

Farm to Child Care Week Ten

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Bananas Cereal	Milk Applesauce Pumpkin Patch Pancakes	Milk Orange Smiles English Muffin	Milk Strawberries Muffin	Milk Melon Waffles
Lunch	Milk Turkey Apple Takers Fruity Coleslaw 🏠	Milk Grilled Chicken 🏠 Spaghetti with Arugula 🏠 Peaches	Milk Roast Beef Sandwich Cucumbers 🏠 Romaine Salad 🏠	Milk Grilled Pork 🏠 Power Penne 🏠	Milk Cheese Cubes Impossibly Easy Zucchini Pie 🏠 Pears Breadsticks
Snack	Cereal Trail Mix Milk	Peapods 🏠 Peach Smoothie	Apples Peanut Butter	Bell Pepper Strips 🏠 Abracadabra Hummus	Fruit Cocktail Cinnamon Toast

Grocery List			
Dairy Milk (11 times) Swiss Cheese Vanilla Yogurt Eggs Cream Cheese Cheese Cubes Bakery Bread (3 times) English Muffins Muffins Meat Deli Turkey Chicken Breasts Deli Roast Beef Pork	Fresh Produce Bananas Apples (2 times) Carrots Tomatoes (2 times) Oranges Strawberries Melon Refrigerated/Frozen Spinach Waffles Breadsticks	Grocery Cereal Crushed Pineapple Raisins Cereal (three shapes) Applesauce Pumpkin Spaghetti Parmesan Cheese Peaches (2 times) Peanut Butter Penne Chickpeas (2 times) Black Beans Broth Baking Mix Pears Fruit Cocktail	Have on Hand Mustard Honey Butter Mayonnaise Flour Baking Powder Cinnamon Oil Garlic Vinegar Powdered Milk Vanilla Nutmeg

From the Farm 🏠
Arugula Romaine Zucchini Cucumbers Bell peppers Cherry Tomatoes Peapods Cabbage

Turkey Apple Takers



- 1 Tbsp Dijon or yellow mustard
- 1 Tbsp honey
- 4 slices whole grain bread
- 4 (1 oz each) slices Swiss cheese
- 1 cup of thinly sliced Granny Smith apple(s)
- 4 oz sliced turkey
- 2 Tbsp butter

1. Butter one side of each slice of bread. 2. Combine mustard and honey in a small bowl. 3. Spread one side of each of 2 bread slices with 1 1/2 teaspoons mustard mixture. 4. Place one cheese slice on dressed side of bread slices; top each with apple slices and turkey. 5. Top sandwiches with remaining bread slices. 6. Heat a large nonstick skillet over medium-high heat. 7. Add sandwiches to pan. Cook 2 minutes on each side or until bread is browned and cheese melts.

Yield: 4 sandwiches

Serving Size: 1 sandwich is a grain/bread, a meat/meat alternate and 1/4 cup fruit for a 3-5 year old at lunch/supper

Credit: Twist & Sprout



Fruity Coleslaw



The fruit with the cabbage makes a sweeter coleslaw!

- 2 c. shredded cabbage
- 1/2 c. peeled and shredded carrot(s)
- 1/2 c. crushed pineapple
- 1 Tbsp. raisins
- 1/4 c. lowfat mayonnaise

Drain pineapple. Combine cabbage, carrots, pineapple and raisins. Add mayonnaise, mix well and serve.

Yield: 8 servings

Serving Size: One serving is (1/4 cup) vegetable.

Credit: What's Cookin' II



Cereal Trail Mix



- 2 cups whole grain "O-shpaed" cereal
- 2 cups hexagon-shaped (ex. Crispix) cereal
- 2 cups whole grain square (ex. Chex) cereal

Mix all cereal together.

Yield: 6 cups of cereal mix

Serving Size: 1/3 cup of cereal mix is a grain/bread for a 3-5 year old at snack

Credit: Twist & Sprout



Pumpkin Patch Pancakes



Top with low-fat yogurt and raisins for sweetness or walnuts for a protein-rich breakfast.

- 1/2 cup whole wheat flour
- 1 tsp. baking powder
- 1/4 tsp. ground cinnamon
- 5 fl oz. 1% (low-fat) milk
- 1 Tbsp. unsweetened applesauce
- 1/2 egg(s)
- 1/4 cup canned pumpkin puree
- 1/4 cup low-fat vanilla yogurt

In a large mixing bowl, combine flour, baking powder and cinnamon. In separate bowl, mix milk, applesauce, egg, pumpkin and yogurt until combined. Add wet ingredients to flour mixture and stir until moist. Batter may still be lumpy. Lightly coat griddle or skillet with cooking spray and heat on medium. Pour batter onto hot griddle (about 2 Tbsp for each pancake). Cook until bubbles burst, flip and cook until golden on both sides.

Yield: 8

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

Credit: CACFP Menu Planning Guide, Team Nutrition



Whole Wheat Spaghetti with Arugula



- 2 Tbsp. olive oil
- 2 minced garlic cloves
- 1 c. chopped tomato(es)
- 1 lb. chopped arugula
- 4 c. cooked whole wheat spaghetti
- 1 1/2 Tbsp. red wine vinegar
- 3/4 tsp. salt
- black pepper to taste
- 1/2 c. Parmesan cheese

Heat 1 tablespoon oil over medium-high heat in a Dutch oven. Add garlic; sauté 20 seconds. Add tomato and arugula; sauté 2 minutes or until arugula is wilted. Spoon into a large bowl. Add 1 tablespoon oil, spaghetti, vinegar, salt, and black pepper; toss well. Sprinkle with cheese.

Yield: 8 servings

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

Credit: Cooking Light



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Power Penne



- 8 oz whole grain pasta
- 1 1/2 cups chickpeas/garbanzo beans
- 1 1/2 cups black beans
- 1 cup vegetable or chicken broth
- 1 lb frozen spinach
- 8 oz cream cheese
- 2 cups halved cherry tomato(es)

Cook pasta per package instructions. Once cooked set aside. While pasta is cooking, heat large skillet over medium heat, add broth and beans, and simmer until beans are heated through, about 3 minutes. Stir in cream cheese and spinach. Return to simmer, stirring occasionally until creamy, about 5 minutes. Add cherry tomatoes, and cook until tomatoes are warm, about 2 minutes. In a large bowl, mix together cooked, drained pasta and sauce. Let stand a few minutes before serving.

Yield: 8 servings

Serving Size: 1 cup is a grain/bread and two vegetables for a 3-5 year old at lunch/supper

Credit: Twist & Sprout



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Peach Smoothie



July is National Peach Month. Try this recipe for serving of fruit at breakfast or snack.

- 1 (8.5 oz.) can sliced peach(es)
- 1/4 c. nonfat dry milk powder
- 1 tsp. vanilla
- dash of ground nutmeg
- 2 ice cubes

In a blender container combine undrained peach slices, dry milk powder, vanilla and nutmeg. Cover and blend until smooth. Add ice cubes. Cover and blend until combined.

Yield: 2 servings

Serving Size: Each serving is (1/2 cup) serving of fruit for a 3 - 6 year old.

Credit: Providers Voice, June 90



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Abacadabra Hummus



A twist on hummus, made with beans and peanut butter.

- 1 (15 - 19 oz.) can drained garbanzo beans
- 2 Tbsp. warm water
- 1/4 cup creamy peanut butter
- 2 Tbsp. olive oil
- 2 ice cubes

Place all ingredients in a blender or food processor and mix until smooth. Add additional water if needed for consistency. Serve with raw vegetables or whole grain crackers for snack.

Yield: 10 (1 oz.) servings meat alternate

Serving Size: 2 tablespoons hummus is a meat alternate for a 1 - 5 year old at snack.



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Impossibly Easy Zucchini Pie



- 1 c. chopped zucchini
- 1 c. chopped tomato(es)
- 1/2 c. chopped onion
- 1/3 c. Parmesan cheese
- 2/3 c. baking mix
- 3/4 c. milk
- 2 egg(s)
- salt and pepper to taste

Heat oven to 400°F. Lightly grease bottom and side of pie plate, 9x1 1/4 inches. Sprinkle zucchini, tomato, onion and cheese evenly in pie plate. Stir together remaining ingredients with fork until blended. Pour evenly into pie plate. Bake about 35 minutes or until knife inserted in center comes out clean. Cool at least 10 minutes.

Yield: 8 servings

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

Credit: Betty Crocker

