

Menu Planning Guide for Child Care Homes

Menu Magic for Children



United States Department of Agriculture
Child and Adult Care Food Program

Acknowledgement

This project was developed with input from a task force composed of child care practitioners from throughout the Nation, including Lumina Training Associates (through a contract with the National Food Service, Management Institute, The University of Mississippi). Their expertise and advice are gratefully acknowledged. We also would like to thank Lisa Gleeson, USDA Design Center, for graphic design and production, and Becky Heavner, Alexandria, Virginia, for illustrations.

This project has been funded with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service, Team Nutrition, under Grant #133385 to the University of Mississippi. The mention of trade names, commercial products, or organizations does not imply endorsement by the U.S. Government.

Menu Planning Guide for Child Care Homes
*Menu Magic
for Children*

YOU ARE A VITAL LINK TO CHILDREN	1
CHILD AND ADULT CARE FOOD PROGRAM (CACFP) MEAL PATTERNS	2
BASIC MENU PLANNING PRINCIPLES	8
STEPS TO SUCCESSFUL MENU PLANNING	14
INCLUDING VARIETY IN MENUS	18
MENUS AND GROCERY LISTS	24
RECIPES	32
KEEPING PARENTS INFORMED	35

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD).

USDA is an equal opportunity provider and employer.

You are a vital link to children!

As a child care provider, you play a key role in children's lives.

Your job is very important because the work you do with children helps them learn and grow. By serving nutritious meals and snacks, you help children get the nourishment and energy they need to be healthy, learn to make healthful food choices, and have a positive attitude about food and eating.

Research has shown that there are crucial relationships among nutrition, health, and learning. You are in a special position to show children what it means to eat for good health, including how important it is to eat a variety of foods.

More children are in child care today than ever before. Some spend more time in child care than they do at home. The meals and snacks you serve to children in your care through USDA's Child and Adult Care Food Program (CACFP) are an important part of providing proper care.

In this CACFP menu planner, you will find information on how to meet your children's food needs. Use it to:

- Learn more about the CACFP meal pattern requirements.
- Find practical advice on how to serve high quality meals and snacks.
- Get ideas for menu planning and grocery shopping.

This menu planning guide comes complete with:

- Sample menus
- Grocery lists
- Menu planning tools
- Recipes

Use this CACFP menu planning guide to plan nutritious, creative meals for the children in your care.



CACFP Meal Patterns

What is a meal pattern? CACFP meal patterns outline the food components, food items, and minimum quantities required for breakfast, supplement (snack), and lunch or supper for specific age groups of children. You must plan meals and snacks that meet the meal pattern for the age group in order to be reimbursed for the meals.

What does the CACFP meal pattern help you do? It helps you plan well-balanced, nutritious meals and snacks. Meals that meet the meal pattern supply the kinds and amounts of foods that meet the children's nutrient and energy needs.

What are the age groups for CACFP meal patterns? You must select the correct meal pattern for the age group (or groups) of children you are serving. The age groups reflect the differing nutritional needs of children.

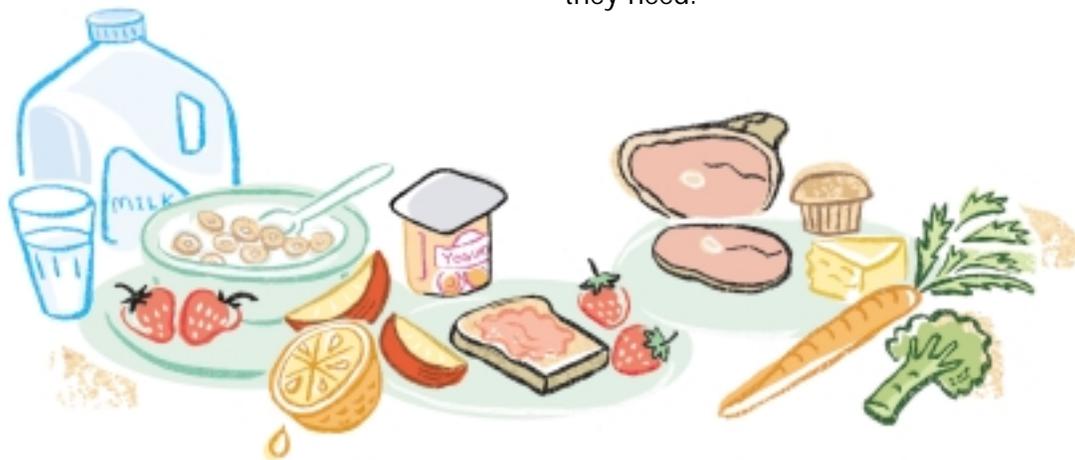
The CACFP meal pattern for infants is divided into the following age groups:

- Birth through 3 months
- 4 months through 7 months
- 8 months through 11 months

For children ages 1 through 12 years old, the CACFP meal pattern is divided into these age groups:

- Ages 1 through 2 years
- Ages 3 through 5 years
- Ages 6 through 12 years

Do the meal patterns show minimum requirements? The meal patterns specify minimum portion sizes for each meal component. You may serve more of each meal component, but to meet CACFP requirements, you must serve at least the minimum. Older children will need larger servings to satisfy their hunger and to get all the nutrients they need.



birth to 3
months

6 to 12
years

4 to 7
months

CACFP
meal patterns are
divided into age
groups for infants
and children.

3 to 5
years

8 to 11
months

1 to 2
years

Daily Meal Pattern for Infants

Breakfast

	birth to 3 months	4 to 7 months	8 to 11 months
Breastmilk ^{1,2} or Formula ³	4 to 6 fluid oz	4 to 8 fluid oz	6 to 8 fluid oz
Infant Cereal	—	0 to 3 tbsp ^{3,4}	2 to 4 tbsp ³
Fruit and/or Vegetable	—	—	1 to 4 tbsp

Lunch or Supper

	birth to 3 months	4 to 7 months	8 to 11 months
Breastmilk ^{1,2} or Formula ³	4 to 6 fluid oz	4 to 8 fluid oz	6 to 8 fluid oz
Infant Cereal	—	0 to 3 tbsp ^{3,4}	* (See below) ³
Fruit and/or Vegetable	—	0 to 3 tbsp ⁴	1 to 4 tbsp

*2 to 4 Tbsp infant cereal and/or 1 to 4 Tbsp meat, fish, poultry, egg yolks, cooked dry beans or peas; or 1/2 to 2 oz cheese; or 1 to 4 oz (volume) cottage cheese, (weight) cheese food, or cheese spread.

Snack

	birth to 3 months	4 to 7 months	8 to 11 months
Breastmilk ^{1,2} or Formula ³	4 to 6 fluid oz	4 to 6 fluid oz	—
Breastmilk ^{1,2} or Formula ³ or Fruit Juice ⁵	—	—	2 to 4 fluid oz
Slice of Bread ^{4,6}	—	—	1/2 slice or 0-2 crackers

Notes:

- ¹ Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth to 11 months.
- ² For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered if the infant is still hungry.
- ³ Infant formula and dry infant cereal must be iron-fortified.
- ⁴ A serving of this component is required only when the infant is developmentally ready to accept it.
- ⁵ Fruit juice must be full strength.
- ⁶ A serving of this component must be made from whole grain or enriched meal of flour.



Meal Pattern for Children's Breakfast

Vegetable or Fruit or Juice

1 to 2 years	3 to 5 years	6 to 12 years
1/4 cup	1/2 cup	1/2 cup

If you are serving juice: Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the day. It may fill up the children and take the place of other needed nutrients.

Milk

1 to 2 years	3 to 5 years	6 to 12 years
Must be fluid milk	1/2 cup	3/4 cup
		1 cup

Grains and Breads

1 to 2 years	3 to 5 years	6 to 12 years
-------------------------	-------------------------	--------------------------

Serve a bread or bread alternate and/or cereal:

Bread, enriched or whole grain	1/2 slice	1/2 slice	1 slice
Cereal, enriched or whole grain			
Cold dry cereal*	1/4 cup	1/3 cup	3/4 cup
or			
Hot cooked cereal	1/4 cup	1/4 cup	1/2 cup
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup

*If you are serving cold dry cereal for a breakfast: For ages 1 and 2 years, serve 1/4 cup (volume) or 1/3 oz (weight), whichever is less. For ages 3 through 5 years, serve 1/3 cup (volume) or 1/2 oz (weight), whichever is less. For ages 6 through 12 years, serve 3/4 cup (volume) or 1 oz (weight), whichever is less.



Meal Pattern for Children's Snack

Select 2 of the 4 components shown. If you select milk as one of the components, you may not serve fruit juice as the other component.

Vegetable or Fruit or Juice

1 to 2 years	3 to 5 years	6 to 12 years
1/2 cup	1/2 cup	3/4 cup

If you are serving juice: Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the day. It may fill up the children and take the place of other needed nutrients.

Grains and Breads

1 to 2 years	3 to 5 years	6 to 12 years
--------------	--------------	---------------

Serve a bread or bread alternate and/or cereal:

Bread, enriched or whole-grain	1/2 slice	1/2 slice	1 slice
Cereal, enriched or whole-grain			
Cold dry cereal* or	1/4 cup	1/3 cup	3/4 cup
Hot cooked cereal	1/4 cup	1/4 cup	1/2 cup
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup

*If you are serving cold dry cereal for a snack: For ages 1 and 2 years, serve 1/4 cup (volume) or 1/3 oz (weight), whichever is less. For ages 3 through 5 years, serve 1/3 cup (volume) or 1/2 oz (weight), whichever is less. For ages 6 through 12 years, serve 3/4 cup (volume) or 1 oz (weight), whichever is less.

Milk

1 to 2 years	3 to 5 years	6 to 12 years
--------------	--------------	---------------

Must be fluid milk

1/2 cup 1/2 cup 1 cup

Meat and Meat Alternate

1 to 2 years	3 to 5 years	6 to 12 years
--------------	--------------	---------------

Meat, poultry, or fish (cooked, lean meat without bone)

1/2 oz 1/2 oz 1 oz

Cheese

1/2 oz 1/2 oz 1 oz

Egg (large)

1/2 1/2 1/2

Cooked dry beans or peas

1/8 cup 1/8 cup 1/4 cup

Peanut butter or other nut or seed butters

1 Tbsp 1 Tbsp 2 Tbsp

Nuts and/or seeds

1/2 oz 1/2 oz 1 oz

Yogurt, plain or sweetened

2 oz 2 oz 4 oz

If you are serving nuts and seeds for a supplement (snack): 1 oz of nuts or seeds = 1 oz of cooked lean meat, poultry, or fish.

CAUTION: Children under 4 years of age are at the highest risk of choking. For this age group, USDA recommends that nuts and/or seeds be ground or finely chopped and served to children in prepared food.

Commercially prepared yogurt is now permitted as a meat/meat alternate. You may serve 4 oz (weight) or 1/2 cup (volume) of plain, sweetened, or flavored yogurt to fulfill the equivalent of 1 oz of the meat/meat alternate component. For younger children, 2 oz (weight) or 1/4 cup (volume) fulfills the equivalent of 1/2 oz of the meat/meat alternate requirement.

Meal Pattern for Children's Lunch or Supper

Vegetable or Fruit or Juice

1 to 2
years3 to 5
years6 to 12
years

Serve two different
vegetables and/or
fruits to equal

1/4 cup

1/2 cup

3/4 cup

If you are serving juice: Try not to serve juice to meet the fruit/
vegetable requirement too many times throughout the day. It may
fill up the children and take the place of other needed nutrients.

Grains and Breads

1 to 2
years3 to 5
years6 to 12
years

Serve a bread or bread alternate and/or cereal:

Bread, enriched
or whole-grain

1/2 slice

1/2 slice

1 slice

Cooked Cereal
grains, enriched or
whole-grain

1/4 cup

1/4 cup

1/2 cup

Cooked pasta or
noodle products

1/4 cup

1/4 cup

1/2 cup

Milk

1 to 2
years3 to 5
years6 to 12
years

Must be fluid milk

1/2 cup

3/4 cup

1 cup

Meat

and Meat Alternate

1 to 2
years3 to 5
years6 to 12
years

Meat, poultry,
or fish (cooked,
lean meat
without bone)

1 oz

1-1/2oz

2 oz

Cheese

1 oz

1-1/2 oz

2 oz

Egg (large)

1/2

3/4

1

Cooked dry beans
or peas

1/4 cup

3/8 cup

1/2 cup

Peanut butter
or other nut
or seed butters

2 Tbsp

3 Tbsp

4 Tbsp

Nuts and/or seeds

1/2 oz

3/4 oz

1 oz

Yogurt, plain
or sweetened

4 oz

6 oz

8 oz

If you are serving nuts and seeds for lunch or supper: This portion
can meet only one-half of the total serving of the meat/meat
alternate requirement. 1 oz of nuts or seeds = 1 oz of cooked lean
meat, poultry, or fish.

CAUTION: Children under 4 years of age are at the highest risk of
choking. For this age group, USDA recommends that nuts and/or
seeds be ground or finely chopped and served to children in
prepared food.

Commercially prepared yogurt is now permitted as a meat/meat
alternate. You may serve 4 oz (weight) or 1/2 cup (volume) of
plain, sweetened, or flavored yogurt to fulfill the equivalent of 1 oz
of the meat/meat alternate component. For younger children, 2 oz
(weight) or 1/4 cup (volume) fulfills the equivalent of 1/2 oz of the
meat/meat alternate requirement.

Basic Menu Planning Principles

Menu planning is the most crucial step in your success with the CACFP. Careful planning of menus will ensure that you are serving nutritionally adequate meals to children in your care and that you are in compliance with USDA meal pattern requirements.

The menu influences almost every step of your food service, from grocery lists to the popularity of the meals with the children. To plan good menus, you need to use the basic principles of menu planning and a step-by-step process.

With such a wide variety of foods available in today's supermarket, it can be a challenge to select foods for children. Where do you begin? The basic menu planning principles described in this section provide a good starting point. Keep them in mind as you think about meal pattern requirements, your children's preferences, and nutritional needs of the children in your care.

The five basic menu planning principles are:

1. Strive for balance.
2. Emphasize variety.
3. Add contrast.
4. Think about color.
5. Consider eye appeal.

Menu Planning Principle 1

Strive for balance.

As you plan meals that are nourishing, appealing, and taste good, you will want to strive for balance in a number of ways.

- **Balance flavors in appealing ways.** Make sure individual foods, when served together, make a winning combination. Too many mild flavors may make a meal too bland, and too many strongly flavored foods may make a meal unacceptable to children. For example, a lunch or supper menu with sausage pizza, Cajun potatoes, coleslaw, brownie, and milk has too many spicy and strong flavors.
- **Balance higher-fat foods with lower-fat ones.** Avoid having too many higher fat foods in the same week. In other words, do not include sausage pizza on a week's menu if you are already planning to serve hot dogs and chicken nuggets. Look for ways to use lowfat side dishes to balance a main dish with a higher fat content. For example, with a grilled cheese sandwich, serve carrot and celery sticks.

Menu Planning Principle 2

Emphasize variety.

Serving a variety of foods is important because no one food or group of foods can give us everything we need for a healthy diet. Variety also makes menus interesting and appealing.

- **Include a wide variety of foods from day to day.** Avoid planning the same form of food on consecutive days, such as meatballs with spaghetti on Monday and meat lasagna on Tuesday.
- **Vary the types of main courses you serve.** For example, serve casseroles one day, soup and sandwiches the next, or perhaps a main-dish salad.
- **Include different forms of foods and prepare them in a variety of ways.** For instance, some vegetables are good eaten raw. If you usually serve a particular vegetable cooked, serve it uncooked if it is good that way. Or cook it but use a different recipe or seasoning. In any case, be sure the “different way” of serving is as appealing as the “usual way.”
- **Include a surprise item or a small amount of a new or unfamiliar food periodically.** For example, try adding raw cauliflower, red cabbage, or spinach to a salad.

Menu Planning Principle 3

Add contrast.

Strive for contrasts of texture, flavor, and methods of preparation.

- **Think about the texture of foods as well as their taste and appearance.** For added appeal, serve a green salad or raw vegetable with spaghetti. Serve a crisp fruit or vegetable with a burrito, and crisp steamed carrots and broccoli with meatloaf. Pair toasted garlic bread and cold broccoli salad with cheese lasagna.
- **Avoid having too much of the same type of food in the same meal.** A lunch with too many starches or too many sweets lacks contrast as well as balance. So does a meal with too many heavy foods. If you are serving a hearty casserole, plan to serve a vegetable or fresh fruit as side dishes.
- **Use a pleasing combination of different sizes and shapes of foods.** Within a meal, present foods in several different shapes, such as cubes, mounds, shredded bits, and strips. A meal with cubed meat, diced potatoes, mixed vegetables, and fruit cocktail needs more contrast in size and shape of foods.

Menu Planning Principle 4

Think about color.

Use combinations of colors that go together well, and strive for contrast and maximum color presentation. A good rule of thumb is to use at least two colorful foods in each menu for visual appeal.

- **Avoid using too many foods of the same color in the same meal.** A meal with turkey, rice, cauliflower, white bread, pears, and milk lacks color contrast. A better combination would be turkey and cranberry sauce, green peas, whole wheat bread, orange slices, and milk.
- **Remember that vegetables and fruits are great for adding natural color to side dishes as well as entrees.** A slice of tomato really brightens up a potato salad. A fresh sliced grape or strawberry livens up a dish of diced pears or peaches.
- **Use colorful foods in combination with those that have little or no color.** Serve broccoli spears with mashed potatoes, for example. Add pimento or green pepper to corn. Serve a bright red apple and green lettuce with a hamburger, baked beans, and milk. Serve green peas and apricots with oven-fried chicken, mashed potatoes, and milk.
- **Don't forget spices.** It's easy to sprinkle a dash of cinnamon on canned fruit or a little paprika on vegetables and potatoes for added color.

Menu Planning Principle 5

Consider eye appeal.

Your children's first impressions will be how a meal looks. Make sure what you serve looks good as well as tastes good.

- **Think of the total presentation.** As you plan for color, consider the color of the dishes, plates, or trays to be used as well as the colors of the foods.
- **Plan the way you will place the menu items on the plate.** Visualize how the food will look when served and decide on the most attractive arrangement.

Steps to Successful Menu Planning

STEP 1

Collect menu resources and schedule a time to plan menus.

- Plan menus well in advance, preferably a month or more ahead of the time they will be served. You will want to:
 - √ Review previous menus that indicate the children's preferences.
 - √ Involve children and parents in the planning.
 - √ Select and test food products and recipes.
- **To be prepared, you will want to pull together a variety of menu resources.** These might include successful menus or recipe files. Check at your local library for additional resources.



STEP 2

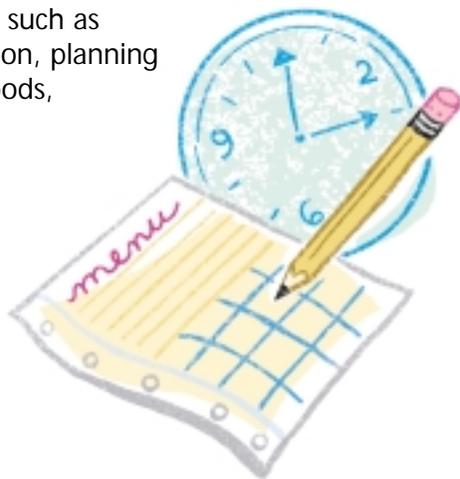
Think about changes that you want to make.

- Review your menus, the products you purchase, and preparation techniques.
- With children's nutritional needs and preferences in mind, take another look at what you have been serving.
 - √ Do menus meet CACFP meal pattern requirements?
 - √ Are you planning sufficient variety?
 - √ Do you need more servings of grains and breads?
 - √ Do you need more servings of whole grains?
 - √ Can you serve more vegetables or fruits?
 - √ How often do you serve lower fat main dishes?
 - √ Do you need to serve some foods less often?

STEP 3

Select a timeframe.

- If you determine that cycle menus will work for your child care home, begin by selecting a timeframe for a cycle menu.
- The cycle menu is the master plan of meal **planning**. Cycle menus are menus planned for a period of time and repeated on a regular basis. A cycle can be any number of weeks that works for your meal service.
- **What are the advantages of cycle menus?** If carefully planned, cycle menus have a number of advantages. For example, they offer variety. They are flexible, allowing for substitutions. In addition, they can save time in repetitive functions such as gathering information, planning menus, selecting foods, and costing.



STEP 4

Select the main dish.

- Main dishes should be selected first in menu planning because they are the central focus of a meal. They form the framework around which you will plan the rest of the menu.
- A main dish that is not central to the meal or is not recognized by children as the main dish, could result in poor acceptance.
- Follow a plan for providing a variety of main dishes.
- If you repeat the same main dish during a 2-week period, consider varying the other foods served with it.

Steps to Successful Menu Planning

(continued)

STEP 5

Select the other food item or items.

- Include food items that complement the main dish.
- Plan to use a variety of vegetables, fruits, and grains.
- Keep in mind that children like to eat many vegetables raw as well as cooked.
- Introduce new foods, starting with small amounts.

STEP 6

Evaluate what you have planned.

- Use the following checklist to evaluate your menus.



Evaluating What You Have Planned

Evaluate your menus by asking yourself the following questions:

GENERAL CHECKLIST

1. Meal Requirements

- Do menus meet the minimum requirements for the CACFP meal pattern? Yes or No

2. Foods Selected

- Do the food choices have appealing colors and textures? Yes or No
- Do the menus have foods with different shapes, sizes, and colors? Yes or No
- Do the menus complement each other? Yes or No
- Have I incorporated seasonal foods? Yes or No
- Have I introduced any new food items? Yes or No
- Do my menus repeat any of the foods I have selected for other meals on that day? Yes or No

3. Equipment

- Can some preparation be done safely ahead? Yes or No
- Can I prepare and serve meals with available kitchen equipment? Yes or No
- Are oven and surface-cooling areas adequate for items planned? Yes or No

4. Cost

- Have I considered cost? Yes or No
- Do high and low cost foods balance in menus? Yes or No

5. Menus and Recipes

- Have I specified the recipes, preparation techniques, and processed foods to be used? Yes or No
- Are portion sizes stated in correct amounts? Yes or No
- Have I listed on the menu the condiments to be served? Yes or No

6. Special Considerations

- Do the meals provide children with adequate calories and nutrients while reducing fat, saturated fat, and sodium? Yes or No
- Is a vitamin C food included two to three times a week? Yes or No
- Are vitamin A foods included two to three times per week? Yes or No
- Are iron-rich foods included each day? Yes or No
- Are whole-grain products offered at least once a week? Yes or No
- Are assorted dry cereals offered at least once a week? Yes or No
- Are fresh fruits or vegetables offered on several different days? Yes or No

Including Variety in Menus

An important principle of menu planning is to emphasize variety. Eating a variety of foods is the cornerstone of a healthy diet. Why is this true?

- Foods contain combinations of nutrients and other healthy substances. No one food provides all the nutrients needed for good health.
- To make sure we get all the nutrients and other substances needed for health, we need to choose a variety of foods.
- There are no “good” or “bad” foods. All foods can be part of a healthy diet if balance and moderation are achieved.

Here’s a list of foods that will help you include a wide variety of foods in the menus you plan. The list also shows good sources of some key vitamins and minerals that are especially important for children.

Menu Ideas for Meals and Supplements (Snacks) that are Good Sources of Vitamin A, Vitamin C, Calcium, and Iron. This menu-planning tool provides a list of many different foods that can be included on menus to provide variety to meals and snacks. These foods are good sources of four key nutrients: vitamin A, vitamin C, calcium, and iron. Foods and serving sizes are listed in the first two columns. The third column shows the source of these nutrients based on the daily dietary needs of children 1 to 3 years old, as follows:

Good = ■, Better = ■ ■, and Best = ■ ■ ■

Foods that Contain Vitamin A

Food	Serving Size	% of RDA	Food	Serving Size	% of RDA
Meat/Meat Alternates			Vegetables		
Liver (beef, pork, chicken, or turkey) braised	1 1/2 oz	■ ■ ■ ■	Beet greens, cooked	1/4 cup	■ ■ ■ ■
Meat/Meat Alternates—Fish/Seafood			Bok choy, cooked	1/4 cup	■ ■ ■ ■
Mackerel, canned	1 1/2 oz	■	Broccoli, cooked	1/4 cup	■
Fruits			Carrots, raw or cooked	1/4 cup	■ ■ ■ ■
Apricots:			Chicory greens, raw	1/4 cup	■
• Canned, juice pack	2 halves	■	Collards, cooked	1/4 cup	■
• Dried, cooked, unsweetened	1/4 cup	■ ■	Dandelion greens, cooked	1/4 cup	■ ■ ■ ■
• Dried, uncooked	5 halves	■	Escarole, cooked	1/4 cup	■
Cantaloupe	1/4 cup, diced	■ ■	Kale, cooked	1/4 cup	■ ■ ■ ■
Cherries, red sour, fresh	1/4 cup pitted	■	Mustard greens, cooked	1/4 cup	■
Mandarin orange sections	1/4 cup	■	Peas and carrots, cooked	1/4 cup	■ ■ ■ ■
Mango, raw	1/4 medium	■ ■ ■ ■	Peppers, sweet red, raw	1/2 small	■ ■ ■ ■
Melon balls (cantaloupe and honeydew)	1/4 cup	■	Plantain, cooked	1/2 medium	■
Nectarine	1/2 medium	■	Pumpkin, cooked	1/4 cup	■
Papaya	1/4 cup	■	Romaine lettuce	1/4 cup	■
Plums, canned, juice pack	1/4 cup	■	Spinach, cooked	1/4 cup	■ ■ ■ ■
Prunes, dried, cooked	1/4 cup	■	Squash, winter (acorn, butternut, etc.)	1/4 cup	■ ■ ■ ■
Watermelon	1 cup	■	Sweet potato	1/2 medium	■ ■ ■ ■
			Swiss chard, cooked	1/4 cup	■
			Tomato (juice, paste, or puree)	1/4 cup	■
			Turnip greens, cooked	1/4 cup	■ ■ ■ ■
			Milk		
			Milk, lowfat or skim	1/2 cup	■

Good = ■, Better = ■ ■, and Best = ■ ■ ■ ■

Foods that Contain Vitamin C

Food	Serving Size	% of RDA	Food	Serving Size	% of RDA
Meat/Meat Alternates			Pear	1/2 medium	■
Liver (beef, pork), braised	1 1/2 oz	■ ■	Pineapple, fresh or canned	1/4 cup	■
Liver (chicken)	1/4 cup	■	Pineapple juice, canned	3/8 cup	■ ■
Meat/Meat Alternates—Fish/Seafood			Pineapple-grapefruit juice	3/8 cup	■ ■ ■
Clams, steamed or canned	1 1/2 oz	■	Pineapple-orange juice	3/8 cup	■ ■ ■
Mussels, steamed or poached	1 1/2 oz	■	Plum, raw	1/2 medium	■
Fruits			Raspberries	1/4 cup	■ ■
Apple, raw	1/2 medium	■	Strawberries	1/4 cup	■ ■ ■
Banana	1/2 medium	■	Tangelo	1/2 medium	■ ■ ■
Blackberries, raw	1/4 cup	■ ■	Tangerine	1/2 medium	■ ■ ■
Blueberries, raw	1/4 cup	■	Tangerine juice	1/2 cup	■ ■ ■
Cantaloupe	1/4 cup	■ ■ ■	Watermelon	1/2 cup	■ ■
Grapefruit	1/4 medium	■ ■ ■	Vegetables		
Grapefruit juice	1/2 cup	■ ■ ■	Asparagus, cooked	1/4 cup	■ ■ ■
Grapefruit-orange juice	1/2 cup	■ ■ ■	Beans, green or yellow, cooked	1/4 cup	■
Grapefruit-orange sections	1/4 cup	■ ■ ■	Beans, lima, cooked	1/4 cup	■
Guava, raw	1/4 cup	■ ■ ■	Bean sprouts, raw or cooked	1/4 cup	■
Honeydew	1/2 cup	■ ■	Bok choy, cooked	1/4 cup	■ ■
Kiwi	1/2 medium	■ ■ ■	Broccoli, raw or cooked	1/4 cup	■ ■ ■
Kumquat	1 fruit	■	Brussels sprouts, raw or cooked	1/4 cup	■ ■ ■
Mandarin orange sections	1/4 cup	■ ■ ■	Cabbage, green, raw or cooked	1/4 cup	■ ■
Mango	1/4 medium	■ ■ ■	Cabbage, red, raw or cooked	1/4 cup	■ ■ ■
Nectarine	1/2 medium	■	Cauliflower, raw or cooked	1/4 cup	■ ■ ■
Orange	1/2 medium	■ ■ ■	Chard, cooked	1/4 cup	■
Orange juice	3/8 cup	■ ■ ■	Chili peppers, cooked	1/4 cup	■ ■ ■
Papaya	1/4 cup	■ ■	Chicory, raw	1/2 cup	■
Peach:			Chinese cabbage, cooked	1/4 cup	■ ■
• Frozen	1/4 cup	■ ■ ■	Collards, cooked	1/4 cup	■
• Fresh, raw	1/2 medium	■	Dandelion greens, raw	1/4 cup	■
			Escarole, raw	1/2 cup	■

Food	Serving Size	% of RDA	Food	Serving Size	% of RDA
Kale, cooked	1/4 cup	■ ■ ■	Rutabaga, cooked	1/4 cup	■ ■
Kohlrabi, cooked	1/4 cup	■ ■ ■	Snowpeas, raw or cooked	1/4 cup	■ ■ ■
Mustard greens, cooked	1/4 cup	■ ■	Spinach, cooked	1/4 cup	■
Okra, cooked	1/4 cup	■	Squash, summer or winter, raw/cooked	1/4 cup	■
Onion, medium, raw	1/2 medium	■	Sweet potato, baked, boiled, canned	1/2 medium	■ ■ ■
Parsnips, cooked	1/4 cup	■	Tomato	1/2 medium	■ ■
Peas, cooked	1/4 cup	■	Tomato juice	3/8 cup	■ ■ ■
Pepper (green and red/raw/cooked)	1/4 cup	■ ■ ■	Tomato-vegetable juice	3/8 cup	■ ■ ■
Plantain, green or ripe, boiled	1/2 medium	■ ■ ■	Turnip greens with turnips, cooked	1/4 cup	■
Poke greens, cooked	1/4 cup	■ ■ ■	Turnips, cooked	1/4 cup	■
Potato, baked or boiled	1/2 medium	■ ■	Watercress, raw	1/4 cup	■
Radishes, raw	3 large	■			
Romaine lettuce, raw	1/2 cup	■			

To help the body take in more iron, include a good source of vitamin C with meals, especially if the meal does not include meat, fish, or poultry.



Foods that Contain Calcium

Food	Serving Size	% RDA	Food	Serving Size	% RDA
Meat Alternates—Fish			Vegetables		
Mackerel, canned	1 1/2 oz	■	Spinach, cooked	1/4 cup	■
Salmon, canned with bones	1 1/2 oz	■	Grains/Breads		
Sardines, canned with bones	1 each	■	Pancakes, plain, fruit, buckwheat, or whole-wheat	4" round	■ ■
Meat Alternates—Cheese			Waffles, bran, cornmeal, and/or fruit	4" square	■
Cottage cheese, lowfat	1/2 cup	■	Waffles, plain	4" square	■ ■
Natural cheese—blue, brick, camembert, feta gouda, monterey jack, mozzarella, muenster, provolone, and roquefort	1/2 oz	■	Milk		
Natural cheese—swiss, gruyere parmesan, and romano	1/2 oz	■ ■	Buttermilk	1/2 cup	■ ■
Processed cheese—cheddar or swiss	3/4 oz	■ ■	Chocolate milk	1/2 cup	■ ■
Ricotta cheese	1/4 cup	■ ■	Dry, nonfat milk, reconstitued	1/2 cup	■ ■
Yogurt—flavored or with fruit, or plain	4 oz	■ ■	Evaporated, whole or nonfat, diluted	1/2 cup	■ ■
Meat Alternates—Nuts			Lowfat or nonfat milk	1/2 cup	■ ■
Almonds, unblanched, dry-roasted	1 oz	■	Whole milk	1/2 cup	■ ■



Foods that Contain Iron

Food	Serving Size	% RDA	Food	Serving Size	% RDA
Meat/Meat Alternates			Kidney beans		
Beef brisket	1 1/2 oz	■	Lentils	1/4 cup	■
Beef, ground, extra lean, broiled	1 1/2 oz	■	Pinto beans	1/4 cup	■
Beef liver	1 1/2 oz	■ ■	Soybeans	1/4 cup	■ ■
Beef, pot roast, braised	1 1/2 oz	■	White beans	1/4 cup	■
Beef short ribs, braised	1 1/2 oz	■	Meat/Meat Alternates—Nuts and Seeds		
Beef, rib roast, roasted	1 1/2 oz	■	Pine nuts (pignolias)	1 Tbsp	■
Beef, steak, broiled	1 1/2 oz	■	Pumpkin or squash seeds, roasted	1 Tbsp	■ ■
Beef, stew meat, simmered	1 1/2 oz	■	Fruits		
Calf liver	1 1/2 oz	■	Prunes, dry, cooked	1/4 cup	■
Chicken or turkey liver	1 1/2 oz	■ ■	Raisins, seedless	1/4 cup	■
Liverwurst	1 oz	■	Vegetables		
Pork liver	1 1/2 oz	■ ■ ■	Beans, lima, cooked	1/4 cup	■
Tongue, braised	1 1/2 oz	■	Beans, black, cooked	1/4 cup	■
Turkey, dark meat, roasted, no skin	1 1/2 oz	■	Black-eyed peas, cooked	1/4 cup	■
Meat/Meat Alternates—Eggs			Chard, cooked	1/4 cup	■
Large egg	1	■	Spinach, cooked	1/4 cup	■
Meat/Meat Alternates—Fish/Seafood			Grains/Breads		
Clams, steamed or canned	1 1/2 oz	■ ■ ■	Bagel, plain, pumpernickel, or whole-wheat	1/2 medium	■
Mackerel, canned	1 1/2 oz	■	Cereals, ready-to-eat, enriched	1/2 oz	■ ■
Mussels, steamed	1 1/2 oz	■	Muffin, bran	1/2 medium	■
Oysters, steamed or canned	1 1/2 oz	■ ■	Noodles, cooked	1/2 cup	■
Shrimp, broiled or canned	1 1/2 oz	■	Oatmeal, instant, enriched	1/3 cup	■ ■
Trout, baked or broiled	1 1/2 oz	■	Pita bread, plain or whole-wheat	1/2 medium	■
Meat/Meat Alternates — Dry Beans, Peas, and Lentils			Pretzel, soft	1/2	■
Black-eyed peas (cowpeas)	1/4 cup	■	Rice, white, regular, cooked	1/3 cup	■

Menus and Grocery Lists

The following sample menus are intended to be a guide when you are planning your own menus. These menus meet the meal pattern requirements for components and serving sizes for the 3 to 5 year age group.

For each menu, a grocery list is shown. This grocery list can help you in developing your own list of food items needed for your shopping period (for example, a week). Some of the menus include one or more recipes with a purple circle (●). This means the recipe is included in the next section beginning on page 32.



Breakfast Menu 1

Menu Item	Serving Size
Chocolate Milk, 1%	3/4 cup
Bagel, cinnamon raisin	1/2 serving (.5 oz)
Light cream Cheese	1 Tbsp
Strawberries	1/2 cup

GROCERY LIST

Produce

- Strawberries

Frozen Foods

(none)

Meats

(none)

Refrigerated

- Chocolate milk, 1%
- Light cream cheese

Canned or Packaged

- Bagel, cinnamon raisin

Breakfast Menu 2

Menu Item	Serving Size
Milk, 1%	3/4 cup
French toast	1/2 serving (1.1 oz)
Pancake syrup	1 tbsp
Margarine	1 tsp
Apricot halves in light syrup	1/2 cup

GROCERY LIST

Produce

(none)

Frozen Foods

(none)

Meats

(none)

Refrigerated

- Milk, 1%
- Margarine
- Eggs

Canned or Packaged

- Apricot halves in light syrup
- Bread extra thick
- Pancake syrup
- Sugar
- Salt
- Vanilla
- Ground cinnamon

Breakfast Menu 3

Menu Item	Serving Size
Milk, 1%	3/4 cup
Raisin bread, toasted	1/2 slice (.5 oz)
Margarine	1 tsp
Banana, sliced	1/2 cup

GROCERY LIST

Produce

- Bananas

Frozen Foods

(none)

Meats

(none)

Refrigerated

- Milk, 1%
- Margarine

Canned or Packaged

- Raisin bread

Breakfast Menu 4

Menu Item	Serving Size
Milk, 1%	3/4 cup
● Pancake	1/2 serving (.6 oz)
● Maple Applesauce Topping	1/4 cup (1/4 cup fruit)
Orange sections	1/4 cup

GROCERY LIST

Produce

- Oranges

Frozen Foods

(none)

Meats

(none)

Refrigerated

- Milk, 1%
- Eggs

Canned or Packaged

- Applesauce
- Baking powder
- Flour, all-purpose
- Pancake syrup, maple flavored
- Salt
- Sugar
- Vanilla
- Vegetable oil

● = Recipe included in Recipes Section.

Breakfast Menu 5

Menu Item	Serving Size
Milk, 1%	3/4 cup
English muffin, whole-wheat, toasted	1/2 serving (.5 oz)
Jam	1 tsp
Apple wedges	1/2 cup

GROCERY LIST

Produce

- Apples

Frozen Foods

(none)

Meats

(none)

Refrigerated

- Milk, 1%

Canned or Packaged

- English Muffins, whole wheat
- Jam

Snack Menu 1

Menu Item	Serving Size
Lowfat yogurt, flavored	2 oz
Pear, fresh	1/2 cup
Water	

GROCERY LIST

Produce

- Pears

Frozen Foods

(none)

Meats

(none)

Refrigerated

- Lowfat yogurt, flavored

Canned or Packaged

(none)

Snack Menu 2

Menu Item	Serving Size
Peach slices, canned	1/2 cup
Graham crackers	1/2 serving (.5 oz)
Peanut butter dip	1 Tbsp
Water	

GROCERY LIST

Produce
(none)

Frozen Foods
(none)

Meats
(none)

Refrigerated
(none)

Canned or Packaged

- Cinnamon, ground
- Graham crackers
- Honey
- Peach slices, canned in juice
- Peanut Butter, creamy

Snack Menu 3

Menu Item	Serving Size
Orange juice	1/2 cup
● Muffin Square	1/2 serving

GROCERY LIST

Produce
(none)

Frozen Foods
(none)

Meats
(none)

Refrigerated

- Eggs
- Milk, 1%
- Orange Juice

Canned or Packaged

- Baking powder
- Flour, all-purpose
- Raisins (optional)
- Salt
- Sugar
- Vegetable oil

Snack Menu 4/5

Menu Item	Serving Size
Chocolate milk, 1%	1/2 cup
Crackers, animal or Grape juice	1/2 cup
Wheat crackers	1/2 serving (.4 oz)

GROCERY LIST

Produce
(none)

Frozen Foods
(none)

Meats
(none)

Refrigerated

- Chocolate Milk, 1%

Canned or Packaged

- Animal Crackers
or
- Grape Juice
- Wheat crackers

Lunch Menu 1

Menu Item	Serving Size
Milk, 1%	3/4 cup
Pizza, Mexican (1-1/2 oz meat; 1/2 serving bread, 1/8 cup vegetable)	2 pieces
Carrots, raw, strips	1/8 cup
Ranch Dip for carrots	2 Tbsp
Watermelon	1/4 cup

GROCERY LIST

Produce

- Carrots
- Watermelon

Frozen Foods
(none)

Meats

- Ground beef, lean

Refrigerated

- Flour tortillas
- Milk, 1%
- Mozzarella cheese, lowfat

Canned or Packaged

- Refried beans
- Ranch dressing, lowfat
- Salsa, mild, chunky
- Tomato paste

Lunch Menu 2

Menu Item	Serving Size
Milk, 1%	3/4 cup
● Teriyaki Chicken	1 portion
Fresh Fruit Cup	1/8 cup
● Stir-Fry Vegetables	1/4 cup
● Not Fried Rice (1/8 cup vegetable; 1/2 serving bread)	1/3 cup

GROCERY LIST

Produce

- Bananas
- Cantaloupe
- Onion
- Red grapes

Frozen Foods

- Mixed vegetables
- Stir-fry vegetable mix

Meats

- Chicken drumsticks

Refrigerated

- Milk, 1%
- Eggs

Canned or Packaged

- Black pepper
- Catsup
- Garlic powder
- Lemon juice
- Rice, white
- Soy sauce
- Vegetable oil

Lunch Menu 3

Menu Item	Serving Size
Milk, 1%	3/4 cup
● Barbecue Beef on Roll (1-1/2 oz beef; 1 serving bread)	1/2 sandwich
Coleslaw	1/8 cup
Tomatoes, sliced	1/4 cup

GROCERY LIST

Produce

- Cabbage
- Carrots
- Celery
- Tomatoes
- Peppers, green (optional)

Frozen Foods (none)

Meats

- Ground beef, lean

Refrigerated

- Milk, 1%

Canned or Packaged

- Beef broth
- Black pepper
- Brown sugar
- Catsup
- Celery seed
- Onion flakes, dehydrated
- Dry mustard
- Garlic powder
- Mayonnaise
- Sugar
- Vinegar
- Hamburger rolls

Lunch Menu 4

Menu Item	Serving Size
Milk, 1%	3/4 cup
Peanut Butter Sandwich (1-1/2 Tbsp peanut butter on 1/2 serving (.5 oz) bread)	1 serving
Broccoli cheese soup	1/2 cup
Pineapple cubes, in juice	1/4 cup

GROCERY LIST

Produce

- Carrots
- Onion

Frozen Foods

- Broccoli, chopped

Meats (none)

Refrigerated

- Cheddar cheese, lowfat
- Margarine
- Milk, 1%

Canned or Packaged

- Bread
- Chicken broth
- Flour, all purpose
- Peanut butter
- Pepper sauce, hot
- Pineapple cubes, in juice
- Salt
- White pepper

Lunch Menu 5

Menu Item	Serving Size
Chocolate milk, 1%	3/4 cup
Tuna patty (1-3/4 oz fish; 1/2 bread serving)	1 patty
Oven fries (3/8 cup vegetable)	2 pieces
Green beans	1/8 cup

GROCERY LIST

Produce

- Potatoes, baking, medium
- Carrots
- Celery
- Onion

Frozen Foods

- Green Beans

Meats (none)

Refrigerated

- Chocolate milk, 1%
- Eggs
- Parmesan cheese, grated

Canned or Packaged

- Black pepper
- Bread crumbs, dry
- Mayonnaise, lowfat
- Oregano leaves, dried
- Paprika
- Salt
- Tuna, canned in water
- Vegetable oil
- Vegetable spray
- Lemon juice

Recipes

A recipe is a pattern for success in food preparation. Cooking for children is a special challenge and recipes can help you meet this challenge successfully.

Why should recipes be used?

- They provide food items of consistent quality.
- The same amount of product is produced each time.
- The same portion size is provided each time.

This section includes some helpful hints for using recipes successfully. Each of the recipes in this booklet yields 10 servings. You may need to adjust the recipe yield up or down, depending on the number of children in your care.

TEAR-OUT RECIPE CARDS

Pancakes

Serving size: 1 pancake provides the equivalent of 1 slice of bread
Yield: 10 pancakes (4-inch round)

INGREDIENTS:

1 1/2 cups All-purpose flour	1 tsp Vanilla
2 1/2 tsp Baking powder	3 Tbsp Vegetable oil
1/4 tsp Salt	
1 Tbsp Sugar	
2 Fresh large eggs	
3/4 cup Lowfat milk, 1%	

Directions on the reverse side.

Nutrients per Serving:

Calories 121, Protein 2.6 g, Carbohydrate 17.27g, Total Fat 4.46 g, Saturated Fat 0.67 g, Cholesterol 1 mg, Vitamin A 11 RE, Vitamin C 0.18 mg, Iron 1.04 mg, Calcium 93.12 mg, Sodium 190 mg, and Dietary Fiber 0.53 g

Maple Applesauce Topping

Serving size: 1/4 cup provides 1/4 cup of fruit
Yield: 10 servings

INGREDIENTS:

2 1/2 cups (23 ounce jar)
Canned applesauce, unsweetened

3 Tbsp Maple-flavored pancake
syrup

Directions on the reverse side.

Nutrients per Serving:

Calories 43, Protein 0.10 g, Carbohydrate 11.43 g, Total fat 0.03 g, Saturated Fat 0 g, Cholesterol 0 mg, Vitamin A 2 RE, Vitamin C 12.93 mg, Iron 0.08 mg, Calcium 1.89 mg, Sodium 6 mg, and Dietary Fiber 0.73 g

Tear out recipe cards along perforated lines.

Tear out recipe cards along perforated lines.

Pancakes continued:

Directions:

1. Blend flour, baking powder, salt, and sugar in a mixer or with a wire whip.
2. In a separate bowl, combine eggs, milk, vanilla, and vegetable oil. Stir to mix.
3. Add the liquid ingredients to the dry ingredients. Stir to mix for about 30 seconds. The batter will be lumpy. **DO NOT OVERMIX.**
4. Lightly grease or spray with oil a griddle or heavy frying pan. Heat.
5. Portion pancake batter with a 1/4 cup dry measuring cup filled about 3/4 full (should be 3 1/3 Tbsp). Pour so that pancakes do not touch.
6. Cook until the surface of the pancakes is covered with bubbles and the bottom side is lightly browned. Turn and cook until lightly browned on the other side.
7. Serve immediately or reheat in a covered pan in the oven. To reheat a pan full of pancakes, place foil-covered pan in a 350° F oven for about 5 minutes.

Maple Applesauce Topping continued:

Directions:

1. In a bowl, stir together applesauce and syrup until blended.
2. Use as a topping for pancakes, waffles, French toast, ice cream, or plain cake.
3. Other syrup flavors may be substituted for the maple-flavored pancake syrup (examples: blueberry, strawberry, honey, etc).

TEAR-OUT RECIPE CARDS

Muffin Squares

Serving size: 1 piece provides the equivalent of 1 slice of bread

Yield: 10 servings

INGREDIENTS:

1 1/2 cups All-purpose flour	1 Fresh large egg
2 1/4 tsp Baking powder	1 cup Lowfat milk, 1%
1/4 cup Sugar	2 Tbsp + 1 tsp Vegetable oil
1/2 tsp Salt	
1/3 cup Raisins, plumped (opt.)	Directions on the reverse side.

Nutrients per Serving:

Plain - Calories 136, Protein 3.42 g, Carbohydrate 21.32 g, Total Fat 4.12 g, Saturated Fat 0.75 g, Cholesterol 22 mg, Vitamin A 24 RE, Vitamin C 0.24 mg, Iron 1.10 mg, Calcium 96.34 mg, Sodium 245 mg, and Dietary Fiber 0.53 g. **With Raisins** - Calories 141, Protein 3.48 g, Carbohydrate 22.63 g, Total Fat 4.13g, Saturated Fat 0.75g, Cholesterol 22 mg, Vitamin A 24 RE, Vitamin C 0.29 mg, Iron 1.13 mg, Calcium 97.16 mg, Sodium 245 mg and Dietary Fiber 0.59 g.

Teriyaki Chicken

Serving size: 1 portion provides 1 1/2 oz of cooked poultry

Yield: 10 servings

INGREDIENTS:

3 Tbsp + 1 tsp Lemon juice	10 Skinless chicken drumsticks (about 4 drumsticks per pound)
2 Tbsp + 1 tsp Soy sauce	or
2 Tbsp Vegetable oil	10 Skinless chicken thighs (about 4 thighs per pound)
1 Tbsp Catsup	
1/4 tsp Black pepper	
1/4 tsp Garlic powder	

Directions on the reverse side.

Nutrients per Serving:

Calories 138, Protein 13.76 g, Carbohydrate 1.18 g, Total fat 8.41 g, Saturated Fat. 1.92 g, Cholesterol 49 mg, Vitamin A 14 RE, Vitamin C 1.48 mg, Iron 0.8 mg, Calcium 8.10 mg, Sodium 305 mg and Dietary Fiber 0.04 g.

Tear out recipe cards along perforated lines.

Tear out recipe cards along perforated lines.

Muffin Squares continued:

Directions:

1. The raisins are optional. To plump them, measure in a bowl and cover with very hot tap water. Soak for 2 to 5 minutes. Do not oversoak. Pour the water out and press to drain well. Set aside.
2. Blend flour, baking powder, salt, and sugar in a mixer or with a wire whip.
3. In a separate bowl, combine eggs, milk, and vegetable oil. Stir to mix.
4. Add the liquid ingredients to the dry ingredients. Add the raisins (optional). Stir to mix only until the dry ingredients are moistened. Scrape down the sides of the bowl. The batter will be lumpy. **DO NOT OVERMIX.**
5. Lightly grease or spray with oil the bottom of an 8" by 8" square pan. Pour in the muffin batter.
6. Bake in a 425° F oven for 15 to 20 minutes. The center should spring back to touch.
7. For 10 equal servings, cut muffins 5 across, then 2 across.

Teriyaki Chicken continued:

Directions:

1. In a bowl, stir together lemon juice, soy sauce, vegetable oil, catsup, pepper, and garlic powder. Stir until smooth, then set aside.
2. Using a clean paper towel to grasp the chicken skin, pull it off and discard. Wash the skinned drumsticks or thighs with tap water.
3. Place the chicken parts in a lightly oiled shallow baking pan or casserole dish. Pour the marinade over the chicken. Cover and refrigerate overnight.
4. Bake in a 350° F oven for about 45 minutes or until the internal temperature of the chicken parts reaches 180° F.

TEAR-OUT RECIPE CARDS

Not Fried Rice

Serving size: 1/3 cup provides the equivalent of 1/2 slice of bread

Yield: 10 servings

INGREDIENTS:

3/4 cup White rice, medium

1 1/2 cups Water

1 Tbsp Vegetable oil

1/4 cup Onions, minced,

Or

1 Tbsp Dehydrated onion flakes

8 oz Frozen mixed vegetables
(about 2 cups frozen)

2 Fresh large eggs, beaten

1 Tbsp + 2 tsp Soy sauce

Directions on the reverse side.

Nutrients per Serving:

Calories 94, Protein 2.99 g, Carbohydrate 14.64 g, Total Fat 2.54 g, Saturated Fat 0.52 g, Cholesterol 43 mg, Vitamin A 109 RE, Vitamin C 2.09 mg, Iron 1.02 mg, Calcium 12.74 mg, Sodium 194 mg, and Dietary Fiber 0.94 g.

Stir-Fry Vegetables

Serving size: 1/4 cup provides 1/4 cup of vegetable

Yield: 10 servings

INGREDIENTS:

1 lb 4 oz Packaged frozen stir-fry
vegetables (without sauce)

2 Tbsp Water

1 Tbsp Soy sauce

1/4 tsp Garlic powder

2 Tbsp Vegetable oil

Dash of Black pepper

Directions on the reverse side.

Nutrients per Serving:

Calories 45, Protein 0.67 g, Carbohydrate 4.17 g, Total Fat 2.72 g, Saturated Fat 0.35 g, Cholesterol 0 mg, Vitamin A 79 RE, Vitamin C 17.02 mg, Iron 0.04 mg, Calcium 11.76 mg, Sodium 114 mg, and Dietary Fiber 0.01 g.

Tear out recipe cards along perforated lines.

Tear out recipe cards along perforated lines.

Not Fried Rice continued:

Directions:

1. Pour water in a saucepan. Cover and bring to a boil. Add rice, cover, and cook for 20 minutes on medium heat.
2. While the rice is cooking, heat oil in a large skillet. Add onions and cook over medium heat until onions begin to look clear, about 3 minutes. Add frozen vegetables, cover, and cook over medium heat for 3 to 5 more minutes.
3. Beat the eggs and soy sauce in a mixing bowl and slowly add this mixture to the vegetables in the skillet. Cook over low heat, stirring frequently, until eggs are firm, about 2 minutes. When rice is done, fold the cooked rice into the egg-vegetable mixture. Be sure to heat the whole mixture to 165° F before serving.

Stir-Fry Vegetables continued:

Directions:

1. Combine water, soy sauce, and garlic powder. Set aside.
2. Heat oil in a large, heavy skillet or wok. Add a dash of black pepper to oil and stir.
3. Add vegetables and stir mixture constantly over high heat for 1 minute (or according to package directions).
4. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
5. Cover, reduce heat, and steam for 2 to 3 minutes.
DO NOT OVERCOOK VEGETABLES.
6. Serve immediately.

TEAR-OUT RECIPE CARDS

Barbecued Beef on Roll

Serving size: 1/2 sandwich provides 1 1/2 oz of meat and 1 slice of bread
Yield: 10 servings

INGREDIENTS:

1 lb 5 oz Ground beef (no more than 24% fat)	3/4 tsp Dry mustard
1 Tbsp Dehydrated onion flakes	1/8 tsp Black pepper
2 Tbsp Celery, fresh, chopped fine	1 cup Homemade or canned beef stock or broth
1/8 tsp Garlic powder	5 Hamburger rolls (Each roll must weigh at least 25 grams or 0.9 ounces)
1/2 cup Catsup	Directions on the reverse side.
2 Tbsp Vinegar	
1 1/2 tsp Brown sugar	

Nutrients per Serving:
Calories 175, Protein 11.88 g, Carbohydrate 15.03 g, Total fat 7.28 g, Saturated Fat 2.65 g, Cholesterol 35 mg, Vitamin A 23 RE, Vitamin C 1.89 mg, Iron 1.63 mg, Calcium 38.32 mg, Sodium 393 mg, and Dietary Fiber 0.65 g.

Macaroni and Cheese

Serving size: 3/4 cup provides 1-1/4 serving of bread alternate and 3/4 oz of meat alternate.
Yield: 10 servings

INGREDIENTS:

2 1/2 cups Elbow macaroni	1/2 tsp Worcestershire sauce (optional)
2 1/2 Tbsp Margarine or butter	2 cups Lowfat cheddar cheese, shredded
1/4 cup plus 2 Tbsp All-purpose flour	2 Tbsp Grated parmesan cheese (optional)
1/2 tsp Ground mustard	2 Tbsp Fresh bread crumbs
1/8 tsp White pepper	Directions on the reverse side.
1/2 tsp Paprika	
1 qt Lowfat milk, heated	

Nutrients per Serving:
Calories 247, Protein 13 g, Carbohydrate 34 g, Total fat 6.2 g, Saturated Fat 2.3 g, Cholesterol 8 mg, Vitamin A 116 RE, Vitamin C 1 mg, Iron 1.7 mg, Calcium 225 mg, Sodium 466 mg, and Dietary Fiber 1 g

Tear out recipe cards along perforated lines.

Tear out recipe cards along perforated lines.

Barbecued Beef on Roll continued:

Directions:

1. In a pot, brown beef until no signs of pink remain. Drain and discard excess fat. Return meat to pot.
2. Add all remaining ingredients to the pot. Bring to a boil. Reduce heat and simmer, uncovered, for 10 to 15 minutes, stirring frequently.
3. Using a 1/2-cup measure, portion meat mixture onto the bottom half of each roll. Top each sandwich with other half of roll. Cut each sandwich in half.

Macaroni and Cheese continued:

Directions:

1. Cook macaroni in boiling water until firm-tender, about 8 minutes. Drain and rinse with cold water.
2. In a medium sauce pan, melt margarine or butter over low heat. Add flour, mustard, white pepper, and paprika to the melted margarine or butter and cook the sauce for 2 minutes, stirring continuously. Do not brown.
3. Slowly add hot milk whisking frequently. Cook over low heat, whisking often until it is smooth and thick.
4. Add Worcestershire sauce, if desired, cheddar cheese, and parmesan cheese (optional) to the white sauce. Stir over low heat until cheese melts.
5. Remove sauce from heat and add well-drained macaroni. Mix well and place in a lightly greased 13" x 9" x 2" baking pan. Cover with foil.
6. Bake for 30 minutes. If desired, sprinkle the bread crumbs over macaroni and cheese. Bake uncovered for 3 to 5 minutes, until lightly browned.



Pancakes with Maple Applesauce Topping



Muffin Squares



Macaroni and Cheese

A recipe is a
pattern for
success in food
preparation!



Barbecued
Beef on Roll



Teriyaki Chicken



Stir-Fry Vegetables with Not Fried Rice

A Recipe for Success

Keep a file of recipes suitable for children.

- Organize a file or box of recipes for each group of foods:
 - √ Grains/Breads
 - √ Desserts
 - √ Dips, Sauces, and Toppings
 - √ Main Dishes
 - √ Salads and Salad Dressings
 - √ Sandwiches
 - √ Snacks
 - √ Soups
 - √ Vegetables
- Use these recipes when you are planning menus.
- Select recipes that are suitable for the age group(s) of children you serve.
- Consider the cost of the ingredients in a recipe.
- Consider the quantities of servings needed. A good source of quantity recipes is *Child Care Recipes: Food for Health and Fun from USDA (FNS-304)*. These quantity standardized recipes and kitchen tips will make your menu planning and food preparation easier. They have been developed in quantities of 25 and 50 servings for use in child care centers. You will need to adjust the recipe yield for the number of servings you need.

Select recipes that include all the information you need to prepare the food correctly.

- **Yield:** The serving size and the number of servings.

- **Ingredients:** The name of each ingredient and the form to use (such as fresh, frozen, canned).

- **Measure or weight of each ingredient:**

Volume Measurements are shown as:

Teaspoon	tsp	Tablespoon	Tbsp
Cups	c	Pints	pt
Quarts	qt	Fluid Ounces	fl oz

Weight is shown in:

Ounces	oz	Pounds	lb
--------	----	--------	----

- **Preparation procedures:** Step-by-step directions should be clearly stated describing how to combine ingredients, cook, and serve.

Make notes of any changes you made in ingredients or preparation method on the recipe.

If you have to substitute one ingredient for another (dry pasta instead of refrigerated pasta), make a note of the change on the recipe. Also note how the change affected the quality. You may want to continue with the change or avoid making the same substitution again. Keep in mind that when an ingredient is changed:

- the nutrient value of the recipe will be changed (example: in a recipe for stir-fry vegetables, substituting cauliflower for broccoli would decrease the amount of vitamin C in each portion); and
- the contribution to the CACFP meal pattern *may* change. For example, substituting canned pinto beans for the same amount of ground beef in a burrito would change the meat/meat alternate contribution (or creditable amount) for the meal.

Keeping Parents Informed

Good nutrition begins at home and continues in child care and in school. As a child care provider, you work as a partner with parents to provide healthy meals to children and help them develop healthful food habits that will last a lifetime. Parents can and will support your efforts when you communicate with them about the CACFP and the meals you are serving to the children in your care.

One way to communicate with parents is by sending home a short letter describing the CACFP and its benefits for children. The following page includes a letter that you can use to communicate to parents about your commitment to serving nutritious meals to children in your care.

How do you use this letter?

- Make one copy of the parent letter on the next page. Sign your name at the bottom of the letter in the space provided.
- Make enough copies to send a letter home with each child.
- Make yourself available to parents if they have any questions after reading the letter.



Dear Parent(s),

As your child care provider, I know good food and nutrition are important for your child. That is why I have chosen to participate in the Child and Adult Care Food Program (CACFP). The CACFP is a program provided by the United States Department of Agriculture (USDA) through an agreement with an agency in our state. Child care providers receive reimbursement for meals and snacks that meet nutrition requirements for breakfast, lunch or supper, and snacks served to all enrolled children.

The meals and snacks served to your child are planned according to USDA nutrition standards or meal patterns for each meal. The meal patterns are based on current nutrition research about what children of different ages need in order to grow and stay healthy.

In addition to receiving nutritious meals, your child is also learning about food to help establish lifelong healthy eating habits. I engage children in learning experiences that introduce them to new foods, teach them where food comes from, and how to prepare it. Children also participate in play activities that encourages them to have an active lifestyle. Good nutrition and an active lifestyle provide a balance for better health.

You can help reinforce what your child has learned while in child care by planning meals and snacks you serve at home using the Food Guide Pyramid and the Food Guide Pyramid for Children.

Your Child Care Provider,





U.S. Department of Agriculture
Food and Nutrition Service
FNS-328 / Spring 2002
<http://www.fns.usda.gov/tn/>