












Farm to Child Care Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Banana Baked French Toast Strips	Milk Grapes Cereal	Milk Strawberries  Oatmeal	Milk Applesauce Pancakes	Milk Toast Melon
Lunch	Milk HM/CN Meatballs Tomato Sauce Garden Salad Blend  Spaghetti	Milk Juicy Orange Chicken Butterhead Lettuce  Rice	Milk Crockpot Barbecue Chicken Corn Mandarin Oranges Swiss Chard & Parmesan  Corn Muffins	Milk Scrambled Eggs with Spinach  Cheddar Cheese Cubes Orange Smiles Toast	Milk Arugula Pear Salad  Breadsticks
Snack	Kale Chips  Milk	Broccoli w/ Ranch  Crackers	Rhubarb Layer Cake  Milk	Peapods  Baked Tortilla Chips	Romaine Lettuce  Garlic Bread

Grocery List

Dairy Milk (12 times)	Grocery Tomato Sauce Spaghetti Cereal Rice Crackers Orange Juice Oatmeal Barbecue Sauce Mandarin Oranges Cornmeal Parmesan Cheese Strawberry Gelatin White Cake Mix Applesauce Pancake Mix Baked Tortilla Chips Walnuts	Refrigerated/Frozen Eggs (2 times) CN Meatballs or Ground Beef Chicken Thighs (2 times) Frozen Corn Butter Cheddar Cheese Cubes Shredded Cheese Garlic Bread
Bakery French Bread Bread (2 times) Breadsticks		Have on Hand Sugar Salt Vanilla Cinnamon Ranch Dressing Olive and Vegetable Oil Soy Sauce Flour Baking Powder
Fresh Produce Grapes Carrots Oranges Melon Lemon		

From the Farm

Strawberries
Peapods
Rhubarb
Broccoli
Chard
Romaine
Arugula
Baby Butterhead Lettuce
Spinach
Kale
Garden Salad Blend



Baked French Toast Strips



Look for French bread made with enriched flour.

- 6 slices Texas Toast or 1/2 inch slices French bread
- 4 egg(s)
- 3 Tbsp. sugar
- 1/8 tsp. salt
- 3/4 tsp. vanilla
- 1/2 tsp. cinnamon
- 1 c. milk

Preheat oven to 425 degrees. Cut each slice of bread into 4 even strips. Place strips of bread on lightly greased 9" x 13" x 2" baking pan. In a large bowl, whisk together eggs, milk, sugar, salt and vanilla until well blended. Pour egg mixture over bread slices and cover with plastic wrap. Chill for 4 to 24 hours. Remove wrap. Sprinkle cinnamon on top of bread strips. Bake for 30-40 minutes until eggs are set and toast is lightly browned. Serve with fruit sauce, low fat yogurt, fresh fruit or maple syrup.

Yield: 12 servings

Serving Size: 2 strips is a grain/bread serving for a 3-5 year old.

Credit: Montana CACFP Master Menu Volume 3



Juicy Orange Chicken Recipe



Orange juice keeps the chicken moist during cooking.

- 4 skinned chicken thighs
- 2 cups sliced round carrot(s)
- 1 cup orange juice
- 2 Tbsp. reduced-sodium soy sauce

Place chicken thighs in a skillet or pan just large enough to hold them comfortably without crowding. Sprinkle in the sliced carrots. Pour in the orange juice and soy sauce and shake the pan a few times to distribute the liquid. Bring to a boil over high heat, then lower the heat to medium-low and simmer, covered, for 20 minutes. Remove the lid and raise the heat to high; cook for 7 minutes, shaking the pan a few times to move the chicken and vegetables and prevent sticking. The sauce should be thick and syrupy. Serve when cool enough to eat.

Yield: 4 servings

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

Credit: Promoting Wellness



Kale Chips



The chips are crisp, savory, salty and satisfying.

- 1 bunch or about 12 leaves kale
- 2 tsp. olive oil
- sea salt, to taste

Preheat oven to 350 degrees. Wash kale and dry thoroughly. Remove center stem and rip leaves into chip-size pieces. Toss with olive oil. Arrange kale pieces in single layer on a foil-lined baking sheet. Sprinkle salt. Bake for 8-9 minutes, until slightly brown and crisp

Yield: 6 servings

Serving Size: Each serving is one (1/2 cup) vegetable for a 3-5 year old at snack

Credit: Out of the Box Food



Beef Taco Lettuce Wraps



- 1 finely chopped onion
- 2 cloves minced garlic
- 1 Tbsp. olive oil
- 1 lb. extra lean ground beef
- 15 oz. can drained and rinsed kidney beans
- 1/4 c. water
- 2 Tbsp. taco seasoning
- 12 large lettuce leaves

In a large skillet, heat olive oil over medium high heat. Add in onion and garlic and saute for 3 to 4 minutes, stirring constantly. Next, add in ground beef and break up with a spoon. Let cook until meat is completely browned. In a small bowl or measuring cup combine water and taco seasoning. Pour into skillet over meat and add in beans. Let mixture come to a boil and lower to a simmer. Let simmer uncovered for 10 to 15 minutes until there is no liquid left in skillet. Divide the beef mixture into 12 even servings. Put one serving in the center of a leaf of lettuce and roll or fold to create a lettuce wrap. Repeat until you have 12 lettuce wraps.

Yield: 6 servings

Serving Size: 2 wraps is a meat/meat alternate and a vegetable for a 3-5 year old at lunch/supper

Credit: Everyday Maven Blog



Swiss Chard & Parmesan Corn Muffins



- 2 small bunches Swiss chard
- 3/4 c. corn meal, enriched
- 1 1/4 c. all-purpose enriched flour
- 1/4 c. sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 c. milk
- 1/4 c. vegetable oil
- 1 lightly beaten egg(s)
- 3/4 c. Parmesan cheese

1) Wilt two small bunches of swiss chard (or one large bunch) down in a tablespoon of olive oil. Set aside. 2) Set aside 3/4 to 1 cup of shredded parmesan cheese. 3) Combine dry ingredients followed by wet ingredients, saving the greens and cheese for last two steps. 4) Chop your swiss chard into small pieces. 5) Stir together the corn bread batter with the swiss chard and parmesan cheese. Pour into a greased muffin pan and bake at 400 degrees for 25 - 30 minutes.

Yield: 12 muffins

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

Credit: Girl With a New Life Blog



Scrambled Eggs with Spinach Recipe



Microwaving eggs speed preparation. Start with 40 seconds on full power for one egg.

- 6 egg(s)
- 1/2 (10 oz.) package frozen, chopped spinach
- 1/2 c. shredded cheese
- salt and pepper to taste

Cut spinach package in half. Return one-half of the package to the freezer and thaw the other half under cool running water; squeeze dry. Whisk eggs in mixing bowl adding a small amount of water, salt and pepper to taste. Scramble the eggs over medium heat in a lightly greased skillet. Add spinach when eggs are just about cooked. Stir in cheese just before serving.

Yield: 4 servings

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



Rhubarb Layer Cake



- 1 lb. fresh chopped rhubarb
- 1/2 c. white sugar
- 3 oz. package strawberry gelatin
- 1 package white cake mix
- 1 c. water
- 1/3 cup melted butter

Heat oven to 350°F. Place rhubarb in 13x9-inch baking dish; sprinkle with sugar, then dry gelatin mix. Beat cake mix, water and butter with whisk until blended; pour over rhubarb. Spread to completely cover rhubarb. Bake 45 min. or until golden brown.

Yield: 16 servings

Serving Size: 1 serving is a grain/bread for a 3-5 year old at snack. Counts as a dessert item

Credit: Kraft



Arugula Pear Salad



- 1/2 c. walnuts
- 6 cups arugula
- 1 1/2 c. diced pear(s)
- 1 lemon
- 3 Tbsp. olive oil
- salt and pepper to taste
- 2 c. shredded cheese

Toast nuts in small pan over medium heat until fragrant. Cool. Combine arugula and pear in a salad bowl, add nuts then dress the salad with lemon juice and olive oil, salt and pepper. Top salad with cheese crumbles.

Yield: 6 servings

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

Credit: Adapted from Rachael Ray

