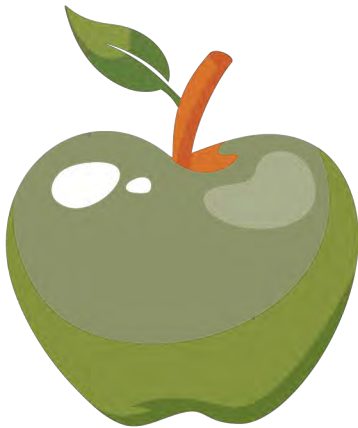


RUSSELL CHILD DEVELOPMENT CENTER
2735 N. Jennie Barker Road • Garden City, KS 67846 • 620.275.0291 • rcdc4kids.org



**CHILD & ADULT CARE
FOOD PROGRAM**
SPONSORED BY RCDC

Food Program Book

Resource and Reference Information

Russell Child Development Center is the sponsor for the Child and Adult Care Food Program (CACFP) providing food reimbursement and nutritional support to licensed child care providers in 10 Southwest Kansas counties.



Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play**.



Fueling Up With Veggies

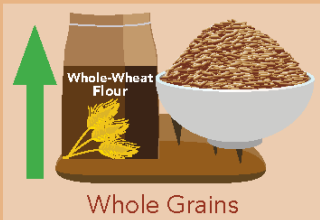
Fewer than 10% of 4- to 8-year-olds eat enough vegetables.



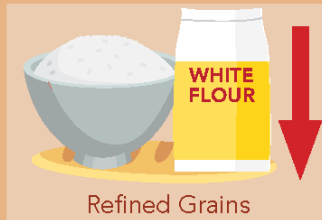
Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.



Whole Grains



Refined Grains

Now kids are more likely to get whole grain-rich* foods at least **once a day**. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars



On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.



Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed onsite
- Including a wider variety of foods for babies to try during their first year of life



*Whole grain-rich foods are foods containing 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

Sources:
<https://health.gov/dietaryguidelines/2015/>
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a06.html
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a40.html



Food and Nutrition Service
FNS-651

April 2017

<https://teammnutrition.usda.gov>

USDA is an equal opportunity provider, employer, and lender.

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Common Abbreviations in CACFP

Alt - Alternative	Snack	L - Lunch
AM - Morning Snack	D - Dinner	PM - Afternoon Snack
BOS - Breastfed on Site	FWI - Formula with Iron	WG - Whole Grain
BM - Breast Milk	GB - Ground Beef	WW - Whole Wheat
Br - Breakfast	HM - Homemade	
BT/ES - Bred Time/Evening	IC - Infant Cereal	

Welcome to the Child and Adult Care Food Program with Russell Child Development Center!

Sample Reimbursement Rates

	<u>Tier 1*</u>	<u>Tier 2*</u>
Breakfast	\$1.39	\$0.50
Lunch/Supper	\$2.61	\$1.58
Snacks	\$0.78	\$0.21

- Tier rates are determined by school percentage of free and reduced enrollments, provider income, or census.
- Visit rcdc4kids.org/child-adult-food-program for current rates

Important Reminders about the Food Program

- Menus, attendance, and meal counts must be completed by the end of the business day. Not having them completed at the end of the day results in loss of the reimbursement for that day.
- If you are scheduled to be closed, or will be closing for the day, notify CACFP by call, text, or email.
- If meal times change (early or late) notify the office by call, text, or email.
- Keep your records for 3 years. This includes menus and attendance forms. If you are using KidKare it is not necessary to print them out as they are stored in KidKare for 3 years. You will have access to them and will be able to print off what you need (if and when you need it).
- Every child must be enrolled in the food program or be offered the enrollment form.
- Enrollment forms must be signed by the parent in the month you wish to be paid. Have the parents fill out the form before or the same day they start at your day care.
- Re-enrollments. Every April, each child must have a new enrollment form filled out no matter when they start.
- If you are income eligible to claim your children you can claim them through age 12.
- Your own children count in your daycare ratio until they turn 11 and must have an enrollment form even if you are not income eligible. If you are not income eligible they must still mark them in attendance as well as what meal they are eating.

New Meal Pattern Reminders

- It is required to serve one whole grain per day. It can be at any meal and it is best practice that you serve it at a different meal throughout the week. To indicate that you are serving a whole grain you will need to write WG (Whole Grain) or WW (Whole Wheat) on your menus. If you are using KidKare there is a slide button for you to click to indicate the grain is whole grain.
- Infants are exempt from the one whole grain a day requirement.
- If you are using cereals as the WG and best practice is to serve a variety, it is necessary for **all** of the cereals you offer to be WG.
- At breakfast a Meat/Meat Alt can be served up to 3 times in place of a Bread/Bread Alt .
- Juice is only allowed once a day. Please list the type of juice you are serving, for example, apple juice (AJ), tomato juice (TJ), orange juice (OJ), etc. You can use abbreviations, I will call if I cannot figure them out.
- Infants are not allowed juice until 12 months of age or older.
- Cereal can only contain 6 grams or less of sugar per dry ounce. All WIC cereal is approved. Please write what cereal you are serving. If a variety of cereal is offered it is necessary all have 6 grams or less. You can write on the top of menus and list the variety of cereal you are serving.
- Yogurts can only contain 23 grams of sugar per serving.
- **No More Grain-Based Desserts.** This includes, but not limited to: cookies, toaster pastries, cinnamon rolls, donuts, cakes, cupcakes, granola bars, fruit & grain bars, Fig Newton's, etc. Refer to pages 12 & 13 for replacement options.

Child Nutrition (CN) Label

A (CN) Label is needed when a main dish contributes at least ½ ounce of meat/meat alternate component is served. Some examples that you need a (CN) Label are, but not limited to:

- chicken nuggets
- chicken strips
- chicken patties
- fish sticks
- fish nuggets
- breaded fish
- beef patties
- cheese or meat pizzas
- meat or cheese and bean burritos
- egg rolls
- corn dogs
- ravioli
- taquitos



If you serve any of the above frozen items or convenience type food bought from the store or food vendor you **must** have a (CN) Label, a product formulation from the company, or product analysis onsite. We will ask to see it on home visits if these items are listed on the menus. If (CN) Labels for meals served are not onsite those meals will be not creditable and deducted from reimbursement. If you make these homemade you will need to indicate that on your menus or when asked.

Above is a sample of a CN labeled product that provides crediting information for meat/meat alternates, grains, and vegetable subgroups components.

The CN Logo is one of four integral parts of the label, which includes the product name, ingredient statement, and inspection legend. All four parts must be present on a product carton in order for the CN label to be valid.

You must remove the CN Label from the product carton or take a picture of the CN Label while still on the package.

If a CN Label is not available on the package, you can request a Product Formulation Statement on a company letterhead. The statement from the company will explain how the processed product contributes to the meal pattern requirements.

Another method you can do, is to cook the food (i.e. chicken nuggets or corndogs) and remove the breading and weigh the meat. Document the name of the product and company and write down how much it weighed and how many chicken nuggets you would need to serve to meet the meal requirement. Then you can weigh the breading to see if you can count the breading on the nuggets.

Important Menu Reminders

- Meats high in sodium and fat should only be served *1 time* per week. They must also be all meat with no filler. These meats include hot dogs, luncheon meats, sausages, frankfurters, beanie weenies, summer sausages, polish sausages, processed meats, and pressed meats (Spam).
- One Bread/Bread Alt serving per day must be whole grain.
- Cereals can only contain 6 grams or less of sugar per dry oz. (Look for WIC cereals. They meet this requirement).
- Yogurts can only contain 23 grams of sugar per serving.
- Juice can only be served once a day and it must be 100% juice.
- Potatoes are a vegetable. They cannot be counted as a Bread/Bread Alt. This includes tator tots, hash browns, French fries, etc.
- Two different menu items need to be served at snack time. Choose 2 different menu items from the following components: Milk, Bread/Bread Alt., Meat/Meat Alt, Fruit, and Vegetable.
- Peanut butter and jelly sandwiches at lunch require another Meat/Meat Alt. The serving size of peanut butter is 2 tbsp. for 1-2 yr and 3 tbsp. for 3-5 yr olds and 4 tbsp. for over 6 yrs. That is a lot of peanut butter on one sandwich. You will need to serve yogurt, cheese, or cottage cheese, or another Meat/Meat Alt to meet the serving size requirement.
- Menus and meal counts must be completed by the end of the business day. If this is not completed, you will not be paid for that day.
- *A CN label is required for any frozen foods containing meat or a product formulation in order for the frozen product to be creditable. If the CN label or product formulation is not provided at a home visit all meals containing the frozen product will be deducted. Please refer to page 6 for more information.*
- Claims are due on the 4th of every month. You are given a 6 day grace period until the 10th by 5pm. Late claims received after 5 pm on the 10th will be processed the following month.
- Reimbursements will be direct deposited on the last business day of the month. If you do not have direct deposit and want a check mailed, it will be mailed the 2nd to the last business day of the month. Direct deposit is free. If you would like to sign up please contact the office.
- Infants must be marked on the meal count sheet and attendance for the meals served and each infant will have to have their own individualized menus.
- When serving a casserole, stews, soups, or chili, you must serve 1 fruit or vegetable outside of the dish.

Non-creditable Foods

- Grain based Desserts: cookies, brownies, toaster pastries, *cinnamon rolls*, donuts, granola bars, fruit and grain bars, Rice Krispy treats, vanilla wafers, Fig Newton's, cakes, cupcakes, and pies.
- Pudding
- Ice cream
- Bacon
- Pepperoni
- Velveeta (cheese foods or cheese products)
- Powdered cheese and cheese products
- Imitation crab
- Potato chips, Fritos, Doritos, etc.
- Fast food meals or any meals not prepare at your home
- Home canned fruits/vegetables
- Commercial salsa, spaghetti sauce, or pizza sauce
- Plain Jell-O
- Fruit snacks
- Home caught fish
- Home slaughtered meat
- Tapioca
- Gingerbread
- Commercial smoothies or milkshakes
- Flavored milk, cocoa mix, and powdered milk

Feeding Infants

- All infants must be enrolled in the Food Program.
- Providers must offer one formula and solid food to all infants. The parent may choose to accept or decline the formula and/or food.
- Infant meal times should match the infant's needs. It is OK if infant meals are outside of the hours of regular meal times.
- Providers must offer one iron-fortified infant formula. The formula must be approved by the FDA.
- If the mother comes to the daycare to breastfeed, it is OK to claim meals for the infant.
- Parents can only provide **ONE** food component (either formula/breastmilk or a solid food).
- Infants should be introduced and started on solid foods when the infant is developmentally ready for solid foods and the parents request that they start. This is typically around 6 months of age.
- Once an infant is developmentally ready to accept solid foods, the daycare home is required to offer solid food to the infant. However, meals should not be disallowed simply because one food was offered one day and not the next if that is consistent with the infant's eating habits.
- Juice is not creditable for infants until they reach the age of 12 months or older. The American Academy of Pediatrics recommends the infants under 12 months should not be served juice.
- Ready-to-eat breakfast cereals are OK to serve infants at snack time only.
- Yogurt, cheese, and a whole egg are OK to serve infants as a Meat/Meat Alternate. Cheese foods and cheese spreads are not creditable.
- Infants do not have to be offered a whole grain-rich food.
- Each infant will have their own menu.
- The infant meals will need to be recorded on the meal count and attendance form with the rest of the day care meals.

Whole Grains

Whole grains must be served *once a day*. It is required to mark your menus with WG (Whole Grain) or WW (Whole Wheat).

What are Whole Grains?

- Brown rice
- Wild rice
- Bulgur (cracked wheat)
- Oats/oatmeal
- Whole cornmeal
- Whole wheat flour
- Amaranth
- Buckwheat
- Millet
- Muesli
- Quinoa
- Sorghum
- Whole grain barley
- Whole rye
- Popcorn



Cereal

Cereals can only contain 6 grams or less of sugar per dry ounce.

When shopping look for WIC cereals as they meet the sugar requirement. There may be cereals not listed as WIC that contain 6 grams of sugar or less. You can divide the sugar number by the serving size number. If the number is 0.212 or less, the cereal is below the sugar limit and creditable. You can also use the chart on page 46 as a reference.

A great resource to use is the WIC shopper app. You can download it on your phone to see if the cereal is WIC approved. However, make sure you are not using too large of a size of box of cereal (like the ones found at wholesale clubs) as the quantity is too large for WIC. You can also use the chart that is on the USDA Tip sheet on page 52.

Some WIC approved cereals are listed below. For a complete list you can go to www.kansaswic.org/WIC_approved_foods/. The booklet is available in English and Spanish.

General Mills

Cheerios* (plain)
Multigrain Cheerios*
Kix*
Berry Berry Kix *
Honey Kix*
Corn Chex
Rice Chex
Wheat Chex*
Fiber One honey Clusters*
Wheaties*

Post

Alpha-Bits*
Banana Nut Crunch*
Bran Flakes*
Grape Nut*
Grape Nut Flakes*
Honey Nut Shredded Wheat*
Honey Bunches of Oats

Quaker

Life*
Oatmeal Squares Cinnamon*
Oatmeal Squares Golden Maple*

Sure Fine

Oats & More w/Almonds &
honey oat clusters
Oats & more with Honey
Oat Clusters
Oat Wise
Wheat Squares*
Toasted Oats*

Great Value

Bite Size Shredded Wheat*
Bran Flakes*
Corn Flakes
Crisp Rice
Crunchy Nuggets*
Crunchy oat Squares*
Honey Oats & Flakes
Toasted Corn
Toasted MultiGrain*
Toasted Rice
Toasted Wheat*
Toasted Whole Grain Oats*

Kroger

Bran Flakes*
Corn Bitz
Corn Flakes
Crispy Hexa-Grains*
Crispy Rice
Frosted Shredded Wheat*
Honey Crisp Medley
Living Well*
Nutty Nuggets*
Oat Squares*
Rice Bitz
Toasted Oats*

Kellogg's

All Bran*
Corn Flakes
Crispix
Frosted Mini-Wheats*
Rice Krispies
Special K

**Indicates whole-grain. When writing your menus mark it WG.*

Replacing Grain-Based Desserts

Grain-Based Dessert

Breakfast Bars

Alternatives

Raisin bread toasted and cut into strips served with yogurt

Tortilla fruit rollup

Open-faced toast topped with scrambled eggs and sprinkled with cheese

Hot oatmeal with fruit

Muffins

Croissants

French bread

Brownies

Fruit Based Muffin (blueberry, raspberry, cranberry, etc.)

Homemade chocolate pancakes, waffles, muffins (add cocoa powder or chocolate chips to the batter)

Homemade fruit/veggie breads (banana, zucchini)

Cornbread muffin

Rice or bread pudding (NOT sweet)

Steamed rice with cinnamon and sugar

Cereal Bars

Dry cereal and milk

Trail mix with dry cereal

Oatmeal with fruit

Biscuits

Donuts

Biscuit with center hole cutout baked then add peanut butter on top

English Muffin toasted and topped with fresh or gently cooked fruit

Rice or bread pudding (NOT sweet)

Replacing Grain-Based Desserts

Grain-Based Dessert

Cookies

Alternatives

English muffin with peanut butter and fruit or chocolate chips

Raisin bread toasted with butter and cinnamon

Fruit inside eggroll skin and baked

Bread sticks

Savory scones, biscuits, crackers

Savory crackers with nut butter

Waffle with peanut butter

Yogurt with fruit

Granola Bars

Hot oatmeal with apples and cinnamon

Trail mix with dry cereal

Sweet Pie Crusts

Pita bread with peanut butter and banana

Toast with cinnamon and sugar

Baked tortilla with honey and cinnamon

Sweet Rolls/Cinnamon Rolls

Toasted English muffin with honey and cinnamon or peanut butter

Homemade chocolate pancakes, waffles or muffins (add cocoa powder or chocolate chips to the batter)

Homemade fruit/vegetable breads (banana, zucchini, raisin)

Whole Grain (WG) dinner roll

Toaster Pastries

Rice cakes with peanut butter and banana

Toast with cinnamon and sugar or honey

Meat and Meat Alternates

Serving Requirements and Ideas

Requirements

<u>Age</u>	<u>Breakfast</u>	<u>Snack</u>	<u>Lunch/Dinner</u>
1-2 yrs	½ oz	½ oz	½ oz
3-5 yrs	½ oz	½ oz	1½ oz
6-12 yrs	1 oz	1 oz	2 oz

½ oz meat = ¼ C yogurt

1 oz meat = 1 oz cheese

1 oz meat = 2 oz cottage cheese

1 oz meat = 1 egg

1 oz meat = 2 Tbsp peanut butter

1 oz meat = ¼ C beans

Dried Peas	Ground Beef	Ham
Chicken	Summer sausage (1x per week)	Pigs in a blanket (1x per week)
Pork Chops	Lil' Smokies (1x per week)	Beanie/Weenies (pork and beans) (1x per week)
Minute Steak	Beans: black, lima, pinto, chili, northern	Hot Dogs (1x per week)
Ham and Cheese Kabobs	Roast	Pork Sausage (1x per week)
Pork Cutlets	BBQ Ribs	Turkey Hot Dogs (1x per week)
Fish portions	Pork Roast/ Pulled Pork	Beef Jerky (snack only)
Grilled Cheese	Bean/Cheese Burritos	Polish Sausage (1x per week)
Turkey Burgers	Chicken Strips (HM or CN Label)	Lunch Meat/Bologna (1x per week)
Ham and Scalloped Potatoes	Turkey Pot Pie	Eggs: Scrambled/hard boiled/ poached/deviled/Quiche
Ground Beef (GB) or Chicken Tostadas	GB Tatar Tot Casserole	Cottage Cheese
GB Sliders	Beef/chicken noodles	Turkey
GB Spaghetti	Canadian Bacon	Yogurt
Ham and Beans	Lentils	Tofu
GB/Sausage gravy with biscuits	Homemade pizza (not pepperoni)	String Cheese
Homemade (HM) Hot pocket w/ meat & cheese	Eggs: hard boiled, scrambled, quiche, etc.	Beans (when not counting as a vegetable)
Chicken Chili	Shrimp	Veal
Meatballs	Tuna	
Brisket	Tilapia	
Stew Meat	Tuna/Chicken/Ham/Egg Salad	
Stromboli	Sandwiches	
Cheese: Cubes/sliced/string	Meatloaf	
Peanut Butter	GB Sloppy Joes	
	GB Lasagna	

Bread and Bread Alternates

Serving Requirements and Ideas

Requirements

1-2 year olds — ½ slice = ¼ - 1/3 cup

3-5 year olds — ½ slice = ¼ - 1/3 cup

6-12 year olds — 1 slice = ½ - ¾ cup

At least 1 grain a day must be a Whole Grain

Please mark your menu items that are Whole Grain or Whole Wheat. You can use WG or WW if using paper menus. KidKare users make sure you use the slider button.

Wheat Thins

Cereals: 6 grams or less sugar per dry ounce

Oatmeal*

Wraps for sandwiches

Hamburger buns

Pizza crust

Toast

Dinner rolls

Pumpkin bread

Zucchini bread

Cinnamon bread

Raisin bread

Pancakes

HM pretzels

Taco shells

Couscous

Amaranth

Buckwheat

Barley

Corn bread/muffins

Croissants

Croutons

English Muffins

Hushpuppies

Ravioli (Pasta portion only)

Whole Grain Tortillas*

White Rice

Wild Rice

Brown Rice*

Mini Bagels

Hotdog buns

Whole Wheat Pasta*

Crescent roll dough for pizza, etc.

Pita Bread

Waffles

French Toast

Tortilla Chips

Stuffing

Quinoa

Grits

Bulgur

Chow Mein Noodles

Saltines

Crescents

Egg roll

Macaroni and Cheese

Noodles

Honey Bunches of Oats Cereal

Life Cereal*

Cream of Wheat

Corn Flakes

Rice Krispies

Frosted Mini-Wheats*

Kix*

Honey Kix*

Cherrios*

Corn Chex

Wheat Chex*

Wheaties*

Whole Grain Total*

Alpha-Bits*

Banana Nut Crunch*

** Indicates whole-grain. When writing your menus mark it WG.*

Vegetables

Serving Requirements and Ideas

Requirements			
Age	Breakfast	Snack	Lunch/Dinner
1-2 yrs	¼ C	½ C	1/8 C
3-5 yrs	½ C	½ C	½ C
6-12 yrs	½ C	¾ C	½ C

Edamame	Baked beans	Lettuce
Broccoli	Cabbage	Jicama (with lime and chili or ranch)
Carrots	Cole slaw	Lima Beans
Celery	Parsnips	Corn/Corn on the cob
Kale	Water Chestnuts	Acorn Squash
HM Salsa	Mixed Vegetables	Butternut Squash
Tomato sauce, past, puree	Spinach	Pork n beans
Stuffed Jalapeno	Olives	Squash
Turnips	Cauliflower	Peppers: green/yellow/red/orange
Hash browns	Pickles	Beets
Spaghetti squash	Okra	Tomato Soup, Tomato Juice
Cucumbers	Potatoes: scalloped, mashed, baked, tator tots, wedges, fries, boiled	
Hummus	Sweet potatoes, yams	
Rutabaga	Zucchini	
Green beans		

Fruit

Serving Requirements and Ideas

Requirements			
Age	Breakfast	Snack	Lunch/Dinner
1-2 yrs	¼ C	½ C	1/8 C
3-5 yrs	½ C	½ C	½ C
6-12 yrs	½ C	¾ C	½ C

Apples	Peaches	Apricots
Fruit Smoothies	Mandarins: canned/halos/cuties	Applesauce
Papaya	Mangos	100% Fruit Juice
Grape fruit	Ugli Fruit	Apple Juice
Pomegranates	Pineapple	Berry Juicy Juice
Plums	Strawberries	Grape Juice
Star Fruit	Blackberries	Orange Juice
Honeydew	Raspberries	Orange-pineapple Juice
Watermelon	Mixed Fruit	Prune Juice
HM popsicles with 100% fruit juice and added fruit	Pears	Tropical Fruit Juice
Blueberries	Guava	Popsicles (Homemade with 100% juice for snack only)
Cranberry sauce	Tangerines/Nectarines	
Tropical Fruit	Grapes	
Bananas	Cantaloupe	
	Kiwi	

Milk

Serving Requirements

1-2 year old

1/2 cup

Unflavored Whole Milk

3-5 year old

3/4 cup

Unflavored fat-free (skim) Milk

Unflavored low-fat (1%) Milk

6 years and older

1 cup

Unflavored fat-free (skim) Milk

Unflavored low-fat (1%) Milk

Flavored fat-free (1%) Milk



Hamburger Pie

Ingredients

- 1 lb lean ground beef
- 1 large onion, chopped (1 cup)
- 1/2 tsp salt
- 1 cup shredded Cheddar Cheese (4 oz)
- 1/2 cup Bisquick™ mix
- 1 cup milk
- 2 eggs

Directions

1. Heat oven to 400°F. Spray 9 inch glass pie plate with cooking spray.
2. In 10-inch skillet, cook beef and onion over medium heat until beef is brown; drain. Stir in salt. Spread in pie plate. Sprinkle with cheese.
3. In a small bowl, stir remaining ingredients with a fork or wire whisk until blended. Pour into pie plate.
4. Bake about 25 minutes or until knife inserted in center comes out clean.



Chicken Casserole

Ingredients

- 2 cups of diced chicken
- 2 cups broccoli florets, broken down into bite-sized pieces
- 1 can cream of chicken soup
- 2 cups cooked rice
- 1½ cups shredded cheese
- ½ cup mayonnaise
- ½-¾ cup crushed corn flakes
- 2 tbsp. butter, melted

Directions

1. Preheat oven to 350°. Combine all ingredients into a greased 9x13 baking dish.
2. Mix up all the ingredients except cornflakes and butter right in the baking dish.
3. Sprinkle the crushed corn flakes over the top of the casserole.
4. Drizzle melted butter over the top.
5. Bake for 30-35 minutes or until casserole is heated through.



Hamburger, Macaroni, and Bean Soup

Ingredients

- 1 lb lean ground beef
- 1 cup chopped yellow onion
- 2 garlic cloves, minced
- ½ green bell pepper, chopped
- 1 tsp oil, if needed
- 1 (14 ½ oz) can diced tomatoes with juice
- 6 cups of beef stock or beef broth
- 1 (8 Oz) can of tomato sauce
- 1 tsp Worcestershire sauce
- 1 tsp dried basil
- 1 tsp salt
- Pepper to taste
- 1 cup uncooked elbow macaroni
- 2 (15 oz) cans red kidney beans, drained and rinsed



Directions

1. In a large soup pot over medium heat, combine the meat, onion, garlic, and bell pepper
2. Cook, breaking the meat up until meat is browned and vegetables are tender.
3. Add in the oil if needed to prevent mixture from sticking.
4. Add in the rest of the ingredients; bring to boil.
5. Lower heat and simmer, uncovered, stirring occasionally, for about 15-20 minutes or until macaroni is tender and flavors are blended.

Pizza Wheels

Ingredients

- 100% whole wheat flour tortillas
- 1 cup tomato sauce
- 8 oz low-fat mozzarella cheese, shredded
- 1 cup assorted veggies, sliced or chopped

Directions

1. Preheat oven to 350 degrees F.
2. Give each child a tortilla with 2 tablespoons of sauce on it.
3. Let the kids choose their veggie toppings putting at least 2 tablespoons on the tortilla, the more the merrier!
4. Have them sprinkle 3 tablespoons of cheese and bake until cheese is melted. Slice and serve!
8 servings for ages 1-2, 6 servings for 3-5



Ground Turkey Mexican Lasagna (Gluten Free)

Ingredients

- 1 Tbsp olive oil
- 1 cup bell pepper, chopped
- 1 jalapeno pepper, finely diced (optional)
- 1 cup sweet onion, chopped
- 1 ½ lbs ground turkey
- 1 can (15 oz) crushed tomatoes
- 1 can (15 oz) kernel corn, drained
- 1 can (15 oz) Black beans, drained
- 2 cups shredded cheese (cheddar, cheddar blend, ect.)
- 12 corn tortillas
- 1½ Tbsp cumin
- 1 tsp chili powder
- 1 ½ tsp paprika
- ½ tsp garlic powder
- 1½ tsp salt
- 1 tsp black pepper
- ¼ tsp cayenne pepper



Spice Mix

Directions

1. Preheat oven to 350°.
2. In a large skillet over medium heat add oil, bell pepper, jalapeno, and onion. Sauté for 5-7 minutes, or until almost cooked through.
3. Add turkey to skillet and continue cooking for 6-8 minutes.
4. Keep heat on medium and add crushed tomatoes. Let simmer on low for 5 minutes while fixing spice mix.
5. Combine spice mix ingredients in a small bowl. Sprinkle into the skillet, stir, and let simmer for another 5 minutes.
6. Spray a 2½ quart dish or 9x13 baking dish with non-stick cooking spray.
7. Start layering the Mexican lasagna with 1/3 of turkey meat mixture.
8. Next layer 6 tortillas, 1/3 turkey mixture, ½ can of corn, ½ can of beans, and 1 cup of shredded cheese.
9. Repeat with remaining tortillas, turkey, corn, bean, and cheese. Place aluminum foil over baking dish and bake in preheated oven for 30 minutes.
10. Remove aluminum foil and continue cooking in the oven for 5 minutes.
11. Let sit for a least 10 minutes before serving. Enjoy!

Greek Yogurt Cucumber Salad

Ingredients

- 2 cups plain Greek yogurt
- 4 cups cucumber, peeled and cubed

Directions

1. Combine yogurt and cucumbers in a bowl and mix well
2. Refrigerate for a couple of hours



Red Pozole

Ingredients

- 12 1/2 ounces Chicken breast, boneless, skinless, fresh or frozen, raw
- 1 teaspoon Canola oil
- 1 1/4 cups Onions, fresh 1/4" diced
- 1 clove Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)
- 1/4 teaspoon Salt, table
- 1/4 teaspoon Black pepper, ground
- 3/4 cup Tomatoes with juice, canned, diced
- 1 tablespoon Tomato paste, canned
- 3/4 cup Hominy, canned, drained
- 1/2 cup Water
- 2 tablespoons Cilantro, fresh, chopped
- 1 Fresh lime, cut into eight wedges (optional)
- Nonstick cooking spray



Directions

1. Preheat oven to 400 °F. Spray baking sheet with nonstick cooking spray.
 2. Place chicken breasts on a baking sheet. Bake for 15-25 minutes (Note: For large chicken breasts, cut in half to decrease cooking time). Bake until internal temperature reaches 165 °F or higher for at least 15 seconds.
 3. Remove chicken breasts from oven. Let chicken breast sit for 10 minutes to cool slightly, then dice.
 4. Heat oil in a medium stockpot on medium-high heat.
 5. Add onions and sauté until soft.
 6. Add garlic, salt, and pepper. Continue cooking on medium-high heat until garlic is fragrant, about 1-2 minutes. Stir frequently.
 7. Add cooked chicken, diced tomatoes with juice, tomato paste, hominy, and water. Reduce heat to medium-low and simmer for 15 minutes, stirring occasionally. If too thick, add more water for desired consistency. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
 8. Remove pozole from heat and stir in fresh cilantro.
 9. Serve 1/2 cup. Lime wedge is optional.
- Critical Control Point: Hold at 140 °F or higher.

Kid Friendly Stuffed Peppers

Ingredients

- 4 Bell peppers (red, green, orange, or yellow)
- 1 lbs ground beef
- 1 Cup Monterey jack Cheese
- 1 bag of frozen mixed vegetables, cooked according to package.
- 1 cup brown rice
- 1 tsp cumin
- 1 Tbsp olive oil
- 2 green onion (chopped)

Directions

1. On the stop top heat the oil.
2. Add green onion and ground beef, browned and drained.
3. Add the corn, cumin, rice, and cheese and cook well
4. Cut the peppers in half and stuff the mixture in the bell peppers.
5. Cook at 350° for 10-15 minutes



Crispy Baked Chicken Strips

Ingredients

- 2 boneless skinless chicken breast
- 1 egg, beaten
- 2 cups finely crushed cracker crumbs or 2 cups plain breadcrumbs
- 1 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp chili powder

Directions

1. Cut Chicken breast into thin strips, about 1 inch wide.
2. Mix cracker crumbs and seasonings well.
3. Dip chicken pieces into egg mixture, then dredge in crumb mixture.
4. Place on baking sheet sprayed with cooking spray.
5. Bake 375° for 10-12 minutes until crispy on outside and lightly browned.
6. Dip into your favorite sauce, or enjoy as they are!



Mini Chicken Potpies

Ingredients

- 1 ½ cups cooked chicken, cubed
- 1 can cream of chicken soup
- 10 oz bag of frozen mixed vegetables
- 1— 12 oz package of refrigerated biscuits
- ½ cup shredded cheddar cheese

Directions

1. Preheat oven to 375°
2. Mix chicken, veggies, and soup together
3. Add pepper to taste
4. Press each biscuit into the greased muffin cup. Firmly press in bottom and up side, forming ¾ inch rim.
5. Spoon a generous 1/3 cup chicken mixture into each. Pull dough over filling toward center.
6. Bake at 375° 25-30 minutes or until biscuits are golden brown.



Turkey A La King

Ingredients

- 2 1/2 lb bag of mixed veggies
- 3 cups cubed Turkey breast (fully cooked)
- 1 can (14.5 oz) chicken broth
- 2 cups milk
- 1 cup flour
- 1 can of refrigerated biscuits

Directions

1. Cook the biscuits according to the package.
2. In a sauce pan bring the broth to a boil.
3. In a bowl stir in the flour with the milk.
4. While boiling, stir the flour/milk mixture into the chicken broth and add in the turkey and vegetables.
5. Serve on or beside the biscuits.



White Chicken Chili

Ingredients

- 1 lb. boneless skinless chicken breast
- 1 packet white chicken chili seasoning mix
- 1 Medium onion, chopped
- 2 Cups low sodium chicken broth
- 1/2 tsp salt
- 1 tsp cumin
- 1 tsp oregano
- 1 can sweet white corn, drained and rinsed
- 1 can black-eyed peas, drained and rinsed
- 1 cup sour cream
- 1/2 cup of half and half
- Garnishes: Shredded Monterey Jack cheese, sour cream, lime wedges



Directions

1. Place chicken breasts in slow cooker
2. Sprinkle entire contents of seasoning packet on both sides of chicken breasts.
3. Add chopped onion, garlic powder, chicken broth, salt, cumin, and oregano
4. Cook on LOW for 3-4 hours, then remove cooked chicken and shred. Return chicken to slow cooker.
5. Add corn and black-eyed peas, Stir well then cook approximately 3 more hours.
6. 45 minutes before serving, stir in sour cream and half & half. Serve with garnishes and cornbread if desired.

Apple Salad

Ingredients

- 5 oz Fresh apples
- 1/8 cup raisins, seedless
- 1/8 cup Vanilla yogurt—low fat

Directions

1. Wash and core apples and chop into bite size pieces. Add raisins and yogurt. Mix well
2. Serve cold.



Roasted Pear and Butternut Squash Soup

Ingredients

- 4 Cups Pears, d'Anjou or Barlett variety
- 4 cups diced and peeled and seeded butternut squash
- 3/4 cup diced red onion
- 1 1/2 tbsp. extra virgin olive oil
- 1 tsp kosher salt
- 1 tsp black pepper
- 32 oz broth (chicken or vegetable broth)



Directions

1. Preheat oven to 400°
2. Place pears, squash and onion on a large sheet pan and drizzle with olive oil' season with salt and pepper. Toss gently to combine, then spread out into one layer on sheet pan. Roast in oven for 35 to 40 minutes.
3. Remove from oven to cool. Place pear-squash-onion mixture into food processor fitted with blade and add broth, just to cover. Process until smooth, then transfer to stock pot. Add remainder of broth and mix through' season with additional salt and pepper, to taste. Simmer soup gently for about 15 minutes and serve.

French Spinach Frittata

Ingredients

- 8 eggs
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 cups spinach (Finely chopped, if frozen spinach is used, thaw and squeeze out excess liquid)
- 4 scallions (root ends discarded, green and white parts chopped into 1/4 inch– pieces)
- 1/4 cup crumbled feta cheese*
- 2 tsp vegetable oil



Directions

1. Preheat the oven to 350°
2. Put the eggs, salt, and pepper in the mixing bowl and stir with a fork until well combined.
3. Add scallions, spinach, and feta cheese and mix well.
4. Put in 8-inch ovenproof skillet on the stove over medium heat and when hot add oil.
5. Pour the egg mixture into skillet and carefully transfer to the oven. Bake until the eggs are set and the top is golden, about 30 minutes.
6. Serve right away or cover and refrigerate overnight.

*Cheddar, Swiss, or ricotta cheese can be used instead of feta

Classic Macaroni and Cheese

8 servings

Ingredients

- 2 cups macaroni
- ½ cup onion chopped
- ½ cup evaporated non-fat milk
- 1 large egg, beaten
- ¼ tsp black pepper
- 1 ¼ cups finely shredded sharp cheddar cheese
- Cooking oil spray



Directions

1. Cook macaroni according to directions. (Do not add salt to the cooking water). Drain and set aside
2. Spray a casserole dish with nonstick cooking oil spray
3. Preheat oven to 350 degrees.
4. Lightly spray saucepan with nonstick cooking oil spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
7. Transfer mixture into a casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Potato Spinach Casserole

Ingredients

- 1 2/3 cups frozen hash browns, country style (12 oz, thawed)
- ½ cup green pepper finely chopped, divided
- ½ cup onion finely chopped, divided
- ½ tsp salt
- ½ tsp black pepper
- 1 can evaporated milk, nonfat (12 oz)
- 6 egg whites from large eggs
- ½ cup sharp cheddar cheese, shredded
- ½ cup monterey jack cheese, shredded
- 1 cup fresh spinach, washed and chopped



Directions

1. Preheat oven to 425 degrees.
2. In a large bowl, combine hash browns, green pepper, ¼ cup onion, salt and ¼ tsp pepper
3. Spray an 8x8 inch baking dish with non-stick cooking spray. Press potato mixture into bottom.
4. Bake until lightly browned around edges, 20-25 minutes.
5. In large bowl, stir together evaporated milk, egg whites, ¼ tsp pepper, cheeses, spinach, remaining ¼ cup onion potatoes.
6. Reduce oven temperature to 350 degrees.
7. Pour mixture over potato crust. Bake uncovered until center is set. 40-45 minutes.
8. Cover and let stand for 10 minutes. Cut into 6 pieces. Serve hot.

Baked Potatoes Primavera

Servings : 4

Ingredients

- 4 potatoes (medium)
- 4 cups mixed vegetables (frozen)
- 1 1/4 cups sour cream, non-fat
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- Black pepper to taste

Directions

1. Pierce each potato several times with a fork. Microwave on high until tender, about 3-4 minutes per potato.
2. Steam mixed vegetables until hot.
3. Mix the sour cream with the herbs and pepper.
4. Split the potatoes in the center and fill with steamed veggies. Top with sour cream and serve hot.



Cheese Sauce

Ingredients

- 1 1/2 Tbsp Butter
- 3 Tbsp all purpose flour
- 1/8 tsp salt
- 3/4 cup Low-fat milk
- 4 oz Shredded American cheese
- Melt butter. Add flour and salt. Stir until smooth.

Directions

1. Add milk gradually, stirring constantly. Cook for 12– 15 minutes, stirring frequently, until smooth and thick
2. Remove pan from heat. Add shredded American cheese and stir in until melted

Serving size is 1/4 cup = 1/2 meat/meat alt



Tangy Crisp Vegetable and Pasta Salad

Ingredients

- ½ cup pasta, uncooked (shells, elbow, etc)
- ¼ cup vinegar
- 2 tbsp. sugar
- ½ tsp garlic powder
- ⅛ tsp black pepper
- ½ cucumber (medium, peeled, seeded, and coarsely chopped)
- ½ carrot (medium, thinly sliced)
- ½ tomato (medium, coarsely chopped)
- ¼ yellow pepper (coarsely chopped)
- ½ cup broccoli florets (coarsely chopped)
- ½ cup radishes (thinly sliced)
- 2 Tbsp onion, red or green (coarsely chopped)



Directions

1. Cook pasta according to package direction but do not add salt to cooking water. Drain, rinse with cool water, and drain again.
2. Meanwhile in a small saucepan, combine vinegar, sugar, salt, garlic powder and black pepper. Stir and heat over medium heat until sugar is dissolved, but do not boil. Let cool.
3. Rinse, drain, and chop remaining ingredients. Combine in a shallow container, such as an 8x8 inch pan.
4. Add cooked pasta, and vinegar mixture. Mix gently.
5. Cover and refrigerate overnight to allow flavors to blend.
6. Serve cold and cover and refrigerate leftovers within 2 hours.

5 A Day Salad

Ingredients

- 4 cups fresh spinach
- 4 cups romaine lettuce
- 2 cups green pepper chopped, or use red, yellow, or orange
- 2 cups cherry tomatoes
- 1 cup broccoli chopped
- 1 cup cauliflower chopped
- 1 cup yellow squash sliced
- 2 cups cucumber sliced
- 2 cups carrot chopped
- 1 cup zucchini sliced

Directions

1. Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.



Beef Stuffed Cabbage Rolls

Ingredients

- 2/3 cup of water
- 1/3 cup uncooked rice
- 8 cabbage leaves
- 1 lbs lean ground beef
- 1/4 cup chopped onions
- 1 egg slightly beaten
- 1 tsp salt
- 1/4 tsp pepper
- 1 can condensed tomato soup



Directions

1. In a medium saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
2. Bring a large, wide saucepan of lightly salted water to a boil. Add cabbage leaves and cook for 2 to 4 minutes or until softened; drain.
3. In a medium mixing bowl, combine the ground beef, 1 cup cooked rice, onion, egg, salt, and pepper, along with 2 tbsp of tomato soup. Mix thoroughly.
4. Divide the beef mixture evenly among the cabbage leaves. Roll and secure them with toothpicks or string.
5. In a large skillet over medium heat, place the cabbage rolls and pour the remaining tomato soup over the top. Cover and bring to a boil. Reduce heat to low and simmer for about 40 minutes, stirring and basting with the liquid often.

Lentil Soup (Slow Cook)

Ingredients

- 6 cups water
- 1/4 cup fresh parsley, chopped
optional, or 2 Tablespoons dried parsley)
- 2 teaspoons beef bouillon (or 2 cubes beef bouillon)
- 1 1/2 cups lentils (dry)
- 2 carrot (medium, sliced)
- 1 onion (medium, chopped)
- 2 celery stalk (sliced)



Directions

1. Mix all ingredients together in slow cooker.
2. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.
3. Serve hot with crackers or bread.

Pork Stew over Brown Rice (Slow Cook)

Ingredients

- 2 lbs lean pork stew meat
- 3 cups baby carrots
- 1 large onion, sliced
- 1 1/2 tsp dried thyme leaves
- 1/2 tsp coarse ground black pepper
- 1/4 tsp salt
- 1 clove garlic, minced
- 1 1/2 cups complete bran and wheat flakes ready – to-eat cereal (crushed to 3/4 cup)
- 1 cup dried tart cherries
- 3/4 cup 100% apple juice or apple cider
- 4 cups hot cooked brown rice



Directions

1. Trim fat from pork
2. Spray large pan with non-stick cooking spray. Cook half of the pork at a time until browned.
3. In a 4-6 quart slow cooker layer carrots, onion, thyme, pepper, salt and garlic. Sprinkle with cereal and cherries.
4. Top with pork and pour apple juice or cider over the contents in the cooker.
5. Cover and cook on low setting for 7-8 hours or on high for 3 1/2 to 4 hours.
6. Prepare the brown rice according to package direction towards the end of the stew cooking time. (Brown rice typically takes 40-45 minutes to cook).
7. Stir pork mixture and serve over 1/2 cup brown rice.

Loaded Cheeseburger Pasta (Slow Cook)

Ingredients

- 1 lb. ground beef
- 1/2 bunch green onions, chopped
- 1 (12 oz) box whole wheat penne pasta
- 1 (10.5) can of cream of mushroom soup
- 1 (14.5 oz) can diced tomatoes
- 2 tbsp. ketchup
- 2 tbsp. prepared mustard
- 2 cups milk
- 1 cup shredded pepper jack cheese
- 1/2 cup shredded cheddar cheese

Directions

1. In a skillet, brown beef with onions. Rinse off grease
2. Add pasta, soup, tomatoes, ketchup, and mustard to slow cooker. Mix well.
3. Stir in beef and onion mixture, milk, pepper jack cheese.
4. Top with cheddar cheese
5. Cover and cook on LOW for 6 hours or HIGH for 3 hours



Beef Stew (Slow Cook)

Ingredients

- 2 pounds stew meat (cut into 1 inch cubes)
- 1/4 cup flour (all purpose)
- salt and pepper (optional, to taste)
- 2 cups water
- 2 teaspoons beef bouillon (2 cubes)
- 1 garlic clove (finely chopped)
- 3 carrot (sliced)
- 3 potatoes (diced)
- 2 onion (chopped)
- 1 celery stalk (sliced)
- Add herbs as desired: bay leaf, basil, oregano, etc



Directions

1. Place meat in slow cooker.
2. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
3. Add remaining ingredients and stir to mix.
4. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
5. Stir stew thoroughly before serving. If using bay leaf, discard before serving.

Easy Corn on the Cob (Slow Cook)

Ingredients

- 6 ears of sweet corn
- 1/2 cup water

Directions

1. Husk corn and remove silk.
2. Lay each ear on a sheet of foil.
3. Spray with oil, add salt and pepper and wrap in foil.
4. Add water to the crock and then lay in the corn. 3 ears should fit lengthways and add additional ears on top.
5. Cook on low for 3 hours



Calico Beans and Sausage (Slow Cook)

Ingredients

- 1 to 1½ lbs sausage
- 10-12 slices of bacon (if you have it) NOT creditable
- 1 cup chopped onion
- 1/2 cup light brown sugar, packed
- 1 tbsp. dry mustard
- 2 cans pork and beans
- 1 can lima or butter beans, drained
- 1 can kidney beans, drained
- ½ cup ketchup or BBQ sauce
- 1 tbsp. cider vinegar
- Liquid smoke (if you have it)
- Salt and pepper to taste



Directions

1. Cook meat and drain
2. Sautee onions
3. Place in slow cooker
4. Add the brown sugar, dry mustard, pork and beans , lima bean, and kidney beans, ketchup or BBQ sauce and vinegar. Taste and season with salt and pepper
5. Cover and cook on LOW for 3-5 hours

Swiss Steak (Slow Cook)

Ingredients

- 3 lbs boneless beef chuck steak
- 2 Tsp. All-purpose flour
- 1 can (14.5 oz) diced tomatoes
- 1 envelop Lipton® Recipe Secrets® Onion Mushroom Soup Mix

Directions

1. In a slow cooker, toss steak with flour. Combine remaining ingredients and pour over steak.
2. Cook covered on LOW 8 to 10 hours or HIGH 4-6 hours or until steak is tender.



Overnight Strawberries and Cream Steel Cut Oatmeal (Slow Cook)

Ingredients

- 2 Cups Steel Cut Oats — NO substitution
- 6 cups water
- 2 cups low-fat milk
- 1 cup plain Greek yogurt— plus addition for topping
- 2 cups strawberries, divided
- 1 tsp cinnamon
- 1 tsp vanilla extract
- Dash of sea salt
- Optional — Honey or maple syrup

Directions

1. Mix oats, water, milk, 1 cup yogurt, 1 1/2 cups strawberries, cinnamon, vanilla and sea salt together in a large slow cooker (spray with a non-stick cooking spray for easier cleanup)
2. Place lid on slow cooker and cook for 6 hours on LOW for firm textures and 8 hours on LOW for softer texture. Alternatively, cook on high for 3-4 hours.
3. To serve, dish up oats and top with additional strawberries, a dollop of yogurt and a drizzle of honey or maple syrup if desired.



Pumpkin French Toast (Slow Cook)

Directions

- 1 loaf (1 lb) French bread, cubed
- 2 cups half & half (or 1% milk. Just won't be as creamy)
- 1 15 oz can pumpkin puree (2 cups)
- 5 eggs
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- Pinch salt
- Pinch ground cloves
- Cooking spray

Crumble:

- ¼ cup brown sugar
- ¼ cup butter
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- Pinch ground cloves

Instructions

1. Place French bread cubes in a 5 to 6 qt slow cooker
2. In a medium mixing bowl, whisk together milk or half & half, pumpkin puree, eggs, cinnamon, nutmeg, salt, and cloves until well combined. Pour over bread in slow cooker.
3. In a small mixing bowl, mix together brown sugar, butter, cinnamon, nutmeg, and cloves until crumbly. Sprinkle over the top of soaked bread.
4. Cook on low 8 hours. Serve hot plain or drizzled with syrup.



Mac 'n Cheese (Pressure Cook/Instant Pot)

Ingredients

- 1 Lb. Macaroni
- 4 cups water
- 1/4 cup butter
- 1 tsp kosher salt
- 1/2 tsp ground mustard
- 1/2 tsp smoked paprika
- 1 (5 oz) can evaporated milk
- 3 1/2 cups shredded cheddar cheese
- 2 cups shredded fontina cheese
- Kosher salt
- Freshly ground black pepper

Directions

1. Add macaroni, water, butter, salt, mustard, and paprika to the bowl of your cooker. Secure lid, and set to manual on high pressure. Cook 4 minutes.
2. Allow the cooler to depressurize naturally (be careful of hot steam) then remove lid. Stir in Evaporated milk and cheeses and stir until melted and fully combined. Season with salt and pepper and serve.



Buttery Lemon Chicken (Pressure Cook/Instant Pot)

Ingredients:

- 2 lbs chicken breast or thighs
- 2 tsp butter
- 1 onion diced
- 3/4 cup chicken broth
- 2 cloves minced garlic
- 1 tsp salt
- 1/2 tsp paprika
- 1/2 tsp pepper
- 1 tsp dried parsley
- 1/2 cup lemon juice (2 lemons)
- 4 tsp flour

Directions

1. Set your pressure cooker/instant pot on sauté mode. When it is hot add butter
2. Add onion, garlic, paprika, parsley, and pepper to melted butter, and sauté until onions soften.
3. Add chicken to the pot and sear on each side for about 3 –5 minutes. The chicken should be a caramelized brown color.
4. Pour chicken broth, lemon juice, and salt over chicken and stir.
5. Lock lid into place and close steam valve. Set to poultry setting and cook 7-8 minutes if chicken is thawed and 12-15 minutes if frozen.
6. Once done let depressurize naturally.
7. Remove check from the pot but leave the sauce in the pan. Gradually stir in flour to thicken sauce
8. Serve chicken on top of pasta, mix cooked pasta in with the thickened lemon sauce .



Whole Grain Pumpkin Muffins

Ingredients

- ½ cup all –purpose flour
- ½ cup white whole-wheat flour
- 1¼ cups quick oats, dry
- ½ cup firmly packed brown sugar
- 1 tsp baking powder
- 1 tsp cinnamon
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp nutmeg
- 1 cup canned pumpkin
- 1/3 cup oil
- ¼ cup skim milk
- 1 large egg, beaten
- 1 tsp Vanilla extract

Topping

- 2 tbsp all-purpose flour
- 2 tbsp white whole wheat flour
- ¼ cup quick oats, dry
- ¼ cup firmly packed brown sugar
- 3 tbsp unsalted sunflower seeds, chopped
- 1 tsp cinnamon
- ¼ cup butter, softened



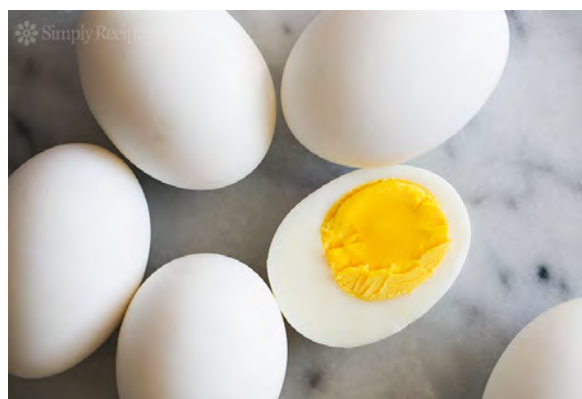
Directions

1. Preheat oven to 400°. Spray 12-cup (or 24 mini-cup) muffin tin with non-stick cooking spray.
2. In a large bowl, combine first nine ingredients. Add pumpkin, oil, milk, egg, and vanilla extract, stirring just until moistened. Fill prepared tins $\frac{3}{4}$ full.
3. Combine topping ingredients; mix until crumbly. Sprinkle topping mixture evenly over muffins.
4. Bake 14-15 minutes or until done. Remove from pan and cool on wire rack. Shorten cooking time if using mini muffin tins.

Hard Boiled Eggs

Directions

1. Place eggs in saucepan large enough to hold them in single layer. Add cold water to cover eggs by 1 inch then bring to boil. Reduce heat to simmer; cook for 15 minutes.
2. Remove from burner. Cover pan. Let eggs stand in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15; for extra-large).
3. Drain immediately and serve warm. Or, cool completely under cold running water or in bowl of ice water, then refrigerate.



Deviled Eggs

Ingredients:

- 6 hard-boiled eggs, peeled
- ¼ cup mayonnaise
- ⅛ tsp salt
- ⅛ tsp pepper

Directions

1. Slice eggs into halves lengthwise and save the whites.
2. Place yolks in a 1 quart zip-style bag with remaining ingredients; press out air. Close bag and knead until ingredients are well-blended.
3. Push contents toward corner of bag. Snip about ½ inch or less off the corner of bag. Squeezing bag gently, fill reserved whites with yolk mixture.
4. Chill to blend flavors.

(Change up the spice options with Mustard, chili powder, cumin, curry, or salsa. Be creative according to the tastes of your kiddos)



Fruit Salsa

Ingredients

- 1 cup strawberries finely chopped
- 1 medium navel orange, peeled and finely chopped
- 3 medium kiwi, peeled and finely chopped
- 1 can (8 oz) unsweetened crushed pineapple, drained
- 2 tbsp. lemon juice
- 1 ½ tsp sugar

Directions

1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in the remaining ingredients.
3. Cover and refrigerate until serving time.
4. Serve with cinnamon chips



Cinnamon Chips

Ingredients

- 10 whole wheat tortillas (8 inches)
- ¼ cup butter, melted
- 1/3 cup sugar
- 1 tsp ground cinnamon

Directions

1. Brush tortillas with butter
2. Cut each tortilla into 8 wedges.
3. Combine sugar and cinnamon, sprinkle over tortillas
4. Place on ungreased baking sheets.

Strawberry Yogurt Parfait

Ingredients

1. 2 cups strawberry Greek yogurt
2. 4 cups mixed berries
3. 1/2 cup granola, optional

Directions

1. Let each child build their own parfait! Starting with the yogurt
2. layer yogurt and fruit until you reach the top of your cup.
3. Add a tablespoon of granola on top for a little crunch if desired.



Samurai Banana Sushi Roll

Ingredients

- 100% whole wheat flour tortilla, small
- 1 large banana
- 2 tablespoons peanut butter

Directions

1. Have a pair of children work together to make this fun snack.
2. Give each set a tortilla with the peanut butter and let them spread it using the back of a spoon.
3. Place peeled banana at one end roll it up.
4. Slice into 8 pieces.



Peach, Pineapple, Orange Smoothie

Ingredients

- 2 cups yogurt, peach
- 1 1/2 cups pineapple juice
- 23.5 oz. jar mandarin oranges, in 100% juice

Directions

1. Open mandarin oranges, pour into a freezer-safe pan with juice so oranges are in a single layer, and freeze.
2. Once frozen, remove and add with all ingredients to a blender, mix on high until smooth.
3. Serve immediately as a frosty smoothie or let sit for five minutes before serving.



Broiled Tomatoes and Cheese

Ingredients

1. 3 tomatoes (large, firm)
2. 8 oz cottage cheese, low-fat
3. 1/2 tsp basil (dried)
4. 1/8 tsp black pepper
5. 1/4 plain bread crumbs
6. Cooking spray or vegetable oil

Directions

1. Wash tomatoes
2. Mix cottage cheese, basil and pepper
3. Spread cheese on tomato halves
4. Sprinkle with bread crumbs and spray with cooking spray
5. Spray broiler pan with cooking spray. Place prepared tomatoes on pan and broil about 10 minutes.



Flavored Water



Raspberries & Lime

32 oz. pitcher of water & ice

1/3 cup of raspberries

4 lime slices

Stir, cover, and let it sit in the Refrigerator for 1 hour, or overnight for more flavor.

Blueberry Orange

32 oz. pitcher of water & ice

2 oranges, sliced

2 handfuls of blueberries

Strawberry, Lemon & Mint

32 oz. pitcher of water & ice

6 strawberries, thinly sliced

3 lemons, sliced

4 mint leaves

Kiwi & Watermelon Popsicles

Ingredients

2 cups, diced watermelon

1 cup, sliced strawberries

1 kiwi

1 lime

Directions

- 1) Juice and zest the lime. Peel the kiwi.
 - 2) Place all ingredients in a blender and puree until completely smooth.
 - 3) Pour mixture into popsicle molds.
 - 4) Freeze at least 3-4 hours, or until solid.
- Makes 8-10 popsicles or 3 cups smoothie mixture.



Breakfast Sample Menus

		Whole Grain		Whole Grain
001	Apples & Bagels	*	1% (over age 2)/Whole (age 1-2) (1)	**
002	Apples & Biscuits	*	1% (over age 2)/Whole (age 1-2) (1)	**
004	Apples & Berry Berry Kix	Y	1% (over age 2)/Whole (age 1-2) (1)	**
005	Apples & Cream of Wheat	Y	1% (over age 2)/Whole (age 1-2) (1)	**
006	Apples & English Muffin	*	1% (over age 2)/Whole (age 1-2) (1)	**
007	Apples & French Toast	*	1% (over age 2)/Whole (age 1-2) (1)	**
008	Apples & Muffins	*	1% (over age 2)/Whole (age 1-2) (1)	**
010	Apples & Brown Rice	Y	1% (over age 2)/Whole (age 1-2) (1)	**
011	Apples & White Rice		1% (over age 2)/Whole (age 1-2) (1)	**
012	Apples & 100% Whole Grain Toast	Y	1% (over age 2)/Whole (age 1-2) (1)	**
013	Apples & Toast	*	1% (over age 2)/Whole (age 1-2) (1)	**
014	Apples & Cinnamon Bread	*	1% (over age 2)/Whole (age 1-2) (1)	**
015	Apples & Pancakes	*	1% (over age 2)/Whole (age 1-2) (1)	**
016	Apples & Yogurt		1% (over age 2)/Whole (age 1-2) (1)	**
017	Apples & Peanut Butter		1% (over age 2)/Whole (age 1-2) (1)	**
018	Apples & Scrambled Eggs		1% (over age 2)/Whole (age 1-2) (1)	**
020	Pears & Bagel	*	1% (over age 2)/Whole (age 1-2) (1)	**
021	Pears & Biscuit	*	1% (over age 2)/Whole (age 1-2) (1)	**
022	Pears & Frosted Shredded Wheat	Y	1% (over age 2)/Whole (age 1-2) (1)	**
023	Pears & Oatmeal	Y	1% (over age 2)/Whole (age 1-2) (1)	**
024	Pears & Cream of Wheat	Y	1% (over age 2)/Whole (age 1-2) (1)	**
025	Apples & Oatmeal	Y	1% (over age 2)/Whole (age 1-2) (1)	**
026	Pears and English Muffin	*	1% (over age 2)/Whole (age 1-2) (1)	**
027	Pears and French Toast	*	1% (over age 2)/Whole (age 1-2) (1)	**
028	Pears & Muffins	*	1% (over age 2)/Whole (age 1-2) (1)	**
030	Pears & Toast	*	1% (over age 2)/Whole (age 1-2) (1)	**
031	Pears & Waffles	*	1% (over age 2)/Whole (age 1-2) (1)	**
032	Pears & Hard-boiled Eggs		1% (over age 2)/Whole (age 1-2) (1)	**

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Breakfast Sample Menus Cont.

	Whole Grain		Whole Grain	
033	Banana & Bagel	*	1% (over age 2)/Whole (age 1-2) (1)	**
034	Banana & Toast	*	1% (over age 2)/Whole (age 1-2) (1)	**
035	Banana & Life Cereal	Y	1% (over age 2)/Whole (age 1-2) (1)	**
036	Banana & English Muffin	*	1% (over age 2)/Whole (age 1-2) (1)	**
037	Banana & French Toast	*	1% (over age 2)/Whole (age 1-2) (1)	**
038	Banana & Yogurt		1% (over age 2)/Whole (age 1-2) (1)	**
040	Banana & Tortilla	*	1% (over age 2)/Whole (age 1-2) (1)	**
041	Banana & Waffles	*	1% (over age 2)/Whole (age 1-2) (1)	**
042	Orange & Pancakes	*	1% (over age 2)/Whole (age 1-2) (1)	**
043	Banana & Sausage		1% (over age 2)/Whole (age 1-2) (1)	**
044	Oranges & Cheerios	Y	1% (over age 2)/Whole (age 1-2) (1)	**
045	Oranges & 100% Wheat Toast	Y	1% (over age 2)/Whole (age 1-2) (1)	**
046	Oranges & Kix	Y	1% (over age 2)/Whole (age 1-2) (1)	**
047	Oranges & Scrambled Eggs		1% (over age 2)/Whole (age 1-2) (1)	**
048	Oranges & Yogurt	Y	1% (over age 2)/Whole (age 1-2) (1)	**
050	Grapes & Oatmeal	*	1% (over age 2)/Whole (age 1-2) (1)	**
051	Grapes & English Muffin		1% (over age 2)/Whole (age 1-2) (1)	**
052	Grapes & Yogurt		1% (over age 2)/Whole (age 1-2) (1)	**
053	Pineapple & Cottage Cheese		1% (over age 2)/Whole (age 1-2) (1)	**
054	Pineapple & Oatmeal	Y	1% (over age 2)/Whole (age 1-2) (1)	**
055	Pineapple & French Toast	*	1% (over age 2)/Whole (age 1-2) (1)	**
056	Pineapple & Toasted Oats	Y	1% (over age 2)/Whole (age 1-2) (1)	**
057	Strawberries & Yogurt		1% (over age 2)/Whole (age 1-2) (1)	**
058	Strawberries & Scrambled Eggs		1% (over age 2)/Whole (age 1-2) (1)	**
060	Strawberries & Oatmeal	Y	1% (over age 2)/Whole (age 1-2) (1)	**
061	Strawberries & Shredded Wheat	Y	1% (over age 2)/Whole (age 1-2) (1)	**
062	Strawberries & Waffles	*	1% (over age 2)/Whole (age 1-2) (1)	
063	Cantaloupe & Rice Chex	Y	1% (over age 2)/Whole (age 1-2) (1)	**
064	Cantaloupe & Tortilla	*	1% (over age 2)/Whole (age 1-2) (1)	**
065	Cantaloupe & Cottage Cheese		1% (over age 2)/Whole (age 1-2) (1)	**
066	Hashbrowns & Sausage		1% (over age 2)/Whole (age 1-2) (1)	**
067	Hashbrowns & Eggs		1% (over age 2)/Whole (age 1-2) (1)	**

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Breakfast Sample Menus Cont.

	Whole Grain	Whole Grain
068	Tomatoes & Cottage Cheese	1% (over age 2)/Whole (age 1-2) (1) **
070	Peppers, Cucumbers, Carrots & Eggs	1% (over age 2)/Whole (age 1-2) (1) **
71	Grape Juice & Quiche	1% (over age 2)/Whole (age 1-2) (1) **
072	Whole Wheat Quesadillas	Y 1% (over age 2)/Whole (age 1-2) (1) **
073	Breakfast Burrito	* 1% (over age 2)/Whole (age 1-2) (1) **
074	Pumpkin Bread & Applesauce	* 1% (over age 2)/Whole (age 1-2) (1) **
075	Zucchini Bread & Mixed Fruit	* 1% (over age 2)/Whole (age 1-2) (1) **
076	Raisin Bread & Kiwi	* 1% (over age 2)/Whole (age 1-2) (1) **
077	Oatmeal & Blueberries	Y 1% (over age 2)/Whole (age 1-2) (1) **
078	Rice Cakes & Mandarin Oranges	* 1% (over age 2)/Whole (age 1-2) (1) **
080	Biscuits/Gravy & Orange Juice	* 1% (over age 2)/Whole (age 1-2) (1) **
081	PB Muffin & Orange Juice	* 1% (over age 2)/Whole (age 1-2) (1) **
082	Grapefruit & Toast	* 1% (over age 2)/Whole (age 1-2) (1) **
083	Peaches & Cornbread	* 1% (over age 2)/Whole (age 1-2) (1) **
084	Frosted Mini Wheats & Strawberries	* 1% (over age 2)/Whole (age 1-2) (1) **
085	Cinnamon Biscuits & Tomato Juice	* 1% (over age 2)/Whole (age 1-2) (1) **
086	Blueberries & Special K	1% (over age 2)/Whole (age 1-2) (1) **
087	Breakfast Casserole (Eggs & Hashbrowns)	1% (over age 2)/Whole (age 1-2) (1) **
088	Grilled Cheese & Tomato Juice	* 1% (over age 2)/Whole (age 1-2) (1) **
100	Bran Muffin & Applesauce	* 1% (over age 2)/Whole (age 1-2) (1) **
101	Cornflakes & Banana	1% (over age 2)/Whole (age 1-2) (1) **
102	Life Cereal & Strawberries	Y 1% (over age 2)/Whole (age 1-2) (1) **
103	Malto-Meal & Pineapple	Y 1% (over age 2)/Whole (age 1-2) (1) **
104	Spinach Frittata	1% (over age 2)/Whole (age 1-2) (1) **
105	Overnight Oatmeal	Y 1% (over age 2)/Whole (age 1-2) (1) **
106	Whole Grain Pumpkin Muffin	Y 1% (over age 2)/Whole (age 1-2) (1) **

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Lunch & Dinner Sample Menus

#	Name	Meat Food	Whole Grain-Rich Bread Food	Vegetable	Veg/Fruit	Milk Food
001	PB/J Cheese	Peanut Butter & Cheese (161)	Wheat Bread (050)	Broccoli (161)	Oranges (032)	1% (over age 2) / Whole (age 1-2) (1)
002	Beef Hot Dogs	Beef Franks (001)	Hot Dog Buns (025)	Broccoli (161)	Peaches (034)	1% (over age 2) / Whole (age 1-2) (1)
003	Grilled Cheese & Tomato Soup	American Cheese - 100% Whole Grain Pasteurized (116)	100% Whole Grain Bread (008)	Tomato Soup (277)	Peaches (034)	1% (over age 2) / Whole (age 1-2) (1)
005	Sloppy Joe	Beef Ground (002)	100% Whole Grain Bread (008)	Carrots (164)	Bananas (004)	1% (over age 2) / Whole (age 1-2) (1)
006	Baked Fish	Fish Fillets (071)	Cornbread or Corn Muffin (006)	Mixed Vegetables (180)	Pineapple (037)	1% (over age 2) / Whole (age 1-2) (1)
007	HM Mac/Cheese	Cheddar Cheese (117)	Macaroni Noodles (106)	Broccoli (161)	Mixed Fruit (103)	1% (over age 2) / Whole (age 1-2) (1)
008	Turkey	Turkey Breast (086)	Rolls (043)	Sweet Potato/Yams (261)	Applesauce (002)	1% (over age 2) / Whole (age 1-2) (1)
010	Taco Salad	Beef Ground (002)	Tortilla Chips (131)	Lettuce and Tomato (178)	Refried Beans (228)	1% (over age 2) / Whole (age 1-2) (1)
011	Meat Loaf	Beef Ground (002)	Rolls (043)	Potatoes (258)	Green Beans (221)	1% (over age 2) / Whole (age 1-2) (1)
012	Scrambled Eggs	Eggs, Scrambled (178)	Biscuits (002)	Hash Browns (255)	Mandarin Oranges (027)	1% (over age 2) / Whole (age 1-2) (1)
013	Chicken Fajita	Chicken Breasts (033)	Flour Tortillas (130)	Peppers, Red (202)	Grapes (022)	1% (over age 2) / Whole (age 1-2) (1)
014	Chicken Stir-Fry	Chicken Breasts (033)	White Rice (125)	Carrots (164)	Pineapple (037)	1% (over age 2) / Whole (age 1-2) (1)

Lunch & Dinner Sample Menus Cont.

#	Name	Meat Food	Whole Grain-Rich Bread Food	Vegetable	Veg/Fruit	Milk Food
015	Chili/Hamburger	Beef Jerky (003)	Saltine Crackers (265)	Chili Beans (216)	Carrot & Celery Sticks (246)	1% (over age 2) / Whole (age 1-2) (1)
016	Meatloaf	Beef Ground (002)	Wheat Bread (050)	Baked Potato (232)	Green Beans (221)	1% (over age 2) / Whole (age 1-2) (1)
017	HM Beef Stew	Stew Meat - Beef (026)	Cornbread or Corn Muffin (006)	Chunky Vegetable Soup (273)	Peaches (034)	1% (over age 2) / Whole (age 1-2) (1)
018	Taco's Ground Beef	Beef Ground (002)	Taco Shell (132)	Lettuce and Tomato (178)	Bananas (004)	1% (over age 2) / Whole (age 1-2) (1)
020	HM Beef Pizza	Beef Ground (002)	Pizza Crust (061)	Peppers, Green (172)	Watermelon (051)	1% (over age 2) / Whole (age 1-2) (1)
021	Spaghetti GB	Beef Ground (002)	Spaghetti Noodles (112)	Green Beans (221)	Fruit Cocktail (016)	1% (over age 2) / Whole (age 1-2) (1)
023	Roast Beef	Roast Beef (022)	Rolls (043)	Mashed Potatoes (151)	Carrots (164)	1% (over age 2) / Whole (age 1-2) (1)
024	Round Steak	Round Steak (023)	Biscuits (002)	Corn (168)	Waldorf Salad (050)	1% (over age 2) / Whole (age 1-2) (1)
025	Tuna Salad Pita Pockets	Tuna Salad (084)	Pita Bread (035)	Pork and Beans (226)	Pears (035)	1% (over age 2) / Whole (age 1-2) (1)
026	Chicken & rice Casserole	Chicken Breasts (033)	Brown Rice (118)	Broccoli (161)	Mixed Fruit (103)	1% (over age 2) / Whole (age 1-2) (1)
028	HM Beef & Noodles	Stew Meat - Beef (026)	Noodles (107)	Mashed Potatoes (151)	Carrots (164)	1% (over age 2) / Whole (age 1-2) (1)
030	BBQ Meatballs	Beef Meatballs (007)	100% Whole Grain Bread (008)	Mixed Vegetables (180)	Oranges (032)	1% (over age 2) / Whole (age 1-2) (1)
031	Hamburger & FF	Beef Ground (002)	Hamburger Buns (023)	French Fries (254)	Grapes (022)	1% (over age 2) / Whole (age 1-2) (1)
032	Ham Sandwich	Ham (051)	Wheat Bread (050)	Raw Veggie Plate (201)	Pineapple (037)	1% (over age 2) / Whole (age 1-2) (1)
033	Tuna Noodle Casserole	Tuna (083)	Egg Noodles (102)	Green Peas (251)	Peaches (034)	1% (over age 2) / Whole (age 1-2) (1)

Lunch & Dinner Sample Menus Cont.

#	Name	Meat Food	Whole Grain-Rich Bread Food	Vegetable	Veg/Fruit	Milk Food
034	Beef/bean Burritos	Beef Ground (002)	100% Whole Wheat Tortilla (133)	Fresh Tomatoes (267)	Applesauce (002)	1% (over age 2) / Whole (age 1-2) (1)
035	Spanish Rice	Beef Ground (002)	Spanish Rice (124)	Corn (168)	Apples (001)	1% (over age 2) / Whole (age 1-2) (1)
036	HM Meat/Cheese Pizza	Mozzarella Cheese (127)	Pizza Crust, frozen (062)	Green Salad (235)	Tropical Fruit Salad (canned) (017)	1% (over age 2) / Whole (age 1-2) (1)
037	Stuffed Peppers GB	Beef Ground (002)	Fried Rice (120)	Peppers, Green (172)	Apricots (003)	1% (over age 2) / Whole (age 1-2) (1)
038	Steak Fingers	Round Steak (023)	Rolls (043)	Instant Potatoes (256)	Carrot & Celery Sticks (246)	1% (over age 2) / Whole (age 1-2) (1)
040	Pork Roast	Pork Roast (058)	Italian Bread (027)	Sweet Potato/Yams (261)	Blueberries (006)	1% (over age 2) / Whole (age 1-2) (1)
041	Mac& cheese and Hot dogs	Turkey Franks (087)	Macaroni & Cheese, boxed (105)	Green Peas (251)	Mandarin Oranges (027)	1% (over age 2) / Whole (age 1-2) (1)
042	Swiss Steak	Beef Steak (010)	Croissants (058)	Broccoli (161)	Baked Potato (232)	1% (over age 2) / Whole (age 1-2) (1)
043	Catfish	Catfish (065)	Rolls (043)	Corn (168)	Cole Slaw (167)	1% (over age 2) / Whole (age 1-2) (1)
044	Pig in a Blanket	Beef Franks (001)	Croissants (058)	Scalloped Potatoes (260)	Green Beans (221)	1% (over age 2) / Whole (age 1-2) (1)
045	Spaghetti & meatballs	Beef Meatballs (007)	Spaghetti Noodles (112)	Mixed Vegetables (180)	Fruit Cocktail (016)	1% (over age 2) / Whole (age 1-2) (1)
046	Chicken Sandwich	Chicken Breaded (032)	Hamburger Buns (023)	Broc/cauliflower (160)	Oranges (032)	1% (over age 2) / Whole (age 1-2) (1)
047	Baked Chicken & rice	Chicken Breasts (033)	Wild Rice (126)	Asparagus (153)	Peaches (034)	1% (over age 2) / Whole (age 1-2) (1)
048	Fish Sticks CN Label	Fish Sticks and Meat Alternate (072)	Rolls (043)	Scalloped Potatoes (260)	Watermelon (051)	1% (over age 2) / Whole (age 1-2) (1)
050	Lasagna	Beef Ground (002)	Lasagna Noodles (104)	Tossed Salad (244)	Green Beans (221)	1% (over age 2) / Whole (age 1-2) (1)

Lunch & Dinner Sample Menus Cont.

#	Name	Meat Food	Whole Grain-Rich Bread Food	Vegetable	Veg/Fruit	Milk Food
051	Turkey Potpie (biscuit mix)	Turkey Breast (086)	Biscuits (002)	Mixed Vegetables (180)	Applesauce (002)	1% (over age 2) / Whole (age 1-2) (1)
052	Vegetable Soup	Pinto Beans (148)	Saltine Crackers (265)	Chunky Vegetable Soup (273)	Pears (035)	1% (over age 2) / Whole (age 1-2) (1)
053	Grilled Cheese	American Cheese - Pasteurized (116)	100% Whole Grain Bread (008)	Tater Tots (262)	Fruit Cocktail (016)	1% (over age 2) / Whole (age 1-2) (1)
054	Pork Chops	Pork Chops / Cutlet (052)	Rolls (043)	Potatoes (258)	Apples (001)	1% (over age 2) / Whole (age 1-2) (1)
055	Chili over Baked Potato	Beef Ground (002)	Oyster Crackers (264)	Baked Potato (232)	Chili Beans (216)	1% (over age 2) / Whole (age 1-2) (1)
056	PBJ & Cottage Cheese	Peanut Butter & Cottage Cheese (013)	Wheat Bread (050)	Peppers, Red (202)	Apples (001)	1% (over age 2) / Whole (age 1-2) (1)
057	Ham & Bean Soup	Ham (051)	Rye Bread (044)	Bean Soup (271)	Mandarin Oranges (027)	1% (over age 2) / Whole (age 1-2) (1)
058	Pork Chops & Brown Rice	Pork Chops / Cutlet (052)	Brown Rice (118)	Brocc/cauliflower (160)	Mixed Vegetables (180)	1% (over age 2) / Whole (age 1-2) (1)
060	Hot Ham & Cheese Sandwich	Ham (051)	Wheat Bread (050)	Beets (157)	Fruit Cocktail (016)	1% (over age 2) / Whole (age 1-2) (1)
061	Chicken & Noodles	Whole Chicken (047)	Egg Noodles (102)	Green Peas (251)	Apricots (003)	1% (over age 2) / Whole (age 1-2) (1)
062	Salmon Patties	Salmon (077)	Hamburger Buns (023)	Mashed Potatoes (151)	Green Beans (221)	1% (over age 2) / Whole (age 1-2) (1)
063	Turkey Dinner	Whole Turkey (108)	Stuffing / Dressing (048)	Mashed Potatoes (151)	Cranberry Sauce (whole berry) (013)	1% (over age 2) / Whole (age 1-2) (1)
064	Scrambled Eggs & Hash browns	Eggs, Scrambled (178)	Toast (078)	Hash Browns (255)	Fruit Cocktail (016)	1% (over age 2) / Whole (age 1-2) (1)
065	BBQ Beef	Pot Roast (021)	Hamburger Buns (023)	French Fries (254)	Nectarines (031)	1% (over age 2) / Whole (age 1-2) (1)

Lunch & Dinner Sample Menus Cont.

#	Name	Meat Food	Whole Grain-Rich Bread Food	Vegetable	Veg/Fruit	Milk Food
066	Chicken Legs	Chicken Legs (038)	Stuffing / Dressing (048)	Instant Potatoes (256)	Spinach (242)	1% (over age 2) / Whole (age 1-2) (1)
067	Deviled Eggs	Egg (whole) (156)	English Muffin (012)	Tossed Salad (244)	Pineapple (037)	1% (over age 2) / Whole (age 1-2) (1)
068	Quiche	Quiche (157)	Rye Bread (044)	Green Beans (221)	Fruit Cocktail (016)	1% (over age 2) / Whole (age 1-2) (1)
070	Ham & Scalloped Potatoes	Ham (051)	Biscuits (002)	Scalloped Potatoes (260)	Tossed Salad (244)	1% (over age 2) / Whole (age 1-2) (1)
071	Ham & Beans	Ham (051)	Cornbread or Corn Muffin (006)	Pinto Beans (225)	Tropical Fruit Salad (canned) (017)	1% (over age 2) / Whole (age 1-2) (1)
072	Hot Dogs & Sauerkraut	Beef Franks (001)	Hot Dog Buns (025)	Sauerkraut (205)	Plums (040)	1% (over age 2) / Whole (age 1-2) (1)
073	Turkey & Cheese Sandwich	Turkey Lunchmeat / Processed (104)	Wheat Bread (050)	Hummus (173)	Carrot & Celery Sticks (246)	1% (over age 2) / Whole (age 1-2) (1)
074	Chicken Salad & Strawberries	Chicken Salad (048)	Pita Bread (035)	Corn (168)	Strawberries (046)	1% (over age 2) / Whole (age 1-2) (1)
075	Sausage & Biscuits and Gravy	Sausage - Pork (060)	Biscuits (002)	Potatoes (258)	Cherries (011)	1% (over age 2) / Whole (age 1-2) (1)
076	Beans & Weenies	Beef Franks (001)	Rolls (043)	Pork and Beans (226)	Grapes (022)	1% (over age 2) / Whole (age 1-2) (1)
077	Beef/Cheese enchilada	Beef Ground (002)	100% Whole Wheat Tortilla (133)	Refried Beans (228)	Apples (001)	1% (over age 2) / Whole (age 1-2) (1)
078	HM Mac & Cheese	Colby-Jack Cheese (121)	Macaroni & Cheese (084)	Tossed Salad (244)	Kiwi (026)	1% (over age 2) / Whole (age 1-2) (1)
080	Tuna & Rice Casserole	Tuna (083)	White Rice (125)	Tossed Salad (244)	Peaches (034)	1% (over age 2) / Whole (age 1-2) (1)
081	Beef Bierock	Beef Ground (002)	Rolls (043)	Asparagus (153)	Peaches (034)	1% (over age 2) / Whole (age 1-2) (1)
082	Pancake & Eggs	Eggs, Scrambled (178)	Pancakes (032)	Hash Browns (255)	Oranges (032)	1% (over age 2) / Whole (age 1-2) (1)

Lunch & Dinner Sample Menus Cont.

#	Name	Meat Food	Whole Grain-Rich Bread Food	Vegetable	Veg/Fruit	Milk Food
083	Goulash	Beef Ground (002)	Noodles (107)	Raw Veggie Plate (201)	Honeydew Melon (024)	1% (over age 2) / Whole (age 1-2) (1)
084	Homemade Chicken nuggets	Ch. Nug. & Meat/Alt (042)	Rolls (043)	Tater Tots (262)	Tossed Salad (244)	1% (over age 2) / Whole (age 1-2) (1)
085	Chili	Beef Ground (002)	Cornbread or Corn Muffin (006)	Chili Beans (216)	Bananas (004)	1% (over age 2) / Whole (age 1-2) (1)
086	Meatballs & Rice	Beef Meatballs (007)	White Rice (125)	Spinach (242)	Pears (035)	1% (over age 2) / Whole (age 1-2) (1)
087	Hamburger Pie	Beef Ground (002)	Pizza Crust (061)	Cole Slaw (167)	Peaches (034)	1% (over age 2) / Whole (age 1-2) (1)
088	Nachos - Ground Beef	Beef Ground (002)	Tortilla Chips (131)	Lettuce and Tomato (178)	Oranges (032)	1% (over age 2) / Whole (age 1-2) (1)
100	Cheese Quesadilla	Monterey Jack Cheese (126)	Flour Tortillas (130)	Refried Beans (228)	Strawberries (046)	1% (over age 2) / Whole (age 1-2) (1)
101	Turkey Spaghetti	Turkey Ground (100)	Spaghetti Noodles (112)	Corn (168)	Grapes (022)	1% (over age 2) / Whole (age 1-2) (1)
102	Baked Chicken	Chicken Breasts (033)	Rolls (043)	Tossed Salad (244)	Strawberries (046)	1% (over age 2) / Whole (age 1-2) (1)
103	Chicken Potpie Homemade	Chicken Breasts (033)	Biscuits (002)	Mixed Vegetables (180)	Oranges (032)	1% (over age 2) / Whole (age 1-2) (1)
104	Turkey A La King	Chicken Breasts (033)	Biscuits (002)	Green Peas (251)	Bananas (004)	1% (over age 2) / Whole (age 1-2) (1)
105	Chicken Strips HM	Chicken Breasts (033)	Multi-grain Bread (030)	Corn (168)	Grapes (022)	1% (over age 2) / Whole (age 1-2) (1)
106	Hamburger Pie	Beef Ground (002)	Biscuits (002)	Cole Slaw (167)	Peaches (034)	1% (over age 2) / Whole (age 1-2) (1)
107	Hamburger/bean soup	Beef Ground (002)	Noodles (107)	Red / Kidney Beans (227)	Apples (001)	1% (over age 2) / Whole (age 1-2) (1)
108	Mexican Lasagna	Turkey Ham (101)	Corn Tortillas (128)	Avocado (154)	Tomatoes and Tomato Sauce (266)	1% (over age 2) / Whole (age 1-2) (1)

Lunch & Dinner Sample Menus Cont.

#	Name	Meat Food	Whole Grain-Rich Bread Food	Vegetable	Veg/Fruit	Milk Food
110	Stuffed Peppers	Beef Ground (002)	Brown Rice (118)	Mixed Vegetables (180)	Apricots (003)	1% (over age 2) / Whole (age 1-2) (1)
111	Swiss Steak	Round Steak (023)	White Rice (125)	Broccoli (161)	Mandarin Oranges (027)	1% (over age 2) / Whole (age 1-2) (1)
112	Beef Cabbage Rolls	Beef Ground (002)	Rolls (043)	Corn (168)	Grapes (022)	1% (over age 2) / Whole (age 1-2) (1)
113	Calico Beans/Sausage	Pork Kielbasa (055)	Rolls (043)	Pork and Beans (226)	Oranges (032)	1% (over age 2) / Whole (age 1-2) (1)
114	Salisbury Steak	Salisbury Steak (024)	Bread Sticks (004)	Mashed Potatoes (151)	Mixed Vegetables (180)	1% (over age 2) / Whole (age 1-2) (1)
115	Egg Salad Sandwiches	Egg (whole) (156)	Wheat Bread (050)	Broc/cauliflower (160)	Mandarin Oranges (027)	1% (over age 2) / Whole (age 1-2) (1)
116	PB&J and Yogurt	Peanut Butter and Yogurt (012)	100% Whole Grain Bread (008)	Asparagus (153)	Apples (001)	1% (over age 2) / Whole (age 1-2) (1)
117	Potato Soup	Cottage Cheese (122)	Rolls (043)	Potato Soup (275)	Fruit Cocktail (016)	1% (over age 2) / Whole (age 1-2) (1)
118	Spinach Frittata	Egg (whole) (156)	Toast (078)	Hash Browns (255)	Strawberries (046)	1% (over age 2) / Whole (age 1-2) (1)
120	Cheeseburger Pasta	Beef Ground (002)	Noodles (107)	Tossed Salad (244)	Applesauce (002)	1% (over age 2) / Whole (age 1-2) (1)
121	White Chicken Chili	Chicken Breasts (033)	Cornbread or Corn Muffin (006)	Black-eyed Peas (247)	Oranges (032)	1% (over age 2) / Whole (age 1-2) (1)
122	Butternut Soup & Grilled Cheese	American Cheese - Pasteurized (116)	Wheat Bread (050)	Butternut Squash (163)	Tropical Fruit Salad (canned) (017)	1% (over age 2) / Whole (age 1-2) (1)
123	GB, Mac, & Bean Soup	Beef Ground (002)	Noodles (107)	Red / Kidney Beans (227)	Apples (001)	1% (over age 2) / Whole (age 1-2) (1)
124	Nachos Supreme w/ sun chips	Beef Ground (002)	Tortilla Chips (131)	Avocado (154)	Tossed Salad (244)	1% (over age 2) / Whole (age 1-2) (1)

Snack Menus

	Whole grain	
001	Yogurt and Granola	
002	PB and Apples	
003	Raw Veggies and Dip	
004	Cinnamon Toast & Milk	
005	Fruit Cocktail & Crackers	
006	Cinnamon Apple Slices & Milk	
007	Muffins & CranApple Juice	
008	Cheerios & Milk	Y
010	Zucchini Bread & Raw Veggies	
011	Quesadilla with red peppers	*
012	Cheese & Tortilla	*
013	Peanut Butter & Saltines	*
014	Applesauce & Toast	*
015	Veggie Soup & Crackers	
016	English Muffin & Tomato Juice	*
017	Garlic Bread Sticks & Marinara	*
018	Deviled Eggs & Crackers	*
020	Waffles & Strawberries	*
021	String Cheese & Crackers	*
022	Teddy Grahams & Milk	
023	Banana Roll ups (PB, banana and tortilla)	*
024	Cottage Cheese & Pineapple	
025	Hard Boiled Egg & Tomato Juice	
026	Peanut Butter & Toast	*
027	Peanut Butter & Celery	*
028	Cheese Cubes & Apples	
030	Peanut butter & Rice Cakes	Y
031	Peanut Butter & Jelly	*
032	Kix & Cantaloupe	Y
033	Tuna & Crackers	*

	Whole grain	
034	English Muffin Pizza	*
035	Baked Potato & Lots of Cheese	
036	Soft Pretzel & Grape Juice	*
037	Ham & Crackers	*
038	Salsa and Tortilla Chips	*
040	Broc/cauliflower with Cheese	
041	Turkey and Croissant	*
043	Peanut butter & Pancakes	*
044	Tortilla/cheese & Salsa	*
045	Mac & Cheese & Peas	
046	Spaghetti Noodles & Tomato's	*
047	Rice Crispies & Milk	
048	Hummus & Pita Bread	*
050	Hummus & Snack Crackers	*
051	Peanut butter & Rice Cakes	Y
052	Scrambled Eggs & Broccoli	
053	HM Strawberry Smoothie & Crackers	*
054	Apricots & Milk	
055	Chicken Salad & Crackers	*
057	Carrots & Milk	
058	Blueberry Muffin & Milk	*
060	Bagel & Pineapple Juice	*
061	Oatmeal & Milk	Y
062	Biscuits & Honey & Milk	*
063	Carrots & Celery & cheese Cubes	
064	Hot Dog & Sauerkraut	

*If using a whole grain or whole wheat bread please mark your menu with WG (Whole Grain) or WW (Whole Wheat). Remember a WG must be served once a day.

Snack Menus Cont.

Whole grain

065	Graham Crackers & Yogurt	
066	Yogurt & Raisin Bread	
067	Peaches & Toast	*
068	Hot Rice & Sugar and Kiwi	*
070	Cheese Crackers & Tomato Juice	*
071	Peaches & Cheese Crackers	*
072	Applesauce & Milk	
073	Fruit & Cheese Kabobs	
074	Spaghetti & HM Meat sauce	
075	Sweet Potato Tots & Milk	
076	Cheesy Tators & Milk	
077	Bread Sticks & veggies	
078	Baked apples & Milk	
080	Celery & Strawberries	

Whole grain

081	Choc. Chip Muffin & Milk	
082	Cucumbers & Cheese Stick	
083	Tortilla & refried beans	
084	Tortilla Crisp & Milk	
085	Hard Boiled egg & Peaches	
086	Cottage Cheese & peaches	
087	Animal Cookies & Veggies	
088	Animal Cookies & Veggies	
100	Tuna Salad & Veggies	
101	WG Pumpkin Muffin	Y
102	Sun Chips & Salsa	Y
103	Sun Chips & Cottage Cheese	Y
104	Sun Chips & Hummus	Y
105	Brown Rice & Veggie Stir Fry	Y

*If using a whole grain or whole wheat bread please mark your menu with WG (Whole Grain) or WW (Whole Wheat).
Remember a WG must be served once a day.



Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:



1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column. **If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.**

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

Yummy Brand Cereal

Nutrition Facts	
Serving Size 3/4 cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

Yes No

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.



Try It Out!



Use the “Sugar Limits in Cereal” table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the “Cereals To Serve in the CACFP” list. You can use this as a shopping list when buying cereals to serve in your program.



Sugar Limits in Cereal

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams
3-7 grams	1 gram
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams

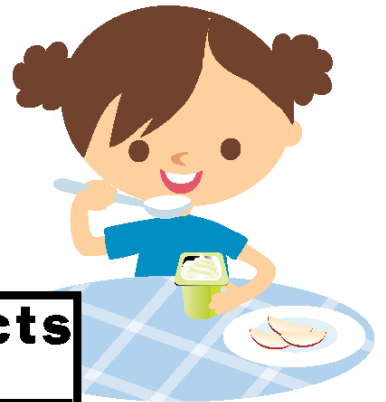
*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to “Test Yourself” activity on page 1: *The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar requirement.*

Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.



1 Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3 Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Amount Per Serving		% Daily Value*
Calories 130		Calories from Fat 20
Serving Size 8 oz (227g)		
Servings about 4		
Total Fat 2g		3%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 10mg		3%
Potassium 400mg		1%
Sodium 160mg		7%
Total Carbohydrate 21g		7%
Dietary Fiber 4g		17%
Sugars 9g		
Protein 10g		
Vitamin A 6%		Vitamin C 4%
Calcium 35%		Iron 0%
Vitamin D 6%		

TIP: If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

4 In the table, look at the number to the right of the serving size amount, under the “Sugars” column.
If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Test Yourself:

Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

Yes No



*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

Try It Out!

Use the “Sugar Limits in Yogurt” table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the “Yogurts To Serve in the CACFP” list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars
If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g
1.25 oz	35 g	5 g
1.5 oz	43 g	6 g
1.75 oz	50 g	7 g
2 oz	57 g	8 g
2.25 oz	64 g	9 g
2.5 oz	71 g	10 g
2.75 oz	78 g	11 g
3 oz	85 g	11 g
3.25 oz	92 g	12 g
3.5 oz	99 g	13 g
3.75 oz	106 g	14 g
4 oz	113 g	15 g
4.25 oz	120 g	16 g
4.5 oz	128 g	17 g

Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to “Test Yourself” activity on page 1: *This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.*



Serving Milk in the CACFP



Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.

Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in CACFP.

12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.

For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

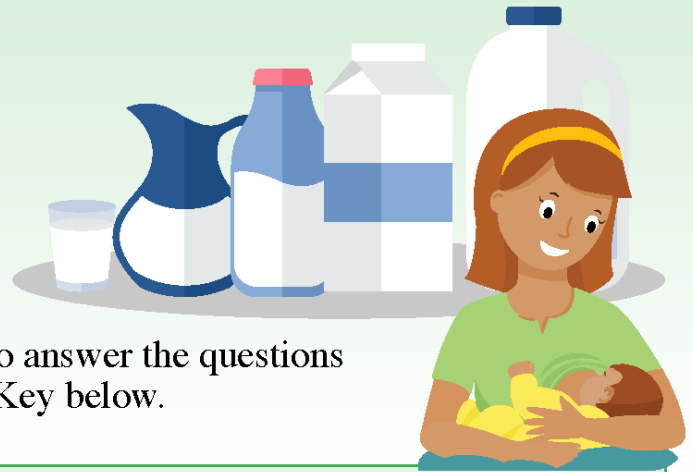
Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and adults must be fat-free (skim).



Try It Out!

Milk Matters!



Use the information on the front of the page to answer the questions below. Check your answers with the Answer Key below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:
Type(s) of Milk:

Darrick's Age:
Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:
Types of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

Answer Key:

1. **Maya's age:** 1 year. **Type(s) of Milk:** Because Maya is 1 year old, she can only be served unflavored whole milk in CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served iron-fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.

Darrick's age: 2 years. **Type(s) of Milk:** Because Darrick is 2 years old, he can be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1-month (25 months), he can also be served unflavored whole milk, and unflavored reduced-fat (2%) milk. There is a 1-month transition period when the child turns 2 to help him or her adjust from whole milk to fat-free (skim) or low-fat (1%) milk.

2. **Olivia's Age:** 5½ years. **Type(s) of milk:** Because Olivia falls into the 2- through 5-year-old age group, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.

3. No, you are not allowed to serve yogurt instead of milk at breakfast AND at lunch. You are only allowed to serve yogurt instead of milk at one meal per day at adult day care centers only. If you are serving yogurt as the meal/meal alternate, you may not serve yogurt as the milk substitute at the same meal. You may serve yogurt at breakfast.

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

What is in a Breakfast?

Milk (4 fl. oz. or ½ cup)
Vegetables, Fruit, or Both (¼ cup)
Grains (½ serving)

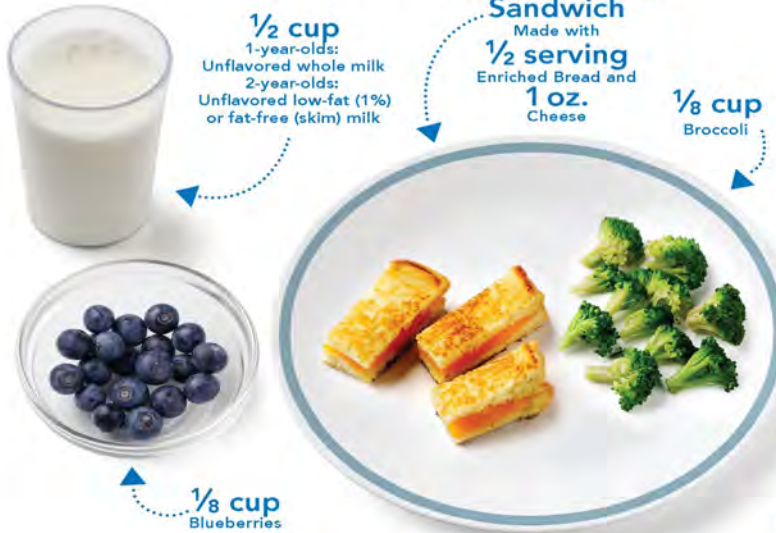
Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



Sample Breakfast

Grilled Cheese Sandwich

Made with
½ serving
Enriched Bread and
1 oz.
Cheese



Sample Lunch/Supper

What is in a Lunch or Supper?

Milk (4 fl. oz. or ½ cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (½ serving)

All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or ½ cup)
Meat/Meat Alternate (½ oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (½ serving)



Offer and make water available all day.



Sample Snack

Note: Serving sizes are minimums.

Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.



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Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 3-5



What is in a Breakfast?

Milk (6 fl. oz. or ¾ cup)
Vegetables, Fruit, or Both (½ cup)
Grains (½ serving)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

½ serving
Whole Grain-Rich
Mini Pancakes



¾ cup
Unflavored
Low-Fat (1%)
or Fat-Free
(Skim) Milk

½ cup
Sliced
Strawberries

Sample Breakfast

¾ cup
Unflavored Low-Fat (1%)
or Fat-Free (Skim) milk



1 Taco
Made with
1½ oz.
Lean Ground Beef,
¼ cup
Lettuce*, and
⅛ cup
Chopped Tomatoes

½ serving
Enriched Flour Tortilla



¼ cup
Roasted Sweet
Potatoes

Sample Lunch/Supper

A second, different vegetable may be served in place of fruit at lunch and supper. In this meal, the ¼ cup of lettuce and ⅛ cup of tomatoes in the taco meets the vegetable component, and the ¼ cup of sweet potatoes is used to meet the fruit component.

*Raw leafy greens, such as lettuce, credit for half the amount served. The ¼ cup of lettuce in the taco counts as ⅛ cup of vegetables in this meal.

What is in a Lunch or Supper?

Milk (6 fl. oz. or ¾ cup)
Meat/Meat Alternate (1½ oz. eq.)
Vegetables (¼ cup)
Fruit (¼ cup)
Grains (½ serving)



All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or ½ cup)
Meat/Meat Alternate (½ oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (½ serving)



½ cup
Apple Slices

½ oz.
Cheddar Cheese

Sample Snack

Offer and make water available all day.

Note: Serving sizes are minimums.

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Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 6-12 and 13-18



What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (½ cup)
Grains (1 serving)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



1 Banana

1 cup
Unflavored Low-Fat (1%)
or Fat-Free (Skim)
or Flavored Fat-Free
(Skim) Milk

1 serving
Whole Grain-Rich Cereal
Breakfast cereals must contain no
more than 6 grams of sugar
per dry ounce.

Sample Breakfast



1 cup
Unflavored Low-Fat (1%)
or Fat-Free (Skim)
or Flavored Fat-Free
(Skim) Milk



¼ cup
Watermelon
Chunks



Chicken
Stir-Fry
Made with
2 oz.
Chicken Breast and
½ cup
Mixed Vegetables

½ cup
Brown Rice

Sample Lunch/Supper

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (2 oz. eq.)
Vegetables (½ cup)
Fruit (¼ cup)
Grains (1 serving)



All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.



Offer and make water available all day.



What is in a Snack?

Pick 2:
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (¾ cup)
Fruit (¾ cup)
Grains (1 serving)

1 serving
Crackers



¾ cup
Mandarin
Oranges



Sample Snack

Note: Serving sizes are minimums.

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CACFP Best Practices

INFANTS Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.



FRUIT

- Make at least 1 of the 2 required components of a snack a fruit (or a vegetable).
- Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.



VEGETABLE

Make at least 1 of the 2 required components of a snack a vegetable (or a fruit).

- Provide 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.



MILK

- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available.
- Serve water as a beverage when serving yogurt in place of milk for adults.



MEAT/MEAT ALTERNATIVES

- Serve only lean meats, nuts, and legumes.
- Limit serving processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced fat-cheeses.



GRAINS Provide at least two servings of whole grain-rich grains per day.



BEST PRACTICES

are defined as: "A procedure that has been shown by research and experience to produce optimal results and that is established or proposed as a standard suitable for widespread adoption." - Merriam Webster

The USDA created a diverse seven-member panel with expertise in nutrition education to create the CACFP Best Practices. These practices serve as a guide for child care providers who choose to take additional steps to offer high-quality and nutritious meals in their program. Strategies are supported by evidence and have been shown to be effective.

They were created to promote consistency in programs and increase confidence that education efforts will result in positive nutrition and health-related behavior changes.

ADDITIONAL BEST PRACTICES

- Incorporate seasonal and locally produced foods into meals.
- Limit serving purchased pre-fried foods to no more than one serving per week.
- Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages (e.g., fruit drinks or sodas).
- Adult day care centers should offer and make water available to adults upon their request, throughout the day.

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1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Contact Information:

CACFP Director
2735 N. Jennie Barker Rd
Garden City, KS 67846
Office: 620-275-0399
Cell: 620-272-3064
Fax: 620-275-0364
Email: cacfp@rcdc4kids.org