



# 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™



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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 home providers participating in CACFP. Home providers 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, home providers 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 by the State agency that showcase the home provider's achievement in the community. Specific awards are based on the award level achieved and include certificates and letters to parents to announce the high wellness priority of the home. 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   |  |
|-------------------------|--|
| <b>Criterion</b>        | <p>Different fruits and different vegetables every day of the week at lunch</p> <p>Good, better, best source of vitamin A three or more times per week</p> <p>Good, better, best source of vitamin C each day</p> <p>Fresh and/or frozen fruit or vegetables must be served each week</p> <p>Fried, breaded or high fat vegetables (i.e., tater tots, French Fries) are limited</p>  |
| <b>Why</b>              | <p>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.</p>   |
| <b>How To/Resources</b> | <p>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.</p> <p>Fruits and vegetables must be of appropriate texture based on the child's development to prevent choking.</p> <p>Vitamin A &amp; C fruits and vegetables identified as good, better and best sources in Appendix B of Building Blocks for Fun and Healthy Meals ( <a href="http://www.fns.usda.gov/tn/resources/buildingblocks.html">http://www.fns.usda.gov/tn/resources/buildingblocks.html</a> ).</p> |

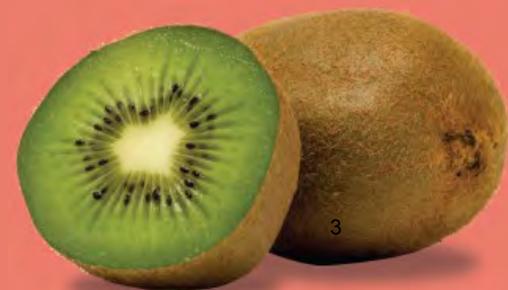
| Milk                    |  |
|-------------------------|--|
| <b>Criterion</b>        | <p>Only low-fat (1% or less) and/or fat-free (skim) milk are served to participants over age two. Only whole milk is served to participants between the ages 1 and 2.</p>  |
| <b>Why</b>              | <p>Whole and 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.</p> |
| <b>How To/Resources</b> | <p>Feeding Infants guide: <a href="http://www.fns.usda.gov/tn/Resources/feeding_infants.pdf">http://www.fns.usda.gov/tn/Resources/feeding_infants.pdf</a></p>  |



| <b>Water</b>            |   |
|-------------------------|---|
| <b>Criterion</b>        | 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.)   |
| <b>Why</b>              | Water provides fluids without adding calories. Children benefit from learning that water is an acceptable beverage.   |
| <b>How To/Resources</b> | 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. |

| <b>Cooked Dry Beans and Peas</b> |   |
|----------------------------------|---|
| <b>Criterion</b>                 | Cooked dry beans or split peas must be served each week; snacks count (includes canned beans and canned split peas).  |
| <b>Why</b>                       | Dry beans are a low cost source of many nutrients that are lacking in children's diets.   |
| <b>How To/Resources</b>          | 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. |

| <b>Fruit Juice</b>      |   |
|-------------------------|---|
| <b>Criterion</b>        | 100% fruit juice is limited.  |
| <b>Why</b>              | 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. |
| <b>How To/Resources</b> | 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.   |



| <b>Whole Grains</b>     |   |
|-------------------------|---|
| <b>Criterion</b>        | <p>Whole grain foods are served each week (not the same each day).</p> <p>Dry cereal is served at least once each week. Whole grain cereal may be counted toward the weekly whole grain servings.</p> <p>Sweet grain/breads are limited.</p>  |
| <b>Why</b>              | 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.   |
| <b>How To/Resources</b> | <p>A serving of whole grain food is equal to a serving of Grains/Breads as defined in the Food Buying Guide (<a href="http://www.fns.usda.gov/tn/resources/foodbuyingguide.html">http://www.fns.usda.gov/tn/resources/foodbuyingguide.html</a>), 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.</p> <p>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</p> |

| <b>Processed and Preserved Meats and Entrees</b> |  |
|--|--|
| <b>Criterion</b>                                 | 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.   |
| <b>Why</b>                                       | 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. |
| <b>How To/Resources</b>                          | 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.   |

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



# 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   |
|---|--|---|---|--|--|
| <b>Breakfast</b> <ul style="list-style-type: none"> <li>Grain/Bread</li> <li>Juice or Fruit or Vegetable</li> <li>Milk, Fluid</li> <li>Other Foods</li> </ul>   | <b>Whole Grain Banana Muffin</b><br><b>Mandarin Oranges</b><br>1% or Skim Milk | <b>Cheerios</b><br>Banana Slices<br>1% or Skim Milk   | <b>Oatmeal</b><br><b>Orange Wedges</b><br>1% or Skim Milk   | <b>Frosted Mini-Wheat Cereal</b><br><b>Strawberries</b><br>1% or Skim Milk   | <b>Whole Wheat Toast</b><br>Scrambled Eggs<br><b>Peach Slices</b><br>1% or Skim Milk                       |
| <b>Snack (2 of 4)</b> <ul style="list-style-type: none"> <li>Grain/Bread</li> <li>Juice or Fruit or Vegetable</li> <li>Meat or Meat Alternate</li> <li>Milk, Fluid</li> </ul>   | <b>Triscuit Crackers</b><br>Green and Red Grapes                               | <i>Paint A Face</i><br>(whole grain tortilla w/yogurt, cereal, raisins)   | <b>Strawberries</b><br>Lowfat Cottage Cheese  | <b>Carrot Sticks,</b><br>Cucumber Slices, and<br><b>Broccoli Trees</b><br><b>Hummus Dip</b>  | <i>Banana Stack</i> (banana slices, whole grain crackers, lowfat cream cheese)                             |
| <b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or Meat Alternate</li> <li>Grain/Bread</li> <li>Vegetable or Fruit</li> <li>2<sup>nd</sup> Vegetable or Fruit</li> <li>Milk, Fluid</li> <li>Other Foods</li> </ul> | <b>Meat Lasagna</b><br><b>Carrots</b><br><b>Kiwi Slices</b><br>1% or Skim Milk | <b>Bean and Cheese Burrito</b><br><b>Whole Grain Tortilla</b><br><b>Broccoli/Cauliflower</b><br><b>Cantaloupe*</b><br>1% or Skim Milk | Chicken Strips (Unbreaded)<br>w/ <b>Teriyaki Sauce</b><br><b>Brown Rice</b><br><b>Summer Squash</b><br><b>Honeydew</b><br>1% or Skim Milk | Tuna Fish Sandwich on <b>Whole Grain Pita Bread</b><br><b>Spinach Salad with</b><br><b>Grape Tomatoes</b><br><b>Orange Slices</b><br>1% or Skim Milk | <b>Beef-Vegetable Stew</b><br><b>Corn Muffins</b><br>Celery Sticks<br><b>Watermelon</b><br>1% or Skim Milk |
| <b>Snack (2 of 4)</b> <ul style="list-style-type: none"> <li>Grain/Bread</li> <li>Juice or Fruit or Vegetable</li> <li>Meat or Meat Alternate</li> <li>Milk, Fluid</li> </ul>   | <b>Oatmeal Cookies</b><br>1% or Skim Milk                                      | Tomato Slices*<br>Mozzarella Cheese Sticks  | <i>Gone Fishing</i><br>(yogurt, fish crackers, pretzel sticks)<br>1% or Skim Milk   | Graham Crackers<br><b>Apple Smiles</b>   | <b>Black Bean Dip</b><br>w/ <b>Whole Grain Tortilla Chips</b>  |



## Healthier CACFP Menu

| WEEK 2  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|---|--|---|--|
| <b>Breakfast</b> <ul style="list-style-type: none"> <li>Grain/Bread</li> <li>Juice or Fruit or Vegetable</li> <li>Milk, Fluid</li> <li>Other Foods</li> </ul>   | <b>Whole Grain English Muffin</b><br><b>Kiwi</b><br>1% or Skim Milk   | <b>Cinnamon Whole Wheat Toast</b><br><b>Blueberries</b><br>1% or Skim Milk  | <b>Whole Grain Waffle</b><br><b>Cantaloupe</b><br>1% or Skim Milk  | <b>Total Cereal</b><br><b>Banana</b><br>1% or Skim Milk   | <b>Whole Grain French Toast Sticks</b><br><b>Apricots</b><br>1% or Skim Milk   |
| <b>Snack (2 of 4)</b> <ul style="list-style-type: none"> <li>Grain/Bread</li> <li>Juice or Fruit or Vegetable</li> <li>Meat or Meat Alternate</li> <li>Milk, Fluid</li> </ul>   | <b>Graham Crackers</b><br>1% or Skim Milk   | <b>Soft Pretzel</b><br><b>Strawberries</b>  | <b>Blueberry Muffins</b><br>Apple Juice  | <b>Junior Trail Mix</b><br>1% or Skim Milk  | <i>Avocado Smile</i><br>(avocado slice, grapes, grape tomatoes, whole grain tortilla w/lowfat cream cheese)            |
| <b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or Meat Alternate</li> <li>Grain/Bread</li> <li>Vegetable or Fruit</li> <li>2<sup>nd</sup> Vegetable or Fruit</li> <li>Milk, Fluid</li> <li>Other Foods</li> </ul> | <b>Bean Taco</b> on<br><b>Whole Grain/Corn Tortilla</b><br>Shredded Lettuce<br><b>Chopped Tomato*</b><br><b>Fresh Orange</b><br>1% or Skim Milk | <b>Fish Nuggets</b><br><b>Whole Grain Roll</b><br><b>Volcano Potato</b><br>(mashed sweet potato)<br><b>Broccoli</b><br><b>Plum</b><br>1% or Skim Milk | <b>Oven-Baked Parmesan Chicken</b><br><b>Mexican Style Cornbread Squares</b><br><b>Cole Slaw</b><br><b>Watermelon</b><br>1% or Skim Milk | <b>Chili con Carne</b><br><b>Whole Wheat Crackers</b><br><b>Winter Squash</b><br>Celery Sticks<br><b>Pear Slices</b><br>1% or Skim Milk | Egg Salad on <b>Whole Grain Pita Bread</b><br><b>Green Beans</b><br>Jicama Sticks<br><b>Peaches</b><br>1% or Skim Milk |
| <b>Snack (2 of 4)</b> <ul style="list-style-type: none"> <li>Grain/Bread</li> <li>Juice or Fruit or Vegetable</li> <li>Meat or Meat Alternate</li> <li>Milk, Fluid</li> </ul>   | Deviled Egg<br>Grape Juice  | <b>Whole Grain Pita Wedges</b><br><b>Hummus Dip</b>   | <b>Fresh Pineapple</b><br>Lowfat Cottage Cheese  | <i>Merry-Go-Round</i><br>(apple circle slices, animal crackers, lowfat yogurt)  | <b>Whole Grain Gold Fish Crackers</b><br>1% or Skim Milk   |



## Healthier CACFP Menu

| WEEK 3  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|---|--|---|---|
| <b>Breakfast</b> <ul style="list-style-type: none"> <li>Grain/Bread</li> <li>Juice or Fruit or Vegetable</li> <li>Milk, Fluid</li> <li>Other Foods</li> </ul>   | <b>Whole Wheat Toast</b><br><b>Orange Slices</b><br>1% or Skim Milk                          | <b>Cheerios</b><br><b>Mixed Berries</b><br>1% or Skim Milk  | <b>Whole Grain Bagel</b><br>w/ Lowfat Cream<br>Cheese<br><b>Peaches</b><br>1% or Skim Milk                           | <b>Oatmeal</b><br><b>Strawberries</b><br>1% or Skim Milk  | <b>Oven Baked Whole Wheat Pancakes</b><br><b>Nectarines</b><br>1% or Skim Milk  |
| <b>Snack (2 of 4)</b> <ul style="list-style-type: none"> <li>Grain/Bread</li> <li>Juice or Fruit or Vegetable</li> <li>Meat or Meat Alternate</li> <li>Milk, Fluid</li> </ul>   | <b>Whole Grain Baked Tortilla Chips</b><br><b>Black Bean Dip</b>                             | <b>Whole Wheat Tortilla</b><br>Scrambled Eggs<br>Salsa  | Green Grapes and Red Apple Slices*<br><b>Fruit Dip</b>   | <b>Mango Slices</b><br>Co Jack Cheese<br>Stick  | <i>Bear-Go-Rounds</i><br>(apple rings,<br><b>graham bears,</b><br>sun nut butter)   |
| <b>Lunch</b> <ul style="list-style-type: none"> <li>Meat or Meat Alternate</li> <li>Grain/Bread</li> <li>Vegetable or Fruit</li> <li>2<sup>nd</sup> Vegetable or Fruit</li> <li>Milk, Fluid</li> <li>Other Foods</li> </ul> | <b>Baked Spaghetti w/Meat</b><br><b>Broccoli</b><br><b>Apricot Halves</b><br>1% or Skim Milk | <b>Stir-Fry Chicken</b><br>w/Vegetables<br><b>Brown Rice</b><br><b>Pear Slices</b><br>1% or Skim Milk                               | <b>Bean Burrito</b><br><b>w/Whole Grain Tortilla</b><br><b>Mexicali Corn</b><br><b>Clementine</b><br>1% or Skim Milk | <i>Pigs in a Blanket</i><br>(whole grain<br>pancakes and<br>sausage links)<br><b>Oven Fries</b><br><b>Honeydew</b><br>1% or Skim Milk | <b>Vegetable Chili</b><br><b>w/Beans</b><br><b>Perfect Cornbread</b><br><b>Spinach Salad</b><br><b>Peaches</b><br>1% or Skim Milk |
| <b>Snack (2 of 4)</b> <ul style="list-style-type: none"> <li>Grain/Bread</li> <li>Juice or Fruit or Vegetable</li> <li>Meat or Meat Alternate</li> <li>Milk, Fluid</li> </ul>   | <b>Healthy Bran Muffin</b><br>1% or Skim Milk  | <i>Mouse Faces</i><br>(raisin eyes, apple smile, banana nose, carrot coin ears,<br><b>whole grain tortilla</b><br>w/ lowfat yogurt) | <b>Whole Wheat Crackers</b><br><b>Tomato Juice</b>   | <b>Kiwi Wedges</b><br><b>Whole Grain Mini Bagel</b><br>w/Light Cream<br>Cheese  | <i>Hand Warmer</i> ( <b>baked potato</b> w/grated cheese)   |



## Healthier CACFP Menu

| WEEK 4  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|---|--|--|---|
| <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• Grain/Bread</li> <li>• Juice or Fruit or Vegetable</li> <li>• Milk, Fluid</li> <li>• Other Foods</li> </ul>  | <p><b>Banana Bread</b><br/>Applesauce<br/>1% or Skim Milk</p>                                      | <p><b>Yogurt/Cereal/Fruit Parfait</b><br/>Raspberries<br/>1% or Skim Milk</p>                                   | <p><b>Banana Crunch Pop</b><br/>Graham Crackers<br/>1% or Skim Milk</p>  | <p><b>Oven French Toast</b><br/>Apricot Halves<br/>1% or Skim Milk</p>   | <p>Life Cereal<br/>Orange Slices<br/>1% or Skim Milk</p>  |
| <p><b>Snack (2 of 4)</b></p> <ul style="list-style-type: none"> <li>• Grain/Bread</li> <li>• Juice or Fruit or Vegetable</li> <li>• Meat or Meat Alternate</li> <li>• Milk, Fluid</li> </ul>  | <p>Lowfat Yogurt<br/>Peaches</p>   | <p>Red and Green Grapes<br/>Lowfat Cottage Cheese</p>   | <p>Whole Grain Wheat Thins<br/>Snow Peas<br/>Green Pepper Strips<br/>Cool Creamy Vegetable Dip</p>   | <p>Edamame<br/>Hummus Dip<br/>Orange Juice</p>   | <p>Cucumber Coins and Carrot Sticks<br/>Cottage Cheese Dip</p>  |
| <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Meat or Meat Alternate</li> <li>• Grain/Bread</li> <li>• Vegetable or Fruit</li> <li>• 2nd Vegetable or Fruit</li> <li>• Milk, Fluid</li> <li>• Other Foods</li> </ul> | <p>Bean Soup<br/>Whole Grain Crackers<br/>Broccoli Salad<br/>Orange Slices<br/>1% or Skim Milk</p> | <p>Macaroni &amp; Cheese<br/>Deviled Egg<br/>Carrot Sticks<br/>Cherries and Blueberries<br/>1% or Skim Milk</p> | <p>Corn Flake Baked Chicken Breast<br/>Brown Rice Pilaf<br/>Baked Sweet Potatoes and Apples<br/>Mixed Greens Salad<br/>1% or Skim Milk</p> | <p>Tuna Melt on Whole Grain Bun<br/>Whole Kernel Corn or Corn on the Cob*<br/>Red Pepper Strips<br/>Kiwi<br/>1% or Skim Milk</p> | <p>Hamburger on Whole Grain Bun<br/>Baked Beans<br/>Lettuce Leaf and Tomato Slices<br/>Watermelon<br/>1% or Skim Milk</p> |
| <p><b>Snack (2 of 4)</b></p> <ul style="list-style-type: none"> <li>• Grain/Bread</li> <li>• Juice or Fruit or Vegetable</li> <li>• Meat or Meat Alternate</li> <li>• Milk, Fluid</li> </ul>  | <p>Triscuit Crackers<br/>Strawberries</p>  | <p>Whole Grain Tortilla Chips<br/>Salsa<br/>100% Berry Juice</p>  | <p>Triple Berry Buckle<br/>1% or Skim Milk</p>   | <p>Apple Slices w/ Carmel Dip<br/>1% or Skim Milk</p>  | <p>Whole Grain Mini Bagel w/Light Cream Cheese<br/>Apple Juice</p>  |



## 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  $\geq 3$  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

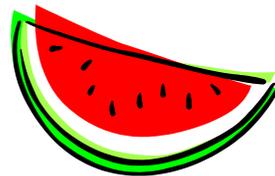
## Here's how to read the charts:

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:

|                |  |                              |
|----------------|--|------------------------------|
| <b>Symbol:</b> | <i>For children ages 1 to 3 years old, one serving contains.</i> |                              |
| ■              | 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:

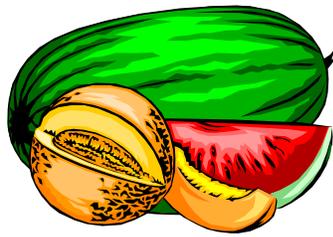
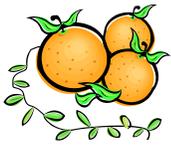
|                                       |                |       |
|---------------------------------------|----------------|-------|
| Canned, juice pack                    | 2 halves       | ■     |
| Dried, cooked, unsweetened            | 1/4 cup        | ■ ■   |
| Dried, uncooked                       | 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    | ■ ■   |



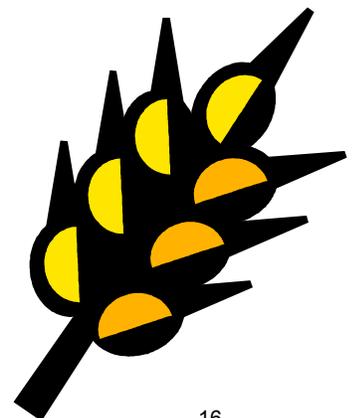
## Vitamin C – Vegetables

|                                      |            |       |
|--------------------------------------|------------|-------|
| 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

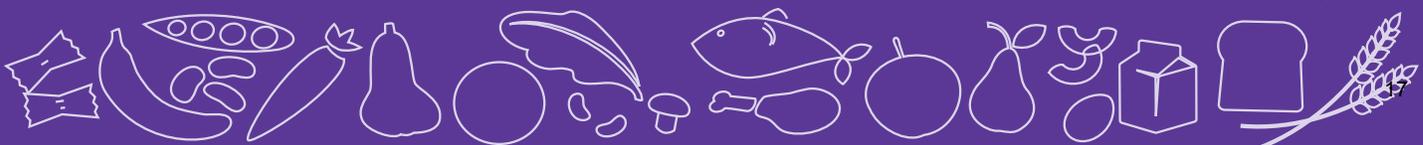
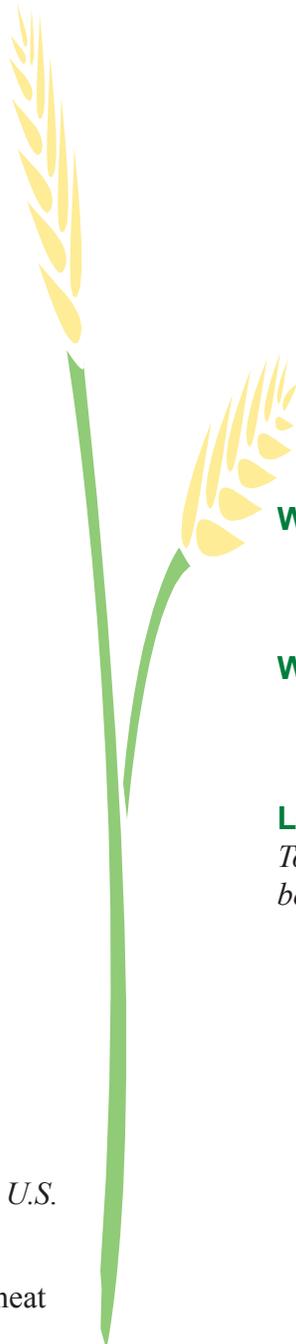
### Wild Rice

- 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

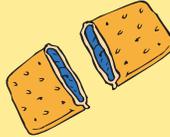
Whole-grain pita pockets

Granola made from whole grains

Whole-grain cornbread



Whole-grain cereal or granola bars



Whole-grain crackers or cookies

Whole-grain pancakes or waffles

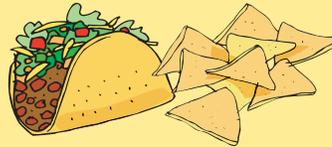
Whole-grain bagels or muffins



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

## 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!

**W**e 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/](http://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!



- 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.

## 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!

For more information:

[www.MyPyramid.gov](http://www.MyPyramid.gov)



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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



# 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 <sup>4</sup> |
|--|-----------------|-----------------|------------------------|
| <b>BREAKFAST<sup>6</sup></b>                                   |                 |                 |                        |
| Milk <sup>5</sup>  | ½ cup           | ¾ cup           | 1 cup                  |
| Juice or Fruit or Vegetable <sup>1</sup>                       | ¼ cup           | ½ cup           | ½ cup                  |
| Grains/Breads <sup>2</sup>                                     | 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                  |
| <b>SNACK<sup>6</sup> (Select 2 of the 4 components listed)</b> |                 |                 |                        |
| Milk <sup>5</sup>  | ½ cup           | ½ cup           | 1 cup                  |
| Juice or Fruit or Vegetable <sup>1</sup>                       | 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 <sup>3</sup>                              | Not recommended | Not recommended | 1 ounce                |
| Grains/Breads <sup>2</sup>                                     | 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                  |
| <b>LUNCH OR SUPPER<sup>6</sup></b>                             |                 |                 |                        |
| Milk <sup>5</sup>  | 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           | ⅔ cup           | ½ cup                  |
| or cooked dry beans/split peas                                 | ¼ cup           | ⅔ cup           | ½ cup                  |
| or peanut butter (nut or seed butter)                          | 2 Tbsp.         | 3 Tbsp.         | 4 Tbsp.                |
| or nuts and/or seeds <sup>3</sup>                              | Not recommended | Not recommended | 1 ounce                |
| 2 Vegetables and/or fruits to total <sup>1</sup>               | ¼ cup (total)   | ½ cup (total)   | ¾ cup (total)          |
| Grains/Breads <sup>2</sup>                                     | ½ serving/slice | ½ serving/slice | 1 serving/slice        |
| or cooked rice, noodles or pasta                               | ¼ cup           | ¼ cup           | ½ cup                  |

<sup>1</sup> 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.

<sup>2</sup> Use whole grain, enriched or fortified breads, cereals, or pasta. See the Handy Guide to Creditable Foods List for amounts.

<sup>3</sup> 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.

<sup>4</sup> 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.

<sup>5</sup> 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.

<sup>6</sup> 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 ½ 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.

# 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.

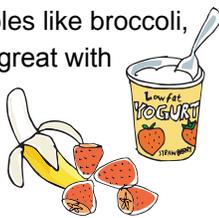
### 1 smoothie creations

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.



# 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 quantities 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.



*Mealttime 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 *Mealttime 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.

This is a thumbnail image of the August 2011 issue of the 'Mealttime Memo for Child Care' newsletter. The newsletter page has a white background with a blue header bar on the right that says 'August 2011'. The 'Mealttime Memo for Child Care' logo is in the top left. The main content is organized into columns. The left column has a section titled 'Celebration Ideas for Happy, Healthy Events' followed by two paragraphs of text. The right column has a paragraph of text, a section titled 'Follow food safety guides for young children.', and a photograph of a young girl wearing a pink party hat and holding a blue balloon. At the bottom of the page, there is a rainbow-colored bar with the text 'National Food Service Management Institute • The University of Mississippi' and the NFSMI logo on the right.

# 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](mailto: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) | <ol style="list-style-type: none"> <li>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.</li> <li>Place 1 lb 13 ½ oz (1 qt) apples over sweet potatoes in each pan.</li> <li>Combine brown sugar, cinnamon, and nutmeg (optional).</li> <li>Sprinkle 3 Tbsp sugar mixture over the apples in each pan.</li> <li>Dot each pan with 2 Tbsp 2 tsp margarine or butter.</li> <li>Add ¼ cup 2 Tbsp water per pan.</li> <li>Bake:<br/>Conventional oven: 350° F for 25-30 minutes<br/>Convection oven: 300° F for 15-20 minutes<br/><br/>CCP: Heat to 135° F or higher for at least 15 seconds.</li> <li>CCP: Hold for hot service at 135° F or higher.<br/><br/>Portion with No. 16 scoop (1/4 cup).</li> </ol> |
| 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)       |   |
| Brown sugar, packed                                   | 2 ⅞ oz       | ¼ cup 2 Tbsp              | 5 ¾ oz      | ¾ cup                     |   |
| Ground cinnamon                                       |              | ½ tsp                     |             | 1 tsp                     |   |
| Ground nutmeg (optional)                              |              | ½ tsp                     |             | 1 tsp                     |   |
| Margarine or butter                                   |              | 2 Tbsp 2 tsp              |             | ⅓ cup                     |   |
| Water   |              | ¼ cup 2 Tbsp              |             | ¾ cup                     |   |
|   |              |                           |             |                           |   |

| SERVING: | YIELD: | VOLUME: |
|----------|--------|---------|
|----------|--------|---------|

¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.

**25 Servings:** 1 pan  
**50 Servings:** 2 pans

**25 Servings:** 1 quart 2 ¼ cups  
**50 Servings:** 3 quarts ½ cup

Edited 2004

# Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-08

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

# Baked Spaghetti



Week 3  
Monday  
Lunch

| Ingredients  | 10 Servings   | 25 Servings   | Directions  |
|--|---|---|---|
| Spaghetti, dry, enriched<br>Eggs, whole, fresh<br>Milk 1% low-fat<br>Salt<br>Beef ground,<br><br>Onions, fresh<br>Spaghetti sauce, canned<br>Cheese, mozzarella, part skim | 8 oz<br>1 large egg<br>$\frac{1}{2}$ cup<br>$\frac{1}{2}$ tsp<br>1 lb<br>raw wt.<br>1 small<br>1 lb+10 oz<br>2 oz | 1 lb + 4 oz<br>2 $\frac{1}{2}$ lg. eggs<br>1 $\frac{1}{4}$ cups<br>1 $\frac{1}{4}$ tsp<br>2 lbs+8 oz<br>raw wt.<br>2 $\frac{1}{2}$ small<br>4 lb + 1 oz<br>5 oz | <ol style="list-style-type: none"> <li>1. Cook spaghetti; drain</li> <li>2. In a large bowl, beat the egg, milk, and salt; add spaghetti and toss to coat.</li> <li>3. Transfer to a greased baking dish.</li> <li>4. Brown meat and chopped onion; drain. Add spaghetti sauce and mix well. Spoon over noodles.</li> <li>5. Bake, uncovered, at 350 degrees for 20 min.</li> <li>6. Sprinkle with shredded cheese and bake 10 minutes more. Let stand 10 min. before cutting.</li> </ol> |

**Portion size for 3-5 year old: 1/10 of recipe**

**Each serving provides: 1  $\frac{1}{2}$  oz meat/meat alternate,  $\frac{1}{4}$  cup vegetable,  $\frac{1}{2}$  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

Grains/Breads

Grains/Breads

A-04

| 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           |   |
| Instant nonfat dry milk                                   |             | ½ cup                 |             | ⅔ cup                 | 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.                  |
| Baking powder   |             | 2 Tbsp                |             | ¼ cup                 |   |
| Sugar   | 8 oz        | 1 cup                 | 1 lb        | 2 cups                | 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. |
| Salt  |             | 1 tsp                 |             | 2 tsp                 |   |
| Frozen egg whites, thawed<br>OR<br>Fresh large egg whites | 4 oz        | ½ cup<br>OR<br>3 each | 8 oz        | 1 cup<br>OR<br>6 each | 4. Slowly add oil and mix for about 30 seconds on low speed. Do not over mix. The batter will be lumpy.   |
| Water   |             | 1 ¼ cups 2 Tbsp       |             | 2 ¾ cups              |   |
| Vanilla   |             | 2 tsp                 |             | 1 Tbsp 1 tsp          | 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.   |
| Vegetable oil   |             | ¼ cup 2 Tbsp          |             | ¾ cup                 |   |
|   |             |                       |             |                       | 6. Bake until lightly browned:<br>Conventional oven: 425° F for 10-12 minutes<br>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

Grains/Breads

Grains/Breads

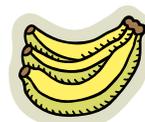
A-04

| SERVING:   | YIELD:                         | VOLUME:  |
|--|--------------------------------|--|
| 1 muffin provides the equivalent of 1 slice bread. | <b>25 Servings:</b> 2 lb 13 oz | <b>25 Servings:</b> 25 muffins<br>1 quart 1 ¼ cups (batter)  |
|  | <b>50 Servings:</b> 5 lb 10 oz | <b>50 Servings:</b> 50 muffins<br>2 quarts 2 ½ cups (batter) |

Edited 2004

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

# Banana Bread



Week 2  
Tuesday  
Breakfast

| Ingredients  | 1 loaf   | 2 loaves  | Directions  |
|--|--|---|---|
| <p>Flour, all purpose, enriched<br/>(Try making this recipe with <math>\frac{1}{4}</math> whole wheat flour. May need to add a little extra milk.)</p> <p>Sugar</p> <p>Baking powder</p> <p>Salt</p> <p>Canola Oil</p> <p>Skim milk</p> <p>Eggs</p> <p>Banana, ripe, mashed*</p> <p><br/></p> <p>*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.</p> | <p>2 <math>\frac{1}{2}</math> cups</p> <p>1 cup</p> <p>3 <math>\frac{1}{2}</math> tsp</p> <p><math>\frac{1}{2}</math> tsp</p> <p>3 Tbsp</p> <p><math>\frac{3}{4}</math> cup</p> <p>1 egg</p> <p>1 cup</p> <p><br/></p> <p>This is a very dense bread. 1 loaf provides 42 <math>\frac{1}{2}</math> slice servings of bread alternate.</p> | <p>5 cups</p> <p>2 cups</p> <p>7 tsp</p> <p>1 tsp</p> <p>6 Tbsp</p> <p>1 <math>\frac{1}{2}</math> cup</p> <p>2 eggs</p> <p>2 cups</p> | <p>Heat oven to 350-degrees. Spray two 9x5x3 inch loaf pans.</p> <p><br/></p> <p>Measure all ingredients into large bowl and beat on medium speed <math>\frac{1}{2}</math> minute.</p> <p><br/></p> <p>Pour into pans and bake for 55-65 minutes.</p> |

**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

# Banana Crunch Pop



Week 1  
Wednesday  
Breakfast

| Inaredients   | 10 Servinas                                   | 25 Servinas   | Directions   |
|---|---|---|--|
| Fat free yogurt (any flavor)<br>Wooden sticks<br>Large bananas, peeled and cut in half<br>Crisp rice cereal, crushed graham crackers, Grape Nuts cereal, or low fat granola | 4 ozs<br><br>5 large<br><br>$\frac{3}{4}$ cup | 10 ozs<br><br>12 $\frac{1}{2}$ large<br><br>1 $\frac{3}{4}$ cup +<br>2 Tbsp | <ol style="list-style-type: none"> <li>Place yogurt and cereal in separate shallow dishes.</li> <li>Insert a wooden stick into each banana piece</li> <li>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.</li> <li>When frozen, wrap each in freezer wrap and label. Store in freezer.</li> </ol> <p>Let stand at room temperature for 10 minutes before serving.</p> |
| <p><b>Portion size for 3-5 year old: 1 pop (1/2 a banana)</b><br/> <b>Each serving provides: <math>\frac{1}{2}</math> cup fruit/vegetable</b></p>                           |   |   |  |

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<br>OR<br>Dehydrated onions                                    | 2 ½ oz                       | ¼ cup 3 Tbsp<br>OR<br>¼ cup                          | 5 oz<br>OR<br>1 oz | ¾ cup 2 Tbsp<br>OR<br>½ cup                             | 1. Combine onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 15 minutes.<br><br>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.<br><br>3. Steam tortillas for 3 minutes or until warm.<br>OR<br>Place in warmer to prevent torn tortillas when folding.<br><br>4. Portion bean mixture with No. 8 scoop (½ cup) onto each tortilla. Fold around beans envelope style.<br><br>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. |
| 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<br>(½ No. 2-½ can)                   | 1 lb 12 oz         | 3 cups 2 Tbsp<br>(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<br>OR<br>*Dry pinto beans, cooked (see preparation note) | 3 lb 8 oz<br>OR<br>3 lb 8 oz | 2 qt 2 Tbsp<br>(⅞ No. 10 can)<br>OR<br>1 qt 3 ¾ cups | 7 lb<br>OR<br>7 lb | 1 gal ¼ cup<br>(1 ¾ No. 10 cans)<br>OR<br>3 qt 3 ½ cups |   |
| 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   |   |
|  |                              |  |                    |   |   |
|  |                              |  |                    |   |   |

# Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

|   |      |                 |       |          |   |
|---|------|-----------------|-------|----------|---|
|   |      |                 |       |          | 6. CCP: Heat to 165° F or higher for at least 15 seconds.<br><br>Conventional oven: 375° F for 15 minutes<br>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.<br><br>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. | <b>25 Servings:</b> 25 burritos<br><b>50 Servings:</b> 50 burritos | <b>25 Servings:</b> 2 pans<br><b>50 Servings:</b> 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

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

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 <sup>3</sup>/<sub>8</sub> cups dry or 5 <sup>1</sup>/<sub>4</sub> cups cooked pinto beans.

| Nutrients Per Serving |         |                      |         |                      |         |
|-----------------------|---------|----------------------|---------|----------------------|---------|
| <b>Calories</b>       | 253     | <b>Saturated Fat</b> | 3.98 g  | <b>Iron</b>          | 2.85 mg |
| <b>Protein</b>        | 15.11 g | <b>Cholesterol</b>   | 16 mg   | <b>Calcium</b>       | 342 mg  |
| <b>Carbohydrate</b>   | 31.24 g | <b>Vitamin A</b>     | 846 IU  | <b>Sodium</b>        | 631 mg  |
| <b>Total Fat</b>      | 7.95 g  | <b>Vitamin C</b>     | 10.1 mg | <b>Dietary Fiber</b> | 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<br>OR<br>Dehydrated onions | 3 ½ oz      | ½ cup 1 Tbsp<br>OR<br>¼ cup 1 Tbsp | 7 oz<br>OR<br>1 ¼ oz | 1 ¼ cups<br>OR<br>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.<br><br>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.<br><br>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 ⅙ cup of vegetable. | <b>25 Servings:</b> 6 lb 5 ½ oz<br><b>50 Servings:</b> 12 lb 11 oz | <b>25 Servings:</b> 3 quarts ½ cup<br><b>50 Servings:</b> about 1 gallon 2 ¼ quarts |

Tested 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.

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 |         |                      |         |                      |         |
|-----------------------|---------|----------------------|---------|----------------------|---------|
| <b>Calories</b>       | 107     | <b>Saturated Fat</b> | 0.11 g  | <b>Iron</b>          | 1.84 mg |
| <b>Protein</b>        | 6.07 g  | <b>Cholesterol</b>   | 0 mg    | <b>Calcium</b>       | 51 mg   |
| <b>Carbohydrate</b>   | 20.24 g | <b>Vitamin A</b>     | 1141 IU | <b>Sodium</b>        | 27 mg   |
| <b>Total Fat</b>      | 0.46 g  | <b>Vitamin C</b>     | 3.7 mg  | <b>Dietary Fiber</b> | 4.5 g   |

# Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

| Ingredients  | 25 Servings                      |   | 50 Servings                  |  | Directions   |
|--|----------------------------------|---|------------------------------|--|--|
|  | Weight                           | Measure   | Weight                       | Measure  |  |
| Canned pinto beans, drained<br>OR<br>*Dry pinto beans, cooked (see preparation note) | 4 lb 3 ½ oz<br>OR<br>4 lb 3 ½ oz | 2 qt 1 ½ cups (1 No. 10 can)<br>OR<br>2 qt 1 ¼ cups | 8 lb 7 oz<br>OR<br>8 lb 7 oz | 1 gal 3 cups (2 No. 10 cans)<br>OR<br>1 gal 2 ½ cups | 1. In a stockpot, cover beans with water and heat.<br><br>2. Drain beans. Puree beans to a smooth consistency.<br>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.<br><br>CCP: Heat to 135° F for at least 15 seconds. |
| *Fresh onions, chopped<br>OR<br>Dehydrated onions                                    | 2 ½ oz                           | ¼ cup 3 Tbsp<br>OR<br>¼ cup                         | 5 oz<br>OR<br>1 oz           | ¾ cup 2 Tbsp<br>OR<br>½ cup                          |  |
| 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 ⅝ cups  | 1 lb 11 oz                   | 1 qt 2 ¾ cups  | 5. Topping:<br>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

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

|   |         |          |  |
|---|---------|----------|--|
| Enriched taco shells<br>(at least 0.45 oz each) | 50 each | 100 each | <p>6. Portion is 2 tacos.</p> <p>Serving suggestions:</p> <p>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 (¾ cup) lettuce and tomato mixture, and No. 30 scoop (2 Tbsp) shredded cheese.<br/>OR</p> <p>B1. Pre-portion No. 10 scoop (¾ cup) lettuce-tomato mixture and No. 30 scoop (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.</p> <p>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 (¾ cup) bean mixture, with pre portioned lettuce and tomato mixture, and pre portioned cheese. Instruct children to "build" their own tacos.</p> |
|---|---------|----------|--|

\* 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. | <p><b>25 Servings:</b> 5 lb 9 ½ oz (filling)<br/>about 9 lb 13 oz</p> <p><b>50 Servings:</b> 11 lb 3 oz (filling)<br/>about 19 lb 10 oz</p> | <p><b>25 Servings:</b> 2 quarts 2 cups (filling)<br/>50 tacos</p> <p><b>50 Servings:</b> 1 gallon 1 quart (filling)<br/>100 tacos</p> |

Edited 2004, Edited 2007

# Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

## PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1  $\frac{3}{4}$  qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1  $\frac{3}{4}$  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  $\frac{3}{4}$  qt water and  $\frac{1}{2}$  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  $\frac{3}{8}$  cups dry or 5  $\frac{1}{4}$  cups cooked pinto beans.

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

# Bean and Cheese Burrito



Week 2  
Thursday  
Lunch

| Ingredients   | 16 Servings  | 32 Servings   | Directions  |
|---|--|---|---|
| Whole Wheat Tortilla (6" diameter)<br>Refried Beans (16 oz. can)<br>Fresh Tomatoes (chopped)<br>Fresh Lettuce (chopped)<br>American/Cheddar Cheese (shredded) | 8<br>2 $\frac{1}{2}$ cans<br>4 tomatoes<br>3 cups<br>2 cups (1/2 lb) | 16<br>5 cans<br>8 tomatoes<br>6 cups<br>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.<br>Spread 4 Tbsp refried beans on tortillas.<br>Add 2 Tbsp each of tomatoes and shredded lettuce on each tortilla.<br>Top with 2 Tbsp shredded cheese.<br><br>Optional: Add 1 tsp pineapple, chilies, and/or onion according to child's taste preference.<br><br>Roll burrito up, cut in half and serve. |

**Portion size for 3-5 year old:  $\frac{1}{2}$  a burrito each**  
**Each serving provides: 1  $\frac{1}{2}$  oz meat/alternate,  $\frac{1}{2}$  slice bread alternate,  $\frac{1}{4}$  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.<br><br>2. Add onions, flour, granulated garlic, paprika, pepper, and thyme.<br><br>3. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.<br><br>CCP: Heat to 165° F or higher for at least 15 seconds.<br><br>4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.<br><br>5. Pour into serving pans.<br><br>6. CCP: Hold for hot service at 135° F or higher.<br><br>Portion with 8 oz ladle (1 cup). |
| Vegetable oil   |             | ¼ cup                                   |             | ½ cup                         |   |
| *Fresh onions, chopped<br>OR<br>Dehydrated onions     | 8 oz        | 1 ⅓ cups<br>OR<br>¾ cup                 | 1 lb        | 2 ⅔ cups<br>OR<br>1 ½ cups    |   |
| 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                    |   |
| Canned sliced carrots, drained                        | 2 lb 3 oz   | 1 qt 1 cup<br>(½ No. 10 can)            | 4 lb 6 oz   | 2 qt 2 cups<br>(1 No. 10 can) |   |
| Canned small whole potatoes, drained                  | 1 lb 12 oz  | 3 cups<br>(⅓ No. 10 can plus ½ cup)     | 3 lb 8 oz   | 1 qt 2 cups<br>(¾ No. 10 can) |   |
| Canned green peas, drained                            | 1 lb 10 oz  | 1 qt ½ cup<br>(⅓ No. 10 can plus ½ cup) | 3 lb 3 oz   | 1 qt 3 cups<br>(¾ No. 10 can) |   |

\* 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:**

1 cup (8 oz ladle) provides 2 oz of cooked lean meat and ½ cup of vegetable.

**YIELD:**

**25 Servings:** 1 gallon 2 ¼ quarts  
**50 Servings:** 3 gallons 2 cups

**VOLUME:**

**25 Servings:** 1 gallon 2 ¼ quarts  
**50 Servings:** 3 gallons 2 cups

Edited 2004

**Nutrients Per Serving**

|                     |         |                      |         |                      |         |
|---------------------|---------|----------------------|---------|----------------------|---------|
| <b>Calories</b>     | 218     | <b>Saturated Fat</b> | 2.38 g  | <b>Iron</b>          | 3.06 mg |
| <b>Protein</b>      | 19.80 g | <b>Cholesterol</b>   | 49 mg   | <b>Calcium</b>       | 28 mg   |
| <b>Carbohydrate</b> | 16.48 g | <b>Vitamin A</b>     | 5767 IU | <b>Sodium</b>        | 270 mg  |
| <b>Total Fat</b>    | 7.80 g  | <b>Vitamin C</b>     | 5.9 mg  | <b>Dietary Fiber</b> | 2.9 g   |

# 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.<br><br>Stir in other ingredients.<br><br>Serve with tortilla, tortilla chips, crackers, or fresh veggies. |
| Cheese, shredded   | 2 oz              | 4 oz              |  |
| Garlic powder      | $\frac{1}{4}$ tsp | $\frac{1}{2}$ tsp |  |
| Chili powder       | $\frac{1}{4}$ tsp | $\frac{1}{2}$ tsp |  |
| Black pepper       | $\frac{1}{4}$ tsp | $\frac{1}{2}$ tsp |  |
| Vinegar            | $\frac{1}{4}$ tsp | 2 tsp             |  |
|                    | 1 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

Grains/Breads

Grains/Breads

A-03

| 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 ¾ 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                 | 2. Slowly add milk, eggs, and oil. Mix for 30 seconds on medium speed until smooth.   |
| Baking powder                                       |                    | 1 Tbsp 2 tsp               |                     | 3 Tbsp 1 tsp           |   |
| Salt  |                    | 1 tsp                      |                     | 2 tsp                  |   |
| Lowfat 1% milk                                      |                    | 1 ½ cups                   |                     | 3 cups                 |   |
| Frozen whole eggs, thawed<br>OR<br>Fresh large eggs | 4 oz               | ½ cup<br>OR<br>3 each      | 8 oz                | 1 cup<br>OR<br>5 each  | 3. Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter.   |
| Vegetable oil                                       |                    | ⅔ cup                      |                     | 1 ⅓ cups               |   |
| Frozen blueberries<br>OR<br>*Fresh blueberries      | 6 oz<br>OR<br>8 oz | 1 ½ cups<br>OR<br>1 ½ cups | 12 oz<br>OR<br>1 lb | 3 cups<br>OR<br>3 cups |   |
|   |                    |                            |                     |                        | 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:<br>Conventional oven: 425° F for 12 minutes<br>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 |
| Blueberries                        | 9 oz        | 1 lb 2 oz   |

# Blueberry Muffins

Grains/Breads

Grains/Breads

A-03

**SERVING:**

1 muffin provides the equivalent of 1 ¼ slices bread.

**YIELD:**

**25 Servings:** 2 lb 5 oz

**50 Servings:** 4 lb 10 oz

**VOLUME:**

**25 Servings:** 25 muffins  
1 quart ¼ cup (batter)

**50 Servings:** 50 muffins  
2 quarts ½ cup (batter)

Edited 2004

| Nutrients Per Serving |         |                      |        |                      |         |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| <b>Calories</b>       | 172     | <b>Saturated Fat</b> | 1.09 g | <b>Iron</b>          | 1.03 mg |
| <b>Protein</b>        | 3.34 g  | <b>Cholesterol</b>   | 20 mg  | <b>Calcium</b>       | 93 mg   |
| <b>Carbohydrate</b>   | 25.28 g | <b>Vitamin A</b>     | 64 IU  | <b>Sodium</b>        | 180 mg  |
| <b>Total Fat</b>      | 6.72 g  | <b>Vitamin C</b>     | 0.3 mg | <b>Dietary Fiber</b> | 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<br>OR<br>Lowfat mayonnaise | 8 oz<br>OR<br>8 oz | 1 cup<br>OR<br>1 cup | 1 lb<br>OR<br>1 lb | 2 cups<br>OR<br>2 cups | 1. Dressing:<br>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.<br><br>Cover. Refrigerate until ready to serve.   |
|   |                    |                      |                    |                        | 5. Mix lightly before serving.<br><br>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. | <b>25 Servings:</b> 2 lb 8 oz | <b>25 Servings:</b> 1 quart 2 ¼ cups<br>1 pan |
|   | <b>50 Servings:</b> 5 lb      | <b>50 Servings:</b> 3 quarts ½ cup<br>2 pans  |

# Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-11

Tested 2004

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

## 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.<br>2. Heat the chicken stock, pepper, and onions in a pot. Bring to a boil.<br>3. Add hot chicken stock mixture to each pan. Cover with foil or metal lid.<br>4. Bake:<br>Conventional oven: 350° F for 50 min.<br>Convection oven: 350° F for 40 min.<br>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 word 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

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

| Ingredients   | 25 Servings                       |                                    | 50 Servings                      |   | Directions   |
|---|-----------------------------------|------------------------------------|----------------------------------|---|--|
|   | Weight                            | Measure                            | Weight                           | Measure   |  |
| Raw ground beef<br>(no more than 20% fat)   | 3 lb 8 oz                         |                                    | 7 lb                             |   | 1. Brown ground beef. Drain. Continue immediately.   |
| *Fresh onions, chopped<br>OR<br>Dehydrated onions   | 8 oz                              | 1 ⅓ cups<br>OR<br>¾ cup            | 1 lb<br>OR<br>3 oz               | 2 ⅔ cups<br>OR<br>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,<br>chopped (optional)  | 4 oz                              | ¾ cup                              | 8 oz                             | 1 ½ cups  |  |
| Ground black or white<br>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,<br>with juice  | 1 lb 9 ½ oz                       | 3 cups 2 Tbsp<br>(¼ No. 10 can)    | 3 lb 3 oz                        | 1 qt 2 ¼ cups<br>(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<br>(½ No. 2-½ can) | 1 lb 12 oz                       | 3 cups 2 Tbsp<br>(⅞ No. 2-½ can<br>plus 2 ½ Tbsp) |  |
| Canned pinto or kidney<br>beans, drained stock<br>reserved<br>OR<br>*Cooked dry pinto or<br>kidney beans, drained<br>(see preparation note) | 1 lb 11 oz<br><br>OR<br>1 lb ½ oz | 3 cups<br><br>OR<br>2 ¾ cups       | 3 lb 6 oz<br><br>OR<br>2 lb 1 oz | 1 qt 2 cups<br><br>OR<br>1 qt 1 ½ cups            | 4. Stir in beans. Cover and simmer. Stir occasionally.<br><br>CCP: Heat to 155° F or higher for 15 seconds.<br>OR<br>If using previously cooked and chilled beans:<br>CCP: Heat to 165° F or higher for at least 15 seconds. |
|   |                                   |                                    |                                  |   | 5. Pour into serving pans or bowls.  |

# Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

|   |       |          |           |             |   |
|---|-------|----------|-----------|-------------|---|
| 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.<br><br>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<br>OR<br>Kidney beans, dry | 9 oz<br>OR<br>7 oz | 1 lb 2 oz<br>OR<br>14 oz |

| SERVING:   | YIELD:   | VOLUME:   |
|--|--|---|
| ½ cup (4 oz ladle) provides 2 oz of cooked lean meat and ⅔ cup of vegetable. | <b>25 Servings:</b> 8 lb 4 oz<br><b>50 Servings:</b> 17 lb | <b>25 Servings:</b> 3 quarts ½ cup<br><b>50 Servings:</b> 1 ½ gallons 1 cup |

Tested 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.

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

# Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

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  $\frac{3}{8}$  cups dry or 5  $\frac{1}{4}$  cups cooked pinto beans.

1 lb dry kidney beans=about 2  $\frac{1}{2}$  cups dry or 6  $\frac{1}{4}$  cups cooked pinto beans.

| Nutrients Per Serving |         |                      |         |                      |         |
|-----------------------|---------|----------------------|---------|----------------------|---------|
| <b>Calories</b>       | 179     | <b>Saturated Fat</b> | 3.56 g  | <b>Iron</b>          | 2.50 mg |
| <b>Protein</b>        | 15.40 g | <b>Cholesterol</b>   | 42 mg   | <b>Calcium</b>       | 43 mg   |
| <b>Carbohydrate</b>   | 10.64 g | <b>Vitamin A</b>     | 809 IU  | <b>Sodium</b>        | 204 mg  |
| <b>Total Fat</b>      | 8.51 g  | <b>Vitamin C</b>     | 14.5 mg | <b>Dietary Fiber</b> | 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     | <p>1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.</p> <p>2. Dressing:<br/>In a separate bowl, combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.</p> <p>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.</p> <p>4. CCP: Cool to 41° F or lower within 4 hours.<br/><br/>Cover. Refrigerate until ready to serve.</p> <p>5. Mix lightly before serving.<br/><br/>Portion with No. 16 scoop (¼ cup).</p> |
| *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          | 7 oz         | ¾ cup 2 Tbsp       | 14 oz       | 1 ¾ cups       |   |
| OR<br>Lowfat mayonnaise                 | OR<br>7 oz   | OR<br>¾ cup 2 Tbsp | OR<br>14 oz | OR<br>1 ¾ cups |   |
| Sugar                                   |              | 1 Tbsp             |             | 2 Tbsp         |   |
| Celery seed                             |              | 1 tsp              |             | 2 tsp          |   |
| Dry mustard                             |              | ½ tsp              |             | 1 tsp          |   |
| White vinegar                           |              | 1 Tbsp             |             | 2 Tbsp         |   |
|   |              |                    |             |                |   |

\* 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. | <b>25 Servings:</b> 2 lb 9 ½ oz | <b>25 Servings:</b> 1 quart 2 ¼ cups<br>1 pan |
|   | <b>50 Servings:</b> 5 lb 3 oz   | <b>50 Servings:</b> 3 quarts ½ cup<br>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 |        |                      |         |                      |         |
|-----------------------|--------|----------------------|---------|----------------------|---------|
| <b>Calories</b>       | 33     | <b>Saturated Fat</b> | 0.26 g  | <b>Iron</b>          | 0.30 mg |
| <b>Protein</b>        | 0.60 g | <b>Cholesterol</b>   | 3 mg    | <b>Calcium</b>       | 19 mg   |
| <b>Carbohydrate</b>   | 4.52 g | <b>Vitamin A</b>     | 1005 IU | <b>Sodium</b>        | 78 mg   |
| <b>Total Fat</b>      | 1.63 g | <b>Vitamin C</b>     | 11.1 mg | <b>Dietary Fiber</b> | 1.0 g   |

# Cool Creamy Vegetable Dip



Week 5  
Friday  
Snack

| Ingredients   | 2 Cups   | 1 Quart   | Directions  |
|---|--|---|---|
| Low fat plain yogurt<br>Reduced calorie salad dressing OR<br>Low Fat mayonnaise<br>Instant nonfat dry milk,<br>reconstituted<br>Parsley, dried<br>Granulated garlic<br>Onion powder<br>Salt<br>Ground black or white pepper | $\frac{1}{2}$ cup<br>1 $\frac{1}{4}$ cups<br><br>$\frac{1}{4}$ cup<br><br>1 Tbsp<br>3/8 tsp<br>3/8 tsp<br>$\frac{3}{4}$ tsp<br>$\frac{1}{4}$ tsp<br><br>Yields 8<br>2 oz servings. | 1 cup<br>2 $\frac{1}{2}$ cups<br><br>$\frac{1}{2}$ cup<br><br>2 Tbsp<br>$\frac{3}{4}$ tsp<br>$\frac{3}{4}$ tsp<br>1 $\frac{1}{2}$ tsp<br>$\frac{1}{2}$ tsp<br><br>Yields 16<br>2 oz servings. | Combine cottage cheese, milk, and your seasoning in a blender or beat until smooth in a bowl.<br><br>Serve with a tray of vegetables. |

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

Grains/Breads

Grains/Breads

A-02A

| Ingredients   | 25 Servings |                                   | 50 Servings |                                   | Directions   |
|---|-------------|-----------------------------------|-------------|-----------------------------------|--|
|   | Weight      | Measure                           | Weight      | Measure                           |  |
| Enriched all-purpose flour                          | 8 oz        | 1 $\frac{3}{4}$ cups 2 Tbsp       | 1 lb        | 3 $\frac{3}{4}$ 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        | $\frac{1}{2}$ cup                 | 6 oz        | 1 cup                             |  |
| Powdered sugar                                      | 5 oz        | 1 cup                             | 10 oz       | 2 cups                            | 2. Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl.   |
| Baking powder                                       |             | 1 Tbsp                            |             | 2 Tbsp                            |  |
| Salt  |             | 1 $\frac{1}{2}$ tsp               |             | 1 Tbsp                            |  |
| Frozen whole eggs, thawed<br>OR<br>Fresh large eggs | 2 oz        | $\frac{1}{4}$ cup<br>OR<br>2 each | 4 oz        | $\frac{1}{2}$ cup<br>OR<br>3 each | 3. Slowly add milk and mix for 30 seconds on medium speed, until smooth.   |
| Lowfat 1% milk                                      |             | 1 cup                             |             | 2 cups                            |  |
| Vegetable oil                                       |             | $\frac{1}{4}$ cup                 |             | $\frac{1}{2}$ 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:<br>Conventional oven: 400° F for 12 minutes<br>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 $\frac{3}{4}$ slice bread. | <b>25 Servings:</b> 1 lb 12 oz (batter) | <b>25 Servings:</b> 1 quart 1 cup (batter)<br>1 pan    |
|   | <b>50 Servings:</b> 3 lb 8 oz (batter)  | <b>50 Servings:</b> 2 quarts 2 cups (batter)<br>2 pans |

# Corn Muffin Squares

Grains/Breads

Grains/Breads

A-02A

Edited 2004

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

# Corn Muffins

Grains/Breads

Grains/Breads

A-02

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

| SERVING:   | YIELD:                        | VOLUME:  |
|--|-------------------------------|--|
| 1 muffin provides the equivalent of $\frac{3}{4}$ slice bread. | <b>25 Servings:</b> 1 lb 9 oz | <b>25 Servings:</b> 25 muffins<br>1 quart 1 cup (batter)   |
|  | <b>50 Servings:</b> 3 lb 2 oz | <b>50 Servings:</b> 50 muffins<br>2 quarts 2 cups (batter) |

Edited 2004

# Corn Muffins

Grains/Breads

Grains/Breads

A-02

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

# Corn Flake Baked Chicken Breasts



Week 1  
Wednesday  
Lunch

| Ingredients  | 10 Servings  | 25 Servings   | Directions  |
|--|--|---|---|
| Skinless, boneless chicken breasts<br>Crushed corn flake crumbs<br>Skim milk<br>Melted margarine | 1 lb+ 4 oz<br>(raw weight)<br>1 1/3 cup<br>1/3 cup<br>1Tbsp+1tsp | 3 lb+ 2 ozs<br>(raw weight)<br>3 1/3 cup<br>3/4 cup+ 1Tbsp<br>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

# Cottage Cheese Dip



Week 4  
Friday  
Snack

| Ingredients   | 16 Servings   | 32 Servings  | Directions  |
|---|---|--|---|
| Low-fat cottage cheese, 1%<br><br>Milk<br><br>Any of following:<br>Onion powder<br>Garlic powder<br>Chili sauce<br>Package dry soup mix<br>Package Ranch Dressing mix | 2 cups<br><br>$\frac{1}{4}$ cup<br><br>$\frac{1}{2}$ tsp<br><br>1 package | 1 qt<br><br>$\frac{1}{2}$ cup<br><br>1 tsp<br><br>2 packages | Combine cottage cheese, milk, and your seasoning in a blender or beat until smooth in a bowl.<br><br>Serve with a tray of vegetables. |

Portion size for 3-5 year old: 1/8 cup (2 Tbsp)

Each serving provides:  $\frac{1}{2}$  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.<br>2. Peel eggs and cut in half. Remove yolks and place in a separate bowl. |
| Reduced calorie salad dressing<br>OR<br>Lowfat mayonnaise | 7 oz<br>OR<br>7 oz | $\frac{3}{4}$ cup 2 Tbsp<br>OR<br>$\frac{3}{4}$ cup 2 Tbsp | 14 oz<br>OR<br>14 oz | 1 $\frac{3}{4}$ cups<br>OR<br>1 $\frac{3}{4}$ cups |   |
| White vinegar   |                    | 1 tsp  |                      | 2 tsp  | 5. Cover. Refrigerate until ready to serve.<br><br>Portion is 2 half eggs.  |
| Dry mustard   |                    | 1 tsp  |                      | 2 tsp  |   |
| Prepared yellow mustard                                   |                    | 1 $\frac{1}{2}$ tsp  |                      | 1 Tbsp   |   |
| Sugar   |                    | 2 Tbsp   |                      | $\frac{1}{4}$ cup                                  |   |
| Salt  |                    | 1 tsp  |                      | 2 tsp  |   |

| SERVING:  | YIELD:                        | VOLUME:                           |
|---|-------------------------------|-----------------------------------|
| 2 halves provide 1 large egg or the equivalent of 2 oz of cooked lean meat. | <b>25 Servings:</b> 3 lb 2 oz | <b>25 Servings:</b> 50 half eggs  |
|   | <b>50 Servings:</b> 6 lb 4 oz | <b>50 Servings:</b> 100 half eggs |

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# Deviled Eggs

Meat Alternate

Main Dishes

D-02

| Nutrients Per Serving |        |                      |        |                      |         |
|-----------------------|--------|----------------------|--------|----------------------|---------|
| <b>Calories</b>       | 100    | <b>Saturated Fat</b> | 1.89 g | <b>Iron</b>          | 0.78 mg |
| <b>Protein</b>        | 6.34 g | <b>Cholesterol</b>   | 216 mg | <b>Calcium</b>       | 26 mg   |
| <b>Carbohydrate</b>   | 3.46 g | <b>Vitamin A</b>     | 322 IU | <b>Sodium</b>        | 230 mg  |
| <b>Total Fat</b>      | 6.53 g | <b>Vitamin C</b>     | 0 mg   | <b>Dietary Fiber</b> | 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<br>(at least 2 oz each)<br>OR<br>Fresh or frozen fish fillet, thawed<br>(at least 2.2 oz each) | 3 lb 2 oz<br>OR<br>3 lb 7 oz     | 25 each<br>OR<br>25 each            | 6 lb 4 oz<br>OR<br>6 lb 14 oz    | 50 each<br>OR<br>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.  |
| Lowfat plain yogurt<br>OR<br>Reduced calorie salad dressing<br>OR<br>Lowfat mayonnaise                                      | 3 oz<br>OR<br>3 oz<br>OR<br>3 oz | ⅓ cup<br>OR<br>⅓ cup<br>OR<br>⅓ cup | 6 oz<br>OR<br>6 oz<br>OR<br>6 oz | ⅔ cup<br>OR<br>⅔ cup<br>OR<br>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 :<br>Conventional oven: 500° F for 13-17 minutes<br>Convection oven: 450° F for 12-15 minutes<br><br>CCP: Heat to 145° F or higher for at least 15 seconds.                               |
|   |                                  |                                     |                                  |                                     | 6. CCP: Hold for hot service at 135° F or higher.<br><br>Portion is 2 pieces (1½ oz).   |

# Fish Nuggets

Meat

Main Dishes

D-09A

**SERVING:**

2 pieces provide 1 ½ oz of cooked fish.

**YIELD:**

**25 Servings:** 2 lb 5 oz

**50 Servings:** 4 lb 10 oz

**VOLUME:**

**25 Servings:** 2 pans

**50 Servings:** 4 pans

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**Special Tip:**

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

**Nutrients Per Serving**

|                     |         |                      |        |                      |         |
|---------------------|---------|----------------------|--------|----------------------|---------|
| <b>Calories</b>     | 72      | <b>Saturated Fat</b> | 0.16 g | <b>Iron</b>          | 0.55 mg |
| <b>Protein</b>      | 11.76 g | <b>Cholesterol</b>   | 40 mg  | <b>Calcium</b>       | 51 mg   |
| <b>Carbohydrate</b> | 3.56 g  | <b>Vitamin A</b>     | 20 IU  | <b>Sodium</b>        | 230 mg  |
| <b>Total Fat</b>    | 0.86 g  | <b>Vitamin C</b>     | 0 mg   | <b>Dietary Fiber</b> | 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 | 7 lb         | ¾ gal 1 cup          |                |         | 1. Mix ingredients in blender or mixer until smooth.<br><br>2. Portion 1 ½ oz with fruit. |
| Cranberry sauce, chilled   | 3 lb 10 oz   | 1 ½ qt (½ No.10 can) |                |         |   |

| 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 %    |             |       |

# Healthy Bran Muffins



Week 5  
Wednesday  
Snack

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

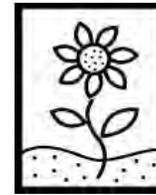
**Portion size for 3-5 year old: 1/2 muffin**  
**Each serving provides: 1 slice of bread alternate**

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

# Hummus Dip



Week 2  
Monday  
Lunch

| Ingredients   | 8 Servings  | 17 Servings  | Directions   |
|---|---|--|--|
| Chickpeas (canned garbanzo beans)<br>Drained, rinsed well<br>Low-fat plain yogurt<br>Lemon juice<br>Olive oil<br>Hot pepper sauce | 1-12.5 oz can<br><br>1 cup<br>1/8 cup<br>1 ½ tsp<br>3 drops | 2-12.5 oz cans<br><br>2 cups<br>¼ cup<br>1 Tbsp<br>6 drops | Blend chickpeas, yogurt, lemon juice, olive oil, and hot sauce in blender until smooth.<br><br>Serve with fresh vegetables, such as carrot slices or cucumber slices.<br><br>This can also become a complete lunch by adding fresh fruit, pita bread and milk. |

**Portion size for 3-5 year old: ½ cup**  
**Each serving provides: 1 ½ 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

# 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     | $\frac{1}{2}$ cup | 1 cup          |  |

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

Meat Alternate-Grains/Breads

Main Dishes

D-20

| 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.<br>2. Melt margarine or butter in a stock pot or sauce pan.<br>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.<br>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.<br>5. Add Worcestershire sauce, Cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.<br>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.<br>Bake:<br>Conventional oven: 350° F for 25 minutes<br>Convection oven: 325° F for 20 minutes<br>7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 ½ oz (1 ½ cups) over each pan. |
| Margarine or butter  | 6 oz        | ¾ cup           | 12 oz       | 1 ½ cups     |   |
| Enriched all-purpose flour                                     | 6 oz        | 1 ¼ cups 2 Tbsp | 12 oz       | 2 ¾ cups     |   |
| 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<br>OR<br>Instant nonfat dry milk, reconstituted |             | 2 qt 2 cups     |             | 1 gal 1 qt   |   |
| Worcestershire sauce   |             | 1 tsp           |             | 2 tsp        |   |
| 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        |   |
| Enriched soft bread crumbs                                     | 3 oz        | 1 cup           | 6 oz        | 2 cups       |   |

# Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-20

|                                      |      |        |      |      |  |
|--------------------------------------|------|--------|------|------|--|
| Reduced fat Cheddar cheese, shredded | 8 oz | 2 cups | 1 lb | 1 qt | 8. Bake an additional 5 minutes, uncovered, until lightly browned.<br><br>CCP: Heat to 135° F or higher for at least 15 seconds. |
|                                      |      |        |      |      | 9. CCP: Hold for hot service at 135° F or higher.<br><br>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. | <b>24 Servings:</b> 11 lb 4 oz<br><b>48 Servings:</b> 22 lb 8 oz | <b>24 Servings:</b> 2 pans<br><b>48 Servings:</b> 4 pans |

Tested 2004

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

# Meat Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

| Ingredients   | 32 Servings               |                                    | 64 Servings        |   | Directions  |
|---|---------------------------|------------------------------------|--------------------|---|---|
|   | Weight                    | Measure                            | Weight             | Measure   |   |
| Raw ground beef<br>(no more than 20% fat)                     | 1 lb 10 oz                |                                    | 3 lb 4 oz          |   | 1. Brown ground beef. Drain. Continue immediately.  |
| *Fresh onions, chopped<br>OR<br>Dehydrated onions             | 1 lb 8 oz<br>OR<br>4 ½ oz | 1 qt<br>OR<br>2 ¼ cups             | 3 lb<br>OR<br>9 oz | 2 qt<br>OR<br>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<br>(⅓ No. 10 can)      | 4 lb 4 oz          | 2 qt ¼ cup<br>(⅓ No. 10 can)                    |   |
| Canned tomato paste   | 14 oz                     | 1 ½ cups 1 Tbsp<br>(½ No. 2-½ can) | 1 lb 12 oz         | 3 cups 2 Tbsp<br>(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<br>(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:<br>1st layer-2 ¼ cups 2 Tbsp sauce<br>2nd layer-7 uncooked noodles lengthwise<br>3rd layer-2 ¼ cups sauce<br>4th layer-3 ⅛ oz (¾ cup 1 ½ tsp) process American cheese and 4 ¾ oz (1 cup 3 Tbsp) mozzarella cheese<br>5th layer-7 uncooked noodles lengthwise<br>Repeat 3rd and 4th layers |

# Meat Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

|   |           |               |           |               |
|---|-----------|---------------|-----------|---------------|
| 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:<br>Conventional oven: 350° F for 1 ¼ - 1 ½ hours<br>Convection oven: 325° F for 45 minutes<br><br>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.<br><br>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, ¾ cup of vegetable, and the equivalent of ½ slice of bread. | <b>32 Servings:</b> about 11 lb 6 oz<br><b>64 Servings:</b> about 22 lb 12 oz | <b>32 Servings:</b> 2 pans<br><b>64 Servings:</b> 4 pans |

Tested 2004

# Meat Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

| Nutrients Per Serving |         |                      |         |                      |         |
|-----------------------|---------|----------------------|---------|----------------------|---------|
| <b>Calories</b>       | 211     | <b>Saturated Fat</b> | 3.67 g  | <b>Iron</b>          | 2.02 mg |
| <b>Protein</b>        | 15.51 g | <b>Cholesterol</b>   | 27 mg   | <b>Calcium</b>       | 237 mg  |
| <b>Carbohydrate</b>   | 22.28 g | <b>Vitamin A</b>     | 705 IU  | <b>Sodium</b>        | 316 mg  |
| <b>Total Fat</b>      | 6.83 g  | <b>Vitamin C</b>     | 12.7 mg | <b>Dietary Fiber</b> | 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<br>OR<br>Frozen whole kernel corn | 2 lb 1 oz<br>OR<br>1 lb 14 oz | 1 qt 1 ½ cups<br>(½ No. 10 can)<br>OR<br>1 qt 1 ¼ cups | 4 lb 2 oz<br>OR<br>3 lb 12 oz | 2 qt 2 ⅔ cups<br>(1 No. 10 can)<br>OR<br>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<br>OR<br>Dehydrated onions                               | 3 oz                          | ½ cup<br>OR<br>¼ cup                                   | 6 oz                          | 1 cup<br>OR<br>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.<br><br>CCP: Heat to 135° F or higher. |
| Canned pimientos, chopped   |                               | 2 Tbsp 2 tsp   | 3 oz                          | ¼ cup 1 Tbsp   |  |
| Margarine or butter   |                               | 2 Tbsp   | 2 oz                          | ¼ cup  | 3. Add pimientos, butter or margarine, Chili powder, cumin, paprika, and onion powder. Stir lightly.   |
| Chili powder  |                               | ½ tsp  |                               | 1 ¼ tsp  |  |
| Ground cumin  |                               | ¾ 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.<br><br>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:**

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

**YIELD:**

**25 Servings:** 2 lb 9 ½ oz  
**50 Servings:** 5 lb 3 oz

**VOLUME:**

**25 Servings:** 1 quart 2 ¼ cups  
**50 Servings:** 3 quarts ½ cup

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**Nutrients Per Serving**

|                     |        |                      |        |                      |         |
|---------------------|--------|----------------------|--------|----------------------|---------|
| <b>Calories</b>     | 43     | <b>Saturated Fat</b> | 0.25 g | <b>Iron</b>          | 0.42 mg |
| <b>Protein</b>      | 1.13 g | <b>Cholesterol</b>   | 0 mg   | <b>Calcium</b>       | 4 mg    |
| <b>Carbohydrate</b> | 7.89 g | <b>Vitamin A</b>     | 220 IU | <b>Sodium</b>        | 92 mg   |
| <b>Total Fat</b>    | 1.33 g | <b>Vitamin C</b>     | 9.8 mg | <b>Dietary Fiber</b> | 0.9 g   |

# Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads

A-10

| Ingredients   | 25 Servings        |  | 50 Servings        |  | Directions  |  |
|---|--------------------|--|--------------------|--|---|--|
|   | Weight             | Measure  | Weight             | Measure  |   |  |
| Enriched all-purpose flour  | 8 oz               | 1 $\frac{3}{4}$ cups 2 Tbsp                                      | 1 lb               | 3 $\frac{3}{4}$ 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<br>OR<br>Enriched corn grits                             | 8 oz<br>OR<br>8 oz | 1 $\frac{1}{2}$ cups<br>OR<br>1 $\frac{1}{4}$ cups 2 Tbsp        | 1 lb<br>OR<br>1 lb | 3 cups<br>OR<br>2 $\frac{3}{4}$ cups               |   |  |
| Sugar   | 2 $\frac{2}{3}$ oz | $\frac{1}{4}$ cup 2 Tbsp   | 5 $\frac{1}{4}$ oz | $\frac{3}{4}$ cup                                  | 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. |  |
| Baking powder   |                    | 1 Tbsp 1 tsp   |                    | 2 Tbsp 2 tsp                                       |   |  |
| Salt  |                    | $\frac{1}{8}$ tsp  |                    | 1 $\frac{1}{4}$ tsp                                |   |  |
| Frozen whole eggs,<br>thawed<br>OR<br>Fresh large eggs            | 4 oz               | $\frac{1}{2}$ cup<br>OR<br>3 each                                | 8 oz               | 1 cup<br>OR<br>5 each                              |   |  |
| Lowfat 1% milk<br>OR<br>Instant nonfat dry milk,<br>reconstituted |                    | 1 $\frac{3}{4}$ cups 2 Tbsp<br>OR<br>1 $\frac{3}{4}$ cups 2 Tbsp |                    | 3 $\frac{3}{4}$ cups<br>OR<br>3 $\frac{3}{4}$ cups |   |  |
| Vegetable oil   |                    | $\frac{1}{4}$ cup  |                    | $\frac{1}{2}$ cup                                  |   |  |
| Reduced fat Cheddar<br>cheese, shredded                           | 6 oz               | 1 $\frac{3}{4}$ cups   | 12 oz              | 3 $\frac{1}{2}$ cups                               |   |  |
| Green chili peppers,<br>chopped                                   | 2 oz               | $\frac{1}{4}$ cup  | 4 oz               | $\frac{1}{2}$ 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 $\frac{1}{4}$ cups) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. |
|   |                    |  |                    |  | 5. Bake until lightly browned:<br>Conventional oven: 400° F for 30-35 minutes<br>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

Grains/Breads

Grains/Breads

A-10

| SERVING:   | YIELD:                                 | VOLUME:  |
|--|--|--|
| 1 piece provides the equivalent of 1 slice of bread. | <b>25 Servings:</b> 3 lb 1 oz (batter) | <b>25 Servings:</b> 1 quart 3 ¼ cups (batter)<br>1 pan   |
|  | <b>50 Servings:</b> 6 lb 2 oz (batter) | <b>50 Servings:</b> 3 quarts 2 ½ cups (batter)<br>2 pans |

Edited 2004

| Nutrients Per Serving |         |                      |        |                      |         |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| <b>Calories</b>       | 131     | <b>Saturated Fat</b> | 1.40 g | <b>Iron</b>          | 0.96 mg |
| <b>Protein</b>        | 4.73 g  | <b>Cholesterol</b>   | 24 mg  | <b>Calcium</b>       | 132 mg  |
| <b>Carbohydrate</b>   | 18.28 g | <b>Vitamin A</b>     | 138 IU | <b>Sodium</b>        | 211 mg  |
| <b>Total Fat</b>      | 4.40 g  | <b>Vitamin C</b>     | 1.0 mg | <b>Dietary Fiber</b> | 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  |            |               |         | <ol style="list-style-type: none"> <li>Cut or tear chilled greens into bite sizes pieces (approximately 1”).</li> <li>Combine greens in large chilled bowls.</li> <li>Toss lightly, cover, and refrigerate.</li> </ol> <p style="color: red;">CCP: Hold at or below 41°F before and during service.</p> <ol style="list-style-type: none"> <li>Toss chilled contrasting color vegetables (except tomato wedges) with greens before adding dressing; add tomato wedges just as salad is served.<br/>Or<br/>Portion salad into chilled bowls: add salad dressing just before serving (1 oz.).</li> </ol> |
| 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*:  | *1 lb of selected vegetable substituted for 1 lb lettuce |            |               |         |  |
| <ul style="list-style-type: none"> <li>Radishes, sliced</li> <li>Cabbage, red, shredded</li> <li>Carrots, coarsely shredded</li> <li>Green pepper, diced or strips</li> <li>Tomato wedges</li> </ul> |  |            |               |         |  |
| 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 %    |             |         |

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

# Oatmeal-Whole Wheat Raisin Cookies

Desserts

B-02A

| 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<br>OR<br>Fresh large eggs | 4 oz        | ½ cup<br>OR<br>3 each | 8 oz        | 1 cup<br>OR<br>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          | 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.                                  |
| Whole wheat flour                                   | 10 oz       | 2 cups                | 1 lb 4 oz   | 1 qt                  |   |
| 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

Desserts

B-02A

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. | <b>25 Servings:</b> 2 lb 10 oz (dough) | <b>25 Servings:</b> about 1 quart $\frac{1}{3}$ cup (dough)<br>25 cookies  |
|           | <b>50 Servings:</b> 5 lb 5 oz (dough)  | <b>50 Servings:</b> about 2 quarts $\frac{2}{3}$ cup (dough)<br>50 cookies |

Edited 2004

| Nutrients Per Serving |         |                      |         |
|-----------------------|---------|----------------------|---------|
| <b>Calories</b>       | 191     | <b>Saturated Fat</b> | 1.35 g  |
| <b>Protein</b>        | 3.04 g  | <b>Cholesterol</b>   | 19 mg   |
| <b>Carbohydrate</b>   | 32.14 g | <b>Vitamin A</b>     | 276 IU  |
| <b>Total Fat</b>      | 6.43 g  | <b>Vitamin C</b>     | 0.3 mg  |
|                       |         | <b>Iron</b>          | 0.90 mg |
|                       |         | <b>Calcium</b>       | 38 mg   |
|                       |         | <b>Sodium</b>        | 201 mg  |
|                       |         | <b>Dietary Fiber</b> | 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      | <ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>3. In a bowl, combine pepper, salt, and paprika.</li> <li>4. Sprinkle 1 ½ tsp of this seasoning mix over each pan of potatoes.</li> <li>5. Bake:<br/>                     Conventional oven: 500° F for 25-28 minutes<br/>                     Convection oven: 450° F for 20-23 minutes<br/>                     Turn potatoes over after 15 minutes for even cooking. Bake until brown and tender.<br/><br/>                     CCP: Heat to 135° F or higher for at least 15 seconds.</li> <li>6. Sprinkle 1 Tbsp Parmesan cheese over each tray of potatoes. Return to oven for 1 minute.</li> <li>7. CCP: Hold for hot service at 135° F or higher.</li> </ol> <p>Portion is 3 pieces.</p> |
| Vegetable oil   |             | ½ cup   |             | 1 cup        |  |
| Ground black or white pepper                          |             | ½ tsp   |             | 1 tsp        |  |
| Salt  |             | 2 tsp   |             | 1 Tbsp 1 tsp |  |
| Paprika   |             | ½ tsp   |             | 1 tsp        |  |
|   |             |         |             |              |  |
|   |             |         |             |              |  |
| Parmesan cheese, grated                               |             | 2 Tbsp  |             | ¼ cup        |  |

| SERVING:                             | YIELD:                         | VOLUME:                        |
|--------------------------------------|--------------------------------|--------------------------------|
| 3 pieces provide ¾ cup of vegetable. | <b>24 Servings:</b> 4 lb 7 oz  | <b>24 Servings:</b> 72 pieces  |
|                                      | <b>48 Servings:</b> 8 lb 14 oz | <b>48 Servings:</b> 144 pieces |

Tested 2004

# Oven Fries

Vegetable

Vegetables

I-05

| Nutrients Per Serving |         |                      |        |                      |         |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| <b>Calories</b>       | 126     | <b>Saturated Fat</b> | 0.71 g | <b>Iron</b>          | 1.03 mg |
| <b>Protein</b>        | 2.53 g  | <b>Cholesterol</b>   | 0 mg   | <b>Calcium</b>       | 21 mg   |
| <b>Carbohydrate</b>   | 19.73 g | <b>Vitamin A</b>     | 37 IU  | <b>Sodium</b>        | 197 mg  |
| <b>Total Fat</b>      | 4.46 g  | <b>Vitamin C</b>     | 9.0 mg | <b>Dietary Fiber</b> | 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<br>OR<br>Lowfat mayonnaise  | 4 oz<br>OR<br>4 oz  | ½ cup<br>OR<br>½ cup   | 8 oz<br>OR<br>8 oz   | 1 cup<br>OR<br>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  | 3. Using a pastry brush, coat chicken with the mayonnaise mixture.    |   |
| Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each)<br>OR<br>Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each)<br>OR<br>Raw chicken thighs, with bone, without skin (at least 2.9 oz each)<br>OR<br>Raw chicken thighs, with bone, with skin (at least 3.6 oz each) | 5 lb<br>OR<br>5 lb 12 ½ oz<br>OR<br>4 lb 8 ½ oz<br>OR<br>5 lb 10 oz | 25 servings<br>OR<br>25 servings<br>OR<br>25 servings<br>OR<br>25 servings | 10 lb<br>OR<br>11 lb 9 oz<br>OR<br>9 lb 1 oz<br>OR<br>11 lb 4 oz | 50 servings<br>OR<br>50 servings<br>OR<br>50 servings<br>OR<br>50 servings |   |   |
|  |   |  |  |  |   | 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:<br>Conventional oven: 350° F for 25 minutes<br>Convection oven: 325° F for 20 minutes<br><br>CCP: Heat to 165° F or higher for at least 15 seconds.<br><br>Remove chicken from bone.                              |
|  |   |  |  |  |   |   |

# Oven-Baked Parmesan Chicken

Meat

Main Dishes

D-05

6. CCP: Hold for hot service at 135° F or higher.  
Portion with No. 12 scoop (1/3 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:   |
|---|--|---|
| 1/3 cup (No. 12 scoop) provides 1 1/2 oz of cooked poultry. | <b>25 Servings:</b> 2 lb 15 oz<br><b>50 Servings:</b> 5 lb 14 oz | <b>25 Servings:</b> 2 quarts 2/3 cup<br><b>50 Servings:</b> 1 gallon 1 1/3 cups |

Tested 2004

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

Nutrients are based on 1 drumstick without skin.

# Oven-Baked Whole Wheat Pancakes

Grains/Breads

Grains/Breads

A-06A

| Ingredients                | 25 Servings |                 | 50 Servings |               | Directions  |
|----------------------------|-------------|-----------------|-------------|---------------|---|
|                            | Weight      | Measure         | Weight      | Measure       |   |
| Whole wheat flour          | 7 oz        | 1 ½ cups        | 14 oz       | 3 cups        | <ol style="list-style-type: none"> <li>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.</li> <li>Mix for 1 minute on medium speed until batter is smooth.</li> <li>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.</li> <li>Bake until golden brown:<br/>Conventional oven: 450° F for 10 minutes<br/>Convection oven: 400° F for 8 minutes</li> <li>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</li> </ol> |
| 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  | 4 oz        | ½ cup           | 8 oz        | 1 cup         |   |
| OR<br>Fresh large eggs     |             | OR<br>3 each    |             | OR<br>5 each  |   |
| Vegetable oil              |             | ¼ cup           |             | ½ cup         |   |
| Lowfat 1% milk             |             | 3 cups          |             | 1 qt 2 cups   |   |

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

# Oven-Baked Whole Wheat Pancakes

Grains/Breads

Grains/Breads

A-06A

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 |         |                      |        |                      |         |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| <b>Calories</b>       | 103     | <b>Saturated Fat</b> | 0.68 g | <b>Iron</b>          | 0.88 mg |
| <b>Protein</b>        | 3.44 g  | <b>Cholesterol</b>   | 20 mg  | <b>Calcium</b>       | 124 mg  |
| <b>Carbohydrate</b>   | 15.80 g | <b>Vitamin A</b>     | 89 IU  | <b>Sodium</b>        | 294 mg  |
| <b>Total Fat</b>      | 3.17 g  | <b>Vitamin C</b>     | 0.3 mg | <b>Dietary Fiber</b> | 1.2 g   |

# 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                  | <ol style="list-style-type: none"> <li>1. Cut bread into 1-inch cubes; place in a 13"x9"x2" pan that has been coated with cooking spray.</li> <li>2. Cut cream cheese into 1-inch cubes; place over bread. Top with blueberries and remaining bread.</li> <li>3. In a large bowl; beat eggs. Add milk and syrup. Pour over bread mixture. Cover and immediately refrigerate for 8 hours or overnight.</li> <li>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.</li> <li>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.</li> </ol> |
| Fat free cream cheese                               | 1- 8 oz package   | 2 packages (8 oz each pkg) |  |
| Fresh or frozen blueberries                         | $\frac{1}{2}$ cup | 1 cup                      |  |
| Eggs  | 6 eggs            | 12 eggs                    |  |
| Skim milk   | 1 cup             | 2 cups                     |  |
| Maple syrup or honey                                | $\frac{1}{4}$ cup | $\frac{1}{3}$ cup          |  |
| <b><u>Blueberry Sauce:</u></b>                      |                   |                            |  |
| Sugar   | $\frac{1}{2}$ cup | 1 cup                      |  |
| Cornstarch  | 1 Tbsp            | 2 Tbsp                     |  |
| Water   | $\frac{1}{2}$ cup | 1 cup                      |  |
| Fresh or frozen blueberries                         | $\frac{1}{2}$ cup | 1 cup                      |  |

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

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

# Perfect Cornbread



Week 1  
Friday  
Lunch

| Ingredients  | 16 Servings  | 32 Servings   | Directions  |
|--|--|---|---|
| Enriched all-purpose flour<br>Yellow corn meal<br>Baking powder<br>Salt<br>Eggs<br>Low fat milk<br>Vegetable oil | $\frac{1}{2}$ cup<br>$\frac{1}{2}$ cup<br>2 tsp<br>$\frac{1}{4}$ tsp+ $\frac{1}{8}$ tsp<br>1 large<br>$\frac{1}{2}$ cup<br>1/8 cup | 1 cup<br>1 cup<br>4 tsp<br>$\frac{3}{4}$ tsp<br>2 large<br>1 cup<br>$\frac{1}{4}$ cup | <ol style="list-style-type: none"> <li>1. Measure all ingredients into mixing bowl in the order given above.</li> <li>2. Beat with wooden spoon or wire whip until smooth, about 1 minute. Do not overbeat.</li> <li>3. Pour batter into greased 9"x9"pan.</li> <li>4. Bake at 425-degrees F for 20 minutes.</li> </ol> |

**Portion size for 3-5 year old: 1 piece ( 1.25" x 2")**  
**Each serving provides:  $\frac{1}{2}$  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<br>(¾ No. 2-½ can) | 2 lb 10 oz  | 1 ¼ qt ½ Tbsp<br>(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.<br><br>2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended. Refrigerate until ready to serve.<br><br>3. Portion with 2 oz ladle (¼ cup). |
| *Fresh onions, chopped<br>OR<br>Dehydrated onions |             | ¼ cup<br>OR<br>2 Tbsp              | 2 ½ oz      | ¼ cup 3 Tbsp<br>OR<br>¼ cup         |  |
| Canned tomato paste                               | 6 oz        | ½ cup 2 Tbsp<br>(½ 12 oz can)      | 12 oz       | 1 ¼ cups<br>(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<br>(½ No. 2-½ can) | 1 lb 12 oz  | 3 ¼ cups 2 Tbsp<br>(1 No. 2-½ can)  |  |

\* 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. | <b>25 Servings:</b> 3 lb 4 oz | <b>25 Servings:</b> 1 quart 2 ¼ cups |
|   | <b>50 Servings:</b> 6 lb 8 oz | <b>50 Servings:</b> 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 |        |                      |        |                      |         |
|-----------------------|--------|----------------------|--------|----------------------|---------|
| <b>Calories</b>       | 18     | <b>Saturated Fat</b> | 0.02 g | <b>Iron</b>          | 0.41 mg |
| <b>Protein</b>        | 0.64 g | <b>Cholesterol</b>   | 0 mg   | <b>Calcium</b>       | 16 mg   |
| <b>Carbohydrate</b>   | 4.23 g | <b>Vitamin A</b>     | 400 IU | <b>Sodium</b>        | 157 mg  |
| <b>Total Fat</b>      | 0.11 g | <b>Vitamin C</b>     | 8.5 mg | <b>Dietary Fiber</b> | 0.7 g   |

# Soft Pretzels



Week 5  
Friday  
Snack

| Ingredients  | 16 Servings   | 32 Servings  | Directions  |
|--|---|--|---|
| Dry active yeast, Baker's<br>Apple or white grape juice,<br>lukewarm, unsweetened<br>Salt, table<br>Vegetable oil<br>Egg, whole, fresh, beaten<br>All-Purpose flour, enriched,<br>bleached | 1 Tbsp<br>$\frac{3}{4}$ cup<br>$\frac{1}{4}$ tsp<br>1 Tbsp<br>1 lg. egg<br>2 cups | 2 Tbsp<br>1 $\frac{1}{2}$ cup<br>$\frac{1}{2}$ tsp<br>2 Tbsp<br>2 lg. eggs<br>1 qt | <ol style="list-style-type: none"> <li>1. In a large mixing bowl, combine half of the flour, oil, yeast and fruit juice.</li> <li>2. Beat with an electric mixer for 2-3 minutes.</li> <li>3. Stir in remaining flour</li> <li>4. Knead on floured board for 10 minutes or until dough is smooth and elastic. Add more flour if dough is sticky.</li> <li>5. Pinch off pieces of dough and roll to form 16 long strips.</li> <li>6. Twist into desired shapes and place on lightly greased baking sheets.</li> <li>7. Let rise in a warm place for 30 minutes.</li> <li>8. Brush with egg and sprinkle with salt.</li> <li>9. Bake at 450 degrees F for 15 minutes or until brown.</li> </ol> |

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

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   |               |         | <ol style="list-style-type: none"> <li>Cut chilled greens into bite sized pieces (approximately 1").</li> <li>Combine greens, toss lightly, refrigerate.</li> </ol> <p style="color: red;">CCP: Hold at or below 41°F before and during service.</p> <ol style="list-style-type: none"> <li>To serve:<br/>Top 2 oz greens with ¼ oz mozzarella cheese and 2 grape or cherry tomatoes.<br/>Drizzle ½ oz dressing over each salad.</li> </ol> <p>Notes:</p> <ul style="list-style-type: none"> <li>Lettuce – 13 lb food as purchased</li> <li>Spinach – 8 lb 8 oz food as purchased</li> </ul> |
| 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 %    |             |         |

# Spinach Salad



Week 1  
Friday  
Lunch

| Ingredients   | 9 Servinas  | 18 Servinas  | Directions   |
|---|---|--|--|
| Fresh spinach<br>Vegetable oil<br>Lemon juice<br>Garlic powder<br>Sugar<br>Chopped hard cooked eggs<br>Cooked and chopped bacon | 2 $\frac{3}{4}$ cups<br>2 Tbsp<br>1 Tbsp<br>1/8 tsp<br>1 tsp<br>1 large egg<br>2 slices | 5 $\frac{1}{2}$ cups<br>4 Tbsp<br>2 Tbsp<br>$\frac{1}{4}$ tsp<br>2 tsp<br>2 large eggs<br>4 slices | <ol style="list-style-type: none"> <li>1. Wash and drain spinach, pinch off stems, tear into bit-size pieces and place in a salad bowl.</li> <li>2. To make dressing, combine vegetable oil, lemon juice, garlic powder and sugar in a screw top jar. Cover and shake well.</li> <li>3. Pour dressing over spinach; toss lightly to coat spinach</li> <li>4. Sprinkle bacon and egg on top.</li> </ol> |

**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.<br>3. Cook for 3-5 minutes, until thickened. Remove from heat.                                   |
|  |                               |                                     |                                |                                    |   |
| *Fresh carrots, peeled, ¼" slices<br>OR<br>Frozen sliced carrots   | 2 lb 13 oz<br>OR<br>3 lb 6 oz | 2 qt 1 cup<br>OR<br>3 qt            | 5 lb 10 oz<br>OR<br>6 lb 12 oz | 1 gal 2 cups<br>OR<br>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<br>OR<br>Frozen mixed Oriental vegetables | 2 lb 13 oz<br>OR<br>3 lb 7 oz | 1 gal 1 ¼ qt<br>OR<br>2 qt 3 ⅞ cups | 5 lb 10 oz<br>OR<br>6 lb 14 oz | 2 gal 2 ¼ qt<br>OR<br>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                           |                                    |   |
| Vegetable oil  |                               | ½ cup                               |                                | 1 cup                              | 7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables.<br><br>CCP: Heat to 165° F or higher for at least 15 seconds. |
|  |                               |                                     |                                |                                    |   |
|  |                               |                                     |                                |                                    | 8. CCP: Hold for hot service at 135° F or higher.<br><br>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:

$\frac{3}{4}$  cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and  $\frac{5}{8}$  cup of vegetable.

### YIELD:

**25 Servings:** 11 lb 10 oz  
**50 Servings:** 23 lb 4 oz

### VOLUME:

**25 Servings:** 1 gallon 1 quart  
**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

|                     |         |                      |          |                      |         |
|---------------------|---------|----------------------|----------|----------------------|---------|
| <b>Calories</b>     | 223     | <b>Saturated Fat</b> | 1.73 g   | <b>Iron</b>          | 1.59 mg |
| <b>Protein</b>      | 22.53 g | <b>Cholesterol</b>   | 54 mg    | <b>Calcium</b>       | 52 mg   |
| <b>Carbohydrate</b> | 11.82 g | <b>Vitamin A</b>     | 12105 IU | <b>Sodium</b>        | 290 mg  |
| <b>Total Fat</b>    | 9.66 g  | <b>Vitamin C</b>     | 39.8 mg  | <b>Dietary Fiber</b> | 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   | 2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well blended. |
| Ground ginger        |             | ¾ tsp   |             | 1 ½ tsp |  |
| Worcestershire sauce |             | 1 Tbsp  |             | 2 Tbsp  |  |
| Catsup               | 1 lb 4 oz   | 2 cups  | 2 lb 8 oz   | 1 qt    | 3. Cover and place in refrigerator overnight to develop flavors.   |
| Cider vinegar        |             | ¼ cup   |             | ½ cup   |  |
| Low-sodium soy sauce |             | ½ cup   |             | 1 cup   | 4. Portion with 1 oz ladle (2 Tbsp).   |

| SERVING:                    | YIELD:                         | VOLUME:                              |
|-----------------------------|--------------------------------|--------------------------------------|
| 2 tablespoons (1 oz ladle). | <b>25 Servings:</b> 1 lb 14 oz | <b>25 Servings:</b> 3 ¼ cups         |
|                             | <b>50 Servings:</b> 3 lb 12 oz | <b>50 Servings:</b> 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

Dips, Sauces, and Toppings

C-05

| Nutrients Per Serving |        |                      |        |                      |         |
|-----------------------|--------|----------------------|--------|----------------------|---------|
| <b>Calories</b>       | 37     | <b>Saturated Fat</b> | 0.01 g | <b>Iron</b>          | 0.35 mg |
| <b>Protein</b>        | 0.68 g | <b>Cholesterol</b>   | 0 mg   | <b>Calcium</b>       | 8 mg    |
| <b>Carbohydrate</b>   | 9.25 g | <b>Vitamin A</b>     | 231 IU | <b>Sodium</b>        | 471 mg  |
| <b>Total Fat</b>      | 0.09 g | <b>Vitamin C</b>     | 3.5 mg | <b>Dietary Fiber</b> | 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   |                   |               |         | <ol style="list-style-type: none"> <li>Cut strawberries in half or quarters based on size, to match size of blueberries and raspberries.</li> <li>Combine strawberries, blueberries, and raspberries.</li> <li>Add sugar and toss lightly.</li> <li>Add flour and toss lightly.</li> <li>Stir cornstarch into lime juice until dissolved. Add lime juice to berries and toss until well mixed.</li> <li>Divide berry mixture evenly into steam table pans, 12"x20"x2 1/2", use 2 pans for 100 portions.</li> <li>Crumble biscuits by hand into bite-size pieces.</li> <li>Add sugars and mix with crumbled biscuits.</li> <li>Add buttermilk 1/2 cup at a time and mix until biscuits are moist but not wet.</li> <li>Divide mixture evenly among pans.</li> <li>Cover with foil, bake until filling is bubbly:<br/>Convection: 325° F for 40 minutes</li> <li>Cut full pans into 50 portions per pan.</li> </ol> |
| Blueberries, fresh or frozen                                    | 4 lbs 13 oz  |                   |               |         |   |
| Black or red raspberries, fresh or frozen                       | 2 lb 8 oz    |                   |               |         |   |
| Sugar, white, granulated  |              | 3 3/4 cups        |               |         |   |
| All-purpose flour, enriched                                     | 1 1/4 oz     | 1/4 cup 1 3/4 tsp |               |         |   |
| Cornstarch  | 1 oz         |                   |               |         |   |
| Lime juice  |              | 2/3 cup 1 tbsp    |               |         |   |
| Whole wheat biscuits, baked (Whole Wheat Biscuit Recipe p. 169) | 7 lb 5 oz    | 40 each (approx)  |               |         |   |
| Sugar, white, granulated  | 1 lb 4 oz    | 2 1/2 cups        |               |         |   |
| Sugar, brown  | 1 lb 4 oz    | 2 1/2 cups        |               |         |   |
| Low-fat buttermilk  |              | 1 qt 3 cups       |               |         |   |

|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  | Notes: <ul style="list-style-type: none"> <li>• Strawberries, fresh – 9 lb 3 oz food as purchased.</li> <li>• Blueberries, fresh – 5 lb 14 oz food as purchased.</li> <li>• Raspberries, fresh – 3 lb 1 oz food as purchased.</li> </ul> |
|--|--|--|--|--|--|

| Serving Size | 1 Serving Provides                             | Yield        |
|--------------|--|--------------|
| 1 piece      | ¼ 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                       |   |
| Reduced calorie salad dressing<br>OR<br>Lowfat mayonnaise | 11 oz<br>OR<br>11 oz           | 1 ¼ cups 2 Tbsp<br>OR<br>1 ¼ cups 2 Tbsp | 1 lb 5 ½ oz<br>OR<br>1 lb 5 ½ oz | 2 ¾ cups<br>OR<br>2 ¾ cups  | 2. In a bowl, combine dry mustard and salad dressing or mayonnaise. Allow to set for 5 minutes.   |
| Canned tuna, water-packed, chunk, drained                 | 1 lb 9 ¼ oz<br>(½ can 66 ½ oz) | 3 ½ cups                                 | 3 lb 2 ½ oz<br>(1 can 66 ½ oz)   | 1 qt 3 cups                 |   |
| *Fresh onions, chopped<br>OR<br>Dehydrated onions         |                                | ¼ cup<br>OR<br>2 Tbsp                    | 2 ½ oz                           | ¼ cup 3 Tbsp<br>OR<br>¼ cup | 3. In a large bowl, combine chopped eggs, mayonnaise mixture, drained tuna, onions, and celery.   |
| *Fresh celery, ¼" diced                                   | 8 oz                           | 2 cups                                   | 1 lb                             | 1 qt                        |   |
| Reduced fat Cheddar cheese, 1 oz slices                   | 12 oz                          | 12 slices<br>(1 oz each)                 | 1 lb 8 oz                        | 24 slices<br>(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<br>(at least 1.8 oz each)        |                                | 12 each                                  |                                  | 24 each                     |   |
|   |                                |  |                                  |                             | 5. Bake until cheese is melted:<br>Conventional oven: 350° F for 5 minutes<br>Convection oven: 325° F for 5 minutes<br><br>CCP: Heat to 145° F or higher for at least 15 seconds.           |
|   |                                |  |                                  |                             | 6. CCP: Hold for hot service at 135° F or higher.<br><br>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:

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.

### YIELD:

**24 Servings:** 3 lb 5 ½ oz (filling)  
4 lb 9 oz

**48 Servings:** 6 lb 11 oz (filling)  
9 lb 2 oz

### VOLUME:

**24 Servings:** 1 quart 2 ¼ cups (filling)  
24 sandwiches

**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

|                     |         |                      |        |                      |         |
|---------------------|---------|----------------------|--------|----------------------|---------|
| <b>Calories</b>     | 183     | <b>Saturated Fat</b> | 2.31 g | <b>Iron</b>          | 1.37 mg |
| <b>Protein</b>      | 14.36 g | <b>Cholesterol</b>   | 40 mg  | <b>Calcium</b>       | 189 mg  |
| <b>Carbohydrate</b> | 16.78 g | <b>Vitamin A</b>     | 164 IU | <b>Sodium</b>        | 462 mg  |
| <b>Total Fat</b>    | 6.20 g  | <b>Vitamin C</b>     | 0.8 mg | <b>Dietary Fiber</b> | 1.1 g   |

# Vegetable Chili

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-26

| 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<br>OR<br>Dehydrated onions           | 10 oz<br>OR<br>2 oz | 1 ¾ cups<br>OR<br>½ cup         | 1 lb 4 oz<br>OR<br>4 oz | 3 ½ cups<br>OR<br>1 cup            | 2. Add the chopped onions and sauté 3 minutes, until onions are translucent.  |
| *Fresh green peppers, chopped<br>OR<br>Frozen green peppers | 5 oz<br>OR<br>5 oz  | ¾ cup 2 Tbsp<br>OR<br>1 cup     | 10 oz<br>OR<br>10 oz    | 1 ¾ cups 2 Tbsp<br>OR<br>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<br>(½ No. 10 can)   | 6 lb 6 oz               | 3 qt<br>(1 No. 10 can)             |   |
| Canned diced tomatoes in juice, drained                     | 9 ¼ oz              | 1 cup 1 Tbsp<br>(½ No 2-½ can)  | 1 lb 2 ½ oz             | 2 cups 2 Tbsp<br>(1 No 2-½ can)    |   |
| Canned kidney beans, drained                                | 2 lb 12 ½ oz        | 1 qt 2 ¾ cups<br>(⅝ No. 10 can) | 5 lb 9 oz               | 3 qt 1 ½ cups<br>(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:

$\frac{3}{4}$  cup (6 oz ladle) provides the equivalent of 2 oz of cooked lean meat,  $\frac{3}{8}$  cup of vegetable, and the equivalent of  $\frac{1}{4}$  slice of bread.

### YIELD:

**25 Servings:** 10 lb 3 oz

**50 Servings:** 20 lb 6 oz

### VOLUME:

**25 Servings:** 1 gallon 2  $\frac{3}{4}$  cups

**50 Servings:** 2 gallons 1  $\frac{1}{2}$  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

|                     |         |                      |         |                      |         |
|---------------------|---------|----------------------|---------|----------------------|---------|
| <b>Calories</b>     | 222     | <b>Saturated Fat</b> | 3.75 g  | <b>Iron</b>          | 2.36 mg |
| <b>Protein</b>      | 14.57 g | <b>Cholesterol</b>   | 17 mg   | <b>Calcium</b>       | 333 mg  |
| <b>Carbohydrate</b> | 26.98 g | <b>Vitamin A</b>     | 1297 IU | <b>Sodium</b>        | 609 mg  |
| <b>Total Fat</b>    | 7.46 g  | <b>Vitamin C</b>     | 17.4 mg | <b>Dietary Fiber</b> | 6.4 g   |

# Volcano Potatoes



Week 3  
Friday  
Lunch

| Ingredients  | 12 Servings   | 24 Servings  | Directions   |
|--|---|--|--|
| <p>Sweet Potatoes, raw,<br/>Peeled*</p> <p>Butter</p> <p>Pepper</p> <p>Salt</p> <p>Paprika</p> <p>Milk, 1% low-fat</p> <p>Grated cheese, cheddar,<br/>or American</p> <p>*Recipe can also be made with white potatoes.</p> | <p>2 lb + 3 oz<br/>(~3 potatoes)</p> <p>1/8 cup</p> <p>To taste</p> <p>.5 tsp</p> <p>To taste</p> <p>1/4 cup</p> <p>1 Tbsp<br/>(shredded)</p> | <p>4 lb + 6 oz<br/>(~6 potatoes)</p> <p>1/4 cup</p> <p>To taste</p> <p>1 1/8 tsp</p> <p>To taste</p> <p>1/2 cup</p> <p>3 Tbsp<br/>(shredded)</p> | <p>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.</p> <p>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.</p> <p>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.</p> |

**Portion size for 3-5 year old: 1/4 cup**  
**Each serving provides: 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                               |               |         | <ol style="list-style-type: none"> <li>Place flour, dry milk, sugar, yeast and salt in mixer bowl.</li> <li>Blend with dough hook for approximately 2 minutes on low speed.</li> <li>Add oil and blend for approximately 2 minutes on low speed.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>Form rolls from dough by pinching off 2 oz pieces</li> </ol> |
| All-purpose flour, enriched   | 3 lb 8 oz    | 3 qt ¾ cup                                  |               |         |  |
| 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) |               |         |  |
| Water* (calculate water temperature by subtracting the temperature of the dry ingredients from 145°F) |              | 2 qt ½ cup                                  |               |         |  |
| Non-stick cooking spray   |              | As needed                                   |               |         |  |

|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  | <p>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.</p> <p>8. Place in a warm area (about 90°F) until double in size, approximately 45-60 minutes.</p> <p>9. Bake until lightly browned:<br/>         Conventional oven: 400°F for 18-20 minutes<br/>         Convection oven: 350°F for 12-14 minutes<br/>         Turn pans half-way through baking time to promote even baking. Recommended internal temperature for baked whole wheat rolls is 196-198°F.</p> <p>10. Rolls will have a better appearance if lightly sprayed with non-stick cooking spray when they come out of the oven.</p> <p>Notes:</p> <ul style="list-style-type: none"> <li>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.</li> </ul> |
|--|--|--|--|--|--|

| 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.

# Yogurt/Cereal/Fruit Parfait



Week 1  
Tuesday  
Breakfast

| Ingredients   | 10 Servings  | 25 Servings  | Directions  |
|---|--|--|---|
| Low-fat, plain yogurt<br>Low-sugar, whole grain cereal<br>Fruit (fresh or frozen) | 2 $\frac{1}{2}$ cups<br>3 $\frac{1}{3}$ cups<br>5 cups | 6 $\frac{1}{4}$ cups<br>8 $\frac{1}{3}$ cups<br>6 $\frac{1}{4}$ cups | Preferably in a see through glass, layer the yogurt, cereal and fruit.<br><br>Total, amongst the layers, there should be $\frac{1}{4}$ cup yogurt, $\frac{1}{3}$ cup cereal, and $\frac{1}{2}$ cup fruit. |

**Portion size for 3-5 year old: 1 parfait to include  $\frac{1}{4}$  cup yogurt,  $\frac{1}{3}$  cup cereal,  $\frac{1}{2}$  cup fruit**  
**Each serving provides:  $\frac{1}{2}$  oz meat alternate,  $\frac{1}{2}$  slice bread alternate,  $\frac{1}{2}$  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