NATIONAL 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 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!
### SAMPLE MENU FOR CHILDREN

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch/Supper</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>English Muffin with Peanut Butter</td>
<td>Sauteed Tofu and Broccoli with Spaghetti</td>
<td>Salsa and Baked Pita Chips</td>
</tr>
<tr>
<td></td>
<td>Banana Slices</td>
<td>Orange Glazed Carrots (ICN)</td>
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<td></td>
<td>Milk</td>
<td>Milk</td>
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<tr>
<td>Tuesday</td>
<td>French Toast Sticks with Applesauce</td>
<td>Chicken and Veggie Couscous</td>
<td>String Cheese with Crackers</td>
</tr>
<tr>
<td></td>
<td>Fruit Cocktail</td>
<td>Confetti Soup</td>
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<tr>
<td></td>
<td>Fruit Cocktail</td>
<td>Grapefruit</td>
<td></td>
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<td>Milk</td>
<td>Milk</td>
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<tr>
<td>Wednesday</td>
<td>Spiced Oatmeal (ICN)</td>
<td>Tuscan Grilled Cheese Sandwich (ICN)</td>
<td>Yogurt and Berry Parfait</td>
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<tr>
<td></td>
<td>Blueberries</td>
<td>Tomato Soup</td>
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<tr>
<td></td>
<td>WG Toast</td>
<td>Fruit Cocktail</td>
<td>Mandarin Oranges</td>
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<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
<td>Animal Crackers</td>
</tr>
<tr>
<td>Thursday</td>
<td>Roasted Potato and Turkey Hash (ICN)</td>
<td>Chicken Fajitas Spanish Rice (ICN)</td>
<td>Apple Slices</td>
</tr>
<tr>
<td></td>
<td>Blueberries</td>
<td>Sliced Apples</td>
<td></td>
</tr>
<tr>
<td></td>
<td>WG Toast</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Banana Muffin</td>
<td>Pizza</td>
<td></td>
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<tr>
<td></td>
<td>Orange Slices</td>
<td>Sliced Bell Peppers with Dip</td>
<td></td>
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<tr>
<td></td>
<td>Milk</td>
<td>Diced Pears</td>
<td></td>
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**KEY:** 🌱 = Seasonally Available in March

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

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

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

Fresh Produce and Herbs
- Apple
- Baby Spinach
- Banana
- Broccoli
- Carrots
- Celery
- Grapefruit
- Green Bell Peppers
- Kale
- Mint Leaves
- Onions
- Oranges
- Parsley
- Red Bell Peppers
- Tomatoes

Frozen Produce
- Blueberries
- Carrots, Sliced
- Corn

Grains
- Animal Crackers
- Bread, Whole Grain
- Brown Rice, Parboil
- Couscous
- Corn Muffin
- Crackers
- English Muffins

Grains (Cont.)
- French Toast Sticks
- Oats, Rolled
- Pita Chips, Baked
- Pizza
- Spaghetti, Whole Grain

Meat/Meat Alternate
- Chicken Drumsticks, with Bone
- Chicken Strips, Frozen
- Ground Turkey Breast
- Mozzarella Cheese, Sliced
- Peanut Butter
- String Cheese
- Tofu, Firm
- Turkey Ham
- Yogurt, Low-Fat

Canned Goods
- Applesauce, Unsweetened
- Black-Eyed Peas
- Fruit Cocktail
- Mandarin Oranges
- Pears, Diced
- Salsa
- Tomato Soup
- Tomatoes, Diced
- Olives, Ripe, Black, Canned

Seasonings
- Ancho Chili Powder
- Basil, Dried

Seasonings (Cont.)
- Cayenne Pepper
- Chili Powder
- Cinnamon, Ground
- Coriander, Dried
- Coriander Seeds, Whole
- Cumin, Dried
- Fennel Seeds, Whole
- Garlic
- Garlic Powder
- Ginger, Fresh
- Ginger, Ground
- Nutmeg, Ground
- Onion Powder
- Oregano, Dried
- Paprika
- Red Pepper Flakes
- Salt
- Sage, Ground
- Sesame Oil
- Soy Sauce
- White Pepper

Other
- Agave Nectar
- Beef Broth
- Brown Sugar
- Canola Oil
- Chicken Broth
- Corn Starch
- Cranberries, Dried
- Lemon Juice
- Lime Juice

KEY: = Seasonally Available in March
Ingredients

- Low-fat (1%) milk: 1 qt & 3 ¼ cups
- Water: 1 qt & 2 ¼ cups
- Margarine: 3 oz or 1/3 cup
- Agave nectar: ¼ cup & 1 tbsp
- Vanilla extract: 2 tsp
- Ground cinnamon: ½ tsp
- Ground nutmeg: ½ tsp
- Salt: 1 tsp
- Oats, rolled, dry: 2 qt & 3 ¾ cups

Directions

1. Bring milk and water to a boil.
2. Add margarine, agave, vanilla, cinnamon, nutmeg, and salt, stirring constantly.
3. Add oats. Reduce heat to a medium. Stir constantly for 5-8 minutes until oatmeal slightly thickens.
4. If needed, reheat to 140F or higher and portion with 6 fl oz ladle.

Recipe on theicn.org from the USDA Standardized Recipes Project

If oatmeal sits longer than 10 minutes, it will become thick. Add water as needed.
Roasted Potatoes and Turkey Hash

**Ingredients**

- Potatoes, canned, diced, drained 5 lb
- Canola oil ¼ cup & 1 tbsp
- Garlic, fresh, minced ¼ cup
- Salt 1 ½ tsp
- White pepper ½ tsp
- Ground turkey breast, raw 1 lb 12 oz
- Red bell peppers, fresh, diced 1 lb 2 oz
- Green bell peppers, fresh, diced 8 oz
- Sage, ground ½ tsp
- Cayenne pepper ¼ tsp
- Red pepper flakes ¼ tsp
- Coriander seeds, whole 2 ½ tsp
- Garlic powder ½ tsp
- Onion powder ½ tsp
- Applesauce, canned, unsweetened 3 oz

**Directions**

1. Combine potatoes, ¼ cup oil, garlic, ½ tsp salt, and pepper in a large bowl. Stir well. Set remaining oil aside for step #3.

2. Place the seasoned potatoes in a steam pan, lightly coated with pan release spray. Bake in the oven for 15-20 minutes at 375F.

3. Heat remaining oil in a stock pot. Add the turkey. Cook on medium-high heat for 2-3 minutes, stirring occasionally. Add the remaining salt, peppers, cayenne pepper, sage, red pepper flakes, coriander, garlic powder, onion powder and applesauce. Cook uncovered for another 3-5 minutes.

4. Add the turkey mixture to the seasoned potatoes. Portion with a No. 6 scoop or serve 2/3 cup.

**Meal Pattern Components**

- Portion Yield 25
- Portion Size ⅔ cup
- HACCP Process 2 – Same Day Service

**RECIPE GROUP:** Breakfast

- Meat/Meat Alt ¾ oz eq
- Grain N/A
- Fruit N/A
- Vegetable ½ cup
- Milk N/A

**Potatoes are a good source of potassium, and minerals our body needs for proper heart function.**
**Sauteed Tofu and Broccoli**

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>1 qt</td>
</tr>
<tr>
<td>Spaghetti, whole wheat, uncooked</td>
<td>12 ½ oz</td>
</tr>
<tr>
<td>Tofu, firm, drained, cubed ½&quot;</td>
<td>5 lb 4 oz</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>1 cup</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>1 tbsp 1 tsp</td>
</tr>
<tr>
<td>Brown sugar, packed</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Garlic, fresh, minced</td>
<td>16 cloves</td>
</tr>
<tr>
<td>Ginger, fresh, shredded</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Red pepper flakes</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Canola oil</td>
<td>2 tbsp 2 tsp</td>
</tr>
<tr>
<td>Broccoli, fresh, chopped</td>
<td>2 lb 1 oz</td>
</tr>
<tr>
<td>Sesame seeds</td>
<td>2 tbsp ¼ tsp</td>
</tr>
</tbody>
</table>

**Directions**

1. Bring water to a boil in a large pot. Break spaghetti in half and add to the boiling water. Cook according to directions until al dente. Drain well.
2. Place tofu between two plates or between the bottom, flat surface of two pans. Apply slight pressure to squeeze out the liquid from the tofu. Cut into ½" cubes. Place into a large bowl.
3. Make the sauce by combining soy sauce, sesame oil, brown sugar, garlic, ginger, and red pepper flakes into a medium bowl. Pour the sauce into the bowl of tofu. Carefully turn tofu several times to coat well. Set aside.
5. Add the broccoli, sauté for about 5 minutes. Remove from the pan and set aside.
6. Place the tofu and sauce in the skillet on medium-high heat. Cook for 10 minutes on each side until brown turning gently. Gently stir in broccoli and spaghetti and continue cooking. Remove from heat and add in the sesame seeds.
7. Serve 1 cup.

**RECIPE GROUP:**

**Meat alternate**

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

**Meal Pattern Components**

<table>
<thead>
<tr>
<th>Component</th>
<th>Portion Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/Meat Alt</td>
<td>1 ½ oz eq</td>
</tr>
<tr>
<td>Grain</td>
<td>½ oz eq</td>
</tr>
<tr>
<td>Fruit</td>
<td>N/A</td>
</tr>
<tr>
<td>Vegetable</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Milk</td>
<td>N/A</td>
</tr>
</tbody>
</table>

1 clove of garlic is about ½ teaspoon minced garlic.
Orange Glazed Carrots

**Ingredients**

- Margarine, trans-fat free: ¼ cup
- Brown sugar: 1 ½ cups & 2 tbsp
- Orange juice, concentrated, thawed: 1 cup
- Water: 1 cup
- Vanilla extract: 1 tbsp
- Cinnamon, ground: 1 tsp
- Nutmeg, ground: 1 tsp
- Carrots, frozen, thawed, drained: 3 lb 4 oz or 2 qt 2 cup
- Cranberries, dried: 8 oz
- Corn starch: 1 tbsp 2 tsp

**Directions**

1. Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.
2. Add orange juice, water, vanilla, cinnamon, nutmeg and simmer uncovered over medium heat for 3 minutes, stirring occasionally.
3. Fold in carrots and craisins. Bring to a boil for 3-4 minutes.
4. Add cornstarch. Reduce heat to low and cook for 2 minutes.
5. Serve with a No. 12 scoop or provide 1/3 cup.

**Meal Pattern Components**

- Portion Yield: 25
- Portion Size: ⅓ cup
- HACCP Process: 2 – Same Day Service

- Meat/Meat Alt: N/A
- Grain: N/A
- Fruit: N/A
- Vegetable: ¼ cup
- Milk: N/A

*Use frozen sliced carrots to save time.*
Chicken and Veggie Couscous

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken drumsticks, with bone, raw</td>
<td>5 lb 12.5 oz or 25 each</td>
</tr>
<tr>
<td>Canola oil</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Coriander, dried, ground</td>
<td>1 tbsp 1 tsp</td>
</tr>
<tr>
<td>Cumin, dried, ground</td>
<td>1 tbsp 1 tsp</td>
</tr>
<tr>
<td>Ginger, dried, ground</td>
<td>1 tbsp 1 tsp</td>
</tr>
<tr>
<td>Cinnamon, dried, ground</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Carrots, fresh, peeled, ¼” diced</td>
<td>1 lb 5 oz</td>
</tr>
<tr>
<td>Onions, fresh, peeled, ¼” diced</td>
<td>1 lb 1 oz</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 cup</td>
</tr>
<tr>
<td>Chicken broth, low-sodium</td>
<td>64 fl oz or 2 qt</td>
</tr>
<tr>
<td>Olives, ripe, black, canned, drained</td>
<td>4 oz or 1 cup</td>
</tr>
<tr>
<td>Couscous, uncooked</td>
<td>12.5 oz or 2 cup</td>
</tr>
<tr>
<td>Mint leaves, fresh, chopped</td>
<td>2 tbsp or 25 leaves</td>
</tr>
</tbody>
</table>

Directions

1. Preheat oven to 400F.
2. Coat a large skillet with nonstick cooking spray and heat to medium-high heat. Brown chicken on all four sides about 2-3 minutes per side. Remove chicken from heat and place on a sheet pan. Remove skin, cover, and set aside.
3. In a large bowl, add the carrots and onions. Toss oil and spices until coated. Spread on a steam pan and roast uncovered until tender, about 20 minutes. Remove from heat.
4. Mix the lemon juice and 1 quart of chicken broth together in a stockpot. Bring to a boil and allow to boil for about 5 minutes. Add this liquid to the roasted vegetables. Stir in the olives.
5. Add the chicken legs to the vegetables. Bake for about 40-45 minutes.
6. To make the couscous, add 1 quart chicken broth to a large saucepan. Bring to a boil then stir in couscous and remove from heat. Cover and let stand for 15-20 minutes. Fluff couscous with a fork and stir in the mint.
7. Serve 1 drumstick with ⅓ cup mixed vegetables and ¼ cup couscous.

RECIPES GROUP: **Meat & Vegetable**

<table>
<thead>
<tr>
<th>Portion Yield</th>
<th>25</th>
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<tbody>
<tr>
<td>Portion Size</td>
<td>1 bowl</td>
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HACCP Process

- 2 – Same Day Service

**Meal Pattern Components**

<table>
<thead>
<tr>
<th>Component</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/Meat Alt</td>
<td>1 ½ oz eq</td>
</tr>
<tr>
<td>Grain</td>
<td>½ oz eq</td>
</tr>
<tr>
<td>Fruit</td>
<td>N/A</td>
</tr>
<tr>
<td>Vegetable</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Milk</td>
<td>N/A</td>
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</table>

Couscous is a staple food commonly served in Morocco and North Africa.
Confetti Soup

**Ingredients**

- Canola oil 2 ½ tbsp
- Onions, fresh, diced 15 oz or 3 cups
- Celery, fresh, diced 15 oz or 3 cups
- Salt 2 tsp
- Ground black pepper 2 tsp
- Fennel seed, whole 1 tsp
- Crushed red pepper ½ tsp
- Black-eyes peas, canned, drained 2 lb 13 oz or 6 ½ cup
- Water 3 qt 2 cups
- Turkey ham, diced ¼” 1 lb 8 oz or 3 ¼ cups
- Kale, fresh, coarsely chopped 2 oz or 1 ¼ cups
- Parsley, fresh, chopped 1/3 cup

**Directions**

1. Heat oil in a large stockpot. Sauté onions and celery for 2-3 minutes until tender.
2. Add carrots, salt, pepper, fennel, and crushed red pepper. Sauté an additional 2-3 minutes.
4. Add turkey ham and kale. Cook uncovered over low heat for another 10 minutes, until kale is tender.
5. Serve with an 8 oz ladle or 1 cup.

**Meal Pattern Components**

- Portion Yield: 25
- Portion Size: 1 cup
- Meat/Meat Alt: 1 ½ oz eq
- Grain: N/A
- Fruit: N/A
- Vegetable: ¼ cup
- Milk: N/A

**Recipe Group**: Vegetable

**HACCP Process**

- 2 – Same Day Service

*Adapted from Recipes for Healthy Kids Cookbook for Child Care Centers.*

Legumes can be counted as a meat alternate so then 1 cup of soup would provide ½ oz eq meat alternate and ½ cup vegetable.
**Ingredients**

- Margarine, trans-fat free: 3 oz or ¼ cup 2 tbsp
- Garlic powder: 1 tsp
- Basil, dried: ½ tsp
- Oregano, dried: ½ tsp
- Bread, sliced, whole grain: 50 each
- Mozzarella cheese, low-fat, sliced: 12 ½ oz or 25 each
- Baby Spinach, fresh: 1 lb
- Tomatoes, fresh, sliced: 1 lb 9 oz

**Directions**

1. Preheat conventional oven to 400F. Melt margarine in a large stock pot.
3. Place slices on a sheet pan, spray with pan release spray. Place 1 slice cheese on top of each slice of bread. Place 2/3 cup spinach. Place 1 tomato slice. Finally, place 1 slice of bread on top.
4. Brush the top of the bread slices with the margarine. Bake until light browned for about 15-20 minutes.
5. Serve one sandwich, sliced in half.

**Meal Pattern Components**

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

**Recipe Group: Sandwich**

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

Recipe on theicn.org from the USDA Standardized Recipes Project

A spin on a classic favorite! Serve with tomato soup.
**Ingredients**

- Chicken strips, frozen, cooked, thawed: 3 lb 4 oz or 3 qt 2 cups
- Ground black pepper: 2 tsp
- Garlic powder: 2 tsp
- Chili powder: 1 tbsp
- Cumin, ground: 1 tsp
- Oregano, dried: 1 tsp
- Ancho chili powder*: 3 tbsp
- Carrots, frozen, thawed, drained: 3 lb 4 oz or 2 qt 2 cups
- Cranberries, dried: 8 oz
- Corn starch: 1 tbsp 2 tsp

**Directions**

1. Combine chicken, pepper, garlic powder, chili powder, cumin, oregano, and ancho chili powder in a large bowl. Stir well. Cover tightly. Allow chicken mixture to marinate for 12-24 hours.
2. Place chicken in a large stock pot. Cook uncovered over medium-high heat for 2 minutes. Set aside.
3. In another pot, add peppers and onions. Cook uncovered over medium-high heat until onions are translucent.
4. In a medium stock pot, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes. Stir occasionally.
5. Combine chicken, peppers, onions, and corn mixtures in a large bowl. Toss well.
6. Serve one fajita by scooping ½ cup portion of chicken mixture (No. 8 scoop). Spread filling on half of tortilla and fold in half.

**Meal Pattern Components**

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

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<tr>
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<td>Grain</td>
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<tr>
<td>Fruit</td>
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</tr>
<tr>
<td>Vegetable</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Milk</td>
<td>N/A</td>
</tr>
</tbody>
</table>

*Mexican seasoning mix can be used instead of ancho chili powder: Combine 1 tsbp dried oregano, 1 tsbp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 tsbp chili powder, 1 tsbp ground cumin, 1 tsbp & 2 tsbp paprika, 1 tsbp & 2 tsbp onion powder, 2 tsbp dried minced onion, 2 tsp salt.*
Spanish Rice

**Ingredients**
- Cilantro, fresh, minced: 1 oz or 1 ⅜ cups
- Onions, fresh, minced: 1 lb 3 oz or 3 ⅞ cups
- Green peppers, fresh, minced: 1 lb 3 oz or 3 ½ cups
- Garlic, minced: 2 each
- Canola oil: 2 tbsp
- Celery, fresh, minced: 4 oz or ¾ cup
- Corn, frozen: 1 lb 3 oz
- Salt: 1 ½ tsp
- Black pepper, ground: ½ tsp
- Chili powder: 2 tsp
- Cumin, ground: 1 tbsp
- Paprika: 2 tsp
- Onion powder: ½ tsp
- Cinnamon: ½ tsp
- Garlic powder: 1 tsp
- Oregano: 1 tsp
- Beef broth, low-sodium: 1 qt
- Tomato paste, canned: 4 ½ oz or ½ cup
- Tomatoes, canned, diced, undrained: 10 oz or 1 1/3 cups
- Brown rice, dry, parboil: 1 lb 9 oz or 1 qt
- Lime juice: 2 each or ¼ cup

**Meal Pattern Components**
- Portion Yield: 25
- Portion Size: ½ cup
- Meat/Meat Alt: N/A
- Grain: 1 oz eq
- Fruit: N/A
- Vegetable: ¼ cup
- Milk: N/A

**Directions**
1. Preheat oven to 350F. Place cilantro, onions, peppers, and garlic cloves in a food processor. Blend ingredients until minced.
2. Heat oil in a medium stock pot. Add the onion mixture and cook uncovered over medium heat for 2 minutes. Add the celery, corn, salt, pepper and spices. Cook another minute, stirring constantly.
3. Add beef broth, tomato paste, and diced tomatoes. Bring to a boil. Reduce to low heat and stir occasionally.
4. Cook rice by adding rice to a steam pan, adding beef broth mixture, stir and cover tightly. Bake in the conventional oven at 350F for 45 minutes.
5. Remove from oven, Squeeze lime juice over rice. Stir well. Garnish with cilantro. Serve ½ cup of a No. 8 scoop.

**Directions (Cont.)**

**RECIPE GROUP: Whole Grain**
- Portion Yield: 25
- Portion Size: ½ cup
- HACCP Process: 2 – Same Day Service

This dish has a ton of flavor, making it a great side dish for a variety of meals.