











Farm to Child Care Week Five

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Banana English Muffin	Milk Pineapple Waffles	Milk Raspberries  Toast	Milk Orange Smiles Cereal	Milk Apple Slices Bagels
Lunch	Milk Chicken Legs Vegetable Fried Rice  Romaine 	Milk Chinese Pork Crunchy Bok Choy Slaw  Bread Rolls	Milk Baked Ziti Romaine Salad 	Milk Taco Beef Corn & Black Bean Salsa  Pears Tortillas	Milk Chix Mix  Peaches Bread
Snack	Milk Muffin	Cheese Tortilla Chips	Cool as a Cucumber Dip  Cucumbers	Celery Cottage Cheese	Broccoli  Crackers

Grocery List		
Dairy Milk (11 times)	Grocery Rice Pineapple Tortilla Chips Ziti Pasta Spaghetti Sauce Cereal Taco Seasoning Mix Black Beans (2 times) Pears Peaches Crackers	Refrigerated/Frozen Frozen Peas Waffles Shredded Cheese Cottage Cheese (2 times) Spinach Plain Yogurt Corn Have on Hand Vegetable, Olive, Sesame Oil Soy Sauce Garlic Ginger Powder Chinese Five Spice Honey Rice Vinegar Sugar Salt and Pepper Dijon Mustard Cumin Barbecue Sauce
Bakery English Muffins Muffins Bread Rolls Bread (2 times) Tortillas Bagels	Meat Chicken Legs Pork Loin Ground Beef Chicken Breasts Eggs	
Fresh Produce Bananas Onions Carrots Green Onion Cucumbers Oranges Lime Tomatoes Celery Apples		

From the Farm 
Baby Bok Choy Dill Cilantro Romaine, several varieties Mustard greens Raspberries Broccoli florets

Vegetable Fried Rice



Fried rice with broccoli and carrots.

- 3 c. cooked, cold long grain rice
- 1/2 c. onion
- 2 beaten egg(s)
- 1 c. peas
- 1 c. chopped broccoli
- 3 Tbsp. vegetable oil
- 2 Tbsp. soy sauce
- 1 c. chopped carrot(s)

Loosen and separate grains of rice. Place a large skillet or wok over high heat. Add 2 tablespoons oil and heat thoroughly. Fry onion to a light golden brown. Add vegetables. Cook for 2 minutes, stirring constantly. Remove to a plate. Add remaining 1 tablespoon oil to the skillet. Put in eggs and stir fry until done. Add rice mixture to eggs. Stir in soy sauce. Continue heating until completely hot.

Yield: 9 servings

Serving Size: One serving (generous 1/2 cup) is a bread alternate and one vegetable (1/4 cup) for a 3 - 5 year old at lunch/supper.

Credit: Select A Week Summer 18A



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Crunchy Bok Choy Slaw



- 2 Tbsp. rice vinegar
- 1 1/2 tsp. sesame oil
- 1 tsp. sugar
- 1 tsp. Dijon mustard
- salt to taste
- 1 bunch thinly sliced bok choy
- 2 medium shredded carrot(s)

Whisk vinegar, oil, sugar, mustard and salt in a large bowl until the sugar dissolves. Add bok choy and carrots; toss to coat with the dressing.

Yield: 6 servings

Serving Size: 1/4 cup is a vegetable for a 3-5 year old at lunch/supper

Credit: Eating Well Magazine



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Chinese Pork



- 1 Tbsp minced garlic
- 1 tsp ground ginger
- 1/2 cup sliced green onion
- 1 lb pork loin
- 1/4 cup soy sauce
- 1/4 tsp Chinese Five Spice seasoning
- 3 Tbsp honey

In a plastic resealable bag or shallow dish, mix garlic, ginger, green onions, soy sauce, Chinese Five-Spice, honey, and pork. Seal bag or cover pan and marinate, refrigerated, 2 hours or overnight. Turn the bag over or mix the pieces up several times while marinating. Pre-heat oven to 450 degrees F. Line a shallow pan with foil, then lay pork on pan and place on top rack. Cook pork in oven until browned and firm, about 20-30 minutes and internal temp is 160 degrees.

Yield: 6 servings

Serving Size: 1 1/2 ounces is a meat/meat alternate for a 3-5 year old at lunch/supper

Credit: Twist & Sprout



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Baked Ziti



Easy to serve; packed with nutrients.

- 1 egg(s)
- 2 c. low fat cottage cheese
- 8 oz. ziti pasta
- 1 1/2 c. spaghetti sauce
- 1 (10 oz. pkg) cooked and drained spinach
- 1/2 c. shredded mozzarella cheese

Cook pasta until slightly undercooked; drain. In a food processor or blender combine the egg and cottage cheese. Place in bowl and remaining ingredients; mix well. Place in 2 1/2 quart sprayed casserole. Top with mozzarella cheese. Bake at 350 degrees for 30 minutes.

Yield: 6 servings

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

Credit: Adapted from 30 Day Gourmet



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Cool as a Cucumber Dip



- 3 Tbsp olive oil
- 1 tsp minced garlic
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 2 cups plain yogurt
- 1 1/2 cups peeled, seeded and chopped cucumber
- 1/4 tsp dried dill

Combine olive oil, garlic, salt, pepper and yogurt in mixing bowl. Mix until well combined. Add the cucumber and dill. If possible, chill for at least one hour before serving.

Yield: About 2 cups

Serving Size: 1/4 cup is a meat/meat alternate for a 3-5 year old at snack

Credit: Twist & Sprout



Chix Mix



Making barbecue chicken by substituting yogurt for a bit of the barbecue sauce keeps the flavor and lessens the salt and fat.

- 1/4 lb. chunks of boneless, skinless chicken
- 2 Tbsp. barbecue sauce
- 6 Tbsp. black beans
- 1/2 cup frozen yellow corn
- 1 Tbsp. low-fat, plain yogurt
- 1 1/2 cups raw mustard greens or spinach

Place a large non-stick skillet over medium-high heat. Add chicken, barbecue sauce, beans, corn and yogurt. Stir to combine. Cook until hot. Wash and pat dry spinach or greens. Place 1/4 cup chicken mixture over 1/4 cup spinach greens. Serve with pita wedges.

Yield: 5

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

Credit: CACFP Menu Planning Guide, Team Nutrition



Corn and Black Bean Salsa Recipe



This salsa is a great way to sneak in some extra vegetables.

- 1 cup chopped onion
- 1/4 cup lime juice
- 1/4 cup chopped, fresh cilantro
- 2 1/2 cups frozen corn
- 1 cup chopped tomato(es)
- 1 (15 oz.) can rinsed and drained black beans
- 4 cloves chopped garlic
- 2 tsp. cumin



Prepare corn according to package directions. Combine drained corn with tomato and black beans. In another large bowl mix the remaining ingredients except for the cilantro. Pour these ingredients over the corn mixture. Refrigerate for two hours to blend flavors. Add cilantro just before serving. Serve with tortilla chips.

Yield: 6 cups

Serving Size: (1/4 cup) is one serving of vegetable at lunch/supper.

Credit: Deb Alher, Minneapolis

