













CHILD AND ADULT CARE FOOD PROGRAM **CACFP WEEK RECIPE BOOK**

National Child and Adult Care Food Program (CACFP) Week focuses on promoting healthy meals to both children and adults in afterschool programs and day care facilities. Celebrated annually on the third week of March, National CACFP Week recognizes all CACFP partners that provied healthy meals to their participants. These nutritious meals contribute to the wellness, growth and the development of young children and supports quality of life for seniors. The following recipes contribute to tasty meals!









Lunch/Supper Optional at Snack



Fruits or Vegetables Required at Breakfast/ Lunch/Supper and Optional at Snack

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CACFP Week Recipe Book

SPECIAL FEATURES TAILORED FOR FEDERAL NUTRITION PROGRAMS



RECIPE YIELD

RAINBOW FRUIT MELODY

Ingredients

•	
Juice, orange 100%	1 ½ cups
Lemon juice, from concentrate	1 cup
Honey	5 tablespoons + 1 teaspoon
Ginger, ground	½ teaspoon
Nutmeg, ground	½ teaspoon
Mango, chunk, frozen	1 quart
Blueberries, frozen	1 quart
Nectarines, raw, fresh	8 medium (2 ½" diameter) or 1 ½ pounds
Strawberries, fresh	2 quarts or 2 pounds
Grapes, fresh, red, seedless	1 quart or 2 pounds

Directions

- Prepare dressing first. To make dressing: Combine orange juice, lemon juice, honey, ginger and nutmeg. Whisk together until completely mixed. Set aside.
- 2. Place mango in large bowl. Thaw blueberries, rinse and add to mango.
- $3. \ \mbox{Wash}$ nectarines. Do not peel. Slice thin and add to bowl of fruit.
- 4. Wash and hull strawberries. Slice in half and add to bowl of fruit.
- 5. May use red or green seedless grapes. Wash grapes and slice in quarters. Add to bowl of fruit.
- 6. Toss fruit with dressing as soon as possible to prevent browning.

Serving Instructions: Portion with No. 8 scoop (1/2 cup).





MEAL PATTERN
CONTRIBUTION

RECIPE KEY



children and adults discover New Ways to enjoy the many tastes of Texas.





BREAKFAST



BREAKFAST

Texas Orange Smiles	. 6
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Cinnamon Crisp with Fruit Salsa	. 0







TEXAS ORANGE SMILES

Ingredients

Oranges, fresh, whole, as purchased 50 each

50 each or 9 pounds

Directions

- 1. Wash oranges throroughly under running water and allow to air-dry.
- 2. Cut oranges into four quarters, slicing from top to bottom.
- 3. Two (2) orange quarters equal one (1) half orange.

Serving Instructions: Serve $\frac{1}{2}$ orange.

RECIPE YIELD

Portion Yield	50
Portion Size	½ orange

MEAL PATTERN CONTRIBUTION

N/A
N/A
¹⁄₄ cup
N/A
N/A



Oranges provide an excellent source of vitamin C.





CRANBERRY GRANOLA

Ingredients

Oil, olive	1 1/4 cup
Sugar, Brown, light	1 1/4 cup
Honey	1 ¼ cup
Cinnamon, ground	3 tablespoons + 1 teaspoon
Quick Oats, rolled	2 pounds + 13 ounces
Cranberries, dried	1 pint + 1 3/4 cup

Directions

- 1. Preheat conventional oven to 300 degrees.
- 2. Combine olive oil, brown sugar, honey and cinnnamon in a small bowl. Using a whisk, mix until combined and set aside.
- 3. Place oats in a large mixing bowl.
- 4. Pour oil and sugar mixture over oats.
- 5. Using a spatula, stir to coat oats evenly with mixture.
- 6. Spread mixture in a very thin layer on full size baking sheets (Use 3 to 4 baking sheets for 50 servings).
- 7. Bake for 20-25 minutes or until lightly browned. Watch closely to avoid scorching.
- 8. Allow granola to cool before adding cranberries.
- 9. Add cranberries to cooled granola and mix well.

Serving Instructions: Portion with No. 16 scoop ($\frac{1}{4}$ cup).

RECIPE YIELD

Portion Yield	75
Portion Size	1/4 cup or No. 16 scoop

MEAL PATTERN CONTRIBUTION

Meat/Alt	N/A
Grain	½ serving
Fruit	½ cup
Vegetable	N/A
Milk	N/A



Store in an airtight container until ready to serve/use.



BERRY PARFAIT

Ingredients

Cranberry Granola	3 quarts
Strawberries, fresh whole or	2 ½ pounds, fresh or
frozen unsweetened	3 ½ pounds, frozen
Blueberries, fresh whole or	2 ½ pounds, fresh or
frozen	2 1/4 pounds, frozen
Yogurt, vanilla	12 pounds

Directions

- 1. Prepare granola at least one day ahead of time.
- 2. Wash fresh fruit and drain prior to preparation.
- 3. Hull fresh strawberries. Dice strawberries and place in bowl. Frozen strawberries, partially thaw amount needed in refrigerator overnight.
- 4. Place fresh blueberries in mixing/serving bowl. Frozen blueberries, partially thaw amount needed in refrigerator overnight.
- 5. Place 1/8 cup strawberries in a clear parfait cup.
- 6. Top with 4 ounces yogurt.
- 7. Add 1/8 cup blueberries on top of yogurt.
- 8. Place 1/4 cup Cranberry Granola on top of parfait.
- 9. Granola can be served on the side, if desired.

Serving Instructions: Serve one parfait per participant.

RECIPE YIELD

Portion Yield	48
Portion Size	1 each

MEAL PATTERN CONTRIBUTION

Meat/Alt	1 ounce
Grain	½ serving
Fruit	3/8 cup
Vegetable	N/A
Milk	N/A



If parfaits are made ahead of time, keep refrigerated. Color from fruit may seep into yogurt if prepared ahead of time.

CINNAMON CRISPS WITH FRUIT SALSA

Ingredients

Tortillas, whole wheat flour, 6"	25 each
Sugar, granulated	½ cup
Cinnamon, ground	½ cup
Margarine, solid	1 tablespoon
Strawberries, fresh	2 pounds + 8 ounces
Blueberries, fresh	2 pounds + 8 ounces
Pineapple tidbits, canned natural juice	2 #10 cans
Peaches, diced, yellow cling, canned in natural juice or light syrup	1 #10 can

Directions

- 1. Preheat conventional oven to 350 degrees or convection oven to 375 degrees.
- 2. Wash fresh fruit and drain prior to preparation.
- 3. Using a pizza cutter or sharp knife, cut each tortilla into 8 wedges. Lay flat on a baking sheet.
- 4. Mix sugar and cinnamon together and set aside.
- 5. Melt margarine. Brush tortilla wedges with melted margarine. Sprinkle cinnamon and sugar mixture on tortillas.
- 6. Bake in oven for 8 to 10 minutes or until light brown. Set aside to cool.
- 7. Hull fresh strawberries. Dice strawberries and place in mixing bowl.
- 8. Add fresh blueberries to bowl with strawberries.
- 9. Drain juice from pineapple. Add well drained pineapple to bowl with strawberries and blueberries.
- 10. Drain juice from peaches. Add well drained peaches in bowl with remaining fruit.

Serving Instructions: Serve 4 wedges of tortilla and portion fruit with No. 8 scoop ($\frac{1}{2}$ cup).

RECIPE YIELD

Portion Yield	50
Portion Size 1/2 cup or No. 8 sca	oop fruit
Portion Size 4 cinnamon crisp v	vedges

MEAL PATTERN CONTRIBUTION

Meat/Alt	N/A
Grain	½ serving
Fruit	½ cup
Vegetable	N/A
Milk	N/A



You may substitute frozen blueberries or strawberries without sugar if fresh are not available.

Make sure frozen berries are thawed and well drained.

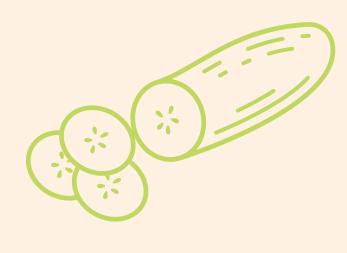




children and adults discover new ways to enjoy the many tastes of Texas.







LUNCH/ SUPPER



LUNCH/SUPPER

Sweet Kale Salad	12
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SWEET KALE SALAD

Ingredients

Kale, raw	4 pounds
Honey	³ /8 cup
Vegetable oil	1/4 cup
Lemon juice, from concentrate	¹ /4 cup
Pepper, black, ground	1/4 teaspoon
Salt, iodized	1/4 teaspoon
Apple, fresh	4 each or 2.3 pounds

Directions

- Wash kale. Remove any unwanted stems and pieces. Kale greens may be blanched one day prior to service. Blanch kale greens by steaming for one minute. Do not cook! Place on sheet pan and put in refrigerator for cooling. Cool to 41 degrees.
- 2. Combine honey, vegetable oil, lemon juice, salt and pepper and whisk together to make dressing.
- 3. Place chilled kale in 4 inch deep pan. Pour dressing over kale. Using gloved hands, gently toss to coat all kale.
- 4. Wash apples. Cut apples into quarters and remove core and seeds. Dice into ¼ inch cubes. Add diced apples immediately to salad and toss to coat.

Serving Instructions: Serve chilled to prevent kale from welting. Portion with 1 cup measure.

RECIPE YIELD

Portion Yield	34
Portion Size	1 cup

MEAL PATTERN CONTRIBUTION

Meat/Alt	N/A
Grain	N/A
Fruit	¹∕8 cup
Vegetable	½ cup
Milk	N/A



Tossing/coating the apples with lemon juice prevents apples from browning.



SHAKIN' CRISPY BAKED CHICKEN

Ingredients

Chicken, drumsticks, raw, skin on, 3.7 ounces each	50 drumstick, with skin or 11 ½ pounds
Dressing, ranch	1 pint + 1 cup
Large eggs, AA grade	4 each
Garlic powder	¹ /8 cup
Vegetable salad oil	¹ / ₄ cup
Bread crumbs, dry, grated, plain	2 quart
Onion powder	¹ /8 cup
Poultry seasoning	¹ /8 cup
Salt, iodized	2 teaspoons
Pepper, black	2 teaspoons

Directions

- 1. Thaw drumsticks in refrigerator 1 to 2 days before service.
- 2. Whisk together dressing and eggs in a 5 quart bowl. Add raw chicken drumsticks and turn to coat. Refrigerate for at least 3 hours or overnight.
- 3. Preheat convection oven to 350 degrees or conventional oven to 375 degrees. Coat a full sheet pan and a half sheet pan with oil.
- 4. Mix breadcrumbs, garlic powder, onion powder, poultry seasoning, salt and pepper in 4 inch baking pan.
- 5. Remove chicken from marinade, letting excess drip of. Coat in breadcrumb mixture, then place on prepared sheet pans, allowing at least ½ inch between each piece.
- 6. Bake until internal temperature reaches 165 degrees, about 1 hour.

Serving Instructions: Hold in a dry warming box or pan, loosely covered so steam can escape (steam will make chicken soggy) for up to 2 hours. Portion one chicken drumstick per participant.

RECIPE YIELD

Portion Yield	50
Portion Size	1 each

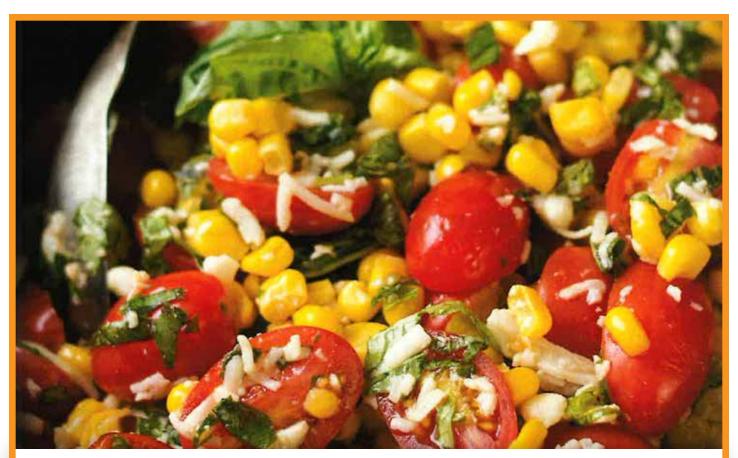
MEAL PATTERN CONTRIBUTION

Meat/Alt	1 ½ ounces
Grain	1/4 serving
Fruit	N/A
Vegetable	N/A
Milk	N/A



Marinate the chicken for at least 3 hours or overnight in the refrigerator.





CHERRY TOMATO AND CORN SALAD

Ingredients

Corn, cut, frozen, whole kernel	2 quart + 1 pint
Basil, fresh	8 ounces
Tomato, cherry	3 quarts or 4 pounds
Cheese, mozzarella, shredded	3 cups
Oil, olive	1/4 cup
Lemon juice, from concentrate	1/ ₈ cup
Salt, iodized	1 teaspoon

Directions

- 1. Bring a large pot of water to boil. Cook frozen corn 1 to 2 minutes until bright yellow. Drain and cool. Set aside.
- 2. Wash basil and pat dry. Finely chop basil leaves. Set aside.
- 3. Wash cherry tomatoes. Cut cherry tomatoes in half, set aside.
- 4. May use the juice of 1 fresh lemon to substitute for 2 tablespoons of lemon juice.
- 5. In a large bowl, mix corn, basil, tomatoes, cheese, lemon juice and salt. Toss to combine.

Serving Instructions: Serve immediately or refrigerate until time to serve and portion with No. 8 scoop ($\frac{1}{2}$ cup).

RECIPE YIELD

Portion Yield	48
Portion Size	½ cup or No. 8 scoop

MEAL PATTERN CONTRIBUTION

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	3/8 cup
Milk	N/A



Cherry tomatoes grow in indoor or outdoor gardens in Texas and can be used in recipes.





LEMON ROASTED CARROTS

Ingredients

Carrots, sliced crinkle cut, frozen	5 ½ pounds
Oil, vegetable	1 ½ cups
Lemon juice, from concentrate	1 ½ cups
Salt, iodized	1 tablespoon
Pepper, black, ground	2 ½ teaspoons

Directions

- 1. Preheat conventional oven to 400 degrees.
- 2. Toss frozen carrots with oil, lemon juice, salt, and pepper. Place on sheet pan in a single layer and roast at 400 degrees for 20 minutes, or until tender and golden brown.

Serving Instructions: Transfer to serving bowls or pans and portion with No. 6 scoop ($\frac{2}{3}$ cup).

RECIPE YIELD

Portion Yield	50
Portion Size	² / ₃ cup or No. 6 scoop

MEAL PATTERN CONTRIBUTION

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A



Carrots are classified as a red/orange vegetable in the Food Buying Guide.





CHILDREN AND ADULTS DISCOVER NEW WAYS TO enjoy the many tastes of Texas.











Rainbow Fruit Melody	18
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RAINBOW FRUIT MELODY

Ingredients

Juice, orange, 100%	1 ½ cups
Lemon juice, from concentrate	1 cup
Honey	5 tablespoons + 1 teaspoon
Ginger, ground	½ teaspoon
Nutmeg, ground	½ teaspoon
Mango, chunk, frozen	1 quart
Blueberries, frozen	1 quart
Nectarines, raw, fresh	8 medium (2 ½" diameter) or 1 ½ pounds
Strawberries, fresh	2 quarts or 2 pounds
Grapes, fresh, red or green, seedless	1 quart or 2 pounds

Directions

- 1. Prepare dressing first. To make dressing: Combine orange juice, lemon juice, honey, ginger and nutmeg. Whisk together until completely mixed. Set aside.
- 2. Thaw mango and place in large bowl.
- 3. Thaw blueberries, rinse and add to mango.
- 4. Wash nectarines. Do not peel. Slice thin and add to bowl of fruit.
- 5. Wash and hull strawberries. Slice in half and add to bowl of fruit.
- 6. May use red or green seedless grapes. Wash grapes and slice in quarters. Add to bowl of fruit.
- 7. Toss fruit with dressing as soon as possible to prevent browning.

Serving Instructions: Portion with No. 8 scoop (½ cup).

RECIPE YIELD

Portion Yield	50
Portion Size	½ cup or No. 8 scoop

MEAL PATTERN CONTRIBUTION

Meat/Alt	N/A
Grain	N/A
Fruit	½ cup
Vegetable	N/A
Milk	N/A



Grapes must be sliced into quarters to prevent choking.



BLACK BEAN HUMMUS

for amount to purchase

Ingredients 50 Servings Black beans, canned, rinsed, drained 6 pounds or $1 \frac{1}{2}$ No.10 cans or black beans dried, cooked Garbonzo beans or chickpeas 6 pounds or $1 \frac{1}{2}$ No.10 cans canned, rinsed, drained or garbonzo beans dried, cooked 1 quart + $\frac{1}{2}$ cup Lemon juice Garlic cloves, fresh, peeled 2 ²/₃ cups Oil, olive 1/4 cup + 2 tablespoons Cumun, ground 2 tablespoons 1 tablespoons Pepper, white, ground Cilantro, fresh, diced 1 quart + 1 1/4 cups (Optional) Whole-grain tortilla chips Refer to Food Buying Guide

RECIPE YIELD

 Portion Yield
 50

 Portion Size
 ½ cup or No. 8 Scoop

MEAL PATTERN CONTRIBUTION

Meat/Alt	2 ounce serving*
Grain	N/A
Fruit	N/A
Vegetable	½ cup*
Milk	N/A



* May count as 2 ounces meat/meat alternate or ½ cup vegetable but not both in the same meal.



Directions

- 1. Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1 to 2 minutes until beans have a smooth consistency. Do not overmix.
- 2. Using a rubber spatula, scrape black bean mixture into a large bowl.
- 3. Add cilantro. Stir well. Transfer 3 qt. $\frac{1}{2}$ cup (about 7 lb. 5 oz.) black bean hummus to a steam table pan ($12"x 20"x 2 \frac{1}{2}"$). Cover pans tightly.
- 4. (Optional) Serve with whole-grain tortilla chips.

Serving Instructions: Portion with No. 8 scoop (½ cup).



