

Farm to Child Care Week Eight

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Apple Slices Toast with Peanut Butter	Milk Orange Smiles Cereal	Milk Bananas Foster Parfait	Milk Tropical Fruit Bagels	Milk Toast Danish
Lunch	Milk Hamburger on a Bun Lettuce  Watermelon	Milk Twisted Tuna  Peaches	Milk Beef Pot Roast  Lettuce  Bread Rolls	Milk Cheesy Quesadillas Green Beans  Pineapple	Milk Eggs in a Nest Casserole  Mandarin Oranges
Snack	Milk Granola Bar	Zucchini Muffins  Milk	Melon Cheese	Cinnamon Muffin Milk	Carrots String Cheese

Grocery List		
<p>Dairy Milk (13 times) Plain Yogurt Yogurt Cheese Sour Cream String Cheese Butter</p> <p>Bakery Bread (3 times) Hamburger Bun Tortillas (2 times) Bread Rolls Bagels Pita Bread</p>	<p>Meat Hamburger Patty Rump or Chuck Roast</p> <p>Refrigerated/Frozen Corn Eggs</p> <p>Fresh Produce Apples (2 times) Watermelon Oranges Onion Celery Lemon Bananas Carrots Melon Tomato Carrots Garlic</p>	<p>Grocery Peanut Butter Granola Bar Cereal Peaches Canned Tuna Granola French Onion Soup Tropical Fruit Black Beans Salsa Pineapple Cinnamon Muffin Mix Mandarin Oranges</p> <p>Have on Hand Honey Flour Oil Baking Powder Cinnamon Brown Sugar</p>

From the Farm 
<p>Potatoes Green, yellow and purple Beans Cucumbers Zucchini Lettuce Peas Bell Peppers</p>

Twisted Tuna



This twist on normal tuna salad adds an extra helping of vegetables to your child's lunch. Try it with peppers, carrots or any other vegetables you have.

- 18 oz. canned tuna
- 1 cup frozen peas
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 2 Tbsp. plain, low-fat yogurt
- 1/2 tsp. pepper
- 7 (8 inch) whole grain tortilla(s)

Drain tuna, place in bowl. Cook peas as directed, allow to cool. Add celery, onions and peas to tuna and combine. Add yogurt and pepper. Stir until mixed well. Spoon 1/2 cup of the mixture onto 1 tortilla.

Yield: 7

Serving Size: One serving is a grain/bread, a fruit/vegetable, and a meat/meat alternate for a 3-5 year old for lunch/supper.

Credit: CACFP Menu Planning Guide, Team Nutrition



Zucchini Muffins



An easy recipe that uses up some extra zucchini.

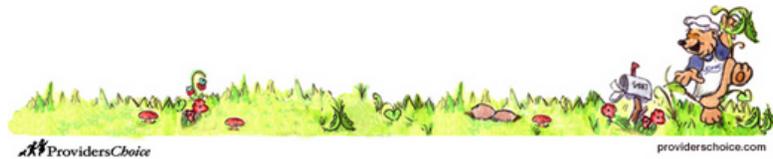
- 1/2 c. grated zucchini
- 1/4 c. honey
- 3/4 c. plus 1 Tbsp. enriched flour
- 1/4 tsp. salt
- 1 egg(s)
- 2 Tbsp. oil
- 1/4 tsp. lemon peel
- 1/2 tsp. baking powder
- 1/4 tsp. cinnamon

Add egg, oil, honey and lemon peel to grated zucchini. Add flour, baking powder, salt and cinnamon. Spoon batter into muffin tins. Bake at 400 degrees for 20 minutes.

Yield: 12 muffins

Serving Size: One muffin is one bread alternate for a 3 - 6 year old.

Credit: Providers Voice, August 1990



Bananas Foster Parfait



- 2 ripe banana(s)
- 1 Tbsp brown sugar
- 1 Tbsp apple juice
- 2 Tbsp butter
- 2 pinches salt
- 1 cup any flavor yogurt
- 1 1/3 cup any type granola

1. Peel bananas, and cut each banana in half lengthwise. Cut each half into 2 pieces. 2. Heat nonstick skillet on medium-low, add brown sugar, apple juice, butter and salt to pan, and cook until mixture begins to bubble, about 3 minutes. 3. Add bananas, flat side down, to pan and cook until bananas begin to soften, about 2 minutes. 4. Portion banana into bowls or cups. Top each serving with 1/4 cup yogurt and 1/3 cup granola.

Yield: 4 parfaits

Serving Size: 1 parfait is a fruit and grain/bread for a 3-5 year old at breakfast

Credit: Twist & Sprout



Beef Pot Roast Recipe



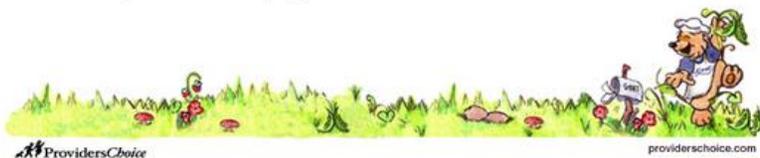
A classic recipe!

- 4 medium peeled and quartered potato(es)
- 4 medium (cut into thirds) carrot(s)
- 1 large (cut in chunks) onion
- 3 lb. rump or chuck roast
- 2 cans (10 oz.) French onion soup
- 1 1/2 c. water
- 1 chopped clove of garlic

Place potatoes and carrots in bottom of slow cooker. Place roast on top of vegetables. Combine soup, water and garlic. Pour over roast. Cover; cook on low for 7 - 10 hours.

Yield: 8-10 servings

Serving Size: One serving is a meat (1.5 oz.) and one serving (1/4 cup) vegetable for a 3 - 5 year old at lunch/supper.



Cheesy Quesadillas



Quesadillas made with corn, black beans and cheese!

- 1 (15 oz.) can drained black beans
- 10 oz. bag thawed corn
- 1 cup shredded marble jack cheese
- 1/2 cup low-fat sour cream
- 2/3 cup salsa
- 6 (8-inch) whole grain flour tortilla(s)

Preheat oven to 350 degrees. In a large bowl, mix black beans, defrosted corn and shredded cheese. Set aside. Mix low-fat sour cream and salsa in a bowl. Spread flour tortillas with salsa mixture; top half of each tortilla with bean mixture. Fold tortillas and bake for 15 to 20 minutes. Cut in half before serving.

Yield: 6 servings

Serving Size: 2 wedges is a meat (1.5 oz.), one (1/4 cup) vegetable and a grain/bread serving for a 3 - 5 year old at lunch/supper.

Credit: Adapted from Child magazine.



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Toast Danish



A good afternoon snack or breakfast item.

- 2 large apple(s)
- 4 heaping tablespoons cheese
- 4 slices multi-grain bread
- sugar and cinnamon, to taste

Pare, core and dice apple. Cook apple on low heat until soft. Toast bread dry. Spread one tablespoon cottage cheese over toast. Sprinkle with cinnamon sugar. Top with 1/2 cup cooked apple. Add another sprinkle of cinnamon sugar to the top.

Yield: 4 servings

Serving Size: One serving is a (1/2 cup) fruit and a grain/bread at breakfast for a 3 - 5 year old.

Credit: Adapted from Meals Matter



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Eggs in a Nest Casserole



Eggs are a good source of protein, and can be eaten for breakfast, lunch or dinner. This dish can be served on whole grain bread or English Muffins, too!

- 5 whole egg(s)
- 2 cups skim milk
- 1 cup chopped tomato(es)
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped green bell pepper
- 1/4 cup chopped onion
- 1/2 cup cheddar cheese
- 1 1/2 slices whole grain bread
- 6 small (4 inch) whole grain pita pocket(s)

Preheat oven to 350 degrees. In medium-size bowl, combine eggs, egg whites and milk. Crumble bread and place on bottom of casserole pan (square pan for 6 servings). Place chopped tomato, peppers and onion into egg mixture. Mix. Mix in cheese. Pour mixture over bread crumbs. Bake at 350 degrees for 45 minutes or until slightly brown on top. Cut into even pieces and place each into a pita.

Yield: 6

Serving Size: One serving is a grain/bread, a fruit/vegetable and a meat/meat alternate for a 3-5 year old for lunch/supper.

Credit: CACFP Menu Planning Guide, Team Nutrition



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