









## Farm to Child Care Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Waffles <a href="#">Warm Cinnamon Apples</a>	Milk Muffins Bananas	Milk Cereal Canned Fruit Cocktail	Milk Oranges Cinnamon Toast	Milk <a href="#">Creamy Strawberry Rhubarb Smoothies</a>  Granola
Lunch	Milk Grilled Chicken  <a href="#">Green Power Pasta</a> Melon	Milk <a href="#">Beef Taco Lettuce Wraps</a>  Orange Smiles Baked Tortilla Chips	Milk  <a href="#">Pork Stir-Fry</a>  Pineapple Rice	Milk  <a href="#">Bean and Cheese Burritos</a>  Melon	Milk <a href="#">Tuna Melt Wrap</a> Celery Sticks Apple Slices
Snack	<a href="#">Go Fish Snack</a>	Sugar Snap Peas  <a href="#">Peanutty Yogurt Dip</a>	Milk Fruit Cereal Bars	Milk Banana	<a href="#">Fruit and Cheese Kabobs</a>

### Grocery List

<b>Dairy</b> Milk (12 times)	<b>Packaged Goods</b> Pasta Parmesan Cheese Peanut Butter (2 times) Muffin Mix Kidney Beans Taco Seasoning Baked Tortilla Chips Cereal Fruit Cocktail Stir-Fry Sauce Pineapple (2 times) Rice Fruit Cereal Bars 100% Cranberry Juice Granola Tuna Pretzel Sticks	<b>Refrigerated/Frozen</b> Waffles Chicken Breasts Ground Beef Nonfat vanilla yogurt Pork Loin Frozen Stir-Fry Vegetables Shredded Cheddar Cheese Frozen Strawberries Cubed Ham Cubed Cheese
<b>Bakery</b> Bread Whole wheat tortillas (2 times)		<b>Have on Hand</b> Cinnamon Syrup Sugar Garlic Olive Oil Butter Pickle Relish Mayonnaise
<b>Fresh Produce</b> Apples (2 times) Pretzel Rods Cheddar Fish Crackers Bananas (2 times) Onion Oranges (2 times) Tomatoes Melon Celery Grapes Lemon		

### From the Farm

Scallions  
Romaine lettuce  
Radishes  
Rhubarb  
Swiss Chard  
Sugar Snap Peas

## Warm Cinnamon Apple Topping



- 4 c. sliced apple(s)
- 3 Tbsp. sugar
- 1 tsp. ground cinnamon
- 1 Tbsp. maple syrup

Put apple slices in a glass bowl. Sprinkle on top the 3 Tbsp of sugar. Add a light sprinkle of cinnamon. Bake in microwave oven for 5 minutes on full power. Remove and mix so the sugar coats well all the apple pieces. Add maple syrup.

**Yield:** 4 servings

**Serving Size:** 1/2 c. of apples is a fruit for a 3-5 year old at breakfast

**Credit:** SimplyRecipes.com



## Go Fish Snack



Let the kids play 'go fish' with their snack. Since this snack provides two components we suggest serving it with water.

- 1 Tbsp. peanut butter
- 1 large pretzel rod, or several small pretzel sticks
- 20 goldfish crackers



Place peanut butter, one large or several small pretzel sticks and the goldfish crackers on a large plate. Let the kids dip their pretzel into the peanut butter and then 'fish' for the goldfish on their plate.

**Yield:** 1 serving

**Serving Size:** One serving of meat alternate and grain/bread for a 3 - 5 year old at snack.



## Green Power Pasta



- 8 oz. fettuccine or other pasta
- 1/2 Tbsp. olive oil
- 1 Tbsp. butter
- 1 sliced clove garlic
- 1 lb. (ribs removed) chopped Swiss chard
- 1/2 c. Parmesan cheese

Prepare pasta according to the al dente instructions on the box. When pasta is done, reserve about 1 to 2 tablespoons of the pasta water for finishing the dish. Add olive oil and butter to a non-stick skillet and turn on heat to medium. Add swiss chard and garlic. Add salt and pepper to taste. Cook for about 2 to 4 minutes, or when the swiss chard has cooked down. Add the reserved pasta water, the pasta and the parmesan cheese and toss. Serve immediately.

**Yield:** 6 servings

**Serving Size:** 1 serving is a grain/bread and 1/4 c. vegetable for a 3-5 year old at lunch/supper

**Credit:** The Little Kitchen



## 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



## Peanutty Yogurt Dip



Two simple ingredients for a fast dip!

- 1/2 cup creamy peanut butter
- 1 cup nonfat vanilla yogurt

Stir together peanut butter and yogurt; refrigerate until ready to serve.

**Serving Idea:** Try this recipe with apple slices, carrots or whole grain crackers. Pairing this dip with strawberries is reminiscent of a peanut butter and jelly sandwich!

**Yield:** 12 servings

**Serving Size:** 2 tablespoons is a (0.5 oz.) serving of meat alternate for a 3 - 5 year old at snack.

**Credit:** Multiple online resources.



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## Bean and Cheese Burrito



Low fat refried beans and whole wheat tortillas make this meal even healthier

- 6 (6") whole wheat tortilla(s)
- 2 (16 oz.) cans refried beans
- 4 diced tomato(es)
- 3 c. chopped lettuce
- 2 c. shredded cheddar cheese

Place tortillas in cast iron skillet and warm over low heat or wrap in aluminum foil and warm at 325 degrees for 10 minutes. Warm refried beans and spread 1/4 cup on each tortilla. Add 2 Tbsp. each of tomatoes and shredded lettuce on each tortilla. Top with 2 Tbsp. shredded cheese.

**Yield:** 12 servings

**Serving Size:** One burrito is a meat (1.5 oz.), (1/4 cup) vegetable and a grain/bread for a 3-5 year old at lunch/supper.

**Credit:** Montana CACFP Master Menu Volume 3



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## Pork Stir-Fry



- 2 Tbsp. vegetable oil
- 1 lb. pork loin
- 12 oz. package frozen stir-fry vegetables
- 1/2 cup stir-fry sauce
- 2 bunches scallions/green onion

Heat 1 tablespoon oil in large skillet or wok over medium-high heat. Add pork; cook and stir until no longer pink. Remove from skillet; set aside. Heat remaining 1 tablespoon oil in skillet. Add vegetables; cook and stir until crisp-tender. Return pork to skillet and add stir fry sauce. Stir until pork and vegetables are coated with sauce and hot.

**Yield:** 6 servings

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

**Credit:** LaChoy Website



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## Creamy Strawberry Rhubarb Smoothies



- 2 cups chopped rhubarb
- 1 cup frozen strawberries
- 6 oz. container greek honey yogurt
- 2 Tbsp. sugar
- 1 cup 100% cranberry juice

In blender, place all ingredients. Cover; blend with on-and-off pulses until pureed. Pour into glasses. Serve immediately.

**Yield:** 2 cups

**Serving Size:** 1/2 cup is a fruit for a 3-5 year old at breakfast

**Credit:** Betty Crocker



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## Tuna Melt Wrap



A tuna melt in a tortilla.

- 8 small flour tortilla(s)
- 2 (6.4 oz.) pouches or cans tuna
- 1/2 cup finely diced celery
- 2 Tbsp. sweet green pickle relish
- 1/2 cup light mayonnaise
- 1 tsp. lemon juice
- 1 cup finely shredded cheddar cheese

Combine tuna, celery, pickle relish, light mayonnaise and lemon juice, mixing well. Down the center of each tortilla, place an equal portion of the tuna mix and top with 2 tablespoons of cheese. Place each prepared tortilla on a baking sheet and place under preheated broiler and cook until cheese begins to bubble. Fold the long end of the tortilla over ingredients and roll tightly. Serve.

**Yield:** 8 servings

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

**Credit:** Adapted from Star-Kist



## Fruit and Cheese Kabobs



Let the kids create their own artful snack using pretzels, fruit, meat and cheese.

- cubed ham
- cubed cheese
- pretzel sticks
- pineapple chunks
- grapes

Provide each child with (1/2 cup) of fruit, several pieces of ham and cheese and some pretzel sticks. Show them how to make kabobs by sticking the fruit and meat pieces on the pretzel stick. If using grapes, cut them in half first. Enjoy!

**Yield:** 1 serving

**Serving Size:** One kabob is a meat alternate (.5 oz.) and (1/2 cup) of fruit at snack for 3 - 5 year old.

**Credit:** Select -A-Week Spring 12D

