










Farm to Child Care Week Thirteen

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Strawberries Cereal	Milk Applesauce Waffles	Milk Tropical Fruit Toast	Milk Peaches Oatmeal	Milk Pears Muffins
Lunch	Milk Chicken Bok Choy Stir Fry  Grapes Rice	Milk Grilled Ham & Cheese Lettuce & Tomato Salad  Orange Smiles	Milk Speedy Stovetop Lasagna  Apple Slices	Milk Pita Pizzas  Corn on the Cob	Milk Egg Salad Sandwich Butternut Squash Fries  Baked Beans
Snack	Carrots  Crackers	Cantaloupe  Yogurt	Cucumbers  String Cheese	Broccoli  Tortilla Chips	Milk Cinnamon Toast

Grocery List			
Dairy Milk (11 times) Sliced Cheese Yogurt String Cheese Mozzarella Cheese Eggs Bakery Bread (4 times) Pita Bread Muffins Meat Chicken Deli Ham Ground Beef	Fresh Produce Strawberries Grapes Oranges Apples Onion Corn on the Cob Refrigerated/Frozen Waffles	Grocery Cereal Rice Crackers Applesauce Tropical Fruit Marinara Sauce Lasagna Noodles Peaches Oatmeal Great Northern Beans Tortilla Chips Pears Baked Beans	Have on Hand Garlic Oil Ginger Soy Sauce Italian Seasoning Basil Mayonnaise

From the Farm 
Bok choy Mustard greens Bell peppers Cantaloupe Tomatoes Cucumbers Broccoli Carrots Butternut squash

Bok Choy Stir-Fry



- 1 Tbsp. oil
- 2 cloves minced garlic
- 1 tsp. ground ginger
- 1 head bok choy
- 1 1/2 Tbsp. soy sauce

Heat oil in frying pan or wok over medium-high heat. Add ginger and garlic and cook about 1 min. Add bok choy and soy sauce and cook, stirring frequently, until greens are wilted and stems just tender, about 3 min. Remove from heat & serve.

Yield: 3 cups stir-fry

Serving Size: 1/4 c. stir-fry is a vegetable for a 3-5 year old at lunch/supper

Credit: Capay Valley Farm Shop



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Pita Pizzas



Try this unique pizza with beans as the sauce.

- 3 (4-inch) whole wheat pita pocket(s)
- 1/4 cup chopped onion
- 1/2 tsp. minced garlic
- 1 (15.5 oz.) can great northern beans
- 2 tsp. dried basil
- 1/2 cup diced, seeded tomato(es)
- 1/2 cup sliced green pepper
- 1 1/2 cups shredded mozzarella cheese

Heat oven to 425 degrees. Cut pita breads around the edge in half. Place in ungreased jelly roll pan. Bake uncovered about 5 minutes or just until crisp. Drain beans, reserving 1/2 cup liquid. Cook onion and garlic in reserved bean liquid in 10-inch skillet over medium heat about 5 minutes. Stir in beans, heat through. Mash bean mixture with a spoon or potato masher, stir in basil. Divide bean mixture evenly over each pita half; top with tomato, bell pepper and 2 tablespoons cheese. Return to oven for 5 minutes or until cheese is melted.

Yield: 6 servings

Serving Size: One pita pizza is a meat (1.5 oz.), one (1/8 cup) vegetable and a grain/bread for a 3 - 5 year old at lunch/supper.

Credit: Adapted from Betty Crocker, #67



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Speedy Stovetop Lasagna



- 1 Tbsp. olive oil
- 1 small chopped onion
- 1 lb. ground beef
- 4 c. chopped mustard greens
- 1 tsp. Italian seasoning
- 9 oz. broken lasagna noodles
- 24 oz. jar marinara sauce
- 1 c. mozzarella cheese

Heat the oil over medium heat in a deep skillet. Add the onions and cook until they are slightly translucent, about 5 minutes. Add the beef, stirring to break it up, and cook for about 5 minutes, until the meat is no longer red. Add the chopped greens, basil and oregano, and cook for another 2 minutes. Add broken noodles on top of meat mixture, then top with tomato sauce. Fill empty tomato sauce jar full of water (about 3 cups) and add to skillet. Stir to combine. Bring to boil and then reduce to simmer, cover, and cook for 30 minutes, stirring occasionally. Add cheese on top, do not stir again; cover for 3 to 5 minutes until cheese is melted.

Yield: 6 servings

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

Credit: Sneaky Chef



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Butternut Squash Fries



Instead of French fries, try these healthy fries.

- 1-1/2 to 2 lbs. butternut squash
- 2 Tbsp. olive oil
- kosher salt to taste

Preheat oven to 425 degrees F. Spray a heavy baking sheet with nonstick spray. Peel and seed butternut squash. Cut into long, 1/2-inch wide strips, like steak fries. Drizzle olive oil over. Sprinkle with kosher salt. Using your hands, toss the fries to make sure they are evenly coated. Spread fries out in an even layer on the prepared baking sheet. Bake 20 minutes. Using tongs, turn squash fries over. Bake another 15 minutes. Turn heat down to 200 degrees F. Bake another 10 to 15 minutes until fries are golden brown.

Yield: 8 servings

Serving Size: One serving is 1/4 cup vegetable for a 3- 5 year old

Credit: About.com



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