RECIPE for growing healthy children

Recipes from the Team Nutrition Child Care Culinary Workshops

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Baked French Toast

Recipe Category: **Breakfast**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole grain bread		5 slices		25 slices	1. Melt butter (or margarine) with honey and spread on the bottom of foil-lined pan. 2. Beat together eggs, orange juice, vanilla, salt, and nutmeg. 3. Cut slices of bread in half. 4. Dip bread slices into mixture and place into pan. Or you can pour mixture over bread slices placed in pan. Use a single layer of bread. 5. Cover and refrigerate overnight. Or, you can bake right away if preferred. 6. Bake for 20 minutes at 400°. 7. Turn pieces over to serve.
Butter or margarine		2½ Tbsp		1½ sticks	
Honey		2 Tbsp		½ cup + 2 Tbsp	
Eggs or egg substitute		3 large or ¾ cup		15 large or 3¾ cups	
Orange juice		⅓ cup		1 ⅔ cups	
Vanilla		1 tsp		1 Tbsp + 2 tsp	
Salt		¼ tsp		1¼ tsp	
Nutmeg		¼ tsp		1¼ tsp	

Portion size/meal components: ½ slice = 1 grain for 3- to 5-year-old

Substitutions and alternatives: May use syrup in place of honey, milk in place of orange juice.

Baked French Toast continued

Suggested pairings and serving ideas: May dust with confectioners' sugar. Top with fruit or topping of choice.

Make ahead hints: This works very well prepped the day ahead, refrigerated overnight and baked in the morning.

Food safety alerts: Keep refrigerated until baked.

Helps meet Dietary Guideline goals: Whole grain

Nutrition facts

Calories:	82	Total Fat:	2.3 g	Vitamin C:	2.7 mg	Sodium:	154 mg
Protein:	3 g	Saturated Fat:	0.6 g	Iron:	0.8 mg	Dietary Fiber:	1 g
Carbohydrate:	10.5 g	Vitamin A:	60 µg RAE	Calcium:	20 mg	Amount of vitamin A qualifies as a good source.	

Notes

Baked Oatmeal

Recipe Category: **Breakfast**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Quick-cooking rolled oats		1 cup		5 cups	1. Line muffin pans with foil liners, or coat with cooking spray (or use a baking dish). 2. Stir together oats and fruit bits; divide among muffin cups (2 rounded Tbsp each). 3. In a medium bowl, combine milk, egg, sugar, vanilla, and salt. Stir until dissolved. 4. Pour mixture into cups, dividing evenly (scant ¼ cup). 5. Can be baked right away, or can be covered with plastic wrap and refrigerated overnight. 6. Bake in a 350° oven for about 20 minutes, or until centers are set (longer for pan).
Mixed dried fruit (or only raisins, or fresh cut-up fruit)		½ cup		2½ cups	
Fat-free milk		2 cups		10 cups	
Egg or egg substitute		1 egg or ¼ c		5 or 1¼ cups	
Sugar		¼ cup		1¼ cups	
Vanilla		½ tsp		1 Tbsp	
Salt		1/8 tsp		½ tsp	
Light syrup		To taste		To taste	

Portion size/meal components: Generous ¼ cup = 1 grain for 3- to 5-year-old

Substitutions and alternatives: Use any type of dried or fresh fruit.

Baked Oatmeal continued

Suggested pairings and serving ideas: Children can top oatmeal with fresh or dried fruit in design of choice. Drizzle with light syrup.

Make ahead hints: This works well made ahead and refrigerated overnight to bake in the morning.

Helps meet Dietary Guideline goals: Whole grain

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	109	Total Fat:	1 g	Vitamin C:	0.2 mg	Sodium:	133 mg
Protein:	4 g	Saturated Fat:	0.3 g	Iron:	0.6 mg	Dietary Fiber:	1 g
Carbohydrate:	23 g	Vitamin A:	32 µg RAE	Calcium:	74 mg		

Notes

Creative breakfast menu combinations

Grains/bread	Fruits/vegetables/juice
Baked Oatmeal	Fresh or dried fruit
French Toast	Fresh fruit or fruit topping
Pancakes	Fruit topping, applesauce (make faces…)
Breakfast Fruit Pizzas *Use toasted English muffins or bagels. Spread with softened reduced-fat cream cheese mixed with honey (use 2-3 Tbsp honey per 8 oz cream cheese)*	Arrange bite-size pieces of seasonal fresh fruit on top of "pizza," top with all-fruit spread that has been warmed enough to drizzle over fruit as a glaze
Apple Butter Pizza *Use toasted English muffins or bagels. Spread with apple butter, top with shredded mozzarella cheese and bake until cheese melts. (Also a good snack.)*	100% fruit juice
Cinnamon-Apple Quesadilla *Spread ¼ cup applesauce over ½ tortilla, sprinkle with cinnamon and sugar, shredded Monterey Jack cheese, top with other ½ tortilla, sprinkle with more cinnamon-sugar, bake at 400°F 6-8 minutes, until golden.*	Additional applesauce to equal ½ cup per child
Tortilla wrap with 1 or more: egg, sausage, veggies, cheese	Orange wedges or sliced fruit
Biscuit with low-sugar spread or serve with a gravy made using turkey or soy sausage	"Name that Juice" — put 2-3 types of juice out and allow children to combine and name their creations
Whole grain, low-fat, fruit-filled muffin (banana, carrot, blueberry, apple, etc.)	Fruit compote, baked apple, applesauce
Mixed-up Cereal *Offer 2 or 3 choices and allow children to combine more than one in their bowl.*	½ banana sliced on cereal, seasonal fruit or berries
Yogurt/Granola/Fruit Parfaits *Children layer yogurt with ½ ounce of granola cereal and fruit*	Cut fruit is provided with ¼-cup scoops and children are encouraged to layer 2 scoops of fruit with yogurt and granola

RECIPE for growing healthy children

Pizza Pasta Bake

Recipe Category: **Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Corkscrew (rotini) pasta, plain, vegetable, or whole grain		2 cups uncooked (2½ cups cooked)		10 cups uncooked 13 cooked	1. Cook pasta according to package directions, drain well.
Slightly beaten eggs		2		10	2. For "crust," combine eggs, milk, and 1st part of mozzarella cheese. Stir in pasta.
Low-fat milk		½ cup		2 cups	3. Spray pans with cooking spray. Heat oven to 375°.
Mozzarella cheese divided: crust/topping	8 oz	2 cups total ½ cup + 1½ cup	40 oz	10 cups total 3 cups + 7 cups	4. Spread pasta mixture in bottom of pan(s).
Pizza sauce	14 oz		70+ oz		5. Chop Canadian bacon into bite-size pieces, stir into pizza sauce with veggies (if desired).
Canadian bacon	5 oz		25 oz		6. Spread pizza sauce mixture over pasta "crust."
Cut-up veggies (optional) (pepper, zucchini, mushrooms, etc.)		1 cup		5 cups	7. Top with remaining cheeses (2nd part of mozzarella cheese and grated Parmesan cheese.)
Grated Parmesan cheese		3 Tbsp		1 cup	8. Bake 30 minutes or until "set" and cheese is melted. Cool 10 minutes before serving.

Portion size: Makes 10 servings in 9" x 13" pan, 50 servings in 2 steam-table pans, cut in squares.

Meal components: 1 grain, 1 meat for 3- to 5-year-olds

Substitutions and alternatives: In place of Canadian bacon, try shredded cooked chicken, soy sausage crumbles, or cooked turkey sausage.

Pizza Pasta Bake continued

Suggested pairings and serving ideas: Serve with a vegetable salad and fresh seasonal fruit.

Make ahead hints: Chop your meat and veggies ahead and store in the refrigerator to speed prep time. This recipe can be made a day ahead, covered and refrigerated and baked the next day.

Helps meet Dietary Guideline goals: Whole grain, vegetables, calcium, lean protein

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	170	Total Fat:	6.8 g	Vitamin C:	4.5 mg	Sodium:	534 mg
Protein:	13.5 g	Saturated Fat:	3.4 g	Iron:	1.1 mg	Dietary Fiber:	1.8 g
Carbohydrate:	14 g	Vitamin A:	137 µg RAE	Calcium:	242 mg	Qualifies as a "best" source of vitamin A.	

Notes

Baked Mac and Cheese

Recipe Category: **Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS	
	Weight	**Measure**	**Weight**	**Measure**
Dried elbow macaroni (use whole grain)	5-6 oz	1¼ cups uncooked	25-30 oz	6¼ cups uncooked
Nonfat dry milk powder		¼ cup		1¼ cups
All-purpose flour		2 Tbsp		½ cup + 2 Tbsp
Onion salt		¼ tsp		1½ tsp
Low-fat milk		1½ cups		7½ cups
Reduced-fat cheese (natural processed American)	7-8 oz	10 slices	2½ lb	50 slices
Bread crumbs		1-2 Tbsp		⅓ cup

DIRECTIONS

1. Preheat oven to 350°.
2. Cook macaroni according to package directions, drain and set aside.
3. Combine milk powder, flour, and onion salt. Mix well. Stir in milk, adding gradually until smooth.
4. Cut cheese into small cubes.
5. Put warm macaroni in large baking dish coated with cooking spray.
6. Stir in cheese until it begins to melt. Stir in milk mixture.
7. Cover and bake 10-15 minutes. Uncover and stir thoroughly.
8. Cover and bake another 10-15 minutes. Uncover and stir. Repeat this step 1 or 2 times as needed when making 50 or more servings.
9. Top with bread crumbs. Bake uncovered until bubbly, about 15 more minutes.

Portion size/meal components: ⅓ cup = 1 grain and ½ meat alternate.

Baked Mac and Cheese continued

Suggested pairings and serving ideas: Partner with ¾ oz of meat. Serve with veggies that can be stirred in.

Helps meet Dietary Guideline goals: Whole grain, calcium

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	113	Total Fat:	2 g	Vitamin C:	none	Sodium:	370 mg
Protein:	9.4 g	Saturated Fat:	1 g	Iron:	1 mg	Dietary Fiber:	1 g (whole grain)
Carbohydrate:	15 g	Vitamin A:	33 µg RAE	Calcium:	216 mg		

Notes

Use one steam table pan for 50 servings. Use casserole dish or 9x13-inch pan for 10 to 25 servings.

To avoid over-cooking, boil macaroni minimum time on package. It will cook more upon baking.

Fish Nuggets

Recipe Category: **Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen white fish fillets	1¼ pounds		6 pounds		1. Thaw fish overnight in refrigerator. 2. Preheat oven to 450°. 3. Line baking sheets with foil and coat with cooking spray. 4. Cut fish in 1-oz nuggets. 5. Place flour in one shallow bowl or plastic bag. 6. Beat egg whites with 1 Tbsp water/egg, put in shallow bowl. 7. Crush cereal and combine with crumbs & seasonings. 8. Dredge nuggets in flour, dip in egg, dredge in crumbs, place on baking sheet in single layer. 9. Bake for about 10 minutes until breading is golden and crisp. If desired, turn over halfway.
All-purpose flour		½ cup		2 cups	
Egg whites		2-3 large		1 dozen	
Dry bread crumbs		½ cup		2 cups	
Whole grain cereal flakes		1 cup		4 cups	
Lemon pepper		1 tsp		2 Tbsp	
Garlic powder		½ tsp		1 Tbsp	
Paprika		½ tsp		1 Tbsp	
Salt		¼ tsp		1½ tsp	

Portion size/meal components: 2 nuggets (1 oz uncooked or 1½ oz cooked) = 1 meat for 3- to 5-year-old

Substitutions and alternatives: Experiment with different seasoning mixtures, substitute cornmeal for part of the grain.

Fish Nuggets continued

Suggested pairings and serving ideas: Serve with honey mustard dipping sauce or ketchup.

Make ahead hints: Thaw fish overnight in the refrigerator.

Food safety alerts: Make sure fish is done without overcooking.

Helps meet Dietary Guideline goals: Whole grain, lean protein

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	139	Total Fat:	2 g	Vitamin C:	8.7 mg	Sodium:	290 mg
Protein:	12 g	Saturated Fat:	0.4 g	Iron:	2.9 mg	Dietary Fiber:	0.6 g
Carbohydrate:	17 g	Vitamin A:	40 µg RAE	Calcium:	151 mg	Qualifies as a good source of vitamin A and vitamin C.	

Notes

Baked Sweet Potato Fries

Recipe Category: **Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sweet potatoes (can cut from fresh or use precut frozen)		2½ cups		12 ½ cups	1. Cut potatoes into fry strips. 2. Preheat oven to 450°. 3. Cover baking sheets with foil and coat with cooking spray. 4. In a large plastic bag or bowl, toss sweet potato fries with oil and seasonings. 5. Spread out on baking sheets so fries do not overlap. 6. Bake until browned and crisp. 7. Use spatula to turn half-way through cooking. Bake about 20 minutes total.
Olive oil		½ Tbsp		¼ cup	
Salt		¼ tsp		1 ¼ tsp	
Paprika		¼ tsp		1 ¼ tsp	
Cinnamon		¼ tsp		1 ¼ tsp	
Red (cayenne) pepper		dash		½ tsp	

Portion size/ meal components: ¼ cup = 1 vegetable for 3- to 5-year-old

Substitutions and alternatives: Experiment with different seasoning combinations.

Baked Sweet Potato Fries continued

Suggested pairings and serving ideas: Use in place of regular french fries. Can also be dipped in ketchup.

Helps meet Dietary Guideline goals: Vegetables

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	62	Total Fat:	0.8 g	Vitamin C:	9 mg	Sodium:	200 mg
Protein:	1 g	Saturated Fat:	0.1 g	Iron:	1 mg	Dietary Fiber:	2 g
Carbohydrate:	13 g	Vitamin A:	372.5 µg RAE	Calcium:	18.5 mg	Counts as a "best" vitamin A source, also good source of vitamin C.	

Notes

Cheesy Peas

Recipe Category: **Vegetable**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen sweet peas	1 pound		5 pounds		1. Thaw peas in refrigerator overnight, or in microwave. 2. Preheat oven to 350°. 3. Coat casserole dish with cooking spray. 4. Combine nonfat dry milk, flour and seasonings in bowl. Stir in milk until smooth. 5. Put peas in casserole dish and pour milk mixture over. 6. Cut cheese in small cubes and mix throughout peas. 7. Cover and bake, stirring every 10-15 minutes until thick and bubbly. 8. Allow to cool and thicken, Stir well until creamy smooth.
Nonfat dry milk powder		¼ cup		1¼ cups	
All-purpose flour		2 Tbsp		½ cup + 2 Tbsp	
Onion salt		¼ tsp		1½ tsp	
Garlic powder		Dash		½ tsp	
White pepper		Dash		½ tsp	
Low-fat milk		1½ cups		7½ cups	
Reduced fat cheese (American, Velveeta)	7-8 oz	10 slices	2.5 pounds	50 slices	

Portion size/meal components: ⅓ cup = as ¼ cup of vegetable plus ½ meat alternate for lunch for 3- to 5-year-old.

Substitutions and alternatives: This recipe can also be prepared in a crock pot. Set on low and stir every 30 minutes. It will take about an hour and a half for 10-20 servings. Hold on warm until time to serve.

Cheesy Peas continued

Preparation Time: 15 minutes, plus cooking time of 30-45 minutes

Suggested pairings and serving ideas: Serve when main entree has only ½ meat alternate.

Helps meet Dietary Guideline goals: Vegetables, calcium

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	80	Total Fat:	2 g	Vitamin C:	8 mg	Sodium:	280 mg
Protein:	8 g	Saturated Fat:	1 g	Iron:	1 mg	Dietary Fiber:	1 g
Carbohydrate:	7 g	Vitamin A:	36 µg RAE	Calcium:	227 mg	Counts as good source of both vitamin A and vitamin C.	

Notes

Carrots with Honey-Ginger Glaze

Recipe Category: **Vegetable**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Baby carrots	1 pound		5 pounds		1. Cook carrots in boiling salted water, 10-12 minutes, or just until tender. 2. Drain in colander. 3. Combine butter, honey, and ginger in same pan, heat until butter is melted. 4. Add carrots and toss gently until thoroughly coated and heated through.
Butter or margarine		1½ Tbsp		1 stick	
Honey		1½ Tbsp		½ cup	
Ginger		¼ tsp		2 tsp	

Portion size/meal components: ¼ cup = 1 vegetable option with lunch

Substitutions and alternatives: Experiment with other spices, such as cinnamon or nutmeg.

Carrots with Honey-Ginger Glaze continued

Preparation Time: minimal Cooking Time: Allow 30 minutes to boil water and cook carrots, 10 minutes to finish.

Suggested pairings and serving ideas: Goes well with many lunch menus.

Helps meet Dietary Guideline goals: Vegetables

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	51	Total Fat:	2 g	Vitamin C:	3.8 mg	Sodium:	44 mg
Protein:	1 g	Saturated Fat:	0.3 g	Iron:	0.2 mg	Dietary Fiber:	2 g
Carbohydrate:	9 g	Vitamin A:	402 µg RAE	Calcium:	22 mg	Qualifies as a "best" source of vitamin A.	

Notes

Pasta and Trees

Recipe Category: **Lunch or Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Dry pasta in fun, colorful shapes		1¾ cups		8¾ cups	1. Thaw broccoli in refrigerator overnight. Cut into bite-size pieces. 2. Cook pasta according to package directions, drain, rinse well, and drain again. 3. Combine pasta, broccoli, and salad dressing. Refrigerate until ready to serve. 4. Add Parmesan cheese just before serving, or sprinkle on at the table.
Frozen broccoli florets or cuts, thawed	7 oz	2½ cups		12½ cups	
Low-fat salad dressing (use your favorite)		1/3 cup		1½ cups	
Parmesan cheese		1/3 cup		1½ cups	

Portion size/meal components: ½ cup = 1 grain, ½ of vegetable requirement for lunch for 3- to 5-year-old

Substitutions and alternatives: Use other thawed vegetables in addition to broccoli.

Recipe source: Adapted from South Dakota's *Physical Activity and Healthy Snacks for Children*

Pasta and Trees continued

Preparation Time: 15 minutes, plus allow 30 minutes to cook pasta

Suggested pairings and serving ideas: Allow children to stir in dressing and sprinkle on the cheese at the table.

Make ahead hints: Can be made the day ahead and refrigerated as long as Parmesan cheese is added at the table.

Helps meet Dietary Guideline goals: Possible source of whole grain, veggies

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	77	Total Fat:	1 g	Vitamin C:	19.6 mg	Sodium:	241 mg
Protein:	4.6 g	Saturated Fat:	0.1 g	Iron:	1 mg	Dietary Fiber:	1 g
Carbohydrate:	13 g	Vitamin A:	8.9 µg RAE	Calcium:	14 mg	Qualifies as a "best" source of vitamin C.	

Notes

Fruity Coleslaw

Recipe Category: **Snack or Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Coleslaw mix		2 cups		10 cups	1. In a bowl combine coleslaw mix and fruit. 2. In another bowl, combine yogurt, mayonnaise, and seasonings until smooth. 3. Toss dressing lightly through coleslaw. 4. Cover and refrigerate until served. 5. Serve with chopped nuts, if desired.
Pineapple tidbits, drained		½ cup fruit total		2½ cups fruit total	
Mandarin oranges, drained					
Strawberries, cut bite-size					
Vanilla fat-free yogurt		3 Tbsp		¾ cup	
Reduced-fat mayonnaise		3 Tbsp		¾ cup	
Salt		dash		¼ tsp	
Cumin		dash		¼ tsp	
Celery seed		dash		¼ tsp	
Honey-roasted peanuts, chopped (optional)		¼ cup		1 cup	

Portion size/meal components: ¼ cup as a vegetable/fruit option at lunch, ½ cup as a snack = 1 vegetable/fruit

Substitutions and alternatives: Be creative with different fruit choices. Try to include different colors.

Fruity Coleslaw continued

Suggested pairings and serving ideas: Goes great with sandwiches, fish, or hot dogs at lunch. Serve with crackers for a snack.

Make ahead hints: Can be made up to one day ahead if refrigerated.

Helps meet Dietary Guideline goals: Vegetables, fruit

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	33	Total Fat:	1.7 g	Vitamin C:	6 mg	Sodium:	66 mg
Protein:	1 g	Saturated Fat:	0.3 g	Iron:	0.2 mg	Dietary Fiber:	1 g
Carbohydrate:	3.5 g	Vitamin A:	7.1 µg RAE	Calcium:	15 mg	Qualifies as a "best" source of vitamin C.	

Notes

Creative lunch menu ideas

"Breakfast for Lunch"

Most of your children's favorite breakfast entrees can become the grain and meat or meat alternate components at lunch: egg casseroles, sausage gravy and biscuits (made with lean sausage alternatives and skim milk gravy), breakfast burritos, and pancakes and sausage.

Serve old favorites new ways

Instead of traditional tacos, try "Taco Mountains" with taco ingredients piled "high" (using tortilla chips instead of taco shells, or using a tortilla as the base). Update traditional pizzas by using whole grain crust, leaner meats and/or veggies. Serve Toasted Hawaiian Sandwiches in place of traditional grilled cheese. Serve baked spaghetti instead of traditional spaghetti (it's easier to serve, too). Put two favorites together by baking chili on top of macaroni and cheese.

Try "table assembly" instead of "kitchen assembly"

Why take time in the kitchen to put together sandwiches and other entrees when the children can learn skills and make a meal "their own" with choices and amounts to suit their appetite? Serving this way can also allow you to create a menu with more components that may ultimately combine into one dish. Try these menu items as "table assembly" ideas: tacos, sandwiches, meatball subs, wraps (see MyPyramid Wrap recipe on page 47); even "casseroles" can be self-assembled by serving the starch/sauce mixture separate from the meat and veggie "stir-ins."

Around-the-world menus

Feature menu items from various cultures and countries, especially ones that represent families served by your program. Ask families for favorite recipes that you can adapt for serving. Look for recipes featuring Asian cuisine such as rice bowls and egg rolls, Middle Eastern cuisine, Mexican cuisine, etc.

Seasonal and local foods

Help your children appreciate the growing seasons by featuring foods that are grown locally and are in season. Examples could include asparagus in the spring, melons, corn on the cob and summer squash in the summer months, pumpkin and apples in the fall. Write in your "master menu" prompts such as "seasonal fruit" or "seasonal vegetable" and fill in appropriate options each month or week. Talk about local gardens and farmers markets. Send home recipe ideas for parents to try.

Theme meals

Rewrite menus to reflect holidays and special events that are celebrated each month. See the resources page for links to calendars of less-well-known celebrations that can make ordinary days extraordinary and fun. Work with teachers to connect your menus to the classroom by featuring foods in colors or shapes being learned about (one green food every day in green week…).

Toasted Hawaiian Sandwich

Recipe Category: **Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat milk		½ cup		2½ cups	1. Preheat oven to 350º.
Frozen orange juice concentrate		1½ Tbsp		½ cup	2. Line baking pans with easy-release foil and coat with spray.
Egg substitute		1 cup		5 cups	3. In a bowl, whisk together milk, orange juice concentrate, egg, sugar, vanilla, and salt.
Sugar		1½ Tbsp		½ cup	4. Dip half of the bread slices in egg mixture and lay in pan(s) so bread pieces do not touch.
Vanilla		1 tsp		1½ Tbsp	5. Top each bread slice with 2 slices of ham.
Salt		¼ tsp		1 tsp	6. Thoroughly drain the crushed pineapple and spoon 1 Tbsp on each sandwich; spread to cover.
Whole grain bread		10 slices		50 slices	7. Top each with slice of cheese.
Deli ham slices	10 oz	10 slices	50 oz	50 slices	8. Dip second slice of bread in egg mixture and top sandwich.
Crushed pineapple	8 oz		40 oz		9. Bake until lightly browned, (about 20 minutes), turn over and bake 15-20 minutes longer (make sure nicely toasted).
Swiss cheese	5 oz	5 slices	25 oz	25 slices	

Portion size/meal components: Cut sandwiches in half to serve. Each half = 2 grains and 1 meat/meat alternate for 3- to 5-year-old

Substitutions and alternatives: Instead of baking, omit the dipping mixture and grill the sandwich on griddle lightly spread with butter/margarine. Create a "Hawaiian Melt" by using a whole wheat English muffin half topped with a ham slice, crushed pineapple and Swiss cheese, baked until hot and cheese is melted.

Toasted Hawaiian Sandwich continued

Suggested pairings and serving ideas: Goes well with fresh vegetables and fruit.

Helps meet Dietary Guideline goals: Whole grain, fruit, calcium, lean protein

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	203	Total Fat:	6.8 g	Vitamin C:	3.1mg	Sodium:	557 mg
Protein:	16 g	Saturated Fat:	3.2 g	Iron:	1.7mg	Dietary Fiber:	2 g
Carbohydrate:	19 g	Vitamin A:	44.5 µg RAE	Calcium:	176 mg	Qualifies as good source of vitamin A.	

Notes

MyPyramid Wraps

Recipe Category: **Snack or Lunch**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
7- or 8-inch whole grain tortillas		5		25	1. Assemble wraps by placing 2 slices of meat to cover wrap. 2. Add 1 slice of cheese cut in half to cross entire middle of wrap, 3. Drizzle each wrap with about ½ tablespoon of honey mustard. 4. Sprinkle each wrap with ¼ cup of shredded carrot and 2 tablespoons of dried fruit. 5. Roll tightly, cut in half, keeping opening side down on plate. 6. Cover and refrigerate until served.
Thinly sliced cooked (deli) turkey, ham, or chicken	10 oz	10 slices	50 oz	50 slices	
Reduced-fat American cheese slices	3.5 oz	5 slices	17 oz	25 slices	
Honey mustard dressing	2 oz	¼ cup	10 ounces	1¼ cups	
Shredded carrots		1¼ cups		6+ cups	
Dried tart cherries, raisins, or craisins		10 Tbsp		3+ cups	

Portion size/meal components: ½ wrap = 1 grain and 1 meat/meat alternate

Substitutions and alternatives: Use ranch dressing instead of honey mustard. Children can design their own wrap choosing one item from each food group on MyPyramid: The tortilla is the whole grain. In place of deli meats, cooked diced chicken or tuna can be the lean protein. Any type of sliced or shredded cheese can be used. Veggies could include leaves or shreds of lettuce or spinach, chopped or diced tomatoes, onions, or celery. Fruits could include other dried fruit, diced apples, crushed pineapple or tidbits, mandarin oranges, or avocado.

MyPyramid Wraps continued

Suggested pairings and serving ideas: Cut in one large piece or cut each half into quarters and serve with spiral facing up. For a complete lunch, serve with fresh vegetables, fruit, and milk.

Make ahead hints: Can be made up to one day ahead and refrigerated if well wrapped.

Food safety alerts: Wear gloves to assemble ready-to-eat foods.

Helps meet Dietary Guideline goals: Whole grain, vegetables, fruit, calcium, lean meat

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	196	Total Fat:	2.3 g	Vitamin C:	1 mg	Sodium:	569 mg
Protein:	13.6 g	Saturated Fat:	1.3 g	Iron:	1.7 mg	Dietary Fiber:	2.3 g
Carbohydrate:	23 g	Vitamin A:	91 µg RAE	Calcium:	220 mg	Good source of vitamin A.	

Notes

Cucumber Dip

Recipe Category: **Condiment**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cucumber		¼ of whole		1 whole + ¼	1. Peel cucumber, slice in half lengthwise, scoop out seeds. 2. Grate cucumber and drain in mesh strainer to remove excess water. 3. In a bowl, combine grated cucumber, dressing, dill weed and Parmesan cheese until smooth. 4. Cover and refrigerate overnight. 5. Serve as a dip for fresh vegetables.
Light ranch dressing		1 cup		5 cups	
Dill weed		¼ tsp		1¼ tsp	
Parmesan cheese		1 Tbsp		⅓ cup	

Portion size/meal components: 2 Tbsp does not count toward meal components.

Substitutions and alternatives: Dill weed is fun to grow inside and comes up within a week of planting. Children will enjoy being a part of creating an ingredient in a food they enjoy eating!

Recipe source: Children's Village, Indianapolis

Cucumber Dip continued

Suggested pairings and serving ideas: Serve with fresh vegetables at lunch or snack.

Make ahead hints: Best made a day ahead, but can be eaten right away.

Food safety alerts: Serve in portion cups of a divided plate to avoid double dipping with friends.

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	34	Total Fat:	0.8 g	Vitamin C:	1 mg	Sodium:	271 mg
Protein:	0.2 g	Saturated Fat:	0.2 g	Iron:	0.1 mg	Dietary Fiber:	0.5 g
Carbohydrate:	5.7 g	Vitamin A:	3.3 µg RAE	Calcium:	20 mg		

Notes

Veggie Dippers

Recipe Category: **Lunch or Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw vegetables to blanch: Baby carrots Broccoli florets Whole green beans (frozen work well) Sugar snap peas Cauliflower		5½ - 6 cups (raw) of one or more options to have ½ cup blanched per child		25 – 30 cups (raw) of one or more options to have ½ cup blanched per child	1. Wash vegetables if not prewashed or frozen. 2. Cut into child-size pieces that are a good size for dipping. 3. Bring water to a boil. 4. Blanch vegetables in boiling water (a wire basket works well to submerge and remove). Harder vegetables, such as carrots, take about 3 minutes; softer vegetables take about 2 minutes. 5. Quick chill in cold water. Keep refrigerated until time to serve. *Experiment to find the right blanching time, which results in the perfect texture for dipping without the danger of choking.*
Raw vegetables good for cutting in "fry" sticks or other fun shapes: Sweet bell peppers Cucumbers Zucchini Yellow squash Celery Radishes		Same as above: ½ cup per child		Same as above: ½ cup per child	

Portion size/meal components: ½ cup = 1 vegetable for a snack

¼ cup = 1 lunch vegetable

Veggie Dippers continued

Suggested pairings and serving ideas: Great with your favorite dips.

Make ahead hints: Can easily be made a day ahead and kept refrigerated in covered containers or plastic bags.

Food safety alerts: Wear gloves when preparing ready-to-eat foods.

Helps meet Dietary Guideline goals: Vary your veggies

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts: Vegetables are low in calories, fat free, rich in fiber, and most are good sources of vitamins A and/or C.

Notes

Easy-to-Please Hummus

Recipe Category: **Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garbanzo beans (chick peas), drained, liquid reserved	15 oz	1 can	75 oz	5 cans	1. Drain garbanzo beans, save liquid. 2. In a blender or food processor combine garbanzo beans, cumin, salt, and olive oil. 3. Blend on low speed, adding enough reserved liquid (about ¼ cup per 10 servings) to make smooth and reach desired consistency.
Ground cumin		1 tsp		5 tsp	
Salt		½ tsp		2½ tsp	
Olive oil		1 Tbsp		5 Tbsp	
Optional ingredients:					
Lemon juice		1 Tbsp		¼ cup	
Garlic, crushed		1 clove		4-5 cloves	
Tahini		¼ cup		1 cup	

Portion size/meal components: 2 tablespoons = ½ ounce meat alternate for a snack portion

Substitutions and alternatives: Experiment with added seasonings and flavors. Garlic and lemon juice are traditional ingredients in hummus, as is Tahini, which is a sesame paste.

Easy-to-Please Hummus continued

Suggested pairings and serving ideas: Great dip for raw veggies, pita bread, tortilla crisps, or crackers.

Make ahead hints: Can easily be made 1-2 days ahead, keep refrigerated.

Helps meet Dietary Guideline goals: Go lean with protein

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	65	Carbohydrate:	10 g	Saturated Fat:	0.2 g	Sodium:	240 mg
Protein:	2.2 g	Total Fat:	1.9 g	Iron:	9% of daily value	Dietary Fiber:	2 g

Notes

Cinnamon Tortilla Crisps

Recipe Category: **Snacks**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole wheat tortillas		5		25	1. Preheat oven to 350°. 2. Place foil on baking sheets and coat with cooking spray. 3. Using a basting brush, coat each tortilla with olive oil on both sides. 4. Using a pizza cutter or knife, cut each tortilla into 8 triangles (may stack and cut several at one time). 5. Place on baking sheets; do not overlap. 6. Combine cinnamon and sugar and put in shaker. 7. Sprinkle tortillas liberally. 8. Bake until slightly browned and crisp (20-25 minutes). 9. Allow to cool before serving.
Olive oil		¼ cup		1¼ cups	
Cinnamon		1 tsp		2 Tbsp	
Sugar		¼ cup		1½ cups	

Portion size/meal components: 4 tortilla triangles (½ tortilla) = 1 grain for 3- to 5-year-old

Substitutions and alternatives: Try different seasonings in place of the cinnamon and sugar to create other tastes.

Cinnamon Tortilla Crisps continued

Suggested pairings and serving ideas: Serve with your favorite dip or a fruit or vegetable salsa.

Make ahead hints: Easy to make ahead, cool and store in zip top plastic bags.

Helps meet Dietary Guideline goals: Whole grain

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	122	Total Fat:	5.7 g	Vitamin C:	none	Sodium:	97 mg
Protein:	2 g	Saturated Fat:	0.7 g	Iron:	0.6 mg	Dietary Fiber:	1 g
Carbohydrate:	16 g	Vitamin A:	0.8 µg RAE	Calcium:	7 mg		

Notes

Peanut Butter Dips

Recipe Category: **Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Honey Dip:					Combine ingredients until smooth.
Creamy peanut butter		½ cup		2½ cups	
Vanilla fat-free yogurt		½ cup		2½ cups	
Honey		2 tsp		3 Tbsp + 1 tsp	
Chocolate Dip:					
Creamy peanut butter		½ cup		2½ cups	
Vanilla fat-free yogurt		¼ cup		1¼ cups	
Chocolate syrup		¼ cup		1¼ cups	

Portion size/meal components: 1½ rounded tablespoon = ½ ounce meat alternate for snack (3- to 5-year-olds)

Substitutions and alternatives: Can also use plain yogurt if a less sweet taste is desired.

Peanut Butter Dips continued

Suggested pairings and serving ideas: Partner with fruit, vegetables, or snack crackers made for dipping.

Make ahead hints: Stores well in covered container in the refrigerator, stays soft enough to dip and spread.

Helps meet Dietary Guideline goals: Source of healthy fats, encourages eating whole grains, veggies, fruit

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts – Honey Dip

Calories:	86	Total Fat:	7.6 g	Vitamin C:	0.1 mg	Sodium:	71 mg
Protein:	3.7 g	Saturated Fat:	1.3 g	Iron:	0.2 mg	Dietary Fiber:	0.8 g
Carbohydrate:	4.4 g	Vitamin A:	none	Calcium:	24 mg		

Nutrition facts – Chocolate Dip

Calories:	103	Total Fat:	7.7 g	Vitamin C:	0.1 mg	Sodium:	76 mg
Protein:	3.9 g	Saturated Fat:	1.3 g	Iron:	0.4 mg	Dietary Fiber:	1 g
Carbohydrate:	8.2 g	Vitamin A: none		Calcium:	25 mg		

Notes

Yogurt Fruit Dip

Recipe Category: **Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vanilla low-fat yogurt	20 ounces	2½ cups	100 ounces	12½ cups	Combine yogurt with syrup or honey, choice of juice, and peel zest if desired. *Use more or less juice and zest to taste.*
Lemon-Maple Dip:					
Reduced-sugar maple syrup		½ cup		2½ cups	
Lemon juice		scant Tbsp		¼ cup	
Honey-Citrus Dip:					
Honey		¼ cup		1¼ cups	
Lime, lemon, or orange juice (fresh is best)		¼ cup		1¼ cups	
Lime, lemon, or orange peel zest (optional)		scant Tbsp		¼ cup	

Portion size/meal components: ¼ cup = ½ ounce meat alternate for a snack

Substitutions and alternatives: Experiment with different combinations of honey or syrup and citrus juices and zest.

Yogurt Fruit Dip continued

Suggested pairings and serving ideas: Great as a fruit dip.

Make ahead hints: Best made one or more days ahead for flavor.

Food safety alerts: Keep refrigerated.

Helps meet Dietary Guideline goals: Go lean with protein, get your calcium-rich foods

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	75	Total Fat:	0.8 g	Sodium: 35 mg
Protein:	2.5 g	Saturated Fat:	0.5 g	
Carbohydrate:	12 g	Calcium:	75 mg	

Notes

Banana Crunch Pops

Recipe Category: **Snack**

INGREDIENTS	10 SERVINGS		50 SERVINGS	
	Weight	Measure	Weight	Measure
Large bananas		5		25
Wooden Popsicle sticks		10		50
Fat-free vanilla yogurt	4 – 6 oz		32 oz	
Low-fat granola, crushed Vanilla wafers, graham cracker crumbs, etc.		¾ cup		4 cups

DIRECTIONS

1. Place yogurt in shallow dish for dipping/rolling.
2. Place granola in another dish for dipping/rolling.
3. Peel and cut bananas in half.
4. Insert stick into each half.
5. Roll bananas first in yogurt and then in granola.
6. Place on a baking sheet lined with wax paper. Cover with foil or freezer wrap.
7. Place in freezer for at least 3-4 hours.
8. Let stand at room temperature for 10 minutes before serving.

Children enjoy making these!

Portion size/meal components: 1 banana pop (½ banana) = 1 fruit for snack

Substitutions and alternatives: Make sure the coating mixture you use stays crispy not soggy.

Recipe source: Pennsylvania's Healthful Menus and Recipes

Banana Crunch Pops continued

Suggested pairings and serving ideas: Pairs great with ice-cold white or chocolate milk.

Make ahead hints: Can be made 1 or more days ahead and frozen.

Helps meet Dietary Guideline goals: Possible source of whole grain, fruit

Marketing guide for selected items

Equipment:

Food as purchased for _____ servings:

Nutrition facts

Calories:	96	Total Fat:	0.6 g	Vitamin C:	6.5 mg	Sodium:	29 mg
Protein:	2 g	Saturated Fat:	0.1 g	Iron:	0.5 mg	Dietary Fiber:	2.3 g
Carbohydrate:	22.7 g	Vitamin A:	37 µg RAE	Calcium:	30 mg	Counts as a good source of vitamin A or vitamin C.	

Notes

Creative snack ideas

Dynamite dips

- Cucumber or ranch dip with veggie dippers
- Hummus with veggie dippers or grain dippers (tortilla crisps, pita chips or pita triangles, crackers)
- Peanut butter dips with celery, fruit, graham crackers, low-fat cookies
- Yogurt dips with fruit
- Fruit salsa with tortilla crisps
- Breadsticks with cheese dip

Build-your-own snacks

- Shaker pudding: Put ½ cup of fluid milk in a sandwich bag with 2 tablespoons of instant pudding mix; seal bag and shake until ingredients are mixed. Serve with Teddy Grahams or graham sticks.
- Trail mix: Combine cereal, dry fruit, nuts, and pretzels. Optional addition: M&M's or chocolate chips.
- Parfaits: Mix yogurt or cottage cheese, cut fruit, and granola cereal.
- Banana splits: Top ½ banana and/or other cut fruit with a 2-ounce scoop of cottage cheese (or more!), then add sprinkles.
- Mini pizzas: Crusts can be flattened refrigerator biscuits, bagels, English muffins, etc. Toppings can be added to create "traditional" pizzas, fruit pizzas, and veggie pizzas.
- Frozen Banana Crunch Pops (See recipe on page 63.)

Make-your-own creatures

- Bunny salad: Lettuce leaf on plate, pear half with cut side down for body, raisin eyes, almond slice ears, cherry half nose, 2-ounce scoop of cottage cheese for tail
- Ants on a log: Celery, peanut butter, raisins
- Cheese critters: Cheese stick bodies, pretzel stick legs, dried fruit, etc.
- Snowmen: Peel half a banana, cut into 3 chunks for snowman's "body," use pretzel stick arms, raisin eyes and buttons, carrot nose, apple chunk hat with a grape on top.
- Giraffes: Cut half a bagel in half and place on plate to look like legs and body, spread with cream cheese, use Cheerios to make spots on body, place string cheese for neck, use half a strawberry for head.
- Fruit or veggie faces: Provide cut-up veggies or fruit to create facial features, serve with dip. Hard-cooked eggs cut in half can also be used for body or head.

Classroom connections

- Serve snack items that coordinate with colors, shapes, seasons, and other classroom activities.

New twists on the "same old-same old"

- In the summer, freeze 100 percent fruit juice in paper cups with Popsicle sticks inserted for frozen juice pops.
- Serve fruit pieces on kabob sticks or pretzel sticks.
- Instead of cheese and crackers, serve sliced cheese on whole grain bread and cut with cookie cutters into fun shapes.

Menu-planning resources

- A menu-planning guide incorporating three age groups is available in the recordkeeping section on the CACFP Web page at http://www.fns.usda.gov/tn/Resources/menu_magic.pdf
- An 18-page PDF file of an eight-week cycle menu is available from the National Food Service Management Institute at http://www.nfsmi.org/documentLibraryFiles/PDF/20080225095731.pdf
- The 45-page PDF file of the crediting foods section of *What's In A Meal – Healthy Hoosier Edition* is at www.doe.in.gov/food/childadults/in-a-meal/crediting_foods.pdf
- USDA standardized recipes for children are available at www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTYzJmlzTWdyPXRydWU=
- To standardize your own recipes, a good resource to help with that process is a 22-page PDF file available at www.olemiss.edu/depts/nfsmi/Information/stdrecipes/process.pdf
- Utilize references available from USDA, including:
  - Building Blocks for Fun and Healthy Meals/A Menu Planner for the CACFP
  - Food Buying Guide for Child Nutrition Programs
  - Child Care Recipes
  - Feeding Infants

  These and other resources can be downloaded from FNS online at www.fns.usda.gov/cnd/care/publications/tools.htm
- Another great source of information is the National Food Service Management Institute (NFSMI) at: www.nfsmi.org//. Lessons and materials from NFSMI for CACFP child care providers are at www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cElEPTI3
- A resource for child care menus and recipes from Montana Team Nutrition is at www.opi.mt.gov/schoolfood/cyclecare.html
- South Dakota Team Nutrition developed menu-planning tools that are available at http://teamnutrition.usda.gov/Resources/southdakotamenuplanningtools.html
- South Dakota's "Physical Activity and Healthy Snacks for Children" resource (a 120-page PDF file) is at www.healthysd.gov/ChildCare/PDF/activitycards.pdf
- University of Nebraska Extension has a Web site with lots of recipes and healthy cooking ideas at http://lancaster.unl.edu/food. This Web site also has "food theme month links" with not only monthly reasons to celebrate food and nutrition, but also links to other sites for more information.