










Farm to Child Care Week Six

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Hash Browns Toast	Milk Orange Juice Cereal	Milk Warm Cinnamon Apples Oatmeal	Milk Bananas Bagels	Milk Fruit Cocktail English Muffins
Lunch	Milk Chicken Pita Pocket Romaine Lettuce  Peaches	Milk Gobble Up Burgers Butterhead Lettuce  Tomato Slices Hamburger Buns	Milk Kickin' Chicken  Pineapple Rice	Milk Ham & Cheese Sandwiches Green Beans  Applesauce	Milk Hamburger on Bun Oven Fried Zucchini Sticks  Baked Beans
Snack	Broccoli  Cottage Cheese	Fridge Dill Pickles  Crackers	Crispy Apple Cole Slaw  Breadsticks	Raspberries  Yogurt	Rice Cakes Peanut Butter

Grocery List

Dairy

Milk (10 times)

Bakery

Bread (2 times)

Pita Bread

Hamburger Buns (2 times)

Breadsticks

Bagels

English Muffins

Fresh Produce

Tomatoes

Fresh Dill

Apples

Onion

Bananas

Grocery

Ranch Dressing

Peaches

Cereal

Black Beans

Crackers

Oatmeal

Tomato Sauce

Pineapple (2 times)

Rice

Applesauce

Fruit Cocktail

Baked Beans

Rice Cakes

Peanut Butter

Meat

Chicken (2 times)

Ground Turkey

Deli Ham

Hamburger

Refrigerated/Frozen

Hash Browns

Shredded & Sliced Cheese

Cottage Cheese

Orange Juice

Yogurt

Have on Hand

Dried Dill

Vegetable Oil

Ketchup

Salt and Pepper

Vinegar

Coarse Kosher Salt

Cinnamon

Lemon Juice

Bay Leaf

Mayonnaise

Bread Crumbs

Parmesan Cheese

Garlic Powder

From the Farm

Green Beans

Romaine Lettuce

Butterhead Lettuce

Raspberries

Green Zucchini Squash

Pickling Cucumbers

Bell Peppers

Broccoli

Green Cabbage



Chicken Pita Pockets



Fast and easy! The kids will love it!

- 2 c. diced, cooked chicken
- 3/4 c. reduced fat Ranch salad dressing
- 1 tsp. dried dill
- 2 Tbsp. vegetable oil
- 1 c. shredded lettuce
- 1/2 c. shredded cheese
- 4 large halved pita bread

Blend salad dressing and dill in small bowl; set aside. Heat oil on medium in large skillet. Add chicken; cook 3-5 minutes until chicken is hot. Divide chicken mixture evenly among pitas; add lettuce, salad dressing and 1 tablespoon cheese.

Yield: 8 servings

Serving Size: One pita half is a meat (1.5 oz.) and a grain/bread for 3-5 year old at lunch/supper.

Credit: Adapted from Tyson Foods



Gobble Up Burgers



Add vegetables to this dish by putting tomatoes, lettuce and onions into the ground turkey mix or on top of the burgers.

- 1 lb. ground turkey
- 1 Tbsp. ketchup
- 3/4 tsp. pepper
- 1/2 cup black beans
- 4 whole wheat hamburger rolls
- cooking spray

Mix ground turkey, ketchup and pepper together in large bowl. Form mixture into palm-size patties. Spray skillet with cooking spray. Cook patties on medium-high in skillet until brown on both sides, about 10 minutes total.

Yield: 8

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



Fridge Dill Pickles



- 4 large pickling cucumber
- 3 tsp. coarse kosher salt
- 2 Tbsp. fresh chopped dill
- 1/2 c. white vinegar

Slice cucumbers very thin. Place them in a 1-liter or equivalent lidded jar. Add 3 teaspoons salt and dill, then pour in white vinegar. Close the jar and give it a few shakes to begin distributing the ingredients. Place jar in the refrigerator, and shake it once or twice more over the new few hours. You can eat them as little as 1 to 2 hours later, but they become ideal at 6 to 8 hours. They'll keep in the fridge, submerged in their brine, for 3 weeks.

Yield: 4 cups of pickles

Serving Size: 1/2 cup pickles is a vegetable for a 3-5 year old at snack

Credit: Smitten Kitchen



Kickin' Chicken



Flavoring chicken breasts with different spices gives children a chance to try new flavors without added salt, sugar or fat.

- 1 lb. boneless, skinless, chicken breast
- 2 tsp. olive oil
- 1/2 cup chopped onion
- 1 cup chopped green pepper
- 1 cup chopped red pepper
- 1/3 cup canned tomato sauce
- 1/3 cup lemon juice
- 1/3 cup water
- 1 bay leaf

Heat olive oil in large skillet over medium heat. Add onions and peppers and saute until vegetables are soft (about 5 to 10 minutes). Add chicken. Stir-fry for another 5 to 10 minutes, until thoroughly cooked. Add tomato sauce, lemon juice, bay leaves and water to mix. Cover pan. Reduce heat. Let simmer for 10 minutes until chicken is tender. Remove bay leaves and serve.

Yield: 7

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

Credit: CACFP Menu Planning Guide, Team Nutrition



Crispy Apple Cole Slaw



Fruit boosts the flavor and color of this slaw.

- 2 c. shredded cabbage
- 2 medium apple(s)
- 1 (8 oz.) can crushed and drained pineapple
- 1/2 c. reduced fat mayonnaise

Cut and core apples. Mix the cabbage, apples and crushed pineapple with the mayonnaise in large bowl. Refrigerate at least one hour.

Yield: 8 servings

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

Credit: Pick a better snack



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Oven Fried Vegetable Sticks



Kids love finger foods!

- 1/2 c. seasoned bread crumbs
- 2 Tbsp. grated parmesan cheese
- 1/4 tsp. garlic powder
- 1 lb. (about 3 medium) zucchini
- 1/2 c. water or water
- 1 c. spaghetti sauce or low fat Ranch dressing

Preheat oven to 450 degrees. Spray baking sheet with nonstick spray. Place crumbs, cheese and garlic powder into plastic bag; shake to combine. Cut zucchini into sticks. Fill shallow bowl with milk. Dip sticks into milk and shake in crumbs to coat. Bake on sheet 10 - 15 minutes or until brown. Other vegetables such as sweet potatoes or broccoli florets can also be used. Serve with spaghetti sauce or dressing to dip.

Yield: 6 servings

Serving Size: One serving of about 4 sticks is (1/4 cup) vegetable.

Credit: Pick a better snack



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