



NATIONAL

CACFP

WEEK



# RECIPE BOOK





# NATIONAL CACFP WEEK

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 provided 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!






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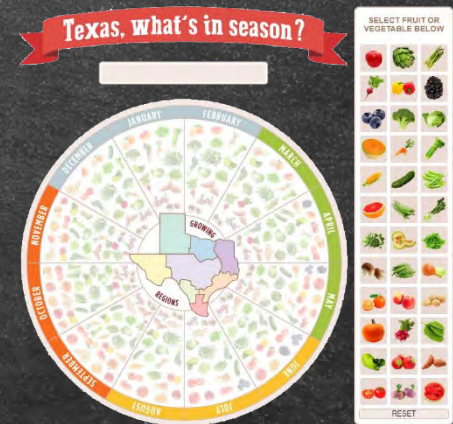
# SAMPLE MENU FOR ADULTS

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal with Craisins Diced Pears Milk	Blueberry Muffin Grapefruit  Milk	<a href="#">Southwest Tofu Scramble (ICN)</a> Milk	Bagel with Cream Cheese Banana Milk	Ready-to-Eat Cereal Orange Slices Milk
Lunch/ Supper	Meatball with Penne Pasta Grapes Roll Roasted Asparagus  Milk	<a href="#">Stir Fried Spinach, Eggs and Ham (ICN)</a> Roasted Mushrooms  Apple Slices Milk	<a href="#">Lentil Soup</a> Roasted Sweet Potatoes  Milk	<a href="#">Beef Picadillo (ICN)</a> Rice Green Beans Mandarin Oranges Milk	<a href="#">Jerk Fish Pita Pocket (ICN)</a> Green Salad with Sliced Radish and Cucumbers  Milk
Snack	<a href="#">Tuna Salad Sandwich (ICN)</a>	Rice Cake with Peanut Butter	Cottage Cheese with Pineapple Bits	Cheese Stick Turkey Deli Slices	Apple Slices Pretzels

ICN = Recipes were found on The Institute of Child Nutrition website. Visit [theicn.org](http://theicn.org) for more.

KEY:  =  
 Seasonally  
 Available in March

Visit  
[www.SquareMeals.org](http://www.SquareMeals.org)  
 to see which fruits and  
 vegetables are in  
 season using the  
 Seasonality Wheel!








For complete  
 meal patterns,  
 please go to  
[www.fns.usda.gov](http://www.fns.usda.gov)



# ADULT MENU SHOPPING LIST

## Fresh Produce and Herbs

- Apple
- Asparagus 
- Baby Spinach 
- Celery 
- Cilantro 
- Cucumbers
- Grapefruit 
- Green Bell Peppers
- Green Onions
- Jalapeno
- Mangoes
- Mushrooms 
- Onions 
- Oranges 
- Parsley 
- Radish 
- Red Bell Peppers
- Romaine Lettuce 
- Spinach 
- Sweet Potatoes 
- Tomatoes

## Frozen Produce

- Spinach

## Dairy

- Cheese Stick
- Cottage Cheese
- Cream Cheese
- Milk, Low-Fat Flavored

## Grains

- Bagel, Whole Grain
- Brown Rice
- Cereal, Ready-to-Eat
- Muffin, Blueberry
- Penne Pasta, Whole Grain
- Pita, Whole Grain
- Pretzels
- Quinoa
- Rice Cakes, Whole Grain
- Rolls, Whole Grain, 1oz

## Meat/Meat Alternate

- Beef, Ground, Fresh or Frozen
- Lentils, Brown or Green
- Meatballs
- Tilapia, Frozen
- Tofu, Firm, Drained
- Tuna, Canned, Chunked, Water Packed
- Turkey Ham

## Canned Goods

- Green Beans, Low Sodium
- Mandarin Oranges
- Pears, Diced
- Peanut Butter
- Pineapple, Tidbits
- Tomato Sauce
- Tomatoes, Diced

## Seasonings

- Black Pepper
- Chili Powder
- Coriander
- Cumin, Ground
- Curry Powder
- Garlic Powder
- Jerk Seasoning
- Mustard, Dried
- Onion Powder
- Oregano, Fried
- Red Chili Pepper, Ground
- Red Pepper Flakes
- Salt
- Turmeric, Ground

## Other

- Garlic
- Lime Juice
- Mayonnaise, Low-Fat
- Olive Oil, Extra Virgin
- Raisins, Seedless
- Salt
- Sesame Oil
- Soy Sauce
- Sugar
- Vegetable Oil
- Water



## Southwest Tofu Scramble

### Ingredients

Quinoa	3 lb 2 oz or 2 qt
Water	2 qt 2 cups
Olive Oil	3 tbsp
Tofu, firm, drained	7 lb
Garlic, minced	3 tbsp
Cumin, ground	1 ½ tbsp
Crushed red pepper flakes	2 tsp
Salt	2 tsp
Ground black pepper	½ tsp
Curry powder	2 tbsp
Ground turmeric	2 tbsp ½ tsp
Red bell peppers, fresh, diced	1 lb 12 oz
Green onions, fresh, diced top and bottoms	1 lb
Spinach, fresh, diced	1 lb

### Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear.
2. Combine quinoa and water in a large covered stock pot. Bring to a boil. Then reduce heat to low and simmer uncovered for 10-15 minutes until water is completely absorbed. Fluff.
3. Press firm tofu for at least 30 minutes, drain and cut into small cubes.
4. Preheat oil in a large stock pot, add cubed tofu. Heat uncovered over medium heat for 3 minutes, stirring occasionally.
5. Add garlic, cumin, red pepper flakes, salt, pepper, curry powder, turmeric, bell peppers, onions and spinach. Heat uncovered over medium heat for 1-2 minutes, stirring constantly.
6. Mix with the quinoa and serve 2 cups (two servings from a 8 oz ladle).

### RECIPE GROUP: *Breakfast*

Portion Yield	25
Portion Size	2 cups
HACCP Process	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	2 oz eq
Grain	2 oz eq
Fruit	N/A
Vegetable	½ cup
Milk	N/A

★ Sourced from USDA's Standardized Recipes

🍴 When done, quinoa will be soft, and a white ring will pop out of the kernel.



## Stir-Fried Spinach Rice, Eggs and Turkey Ham

### Ingredients

Water	3 qt 1 cup
Brown rice, regular, dry	2 lb 13 oz or 7 cups
Salt	1 ¼ tsp
Eggs, large, beaten	12 each
Vegetable oil	¼ cup 1 tbsp
Turkey ham, diced ¼ "	12 oz or 2 cups
Green onions, fresh, diced	5 oz or 2 cups
Spinach, frozen, thawed, drained	1 ½ lb or 3 cups
Sesame oil	1 tbsp 1 tsp
Soy sauce, low-sodium	1 tbsp

### Directions

1. Bring water to a boil. Place the brown rice in a steam table pan and pour the boiling water into the rice. Stir and cover the pans tightly.
2. Bake in a conventional oven at 350F for 40 minutes. Remove from the oven and let stand covered for 5 minutes.
3. Add salt to the brown rice, mix well and set aside.
4. Whisk eggs and water together. Lightly coat a pan with pan release spray. Cook half of egg mixture. Chop into small bites and set aside.
5. Sauté the ham in vegetable oil over high heat for 2 minutes or until the ham begins to brown. Reduce heat to medium and mix in the brown rice.
6. Add the remaining egg mixture. Stir frequently for about 5 minutes or until cooked.
7. Mix in onions, spinach, chopped egg, sesame oil, and soy sauce.
8. Serve 1 cup.

### RECIPE GROUP: *Whole Grain*

Portion Yield	25
Portion Size	1 cup
HACCP Process	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	2 oz eq
Grain	2 oz eq
Fruit	N/A
Vegetable	½ cup
Milk	N/A



Adapted from Recipes for Healthy Kids Cookbook for Child Care Centers





## Lentil Soup

### Ingredients

Lentils, brown or green, dry	15 oz or 2 ¼ cups
Water	1 qt ¼ cup
Onions, fresh, diced	4oz
	or ¾ cup & 2 tbsp
Garlic, fresh, minced	1 tbsp
Extra virgin olive oil	1 tbsp
Cumin, ground	1 tbsp & 1 tsp
Ground red chili pepper	1 tbsp
Chili powder	1 ½ tsp
Tomatoes, canned, diced	12 oz or 1 ½ cups
Salt	1 ½ tsp
Cilantro, fresh, finely chopped	1 ½ cups

### Directions

1. Rinse lentils and sort out any unwanted materials. Drain well.
2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
4. Combine onions and garlic with cooked lentils. Add 1 ½ cups water. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes.
5. Stir cilantro before serving. Portion ¼ cup or 2 fl oz ladle.

#### RECIPE GROUP:

### Meat alternate

Portion Yield	25
Portion Size	¼ cup
HACCP Process	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	1 oz eq
Grain	N/A
Fruit	N/A
Vegetable	N/A
Milk	N/A



Adapted from Recipes for Healthy Kids Cookbook for Child Care Centers



If serving as a vegetable, portion size meets ¼ cup vegetable.



## Beef Picadillo

### Ingredients

Brown rice, long grain, uncooked	12 ½ oz or 2 cups
Water	1 qt
Beef, ground, fresh or frozen, raw	3 lb 2 oz
Onions, peeled, raw, ¼" diced	1 lb 4 oz or 1 qt 1 cup
Green bell peppers, raw, ¼" diced	1 lb 4 oz or 1 qt ¼ cup
Garlic, fresh, minced	4 cloves
Tomatoes, canned, diced, undrained	12 ½ oz or 1.5 cup
Tomato sauce, canned	14 ½ oz or 1 ¾ cup
Raisins, seedless	8 oz or 2 cups
Oregano, dried	1 tsp
Cumin, dry, ground	2 tsp
Cilantro, fresh, chopped	2 oz or ½ cup

### Directions

1. Combine brown rice and water in a small stockpot. Stir once. Heat on medium-high heat to a rolling boil. Cover and reduce to medium heat. Cook until the water is absorbed, about 15-20 minutes. Fluff the rice gently with a fork.
2. Take a skillet and heat on medium-high heat. Brown ground beef. Drain juices.
3. Add the onions, bell peppers, and garlic to ground beef. Sauté on medium-high heat until onions and bell peppers are soft. Stir frequently.
4. Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat.
5. Serve ½ cup picadillo over ¼ cup rice. Garnish with cilantro.

### RECIPE GROUP: *Meat*

Portion Yield	25
Portion Size	¾ cup
HACCP Process	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	1 ½ oz eq
Grain	½ oz eq
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



Recipe on [theicn.org](http://theicn.org) from Team Nutrition CACFP Multicultural Recipe Project



Picadillo is a popular dish in South American countries and the Caribbean.





## Jerk Fish in a Pita Pocket

### Ingredients

Jerk seasoning spice	1 tbsp	1 tsp
Garlic powder	1 ½ tsp	
Coriander	1 tbsp	
Red pepper flakes	½ tsp	
Salt	⅓ tsp	
Tilapia, frozen, thawed, cut into pieces	3 lb	8 oz
Mangoes, fresh, diced	1 lb	or 3 cups
Pineapple, canned, tidbits, drained	2 lb	or 1 qt
Tomatoes, fresh, diced	3 lb	
		or 1 qt 2 ⅓ cups
Cilantro, diced	⅓ cup	& 3 tsp
Jalapeños, fresh, diced	2 oz	or ½ cup
Lime juice	½ cup	
Sugar	4 oz	or ½ cup
Pitas, whole grain, 1 oz each cut into halves	25 each	
Baby spinach, fresh, chopped	1 lb	12 oz
		or 1 qt 3 cups

### Directions

1. Preheat oven to 350F.
2. Combine jerk seasoning spice, garlic powder, coriander, paprika, red pepper flakes, and salt in a large bowl. Stir well.
3. Place tilapia on a baking sheet lightly coated with pan release spray. Sprinkle spices evenly over each pan. Bake for 8-10 minutes until the fish reached 165F or higher internal temperature.
4. Combine mangoes, pineapple, tomatoes, cilantro, jalapeños, lime juice and sugar in a large bowl. Stir well and set aside.
5. To assemble place ¼ cup of spinach inside each pita half. Cut tilapia pieces to provide 1 ounce each pita half. Portion ½ cup of fruit mixture to be served alongside 2 pita pocket halves.

### RECIPE GROUP: *Meat*

Portion Yield	25
Portion Size	2 halves
HACCP Process	
	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	2 oz eq
Grain	1 oz eq
Fruit	¼ cup
Vegetable	½ cup
Milk	N/A



Fish can be replaced with grilled chicken breast or grilled tofu.



## Tuna Salad Sandwich

### Ingredients

Tuna, canned, chunk, water packed	3 lb or 2 qt 1 ½ cups
Onions, fresh, chopped	8 oz or 1 ½ cups
Celery, fresh, chopped	12 oz or 2 1/3 cups
Mustard, dried	¾ tsp
Eggs, hard boiled, peeled, chopped	¾ cups
Mayonnaise, low-fat	1 lb or 1 ½ cups
Parsley	1 tbsp
Garlic powder	1 tbsp
Onion powder	1 tbsp
Romaine Lettuce, fresh rinsed, dried	25 each
Tomatoes, fresh, sliced	2 lb 8 oz or 25 each
Whole-grain rolls, mini, 1oz each	50 each

### Directions

1. Drain and flake tuna.
2. Combine tuna, onions, celery, dry mustard, eggs, mayonnaise, parsley, garlic powder, and onion powder in a large bowl. Stir well.
3. Cut rolls open and place on baking sheet. Place lettuce leave on the bottom half of each roll. Place a tomato slice on top of the lettuce.
4. Portion ¼ cup on top of each tomato. Cover with the top of roll.
5. Serve one mini sandwich for a snack.

### RECIPE GROUP: *Snack*

Portion Yield	25
Portion Size	1 each
HACCP Process	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	1 oz eq
Grain	1 oz eq
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



Recipe on [theicn.org](http://theicn.org) from the USDA Standardized Recipes Project



If serving as a snack, the ingredients will provide 50 servings. If unable to source mini rolls, a 2 oz bun cut in half will provide a snack portion.