NATIONAL CACFP WEEK

RECIPE BOOK

TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER
This product was funded by USDA. This institution is an equal opportunity provider.
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!
<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Oatmeal with Craisins</td>
<td>Blueberry Muffin</td>
<td><strong>Southwest Tofu Scramble (ICN)</strong></td>
<td>Bagel with Cream Cheese</td>
<td>Ready-to-Eat Cereal</td>
</tr>
<tr>
<td></td>
<td>Diced Pears</td>
<td>Grapefruit</td>
<td>Milk</td>
<td>Banana</td>
<td>Orange Slices</td>
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<td>Milk</td>
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<tr>
<td><strong>Lunch/Supper</strong></td>
<td>Meatball with Penne</td>
<td>**Stir Fried Spinach, Eggs</td>
<td>Lentil Soup</td>
<td>Beef Picadillo (ICN)</td>
<td>Jerk Fish Pita Pocket (ICN)</td>
</tr>
<tr>
<td></td>
<td>Pasta</td>
<td>and Ham (ICN)</td>
<td>Roasted Sweet Potatoes</td>
<td>Rice</td>
<td>Green Salad with Sliced</td>
</tr>
<tr>
<td></td>
<td>Grapes</td>
<td></td>
<td></td>
<td>Green Beans</td>
<td>Radish and Cucumbers</td>
</tr>
<tr>
<td></td>
<td>Roll</td>
<td></td>
<td></td>
<td>Mandarin Oranges</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Roasted Asparagus</td>
<td></td>
<td></td>
<td>Milk</td>
<td>Milk</td>
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<td></td>
<td>Milk</td>
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</tr>
<tr>
<td><strong>Snack</strong></td>
<td><strong>Tuna Salad Sandwich (ICN)</strong></td>
<td>Rice Cake with Peanut Butter</td>
<td>Cottage Cheese with Pineapple Bits</td>
<td>Cheese Stick</td>
<td>Apple Slices</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Turkey Deli Slices</td>
<td>Pretzels</td>
</tr>
</tbody>
</table>

ICN = Recipes were found on The Institute of Child Nutrition website. Visit 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

**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

**KEY:** TREE = Seasonally Available in March
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 ¼ tsp
- Red bell peppers, fresh, diced 1 lb 12 oz
- Green onions, fresh, diced 1 lb top and bottoms
- 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 completed 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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>3 qt 1 cup</td>
</tr>
<tr>
<td>Brown rice, regular, dry</td>
<td>2 lb 13 oz or 7 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>1 ¼ tsp</td>
</tr>
<tr>
<td>Eggs, large, beaten</td>
<td>12 each</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>¼ cup 1 tbsp</td>
</tr>
<tr>
<td>Turkey ham, diced ¼&quot;</td>
<td>12 oz or 2 cups</td>
</tr>
<tr>
<td>Green onions, fresh, diced</td>
<td>5 oz or 2 cups</td>
</tr>
<tr>
<td>Spinach, frozen, thawed, drained</td>
<td>1 ½ lb or 3 cups</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>1 tbsp 1 tsp</td>
</tr>
<tr>
<td>Soy sauce, low-sodium</td>
<td>1 tbsp</td>
</tr>
</tbody>
</table>

### 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.
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**

<table>
<thead>
<tr>
<th>Component</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/Meat Alt</td>
<td>2 oz eq</td>
</tr>
<tr>
<td>Grain</td>
<td>2 oz eq</td>
</tr>
<tr>
<td>Fruit</td>
<td>N/A</td>
</tr>
<tr>
<td>Vegetable</td>
<td>½ cup</td>
</tr>
<tr>
<td>Milk</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Adapted from Recipes for Healthy Kids Cookbook for Child Care Centers*
Lentil Soup

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lentils, brown or green, dry</td>
<td>15 oz or 2 ¼ cups</td>
</tr>
<tr>
<td>Water</td>
<td>1 qt ¼ cup</td>
</tr>
<tr>
<td>Onions, fresh, diced</td>
<td>4 oz or ¾ cup &amp; 2 tbsp</td>
</tr>
<tr>
<td>Garlic, fresh, minced</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Extra virgin olive oil</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Cumin, ground</td>
<td>1 tbsp &amp; 1 tsp</td>
</tr>
<tr>
<td>Ground red chili pepper</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Chili powder</td>
<td>1 ½ tsp</td>
</tr>
<tr>
<td>Tomatoes, canned, diced</td>
<td>12 oz or 1 ½ cups</td>
</tr>
<tr>
<td>Salt</td>
<td>1 ½ tsp</td>
</tr>
<tr>
<td>Cilantro, fresh, finely chopped</td>
<td>1 ½ cups</td>
</tr>
</tbody>
</table>

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.
5. Stir cilantro before serving. Portion ¼ cup or 2 fl oz ladle.

Recipe Group: Meat alternate

<table>
<thead>
<tr>
<th>Portion Yield</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portion Size</td>
<td>¼ cup</td>
</tr>
<tr>
<td>HACCP Process</td>
<td>2 – Same Day Service</td>
</tr>
</tbody>
</table>

Meal Pattern Components

<table>
<thead>
<tr>
<th>Component</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/Meat Alt</td>
<td>1 oz eq</td>
</tr>
<tr>
<td>Grain</td>
<td>N/A</td>
</tr>
<tr>
<td>Fruit</td>
<td>N/A</td>
</tr>
<tr>
<td>Vegetable</td>
<td>N/A</td>
</tr>
<tr>
<td>Milk</td>
<td>N/A</td>
</tr>
</tbody>
</table>

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.
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 on 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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jerk seasoning spice</td>
<td>1 tbsp 1 tsp</td>
</tr>
<tr>
<td>Garlic powder</td>
<td>1 ½ tsp</td>
</tr>
<tr>
<td>Coriander</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Red pepper flakes</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>⅓ tsp</td>
</tr>
<tr>
<td>Tilapia, frozen, thawed, cut into pieces</td>
<td>3 lb 8 oz</td>
</tr>
<tr>
<td>Mangoes, fresh, diced</td>
<td>1 lb or 3 cups</td>
</tr>
<tr>
<td>Pineapple, canned, tidbits, drained</td>
<td>2 lb or 1 qt</td>
</tr>
<tr>
<td>Tomatoes, fresh, diced</td>
<td>3 lb or 1 qt</td>
</tr>
<tr>
<td>or 1 qt 2 ½ cups</td>
<td></td>
</tr>
<tr>
<td>Cilantro, diced</td>
<td>½ cup &amp; 3 tsp</td>
</tr>
<tr>
<td>Jalapenos, fresh, diced</td>
<td>2 oz or ½ cup</td>
</tr>
<tr>
<td>Lime juice</td>
<td>½ cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>4 oz or ½ cup</td>
</tr>
<tr>
<td>Pitas, whole grain, 1 oz each cut into halves</td>
<td>25 each</td>
</tr>
<tr>
<td>Baby spinach, fresh, chopped</td>
<td>1 lb 12 oz</td>
</tr>
<tr>
<td>or 1 qt 3 cups</td>
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</tbody>
</table>

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, jalapenos, 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

Meat 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.
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, 1 oz 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 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.