










Farm to Child Care Week Sixteen

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Orange Smiles Toast	Milk Applesauce Baked Oatmeal	Milk Peaches Muffins	Milk Pears Cereal	Milk Banana Raisin Toast
Lunch	Milk Taco Supper Bell Peppers  Tortilla Chips	Milk Rotisserie Chicken Pasta Pineapple	Milk HM Meatballs Baked Eggplant Parmesan  Spaghetti Noodles	Milk Quick Moroccan Chicken Tomato Wedges 	Milk Italian Dunkers Marinara Sauce Cheesy Squash 
Snack	Watermelon  Crackers	Grape Tomatoes  String Cheese	Broccoli w/Ranch  Milk	Sunny Salsa  Tortilla Chips	Peanut Butter Celery

Grocery List			
Dairy	Fresh Produce	Grocery	Have on Hand
Milk (11 times)	Oranges	Kidney Beans	Chili Powder
Eggs	Celery	Diced Tomatoes	Garlic
Shredded Mozzarella (3 times)	Bananas	Black Beans	Garlic Salt
String Cheese		Tortilla Chips (2 times)	Brown Sugar
Bakery	Refrigerated/Frozen	Crackers	Baking Powder
Bread	Corn	Applesauce	Cinnamon
Muffins	Orange Juice	Oatmeal	Salt
Raisin Bread		Raisins	Vanilla
French Bread		Whole Wheat Pasta	Ranch
Meat		Pasta Sauce (2 times)	Nutmeg
Ground Beef (2 times)		Pineapple (2 times)	Red Wine Vinegar
Rotisserie Chicken (2 times)		Pears	Peanut Butter
		Cereal	
		Peaches (2 times)	
		Bread Crumbs	
		Italian-Spiced Diced Tomatoes	
		Italian Spiced Tomato Sauce	
		Spaghetti	
		Couscous	
		Mandarin Oranges	

From the Farm 
Yellow Summer Squash
Grape tomatoes
Eggplant
Bell peppers
Watermelon
Broccoli
Tomatoes

Taco Supper



An easy crockpot recipe that tops tortillas with a taco mixture.

- 2 lbs. browned hamburger
- 1 (15.5 oz.) can kidney beans
- 1/2 cup chopped onion
- 1 tsp. chili powder
- 1 (28 oz.) can diced tomato(es)
- 1 (15.5 oz.) can black beans
- 1 clove minced garlic
- 1/2 tsp. garlic salt
- tortilla chips
- toppings such as tomatoes, lettuce, avocados, green peppers, olives, shredded cheese, sour cream, optional

Place all ingredients in a crock pot and cook on high for 5 hours or low for 8 hours. Serve meat mixture over tortilla chips. Offer toppings such as tomatoes, lettuce, avocados, green peppers, olives, shredded cheese, sour cream and taco sauce.

Yield: 18 servings

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

Credit: Lisa B. of Montevideo



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Rotisserie Chicken Pasta



Try this pasta dish with different whole wheat noodle shapes like rotini or fusilli.

- 1 lb. whole wheat pasta
- 3 c. low-sodium pasta sauce
- 16 oz. bag frozen corn
- 8 oz. (1 c.) mozzarella cheese
- 10 oz. (about 2 cups) of diced rotisserie chicken breast

Cook pasta according to package directions and drain. Heat sauce, then add diced chicken, cheese and corn. Mix well and serve. Optional: Add a little extra cheese on top.

Yield: 12 servings

Serving Size: Each serving credits as 1 1/2 oz. meat/meat alternate and (1/3 cup) vegetables and a grain/bread serving for a 3-5 year old at lunch/supper.

Credit: Katie Molstad of Inver Grove Heights



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Baked Oatmeal



Oatmeal never tasted so good!

- 3 c. oatmeal
- 1/2 c. brown sugar
- 2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 c. applesauce
- 1 tsp. vanilla
- 2 egg(s)
- 1 c. milk
- 1/2 raisins, dried cranberries or blueberries

Preheat oven to 350 degrees. Mix the dry ingredients in one bowl. Mix wet ingredients in another bowl. Stir the wet and dry ingredients together and add fruit. Spread in a 9x9 inch pan which has been lightly sprayed with non-stick spray. Bake 20 - 30 minutes. Serve with additional applesauce if desired.

Yield: 16 servings

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

Credit: Adapted from Lean Plate Club recipe.



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Baked Eggplant Parmesan



- 1/4 c. Italian style bread crumbs
- 1 large eggplant
- 1 c. shredded mozzarella cheese
- 14.5 oz. can Italian spiced diced tomato(es)
- 8 oz. can Italian spiced tomato sauce

Preheat oven to 425°F. Place bread crumbs in a shallow dish; set aside. Cut eggplant into 12 slices, about 1/2-inch thick. Spray each side of the slices with cooking spray. Coat the slices with bread crumbs on both sides and place on a baking sheet. Bake for 10 minutes or until tender, turning once. Top slices with cheese; bake for 1 more minute or until the cheese has softened. Meanwhile, combine undrained tomatoes and sauce in a small saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low; simmer for 10 minutes or until slightly thickened. Spoon tomato mixture evenly into 6 shallow bowls. Place 2 eggplant slices over sauce in each bowl. Enjoy!

Yield: 6 servings

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

Credit: Today I Ate a Rainbow



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Quick Moroccan Chicken



- 10 oz. package couscous, dry
- 1/2 Tbsp. olive oil
- 1 rotisserie chicken
- 1 large or 2 small minced garlic cloves
- 1 1/2 Tbsp. brown sugar
- a pinch of ground nutmeg
- 1 1/2 Tbsp. red wine vinegar
- 1/2 c. orange juice
- 16 oz. canned diced peach(es)



Prepare couscous according to directions. Meanwhile, heat oil in a large skillet and saute diced garlic and rotisserie chicken for 2 minutes. Add sugar, nutmeg, vinegar, and orange juice, bringing to a simmer. Slowly add the peaches and continue to simmer until the liquid has reduced slightly, about 5 minutes. Serve over warm couscous.

Yield: 8 servings

Serving Size: 1 serving is a meat/meat alternate (2 oz.) a grain/bread (1.0 oz) and 1/4 c. fruit for a 3-5 year old at lunch/supper

Credit: Twist & Sprout



Sunny Salsa



Salsa can be made using almost any type of fruit or vegetable. Add some flavor to chicken or fish by topping it with fruit and vegetable salsa.

- 1 cup chopped mandarin orange(s)
- 1 cup fresh or canned pineapple chunks
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 Tbsp chives, optional

Chop mandarin oranges, pineapple, onions and peppers into small pieces. In large bowl, combine all ingredients.

Yield: 6

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

Credit: CACFP Menu Planning Guide, Team Nutrition



Cheesy Squash



- 1 1/2 c. sliced yellow summer squash
- salt and pepper to taste
- 1 c. shredded mozzarella cheese
- 1/4 c. Parmesan cheese

Cut yellow squash into 1/4-in. slices. Place in a greased shallow 1-qt. baking dish. Sprinkle with salt and pepper. Top with cheeses. Broil 4 in. from the heat for 7-10 minutes or until squash is crisp-tender and cheese is bubbly. Serve immediately

Yield: 1 1/2 c. squash

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

Credit: Taste of Home

