

## Farm to Child Care Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk <a href="#">Strawberry Jumpin' French Toast</a> 🏠	Milk Banana Cereal	Milk Applesauce Banana Bread	Milk Peanut Butter Toast Bananas	Milk Bagels Apple Slices
Lunch	Milk <a href="#">One-Pot Chicken and Rice with Swiss Chard</a> 🏠 Mandarin Oranges	Milk Sloppy Joes Romaine 🏠 Carrots Bun	Milk <a href="#">Beef and Kale Meatballs</a> 🏠 Celery Sticks Orange Smiles Rice	Milk Grilled Chicken <a href="#">Mighty Minty Peas</a> 🏠 Peaches Baking Powder Biscuits	Milk <a href="#">White Kale Pizza</a> 🏠 Fruit Cocktail
Snack	Peanut Butter Toast	Pineapple Wheat Crackers	Yogurt Pears	Broccoli 🏠 String Cheese	Graham Crackers Milk

Grocery List		
<b>Dairy</b> Milk (11 times)	<b>Grocery</b> Rice (2 times) Chicken Broth Mandarin Oranges Peanut Butter Cereal Sloppy Joe Mix Pineapple Wheat Crackers Applesauce Pears Peaches Pizza Crust Fruit Cocktail Graham Crackers	<b>Refrigerated/Frozen</b> Eggs Chicken Breasts (2 times) Ground Beef (2 times) Yogurt Biscuits String Cheese Ricotta Cheese Shredded Mozzarella
<b>Bakery</b> Bread (3 times) Hamburger Buns Banana Bread Bagels		<b>Have on Hand</b> Butter Spread Salt and Pepper Garlic Dijon Mustard Dried Mint
<b>Fresh Produce</b> Onion Carrots Bananas (2 times) Green Peppers Green Onions Celery Oranges Apples		

From the Farm 🏠
Romaine Lettuce Rainbow Chard Broccoli Kale Strawberries Peas

## Strawberry Jumpin' French Toast



Baked French toast casserole can be made with any fruit you like or use nuts to add protein.

- 7 slices cubed whole grain bread
- 2 egg white(s)
- 1 cup low-fat milk
- 1 tbsp trans fat free margarine
- 4 cups plain, frozen strawberries
- cottage cheese or yogurt, optional

Arrange cubed bread on bottom of a lightly greased 9 x13 pan. Whisk together eggs, milk and margarine. Pour mixture evenly over bread cubes. Cover with foil and refrigerate overnight. Preheat oven to 350 degrees. Bake covered for 30 minutes. Thaw strawberries and warm in saucepan. Cut casserole into even servings. Top each serving with 1/2 cup strawberries. Top with cottage cheese or yogurt, if desired.

**Yield:** 7

**Serving Size:** One serving is a grain/bread and a fruit for a 3-5 year old for breakfast.



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## Beef and Kale Meatballs



- 1 large bunch kale
- 2 green pepper
- 2 bunches green onion
- 4 large egg(s)
- 3 Tbsp. fresh minced garlic
- 3 Tbsp. Dijon mustard
- salt and pepper to taste
- 1 lb. beef

Place kale, peppers, green onions, eggs, garlic, mustard, salt and pepper in the food processor. Pulse until kale is finely chopped. Remove to a large mixing bowl and add ground beef. Mix well and roll into 1 oz meatballs. Place on a lightly greased sheet pan and bake at 450 degrees for 8-9 minutes.

**Yield:** 24 meatballs

**Serving Size:** 6 meatballs is a meat/meat alternate for a 3-5 year old at lunch/supper

**Credit:** Bistro Kids



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## One-Pot Chicken and Rice with Swiss Chard



- 1 lb. boneless, skinless, chicken breast
- salt and pepper to taste
- 3 minced garlic cloves
- 1 bunch chopped Swiss chard
- 1 chopped onion
- 2 diced carrot(s)
- 1 1/2 c. long-grain rice
- 2 1/2 c. chicken broth

Season chicken with salt and pepper. Heat a large Dutch oven or other heavy pot with a tight-fitting lid over medium-high. Add chicken, and cook until browned on both sides, 12 minutes, turning once. With tongs, transfer chicken to a plate. Reduce heat to medium and add garlic, chard stems, onion, and carrots. Cook, stirring occasionally, until chard stems and onion are translucent, 4 minutes. Add chard leaves, and rice; cook 1 minute. Add broth and bring to a rapid simmer. Reduce to a simmer and season with salt and pepper. Arrange chicken on top of rice mixture and cook, covered, until chicken is cooked through and liquid is absorbed, about 25 minutes. Remove from heat and let sit, 5 minutes.

**Yield:** 6 servings

**Serving Size:** 1 serving is a meat/meat alternate, grain/bread and vegetable for a 3-5 year old at lunch/supper

**Credit:** Adapted from Martha Stewart



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## Mighty Minty Peas



- 2 cups frozen sweet peas
- 2 Tbsp butter
- 2 tsp fresh chopped or 1/2 tsp dried mint
- 1/4 tsp salt

Heat skillet on medium heat add butter and cook peas until bright in color about 2-3 minutes. Stir frequently. Sprinkle chopped mint and salt over peas, and stir and cook until aromatic and peas are hot, about 1 minute. Serve immediately.

**Yield:** 2 cups of peas

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

**Credit:** Twist & Sprout



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## White Kale Pizza



- 1 prepared pizza crust
- 12 oz. container part-skim ricotta cheese
- 1 bunch chopped, stems removed kale
- 1 1/2 c. shredded mozzarella cheese

Spread prepared crust with ricotta cheese. Top with chopped kale and shredded cheese. Bake at 450 for 10-15 minutes, or until cheese is melted and edges of kale are crispy brown.

**Yield:** 6 servings

**Serving Size:** 1 serving is a meat/meat alternate, grain/bread and a vegetable for a 3-5 year old at lunch/supper

**Credit:** Adapted from Rachael Ray

