



Georgia Department of  
Early Care and Learning



## CHILD AND ADULT CARE FOOD PROGRAM MENU PLANNING RESOURCE GUIDE

*"A compilation of tools and resources to assist  
with meal service planning and delivery"*

RELEASED DECEMBER 2017



Georgia Department of Early Care and Learning

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**Nathan Deal**  
Governor

**Amy M. Jacobs**  
Commissioner

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Dear Nutrition Program Partners,

I am writing to announce that the *Child and Adult Care Food Program Menu Planning Resource Guide* is now available for care facilities, shelters, afterschool programs, and all other organizations that participate in the federally-funded Child and Adult Care Food Program (CACFP). We hope this guidebook will be a resource that inspires you to find creative ways to serve healthy and nutritious meals to the children and adults in your care.

Bright from the Start: Georgia Department of Early Care and Learning (DECAL) is the state agency charged with meeting the early child care and education needs of Georgia's children. DECAL's Nutrition Services Division works with you, our partners, to eradicate hunger and ensure nutritious meals for all Georgians.

Effective, October 1, 2017, updated meal pattern requirements went into effect for the CACFP. These updated meal pattern requirements will require attention to and changes in snacks and meals served to children across this program. This guide provides recipes that are compliant with the updated meal pattern requirements. The updated standards now align with the National School Lunch Program (NSLP) and will make for even healthier meals and snacks for children.

Thank you for your commitment to the health and wellness of Georgia's most vulnerable citizens. We hope you find this resource helpful and easy to use.

Sincerely,

Falita Flowers  
Director, Nutrition Services

# INTRODUCTION

Centers and day care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children, older adults, and chronically impaired disabled persons through the provision of nutritious foods. Childcare providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

Through the Healthy, Hunger-Free Kids Act, USDA made the first major changes in the CACFP meals and snacks since the Program's inception in 1968, which will help ensure children and adults have access to healthy, balanced meals and snacks throughout the day. The updated CACFP nutrition standards will help safeguard the health of children early in their lives and improve the wellness of adults.

Under the updated CACFP nutrition standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. In addition, the standards encourage breastfeeding and better align the CACFP with the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and with other Child Nutrition Programs.

The updated standards for meals and snacks served in the CACFP are based on the Dietary Guidelines for Americans, science-based recommendations made by the National Academy of Medicine, cost and practical considerations, and stakeholders input. These improvements are expected to enhance the quality of meals served in CACFP to help young children learn healthy eating habits early on in their lives and improve the wellness of adult participants.

**This menu planner serves as a guide to assist providers in implementing the updated Meal Pattern. Materials include:**

1. The CACFP Meal Pattern;
2. Requirements for each component;
3. Best Practices;
4. 4 weeks of cycle menus (Children Ages 3-5, Adults, At-Risk);
5. 50 CACFP reimbursable recipes with nutritional information; and
6. Recipe conversion instructions.

The menus and recipes included in this document are suggestions. When making substitutions, you must use items from the same food component. Failure to do so may result in meal disallowances and/or loss of reimbursement.

**For additional information contact: [NutritionTA@dec.al.ga.gov](mailto:NutritionTA@dec.al.ga.gov)**

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Office of the Assistant Secretary for Civil Rights  
  
1400 Independence Avenue, SW Washington,  
  
D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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# CACFP Meal Pattern, effective October 1, 2017

## INFANT MEAL PATTERN

### BREAKFAST, LUNCH AND SUPPER

Birth through 5 months	6 through 11 months
4 – 6 ounces breastmilk or formula	6-8 fluid ounces breastmilk or formula ; <b>and</b>  0-4 tablespoons infant cereal meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½cup of yogurt; or  a combination of the above; <b>and</b>  0-2 tablespoons vegetable or fruit or a combination of both

### SNACK

Birth through 5 months	6 through 11 months
4 – 6 ounces breastmilk or formula	2-4 fluid ounces breastmilk or formula; <b>and</b>  0-½ slice bread; or 0-2 crackers; or 0-4 tablespoons infant cereal, or Ready-to-eat breakfast cereal; <b>and</b>  0-2 tablespoons vegetable or fruit or a combination of both

1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
5. For snack, a serving of grains must be whole grain-rich, enriched meal, or enriched flour.
6. For snack, vegetables and/or fruits are required when infants are developmentally ready to accept them.
7. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
8. A serving of vegetable, fruit, or meat/meat alternates is required when the infant is developmentally ready to accept it.
9. Fruit and vegetable juices must not be served.
10. As part of offering a meal that is compliant with the CACFP infant meal pattern requirements, centers and day care homes with infants in care must offer at least one type of iron-fortified infant formula (7CFR 226.20(b)).

# CACFP Meal Pattern, effective October 1, 2017

## CHILD MEAL PATTERN

### BREAKFAST

FOOD COMPONENTS	AGES 1-2	AGES 3-5	AGES 6-12
<b>Fluid Milk</b>	4 fluid ounces ½ cup	6 fluid ounces ¾ cup	8 fluid ounces 1 cup
<b>Vegetables, fruits, or portions of both</b>	¼ cup	½ cup	½ cup
<b>Grains</b> Whole grain-rich or enriched bread; or Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta; or Whole grain-rich, enriched or fortified ready- to-eat breakfast cereal(dry/cold)	½ slice ½ serving  ¼ cup	½ slice ½ serving  ¼ cup	1 slice 1 serving  ½ cup
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup

1. Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.
2. Milk must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
4. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
5. Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
6. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
7. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
8. Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; ⅓ cup for children ages 3-5; and ¾ cup for children ages 6-12.

# CACFP Meal Pattern, effective October 1, 2017

## CHILD MEAL PATTERN

### LUNCH AND SUPPER

FOOD COMPONENTS	AGES 1-2	AGES 3-5	AGES 6-12
<b>Fluid Milk</b>	4 fluid ounces ½ cup	6 fluid ounces ¾ cup	8 fluid ounces 1 cup
<b>Meat/meat alternates</b> Lean Meat, poultry, or fish Tofu, soy product or alternate protein products Cheese Large egg Cooked dry beans or peas Nut or seed butters Yogurt, plain or flavored unsweetened or sweetened  Nuts or seeds as listed in the program guidance may be used to meet <b>no more than 50%</b> of the requirement	1 ounce     ½ ¼ cup 2 Tbsp. 4 ounces or ½ cup  ½ ounce = 50%	1 ½ ounce     ¾ ¾ cup 3 Tbsp. 6 ounces or ¾ cup  ¾ ounce = 50%	2 ounces     1 ½ cup 4 Tbsp. 8 ounces or 1 cup  1 ounce = 50%
<b>Vegetables</b>	⅞ cup	¼ cup	½ cup
<b>Fruits</b>	⅞ cup	¼ cup	¼ cup
<b>Grains</b> Whole grain-rich or enriched bread; or Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	½ slice ½ serving  ¼ cup	½ slice ½ serving  ¼ cup	1 slice 1 serving  ½ cup

1. Must serve all five components for a reimbursable meal.
2. Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
3. Alternate protein products must meet the requirements in Appendix A to Part 226.
4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
5. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
6. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
7. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
8. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

# CACFP Meal Pattern, effective October 1, 2017

## CHILD MEAL PATTERN

### SNACK

FOOD COMPONENTS	AGES 1-2	AGES 3-5	AGES 6-12
<b>Fluid Milk</b>	4 fluid ounces ½ cup	6 fluid ounces ¾ cup	8 fluid ounces 1 cup
<b>Meat/meat alternates</b> Lean Meat, poultry, or fish Tofu, soy product or alternate protein products Cheese Large egg Cooked dry beans or peas Nut or seed butters Yogurt, plain or flavored unsweetened or sweetened Peanuts, soy nuts, tree nuts, or seeds	½ ounce    ½ ⅛ cup 1 Tbsp. 2 ounces or ¼ cup ½ ounce	½ ounce    ½ ⅛ cup 1 Tbsp. 2 ounces or ¼ cup ½ ounce	1 ounce    ½ ¼ cup 2 Tbsp. 4 ounces or ½ cup 1 ounce
<b>Vegetables</b>	½ cup	½ cup	¾ cup
<b>Fruits</b>	½ cup	½ cup	¾ cup
<b>Grains</b> Whole grain-rich or enriched bread; or Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta; or Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal(dry/cold) Flakes or rounds Puffed cereal Granola	½ slice ½ serving  ¼ cup  ½ cup ¾ cup ⅛ cup	½ slice ½ serving  ¼ cup  ½ cup ¾ cup ⅛ cup	1 slice 1 serving  ½ cup  1 cup 1 ¼ cup ¼ cup

1. Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
2. Milk must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
3. Alternate protein products must meet the requirements in Appendix A to Part 226.
4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
5. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
6. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
7. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
9. Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; and ¾ cup for children ages 6-12.

# CACFP Meal Pattern, effective October 1, 2017

## ADULT MEAL PATTERN

### BREAKFAST

#### FOOD COMPONENTS

<b>Fluid Milk</b>	8 fluid ounces 1 cup
<b>Vegetables, fruits, or portions of both</b>	½ cup
<b>Grains</b> Whole grain-rich or enriched bread; or Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta; or Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal(dry/cold) Flakes or rounds Puffed cereal Granola	2 slices 2 servings 1 cup 2 cups 2 ½ cups ½ cup
<ol style="list-style-type: none"> <li>1. Must serve all three components for a reimbursable meal. Offer versus serve is an option for adult participants.</li> <li>2. Milk must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.</li> <li>3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.</li> <li>4. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.</li> <li>5. Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.</li> <li>6. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.</li> <li>7. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).</li> <li>8. Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1 ½ cups for adults.</li> </ol>	

# CACFP Meal Pattern, effective October 1, 2017

ADULT MEAL PATTERN	
LUNCH AND SUPPER	
FOOD COMPONENTS	
<b>Fluid Milk</b>	8 fluid ounces 1 cup
<b>Meat/meat alternates</b> Lean Meat, poultry, or fish Tofu, soy product or alternate protein products Cheese Large egg Cooked dry beans or peas Peanut butter or soy nut butter or another nut or seed butter Yogurt, plain or flavored unsweetened or sweetened  Nuts or seeds as listed in the program guidance may be used to meet <b>no more than 50%</b> of the requirement	2 ounces     1 ½ cup 4 Tbsp. 8 ounces or 1 cup  1 ounce = 50%
<b>Vegetables</b>	½ cup
<b>Fruits</b>	½ cup
<b>Grains</b> Whole grain-rich or enriched bread; or Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	2 slices 2 servings  1 cup
<ol style="list-style-type: none"> <li>1. Must serve all five components for a reimbursable meal. Offer versus serve is an option for adult participants.</li> <li>2. Milk must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.</li> <li>3. A serving of fluid milk is optional for suppers served to adult participants.</li> <li>4. Alternate protein products must meet the requirements in Appendix A to Part 226.</li> <li>5. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</li> <li>6. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.</li> <li>7. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.</li> <li>8. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.</li> <li>9. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.</li> <li>10. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).</li> </ol>	

# CACFP Meal Pattern, effective October 1, 2017

## ADULT MEAL PATTERN

### SNACK

FOOD COMPONENTS	
<b>Fluid Milk</b>	8 fluid ounces 1 cup
<b>Meat/meat alternates</b> Lean Meat, poultry, or fish Tofu, soy product or alternate protein products Cheese Large egg Cooked dry beans or peas Nut or seed butters  Yogurt, plain or flavored unsweetened or sweetened  Peanuts, soy nuts, tree nuts, or seeds	1 ounce    $\frac{1}{2}$ $\frac{1}{4}$ cup 2 Tbsp.  4 ounces or $\frac{1}{2}$ cup  1 ounce
<b>Vegetables</b>	$\frac{1}{2}$ cup
<b>Fruits</b>	$\frac{1}{2}$ cup
<b>Grains</b> Whole grain-rich or enriched bread; or Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta; or Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal(dry/cold) Flakes or rounds Puffed cereal Granola	1 slice 1 serving $\frac{1}{2}$ cup  1 cup 1 $\frac{1}{4}$ cup $\frac{1}{4}$ cup
<ol style="list-style-type: none"> <li>1. Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.</li> <li>2. Milk must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk. Six ounces (weight) or <math>\frac{3}{4}</math> cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.</li> <li>3. Alternate protein products must meet the requirements in Appendix A to Part 226.</li> <li>4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</li> <li>5. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.</li> <li>6. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.</li> <li>7. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.</li> <li>8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).</li> <li>9. Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1 <math>\frac{1}{2}</math> cups for adults.</li> </ol>	

# CACFP Meal Pattern, effective October 1, 2017

AT-RISK AFTER SCHOOL PROGRAMS AND EMERGENCY SHELTERS			
AGES 13-18			
FOOD COMPONENTS	BREAKFAST	LUNCH/SUPPER	SNACK
<b>Fluid Milk</b>	8 fluid ounces 1 cup	8 fluid ounces 1 cup	8 fluid ounces 1 cup
<b>Meat/meat alternates</b> Lean Meat, poultry, or fish Tofu, soy product or alternate protein products Cheese Large egg Cooked dry beans or peas Nut or seed butters Yogurt, plain or flavored unsweetened or sweetened Peanuts, soy nuts, tree nuts, or seeds (Nuts or seeds as listed in the program guidance may be used to meet no more than 50% of the Lunch/Supper requirement)		2 ounce  1 ½ cup 4 Tbsp. 8 ounces or 1 cup  1 ounce = 50%	1 ounce  ½ ¼ cup 2 Tbsp. 4 ounces or ½ cup  1 ounce
<b>Vegetables, fruits or portions of both</b>	½ cup		
<b>Vegetables</b>		½ cup	¾ cup
<b>Fruits</b>		¼ cup	¾ cup
<b>Grains</b> Whole grain-rich or enriched bread; or Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin; or Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta; or Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal(dry/cold) Flakes or rounds Puffed cereal Granola	1 slice 1 serving  ½ cup  1 cup 1 ¼ cup ¼ cup	1 slice 1 serving  ½ cup	1 slice 1 serving  ½ cup  1 cup 1 ¼ cup ¼ cup
CONTINUED ON THE NEXT PAGE			

# CACFP Meal Pattern, effective October 1, 2017

## AT-RISK AFTER SCHOOL PROGRAMS AND EMERGENCY SHELTERS

### AGES 13-18 - CONTINUED

1. Must serve all three components for a reimbursable breakfast, all five components for a reimbursable lunch, and select two of the five components for snack. For snacks, only one of the two components may be a beverage. Offer versus serve is an option for at-risk afterschool participants.
2. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
3. Milk must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
4. Alternate protein products must meet the requirements in Appendix A to Part 226.
5. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
6. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
7. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
8. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement. When snack is the only meal served in an at-risk snack program, all grain items served must be whole grain.
9. Meat and meat alternates may be used to meet the entire grains requirement for breakfast a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
10. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
11. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
12. Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is  $\frac{1}{4}$  cup for children ages 1-2;  $\frac{1}{3}$  cup for children ages 3-5; and  $\frac{3}{4}$  cup for children ages 6-12 and ages 13- 18.
13. Nuts and seeds may meet only  $\frac{1}{2}$  of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch/supper requirement.

# BEST PRACTICES

## INFANT MEALS

Infants enrolled for care at a participating CACFP center or day care home must be offered a meal that complies with the CACFP infant meal pattern requirements (7 CFR 226.20(b)). Once an infant is developmentally ready to accept solid foods, the center or day care home is required to offer them to the infant. Parents or guardians may only supply one component of the reimbursable meal.

Tofu and soy yogurt are not allowed in the infant meal pattern. Honey, and foods that contain honey, should never be fed to babies less than 1 year of age. Honey may contain substances that can cause “infant botulism,” a serious type of food-related illness that can make a baby very sick.

Infants do not eat on a strict meal schedule. Instead, infants must be fed during a span of time that is consistent with the infant’s eating habits. Feed infants when they show signs of being hungry;

1

Look for “Infant Formula with Iron” or a similar statement on the front of the formula package.

2

Served solid foods infants around 6 months of age, as it is developmentally appropriate for each individual infant.

3

Do not serve juice to infants of any age.

4

Serve yogurt or whole eggs as a meat alternate when infants are developmentally ready.

5

Keep records of menus to document meals offered to infants.

6

Talk with infants’ parents or guardians about the introduction of solid foods and share the signs for developmental readiness.

# BEST PRACTICES

## BREASTFEEDING

Providers and caregivers are encouraged to support breastfeeding. It is the ideal source of nutrients for infants because it provides essential nutrients needed for healthy growth and development. Serve only breastmilk and infant formula to infants, birth through the end of 5 months, as developmentally appropriate. In the updated meal pattern requirements, providers may receive reimbursement for meals when a breastfeeding mother comes to the childcare setting and directly breastfeeds her infant. Support mothers who choose to breastfeed their infants by:

1

Encouraging mothers to supply breastmilk while their infant(s) are in child care;

2

Providing a quiet, private area, that is comfortable, safe, and sanitary for mothers to breastfeed at the facility.

3

Developing a breastfeeding policy that shows your commitment to encouraging breastfeeding in your child care setting;

4

Discussing with parents or guardians your commitment to infants and their growth and development as it relates to breastmilk; and

5

Sharing information about other places in the community that can answer questions and concerns about breastfeeding.

6

In the *Pediatric Nutrition Handbook, 7th Edition*, the AAP recommends an optimal storage time of 72 hours for refrigerated expressed breastmilk. Accordingly, to follow current scientific recommendations, breastmilk may be stored at the center or day care home in a refrigerator for up to 72 hours from the date the breastmilk was expressed.

7

Breastmilk is an allowable substitute for formula or fluid milk at any age if a mother chooses to breastfeed her child past 1 year of age.

8

Allow a one month transition period to allow children to adjust to the change between breast milk and cow's milk and whole milk to reduced fat milk. Contact [NutritionTA@decal.ga.gov](mailto:NutritionTA@decal.ga.gov) for more information.

## MILK

Milk is a critical component of the CACFP meal pattern requirements because it provides children with vital nutrients for growth and wellness, such as protein, calcium, vitamin D, and potassium. Flavored milk, however, contains added sugars.

The Dietary Guidelines for Americans found that added sugar consumption is particularly high in children, and recommend that all Americans reduce their consumption of added sugars. USDA encourages all CACFP participants to serve only unflavored milk for all age groups.

If flavored milk is served to children 6 years old and older, or adults, serve milk that contains no more than 22 grams of sugar per 8 fluid ounces.



# BEST PRACTICES

## MEAT/MEAT ALTERNATES

Meat/meat alternates are great sources of protein and many other essential nutrients such as vitamins B and E, calcium, and magnesium. They are also good sources of zinc and iron. However, eating too many processed meats and high-fat proteins increases the risk of obesity and other health issues. USDA encourages all CACFP sites to serve only lean meats, nuts, and legumes.

### In addition:

1. Limit processed meats to no more than one serving per week
2. Only serve natural cheeses and choose low-fat or reduced-fat cheeses
3. Choose lean ground beef
4. Buy skinless chicken parts or remove the skin before cooking
5. Vary your protein choices
6. Choose beans, peas or tofu as part of a main dish or part of a meal

A meat/meat alternate may replace the entire grains component at breakfast a maximum three times per week.

## VEGETABLES AND FRUITS

Most Americans and children do not consume enough vegetables and fruits. CACFP operators are encouraged to increase the total amount of vegetables and fruits served in child and adult care settings by:

1. Serving at least a vegetable or fruit at snack;
2. Serving a variety of fruits and choose whole fruits, such as those that are fresh, canned, frozen, or dried more often than juice;
3. Providing at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week. USDA has published a list of vegetable subgroups; and
4. Incorporating seasonal and locally produced foods into meals.

# BEST PRACTICES

## GRAINS

Similar to vegetables and fruits, the Dietary Guidelines for Americans found that most Americans do not consume enough whole grains in their diet. Whole grains are a great source of iron, B vitamins, and dietary fiber. In order to promote consumption of more whole grains, start by making half of your grains whole grains and providing at least two servings of whole grain-rich grains per day. Start small by incorporating whole grain pasta and brown rice into recipes you currently use.



## WATER

Make water available to children at all times throughout the day. Encourage children to drink water during play, at snacks and as a second beverage option after serving milk at meals. Although not required, make water available at adult day care centers upon request.

Water cannot be substituted for milk at meals. It is not creditable as a food component.



# WEIGHTS AND MEASURES

## RECIPE ABBREVIATIONS

approx. = approximate  
 tsp or t = teaspoon  
 Tbsp or T = tablespoon  
 c = cup  
 pt = pint  
 qt = quart  
 gal = gallon  
 wt = weight  
 oz. = ounce  
 lb or # = pound (e.g., 3#)  
 g = gram kg = kilogram  
 vol = volume  
 mL = milliliter  
 L = liter  
 fl oz. = fluid ounce  
 No. or # = number (e.g., #3)  
 in. or " = inches (e.g., 12")  
 °F = degree Fahrenheit  
 °C = degree Celsius or centigrade

## EQUIVALENT WEIGHTS

16 oz. = 1 lb = 1.000 lb  
 12 oz. = 3/4 lb = 0.750 lb  
 8 oz. = 1/2 lb = 0.500 lb  
 4 oz. = 1/4 lb = 0.250 lb  
 1 oz. = 1/16 lb = 0.063 lb

## METRIC EQUIVALENT BY VOLUME

Customary Unit (fl oz.)		Metric Unit
1 cup (8 fl oz.)	=	236.59 mL
1 quart (32 fl oz.)	=	946.36 mL
1.5 quarts (48 fl oz.)	=	1.42 L
33.818 fl oz.	=	1.0 L

## VOLUME EQUIVALENTS FOR LIQUIDS

60 drops = 1 tsp  
 1 Tbsp = 3 tsp = 0.5 fl oz.  
 1/8 cup = 2 Tbsp = 1 fl oz.  
 1/4 cup = 4 Tbsp = 2 fl oz.  
 1/3 cup = 5 Tbsp + 1 tsp = 2.65 fl oz.  
 3/8 cup = 6 Tbsp = 3 fl oz.  
 1/2 cup = 8 Tbsp = 4 fl oz.  
 5/8 cup = 10 Tbsp = 5 fl oz.  
 2/3 cup = 10 Tbsp + 2 tsp = 5.3 fl oz.  
 3/4 cup = 12 Tbsp = 6 fl oz.  
 7/8 cup = 14 Tbsp = 7 fl oz.  
 1 cup = 16 Tbsp = 8 fl oz.  
 1/2 pint = 1 cup = 8 fl oz.  
 1 pint = 2 cups = 16 fl oz.  
 1 quart = 2 pt = 32 fl oz.  
 1 gallon = 4 qt = 128 fl oz.

## METRIC EQUIVALENTS BY WEIGHT

Customary Unit		Metric Unit
Ounces (oz.)	to	Grams (g)
1 oz.	=	28.35 g
4oz.	=	113.4 g
8oz.	=	226.8 g
16 oz.	=	453.6 g
Pounds (lb)	to	Grams (g)
1 lb	=	453.6 g
2 lb	=	907.2 g
Pounds (lb)	to	Kilograms (kg)
2.2 lb	=	1 kg 1000 g

# WEIGHTS AND MEASURES

Ladle fl oz.	Approx. Measure	Portion Server fl oz.
1 oz.	$\frac{1}{8}$ cup	1 oz.
2 oz.	$\frac{1}{4}$ cup	2 oz.
3 oz.	$\frac{3}{8}$ cup	3 oz.
4 oz.	$\frac{1}{2}$ cup	4 oz.
6 oz.	$\frac{3}{4}$ cup	6 oz.
8 oz.	1 cup	8 oz.
12 oz.	1 $\frac{1}{2}$ cups	----

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz." would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

SCOOPS (DISHERS)	
SIZE/NO.	LEVEL MEASURE
6	$\frac{2}{3}$ cup
8	$\frac{1}{2}$ cup
10	$\frac{3}{8}$ cup
12	$\frac{1}{3}$ cup
16	$\frac{1}{4}$ cup
20	3- $\frac{1}{3}$ Tbsp
24	2- $\frac{2}{3}$ Tbsp
30	2 Tbsp
40	1 $\frac{2}{3}$ Tbsp
50	3- $\frac{3}{4}$ tsp
60	3- $\frac{1}{4}$ tsp
70	2- $\frac{3}{4}$ tsp
100	2 tsp

Scoops are left or right hand or squeeze-type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart. For example, eight No. 8 scoops = 1 quart.

## FRACTION TO DECIMAL EQUIVALENTS

$\frac{1}{8} = 0.125$
$\frac{1}{4} = 0.250$
$\frac{1}{3} = 0.333$
$\frac{3}{8} = 0.375$
$\frac{1}{2} = 0.500$
$\frac{5}{8} = 0.625$
$\frac{2}{3} = 0.666$
$\frac{3}{4} = 0.750$
$\frac{7}{8} = 0.875$

# FRUITS & VEGETABLES BY COLOR CATEGORY

## YELLOW/ ORANGE

Yellow Apples  
 Apricots  
 Yellow Beets  
 Butternut Squash  
 Cantaloupe  
 Cape Gooseberries  
 Yellow Figs  
 Grapefruit  
 Golden Kiwifruit  
 Lemon  
 Mangoes  
 Nectarines  
 Oranges  
 Papayas  
 Peaches  
 Yellow Pears  
 Yellow Peppers  
 Persimmons  
 Pineapples  
 Yellow Potatoes  
 Pumpkin  
 Rutabagas  
 Yellow Summer  
 Squash  
 Sweet Corn  
 Sweet Potatoes  
 Tangerines  
 Yellow Tomatoes

## BLUE/PURPLE

Purple Asparagus  
 Purple Belgian Endive  
 Blackberries  
 Black Currants  
 Black Salsify  
 Blueberries  
 Purple Carrots  
 Dried Plums  
 Eggplant  
 Elderberries  
 Purple Figs  
 Purple Grapes  
 Purple Peppers  
 Plums  
 Potatoes  
 (purple flesh)  
 Purple Cabbage  
 Raisins

## RED

Red Apples  
 Beets  
 Blood Oranges  
 Cherries  
 Cranberries  
 Pink/Red Grapefruit  
 Red Grapes  
 Red Onions  
 Red Pears  
 Red Peppers  
 Pomegranates  
 Red Potatoes  
 Radicchio  
 Radishes  
 Raspberries  
 Rhubarb  
 Strawberries  
 Tomatoes  
 Watermelon

## WHITE

Bananas  
 Brown Pears  
 Cauliflower  
 Dates  
 Garlic  
 Ginger  
 Jerusalem  
 Artichokes  
 Jicama  
 Kohlrabi  
 Mushrooms  
 White  
 Nectarines  
 Onions  
 Parsnips  
 White Corn  
 White Peaches  
 Potatoes  
 (White Flesh)  
 Shallots  
 Turnips

## GREEN

Green Apples  
 Artichokes  
 Arugula  
 Asparagus  
 Avocados  
 Green Beans  
 Broccoli  
 Broccoli Rabe  
 Brussels Sprouts  
 Green Cabbage  
 Celery  
 Chayote Squash  
 Chinese Cabbage  
 (Napa/Boc Choy)  
 Cucumbers  
 Endive  
 Green Grapes  
 Honeydew Melon  
 Kiwifruit  
 Leafy greens  
 Leeks  
 Lettuce  
 Limes  
 Okra  
 Green Onion  
 Peas  
 (Green, Snap, Snow)  
 Green Pears  
 Green Pepper  
 Spinach

# SEASONAL FRUITS & VEGETABLES

FALL	WINTER	SPRING	SUMMER
SEPTEMBER OCTOBER NOVEMBER	DECEMBER JANUARY FEBRUARY	MARCH APRIL MAY	JUNE JULY AUGUST
<ul style="list-style-type: none"> <li>• Apples</li> <li>• Broccoli</li> <li>• Brussels Sprouts</li> <li>• Cabbage</li> <li>• Chinese Cabbage</li> <li>• Cauliflower</li> <li>• Celery Root</li> <li>• Chicory</li> <li>• Cranberries</li> <li>• Cucumbers</li> <li>• Dates</li> <li>• Eggplant</li> <li>• Fennel</li> <li>• Grapes</li> <li>• Greens</li> <li>• Lettuce: Head or Iceberg</li> <li>• Leaf Lettuce</li> <li>• Mushrooms</li> <li>• Nuts</li> <li>• Okra</li> <li>• Mandarin Oranges</li> <li>• Pears</li> <li>• Chili Peppers</li> <li>• Sweet Peppers</li> <li>• Persimmons</li> <li>• Pomegranates</li> <li>• Pumpkin</li> <li>• Quince</li> <li>• Shallots</li> <li>• Spinach</li> <li>• Winter Squash</li> <li>• Star Fruit</li> <li>• Sweet Potatoes</li> <li>• Turnips</li> </ul>	<ul style="list-style-type: none"> <li>• Avocados</li> <li>• Broccoli</li> <li>• Brussels Sprouts</li> <li>• Cabbage</li> <li>• Chinese Cabbage</li> <li>• Cauliflower</li> <li>• Celery Root</li> <li>• Chicory</li> <li>• Dates</li> <li>• Fennel</li> <li>• Grapefruit</li> <li>• Greens</li> <li>• Lemons</li> <li>• Wild Mushrooms</li> <li>• Mandarin Oranges</li> <li>• Sweet Oranges</li> <li>• Pears</li> <li>• Spinach</li> <li>• Sweet Potatoes</li> <li>• Tangerines</li> <li>• Turnips</li> </ul>	<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Avocados</li> <li>• Basil</li> <li>• Beans</li> <li>• Beets</li> <li>• Berries</li> <li>• Broccoli</li> <li>• Cabbage</li> <li>• Chinese Cabbage</li> <li>• Cucumbers</li> <li>• Lettuce: Head or Iceberg</li> <li>• Mangoes</li> <li>• Okra</li> <li>• Sweet Oranges</li> <li>• Papayas</li> <li>• Peas</li> <li>• Chili Peppers</li> <li>• Sweet Peppers</li> <li>• Radishes</li> <li>• Rhubarb</li> <li>• Shallots</li> <li>• Spinach</li> <li>• Summer Squash</li> <li>• Turnips</li> </ul>	<ul style="list-style-type: none"> <li>• Apricots</li> <li>• Basil</li> <li>• Beans</li> <li>• Beets</li> <li>• Blackberries</li> <li>• Blueberries</li> <li>• Boysenberries</li> <li>• Carrots</li> <li>• Cherries</li> <li>• Collards</li> <li>• Corn</li> <li>• Cucumbers</li> <li>• Dates</li> <li>• Figs</li> <li>• Grapes</li> <li>• Green Beans</li> <li>• Limes</li> <li>• Mangoes</li> <li>• Melons</li> <li>• Nectarines</li> <li>• Okra</li> <li>• Peaches</li> <li>• Pears</li> <li>• Chili Peppers</li> <li>• Sweet Peppers</li> <li>• Plums</li> <li>• Raspberries</li> <li>• Summer Squash</li> <li>• Tomatoes</li> <li>• Watermelon</li> </ul>

# WHEN IS GEORGIA PRODUCE IN SEASON?

## WHEN IS GEORGIA PRODUCE IN SEASON?

Apples	August-November	Irish Potatoes	June-August
Beans	June-September	Sweet Potatoes	August-November
Blueberries	June-July	Squash	June-July
Cabbage	April-May & July-August	Strawberries	April-June
Cantaloupes	June-July	Tomatoes	June-July
Carrots	January-May	Vidalia Onions	May-June
Corn	June	Watermelon	June-August
Cucumbers	June		
Grapes	June-August		
Greens	January-February		
Okra	June		
Peaches	May-August		
Pears	August-October		
Peppers	July		

# IDENTIFYING GRAINS IN CACFP

## WHOLE GRAINS

Under the updated meal patterns, at least one serving of grains per day must be whole grain-rich (7 CFR 226.20(a)(4)(i)(A)). Foods that meet the whole grain-rich criteria are foods that contain 100 percent whole grains, or that contain at least 50 percent whole grains and the remaining grains in the food are enriched. This whole grain-rich requirement only applies to meals served to children and adults; it does not apply to infant meals. bran, germ, and endosperm as the original grain, it is considered a whole grain.

**a.**

The food is  
labeled as  
“whole wheat”

**b.**

The product includes one of the  
following Food and Drug  
Administration approved whole-grain  
health claims on its packaging:

“Diets rich in whole grain foods and  
other plant foods and low in total fat,  
saturated fat, and cholesterol may  
reduce the risk of heart disease and  
some cancers.”

OR

“Diets rich in whole grain foods and  
other plant foods, and low in  
saturated fat and cholesterol, may  
help reduce the risk of heart disease.”

**c.**

Proper documentation  
(from a manufacturer  
or a standardized  
recipe) demonstrates  
that whole grains are  
the primary grain  
ingredient by weight.

When identifying creditable grain products, centers and day care homes should use the rule of three: make sure the first grain ingredient (or second after water), is whole or enriched, and the next two grain ingredients (if any) are whole grains, enriched grains, bran, or germ. If the product has the statement “contains 2% or less,” any ingredients listed after that are considered insignificant. They do not need to be considered in the rule of three. For example, an ingredient list may state “contains less than 2% of wheat flour and corn starch.” In this example, the wheat flour and corn starch can be disregarded.



# IDENTIFYING GRAINS IN CACFP

## WHOLE GRAINS

Whole grains consist of the entire cereal grain seed or kernel. The kernel has three parts—the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.

When looking for “whole grain-rich” foods, there are some key terms to remember to ensure you purchase just what you need.

The word  
“whole” listed  
before a grain,  
for example,  
whole corn.

The words berries  
and groats are  
also used to  
designate whole  
grains, for example,  
wheat berries, or  
oat groats.

Rolled oats and  
oatmeal  
(including  
old-fashioned,  
quick-cooking,  
and instant  
oatmeal).

## ENRICHED GRAINS

Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients include



1. thiamin (vitamin B1, thiamin mononitrate,
2. thiamin hydrochloride);
3. riboflavin (vitamin B2);
4. niacin (vitamin B3, niacinamide);
5. folic acid (folate); and
6. iron (reduced iron, ferrous sulfate).

## FORTIFIED GRAINS

Fortified grains contain the five enrichment nutrients plus additional vitamins and minerals that do not exist naturally in grains, such as vitamins A, C, D, E, B6 (pyridoxine hydrochloride), vitamin B12 (cobalamin), pantothenic acid, phosphorous, magnesium, and zinc. Manufacturers choose which and how many nutrients to add. A fortified cereal lists the five enrichment nutrients and additional nutrients in the ingredients statement.

# MENU CHECKLIST FOR CHILDREN AND ADULTS



1. Juice is limited to once per day.
2. A vegetable and fruit must be served during lunch and supper meals. The vegetable component may be substituted for a fruit at lunch and supper meals; when two vegetables are served, they are two different kinds of vegetables.
3. At least one serving of grains per day must be whole grain rich.
4. Meat/meat alternate may replace the entire grains component at breakfast a maximum three times per week.
5. Yogurt may replace milk once per day for adults only.
6. The appropriate type of milk is listed for each age group:
  1. Age 1 year: Unflavored whole milk;
  2. Age 2-5 years: Unflavored low-fat or fat free milk; and
  3. Ages 6-18 years and Adults: Unflavored low-fat, unflavored fat-free, or flavored fat-free milk.
7. No food items are deep-fat fried on-site.
8. Breakfast cereals contain no more than 6 grams of sugar per dry ounce.
9. Yogurt contains no more than 23 grams of sugar per 6 ounces.
10. Tofu and soy yogurt may be served as a meat alternate.
11. No grain-based desserts are included on the menu.
12. Serving sizes are correct for each age group.

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- USDA Memo CACFP 01-2018, October 19, 2017: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers

# RECIPE ADJUSTMENTS

## Recipe Adjustments – Factor Method

Most recipes are standardized to yield 25 – 50 or 50 – 100 servings. Since most child care centers have enrollment numbers less or greater than these numbers, recipes may require adjustments to increase or decrease the servings. USDA's Recipes for Child Care provides a formula to accurately adjust the yield of recipes. The factor method helps you to calculate the quantities of food needed in a recipe.

### How To Calculate the Quantities of Food Needed in a Recipe:

Convert each ingredient of the original recipe to provide the weight or volume of food to use in the adjusted recipe. Ingredient conversions can be calculated using two easy steps.

Ingredients	25 Servings		50 Servings		Instructions
	Weight	Measure	Weight	Measure	
*Cooked chicken or turkey, chopped	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt	1. Combine chicken or turkey, apples, onion, celery, grapes, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Turned 2 to 3 times per day approximately 1 qt of 1/2 cup mayonnaise per 25 servings, use 2 parts per 50 servings, add 1/2 cup.
*Fresh celery, chopped	11 oz	2 1/2 cups 2 Tbsp	1 lb 8 oz	1 qt 1 1/2 cups	
*Fresh apples, chopped	8 oz	1 cup	12 oz	2 cups	
*Dry mustard	1/2 oz	1 Tbsp	1 oz	2 Tbsp	
*Fresh grapes, whole	7 1/2 oz	1 1/2 cups 2 Tbsp	15 oz	3 cups	
*Onion	1 oz	1/2 cup	2 oz	1 cup	
*Dry mustard	1/2 oz	1 Tbsp	1 oz	2 Tbsp	
*Reduced sodium salad dressing	12 oz	1 1/2 cups 2 Tbsp	1 lb 10 oz	2 1/2 cups	2. Cook to 160°F within 2 hours and then 160°F to 165°F or lower within an additional 4 hours.
*Unsalted mayonnaise	12 oz	1 1/2 cups 2 Tbsp	1 lb 10 oz	2 1/2 cups	3. Mix lightly before serving.

\* See Marketing Guide

Food as Purchased for	25 Servings	50 Servings
Chicken, whole, without neck and giblets	8 lb 14 oz	17 lb 12 oz
Turkey, whole, without neck and giblets	8 lb 12 oz	17 lb 10 oz
Onion	14 oz	1 lb 10 oz

## STEP 1

### Step 1. Determine the “multiplying factor”

To calculate the multiplying factor, you will divide the number of servings you want by the number of servings in the original recipe. Number of serving needed ÷ number of serving listed on recipe = multiplying factor.

**Do not round the multiplying factor.**

We will use the multiplying factor to adjust the weights and volumes of each ingredient in the recipe.

## STEP 2

### Step 2: Determine the new weight or volume

To obtain the amount of each ingredient needed to prepare the adjusted number of servings, you will multiply the original amount of each ingredient of the recipe you are converting (weight or volume measure) by the multiplying factor.

Original quantity (calculate each ingredient separately) x multiplying factor = adjusted amount.

# RECIPE ADJUSTMENTS

## EXAMPLE: Chicken or Turkey Salad

Using the recipe for Chicken or Turkey Salad (E-07), convert the amount of two ingredients by weight. The original recipe provides 25 servings, and we want 60 servings. Make the following calculation: Do not round the multiplying factor. Use the multiplying factor to adjust the weights and volumes of each ingredient in the recipe.

### STEP 1

#### Step 1. Determine the “multiplying factor”

Using the recipe for Chicken or Turkey Salad (E-07), we are going to determine the multiplying factor. Our original recipe provides 25 servings, and we want 60 servings. Make the following calculation:

$$\frac{60}{25} = 2.4$$

Number of serving needed ÷ number of serving listed on recipe = multiplying factor

### STEP 2

#### Step 2: Determine the new weight or volume

Using the recipe for Chicken or Turkey Salad (E-07), convert an ingredient by weight. Our original recipe provides 25 servings and we want 60 servings.

The recipe specifies 11 ounces of fresh, chopped celery for 25 servings. The multiplying factor to provide 60 servings is 2.4. Make the following calculation:

$$11 \text{ ounces} \times 2.4 = 26.4$$

Original quantity (calculate each ingredient separately) x multiplying factor = adjusted amount

Using the “Equivalent Weights Table (Ounces to Pounds)”, you can determine that 26.4 ounces is 1 lb 10.4 ounces.

$$26.4 \text{ oz.} - 16 \text{ oz. (1 lb)} = 10.4 \text{ oz. therefore, } 26.4 \text{ oz.} = 1 \text{ lb } 10.4 \text{ oz.}$$

*It is best not to round the new values.  
Minimal rounding is acceptable as long as the value is rounded up.*

If your scale cannot weigh to the accuracy of 0.4 ounces, round up to the next nearest measurable amount. In this example, the decimal 0.4 was increased to one half ounce (½ oz.) of fresh, chopped celery.

# MENU FOR CHILDREN WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK ORANGE SLICES HEALTHY BRAN MUFFINS	MILK FRESH BLUEBERRIES *CORN CHEX	MILK YOGURT/CEREAL/ FRUIT PARFET	MIK MIXED FRUIT BOILED EGGS	MILK BANANAS *HONEY ROASTED HONEY BUNCHES OF OATS
RECIPE SERVING YIELDS	 1		 ½ C  ½ OZ.  ½		
LUNCH/SUPPER	MILK HAMBURGER PATTY SHREDDED ROMAINE LETTUCE BAKED SWEET POTATO FRIES WW BUN	MILK VEGETABLE LASAGNA (WG) MIXED FRUIT	MILK TURKEY CRANBERRY QUESADILLAS (WG) WK CORN AVOCADOS	MILK CHICKEN VEGETABLE SOUP APPLE SLICES ½ WHOLE WHEAT TOASTED REDUCED-FAT CHEESE SANDWICH	MILK BAKED FISH GREEN BEANS SLICED TOMATOES BROWN RICE PILAF
RECIPE SERVING YIELDS		 ½ C  1 ½ O  ¾	 2 OZ.  1.5	 ¼ C  ½ OZ.	 1
SNACK	LOW-FAT YOGURT GRAHAM CRACKERS WATER	WW ENGLISH MUFFIN PIZZA- CHEESE, SAUCE, ENGLISH MUFFIN APPLE JUICE	SLICED KIWI FRUIT WG GOLDFISH CRACKERS (READ LABEL) WATER	FRESH SALSA MANGOS WHOLE CORN TORTILLA CHIPS WATER	LOW-FAT GREEK YOGURT APRICOT HALVES WATER
RECIPE SERVING YIELDS		 ½ OZ.		 ½ C	

\*WIC approved cereals

Milk choices: Age 1: Whole unflavored;  
Ages 2-5: unflavored low-fat or fat-free; and  
Ages 6-12 unflavored low-fat, unflavored fat-free,  
or flavored fat-free



CHILD AND ADULT CARE FOOD PROGRAM  
MENU PLANNING RESOURCE GUIDE  
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KEY

WK=WHOLE KERNEL  
CCP=CRITICAL CONTROL POINT



MILK



MEAT/MEAT  
ALTERNATE



FRUIT  
VEGETABLE



WHOLE  
WHEAT  
(WW)

WHOLE  
GRAIN  
(WG)



# HEALTHY BRAN MUFFINS

MENU FOR CHILDREN WEEK 1  
MONDAY - BREAKFAST  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	15 MUFFINS	30 MUFFINS	DIRECTIONS
Brown Sugar, packed	½ cup	1 cup	1. Beat sugar, eggs and oil, add milk and pineapple juice, then add pineapple and carrots.
Oil	⅓ c+ 2 tsp	¾ cup	
Eggs	1 lg egg	2 lg eggs	
Skim milk	¾ cup	1 ½ cup	
Crushed pineapple, drained (save ¾ cup juice)	5oz.	10 oz.	2. Mix dry ingredients in a large bowl. Add wet ingredients to the dry ingredients. Mix until batter is moist. Do not over mix.
Whole wheat flour	1 cup	2 cups	
Oat bran	½ cup	1 cup	
Wheat germ	½ cup	1 cup	
Baking soda	1 tsp	2 tsp	3. Bake 375 degrees for 18 to 20 minutes. Fill muffin cups ¾ full. Do not over bake.
Baking powder	1 tsp	2 tsp	
Cinnamon, ground	½ tsp	1 tsp	
Nutmeg, ground	¼ tsp	½ tsp	
Salt, table	¼ tsp	½ tsp	4. Put leftover batter in refrigerator and it will keep up to six weeks.
Carrots, grated	½ medium	1 medium	
Raisins, packed (soak in hot water and drain)	½ cup	1 cup	



## SERVING SIZE:

Portion size for 3-5 year old:  
½ muffin



## SERVING PROVIDES:

1 grain

# YOGURT/CEREAL/FRUIT PARFAIT

MENU FOR CHILDREN WEEK 1  
WEDNESDAY - BREAKFAST  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	25 PARFAITS	30 PARFAITS	DIRECTIONS
Low-fat, plain yogurt	6 ¼ c	7 ½ c	1. Preferably in a see-through glass, layer the yogurt, cereal and fruit.  2. Total, amongst the layers, there should be ¼ cup yogurt, ⅓ cup cereal, and ½ cup fruit.
Low-sugar, whole grain cereal	8 ⅓ c	10 c	
Fruit (fresh or frozen)	12 ½ c	15 c	



## SERVING SIZE:

Portion size for 3-5 year old:  
1 parfait to include ¼ cup yogurt,  
⅓ cup cereal, ½ cup fruit

## SERVING PROVIDES:

½ oz. meat/meat alternate  
½ c fruit  
½ grain



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**RECIPE SOURCE:** Montana Child and Adult Care Food Program



# VEGETABLE LASAGNA

**MENU FOR CHILDREN WEEK 1**  
**TUESDAY- LUNCH/SUPPER**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	32 SERVINGS		64 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Water, boiling		2 gal 1 qt		4gal 2 qt	<ol style="list-style-type: none"> <li>1. Add salt to boiling water.</li> <li>2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes or until tender. Drain.</li> <li>3. In a pan, heat the vegetable oil. Add zucchini, mushrooms, and onions. Sauté for 3 minutes or until tender. Stir in flour and cook for 3 minutes. Remove from heat and reserve for step 6.</li> <li>4. Place broccoli in a steam basket or microwave and cook for 6 minutes or until tender. Drain well and reserve for step 6.</li> <li>5. In a heavy kettle, heat the tomato sauce and tomato paste. Add the granulated garlic and oregano. Simmer, uncovered, for 30 minutes.</li> <li>6. Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.</li> <li>7. In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well. Reserve for step 9.</li> <li>8. Combine Parmesan cheese and mozzarella cheese.</li> <li>9. Spread 1 cup of vegetable sauce on the bottom of each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans.</li> <li>Assembly: First layer: a. 4<math>\frac{2}{3}</math> lasagna noodles, b. 2<math>\frac{1}{4}</math> cups cottage cheese mixture, c. 2 cups vegetable sauce, d. 1 cup 1<math>\frac{1}{2}</math> tsp Parmesan-mozzarella cheese mixture;</li> <li>Second layer: Repeat first layer; Third layer: e.4<math>\frac{2}{3}</math> lasagna noodles, f. 1<math>\frac{1}{4}</math> cups vegetable sauce</li> <li>10. Sprinkle 1 oz. of Parmesan cheese over each pan of lasagna. Cover. Bake: Conventional oven: 350° F for 50 minutes. Convection oven: 325° F for 40 minutes. CCP: Heat to 165° F or higher.</li> <li>11. Remove from oven and allow to set for 15 minutes before serving. CCP: Hold for hot service at 140° F or warmer. Cut each pan 4 x 4 (16 pieces). Portion is 1 piece.</li> </ol>
Salt	2oz.	3 Tbsp $\frac{1}{2}$ tsp	4oz.	$\frac{1}{4}$ c 2 $\frac{1}{3}$ Tbsp	
WG lasagna noodles	1lb 6oz.	28 each	2lb 12oz.	56 each	
Vegetable oil		2 Tbsp		$\frac{1}{4}$ c	
*Fresh zucchini, sliced	8oz.	2 c	1lb	1qt	
*Fresh mushrooms, sliced or canned mushrooms sliced, drained	6oz. or 4oz.	1 $\frac{1}{4}$ c 1 Tbsp or $\frac{3}{4}$ c	12oz. or 8oz.	2 $\frac{1}{2}$ c 2 Tbsp or 1 $\frac{1}{2}$ c	
*Fresh onions, chopped	4 $\frac{1}{2}$ oz.	$\frac{3}{4}$ c	9oz.	1 $\frac{1}{2}$ c	
Enriched all-purpose flour		$\frac{1}{4}$ c	2oz.	$\frac{1}{2}$ c	
Frozen broccoli chopped	1lb 4oz.	3 c	2lb 8oz.	1qt 2 c	
Canned tomato sauce	4lb 2oz.	2 qt ( $\frac{5}{8}$ #10 can)	8lb 4oz.	1gal (1 $\frac{1}{4}$ #10 can)	
Canned tomato paste	14oz.	1 $\frac{1}{2}$ c 1 Tbsp ( $\frac{1}{2}$ # 2.5 can)	1lb 12oz.	3 c 2 Tbsp ( $\frac{7}{8}$ #2.5 can + 2 $\frac{1}{2}$ Tbsp)	
Granulated garlic		$\frac{7}{8}$ tsp		1 $\frac{3}{4}$ tsp	
Dried oregano		3 Tbsp		$\frac{1}{4}$ c 2 Tbsp	
Reduced fat cottage cheese, drained	4lb	2qt	8lb	1gal	
Dried parsley		2 Tbsp		$\frac{1}{4}$ cup	
Granulated garlic		1 tsp		2 tsp	
Enriched dry bread crumbs	4oz.	1 c 1 Tbsp	8oz.	2 c 2 Tbsp	
Parmesan cheese, grated		$\frac{1}{4}$ c 2 Tbsp	2oz.	$\frac{3}{4}$ c	
Reduced fat mozzarella cheese, shredded	15oz.	3 $\frac{3}{4}$ c	1lb 14oz.	1qt 3 $\frac{1}{2}$ c	
Parmesan cheese, grated	2oz.	$\frac{3}{4}$ c	4oz.	1 $\frac{1}{2}$ c	



## SERVING SIZE:

Portion size for 3-5 year old:  
 Cut each pan 4 x 4 (16 pieces).  
 Portion is 1 piece



## SERVING PROVIDES:

1  $\frac{1}{2}$  oz. meat/meat alternate  
 $\frac{1}{2}$  c vegetable  
 $\frac{3}{4}$  grain

**RECIPE SOURCE:** <https://whatscooking.fns.usda.gov> #D-27

# MENU FOR CHILDREN WEEK 1

## WEDNESDAY- LUNCH/SUPPER

### AGE GROUP: 3-5 YEAR OLD

# TURKEY CRANBERRY QUESADILLAS

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
8-inch whole grain tortillas		12		24	<p>1. Preheat the oven to 350°F. Line a sheet pan with parchment paper and spray lightly with pan-release spray.</p> <p>2. Place tortillas in a single layer on the prepared sheet pan. Using a #30 scoop portion 2 tablespoons (½ ounce) of the mozzarella cheese onto one half of each tortilla. Scatter 1 tablespoon dried cranberries over the cheese on each tortilla. Portion 1½ ounces diced or pulled turkey meat over the cheese and cranberries on each tortilla. Top each with ⅓ cup fresh spinach leaves. Fold the other half of the tortilla over the filling. Spray the top tortillas lightly with pan-release spray.</p> <p>3. Bake in the preheated 350°F oven for about 10-15 minutes until the cheese melts and the tortilla browns slightly. CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.</p> <p>Serve 1 quesadilla per person.</p>
Mozzarella cheese, shredded	6oz.	1 ½ c	12oz.	3c	
Dried cranberries		¾ c		1 ½ c	
Cooked turkey, diced or pulled	1lb 2 oz.		2lb 4oz.		
Fresh spinach leaves		3 c		1qt + 2 c	



### SERVING SIZE:

Portion size for 3-5 year old:  
1 quesadilla

### SERVING PROVIDES:

2 oz. meat/meat alternate  
1 ½ grain

# CHICKEN VEGETABLE SOUP

**MENU FOR CHILDREN WEEK 1**  
**THURSDAY- LUNCH/SUPPER**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Chicken stock, non-MSG		2qt 2 c		1gal 1qt	1. In a heavy pot, combine stock, cooked chicken or turkey, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
*Cooked chicken or turkey, chopped	13oz.		1lb 10oz.		
Canned tomato paste	6oz.	½ c 2 Tbsp	12oz.	1 ¼ c	2. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
*Fresh celery, chopped	4oz.	¾ c 1 ½ tsp	8oz.	1 ½ c 1 Tbsp	
*Fresh onions, chopped	4oz.	⅔ c	8oz.	1 ⅓ c	3. Cover and simmer for 15 minutes, or until vegetables are tender.
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	4. CCP: Heat to 165°F or higher.
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned whole-kernel corn, liquid pack, drained	4 ½ oz.	⅝ c 1 Tbsp	9oz.	1 ⅜ c	5. CCP: Hold at 140°F or warmer.
OR Frozen whole-kernel corn	OR 4oz.	OR ½ c 3 Tbsp	OR 8oz.	OR 1 ⅜ c	
Canned diced carrots, drained	4 ½ oz.	⅔ c	9oz.	1 ⅓ c	6. Portion with 4 oz. ladle (½ cup).
OR Frozen sliced carrots	OR 4 oz.	OR ¼ c 2 Tbsp	OR 8oz.	OR ¾ c	
Canned cut green beans, drained	3 ¾ oz.	⅝ c 1 Tbsp	7 ½ oz.	1 ⅜ c	
OR Frozen cut green beans	OR 3 ¾ oz.	OR ¼ c 3 Tbsp	OR 7 ½ oz.	OR ¾ c	
Canned green peas, drained	4 ½ oz.	¾ c	9oz.	1 ½ c	
OR Frozen green peas	OR 5oz.	OR ¾ c	OR 10oz.	OR 1 ½ c	



## SERVING SIZE:

Portion size for 3-5 year old:  
 4oz. ladle (½ cup)



## SERVING PROVIDES:

½ oz. meat/meat alternate  
 ¼ c vegetable

# WHOLE WHEAT TOASTED REDUCED-FAT CHEESE SANDWICH

MENU FOR CHILDREN WEEK 1  
THURSDAY- LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	25 SERVINGS		50SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Margarine or butter, melt- ed	3oz.	¼ c 2 Tbsp	6oz.	¾ c	<p>1. Brush approximately ½ oz. (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.</p> <p>2. Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.</p> <p>3. Top each slice of bread with 2 oz. (1 slice) of cheese.</p> <p>4. Cover with remaining bread slices.</p> <p>5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz. (3 Tbsp) per pan.</p> <p>6. Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.</p> <p>7. If desired, cut each sandwich diagonally in half. Serve immediately. CCP: Hold for hot service at 140°F or warmer.</p>
Enriched whole wheat (at least 0.9 oz. per slice)		50 slices		100 slices	
Reduced fat processed American cheese, 2 oz. slice	3lb 2oz.	25 slices 2oz. each	6lb 4oz.	50 slices 2oz. each	



## SERVING SIZE:


Portion size for 3-5 year old:  
½ sandwich

## SERVING PROVIDES:

1 oz. meat/meat alternate  
1 grain

# BROWN RICE PILAF

MENU FOR CHILDREN WEEK 1  
FRIDAY-LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

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

## SERVING SIZE:

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

## SERVING PROVIDES:

$\frac{1}{4}$  grain

RECIPE SOURCE: USDA B-22

# FRESH SALSA

MENU FOR CHILDREN WEEK 1  
THURSDAY- SNACK  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	12.5 SERVINGS		25 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Canned diced tomatoes, with juice	1 lb 5oz.	2 ½ c ½ Tbsp (¾ #2.5 can)	2lb 10oz.	1 ¼ qt ½ Tbsp (1 ½ #2.5 can)	1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a food processor or blender. Puree until smooth.
*Fresh onions, chopped or 2 Tbsp Dehydrated Onions		¼ cup or 2 Tbsp	2 ½ oz.	¼ c 3 Tbsp or ¼ c	
Canned tomato paste	6oz.	½ c 2 Tbsp (½ 12oz. can)	12 oz.	1 ¼ c (1 12oz. can)	
Water		1 c 2 Tbsp		2 ¼ c	2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended. Refrigerate until ready to serve. CCP: Hold at 40 degrees F or colder.
Garlic powder		½ tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	
Ground cumin		½ tsp		1 tsp	
Salt		1 tsp		2 tsp	3. Portion with 2 oz. ladle (¼ cup).
Sugar		2 Tbsp		¼ c	
Canned dice tomatoes, with juice.	14oz.	1 ½ c 3 Tbsp (½ #2.5 can)	1lb 12 oz.	3 ¼ c 2 Tbsp (1 #2.5 can)	



## SERVING SIZE:


Portion size for 3-5 year old:  
½ cup (4oz. ladle)



## SERVING PROVIDES:

½ c vegetable

# MENU FOR CHILDREN WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK  BREAKFAST BANANA SPLIT	MILK  HONEYDEW MELON  GRITS	MILK  MANDARIN ORANGES  *CORN CHEX	MILK  FRESH OR CANNED PEACHES  WHOLE GRAIN ENGLISH MUFFIN	MILK  APPLESAUCE  WW PANCAKES
RECIPE SERVING YIELDS	 ¾ C  1 OZ.  1				 ¼ OZ.  1
LUNCH/SUPPER	MILK  ½ CHICKEN PITA SANDWICH (WG)  SPINACH W/GARLIC  SLICED APPLES	MILK  LASAGNA W/WW NOODLES  ROASTED APSARAGUS  APRICOT HALVES  GARLIC BREAD	MILK  RICE BOWL SOUTHWESTERN STYLE  PEAR HALVES	MILK  STIR-FRY PORK  PINEAPPLE SLICES  WILD RICE	MILK  ½ ROASTED FISH CRISPY SLAW WRAP  KIWI FRUIT
RECIPE SERVING YIELDS	 ¼ C  1 ½ OZ.  ½	 ⅞ C  1 ½ OZ.  ½	 ½ C  1.5 OZ.  1	 ⅝ C  2 OZ.	 ⅝ C  1 ¼ OZ.  ¾
SNACK	LOW-FAT YOGURT  GRAHAM CRACKERS  WATER	WW ENGLISH MUFFIN PIZZA- CHEESE, SAUCE, ENGLISH MUFFIN  APPLE JUICE	SLICED KIWI FRUIT  WG GOLDFISH CRACKERS (READ LABEL)  WATER	DEVILED EGGS  BLANCHED CARROT STICKS  WATER	STRING CHEESE  GRAPES  WATER
RECIPE SERVING YIELDS					

\*WIC approved cereals

Milk choices: Age 1: Whole unflavored;  
 Ages 2-5: unflavored low-fat or fat-free; and  
 Ages 6-12 unflavored low-fat, unflavored fat-free,  
 or flavored fat-free

KEY

WK=WHOLE KERNEL  
 CCP=CRITICAL CONTROL POINT



MILK



FRUIT  
 VEGETABLE



MEAT/MEAT  
 ALTERNATE



WHOLE WHEAT (WW)  
 WHOLE GRAIN (WG)




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# BREAKFAST BANANA SPLIT

MENU FOR CHILDREN WEEK 2  
MONDAY - BREAKFAST  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	8 SERVINGS		16 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Bananas, 150-count size		8		16	1. For each serving peel and slice each banana in half lengthwise. Place 2 halves in a portion container.
Granola cereal		2 c		1qt	
Low-fat yogurt, vanilla or strawberry		1qt		2qt	
Honey (optional)		1Tbsp + 1tsp		2 Tbsp + 2tsp	2. Sprinkle $\frac{1}{4}$ cup granola over banana, reserving some for topping.
Pineapple tidbits or chunks		2 c		1qt	3. Spoon $\frac{1}{2}$ cup yogurt between the 2 banana halves and drizzle with $\frac{1}{2}$ teaspoon of optional honey
					4. Place $\frac{1}{4}$ cup pineapple on top of the yogurt.
					5. Decorate with reserved granola. Serve immediately.
					CCP: Hold for cold service at 41°F or below. Serve 1 portion per person.

## SERVING SIZE:

Portion size for 3-5 year old:  
1 portion

## SERVING PROVIDES:

1 oz. meat/meat alternate  
 $\frac{3}{4}$  c fruit  
1 grain

# WHOLE WHEAT PANCAKES

MENU FOR CHILDREN WEEK 2  
FRIDAY- BREAKFAST  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Whole-wheat flour	1lb	3 $\frac{3}{4}$ c	2lb	1qt 3 $\frac{1}{2}$ c	1. Combine flour, cinnamon, baking powder, salt, dry milk, and sugar in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
Cinnamon		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
baking powder		2 Tbsp		$\frac{1}{4}$ c	2. Combine eggs, vanilla, water, and oil in a large bowl. Stir well.
Salt		$\frac{1}{2}$ tsp		1 tsp	
Instant nonfat dry milk	1 $\frac{1}{4}$ oz.	$\frac{1}{3}$ c	2 $\frac{1}{2}$ oz.	$\frac{2}{3}$ c	3. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX. For 25 servings, mix for 1-2 minutes on medium speed. For 50 servings, mix for 2-3 minutes on medium speed.
Sugar	1 $\frac{1}{8}$ oz.	$\frac{1}{8}$ c	2 $\frac{1}{4}$ oz.	$\frac{1}{4}$ c	
Frozen whole eggs, thawed	7oz.	$\frac{3}{4}$ c 1 Tbsp 1 tsp	14 oz.	1 $\frac{1}{2}$ c 2 Tbsp 2 tsp	4. Lightly coat griddle surface with pan release spray. Heat griddle to 375 °F.
Vanilla extract		$\frac{1}{2}$ tsp			
Water		2 $\frac{2}{3}$ c			5. Portion batter with No. 20 scoop (3 Tbsp 1 tsp) onto hot griddle.
Canola oil	3oz.	$\frac{1}{3}$ c	6oz.	$\frac{2}{3}$ c	
Variation: Fresh banana, whole, pureed AND Applesauce, unsweetened or	4oz. and 8oz.	$\frac{1}{4}$ c 2 Tbsp 1 $\frac{1}{2}$ tsp and 1 c	8oz. and 1lb	$\frac{3}{4}$ c 1 Tbsp and 2 c	6. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned for approximately 2 minutes.
Variation: Fresh blueberries, slightly crushed	or 8oz.	or 1 $\frac{1}{2}$ c	or 1lb	or 3 c	



## SERVING SIZE:

Portion size for 3-5 year old:  
1 pancake

## SERVING PROVIDES:

$\frac{1}{4}$  oz. meat/meat alternate  
1 grain

RECIPE SOURCE: [fns.usda.gov](https://fns.usda.gov) #B130

# CHICKEN PITA SANDWICH

MENU FOR CHILDREN WEEK 2  
MONDAY- LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	8 SERVINGS	16 SERVINGS	DIRECTIONS
Chicken breast (no skin), roasted, chopped/diced	12 oz. or 2 ½ c	24oz. or 5 c	<ol style="list-style-type: none"> <li>1. In a mixing bowl, combine chicken, mozzarella cheese, onion powder, ranch dressing, salt and garlic powder. Mix well.</li> <li>2. Cut each pita bread round in half.</li> <li>3. Put ⅓ of the mixture into each pita half.</li> </ol> <p>*Variation: finely chopped cooked turkey, ham or beef may be substituted for chicken.</p>
Mozzarella cheese, low-fat, shredded	½ c	1 c	
Onion powder	1tsp	2 tsp	
Fat-free ranch dressing	½ c	1 c	
Salt, table	½ tsp	1 tsp	
Garlic powder	⅛tsp	¼ tsp	
Pita bread rounds, made w/ whole wheat or enriched flour (can also use a whole wheat tortilla)	4 (6 inch)	8 (6 inch)	



## SERVING SIZE:

Portion size for 3-5 year old:  
½ pita sandwich

## SERVING PROVIDES:

1 ½ oz. meat/meat alternate  
½ grain

# SPINACH WITH GARLIC

MENU FOR CHILDREN WEEK 2  
MONDAY- LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	10 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Olive oil		2 tsp		3 Tbsp	1. Heat oil. Lightly saute garlic. Do not brown. 2. Add spinach and cover. Cook until wilted. Season with salt. 3. Prepare in small batches.
Garlic, chopped		1tsp		1 ½ Tbsp	
Spinach	1lb 5oz.		6lb 10oz.		
Salt		¼ tsp		1tsp	



## SERVING SIZE:


Portion size for 3-5 year old:  
¼ cup serving

## SERVING PROVIDES:

¼ c vegetable

# LASAGNA WITH WHOLE WHEAT NOODLES

**MENU FOR CHILDREN WEEK 2**  
**TUESDAY- LUNCH/SUPPER**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	32 SERVINGS		64 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Raw ground beef (no more than 20% fat)	1lb 10oz.		3lb 4oz.		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped or Dehydrated onions	1lb 8oz. or 4 ½ oz.	1qt or 2 ¼ c	3lb or 9oz.	2qt or 1qt ½ c	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	3. Add pepper, parsley, tomatoes, tomato paste, water, basil, oregano, marjoram, and thyme. Heat to boiling, uncovered. Remove from heat.
Ground black or white pepper		½ tsp		1tsp	
Dried parsley		2 Tbsp		¼ c	
Canned diced tomatoes, with juice	2lb 2oz.	1qt 2 Tbsp ( ½ #10can)	4lb 4oz.	2 qt ¼ cup (¾ #10 can)	4. Assemble ingredients in pans (9" x 13" x 2") which have been lightly coated with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans. For each pan: 1st layer-2 ¼ cups 2 Tbsp sauce 2nd layer-7 uncooked noodles lengthwise 3rd layer-2 ¼ cups sauce 4th layer-3 ½ oz. (¾ cup 1 ½ tsp) process American cheese and 4 ¾ oz. (1 cup 3 Tbsp) mozzarella cheese 5th layer-7 uncooked noodles lengthwise Repeat 3rd and 4th layers.
Canned tomato paste	14oz.	1 ½ c 1 Tbsp (½ #2.5 can)	1lb 12oz.	3 cups 2 Tbsp (¾ #2.5 can +2 ½ Tbsp)	
Water		1qt 2 c		3qt	
Dried basil		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried oregano		1 Tbsp 1 1/1 tsp		3 Tbsp	
Dried marjoram		1 ½ tsp		1 Tbsp	
Dried thyme		½ tsp		1 tsp	
WW lasagna noodles, uncooked (at least 0.78 oz. each)	1lb 6oz.	28 each	2lb 12oz.	56 each	
Reduced fat processed American cheese, shredded	12 ½ oz.	3 c 2 Tbsp	1lb 9oz.	1qt 2 ¼ c	
Reduced fat mozzarella cheese, shredded	1lb 3oz.	1qt ¾ c	2lb 6oz.	2 qt 1 ½ c	
					5. Tightly cover pans.
					6. Bake: Conventional oven: 350° F for 1 ¼ - 1 ½ hours. Convection oven: 325° F for 45 minutes. CCP: Heat to 165° F or higher.
					7. Remove pans from oven. Uncover. Let stand for 15 minutes.
					8. CCP: Hold for hot service at 140° F or warmer. Cut each pan 4 x 4 (16 pieces). Portion is 1 piece.

## SERVING SIZE:

Portion size for 3-5 year old:  
Cut each pan 4 x 4 (16 pieces).  
Portion is 1 piece.

## SERVING PROVIDES:

1.5 oz. meat/meat alternate  
⅔ vegetable  
½ grain



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**RECIPE SOURCE:** [fns.usda.gov](https://fns.usda.gov) #D-19



# ROASTED ASPARAGUS

MENU FOR CHILDREN WEEK 2  
TUESDAY - LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Asparagus spears, fresh	5 pounds AP (2lbs 12oz. EP)		10 pounds AP (5lbs 5oz. EP)		<p>1. Preheat oven to 400°F. Wash asparagus spears and trim off the tough ends. Cut into 3-inch lengths.</p> <p>2. Place asparagus in a large container. Add the oil, salt and pepper, and toss to coat the asparagus pieces.</p> <p>3. Place asparagus in a single layer on a parchment-lined sheet pan being careful not to overcrowd the pan. For 12 servings use 3 half-size sheet pans. For 24 servings use 6 half-size sheet pans or 3 full-size sheet pans.</p> <p>4. Roast in the preheated oven for 12–15 minutes, or until the asparagus pieces are lightly browned and blistered.</p> <p>CCP: Heat to 140°F or higher. CCP: Hold for hot service at 135°F or higher. Serve ½ cup portions.</p>
Olive oil or vegetable oil		1 Tbsp + 1 ½ tsp		3 Tbsp	
Salt		⅛ tsp		¼ tsp	
Black pepper		⅛ tsp		¼ tsp	



## SERVING SIZE:

Portion size for 3-5 year old:  
½ cup

## SERVING PROVIDES:

½ c vegetable

# RICE BOWL SOUTHWESTERN STYLE

MENU FOR CHILDREN WEEK 2  
WEDNESDAY- LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	18 SERVINGS		36 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Green bell pepper, raw, ¾" dice	1lb 8oz.	1qt + ½ c	3lb	2qt + 1 c	<p>1. Preheat oven to 400°F.</p> <p>2. In a large mixing bowl combine the bell pepper, onions and zucchini with oil, oregano, and salt. Place vegetables in a single layer onto sheet pans that have been lightly coated with pan-release spray. Be careful to not crowd the pieces. For 18 servings, use 3 half-sized sheet pans. For 36 servings, use 3 full-size sheet pans, or 6 half-sized sheet pans.</p> <p>3. Bake in the preheated 400°F oven for approximately 12–15 minutes, or until lightly caramelized but still tender-crisp. CCP: Heat to 140°F or higher</p> <p>4. Remove vegetables from the oven and transfer to 2-inch full-size steamtable pans, cover, and hold hot. CCP: Hold for hot service at 135°F or higher.</p> <p>5. Place the canned pinto beans with the liquid into a large saucepan. Add the ground cumin, garlic powder and cayenne pepper. Bring to a low boil over medium heat. CCP: Heat to 165°F or higher for at least 15 seconds.</p> <p>6. To assemble the bowls, use a #8 scoop to portion ½ cup of the cooked brown rice into each serving container. Place ½ cup of the vegetables on top of the rice to one side. Place ¼ cup of the pinto beans over the rice, opposite the vegetables. Top with 2 Tablespoons of the cheddar cheese. Serve each portion with 2 Tablespoons salsa on the side.</p>
Red or yellow onion, raw, ¾" dice	1lb 8oz.	1qt + ½ c	3lb	2qt + 1 c	
Zucchini, raw, ¾" dice	1lb 8oz.	1qt + 1 ½ c	3lb	2qt + 3 c	
Vegetable oil		1Tbsp + 1 ½ tsp		3 Tbsp	
Dried oregano		1 tsp		2 tsp	
Salt		⅜ tsp		¾ tsp	
Canned pinto beans		1qt + ⅔ c	1 #10 can		
Ground cumin		1 ½ tsp		1 Tbsp	
Garlic powder		½ tsp		1 tsp	
Cayenne pepper		¼ tsp		½ tsp	
Brown rice, cooked, hot		2qt + 1 c		1gal + 2 c	
Cheddar cheese, reduced fat, grated	9oz.	2 ¼ c	1lb 2oz.	1qt + ½ c	
Salsa, prepared		2 ¼ c		1qt + ½ c	



## SERVING SIZE:

Portion size for 3-5 year old:  
1 bowl/serving


## SERVING PROVIDES:

1.5 oz. meat/meat alternate  
½ c vegetable  
1 grain

RECIPE SOURCE: [foodhero.org](http://foodhero.org)

# STIR-FRY PORK

MENU FOR CHILDREN WEEK 2  
THURSDAY- LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Cornstarch		¼ c 3 Tbsp		¾ c 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ c		1 c	
Low-sodium soy sauce		½ c		1 c	
Ground ginger		¼ tsp		½ tsp	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2tsp	3. Cook for 3-5 minutes, until thickened. Remove from heat.
Chicken stock, non-MSG		1qt		2qt	
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2lb 13oz. or 3lb 6oz.	2qt 1 c or 3q5	5lb 10oz. or 6lb 12oz.	1gal 2 c or 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ c		½ c	
*Fresh onions, chopped	10oz	2 c	1lb 4oz.	1qt	5. Add onions, cook for 1 minute.
*Fresh, broccoli, chopped or Frozen mixed oriental vegetables	2lb 13oz. or 3lb 7oz.	1 gal 1 ½ qt or 2qt 3 ½ c	5lb 10oz. or 6lb 14oz.	2gal 2 ¼ qt or 1gal 1 ¾ qt	
Raw skinless, boneless pork shoulder on loin, ½" cubes	5lb 12oz.		11lb 9oz.		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.
vegetable oil		½ c		1 c	
					7. Sauté pork in oil for 2-3 minutes. Add pork to vegetables in pans. Add sauce and mix to coat pork and vegetables. CP: Heat to 165° F or higher.
					8. CCP: Hold for hot service at 140° F or warmer. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

## SERVING SIZE:

Portion size for 3-5 year old:  
¾ cup 1 tablespoon  
(2 rounded No. 10 scoops)

## SERVING PROVIDES:

2 oz. meat/meat alternate  
⅝ c vegetable

RECIPE SOURCE: [fns.usda.gov](https://fns.usda.gov) #D-18b

# ½ ROASTED FISH CRISPY SLAW WRAP

MENU FOR CHILDREN WEEK 2  
FRIDAY- LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	6 WRAPS	12 WRAPS	DIRECTIONS
Fresh red cabbage, shredded	2 ½ c	5 c	1.Heat oven to 375F.  2.Shed olive oil on the fish, and cover a pan liner on baking sheet.  3.Put it into the oven and bake for 12 minutes until the inner temperature arrives at 165F.  4.Cover wrap on baking paper.  5.Put the chopped romaine on wrap.  6.Cut tilapia into half and lay on the top of the lettuce.  7.Sprinkle cabbage slaw on top of the fish.  8.Add avocado on top of the slaw mixture.  9.Squeeze out lime juice on top of the mixture.  10.Roll the wrap, cut in half vertically.
Fresh white cabbage, shredded	2 c	4 c	
Fresh carrots, peeled, shredded	1 ½ c	3 c	
Fresh bok choy, julienne cut "shoestring strips" ⅛"	1 c	2 c	
Fresh cilantro, chopped	2 Tbsp	4 Tbsp	
Low fat balsamic vinaigrette dressing	¾ c	1 ½ c	
Salt-free chili lime seasoning blend	1 Tbsp	2 Tbsp	
Extra virgin olive oil	1 Tbsp	2 Tbsp	
Tilapia fish filets raw, 4oz. each	6 filets	12 filets	
Fresh romaine lettuce, julienne cut "shoestring strips" ⅛"	1 ½ c	3 c	
Whole Wheat tortillas 8"	6 tortillas	12 tortillas	
Fresh avocado, peeled, pitted, sliced	6 slices	12 slices	
Fresh limes, quartered	6 quarters	12 quarters	



## SERVING SIZE:

Portion size for 3-5 year old:  
½ wrap

## SERVING PROVIDES:

1.25 oz. meat/meat alternate  
⅝ c vegetable  
¾ grain

# SHOPPING LIST - CHILD MENUS WEEK 1 & 2



## MILK

- 1% MILK
- WHOLE MILK
- FAT FREE MILK



## VEGETABLES

- CARROTS
- VEGETABLE MEDLEY –FROZEN
- SPINACH
- BROCCOLI, FRESH
- BROCCOLI, FROZEN, CHOPPED
- GREEN BEANS – CANNED
- CARROTS, GRATED
- RAISINS
- ROMAINE LETTUCE, SHREDDED
- SWEET POTATOES
- ZUCCHINI
- MUSHROOMS
- SPINACH, FRESH LEAVES
- WHOLE-KERNEL CORN, CANNED OR FROZEN
- CARROTS, SLICED
- CARROTS, FROZEN
- CUT GREEN BEANS, CANNED OR FROZEN
- GREEN PEAS, CANNED OR FROZEN
- TOMATOES, FRESH
- AVOCADOS
- TOMATOES, DICED, CANNED
- ORIENTAL VEGETABLES, FROZEN
- CABBAGE, RED
- CABBAGE, WHITE
- BOK CHOY, FRESH
- LETTUCE, ROMAINE



## FRUIT

- BANANAS
- ORANGES, FRESH
- CANTALOUPE
- GRAPES
- APPLES
- CANNED APRICOTS
- FRESH BLUEBERRIES
- PINEAPPLE, FRESH, SLICED
- PINEAPPLE, CRUSHED
- APPLE JUICE, PASTEURIZED
- KIWI
- APRICOTS
- MANGOS
- PINEAPPLE, CANNED, TIDBITS OR CHUNKS
- MELON, HONEYDEW
- ORANGES, MANDARIN
- PEACHES, FRESH OR CANNED
- APPLESAUCE
- ASPARAGUS
- PEARS, CANNED, HALVES
- LIME



## MEAT/ MEAT ALTERNATE

- STRING CHEESE
- EGGS
- PORK LOIN
- YOGURT
- GROUND BEEF, NO MORE THAN 20% FAT
- HAMBURGER PATTIES
- TURKEY, COOKED, DICED OR PULLED
- CHICKEN OR TURKEY, COOKED, CHOPPED
- FISH, ♀
- CHEESE, AMERICAN, SLICED
- YOGURT, LOW-FAT
- WHOLE EGGS, FROZEN
- CHICKEN BREAST, SKINLESS
- PINTO BEANS, CANNED
- CHEESE, CHEDDAR, REDUCED FAT, GRATED
- PORK SHOULDER OR LOIN, RAW, SKINLESS, ½" CUBES
- FISH, TILAPIA
- CHEESE, STRING



## GRAINS

- CORN CHEX
- ANIMAL CRACKERS
- CHEERIOS MULTI GRAIN
- WHOLE GRAIN LASAGNA NOODLES
- WG PITA BREAD
- BROWN RICE
- HONEY ROASTED HONEY BUNCHES OF OATS
- WHOLE GRAIN LASAGNA NOODLES
- WHOLE GRAIN TORTILLAS, 8" WHOLE
- RICE, BROWN, LONG GRAIN, REGULAR
- RICE, WHITE, ENRICHED, LONG GRAIN, REGULAR
- CRACKERS, GRAHAM
- ENGLISH MUFFIN, WHOLE WHEAT
- GOLDFISH CRACKERS, WG
- TORTILLA CHIPS, WG
- GRITS
- PITA ROUNDS, WHOLE WHEAT
- RICE, WILD
- ANIMAL CRACKERS

## OTHER

- WHOLE WHEAT FLOUR
- OAT BRAN
- WHEAT GERM
- BAKING SODA
- BAKING POWDER
- CINNAMON, GROUND
- SALT
- PEPPER
- ENRICHED ALL-PURPOSE FLOUR
- TOMATO SAUCE
- TOMATO PASTE
- CRUSHED GARLIC
- OREGANO, DRIED
- COTTAGE CHEESE, REDUCED FAT
- PARSLEY, DRIED
- GARLIC, GRANULATED
- BREAD CRUMBS, ENRICHED DRY
- CHEESE, MOZZARELLA SHREDDED, REDUCED FAT
- CRANBERRIES, DRIED
- CHICKEN STOCK
- CELERY, FRESH
- ONIONS, FRESH
- CHEESE, PARMESAN, GRATED
- STOCK, CHICKEN
- PIZZA SAUCE
- TOMATO PASTE
- CUMIN, GROUND
- SUGAR
- GRANOLA CEREAL
- HONEY, OPTIONAL
- EXTRACT, VANILLA
- RANCH DRESSING, FAT-FREE
- BELL PEPPERS, GREEN
- VEGETABLE OIL
- CORNSTARCH
- SOY-SAUCE, LOW SODIUM
- GINGER, GROUND

# MENU FOR CHILDREN WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK FRESH STRAWBERRIES CHEESE OMELET	MILK PEAR HALVES WG BANANA MUFFIN (SERVE 1/2 MUFFIN)	MILK SLICED BANANAS *CORN FLAKES	MIK ORANGE SLICES FRENCH TOAST STICKS	MILK GRAPES MINI BAGELS
RECIPE SERVING YIELDS		 1 1/2			
LUNCH/SUPPER	MILK WHITE CHICKEN CHILI STEAMED BROCCOLI ORANGE SLICES WHOLE CORN TORTILLA CHIPS  1/8 C  2 OZ.	MILK SPAGHETTI & MEAT SAUCE GREEN BEANS MIXED FRUIT  3/8 C  2 OZ.  1	MILK TURKEY & CHEESE SANDWICH VEGETABLE MEDLEY (CAULIFLOWER, BROCCOLI, CARROTS) BLUEBERRIES WW BREAD	MILK CHICKEN CURRY CASSEROLE SNAP PEAS & CARROTS FRESH PINEAPPLE  1/4 C  1 1/2 OZ.  1	MILK 1/2 WW TOASTED CHEESE SANDWICH VEGETABLE CHILI BOAT PLUMS  3/8 C  1 3/4 OZ.  1/4
RECIPE SERVING YIELDS					
SNACK	REDUCED-FAT CHEESE APPLE JUICE WHOLE WHEAT CRACKERS	MILK GRAHAM CRACKERS	HUMMUS BLANCHED CARROT STICKS WATER	LOW-FAT YOGURT COLD CEREAL WATER	MILK *CORN CHEX
RECIPE SERVING YIELDS			 1/2 OZ.		

\*WIC approved cereals

Milk choices: Age 1: Whole unflavored;  
Ages 2-5: unflavored low-fat or fat-free; and  
Ages 6-12 unflavored low-fat, unflavored fat-free,  
or flavored fat-free



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KEY

WK=WHOLE KERNEL  
CCP=CRITICAL CONTROL POINT



MILK



MEAT/MEAT  
ALTERNATE



FRUIT  
VEGETABLE



WHOLE  
WHEAT  
(WW)

WHOLE  
GRAIN  
(WG)



# WHOLE GRAIN BANANA MUFFIN

MENU FOR CHILDREN WEEK 3  
TUESDAY- BREAKFAST  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	12 MUFFINS	24 MUFFINS	DIRECTIONS
Enriched AP white flour	1 c	2 c	Preheat oven to 400 degrees. In a mixing bowl combine flours, wheat germ, salt and baking powder. In a separate bowl, beat together the egg, juice concentrate, milk, butter & banana. Add the milk mixture to the dry ingredients and mix until just combined. Fold in fruit, being careful not to over mix. Spray muffin pan with cooking spray. Fill each cup $\frac{2}{3}$ full and bake for 15 minutes. Can spread with peanut butter or cream cheese.
Whole wheat flour	1 c	2 c	
Wheat germ	$\frac{1}{3}$ c	$\frac{2}{3}$ c	
Salt	a pinch	$\frac{1}{2}$ tsp	
Baking Powder	3 tsp	2 Tbsp	
Egg, whole, fresh	1 large	2 large	
Ripe banana, (mashed)	$\frac{1}{2}$ c	1 c	
Apple juice (concentrate, thawed)	$\frac{1}{4}$ c	$\frac{1}{2}$ c	
Milk (skim)	1 c	2 c	
Butter (melted)	3 tsp	2 Tbsp	
Dried fruit (optional) (Raisins, chopped apricots)	$\frac{1}{4}$ c	$\frac{1}{2}$ c	



## SERVING SIZE:

Portion size for 3-5 year old:  
 $\frac{1}{2}$  muffin

## SERVING PROVIDES:

1  $\frac{1}{2}$  grain

## RECIPE SOURCE:

Recipe Source: [www.pammshouse.com/kidseat-veggies.html](http://www.pammshouse.com/kidseat-veggies.html)



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# WHITE CHICKEN CHILI

**MENU FOR CHILDREN WEEK 3**  
**MONDAY- LUNCH/SUPPER**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	16 SERVINGS		32 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Vegetable oil		2 Tbsp		¼ c	1. Heat oil in a large pot over medium-high heat. Sauté the chicken, onions and garlic powder until the chicken is no longer pink. If using pre-cooked chicken, sauté the onions in the oil until softened, then add the chicken and garlic powder.
Boneless, skinless chicken breast, or diced cooked chicken	2lb		4lb		
Yellow onions, diced	1lb 4oz.	1qt	2lb 8oz.	2qt	2. Add the beans, chicken broth, green chilies, cumin, oregano, pepper, and cayenne pepper. Bring to a low boil. Reduce heat to a simmer and cook, uncovered, for 30minutes.
Garlic powder		1 Tbsp		2 Tbsp	
Reduced-sodium white beans, canned, with liquid	2lb		4lb		CCP: Heat to 165°F or higher for at least 15 seconds.
Chicken broth		3 ½ c		1qt + 3 c	
Canned mild green chilies, diced	1lb	2c	2lb	1qt	CCP: Hold for hot service at 135°F or higher.
Ground cumin		2 tsp		1 Tbsp + 1 tsp	
Dried oregano leaves		2 tsp		1 Tbsp + 1 tsp	3. Just before service stir in the sour cream and milk.
Black pepper		1 tsp		2 tsp	
Cayenne pepper		½ tsp		1 tsp	Serve 1 cup portions using an 8-ounce ladle or spoodle.
Nonfat sour cream	1lb	2 c	2lb	1qt	
Nonfat or 1% milk		1 c		2 c	



## SERVING SIZE:

Portion size for 3-5 year old:  
 8-ounce spoodle (1 cup)




## SERVING PROVIDES:

2 oz. meat/meat alternate  
 ⅛ c vegetable

# SPAGHETTI & MEAT SAUCE

**MENU FOR CHILDREN WEEK 3**  
**TUESDAY- LUNCH/SUPPER**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Raw ground beef (no more than 15% fat)	4lb 4oz.	2qt	8lb 8oz.	1gal	<ol style="list-style-type: none"> <li>1. Brown ground beef uncovered over medium high heat in a large stock pot. Stir often.</li> <li>2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>3. Drain meat. Return to stock pot.</li> <li>4. Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.</li> <li>5. Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.</li> <li>6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>7. Set aside beef mixture for step 10</li> <li>8. Heat water to a rolling boil.</li> <li>9. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.</li> <li>10. Combine pasta and beef mixture in stock pot. Stir well.</li> <li>11. Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans</li> <li>12. Critical Control Point: Hold for hot service at 140 °F or higher.</li> <li>13. Portion with 8 fl oz. spoodle (1 cup).</li> </ol>
*Fresh onions, chopped	2 ½ oz.	½ c	5oz.	1 c	
*Fresh green bell peppers, diced	2 ½ oz.	½ c	5oz.	1 c	
Garlic powder		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Ground black pepper		¾ tsp		1 ½ tsp	
Canned no-salt-added tomato puree	2lb 8oz.	1qt 2 c	5lb	3qt	
Salt		2 tsp		1 Tbsp	
Canned low-sodium beef broth		2 c		1qt	
Water		1qt		2qt	
Dried parsley		2 Tbsp		¼ c	
Dried basil		1Tbsp		2 Tbsp	
Dried oregano		1Tbsp		2 Tbsp	
Dried marjoram		1 ½ tsp		1 Tbsp	
Dried thyme		¾ tsp		1 ½ tsp	
*Fresh carrots, shredded	10oz.	3 c	1lb 4oz.	1qt 2 c	
Water		3 gal		6 gal	
Whole-wheat spaghetti noodles, dry, broken into thirds	1lb 9oz.	1qt 1 c	3lb 2oz.	2qt 2 c	

## SERVING SIZE:


Portion size for 3-5 year old:  
 8 fl oz. spoodle (1 cup)

## SERVING PROVIDES:

2 oz. meat/meat alternate  
 ⅔ c vegetable  
 1 grain

# CHICKEN CURRY CASSEROLE

MENU FOR CHILDREN WEEK 3  
THURSDAY- LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Water		1qt 3 c		3qt 2 c	1. Boil water.  2. Place 1 lb 8 oz. brown rice in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Brown rice, long-grain, regular, dry	2lbs	4 c	4lbs	2qts	
Canola oil		¼ c		½ c	3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
Low-sodium chicken broth		1 c		2 c	
*Fresh carrots, shredded	1 lb 1 ½ oz.	1qt 1c	2lb 3oz.	2qt 2c	4. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
*Fresh celery, diced	11 ½ oz.	2 ¼ c	1lb 7oz.	1qt ½ c	
*Fresh onions, chopped ½"	11oz.	2 ½ c	1lb 6oz.	1qt 1c	5. Remove from oven and let stand covered for 5 minutes.
Curry powder		3 Tbsp		½ c 2 Tbsp	
Garlic powder		1 ½ Tbsp		3 Tbsp	6. Cook oil and broth over medium heat for 5 minutes.
Ground black pepper		¾ Tbsp		1 ½ Tbsp	
Salt		1 ½ tsp		1 Tbsp	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.
Low-fat yogurt, plain	1lb	2 c	2lb	1qt	
Frozen, cooked fajita chicken strips, thawed, diced 1"	3lb 12oz.		7lbs 8oz.		8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.
					9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well.
					10. Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes  Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

## SERVING SIZE:

Portion size for 3-5 year old:  
¾ cup (6oz. spoodle)

## SERVING PROVIDES:

1 ½ oz. meat/meat alternate  
¾ c vegetable  
¼ grain

# VEGETABLE CHILI BOAT

**MENU FOR CHILDREN WEEK 3**  
**FRIDAY- LUNCH/SUPPER**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Canola oil		3 Tbsp		½ c 2 tsp	<p>1. Heat oil. For 25 servings, use a large stock pot. For 50 servings, use one roasting pan/square head pan (20 ⅞" x 17 ⅜" x 7") on top of stove.</p> <p>2. Sauté onions and green peppers for 2-4 minutes. Add beans and chili powder. Stir well. Cook for 1-2 minutes.</p> <p>3. Add diced tomatoes, stock, and hot sauce. Bring to a boil over medium-high heat. Reduce heat. Simmer uncovered for 10 minutes.</p> <p>4. Add tomato paste and mix well. Cook for an additional 10 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p> <p>5. Pour into serving pans.</p> <p>6. Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>7. Portion with 6 fl oz. ladle (¾ cup) into an 8 oz. paper boat or bowl. Garnish with 2-3 chips and 1 tablespoon cheese blend.</p>
*Fresh onions, diced	11 ¼ oz.	2 ⅓ c	1lb 6 ½ oz.	1qt ⅔ c	
*Fresh green bell peppers, diced	8 ¼ oz.	1 ½ c	1lb ½ oz.	3 c	
Canned low-sodium pinto beans, drained, rinsed	10 ½ oz.	1 ½ c (¼ #10 can)	1lb 5oz.	3 c	
Chili powder	2 ½ oz.	¼ c 2 Tbsp	5oz.	¾ c	
Canned low-sodium diced tomatoes	1lb 5 ½ oz.	2 ½ c (¼ #10 can)	2lb 11oz.	1qt 1 c (½ #10 can)	
Low-sodium chicken stock		1 qt ⅓ c		2qt ⅔ c	
Hot sauce		1 tsp		2 tsp	
Canned low-sodium tomato paste	9oz.	1 c (⅓ #2 ½ can)	1lb 2oz.	2 c (⅔ #2 ½ can)	
Reduced-fat Cheddar cheese shredded	3 ½ oz.	1 c	7oz.	2 c	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	3 ½ oz.	1 c	7oz.	2 c	
Low-sodium tortilla chips	9oz.	62 chips	1lb 2oz.	124 chips	



## SERVING SIZE:

Portion size for 3-5 year old:  
 ¾ cup (6oz. spoodle)

## SERVING PROVIDES:

¾ oz. meat/meat alternate  
 ⅔ c vegetable  
 ¼ grain

**RECIPE SOURCE:** <https://whatscooking.fns.usda.gov #D-63r>

# WHOLE WHEAT TOASTED REDUCED-FAT CHEESE SANDWICH

MENU FOR CHILDREN WEEK 3  
FRIDAY - LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	25 SERVINGS		50SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Margarine or butter, melted	3oz.	¼ c 2 Tbsp	6oz.	¾ c	<p>1. Brush approximately ½ oz. (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.</p> <p>2. Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.</p> <p>3. Top each slice of bread with 2 oz. (1 slice) of cheese.</p> <p>4. Cover with remaining bread slices.</p> <p>5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz. (3 Tbsp) per pan.</p> <p>6. Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.</p> <p>7. If desired, cut each sandwich diagonally in half. Serve immediately. CCP: Hold for hot service at 140°F or warmer.</p>
Enriched whole wheat bread (at least 0.9 oz. per slice)		50 slices		100 slices	
Reduced fat processed American cheese, 2 oz. slice	3lb 2oz.	25 slices 2oz. each	6lb 4oz.	50 slices 2oz. each	



## SERVING SIZE:

Portion size for 3-5 year old:  
½ sandwich

## SERVING PROVIDES:

1 oz. meat/meat alternate  
1 grain

# HUMMUS

MENU FOR CHILDREN WEEK 3  
WEDNESDAY- SNACK  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	32 SERVINGS		64 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Garbanzo beans	2lbs 8oz.	1qt + 3 c	5lbs	3qt + 2c	1. Place ingredients in a large blender or a food processor, working in ¼ or ½ batches at a time if needed. Blend to desired consistency (more time for a smooth dip, less for a chunky dip)
Lemon juice		½ c		1 c	
Vegetable oil		2 Tbsp + 2 tsp		¼ c + 1 tsp	
Plain nonfat yogurt	1lb	2 c	2lb	1qt	
Ground cumin		2 tsp		1 Tbsp + 1 tsp	2. If hummus seems too thick, add 2– 4 tablespoons of water.
Garlic powder		1 tsp		2 tsp	
Black pepper		1 tsp		2 tsp	CCP: Hold for cold service at 41°F or below.
Salt		1tsp		2 tsp	
					Serve ¼ cup portions.



## SERVING SIZE:

Portion size for 3-5 year old:  
¼ cup

## SERVING PROVIDES:

½ oz. meat/meat alternate

## RECIPE SOURCE:

[http://foodhero.org/sites/default/files/quantity\\_recipes/hummus\\_notahini32-64\\_0.pdf](http://foodhero.org/sites/default/files/quantity_recipes/hummus_notahini32-64_0.pdf)

# MENU FOR CHILDREN WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK SLICED APPLES OATMEAL W/CINNAMON	MILK SLICED CANTALOUPE HENS ON A NEST	MILK FRESH PINEAPPLE WHOLE GRAIN BISCUIT SAUSAGE	MIK MANDARIN ORANGES *REGULAR KIX	MILK BANANAS PUMPKIN PATCH MUFFIN (WG)
RECIPE SERVING YIELDS		 1 OZ.  ½			 ½
LUNCH/SUPPER	MILK MEXICAN BLACK BEAN SOUP STEAMED CARROTS PEACH HALVES ½ WW TOASTED CHEESE SANDWICH  ¼ C  1 ½ OZ	MILK PORCUPINE SLIDERS GARDEN SALAD GRAPES  2 OZ.  1	MILK HOT HAM & CHEESE BAKED POTATO WEDGES STEAMED BROCCOLI FLORETS WW BUN	MILK OVEN FRIED CHICKEN TURNIP GREENS BAKED SWEET POTATOES MACARONI & CHEESE (WW)  2 ¼ OZ.  2	MILK BBQ PULLED PORK STIR-FRIED CABBAGE BAKED SWEET POTATO FRIES WW BUN
SNACK	YOGURT SLICED STRAWBERRIES AND BANANAS WATER	PEAR QUESADILLA WATER  ¼ C  1 OZ.  1	¼ C BLACK BEAN HUMMUS WHOLE CORN TORTILLA CHIPS WATER  1 OZ.	WHOLE GRAIN ENGLISH MUFFIN W/ MELTED SHREDDED REDUCED-FAT CHEDDAR CHEESE WATER	STRING CHEESE FRESH PINEAPPLE WATER
RECIPE SERVING YIELDS					

\*WIC approved cereals

Milk choices: Age 1: Whole unflavored;  
Ages 2-5: unflavored low-fat or fat-free; and  
Ages 6-12 unflavored low-fat, unflavored fat-free,  
or flavored fat-free



CHILD AND ADULT CARE FOOD PROGRAM  
MENU PLANNING RESOURCE GUIDE  
"A compilation of tools and resources to assist  
with meal service planning and delivery."

KEY

WK=WHOLE KERNEL  
CCP=CRITICAL CONTROL POINT



MILK



MEAT/MEAT  
ALTERNATE



FRUIT  
VEGETABLE



WHOLE  
WHEAT (WW)  
WHOLE  
GRAIN (WG)



# HENS ON A NEST

MENU FOR CHILDREN WEEK 4  
TUESDAY - BREAKFAST  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	10 servings	25 servings	DIRECTIONS
English muffins, plain, enriched and toasted	5 muffins	12 ½ muffins	1. Scramble eggs. 2. Toast English Muffins. 3. Top each English muffin half with scrambled egg. 4. Sprinkle with cheese. 5. Keep warm until service.
Eggs, whole, scrambled	5 lg eggs	12 ½ lg eggs	
Cheddar cheese, reduced fat, shredded	5oz.	12 ½ oz.	



## SERVING SIZE:

Portion size for 3-5 year old:  
½ muffin topped with egg  
and cheese




## SERVING PROVIDES:

1oz. meat/meat alternate  
½ grain

# PUMPKIN PATCH MUFFIN

MENU FOR CHILDREN WEEK 4  
FRIDAY- BREAKFAST  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	12 MUFFINS	24 MUFFINS	DIRECTIONS
Canned Pumpkin	1 c	2 c	Preheat oven to 375 degrees.
Brown sugar, packed	½ c	1 c	
Melted butter or margarine	¼ c	½ c	
Eggs, whole, fresh	2 eggs	4 eggs	In a large mixing bowl, mix or blend the pumpkin, brown sugar, melted butter, and eggs.
All-Purpose flour, white, enriched (or try 1 cup All Purpose flour and 1 cup whole wheat flour)	2 c	4 c	
Baking powder	2 tsp	4 tsp	In a separate bowl, sift the flour with the baking powder and salt.
Salt, table	½ tsp	1 tsp	
			Add the dry ingredients to the pumpkin mixture and stir or blend until just combined.
			Spoon the batter into a 12-cup muffin tin lined with paper liners.
			Bake the muffins for 20 minutes.

## SERVING SIZE:

Portion size for 3-5 year old:  
½ muffin

## SERVING PROVIDES:

½ grain

# MEXICAN BLACK BEAN SOUP

**MENU FOR CHILDREN WEEK 4**  
**MONDAY - LUNCH/SUPPER**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	10 SERVINGS		20 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Vegetable oil		1 Tbsp		2 Tbsp	1. Heat oil in a large pot over medium-high heat. Sauté the onion in the oil for 2 minutes. Add the tomatoes and cook, stirring, for 2 more minutes.
Onion, chopped	5.2oz.	1 c	10.4oz.	2 c	
Canned diced tomatoes	15oz.		1lb 14oz.		
Low sodium black beans, canned, with liquid	1lb 14oz.	1qt	3lb 12 oz.	2 qt	2. Add the beans with liquid, potatoes, and water. Bring to a boil, then reduce heat to a simmer. Cover and cook for 20 minutes.
Potatoes, peeled and diced	12oz.		1lb 8oz.		
Water		1qt		2 qts	3. Add the cilantro, cumin, lime juice, and optional hot pepper sauce. Stir and cook for 10 minutes more.
Fresh cilantro, chopped		½ c		1 c	
Cumin		1 Tbsp		2 Tbsp	CCP: Heat to 165°F or higher for at least 15 seconds.
Lime juice		3 Tbsp		¼ c + 2 Tbsp	
Garlic powder		1 tsp		2 tsp	CCP: Hold for hot service at 135°F or higher. Serve 1 cup portions using an 8 ounce ladle or spoodle.
Salt		1 tsp		2 tsp	
Hot sauce		to taste		to taste	



## SERVING SIZE:

Portion size for 3-5 year old:  
 8 fl oz. spoodle (1 cup)

## SERVING PROVIDES:

1 oz. meat/meat alternate  
 ¼ c vegetable

# WHOLE WHEAT TOASTED REDUCED-FAT CHEESE SANDWICH

MENU FOR CHILDREN WEEK 4  
MONDAY- LUNCH/SUPPER  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	25 SERVINGS		50SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Margarine or butter, melted	3oz.	¼ c 2 Tbsp	6oz.	¾ c	<p>1. Brush approximately ½ oz. (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.</p> <p>2. Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.</p> <p>3. Top each slice of bread with 2 oz. (1 slice) of cheese.</p> <p>4. Cover with remaining bread slices.</p> <p>5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz. (3 Tbsp) per pan.</p> <p>6. Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.</p> <p>7. If desired, cut each sandwich diagonally in half. Serve immediately.</p> <p>CCP: Hold for hot service at 140°F or warmer.</p>
Enriched whole wheat (at least 0.9 oz. per slice)		50 slices		100 slices	
Reduced fat processed American cheese, 2 oz. slice	3lb 2oz.	25 slices 2oz. each	6lb 4oz.	50 slices 2oz. each	



## SERVING SIZE:

Portion size for 3-5 year old:  
½ sandwich

## SERVING PROVIDES:

1 oz. meat/meat alternate  
1 grain

# PORCUPINE SLIDERS

**MENU FOR CHILDREN WEEK 4**  
**TUESDAY - LUNCH/SUPPER**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
water		1 ¾ c		3 ½ c	1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 30-40 minutes. Fluff. Cover and refrigerate at 40 °F Critical Control Point: Cool to 40 °F or lower within 4 hours
Brown rice, long grain, regular, dry	4 ¾ oz.	¾ c	9 ½ oz.	1 ½ c	
Canola oil		1 Tbsp		2 Tbsp	
*Fresh onions, diced	3oz.	½ c 2 Tbsp	6oz.	1 ¼ c	2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate. Critical Control Point: Cool to 40 °F or lower within 4 hours
*Fresh celery, diced	7oz.	1 ½ c	14oz.	3 c	
Fresh garlic, minced	1 ¼ oz.	2 Tbsp	2 ½ oz.	¼ c	
Raw ground turkey, lean	3lb 7 ¾ oz.	1qt 3 c	6lb 15 ½ oz.	3qt 2 c	3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well.
Liquid, whole egg		1 ¼ c		2 ½ c	
Dried cranberries, chopped	6oz.	1 ¼ c	12oz.	2 ½ c	
*Fresh baby spinach, chopped	5oz.	1qt	10oz.	2qt	4. Portion into patties using a No. 8 scoop (½ cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 1 pan.
Worcestershire sauce		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	5. Bake: Conventional oven: 350 °F for 18 minutes Convection oven: 325 °F for 14 minutes DO NOT OVERCOOK. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Ground white pepper		¼ tsp		½ tsp	
Mini whole-grain rolls (1 oz. each)		25		50	



## SERVING SIZE:

Portion size for 3-5 year old:  
 1 slider

## SERVING PROVIDES:

2 oz. meat/meat alternate  
 1 grain

**RECIPE SOURCE:** [fns.usda.gov #f-10r](https://www.fns.usda.gov/f-10r)

# OVEN FRIED CHICKEN

**MENU FOR CHILDREN WEEK 4**  
**THURSDAY - LUNCH/SUPPER**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	8oz.	1 $\frac{3}{4}$ c 2 $\frac{1}{2}$ tsp	1lb	3 $\frac{1}{2}$ c 1 Tbsp 1 $\frac{2}{3}$ tsp	<ol style="list-style-type: none"> <li>Combine flour, crushed corn flakes, and spices in a large bowl. Stir well. Set aside for step 4.</li> <li>Combine egg whites and milk in a medium bowl.</li> <li>Add chicken (no more than 3 pieces at a time). Coat pieces evenly with egg mixture.</li> <li>Remove chicken pieces from medium bowl. Place in large bowl containing flour mixture. Coat evenly.</li> <li>Place chicken pieces on a sheet pan (18" x 26" x 1") lightly coated with pan release spray and lined with parchment paper. For 25 servings, use 1 <math>\frac{1}{2}</math> pans. For 50 servings, use 3 pans.</li> <li>Bake uncovered: Conventional oven: 400 °F for 55-60 minutes. Convection oven: 350 °F for 40-45 minutes.</li> <li>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>Transfer to a steam table pan (12" x 20" x 2 <math>\frac{1}{2}</math>"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Critical Control Point: Hold for hot service at 140 °F or higher.</li> </ol>
Whole-grain corn flakes	1lb	2 c	2lb	1 qt	
Ground blk or wht pepper		2 tsp		1 Tbsp 1 tsp	
Salt		2 $\frac{1}{2}$ tsp		1 Tbsp 2 tsp	
Mustard, dry		2 Tbsp		$\frac{1}{4}$ c	
Paprika		2tsp		1 Tbsp 1 tsp	
Garlic powder		1 Tbsp		2 Tbsp	
Ground thyme		2 tsp		1 Tbsp 1 tsp	
Dried basil		2 tsp		1 Tbsp 1 tsp	
Ground Oregano		2 tsp		1 Tbsp 1 tsp	
Ground ginger		1 Tbsp		2 Tbsp	
Egg whites	8oz.	1 c	1lb	2 c	
Nonfat milk		2 c		1qt	
Chicken, whole, fresh or frozen, cut up, 8 pieces	12lb 4oz.		24lb 8oz.		



## SERVING SIZE:

**Portion size for 3-5 year old:**  
 Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back)

## SERVING PROVIDES:

**2.25 oz. meat/meat alternate**  
**1 grain**

**RECIPE SOURCE:** [whatscooking.fns.usda.gov #D29](https://whatscooking.fns.usda.gov/#D29)

# MACARONI AND CHEESE

**MENU FOR CHILDREN WEEK 4**  
**THURSDAY - LUNCH/SUPPER**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 c		1qt 2 c	<p>1. Heat water to a rolling boil.</p> <p>2. Add cauliflower. Cook uncovered for 2-3 minutes until tender. Place cauliflower in a food processor. Puree on high speed for 30 seconds to 1 minute until cauliflower has a smooth consistency. <b>DO NOT OVERMIX.</b> Set aside for step 5.</p> <p>3. Heat water to a rolling boil.</p> <p>4. Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. <b>DO NOT OVERCOOK.</b> Drain well. Set aside for step 5.</p> <p>5. Combine cauliflower puree, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl. Stir well.</p> <p>6. Pour 1 gallon 2 cups (about 9 lb 2 oz) macaroni and cheese mixture into a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray. <i>For 50 servings, use 2 pans.</i></p> <p>7. Bake: Conventional oven: 350 °F for 30-35 minutes. Convection oven: 325 °F for 25-30 minutes.</p> <p>8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>9. Critical Control Point: Hold for hot service at 135 °F or higher.</p>
*Fresh cauliflower florets	10oz.	2 3/4 c 1 Tbsp	1lb 4oz.	1qt 1 1/2 c 2 Tbsp	
Water		2qt 3 c		1gal 1qt 2 cups	
WG elbow macaroni	1lb 9oz.	1qt 1 3/4 c	3lb 2oz.	2qt 3 1/2 c	
Low-Fat (1%) milk		1qt		2qt	
Low-fat cheddar cheese, shredded	1lb 14oz.	1qt 3 1/2 c	3lb 12oz.	3qt 3 c	
Low-fat sour cream	8oz.	3/4 c 1 1/2 tsp	1lb	1 1/2 c 1 Tbsp	
Nonfat sour cream	8oz.	3/4 c 1 1/2 tsp	1lbs	1 1/2 c 1 Tbsp	
Ground blk or wht pepper		1/8 tsp		1/4 tsp	
Garlic powder		2 tsp			
Dried onion flakes		2 Tbsp		1/4 c	
Salt		1/2 tsp		1 tsp	
Lemon pepper		1 Tbsp		2 Tbsp	



## SERVING SIZE:

Portion size for 3-5 year old:  
 Cut each pan 5 x 5 (25 pieces per pan).  
 Serve 1 piece (2" x 3 3/4" square).

## SERVING PROVIDES:

1 oz. meat/meat alternate  
 1 grain

# PEAR QUESADILLA

**MENU FOR CHILDREN WEEK 4**  
**TUESDAY - SNACK**  
**AGE GROUP: 3-5 YEAR OLD**

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
8-inch whole grain tortillas	1 ounce equivalent is 28 grams	12 8-inch	1 ounce equivalent is 28 grams	24 8-inch	<p>1. Preheat the oven to 400° F. Line sheet pans with parchment paper, or spray sheet pans with pan-release spray. For 12 servings us 1 full-size sheet pan or 2 half-sized sheet pans. For 24 servings use 2 full-size sheet pans or 4 half-sized sheet pans.</p> <p>2. Place tortillas in a single layer in a grid pattern on a prep surface and spray one side lightly with pan-release spray. Place tortillas sprayed-side-down onto the prepared sheet pans.</p> <p>3. In a large bowl combine the cheddar cheese, mozzarella cheese, pears, diced bell pepper and minced onions. Mix until evenly blended. Using a No. 6 scoop, place <math>\frac{2}{3}</math> cup of the pear and cheese mixture on one half of each tortilla, and spread to evenly distribute over the tortilla half. Fold the other half of each tortilla up and over the filling. Rearrange quesadillas on the sheet pans, if needed, so they are at least 3 inches apart.</p> <p>4. Bake, uncovered, in the pre-heated 400° F oven for about 15 minutes, or until the cheese has melted and the tortilla toasts to a light brown. CCP: Heat to 165°F or higher for at least 15 seconds.</p> <p>5. Remove from the oven and let rest for 10 minutes before transferring quesadillas from the sheet pans.</p> <p>CCP: Hold for hot service at 135°F or higher.</p>
Reduced fat cheddar cheese, grated	6oz.	1 $\frac{1}{2}$ c	12oz.	3 c	
Low moisture part skim mozzarella cheese, grated	6oz.	1 $\frac{1}{2}$ c	12oz.	3 c	
diced pears canned, drained	2lb	1qt + $\frac{1}{2}$ c	4lb	2qt + 1 c	
Red or green bell peppers, finely diced	6oz.	1 c + 3 Tbsp	12oz.	2 c + 6 Tbsp	
Minced onion (green, red or yellow)		$\frac{1}{4}$ c + 2 Tbsp		$\frac{3}{4}$ c	



## SERVING SIZE:

Portion size for 3-5 year old:  
 1 quesadilla

## SERVING PROVIDES:

$\frac{1}{4}$  c fruit  
 1 oz. meat/meat alternate  
 1 grain

# BLACK BEAN HUMMUS

MENU FOR CHILDREN WEEK 4  
WEDNESDAY - SNACK  
AGE GROUP: 3-5 YEAR OLD

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Canned low-sodium black beans, rinsed, drained	3lb	1 qt 1 ⅓ c (approx. ¾ No. 10 can)	6lb	2 qt 2 ⅔ c (approx. 1 ½ No. 10 cans)	1. Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor.  2. Puree on medium speed for 1-2 minutes until beans have a smooth consistency.  DO NOT OVERMIX
*Dry black beans	3lb	1 qt 1 ⅓ c	6lb	2 qt 2 ⅔ c	
Canned low-sodium garbanzo beans or chickpeas, rinsed, drained	3lb	1 qt 3 ⅓ c 2 tsp (approx. ¾ No. 10 can)	6lb	3 qt 2 ⅔ c 1 Tbsp 1 tsp (approx. 1 ½ No. 10 cans)	
*Dry garbanzo beans or chickpeas	3lb	1 qt 3 ⅓ c 2 tsp	6lb	3 qt 2 ⅔ c 1 Tbsp 1 tsp	
Lemon juice		2 ¼ c		1 qt ½ c	
Fresh garlic cloves, peeled	6oz.	1 ⅓ c	12oz.	2 ⅔ c	
Olive oil		3 Tbsp		¼ c 2 Tbsp	



## SERVING SIZE:

Portion size for 3-5 year old:  
¼ cup

## SERVING PROVIDES:

1 oz. meat/meat alternate

# SHOPPING LIST - CHILD MENUS WEEK 3 & 4



## MILK

- 1% MILK
- FAT FREE MILK



## VEGETABLES

- BEANS, PINTO, REDUCED SODIUM, CANNED
- BROCCOLI, FRESH OR FROZEN
- VEGETABLE MEDLEY, FROZEN
- CARROTS, SHREDDED
- SNAP PEAS AND CARROTS
- PINTO BEANS, LOW SODIUM, CANNED
- CARROTS, FRESH, SLICED
- BEANS, GARBANZO, CANNED
- LETTUCE, GREENER SELECT OR ROMAINE
- TOMATOES, DICED, CANNED
- BEANS, BLACK, CANNED, LOW-SODIUM
- POTATOES
- SPINACH, FRESH LEAVES
- TOMATOES, FRESH
- POTATOES, WEDGES, FROZEN
- CAULIFLOWER FLORETS, FRESH
- GREEN, TURNIP, FRESH, FROZEN OR CANNED
- SWEET POTATOES, FRESH
- CABBAGE
- SWEET POTATO FRIES, FROZEN
- ZUCCHINI, FRESH
- EGGPLANT, FRESH
- MUSHROOMS



## FRUIT

- STRAWBERRIES
- PEARS, CANNED, HALVES
- BANANAS
- APPLE JUICE, PASTEURIZED
- ORANGES, FRESH
- MIXED FRUIT
- FRESH BLUEBERRIES
- PINEAPPLE, FRESH, SLICED
- PLUMS
- APPLES
- CANTALOUPE
- ORANGES, MANDARIN
- PUMPKIN, CANNED
- GRAPES



## MEAT/ MEAT ALTERNATE

- EGGS, WHOLE
- CHEESE, CHEDDAR, REDUCED FAT, GRATED
- CHICKEN BREAST, BONELESS, SKINLESS
- GROUND BEEF, NO MORE THAN 20% FAT
- TURKEY, SLICED
- CHEESE, AMERICAN, SLICED
- YOGURT, LOW-FAT PLAIN
- CHICKEN FAJITA STRIPS, FROZEN
- CHEESE, CHEDDAR, SHREDDED
- CHEESE, MOZZARELLA SHREDDED, REDUCED FAT
- SAUSAGE, PATTIES
- TURKEY, GROUND, RAW
- HAM, SLICED
- CHICKEN, WHOLE, FRESH OR FROZEN, CUT UP
- PORK SHOULDER OR LOIN, RAW,
- STRING CHEESE



## GRAINS

- FRENCH TOAST STICKS
- CORN FLAKES
- WG MINI BAGELS
- TORTILLA CHIPS, WHOLE CORN
- WW SPAGHETTI
- RICE, BROWN, LONG GRAIN, REGULAR
- WHOLE WHEAT BREAD
- CRACKERS, WHOLE WHEAT
- CRACKERS, GRAHAM
- CEREAL (WIC APPROVED LIST)
- CORN CHEX
- OATMEAL
- ENGLISH MUFFIN, WHOLE WHEAT
- BISCUITS, WHOLE WHEAT
- REGULAR KIX CEREAL
- BUNS, WHOLE WHEAT
- ROLLS, MINI, WHOLE WHEAT (SLIDER)
- CORN FLAKES, WHOLE GRAIN
- ELBOW MACARONI, WHOLE-GRAIN
- FLOUR TORTILLAS, WHOLE GRAIN
- BLUEBERRY MUFFINS

## OTHER

- WHOLE WHEAT FLOUR
- ALL-PURPOSE FLOUR
- WHEAT GERM
- SALT
- BAKING POWDER
- BUTTER OR MARGARINE
- DRIED FRUIT (RAISINS OR APRICOTS)
- VEGETABLE OIL
- ONIONS, FRESH
- CHICKEN STOCK
- CUMIN, GROUND
- OREGANO, DRIED
- GREEN CHILIES, CANNED, DICED
- PEPPER, WHITE
- PEPPER, BLACK
- CAYENNE PEPPER
- SOUR CREAM, NON-FAT
- TOMATO PUREE, CANNED
- PARSLEY, DRIED
- BASIL, DRIED
- OREGANO, DRIED
- MARJORAM, DRIED
- THYME, DRIED
- CANOLA OIL
- CELERY, FRESH
- CURRY POWDER
- BELL PEPPERS, GREEN
- TOMATO PASTE
- LEMON JUICE OR LIME JUICE
- SUGAR, BROWN
- CILANTRO, FRESH, CHOPPED
- CRANBERRIES, DRIED
- MUSTARD, DRY
- CINNAMON, GROUND

# MENU FOR ADULTS WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK FRESH BLUEBERRIES OATMEAL W/CINNAMON	WATER BANANAS WG ENGLISH MUFFIN YOGURT	MILK MIXED FRUIT BLUEBERRY MUFFINS	MILK CRANBERRY APPLE SAUCE WG PANCAKES	MILK GRAPES *ALL BRAN COMPLETE WHEAT FLAKES
RECIPE SERVING YIELDS				 ½ C  ½ OZ.  2	
LUNCH/SUPPER	MILK CHICKEN RATATOUILLE WW GRILLED CHEESE SANDWICH LIMA BEANS MANDARIN ORANGES	MILK SPAGHETTI & MEAT SAUCE ROASTED BRUSSELS SPROUTS & WK CORN 2 VEGETABLES GARLIC BREAD	MILK PULLED PORK COWBOY SALAD COLE SLAW 2 VEGETABLES WW BUN	MILK TUNA SALAD GARDEN SALAD (GREENER SELECTION LETTUCE, TOMATOES, LOW FAT DRESSING) STRAWBERRIES WW CRACKERS WW BREAD	MILK CHICKEN ALFREDO WITH A TWIST ROASTED ZUCCHINI APRICOTS HALVES WW ROLL
RECIPE SERVING YIELDS	 ¼ C  3 ½ OZ.  2	 ⅞ C  2 OZ.  1	 ⅜ C		 ½ C  2 ¼ OZ.  1 ¼
SNACK	LOW-FAT GREEK YOGURT RASPBERRIES WATER	LOW-FAT CHEESE WW CRACKERS WATER	PEANUT BUTTER (2TBSP) APPLE SLICES WATER	SPINACH BROCCOLI FRITTATA WATER	CHEESE QUESADILLAS (WG TORTILLAS) ORANGE JUICE
RECIPE SERVING YIELDS				 ½ C  2 OZ.	

\*WIC approved cereals

Milk choices: Age 1: Whole unflavored;  
Ages 2-5: unflavored low-fat or fat-free; and  
Ages 6-12 unflavored low-fat, unflavored fat-free,  
or flavored fat-free



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KEY

WK=WHOLE KERNEL  
CCP=CRITICAL CONTROL POINT



MILK



MEAT/MEAT  
ALTERNATE



FRUIT  
VEGETABLE



WHOLE  
WHEAT  
(WW)

WHOLE  
GRAIN  
(WG)



# WHOLE GRAIN PANCAKES

MENU FOR ADULTS WEEK 1  
THURSDAY - BREAKFAST  
AGE GROUP: ADULTS

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Whole-wheat flour	1lb	3 $\frac{3}{4}$ c	2lb	1qt 3 $\frac{1}{2}$ c	<p>1. Combine flour, cinnamon, baking powder, salt, dry milk, and sugar in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.</p> <p>2. Combine eggs, vanilla, water, and oil in a large bowl. Stir well.</p> <p>3. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX. For 25 servings, mix for 1-2 minutes on medium speed. For 50 servings, mix for 2-3 minutes on medium speed.</p> <p>4. Lightly coat griddle surface with pan release spray. Heat griddle to 375 °F.</p> <p>5. Portion batter with No. 20 scoop (3 Tbsp 1 tsp) onto hot griddle.</p> <p>6. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned for approximately 2 minutes.</p> <p>7. Turn pancake and cook until lightly browned on other side for approximately 1 minute.</p> <p>8. Transfer to a steam table pan (12" x 20" x 2 <math>\frac{1}{2}</math>"). For 25 servings, use 1 pan. For 50 servings, use 1 pan.</p> <p>9. Critical Control Point: Hold for hot service at 140 °F.</p>
Cinnamon		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
baking powder		2 Tbsp		$\frac{1}{4}$ c	
Salt		$\frac{1}{2}$ tsp		1 tsp	
Instant nonfat dry milk	1 $\frac{1}{4}$ oz.	$\frac{1}{3}$ c	2 $\frac{1}{2}$ oz.	$\frac{2}{3}$ c	
Sugar	1 $\frac{1}{8}$ oz.	$\frac{1}{8}$ c	2 $\frac{1}{4}$ oz.	$\frac{1}{4}$ c	
Frozen whole eggs, thawed	7oz.	$\frac{3}{4}$ c 1 Tbsp 1 tsp	14 oz.	1 $\frac{1}{2}$ c 2 Tbsp 2 tsp	
Vanilla extract		$\frac{1}{2}$ tsp			
Water		2 $\frac{2}{3}$ c			
Canola oil	3oz.	$\frac{1}{3}$ c	6oz.	$\frac{2}{3}$ c	
Variation: Fresh banana, whole, pureed AND Applesauce, unsweetened or	4oz. and 8oz.	$\frac{1}{4}$ c 2 Tbsp 1 $\frac{1}{2}$ tsp and 1 c	8oz. and 1lb	$\frac{3}{4}$ c 1 Tbsp and 2 c	
Variation: Fresh blueberries, slightly crushed	or 8oz.	or 1 $\frac{1}{2}$ c	or 1lb	or 3 c	



## SERVING SIZE:

Portion size for adult:  
2 portions



## SERVING PROVIDES:

$\frac{1}{2}$  oz. meat meat/alternate  
2 grain

RECIPE SOURCE: [fns.usda.gov Recipe B130](https://www.fns.usda.gov/Recipe/B130)

# CRANBERRY APPLE SAUCE

MENU FOR ADULTS WEEK 1  
THURSDAY - BREAKFAST  
AGE GROUP: ADULTS

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Apples, fresh (125-138 count)	3lb 10oz.	3qt + 2 ½ c	7lb 4oz.	7qt + 1 c	<p>1. Peel, core, and chop apples.</p> <p>2. Combine all ingredients in a large stock pot or kettle. Bring to a boil then lower heat to a simmer. Cover and continue to simmer for 20–30 minutes.</p> <p>CCP: Heat to 140°F or higher.</p> <p>3. Remove from heat and let cool slightly. Use a potato masher to mash mixture to desired consistency. Serve warm or cold.</p> <p>CCP: Hold for hot service at 135°F or higher. CCP: Cool completely to 41°F following two stage cooling method: Cool to 70°F within 2 hours and to 41°F within an additional 4 hours. CCP: Hold for cold service at or below 41°F.</p> <p>Serve ½ cup portions</p>
Cranberries, fresh or frozen	6oz.	½ c	12oz.	3 c	
Water		1 c		2 c	
Brown sugar	2.5 oz.	⅓ c	5oz.	⅔ c	
Lemon juice (optional)		2 Tbsp		¼ c	
Cinnamon		½ tsp		1 tsp	
Salt		¼ tsp		½ tsp	



## SERVING SIZE:

Portion size for adult:  
½ cup

## SERVING PROVIDES:

½ c fruit

RECIPE SOURCE: [foodhero.org](http://foodhero.org)

# CHICKEN RATATOUILLE

**MENU FOR ADULTS WEEK 1**  
**MONDAY - LUNCH/SUPPER**  
**AGE GROUP: ADULTS**

INGREDIENTS	25 SERVINGS		50SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Canola oil		1 Tbsp		2 Tbsp	1. Heat oil on medium-high in a medium skillet. 2. Add chicken and sauté on each side for about 3 minutes or until lightly browned. 3. Add zucchini, eggplant, onion, green pepper, mushrooms, and salt. Cook for an additional 5 minutes until onions are tender. Stir often. 4. Add diced canned tomatoes with juice, minced garlic, dried basil, black pepper, and balsamic vinegar. Bring to a boil. 5. Reduce heat to medium and simmer for 10 minutes, or until chicken is tender and juices from the tomatoes and vinegar have reduced. Stir frequently. Chicken should reach an internal temperature of 165 °F for at least 15 seconds. 6. Remove from heat and stir in lemon juice and parsley. 7. Serve ⅔ cup. Critical Control Point: Hold at 140 °F.
Chicken breast, boneless, skinless, raw, ½" diced	3lb 4oz.		6lb 8oz.		
*Zucchini, fresh, unpeeled, ½" diced	4 ¼ oz.	⅞ c	8 ½ oz.	1 ¾ c	
*Eggplant, fresh, unpeeled, ½" diced	8 ⅓ oz.	4 ½ c	1lb ⅔ oz.	2qt 1 c	
*Onions, ¼" diced	6 ¼ oz.	1 ¼ c	12 ½ oz.	2 ½ c	
*Green bell pepper, ¼" diced	5 ¼ oz.	1 c	10 ½ oz.	2 c	
*Mushrooms, thinly sliced	2 ¾ oz.	¾ c ½ Tbsp	5 ½ oz.	1 ½ c 1 Tbsp	
Salt, table		1tsp		1 tsp	
Tomatoes with juice, garlic, oregano, and basil, canned, diced	1lb 10oz.	3 c 2 Tbsp	3lb 4oz.	1qt 2 ¼ c	
Garlic cloves, minced		4 cloves		8 cloves	
Basil leaves, dried		2tsp		1 Tbsp 1 tsp	
Black pepper, ground		½ tsp		1tsp	
Balsamic vinegar		2 tsp		1Tbsp 1 tsp	
Lemon juice, fresh or bottled		2 tsp		1 Tbsp 1 tsp	
Parsley, flat-leaf, chopped		2 Tbsp		¼ c	



## SERVING SIZE:

Portion size for adult:  
 ⅔ cup



## SERVING PROVIDES:

1 ½ oz. meat/meat alternate  
 ¼ c vegetable

# WHOLE WHEAT TOASTED REDUCED-FAT CHEESE SANDWICH

MENU FOR ADULTS WEEK 1  
MONDAY- LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	25 SERVINGS		50SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Margarine or butter, melted	3oz.	¼ c 2 Tbsp	6oz.	¾ c	<p>1. Brush approximately ½ oz. (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.</p> <p>2. Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.</p> <p>3. Top each slice of bread with 2 oz. (1 slice) of cheese.</p> <p>4. Cover with remaining bread slices.</p> <p>5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz. (3 Tbsp) per pan.</p> <p>6. Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.</p> <p>7. If desired, cut each sandwich diagonally in half. Serve immediately. CCP: Hold for hot service at 140°F or warmer.</p>
Enriched Whole Wheat bread (at least 0.9 oz. per slice)		50 slices		100 slices	
Reduced fat processed American cheese, 2 oz. slice	3lb 2oz.	25 slices 2oz. each	6lb 4oz.	50 slices 2oz. each	



## SERVING SIZE:

Portion size for adult:  
1 sandwich



## SERVING PROVIDES:

2 oz. meat/meat alternate  
2 grain



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RECIPE SOURCE: [fns.usda.gov](https://fns.usda.gov) #F-13



# SPAGHETTI & MEAT SAUCE

**MENU FOR ADULTS WEEK 1**  
**TUESDAY - LUNCH/SUPPER**  
**AGE GROUP: ADULTS**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Raw ground beef (no more than 15% fat)	4lb 4oz.	2qt	8lb 8oz.	1gal	<ol style="list-style-type: none"> <li>1. Brown ground beef uncovered over medium high heat in a large stock pot. Stir often.</li> <li>2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>3. Drain meat. Return to stock pot.</li> <li>4. Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.</li> <li>5. Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.</li> <li>6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>7. Set aside beef mixture for step 10</li> <li>8. Heat water to a rolling boil.</li> <li>9. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.</li> <li>10. Combine pasta and beef mixture in stock pot. Stir well.</li> <li>11. Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans</li> <li>12. Critical Control Point: Hold for hot service at 140 °F or higher.</li> <li>13. Portion with 8 fl oz. spoodle (1 cup).</li> </ol>
*Fresh onions, chopped	2 ½ oz.	½ c	5oz.	1 c	
*Fresh green bell peppers, diced	2 ½ oz.	½ c	5oz.	1 c	
Garlic powder		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Ground black pepper		¾ tsp		1 ½ tsp	
Canned no-salt-added tomato puree	2lb 8oz.	1qt 2 c	5lb	3qt	
Salt		2 tsp		1 Tbsp	
Canned low-sodium beef broth		2 c		1qt	
Water		1qt		2qt	
Dried parsley		2 Tbsp		¼ c	
Dried basil		1Tbsp		2 Tbsp	
Dried oregano		1Tbsp		2 Tbsp	
Dried marjoram		1 ½ tsp		1 Tbsp	
Dried thyme		¾ tsp		1 ½ tsp	
*Fresh carrots, shredded	10oz.	3 c	1lb 4oz.	1qt 2 c	
Water		3 gal		6 gal	
Whole-wheat spaghetti noodles, dry, broken into thirds	1lb 9oz.	1qt 1 c	3lb 2oz.	2qt 2 c	



## SERVING SIZE:

Portion size for adult:  
 (1 cup) 8 fl oz. spoodle



## SERVING PROVIDES:

2 oz. meat/meat alternate  
 ⅔ c vegetable  
 1 grain

**RECIPE SOURCE:** [fns.usda.gov](https://fns.usda.gov) #D-35

# ROASTED BRUSSELS SPROUTS

MENU FOR ADULTS WEEK 1  
TUESDAY - LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Brussels sprouts, trimmed, ready to use	1lb 8oz.		3lb		<p>1. Preheat the oven to 400° F. Cut large Brussels sprouts in half from top to bottom, leave small Brussels sprouts whole. Place Brussels sprouts in a large mixing bowl. Add the vegetable oil and stir to coat the vegetables.</p> <p>2. Add the salt and pepper and stir until the vegetables are well coated with seasonings.</p> <p>3. Spray sheet pans with pan-release spray. For 12 servings use 2 half-size sheet pans. For 24 servings use 4 half-size sheet pans or 2 full-size sheet pans. Place vegetables in a single layer on prepared sheet pans being careful not to overcrowd the pan.</p> <p>4. Roast in the preheated oven for 20–30 minutes, stirring the vegetables half way through the time. The Brussels sprouts should be caramelized to a medium brown. Remove from the oven and drizzle with the lemon juice. Stir to distribute the lemon juice evenly.</p> <p>CCP: Heat to 140°F or higher. CCP: Hold for hot service at 135°F or higher. Serve ½ cup portions.</p>
Olive oil or vegetable oil		2 Tbsp		¼ c	
Salt		¼ tsp		½ tsp	
Black pepper		¼ tsp		½ tsp	
Lemon juice		1 ½ tsp		1 Tbsp	



## SERVING SIZE:

Portion size for adult:  
½ Cup Portion

## SERVING PROVIDES:

½ c vegetable

# COWBOY SALAD

MENU FOR ADULTS WEEK 1  
WEDNESDAY - LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	16 SERVINGS		32 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Black beans, drained and rinsed	1lb 4oz.	3 ½ c	2lb 8oz.	7c	1. In a large mixing bowl combine the black beans, tomatoes, corn, optional avocado, cilantro, and green onions.
Fresh tomatoes, sliced	12oz.	2 c	1lb 8oz.	1qt	
Sweet corn kernels	10oz.	1 ¾ c	1lb 4oz.	3 ½ c	2. In a small mixing bowl whisk together the lime juice, vegetable oil, salt, and black pepper. Pour the dressing over the vegetables and stir gently.
Avocado, chopped (optional)	5oz.		10oz.		
Cilantro, chopped		1 c		2 c	CCP: Hold for cold service at 41°F or below. Serve ½ cup portions using a #8 scoop
Green onions, sliced	2oz.	¾ c	4oz.	1 ½ c	
Lime juice		2 Tbsp		¼ c	
Vegetable oil		1 Tbsp		2 Tbsp	
Salt		½ tsp		1 tsp	
Black pepper		½ tsp		1 tsp	



## SERVING SIZE:

Portion size for adult:  
½ cup (#8 scoop)




## SERVING PROVIDES:

⅜ c vegetable

# CHICKEN ALFREDO WITH A TWIST

MENU FOR ADULTS WEEK 1  
FRIDAY - LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Water		3gal		6gal	<p>1. Pour into steam table pans (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Critical Control Point: Hold pasta at 135 °F or higher</p> <p>2. Heat water to a rolling boil.</p> <p>3. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.</p>
Rotini pasta, whole-grain, dry	2lb	2qt 2 ¾ c	4lb	5qt 1 ½ c	
Low-fat, reduced-sodium cream of chicken soup, condensed	4lb 11oz.	2qt 1 ¾ c	9lb 6oz.	1gal ¾ qt	
Fat-free half and half		1qt 2 c		3qt	
Ground white pepper		1 tsp		2 tsp	
Garlic powder		½ tsp		1 tsp	
Parmesan cheese, grated	8 ½ oz.	3 c	1lb 1oz.	1 ½ qt	<p>4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Frozen, cooked diced chicken, thawed, ½" pieces	3lb 4oz.	2qt 2 ½ c	6lb 8oz.	1gal 1 ¼ qt	
					<p>5. Combine noodles and sauce immediately before serving.</p> <p>6. Critical Control Point: Hold for hot service at 135 °F or higher.</p>

## SERVING SIZE:

Portion size for adult:  
8 fl oz. spoodle (1 cup)

## SERVING PROVIDES:

2 ¼ oz. meat/meat alternate  
1 ¼ grain

# ROASTED ZUCCHINI

MENU FOR ADULTS WEEK 1  
FRIDAY- LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	12 SERVINGS		25 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Zucchini, fresh, whole	2lb 3oz.		4lb 6oz.		<p>1. Preheat oven to 400°F.</p> <p>2. Wash zucchini and cut into 3-inch lengths. Then cut each 3-inch section into ½-inch thick sticks.</p> <p>3. Combine zucchini sticks with oil, garlic powder, oregano, salt, and pepper. Place in a single layer onto sheet pans that have been lightly coated with pan-release spray. Be careful to not crowd the pieces of zucchini. For 12 servings use 2 half-size sheet pans. For 25 servings, use 4–5 half-size sheet pans.</p> <p>4. Bake in the preheated 400°F oven for approximately 12–15 minutes, or until lightly caramelized but still tender-crisp.</p> <p>5. CCP: Heat to 140°F or higher. CCP: Hold for hot service at 135°F or higher. Serve ½ cup portions.</p>
Vegetable oil		1Tbsp + ¾ tsp		2Tbsp + 1 ½ tsp	
Garlic powder		½ tsp		1 ¼ tsp	
Dried oregano		½ tsp		1tsp	
Salt		¼ tsp		½ tsp	
Ground black pepper		¼ tsp		½ tsp	



## SERVING SIZE:

Portion size for adult:  
½ c portions



## SERVING PROVIDES:

½ c vegetable

# SPANISH BROCCOLI FRITTATA

MENU FOR ADULTS WEEK 1  
THURSDAY - SNACK  
AGE GROUP: ADULTS

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Onion, small, diced		2 c		1 qt	1. In a large non-stick skillet, or skillet sprayed with non-stick spray, heat onions and broccoli over medium high heat 10 minutes.
Broccoli, fresh, chopped	8lb		16lb		
Garlic, minced		¼ c		½ c	2. Add minced garlic and diced green chilies (optional).
Green chiles, canned, diced(optional)	16oz.		32oz.		
Egg substitute		12 ½ c		25 c	3. Simmer until excess liquid is removed from vegetables.
Milk, non-fat (0%) (can use reconstituted)		3 c		1 ½ qt	
Cumin, ground (optional)					4. In a separate container whisk egg substitute with milk and spices. Mix well. Mixture should be slightly frothy.
Black pepper, ground		3tsp		2 Tbsp	
Chili powder, ground		2 Tbsp		¼ c	5. Coat 2-inch hotel pans with cooking spray. Pour mixture into pans. Cover with plastic wrap. Steam 30-40 minutes.
Cheddar cheese, shredded		2 ½ c		5 c	
Salsa (optional)					6. Heat oven to 350F. Uncover pans. Bake 10 minutes.
					7. Sprinkle top with shredded cheese. Bake 5 minutes or until browned.
					8. Hold in 200 F oven until ready to serve.
					Cut 5x5 to make 25 servings per pan. Serve with salsa (optional).



## SERVING SIZE:

Portion size for adult:  
1 serving

## SERVING PROVIDES:

2 oz. meat/meat alternate  
½ c vegetable

**RECIPE SOURCE:** NH Obesity Prevention Program Recipe J-8

# MENU FOR ADULTS WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK HONEYDEW MELON FRENCH TOAST YOGURT	MILK FRESH PEACHES WHOLE GRAIN BISCUITS (2 SERVINGS) SAUSAGE	MILK ORANGE SLICES HEALTHY BRAN MUFFINS (SERVE 2 MUFFINS) COLD CEREAL FROM WIC APPROVED LIST	MIK YOGURT/CEREAL/FRUIT PARFAIT	MILK KIWI FRUIT ENRICHED CREAM OF WHEAT
RECIPE SERVING YIELDS			 2	 ½ C  1 OZ.  ½	
LUNCH/SUPPER	MILK BAKED FISH GREEN BEANS SLICED TOMATOES BROWN RICE PILAF WW ROLLS	MILK BAKED CHICKEN PINTO BEANS SUMMER SQUASH WW ROLLS	MILK CHIC' PENNE ½ WW GRILLED CHEESE SANDWICH GREEN BEANS GRAPES WW ROLLS	MILK ROAST PORK TURNIP GREENS BAKED SWEET POTATOES BROWN RICE PERFECT CORNBREAD	MILK CHICKEN AND BLACK BEAN SALSA BURRITOS WK CORN SLICED APPLES
RECIPE SERVING YIELDS	 ½	 ½	 ⅛ C  2 OZ.  2 ¾		 ⅛ C  2 OZ.  2
SNACK	PASTA SALAD CRACKERS WATER	COTTAGE CHEESE APPLE SLICES WATER	LOW-FAT YOGURT BANANAS WATER	PEANUT BUTTER (2TBSP) GRAPE JUICE WW BAGEL	LOW-FAT CHEESE GRAHAM CRACKERS WATER
RECIPE SERVING YIELDS	 ⅝ C  1				

\*WIC approved cereals

Milk choices: Age 1: Whole unflavored;  
Ages 2-5: unflavored low-fat or fat-free; and  
Ages 6-12 unflavored low-fat, unflavored fat-free,  
or flavored fat-free



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MILK



MEAT/MEAT  
ALTERNATE



FRUIT  
VEGETABLE



WHOLE  
WHEAT (WW)  
WHOLE  
GRAIN (WG)



# HEALTY BRAN MUFFINS

MENU FOR ADULTS WEEK 2  
WEDNESDAY- BREAKFAST  
AGE GROUP: ADULTS

INGREDIENTS	15 MUFFINS	30 MUFFINS	DIRECTIONS
Brown Sugar, packed	½ cup	1 cup	<ol style="list-style-type: none"> <li>1. Beat sugar, eggs and oil, add milk and pineapple juice, then add pineapple and carrots.</li> <li>2. Mix dry ingredients in a large bowl. Add wet ingredients to the dry ingredients. Mix until batter is moist. Do not over mix.</li> <li>3. Bake 375 degrees for 18 to 20 minutes. Fill muffin cups ¾ full. Do not over bake.</li> <li>4. Put leftover batter in refrigerator and it will keep up to six weeks.</li> </ol>
Oil	⅓ c+ 2 tsp	¾ cup	
Eggs	1 lg egg	2 lg eggs	
Skim milk	¾ cup	1 ½ cup	
Crushed pineapple, drained (save ¾ cup juice)	5oz.	10 oz.	
Whole wheat flour	1 cup	2 cups	
Oat bran	½ cup	1 cup	
Wheat germ	½ cup	1 cup	
Baking soda	1 tsp	2 tsp	
Baking powder	1 tsp	2 tsp	
Cinnamon, ground	½ tsp	1 tsp	
Nutmeg, ground	¼ tsp	½ tsp	
Salt, table	¼ tsp	½ tsp	
Carrots, grated	½ medium	1 medium	
Raisins, packed (soak in hot water and drain)	½ cup	1 cup	



## SERVING SIZE:

Portion size for adult:  
2 muffin



## SERVING PROVIDES:

2 grain

# YOGURT/CEREAL/FRUIT PARFAIT

MENU FOR ADULTS WEEK 2  
THURSDAY- BREAKFAST  
AGE GROUP: ADULTS

INGREDIENTS	25 PARFAITS	30 PARFAITS	DIRECTIONS
Low-fat, plain yogurt	3 qt 8oz.	3 qt 3 c	1. Preferably in a see-through glass, layer the yogurt, cereal and fruit.  2. Total, amongst the layers, there should be $\frac{1}{4}$ cup yogurt, $\frac{1}{3}$ cup cereal, and $\frac{1}{2}$ cup fruit.
Low-sugar, whole grain cereal	8 $\frac{1}{3}$ c	10 c	
Fruit (fresh or frozen)	12 $\frac{1}{2}$ c	15 c	



## SERVING SIZE:

Portion size for adult:  
1 parfait to include  $\frac{1}{2}$  c yogurt,  
 $\frac{1}{3}$  c cereal,  $\frac{1}{2}$  c fruit




## SERVING PROVIDES:

1 oz. meat/meat alternate  
 $\frac{1}{2}$  c fruit  
 $\frac{1}{2}$  grain

# BROWN RICE PILAF

MENU FOR ADULTS WEEK 2  
MONDAY - LUNCH/SUPPER  
AGE GROUP: ADULTS

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

## SERVING SIZE:

Portion size for adult:  
 $\frac{1}{2}$  cup (No. 8 scoop)

## SERVING PROVIDES:

$\frac{1}{2}$  grain



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RECIPE SOURCE: USDA B-22



# PERFECT CORN BREAD

MENU FOR ADULTS WEEK 2  
TUES & THURS - LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	16 SERVINGS	32 SERVINGS	DIRECTIONS
Enriched all-purpose flour	½ c	1 c	1. Measure all ingredients into mixing bowl in the order given above.
Yellow corn meal	½ c	1 c	
Baking Powder	2 tsp	4 tsp	
Salt	¼ tsp + ⅛ tsp	¾ tsp	2. Beat with wooden spoon or wire whip until smooth, about 1 minute. Do not overbeat.
Eggs	1 large	2 large	
Low fat milk	½ c	1 c	3. Pour batter into greased 9"x9"pan.
Vegetable Oil	⅛ c	¼ c	
			4. Bake at 425-degrees F for 20 minutes.



## SERVING SIZE:

Portion size for adults:  
1 piece ( 1.25" x 2")



## SERVING PROVIDES:

½ grain

# CHIC' PENNE

**MENU FOR ADULTS WEEK 2**  
**WEDNESDAY - LUNCH/SUPPER**  
**AGE GROUP: ADULTS**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Water		1gal 2qt		3gal	<ol style="list-style-type: none"> <li>1. Preheat oven to 350 °F.</li> <li>2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.</li> <li>3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.</li> <li>4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.</li> <li>5. In a small mixing bowl, mix ½ cup half and half with flour. Whisk to remove lumps.</li> <li>6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.</li> <li>7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.</li> <li>8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.</li> </ol>
Penne pasta, multi-grain, dry	3lb	3qt 3 ½ c	6lb	1gal 3 ½ qt	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Fresh broccoli florets, chopped 1"	1lb 9oz.	2qt 3 ¼ c	3lb 2oz.	1gal 1 ½ qt	
Frozen, cooked diced chicken, thawed, ½" pieces	1lb	3 ¼ c	2lb	1qt 2 ½ c	
Low-sodium chicken broth		½ c		1 c	
Salt		1 Tbsp		2 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Nonfat milk		1qt 1 ½ c		2qt 3 c	
Enriched all-purpose flour		¼ c		½ c	
Reduced-fat Cheddar cheese, shredded	8oz.	2 c	1lb	1qt	
Low-fat mozzarella cheese, low moisture, part-skim, shredded	8oz.	2 c	1lb	1qt	



## SERVING SIZE:

Portion size for adult:  
 1 ½ cups (two 6 fl oz. spoodles)



## SERVING PROVIDES:

1 oz. meat/meat alternate  
 ⅛ c vegetable  
 1 ¾ grain

# WHOLE WHEAT TOASTED REDUCED-FAT CHEESE SANDWICH

MENU FOR ADULTS WEEK 2  
WEDNESDAY- LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Margarine or butter, melted	3oz.	¼ c 2 Tbsp	6oz.	¾ c	<p>1. Brush approximately ½ oz. (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.</p> <p>2. Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.</p> <p>3. Top each slice of bread with 2 oz. (1 slice) of cheese.</p> <p>4. Cover with remaining bread slices.</p> <p>5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz. (3 Tbsp) per pan.</p> <p>6. Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.</p> <p>7. If desired, cut each sandwich diagonally in half. Serve immediately. CCP: Hold for hot service at 140°F or warmer.</p>
Enriched whole wheat bread (at least 0.9 oz. per slice)		50 slices		100 slices	
Reduced fat processed American cheese, 2 oz. slice	3lb 2oz.	25 slices 2oz. each	6lb 4oz.	50 slices 2oz. each	



## SERVING SIZE:

Portion size for adult:  
½ sandwich



## SERVING PROVIDES:

1 oz. meat/meat alternate  
1 grain

# CHICKEN AND BLACK BEAN SALSA BURRITOS

MENU FOR ADULTS WEEK 2  
FRIDAY - LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	32 SERVINGS		64 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Black beans, drained and rinsed	5lb	3qt + 2 c	10lb	1gal + 3qt	<p>1. Preheat the oven to 350°F. Line a sheet pan with parchment paper.</p> <p>2. Combine the beans, diced cooked chicken, cheese, green onion, lemon juice, salt, ground cumin, chili powder, and black pepper in a large mixing bowl.</p> <p>3. Lay out tortillas on a clean work surface. Using a #6 scoop place <math>\frac{2}{3}</math> cup of the filling in the center of each tortilla. Roll up the burritos and place on the parchment lined sheet pan. Cover with foil.</p> <p>4. Bake in the preheated 350°F oven for about 15 minutes.</p> <p>CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher. Serve 1 burrito per person.</p>
Chicken, cooked and diced	3lb		6lb		
Pepper jack cheese, grated	1lb	1qt	2lb	2qt	
Green onions, chopped		1 c		2 c	
Lemon juice		$\frac{1}{2}$ c		1 c	
Salt		2 tsp		1 Tbsp + 1 tsp	
Ground cumin		2 tsp		1 Tbsp + 1 tsp	
Chili powder		2 tsp		1 Tbsp + 1 tsp	
Black pepper		2 tsp		1 Tbsp + 1 tsp	
Whole grain tortillas, 10-inch		32		64	



## SERVING SIZE:

Portion size for adult:  
1 burrito

## SERVING PROVIDES:

2 oz. meat/meat alternate  
 $\frac{1}{8}$  c vegetable  
2 grain



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RECIPE SOURCE: [foodhero.org](http://foodhero.org)



# PASTA SALAD

**MENU FOR ADULTS WEEK 2**  
**MONDAY - SNACK**  
**AGE GROUP: ADULTS**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Water		2qt 3 c		1gal 1qt 2 c	1. Heat water to a rolling boil.  2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
Enriched tri-color pasta	1lb 9oz	3qt $\frac{3}{4}$ c 2 Tbsp 2 tsp	3lb 2oz.	1gal 2 qt 1 $\frac{3}{4}$ c 1 Tbsp 1 tsp	
Canola oil		$\frac{1}{2}$ c		1 c	
Apple cider vinegar		1 $\frac{3}{4}$ c		3 $\frac{1}{2}$ c	3. Dressing: Combine oil, vinegar, salt, pepper, garlic powder, sugar, parsley, and ground mustard in a small bowl. Stir well. Set aside for step 5.
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		$\frac{1}{2}$ tsp		1 tsp	
Garlic powder		1 tsp		2 tsp	4. Combine pasta, bell peppers, onions, tomatoes, cucumbers, and broccoli in a large bowl. Stir well. Set aside for step 5.
Sugar	14oz.	1 $\frac{3}{4}$ c	1lb 12oz.	3 $\frac{1}{2}$ c	
Dried parsley		1 $\frac{1}{8}$ tsp		2 $\frac{1}{4}$ tsp	
Ground mustard		1 tsp		2 tsp	5. Pour 3 $\frac{1}{4}$ cups (about 1 lb 11 oz) dressing over 1 gal 3 qt (about 8 lb 10 oz) vegetable and pasta mixture. Stir well.
*Fresh green bell peppers, diced	4oz.	$\frac{3}{4}$ c	8oz.	1 $\frac{1}{2}$ c	
*Fresh green onions, chopped	4oz.	$\frac{1}{2}$ c 1 Tbsp 1 $\frac{1}{2}$ tsp	8oz.	1 c 3 Tbsp	
*Fresh cherry tomatoes, halved	2lb	1qt 1 $\frac{1}{2}$ c	4lb	2qt 3 c	6. Transfer 1 gal 2 qt (about 10 lb 6 oz) pasta salad to a steam table pan (12" x 20" x 2 $\frac{1}{2}$ "). For 25 servings, use 1 pan. For 50 servings, use 2 pans
*Fresh cucumbers, peeled, diced	1lb 4oz.	3 $\frac{1}{2}$ c	2lb 8oz.	1qt 3 c	
*Fresh broccoli florets	11oz.	1 qt $\frac{3}{4}$ c 2 Tbsp 1 $\frac{1}{8}$ tsp	1lb 6oz.	2qt 1 $\frac{3}{4}$ c 2 $\frac{1}{4}$ tsp	



## SERVING SIZE:

Portion size for adult:  
8fl oz. spoodle (1 cup)



## SERVING PROVIDES:

$\frac{5}{8}$  c vegetable  
1 grain

**RECIPE SOURCE:** [fns.usda.gov](https://fns.usda.gov) #E-080

# SHOPPING LIST - ADULT MENUS WEEK 1 & 2



## MILK

- 1% MILK
- FAT FREE MILK



## VEGETABLES

- ZUCCHINI, FRESH
- EGGPLANT, FRESH
- MUSHROOMS
- TOMATOES, DICED, CANNED
- BRUSSEL SPROUTS
- CORN, WHOLE KERNEL, CANNED OR FROZEN
- BEANS, BLACK, REDUCED SODIUM, CANNED
- TOMATOES, FRESH
- CABBAGE, RAW
- LETTUCE, GREENER
- BROCCOLI, FRESH OR FROZEN
- CARROTS, GRATED
- RAISINS
- BEANS, GREEN, FROZEN OR CANNED
- PINTO BEANS, LOW SODIUM, CANNED
- SQUASH
- GREEN, TURNIP, FRESH, FROZEN OR CANNED
- SWEET POTATOES, FRESH
- CUCUMBERS
- TOMATOES, CHERRY, FRESH
- BROCCOLI FLORETS, FRESH



## FRUIT

- FRESH BLUEBERRIES
- BANANAS
- MIXED FRUIT
- APPLES
- AVOCADO
- STRAWBERRIES
- APRICOTS, HALVES, CANNED
- RASPBERRIES
- MELON, HONEYDEW
- PEACHES, FRESH OR CANNED
- PINEAPPLES, CRUSHED, CANNED
- ORANGES, FRESH
- KIWI
- GRAPES
- GRAPE JUICE



## MEAT/ MEAT ALTERNATE

- YOGURT, LOW-FAT PLAIN
- EGGS, WHOLE
- CHICKEN BREAST, BONELESS, SKINLESS
- GROUND BEEF, NO MORE THAN 20% FAT
- PORK SHOULDER OR LOIN, RAW,
- TUNA, CANNED, PACKED IN WATER
- CHICKEN, COOKED, FROZEN, DICED
- YOGURT, LOW FAT, GREEK, PLAIN
- STRING CHEESE
- CHEESE, AMERICAN, SLICED
- PEANUT BUTTER
- CHEESE, CHEDDAR, SHREDDED
- CHEESE, CHEDDAR, REDUCED FAT, GRATED
- SAUSAGE, PATTIES
- FISH, TILAPIA
- CHICKEN, WHOLE, FRESH OR FROZEN, CUT UP
- CHEESE, MOZZARELLA SHREDDED, REDUCED FAT
- CHEESE, PEPPER JACK
- COTTAGE CHEESE



## GRAINS

- OATMEAL
- ENGLISH MUFFIN, WW
- BLUEBERRY MUFFINS
- ALL BRAN COMPLEX WHEAT FLAKES
- WHOLE WHEAT SPAGHETTI
- ENRICHED GARLIC BREAD OR FRENCH BREAD
- BUNS, WHOLE WHEAT
- CRACKERS, WW
- WW SLICED BREAD
- ROTINI PASTA, WHOLE-GRAIN, DRY
- ROLLS, WHOLE WHEAT
- FLOUR TORTILLAS, WG
- CEREAL (WIC APPROVED LIST)
- CHEERIOS
- ENRICHED CREAM OF WHEAT
- RICE, BROWN, LONG GRAIN, REGULAR
- PENNE PASTA, MULTI GRAIN
- TORTILLAS, WG, 10"
- ENRICHED TRI-COLOR PASTA
- CRACKERS
- WW BAGELS
- GRAHAM CRACKERS

## OTHER

- WHOLE WHEAT FLOUR
- ALL-PURPOSE FLOUR
- CRANBERRIES, DRIED
- CANOLA OIL
- ONIONS, FRESH
- BELL PEPPERS, GREEN
- SALT
- GARLIC, MINCED
- GARLIC, GRANULATED
- OREGANO, DRIED
- BASIL, DRIED
- LEMON JUICE OR LIME JUICE
- VINEGAR, BALSAMIC
- PEPPER, WHITE
- PEPPER, BLACK
- TOMATO PUREE, CANNED
- THYME, DRIED
- PARSLEY, DRIED
- MARJORAM, DRIED
- CILANTRO, FRESH, CHOPPED
- ONIONS, GREEN
- LOW-FAT, REDUCED SODIUM CREAM OF CHICKEN SOUP, CONDENSED
- FAT FREE HALF AND HALF
- CHEESE, PARMESAN, GRATED
- GREEN CHILIES, CANNED, DICED
- EGG SUBSTITUTE
- CHILI POWDER
- OAT BRAN
- BAKING POWDER
- BAKING SODA
- CINNAMON, GROUND
- NUTMEG, GROUND
- YOGURT, VANILLA
- CORN MEAL
- CHICKEN STOCK
- CUMIN, GROUND

# MENU FOR ADULTS WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK SLICE CANTALOUPE HENS ON A NEST (SERVE TWO PER ADULT)	MILK SLICED BANANAS *CORN FLAKES	MILK PEAR HALVES WG BANANA MUFFIN WIC APPROVED CEREAL	FRESH STRAWBERRIES WG WAFFLES W/SYRUP (2 SERVINGS) YOGURT	MILK MIXED FRUIT BOILED EGGS (1 LARGE EGG)
RECIPE SERVING YIELDS	 1 OZ.  1		 1 1/2		
LUNCH/SUPPER	MILK SPICY RICE CASSEROLE 1/4 C PINTO BEANS STEAMED BROCCOLI SLICED STRAWBERRIES WW ROLLS	MILK POT ROAST RED POTATOES W/HERBS STEAMED CARROTS WW ROLLS	MILK CHICKEN SALAD SANDWICHES ON WW 1 C LENTIL SOUP GRAPES	MILK BAKED HAM TURNIP GREENS BEETS PERFECT CORNBREAD (SERVE 2 PORTIONS)	MILK WHITE CHICKEN CHILI STEAMED BROCCOLI ORANGE SLICES WHOLE CORN TORTILLA CHIPS
RECIPE SERVING YIELDS	 1/4 C  1 3/4 OZ.  3/4	 1/2 C	 1/2 C  1 OZ.	 1	 1/8 C  2 OZ.  2
SNACK	FRESH PINEAPPLE MINI WHOLE GRAIN BAGELS WATER	STEWED PRUNES OATMEAL MUFFIN SQUARE WATER	YOGURT FRESH PEACHES WATER	SOUTHWEST TOFU SCRAMBLE ORANGE JUICE	FRESH SALSA MANGOS WHOLE CORN TORTILLA CHIPS WATER
RECIPE SERVING YIELDS		 1/8 C  1		 1/8 C  1 OZ.  1	 1/2 C

\*WIC approved cereals

Milk choices: Age 1: Whole unflavored;  
 Ages 2-5: unflavored low-fat or fat-free; and  
 Ages 6-12 unflavored low-fat, unflavored fat-free,  
 or flavored fat-free

KEY

WK=WHOLE KERNEL  
 CCP=CRITICAL CONTROL POINT



MILK



MEAT/MEAT  
 ALTERNATE



FRUIT  
 VEGETABLE



WHOLE  
 WHEAT  
 (WW)



WHOLE  
 GRAIN  
 (WG)

# HENS ON A NEST

MENU FOR ADULTS WEEK 3  
MONDAY - BREAKFAST  
AGE GROUP: ADULTS

INGREDIENTS	10 servings	25 servings	DIRECTIONS
English muffins, plain, enriched and toasted	10 muffins	25 muffins	<ol style="list-style-type: none"> <li>1. Scramble eggs.</li> <li>2. Toast English Muffins.</li> <li>3. Top each English muffin half with scrambled egg.</li> <li>4. Sprinkle with cheese.</li> <li>5. Keep warm until service.</li> </ol>
Eggs, whole, scrambled	10 lg eggs	25 lg eggs	
Cheddar cheese, reduced fat, shredded	10oz.	25oz.	



## SERVING SIZE:

Portion size for adult:  
(½ muffin topped with egg and  
cheese) - serve 2 for adults



## SERVING PROVIDES:

1 oz. meat/meat alternate  
1 grain

# WHOLE GRAIN BANANA MUFFIN

MENU FOR ADULTS WEEK 3  
WEDNESDAY- BREAKFAST  
AGE GROUP: ADULTS

INGREDIENTS	12 MUFFINS	24 MUFFINS	DIRECTIONS
Enriched AP white flour	1 c	2 c	Preheat oven to 400 degrees. In a mixing bowl combine flours, wheat germ, salt and baking powder. In a separate bowl, beat together the egg, juice concentrate, milk, butter & banana. Add the milk mixture to the dry ingredients and mix until just combined. Fold in fruit, being careful not to over mix. Spray muffin pan with cooking spray. Fill each cup $\frac{2}{3}$ full and bake for 15 minutes. Can spread with peanut butter or cream cheese.
Whole wheat flour	1 c	2 c	
Wheat germ	$\frac{1}{3}$ c	$\frac{2}{3}$ c	
Salt	a pinch	$\frac{1}{2}$ tsp	
Baking Powder	3 tsp	2 Tbsp	
Egg, whole, fresh	1 large	2 large	
Ripe banana, (mashed)	$\frac{1}{2}$ c	1 c	
Apple juice (concentrate, thawed)	$\frac{1}{4}$ c	$\frac{1}{2}$ c	
Milk (skim)	1 c	2 c	
Butter (melted)	3 tsp	2 Tbsp	
Dried fruit (optional) (Raisins, chopped apricots)	$\frac{1}{4}$ c	$\frac{1}{2}$ c	



## SERVING SIZE:

Portion size for adult:  
 $\frac{1}{2}$  muffin



## SERVING PROVIDES:


1  $\frac{1}{2}$  grain

## RECIPE SOURCE:

Recipe Source: [www.pammshouse.com/kidseat-veggies.html](http://www.pammshouse.com/kidseat-veggies.html)

# SPICY RICE CASSEROLE

MENU FOR ADULTS WEEK 3  
MONDAY - LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	16 SERVINGS		32 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Lean ground beef (15% fat)	2lb		4lb		1. Brown ground beef in a large saucepan, steam kettle, or tilt skillet over medium-high heat. Drain the fat. Add the onions and peppers and cook for 8–10 minutes until the onion is soft.
Onion, chopped	12oz.	3 c	1lb 8oz.	1qt + 2 c	
Fresh jalapeño pepper, seeds removed, diced	2oz.	½ c	4oz.	1 c	
Brown rice, dry	13.4 oz.	2 c	1lb 10.8oz.	1qt	
Canned diced tomato	2lb	1qt	4lb	2qt	2. Stir in the rice, tomatoes, water, chili powder, oregano, and salt. Bring to a low boil and then reduce heat to a simmer. Cover and simmer for about 20–30 minutes, or until the rice is tender and has absorbed most of the liquid. CCP: Heat to 165°F or higher for at least 15 seconds.
Hot water		1qt		2qt	
Chili powder		2 Tbsp		¼ c	
Dried oregano leaves		2 Tbsp		¼ c	
Salt		2 tsp		1 Tbsp + 1 tsp	3. Transfer casserole to a serving pan and top with the grated cheddar cheese.
Reduced fat cheddar cheese, grated	6oz.	1 ½ c	12oz.	3 c	
					4. CCP: Hold for hot service at 135°F or higher.
					Serve 1 cup portions using an 8-ounce ladle or spoodle.

## SERVING SIZE:

Portion size for adult:  
8 fl oz. spoodle (1 cup)

## SERVING PROVIDES:

1 ¾ oz. meat/meat alternate  
¼ c vegetable  
¾ grain

# RED POTATOES WITH HERBS

MENU FOR ADULTS WEEK 3  
TUESDAY - LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Baby Red potatoes, unpeeled	14lb		28lb		<ol style="list-style-type: none"> <li>1. In a large stockpot or steam kettle boil potatoes until just fork tender approximately 20 minutes.</li> <li>2. While potatoes are cooking combine basil, chives, lemon juice, pepper and oil in a saucepan and heat to simmer.</li> <li>3. Drain potatoes once tender, and let the steam evaporate.</li> <li>4. Allow potatoes to air dry slightly before coating with oil mixture.</li> <li>5. Pour hot herb and oil mixture over the cooked potatoes and toss lightly to evenly coat.</li> <li>6. Serve immediately or hold in 200 degrees F oven until ready to serve.</li> <li>7. Serve ½ cup (4 ounces).</li> </ol>
Basil, dry					
Chives , dry		½ c		¾ c	
Lemon juice		½ c		¾ c	
Black pepper, ground		1 ½ tsp		1 Tbsp	
Vegetable oil		¾ c		1 ⅓ c	



## SERVING SIZE:

Portion size for adult:  
½ c



## SERVING PROVIDES:

½ c vegetable

# LENTIL SOUP

MENU FOR ADULTS WEEK 3  
WEDNESDAY- LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Dry lentils	11oz.	1 ½ c	1lb 6oz.	3 c	1. Rinse lentils and sort out any unwanted materials. Drain well.
Beef stock, non-MSG		3qt		1gal 2qt	
Canned tomato paste	10oz.	1 cup 1 Tbsp (¾ 12 oz. can plus 1 Tbsp)	1lb 4oz.	2 cups 2 Tbsp (1 ⅔ 12 oz. cans)	2. In a heavy pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes.
*Fresh potatoes, peeled, ¼" cubes	3oz.	½ c	6oz.	1 c	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz.	¼ c 3 Tbsp or ¼ c	5oz. or 1oz.	¾ c 2 Tbsp or ½ c	3. Add potatoes, onions, celery, carrots, parsley, granulated garlic, bay leaves, and cumin. Simmer, uncovered, about 50 minutes. CCP: Heat to 165°F or higher.
*Fresh celery, ¼" diced	4oz.	1 c	8oz.	2 c	
*Fresh carrots, ½" chopped	4oz.	1 c	8oz.	2 c	4. Remove bay leaves. CCP: Hold at 140°F or warmer. Portion with 4 oz. ladle (½ cup).
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 tsp		2 tsp	Serve 1 c (use serving for 50, will yield 25 1 cup servings)
Dried bay leaf		1 each		2 each	
Ground cumin		⅓ tsp		¼ tsp	



## SERVING SIZE:

Portion size for adult:  
1 cup of soup

## SERVING PROVIDES:

1 oz. meat/meat alternate  
½ c vegetable

# PERFECT CORNBREAD

MENU FOR ADULTS WEEK 3  
THURSDAY - LUNCH SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	16 SERVINGS	32 SERVINGS	DIRECTIONS
			<p>1. Measure all ingredients into mixing bowl in the order given above.</p> <p>2. Beat with wooden spoon or wire whip until smooth, about 1 minute. Do not overbeat.</p> <p>3. Pour batter into greased 9"x9" pan.</p> <p>4. Bake at 425-degrees F for 20 minutes.</p>
Enriched all-purpose flour	½ c	1 c	
Yellow corn meal	½ c	1 c	
Baking Powder	2 tsp	4 tsp	
Salt	¼ tsp + ⅛ tsp	¾ tsp	
Eggs	1 large	2 large	
Low fat milk	½ c	1 c	
Vegetable Oil	⅛ c	¼ c	



## SERVING SIZE:

Portion size for adults:  
2 pieces ( 1.25" x 2")



## SERVING PROVIDES:

1 grain

# WHITE CHICKEN CHILI

MENU FOR ADULTS WEEK 3  
FRIDAY- LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Vegetable oil		2 Tbsp		¼ c	<p>1. Heat oil in a large pot over medium-high heat. Sauté the chicken, onions and garlic powder until the chicken is no longer pink. If using pre-cooked chicken, sauté the onions in the oil until softened, then add the chicken and garlic powder.</p> <p>2. Add the beans, chicken broth, green chilies, cumin, oregano, pepper, and cayenne pepper. Bring to a low boil. Reduce heat to a simmer and cook, uncovered, for 30minutes.</p> <p>CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.</p> <p>3. Just before service stir in the sour cream and milk.</p> <p>Serve 1 cup portions using an 8-ounce ladle or spoodle.</p>
Boneless, skinless chicken breast, or diced cooked chicken	2lb		4lb		
Yellow onions, diced	1lb 4oz.	1qt	2lb 8oz.	2qt	
Garlic powder		1 Tbsp		2 Tbsp	
Reduced-sodium white beans, canned, with liquid	2lb		4lb		
Chicken broth		3 ½ c		1qt + 3 c	
Canned mild green chilies, diced	1lb	2c	2lb	1qt	
Ground cumin		2 tsp		1 Tbsp + 1 tsp	
Dried oregano leaves		2 tsp		1 Tbsp + 1 tsp	
Black pepper		1 tsp		2 tsp	
Cayenne pepper		½ tsp		1 tsp	
Nonfat sour cream	1lb	2 c	2lb	1qt	
Nonfat or 1% milk		1 c		2 c	



## SERVING SIZE:

Portion size for adult:  
8 fl oz. spoodle (1 cup)



## SERVING PROVIDES:

2 oz. meat/meat alternate  
⅛ c vegetable

# OATMEAL MUFFIN SQUARE

**MENU FOR ADULTS WEEK 3**  
**TUESDAY- SNACK**  
**AGE GROUP: ADULTS**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Whole-wheat flour	7 ¾ oz.	1 ¾ c	15 ½ oz.	3 ½ c	1. Set aside 1 oz. of flour for step 6.  2. Place flour, oats, baking powder, baking soda, cinnamon, nutmeg, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 5.
Enriched bread flour	7 ½ oz.	1 ⅔ c	15oz	3 ⅓ c	
Oatmeal	7 ¼ oz.	2 ¾ c	14 ½ oz.	1qt 1 ½ c	
baking powder		2 tsp		1 Tbsp 1 tsp	
Baking soda		1 ½ tsp		1 Tbsp	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	3. Combine egg and sugar in a large bowl. Stir well.
Nutmeg		½ tsp		1 tsp	
Salt		½ tsp		1 tsp	4. Add mashed bananas, yogurt, and vanilla extract. Stir well.
Frozen whole eggs, thawed	5oz.	½ c 2 Tbsp	10oz.	1 ¼ c	
Sugar	4oz.	½ c	8oz.	1 c	5. Combine egg mixture with dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX.
*Fresh bananas, mashed	1lb 5oz.	2 ⅓ c	2lb 10oz.	1qt ⅔ c	
Yogurt, low-fat	12oz.	1 ½ c	1lb 8oz.	3 c	
Vanilla extract		1 Tbsp		2 Tbsp	6. Coat blueberries with remaining flour. Fold in blueberries and raisins. Stir well.
Blueberries, frozen, drained	7oz.	1 ⅓ c	14oz.	2 ⅔ c	
Golden Raisins	5oz.	⅔ c	10oz.	1 ⅓ c	7. Pour 2 qt (about 4 lb 5 oz) batter into a half steam table pan (12" x 10" x 2 ½") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.



## SERVING SIZE:

Portion size for adult:  
1 piece

## SERVING PROVIDES:

⅓ c fruit  
1 grain



**RECIPE SOURCE:** [fns.usda.gov](https://www.fns.usda.gov) #B200

# SOUTHWEST TOFU SCRAMBLE

**MENU FOR ADULTS WEEK 3**  
**THURSDAY- SNACK**  
**AGE GROUP: ADULTS**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Quinoa	1lb 9oz.	1qt 2 Tbsp 2 tsp	3lb 2oz.	2 qt ¼ c 1 Tbsp 1 tsp	<p>1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.</p> <p>2. Combine quinoa and water in a large, covered stock pot.</p> <p>3. Bring to a boil. Reduce heat to low. Simmer uncovered for 10-15 minutes until water is completely absorbed. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff.</p> <p>4. Critical Control Point: Heat to 140 °F or higher.</p> <p>5. Pour 3 qt (about 3 lb 14 oz) quinoa into a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>6. Critical Control Point: Hold for hot service at 140 °F or higher.</p> <p>7. Set aside for step 11.</p> <p>8. In a large stock pot, add oil and crumbled tofu. Heat uncovered over medium heat for 2-3 minutes, stirring occasionally.</p> <p>9. Add garlic, cumin, red pepper flakes, salt, pepper, turmeric, bell peppers, and onions. Heat uncovered over medium heat for 1-2 minutes, stirring constantly.</p> <p>10. Critical Control Point: Heat to 140 °F or higher.</p> <p>11. Pour 3 qt (4 lb 9 oz) vegetable mixture over each pan. Stir well to combine. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>12. Critical Control Point: Hold for hot service at 140 °F or higher.</p>
Water		1qt 2 c		3qt	
Olive oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Tofu, firm, crumbled	3lb 8oz.	2 qt 2 ½ c	7lb	1gal 1 qt 1 c	
Garlic, minced		2 Tbsp		¼ c	
Ground cumin		1 Tbsp		2 Tbsp	
Crushed red pepper flakes		1 tsp		2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		½ tsp		1 tsp	
Ground turmeric		2 Tbsp ½ tsp		¼ c 1 tsp	
*Fresh red bell pepper, diced	1lb	3 c	2lb	1qt 2 c	
*Fresh green onions, top and bottom, diced	8oz.	1 c 3 Tbsp	1lb	2 ¼ c 2 Tbsp	



## SERVING SIZE:

Portion size for adult:  
 (¾ cup) 6 fl oz. spoodle



## SERVING PROVIDES:

1 oz. meat/meat alternate  
 ⅛ c vegetable  
 1 grain



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**RECIPE SOURCE:** [fns.usda.gov](https://www.fns.usda.gov)



# FRESH SALSA

MENU FOR ADULTS WEEK 3  
FRIDAY - SNACK  
AGE GROUP: ADULTS

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Canned diced tomatoes, with juice	1 lb 5oz.	2 ½ c ½ Tbsp (¾ #2.5 can)	2lb 10oz.	1 ¼ qt ½ Tbsp (1 ½ #2.5 can)	1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a food processor or blender. Puree until smooth.
*Fresh onions, chopped or 2 Tbsp Dehydrated Onions		¼ cup or 2 Tbsp	2 ½ oz.	¼ c 3 Tbsp or ¼ c	
Canned tomato paste	6oz.	½ c 2 Tbsp (½ 12oz. can)	12 oz.	1 ¼ c (1 12oz. can)	
Water		1 c 2 Tbsp		2 ¼ c	2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended. Refrigerate until ready to serve. CCP: Hold at 40 degrees F or colder.
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 c	3. Portion with 2 oz. ladle (¼ cup).
Canned dice tomatoes, with juice.	14oz.	1 ½ c 3 Tbsp (½ #2.5 can)	1lb 12 oz.	3 ¼ c 2 Tbsp (1 #2.5 can)	



## SERVING SIZE:

Portion size for adult:  
½ cup (4oz. ladle)



## SERVING PROVIDES:

½ c vegetable

RECIPE SOURCE: [fns.usda.gov](https://fns.usda.gov) #c-03

# MENU FOR ADULTS WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MILK MANDARIN ORANGE SLICES GRITS W/REDUCED FAT CHEESE SCRAMBLED EGGS	MILK BREAKFAST BANANA SPLIT	MILK FRESH BLUEBERRIES OATMEAL MUFFIN SQUARE (SERVE 2)	MILK BANANAS PUMPKIN PATCH MUFFIN (WG) (SERVE 2) 1 LARGE EGG	MILK STRAWBERRIES OATMEAL
RECIPE SERVING YIELDS		 ¾ C  1 OZ.  2	 2	 2	
LUNCH/SUPPER	MILK CHICKEN STIR-FRY PINEAPPLE CHUNKS BROWN RICE	MILK MEXICAN MEAT LOAF MASHED POTATOES SLICED TOMATOES WW ROLLS	MILK TURKEY & CHEESE SANDWICH ON WW BREAD VEGETABLE MEDLEY (CAULIFLOWER, BROCCOLI, CARROTS) BLUEBERRIES	MILK RED BEANS AND BROWN RICE (WG) SPINACH SALAD MANDARIN ORANGES RED BEANS AND BROWN RICE (WG)	MILK OVEN FRIED CHICKEN TURNIP GREENS BAKED SWEET POTATOES WW MACARONI AND CHEESE
RECIPE SERVING YIELDS	 ⅝ C  2 OZ.	 ⅛ C  2 OZ.  ½			 3 ¼ OZ.  2
SNACK	BLACK BEAN AND CORN SALSA (SERVE ½ C) CRACKERS WATER	SLICED APPLES BLUEBERRY MUFFIN WATER	DEVILED EGGS CRACKERS WATER	LOW-FAT YOGURT KIWI WATER	RAW VEGETABLES W/DIP HONEYDEW MELON WATER
RECIPE SERVING YIELDS	 ¼ C				

\*WIC approved cereals

Milk choices: Age 1: Whole unflavored;  
 Ages 2-5: unflavored low-fat or fat-free; and  
 Ages 6-12 unflavored low-fat, unflavored fat-free,  
 or flavored fat-free

KEY

WK=WHOLE KERNEL  
 CCP=CRITICAL CONTROL POINT



MILK



MEAT/MEAT  
 ALTERNATE



FRUIT  
 VEGETABLE



WHOLE WHEAT  
 (WG)  
 WHOLE GRAIN  
 (WG)



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# BREAKFAST BANANA SPLIT

MENU FOR ADULTS WEEK 4  
TUESDAY - BREAKFAST  
AGE GROUP: ADULTS

INGREDIENTS	8 SERVINGS		16 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Bananas, 150-count size		8		16	<p>1. For each serving peel and slice each banana in half lengthwise. Place 2 halves in a portion container.</p> <p>2. Sprinkle <math>\frac{1}{4}</math> cup granola over banana, reserving some for topping.</p> <p>3. Spoon <math>\frac{1}{2}</math> cup yogurt between the 2 banana halves and drizzle with <math>\frac{1}{2}</math> teaspoon of optional honey</p> <p>4. Place <math>\frac{1}{4}</math> cup pineapple on top of the yogurt.</p> <p>5. Decorate with reserved granola. Serve immediately.</p> <p>CCP: Hold for cold service at 41°F or below. Serve 1 portion per person.</p>
Granola cereal		2 c		1qt	
Low-fat yogurt, vanilla or strawberry		1qt		2qt	
Honey (optional)		1Tbsp + 1tsp		2 Tbsp + 2tsp	
Pineapple tidbits or chunks		2 c		1qt	



## SERVING SIZE:

Portion size for adult:  
2 Portions per adult



## SERVING PROVIDES:

1 oz. meat/meat alternate  
 $\frac{3}{4}$  c fruit  
2 grain

# OATMEAL MUFFIN SQUARE

**MENU FOR ADULTS WEEK 4**  
**WEDNESDAY - BREAKFAST**  
**AGE GROUP: ADULTS**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Whole-wheat flour	7 ¾ oz.	1 ¾ c	15 ½ oz.	3 ½ c	1. Set aside 1 oz. of flour for step 6.  2. Place flour, oats, baking powder, baking soda, cinnamon, nutmeg, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 5.
Enriched bread flour	7 ½ oz.	1 ⅔ c	15oz.	3 ⅓ c	
Oatmeal	7 ¼ oz.	2 ¾ c	14 ½ oz.	1qt 1 ½ c	3. Combine egg and sugar in a large bowl. Stir well.  4. Add mashed bananas, yogurt, and vanilla extract. Stir well.
baking powder		2 tsp		1 Tbsp 1 tsp	
Baking soda		1 ½ tsp		1 Tbsp	5. Combine egg mixture with dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX.
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
Nutmeg		½ tsp		1 tsp	6. Coat blueberries with remaining flour. Fold in blueberries and raisins. Stir well.
Salt		½ tsp		1 tsp	
Frozen whole eggs, thawed	5oz.	½ c 2 Tbsp	10oz.	1 ¼ c	7. Pour 2 qt (about 4 lb 5 oz) batter into a half steam table pan (12" x 10" x 2 ½") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Sugar	4oz.	½ c	8oz.	1 c	
*Fresh bananas, mashed	1lb 5oz.	2 ⅓ c	2lb 10oz.	1qt ⅔ c	8. Bake until golden brown: Conventional oven: 375 °F for 45 minutes. Convection oven: 300 °F for 40 minutes.
Yogurt, low-fat	12oz.	1 ½ c	1lb 8oz.	3 c	
Vanilla extract		1 Tbsp		2 Tbsp	9. Portion: Cut each pan 5 x 5 (25 pieces per pan).
Blueberries, frozen, drained	7oz.	1 ⅓ c	14oz.	2 ⅔ c	
Golden Raisins	5oz.	⅔ c	10oz.	1 ⅓ c	



## SERVING SIZE:

Portion size for adult:  
 2 Portions per adult




## SERVING PROVIDES:

¼ c fruit  
 2 grain

# PUMPKIN PATCH MUFFIN

MENU FOR ADULTS WEEK 4  
THURSDAY- BREAKFAST  
AGE GROUP: ADULTS

INGREDIENTS	12 MUFFINS	24 MUFFINS	DIRECTIONS
Canned Pumpkin	1 c	2 c	Preheat oven to 375 degrees.
Brown sugar, packed	½ c	1 c	In a large mixing bowl, mix or blend the pumpkin, brown sugar, melted butter, and eggs.
Melted butter or margarine	¼ c	½ c	
Eggs, whole, fresh	2 eggs	4 eggs	
All-Purpose flour, white, enriched (or try 1 cup All Purpose flour and 1 cup whole wheat flour)	2 c	4 c	In a separate bowl, sift the flour with the baking powder and salt.
Baking powder	2 tsp	4 tsp	Add the dry ingredients to the pumpkin mixture and stir or blend until just combined.
Salt, table	½ tsp	1 tsp	
			Spoon the batter into a 12-cup muffin tin lined with paper liners.
			Bake the muffins for 20 minutes.

## SERVING SIZE:

Portion size for adult:  
2 muffins



## SERVING PROVIDES:

2 grain



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## RECIPE SOURCE:

Recipe Source: Laura England, Kootenai Valley  
Head Start Minute Menu # 273



# CHICKEN STIR-FRY

**MENU FOR ADULTS WEEK 4**  
**MONDAY - LUNCH/SUPPER**  
**AGE GROUP: ADULTS**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cornstarch	2oz.	¼ c 3 Tbsp	4 oz.	¾ c 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.  2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer  3. Cook for 3-5 minutes, until thickened. Remove from heat.  4. Sauté sliced carrots in oil for 4 minutes.  5. Add onions, cook for 1 minute  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.  7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables.  CCP: Heat to 165° F or higher.  8. CCP: Hold for hot service at 140° F or warmer. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).
Water, cold		½ c		1 c	
Low-sodium soy sauce		½ c		1 c	
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		1qt		2qt	
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2lb 13oz. OR 3lb 6oz.	2qt 1 c OR 3qt	5lb 10oz. OR 6lb 12oz.	1gal 2 c OR 1 gal 2 qt	
Vegetable oil		¼ c		½ c	
*Fresh onions, chopped	10oz.	2 c	1lb 4oz.	1qt	
*Fresh broccoli, chopped OR Frozen mixed oriental vegetables	2lb 13oz. OR 3lb 7oz.	1gal 1 ½ qt OR 2qt 3 ⅞ c	5lb 10oz. OR 6lb 14oz.	1gal 1 ⅔ qt	
Raw chicken skinless, boneless, ½" cubes	4lb 8oz.		9lb		
Vegetable oil		½ c		1c	



## SERVING SIZE:

Portion size for adult:  
 2 rounded No. 10 scoops  
 (¾ cup)



## SERVING PROVIDES:

2 oz. meat/meat alternate  
 ⅝ c vegetable

# MEXICAN MEAT LOAF

MENU FOR ADULTS WEEK 4  
TUESDAY - LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1lb 4oz.		2lb 8oz.		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended.
Raw ground turkey	1lb 4oz.		2lb 8oz.		
*Fresh onions, chopped	2oz.	1/3 c	4oz.	2/3 c	2. Press 5 lb 4 oz. of meat mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Fresh celery, 1/4" diced	8oz.	2 c	1lb	1qt	
Rolled oats	7oz.	2 2/3 c	14oz.	1qt 1 1/3 c	3. Prepare Salsa (C-03). Baste each pan evenly with 2/3 cup of salsa. Bake: Conventional oven: 350° F for 15 minutes. Convection oven: 325° F for 15 minutes.
Enriched dry bread crumbs	5oz.	1 c	10oz.	2 c	
Frozen whole eggs, thawed OR Fresh large eggs	10oz.	1 c 3 Tbsp OR 6each	1lb 4oz. OR	2 1/4 c 2 Tbsp OR 12 each	4. Remove from oven and baste each pan evenly with 2/3 cup of salsa. Bake: Conventional oven: 350° F for 45 minutes. Convection oven: 325° F for 35 minutes. CCP: Heat to 165° F or higher.
Canned tomato sauce	12oz.	1 1/4 c	1lb 8oz.	2 1/2 c	
Canned tomato paste		2 Tbsp	2oz.	1/4 c	5. CCP: Hold for hot service at 140° F or warmer. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Salsa (C-03)	11oz.	1 1/3 c	1lb 6oz.	2 2/3 c	



## SERVING SIZE:

Portion size for adult:  
1 Portions per adult



## SERVING PROVIDES:

2 oz. meat/meat alternate  
1/8 c vegetable  
1/2 grain

# OVEN FRIED CHICKEN

MENU FOR ADULTS WEEK 4  
FRIDAY - LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	8oz.	1 $\frac{3}{4}$ c 2 $\frac{1}{3}$ tsp	1lb	3 $\frac{1}{2}$ c 1 Tbsp 1 $\frac{2}{3}$ tsp	<p>1. Combine flour, crushed corn flakes, and spices in a large bowl. Stir well. Set aside for step 4.</p> <p>2. Combine egg whites and milk in a medium bowl.</p> <p>3. Add chicken (no more than 3 pieces at a time). Coat pieces evenly with egg mixture.</p> <p>4. Remove chicken pieces from medium bowl. Place in large bowl containing flour mixture. Coat evenly.</p> <p>5. Place chicken pieces on a sheet pan (18" x 26" x 1") lightly coated with pan release spray and lined with parchment paper. For 25 servings, use 1 <math>\frac{1}{2}</math> pans. For 50 servings, use 3 pans.</p> <p>6. Bake uncovered: Conventional oven: 400 °F for 55-60 minutes. Convection oven: 350 °F for 40-45 minutes.</p> <p>7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>8. Transfer to a steam table pan (12" x 20" x 2 <math>\frac{1}{2}</math>"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>9. Critical Control Point: Hold for hot service at 140 °F or higher.</p>
Whole-grain corn flakes	1lb	2 c	2lb	1 qt	
Ground blk or wht pepper		2 tsp		1 Tbsp 1 tsp	
Salt		2 $\frac{1}{2}$ tsp		1 Tbsp 2 tsp	
Mustard, dry		2 Tbsp		$\frac{1}{4}$ c	
Paprika		2tsp		1 Tbsp 1 tsp	
Garlic powder		1 Tbsp		2 Tbsp	
Ground thyme		2 tsp		1 Tbsp 1 tsp	
Dried basil		2 tsp		1 Tbsp 1 tsp	
Ground Oregano		2 tsp		1 Tbsp 1 tsp	
Ground ginger		1 Tbsp		2 Tbsp	
Egg whites	8oz	1 c	1lb	2 c	
Nonfat milk		2 c		1qt	
Chicken, whole, fresh or frozen, cut up, 8 pieces	12lb 4oz.		24lb 8oz.		



## SERVING SIZE:

### Portion size for adult:

Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back)

## SERVING PROVIDES:

2.25 oz. meat/meat alternate


1 grain

## RECIPE SOURCE:

[whatscooking.fns.usda.gov #D29](https://whatscooking.fns.usda.gov/#D29)

# WHOLE WHEAT MACARONI AND CHEESE

MENU FOR ADULTS WEEK 4  
FRIDAY - LUNCH/SUPPER  
AGE GROUP: ADULTS

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 c		1qt 2 c	<p>1. Heat water to a rolling boil.</p> <p>2. Add cauliflower. Cook uncovered for 2-3 minutes until tender. Place cauliflower in a food processor. Puree on high speed for 30 seconds to 1 minute until cauliflower has a smooth consistency. <b>DO NOT OVERMIX.</b> Set aside for step 5.</p> <p>3. Heat water to a rolling boil.</p> <p>4. Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. <b>DO NOT OVERCOOK.</b> Drain well. Set aside for step 5.</p> <p>5. Combine cauliflower puree, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl. Stir well.</p> <p>6. Pour 1 gallon 2 cups (about 9 lb 2 oz) macaroni and cheese mixture into a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. <i>For 50 servings, use 2 pans.</i></p> <p>7. Bake: Conventional oven: 350 °F for 30-35 minutes. Convection oven: 325 °F for 25-30 minutes.</p> <p>8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>9. Critical Control Point: Hold for hot service at 135 °F or higher.</p>
*Fresh cauliflower florets	10oz.	2 ¾ c 1 Tbsp	1lb 4oz.	1qt 1 ½ c 2 Tbsp	
Water		2qt 3 c		1gal 1qt 2 cups	
WG elbow macaroni	1lb 9oz.	1qt 1 ¾ c	3lb 2oz.	2qt 3 ½ c	
Low-Fat (1%) milk		1qt		2qt	
Low-fat cheddar cheese, shredded	1lb 14oz.	1qt 3 ½ c	3lb 12oz.	3qt 3 c	
Low-fat sour cream	8oz.	¾ c 1 ½ tsp	1lb	1 ½ c 1 Tbsp	
Nonfat sour cream	8oz.	¾ c 1 ½ tsp	1lbs	1 ½ c 1 Tbsp	
Ground blk or wht pepper		½ tsp		¼ tsp	
Garlic powder		2 tsp			
Dried onion flakes		2 Tbsp		¼ c	
Salt		½ tsp		1 tsp	
Lemon pepper		1 Tbsp		2 Tbsp	

## SERVING SIZE:

Portion size for adults:  
Cut each pan 5 x 5 (25 pieces per pan).  
Serve 1 piece (2" x 3 ¾" square).

## SERVING PROVIDES:

1 oz. meat/meat alternate  
1 grain

# BLACK BEAN AND CORN SALSA

MENU FOR ADULTS WEEK 4  
MONDAY - SNACK  
AGE GROUP: ADULTS

INGREDIENTS	100 SERVINGS		SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black Beans, canned, drained		1 ⅓ #10 can			<ol style="list-style-type: none"> <li>1. Chill canned beans prior to preparation.</li> <li>2. Combine drained beans, corn, diced peppers and diced onions.</li> <li>3. Mix remaining ingredients to make the dressing.</li> <li>4. Pour dressing over the salad and toss lightly to combine.</li> <li>5. Chill 2 hours before serving.</li> </ol> <p>CCP: Hold for cold service at 41° F or lower</p>
Corn frozen, thawed	3 lb + 12 oz.				
Green Pepper, fresh, AP	15oz.				
Red Pepper, fresh, AP	15oz.				
Red onions, fresh, AP	5oz.				
Lemon Juice		½ c			
Parsley, dried		2 Tbsp			
Cumin, ground		1 Tbsp			
Garlic Powder		2 tsp			
Picante Sauce		3 ¼ c			
Salad oil		¼ c			



## SERVING SIZE:

Portion size for adult:  
2 oz. spoodle (¼ cup)



## SERVING PROVIDES:

¼ c vegetable

**RECIPE SOURCE:** Healthier Kansas Recipe 81

# SHOPPING LIST - ADULTS MENUS WEEK 3 & 4



## MILK

- 1% MILK
- FAT FREE MILK



## VEGETABLES

- SPINACH, FRESH
- PINTO BEANS, LOW SODIUM, CANNED
- BROCCOLI, FRESH OR FROZEN
- BABY RED POTATOES
- LENTILS, DRY
- POTATOES, FRESH
- BEETS, CANNED
- GREEN, TURNIP, FRESH, FROZEN OR CANNED
- BEANS, WHITE, REDUCED SODIUM, CANNED
- PRUNES
- TOMATOES, DICED, CANNED
- PUMPKIN, CANNED
- TOMATOES, FRESH
- VEGETABLE MEDLEY, FROZEN
- BEANS, RED, CANNED
- CAULIFLOWER FLORETS, FRESH
- SWEET POTATOES, FRESH
- BEANS, BLACK, CANNED
- CORN, WHOLE KERNEL, CANNED OR FROZEN



## FRUIT

- MIXED FRUIT
- APPLES
- KIWI
- PEARS, HALVES, CANNED
- PINEAPPLES, FRESH OR CANNED CHUNKS
- BANANAS
- MELON, CANTALOUPE
- STRAWBERRIES
- APPLE JUICE, PASTEURIZED
- RAISINS
- ORANGES, FRESH
- PEACHES, FRESH OR CANNED
- JUICE, ORANGE
- MANGOS
- ORANGES, MANDARIN
- FRESH BLUEBERRIES
- MELON, HONEYDEW



## MEAT/ MEAT ALTERNATE

- YOGURT, LOW-FAT PLAIN
- EGGS, WHOLE, FRESH
- GROUND BEEF, NO MORE THAN 20% FAT
- CHEESE, CHEDDAR, REDUCED FAT, GRATED
- BEEF CHUCK ROAST
- CHICKEN, COOKED, FROZEN, DICED
- HAM
- CHICKEN BREAST, BONELESS, SKINLESS
- TOFU, FIRM
- TURKEY, SLICED
- CHEESE, AMERICAN, SLICED
- CHICKEN, WHOLE, FRESH OR FROZEN, CUT UP
- TURKEY, GROUND, RAW
- CHEESE, CHEDDAR, SHREDDED























## GRAINS

- WILD RICE
- CRACKERS, WHOLE WHEAT
- OATMEAL
- ROLLED OATS
- ENGLISH MUFFIN, WHOLE WHEAT
- CORN FLAKES
- CEREAL (WIC APPROVED LIST)
- RICE, BROWN, LONG GRAIN, REGULAR
- ROLLS, WHOLE WHEAT
- WHOLE WHEAT SLICED BREAD
- WHOLE CORN TORTILLA CHIPS
- MINI WHOLE GRAIN BAGELS
- QUINOA
- GRITS
- WHOLE GRAIN ELBOW MACARONI
- BLUEBERRY MUFFINS

## OTHER

- WHOLE WHEAT FLOUR
- ALL-PURPOSE FLOUR
- WHEAT GERM
- SALT
- BAKING POWDER
- BAKING SODA
- BUTTER
- CHILI POWDER
- BASIL, DRIED
- CHIVES, DRIED
- PEPPER, WHITE
- PEPPER, BLACK
- LEMON JUICE OR LIME JUICE
- CANOLA OIL
- LOW-FAT MAYONNAISE
- PICKLE RELISH
- BEEF STOCK
- ONIONS, FRESH
- GARLIC, GRANULATED
- CELERY, FRESH
- PARSLEY, DRIED
- BAY LEAF, DRIED
- CUMIN, GROUND
- CORN MEAL, YELLOW
- CHICKEN BROTH
- GREEN CHILIES, CANNED, DICED
- OREGANO, DRIED
- NON-FAT SOUR CREAM
- CINNAMON, GROUND
- NUTMEG, GROUND
- SUGAR, BROWN
- VANILLA FLAVOR
- LOW-FAT PLAIN YOGURT
- APPLE SAUCE, CANNED OLIVE OIL
- RED PEPPER FLAKES, CRUSHED
- TURMERIC, GROUND
- BELL PEPPER, RED, FRESH
- BELL PEPPER, GREEN, FRESH
- ONIONS, GREEN, FRESH
- ONIONS, RED, FRESH
- TOMATO PASTE, CANNED
- BREAD CRUMBS
- TOMATO SAUCE, CANNED
- WORCESTERSHIRE SAUCE
- LOW-FAT SOUR CREAM
- NON-FAT SOUR CREAM
- PICANTE SAUCE

# MENU FOR AT RISK WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUPPER	MILK SPICY RICE CASSEROLE ¼ C PINTO BEANS STEAMED BROCCOLI SLICED STRAWBERRIES ROLLS	MILK WHITE CHICKEN CHILI STEAMED BROCCOLI ORANGE SLICES WHOLE CORN TORTILLA CHIPS	MILK STIR FRY PORK WILD RICE PINEAPPLE SLICES	MILK SPAGHETTI & MEAT SAUCE GREEN BEANS WK CORN GARLIC BREAD	MILK CHICKEN AND BLACK BEAN SALSA BURRITOS WK CORN SLICED APPLES
RECIPE SERVING YIELDS	 ¼ C  1 ¾ OZ.  .75	 ⅓ C  2 OZ.	 ⅝ C  2 OZ.	 ¾ C  2 OZ.  1	 ⅓ C  2 OZ.  2
SNACK	VEGGIE QUESADILLAS WITH CILANTRO YOGURT DIP WATER	SLICED STRAWBERRIES AND BANANAS MILK	PEAR QUESADILLA WATER	WG GARLIC BREAD STICKS W/ MARINARA SAUCE APPLE JUICE	CREAMY FRUIT SALAD (SERVE ¾ C) WHOLE GRAIN CRACKERS WATER
RECIPE SERVING YIELDS	 ¼ C  1.5 OZ.  2		 ¼ C  1 OZ.  1		 ½ C






\*WIC approved cereals

Milk choices: and Ages 6-11 unflavored low-fat, unflavored fat-free, or flavored fat-free

At-risk snack option only: When serving grain, it must be a whole grain

KEY

WK=WHOLE KERNEL  
CCP=CRITICAL CONTROL POINT

 MILK
  FRUIT
  VEGETABLE
  MEAT/MEAT ALTERNATE
  WHOLE WHEAT (WW) WHOLE GRAIN (WG)

# SPICY RICE CASSEROLE

MENU FOR AT-RISK WEEK 1  
MONDAY - LUNCH/SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	16 SERVINGS		32 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Lean ground beef (15% fat)	2lb		4lb		<p>1. Brown ground beef in a large saucepan, steam kettle, or tilt skillet over medium-high heat. Drain the fat. Add the onions and peppers and cook for 8–10 minutes until the onion is soft.</p> <p>2. Stir in the rice, tomatoes, water, chili powder, oregano, and salt. Bring to a low boil and then reduce heat to a simmer. Cover and simmer for about 20–30 minutes, or until the rice is tender and has absorbed most of the liquid. CCP: Heat to 165°F or higher for at least 15 seconds.</p> <p>3. Transfer casserole to a serving pan and top with the grated cheddar cheese.</p> <p>4. CCP: Hold for hot service at 135°F or higher.</p> <p>Serve 1 cup portions using an 8-ounce ladle or spoodle.</p>
Onion, chopped	12oz.	3 c	1lb 8oz.	1qt + 2 c	
Fresh jalapeño pepper, seeds removed, diced	2oz.	½ c	4oz.	1 c	
Brown rice, dry	13.4 oz.	2 c	1lb 10.8oz.	1qt	
Canned diced tomato	2lb	1qt	4lb	2qt	
Hot water		1qt		2qt	
Chili powder		2 Tbsp		¼ c	
Dried oregano leaves		2 Tbsp		¼ c	
Salt		2 tsp		1 Tbsp + 1 tsp	
Reduced fat cheddar cheese, grated	6oz.	1 ½ c	12oz.	3 c	



## SERVING SIZE:

Portion size for at-risk:  
8 fl oz. spoodle (1 cup)



## SERVING PROVIDES:

1 ¾ oz. meat/meat alternate  
¼ c vegetable  
¾ grain

# WHITE CHICKEN CHILI

MENU FOR AT-RISK WEEK 1  
TUESDAY - LUNCH/SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	16 SERVINGS		32 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Vegetable oil		2 Tbsp		¼ c	1. Heat oil in a large pot over medium-high heat. Sauté the chicken, onions and garlic powder until the chicken is no longer pink. If using pre-cooked chicken, sauté the onions in the oil until softened, then add the chicken and garlic powder.
Boneless, skinless chicken breast, or diced cooked chicken	2lb		4lb		
Yellow onions, diced	1lb 4oz.	1qt	2lb 8oz.	2qt	2. Add the beans, chicken broth, green chilies, cumin, oregano, pepper, and cayenne pepper. Bring to a low boil. Reduce heat to a simmer and cook, uncovered, for 30minutes.
Garlic powder		1 Tbsp		2 Tbsp	
Reduced-sodium white beans, canned, with liquid	2lb		4lb		CCP: Heat to 165°F or higher for at least 15 seconds.
Chicken broth		3 ½ c		1qt + 3 c	
Canned mild green chilies, diced	1lb	2c	2lb	1qt	CCP: Hold for hot service at 135°F or higher.
Ground cumin		2 tsp		1 Tbsp + 1 tsp	
Dried oregano leaves		2 tsp		1 Tbsp + 1 tsp	3. Just before service stir in the sour cream and milk.
Black pepper		1 tsp		2 tsp	
Cayenne pepper		½ tsp		1 tsp	Serve 1 cup portions using an 8-ounce ladle or spoodle.
Nonfat sour cream	1lb	2 c	2lb	1qt	
Nonfat or 1% milk		1 c		2 c	



## SERVING SIZE:

Portion size for at-risk:  
8 fl oz. spoodle (1 cup)




## SERVING PROVIDES:

2 oz. meat/meat alternate  
⅛ c vegetable

# STIR-FRY PORK

MENU FOR AT-RISK WEEK 1  
WEDNESDAY - LUNCH/SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Cornstarch		¼ c 3 Tbsp		¼ c 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ c		1 c	
Low-sodium soy sauce		½ c		1 c	
Ground ginger		¼ tsp		½ tsp	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2tsp	3. Cook for 3-5 minutes, until thickened. Remove from heat.
Chicken stock, non-MSG		1qt		2qt	
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2lb 13oz. or 3lb 6oz.	2qt 1 c or 3q5	5lb 10oz. or 6lb 12oz.	1gal 2 c or 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ c		½ c	
*Fresh onions, chopped	10oz.	2 c	1lb 4oz.	1qt	5. Add onions, cook for 1 minute.
*Fresh, broccoli, chopped or Frozen mixed oriental vegetables	2lb 13oz. or 3lb 7oz.	1 gal 1 ⅞ qt or 2qt 3 ⅞ c	5lb 10oz. or 6lb 14oz.	2gal 2 ¼ qt or 1gal 1 ⅔ qt	
Raw skinless, boneless pork shoulder on loin, ½" cubes	5lb 12oz.		11lb 9oz.		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.
vegetable oil		½ c		1 c	
					7. Sauté pork in oil for 2-3 minutes. Add pork to vegetables in pans. Add sauce and mix to coat pork and vegetables. CP: Heat to 165° F or higher.
					8. CCP: Hold for hot service at 140° F or warmer. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

## SERVING SIZE:

Portion size for at-risk:  
¾ cup 1 tablespoon  
(2 rounded No. 10 scoops)

## SERVING PROVIDES:

2 oz. meat/meat alternate  
⅝ c vegetable

# SPAGHETTI & MEAT SAUCE

**MENU FOR AT-RISK WEEK 1**  
**THURSDAY - LUNCH/SUPPER**  
**AGE GROUP: AT-RISK**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Raw ground beef (no more than 15% fat)	4lb 4oz.	2qt	8lb 8oz.	1gal	<ol style="list-style-type: none"> <li>1. Brown ground beef uncovered over medium high heat in a large stock pot. Stir often.</li> <li>2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>3. Drain meat. Return to stock pot.</li> <li>4. Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.</li> <li>5. Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.</li> <li>6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>7. Set aside beef mixture for step 10</li> <li>8. Heat water to a rolling boil.</li> <li>9. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.</li> <li>10. Combine pasta and beef mixture in stock pot. Stir well.</li> <li>11. Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans</li> <li>12. Critical Control Point: Hold for hot service at 140 °F or higher.</li> <li>13. Portion with 8 fl oz. spoodle (1 cup).</li> </ol>
*Fresh onions, chopped	2 ½ oz.	½ c	5oz.	1 c	
*Fresh green bell peppers, diced	2 ½ oz.	½ c	5oz.	1 c	
Garlic powder		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Ground black pepper		¾ tsp		1 ½ tsp	
Canned no-salt-added tomato puree	2lb 8oz.	1qt 2 c	5lb	3qt	
Salt		2 tsp		1 Tbsp	
Canned low-sodium beef broth		2 c		1qt	
Water		1qt		2qt	
Dried parsley		2 Tbsp		¼ c	
Dried basil		1Tbsp		2 Tbsp	
Dried oregano		1Tbsp		2 Tbsp	
Dried marjoram		1 ½ tsp		1 Tbsp	
Dried thyme		¾ tsp		1 ½ tsp	
*Fresh carrots, shredded	10oz.	3 c	1lb 4oz.	1qt 2 c	
Water		3 gal		6 gal	
Whole-wheat spaghetti noodles, dry, broken into thirds	1lb 9oz.	1qt 1 c	3lb 2oz.	2qt 2 c	



## SERVING SIZE:

Portion size for at-risk:  
 1 cup (8 fl oz. spoodle)



## SERVING PROVIDES:

2 oz. meat/meat alternate  
 ⅔ c vegetable  
 1 grain



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**RECIPE SOURCE:** [fns.usda.gov](https://fns.usda.gov) #D-35



# CHICKEN AND BLACK BEAN SALSA BURRITOS

MENU FOR AT-RISK WEEK 1  
FRIDAY - LUNCH/SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	32 SERVINGS		64 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Black beans, drained and rinsed	5lb	3qt + 2 c	10lb	1gal + 3qt	1. Preheat the oven to 350°F. Line a sheet pan with parchment paper.
Chicken, cooked and diced	3lb		6lb		
Pepper jack cheese, grated	1lb	1qt	2lb	2qt	
Green onions, chopped		1 c		2 c	
Lemon juice		½ c		1 c	2. Combine the beans, diced cooked chicken, cheese, green onion, lemon juice, salt, ground cumin, chili powder, and black pepper in a large mixing bowl.
Salt		2 tsp		1 Tbsp + 1 tsp	
Ground cumin		2 tsp		1 Tbsp + 1 tsp	
Chili powder		2 tsp		1 Tbsp + 1 tsp	
Black pepper		2 tsp		1 Tbsp + 1 tsp	3. Lay out tortillas on a clean work surface. Using a #6 scoop place ⅔ cup of the filling in the center of each tortilla. Roll up the burritos and place on the parchment lined sheet pan. Cover with foil.
Whole grain tortillas, 10-inch		32		64	



## SERVING SIZE:

Portion size for at-risk:  
1 burrito

## SERVING PROVIDES:

2 oz. meat/meat alternate  
⅓ c vegetable  
2 grain

# VEGGIE QUESADILLAS WITH CILANTRO YOGURT DIP

MENU FOR AT-RISK WEEK 1  
MONDAY - SNACK  
AGE GROUP: AT-RISK

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
6-inch whole grain tortillas		24		48	1. Preheat the oven to 350°F. Line a sheet pan with parchment paper and spray lightly with pan-release spray.  2. In a large mixing bowl combine the cheese, corn, bell peppers, beans, carrots, cilantro, and optional jalapeño pepper.  3. Place tortillas in a single layer on the prepared sheet pan. Using a #6 scoop place $\frac{2}{3}$ cup of the filling in the center of each tortilla and spread to within $\frac{1}{2}$ inch of the edge of the tortilla. Place a second tortilla on top of the filling. Spray the top tortillas lightly with pan-release spray.  4. Bake in the preheated 350°F oven for about 10–15 minutes until the cheese melts and the tortilla browns slightly. CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.  <b>For the dip:</b> 1. In a medium mixing bowl combine the yogurt, cilantro, and salt. Stir until well combined. CCP: Hold for cold service at 41°F or below.
Mozzarella cheese, shredded	12oz.	3 c	1lb 8oz.	1qt 2 c	
Sweet corn kernels	10oz.	2 c	1lb 4oz.	1qt	
Bell pepper, diced	8oz.	2 c	1lb	1qt	
Beans, black or pinto, drained	6oz.	1 c	12oz.	2 c	
Carrot, shredded	6oz.	1 c	12oz.	2 c	
Cilantro, chopped		1 c		2 c	
Jalapeño pepper, seeded, minced (optional)	3oz.	$\frac{1}{2}$ c	6oz.	1 c	
<b>CILANTRO YOGURT DIP</b>					
Plain nonfat yogurt		1qt		2qt	
Cilantro, Finely chopped		$\frac{1}{2}$ c		1 c	
Salt		1 tsp		2 tsp	



## SERVING SIZE:

**Portion size for at-risk:**  
Serve 1 quesadilla per person along with  $\frac{1}{3}$  cup of the cilantro yogurt dip.

## SERVING PROVIDES:

1.5 oz. meat/meat alternate  
 $\frac{1}{4}$  c vegetable  
2 grain

# PEAR QUESADILLA

MENU FOR AT-RISK WEEK 1  
WEDNESDAY - SNACK  
AGE GROUP: AT-RISK

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
8-inch whole grain tortillas	1 ounce equivalent is 28 grams	12 8-inch	1 ounce equivalent is 28 grams	24 8-inch	<p>1. Preheat the oven to 400° F. Line sheet pans with parchment paper, or spray sheet pans with pan-release spray. For 12 servings us 1 full-size sheet pan or 2 half-sized sheet pans. For 24 servings use 2 full-size sheet pans or 4 half-sized sheet pans.</p> <p>2. Place tortillas in a single layer in a grid pattern on a prep surface and spray one side lightly with pan-release spray. Place tortillas sprayed-side-down onto the prepared sheet pans.</p> <p>3. In a large bowl combine the cheddar cheese, mozzarella cheese, pears, diced bell pepper and minced onions. Mix until evenly blended. Using a No. 6 scoop, place <math>\frac{2}{3}</math> cup of the pear and cheese mixture on one half of each tortilla, and spread to evenly distribute over the tortilla half. Fold the other half of each tortilla up and over the filling. Rearrange quesadillas on the sheet pans, if needed, so they are at least 3 inches apart.</p> <p>4. Bake, uncovered, in the preheated 400° F oven for about 15 minutes, or until the cheese has melted and the tortilla toasts to a light brown. CCP: Heat to 165°F or higher for at least 15 seconds.</p> <p>5. Remove from the oven and let rest for 10 minutes before transferring quesadillas from the sheet pans.</p> <p>CCP: Hold for hot service at 135°F or higher.</p>
Reduced fat cheddar cheese, grated	6oz.	1 $\frac{1}{2}$ c	12oz.	3 c	
Low moisture part skim mozzarella cheese, grated	6oz.	1 $\frac{1}{2}$ c	12oz.	3 c	
diced pears canned, drained	2lb	1qt + $\frac{1}{2}$ c	4lb	2qt + 1 c	
Red or green bell peppers, finely diced	6oz.	1 c + 3 Tbsp	12oz.	2 c + 6 Tbsp	
Minced onion (green, red or yellow)		$\frac{1}{4}$ c + 2 Tbsp		$\frac{3}{4}$ c	



## SERVING SIZE:

Portion size for at-risk:  
1 quesadilla

## SERVING PROVIDES:

1 oz. meat/meat alternate  
 $\frac{1}{4}$  c fruit  
1 grain

RECIPE SOURCE: [foodhero.org](http://foodhero.org)

# CREAMY FRUIT SALAD

MENU FOR AT-RISK WEEK 1  
FRIDAY - SNACK  
AGE GROUP: AT-RISK

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Strawberries, fresh, quartered	3lb 12oz.	2qt + 2 c	7lb 8oz.	1gal + 1qt	1. Combine the strawberries, blueberries, grapes and pineapple chunks in a large mixing bowl.
Blueberries, fresh	1lb 14oz.	1qt + 1 c	3lb 12 oz.	2qt + 2 c	
Grapes, fresh, green or red, halved	1lb 14oz.	1qt + 1c	3lb 12oz.	2qt + 2c	2. Add yogurt and stir gently to coat the fruit. CCP: Hold for cold service at or below 41°F. Serve ½ cup portions using a #8 scoop.
Pineapple chunks, canned, drained	2lb 8oz.	1qt + 2 ¼ c	5lb	3qt + ½ c	
Low-fat vanilla yogurt	1lb 8oz.	3 c	3lb	1qt + 2 c	



## SERVING SIZE:









Portion size for at-risk:  
¾ cup



## SERVING PROVIDES:

½ c fruit

# MENU FOR AT RISK WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUPPER	MILK HAMBURGER PATTY ON WW BUN SHREDDED ROMAINE LETTUCE BAKED SWEET POTATO FRIES	MILK TURKEY CRANBERRY QUESADILLAS AVOCADOS WK CORN	MILK CHICKEN VEGETABLE SOUP & WW TOASTED REDUCED-FAT CHEESE SANDWICH APPLE SLICES	MILK ROAST PORK TURNIP GREENS BAKED SWEET POTATOES BROWN RICE PERFECT CORNBREAD	MILK BAKED FISH GREEN BEANS SLICED TOMATOES BROWN RICE PILAF
RECIPE SERVING YIELDS		 2 OZ.  1 ½	 ¼ C  2 ½ OZ.  2	 ½	 1
SNACK	FRESH PINEAPPLE MINI WHOLE GRAIN BAGELS WATER	YOGURT FRESH PEACHES WATER	LOW-FAT CHEESE CUBES GRAPES WATER	HENS ON A NEST (SERVE 2) WATER	MILK *CORN CHEX
RECIPE SERVING YIELDS				 1 OZ.  ½	

\*WIC approved cereals

Milk choices: and Ages 6-11 unflavored low-fat, unflavored fat-free, or flavored fat-free

At-risk snack option only: When serving grain, it must be a whole grain

KEY

WK=WHOLE KERNEL  
CCP=CRITICAL CONTROL POINT



MILK



FRUIT



VEGETABLE



MEAT/MEAT ALTERNATE



WHOLE WHEAT (WW)  
WHOLE GRAIN (WG)



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# TURKEY CRANBERRY QUESADILLAS

MENU FOR AT-RISK WEEK 2  
TUESDAY - LUNCH SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
8-inch whole grain tortillas		12		24	<p>1. Preheat the oven to 350°F. Line a sheet pan with parchment paper and spray lightly with pan-release spray.</p> <p>2. Place tortillas in a single layer on the prepared sheet pan. Using a #30 scoop portion 2 tablespoons (½ ounce) of the mozzarella cheese onto one half of each tortilla. Scatter 1 tablespoon dried cranberries over the cheese on each tortilla. Portion 1½ ounces diced or pulled turkey meat over the cheese and cranberries on each tortilla. Top each with ⅓ cup fresh spinach leaves. Fold the other half of the tortilla over the filling. Spray the top tortillas lightly with pan-release spray.</p> <p>3. Bake in the preheated 350°F oven for about 10-15 minutes until the cheese melts and the tortilla browns slightly. CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.</p> <p>Serve 1 quesadilla per person.</p>
Mozzarella cheese, shredded	6oz.	1 ½ c	12oz.	3c	
Dried cranberries		¾ c		1 ½ c	
Cooked turkey, diced or pulled	1lb 2oz.		2lb 4oz.		
Fresh spinach leaves		3 c		1qt + 2 c	



## SERVING SIZE:

Portion size for at-risk:  
1 quesadilla

## SERVING PROVIDES:

2 oz. meat/meat alternate  
1 ½ grain



# CHICKEN VEGETABLE SOUP

MENU FOR AT-RISK WEEK 2  
WEDNESDAY - LUNCH SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Chicken stock, non-MSG		2qt 2 c		1gal 1qt	1. In a heavy pot, combine stock, cooked chicken or turkey, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
*Cooked chicken or turkey, chopped	13oz.		1lb 10oz.		
Canned tomato paste	6oz.	½ c 2 Tbsp	12oz.	1 ¼ c	2. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
*Fresh celery, chopped	4oz.	¾ c 1 ½ tsp	8oz.	1 ½ c 1 Tbsp	
*Fresh onions, chopped	4oz.	⅔ c	8oz.	1 ⅓ c	3. Cover and simmer for 15 minutes, or until vegetables are tender.
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	4. CCP: Heat to 165°F or higher.
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned whole-kernel corn, liquid pack, drained	4 ½ oz.	⅝ c 1 Tbsp	9oz.	1 ⅜ c	5. CCP: Hold at 140°F or warmer.
OR	OR	OR	OR	OR	
Frozen whole-kernel corn	4oz.	½ c 3 Tbsp	8oz.	1 ⅜ c	6. Portion with 4 oz. ladle (½ cup).
Canned diced carrots, drained	4 ½ oz.	⅔ c	9oz.	1 ⅓ c	
OR	4 oz.	OR	OR	OR	
Frozen sliced carrots		¼ c 2 Tbsp	8oz.	¾ c	
Canned cut green beans, drained	3 ¾ oz.	⅝ c 1 Tbsp	7 ½ oz.	1 ⅜ c	
OR	OR	OR	OR	OR	
Frozen cut green beans	3 ¾ oz.	¼ c 3 Tbsp	7 ½ oz.	¾ c	
Canned green peas, drained	4 ½ oz.	¾ c	9oz.	1 ½ c	
OR	OR	OR	OR	OR	
Frozen green peas	5oz.	¾ c	10oz.	1 ½ c	



## SERVING SIZE:

Portion size for at-risk:  
4oz. ladle (½ cup)



## SERVING PROVIDES:

½ oz. meat/meat alternate  
¼ c vegetable

RECIPE SOURCE: [fns.usda.gov H-11B](https://www.fns.usda.gov/H-11B)

# WHOLE WHEAT TOASTED REDUCED-FAT CHEESE SANDWICH

MENU FOR AT-RISK WEEK 2  
WEDNESDAY- LUNCH/SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Margarine or butter, melted	3oz.	¼ c 2 Tbsp	6oz.	¾ c	<p>1. Brush approximately ½ oz. (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.</p> <p>2. Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.</p> <p>3. Top each slice of bread with 2 oz. (1 slice) of cheese.</p> <p>4. Cover with remaining bread slices.</p> <p>5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz. (3 Tbsp) per pan.</p> <p>6. Bake until lightly browned: Conventional oven: 400°F for 15-20 minutes. Convection oven: 350°F for 10-15 minutes. DO NOT OVERBAKE.</p> <p>7. If desired, cut each sandwich diagonally in half. Serve immediately. CCP: Hold for hot service at 140°F or warmer.</p>
Enriched whole wheat (at least 0.9 oz. per slice)		50 slices		100 slices	
Reduced fat processed American cheese, 2 oz. slice	3lb 2oz.	25 slices 2oz. each	6lb 4oz.	50 slices 2oz. each	



## SERVING SIZE:

Portion size for at-risk:  
1 sandwich

## SERVING PROVIDES:

2 oz. meat/meat alternate  
2 grain



CHILD AND ADULT CARE FOOD PROGRAM  
MENU PLANNING RESOURCE GUIDE  
"A compilation of tools and resources to assist  
with meal service planning and delivery."

RECIPE SOURCE: [fns.usda.gov](https://fns.usda.gov) #F-13



# PERFECT CORNBREAD

MENU FOR AT-RISK WEEK 2  
THURSDAY - LUNCH SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	16 SERVINGS	32 SERVINGS	DIRECTIONS
			<p>1. Measure all ingredients into mixing bowl in the order given above.</p> <p>2. Beat with wooden spoon or wire whip until smooth, about 1 minute. Do not overbeat.</p> <p>3. Pour batter into greased 9"x9" pan.</p> <p>4. Bake at 425-degrees F for 20 minutes.</p>
Enriched all-purpose flour	½ c	1 c	
Yellow corn meal	½ c	1 c	
Baking Powder	2 tsp	4 tsp	
Salt	¼ tsp + ⅛ tsp	¾ tsp	
Eggs	1 large	2 large	
Low fat milk	½ c	1 c	
Vegetable Oil	⅛ c	¼ c	



## SERVING SIZE:

Portion size for at-risk:  
1 piece ( 1.25" x 2")




## SERVING PROVIDES:

½ grain

# BROWN RICE PILAF

MENU FOR AT-RISK WEEK 2  
FRIDAY - LUNCH SUPPER  
AGE GROUP: AT-RISK

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

## SERVING SIZE:

Portion size for at-risk:  
 $\frac{1}{2}$  cup (No. 8 scoop)



## SERVING PROVIDES:

$\frac{1}{2}$  grain



CHILD AND ADULT CARE FOOD PROGRAM  
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## RECIPE SOURCE:

[fns.usda.gov](https://fns.usda.gov) #B220



# HENS ON A NEST

MENU FOR AT-RISK WEEK 2  
THURSDAY - SNACK  
AGE GROUP: AT-RISK

INGREDIENTS	10 servings	25 servings	DIRECTIONS
English muffins, plain, enriched and toasted	10 muffins	25 muffins	<ol style="list-style-type: none"> <li>1. Scramble eggs.</li> <li>2. Toast English Muffins.</li> <li>3. Top each English muffin half with scrambled egg.</li> <li>4. Sprinkle with cheese.</li> <li>5. Keep warm until service.</li> </ol>
Eggs, whole, scrambled	10 lg eggs	25 lg eggs	
Cheddar cheese, reduced fat, shredded	10oz.	25oz.	



## SERVING SIZE:

Portion size for at-risk:  
(½ muffin topped with egg and  
cheese) - serve 2 for adults



## SERVING PROVIDES:

1 oz. meat/meat alternate  
½ grain

# SHOPPING LIST - AT-RISK MENUS WEEK 1 & 2



## MILK

- 1% MILK
- FAT FREE MILK



## VEGETABLES

- PINTO BEANS, LOW SODIUM, CANNED
- TOMATOES, DICED, CANNED
- BEANS, PINTO, CANNED
- BROCCOLI, FRESH OR FROZEN
- BEANS, WHITE, REDUCED SODIUM, CANNED
- CARROTS, SLICED
- MIXED ORIENTAL VEGETABLES, FROZEN
- BEANS, BLACK, CANNED
- CORN, WHOLE KERNEL, CANNED OR FROZEN
- BEANS, PINTO, CANNED
- CARROTS, SHREDDED
- LETTUCE, ROMAINE, SHREDDED
- SWEET POTATO FRIES, FROZEN
- SPINACH, FRESH
- BEANS, CUT GREEN, CANNED OR FROZEN
- PEAS, GREEN, FROZEN OR CANNED
- GREEN, TURNIP, FRESH, FROZEN OR CANNED
- SWEET POTATOES, FRESH
- TOMATOES, FRESH



## FRUIT

- STRAWBERRIES
- ORANGES, FRESH
- FRESH BLUEBERRIES
- GRAPES, FRESH
- PINEAPPLES, FRESH OR CANNED CHUNKS
- APPLES
- BANANAS
- PEARS, DICED, CANNED
- APPLE JUICE, PASTEURIZED
- AVOCADOS
- PEACHES, FRESH OR CANNED



## MEAT/ MEAT ALTERNATE

- GROUND BEEF, NO MORE THAN 20% FAT
- CHEESE, CHEDDAR, REDUCED FAT, GRATED
- CHICKEN BREAST, BONELESS, SKINLESS
- CHICKEN, COOKED, FROZEN, DICED
- PORK SHOULDER OR LOIN, BONELESS
- CHEESE, MOZZARELLA, SHREDDED, LOW FAT
- YOGURT, LOW-FAT PLAIN
- HAMBURGER PATTIES, 20% FAT
- TURKEY, COOKED, DICED OR PULLED
- PORK ROAST
- EGGS, WHOLE, FRESH
- FISH, TILAPIA, FROZEN
- CHEESE CUBES, LOW FAT
- CHEESE, AMERICAN, SLICED, LOWFAT


















## GRAINS

- RICE, BROWN, LONG GRAIN, REGULAR
- ROLLS, WHOLE WHEAT
- RICE, WILD
- WHOLE CORN TORTILLA CHIPS
- SPAGHETTI, WHOLE WHEAT
- TORTILLAS, WHOLE GRAIN, 10"
- WHITE RICE, ENRICHED, LONG GRAIN, REGULAR
- TORTILLAS, WHOLE GRAIN, 6"
- WHOLE GRAIN BREAD STICKS
- CRACKERS, WHOLE WHEAT
- TORTILLAS, WHOLE GRAIN, 8"
- MINI WHOLE GRAIN BAGELS
- ENGLISH MUFFIN, WHOLE WHEAT
- CORN CHEX
- WHOLE WHEAT BREAD

## OTHER

- CANOLA OIL
- ONIONS, FRESH
- CHICKEN BROTH OR STOCK
- GREEN CHILIES, CANNED, DICED
- CUMIN, GROUND
- OREGANO, DRIED
- NON-FAT SOUR CREAM
- LOW SODIUM SOY SAUCE
- GINGER, GROUND
- GARLIC, GRANULATED
- PEPPER, BLACK
- PEPPER, WHITE
- PARSLEY, DRIED
- BASIL, DRIED
- MARJORAM, DRIED
- THYME, DRIED
- ONIONS, GREEN, FRESH
- LEMON JUICE OR LIME JUICE
- CHILI POWDER
- BELL PEPPER, GREEN, FRESH
- CILANTRO, FRESH
- SALT
- BELL PEPPER, RED, FRESH
- MARINA SAUCE
- CRANBERRIES, DRIED
- CORN MEAL, YELLOW
- WHOLE WHEAT FLOUR
- ALL-PURPOSE FLOUR
- BUTTER

# MENU FOR AT RISK WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUPPER	MILK VEGETABLE LASAGNA MIXED FRUIT GARLIC BREAD	MILK CHICKEN PITA SANDWICH (SERVE 2 PORTIONS) SPINACH W/GARLIC SLICED APPLES	MILK ROASTED FISH CRISPY SLAW WRAP (2 ¾ MEAT) KIWI FRUIT	MILK RICE BOWL SOUTHWESTERN STYLE PEAR HALVES	MILK STIR-FRY PORK PINEAPPLE SLICES WILD RICE WG NOODLES
RECIPE SERVING YIELDS	 ½ C  2 OZ.  1 G	 1 ½ OZ.  ½	 1 ½ C  2 ¾ OZ.  1 ½	 1.2 C  1 ½ OZ.  1	 ⅝ C  2 OZ.
SNACK	LOW — FAT YOGURT CELERY AND CARROT STICKS WATER	HUMMUS WHOLE WHEAT CRACKERS WATER	WG BANANA MUFFINS MILK	EAGLE PIZZA WATER	BANANAS *HONEY ROASTED HONEY BUNCHES OF OATS WATER
RECIPE SERVING YIELDS		 1 OZ.	 3	 ¾ C  1 ¼ OZ.	

\*WIC approved cereals




Milk choices: and Ages 6-11 unflavored low-fat, unflavored fat-free, or flavored fat-free



At-risk snack option only: When serving grain, it must be a whole grain

KEY

WK=WHOLE KERNEL

CCP=CRITICAL CONTROL POINT

 MILK
  FRUIT
  VEGETABLE

 MEAT/MEAT ALTERNATE
  WHOLE WHEAT (WW) WHOLE GRAIN (WG)

# VEGETABLE LASAGNA

**MENU FOR AT-RISK WEEK 3**  
**MONDAY - LUNCH SUPPER**  
**AGE GROUP: AT-RISK**

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Water, boiling		4 gal 2 qt		9gal	1. Add salt to boiling water. 2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes, until tender. Drain
Salt		3 Tbsp		¼ c 2 Tbsp	
WG lasagna noodles	2lb 12oz.	56 each	5lb 8oz.	112 each	3. In a pan , heat vegetable oil. Add zucchini, mushrooms, and onions. Sauté for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
Vegetable oil		¼ c		½ c	
*Fresh zucchini, sliced	1lb	1qt	2lb	2qt	4. Place broccoli in steamtable pan (12" x 20" x 2 ½"). Steam for 6 minutes, or until tender. Drain well and set aside.
*Fresh mushrooms, sliced or canned mushrooms sliced, drained	12oz. or 15oz.	1qt 1 c or 3 8oz. cans	1lb 8oz. or 1lb 14oz.	2 qt 1 ¾ c or 6 8oz. cans	
*Fresh onions, chopped	9oz.	1 ½ c	1lb 2oz.	3 c	5. In a steam-jacketed kettle, heat the tomato sauce and tomato paste. Add the oregano and granulated garlic. Simmer, uncovered, for 30 minutes.
Dehydrated onions	1 ¾oz.	½ c	3oz.	1 c	
WW Enriched all-purpose flour	2oz.	½ c	4oz.	1 c	6. Add sautéed vegetables and steamed broccoli to tomato sauce. Stir to combine. Simmer for 10 minutes
Frozen broccoli chopped	2lb 8oz.	1qt 2 c	5 lb	3qt	
Canned low-sodium tomato sauce	8lb 4oz.	1gal (1 ¼ #10cans)	16lb 8oz.	2gal (2 ½ #10 cans)	7. In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well.
Canned low-sodium tomato paste	1lb 9oz.	2 ¾ c	3lb 2oz.	1qt 1 ½ c	
Dried oregano		¼ c 2 Tbsp		¾ c	8. Combine Parmesan cheese and mozzarella cheese,
Reduced fat cottage cheese, drained	8lb	1gal	16lb	2gal	
Dried parsley		¼ c		½ c	9. Spread 1 cup of vegetable sauce on the bottom of each steamtable pan (12" x 20" x 2 ½") to prevent sticking. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Granulated garlic		1 ¾ tsp		1 Tbsp ½ tsp	
Whole grain-rich dry bread crumbs	8oz.	2 c 2 Tbsp	1lb	1qt ¼ c	10. Sprinkle 2 oz. of Parmesan cheese over each pan of lasagna. Cover with foil. Bake: Conventional oven: 375° F for 50 minutes Convection oven: 350° F for 40 minutes
Parmesan cheese, grated	2oz.	¾ c	4oz.	1 ½ c	
Lite mozzarella cheese, shredded	1lb 14oz.	1qt 3 ½ c	3lb 12oz.	3qt 3 c	11. Remove from oven and allow to set for 15 minutes before serving
Parmesan cheese, grated	4oz.	1 ½ c	8oz.	3 c	



## SERVING SIZE:

Portion size for at-risk:  
**1 portion**

## SERVING PROVIDES:

**2 oz. meat/meat alternate**  
**½ c vegetable**  
**1 grain**

# CHICKEN PITA SANDWICH

MENU FOR AT-RISK WEEK 3  
TUESDAY - LUNCH SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	8 SERVINGS	16 SERVINGS	DIRECTIONS
Chicken breast (no skin), roasted, chopped/diced	12 oz. or 2 ½ c	24oz. or 5 c	<ol style="list-style-type: none"> <li>1. In a mixing bowl, combine chicken, mozzarella cheese, onion powder, ranch dressing, salt and garlic powder. Mix well.</li> <li>2. Cut each pita bread round in half.</li> <li>3. Put ⅓ of the mixture into each pita half.</li> </ol> <p>*Variation: finely chopped cooked turkey, ham or beef may be substituted for chicken.</p> <p>In order to have 2oz. meat, you must increase the amount of meat or serve 2 portions.</p>
Mozzarella cheese, low-fat, shredded	½ c	1 c	
Onion powder	1tsp	2 tsp	
Fat-free ranch dressing	½ c	1 c	
Salt, table	½ tsp	1 tsp	
Garlic powder	⅛tsp	¼ tsp	
Pita bread rounds, made with whole wheat or enriched flour (can also use a whole wheat tortilla)	4 (6 inch)	8 (6 inch)	



## SERVING SIZE:

Portion size for at-risk:  
2 portions

## SERVING PROVIDES:

1 ½ oz. meat/meat alternate  
½ grain



## RECIPE SOURCE:

Whats Cookin' II Nebraska Dept. of Education  
Nutrition Services Minute Menu #183

# ROASTED FISH CRISPY SLAW WRAP

MENU FOR AT-RISK WEEK 3  
WEDNESDAY - LUNCH SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	6 WRAPS	12 WRAPS	DIRECTIONS
Fresh red cabbage, shredded	2 ½ c	5 c	1.Heat oven to 375F.  2.Shed olive oil on the fish, and cover a pan liner on baking sheet.  3.Put it into the oven and bake for 12 minutes until the inner temperature arrives at 165F.  4.Cover wrap on baking paper.  5.Put the chopped romaine on wrap.  6.Cut tilapia into half and lay on the top of the lettuce.  7.Sprinkle cabbage slaw on top of the fish.  8.Add avocado on top of the slaw mixture.  9.Squeeze out lime juice on top of the mixture.  10.Roll the wrap, cut in half vertically.
Fresh white cabbage, shredded	2 c	4 c	
Fresh carrots, peeled, shredded	1 ½ c	3 c	
Fresh bok choy, julienne cut "shoestring strips" ½"	1 c	2 c	
Fresh cilantro, chopped	2 Tbsp	4 Tbsp	
Low fat balsamic vinaigrette dressing	¾ c	1 ½ c	
Salt-free chili lime seasoning blend	1 Tbsp	2 Tbsp	
Extra virgin olive oil	1 Tbsp	2 Tbsp	
Tilapia fish filets raw, 4oz. each	6 filets	12 filets	
Fresh romaine lettuce, julienne cut "shoestring strips" ½"	1 ½ c	3 c	
Whole Wheat tortillas 8"	6 tortillas	12 tortillas	
Fresh avocado, peeled, pitted, sliced	6 slices	12 slices	
Fresh limes, quartered	6 quarters	12 quarters	



## SERVING SIZE:

Portion size for at-risk:  
1 wrap

## SERVING PROVIDES:

2 ¾ oz. meat/meat alternate  
1 ½ c vegetable  
1 ½ grain

# RICE BOWL

## SOUTHWESTERN STYLE

MENU FOR AT-RISK WEEK 3  
THURSDAY - LUNCH SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	18 SERVINGS		36 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Green bell pepper, raw, ¾" dice	1lb 8oz.	1qt + ½ c	3lb	2qt + 1 c	<p>1. Preheat oven to 400°F.</p> <p>2. In a large mixing bowl combine the bell pepper, onions and zucchini with oil, oregano, and salt. Place vegetables in a single layer onto sheet pans that have been lightly coated with pan-release spray. Be careful to not crowd the pieces. For 18 servings, use 3 half-sized sheet pans. For 36 servings, use 3 full-size sheet pans, or 6 half-sized sheet pans.</p> <p>3. Bake in the preheated 400°F oven for approximately 12–15 minutes, or until lightly caramelized but still tender-crisp. CCP: Heat to 140°F or higher</p> <p>4. Remove vegetables from the oven and transfer to 2-inch full-size steamtable pans, cover, and hold hot. CCP: Hold for hot service at 135°F or higher.</p> <p>5. Place the canned pinto beans with the liquid into a large saucepan. Add the ground cumin, garlic powder and cayenne pepper. Bring to a low boil over medium heat. CCP: Heat to 165°F or higher for at least 15 seconds.</p> <p>6. To assemble the bowls, use a #8 scoop to portion ½ cup of the cooked brown rice into each serving container. Place ½ cup of the vegetables on top of the rice to one side. Place ¼ cup of the pinto beans over the rice, opposite the vegetables. Top with 2 Tablespoons of the cheddar cheese. Serve each portion with 2 Tablespoons salsa on the side.</p>
Red or yellow onion, raw, ¾" dice	1lb 8oz.	1qt + ½ c	3lb	2qt + 1 c	
Zucchini, raw, ¾" dice	1lb 8oz.	1qt + 1 ½ c	3lb	2qt + 3 c	
Vegetable oil		1Tbsp + 1 ½ tsp		3 Tbsp	
Dried oregano		1 tsp		2 tsp	
Salt		¾ tsp		¾ tsp	
Canned pinto beans		1qt + ⅔ c	1 #10 can		
Ground cumin		1 ½ tsp		1 Tbsp	
Garlic powder		½ tsp		1 tsp	
Cayenne pepper		¼ tsp		½ tsp	
Brown rice, cooked, hot		2qt + 1 c		1gal + 2 c	
Cheddar cheese, reduced fat, grated	9oz.	2 ¼ c	1lb 2oz.	1qt + ½ c	
Salsa, prepared		2 ¼ c		1qt + ½ c	



### SERVING SIZE:

Portion size for at-risk:  
1 bowl/serving

### SERVING PROVIDES:

1.5 oz. meat/meat alternate  
½ c vegetable  
1 grain

# STIR-FRY PORK

MENU FOR AT-RISK WEEK 3  
FRIDAY - LUNCH SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Cornstarch		¼ c 3 Tbsp		¾ c 2 Tbsp	<p>1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.</p> <p>2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.</p> <p>3. Cook for 3-5 minutes, until thickened. Remove from heat.</p> <p>4. Sauté sliced carrots in oil for 4 minutes.</p> <p>5. Add onions, cook for 1 minute.</p> <p>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.</p> <p>7. Sauté pork in oil for 2-3 minutes. Add pork to vegetables in pans. Add sauce and mix to coat pork and vegetables. CP: Heat to 165° F or higher.</p> <p>8. CCP: Hold for hot service at 140° F or warmer. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).</p>
Water, cold		½ c		1 c	
Low-sodium soy sauce		½ c		1 c	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2tsp	
Chicken stock, non-MSG		1qt		2qt	
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2lb 13oz. or 3lb 6oz.	2qt 1 c or 3q5	5lb 10oz. or 6lb 12oz.	1gal 2 c or 1 gal 2 qt	
Vegetable oil		¼ c		½ c	
*Fresh onions, chopped	10oz.	2 c	1lb 4oz.	1qt	
*Fresh, broccoli, chopped or Frozen mixed oriental vegetables	2lb 13oz. or 3lb 7oz.	1 gal 1 ⅞ qt or 2qt 3 ⅞ c	5lb 10oz. or 6lb 14oz.	2gal 2 ¼ qt or 1gal 1 ⅔ qt	
Raw skinless, boneless pork shoulder on loin, ½" cubes	5lb 12oz.		11lb 9oz.		
vegetable oil		½ c		1 c	



## SERVING SIZE:

Portion size for at-risk:  
2 rounded No. 10 scoops  
(¾ cup 1 Tbsp).

## SERVING PROVIDES:

2 oz. meat/meat alternate  
⅝ c vegetable

RECIPE SOURCE: [Monfns.usda.gov](http://Monfns.usda.gov) #D-18B

# HUMMUS

MENU FOR AT-RISK WEEK 3  
TUESDAY - SNACK  
AGE GROUP: AT-RISK

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Canned low-sodium black beans, rinsed, drained OR *Dry black beans	6lb or 6lb	2qt 3 $\frac{2}{3}$ c or 2qt 3 $\frac{2}{3}$ c	12lb or 12lb	1gal 1qt 1 $\frac{1}{3}$ c or 1 gal 1 qt 1 $\frac{1}{3}$ c	<p>1. Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.</p> <p>2. Using a rubber spatula, scrape black bean mixture into a large bowl.</p> <p>3. Add cilantro. Stir well.</p> <p>4. Transfer 3 qt <math>\frac{1}{2}</math> cup (about 7 lb 5 oz) black bean hummus to a steam table pan (12" x 20" x 2 <math>\frac{1}{2}</math>"). Cover pans tightly. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>5. Critical Control Point: Cool to 41 °F or lower within 4 hours.</p> <p>6. Critical Control Point: Hold at 41 °F or lower.</p> <p>7. (Optional) Serve with chips.</p>
Canned low-sodium garbanzo beans or chickpeas, rinsed, drained OR *Dry garbanzo beans or chickpeas	6lb or 6lb	3qt 2 $\frac{2}{3}$ c 1 Tbsp 1 tsp or 3qt 2 $\frac{2}{3}$ c 1 Tbsp 1 tsp	12lb or 12lb	1gal 3qt 1 $\frac{1}{3}$ c 2 Tbsp 2 tsp or 1gal 3qt 1 $\frac{1}{3}$ c 2 Tbsp 2 tsp	
Lemon juice		1qt $\frac{1}{2}$ c 2		2qt 1 c	
Fresh garlic cloves, peeled	12oz.	2 $\frac{2}{3}$ c	1lb 8oz.	1qt 1 $\frac{1}{3}$ c	
Olive oil		$\frac{1}{4}$ c 2 Tbsp		$\frac{3}{4}$ c	
Salt		1 $\frac{1}{2}$ tsp		1 Tbsp	
Ground cumin		2 Tbsp		$\frac{1}{4}$ c	
Ground white pepper		1 Tbsp		2 Tbsp	
Fresh cilantro, diced	3oz.	1qt 1 $\frac{1}{4}$ c	6oz.	2qt 2 $\frac{1}{2}$ c	
(Optional) Whole-grain tortilla chips	3lb 4oz.	500 chips	6lb 8oz.	1000 chips	



## SERVING SIZE:

Portion size for at-risk:  
Portion with No. 8 scoop ( $\frac{1}{2}$  cup)

## SERVING PROVIDES:

1 oz. meat/meat alternate

RECIPE SOURCE: [fns.usda.gov](https://www.fns.usda.gov) #I-250

# WHOLE GRAIN BANANA MUFFINS

MENU FOR AT-RISK WEEK 3  
WEDNESDAY - SNACK  
AGE GROUP: AT-RISK

INGREDIENTS	12 MUFFINS	24 MUFFINS	DIRECTIONS
Enriched AP white flour	1 c	2 c	Preheat oven to 400 degrees. In a mixing bowl combine flours, wheat germ, salt and baking powder. In a separate bowl, beat together the egg, juice concentrate, milk, butter & banana. Add the milk mixture to the dry ingredients and mix until just combined. Fold in fruit, being careful not to over mix. Spray muffin pan with cooking spray. Fill each cup $\frac{2}{3}$ full and bake for 15 minutes. Can spread with peanut butter or cream cheese.
Whole wheat flour	1 c	2 c	
Wheat germ	$\frac{1}{3}$ c	$\frac{2}{3}$ c	
Salt	a pinch	$\frac{1}{2}$ tsp	
Baking Powder	3 tsp	2 Tbsp	
Egg, whole, fresh	1 large	2 large	
Ripe banana, (mashed)	$\frac{1}{2}$ c	1 c	
Apple juice (concentrate, thawed)	$\frac{1}{4}$ c	$\frac{1}{2}$ c	
Milk (skim)	1 c	2 c	
Butter (melted)	3 tsp	2 Tbsp	
Dried fruit (optional) (Raisins, chopped apricots)	$\frac{1}{4}$ c	$\frac{1}{2}$ c	



## SERVING SIZE:

Portion size for at-risk:  
1 muffin

## SERVING PROVIDES:

3 grain



## RECIPE SOURCE:

Recipe Source: [www.pammshouse.com/kidseat-veggies.html](http://www.pammshouse.com/kidseat-veggies.html)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
*Fresh spinach, julienne sliced	2 ½ oz.	2 c	5oz.	1qt	<ol style="list-style-type: none"> <li>1. Combine lettuce and spinach in bowl. Set aside.</li> <li>2. Mix salt-free seasoning and beans. Set aside</li> <li>3. Saute green peppers, onions and corn for 3 to 4 minutes in a pan coated with pan release spray. Set aside.</li> <li>4. Portion beans with No 16 scoop (¼ cup) on each tostada shell. Spread evenly.</li> <li>5. Top with ⅓ cup vegetable mixture. Sprinkle with 1 Tbsp cheese.</li> <li>6. Place tostadas on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Bake until cheese is melted: Conventional oven: 350 °F for about 5 min Convection oven: 350 °F for about 3 min Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</li> <li>7. Critical Control Point: Hold for hot service at 135 °F or higher</li> <li>8. Top each tostada with: 1 Tbsp and 1 tsp spinach/lettuce mixture, 2Tbsp carrots, 1 Tbsp salsa, 1 Tbsp sour cream</li> </ol>
*Fresh romaine lettuce, julienne sliced	4oz.	2 c	8oz.	1 qt	
Salt-free chili-lime seasoning blend OR salt-free taco seasoning blend		3 Tbsp of either		¼ c 2 Tbsp of either	
*Fresh green bell peppers, diced	1lb	3 c	2lb	1qt 2 c	
*Fresh onions diced	1lb	3 c 2 Tbsp	2lb	1qt 2 ¼ c	
Canned low-sodium corn, drained, rinsed	1lb 11oz.	3 ¾ c (½ #10 can)	3lb 6oz.	1qt 2 c (1 #10 can)	
Tostada shells (round 0.5oz. each)		25		50	
Reduced - fat mexican cheese blend, shredded	8oz.	2 c	1lb	1qt	
*Fresh carrots, shredded	12oz.	3 ¾ c	1lb 8oz.	1qt 3 ½ c	
Low-sodium salsa, mild	12oz.	1 ½ c	1lb 8oz.	3 c	
Fat-free sour cream	12oz.	1 ½ c	1lb 8oz.	3 c	



## SERVING SIZE:

Portion size for at-risk:  
1 tostada pizza















## SERVING PROVIDES:

1.25 oz. meat/meat alternate  
¾ c vegetable



RECIPE SOURCE: <https://whatscooking.fns.usda.gov #D-61r>

# MENU FOR AT RISK WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUPPER	MILK PORCUPINE SLIDERS GARDEN SALAD GRAPES	MILK HOT HAM AND CHEESE ON A WW BUN BAKED POTATO WEDGES STEAMED BROCCOLI FLORETS	MILK OVEN FRIED CHICKEN TURNIP GREENS BAKED SWEET POTATOES WW MACARONI AND CHEESE	MILK LASAGNA W/WW NOODLES ROASTED ASPARAGUS APRICOT HALVES GARLIC BREAD	MILK CHICKEN SALAD SANDWICHES ON WW 1 CUP OF LENTIL SOUP KIWI FRUIT
RECIPE SERVING YIELDS	 2 OZ.  1		 3 ¼ OZ.  2	 7/8 C  2 OZ.  ¾	 ½ C  1 OZ.  1
SNACK	SOUTHWEST TOFU SCRAMBLE ORANGE JUICE	YOGURT MANDARIN ORANGE	BLACK BEAN HUMMUS CELERY AND CARROT STICKS WATER	CHEESE TOAST ON WW SLICED PEARS CHEESE TOAST ON WW WATER	BANANAS HEALTHY BRAN MUFFINS (WG) WATER
RECIPE SERVING YIELDS	 1/8 C  1 OZ.  1		 2 OZ.		






\*WIC approved cereals

Milk choices: and Ages 6-11 unflavored low-fat, unflavored fat-free, or flavored fat-free

At-risk snack option only: When serving grain, it must be a whole grain


KEY

WK=WHOLE KERNEL  
CCP=CRITICAL CONTROL POINT

 MILK
  FRUIT
  VEGETABLE
  MEAT/MEAT ALTERNATE
  WHOLE WHEAT (WW) WHOLE GRAIN (WG)

# PORCUPINE SLIDERS

MENU FOR AT-RISK WEEK 4  
MONDAY - LUNCH/SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
water		1 $\frac{3}{4}$ c		3 $\frac{1}{2}$ c	1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 30-40 minutes. Fluff. Cover and refrigerate at 40 °F Critical Control Point: Cool to 40 °F or lower within 4 hours
Brown rice, long grain, regular, dry	4 $\frac{3}{4}$ oz.	$\frac{3}{4}$ c	9 $\frac{1}{2}$ oz.	1 $\frac{1}{2}$ c	
Canola oil		1 Tbsp		2 Tbsp	
*Fresh onions, diced	3oz.	$\frac{1}{2}$ c 2 Tbsp	6oz.	1 $\frac{1}{4}$ c	2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate. Critical Control Point: Cool to 40 °F or lower within 4 hours
*Fresh celery, diced	7oz.	1 $\frac{1}{2}$ c	14oz.	3 c	
Fresh garlic, minced	1 $\frac{1}{4}$ oz.	2 Tbsp	2 $\frac{1}{2}$ oz.	$\frac{1}{4}$ c	
Raw ground turkey, lean	3lb 7 $\frac{3}{4}$ oz.	1qt 3 c	6lb 15 $\frac{1}{2}$ oz.	3qt 2 c	3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well.
Liquid, whole egg		1 $\frac{1}{4}$ c		2 $\frac{1}{2}$ c	
Dried cranberries, chopped	6oz.	1 $\frac{1}{4}$ c	12oz.	2 $\frac{1}{2}$ c	
*Fresh baby spinach, chopped	5oz.	1qt	10oz.	2qt	4. Portion into patties using a No. 8 scoop ( $\frac{1}{2}$ cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 1 pan.
Worcestershire sauce		1 Tbsp		2 Tbsp	
Salt		1 $\frac{1}{2}$ tsp		1 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	5. Bake: Conventional oven: 350 °F for 18 minutes Convection oven: 325 °F for 14 minutes DO NOT OVERCOOK. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Ground white pepper		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Mini whole-grain rolls (1 oz. each)		25		50	
					6. Critical Control Point: Hold for hot service at 135 °F or higher.
					7. Serve on mini whole-grain rolls.

## SERVING SIZE:

Portion size for at-risk:  
1 slider

## SERVING PROVIDES:

2 oz. meat/meat alternate  
1 grain

RECIPE SOURCE: [fns.usda.gov #f-10r](https://fns.usda.gov/#f-10r)

# OVEN FRIED CHICKEN

MENU FOR AT-RISK WEEK 4  
WEDNESDAY - LUNCH/SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	8oz.	1 $\frac{3}{4}$ c 2 $\frac{1}{2}$ tsp	1lb	3 $\frac{1}{2}$ c 1 Tbsp 1 $\frac{2}{3}$ tsp	<p>1. Combine flour, crushed corn flakes, and spices in a large bowl. Stir well. Set aside for step 4.</p> <p>2. Combine egg whites and milk in a medium bowl.</p> <p>3. Add chicken (no more than 3 pieces at a time). Coat pieces evenly with egg mixture.</p> <p>4. Remove chicken pieces from medium bowl. Place in large bowl containing flour mixture. Coat evenly.</p> <p>5. Place chicken pieces on a sheet pan (18" x 26" x 1") lightly coated with pan release spray and lined with parchment paper. For 25 servings, use 1 <math>\frac{1}{2}</math> pans. For 50 servings, use 3 pans.</p> <p>6. Bake uncovered: Conventional oven: 400 °F for 55-60 minutes. Convection oven: 350 °F for 40-45 minutes.</p> <p>7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>8. Transfer to a steam table pan (12" x 20" x 2 <math>\frac{1}{2}</math>"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>9. Critical Control Point: Hold for hot service at 140 °F or higher.</p>
Whole-grain corn flakes	1lb	2 c	2lb	1 qt	
Ground blk or wht pepper		2 tsp		1 Tbsp 1 tsp	
Salt		2 $\frac{1}{2}$ tsp		1 Tbsp 2 tsp	
Mustard, dry		2 Tbsp		$\frac{1}{4}$ c	
Paprika		2tsp		1 Tbsp 1 tsp	
Garlic powder		1 Tbsp		2 Tbsp	
Ground thyme		2 tsp		1 Tbsp 1 tsp	
Dried basil		2 tsp		1 Tbsp 1 tsp	
Ground Oregano		2 tsp		1 Tbsp 1 tsp	
Ground ginger		1 Tbsp		2 Tbsp	
Egg whites	8oz.	1 c	1lb	2 c	
Nonfat milk		2 c		1qt	
Chicken, whole, fresh or frozen, cut up, 8 pieces	12lb 4oz.		24lb 8oz.		



## SERVING SIZE:

### Portion size for at-risk:

Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back)

## SERVING PROVIDES:

2.25 oz. meat/meat alternate

1 grain

## RECIPE SOURCE:

whatscooking.fns.usda.gov #D29




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# WHOLE WHEAT MACARONI AND CHEESE

MENU FOR AT-RISK WEEK 4  
WEDNESDAY - LUNCH/SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 c		1qt 2 c	<p>1. Heat water to a rolling boil.</p> <p>2. Add cauliflower. Cook uncovered for 2-3 minutes until tender. Place cauliflower in a food processor. Puree on high speed for 30 seconds to 1 minute until cauliflower has a smooth consistency. <b>DO NOT OVERMIX.</b> Set aside for step 5.</p> <p>3. Heat water to a rolling boil.</p> <p>4. Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. <b>DO NOT OVERCOOK.</b> Drain well. Set aside for step 5.</p> <p>5. Combine cauliflower puree, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl. Stir well.</p> <p>6. Pour 1 gallon 2 cups (about 9 lb 2 oz) macaroni and cheese mixture into a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. <i>For 50 servings, use 2 pans.</i></p> <p>7. Bake: Conventional oven: 350 °F for 30-35 minutes. Convection oven: 325 °F for 25-30 minutes.</p> <p>8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>9. Critical Control Point: Hold for hot service at 135 °F or higher.</p>
*Fresh cauliflower florets	10oz.	2 ¾ c 1 Tbsp	1lb 4oz.	1qt 1 ½ c 2 Tbsp	
Water		2qt 3 c		1gal 1qt 2 cups	
WG elbow macaroni	1lb 9oz.	1qt 1 ¾ c	3lb 2oz.	2qt 3 ½ c	
Low-Fat (1%) milk		1qt		2qt	
Low-fat cheddar cheese, shredded	1lb 14oz.	1qt 3 ½ c	3lb 12oz.	3qt 3 c	
Low-fat sour cream	8oz.	¾ c 1 ½ tsp	1lb	1 ½ c 1 Tbsp	
Nonfat sour cream	8oz.	¾ c 1 ½ tsp	1lbs	1 ½ c 1 Tbsp	
Ground blk or wht pepper		½ tsp		¼ tsp	
Garlic powder		2 tsp			
Dried onion flakes		2 Tbsp		¼ c	
Salt		½ tsp		1 tsp	
Lemon pepper		1 Tbsp		2 Tbsp	

## SERVING SIZE:

Portion size for at-risk:  
Cut each pan 5 x 5 (25 pieces per pan).  
Serve 1 piece (2" x 3 ¾" square).

## SERVING PROVIDES:

1 oz. meat/meat alternate  
1 grain

# LASAGNA WITH WHOLE WHEAT NOODLES

**MENU FOR AT-RISK WEEK 4**  
**THURSDAY - LUNCH/SUPPER**  
**AGE GROUP: AT-RISK**

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Raw ground beef (no more than 20% fat)	2lb 2 oz.		4 lb 4 oz.		<ol style="list-style-type: none"> <li>1. Brown ground beef. Drain. Continue immediately.</li> <li>2. Add onions and granulated garlic powder to ground beef and sauté for 5 minutes or until onions are translucent.</li> <li>3. Add pepper, parsley, tomatoes, tomato paste, water, basil, oregano, marjoram, and thyme. Heat to boiling, uncovered. Remove from heat.</li> <li>4. Assemble ingredients in pans (9" x 13" x 2") which have been lightly coated with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans. For each pan: 1st layer-2 ¼ cups 2 Tbsp sauce lengthwise 3rd layer-2 ¼ cups sauce 4th layer-3 ½ oz. (¾ cup 1 ½ tsp) process American cheese and 4 ¾ oz. (1 cup 3 Tbsp) mozzarella cheese 5th layer-7 uncooked noodles lengthwise Repeat 3rd and 4th layers.</li> <li>5. Tightly cover pans.</li> <li>6. Bake: Conventional oven: 350° F for 1 ¼ - 1 ½ hours. Convection oven: 325° F for 45 minutes. CCP: Heat to 165° F or higher.</li> <li>7. Remove pans from oven. Uncover. Let stand for 15 minutes.</li> <li>8. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces per pan)</li> </ol>
Raw ground pork (no more than 20% fat)	1lb 2oz.		2lb 4oz.		
*Fresh onions, chopped or Dehydrated onions	3lb or 9oz.	2qt or 1qt ¾c	6lb or 1lb 2oz.	1 gal or 2qt 1 ¼ c	
Granulated garlic		2 Tbsp		¼ c	
Ground black or white pepper		1 tsp		2 tsp	
Dried parsley		¼ c		½ c	
Canned diced tomatoes, with juice	4lb 4oz.	2qt ¼ c	8lb 8oz.	1gal ½ c	
Canned tomato paste	1lb 12oz.	3 c 2 Tbsp	3lb 8oz.	1qt 2 ¼ c	
Water		3qt		1gal 2qt	
Dried basil		3 Tbsp		¼ c 2 Tbsp	
Dried oregano		3 Tbsp		¼ c 2 Tbsp	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 tsp		2 tsp	
WW lasagna noodles, uncooked (at least 0.78 oz. each)	2lb 12oz.	56 each	5lb 8oz.	112 each	
Cheese blend of American and skim milk cheeses, shredded	1lb 9oz.	1qt 2 ¼ c	3lb 2oz.	3qt ½ c	
Lite mozzarella cheese, shredded	2lb 6oz.	2qt 1 ½ c	4lb 12oz.	1gal 3 c	



## SERVING SIZE:

Portion size for at-risk:  
1 piece/portion

## SERVING PROVIDES:

2 oz. meat/meat alternate  
⅔ c vegetable  
¾ grain



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**RECIPE SOURCE:** [fns.usda.gov](https://fns.usda.gov) #D-25



# ROASTED ASPARAGUS

MENU FOR AT-RISK WEEK 4  
THURSDAY - LUNCH/SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Asparagus spears, fresh	5 pounds AP (2lbs 12oz. EP)		10 pounds AP (5lbs 5oz. EP)		<p>1. Preheat oven to 400°F. Wash asparagus spears and trim off the tough ends. Cut into 3-inch lengths.</p> <p>2. Place asparagus in a large container. Add the oil, salt and pepper, and toss to coat the asparagus pieces.</p> <p>3. Place asparagus in a single layer on a parchment-lined sheet pan being careful not to overcrowd the pan. For 12 servings use 3 half-size sheet pans. For 24 servings use 6 half-size sheet pans or 3 full-size sheet pans.</p> <p>4. Roast in the preheated oven for 12–15 minutes, or until the asparagus pieces are lightly browned and blistered.</p> <p>CCP: Heat to 140°F or higher. CCP: Hold for hot service at 135°F or higher. Serve ½ cup portions.</p>
Olive oil or vegetable oil		1 Tbsp + 1 ½ tsp		3 Tbsp	
Salt		⅛ tsp		¼ tsp	
Black pepper		⅛ tsp		¼ tsp	



## SERVING SIZE:

Portion size for at-risk:  
½ cup

## SERVING PROVIDES:

½ c vegetable

# LENTIL SOUP

MENU FOR AT-RISK WEEK 4  
FRIDAY - LUNCH/SUPPER  
AGE GROUP: AT-RISK

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Dry lentils	11oz.	1 ½ c	1lb 6oz.	3 c	<p>1. Rinse lentils and sort out any unwanted materials. Drain well.</p> <p>2. In a heavy pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes.</p> <p>3. Add potatoes, onions, celery, carrots, parsley, granulated garlic, bay leaves, and cumin. Simmer, uncovered, about 50 minutes. CCP: Heat to 165°F or higher.</p> <p>4. Remove bay leaves. CCP: Hold at 140°F or warmer. Portion with 4 oz. ladle (½ cup).</p> <p>Serve 1 c (use serving for 50, will yield 25 1 cup servings)</p>
Beef stock, non-MSG		3qt		1gal 2qt	
Canned tomato paste	10oz.	1 cup 1 Tbsp (¾ 12 oz. can plus 1 Tbsp)	1lb 4oz.	2 cups 2 Tbsp (1 ⅔ 12 oz. cans)	
*Fresh potatoes, peeled, ¼" cubes	3oz.	½ c	6oz.	1 c	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz.	¼ c 3 Tbsp or ¼ c	5oz. or 1oz.	¾ c 2 Tbsp or ½ c	
*Fresh celery, ¼" diced	4oz.	1 c	8oz.	2 c	
*Fresh carrots, ½" chopped	4oz.	1 c	8oz.	2 c	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Dried bay leaf		1 each		2 each	
Ground cumin		⅛ tsp		¼ tsp	



## SERVING SIZE:

Portion size for at-risk:  
1 cup of soup

## SERVING PROVIDES:

1 oz. meat/meat alternate  
½ c vegetable



# SOUTHWEST TOFU SCRAMBLE

**MENU FOR AT-RISK WEEK 4**  
**MONDAY - SNACK**  
**AGE GROUP: AT-RISK**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Quinoa	1lb 9oz.	1 qt 2 Tbsp 2 tsp	3lb 2oz.	2 qt ¼ c 1 Tbsp 1 tsp	<p>1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.</p> <p>2. Combine quinoa and water in a large, covered stock pot.</p> <p>3. Bring to a boil. Reduce heat to low. Simmer uncovered for 10-15 minutes until water is completely absorbed. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff.</p> <p>4. Critical Control Point: Heat to 140 °F or higher.</p> <p>5. Pour 3 qt (about 3 lb 14 oz) quinoa into a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>6. Critical Control Point: Hold for hot service at 140 °F or higher.</p> <p>7. Set aside for step 11.</p> <p>8. In a large stock pot, add oil and crumbled tofu. Heat uncovered over medium heat for 2-3 minutes, stirring occasionally.</p> <p>9. Add garlic, cumin, red pepper flakes, salt, pepper, turmeric, bell peppers, and onions. Heat uncovered over medium heat for 1-2 minutes, stirring constantly.</p> <p>10. Critical Control Point: Heat to 140 °F or higher.</p> <p>11. Pour 3 qt (4 lb 9 oz) vegetable mixture over each pan. Stir well to combine. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>12. Critical Control Point: Hold for hot service at 140 °F or higher.</p>
Water		1 qt 2 c		3qt	
Olive oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Tofu, firm, crumbled	3lb 8oz.	2 qt 2 ½ c	7lb	1gal 1 qt 1 c	
Garlic, minced		2 Tbsp		¼ c	
Ground cumin		1 Tbsp		2 Tbsp	
Crushed red pepper flakes		1 tsp		2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		½ tsp		1 tsp	
Ground turmeric		2 Tbsp ½ tsp		¼ c 1 tsp	
*Fresh red bell pepper, diced	1lb	3 c	2lb	1qt 2 c	
*Fresh green onions, top and bottom, diced	8oz.	1 c 3 Tbsp	1lb	2 ¼ c 2 Tbsp	



## SERVING SIZE:

Portion size for at-risk:  
 6 fl oz. spoodle (¾ cup)



## SERVING PROVIDES:

1 oz. meat/meat alternate  
 ⅛ c vegetable  
 1 grain



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**RECIPE SOURCE:** [fns.usda.gov](https://www.fns.usda.gov)



# BLACK BEAN HUMMUS

MENU FOR AT-RISK WEEK 4  
WEDNESDAY - SNACK  
AGE GROUP: AT-RISK

INGREDIENTS	12 SERVINGS		24 SERVINGS		DIRECTIONS
	weight	measure	weight	measure	
Canned low-sodium black beans, rinsed, drained OR *Dry black beans	6lb or 6lb	2qt 3 $\frac{2}{3}$ c or 2qt 3 $\frac{2}{3}$ c	12lb or 12lb	1gal 1qt 1 $\frac{1}{3}$ c or 1 gal 1 qt 1 $\frac{1}{3}$ c	<p>1. Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.</p> <p>2. Using a rubber spatula, scrape black bean mixture into a large bowl.</p> <p>3. Add cilantro. Stir well.</p> <p>4. Transfer 3 qt <math>\frac{1}{2}</math> cup (about 7 lb 5 oz) black bean hummus to a steam table pan (12" x 20" x 2 <math>\frac{1}{2}</math>"). Cover pans tightly. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>5. Critical Control Point: Cool to 41 °F or lower within 4 hours.</p> <p>6. Critical Control Point: Hold at 41 °F or lower.</p> <p>7. (Optional) Serve with chips.</p>
Canned low-sodium garbanzo beans or chickpeas, rinsed, drained OR *Dry garbanzo beans or chickpeas	6lb or 6lb	3qt 2 $\frac{2}{3}$ c 1 Tbsp 1 tsp or 3qt 2 $\frac{2}{3}$ c 1 Tbsp 1 tsp	12lb or 12lb	1gal 3qt 1 $\frac{1}{3}$ c 2 Tbsp 2 tsp or 1gal 3qt 1 $\frac{1}{3}$ c 2 Tbsp 2 tsp	
Lemon juice		1qt $\frac{1}{2}$ c 2		2qt 1 c	
Fresh garlic cloves, peeled	12oz.	2 $\frac{2}{3}$ c	1lb 8oz.	1qt 1 $\frac{1}{3}$ c	
Olive oil		$\frac{1}{4}$ c 2 Tbsp		$\frac{3}{4}$ c	
Salt		1 $\frac{1}{2}$ tsp		1 Tbsp	
Ground cumin		2 Tbsp		$\frac{1}{4}$ c	
Ground white pepper		1 Tbsp		2 Tbsp	
Fresh cilantro, diced	3oz	1qt 1 $\frac{1}{4}$ c	6oz.	2qt 2 $\frac{1}{2}$ c	
(Optional) Whole-grain tortilla chips	3lb 4oz.	500 chips	6lb 8oz.	1000 chips	



## SERVING SIZE:

Portion size for at-risk:  
Portion with No. 8 scoop  
( $\frac{1}{2}$  cup)



## SERVING PROVIDES:

1 oz. meat/meat alternate

RECIPE SOURCE: [fns.usda.gov](https://fns.usda.gov) # I-250

# HEALTHY BRAN MUFFINS

## WHOLE GRAIN

MENU FOR AT-RISK WEEK 4  
FRIDAY - SNACK  
AGE GROUP: AT-RISK

INGREDIENTS	15 MUFFINS	30 MUFFINS	DIRECTIONS
Brown Sugar, packed	½ cup	1 cup	<ol style="list-style-type: none"> <li>1. Beat sugar, eggs and oil, add milk and pineapple juice, then add pineapple and carrots.</li> <li>2. Mix dry ingredients in a large bowl. Add wet ingredients to the dry ingredients. Mix until batter is moist. Do not over mix.</li> <li>3. Bake 375 degrees for 18 to 20 minutes. Fill muffin cups ¾ full. Do not over bake.</li> <li>4. Put leftover batter in refrigerator and it will keep up to six weeks.</li> </ol>
Oil	⅓ c+ 2 tsp	¾ cup	
Eggs	1 lg egg	2 lg eggs	
Skim milk	¾ cup	1 ½ cup	
Crushed pineapple, drained (save ¾ cup juice)	5 oz.	10 oz.	
Whole wheat flour	1 cup	2 cups	
Oat bran	½ cup	1 cup	
Wheat germ	½ cup	1 cup	
Baking soda	1 tsp	2 tsp	
Baking powder	1 tsp	2 tsp	
Cinnamon, ground	½ tsp	1 tsp	
Nutmeg, ground	¼ tsp	½ tsp	
Salt, table	¼ tsp	½ tsp	
Carrots, grated	½ medium	1 medium	
Raisins, packed (soak in hot water and drain)	½ cup	1 cup	



### SERVING SIZE:

Portion size for at-risk:  
1 muffin



### SERVING PROVIDES:

1 grain

# SHOPPING LIST - AT-RISK MENUS WEEK 3 & 4



## MILK

- 1% MILK
- FAT FREE MILK



## VEGETABLES

- ZUCCHINI, FRESH
- MUSHROOM, FRESH OR CANNED SLICED
- BROCCOLI, FRESH OR FROZEN
- SPINACH, FRESH
- CABBAGE, FRESH, WHITE, SHREDDED
- CABBAGE, FRESH, RED, SHREDDED
- CARROTS, SHREDDED
- CARROTS, SLICED
- CARROTS, FROZEN SLICED
- BOK CHOY, FRESH
- LETTUCE, ROMAINE
- LIME, FRESH
- PINTO BEANS, LOW SODIUM, CANNED
- SALSA
- ORIENTAL MIXED VEGETABLES, FROZEN
- CELERY, FRESH
- BEANS, GARBANZO, CANNED
- REFRIED PINTO BEANS, CANNED, LOW SODIUM
- CORN, WHOLE KERNEL, CANNED OR FROZEN
- POTATO WEDGES, FROZEN
- GREEN, TURNIP, FRESH, FROZEN OR CANNED
- SWEET POTATOES, FRESH
- CAULIFLOWER FLORETS, FRESH
- ASPARAGUS, FRESH
- POTATOES, FRESH
- TOMATOES, DICED, CANNED



## FRUIT

- MIXED FRUIT
- APPLES
- KIWI
- AVOCADO, FRESH
- PEARS, HALVES, CANNED
- BANANAS
- GRAPES
- APRICOT, HALVES, CANNED
- ORANGES, MANDARIN
- JUICE, ORANGE
- STRAWBERRIES



## MEAT/ MEAT ALTERNATE

- COTTAGE CHEESE, REDUCED FAT
- CHEESE, MOZZARELLA, SHREDDED, LOW FAT
- CHICKEN, COOKED, FROZEN, DICED
- FISH, TILAPIA
- CHEESE, CHEDDAR, REDUCED FAT, GRATED
- PORK SHOULDER OR LOIN, BONELESS, SKINLESS
- YOGURT, LOW-FAT PLAIN
- CHEESE, MEXICAN BLEND, REDUCED FAT
- TURKEY, GROUND, RAW
- EGGS, WHOLE, FRESH OR LIQUID
- HAM, SLICED
- CHICKEN, WHOLE, FRESH OR FROZEN, CUT UP
- CHEESE BLEND, AMERICAN, AND SKIM MILK, SHREDDED
- LENTILS, DRY
- GROUND BEEF, NO MORE THAN 20% FAT
- TOFU, FIRM



## GRAINS

- WHOLE GRAIN-RICH LASAGNA NOODLES
- GARLIC BREAD
- WHOLE WHEAT TORTILLAS, 8"
- RICE, BROWN, LONG GRAIN, REGULAR
- CRACKERS, WHOLE WHEAT
- WHOLE GRAIN NOODLES
- WILD RICE
- HONEY BUNCHES OF OATS
- OATMEAL
- MINI WHOLE GRAIN ROLLS
- WHOLE WHEAT BUNS
- WHOLE GRAIN CORN FLAKES
- WHOLE GRAIN ELBOW MACARONI
- WHOLE WHEAT SLICED BREAD
- WHOLE GRAIN LASAGNA NOODLES
- QUINOA
- ENGLISH MUFFIN, WHOLE WHEAT

## OTHER

- TOMATO PASTE
- WHOLE WHEAT FLOUR
- TOMATO SAUCE
- GARLIC, GRANULATED
- OREGANO, DRIED
- PARSLEY, DRIED
- PEPPER, WHITE
- PEPPER, BLACK
- BREAD CRUMBS
- CHEESE, PARMESAN, GRATED
- ONION POWDER
- FAT FREE RANCH DRESSING
- CILANTRO, FRESH
- OLIVE OIL
- BELL PEPPER, GREEN, FRESH
- ONIONS, FRESH
- CUMIN, GROUND
- CORNSTARCH
- LOW SODIUM SOY SAUCE
- GINGER, GROUND
- CHICKEN BROTH OR STOCK
- CANOLA OIL
- LEMON JUICE OR LIME JUICE
- ALL-PURPOSE FLOUR
- WHEAT GERM
- SALT
- BAKING POWDER
- BAKING SODA
- SALT FREE TACO SEASONING BLEND
- NON-FAT SOUR CREAM
- GARLIC, FRESH
- WORCESTERSHIRE SAUCE
- CRANBERRIES, DRIED
- MUSTARD, DRY
- PAPRIKA
- THYME, GROUND
- BASIL, DRIED
- OREGANO, GROUND
- LOW-FAT SOUR CREAM
- LOW-FAT MAYONNAISE
- PICKLE RELISH
- BEEF STOCK
- BAY LEAF, DRIED
- TURMERIC, GROUND
- BELL PEPPER, RED, FRESH
- RED PEPPER FLAKES, CRUSHED
- ONIONS, GREEN, FRESH
- NON-FAT SOUR CREAM
- CINNAMON, GROUND
- NUTMEG, GROUND
- SUGAR, BROWN
- VANILLA FLAVOR
- LOW-FAT PLAIN YOGURT



## CHILD AND ADULT CARE FOOD PROGRAM MENU PLANNING RESOURCE GUIDE

*"A compilation of tools and resources to assist  
with meal service planning and delivery"*