



Texas Farm Fresh Initiative



# Farm to Child Care Menu Planning Resource







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## Farm to Child Care Menu Planning Resource



### Introduction

This resource was created to introduce menu planners and purchasers to the basics of thinking seasonally and locally when planning meals for child care centers, day care homes and emergency shelters. The Texas Department of Agriculture (TDA) recommends purchasing seasonally and locally as a best practice. Purchasing seasonally and locally can help to reduce food costs, boost meal appeal and increase nutritional value in produce items. Also, items purchased at the peak of their natural season tend to taste better. Child and Adult Care Food Program (CACFP) participants must adhere to Federal procurement regulations when making purchases using Federal program funds.

TDA provides CACFP participants with these quick tips to help promote success in their efforts to incorporate local and seasonal products in their meals on a regular basis.

Quick tips for integrating local products into menus:

- **START WITH AN ATTAINABLE GOAL** Consider starting with a particular component like produce or focusing on a day of the month to introduce local items.
- **THINK SEASONALLY** Use TDA's online seasonality tool at [SquareMeals.org/SeasonalityWheel](http://SquareMeals.org/SeasonalityWheel) to find out what fresh fruits and vegetables are in season each month.
- **PLAN AHEAD** If you are working directly with a farmer or rancher consider working with them to determine the products that are best fits for both your program and their operation.
- **FOLLOW THE CURRENT MEAL PATTERN GUIDANCE** Compliance is easier with program integrity.
- **BUILD AWARENESS** Ensure parents and your community know about your efforts to include more local foods into meals and snacks.

We hope that you find this resource helpful. If you would like more seasonal recipes please visit [www.Squaremeals.org/BoostMealAppeal](http://www.Squaremeals.org/BoostMealAppeal) for CACFP page under F&N Resources. For additional resources to successfully integrate farm to child care best practices in your program please visit [www.SquareMeals.org/FarmtoChildcare](http://www.SquareMeals.org/FarmtoChildcare).

Quick tips for finding local products in your area:

- Visit TDA's Farm Fresh Network at [www.SquareMeals.org/FarmFreshNetwork](http://www.SquareMeals.org/FarmFreshNetwork) to connect directly with producers that are interested in selling to child care centers.
- Visit [GOTEXAN.org](http://GOTEXAN.org) for a list of certified farmers markets in your area.
- Connect directly to a producer through AgriLife Extension Agents by searching "AgriLife Extension" and the name of the county you are located in.
- Connect with the Farm Fresh team by email at [LocalProducts.SquareMeals@TexasAgriculture.gov](mailto:LocalProducts.SquareMeals@TexasAgriculture.gov).



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### Summer Cycle Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
<b>Milk</b>	Fluid milk	Fluid milk	Fluid milk	Fluid milk	Fluid milk
<b>Fruit</b>	Strawberries	Peach slices	Banana Slices	Apple Slices	Peach Slices
<b>Vegetable</b>	-	-	-	-	-
<b>Grain</b>	Whole Grain Cereal	Whole Grain Toast	Whole Grain Cereal	Oatmeal	Whole Grain Cereal
<b>Lunch</b>					
<b>Milk</b>	Fluid milk	Fluid milk	Fluid milk	Fluid milk	Fluid milk
<b>Fruit</b>	Summer Sizzler	Pears	Nectarines	Peach Slices	Cantaloupe
<b>Vegetable</b>	Baked Sweet Potato Wedges	Swamp Soup	Luigi's Lasagna	Leafy Greens	Sloppy Sammies
<b>Grains</b>	Whole Grain Rolls	Whole Grain Bread Stick		Whole Grain Hot Dog Roll	
<b>Meat/Meat Alternates</b>	Summer Sizzler	Swamp Soup		Sailboats	
<b>Snack</b>					
<b>Milk</b>	-	-	-	-	-
<b>Fruits/Vegetables</b>	Applesauce	Bell Pepper Sticks	Watermelon	Carrots	Banana Slices
<b>Grains</b>	Whole Grain Crackers	Mini Rice Cakes	-	-	Whole Grain Mini Bagel
<b>Meats/Meat Alternate</b>	-	-	Cheese Slices	Sandy Snack	-
<b>Beverage</b>	Water	Water	Water	Water	Water



# Texas Farm Fresh Initiative

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### Summer Menu Cycle Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
<b>Milk</b>	Fluid milk	Fluid milk	Fluid milk	Fluid milk	Fluid milk
<b>Fruit/ Vegetables</b>	Peach Slices	Cantaloupe	Orange Wedges	Peach Slices	Apple Slices
<b>Grain</b>	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Mini Bagel	Mega Muffins	Whole Grain Pancakes
<b>Lunch</b>					
<b>Milk</b>	Fluid milk	Fluid milk	Fluid milk	Fluid milk	Fluid milk
<b>Fruit</b>	Orangutan Salad	Apple Slices	Peach Slices	Strawberries	Honeydew Melon
<b>Vegetable</b>	Baked Sweet Potato	Cucumbers			Corn
<b>Grains</b>		Brown Rice	Pete's Pizza	Sunshine Roll-ups	Whole Grain Roll
<b>Meat/Meat Alternates</b>	Turkey and Cheese Sandwich	Gone Fishin'			Baked Skinless Chicken Breast
<b>Snack</b>					
<b>Milk</b>	-	-	-	-	-
<b>Fruits/ Vegetables</b>	Blueberries	Peach Slices	Strawberries	Peach Slices	
<b>Grains</b>	-	Graham Crackers	-	-	Corn Chips
<b>Meats/Meat Alternate</b>	Hard Boiled Eggs	-	String Cheese	Yogurt	Molten Lava
<b>Beverage</b>	Water	Water	Water	Water	Water



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### Shopping checklist for cycle menus

#### Milk

- 1% (low-fat) or fat-free
- Whole for age 12 months through 23 months

#### Fruits & Vegetables

- Apples
- Asian vegetable mix (fresh or frozen)
- Bananas
- Blueberries
- Broccoli (fresh or frozen)
- Cantaloupe
- Carrots (fresh, canned or frozen)
- Celery (fresh or frozen)
- Corn (fresh, canned or frozen)
- Cranberries (dried)
- Cucumbers
- Green bell peppers (fresh or frozen)
- Leafy greens
- Lemon juice (fresh squeezed or bottled)
- Lettuce
- Mandarin oranges (canned in 100% juice or light syrup)
- Melon
- Mixed fruit (canned in 100% juice or light syrup)
- Mushrooms (fresh, canned or frozen)
- Nectarines
- Onions
- Oranges
- Peaches (fresh, frozen or canned in 100% juice)
- Pears (fresh, frozen, or canned in 100% juice)
- Pineapple (fresh or canned in 100% juice)
- Raisins or dried fruit (optional)
- Red bell peppers (fresh or frozen)
- Salsa
- Spinach (fresh)
- Strawberries (fresh or frozen, no sugar added)
- Sweet Potato
- Tomato sauce
- Tomatoes (fresh or canned, crushed)
- Watermelon

- Zucchini (fresh or frozen)

#### Meats & Meat Alternates

- Almonds
- Black beans (canned or dry)
- Cheese (sliced)
- Chicken (skinless, boneless)
- Turkey, pork or tofu\* (optional ingredient)
- Chickpeas/garbanzo beans (canned)
- Chopped nuts (optional)
- Cottage cheese (low-fat)
- Eggs
- Feta cheese
- Fish fillets (frozen, unbreaded)
- Ground turkey or chicken
- Hamburger
- Lima beans
- Low-fat yogurt (plain or vanilla)
- Mozzarella cheese (part-skim, shredded)
- Navy beans/great northern beans (dry or canned)
- Peanut butter
- Shredded cheese
- String cheese
- Tuna (chunk light, packed in water)

#### Grains & Breads

- Brown rice
- Whole wheat flour
- Graham crackers
- Whole grain cereal
- Mini rice cakes
- Steel cut or old-fashioned oats
- Whole grain pancake mix
- Whole grain chips
- Whole grain English muffins
- Whole grain lasagna noodles
- Whole grain mini bagel
- Whole grain pita or crackers
- Whole grain tortillas
- Whole grain buns
- Whole grain hot dog rolls

#### Other\*

- Baking powder
- Barbeque sauce
- Black pepper
- Brown sugar
- Chicken or vegetable broth
- Garlic (or garlic powder)
- Garlic salt
- Honey
- Hot pepper sauce
- Light mayonnaise
- Olive or canola oil
- Oregano
- Paprika
- Parsley (dried)
- Red or cayenne pepper
- Salad dressing (sweet and sour)
- Salt
- Soy sauce (low-sodium)
- Thyme
- Vegetable oil

\*Not CACFP reimbursable

#### Fresh Produce Options in Season During Summer Include:

- Peppers
- Blueberries
- Broccoli
- Cantaloupe
- Carrots
- Cucumber
- Lettuce
- Mushrooms
- Peaches
- Strawberries
- Zucchini
- Sweet potato
- Watermelon
- Apples
- Melon
- Tomatoes



**Texas Farm Fresh Initiative**  
**Farm to Child Care Menu Planning Resource**



# Recipes for Summer Cycle Menus




Summer Sizzler				
Ingredients	5 Servings	10 Servings	30 Servings	60 Servings
Chicken, turkey or pork, cut into cubes or thin slices	3/4 pound	1-1/2 pounds	4-1/2 pounds	9 pounds
Oil, olive or canola, or cooking spray	1/2 T.	1 T.	3 T.	6 T.
Asian vegetable mix, frozen	2-1/2 cups	5 cups	15 cups	30 cups
Soy sauce, low-sodium (optional)	1 T.	2 T.	6 T.	12 T.

Nutrition Facts	
Serving size: 3/4 cup (164g)	
Servings Per Recipe: 10	
Amount Per Serving	
Calories 162	Cal. from Fat 32
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	4%
Cholesterol 38mg	15%
Sodium 393mg	15%
Total Carbohydrate 15g	4%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 18g	
Vitamin A 115%	Vitamin C 20%
Calcium 4%	Iron 8%

**Directions:**




1. Slice chicken, turkey or pork into strips or cubes.
2. Spray pan (or wok or griddle) with cooking spray or use a little olive or canola oil.
3. Cook until meat is browned.
4. Add vegetables to the meat and cook for 1 to 2 minutes until the vegetables are cooked, but still colorful and crisp.

Swamp Soup				
Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Navy beans or great northern beans, dry -or-	3/4 cup + 2 T.	1-3/4 cups	3-1/2 cups	7 cups
Navy beans or great Northern beans, canned (15 ounce can)	2 cans	4 cans	8 cans	16 cans
Chicken or vegetable stock	3/4 cup	1-1/2 cups	3 cups	6 cups
Carrots, chopped 	1 cup	2 cups	4 cups	8 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Celery, chopped	1/2 cup	1 cup	2 cups	4 cups
Garlic, minced -or-	1/2 tsp.	1 tsp.	2 tsp.	4 tsp.
Garlic powder	1/16 tsp.	1/8 tsp.	1/4 tsp.	1/2 tsp.
Olive oil	1/2 T.	1 T.	2 T.	1/4 cup

Nutrition Facts	
Serving size: 1/2 cup (106g)	
Servings Per Recipe: 24	
Amount Per Serving	
Calories 138	Cal. from Fat 18
% Daily Value*	
Total Fat 2g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 220mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 8g	35%
Sugars 3g	
Protein 9g	
Vitamin A 50%	Vitamin C 6%
Calcium 6%	Iron 10%

**Directions**

1. If using dry beans, sort and rinse navy beans and soak in 4 cups of cold water at least 4 hours (until they double in size) or overnight. Drain. If using canned navy beans, drain and rinse.
2. Pour beans in a large slow cooker and add chicken or vegetable stock. Add enough water to cover beans by 1”.
3. Peel carrots and onions. Finely dice carrots, onions and celery. Set aside.
4. Sauté carrots, onions and celery with garlic and olive oil until they soften.
5. Add this mixture to the beans in the crock pot. Stir thoroughly.
6. Cook on medium or low power for 4 to 6 hours until beans are tender.

Luigi's Lasagna				
Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Lasagna noodles, whole grain	6 noodles	12 noodles	26 noodles	54 noodles
Vegetable oil	1/2 T.	3/4 T.	1-1/2 T.	3 T.
Zucchini, sliced 	1/4 cup + 2 T.	3/4 cup	1-1/2 cups	3 cups
Mushroom, sliced 	2 T.	1/4 cup	1/2 cup	1 cup
Onion, chopped	2 T.	1/4 cup	1/2 cup	1 cup
Broccoli, frozen	1/2 cup	1 cup	2-1/4 cup	4-1/2 cups
Cottage cheese, low-fat, drained 	1-1/2 cups	3 cups	6 cups	12 cups
Parsley, dried	1/2 T.	3/4 T.	1-1/2 T.	3 T.
Mozzarella cheese, grated	1/4 cup + 2 T.	3/4 cup	1-1/2 cups	3 cups
Tomatoes, canned	1/2 cup	1 cup	2-1/4 cups	4-1/2 cups

Nutrition Facts	
Serving size: 1 slice (121g)	
Servings Per Recipe: 25	
Amount Per Serving	
Calories 178	Cal. from Fat 36
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	8%
Cholesterol 7mg	2%
Sodium 265mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	2%
Sugars 2g	
Protein 13g	
Vitamin A 6%	Vitamin C 15%
Calcium 10%	Iron 8%

### Directions

1. Cook lasagna noodles as directed.
2. Heat vegetable oil. Add zucchini, mushrooms and onions. Sauté for 3 minutes. Remove from heat and set aside.
3. Cook broccoli as directed. Set aside.
4. Combine cottage cheese and parsley.
5. Spread vegetables on the bottom of a 12x20x2 1/2 pan for 25 servings (9x9x2 pan for 12 servings). Follow with a layer of noodles, a layer of cottage cheese, another layer of vegetables and a layer of mozzarella.
6. Repeat for the second layer.
7. Finish with one more layer of noodles and the tomato sauce.
8. Cover with a layer of plastic wrap and then a layer of foil.
9. Bake at 375°F for 50 minutes for 25 servings (25 minutes for 12) or until warmed through.

Sandy Snack				
Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Chickpeas (canned garbanzo beans, 12.5 ounce), drained, rinsed well	1/2	1	2	4
Yogurt, low-fat or fat-free	1/2 cup	1 cup	2 cups	4 cups
Lemon juice	1 T.	2 T.	1/4 cup	1/2 cup
Hot pepper sauce (optional)	1 drop	3 drops	6 drops	12 drops
Olive oil	3/4 T.	1-1/2 T.	3 T.	6 T.

### Directions

1. Blend chickpeas, yogurt, lemon juice, olive oil and hot sauce in blender until smooth.
2. Serve as a sandwich spread or have children use it as a dip with whole grain crackers or fresh vegetables, such as carrot or cucumber slices.

Nutrition Facts	
Serving size: 1/4 cup (65g)	
Servings Per Recipe: 20	
Amount Per Serving	
Calories 76	Cal. from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	4%
Cholesterol 1mg	0%
Sodium 123mg	4%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 6%	Iron 4%

Summer Sizzler				
Ingredients	5 Servings	10 Servings	30 Servings	60 Servings
Chicken, turkey or pork, cut into cubes or thin slices	3/4 pound	1-1/2 pounds	4-1/2 pounds	9 pounds
Oil, olive or canola, or cooking spray	1/2 T.	1 T.	3 T.	6 T.
Asian vegetable mix, frozen	2-1/2 cups	5 cups	15 cups	30 cups
Soy sauce, low-sodium (optional)	1 T.	2 T.	6 T.	12 T.

Nutrition Facts	
Serving size: 3/4 cup (164g)	
Servings Per Recipe: 10	
Amount Per Serving	
Calories 162	Cal. from Fat 32
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	4%
Cholesterol 38mg	15%
Sodium 393mg	15%
Total Carbohydrate 15g	4%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 18g	
Vitamin A 115%	Vitamin C 20%
Calcium 4%	Iron 8%

### Directions

1. Slice chicken, turkey or pork into strips or cubes.
2. Spray pan with cooking spray or use a little olive or canola oil.
3. Cook until meat is browned.
4. Add vegetables to the meat and cook for 1 to 2 minutes until the vegetables are cooked, but still colorful and crisp.
5. Season with soy sauce, optional.

Sloppy Sammies				
Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Cooking spray	-	-	-	-
Onion, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Green bell pepper, chopped	1/4 cup	1/2 cup	1 cup	2 cups
Ground turkey	1 pound	2 pounds	4 pounds	8 pounds
Tomato sauce	1/2 cup	1 cup	2 cups	4 cups
Tomatoes, chopped -or- canned crushed tomatoes	3/4 cup	1-1/2 cup	3 cups	6 cups
Barbeque sauce	1/4 cup	1/2 cup	1 cup	2 cups
Whole wheat hamburger or hot dog buns	3	6	12	24

### Nutrition Facts

Serving size: 3/4 cup; 1/2 roll (188g)  
Servings Per Recipe: 24

Amount Per Serving	
Calories	245
Cal. from Fat	69
% Daily Value*	
Total Fat	8g 10%
Saturated Fat	2g 10%
Cholesterol	60mg 20%
Sodium	461mg 20%
Total Carbohydrate	27g 8%
Dietary Fiber	4g 15%
Sugars	3g
Protein	18g
Vitamin A	30%
Vitamin C	15%
Calcium	8%
Iron	15%

### Directions

1. Spray skillet with cooking spray. Sauté onions, carrots, green pepper and ground turkey in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, chopped or crushed tomatoes, and barbeque sauce. Bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole wheat buns.

Molten Lava				
Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Black beans, canned or cooked from dry	1-1/2 cups	3 cups	6 cups	12 cups
Mild salsa	1 cup	2 cups	4 cups	8 cups
Whole grain pita wedges, crackers -or-	2 T.	1/4 cup	1/2 cup	1 cup
Vegetables for dipping	1/4 cup + 2 T.	3/4 cup	1-1/2 cups	3 cups


### Nutrition Facts

Serving size: 1/4 cup (81g)  
Servings Per Recipe: 24

Amount Per Serving	
Calories	67
Cal. from Fat	3
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	226mg 8%
Total Carbohydrate	12g 4%
Dietary Fiber	4g 15%
Sugars	1g
Protein	4g
Vitamin A	4%
Vitamin C	4%
Calcium	2%
Iron	4%


### Directions

1. Purée beans with salsa.
2. Serve with whole grain pita wedges, whole grain crackers or vegetables for dipping.

Gone Fishin'				
Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Fish fillets, frozen, un-breaded, cut into strips 	3/4 pound	1-1/2 pounds	3-3/4 pounds	7-1/2 pounds
Lemon juice	1 T.	2 T.	5 T.	10 T.
Paprika	1/4 tsp.	1/2 tsp.	1-1/2 tsp.	3 tsp.
Pepper, red/cayenne	Pinch	1/8 tsp.	3/8 tsp.	3/4 tsp.
Pepper, black	1/8 tsp.	1/4 tsp.	3/4 tsp.	1-1/2 tsp.
Oregano, ground	Pinch	1/4 tsp.	3/4 tsp.	1-1/2 tsp.
Thyme, ground	Pinch	1/4 tsp.	3/4 tsp.	1-1/2 tsp.
Vegetable oil	2 T.	1/4 cup	3/4 cup	1-1/2 cup

### Directions

1. Place fish portions on an ungreased pan.
2. Mix seasonings in a small bowl. Place in a shaker.
3. Sprinkle lemon juice over the top of the fish fillets.
4. Shake seasoning mix over fish fillets.
5. Lightly spray or drizzle oil over the seasonings.
6. Bake at 350°F for 20 minutes or until fish flakes easily with fork.

Orangutan Salad				
Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Spinach, fresh 	1-1/2 cups	3 cups	9 cups	18 cups
Mandarin oranges, 15 ounce can, drained	1/2	1	3	6
Almonds, slivered (optional)	1 T.	2 T.	1/4 cup + 2 T.	3/4 cup
Dried cranberries (optional)	2 T.	1/4 cup	3/4 cup	1-1/2 cups
Feta cheese	1 T.	2 T.	1/4 cup + 2 T.	3/4 cup
Sweet and sour salad dressing	1 T.	2 T.	1/4 cup + 2 T.	3/4 cup



### Directions

1. Wash spinach.
2. Drain juice from mandarin oranges.
3. Toss all ingredients in a large salad bowl and mix thoroughly.

Nutrition Facts	
Serving size: 1-1/2 oz (41g)	
Servings Per Recipe: 25	
Amount Per Serving	
Calories 43	Cal. from Fat 14
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g 0%	
Cholesterol 13mg	4%
Sodium 27mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g 0%	
Sugars 0g	
Protein 7g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 0%

Nutrition Facts	
Serving size: 1/4 cup (76g)	
Servings Per Recipe: 24	
Amount Per Serving	
Calories 42	Cal. from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g 0%	
Cholesterol 1mg	0%
Sodium 29mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 1g 4%	
Sugars 8g	
Protein 1g	
Vitamin A 35%	Vitamin C 35%
Calcium 2%	Iron 4%






Sunshine Rollups				
Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Chicken, chopped 	1 pound	2 pounds	4 pounds	8 pounds
Celery, chopped	1/4 cup + 2 T.	3/4 cup	1-1/2 cup	3 cups
Mandarin oranges, canned, drained	1/2 cup	1 cup	2 cups	4 cups
Onion, chopped	2 T.	1/4 cup + 2 T.	3/4 cup	1-1/2 cups
Mayonnaise	1 T.	2 T.	1/4 cup	1/2 cup
Pepper	1/8 tsp.	3/8 tsp.	3/4 tsp.	1-1/2 tsp.
Tortilla, whole grain, 6" 	6	12	24	48
Lettuce, chopped	1/2 cup	1 cup	2 cups	4 cups

**Directions**

1. In a mixing bowl, combine chicken, celery, oranges and onions.
2. Add mayonnaise and pepper. Mix until chicken is coated.
3. Place about four teaspoons of lettuce onto the tortilla and top with the chicken mix.
4. Roll up and enjoy!




Nutrition Facts	
Serving size: 1 tortilla w/ filling (124g)	
Servings Per Recipe: 24	
Amount Per Serving	
Calories 192	Cal. from Fat 39
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1g	4%
Cholesterol 49mg	15%
Sodium 364mg	15%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 21g	
Vitamin A 10%	Vitamin C 10%
Calcium 4%	Iron 8%

Sailboats				
Ingredients	6 Servings	10 Servings	20 Servings	40 Servings
Tuna, chunk-light, water-packed, drained	8 ounces	16 ounces	32 ounces	64 ounces
Mayonnaise, light	1 T.	2 T.	1/4 cup	1/2 cup
Yogurt, plain, low-fat 	1/2 T.	1 T.	2 T.	3 T.
Rolls, whole grain 	2/12	5	10	20
Cheese, shredded 	1/4 cup	1/2 cup	1 cup	2 cups

**Directions**

1. Heat oven to 350° F.
2. Mix the tuna, mayonnaise, yogurt and honey mustard in a bowl.
3. Slice buns in half.
4. Spread 1/4 cup of tuna mixture evenly on each half bun.
5. Place on cookie sheet and bake for 8 minutes.
6. Top with 2 tsp. cheese. Bake 2 more minutes.

Nutrition Facts	
Serving size: 1/4 cup; 1/2 roll (77g)	
Servings Per Recipe: 28	
Amount Per Serving	
Calories 167	Cal. from Fat 55
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	6%
Cholesterol 10mg	4%
Sodium 147mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 17g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 8%

Pete's Pizza				
Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
English muffins, whole grain, halved 	2	4	12	24
Tomato or spaghetti sauce	1 cup	2 cups	6 cups	12 cups
Broccoli, finely chopped 	1/2 cup	1 cup	3 cups	6 cups
Lima beans, black beans, or Northern beans 	1 cup	2 cups	6 cups	12 cups
Red peppers, diced	1/4 cup	1/2 cup	1-1/2 cups	3 cups
Onions, diced	1/4 cup	1/2 cup	1-1/2 cups	3 cups
Mozzarella cheese, part-skim	1/2 cup	1 cup	3 cups	6 cups
Oregano	1 tsp.	2 tsp.	6 tsp.	12 tsp.

## Nutrition Facts





Serving size: 1 muffin (53g)  
Servings Per Recipe: 24

Amount Per Serving	
Calories 170	Cal. from Fat 53
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	4%
Cholesterol 18mg	6%
Sodium 268mg	10%
Total Carbohydrate 27g	8%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 6%

### Directions

1. Preheat oven to 400°F.
2. Split English muffins in half. Pre-toast lightly if desired.
3. Add toppings in order listed.
4. Bake for 10 minutes.



Mega Muffins				
Ingredients	5 Servings	10 Servings	20 Servings	40 Servings
Milk, 1% (low-fat) or fat-free 	1/4 cup	1/2 cup	1 cup	2 cups
Vegetable oil	2 T.	1/4 cup	1/2 cup	1 cup
Egg, beaten 	1/2	1	2	4
Honey	2 T.	1/4 cup	1/2 cup	1 cup
Oats, old-fashioned, uncooked	3/4 cup	1-1/2 cups	3 cups	6 cups
Flour, white, enriched	1/4 cup	1/2 cup	1 cup	2 cups
Flour, whole wheat 	1/4 cup	1/2 cup	1 cup	2 cups
Brown sugar, packed 2	2 T.	1/4 cup	1/2 cup	1 cup
Baking powder	1/2 T.	1 T.	2 T.	1/4 cup
Salt	1/2 tsp.	1 tsp.	2 tsp.	4 tsp.
Optional: blueberries or chopped apples, raisins or dried fruit, chopped nuts 	1/2 cup	1 cup	2 cups	4 cups

Nutrition Facts	
Serving size: 1 muffin (53g)	
Servings Per Recipe: 24	
Amount Per Serving	
Calories 170	Cal. from Fat 53
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	4%
Cholesterol 18mg	6%
Sodium 268mg	10%
Total Carbohydrate 27g	8%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 6%

### Directions

1. Preheat oven to 400° F.
2. Prepare muffin pans by oiling, spraying with cooking spray or using paper cupcake liners.
3. Combine milk, oil, egg and honey in a small bowl and mix.
4. Combine dry ingredients in a large bowl and mix.
5. Add wet ingredients to dry, mixing just until dry ingredients are moistened.
6. For plain muffins, skip ahead to step 8.
7. For fruit or nut muffins, fold in the optional ingredients for the variation you chose.
8. Fill greased or paper-lined muffin cups 3/4 full.
9. Bake in preheated oven for 15 to 18 minutes or until golden brown.

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P.O. Box 12847 | Austin, Texas 78727

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