







Farm to Child Care Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Breakfast Banana Splits	Milk Applesauce Oatmeal	Milk Arugula Breakfast Sandwich  Canned Pears	Milk Cereal Canned Peaches	Milk Toast Oranges
Lunch	Milk Chicken Taco Salad  Apple Slices Whole Grain Tortilla Chips	Milk Pizza Party Pita  Carrot Sticks	Milk Ham & Cheese Sandwich Pineapple Cucumber Slices	Milk Vegetable Beef Ragout  Strawberries	Milk Tuna Macaroni Salad Mandarin Oranges
Snack	Celery Peanut Butter	Orange Smiles Yogurt	Easy Rhubarb Sauce  Whole Grain Toast	Creamy Radish Dip  Fresh Radishes Whole Grain Crackers	Milk Cinnamon Twirlies

Grocery List

Dairy

Milk (11 times)
Eggs

Bakery

Pita Pockets
English Muffins
Bread (3 times)
Whole Wheat Tortillas

Fresh Produce

Bananas
Apples (2 times)
Celery
Tomatoes
Oranges (2 times)
Carrots
Cucumber
Onion
Strawberries

Packaged Goods

Granola
Oatmeal
Cereal
Whole Grain Tortilla Chips
Elbow Macaroni
Whole Wheat Spiral Pasta
Whole Grain Crackers
Peanut Butter
Canned Chicken
2 cans Tuna
White Beans
Kidney Beans
Tomato Sauce
Italian Diced Tomatoes
24 oz. jar Pasta Sauce
Canned Pineapple
Applesauce
Canned Pears
Canned Peaches
Mandarin Oranges

Refrigerated/Frozen

Yogurt (2 times)
Ricotta Cheese
Shredded Cheese
Sliced Ham
Sliced Cheese
1 lb. Lean Ground Beef
Frozen Peas (2 times)
Cream Cheese

Have on Hand

Flour
Mustard
Salsa
Ranch Dressing
Sugar
Butter
Nutmeg
Garlic
Mayonnaise
Cinnamon

From the Farm

Mixed Greens
Spinach
Kale
Arugula
Rhubarb
Radishes



Breakfast Banana Splits



- 3 banana(s)
- 12 oz any flavor yogurt
- 2 cups any flavor granola

Cut bananas in half and then lengthwise. Put 1/2 banana in each dish. Put a scoop of yogurt and sprinkle of granola on each banana split.

Yield: 6 banana splits

Serving Size: 1 banana split provides a fruit and a grain/bread for a 3-5 year old at breakfast

Credit: Twist & Sprout



Pizza Party Pita



This pita can be made with eggs for breakfast, fruit and/or vegetables for a quick snack, or topped with vegetables or meat for meals!

- 4 pita pocket(s)
- 1/2 cup ricotta cheese
- 1/2 cup + 2 Tbsp. cooked, drained white beans
- 1 cup chopped tomato(es)
- 1/2 cup spinach
- 1/2 cup tomato sauce
- 1/2 Tbsp. milk

Preheat oven to 350 degrees. In mixing bowl, stir together spinach, ricotta cheese, tomatoes and beans. Slice pitas open. Place 1/4 cup mixture in each pita. Line baking sheet with lightly greased foil. Place pitas on sheet and brush tops with milk. Prick tops with a fork. Place in 350 degree oven for 8 to 10 minutes.

Yield: 4

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

Credit: CACFP Menu Planning Guide, Team Nutrition



Chicken Taco Salad to Go



Put these ingredients in a container and mix.

- 1 cup torn romaine lettuce
- 1/4 cup kidney beans, drained and rinsed
- 2 Tbsp. shredded cheese
- 2 Tbsp. cooked pieces of chicken
- 2 Tbsp. diced tomato(es)
- 2 Tbsp. tomato salsa
- Ranch dressing, optional

Layer the ingredients above in a plastic container with a lid. Give each child a container and let them shake their container to combine their salad. Remove the cover and enjoy the salad right out of the container. Serve with whole grain tortilla chips.

Yield: 1 serving

Serving Size: One salad to go is a meat (1.5 oz.), and one (1/3 cup) vegetable serving.

Credit: Team Nutrition



Arugula Breakfast Sandwich



- 3 whole grain English muffins, split
- 2 Tbsp. butter
- 6 large egg(s)
- 1 1/2 c. arugula

1. Toast the English muffins and spread with butter 2. Scramble the eggs 3. Assemble a sandwich by placing 1/4 c. of arugula and one scrambled egg inside each English muffin.

Yield: 6 sandwiches

Serving Size: One sandwich is a grain/bread and a 1/4 c. vegetable for a 3-5 year old at breakfast, lunch or supper

Credit: Self Magazine



Easy Rhubarb Sauce



- 1/3 c. sugar
- 1/4 c. water
- 2 1/4 c. sliced rhubarb
- 1/8 tsp. ground nutmeg

In a small saucepan, bring sugar and water to a boil. Add rhubarb; cook and stir for 5-10 minutes or until rhubarb is tender and mixture is slightly thickened. Remove from the heat; stir in nutmeg. Serve warm. Refrigerate leftovers.

Yield: 1 1/4 cups

Serving Size: 1/2 c. is a fruit for a 3-5 year old at snack

Credit: Taste of Home Magazine



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Hearty Vegetable Beef Ragout



- 4 cups uncooked whole wheat spiral pasta
- 1 lb. lean ground beef (90%) beef
- 1 chopped onion
- 2 cans (14.5 oz. each) diced Italian tomato(es)
- 24 oz. jar pasta sauce
- 2 c. chopped kale
- 9 oz. package frozen peas

Cook pasta according to package directions; drain. Meanwhile, in a Dutch oven, cook beef, onion and garlic over medium heat 6-8 minutes or until beef is no longer pink, breaking up beef into crumbles; drain. Stir in tomatoes, spaghetti sauce, kale, and peas. Bring to a boil. Reduce heat; simmer, uncovered, 8-10 minutes or until kale is tender. Stir pasta into sauce.

Yield: 8 servings

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

Credit: Taste of Home



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Creamy Radish Dip



- 8 oz. block cream cheese
- 7 medium radishes
- 4 cloves peeled garlic

Put everything in a food processor, blend until radishes and garlic are minced. Eat with crackers, carrots or more radishes cut into slices.

Yield: 1/2 cup

Serving Size: Extra



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Tuna and Macaroni Salad



A classic tuna macaroni salad with a mayonnaise base.

- 2 (6.5 oz.) cans chunk tuna
- 2 c. cooked, drained, enriched elbow macaroni
- 1 c. thawed peas
- 1/2 c. chopped celery
- 1/2 c. chopped onion
- 1/2 c. shredded cheese
- 1/2 c. mayonnaise

Combine all the ingredients in a medium bowl; mix thoroughly. Chill.

Yield: 8 servings

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

Credit: Select A Week Summer 20C



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Cinnamon Twirlies



Apples and cream cheese wrapped in a tortilla will make your children's taste buds dance!

- 3 small apple(s)
- 3 soft whole-wheat 6" tortilla(s)
- 3 Tbsp cream cheese
- 1 tsp. cinnamon

Dice apples and microwave for 3-5 minutes, or until fork tender. Spread tortillas with cream cheese. Add diced apple and sprinkle with cinnamon. Roll tortilla tightly and cut into 1-2 inch rounds.

Yield: 6 servings

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

Credit: Sesame Street

