IOWA CACFP

Healthier Menu Tool-Kit

Iowa Department of Education – Bureau of Nutrition, Health and Transportation Services

Menu planning resource and award system to assist childcare centers and homes in planning nutritious meals and snacks in the Child and Adult Care Food Program

TEAM NUTRITION IOWA™

Where Healthy Eating Becomes a Habit
Child & Adult Care Food Program
Iowa Department of Education

IDPH
Iowa Department of Public Health

Pick a better snack™

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IOWA CACFP Healthier Menu Tool-Kit

Childcare caregivers have an opportunity to positively impact children's healthy development by encouraging children to develop healthy habits at a young age. The Iowa CACFP Healthier Menu Toolkit can assist childcare centers and homes in planning nutritious meals and snacks that meet the Healthier CACFP Award criteria

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Healthier CACFP Award

Recognizing Excellence

Nutrition and Physical Activity in Child Care

General Information

What is it?

The Healthier Child and Adult Care Food Program (CACFP) Award is a recognition system that supports the wellness efforts of child care centers participating in CACFP. Child care centers taking steps to improve the nutrition, physical activity, nutrition education and/or environment for children in their care can apply to win an award in one or more of these categories. Three award levels are offered: Honors, High Honors and Highest Honors

Why is it important?

With one in five children being overweight or obese by the age of 6, child care centers play an essential role in the prevention of childhood obesity. Child caregivers have an opportunity to positively impact children's healthy development by encouraging children to develop healthy habits at a young age.

Am I eligible to apply?

Participation in the CACFP and compliance with CACFP regulations is required to be eligible for the award. Meeting the award criteria and winning an award does not replace CACFP requirements. Applicants are required to be in good standing with the CACFP, defined as having completed and implemented all corrective actions from the previous compliance review and having not been seriously deficient in the past two years, at the time of application.

How do I apply?

Interested applicants can obtain a Healthier CACFP Award Application from the State agency with which they have a CACFP agreement. The application includes criteria in four categories: Menus, Physical Activity, Nutrition Education, and Environment. Applicants can choose which categories they would like to apply for and at which level, and then submit the application with required supporting documents to the State agency. This resource book, which explains "why" and "how to" for each criterion listed in the application, will assist applicants by providing valuable resources and instructions on implementing the criteria.

What do I win?

Winners are recognized with awards issued jointly by the USDA, Food and Nutrition Service, and State agency that showcase the child care center's achievement in the community. Specific awards are based on the award level achieved and include banners, certificates, letters to parents, and logo stickers that can be posted to announce the high wellness priority of the center. At the highest award level, USDA, Food and Nutrition Service, officials will send an individualized congratulatory award presentation to the winners. Contact your State Agency to find out more about the specific awards being offered to Healthier CACFP Award winners.

Healthier CACFP Award

Recognizing Excellence

Nutrition and Physical Activity in Child Care

Menu Criteria

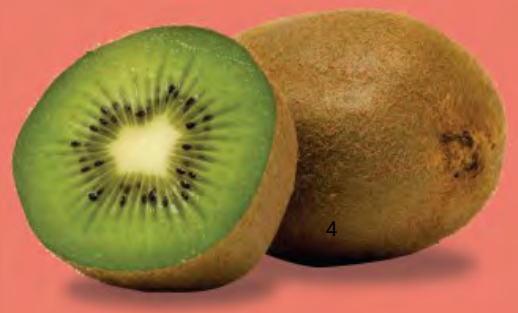
Fruits and Vegetables	
Criterion	Different fruits and different vegetables every day of the week at lunch Good, better, best source of vitamin A three or more times per week Good, better, best source of vitamin C each day Fresh and/or frozen fruit or vegetables must be served each week Fried, breaded or high fat vegetables (i.e., tater tots, French Fries) are limited
Why	Eating a variety of fruits and vegetables ensures that a broad range of vitamins and minerals are consumed. The body cannot make or store vitamin C, so a good source is needed each day. Fresh and frozen fruits and vegetables tend to have less sugar and/or sodium than canned, and may provide more nutrients. Fried vegetables provide extra sodium and calories.
How To/Resources	Fruit may be fresh, frozen, canned or dried. Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup. Fruits and vegetables must be of appropriate texture based on the child's development to prevent choking. Vitamin A & C fruits and vegetables identified as good, better and best sources in Appendix B of Building Blocks for Fun and Healthy Meals (http://www.fns.usda.gov/tn/resources/buildingblocks.html .

Milk	
Criterion	Only low-fat (1% or less) and/or fat-free (skim) milk are served to participants over age two. Only whole milk is served to participants between the ages 1 and 2.
Why	Whole and 2% milk provide extra calories and saturated fat for children over the age of 2. It is recommended that children ages 1-2 receive whole milk to supply adequate fat and calories for the rapid brain development that occurs during this age.
How To/Resources	Feeding Infants guide: http://www.fns.usda.gov/tn/Resources/feeding_infants.pdf

Water	
Criterion	Water is served as an extra item when two non-beverage creditable food items are served at snack. (Water itself is not a creditable item, it is always an extra.)
Why	Water provides fluids without adding calories. Children benefit from learning that water is an acceptable beverage.
How To/Resources	Serve water with snacks when no other beverage is being served, at other mealtimes and throughout the day. Young children should not be served too much water before and during meal times since excess water may lead to meal displacement, reducing the amount of food and milk consumed by children.

Cooked Dry Beans and Peas	
Criterion	Cooked dry beans or split peas must be served each week; snacks count (includes canned beans and canned split peas).
Why	Dry beans are a low cost source of many nutrients that are lacking in children's diets.
How To/Resources	Includes but is not limited to black beans, kidney beans, lentils, refried beans, pinto beans, navy beans, and great northern beans. Does not include green beans and green peas.

Fruit Juice	
Criterion	100% fruit juice is limited.
Why	Too much fruit juice can crowd out other foods and provide extra sugar and calories. Children tend to fill up on juice and may not eat much during meals or snacks. Drinking juice throughout the day has been associated with dental caries.
How To/Resources	Offer the whole fruits and vegetables which provide more fiber and less sugar than 100% fruit juice. When children are thirsty, the best drink to offer them is plain, fresh water.



Whole Grains	
Criterion	Whole grain foods are served each week (not the same each day). Dry cereal is served at least once each week. Whole grain cereal may be counted toward the weekly whole grain servings. Sweet grain/breads are limited.
Why	Whole grain foods provide more fiber and other nutrients than refined grains. Eating more whole grains is associated with reduced risk of several chronic diseases including diabetes, heart disease, stroke and obesity.
How To/Resources	A serving of whole grain food is equal to a serving of Grains/Breads as defined in the Food Buying Guide (http://www.fns.usda.gov/tn/resources/foodbuyingguide.html), pages 3.15-3.16 according to the child's age. To count as a whole grain, the food products served must have whole grain listed first on the ingredient statement. Scratch recipes must have whole grain as the primary ingredient by weight or measure. Sweet grains and breads are noted with a footnote of 3 or 4 as defined on the grains/breads chart in the Food Buying Guide, pages 3.15-3.16

Processed and Preserved Meats and Entrees	
Criterion	Processed, preserved and higher fat meats and entrees (hot dogs, lunch meat, breaded commercially-prepared meats such as fish sticks and chicken nuggets, purchased prepared entrees) are limited.
Why	Processed and preserved meats and entrees provide extra sodium and cured meats provide nitrates. Too much sodium is associated with high blood pressure, stroke and heart disease. Higher fat meat and entrees usually provide extra saturated fat and calories.
How To/Resources	This category includes fried meats, hot dogs, bologna, commercially prepared combination foods, sausages, salami, and breaded commercially-prepared meats such as fish sticks and chicken nuggets.

Locally Grown Foods	
Criterion	Locally grown and/or in-season foods are purchased.
Why	Purchasing locally grown foods supports the local economy. In-season foods are usually fresh and often cost less than when purchased out of season.
How To/Resources	http://www.foodroutes.org/

IOWA CACFP Healthier Menu

This section contains a sample 4-week cycle menu that meets the Highest Honors award level of the Healthier CACFP Award. The Iowa CACFP Healthier Menu can assist childcare centers and homes in planning nutritious meals and snacks that meet the Healthier CACFP Award criteria. Each menu item that is in **bold** has a recipe located in the last section of this tool-kit.

Healthier CACFP Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Milk, Fluid** • **Other Foods**	**Whole Grain Banana Muffin** Mandarin Oranges 1% or Skim Milk	Cheerios Banana Slices 1% or Skim Milk	Oatmeal Orange Wedges 1% or Skim Milk	Frosted Mini-Wheat Cereal Strawberries 1% or Skim Milk	Whole Wheat Toast Scrambled Eggs Peach Slices 1% or Skim Milk
Snack (2 of 4) • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Meat or Meat Alternate** • **Milk, Fluid**	Triscuit Crackers Green and Red Grapes	*Paint A Face* (whole grain tortilla w/yogurt, cereal, raisins)	Strawberries Lowfat Cottage Cheese	Carrot Sticks, Cucumber Slices, and Broccoli Trees **Hummus Dip**	*Banana Stack* (banana slices, whole grain crackers, lowfat cream cheese)
Lunch • **Meat or Meat Alternate** • **Grain/Bread** • **Vegetable or Fruit** • **2nd Vegetable or Fruit** • **Milk, Fluid** • **Other Foods**	**Meat Lasagna** Carrots Kiwi Slices 1% or Skim Milk	**Bean and Cheese Burrito** Whole Grain Tortilla Broccoli/Cauliflower Cantaloupe* 1% or Skim Milk	Chicken Strips (Unbreaded) w/**Teriyaki Sauce** Brown Rice Summer Squash Honeydew 1% or Skim Milk	Tuna Fish Sandwich on Whole Grain Pita Bread **Spinach Salad with Grape Tomatoes** Orange Slices 1% or Skim Milk	**Beef-Vegetable Stew** **Corn Muffins** Celery Sticks Watermelon 1% or Skim Milk
Snack (2 of 4) • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Meat or Meat Alternate** • **Milk, Fluid**	**Oatmeal Cookies** 1% or Skim Milk	Tomato Slices* Mozzarella Cheese Sticks	*Gone Fishing* (yogurt, fish crackers, pretzel sticks) 1% or Skim Milk	Graham Crackers Apple Smiles	**Black Bean Dip** w/Whole Grain Tortilla Chips

Healthier CACFP Menu

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Milk, Fluid** • **Other Foods**	Whole Grain English Muffin Kiwi 1% or Skim Milk	Cinnamon Whole Wheat Toast Blueberries 1% or Skim Milk	Whole Grain Waffle Cantaloupe 1% or Skim Milk	Total Cereal Banana 1% or Skim Milk	Whole Grain French Toast Sticks Apricots 1% or Skim Milk
Snack (2 of 4) • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Meat or Meat Alternate** • **Milk, Fluid**	Graham Crackers 1% or Skim Milk	**Soft Pretzel** Strawberries	**Blueberry Muffins** Apple Juice	**Junior Trail Mix** 1% or Skim Milk	*Avocado Smile* (avocado slice, grapes, grape tomatoes, whole grain tortilla w/lowfat cream cheese)
Lunch • **Meat or Meat Alternate** • **Grain/Bread** • **Vegetable or Fruit** • **2nd Vegetable or Fruit** • **Milk, Fluid** • **Other Foods**	**Bean Taco** on Whole Grain/Corn Tortilla Shredded Lettuce Chopped Tomato* Fresh Orange 1% or Skim Milk	**Fish Nuggets** **Whole Grain Roll** **Volcano Potato** (mashed sweet potato) Broccoli Plum 1% or Skim Milk	**Oven-Baked Parmesan Chicken** **Mexican Style Cornbread Squares** Cole Slaw Watermelon 1% or Skim Milk	**Chili con Carne** Whole Wheat Crackers Winter Squash Celery Sticks Pear Slices 1% or Skim Milk	Egg Salad on Whole Grain Pita Bread Green Beans Jicama Sticks Peaches 1% or Skim Milk
Snack (2 of 4) • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Meat or Meat Alternate** • **Milk, Fluid**	Deviled Egg Grape Juice	Whole Grain Pita Wedges **Hummus Dip**	Fresh Pineapple Lowfat Cottage Cheese	*Merry-Go-Round* (apple circle slices, animal crackers, lowfat yogurt)	Whole Grain Gold Fish Crackers 1% or Skim Milk

Healthier CACFP Menu

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Milk, Fluid** • **Other Foods**	Whole Wheat Toast Orange Slices 1% or Skim Milk	Cheerios Mixed Berries 1% or Skim Milk	Whole Grain Bagel w/ Lowfat Cream Cheese Peaches 1% or Skim Milk	Oatmeal Strawberries 1% or Skim Milk	**Oven Baked Whole Wheat Pancakes** Nectarines 1% or Skim Milk
Snack (2 of 4) • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Meat or Meat Alternate** • **Milk, Fluid**	Whole Grain Baked Tortilla Chips **Black Bean Dip**	Whole Wheat Tortilla Scrambled Eggs Salsa	Green Grapes and Red Apple Slices* **Fruit Dip**	Mango Slices Co Jack Cheese Stick	*Bear-Go-Rounds* (apple rings, graham bears, sun nut butter)
Lunch • **Meat or Meat Alternate** • **Grain/Bread** • **Vegetable or Fruit** • **2nd Vegetable or Fruit** • **Milk, Fluid** • **Other Foods**	**Baked Spaghetti w/Meat** Broccoli Apricot Halves 1% or Skim Milk	**Stir-Fry Chicken** w/Vegetables Brown Rice Pear Slices 1% or Skim Milk	**Bean Burrito** w/Whole Grain Tortilla **Mexicali Corn** Clementine 1% or Skim Milk	*Pigs in a Blanket* (whole grain pancakes and sausage links) **Oven Fries** Honeydew 1% or Skim Milk	**Vegetable Chili** w/Beans **Perfect Cornbread** **Spinach Salad** Peaches 1% or Skim Milk
Snack (2 of 4) • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Meat or Meat Alternate** • **Milk, Fluid**	**Healthy Bran Muffin** 1% or Skim Milk	*Mouse Faces* (raisin eyes, apple smile, banana nose, carrot coin ears, whole grain tortilla w/ lowfat yogurt)	Whole Wheat Crackers Tomato Juice	Kiwi Wedges Whole Grain Mini Bagel w/Light Cream Cheese	*Hand Warmer* (baked potato w/grated cheese)

Healthier CACFP Menu

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Milk, Fluid** • **Other Foods**	**Banana Bread** Applesauce 1% or Skim Milk	**Yogurt/Cereal/Fruit Parfait** Raspberries 1% or Skim Milk	**Banana Crunch Pop** Graham Crackers 1% or Skim Milk	**Oven French Toast** Apricot Halves 1% or Skim Milk	Life Cereal Orange Slices 1% or Skim Milk
Snack (2 of 4) • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Meat or Meat Alternate** • **Milk, Fluid**	Lowfat Yogurt Peaches	Red and Green Grapes Lowfat Cottage Cheese	Whole Grain Wheat Thins Snow Peas Green Pepper Strips **Cool Creamy Vegetable Dip**	Edamame **Hummus Dip** Orange Juice	Cucumber Coins and Carrot Sticks **Cottage Cheese Dip**
Lunch • **Meat or Meat Alternate** • **Grain/Bread** • **Vegetable or Fruit** • **2nd Vegetable or Fruit** • **Milk, Fluid** • **Other Foods**	**Bean Soup** Whole Grain Crackers **Broccoli Salad** Orange Slices 1% or Skim Milk	**Macaroni & Cheese** Deviled Egg Carrot Sticks Cherries and Blueberries 1% or Skim Milk	**Corn Flake Baked Chicken Breast** **Brown Rice Pilaf** **Baked Sweet Potatoes and Apples** **Mixed Greens Salad** 1% or Skim Milk	**Tuna Melt** on Whole Grain Bun Whole Kernel Corn or Corn on the Cob* Red Pepper Strips Kiwi 1% or Skim Milk	Hamburger on Whole Grain Bun Baked Beans Lettuce Leaf and Tomato Slices Watermelon 1% or Skim Milk
Snack (2 of 4) • **Grain/Bread** • **Juice or Fruit or Vegetable** • **Meat or Meat Alternate** • **Milk, Fluid**	Triscuit Crackers Strawberries	Whole Grain Tortilla Chips **Salsa** 100% Berry Juice	**Triple Berry Buckle** 1% or Skim Milk	Apple Slices w/ Carmel Dip 1% or Skim Milk	Whole Grain Mini Bagel w/Light Cream Cheese Apple Juice

Healthier CACFP Menu

- The Healthier CACFP Menu meets the Highest Honors level.
- Dry cereal has sugar limited to 6 grams/oz, and has at least 2 grams of fiber/oz.
- Water must be served at all meals and snacks, and does not fulfill a component requirement.
- Whole milk is only served to participants between the ages of 1 and 2.
- All bread and bread alternates must be made or contain enriched or whole grains.
- The menu meets the CACFP meal standards for children ages 3-5 years old and may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, apples and grapes.
- Nutrition activities listed as snacks (in italics) must meet minimum serving size requirements for two different components.
- Locally grown foods are purchased and served ≥ 3 times/month. (*)

KEY:

Whole Grain

Cooked Dry Beans or Split Peas (includes canned beans and canned split peas)

Good, Better, Best Source of Vitamin C

Good, Better, Best Source of Vitamin A

Bold font indicates a recipe is provided – USDA Recipes for Child Care, Making It Balance and Kickin' It Up (Montana), or Iowa Gold Star Cycle Menu

Vitamin A and Vitamin C Resources

Healthier CACFP Fruits and Vegetable Criterion:

- Different fruits & different vegetables every day of the week at lunch
- Good, better, best source of vitamin A three or more times per week
- Good, better, best source of vitamin C each day
- Fresh and/or frozen fruit or vegetables must be served each week
- Fried, breaded or high fat vegetables are limited

Vitamin A & C Fruits and Vegetables

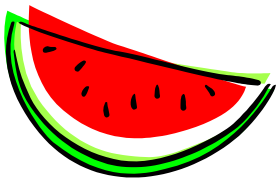
Here's how to read the charts:

Foods and serving sizes are listed in the first two columns. The third column shows what percentage of the RDA a serving provides, as follows:

Symbol:		*For children ages 1 to 3 years old, one serving contains.*
■	GOOD	...10 to 24 percent of RDA
■■	BETTER	...25 to 39 percent of RDA
■■■	BEST	...40 percent or more of RDA

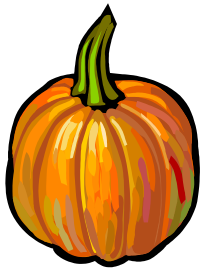
Charts are from Building Blocks for Fun and Healthy Meals, Appendix B

Vitamin A - Fruits



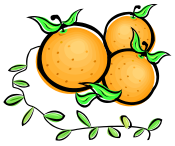
Apricots:		
Canned, juice pack	2 halves	■
Dried, cooked, unsweetened	1/4 cup	■■
Dried, uncooked	5 halves	■
Cantaloupe	1/4 cup, diced	■■
Cherries, red sour, fresh	1/4 cup pitted	■
Mandarin orange sections	1/4 cup	■
Mango, raw	1/4 medium	■■■
Melon balls (cantaloupe and honeydew)	1/4 cup	■
Nectarine	1/2 medium	■
Papaya	1/4 cup	■
Plums, canned, juice pack	1/4 cup	■
Prunes, dried, cooked	1/4 cup	■
Watermelon	1 cup	■

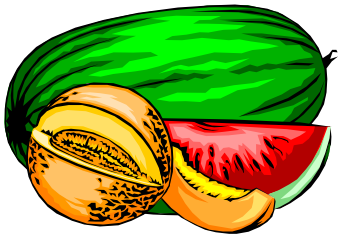
*RDA is Recommended Dietary Allowance



Vitamin A - Vegetables

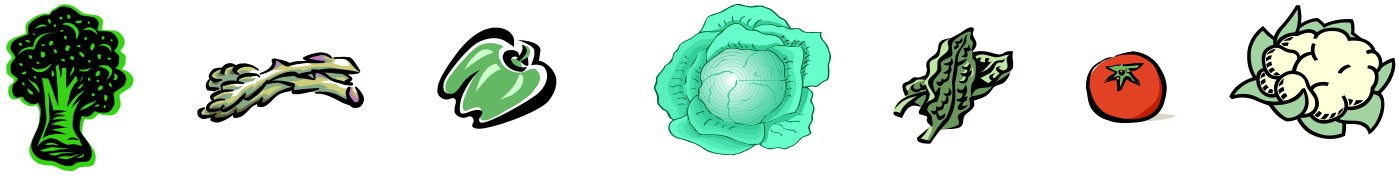
Beet greens, cooked	1/4 cup	■■■
Bok choy, cooked	1/4 cup	■■■
Broccoli, cooked	1/4 cup	■
Carrots, raw or cooked	1/4 cup	■■■
Chicory greens, raw	1/4 cup	■
Collards, cooked	1/4 cup	■
Dandelion greens, cooked	1/4 cup	■■■
Escarole, cooked	1/4 cup	■
Kale, cooked	1/4 cup	■■■
Mustard greens, cooked	1/4 cup	■
Peas and carrots, cooked	1/4 cup	■■■
Peppers, sweet red, raw	1/2 small	■■■
Plaintain, cooked	1/2 medium	■
Pumpkin, cooked	1/4 cup	■
Romaine lettuce	1/4 cup	■
Spinach, cooked	1/4 cup	■■■
Squash, winter (acorn, butternut, etc.)	1/4 cup	■■■
Sweet potato	1/2 medium	■■■
Swiss chard, cooked	1/4 cup	■
Tomato (juice, paste, or puree)	1/4 cup	■
Turnip greens, cooked	1/4 cup	■■■





Vitamin C - Fruits

Apple, raw	1/2 medium	■
Banana	1/2 medium	■
Blackberries, raw	1/4 cup	■■
Blueberries, raw	1/4 cup	■
Cantaloupe	1/4 cup	■■■
Grapefruit	1/4 medium	■■■
Grapefruit juice	1/2 cup	■■■
Grapefruit-orange juice	1/2 cup	■■■
Grapefruit and orange sections	1/4 cup	■■■
Guava, raw	1/4 cup	■■■
Honeydew	1/2 cup	■■
Kiwi	1/2 medium	■■■
Kumquat	1 fruit	■
Mandarin orange sections	1/4 cup	■■■
Mango	1/4 medium	■■■
Nectarine	1/2 medium	■
Orange	1/2 medium	■■■
Orange juice	3/8 cup	■■■
Papaya	1/4 cup	■■
Peach		
Frozen	1/4 cup	■■■
Fresh, raw	1/2 medium	■
Pear	1/2 medium	■
Pineapple, fresh or canned	1/4 cup	■
Pineapple juice, canned	3/8 cup	■■
Pineapple-grapefruit juice	3/8 cup	■■■
Pineapple-orange juice	3/8 cup	■■■
Plum, raw	1/2 medium	■
Raspberries	1/4 cup	■■
Strawberries	1/4 cup	■■■
Tangelo	1/2 medium	■■■
Tangerine	1/2 medium	■■■
Tangerine juice	1/2 cup	■■■
Watermelon	1/2 cup	■■



Vitamin C – Vegetables

Asparagus, cooked	1/4 cup	■■■
Beans, green or yellow, cooked	1/4 cup	■
Beans, lima, cooked	1/4 cup	■
Bean sprouts, raw or cooked	1/4 cup	■
Bok choy, cooked	1/4 cup	■■
Broccoli, raw or cooked	1/4 cup	■■■
Brussels sprouts, cooked	1/4 cup	■■■
Cabbage, green, raw or cooked	1/4 cup	■■
Cabbage, red, raw or cooked	1/4 cup	■■■
Cauliflower, raw or cooked	1/4 cup	■■■
Chard, cooked	1/4 cup	■
Chili peppers, cooked	1/4 cup	■■■
Chicory, raw	1/2 cup	■
Chinese cabbage, cooked	1/4 cup	■■
Collards, cooked	1/4 cup	■
Dandelion greens, raw	1/4 cup	■
Escarole, raw	1/2 cup	■
Kale, cooked	1/4 cup	■■■
Kohlrabi, cooked	1/4 cup	■■■
Mustard greens, cooked	1/4 cup	■■
Okra, cooked	1/4 cup	■
Onion, medium, raw	1/2 medium	■
Parsnips, cooked	1/4 cup	■
Peas, cooked	1/4 cup	■
Peppers, green and red, raw/cooked	1/4 cup	■■■
Plantain, green or ripe, boiled	1/2 medium	■■■
Poke greens, cooked	1/4 cup	■■■
Potato, baked or boiled	1/2 medium	■■
Radishes, raw	3 large	■
Romaine lettuce, raw	1/2 cup	■
Rutabaga, cooked	1/4 cup	■■
Snowpeas, raw or cooked	1/4 cup	■■■
Spinach, cooked	1/4 cup	■
Squash, summer or winter, raw/cooked	1/4 cup	■
Sweet potato, baked, boiled, canned	1/2 medium	■■■
Tomato	1/2 medium	■■
Tomato juice	3/8 cup	■■■
Tomato-vegetable juice	3/8 cup	■■■
Turnip greens with turnips, cooked	1/4 cup	■
Turnips, cooked	1/4 cup	■
Watercress, raw	1/4 cup	■

Whole Grain Resources

Healthier CACFP Whole Grain Criterion:

- Whole grain foods are served each week (not the same each day).
- Dry cereal is served at least once each week. Whole grain cereal may be counted toward the weekly whole grain servings.
- Sweet grain/breads are limited.

Attachment II: List of Common Whole Grains

While this list is extensive, it is **NOT** comprehensive and therefore may not contain all possible representations of whole-grain ingredient names on food labels.

Barley
- dehulled barley
- dehulled-barley flour
- whole barley
- whole-barley flakes
- whole-barley flour
- whole-grain barley
- whole-grain barley flour

Brown Rice
- brown rice
- brown-rice flour

Corn
- whole corn
- whole-corn flour
- whole cornmeal
- whole-grain corn flour
- whole-grain grits

Oats
- oat groats
- oatmeal or rolled oats
- whole oats
- whole-oat flour

Rye
- whole rye
- rye berries
- whole-rye flour
- whole-rye flakes

Wheat (Red)
The most common kind of wheat in the U.S.
- bulgur (cracked wheat)
- bromated whole-wheat flour
- cracked wheat or crushed wheat
- entire wheat flour
- graham flour
- sprouted wheat
- sprouted wheat berries
- stone ground whole-wheat flour
- toasted crushed whole wheat
- wheat berries
- whole bulgur
- whole durum flour
- whole durum wheat flour
- whole-grain bulgur
- whole-grain wheat
- whole-wheat flour
- whole-wheat pastry flour
- whole-wheat flakes

Wheat (White)
- whole white wheat
- whole white wheat flour

Wild Rice
- wild rice
- wild-rice flour

Less Common Grains
To be whole grains, "whole" must be listed before the grain name.
- amaranth
- buckwheat
- einkorn
- emmer (farro)
- Kamut®
- millet
- quinoa
- sorghum (milo)
- spelt
- teff
- triticale

Ideas for Adding Whole Grains to Menus in Child Nutrition Programs

Whole-grain ready-to-eat cereals

Whole-grain chips/pretzels

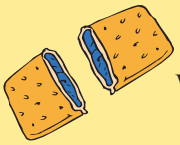
Whole-grain cooked breakfast cereals

Whole-grain pita pockets

Granola made from whole grains

Whole-grain cornbread

Whole-grain cereal or granola bars



Whole-grain crackers or cookies

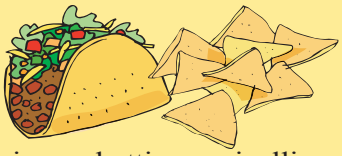
Whole-grain pancakes or waffles

Whole-grain bagels or muffins

Whole-wheat breads, rolls, or buns

Other whole-grain breads, rolls, or buns

Whole-grain tortillas, taco shells



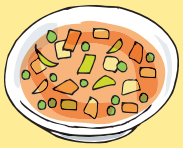
Whole-wheat pasta, such as macaroni, spaghetti, vermicelli, or whole-grain noodles

Soba noodles (with whole buckwheat flour as primary ingredient)

Whole-grain side dishes (e.g., brown rice, wild rice, cracked wheat, whole-grain bulgur or barley, whole specialty grains)

Whole-grain salads (cracked wheat, whole-grain bulgur, whole specialty grains)

Other uses of whole grains (soups, casseroles, combination dishes)



Cooked Dry Beans and Peas Resources

Healthier CACFP Cooked Dry Beans and Peas Criteria:

- Cooked dry beans or split peas must be served each week; snacks count (includes canned beans and canned split peas).

Fact Sheet

MyPyramid.gov
STEPS TO A HEALTHIER YOU

Serve More Dry Beans and Peas
for Healthier School Meals

KEY ISSUES:

- **Dietary fiber from dry beans and peas (legumes) as part of a healthy diet helps to lower the risk of heart disease.**
- **Dry beans and peas:**
  - **are excellent sources of plant protein.**
  - **provide other nutrients such as iron, potassium, folate, and zinc.**
  - **are naturally low in fat and sodium.**
  - **have no saturated fat or cholesterol.**
- The *2005 Dietary Guidelines for Americans* **recommend eating three cups of beans a week, based on a 2,000-calorie meal plan.**
- **Serve beans or other legumes at least once per week to help students get these important nutrients!**

We know beans are good for us, but many people don't realize how delicious they taste! Beans are an inexpensive food that can boost the nutritional content of school meals. Beans are versatile, too. Whether served as a vegetarian option, or served with meats, poultry, fish and cheese, beans complement the meal. Find creative ways to add more beans to school menus! For example, try savory pinto beans and salsa in a chef salad, or add red beans to rice pilaf!

Dry beans and peas are mature forms of legumes, or plants which have pods with rows of seeds inside. Some popular varieties include pinto beans, kidney beans, black beans, lentils, split peas, and garbanzo beans (chickpeas). Only a few types, such as green beans, string beans, baby green lima beans, and fresh soybeans (edamame) are not considered dry beans.

Easy ways to follow the *2005 Dietary Guidelines for Americans*

Recipe for Success

- **Choose the easiest form!** Use canned, pre-cooked beans to simplify recipes (no soaking needed) and reduce cooking times.
- **Power up recipes** with more beans! Add dry-packaged or canned beans and peas when preparing casseroles, stews, and side dishes. Make chili more interesting by combining kidney and pinto beans.
- **Serve satisfying soups**. Attract students and teachers with low-sodium split pea, lentil, minestrone, or white bean soups. Use pureed beans to thicken soups and sauces.
- **Spice up your menus** with Southwest flair! Offer black bean enchiladas, low-fat refried beans, or tacos with whole pinto beans.

USDA Commodity Food Program

Order dry beans and peas uncooked in sealed bags or pre-cooked in cans through the USDA Commodity Food Program. USDA will offer low-sodium (140 mg/serving) canned dry beans and peas in School Year 2009. Check the list of available foods at: www.fns.usda.gov/fdd/programs/schcnp/.

- **Have a bean taste-test!** Let students sample dishes that use dry beans and peas as a main ingredient. Some ideas include: Veggie Burgers, Taco Pizza with refried beans, Cowboy Beans, Hummus, or Lentil Pilaf.
- **Spruce up the salad bar!** Offer canned garbanzo beans, red kidney beans, black beans, or a mixture of all three!
- **Use colorful garnishes** like diced fresh green pepper or red pepper rings to add eye appeal and showcase your favorite bean dishes.
- **Bring back a classic!** Pair baked beans as a side dish with oven-baked chicken to bring back memories of a summer cookout!

Messages for Students

- Be a Bean Counter. Try ½ cup of beans in your favorite soups and side dishes. Beans are naturally low in fat and provide some of the iron and potassium your body needs.
- Make your meal or snack pop with flavor!
  - Wrap black beans in a tortilla with low-fat cheese and salsa for a satisfying meal!
  - Try a great-tasting hummus dip (made from pureed garbanzo beans) with vegetables or whole-wheat pita bread for a delicious snack.

Did You Know?

- MyPyramid includes dry beans and peas in both the Vegetable Group and the Meat and Beans Group. Beans and other legumes count as either a vegetable or as a meat alternate, but not as both in the same meal.
- Rinsing and draining pre-cooked canned beans reduces the sodium content. Or, soak and cook bagged dry beans without adding any salt.
- Dry beans and peas provide an excellent source of plant protein and fiber, magnesium, folate, iron, and zinc. Americans often do not get enough of these nutrients.

For more information:

www.MyPyramid.gov

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TEAM Nutrition • USDA
Food and Nutrition Service

Additional Resources

- CACFP Meal Pattern
- Salt and Sodium
- Kid-Friendly Fruits and Vegetables
- Smart Shopping Tips for Fruits and Vegetables
- Mealtime Memo
- Healthy Menu Makeover On-Line Learning Module

Revised 6/11

CACFP Meals for Children 1 - 12 years

Iowa Child and Adult Care Food Program
(Post where meals are prepared and served)

	Ages 1-2	Ages 3-5	Ages 6-12 [4]
BREAKFAST[6]			
Milk[5]	½ cup	¾ cup	1 cup
Juice or Fruit or Vegetable[1]	¼ cup	½ cup	½ cup
Grains/Breads[2]	½ serving/slice	½ serving/slice	1 serving/slice
or cereal, cold dry	¼ cup*	⅓ cup**	¾ cup***
or cooked cereal	¼ cup	¼ cup	½ cup
SNACK[6] (Select 2 of the 4 components listed)			
Milk[5]	½ cup	½ cup	1 cup
Juice or Fruit or Vegetable[1]	½ cup	½ cup	¾ cup
Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
or egg (large)	½	½	½
or cheese	½ ounce	½ ounce	1 ounce
or cheese food, cheese spread	1 ounce	1 ounce	2 ounces
or yogurt	¼ cup	¼ cup	½ cup
or cottage cheese	⅛ cup	⅛ cup	¼ cup
or cooked dry beans/split peas	⅛ cup	⅛ cup	¼ cup
or peanut butter (nut or seed butter)	1 Tbsp.	1 Tbsp.	2 Tbsp.
or nuts and/or seeds[3]	Not recommended	Not recommended	1 ounce
Grains/Breads[2]	½ serving/slice	½ serving/slice	1 serving/slice
or cereal, cold dry	¼ cup*	⅓ cup**	¾ cup***
or cooked cereal, rice, pasta	¼ cup	¼ cup	½ cup
LUNCH OR SUPPER[6]			
Milk[5]	½ cup	¾ cup	1 cup
Meat or Meat Alternate	1 ounce	1½ ounces	2 ounces
or egg (large)	1	1	1
or cheese	1 ounce	1½ ounces	2 ounces
or cheese food, cheese spread	2 ounces	3 ounces	4 ounces
or yogurt	½ cup	¾ cup	1 cup
or cottage cheese	¼ cup	⅜ cup	½ cup
or cooked dry beans/split peas	¼ cup	⅜ cup	½ cup
or peanut butter (nut or seed butter)	2 Tbsp.	3 Tbsp.	4 Tbsp.
or nuts and/or seeds[3]	Not recommended	Not recommended	1 ounce
2 Vegetables and/or fruits to total[1]	¼ cup (total)	½ cup (total)	¾ cup (total)
Grains/Breads[2]	½ serving/slice	½ serving/slice	1 serving/slice
or cooked rice, noodles or pasta	¼ cup	¼ cup	½ cup

[1] Juices must be full strength 100% juice. For snack, juice cannot be served when milk is the only other component. Juice may contribute up to half the fruit/vegetable at lunch and supper. Only one serving of juice per day is recommended.
[2] Use whole grain, enriched or fortified breads, cereals, or pasta. See the Handy Guide to Creditable Foods List for amounts.
[3] Caution, children under five should not be served nuts or seeds. Older children may have up to 1 ounce of nuts or seeds at any one meal.
[4] The minimum quantities listed must be served. Children may be served larger portions based on their individual food needs. Programs serving migrant children may claim meals through age 15 and At Risk Afterschool Snack Program and homeless shelter participants may be served through age 18.
[5] Milk must be skim or 1%, flavored or unflavored, when served to participants over age two. Whole milk is recommended for children between one and two years of age.
[6] Water must be available upon request to children throughout the day and at mealtime. Water does not fulfill any meal component and should not replace any required food.
* ¼ c or ⅓ oz, whichever is less, **⅓ c or ½ oz, whichever is less, *** ¾ c or 1 oz, whichever is less.
Tbsp. = Tablespoon
Cup=measuring cup

10 tips
Nutrition Education Series

salt and sodium

10 tips **to help you cut back**

It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/ luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.

6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled "low sodium," "reduced sodium," or "no salt added."

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

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June 2011
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10 tips
Nutrition Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children

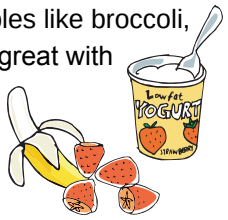
Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

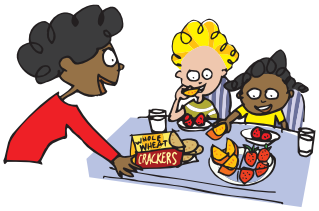
Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



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10 tips
Nutrition Education Series

smart shopping for veggies and fruits

10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.

2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantitites when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

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Mealtime Memo for Child Care

Mealtime Memo for Child Care offers information for child care providers participating in the Child and Adult Care Food Program, focused on good nutrition for young children.

NFSMI's Electronic Newsletter Subscription enables you to receive the latest issue of *Mealtime Memo for Child Care* automatically each month. Click here to sign up for NFSMI's Electronic Newsletter Subscription to receive one or all of the newsletters.

Mealtime Memo for Child Care

August 2011

Celebration Ideas for Happy, Healthy Events

Birthdays, holidays, and special celebrations usually include treats. Turn any joyous occasion into a celebration of taste and good health. Use the ideas below. Blend learning about letters, numbers, and color with healthful choices. Serve up activities and snacks that meet program needs in a playful manner.

Birthdays are special days to focus on a child. Find out more about the child by featuring his or her favorite color, age (number), and the first letter of the child's name or initials. Build the snack around celebrating the child. Create excitement around the child's choices and no one will even notice the sugary treats don't show up for the party.

For example, Jessie is celebrating her fourth birthday and she loves the color yellow. Serve each child 4 jicama sticks and a dip made of pureed yellow split peas seasoned with ground ginger (see recipe). Explain that the letter 'J' sounds different in Jessie (a 'jay' sound) and jicama (an 'h' sound, "hic a ma"). Have the children count the jicama sticks.

There are four sticks and Jessie is four years old today. Tell the children that jicama is a vegetable that we can eat raw or cooked. It is crunchy when raw. Ask the children to try jicama plain and describe what they taste. Then, try it in the yellow dip made in honor of Jessie's favorite color.

Follow food safety guides for young children. For example, cut grapes or cherry tomatoes to avoid choking hazards and make other modifications as needed, depending on the age of the children.

National Food Service Management Institute • The University of Mississippi

Healthy Menu Makeover On-Line Learning Module

This training module was developed through a Team Nutrition Grant. Each lesson provides information about the Dietary Guidelines for Americans, explains how it applies to your work in the Child and Adult Care Food Program (CACFP), includes best practice examples, and helpful resources. After successfully completing the module you will earn 4 hrs of continuing education in CDA Content Area: Planning a Safe, Healthy Learning Environment.

How Do I Access the Online Learning Module?

You will first need to create an account with the Iowa Learning Online "Moodle" system.

Instructions for creating an account for the online course:

- Go to http://ilopd.iowa.gov/login/index.php
- On the right side of the page (under "Is this your first time here?"), click the "Create new account" button
- Enter information for your account. Note that the first and last name you enter in this form will be used to create your certificate of completion in the course. You will need a valid email address to access this course and to receive related notifications. Click submit.
- A confirmation message will be sent to you email system. Click the link in this email to activate your new account.

Instructions for accessing the course the first time:

- Once you have confirmed your new account, go to http://ilopd.iowa.gov/ and click on the "Login" link at the top-right side of the page.
- On the left side of this page (under "Returning to this web site?"), enter the username and password you created in the steps above.
- In the "My courses" list, click on the "CACFP Healthy Menu Makeovers" course.
- Enter "wholegrains" as the enrollment key, and click the "Enroll me in the course" button.
- You are now enrolled in the course. The next time you log in to the system, this course will automatically associated with your account.

If you have issues creating an account or logging in, try to use the prompts in the system to resolve the problem. If you have difficulties the system cannot address, send an email to techsupport@iowalearningonline.org.

Sample Recipe Menus

Each menu item that is in **bold** in the sample menus (page 5) has a recipe located in this section. The recipes are in alphabetical order and are from the USDA Recipes for Child Care, Montana's Making It Balance and Kickin' It Up cycle menu, and the Iowa Gold Star cycle menu.

Baked Sweet Potatoes and Apples

Vegetable/Fruit | Vegetables | I-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup drained	1 lb 14 ½ oz	1 qt ¼ cup (½ No. 10 can)	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	1. Place 1 lb 14 ½ (1 qt ¼ cup) sweet potatoes into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canned unsweetened sliced apples, solid pack, drained	1 lb 13 ½ oz	1 qt (⅓ No. 10 can)	3 lb 11 oz	2 qt (⅔ No. 10 can)	2. Place 1 lb 13 ½ oz (1 qt) apples over sweet potatoes in each pan.
Brown sugar, packed	2 ⅞ oz	¼ cup 2 Tbsp	5 ¾ oz	¾ cup	3. Combine brown sugar, cinnamon, and nutmeg (optional).
Ground cinnamon		½ tsp		1 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	
					4. Sprinkle 3 Tbsp sugar mixture over the apples in each pan.
Margarine or butter		2 Tbsp 2 tsp		⅓ cup	5. Dot each pan with 2 Tbsp 2 tsp margarine or butter.
Water		¼ cup 2 Tbsp		¾ cup	6. Add ¼ cup 2 Tbsp water per pan.
					7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (1/4 cup).

SERVING:	YIELD:		VOLUME:	
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	**25 Servings:**	1 pan	**25 Servings:**	1 quart 2 ¼ cups
	50 Servings:	2 pans	**50 Servings:**	3 quarts ½ cup

Edited 2004

Baked Sweet Potatoes and Apples

Vegetable/Fruit | Vegetables | I-08

Nutrients Per Serving					
Calories	79	**Saturated Fat**	0.29 g	**Iron**	0.39 mg
Protein	0.57 g	**Cholesterol**	0 mg	**Calcium**	11 mg
Carbohydrate	16.56 g	**Vitamin A**	2639 IU	**Sodium**	30 mg
Total Fat	1.44 g	**Vitamin C**	3.5 mg	**Dietary Fiber**	1.9 g

Minute Menu #166

Baked Spaghetti

Week 3
Monday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Spaghetti, dry, enriched	8 oz	1 lb + 4 oz	1. Cook spaghetti; drain
Eggs, whole, fresh	1 large egg	2 ½ lg. eggs	2. In a large bowl, beat the egg, milk, and salt; add spaghetti and toss to coat.
Milk 1% low-fat	½ cup	1 ¼ cups	3. Transfer to a greased baking dish.
Salt	½ tsp	1 ¼ tsp	4. Brown meat and chopped onion; drain. Add spaghetti sauce and mix well. Spoon over noodles.
Beef ground,	1 lb raw wt.	2 lbs+8 oz raw wt.	5. Bake, uncovered, at 350 degrees for 20 min.
Onions, fresh	1 small	2 ½ small	6. Sprinkle with shredded cheese and bake 10 minutes more. Let stand 10 min. before cutting.
Spaghetti sauce, canned	1 lb+10 oz	4 lb + 1 oz	
Cheese, mozzarella, part skim	2 oz	5 oz	

Portion size for 3-5 year old: 1/10 of recipe
Each serving provides: 1 ½ oz meat/meat alternate, ¼ cup vegetable, ½ slice bread alternate (1/4 cup pasta)

Nutrition Tip: Try using whole wheat pasta in this recipe as a way to increase fiber.
Physical Activity: Lead the kids in a noodle dance, pretending that your arms and legs are made of wiggly noodles.
Recipe Source: Kathy Pemberton, Sidney, MT

Banana Muffins

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh bananas, peeled	8 oz		1 lb		1. Using the paddle attachment, mash bananas for 2 minutes on low speed, until no large chunks remain. Remove the bananas from bowl and set aside.
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	2. Combine flour, dry milk, baking powder, sugar, and salt in the mixing bowl. Mix for 1 minute on low speed. Add bananas to dry ingredients. Mix for 30 seconds on low speed.
Instant nonfat dry milk		⅓ cup		⅔ cup	
Baking powder		2 Tbsp		¼ cup	
Sugar	8 oz	1 cup	1 lb	2 cups	
Salt		1 tsp		2 tsp	
Frozen egg whites, thawed OR Fresh large egg whites	4 oz	½ cup OR 3 each	8 oz	1 cup OR 6 each	3. In a separate bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15-20 seconds, until all of the dry ingredients are moistened.
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	
Vanilla		2 tsp		1 Tbsp 1 tsp	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	4. Slowly add oil and mix for about 30 seconds on low speed. Do not over mix. The batter will be lumpy.
					5. Using a No. 20 scoop (3 ⅓ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.
					6. Bake until lightly browned: Conventional oven: 425° F for 10-12 minutes Convection oven: 350° F for 10-12 minutes
					7. Portion is 1 muffin.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Bananas	13 oz	1 lb 10 oz

Banana Muffins

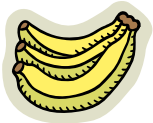
SERVING:	YIELD:		VOLUME:	
1 muffin provides the equivalent of 1 slice bread.	**25 Servings:**	2 lb 13 oz	**25 Servings:**	25 muffins 1 quart 1 ¼ cups (batter)
	50 Servings:	5 lb 10 oz	**50 Servings:**	50 muffins 2 quarts 2 ½ cups (batter)

Edited 2004

Nutrients Per Serving					
Calories	141	**Saturated Fat**	0.50 g	**Iron**	0.95 mg
Protein	2.65 g	**Cholesterol**	0 mg	**Calcium**	96 mg
Carbohydrate	25.00 g	**Vitamin A**	29 IU	**Sodium**	194 mg
Total Fat	3.49 g	**Vitamin C**	0.9 mg	**Dietary Fiber**	0.7 g

Minute Menu #62

Banana Bread



Week 2
Tuesday
Breakfast

Ingredients	1 loaf	2 loaves	Directions
Flour, all purpose, enriched (Try making this recipe with $\frac{1}{4}$ whole wheat flour. May need to add a little extra milk.)	2 $\frac{1}{2}$ cups	5 cups	Heat oven to 350-degrees. Spray two 9x5x3 inch loaf pans.
Sugar	1 cup	2 cups	
Baking powder	3 $\frac{1}{2}$ tsp	7 tsp	Measure all ingredients into large bowl and beat on medium speed $\frac{1}{2}$ minute.
Salt	$\frac{1}{2}$ tsp	1 tsp	
Canola Oil	3 Tbsp	6 Tbsp	
Skim milk	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cup	
Eggs	1 egg	2 eggs	Pour into pans and bake for 55-65 minutes.
Banana, ripe, mashed*	1 cup	2 cups	
*Connie's time-saving tip: As bananas become over-ripe, just pop them in the freezer (with the peel on). Take out as needed for this recipe. The bananas fall right out of the peel upon thawing and are ready to stir into recipe.	This is a very dense bread. 1 loaf provides 42 $\frac{1}{2}$ slice servings of bread alternate.		

Portion size for 3-5 year old: $\frac{1}{2}$ slice (cut loaf into 10 slices, then cut slices in $\frac{1}{2}$ to yield 20 servings per loaf pan)
Each serving provides: 1 slice bread/bread alternate = 2 bread servings

Nutrition Tip: Whole wheat flour can be used in this recipe too. When using whole wheat flour, you may need to add a little extra liquid to the recipe. In this recipe, add a little extra milk.

Physical Activity: Crabwalk relay – teams divided up equally and race from point A to point B walking like a crab. Fastest team wins.

Recipe Source: Connie Nelson, MT Childcare Provider

Minute Menu #58

Banana Crunch Pop

Week 1
Wednesday
Breakfast

Ingredients	10 Servings	25 Servings	Directions
Fat free yogurt (any flavor) Wooden sticks Large bananas, peeled and cut in half Crisp rice cereal, crushed graham crackers, Grape Nuts cereal, or low fat granola	4 ozs 5 large $\frac{3}{4}$ cup	10 ozs 12 $\frac{1}{2}$ large 1 $\frac{3}{4}$ cup + 2 Tbsp	1. Place yogurt and cereal in separate shallow dishes. 2. Insert a wooden stick into each banana piece 3. Roll banana pieces in yogurt then in cereal, thoroughly covering each piece. Place bananas on a baking sheet lines with wax paper. Place in freezer. 4. When frozen, wrap each in freezer wrap and label. Store in freezer. Let stand at room temperature for 10 minutes before serving.

Portion size for 3-5 year old: 1 pop (1/2 a banana)
Each serving provides: $\frac{1}{2}$ cup fruit/vegetable

Nutrition Tip: Bananas have Vitamin C to develop a strong immune system.
Physical Activity: Play "Simon Says" and include at least 3 physical activities (run, jump, etc)
Recipe Source: Pennsylvania's Healthful Menus and Recipes

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate | Main Dishes | D-21A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	1. Combine onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 15 minutes.
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		2 cups		1 qt	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see preparation note)	3 lb 8 oz OR 3 lb 8 oz	2 qt 2 Tbsp (⅞ No. 10 can) OR 1 qt 3 ¾ cups	7 lb OR 7 lb	1 gal ¼ cup (1 ¾ No. 10 cans) OR 3 qt 3 ½ cups	2. Using a mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with pureed beans.
Reduced fat Cheddar cheese, shredded	1 lb 9 ½ oz	1 qt 3 ¾ cups	3 lb 3 oz	3 qt 3 ½ cups	
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	3. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding.
					4. Portion bean mixture with No. 8 scoop (½ cup) onto each tortilla. Fold around beans envelope style.
					5. Place folded burritos seam side down on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.

Bean Burrito

					6. CCP: Heat to 165° F or higher for at least 15 seconds. Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes
Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups 2 Tbsp	13 oz	3 ¾ cups	7. Sprinkle shredded cheese (optional) evenly over burritos before serving.
					8. CCP: Hold for hot service at 135° F or higher. Portion is 1 burrito.

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Pinto beans, dry	1 lb 8 oz	3 lb

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread.	**25 Servings:** 25 burritos **50 Servings:** 50 burritos	**25 Servings:** 2 pans **50 Servings:** 4 pans

Edited 2004

PREPARATION NOTE:
SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Bean Burrito

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR
Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ⅜ cups dry or 5 ¼ cups cooked pinto beans.

Nutrients Per Serving					
Calories	253	**Saturated Fat**	3.98 g	**Iron**	2.85 mg
Protein	15.11 g	**Cholesterol**	16 mg	**Calcium**	342 mg
Carbohydrate	31.24 g	**Vitamin A**	846 IU	**Sodium**	631 mg
Total Fat	7.95 g	**Vitamin C**	10.1 mg	**Dietary Fiber**	4.2 g

Bean Soup

Meat Alternate-Vegetable | Soups | H-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or ham stock, non-MSG		1 qt 3 ½ cups		3 qt 3 cups	1. In a heavy pot, combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley, and ham (optional). Bring to a boil. (If desired, liquid from cooked beans may be used as part of the stock.)
*Cooked dry Navy beans (see preparation note)	3 lb 7 oz	1 qt 2 ½ cups	6 lb 14 oz	3 qt 1 cup	
Canned tomato paste	4 oz	¼ cup 3 Tbsp (⅓ 12 oz can)	8 oz	¾ cup 2 Tbsp (⅔ 12 oz can)	
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	½ cup 1 Tbsp OR ¼ cup 1 Tbsp	7 oz OR 1 ¼ oz	1 ¼ cups OR ½ cup 2 Tbsp	
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
*Fresh carrots, chopped	4 oz	1 cup	8 oz	2 cups	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Cooked ham, diced (optional)	4 oz		8 oz		
					2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.
Enriched all-purpose flour	2 oz	½ cup	4 oz	1 cup	3. Combine flour and cold water. Mix until smooth.
Water, cold		½ cup		1 cup	
					4. Slowly add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes.
					5. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).

Bean Soup

Meat Alternate-Vegetable | Soups | H-08

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Dry Navy beans	1 lb 3 oz	2 lb 6 oz
Mature onions	4 oz	8 oz
Celery	5 oz	10 oz
Carrots	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ¼ cup of cooked dry beans or the equivalent of 1 oz cooked lean meat and ⅛ cup of vegetable.	**25 Servings:** 6 lb 5 ½ oz **50 Servings:** 12 lb 11 oz Tested 2004	**25 Servings:** 3 quarts ½ cup **50 Servings:** about 1 gallon 2 ¼ quarts

PREPARATION NOTE:
SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR
Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb Navy beans=about 2 ¼ cups dry or 6 cups cooked pinto beans.

Bean Soup

Meat Alternate-Vegetable | Soups | H-08

Nutrients Per Serving					
Calories	107	**Saturated Fat**	0.11 g	**Iron**	1.84 mg
Protein	6.07 g	**Cholesterol**	0 mg	**Calcium**	51 mg
Carbohydrate	20.24 g	**Vitamin A**	1141 IU	**Sodium**	27 mg
Total Fat	0.46 g	**Vitamin C**	3.7 mg	**Dietary Fiber**	4.5 g

Bean Taco

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see preparation note)	4 lb 3 ½ oz OR 4 lb 3 ½ oz	2 qt 1 ½ cups (1 No. 10 can) OR 2 qt 1 ¼ cups	8 lb 7 oz OR 8 lb 7 oz	1 gal 3 cups (2 No. 10 cans) OR 1 gal 2 ½ cups	1. In a stockpot, cover beans with water and heat.
					2. Drain beans. Puree beans to a smooth consistency.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	3. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder to beans. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 135° F for at least 15 seconds.
Granulated garlic		2 ¼ tsp		1 Tbsp ½ tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	7 oz	¾ cup 1 ½ tsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	
Water		2 cups		1 qt	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
					4. CCP: Hold for hot service at 135° F or higher.
Reduced fat Cheddar cheese, shredded	13 ½ oz	3 ⅜ cups	1 lb 11 oz	1 qt 2 ¾ cups	5. Topping: Reserve cheese for step 6. Combine tomatoes and lettuce. Toss lightly and reserve for step 6.
*Fresh tomatoes, diced	10 ½ oz	1 ¼ cups 3 Tbsp	1 lb 5 oz	2 ¾ cups 2 Tbsp	
*Fresh lettuce, shredded	1 lb 3 ½ oz	2 qt 1 cup	2 lb 7 oz	1 gal 1 qt	

Bean Taco

Enriched taco shells (at least 0.45 oz each)	50 each	100 each	6. Portion is 2 tacos. Serving suggestions: A. Before serving, fill each taco shell with No. 20 scoop (about 3 Tbsp) bean mixture. On each plate, serve 2 tacos, No. 10 scoop (⅜ cup) lettuce and tomato mixture, and No. 30 scoop (2 Tbsp) shredded cheese. OR B1. Pre-portion No. 10 scoop (⅜ cup) lettuce-tomato mixture and No. 30 scoop (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service. B2. Transfer bean mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, No. 10 scoop (⅜ cup) bean mixture, with pre portioned lettuce and tomato mixture, and pre portioned cheese. Instruct children to "build" their own tacos.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Pinto beans, dry	1 lb 13 oz	3 lb 10 oz
Mature onions	3 oz	6 oz
Tomatoes	12 oz	1 lb 8 oz
Head lettuce	1 lb 10 oz	3 lb 4 oz

SERVING:	YIELD:		VOLUME:	
2 tacos provides the equivalent of 2 oz of cooked lean meat, ½ cup of vegetable, and the equivalent of 1 slice of bread.	**25 Servings:**	5 lb 9 ½ oz (filling) about 9 lb 13 oz	**25 Servings:**	2 quarts 2 cups (filling) 50 tacos
	50 Servings	11 lb 3 oz (filling) about 19 lb 10 oz	**50 Servings**	1 gallon 1 quart (filling) 100 tacos

Edited 2004, Edited 2007

Bean Taco

PREPARATION NOTE:
SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR
Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ⅜ cups dry or 5 ¼ cups cooked pinto beans.

Nutrients Per Serving					
Calories	251	**Saturated Fat**	2.75 g	**Iron**	2.67 mg
Protein	11.52 g	**Cholesterol**	9 mg	**Calcium**	231 mg
Carbohydrate	32.11 g	**Vitamin A**	605 IU	**Sodium**	540 mg
Total Fat	9.41 g	**Vitamin C**	8.6 mg	**Dietary Fiber**	5.7 g

Minute Menu #164

Bean and Cheese Burrito

Week 2
Thursday
Lunch

Ingredients	16 Servings	32 Servings	Directions
Whole Wheat Tortilla (6" diameter) Refried Beans (16 oz. can) Fresh Tomatoes (chopped) Fresh Lettuce (chopped) American/Cheddar Cheese (shredded)	8 2 ½ cans 4 tomatoes 3 cups 2 cups (1/2 lb)	16 5 cans 8 tomatoes 6 cups 4 cups (1 lb)	Place tortillas in cast iron skillet and warm over low heat or wrap in aluminum foil and warm at 325 degrees for 10 minutes. Spread 4 Tbsp refried beans on tortillas. Add 2 Tbsp each of tomatoes and shredded lettuce on each tortilla. Top with 2 Tbsp shredded cheese. Optional: Add 1 tsp pineapple, chilies, and/or onion according to child's taste preference. Roll burrito up, cut in half and serve.

Portion size for 3-5 year old: ½ a burrito each
Each serving provides: 1 ½ oz meat/alternate, ½ slice bread alternate, ¼ cup vegetable

Nutrition Tip: Buy low fat or fat free refried beans to make this meal even healthier!
Physical Activity: Make paper masks and have a marching parade.
Recipe Source: "What's Cookin II", Nebraska Dept. of Ed.

Beef-Vegetable Stew

Meat-Vegetable | Main Dishes | D-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw beef stew meat, practically free of fat, 1" cubes	5 lb 2 oz		10 lb 4 oz		1. Brown beef cubes in oil. Drain. Continue immediately.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup	1 lb	2 ⅔ cups OR 1 ½ cups	2. Add onions, flour, granulated garlic, paprika, pepper, and thyme.
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		1 ½ tsp		1 Tbsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Dried thyme		½ tsp		1 tsp	
Water or beef stock, non-MSG		3 qt		1 gal 2 qt	3. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender. CCP: Heat to 165° F or higher for at least 15 seconds.
Canned sliced carrots, drained	2 lb 3 oz	1 qt 1 cup (½ No. 10 can)	4 lb 6 oz	2 qt 2 cups (1 No. 10 can)	4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
Canned small whole potatoes, drained	1 lb 12 oz	3 cups (⅓ No. 10 can plus ½ cup)	3 lb 8 oz	1 qt 2 cups (¾ No. 10 can)	5. Pour into serving pans.
Canned green peas, drained	1 lb 10 oz	1 qt ½ cup (⅓ No. 10 can plus ½ cup)	3 lb 3 oz	1 qt 3 cups (¾ No. 10 can)	6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz

Beef-Vegetable Stew

Meat-Vegetable | Main Dishes | D-16

SERVING:	YIELD:		VOLUME:	
1 cup (8 oz ladle) provides 2 oz of cooked lean meat and ½ cup of vegetable.	**25 Servings:**	1 gallon 2 ¼ quarts	**25 Servings:**	1 gallon 2 ¼ quarts
	50 Servings:	3 gallons 2 cups	**50 Servings:**	3 gallons 2 cups

Edited 2004

Nutrients Per Serving					
Calories	218	**Saturated Fat**	2.38 g	**Iron**	3.06 mg
Protein	19.80 g	**Cholesterol**	49 mg	**Calcium**	28 mg
Carbohydrate	16.48 g	**Vitamin A**	5767 IU	**Sodium**	270 mg
Total Fat	7.80 g	**Vitamin C**	5.9 mg	**Dietary Fiber**	2.9 g

Minute Menu #258

Black Bean Dip

Week 1
Wednesday
Snack

Ingredients	12 Servings	24 Servings	Directions
Canned black beans	16 oz can	32 oz can	Drain and mash cooked beans.
Cheese, shredded	2 oz	4 oz	Stir in other ingredients.
Garlic powder	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	Serve with tortilla, tortilla chips, crackers, or fresh veggies.
Chili powder	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Black pepper	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Vinegar	1 tsp	2 tsp	

Portion size for 3-5 year old: 1/8 cup
Each serving provides: $\frac{1}{2}$ oz meat alternate

Nutrition Tip: Black beans contain iron to help children feel good and play hard! All canned legumes provide iron.
Physical Activity: Children are naturally active, especially outdoors. Let them outside and watch them run! Take time to bundle them up in the winter and let them outside to play as well.
Recipe Source: MT CACFP

Blueberry Muffins

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	10 oz	2 ¼ cups 1 Tbsp	1 lb 4 oz	1 qt ⅝ cup	1. Combine flours, sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.
Whole wheat flour	7 oz	1 ⅓ cups	14 oz	2 ⅔ cups	
Sugar	8 oz	1 cup	1 lb	2 cups	
Baking powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Lowfat 1% milk		1 ½ cups		3 cups	2. Slowly add milk, eggs, and oil. Mix for 30 seconds on medium speed until smooth.
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Vegetable oil		⅔ cup		1 ⅓ cups	
Frozen blueberries OR *Fresh blueberries	6 oz OR 8 oz	1 ½ cups OR 1 ½ cups	12 oz OR 1 lb	3 cups OR 3 cups	3. Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter.
					4. Using a No. 24 scoop (2 ⅔ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.
					5. Bake until golden brown: Conventional oven: 425° F for 12 minutes Convection oven: 375° F for 13 minutes
					6. Portion is 1 muffin.

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Bluberries	9 oz	1 lb 2 oz

Blueberry Muffins

SERVING:	YIELD:		VOLUME:	
1 muffin provides the equivalent of 1 ¼ slices bread.	**25 Servings:**	2 lb 5 oz	**25 Servings:**	25 muffins 1 quart ¼ cup (batter)
	50 Servings:	4 lb 10 oz	**50 Servings:**	50 muffins 2 quarts ½ cup (batter)

Edited 2004

Nutrients Per Serving					
Calories	172	**Saturated Fat**	1.09 g	**Iron**	1.03 mg
Protein	3.34 g	**Cholesterol**	20 mg	**Calcium**	93 mg
Carbohydrate	25.28 g	**Vitamin A**	64 IU	**Sodium**	180 mg
Total Fat	6.72 g	**Vitamin C**	0.3 mg	**Dietary Fiber**	1.5 g

Broccoli Salad

Vegetable/Fruit | Salads and Salad Dressings | E-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing OR Lowfat mayonnaise	8 oz OR 8 oz	1 cup OR 1 cup	1 lb OR 1 lb	2 cups OR 2 cups	1. Dressing: Combine salad dressing or mayonnaise, sugar, vinegar, and milk. Mix well.
Sugar	4 oz	½ cup	8 oz	1 cup	
White vinegar		1 Tbsp		2 Tbsp	
Lowfat 1% milk		1 Tbsp		2 Tbsp	
*Fresh broccoli, chopped	1 lb 1 oz	1 qt 1 ½ cups	2 lb 2 oz	2 qt 3 cups	2. Add dressing to chopped broccoli.
Raisins	10 oz	1 ¾ cups 2 Tbsp	1 lb 4 oz	3 ¾ cups	3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. Spread 2 lb 8 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 Servings, use 2 pans.
Walnuts, chopped (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 3 Tbsp	
Red onions, sliced (optional)		¼ cup	3 oz	½ cup	4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
					5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Broccoli	1 lb 5 oz	2 lb 10 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	**25 Servings:** 2 lb 8 oz **50 Servings:** 5 lb	**25 Servings:** 1 quart 2 ¼ cups 1 pan **50 Servings:** 3 quarts ½ cup 2 pans

Broccoli Salad

Vegetable/Fruit | Salads and Salad Dressings | E-11

Tested 2004

Nutrients Per Serving					
Calories	89	**Saturated Fat**	0.45 g	**Iron**	0.45 mg
Protein	1.02 g	**Cholesterol**	3 mg	**Calcium**	16 mg
Carbohydrate	16.55 g	**Vitamin A**	304 IU	**Sodium**	83 mg
Total Fat	2.74 g	**Vitamin C**	18.3 mg	**Dietary Fiber**	1.0 g

Minute Menu #158

Brown Rice Pilaf

Week 1
Wednesday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Brown rice, long grain, regular	4 $\frac{5}{8}$ ozs	11 $\frac{1}{2}$ ozs	1. Place brown rice and white rice in pans. 2. Heat the chicken stock, pepper, and onions in a pot. Bring to a boil. 3. Add hot chicken stock mixture to each pan. Cover with foil or metal lid. 4. Bake: Conventional oven: 350° F for 50 min. Convection oven: 350° F for 40 min. Steamer: 40 minutes
Enriched white rice, long grain, regular	4 $\frac{5}{8}$ ozs	11 $\frac{1}{2}$ ozs	
Chicken stock (non-MSG preferred)	$1\frac{1}{2}$cups+$1\frac{1}{2}$Tbsp	1 qt+ 2 $\frac{1}{2}$ cup	
Ground black or white pepper	$\frac{1}{8}$ tsp	$\frac{1}{4}$ tsp	
Fresh onions, diced $\frac{1}{4}$"	$\frac{7}{8}$ ozs	2 ozs	

Portion size for 3-5 year old: $\frac{1}{4}$ cup
Each serving provides: $\frac{1}{2}$ slice bread alternate

Nutrition Tip: Whole Grains are an excellent source of important nutrients like fiber, Vitamin B, Iron, and Zinc.
Physical Activity: Duck, Duck, Wheat – A game just like "Duck, Duck, Goose", but only using the work Wheat instead of Goose. This will give them exercise while running around, and also remind them of an essential food ingredient.
Recipe Source: USDA B-22

Chili Con Carne

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 8 oz		7 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup	1 lb OR 3 oz	2 ⅔ cups OR 1 ½ cups	2. Add onions, granulated garlic, green pepper (optional), black pepper, chili powder, paprika, onion powder, and cumin. Cook for 5 minutes.
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
*Fresh green pepper, chopped (optional)	4 oz	¾ cup	8 oz	1 ½ cups	
Ground black or white pepper		1 tsp		2 tsp	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Canned diced tomatoes, with juice	1 lb 9 ½ oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	3. Stir in tomatoes, water, and tomato paste. Mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water		1 qt ½ cup		2 qt 1 cup	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Canned pinto or kidney beans, drained stock reserved OR *Cooked dry pinto or kidney beans, drained (see preparation note)	1 lb 11 oz OR 1 lb ½ oz	3 cups OR 2 ¾ cups	3 lb 6 oz OR 2 lb 1 oz	1 qt 2 cups OR 1 qt 1 ½ cups	4. Stir in beans. Cover and simmer. Stir occasionally. CCP: Heat to 155° F or higher for 15 seconds. OR If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Pour into serving pans or bowls.

Chili Con Carne

Reduced fat Cheddar cheese, shredded (optional)	12 oz	3 ½ cups	1 lb 8 oz	1 qt 3 cups	6. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup). Garnish with cheese (optional).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	9 oz	1 lb 2 oz
Green peppers	5 oz	10 oz
Pinto beans, dry OR Kidney beans, dry	9 oz OR 7 oz	1 lb 2 oz OR 14 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides 2 oz of cooked lean meat and ⅜ cup of vegetable.	**25 Servings:** 8 lb 4 oz **50 Servings:** 17 lb Tested 2004	**25 Servings:** 3 quarts ½ cup **50 Servings:** 1 ½ gallons 1 cup

PREPARATION NOTE:
SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

Chili Con Carne

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ⅜ cups dry or 5 ¼ cups cooked pinto beans.
1 lb dry kidney beans=about 2 ½ cups dry or 6 ¼ cups cooked pinto beans.

Nutrients Per Serving					
Calories	179	**Saturated Fat**	3.56 g	**Iron**	2.50 mg
Protein	15.40 g	**Cholesterol**	42 mg	**Calcium**	43 mg
Carbohydrate	10.64 g	**Vitamin A**	809 IU	**Sodium**	204 mg
Total Fat	8.51 g	**Vitamin C**	14.5 mg	**Dietary Fiber**	2.4 g

Cole Slaw

Vegetable | Salads and Salad Dressings | E-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh cabbage, coarsely chopped	1 lb 13 ½ oz	3 qt	3 lb 11 oz	1 gal 2 qt	1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.
*Fresh carrots, finely shredded	3 oz	¾ cup 2 Tbsp	6 oz	1 ¾ cups	
*Fresh green pepper, chopped (optional)		¼ cup	2 ½ oz	½ cup	
Reduced calorie salad dressing OR Lowfat mayonnaise	7 oz OR 7 oz	¾ cup 2 Tbsp OR ¾ cup 2 Tbsp	14 oz OR 14 oz	1 ¾ cups OR 1 ¾ cups	2. Dressing: In a separate bowl, combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.
Sugar		1 Tbsp		2 Tbsp	
Celery seed		1 tsp		2 tsp	
Dry mustard		½ tsp		1 tsp	
White vinegar		1 Tbsp		2 Tbsp	
					3. Pour dressing over vegetables. Mix thoroughly. Spread 2 lb 9 ½ oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
					5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Cabbage	2 lb 2 oz	4 lb 4 oz
Carrots	4 oz	8 oz
Green peppers	2 oz	4 oz

Cole Slaw

Vegetable | Salads and Salad Dressings | E-09

SERVING:	YIELD:		VOLUME:	
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	**25 Servings:**	2 lb 9 ½ oz	**25 Servings:**	1 quart 2 ¼ cups 1 pan
	50 Servings:	5 lb 3 oz	**50 Servings:**	3 quarts ½ cup 2 pans

Edited 2004

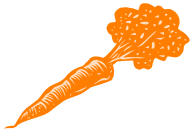
Special Tips:
1) For best results, shred cabbage and store overnight; add dressing just before serving.

2) If recipe is prepared in advance, the yield will be reduced.

Nutrients Per Serving					
Calories	33	**Saturated Fat**	0.26 g	**Iron**	0.30 mg
Protein	0.60 g	**Cholesterol**	3 mg	**Calcium**	19 mg
Carbohydrate	4.52 g	**Vitamin A**	1005 IU	**Sodium**	78 mg
Total Fat	1.63 g	**Vitamin C**	11.1 mg	**Dietary Fiber**	1.0 g

Minute Menu #280

Cool Creamy Vegetable Dip



Week 5
Friday
Snack

Ingredients	2 Cups	1 Quart	Directions
Low fat plain yogurt	½ cup	1 cup	Combine cottage cheese, milk, and your seasoning in a blender or beat until smooth in a bowl. Serve with a tray of vegetables.
Reduced calorie salad dressing OR Low Fat mayonnaise	1 ¼ cups	2 ½ cups	
Instant nonfat dry milk, reconstituted	¼ cup	½ cup	
Parsley, dried	1 Tbsp	2 Tbsp	
Granulated garlic	3/8 tsp	¾ tsp	
Onion powder	3/8 tsp	¾ tsp	
Salt	¾ tsp	1 ½ tsp	
Ground black or white pepper	¼ tsp	½ tsp	
	Yields 8 2 oz servings.	Yields 16 2 oz servings.	

Portion size for 3-5 year old: 2 oz or 1/8 cup

Nutrition tip: This low fat dip is tasty with vegetables and whole wheat crackers. This is a *healthier* alternative to store-bought Ranch dressing as it is much lower in fat and salt.

Physical Activity: Play Ring around the Rosy.

Recipe Source: USDA E-13

Corn Muffin Squares

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	1. Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed.
Yellow cornmeal	3 oz	½ cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	
Baking powder		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	¼ cup OR 2 each	4 oz	½ cup OR 3 each	2. Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl.
Lowfat 1% milk		1 cup		2 cups	3. Slowly add milk and mix for 30 seconds on medium speed, until smooth.
Vegetable oil		¼ cup		½ cup	4. Add oil and mix for 30 seconds, on medium speed, until blended.
					5. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour approximately 1 lb 12 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6. Bake until golden brown: Conventional oven: 400° F for 12 minutes Convection oven: 375° F for 12 minutes
					7. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

SERVING:	YIELD:		VOLUME:	
1 piece provides the equivalent of ¾ slice bread.	**25 Servings:**	1 lb 12 oz (batter)	**25 Servings:**	1 quart 1 cup (batter) 1 pan
	50 Servings:	3 lb 8 oz (batter)	**50 Servings:**	2 quarts 2 cups (batter) 2 pans

Corn Muffin Squares

Edited 2004

Nutrients Per Serving					
Calories	94	**Saturated Fat**	0.47 g	**Iron**	0.65 mg
Protein	1.82 g	**Cholesterol**	10 mg	**Calcium**	55 mg
Carbohydrate	15.82 g	**Vitamin A**	42 IU	**Sodium**	192 mg
Total Fat	2.69 g	**Vitamin C**	0.1 mg	**Dietary Fiber**	0.5 g

Corn Muffins

Ingredients	25 Servings		50 servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	1. Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed.
Yellow cornmeal	3 oz	½ cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	
Baking powder		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	¼ cup OR 2 each	4 oz	½ cup OR 3 each	2. Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl.
Lowfat 1% milk		1 cup		2 cups	3. Slowly add milk and mix for 30 seconds on medium speed until smooth.
Vegetable oil		¼ cup		½ cup	4. Add oil and mix on for 30 seconds on medium speed until blended.
					5. Using a No. 20 scoop (3 ⅓ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.
					6. Bake until golden brown: Conventional oven: 400° F for 15 minutes Convection oven: 375° F for 10 minutes
					7. Portion is 1 muffin.

SERVING:	YIELD:		VOLUME:	
1 muffin provides the equivalent of ¾ slice bread.	**25 Servings:**	1 lb 9 oz	**25 Servings:**	25 muffins 1 quart 1 cup (batter)
	50 Servings:	3 lb 2 oz	**50 Servings:**	50 muffins 2 quarts 2 cups (batter)

Edited 2004

Corn Muffins

Grains/Breads Grains/Breads A-02

Nutrients Per Serving					
Calories	94	**Saturated Fat**	0.47 g	**Iron**	0.65 mg
Protein	1.82 g	**Cholesterol**	10 mg	**Calcium**	55 mg
Carbohydrate	15.82 g	**Vitamin A**	42 IU	**Sodium**	192 mg
Total Fat	2.69 g	**Vitamin C**	0.1 mg	**Dietary Fiber**	0.5 g

Minute Menu #158

Corn Flake Baked Chicken Breasts

Week 1
Wednesday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Skinless, boneless chicken breasts Crushed corn flake crumbs Skim milk Melted margarine	1 lb+ 4 oz (raw weight) 1 1/3 cup 1/3 cup 1Tbsp+1tsp	3 lb+ 2 ozs (raw weight) 3 1/3 cup $\frac{3}{4}$ cup+ 1Tbsp 3Tbsp + 1 tsp	**Trim all of the fat from the Breasts. Cut each breast into 3-4 strips. Soak in skim milk. Dredge in Corn Flake crumbs on both sides.** **Place on oiled pan. Drizzle margarine over pieces.** **Bake at 400-degrees for one hour.**

Portion size for 3-5 year old: 1.5 oz of chicken (approximately 1/2 the size of a deck of cards)
Each serving provides: 1.5 oz meat

Nutrition Tip: Iron in the chicken and the corn flakes helps to prevent diseases by building a healthy immune system.
Physical Activity: Play "Freeze Tag". A child can only be "IT" for 3 minutes. Pick a new person to be it if it is taking longer than this. To un-freeze someone they must crawl in-between the others legs. The person who is it must tag everyone.
Recipe Source: Connie Nelson

Minute Menu #275

Cottage Cheese Dip

Week 4
Friday
Snack

Ingredients	16 Servings	32 Servings	Directions
Low-fat cottage cheese, 1%	2 cups	1 qt	Combine cottage cheese, milk, and your seasoning in a blender or beat until smooth in a bowl. Serve with a tray of vegetables.
Milk	¼ cup	½ cup	
Any of following: Onion powder	½ tsp	1 tsp	
Garlic powder Chili sauce Package dry soup mix			
Package Ranch Dressing mix	1 package	2 packages	

Portion size for 3-5 year old: 1/8 cup (2 Tbsp)
Each serving provides: ½ oz meat alternate

Nutrition tip: Cottage cheese is a great source of protein for young children. Make sure you buy a low fat version.
Physical Activity: Play Follow-the-Leader. Include hopping, skipping, and jumping as you move along.
Recipe Source: Montana Child and Adult Care Food Program

Deviled Eggs

Meat Alternate | Main Dishes | D-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		25 each		50 each	1. Place eggs in a large pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate until cool.
					2. Peel eggs and cut in half. Remove yolks and place in a separate bowl.
Reduced calorie salad dressing OR Lowfat mayonnaise	7 oz OR 7 oz	¾ cup 2 Tbsp OR ¾ cup 2 Tbsp	14 oz OR 14 oz	1 ¾ cups OR 1 ¾ cups	3. Mash egg yolks, adding salad dressing or mayonnaise, vinegar, both mustards, sugar and salt.
White vinegar		1 tsp		2 tsp	
Dry mustard		1 tsp		2 tsp	
Prepared yellow mustard		1 ½ tsp		1 Tbsp	
Sugar		2 Tbsp		¼ cup	
Salt		1 tsp		2 tsp	
					4. Place ½ oz (1 Tbsp) of yolk mixture in each egg white half.
					5. Cover. Refrigerate until ready to serve. Portion is 2 half eggs.

SERVING:	YIELD:	VOLUME:
2 halves provide 1 large egg or the equivalent of 2 oz of cooked lean meat.	**25 Servings:** 3 lb 2 oz **50 Servings:** 6 lb 4 oz Edited 2004	**25 Servings:** 50 half eggs **50 Servings:** 100 half eggs

Deviled Eggs

Meat Alternate | Main Dishes | D-02

Nutrients Per Serving					
Calories	100	**Saturated Fat**	1.89 g	**Iron**	0.78 mg
Protein	6.34 g	**Cholesterol**	216 mg	**Calcium**	26 mg
Carbohydrate	3.46 g	**Vitamin A**	322 IU	**Sodium**	230 mg
Total Fat	6.53 g	**Vitamin C**	0 mg	**Dietary Fiber**	0.1 g

Fish Nuggets

Meat | Main Dishes | D-09A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Frozen fish portions, thawed (at least 2 oz each)	3 lb 2 oz	25 each	6 lb 4 oz	50 each	2. Cut fish portions in half and pat dry with paper towels. In a separate bowl, coat fish with yogurt or salad dressing or mayonnaise.
OR	OR	OR	OR	OR	
Fresh or frozen fish fillet, thawed (at least 2.2 oz each)	3 lb 7 oz	25 each	6 lb 14 oz	50 each	
Lowfat plain yogurt	3 oz	⅓ cup	6 oz	⅔ cup	
OR	OR	OR	OR	OR	
Reduced calorie salad dressing	3 oz	⅓ cup	6 oz	⅔ cup	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	3 oz	⅓ cup	6 oz	⅔ cup	
					3. Roll fish pieces in bread crumbs to coat.
					4. Place 25 pieces of fish in a single layer on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. Bake : Conventional oven: 500° F for 13-17 minutes Convection oven: 450° F for 12-15 minutes CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 2 pieces (1½ oz).

Fish Nuggets

Meat | Main Dishes | D-09A

SERVING:	YIELD:		VOLUME:	
2 pieces provide 1 ½ oz of cooked fish.	**25 Servings:**	2 lb 5 oz	**25 Servings:**	2 pans
	50 Servings:	4 lb 10 oz	**50 Servings:**	4 pans

Edited 2004

Special Tip:
This may be served with Fruity Dip (C-02).

Nutrients Per Serving					
Calories	72	**Saturated Fat**	0.16 g	**Iron**	0.55 mg
Protein	11.76 g	**Cholesterol**	40 mg	**Calcium**	51 mg
Carbohydrate	3.56 g	**Vitamin A**	20 IU	**Sodium**	230 mg
Total Fat	0.86 g	**Vitamin C**	0 mg	**Dietary Fiber**	0.1 g

Fruit Dip

HACCP Process Category 1 **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Yogurt, Strawberry, nonfat Cranberry sauce, chilled	7 lb 3 lb 10 oz	¾ gal 1 cup 1 ½ qt (½ No.10 can)			1. Mix ingredients in blender or mixer until smooth. 2. Portion 1 ½ oz with fruit.

Serving Size	1 Serving Provides	Yield
1 ½ oz	NA	1 gal 2 ½ cups; 100 servings

Nutrients Per Serving

Calories	50	Vitamin A	7.0 IU	Iron	0 mg
Protein	1 g	Vitamin C	0.7 mg	Calcium	85 mg
Carbohydrate	12 g	Dietary Fiber	0.17 g	Cholesterol	0 mg
Fat	0 g	% Fat	0 %	Sodium	25 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

Minute Menu #278

Healthy Bran Muffins

Week 5
Wednesday
Snack

Ingredients	15 Muffins	30 Muffins	Directions
Brown sugar, packed	½ cup	1 cup	1. Beat sugar, eggs and oil, add milk and pineapple juice, then add pineapple and carrots.
Oil	1/3 c+ 2 tsp	¾ cup	
Eggs	1 lg. egg	2 lg. eggs	
Skim milk	¾ cup	1 ½ cup	2. Mix dry ingredients in a large bowl. Add wet ingredients to the dry ingredients. Mix until batter is moist. Do not over mix.
Crushed pineapple, drained (save ¾ cup juice)	5 oz	10 oz	
Whole wheat flour	1 cup	2 cups	
Oat bran	½ cup	1 cup	3. Bake 375 degrees for 18 to 20 minutes. Fill muffin cups ¾ full. Do not over bake.
Wheat germ	½ cup	1 cup	
Baking soda	1 tsp	2 tsp	
Baking powder	1 tsp	2 tsp	4. Put leftover batter in refrigerator and it will keep up to six weeks.
Cinnamon, ground	½ tsp	1 tsp	
Nutmeg, ground	¼ tsp	½ tsp	
Salt, table	¼ tsp	½ tsp	
Carrots, grated	½ medium	1 medium	
Raisins, packed (soak in hot water and drain)	½ cup	1 cup	

Portion size for 3-5 year old: ½ muffin
Each serving provides: 1 slice of bread alternate

Nutrition tip: The soluble fiber in oat bran and oatmeal may be helpful in reducing blood cholesterol. Foods high in soluble fiber include oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries and apple pulp.
Physical Activity: Select a favorite action storybook and inspire child to mimic the actions and expressions of the characters.
Recipe Source: Barbara Oehl

Minute Menu #161

Hummus Dip

Week 2
Monday
Lunch

Ingredients	8 Servings	17 Servings	Directions
Chickpeas (canned garbanzo beans) Drained, rinsed well	1-12.5 oz can	2-12.5 oz cans	Blend chickpeas, yogurt, lemon juice, olive oil, and hot sauce in blender until smooth.
Low-fat plain yogurt	1 cup	2 cups	
Lemon juice	1/8 cup	$\frac{1}{4}$ cup	Serve with fresh vegetables, such as carrot slices or cucumber slices.
Olive oil	1 $\frac{1}{2}$ tsp	1 Tbsp	
Hot pepper sauce	3 drops	6 drops	This can also become a complete lunch by adding fresh fruit, pita bread and milk.

Portion size for 3-5 year old: $\frac{1}{2}$ cup
Each serving provides: 1 $\frac{1}{2}$ oz meat alternate

Nutrition Tip: Canned legumes/beans are great sources of iron. Frequent growth spurts put children at risk for anemia (low iron).
Physical Activity: Use sidewalk chalk to draw a hopscotch board on the sidewalk.
Recipe Source: MT CACFP Nutrition News

Minute Menu #270

Junior Trail Mix

Week 3
Friday
Snack

Ingredients	10 Servings	20 Servings	Directions
Plain Cheerios	2 cups	4 cups	Mix all ingredients together in an airtight container.
Kix cereal	2 cups	1 qt	
Chopped raisins, seedless	1 cup, packed	2 cups, packed	
Peanut butter morsels	½ cup	1 cup	

Portion size for 3-5 year old: ½ cup
Each serving provides: ½ slice bread alternate

Nutrition Tip: Raisins are an easy way to meet your 5-A-Day needs for fruits and veggies. Craisins would be a tasty addition too.
Physical Activity: Hide 5-10 slips of paper throughout a room area and maintain their interest by promising a favorite shared physical activity when all collected. Write parts of the name of activity on each piece of paper so the can spell out when finished.
Recipe Source: Young Parents Education Center, Great Falls

Macaroni and Cheese

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched elbow macaroni	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well.
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	2. Melt margarine or butter in a stock pot or sauce pan.
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	3. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the margarine or butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
Salt		2 ½ tsp		1 Tbsp 2 tsp	
Dry mustard		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Paprika		1 ½ tsp		1 Tbsp	
Lowfat 1% milk OR Instant nonfat dry milk, reconstituted		2 qt 2 cups		1 gal 1 qt	4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
Worcestershire sauce		1 tsp		2 tsp	5. Add Worcestershire sauce, Cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	
Parmesan cheese, grated	2 oz	½ cup	4 oz	1 cup	
					6. Combine macaroni and sauce. Mix well. Place 5 lb 6 oz (2 qt 2 ¾ cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with lid or foil. Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes
Enriched soft bread crumbs	3 oz	1 cup	6 oz	2 cups	7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 ½ oz (1 ½ cups) over each pan.

Macaroni and Cheese

Reduced fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Bake an additional 5 minutes, uncovered, until lightly browned. CCP: Heat to 135° F or higher for at least 15 seconds.
					9. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

SERVING:	YIELD:	VOLUME:
1 piece provides 1 ½ oz of cheese and the equivalent of 1 ½ slices of bread.	**24 Servings:** 11 lb 4 oz **48 Servings:** 22 lb 8 oz Tested 2004	**24 Servings:** 2 pans **48 Servings:** 4 pans

Nutrients Per Serving					
Calories	359	**Saturated Fat**	7.04 g	**Iron**	1.65 mg
Protein	19.95 g	**Cholesterol**	28 mg	**Calcium**	534 mg
Carbohydrate	34.24 g	**Vitamin A**	847 IU	**Sodium**	719 mg
Total Fat	15.56 g	**Vitamin C**	1.1 mg	**Dietary Fiber**	1.6 g

Meat Lasagna

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 10 oz		3 lb 4 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	3 lb OR 9 oz	2 qt OR 1 qt ½ cup	2. Add onions and granulated garlic powder to ground beef and sauté for 5 minutes or until onions are translucent.
Granulated garlic		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	3. Add pepper, parsley, tomatoes, tomato paste, water, basil, oregano, marjoram, and thyme. Heat to boiling, uncovered. Remove from heat.
Dried parsley		2 Tbsp		¼ cup	
Canned diced tomatoes, with juice	2 lb 2 oz	1 qt 2 Tbsp (⅓ No. 10 can)	4 lb 4 oz	2 qt ¼ cup (⅔ No. 10 can)	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		1 qt 2 cups		3 qt	
Dried basil		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried oregano		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried marjoram		1 ½ tsp		1 Tbsp	
Dried thyme		½ tsp		1 tsp	
Enriched lasagna noodles, uncooked (at least 0.78 oz each)	1 lb 6 oz	28 each	2 lb 12 oz	56 each	4. Assemble ingredients in pans (9" x 13" x 2") which have been lightly coated with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans.
					For each pan: 1st layer-2 ¼ cups 2 Tbsp sauce 2nd layer-7 uncooked noodles lengthwise 3rd layer-2 ¼ cups sauce 4th layer-3 ⅛ oz (¾ cup 1 ½ tsp) process American cheese and 4 ¾ oz (1 cup 3 Tbsp) mozzarella cheese 5th layer-7 uncooked noodles lengthwise Repeat 3rd and 4th layers

Meat Lasagna

Reduced fat processed American cheese, shredded	12 ½ oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 ¼ cups	
Reduced fat mozzarella cheese, shredded	1 lb 3 oz	1 qt ¾ cup	2 lb 6 oz	2 qt 1 ½ cups	
					5. Tightly cover pans.
					6. Bake: Conventional oven: 350° F for 1 ¼ - 1 ½ hours Convection oven: 325° F for 45 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					7. Remove pans from oven. Uncover. Let stand for 15 minutes.
					8. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 4 (16 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	32 Servings	64 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz

SERVING:	YIELD:		VOLUME:	
1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ⅜ cup of vegetable, and the equivalent of ½ slice of bread.	**32 Servings:**	about 11 lb 6 oz	**32 Servings:**	2 pans
	64 Servings:	about 22 lb 12 oz	**64 Servings:**	4 pans

Tested 2004

Meat Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads | Main Dishes | D-19

Nutrients Per Serving					
Calories	211	**Saturated Fat**	3.67 g	**Iron**	2.02 mg
Protein	15.51 g	**Cholesterol**	27 mg	**Calcium**	237 mg
Carbohydrate	22.28 g	**Vitamin A**	705 IU	**Sodium**	316 mg
Total Fat	6.83 g	**Vitamin C**	12.7 mg	**Dietary Fiber**	2.2 g

Mexicali Corn

Vegetable | Vegetables | I-15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned liquid pack whole kernel corn, drained OR Frozen whole kernel corn	2 lb 1 oz OR 1 lb 14 oz	1 qt 1 ⅓ cups (½ No. 10 can) OR 1 qt 1 ¼ cups	4 lb 2 oz OR 3 lb 12 oz	2 qt 2 ⅔ cups (1 No. 10 can) OR 2 qt 2 ½ cups	1. Combine corn, green peppers, and onions.
*Fresh green pepper, finely chopped	6 ½ oz	1 ¼ cups	13 oz	2 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ cup	6 oz	1 cup OR ½ cup	
					2. To Heat: Place corn mixture in stock pot. For 25 servings, add 1 cup water. For 50 servings, add 2 cups water. Heat, uncovered. Drain. Pour into pans (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. CCP: Heat to 135° F or higher.
Canned pimientos, chopped		2 Tbsp 2 tsp	3 oz	¼ cup 1 Tbsp	3. Add pimientos, butter or margarine, Chili powder, cumin, paprika, and onion powder. Stir lightly.
Margarine or butter		2 Tbsp	2 oz	¼ cup	
Chili powder		½ tsp		1 ¼ tsp	
Ground cumin		⅜ tsp		¾ tsp	
Paprika		¼ tsp		½ tsp	
Onion powder		¼ tsp		½ tsp	
					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Green peppers	9 oz	1 lb 2 oz
Mature onions	4 oz	8 oz

Mexicali Corn

Vegetable | Vegetables | I-15

SERVING:	YIELD:		VOLUME:	
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	**25 Servings:**	2 lb 9 ½ oz	**25 Servings:**	1 quart 2 ¼ cups
	50 Servings:	5 lb 3 oz	**50 Servings:**	3 quarts ½ cup

Edited 2004

Nutrients Per Serving					
Calories	43	**Saturated Fat**	0.25 g	**Iron**	0.42 mg
Protein	1.13 g	**Cholesterol**	0 mg	**Calcium**	4 mg
Carbohydrate	7.89 g	**Vitamin A**	220 IU	**Sodium**	92 mg
Total Fat	1.33 g	**Vitamin C**	9.8 mg	**Dietary Fiber**	0.9 g

Mexican-Style Cornbread Squares

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	1. Combine flour, cornmeal or corn grits, sugar, baking powder, and salt in a mixing bowl. Mix for 1 minute on low speed.
Cornmeal OR Enriched corn grits	8 oz OR 8 oz	1 ½ cups OR 1 ¼ cups 2 Tbsp	1 lb OR 1 lb	3 cups OR 2 ¾ cups	
Sugar	2 ⅔ oz	¼ cup 2 Tbsp	5 ¼ oz	¾ cup	
Baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		⅝ tsp		1 ¼ tsp	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	2. In a separate bowl, mix eggs, milk, oil, cheese, and chili peppers. Add to dry ingredients and blend for 30 seconds on low speed. Beat for 1 minute on medium speed.
Lowfat 1% milk OR Instant nonfat dry milk, reconstituted		1 ¾ cups 2 Tbsp OR 1 ¾ cups 2 Tbsp		3 ¾ cups OR 3 ¾ cups	
Vegetable oil		¼ cup		½ cup	
Reduced fat Cheddar cheese, shredded	6 oz	1 ¾ cups	12 oz	3 ½ cups	
Green chili peppers, chopped	2 oz	¼ cup	4 oz	½ cup	
					3. Scrape down sides of bowl. Beat for 1-2 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.
					4. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 1 oz (1 qt 3 ¼ cups) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes
					6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

Mexican-Style Cornbread Squares

SERVING:	YIELD:		VOLUME:	
1 piece provides the equivalent of 1 slice of bread.	**25 Servings:**	3 lb 1 oz (batter)	**25 Servings:**	1 quart 3 ¼ cups (batter) 1 pan
	50 Servings:	6 lb 2 oz (batter)	**50 Servings:**	3 quarts 2 ½ cups (batter) 2 pans

Edited 2004

Nutrients Per Serving					
Calories	131	**Saturated Fat**	1.40 g	**Iron**	0.96 mg
Protein	4.73 g	**Cholesterol**	24 mg	**Calcium**	132 mg
Carbohydrate	18.28 g	**Vitamin A**	138 IU	**Sodium**	211 mg
Total Fat	4.40 g	**Vitamin C**	1.0 mg	**Dietary Fiber**	1.0 g

Mixed Greens Salad

Vegetable | **HACCP Process Category 1** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Mixed greens	7 lb 8 oz				1. Cut or tear chilled greens into bite sizes pieces (approximately 1”). 2. Combine greens in large chilled bowls. 3. Toss lightly, cover, and refrigerate. CCP: Hold at or below 41°F before and during service. 4. Toss chilled contrasting color vegetables (except tomato wedges) with greens before adding dressing; add tomato wedges just as salad is served. *Or* Portion salad into chilled bowls: add salad dressing just before serving (1 oz.).
Romaine	5 lb				
Spinach	3 lb 2 oz				
For variety and color contrast, one or more of the following may be added, substituting for an equal volume of greens*: • Radishes, sliced • Cabbage, red, shredded • Carrots, coarsely shredded • Green pepper, diced or strips • Tomato wedges	*1 lb of selected vegetable substituted for 1 lb lettuce				
Salad dressing*		3 qt ½ cup			

Serving Size	1 Serving Provides	Yield
2 ½ oz greens (weight will vary depending on choice of vegetables)	1 c of vegetables.	100 servings

Nutrients Per Serving*

Calories	75	Vitamin A	4690 IU	Iron	0.87 mg
Protein	2.4 g	Vitamin C	14.5 mg	Calcium	34.9 mg
Carbohydrate	7 g	Dietary Fiber	1.2 g	Cholesterol	0 mg
Fat	6.7 g	% Fat	80 %	Sodium	30 mg
Saturated Fat	0.9 g	% Saturated Fat	11 %		

*Nutrient analysis depends on specific salad dressing used for recipe.

Oatmeal-Whole Wheat Raisin Cookies

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	1. Cream margarine or butter and sugar in a mixer with the paddle attachment for 10 minutes on medium speed.
Sugar	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	2. Add eggs, vanilla, and milk. Mix for 1 minute on medium speed until smooth. Scrape down sides of bowl.
Vanilla		1 ½ tsp		1 Tbsp	
Lowfat 1% milk		3 Tbsp		¼ cup 2 Tbsp	
Whole wheat flour	10 oz	2 cups	1 lb 4 oz	1 qt	3. In a separate bowl, combine flour, oats, baking powder, baking soda, salt, nutmeg (optional), and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on medium speed until well blended. Scrape down sides of bowl. Mix for 30 seconds on low speed.
Rolled oats	3 oz	1 cup 2 Tbsp	6 oz	2 ¼ cups	
Baking powder		1 ½ tsp		1 Tbsp	
Baking soda		¾ tsp		1 ½ tsp	
Salt		¾ tsp		1 ½ tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	
Ground cinnamon		½ tsp		1 tsp	
Raisins	6 oz	1 cup	12 oz	2 cups	
					4. Lightly coat each half-sheet pan (13" x 18" x 1") with pan release spray or line with parchment paper. Portion with a No. 24 scoop (2 ⅔ Tbsp) in rows 3 across and 3 down. For 25 servings, use 3 pans (1 pan will have only 7 cookies). For 50 servings, use 6 pans (1 pan will have only 5 cookies).
Sugar	2 oz	¼ cup	4 oz	½ cup	5. Combine sugar and cinnamon in a shaker and sprinkle over cookies.
Ground cinnamon		1 tsp		2 tsp	

Oatmeal-Whole Wheat Raisin Cookies

6. Bake until light brown:
   Conventional oven: 375° F for 12 minutes
   Convection oven: 350° F for 16 minutes
7. Portion is 1 cookie.

SERVING:	YIELD:		VOLUME:	
1 cookie.	**25 Servings:**	2 lb 10 oz (dough)	**25 Servings:**	about 1 quart ⅓ cup (dough) 25 cookies
	50 Servings:	5 lb 5 oz (dough)	**50 Servings:**	about 2 quarts ⅔ cup (dough) 50 cookies

Edited 2004

Nutrients Per Serving					
Calories	191	**Saturated Fat**	1.35 g	**Iron**	0.90 mg
Protein	3.04 g	**Cholesterol**	19 mg	**Calcium**	38 mg
Carbohydrate	32.14 g	**Vitamin A**	276 IU	**Sodium**	201 mg
Total Fat	6.43 g	**Vitamin C**	0.3 mg	**Dietary Fiber**	2.1 g

Oven Fries

Vegetable | Vegetables | I-05

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh baking potatoes, 100 count (at least 8 oz each)	6 lb	12 each	12 lb	24 each	1. Wash potatoes. Cut each potato in six pieces. Cover with cold water to retard discoloring. Before baking, drain and pat with a clean, dry cloth.
Vegetable oil		½ cup		1 cup	2. In a bowl, toss potatoes with oil. On each paper lined half-sheet pan (13" x 18" x 1") distribute potatoes evenly skin side down. For 24 servings, use 2 half-sheet pans. For 48 servings, use 4 half-sheet pans.
Ground black or white pepper		½ tsp		1 tsp	3. In a bowl, combine pepper, salt, and paprika.
Salt		2 tsp		1 Tbsp 1 tsp	
Paprika		½ tsp		1 tsp	
					4. Sprinkle 1 ½ tsp of this seasoning mix over each pan of potatoes.
					5. Bake: Conventional oven: 500° F for 25-28 minutes Convection oven: 450° F for 20-23 minutes Turn potatoes over after 15 minutes for even cooking. Bake until brown and tender. CCP: Heat to 135° F or higher for at least 15 seconds.
Parmesan cheese, grated		2 Tbsp		¼ cup	6. Sprinkle 1 Tbsp Parmesan cheese over each tray of potatoes. Return to oven for 1 minute.
					7. CCP: Hold for hot service at 135° F or higher. Portion is 3 pieces.

SERVING:	YIELD:		VOLUME:	
3 pieces provide ⅜ cup of vegetable.	**24 Servings:**	4 lb 7 oz	**24 Servings:**	72 pieces
	48 Servings:	8 lb 14 oz	**48 Servings:**	144 pieces

Tested 2004

Oven Fries

Vegetable | Vegetables | I-05

Nutrients Per Serving					
Calories	126	**Saturated Fat**	0.71 g	**Iron**	1.03 mg
Protein	2.53 g	**Cholesterol**	0 mg	**Calcium**	21 mg
Carbohydrate	19.73 g	**Vitamin A**	37 IU	**Sodium**	197 mg
Total Fat	4.46 g	**Vitamin C**	9.0 mg	**Dietary Fiber**	2.1 g

Oven-Baked Parmesan Chicken

Meat | Main Dishes | D-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing OR Lowfat mayonnaise	4 oz OR 4 oz	½ cup OR ½ cup	8 oz OR 8 oz	1 cup OR 1 cup	1. Combine salad dressing or mayonnaise and mustard in a bowl.
Prepared yellow mustard		1 tsp		2 tsp	
Parmesan cheese, grated	4 oz	½ cup	8 oz	1 cup	2. In another bowl, combine Parmesan cheese, bread crumbs and pepper.
Enriched dry bread crumbs	2 oz	¼ cup 2 Tbsp	4 oz	¾ cup	
Ground black or white pepper		½ tsp		1 tsp	
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	5 lb OR 5 lb 12 ½ oz OR 4 lb 8 ½ oz OR 5 lb 10 oz	25 servings OR 25 servings OR 25 servings OR 25 servings	10 lb OR 11 lb 9 oz OR 9 lb 1 oz OR 11 lb 4 oz	50 servings OR 50 servings OR 50 servings OR 50 servings	3. Using a pastry brush, coat chicken with the mayonnaise mixture.
					4. Dredge chicken in the crumb mixture. Place 12-13 pieces of chicken on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. To Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes CCP: Heat to 165° F or higher for at least 15 seconds. Remove chicken from bone.

Oven-Baked Parmesan Chicken

6. CCP: Hold for hot service at 135° F or higher.

Portion with No. 12 scoop (⅓ cup).

Note: The weights given provide an average of 25 and 50 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

SERVING:	YIELD:		VOLUME:	
⅓ cup (No. 12 scoop) provides 1 ½ oz of cooked poultry.	**25 Servings:**	2 lb 15 oz	**25 Servings:**	2 quarts ⅔ cup
	50 Servings:	5 lb 14 oz	**50 Servings:**	1 gallon 1 ⅓ cups

Tested 2004

Nutrients Per Serving					
Calories	115	**Saturated Fat**	1.66 g	**Iron**	0.78 mg
Protein	14.28 g	**Cholesterol**	45 mg	**Calcium**	73 mg
Carbohydrate	2.87 g	**Vitamin A**	60 IU	**Sodium**	187 mg
Total Fat	4.77 g	**Vitamin C**	0 mg	**Dietary Fiber**	0.1 g

Nutrients are based on 1 drumstick without skin.

Oven-Baked Whole Wheat Pancakes

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat flour	7 oz	1 ½ cups	14 oz	3 cups	1. Combine flours, baking powder, sugar, salt, eggs, oil and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl.
Enriched all-purpose flour	7 oz	1 ½ cups 1 Tbsp	14 oz	3 cups 2 Tbsp	
Baking powder		2 Tbsp		¼ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Vegetable oil		¼ cup		½ cup	
Lowfat 1% milk		3 cups		1 qt 2 cups	
					2. Mix for 1 minute on medium speed until batter is smooth.
					3. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4. Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes
					5. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

SERVING:	YIELD:		VOLUME:	
1 piece provides the equivalent of 1 slice bread.	**25 Servings:**	2 lb 9 oz	**25 Servings:**	1 quart 1 cup (batter) 1 half-sheet pan
	50 Servings:	5 lb 2 oz	**50 Servings:**	2 quarts 2 cups (batter) 2 half-sheet pans

Oven-Baked Whole Wheat Pancakes

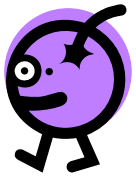
Edited 2004

Special Tip:
For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

Nutrients Per Serving					
Calories	103	**Saturated Fat**	0.68 g	**Iron**	0.88 mg
Protein	3.44 g	**Cholesterol**	20 mg	**Calcium**	124 mg
Carbohydrate	15.80 g	**Vitamin A**	89 IU	**Sodium**	294 mg
Total Fat	3.17 g	**Vitamin C**	0.3 mg	**Dietary Fiber**	1.2 g

Minute Menu #81

Oven French Toast



Week 1
Thursday
Breakfast

Ingredients	12 Servings	24 Servings
Slices of day old whole wheat bread, crusts removed	6 slices	12 slices
Fat free cream cheese	1- 8 oz package	2 packages (8 oz each pkg)
Fresh or frozen blueberries	½ cup	1 cup
Eggs	6 eggs	12 eggs
Skim milk	1 cup	2 cups
Maple syrup or honey	¼ cup	1/3 cup
Blueberry Sauce:		
Sugar	½ cup	1 cup
Cornstarch	1 Tbsp	2 Tbsp
Water	½ cup	1 cup
Fresh or frozen blueberries	½ cup	1 cup

Portion size for 3-5 year old:
Each serving provides: ½ slice bread, 1 oz meat alternate

1. Cut bread into 1-inch cubes; place in a 13"x9"x2" pan that has been coated with cooking spray.
2. Cut cream cheese into 1-inch cubes; place over bread. Top with blueberries and remaining bread.
3. In a large bowl; beat eggs. Add milk and syrup. Pour over bread mixture. Cover and immediately refrigerate for 8 hours or overnight.
4. Bake in preheated 350-degree oven for 30 minutes. Uncover and bake 25-30 minutes more or until golden brown and the center is set.
5. In saucepan, combine sugar and cornstarch; add water. Bring to a boil over medium heat; boil for 3 minutes, stirring constantly. Stir in blueberries; reduce heat. Simmer for 8-10 minutes or until berries have burst. Serve over French Toast.

Nutrition Tip: Whole grains, found in whole wheat bread are an excellent source of fiber to keep your digestive tract healthy.
Physical Activity: Red Light, Green Light – When the teacher yells green light and points in a direction, the kids run/jump/skip/crawl (teachers choice) in that direction until they yell red light.
Recipe Source: Taste of Home Recipe

Minute Menu #160

Perfect Cornbread

Week 1
Friday
Lunch

Ingredients	16 Servings	32 Servings	Directions
Enriched all-purpose flour	½ cup	1 cup	1. Measure all ingredients into mixing bowl in the order given above.
Yellow corn meal	½ cup	1 cup	
Baking powder	2 tsp	4 tsp	
Salt	¼ tsp+1/8 tsp	¾ tsp	2. Beat with wooden spoon or wire whip until smooth, about 1 minute. Do not overbeat.
Eggs	1 large	2 large	
Low fat milk	½ cup	1 cup	
Vegetable oil	1/8 cup	¼ cup	3. Pour batter into greased 9"x9"pan.
			4. Bake at 425-degrees F for 20 minutes.

Portion size for 3-5 year old: 1 piece (1.25" x 2")
Each serving provides: ½ slice bread alternate

Nutrition Tip: Enriched flour has vitamins and minerals added to it. Make sure you purchase enriched flour to use in baked goods and other recipes.
Physical Activity: Play music and have kids dance and jump around to it and freeze into a statue when you pause the music.
Recipe Source: Linda Boeckner - Scottsbluff

Salsa

Vegetable | Dips, Sauces, and Toppings | C-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned diced tomatoes, with juice	1 lb 5 oz	2 ½ cups ½ Tbsp (¾ No. 2-½ can)	2 lb 10 oz	1 ¼ qt ½ Tbsp (1 ½ No. 2-½ cans)	1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a food processor or blender. Puree until smooth.
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
Water		1 cup 2 Tbsp		2 ¼ cups	
Garlic powder		½ tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	
Ground cumin		½ tsp		1 tsp	
Salt		1 tsp		2 tsp	
Sugar		2 Tbsp		¼ cup	
Canned diced tomatoes, with juice	14 oz	1 ½ cups 3 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 ¼ cups 2 Tbsp (1 No. 2-½ can)	2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended. Refrigerate until ready to serve.
					3. Portion with 2 oz ladle (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz

SERVING:	YIELD:		VOLUME:	
¼ cup (2 oz ladle) provides ¼ cup of vegetable.	**25 Servings:**	3 lb 4 oz	**25 Servings:**	1 quart 2 ¼ cups
	50 Servings	6 lb 8 oz	**50 Servings**	3 quarts ½ cup

Tested 2004

Salsa

Vegetable | Dips, Sauces, and Toppings | C-03

Special Tips:
1) Serve with broken tortilla pieces for dipping.
2) An equal volume of fresh, diced tomatoes may be used in place of the canned, diced tomatoes.

Nutrients Per Serving					
Calories	18	**Saturated Fat**	0.02 g	**Iron**	0.41 mg
Protein	0.64 g	**Cholesterol**	0 mg	**Calcium**	16 mg
Carbohydrate	4.23 g	**Vitamin A**	400 IU	**Sodium**	157 mg
Total Fat	0.11 g	**Vitamin C**	8.5 mg	**Dietary Fiber**	0.7 g

Minute Menu #280

Soft Pretzels

Week 5
Friday
Snack

Ingredients	16 Servings	32 Servings
Dry active yeast, Baker's	1 Tbsp	2 Tbsp
Apple or white grape juice, lukewarm, unsweetened	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cup
Salt, table	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp
Vegetable oil	1 Tbsp	2 Tbsp
Egg, whole, fresh, beaten	1 lg. egg	2 lg. eggs
All-Purpose flour, enriched, bleached	2 cups	1 qt

Portion size for 3-5 year old: 1/2 pretzel
Each serving provides: $\frac{1}{2}$ slice bread alternate

Directions

1. In a large mixing bowl, combine half of the flour, oil, yeast and fruit juice.
2. Beat with an electric mixer for 2-3 minutes.
3. Stir in remaining flour
4. Knead on floured board for 10 minutes or until dough is smooth and elastic. Add more flour if dough is sticky.
5. Pinch off pieces of dough and roll to form 16 long strips.
6. Twist into desired shapes and place on lightly greased baking sheets.
7. Let rise in a warm place for 30 minutes.
8. Brush with egg and sprinkle with salt.
9. Bake at 450 degrees F for 15 minutes or until brown.

Nutrition Tip: The sugar naturally present in apple or white grape juice sweetens the flavor of this pretzel without adding extra "white" sugar.

Physical Activity: Invent dances to your favorite songs.

Recipe Source: What's Cookin' II, Nebraska Dept. of Education Nutrition Services

Spinach Salad with Grape Tomatoes

Fruit/Vegetable **HACCP Process Category 1** **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Lettuce, washed, dried, chopped	8 lb	3 gal 2 qt			1. Cut chilled greens into bite sized pieces (approximately 1”). 2. Combine greens, toss lightly, refrigerate. CCP: Hold at or below 41°F before and during service. 3. To serve: Top 2 oz greens with ¼ oz mozzarella cheese and 2 grape or cherry tomatoes. Drizzle ½ oz dressing over each salad. Notes: • Lettuce – 13 lb food as purchased • Spinach – 8 lb 8 oz food as purchased
Spinach, washed, dried, chopped	4 lb 8 oz	3 gal 2 ½ qt			
Mozzarella cheese, part skim, shredded	1 lb 9 oz				
Tomatoes, grape or cherry		200 each			
Italian salad dressing or other USDA salad dressing is recommended		3 qt ½ cup			

Serving Size	1 Serving Provides	Yield
2 oz greens w/ ¼ oz mozzarella cheese and 2 grape or cherry tomatoes	¼ oz equivalent meat/meat alternate, 1 c of vegetables.	100 servings

Nutrients Per Serving

Calories	93	Vitamin A	4886 IU	Iron	1.06 mg
Protein	3.5 g	Vitamin C	16.6 mg	Calcium	91 mg
Carbohydrate	4 g	Dietary Fiber	1.4 g	Cholesterol	2 mg
Fat	7.4 g	% Fat	71 %	Sodium	80 mg
Saturated Fat	1.6 g	% Saturated Fat	15 %		

Minute Menu #160

Spinach Salad

Week 1
Friday
Lunch

Ingredients	9 Servings	18 Servings	Directions
Fresh spinach	2 $\frac{3}{4}$ cups	5 $\frac{1}{2}$ cups	1. Wash and drain spinach, pinch off stems, tear into bit-size pieces and place in a salad bowl. 2. To make dressing, combine vegetable oil, lemon juice, garlic powder and sugar in a screw top jar. Cover and shake well. 3. Pour dressing over spinach; toss lightly to coat spinach 4. Sprinkle bacon and egg on top.
Vegetable oil	2 Tbsp	4 Tbsp	
Lemon juice	1 Tbsp	2 Tbsp	
Garlic powder	1/8 tsp	$\frac{1}{4}$ tsp	
Sugar	1 tsp	2 tsp	
Chopped hard cooked eggs	1 large egg	2 large eggs	
Cooked and chopped bacon	2 slices	4 slices	

Portion size for 3-5 year old: $\frac{1}{4}$ cup
Each serving provides: $\frac{1}{4}$ cup vegetable

Nutrition Tip: Iron and Vitamin C: A great way to double up on fighting infections with lasting energy.
Physical Activity: Balancing Relay – Divide children up into groups. Give each group a beanbag or small soft toy to balance on their head. They have to race, with out dropping the beanbag, to a point and back. The first team to successfully make it wins.
Recipe Source: Robin Timmerman - Geneva

Stir-Fry Chicken

Meat-Vegetable | Main Dishes | D-18

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	2 oz	¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
					3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2 lb 13 oz OR 3 lb 6 oz	2 qt 1 cup OR 3 qt	5 lb 10 oz OR 6 lb 12 oz	1 gal 2 cups OR 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	5. Add onions, cook for 1 minute.
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	2 lb 13 oz OR 3 lb 7 oz	1 gal 1 ⅛ qt OR 2 qt 3 ⅛ cups	5 lb 10 oz OR 6 lb 14 oz	2 gal 2 ¼ qt OR 1 gal 1 ⅔ qt	6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm.
Raw chicken skinless, boneless, ½" cubes	4 lb 8 oz		9 lb		7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable oil		½ cup		1 cup	
					8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Stir-Fry Chicken

Meat-Vegetable | Main Dishes | D-18

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature Onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

SERVING:	YIELD:		VOLUME:	
¾ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and ⅝ cup of vegetable.	**25 Servings:**	11 lb 10 oz	**25 Servings:**	1 gallon 1 quart
	50 Servings:	23 lb 4 oz	**50 Servings:**	2 gallons 2 quarts

Edited 2004

Special Tip:
For an authentic Oriental flavor, when sauteing chicken in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Nutrients Per Serving					
Calories	223	**Saturated Fat**	1.73 g	**Iron**	1.59 mg
Protein	22.53 g	**Cholesterol**	54 mg	**Calcium**	52 mg
Carbohydrate	11.82 g	**Vitamin A**	12105 IU	**Sodium**	290 mg
Total Fat	9.66 g	**Vitamin C**	39.8 mg	**Dietary Fiber**	3.3 g

Teriyaki Sauce

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown sugar, packed	2 oz	¼ cup	4 oz	½ cup	1. Mix brown sugar, granulated garlic, onion powder, and ginger in a bowl.
Granulated garlic		1 ¼ tsp		2 ½ tsp	
Onion powder		1 tsp		2 tsp	
Ground ginger		¾ tsp		1 ½ tsp	
Worcestershire sauce		1 Tbsp		2 Tbsp	2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well blended.
Catsup	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt	
Cider vinegar		¼ cup		½ cup	3. Cover and place in refrigerator overnight to develop flavors.
Low-sodium soy sauce		½ cup		1 cup	4. Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	**25 Servings:** 1 lb 14 oz	**25 Servings:** 3 ¼ cups
	50 Servings: 3 lb 12 oz	**50 Servings:** 1 quart 2 ½ cups
	Edited 2004	

Special Tip:
Use to baste chicken or meat during cooking, or as a dipping sauce for chicken or fish nuggets.

Teriyaki Sauce

Nutrients Per Serving					
Calories	37	**Saturated Fat**	0.01 g	**Iron**	0.35 mg
Protein	0.68 g	**Cholesterol**	0 mg	**Calcium**	8 mg
Carbohydrate	9.25 g	**Vitamin A**	231 IU	**Sodium**	471 mg
Total Fat	0.09 g	**Vitamin C**	3.5 mg	**Dietary Fiber**	0.4 g

Triple Berry Buckle

Dessert | **HACCP Process Category 2** | **Iowa Gold Star Recipe**

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, fresh or frozen	7 lbs 5 oz				1. Cut strawberries in half or quarters based on size, to match size of blueberries and raspberries. 2. Combine strawberries, blueberries, and raspberries.
Blueberries, fresh or frozen	4 lbs 13 oz				
Black or red raspberries, fresh or frozen	2 lb 8 oz				
Sugar, white, granulated		3 ¾ cups			3. Add sugar and toss lightly. 4. Add flour and toss lightly.
All-purpose flour, enriched	1 ¼ oz	¼ cup 1 ¾ tsp			
Cornstarch	1 oz				5. Stir cornstarch into lime juice until dissolved. Add lime juice to berries and toss until well mixed.
Lime juice		2/3 cup 1 tbsp			6. Divide berry mixture evenly into steam table pans, 12”x20”x2 1/2”, use 2 pans for 100 portions.
Whole wheat biscuits, baked (Whole Wheat Biscuit Recipe p. 169)	7 lb 5 oz	40 each (approx)			7. Crumble biscuits by hand into bite-size pieces. 8. Add sugars and mix with crumbled biscuits. 9. Add buttermilk ½ cup at a time and mix until biscuits are moist but not wet.
Sugar, white, granulated	1 lb 4 oz	2 ½ cups			10. Divide mixture evenly among pans.
Sugar, brown	1 lb 4 oz	2 ½ cups			11. Cover with foil, bake until filling is bubbly: Convection: 325° F for 40 minutes
Low-fat buttermilk		1 qt 3 cups			12. Cut full pans into 50 portions per pan.

					Notes: • Strawberries, fresh – 9 lb 3 oz food as purchased. • Blueberries, fresh – 5 lb 14 oz food as purchased. • Raspberries, fresh – 3 lb 1 oz food as purchased.

Serving Size	1 Serving Provides	Yield
1 piece	¾ serving of grains/breads and 1/3 c of fruit.	100 servings

Nutrients Per Serving

Calories	225	Vitamin A	42 IU	Iron	1.31 mg
Protein	3.8 g	Vitamin C	16.5 mg	Calcium	95.9 mg
Carbohydrate	44 g	Dietary Fiber	3.6 g	Cholesterol	1 mg
Fat	5 g	% Fat	20 %	Sodium	180 mg
Saturated Fat	1 g	% Saturated Fat	4.6 %		

Tuna Melt

Meat/Meat Alternate-Grains/Breads | Sandwiches | F-01

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		2 each		4 each	1. Place eggs in a stock pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate. When chilled, peel and chop.
Dry mustard		½ tsp		1 tsp	2. In a bowl, combine dry mustard and salad dressing or mayonnaise. Allow to set for 5 minutes.
Reduced calorie salad dressing OR Lowfat mayonnaise	11 oz OR 11 oz	1 ¼ cups 2 Tbsp OR 1 ¼ cups 2 Tbsp	1 lb 5 ½ oz OR 1 lb 5 ½ oz	2 ¾ cups OR 2 ¾ cups	
Canned tuna, water-packed, chunk, drained	1 lb 9 ¼ oz (½ can 66 ½ oz)	3 ½ cups	3 lb 2 ½ oz (1 can 66 ½ oz)	1 qt 3 cups	3. In a large bowl, combine chopped eggs, mayonnaise mixture, drained tuna, onions, and celery.
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	
Reduced fat Cheddar cheese, 1 oz slices	12 oz	12 slices (1 oz each)	1 lb 8 oz	24 slices (1 oz each)	4. Place 12 English muffin halves on each half-sheet pan (13" x 18" x 1"). Spread No. 16 scoop (¼ cup) of tuna salad on each muffin half. Place ½ slice of cheese on top of the tuna salad.
Enriched English muffins (at least 1.8 oz each)		12 each		24 each	
					5. Bake until cheese is melted: Conventional oven: 350° F for 5 minutes Convection oven: 325° F for 5 minutes CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 1 muffin half (1 open-faced sandwich).

Tuna Melt

Meat/Meat Alternate-Grains/Breads | Sandwiches | F-01

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Mature onions	2 oz	4 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:		VOLUME:	
1 muffin half (1 open-faced sandwich) provides the equivalent of 1 ½ oz of cooked lean meat and the equivalent of 1 slice of bread.	**24 Servings:**	3 lb 5 ½ oz (filling) 4 lb 9 oz	**24 Servings:**	1 quart 2 ¼ cups (filling) 24 sandwiches
	48 Servings:	6 lb 11 oz (filling) 9 lb 2 oz	**48 Servings:**	3 quarts ½ cup (filling) 48 sandwiches

Tested 2004

Special Tip:
Hamburger rolls (at least 1.8 oz each) may be substituted for English muffins.

Nutrients Per Serving					
Calories	183	**Saturated Fat**	2.31 g	**Iron**	1.37 mg
Protein	14.36 g	**Cholesterol**	40 mg	**Calcium**	189 mg
Carbohydrate	16.78 g	**Vitamin A**	164 IU	**Sodium**	462 mg
Total Fat	6.20 g	**Vitamin C**	0.8 mg	**Dietary Fiber**	1.1 g

Vegetable Chili

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp		¼ cup	1. Heat oil in a heavy pot.
*Fresh onions, chopped OR Dehydrated onions	10 oz OR 2 oz	1 ¾ cups OR ½ cup	1 lb 4 oz OR 4 oz	3 ½ cups OR 1 cup	2. Add the chopped onions and sauté 3 minutes, until onions are translucent.
*Fresh green peppers, chopped OR Frozen green peppers	5 oz OR 5 oz	¾ cup 2 Tbsp OR 1 cup	10 oz OR 10 oz	1 ¾ cups 2 Tbsp OR 2 cups	3. Add chopped green peppers and sauté 2 minutes, until tender.
Chili powder		¼ cup 2 Tbsp	3 oz	¾ cup	4. Add chili powder, cumin, granulated garlic, onion powder, red hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Cumin		2 Tbsp		¼ cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Onion powder		1 tsp		2 tsp	
Red hot sauce (optional)		2 Tbsp		¼ cup	
Brown sugar, packed	2 oz	¼ cup	4 oz	½ cup	
Canned crushed tomatoes	3 lb 3 oz	1 qt 2 cups (½ No. 10 can)	6 lb 6 oz	3 qt (1 No. 10 can)	
Canned diced tomatoes in juice, drained	9 ¼ oz	1 cup 1 Tbsp (½ No 2-½ can)	1 lb 2 ½ oz	2 cups 2 Tbsp (1 No 2-½ can)	
Canned kidney beans, drained	2 lb 12 ½ oz	1 qt 2 ¾ cups (⅝ No. 10 can)	5 lb 9 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)	5. Add kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur wheat	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Water		2 cups		1 qt	
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt	6. Add yogurt and stir to blend. CCP: Heat to 135° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup)
Reduced fat Cheddar cheese, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	8. Sprinkle 1/4 cup of cheddar cheese on top of each serving.

Vegetable Chili

Meat Alternate-Vegetable-Grains/Breads | Main Dishes | D-26

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	12 oz	1 lb 8 oz
Green peppers	7 oz	14 oz

SERVING:	YIELD:		VOLUME:	
¾ cup (6 oz ladle) provides the equivalent of 2 oz of cooked lean meat, ⅜ cup of vegetable, and the equivalent of ¼ slice of bread.	**25 Servings:**	10 lb 3 oz	**25 Servings:**	1 gallon 2 ¾ cups
	50 Servings:	20 lb 6 oz	**50 Servings:**	2 gallons 1 ⅓ quarts

Tested 2004

Special Tip:
This can be used as a filling in Tacos (D-24), Taco Salad (E-13), or Burritos (D-21).

Nutrients Per Serving					
Calories	222	**Saturated Fat**	3.75 g	**Iron**	2.36 mg
Protein	14.57 g	**Cholesterol**	17 mg	**Calcium**	333 mg
Carbohydrate	26.98 g	**Vitamin A**	1297 IU	**Sodium**	609 mg
Total Fat	7.46 g	**Vitamin C**	17.4 mg	**Dietary Fiber**	6.4 g

Minute Menu #170

Volcano Potatoes

Week 3
Friday
Lunch

Ingredients	12 Servings	24 Servings	Directions
Sweet Potatoes, raw, Peeled*	2 lb + 3 oz (~3 potatoes)	4 lb + 6 oz (~6 potatoes)	Pare, cook, and mash potatoes until smooth and light. Add butter, a few grains of pepper, salt, and paprika to taste with sufficient milk to moisten thoroughly. Make into irregular cones about 3 inches high and place on a platter for baking. In the top of each cone make a deep indentation. Mix the grated cheese with a little salt and enough paprika to make it quite red, and fill each cone with this mixture. Sprinkle more cheese over the cones and place in a hot oven. As the cheese melts it will spread and cover the side of the cones.
Butter	1/8 cup	$\frac{1}{4}$ cup	
Pepper	To taste	To taste	
Salt	.5 tsp	1 1/8 tsp	
Paprika	To taste	To taste	
Milk, 1% low-fat	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Grated cheese, cheddar, or American	1 Tbsp (shredded)	3 Tbsp (shredded)	

*Recipe can also be made with white potatoes.

Portion size for 3-5 year old: $\frac{1}{4}$ cup
Each serving provides: $\frac{1}{4}$ cup vegetable

Nutrition Tip: Fresh potatoes are a good source of vitamin C. Sweet Potatoes contain Vitamin A for healthy skin.
Physical Activity: "Fruit/Vegetable Tag" – the kids play freeze tag like normal, but to get unfrozen, they must holler out a favorite fruit or vegetable.
Recipe Source: http://nancyskitchen.com

Whole Grain Roll

Bread/Grain

Iowa Gold Star Recipe
Healthier Kansas Recipe 107

Ingredients	100 Servings		____Servings		Directions
	Weight	Measure	Weight	Measure	
White whole wheat flour	3 lb 12 oz	3 qt 2 ¼ cups			1. Place flour, dry milk, sugar, yeast and salt in mixer bowl.
All-purpose flour, enriched	3 lb 8 oz	3 qt ¾ cup			2. Blend with dough hook for approximately 2 minutes on low speed.
Dry milk, instant non-fat	7 oz	1 ¾ cup			
Sugar, granulated	11.5 oz	1 ¼ c + 3 T			
Yeast, instant, dry	3 oz	½ cup			
Salt	1.75 oz	2 Tbsp 2 tsp			
Vegetable oil	13 oz	1 2/3 cup (+ up to 1 cup if dough is stiff)			3. Add oil and blend for approximately 2 minutes on low speed.
Water* (calculate water temperature by subtracting the temperature of the dry ingredients from 145°F)		2 qt ½ cup			4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. 5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes. 6. Form dough into 2 lb balls and spray with non-stick cooking spray or cover with plastic wrap. Once all dough balls have been formed, begin shaping.
Non-stick cooking spray		As needed			7. Form rolls from dough by pinching off 2 oz pieces

					and shaping. Place rolls in rows of 7 across and 10 down on sheet pans (18” x 26” x 2”) which have been lightly coated with non-stick cooking spray. 8. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes. 9. Bake until lightly browned: Conventional oven: 400°F for 18-20 minutes Convection oven: 350°F for 12-14 minutes Turn pans half-way through baking time to promote even baking. Recommended internal temperature for baked whole wheat rolls is 196-198°F. 10. Rolls will have a better appearance if lightly sprayed with non-stick cooking spray when they come out of the oven. Notes: • Dough made with whole wheat flour will absorb more water and requires increased rising/proofing time. Mixing time is less because the bran from the whole grain cuts through developing gluten strands with increased mixing, resulting in a product with low volume. Even an additional one minute mixing time with whole grains can make a difference in quality. Figuring water temperature so that the final dough temperature is about 80°F is essential for quality bread products.

Serving Size	1 Serving Provides	Yield
1 roll	2 servings of grains/breads	12.5 lb dough

Nutrients Per Serving

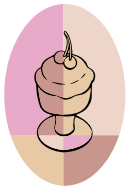
Calories	170	Vitamin A	1.86 IU	Iron	1.43 mg
Protein	5 g	Vitamin C	.11 mg	Calcium	33.64 mg
Carbohydrate	29 g	Dietary Fiber	2.7 g	Cholesterol	0.4 mg
Fat	4 g	% Fat	21 %	Sodium	200 mg
Saturated Fat	0.7 g	% Saturated Fat	3.7 %		

***IMPORTANT!**

If applying for the HUSSC Gold or Gold of Distinction Award, replace instant nonfat dry milk and 2 cups of water with 2 cups of 1% fluid milk, in order to qualify for a “Group A” whole grain.

Minute Menu #57

Yogurt/Cereal/Fruit Parfait



Week 1
Tuesday
Breakfast

Ingredients	10 Servings	25 Servings	Directions
Low-fat, plain yogurt Low-sugar, whole grain cereal Fruit (fresh or frozen)	2 ½ cups 3 1/3 cups 5 cups	6 ¼ cups 8 1/3 cups 6 ¼ cups	Preferably in a see through glass, layer the yogurt, cereal and fruit. Total, amongst the layers, there should be 1/4 cup yogurt, 1/3 cup cereal, and 1/2 cup fruit.

Portion size for 3-5 year old: 1 parfait to include ¼ cup yogurt, 1/3 cup cereal, ½ cup fruit
Each serving provides: ½ oz meat alternate, ½ slice bread alternate, ½ cup fruit

Nutrition Tip: Look for seasonal fresh fruit to use in this recipe. Frozen fruit is also a good choice.
Physical Activity: See how many turns the kids can take on a jump rope. Or, lay the jump rope on the floor and count how many times they can jump over it.
Recipe Source: Montana Child and Adult Care Food Program