









Farm to Child Care Week Nine

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Traveling Breakfast Bars Peaches	Milk Strawberries Waffles	Milk Pears Cereal	Milk Bananas Toast	Milk Applesauce Pancakes
Lunch	Milk Mini Meat Loaves Green Beans Lettuce Salad  Biscuits	Milk Crispy Fish Sticks Mashed Potatoes Mandarin Oranges Bread Rolls	Milk Rock-n-Roll Ups  Fruit Cocktail	Milk Island Fun Pasta  Pepper Strips 	Milk Pizza Burgers  Lettuce  Orange Smiles
Snack	Cucumber Canoes 	Apple Granola Crunchies	Zucchini Oatmeal Cookies  Milk	Pretzels Milk	Cheese Crackers

Grocery List

Dairy

Milk (12 times)
Cottage Cheese
Plain Yogurt
Shredded Cheddar
Shredded Mozzarella
Cheese

Bakery

Bread Rolls
Tortillas
Bread
English Muffins

Meat

Ground Beef (2 times)
White Fish Fillets

Fresh Produce

Onion
Carrots
Strawberries
Apples
Tomatoes
Avocado
Bananas
Oranges

Refrigerated/Frozen

Eggs
Biscuits
Waffles
Pancakes

Grocery

Applesauce
Oatmeal
Peaches
Tomato Sauce
Crackers
Instant Potatoes
Mandarin Oranges
Granola
Pears
Cereal
Fruit Cocktail
Black Beans
Salsa
Kidney Beans
Spiral Pasta
Peach Chunks
Pineapple Chunks
Pretzels
Tomato Soup

Have on Hand

Salt
Butter
Cinnamon
Baking Soda
Mustard
Mayonnaise
Garlic Powder & Salt
Lemon Juice
Oil
Nutmeg
Sugar
Italian Seasoning
Peanut Butter
Flour
Brown Sugar
Powdered Milk
Bread Crumbs

From the Farm

Cucumbers
Zucchini
Assorted Beans
Onion
Green peppers
Cabbage
Romaine and red leaf Lettuce Assorted
peppers



Traveling Breakfast Bars



Try these bars with raisins if desired.

- 1 1/4 c. enriched flour
- 3/4 c. firmly packed brown sugar
- 1/2 c. dry, powdered milk
- 1 1/4 c. applesauce
- 1 tsp. salt
- 1/2 c. butter or margarine
- 1 tsp. cinnamon
- 1/2 tsp. baking soda
- 2 c. uncooked rolled oats

Cream together margarine and sugar until light and fluffy. Mix together flour, cinnamon, salt, soda and dry milk. Add dry ingredients to sugar mixture. Mix well. Stir in oats when mixture is crumbly. Press half of mixture into bottom of greased 9" x 13" pan. Spread applesauce on top. Sprinkle with remaining oat mixture. Bake in oven preheated to 400 degrees about 35 minutes or until golden brown and firm. Cool before cutting into 24 squares.

Yield: 24 squares

Serving Size: 1 bar is a grain/bread at snack for a 3 - 6 year old. Counts as a cookie.

Credit: Get Me Out of the Kitchen! Quick!



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Cucumber Canoes



- 1 large cucumber
- 1 cup cottage cheese
- 4 baby carrot(s)

Scoop seeds out of cucubers and fill with cottage cheese. Lay 1/2 of a baby carrot on top to complete the canoe.

Yield: 8 canoes

Serving Size: 2 canoes is a meat/meat alternate and a vegetable for a 3-5 year old at snack

Credit: Twist & Sprout



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Mini Meat Loaves



Meatloaf made in muffin tins.

- 1 (8 oz.) can tomato sauce
- 1/4 c. brown sugar
- 1 tsp. prepared mustard
- 2 lightly beaten egg(s)
- 1/4 c. cracker crumbs
- 2 lbs. hamburger
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 c. minced onion

In small bowl, combine tomato sauce, brown sugar and mustard. In large bowl combine eggs, onion, cracker crumbs, hamburger, salt and pepper. Add 1/2 cup of tomato sauce mixture. Stir thoroughly. Grease 12 muffin tins. Fill 3/4 full each cup with hamburger mixture. Top with a spoon full of remaining tomato mixture. Bake at 350 degrees for 25-30 minutes.

Yield: 12 servings

Serving Size: One mini meat loaf is a (1.5 oz.) serving for a 3 - 5 year old at lunch/supper.

Credit: Select-A-Week Spring 12C



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Crispy Fish Sticks



A healthful alternative to the processed version.

- 3 oz. dried seasoned bread crumbs
- 3 Tbsp. reduced fat mayonnaise
- 2 tsp. water
- 1/2 tsp. garlic powder
- 1 tsp. lemon juice
- 1 1/2 lbs. firm white fish fillets
- cooking spray or vegetable oil

Combine mayonnaise and next three ingredients in shallow bowl; stir well. Cut fillets into 1 inch wide pieces. Dip fish in mayonnaise mixture and dredge in breadcrumbs. Place fish on baking sheet coated with cooking spray. Bake at 425 degrees for 22-25 minutes or until crispy and brown.

Yield: 8 servings

Serving Size: One serving is a (2.0 oz.) serving of meat for a 6 - 12 year old at lunch/supper.

Credit: Adapted from Cooking Light



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Apple Granola Crunchie

These are the quintessential after-school snack: crunchy, juicy, sweet and hearty.

- 8 thick slices of apple(s)
- 4 Tbsp. peanut butter
- 1 1/3 c. granola



Spread apple slices with peanut butter and coat in granola.

Yield: 8 granola crunchies

Serving Size: 2 granola crunchies is a meat/meat alternate (1/2 oz.) and a grain/bread (1/2 oz.) for a 3-5 year old at snack.

Credit: Whole Foods Market



Zucchini Oatmeal Cookies Recipe



These moist cookies have a lightly spiced flavor that's great with apple cider.

- 1/4 tsp. baking soda
- 1/2 cup brown sugar
- 1/4 tsp. cinnamon
- 1/2 cup corn oil
- 1 egg(s)
- 1 cup enriched flour
- 1/4 tsp. nutmeg
- 1 1/4 cups oatmeal
- 1/4 tsp. salt
- 1/2 cup sugar
- 1 cup finely grated zucchini



Heat oven to 350 degrees. Beat together the egg, oil, and both sugars until well blended. In a separate bowl, combine the flour, baking soda, salt, cinnamon, and nutmeg. Stir the flour mixture into the egg mixture. Add the oatmeal and zucchini and mix well. Drop by teaspoonfuls onto an ungreased cookie sheet, placing them about 2 inches apart. Bake for 12 minutes, or until golden brown.

Yield: 24 cookies

Serving Size: 1 cookie is a grain/bread serving for a 3 - 5 year old at snack.

Credit: Mary Beth Baumann



Rock-n-Roll-Ups



Allow kids to make their own wraps by scooping the vegetables onto their tortilla. You can also use chicken or turkey for protein.

- 6 (8 inch) tortilla(s)
- 1/2 cup chopped tomato(es)
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped onion
- 1/2 cup sliced avocado
- 2 1/2 cups canned black beans
- 1/2 cup salsa

Warm tortillas in microwave or on stovetop. Warm salsa (if desired). Place 1 Tbsp salsa in each tortilla. Mix together tomatoes, peppers, onions and black beans. Place 1/2 cup mixture onto each tortilla and top with 2 slices avocado. Fold up end of the tortilla. Fold in the sides.

Yield: 6

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

Credit: CACFP Menu Planning Guide, Team Nutrition



Island Fun Pasta



- 14.5 oz can drained and rinsed kidney beans
- 8 oz whole wheat spiral pasta
- 1/2 cup chopped Romaine lettuce or spinach
- 1/2 cup chunked peach(es)
- 1/4 cup pineapple chunks
- 1/4 cup shredded green or red cabbage
- 1/2 cup plain yogurt
- 1/4 cup (from the drained can) peach juice

Cook pasta as directed on package. Drain. In a small bowl, combine yogurt and orange juice. Combine beans, spinach, pasta, pineapple, peaches, and cabbage in large bowl. Pour dressing over. Mix until all parts are coated.

Yield: 6 servings

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

Credit: Twist & Sprout



Pizza Burgers



A sure hit for a hungry bunch!

- 1 lb. hamburger
- 1/4 c. oil
- 1/2 lb. Cheddar cheese
- 3 Tbsp. Italian seasoning
- 1 medium onion
- 1 (10.5 oz.) tomato soup
- 1/2 lb. mozzarella cheese
- 1/2 tsp. garlic salt
- English muffins, buns or bread

Brown hamburger with onion; cool then add soup, oil seasonings and cheese. Mix well. Spread on halves of buns, toasted English muffins, or slices of bread at least 1/2 inch thick. Bake or broil until cheese is melted and brown.

Yield: 18 servings

Serving Size: Each serving is a meat alternate (1.5 oz.) and a bread alternate at lunch/supper for a 3-6 year old.

Credit: Providers Voice, October '91



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