










Farm to Child Care Week Eighteen

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Orange Juice Cereal	Milk Grapes Oatmeal	Milk Peaches Granola & Yogurt	Milk  Potatoes Eggs & Toast	Milk Pineapple English Muffin
Lunch	Milk Spinach Broccoli  Deep Dish Pizza Mixed Fruit	Milk CN Chicken Patty on Bun Cabbage Steaks  Baked Beans	Milk Fishin' Poles Sliced Tomatoes  Apple Slices Bread	Milk Sweet-n-Spicy Chicken Cucumbers  Rice	Milk Stuffed Acorn Squash  Orange Smiles
Snack	Toast Peanut Butter	Cheese Crackers	Butternut Squash Fries  Milk	Blueberries Yogurt	Cherry Tomatoes  Cottage Cheese

Grocery List			
Dairy	Fresh Produce	Grocery	Have on Hand
Milk (11 times)	Broccoli	Cereal	Garlic
Shredded Mozzarella Cheese	Grapes	Italian Tomatoes	Cooking Spray
Cheese	Apples	Peanut Butter	Oil
Yogurt (2 times)	Blueberries	Parmesan Cheese	Paprika
Eggs	Oranges	Mixed Fruit	Lemon Pepper
Cottage Cheese	Refrigerated/Frozen	Oatmeal	
Bakery	Orange Juice	Baked Beans	
Bread (3 times)	Pizza Crust	Crackers	
English Muffins	CN Chicken Patty	Peaches	
Meat		Granola	
Chopped Ham		Bran Flakes	
Cod Filets		Whole Wheat Flour	
Chicken Breasts		Rice	
Ground Sausage		Salsa	
		Peach Preserves	
		Pineapple	
		Stuffing Mix	
		Raisins	

From the Farm 
Spinach
Cabbage
Acorn squash
Butternut squash
Cucumbers
Pumpkin
Potatoes
Cherry Tomatoes
Heirloom Tomatoes

Cabbage Steaks



- 1 head green cabbage
- 2 Tbsp olive oil
- salt
- black pepper

Slice the cabbage into 1" round "steaks." Drizzle with olive oil and season with salt and pepper. Roast in a 450 oven until brown and crispy on top, approximately 12 minutes.

Yield: 6 servings

Serving Size: 1/4 cup of cabbage is a vegetable for a 3-5 year old at lunch/supper

Credit: Twist & Sprout



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Fishin' Poles



Kids can help by crushing the bread and coating the fish in bread crumbs.

- cooking spray
- 1 cup toasted, crumbled whole grain bread
- 1 1/2 cups bran flakes
- 1 tsp. lemon pepper
- 1 tsp. paprika
- 1/2 cup whole wheat flour
- 1 1/2 beaten egg white(s)
- 1 lb. thawed frozen cod fillets

Preheat oven to 450 degrees. Set a wire rack or foil on baking sheet. Coat with cooking spray. Place crumbled bread, bran flakes, lemon pepper, garlic powder and paprika in food processor or blender. Process until finely ground, transfer to shallow dish. Place flour in second shallow dish and egg whites in a third. Cut fish into 1/2 inch by 3 inch strips. Coat each fish strip in flour, then egg, and breadcrumbs. Coat both sides with cooking spray and place on rack or baking sheet. Bake until fish is cooked thoroughly and outer coating is golden brown (about 15 to 25 minutes).

Yield: 7

Serving Size: One serving is a meat/meat alternate for a 3-5 year old for lunch/supper.

Credit: CACFP Menu Planning Guide, Team Nutrition



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Spinach Broccoli Deep Dish Pizza



A pizza with spinach, broccoli, tomatoes and cheese.

- 1 (12 inch) uncooked pizza crust
- 6 oz. shredded mozzarella cheese
- 1 c. chopped ham or Canadian bacon
- 14 oz. can Italian tomato(es)
- 1/2 bunch washed spinach
- 1 c. (preferably florets) broccoli
- 3 thinly sliced cloves garlic
- 1/2 c. shredded Parmesan cheese

Spread dough in a greased deep-dish pan and up the sides. Pre-bake the crust for 4 minutes. Meanwhile, drain tomatoes, seed and cut into chunks. Wash and remove stems from spinach and stir fry lightly to wilt the spinach. Steam broccoli for 3 minutes to soften it. Put most of the mozzarella on the crust, followed by the tomatoes, spinach, broccoli and garlic. Sprinkle the remaining mozzarella and the Parmesan on top and bake in preheated 450 degree oven on lower rack or directly on the pizza stone for 30 minutes or until crust is golden brown. Remove from pan and cool 5 minutes on a wire rack before cutting and serving.

Yield: 8 servings

Serving Size: 1 slice is a meat (1.5 oz.) one vegetable and grain/bread for 3 - 5 year old.

Credit: PCI Training 2002 - It's All About Kids



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Sweet-N-Spicy Chicken



Chicken mixed with taco seasoning, salsa and peach preserves!

- 1 (20 oz.) pkg. boneless, skinless breast of chicken
- 3 Tbsp. taco seasoning
- 1-2 Tbsp. vegetable oil
- 1 (11 oz.) jar chunky salsa
- 1/2 cup peach preserves
- 1 cup cooked rice

Prepare rice according to package directions; set aside. Cube chicken and place into a zipper bag; add taco seasoning and toss to coat. Brown chicken in oil in a large skillet over medium heat, stirring as needed. Add salsa and preserves, stirring until preserves are melted and combined with the salsa. Bring to a boil. Reduce heat; cover and simmer for 2 - 3 minutes until sauce is heated and chicken is thoroughly cooked. Serve over rice.

Yield: 8 servings

Serving Size: One serving is a meat (1.5 oz.) and (1/8 cup) vegetable. Serve over (1/4 cup) rice to meet requirements for a 3 - 5 year old.

Credit: Cheryl T, Moorhead



Stuffed Acorn Squash



- 3 acorn squash
- 1 lb. ground sausage
- 6 oz. package chicken flavored stuffing mix
- 1 c. chopped apple(s)
- 1/2 c. raisins

Preheat oven to 350°F. Place squash, cut sides down, on foil-lined 15x10x1-inch baking pan; cover. Bake 30 minutes. Cook sausage in small skillet until no longer pink; drain. Prepare Stuffing as directed on package, except decrease butter to 3 Tbsp. Add sausage, apple and raisins; mix lightly. Turn squash over. Spoon 3/4 cup of the stuffing mixture into each squash half; cover with foil. Bake an additional 30 minutes or until squash is tender, removing foil for last 10 minutes of baking time.

Yield: 6 squash halves

Serving Size: One squash half is a meat/meat alternate and a vegetable for a 3-5 year old at lunch/supper

Credit: Kraft

