






Farm to Child Care Week Eleven

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Fruity Toast	Milk Melon Bagels	Milk Blueberries Grain Fruit Bars	Milk Strawberries Toast	Milk Bananas Cereal
Lunch	Milk Stuffed Peppers  Corn on the Cob Rice	Milk BBQ Chicken Wraps  Pineapple	Milk HM Meatballs Fabulous Zucchini Grinders  Tropical Fruit	Milk Silly Dilly Chicken Soup  Watermelon Bread Rolls	Milk Hamburger on Bun Orange Cucumber Salad  Orange Smiles
Snack	Salsa Tortilla Chips	Chocolate Banana Pops Milk	Pita Chips Milk	Hard Boiled Eggs Crackers	Milk Graham Crackers

Grocery List

Dairy

Milk (13 times)
Cottage Cheese
Shredded Cheddar
Shredded Mozzarella
Eggs

Bakery

Bread (2 times)
Bagels
Tortillas
Hot Dog Buns
Bread Rolls
Hamburger Buns

Meat

Ground Beef (2 times)
Chicken Breasts (2 times)
Hamburger Patties

Fresh Produce

Onion
Corn on the Cob
Melon
Bananas (2 times)
Blueberries
Carrots
Celery
Mushrooms
Spinach
Parsley
Strawberries
Watermelon
Oranges

Grocery

Sliced Pears
Diced Tomatoes
Broth (2 times)
Rice
Salsa
Tortilla Chips
Pineapple
Grain Fruit Bars
Marinara Sauce
Brown Rice
Tropical Fruit
Pita Chips
Crackers
Cereal
Graham Crackers
Peanuts

Have on Hand

Butter Spread
Cinnamon
Garlic Cloves
Barbecue Sauce
Oil
Honey
Cocoa
Vanilla
Vinegar
Sesame Oil

From the Farm

Cucumbers
Zucchini
Dill
Mesclun Mix
Tomatoes
Green Bell Pepper

Fruity Toast



Add any type of fruit in season to make this a healthy, fun breakfast.

- 3 slices whole grain bread
- 1/4 cup cottage cheese
- 3 cups sliced pear(s)
- 1 Tbsp. ground cinnamon
- 1/2 tsp. soft, trans fat free margarine

1. Preheat oven to 375 degrees.
2. Spread one side of bread with margarine. Put in baking pan with margarine side face down.
3. Spoon cottage cheese on bread. Sprinkle cinnamon on top.
4. Bake at 375 degrees until bread turns brown on bottom (about 10 minutes).
5. Cut toast in half and top each half with 1/2 cup pears.

Yield: 6

Serving Size: One serving is a grain/bread and a fruit for a 3-5 year old for breakfast

Credit: CACFP Menu Planning Guide, Team Nutrition



Simple and Easy Stuffed Peppers



- 1 lb. ground beef
- 3 minced garlic cloves
- 1 diced onion
- 14.5 oz. can diced tomato(es)
- 1 c. shredded cheddar cheese
- 1 1/2 c. chicken broth
- 6 green bell pepper

Preheat oven to 350 degrees F. Heat a large nonstick skillet over medium-high heat. Stir in the ground beef, and cook until brown and crumbly. Pour off excess grease, then stir in garlic, onion, and tomatoes. Cook and stir until the onions soften just a bit, about 3 minutes. Stir the cheese into the mixture, and set aside. Cut the tops off of the peppers, and remove the veins and seeds. Fill each pepper with the ground beef mixture and pour in some of the chicken broth. Place into the cups of a muffin tin, and replace the tops. Bake in preheated oven 30 minutes.

Yield: 6 stuffed peppers

Serving Size: 1 pepper is a meat/meat alternate and a vegetable for a 3-5 year old at lunch/supper

Credit: AllRecipes



BBQ Chicken Wraps



- 6 small (6") whole grain tortilla(s)
- 1 lb boneless, skinless, chicken breast
- 3/4 cup fresh chopped tomato(es)
- 1 1/2 cup Romaine lettuce
- 1/4 cup barbecue sauce
- 1 tsp olive oil

Cut chicken into strips. Heat large, non-stick skillet on medium heat, add olive oil. Once oil is hot, add chicken. Cook about 3 minutes on each side then add bbq sauce. Simmer over medium heat for 7-9 minutes until chicken is cooked all the way through. Warm tortillas in microwave or oven. Combine tomatoes and lettuce in bowl. Place 1 1/2 oz chicken and 1/4 cup vegetable mixture on each tortilla, then roll up.

Yield: 6 wraps

Serving Size: Each wrap provides a grain/bread, meat/meat alternate and a vegetable for a 3-5 year old at lunch/supper

Credit: Twist & Sprout



Chocolate Banana Pops Recipe



This frozen treat fills the need when a little chocolate is all you need.

- 4 popsicle sticks
- 2 large banana(s)
- 2 Tbsp. honey
- 3 Tbsp. cocoa
- 1 Tbsp. milk
- 1/2 tsp. vanilla



Mix the honey, cocoa, milk and vanilla on a plate. Stir the mixture until it's smooth. Peel the bananas and cut them in half crosswise. Push a popsicle stick into each fruit half. Roll the banana halves in the cocoa and honey mixture until they are completely covered. Place the bananas on a sheet of waxed paper. Freeze them overnight or for at least 3 hours before serving.

Yield: 4 servings

Serving Size: One bananasicle is 1/2 cup fruit.

Credit: Providers Voice



Fabulous Zucchini Grinders



- 1 Tbsp. butter
- 3 c. cubed zucchini
- 1 c. marinara sauce
- 4 hot dog bun(s)
- 1 1/2 c. shredded mozzarella cheese

Preheat the oven to 350 degrees F. Melt butter in a skillet over medium heat. Cook the zucchini in butter until browned and slightly tender. Spoon a generous amount of the zucchini mixture into each roll. Cover zucchini with about 1/4 cup marinara sauce per roll. Top with a handful of shredded mozzarella. Close the rolls, and wrap individually in aluminum foil. Bake for 15 minutes in the preheated oven, until bread is heated through, rolls are soft, and cheese is melted.

Yield: 8 servings

Serving Size: 1 serving is a grain/bread and a vegetable for a 3-5 year old at lunch/supper

Credit: AllRecipes



Silly Dilly Chicken Soup



The flavor of traditional chicken soup pumped up with veggie power

- 2 Tbsp olive oil
- 1 cup diced yellow onion
- 2 1/2 cups peeled, sliced carrot(s)
- 2 cups chopped celery
- 1 cup chopped mushrooms
- 1 lb boneless, skinless, chicken breast
- 1 qt reduced sodium chicken broth
- 1 cup packed, chopped baby spinach
- 1 Tbsp parsley
- 1 1/2 cups brown rice
- 2 tsp fresh lemon juice

Cut chicken in 1/2 inch cubes. Heat soup pan with olive oil on medium heat. Add onions, carrots, celery, and mushrooms and saute about 2 minutes. Move vegetables aside in pan, and add chicken, sauteing about 5 minutes until chicken is lightly golden brown. Add broth and bring to boil. Turn down and simmer about 25 minutes until chicken is cooked through and tender. Add spinach, parsley and rice and cook until rice is heated. Season with lemon juice as desired.

Yield: 6 servings, 1 1/2 cups per serving.

Serving Size: Each serving is a meat/meat alternate and a vegetable for a 3-5 year old at lunch/supper



Orange, Cucumber Salad



A salad with an Oriental touch.

- 1 thinly sliced cucumber
- 1 peeled, quartered and sliced orange(s)
- 1 Tbsp. chopped peanuts
- 1 Tbsp. vinegar
- 1 Tbsp. Oriental sesame oil
- salt and pepper, optional

Mix all ingredients together in a plastic container. Season to taste with salt and pepper. Store tightly covered.

Yield: 6

Serving Size: One serving (1/4 cup) fruit/vegetable.

Credit: Providers Voice, April 1993



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