










## Farm to Child Care Week Seventeen

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Apple Slices <a href="#">Apple Biscuits</a>	Milk Grapes Bagel	Milk Tropical Fruit Cereal	Milk Orange Smiles English Muffins	Milk Applesauce <a href="#">Peanut Butter &amp; Jelly Muffins</a>
Lunch	Milk Hamburger on Bun Sliced Tomato  Watermelon	Milk Cheese Quesadilla <a href="#">Baked Butternut Squash</a>  Broccoli	Milk Chicken Legs  Roasted Potatoes  Corn Biscuits	Milk <a href="#">Crockpot Ground Beef and Vegetable Stew</a>  Melon Crackers	Milk Ham & Cheese Sandwiches <a href="#">German Potato Salad</a>  Bananas
Snack	Yogurt Animal Crackers	Granola Bar Orange Smiles	<a href="#">Pumpkin Honey Bread</a>  Milk	Cucumber Sandwiches 	<a href="#">Autumn Orchard Snacks</a>  Crackers

### Grocery List

Dairy	Fresh Produce	Grocery	Have on Hand
Milk (11 times)	Apples	Granola Bars	Butter
Yogurt	Watermelon	Tropical Fruit	Cinnamon
Shredded Cheese	Grapes	Cereal	Sugar
Eggs	Broccoli	Whole Wheat Flour	Honey
Sliced Cheese	Oranges (2 times)	Crackers ( 2 times)	Oil
<b>Bakery</b>	Melon	Condensed Tomato Soup	Baking Powder
Hamburger Buns	Carrots	Applesauce	Cloves
Bagels	Onions	Peanut Butter	Brown Sugar
Tortillas	Celery	All-Purpose Flour	Jelly
English Muffins	Bananas		Celery Salt
Bread (2 times)			Vinegar
<b>Meat</b>	<b>Refrigerated/Frozen</b>		
Hamburger Patties	Biscuits (2 times)		
Chicken Legs	Corn		
Ground Beef	Peas		
Deli Ham			
Bacon			

### From the Farm

Pumpkin  
Butternut Squash  
Potatoes  
Acorn Squash  
Tomatoes  
Cucumbers

## Apple Biscuits



Easy to make and the house will smell wonderful!

- 2 sliced and pared apple(s)
- 1 package enriched refrigerator biscuits
- softened butter or margarine
- cinnamon sugar

Give each child an unbaked refrigerator biscuit. Let them roll or stretch it out large and thin. Spread biscuit with soft butter and place apple slices in the center. Sprinkle apples with cinnamon sugar. Fold biscuit over apples to make a half-moon shape. Seal edges. Bake at 375 degrees until brown about 12-15 minutes.

**Yield:** 10 servings

**Serving Size:** One biscuit is a bread alternate for a 3 - 5 year old.

**Credit:** Select -A-Week Fall 4A



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## Baked Acorn or Butternut Squash



Basic squash recipe.

- 1 acorn or butternut squash
- 2 Tbsp. sugar
- 2 Tbsp. melted margarine

Cut squash in half with large cleaver or knife. Place cut side down in a baking dish or tray in a 1/4" of water. For microwaving, cover with plastic wrap and microwave on high till knife or fork pierces easily (about 10-15 minutes). For regular ovens, cook till squash pierces easily with a fork (approximately 45 minutes - 1 hour) at 350. Remove from oven and seeds can be removed easily with a spoon. Drizzle margarine in the seed cavity and sprinkle with brown sugar. Place back in the oven for 5 minutes. Can substitute honey or maple syrup for brown sugar. Place back in oven for 5 minutes. Makes 4 servings

**Yield:** 4 servings

**Serving Size:** 1/4 cup is one serving of vegetable



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## Pumpkin Honey Bread



A pumpkin bread made with whole wheat flour.

- 1/2 c. honey
- 1/4 c. oil
- 2 egg(s)
- 3/4 c. cooked pumpkin
- 1 1/2 c. whole wheat flour
- 3/4 tsp. salt
- 1/2 tsp. baking powder
- 1 1/2 tsp. cinnamon
- 1/4 tsp. cloves

Mix together honey and oil in bowl. Add eggs and beat well. Add pumpkin and stir well. Sift dry ingredients together and add to pumpkin mixture, mixing well. Pour into greased 9" x 5" loaf pan. Bake for 50-60 minutes at 325 degrees or until cake tester comes out clean. Remove from pan. Turn onto wire rack and allow to cool before slicing.

**Yield:** 12 slices

**Serving Size:** One half slice is a grain/bread alternate for 3 - 5 year old.

**Credit:** Providers Voice, October 89



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## Crockpot Ground Beef and Vegetable Stew



One provider says

- 2 cups diced potato(es)
- 1 cup diced carrot(s)
- 2 cups frozen peas
- 1 cup chopped onion
- 1-1/2 lbs. cooked lean hamburger
- 1 cup diced celery
- 1 (10.75 oz.) can condensed tomato soup
- 1 soup can water
- salt & pepper to taste

Brown ground beef in large skillet over medium heat. While meat is browning peel potatoes and carrots; cut into 1 inch pieces. Chop onions and dice celery. Place all ingredients in a crockpot. Cook on low for 6 - 8 hours.

**Yield:** 12 servings

**Serving Size:** One serving is a meat (1.5 oz.) and one (3/8 cup) vegetable for a 3 - 5 year old at lunch/supper.

**Credit:** Ann P. Moundview



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## Peanut Butter & Jelly Muffins



Muffins with peanut butter and jelly inside.

- 1/4 c. margarine
- 1/3 c. brown sugar
- 1/2 tsp. salt
- 1 slightly beaten egg(s)
- 2 c. enriched flour
- 1 Tbsp. baking powder
- 1 c. milk
- favorite jelly

Preheat oven to 425 degrees. Melt margarine, set aside to cool. Stir together flour, baking powder, sugar and salt in a bowl. Add milk, egg and margarine; stir just until all ingredients are mixed together. Put paper liners in 12 muffin cups. Place a large spoonful of batter in each muffin cup. Then add a small spoonful of jelly. Top with another spoonful of batter. Bake for 20-25 minutes until golden brown. Spread with warm peanut butter before serving.

**Yield:** 12 muffins

**Serving Size:** 1/2 muffin is a bread alternate for a 3 - 5 year old.

**Credit:** American Dairy Association



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## Autumn Orchard Snacks



Making vegetables into a bowl is a fun new way to serve fruits and vegetables.

- 1 1/2 acorn squash
- 3/4 cup unsweetened applesauce
- 1/4 Tbsp. brown sugar
- 1/4 Tbsp. ground cinnamon
- 1/4 cup chopped walnuts, optional

Preheat oven to 350 degrees. Wash and halve the squash, remove seeds. Place on baking sheet cut-side down. Cover and cook about 6 to 9 minutes. Be sure they are being cooked thoroughly by rotating the dish halfway through. Scrape the squash flesh from each half into a bowl. Add applesauce, cinnamon, brown sugar and nuts (optional) to bowl and mix. Spoon mixture evenly into squash halves. Cook about 2 to 3 minutes to heat thoroughly. Serve 1/4 squash to each child.

**Yield:** 6

**Serving Size:** One serving is a fruit/vegetable for a 3-5 year old for snack.

**Credit:** CACFP Menu Planning Guide, Team Nutrition



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## German Potato Salad



A favorite recipes passed down from a great aunt.

- 1 1/2 lb potato(es)
- 3/4 c. chopped onion
- 1/2 tsp. sugar
- 1/2 tsp. celery salt
- 3/4 c. water
- 6 slices of bacon
- 2 Tbsp. enriched flour
- 1 1/2 tsp. salt
- dash of pepper
- 1/3 c. vinegar

Boil potatoes with their skins, cool slightly, peel and slice thin. Fry bacon slowly in skillet and drain on paper towels. Saute onion in bacon fat until tender and golden brown. Blend in flour, sugar, salt, celery salt and pepper. Cook over low heat, stirring constantly. Boil 1 minute. Carefully stir in potatoes and bacon bits. Remove from heat, cover and let stand until ready to serve. May be refrigerated and reheated when ready to serve.

**Yield:** 16 servings

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

**Credit:** Grandma Gerry's Favorites



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