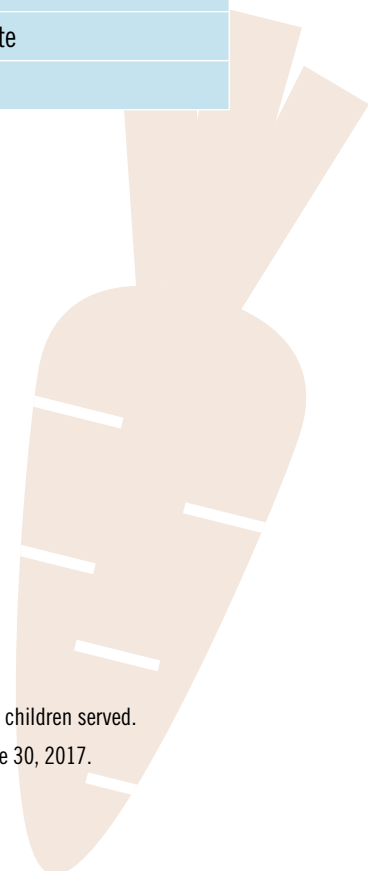
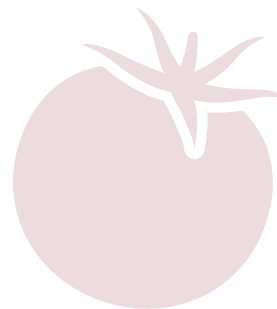
Age Group	Serving Size
Ages 1-2	½ pita
Ages 3-5	1 pita
Ages 6-12	1 pita

### Food Components Used

Grains

Meat or 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.

# NOM NOM NUGGETS

Meal Type: Lunch or Supper			
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	⅓ cup + 2 Tbsp.	⅓ cup + 2 Tbsp.
Chicken breasts, boneless, skinless	1 ½ lb.	6 ½ lb.	13 lb.
Honey	2 Tbsp. + 2 tsp	¾ cup + 2 Tbsp.	1 ¾ cups
Mayonnaise with olive oil	2 Tbsp. + 2 tsp	¾ cup + 2 Tbsp.	1 ¾ cups
Dijon mustard	2 Tbsp. + 2 tsp	¾ cup + 2 Tbsp.	1 ¾ cups
Lemon juice	2 tsp	3 Tbsp. + 2 tsp	⅓ 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 into equal portions.
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).

## Serving Sizes

Age Group	Serving Size
Ages 1-2	2 nuggets
Ages 3-5	3 nuggets
Ages 6-12	4 nuggets

## Food Components Used

Meat or 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.

## PIZZA MY HEART

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Ricotta cheese, part skim	1 ¼ cups	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
Small whole wheat pita (4" diameter)	10	50	100
Milk, 1% (low-fat)	1 Tbsp. + 1 tsp	⅓ 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 equal portions 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.  
For ages 1-2, cut each pita in half.

### Serving Sizes

Age Group	Serving Size
Ages 1-2	½ pita
Ages 3-5	1 pita
Ages 6-12	1 pita

### Food Components Used

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.

# THANKSGIVING BURGERS

Meal Type: Lunch or Supper			
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, divided	2 tsp	3 Tbsp. + 1 tsp	¼ cup + 1 Tbsp.
Black pepper, divided	2 tsp	3 Tbsp. + 1 tsp	¼ cup + 1 Tbsp.
Cranberries (fresh or frozen)	½ cup + 2 Tbsp.	3 cups + 2 Tbsp.	6 ¼ cups
Orange juice	1 Tbsp. + 1 tsp	¼ cup + 1 Tbsp.	¾ cup + ½ Tbsp.
Vinegar (white or red wine)	1 Tbsp. + 1 tsp	¼ cup + 1 Tbsp.	¾ cup + ½ Tbsp.
Honey	2 tsp	3 Tbsp. + 1 tsp	¼ cup + 1 Tbsp.
Whole wheat hamburger rolls	5 rolls	25 rolls	50 rolls

## Directions

1. Mix ground turkey, eggs, panko bread crumbs, half of each salt and pepper in a large mixing bowl.
2. Form into patties according to serving size chart.\*
3. Spray skillet with cooking spray. Cook patties on medium-high in skillet until brown on both sides, about 10 minutes total.
4. Cranberry ketchup: 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.
5. Serve Thanksgiving Burgers with ½ whole wheat hamburger rolls (open-faced) and cranberry ketchup (optional).

## Serving Sizes

Age Group	Serving Size
Ages 1-2	1 oz. patty
Ages 3-5	1 ½ oz. patty
Ages 6-12	2 oz. patty

## Food Components Used

Grains
Meat or meat alternate



\*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

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

# Cycle 1 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)

## Fruits and Vegetables

- Apples
- Avocado
- Bananas
- Black beans (canned)
- Blueberries (fresh or frozen)
- Broccoli (fresh or frozen)
- Carrots
- Cherry tomatoes
- Corn (fresh, canned, or frozen)
- Cranberries (fresh or frozen)
- Cucumber
- Diced tomatoes (canned)
- Garlic
- Golden raisins
- Grapes, seedless
- Green bell peppers
- Kidney beans (canned)
- Kiwi
- Lettuce
- Mandarin oranges (canned)
- Onions
- Peaches (fresh or canned)

- Pineapple chunks (fresh or canned)
- Red bell peppers
- Spinach
- Strawberries (fresh or frozen)
- Sweet potatoes
- White beans (canned)

## Meat

- Chicken breasts, boneless, skinless
- Eggs
- Ground turkey
- Unbreaded fish fillets (salmon, cod, or tilapia)
- Whole turkey breasts

## Grains

- 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 or red wine)

## Food for Thought

- Purchase canned fruits that are stored in water or 100% juice
- Purchase canned vegetables that are low-sodium or no salt added
- 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.



# Cycle 2 Meal Plan

## WEEK 1

Monday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Peaches	Banana slices	Mandarin oranges
Vegetables		<i>Sloppy Joeys</i>	
Grains	Whole grain waffles	<i>Sloppy Joeys</i>	
Meat or meat alternate		<i>Sloppy Joeys</i>	Non-fat yogurt

Tuesday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	<i>Superhero Smoothie</i>	Stawberries	
Vegetables		Squash	Baby carrots
Grains	<i>Superhero Smoothie</i>	Whole grain pasta	Whole grain crackers
Meat or meat alternate		Baked chicken breast	

Wednesday			
Component	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 or meat alternate		Baked whole turkey breast	

Thursday			
Component	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 or meat alternate		<i>Cheesy Chicken Pasta</i>	Cheese cubes

Friday			
Component	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 or meat alternate		Grilled cheese on whole grain bread	<i>Parfait Perfection</i>

## WEEK 2

### Monday

Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Mixed fruit	Applesauce	
Vegetables		<i>Big Tuna Melt</i>	Raw broccoli florets
Grains	Cold cereal	<i>Big Tuna Melt</i>	Whole grain rice cakes
Meat or meat alternate		<i>Big Tuna Melt</i>	

### Tuesday

Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	<i>Apple Jacked Pancakes</i>	Peaches	Golden raisins
Vegetables		Green beans	Celery sticks
Grains	<i>Apple Jacked Pancakes</i>	Whole grain dinner roll	
Meat or meat alternate		Baked ham	

### Wednesday

Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Strawberries	Pears	Mandarin oranges
Vegetables		<i>Comfort Stew</i>	
Grains	Cold cereal	Whole grain pasta	Graham crackers
Meat or meat alternate		Baked whole turkey breast	

### Thursday

Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Mixed fruit	Watermelon	
Vegetables		Zucchini	<i>Hungry Hummus</i>
Grains	Whole grain waffles	Brown rice	Whole grain pretzels
Meat or meat alternate		Unbreaded fish fillets	<i>Hungry Hummus</i>

### Friday

Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or Fat-Free	
Fruits	Mandarin oranges	Apple slices	Mixed fruit
Vegetables		<i>Grandma's Chicken Soup</i>	
Grains	Cold cereal	Whole grain crackers	Graham crackers
Meat or meat alternate		<i>Grandma's Chicken Soup</i>	

# Cycle 2 Recipes

## APPLE JACKED PANCAKES

Meal Type: Breakfast			
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	1 pinch	2 tsp	1 Tbsp. + 1 tsp
Sugar	2 Tbsp.	½ cup	1 cup
Ground Cinnamon	⅛ tsp	½ tsp	1 tsp
Apples, peeled, sliced into rings	2 large	8 large	16 large
Apples, peeled, diced	3 cups	17 cups	34 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.

### Serving Sizes

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

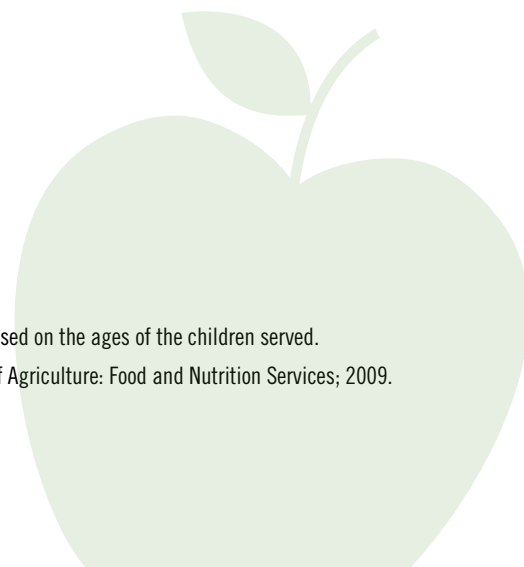
### Food Components Used

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.





## BIG TUNA MELT

**Meal Type: Lunch or supper**

Ingredients	10 Servings	50 Servings	100 Servings
Tuna, canned in water	14 1/3 oz.	4 lb. + 7 1/2 oz.	9 lb.
Mayonnaise with olive oil	2 tsp	3 Tbsp. + 2 tsp	1/3 cup + 5 tsp
Dijon mustard	2 tsp	3 Tbsp. + 2 tsp	1/3 cup + 5 tsp
Onion, chopped	2/3 cup	3 1/2 cups	7 cups
Celery, chopped	1 1/3 cups	7 cups	14 cups
Carrots, grated	1 1/3 cups	7 cups	14 cups
Whole grain bread	10 slices	50 slices	100 slices
Cheddar cheese, shredded	1/3 cup	1 3/4 cups	3 1/2 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 1/4 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.

### Serving Sizes

Age Group	Serving Size
Ages 1-2	1/2 cup tuna mixture, 1/2 slice of bread
Ages 3-5	3/4 cup tuna mixture, 1 slice of bread
Ages 6-12	1 cup tuna mixture, 1 slice of bread

### Food Components Used

Grains

Meat or 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.



# CHEESY CHICKEN PASTA

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Whole grain pasta, rotini	1 <sup>2</sup> / <sub>3</sub> cups	8 <sup>1</sup> / <sub>3</sub> cups	16 <sup>2</sup> / <sub>3</sub> cups
Olive oil	1 Tbsp. + 1 tsp	<sup>2</sup> / <sub>3</sub> cup	<sup>2</sup> / <sub>3</sub> cup
Cherry tomatoes	1 cup	4 <sup>1</sup> / <sub>4</sub> cups	8 <sup>1</sup> / <sub>2</sub> cups
Broccoli florets (fresh or frozen)	1 <sup>1</sup> / <sub>4</sub> cups	6 <sup>1</sup> / <sub>4</sub> cups	12 <sup>1</sup> / <sub>2</sub> cups
Onion, chopped	<sup>1</sup> / <sub>3</sub> cup	2 cups	4 cups
Parsley, dried	1 <sup>1</sup> / <sub>4</sub> tsp	2 Tbsp.	4 Tbsp.
Basil, dried	1 <sup>1</sup> / <sub>4</sub> tsp	2 Tbsp.	4 Tbsp.
Parmesan cheese, grated	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.

## Serving Sizes\*

Age Group	Serving Size
Ages 1-2	<sup>1</sup> / <sub>2</sub> cup mix, 1 oz. chicken
Ages 3-5	<sup>1</sup> / <sub>2</sub> cup mix, 1 <sup>1</sup> / <sub>2</sub> oz. chicken
Ages 6-12	1 cup mix, 2 oz. chicken

## Food Components Used

Grains

Meat or meat alternate

Vegetable



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

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

# COMFORT STEW

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Chicken stock (low-sodium)	3 ¾ cups	1 gal + 2 ¾ cups	2 gal + 3 qt
Potatoes, diced	1 cup	5 ¼ cups	10 ½ cups
Carrots, sliced	¾ cup	4 cups + 2 Tbsp.	8 ¼ cups
Summer squash, sliced	¾ cup	4 cups + 2 Tbsp.	8 ¼ cups
Corn (fresh, canned, or frozen)	¾ cup	4 cups + 2 Tbsp.	8 ¼ cups
Thyme, dried	1 ¼ tsp	2 Tbsp.	¼ cup
Garlic, minced	2 cloves	8 cloves	16 cloves
Green onion, sliced	1 medium stalk	4 medium stalks	8 medium stalks
Onion, chopped	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.

## Serving Sizes

Age Group	Serving Size
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	1 cup

## Food Components Used

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](http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm). Updated and revised: June 30, 2017.

# GRANDMA'S CHICKEN SOUP

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Chicken breasts, boneless, skinless	1 ½ lb.	6 ½ lb.	13 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 cups
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.

## Serving Sizes

Age Group	Serving Size
Ages 1-2	1 cup
Ages 3-5	1 ½ cups
Ages 6-12	2 cups

## Food Components Used

Meat or 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.



# HUNGRY HUMMUS

Meal Type: Snack			
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 cups
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.	⅓ 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.

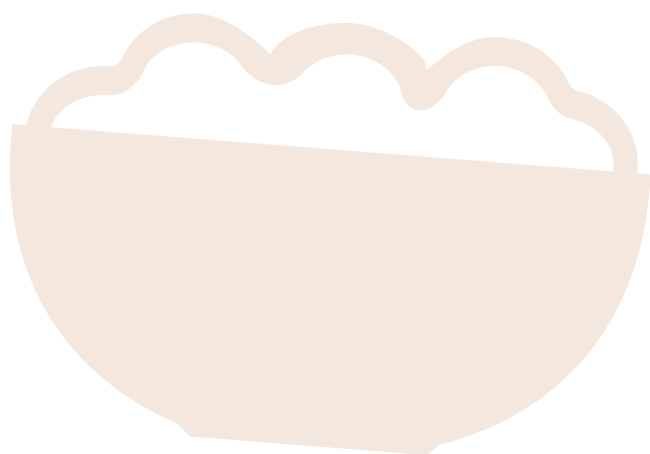
## Serving Sizes

Age Group	Serving Size
Ages 1-2	¼ cup hummus, ½ cup (6) baby carrot sticks
Ages 3-5	¼ cup hummus, ½ cup (6) baby carrot sticks
Ages 6-12	¼ cup hummus, ¾ cup (9) baby carrot sticks

## Food Components Used

Meat or 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.

## PARFAIT PERFECTION

Meal Type: Breakfast, Snack			
Ingredients	10 Servings	50 Servings	100 Servings
Bananas, sliced	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.
- If refrigerating, wait to top parfait with Multi-Grain Cheerios® until service.



Serving Sizes (Breakfast)	
Age Group	Serving Size
Ages 1-2	½ parfait cup*
Ages 3-5	1 parfait cup
Ages 6-12	1 parfait cup

Serving Sizes (Snack)	
Age Group	Serving Size
Ages 1-2	1 parfait cup
Ages 3-5	1 parfait cup
Ages 6-12	2 parfait cups

Food Components Used (Breakfast)
Fruit
Grains**

Food Components Used (Snack)
Meat or meat alternate
Fruit

\*Half of amounts indicated in recipe

\*\*Meat or meat alternate used to meet grains 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 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.

# SLOPPY JOEYS

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Onions, chopped	1/3 cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Carrots, grated	3/4 cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 1/4 cups
Green bell peppers, chopped	1/3 cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Ground turkey	1 1/2 lb.	6 3/4 lb.	13 1/2 lb.
Spaghetti sauce	3/4 cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 1/4 cups
Diced tomatoes	1 1/4 cups	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	25	50

## 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.

## Serving Sizes

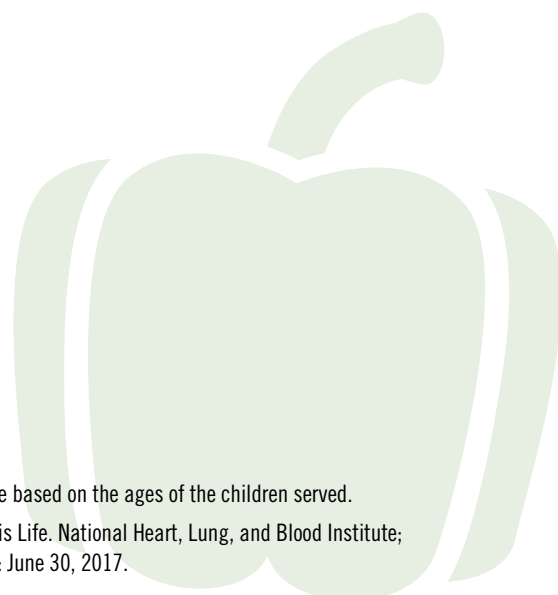
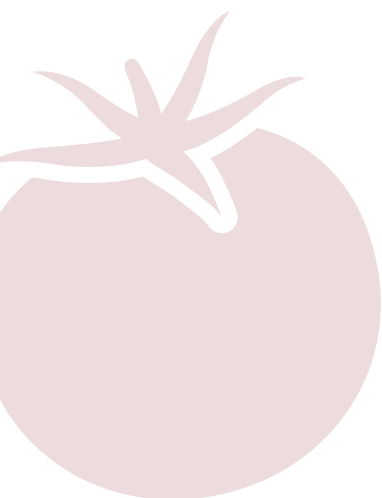
Age Group	Serving Size
Ages 1-2	1/2 cup
Ages 3-5	3/4 cup
Ages 6-12	1 cup

## Food Components Used

Grains

Meat or 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 Heart Healthy Home Cooking African American Style – with Every Heartbeat is Life. National Heart, Lung, and Blood Institute; 2008. [www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm](http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm). Updated and revised: June 30, 2017.

# SUPERHERO SMOOTHIE

Meal Type: Breakfast, Snack			
Ingredients	10 Servings	50 Servings	100 Servings
Strawberries, sliced (fresh or frozen)	3 1/3 cups	10 1/3 lb.	20 2/3 lb.
Peaches, sliced (fresh, frozen, or canned)	1 2/3 cups	8 1/4 cups	16 1/2 cups
Vanilla yogurt, non-fat	2 1/2 cups	12 1/2 cups	25 cups
Lemon juice	1 Tbsp. + 2 tsp	1/2 cup + 1 tsp	1 cup
Bananas, sliced	1/3 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.

Serving Sizes (Breakfast)	
Age Group	Serving Size
Ages 1-2	1/2 cup
Ages 3-5	3/4 cup
Ages 6-12	3/4 cup

Serving Sizes (Snack)	
Age Group	Serving Size
Ages 1-2	3/4 cup
Ages 3-5	3/4 cup
Ages 6-12	1 1/2 cups



Food Components Used (Breakfast)
Fruit
Grains*

Food Components Used (Snack)
Meat or meat alternate
Fruit



\*Meat or meat alternate used to meet grains 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 Neufeld, N., Henry, S., Lawrence, D. Kid Shape Café. Nashville (TN): Rutledge Hill Press; 2005. Updated and revised: June 30, 2017.

## SUPER SPUD

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Russet potatoes, medium	2 ½	12 ½	25
Olive oil	1 ¼ tsp	2 Tbsp. + ¼ tsp	¼ cup + ½ tsp
Corn (fresh, frozen, or canned)	1 ¼ cups	6 ¼ cups	12 ½ cups
Green bell peppers, chopped	½ cup + 2 Tbsp.	3 cups + 2 Tbsp.	6 ¼ cups
Red bell peppers, chopped	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	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Cheddar cheese, shredded	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.

### Directions

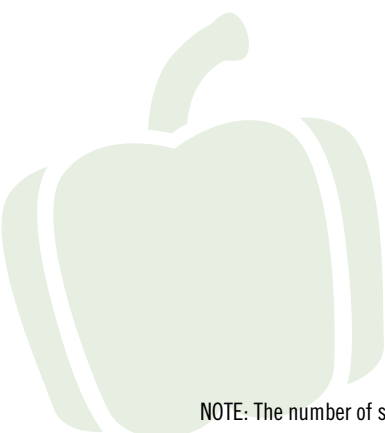
1. Preheat the oven to 425°F. Rub the potatoes with olive oil. Using a fork, poke holes around the potato. Place the potatoes on a baking sheet.
2. Bake for 45 to 60 minutes.  
Alternative: microwave potatoes for 5 minutes on full power, turn them over and microwave for another 5 minutes. If potatoes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

### Serving Sizes

Age Group	Serving Size
Ages 1-2	¼ potato
Ages 3-5	¼ potato
Ages 6-12	½ potato

### Food Components Used

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](http://www.fns.usda.gov/tn/resources/POC_topoc3.pdf). Updated and revised: June 30, 2017.

# Cycle 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)

## 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, or frozen)

- Pears (fresh, canned, or frozen)
- Potatoes (russet, red, or yellow)
- Red bell peppers
- 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, or tilapia)
- Whole turkey breasts

## Grains

- 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
- Salt
- Spaghetti sauce
- Sugar
- Taco seasoning
- Thyme, dried
- Vegetable oil

## Food for Thought

- Purchase canned fruits that are stored in water or 100% juice
- Purchase canned vegetables that are low-sodium or no salt added
- Purchase low-fat or fat-free items where possible (e.g., cheeses, salad dressings, etc.)

# Cycle 3 Meal Plan

## WEEK 1

Monday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Honeydew	Peaches	Dried cranberries
Vegetables		Green beans	
Grains	Oatmeal	Whole grain dinner roll	Whole grain pretzels
Meat or meat alternate		<i>Catch N Release</i>	

Tuesday			
Component	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 or meat alternate		Baked whole turkey breast	Non-fat yogurt

Wednesday			
Component	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 or meat alternate		Grilled chicken breast	

Thursday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Blueberries	Mandarin oranges	Peaches
Vegetables		Cucumber slices	
Grains		<i>Use Your Noodle Bake</i>	
Meat or meat alternate	Non-fat yogurt	<i>Use Your Noodle Bake</i>	String cheese

Friday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Golden raisins	Grapes	Blueberries
Vegetables		Broccoli	
Grains	English muffins	Grilled cheese on whole grain bread	
Meat or meat alternate		Grilled cheese on whole grain bread	Non-fat yogurt



## WEEK 2

Monday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Mandarin oranges	Grapes	
Vegetables		<i>Poppin' Potatoes</i>	Baby carrots
Grains	Oatmeal	Whole grain dinner roll	Whole grain crackers
Meat or meat alternate		Baked ham	

Tuesday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Strawberries	Honeydew	Golden raisins
Vegetables		<i>Tasty Taquitos</i>	Celery sticks
Grains	Whole grain waffles	<i>Tasty Taquitos</i>	
Meat or meat alternate		<i>Tasty Taquitos</i>	

Wednesday			
Component	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 or meat alternate		Unbreaded fish fillets	

Thursday			
Component	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 or meat alternate		Baked whole turkey breast	Cheese cubes

Friday			
Component	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 or meat alternate		Grilled chicken breasts	Non-fat yogurt

# Cycle 3 Recipes

## CATCH N RELEASE

**Meal Type: Lunch or Supper**

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	⅔ cup	3 ½ cups	7 cups
Salt	1 tsp	2 Tbsp. + 1 tsp	4 Tbsp. + 2 tsp

### Directions

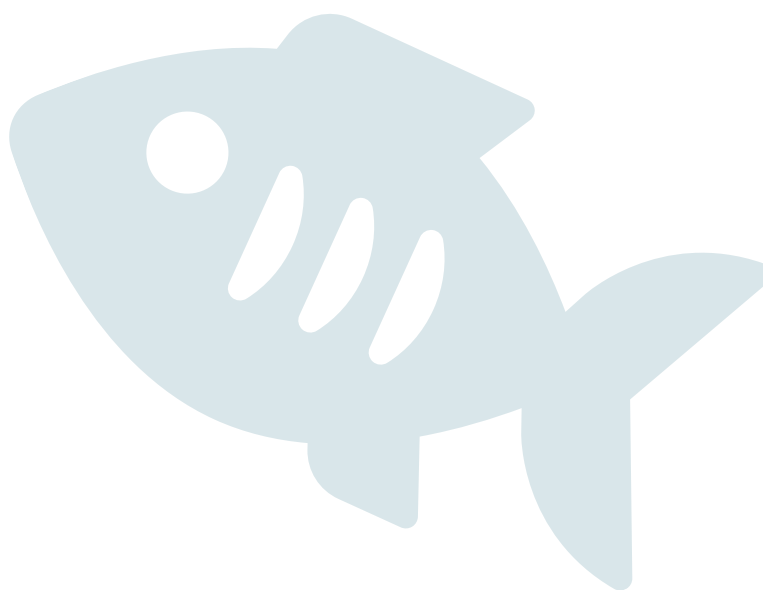
1. Preheat oven to 450°F. Set a wire rack or foil on baking sheet. Coat with cooking spray.
2. Combine panko bread crumbs, pepper, salt and paprika in a shallow dish.
3. Place flour in a second shallow dish and beaten eggs in a third.
4. Cut tilapia into strips.
5. Coat each fish strip in flour, then 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).

### Serving Sizes\*

Age Group	Serving Size
Ages 1-2	1 oz. strip
Ages 3-5	1 ½ oz. strip
Ages 6-12	2 oz. strip

### Food Components Used

Meat or meat alternate



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

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 Eating Well Recipe Website. [www.eatingwell.com/recipes\\_menus/](http://www.eatingwell.com/recipes_menus/). 2010. Updated and revised: June 30, 2017.

## FAUX FRIES

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Sweet potatoes	1 ½ lb.	7 lb. + ¾ cup	15 lb.
Olive oil	1 Tbsp. + 2 tsp	½ cup	1 cup
Ground cinnamon	1 Tbsp. 2 tsp	½ cup	1 cup
Light brown sugar, packed	3 Tbsp. + 1 tsp	1 cup	2 cups
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. Combine olive oil, 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.

Serving Sizes	
Age Group	Serving Size
Ages 1-2	¼ cup
Ages 3-5	¼ cup
Ages 6-12	½ cup

Food Components Used
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](http://www.doh.state.fl.us/Family/ccfp/Nutrition/Children/fruits_and_vegetables.pdf). 2010. Updated and revised: June 30, 2017.

## GOLDEN RAYS

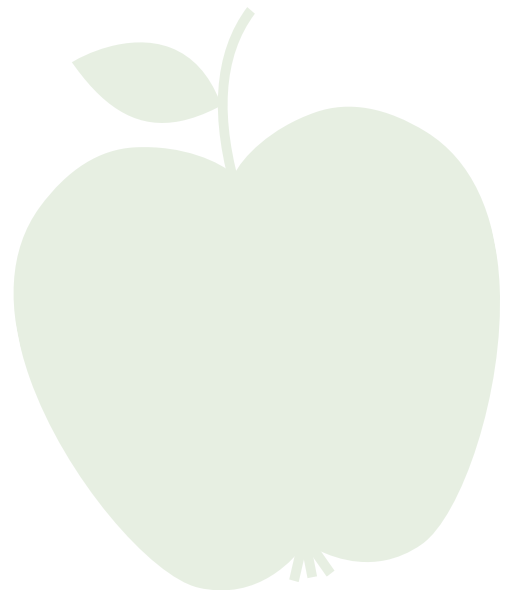
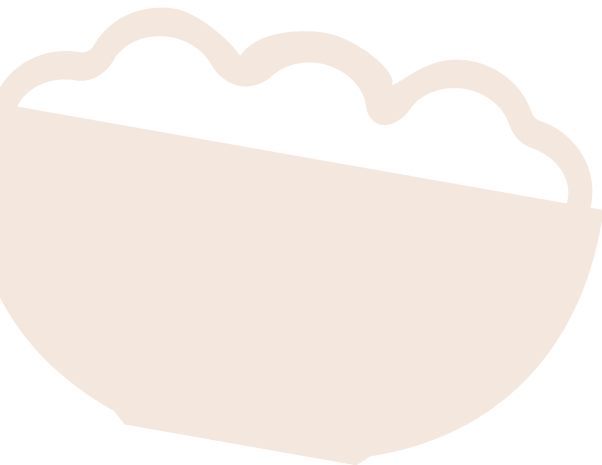
Meal Type: Breakfast			
Ingredients	10 Servings	50 Servings	100 Servings
Old-fashioned rolled oats	1 ¾ cups + 2 Tbsp.	9 ¼ cups	18 ½ cups
Milk, 1% (low-fat)	3 ⅓ cups	1 gal + ¾ cup	2 gal + 1 ¼ cups
Ground cinnamon	2 ½ tsp	¼ cup	½ cup
Vanilla extract	1 ½ tsp	2 Tbsp. + 2 tsp	⅓ cup
Light brown sugar	1 Tbsp. + 1 tsp	⅓ cup + 1 tsp	⅔ cup + 2 tsp
Golden raisins, seedless	2 ½ cups	12 ½ cups	25 cups
Apple, diced	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.

Serving Sizes	
Age Group	Serving Size
Ages 1-2	¼ cup
Ages 3-5	½ cup
Ages 6-12	½ cup

Food Components Used	
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.

## MORNING PIZZA

Breakfast			
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	25	50
Fat-free cream cheese	½ cup + 2 Tbsp.	3 cups + 2 Tbsp.	6 ¼ cups
Grapes, seedless, sliced	½ cup	3 cups + 2 Tbsp.	6 ¼ cups
Mandarin oranges	¾ cup	3 cups + 2 Tbsp.	6 ¼ cups

### Directions

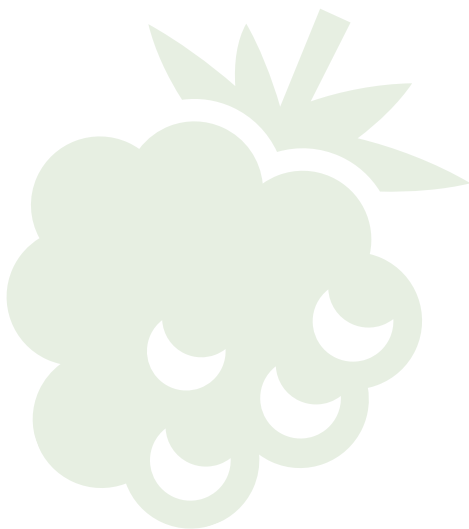
1. Thaw strawberries, if frozen.
2. Gently split the English muffin in half.  
OPTIONAL: Toast the English muffin if serving immediately.
3. Spread 1 Tbsp. of fat-free cream cheese on each English muffin half.
4. Layer ¼ cup of strawberries on top of each English muffin half, covering the fat-free cream 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).

### Serving Sizes

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 Components Used

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.

# POPPIN' POTATOES

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Potatoes, diced (red, russet, or yellow)	2 $\frac{3}{4}$ cups + 2 $\frac{1}{2}$ Tbsp. (3 medium russet)	14 $\frac{1}{2}$ cups (11 medium russet)	29 cups (22 medium russet)
Olive oil	2 $\frac{1}{2}$ Tbsp.	$\frac{3}{4}$ cup + $\frac{1}{2}$ Tbsp.	1 $\frac{1}{2}$ cups + 1 Tbsp.
Black pepper	2 $\frac{1}{2}$ tsp	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Paprika	2 $\frac{1}{2}$ tsp	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Onion powder	1 Tbsp. + 1 tsp	$\frac{1}{3}$ cup + 1 Tbsp.	$\frac{3}{4}$ cup + $\frac{1}{2}$ Tbsp.
Parsley, dried	1 $\frac{1}{2}$ tsp	2 Tbsp. + 2 $\frac{1}{2}$ tsp	$\frac{1}{3}$ 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.

## Serving Sizes

Age Group	Serving Size
Ages 1-2	$\frac{1}{4}$ cup
Ages 3-5	$\frac{1}{4}$ cup
Ages 6-12	$\frac{1}{2}$ cup

## Food Components Used

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.

## SNACK ATTACK SALSA

Snack			
Ingredients	10 Servings	50 Servings	100 Servings
Black beans, canned	2 ½ cups	12 ½ cups	25 cups
Salsa, homestyle	2 ½ cups	12 ½ cups	25 cups
Whole wheat pita, small (4" diameter)	5	25	50
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.

### Serving Sizes

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 Components Used

Grains

Vegetables



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.



## TASTY TAQUITOS

Meal Type: Lunch or supper			
Ingredients	10 Servings	50 Servings	100 Servings
Chicken breasts, boneless, skinless	1 lb. + 4 oz.	6 lb. + 4 oz.	12 ½ lb.
Salsa, homestyle	1 ⅓ cups + 2 Tbsp.	7 ¼ cups	14 ½ cups
Corn (fresh, canned, or frozen)	1 ⅔ cups	8 ¼ cups	16 ½ cups
Green onion, chopped	3 Tbsp. + 1 tsp	1 cup + ½ Tbsp.	2 cups + 1 Tbsp.
Green bell peppers, chopped	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Monterey Jack cheese, shredded	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Black beans, canned	1 ¼ cups	6 ¼ cups	12 ½ cups
Black pepper	1 Tbsp. + 2 tsp	½ cup + 1 tsp	1 cup + 2 tsp
Whole grain tortillas (8" diameter)	10	50	100
Vegetable oil	2 tsp	2 Tbsp. + 2 ½ tsp	⅓ 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, 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.

### Serving Sizes

Age Group	Serving Size
Ages 1-2	½ taquito
Ages 3-5	1 taquito
Ages 6-12	1 taquito

### Food Components Used

Grains
Meat or meat alternate
Vegetable

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

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](http://www.cachampionsforchange.net/en/Recipes.php). 2010. Updated and revised: June 30, 2017.

## USE YOUR NOODLE BAKE

Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Whole grain spaghetti	1/3 lb.	1 2/3 lb.	3 1/3 lb.
Eggs	1 large	5 large	10 large
Milk, 1% (low-fat)	1/3 cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Salt	1/2 tsp	2 tsp	1 Tbsp. + 1 tsp
Mozzarella cheese, part skim	1 2/3 oz.	8 1/3 oz.	1 lb. + 1 oz.
Oregano, dried	1 Tbsp. + 2 tsp	1/2 cup	1 cup
Ground turkey	1 1/2 lb.	6 3/4 lb.	13 1/2 lb.
Onion, chopped	1/3 cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Spaghetti sauce	1 2/3 cups	8 1/4 cups	16 1/2 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.

### Serving Sizes

Age Group	Serving Size
Ages 1-2	1/2 cup
Ages 3-5	3/4 cup
Ages 6-12	1 cup

### Food Components Used

Grains\*

Meat or meat alternate

\*Contributes only 1/8 cup for ages 1-2. 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.

## VIBRANT VEGGIE PASTA SALAD

Meal Type: Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Whole grain farfalle (bowtie)	½ lb.	2 ¼ lb.	4 ½ lb.
Corn (fresh, canned, or frozen)	¾ cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 ¼ cups
Peas (canned or frozen)	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Red bell peppers, chopped	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Carrots, grated	¾ cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 ¼ cups
Olive oil	2 Tbsp. + 2 ½ tsp	¾ cup + 2 Tbsp.	1 ⅔ cups + 1 Tbsp.
Parmesan cheese, grated	⅓ 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.

### Serving Sizes\*

Age Group	Serving Size
Ages 1-2	½ cup
Ages 3-5	½ cup
Ages 6-12	1 cup

### Food Components Used

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-krieger/rainbows-and-butterflies-pasta-salad-recipes/index.html>. 2010. Updated and revised: June 30, 2017. Updated and revised: June 30, 2017.

# Cycle 3 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)

## 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, frozen, or canned)
- Cucumber
- Dried cranberries
- Golden raisins
- Grapes, seedless
- Green beans (fresh, canned, or frozen))
- Green bell peppers
- Green onions
- Mandarin oranges (canned)
- Mixed fruit (canned)
- Onions
- Peaches (fresh, canned, or frozen)

- Peas (canned or frozen)
- Potatoes (russet, red, or yellow)
- Red bell peppers
- Squash
- Strawberries (fresh or frozen)
- Sweet potatoes
- Watermelon

## Meat

- Chicken breasts, boneless, skinless
- Eggs
- Ground turkey
- Ham
- Tilapia
- Unbreaded fish fillets (salmon, cod, or tilapia)
- Whole turkey breasts

## Grains

- 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, farfelle)
- 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
- Salt
- Spaghetti sauce
- Sunflower seeds
- Vanilla extract
- Vegetable oil

## Food for Thought

- Purchase canned fruits that are stored in water or 100% juice
- Purchase canned vegetables that are low-sodium or no salt added
- 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.

# Cycle 4 Meal Plan

## WEEK 1

Monday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Kiwi	Peaches	<i>Tootie Fruity Salad</i>
Vegetables		Corn	
Grains	Whole grain waffles	Quinoa	Graham crackers
Meat or meat alternate		Baked whole turkey breast	

Tuesday			
Component	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 or meat alternate		Unbreaded fish fillets	

Wednesday			
Component	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 or meat alternate		<i>Mexican Pizza</i>	Non-fat yogurt

Thursday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Strawberries	Pineapple chunks	
Vegetables		<i>Spud Salad</i>	Baby carrots
Grains		Whole grain dinner roll	Whole grain crackers
Meat or meat alternate	Non-fat yogurt	Grilled chicken breast	

Friday			
Component	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 or meat alternate		<i>Western Quinoa</i>	Cheese cubes

## WEEK 2

Monday			
Component	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	Whole grain English muffins	Whole grain dinner roll	Graham crackers
Meat or meat alternate		Baked whole turkey breast	

Tuesday			
Component	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 or meat alternate		Grilled chicken breast	

Wednesday			
Component	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 or meat alternate		Grilled cheese on whole grain bread	

Thursday			
Component	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 or meat alternate		Unbreaded fish fillets	

Friday			
Component	Breakfast	Lunch	Snack
Milk	1% or fat-free	1% or fat-free	
Fruits	Kiwi	Mango	Apple slices
Vegetables		Peas	
Grains	Cold cereal	Whole grain dinner roll	
Meat or meat alternate		<i>Not Mom's Meatloaf</i>	String cheese

# Cycle 4 Recipes

## FARM FRESH SALAD

**Meal Type: Lunch or Supper, Snack**

Ingredients	10 Servings	50 Servings	100 Servings
Broccoli florets (fresh or frozen)	1 ¼ cups	6 ¼ cups	12 ½ cups
Carrots, chopped	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, sliced	¾ cup	4 cups	8 cups
Italian dressing (low-fat or 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 with cucumber slices.

### Serving Sizes (Lunch or Supper)

Age Group	Serving Size
Ages 1-2	¼ cup
Ages 3-5	¼ cup
Ages 6-12	½ cup

### Serving Sizes (Snack)

Age Group	Serving Size
Ages 1-2	½ cup
Ages 3-5	½ cup
Ages 6-12	¾ cup

### Food Components Used

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.

# MEXICAN PIZZA

Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Whole grain English muffins	5	25	50
Spaghetti sauce	2 ½ cups	12 ½ cups	25 cups
Chicken breasts, boneless, skinless	1 lb.	5 lb.	10 lb.
Green bell peppers, chopped	¾ cup	4 cups	8 cups
Red bell peppers, chopped	¾ cup	4 cups	8 cups
Monterey Jack cheese, shredded	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.

Serving Sizes	
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 Components Used
Grains
Meat or meat alternate
Vegetable

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

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.



## NOT MOM'S MEATLOAF

Meal Type: Lunch or Supper			
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)

### Serving Sizes

Age Group	Serving Size
Ages 1-2	1 (1 oz.) slice
Ages 3-5	1 1/2 (1 oz.) slices
Ages 6-12	2 (1 oz.) slices

### Food Components Used

Meat or 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.

## SOUP FOR YOU

Lunch or Supper			
Ingredients	10 Servings	50 Servings	100 Servings
Margarine (trans-fat free)	2 ½ tsp	¼ cup + ½ tsp	½ cup + 1 tsp
Onion, chopped	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Corn (fresh, canned, or frozen)	1 ⅔ cups	8 ¼ cups	6 lb.
Chicken stock (low-sodium)	3 ⅓ cups	1 gal + ¾ cup	2 gal + 1 ¼ cups
Potatoes (red, russet, or yellow)	1 ⅔ 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

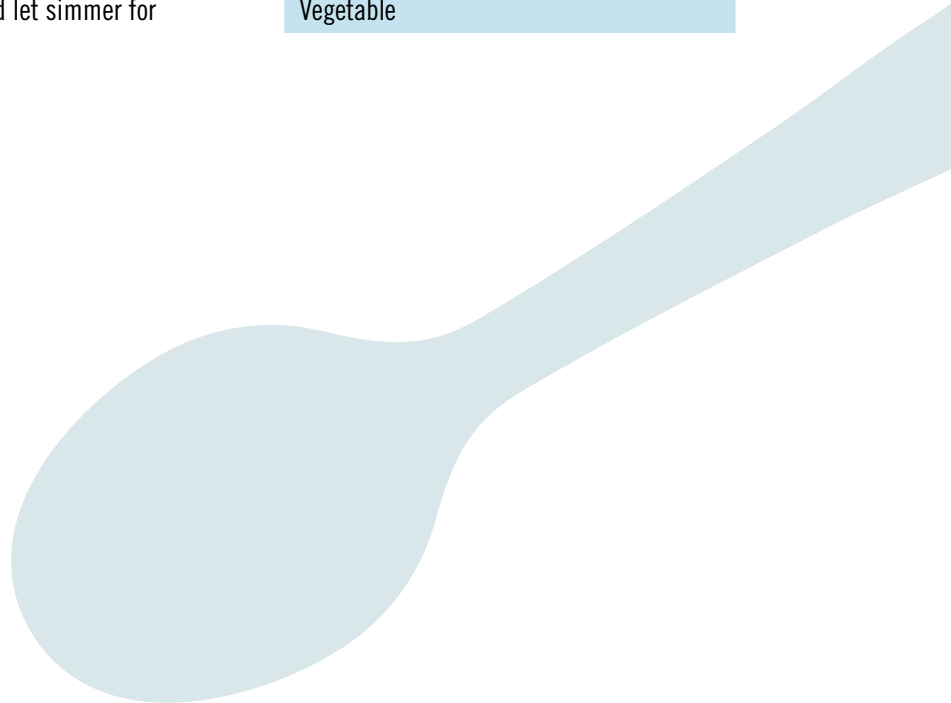
1. Melt margarine in a large soup pot.
2. Prep all vegetables by chopping or dicing as directed. Add onions. Cover and let cook over low heat for 10 minutes, stirring occasionally.
3. Add stock, corn and potatoes. Bring to a low boil.
4. Lower the heat and cover. Let simmer for about 10 minutes.
5. In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

### Serving Sizes

Age Group	Serving Size
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	1 ½ cups

### Food Components Used

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

## SPUD SALAD

Meal Type: Lunch or Supper			
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 or red wine)	1 ¼ tsp	2 Tbsp. + ¼ tsp	¼ cup + ½ tsp
Thyme, dried	¼ tsp	1 tsp	2 tsp
Potatoes (red, russet, or yellow), diced	1 ¼ cups	6 ⅓ cups	12 ⅔ cups
Broccoli florets (fresh or frozen)	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Peas (canned or frozen)	⅓ cup + 4 tsp	2 cups + 1 Tbsp.	4 cups + 2 Tbsp.
Red bell peppers, chopped	1 Tbsp. + 2 tsp	½ cup + 1 tsp	1 cup + ½ Tbsp.
Celery, chopped	1 Tbsp. + 2 tsp	½ cup + 1 tsp	1 cup + ½ Tbsp.
Corn (fresh, canned, or 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.

### Serving Sizes

Age Group	Serving Size
Ages 1-2	⅛ cup
Ages 3-5	¼ cup
Ages 6-12	½ cup

### Food Components Used

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](http://www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-nutrition-kitchen-complete-book.pdf). 2010. Updated and revised: June 30, 2017.

# STRAWBERRY FIELDS FRENCH TOAST

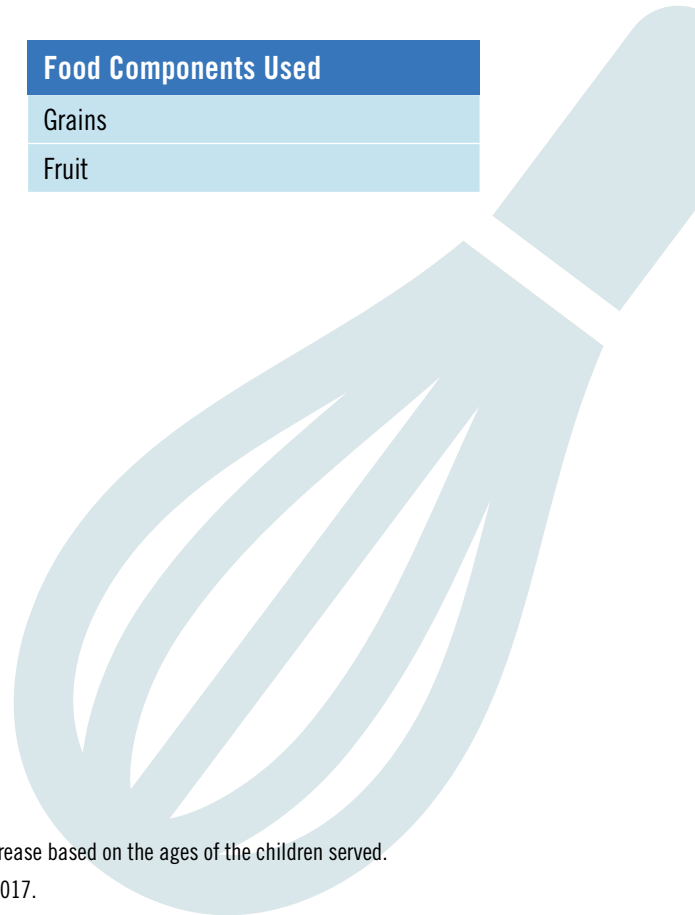
Breakfast			
Ingredients	10 Servings	50 Servings	100 Servings
Whole grain bread, cubed	10 regular slices	50 regular slices	100 regular slices
Eggs	2 large	10 large	20 large
Milk, 1% (low-fat)	1 $\frac{1}{3}$ cups + 1 $\frac{1}{2}$ Tbsp.	7 cups + 2 Tbsp.	3 qt + 2 $\frac{1}{4}$ cups
Margarine (trans-fat free)	1 Tbsp. + 1 $\frac{1}{4}$ tsp	$\frac{1}{3}$ cup + 2 Tbsp.	$\frac{3}{4}$ cup + 2 Tbsp.
Strawberries (fresh or frozen), sliced	3 $\frac{1}{2}$ lb.	17 $\frac{1}{2}$ lb.	35 lb.
Vanilla yogurt, non-fat	2 $\frac{3}{4}$ cups + 1 $\frac{1}{2}$ Tbsp.	14 $\frac{1}{4}$ cups	28 $\frac{1}{2}$ 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  $\frac{1}{2}$  cup of strawberries and  $\frac{1}{4}$  cup of non-fat vanilla yogurt.

Serving Sizes	
Age Group	Serving Size
Ages 1-2	$\frac{1}{4}$ cup casserole, $\frac{1}{4}$ cup strawberries
Ages 3-5	$\frac{1}{2}$ cup casserole
Ages 6-12	$\frac{1}{2}$ cup casserole

Food Components Used	
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.

## SUNRISE SMOOTHIE

Meal Type: Breakfast, Snack			
Ingredients	10 Servings	50 Servings	100 Servings
Pineapple chunks (fresh, canned, or frozen)	3 cups	14.5 cups	29 cups
Carrots, shredded	1 <sup>2</sup> / <sub>3</sub> cups	8 <sup>1</sup> / <sub>4</sub> cups	16 <sup>1</sup> / <sub>2</sub> cups
Bananas	4 <sup>1</sup> / <sub>4</sub> medium	21 medium	42 medium
Vanilla yogurt, non-fat	2 <sup>1</sup> / <sub>2</sub> cups	12 <sup>1</sup> / <sub>2</sub> 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.

Serving Sizes (Breakfast)	
Age Group	Serving Size
Ages 1-2	<sup>1</sup> / <sub>4</sub> cup
Ages 3-5	<sup>1</sup> / <sub>2</sub> cup
Ages 6-12	<sup>1</sup> / <sub>2</sub> cup

Serving Sizes (Snack)	
Age Group	Serving Size
Ages 1-2	<sup>1</sup> / <sub>2</sub> cup
Ages 3-5	<sup>1</sup> / <sub>2</sub> cup
Ages 6-12	<sup>3</sup> / <sub>4</sub> cup

Food Components Used (Breakfast)
Grains*
Fruit

Food Components Used (Snack)
Meat or meat alternate
Fruit



\*Meat or meat alternate used to meet grains 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 Physical Activities and Healthy Snacks for Young Children. Team Nutrition Iowa. [http://healthymeals.nal.usda.gov/hsmrs/lowa/Physical\\_Activities\\_%20Healthy\\_Snacks.pdf](http://healthymeals.nal.usda.gov/hsmrs/lowa/Physical_Activities_%20Healthy_Snacks.pdf). 2010. Updated and revised: June 30, 2017.



## SWEET SALSA

Snack			
Ingredients	10 Servings	50 Servings	100 Servings
Peaches (fresh, canned, or frozen), sliced	1 <sup>2</sup> / <sub>3</sub> cups	8 <sup>1</sup> / <sub>4</sub> cups	16 <sup>1</sup> / <sub>2</sub> cups
Mango (fresh or frozen), diced	<sup>3</sup> / <sub>4</sub> cup + 1 Tbsp.	4 cups + 2 Tbsp.	8 <sup>1</sup> / <sub>4</sub> cups
Strawberries (fresh or frozen), sliced	2 <sup>1</sup> / <sub>2</sub> cups	12 <sup>1</sup> / <sub>2</sub> cups	25 cups
Honey	1 <sup>1</sup> / <sub>4</sub> tsp	2 Tbsp. + <sup>1</sup> / <sub>4</sub> tsp	<sup>1</sup> / <sub>4</sub> cup + <sup>1</sup> / <sub>2</sub> tsp
Whole wheat pita, small (4" diameter)	5	25	50
Ground cinnamon	1 <sup>1</sup> / <sub>4</sub> tsp	2 Tbsp. + <sup>1</sup> / <sub>4</sub> tsp	<sup>1</sup> / <sub>4</sub> cup + <sup>1</sup> / <sub>2</sub> tsp
Sugar	1 Tbsp. + <sup>3</sup> / <sub>4</sub> tsp	<sup>1</sup> / <sub>3</sub> cup + 1 Tbsp.	<sup>3</sup> / <sub>4</sub> cup + <sup>1</sup> / <sub>2</sub> Tbsp.
Margarine (trans-fat free)	3 Tbsp. + 1 tsp	1 cup + <sup>1</sup> / <sub>2</sub> 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 with sugar and cinnamon mixture.
10. Bake for 10 to 15 minutes until crisp.

Serving Sizes	
Age Group	Serving Size
Ages 1-2	<sup>1</sup> / <sub>2</sub> cup, 4 chips
Ages 3-5	<sup>1</sup> / <sub>2</sub> cup, 4 chips
Ages 6-12	<sup>3</sup> / <sub>4</sub> cup, 8 chips

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

## TOOTIE FRUITY SALAD

Meal Type: Breakfast, Lunch or Supper, Snack			
Ingredients	10 Servings	50 Servings	100 Servings
Peaches (fresh, frozen, or canned), sliced	1 ¼ cups	6 ¼ cups	12 ½ cups
Pineapple chunks (fresh, frozen, or canned)	1 ¾ cups + 2 Tbsp.	9 ¼ cups	18 ½ cups
Grapes, seedless, sliced	1 ¼ cups	6 ¼ cups	12 ½ cups
Bananas, sliced	2 ½ medium	12 ½ medium	25 medium

### Directions

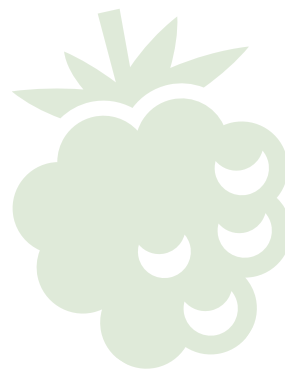
1. Drain canned peaches and pineapple or thaw if frozen. Mix together in a large bowl and refrigerate.
2. Before serving, slice bananas and grapes and place on top of salad.

Serving Sizes (Breakfast)	
Age Group	Serving Size
Ages 1-2	¼ cup
Ages 3-5	½ cup
Ages 6-12	½ cup

Serving Sizes (Lunch or Supper)	
Age Group	Serving Size
Ages 1-2	⅛ cup
Ages 3-5	¼ cup
Ages 6-12	¼ cup

Serving Sizes (Snack)	
Age Group	Serving Size
Ages 1-2	½ cup
Ages 3-5	½ cup
Ages 6-12	¾ cup

Food Components Used
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](http://www.childcare.mt.gov). 2010. Updated and revised: June 30, 2017.

## WESTERN QUINOA

Lunch or Supper			
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 or 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, or 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.

### Serving Sizes

Age Group	Serving Size
Ages 1-2	1 cup
Ages 3-5	1 cup
Ages 6-12	1 ½ cups

### Food Components Used

Grains\*

Meat or meat alternate

Vegetable\*\*



\*Contributes only 1/3 cup for ages 6-12

\*\*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.



# Cycle 4 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)

## Fruits and Vegetables

- Apples
- Bananas
- Black beans (canned)
- Blueberries (fresh or frozen)
- Broccoli florets (fresh or frozen)
- Cantaloupe
- Carrots (regular and baby)
- Cauliflower
- Celery
- Cherry tomatoes
- Corn (fresh, frozen, or canned)
- Cucumber
- Dried cranberries
- Grapes, seedless
- Green beans (fresh, canned, or frozen)
- Green bell peppers
- Honeydew
- Kiwi
- Mango (fresh or frozen)
- Mixed fruit (canned)
- Onions
- Oranges

- Peaches (fresh, canned, or frozen)
- Peas (canned or frozen)
- Pears (fresh or canned)
- Pineapple chunks (fresh or canned)
- Potatoes (russet, red, or yellow)
- Red bell peppers
- Spinach
- Squash
- Strawberries (fresh or frozen)
- Zucchini

## Meat

- Chicken breasts, boneless, skinless
- Eggs
- Ground turkey
- Unbreaded fish fillets (salmon, cod, or tilapia)
- Whole turkey breasts

## Grains

- 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 or red wine)

## Food for Thought

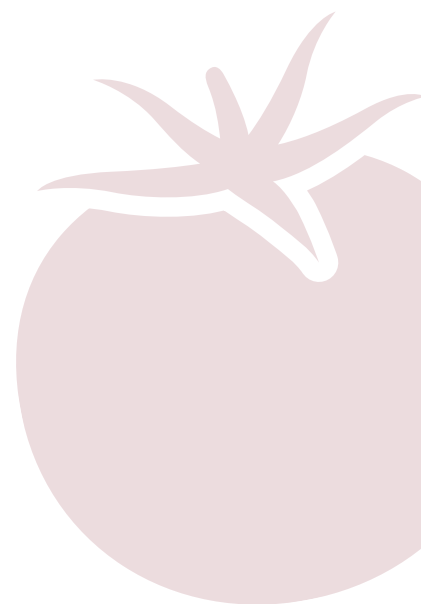
- Purchase canned fruits that are stored in water or 100% juice
- Purchase canned vegetables that are low-sodium or no salt added
- Purchase low-fat or fat-free items where possible (e.g., cheeses, salad dressings, etc.)





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This Menu Planning Guide has been adapted from *Cooking Up Healthy Habits: A Guide to CACFP Meals*, prepared by Nemours Health and Prevention Services.