








Farm to Child Care Week Twelve

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Applesauce Blueberry Muffins	Milk Banana Cereal	Milk Breakfast Tortilla	Milk Apples Pancakes	Milk Grapes Toast
Lunch	Milk Baked Beans Mustard Green Mac & Cheese  Cantaloupe	Milk Summertime Tuna Bites Funky Cabbage Salad 	Milk HM Hamburger Pizza Balsamic Strawberries w/ Arugula 	Milk Yogurt BLT Sandwiches  Watermelon	Milk Chicken Kabobs  Pineapple Bread
Snack	Yogurt Animal Crackers	String Cheese Apple Wedges	Tomato Slices  Mini Bagels	Cucumbers  Oyster Ranch Crackers	Milk Cinnamon Grahams

Grocery List

Dairy	Fresh Produce	Grocery	Have on Hand
Milk (11 times)	Cantaloupe	Applesauce	Butter
Shredded Cheddar	Carrots	Baked Beans	Flour
Cream Cheese	Bananas (2 times)	Elbow Macaroni	Mayonnaise
Yogurt (2 times)	Apples	Broth	Honey
Plain Yogurt	Strawberries	Tuna	Peanut Butter
Shredded Mozzarella	Grapes	Pineapple Chunks (2 times)	Balsamic Vinegar
String Cheese	Watermelon	Crackers	Oil
	Onions	Animal Crackers	Dill
		Cereal	Garlic Salt
Bakery	Refrigerated/Frozen	Mandarin Oranges	Garlic Powder
Blueberry Muffins	Mixed Berries	Crushed Pineapple	Lemon Juice
Tortillas	Pizza Crust	Pizza Sauce	
Mini Bagels	Pancakes	Dry Ranch Mix	
Bread (2 times)		Oyster Crackers	
Meat		Cinnamon Grahams	
Ground Beef			
Bacon			
Chicken			

From the Farm

Arugula
Mustard greens
Cabbage
Heirloom tomatoes
Peppers
Cucumbers

Mustard Green Mac and Cheese



- 1 c. finely diced carrot(s)
- 1 2/3 c. plus 2Tbsp. vegetable broth
- 6 oz. small elbow macaroni
- 1 Tbsp. butter
- 4 c. chopped tightly packed mustard greens
- 6 oz. cheddar cheese
- 3 Tbsp. enriched flour

1. Cook carrots in large saucepan of boiling salted water 5 minutes, or until tender. Drain, then transfer carrots to blender using slotted spoon. Add 2/3 cup broth to blender. Cover, and blend carrots into smooth purée. Set aside. 2. Cook macaroni in saucepan of boiling water 6 minutes, or until just tender but still firm. Drain, and set aside. 3. Coat large nonstick skillet with cooking spray. Add butter, and melt over medium-low heat. Add mustard greens, and cook 2 minutes to wilt slightly. Add 2 Tbs. broth, cover pan, and cook 4 minutes, or until greens are tender but still bright green, stirring occasionally. Remove from heat. 4. Toss together cheese and flour in bowl. Bring remaining 1 cup broth and carrot purée to simmer in saucepan over medium heat, and gradually whisk in cheese mixture. Simmer 3 minutes, or until sauce is thick and smooth, whisking constantly. Reduce heat to low, and stir in macaroni, then mustard greens.

Yield: 6 servings

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

Credit: Vegetarian Times



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Funky Cabbage Salad



- 2 cups shredded green cabbage
- 1 cup mandarin orange(s)
- 8 oz crushed pineapple
- 1 cup of frozen, thawed mixed berries
- 1 tsp honey
- 1/4 cup plain yogurt

Combine ingredients, let sit in fridge if possible for an hour before serving.

Yield: 4 cups of cabbage salad

Serving Size: 1/2 cup of salad provides one fruit and one vegetable for a 3-5 year old at snack

Credit: Twist & Sprout



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Summertime Tuna Bites



- 6 oz can of water-packed tuna
- 2 Tbsp cream cheese
- 2 Tbsp mayonnaise
- 1 cup pineapple chunks
- 12 large whole wheat or enriched crackers

Combine tuna, cream cheese and mayonnaise in medium bowl, mixing well. Chill, if desired, until ready to serve Stir drained pineapple chunks into tuna mixture. Spoon mixture onto crackers.

Yield: 12 Summertime Tuna Bites

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

Credit: Twist & Sprout



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Breakfast Tortilla



A simple snack that the kids can help make!

- 6 enriched flour tortilla(s)
- 6 banana(s)
- 6 Tbsp. peanut butter
- sprinkle of sugar

Spread each tortilla with 1 tablespoon peanut butter. Peel banana; place near edge of tortilla. Sprinkle banana with sugar if desired. Roll up banana in tortilla.

Yield: 6 servings

Serving Size: One tortilla is a bread alternate and (1/2 cup) fruit for 3 - 5 year old at breakfast or snack.

Credit: Select -A-Week Winter 6A



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Balsamic Strawberries with Arugula



- 3 c. sliced strawberries
- 1 Tbsp. balsamic vinegar
- salt and pepper to taste
- 4 c. chopped arugula
- 1 Tbsp. olive oil

1. Toss the strawberries with the vinegar and black pepper in a large salad bowl and let sit for 10 minutes. 2. Add the arugula, sprinkle with salt, and toss again. Drizzle with olive oil and toss gently one last time. Taste, adjust the seasoning, and serve.

Yield: 7 cups salad

Serving Size: 1/2 cup is a fruit and a vegetable for a 3-5 year old at lunch/supper

Credit: Mark Bittman



Finger Food



Kabobs are a fun way to get kids to eat their vegetables because they can eat with their hands. Use any type of fruit or vegetable you like.

- 1 Tbsp. olive oil
- 1/4 cup lemon juice
- 7 sliced cherry tomato(es)
- 1/2 cup diced onion
- 1/2 cup diced green bell pepper
- 1 tsp. (or less to taste) black pepper
- 1 lb. diced boneless, skinless, chicken breast

Preheat oven to 325 degrees. Slice chicken into 1 inch cubes. Mix olive oil, lemon juice and black pepper. Pour over chicken. Allow to marinate for at least 1 hour. Use wooden or metal skewers or straws to thread tomato, chicken, onion and bell pepper. Repeat until skewer is full (use roughly 1/4 cup chicken cubes and 1/4 cup mixed vegetables per skewer). Repeat for other 11 skewers. Bake at 325 degrees for about 15 minutes, check and turn. Continue to bake until chicken is cooked thoroughly.

Yield: 7

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

Credit: CACFP Menu Planning Guide, Team Nutrition



Oyster Ranch Crackers



Karri says 'Kids gobble these crackers up!'

- 3/4 c. vegetable oil
- 1 oz. Hidden Valley Ranch, dry mix
- 1 1/2 tsp. dill
- 1/4 tsp. garlic salt
- 1/4 tsp. garlic powder
- 10 oz. pkg. oyster crackers

Combine all ingredients and put into 9 x 13 cake pan. Bake at 250 degrees, for 10-15 minutes or until brown and toasty.

Yield: 25 servings

Serving Size: One 0.4 oz serving is a grain/bread serving for 3 - 5 year old.

Credit: Provider - Karri E. of Andover

