










Farm to Child Care Week Fifteen

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Applesauce Bagel	Milk Peaches Waffles	Milk Watermelon  Cereal	Milk Mandarin Oranges Peanut Butter Toast	Milk Apricots English Muffins
Lunch	Milk Vegetable Pasta Italiano  Orange Smiles	Milk Grilled Chicken Baked Eggplant Strips  Mesclun Mix Salad  Rice	Milk Tuna Macaroni Salad Cantaloupe	Milk Lavish Lasagna  Romaine Lettuce 	Milk Honey Mustard Chicken Sweet Potato Fries Corn Biscuits
Snack	Apple Wedges String Cheese	Pineapple Pretzels	Tomato Wedges  Cottage Cheese	Cucumbers  Herb Bagel Crisps	Prince and Princess Salad  Crackers

Grocery List

Dairy

Milk (10 times)
String Cheese
Shredded Cheese
Cottage Cheese (2 times)

Bakery

Bagels (2 times)
Bread
English Muffins

Meat

Ground Turkey
Chicken Breasts (2 times)

Fresh Produce

Apples
Oranges
Cauliflower
Celery
Cantaloupe
Mushrooms
Spinach

Refrigerated/Frozen

Waffles
Peas
Sweet Potato Fries
Corn
Biscuits

Grocery

Applesauce
Crushed Tomatoes
Chicken Broth
Bowtie Pasta
Parmesan Cheese
Bread Crumbs
Peaches
Rice
Pineapple
Pretzels
Cereal
Tuna
Macaroni
Mandarin Oranges
Pasta Sauce
No-Boil Lasagna Noodles
Apricots
Crackers
Chickpeas

Have on Hand

Paprika
Salt and Pepper
Oil
Mayonnaise
Peanut Butter
Garlic
Basil
Miracle Whip
Dijon Mustard
Honey
Lemon Juice
Garlic Powder

From the Farm

Eggplant
Mesclun mix
Romaine lettuce
Watermelon
Onions
Red and yellow tomatoes
Zucchini
Cucumbers
Broccoli
Assorted peppers

Vegetable Pasta Italiano



Turkey, pasta and veggies!

- 1 lb. ground turkey
- 1 c. sliced red pepper
- 1 Tbsp. paprika
- 1 (16 oz.) can crushed tomato(es)
- 1 (14.5 oz.) can chicken broth
- 2 c. uncooked bow tie pasta
- 2 c. chopped broccoli
- 1 c. chopped cauliflower
- 1/4 c. Parmesan cheese
- 1/4 c. seasoned dry bread crumbs

Brown ground turkey for 4 minutes in a skillet stirring occasionally. Stir in red pepper and paprika, cook slightly. Add tomatoes, chicken broth and pasta to skillet. Bring mixture to a boil, reduce heat, cover and simmer for 15 minutes. Remove the lid and arrange broccoli and cauliflower over the pasta. Replace lid and continue cooking for 10 minutes. Mix together bread crumbs and cheese. Sprinkle over vegetables in skillet. Let sit for 3 minutes before serving.

Yield: 7 servings

Serving Size: One serving is a meat (1.5 oz.) one vegetable (1/3 cup) and a bread alternate for 3-5 year old at lunch/supper.

Credit: Providers Voice, March 1993



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Tuna and Macaroni Salad



A classic tuna macaroni salad with a mayonnaise base.

- 2 (6.5 oz.) cans chunk tuna
- 2 c. cooked, drained, enriched elbow macaroni
- 1 c. thawed peas
- 1/2 c. chopped celery
- 1/2 c. chopped onion
- 1/2 c. shredded cheese
- 1/2 c. mayonnaise

Combine all the ingredients in a medium bowl; mix thoroughly. Chill.

Yield: 8 servings

Serving Size: One serving is a meat (1.5 oz.), one vegetable (1/4 cup) and bread alternate for 3 - 5 year old at lunch/supper.

Credit: Select A Week Summer 20C



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Baked Eggplant Strips



- 1 tsp. olive oil
- 1 large eggplant
- salt and pepper to taste
- 1/2 c. Italian bread crumbs
- 2 Tbsp. Parmesan cheese
- 1 large egg white(s)

Preheat the oven to 450°. Line two baking sheets with parchment paper and lightly spray with oil. Cut ends off the eggplant. Slice eggplant in half, then into 1/4 inch thick slices. Lay each slice on the cutting board and cut into 1/4 inch strips. Be sure to cut all the strips the same size so they cook evenly. Place eggplant strips in a bowl and season with olive oil, salt and pepper. Set aside. Combine breadcrumbs and parmesan cheese in a bowl, and egg whites in another. Dip a few strips of eggplant at a time into the egg whites, then into the breadcrumbs. Using a fork, remove eggplant from crumbs and place on the baking sheets. Spray with more oil and bake 10 minutes in the middle rack. Turn over and bake an additional 5 minutes, or until golden. Serve hot.



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Lavish Lasagna

A slow cooker lasagna with lots of lavish vegetables!



- 2 Tbsp. olive oil
- 2 cups chopped mushrooms
- 1 cup seeded, chopped green bell pepper
- 1 cup finely chopped yellow onion
- 3 cups loosely packed, chopped spinach
- 1 lb. 2% cottage cheese
- 2 cups (plus 1/2 cup) shredded mozzarella cheese
- 1/4 tsp. salt
- 26 oz. jarred low sodium pasta sauce
- 2 large (sliced, 1/4-inch thick rounds) zucchini
- 8 oz. no-boil whole wheat lasagna noodles

Heat oil in large skillet over medium-high heat; add mushrooms, peppers, onions and spinach. Cook 5 minutes, or until water evaporates. Season with salt and pepper. In mixing bowl, mix cottage cheese, 2 cups mozzarella cheese and salt. Divide into 2 portions. Grease slow cooker. Cover bottom with 1/3 of sauce and assemble as follows: single layer noodles, 1/3 of cooked vegetables, single layer zucchini, 1 portion of cottage cheese mixture, single layer of noodles. Repeat layering once in same order. Add layer of remaining sauce, cooked vegetables and zucchini. Sprinkle 1/2 cup mozzarella cheese on top. Cook on low for 5 hours or until noodles and zucchini are tender.

Yield: 8 servings

Serving Size: One serving credits as a meat/meat alternate, grain/bread and a vegetable for a 3-5 year old at lunch/supper

Credit: Chef Marshall O'Brien



Honey Mustard Chicken



Simple, fast food.

- 4 skinless, boneless (about 1 lb.) chicken breast
- 1/2 cup Miracle Whip or salad dressing
- 2 Tbsp. Dijon mustard
- 1 Tbsp. honey

Place chicken on grill or broiler rack. Brush with half the sauce. Grill or broil 8-10 minutes; turn and brush with remaining sauce. Grill or broil 10 more minutes or until tender.

Yield: 4 servings

Serving Size: Yield 7 servings of meat (1.5 oz.) each.

Credit: Providers Voice, June 92



Herb Bagel Crisps Recipe



Here's a homemade version of this favorite snack food.



- 3 (1 oz.) bagels
- 1 Tbsp. butter or melted margarine
- 2 Tbsp. olive oil
- 2 minced cloves garlic
- 1 tsp. dried basil

Heat oven to 325 degrees F. Cut bagels into 1/4-inch slices. Use care so you don't cut yourself. Mix oil, margarine and garlic; brush on one side of the bagel slices. Sprinkle with basil. Place on ungreased cookie sheet. Bake 10 - 12 minutes or until crisp. Remove from cookie sheet to wire rack; cool. Store in lightly covered container.

Yield: 18 crisps

Serving Size: 3 crisps are a grain/bread serving for 3- 5 year old

Credit: Providers Voice



Prince and Princess Salad



This is a protein-packed snack that can be eaten by itself or as a dip with crackers or pita wedges.

- 1/2 Tbsp. lemon juice
- pinch garlic powder
- pinch dried basil
- pinch black pepper
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1 cup chopped tomato(es)
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 1/4 cup shredded mozzarella cheese

Rinse and drain chickpeas (garbanzo beans). Chop tomato and bell peppers. Combine lemon juice, garlic powder, basil and black pepper. Stir in chickpeas and vegetables. Chill. Serve plain or with pita bread, whole wheat bread or whole grain crackers, if desired.

Yield: 6

Serving Size: One serving is a vegetable and a meat/meat alternate for a 3-5 year old for snack.

Credit: CACFP Menu Planning Guide, Team Nutrition

