



January Snack Ideas



Going Fishing

Ingredients

- Tomato Soup
- Fish Shaped Crackers

Warm Tomato soup on the stove top. Using coffee cups, place the required amount of tomato soup for each child (Age 3-5 1/2c.). Encourage them to add the fish shaped crackers to the soup. As they scoop out the fish it is like they are “Going Fishing”!

Orange Bran Muffins

Ingredients

- 1 cup oat bran
- 1 cup unbleached all-purpose flour
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- ¼ cup light brown sugar
- 1 cup plain Greek yogurt
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 2 large eggs
- Zest of one large orange
- 2 tbsp. fresh squeezed orange juice

1) Heat the oven to 375 degrees F. Line a 12-cup baking tin with paper liners and set aside. 2) In a large bowl mix oat bran, flour, soda, powder, salt, and sugar. 3) In a small bowl whisk the yogurt, oil, vanilla, eggs, orange zest, and orange juice. 4) Carefully fold the wet ingredients into the dry ingredients and stir until evenly moistened and the flour is no longer visible.

Fill each muffin tin about ½ to 2/3 full. Bake the muffins for 12 to 15 minutes, or until the tops are golden brown and spring back lightly when touched. Allow to cool for 5 minutes in the muffin tins before moving to a cooling rack to cool completely.

Nuts and Bolts

Ingredients

- 4 c. bite-sized shredded wheat
- 1/3 cup melted margarine
- Garlic powder
- 1 1/2 c. pretzel sticks, broken in half
- 1/2 c. dry roasted peanuts
- 1/2 c. raisins

Spread shredded wheat in a cake pan. Cover with melted margarine and sprinkle lightly with garlic powder. Bake at 350 degrees for 15 minutes. Add pretzel sticks, peanuts, and raisins. Keep in airtight container.

Serve with milk for a creditable snack.



February Snack Ideas



Loaded Baked Potato

Ingredients

- 1 potato for each child
- Shredded cheese
- Sliced ham
- Sour cream (as needed or desired)

Slow Cooker Baked Potato Recipe

1. Stab potatoes with fork.
2. Wrap each in foil.
3. Fill crock pot with potatoes.
4. Cover and cook on High 2 1/2- 4 hours.
5. Do not add water.
6. Cooking time depends on how big your potatoes are.
7. Use your best judgement.
8. It doesn't hurt to cook them for the 4 hours.

For large potatoes, cook for five to six on Low for 8 to 10 hours and they turn out perfectly.

Give each child a potato and encourage them to add the fixings to their own potato. Serve with water for a creditable snack!



Crispy Sweet Potato Fries

Ingredients

- Sweet potatoes. (1/2 per person)
- Olive oil. A couple of tablespoons or so.
- Salt, pepper and spices to taste

Directions

1. Preheat the oven to 425 degrees Fahrenheit. Peel the sweet potatoes and cut them into fry-shaped pieces (see photos). Try to cut them into similarly sized pieces so the fries will bake evenly.
2. Toss the uncooked fries into a mixing bowl or a plastic bag, or just onto your baking sheet. Sprinkle with cornstarch (if using) and pour in a few tablespoons of olive oil, enough to lightly coat the fries. Season with salt, pepper, and spices. I'd try to use half a teaspoon per potato or so. Mix/shake to distribute evenly (corn starch should be evenly mixed in so there are no powdery spots).
3. Pour the fries directly onto a dark, non-stick baking sheet for best results (lining with aluminum foil produces mixed results and parchment paper can burn in the hot oven). Arrange your fries in a single layer and don't overcrowd, otherwise they will never crisp up.
4. Bake for 15 minutes, then flip the fries so they can cook on all sides. I find the easiest way to flip them is with a metal spatula. Section by section, scoop up about ten fries and flip them with a quick turn of the wrist.
5. Bake for 10 to 15 more minutes, or until the fries are crispy. You'll know they're done when the surface of the fries change from shiny orange to a more matte, puffed up texture. It's essential to bake them long enough, otherwise they won't be crispy. Don't worry if the edges are a little bit brown; they will taste more caramelized than burnt.

Offer with a 1/2 cup of fruit juice per child for a creditable snack



March Snack Ideas



Carrot Bread or Muffins

Ingredients

- 1 c. whole wheat flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 2 tsp. cinnamon
- 1/4 tsp. salt
- 1/2 cup raisins
- 3tsp unsweetened apple juice concentrate
- 1 egg
- 1/4 c. vegetable oil
- 1 teaspoon vanilla
- 1 ripe banana, sliced
- 1 c. grated carrots

In a large bowl, stir together dry ingredients. Heat raisins and apple juice concentrate in a small saucepan about 2 minutes until raisins are soft and puffy. Pour raisin mixture into a blender and puree. Add egg, vegetable oil, vanilla and banana. Blend. Add blender ingredients to dry ingredients and stir well. Add carrots and stir. Pour into greased loaf pan and bake at 350 degrees for 45 minutes or fill greased muffin tin cups 2/3 full and bake at 350 degrees for 35 minutes. Makes 1 loaf or 12 muffins.

Serve with 1/2 c. fresh fruit of your choice for a creditable snack.

Bird Nest Salads

Ingredients

- 1 carrot or 1/2 c. shredded carrots
- 1/2 cup chow mein noodles
- Mayonnaise
- Peas or grapes

Have your child grate the carrot. Then have them mix carrot and chow mein noodles and enough mayonnaise to moisten. Put half of the salad on a plate and indent the center with a spoon to form a nest. Peas or grapes can be added to the nest to represent eggs. The nest also could be placed on top of a lettuce leaf. (Makes enough for 2 Salads)



April Snack Ideas



Pink Deviled Eggs

Ingredients

- 4 hard boiled eggs
- 1 small can beets
- 1tbsp. Mayonnaise
- 1/2 tsp. mustard

Remove shells from hard-boiled eggs. Cut eggs in half lengthwise and scoop out yolks into a small bowl. Pour juice from can beets into a cup. Dip each egg half into the cup for 1 minute. Remove and turn upside down on a paper towel. Mix egg yolks with mayonnaise and mustard. Fill egg white halves (now pink) with yellow deviled egg mixture. (The eggs will not taste like beets.)

Makes 8 servings (for ages 3-5)

Serve with 1/2 c. carrot and celery for a creditable snack.

Pear Bunny

Ingredients

- 4 Pears halved with seeds removed
- lettuce
- Cottage cheese
- Raisins
- Almond halves

Arrange a pear half upside down on a lettuce leaf. Add a spoonful of cottage cheese for a bushy tail (1/8 c. each) . Add 2 raisins for eyes and 2 almonds for ears.

Makes 8– 3-5 year old servings

Mini Pizza

Ingredients

- 4 English Muffins
- Homemade Pizza Sauce (Tomato sauce with Italian spice)
- Low fat mozzarella cheese (1/2 ounce each)

Using the English muffin, drizzle with the pizza sauce and sprinkle with low fat mozzarella cheese. Place in a 350 degree oven for ten minutes or until cheese is melted and lightly browned.

Makes 8 Preschool age servings.



April is National Tomato Month!!!

Adapt this recipe from Pizza to use Fresh sliced tomatoes and toast English Muffins in the toaster!



May Snack Ideas



Layered Garden Parfait

Ingredients

- Vanilla Yogurt (2oz)
- 1/4 c. blueberries
- 1/4 c. mandarin oranges

Using a tall narrow glass, encourage children to use the vanilla yogurt as soil in their “garden”. Encourage them to place one spoonful into their glass and then gently plant half their seeds (1/4 c. blueberries). Then spoon on the additional 1oz of yogurt and top with mandarin oranges. Make reference to when we plant seeds we do them with top soil, seed, and top soil. Then the last layer of fruit represents to growing produce or plant.



Peanut Butter Shakes

Ingredients

- 1 c. milk
- 1 ripe banana
- 1 tablespoon creamy peanut butter

Blend all ingredients for a delicious shake. Serve with 1/2 banana on the side for a creditable snack for ages 3/5.

(Makes 2, 3–5 year old servings.)

Fresh Sunny Salsa in a Bag

Ingredients: For Single Serving

3 fresh orange segments, diced
1 cherry tomato or 1/4 of a small tomato, diced
1/4 teaspoon red onion

1 pinch of jalapeño, diced (optional)

Couple pinches of fresh cilantro leaves and stems, minced

Dash of salt

Small sealable plastic bag

Whole wheat crackers or baked chips

Directions:

Combine fresh orange segments, tomato, red onion, jalapeño, cilantro and salt in a small sealable plastic bag. Toss gently to mix thoroughly. You can dip directly out of the bag with whole wheat crackers or baked chips. Do not use a sharp knife without adult supervision.

Food safety tip: If you share your bag of salsa with a friend, don't double dip. Be sure you each use a new chip or cracker every time.



June Snack Ideas



Sandwich Roll-Ups

Ingredients

- Whole Wheat Bread
- 1 c. Peanut Butter
- 1 Ripe Banana

Combine ripe mashed banana and peanut butter together. This will be the spread the children will use on their whole wheat bread. Once Spread encourage the “roll” their bread to make a “Roll-Up”. Use the remaining peanut butter and banana mixture to dip fresh cut apples.

Cheese Tortilla Treat

Ingredients

- 8 corn tortilla
- 16 oz. Monterey Jack Cheese
- Homemade Salsa

Layer 8 corn tortillas with 2 oz. each of Monterey Jack Cheese. Fold in half and microwave for 20 seconds each. Serve with homemade salsa.

Fruit Cubes and Dip

Ingredients

- Whole Pineapple
- Strawberries with stems
- Apples
- Bananas
- Yogurt (2oz. each child)
- 2 tbsp. orange/apple juice concentrate

Fruit Cubes:

Encourage the children to cut each fruit into cubed sized pieces. Then combine into a large serving bowl to serve family style.

Dip:

Combine vanilla yogurt and 2 tbsp. Orange or apple juice concentrate to make a fruit dip.

Encourage the children to serve themselves from both the Fruit Cubes container and the Fruit Dip container. Be sure there is enough fruit for 1/2 c. per child and 2 oz. of yogurt dip per child to make a creditable 3-5 year old snack.

July Snack Ideas

1/2 c. Garden Fresh Veggies and Dip

Ingredients

- 3 Containers (6oz) low-fat plain Greek yogurt
- 1 tablespoon dried parsley
- ½ teaspoon granulated garlic
- ½ teaspoon onion powder
- ¾ teaspoon salt
- ¼ teaspoon ground black or white pepper

This dip is lower in calories, fat, and sodium than most commercial dips, and it has more nutrients because it is made with low fat Greek yogurt.

Children will enjoy dipping their home-grown veggies and this dip will count as a meat alternate!

Combine all ingredients. Blend well. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.

Provides 9, 2oz meat alternate servings. Try substituting garden-fresh parsley, garlic, and onions for the dried items in the recipe.



Fruit Flag

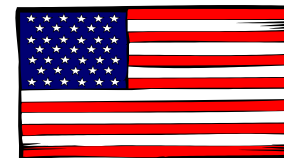
Ingredients

- 1 pint strawberries, stems removed and halved
- 8 medium bananas
- 1 pint blueberries
- Kabob skewers

A helpful way to make holidays special is by letting the children help make or decorate food for each holiday.

1. Place all bananas on 4-5 skewers.
2. Place all halved strawberries on 4-5 skewers.
3. Place on a tray horizontally.
4. Place the blueberries in the top left corner making a flag!
5. Enjoy your flag creation made by you and your children. What a great way to celebrate a holiday.

Serve with yogurt for a creditable and festive occasion!



(Makes 12, 3–5 year old servings.)



August Snack Ideas



Inside-Out Sandwich

Ingredients

- Turkey Slices
- Mustard or mayonnaise
- Pretzel stick

Spread mustard or mayonnaise on to turkey slice. Then wrap around a pretzel rod. Serve with a nice cold glass of ice water for a creditable snack.

Waffle Cone Fruit Cup

Ingredients

- Package of waffle cones
- Fresh fruit cubed (at least 1/2 cup for each child)
- Fat Free Vanilla yogurt

Cut fresh fruit options into small pieces. Encourage each child to fill their waffle cone with 1/2 c. fresh fruit. Then spoon a dollop of fat free vanilla yogurt on top. Enjoy on a nice sunny day!

(Makes 1, 3–5 year old servings.)

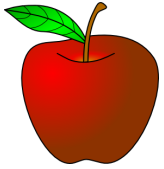
Frozen Watermelon Treats

Ingredients

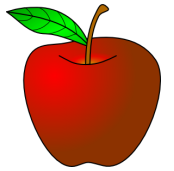
- 1 c. seedless watermelon chunks
- 1 c. unsweetened orange juice
- 1 c. water
- 4 pretzel rod



Blend all ingredients together and pour into Popsicle holders or 4 small paper cups. Place into freezer. When mixture is partially frozen, insert the pretzel rod. Continue freezing. Pour hot water over the bottom of each cup to remove treats.



September Snack Ideas



Applesauce Parfaits

Ingredients

- 4 cups applesauce (8, 1/2 c. servings)
- 16—8 graham crackers crushed, 8 regular

Encourage children to crush their graham crackers in to a baggie. Then have them spoon into a coffee cup one spoonful of applesauce and top with crushed graham crackers, then repeat until gone. Children can enjoy with a spoon or use the uncrushed graham cracker as the “dipping” utensil.

(Serve with 1/2 cup Milk for a creditable snack
Makes 8, 3–5 year old servings.)

Applesauce Mini Pizzas

Ingredients

- 1/2 English muffins Toasted
- 1 tbs. soft cream cheese
- 1 tsp. applesauce
- 1 shake cinnamon
- Sprinkle of raisins

1. Give each child an English muffin half. 2. Let each child spread muffin with cream cheese. 3. Plop the applesauce on top of the cream cheese, and spread around. 4. Shake on the cinnamon. 5. Sprinkle with raisins. 6. Toast until warm. (Can do a bunch on a cookie sheet in the oven) Cool slightly before serving.

(Serve with a glass of cold Apple Juice for a creditable CACFP snack)

Applesauce Muffins

Ingredients

- 1/2 cup raisins
- 1/4 c. unsweetened apple juice concentrate
- 1 ripe banana sliced
- 1/4 c. vegetable oil
- 1tsp vanilla
- 1/2 c. unsweetened applesauce
- 1 egg
- 1 c. whole-wheat flour
- 1/2 c. wheat germ or bran cereal
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tbsp. cinnamon

Heat raisin and apple juice concentrate in a saucepan until raisins are soft (about 3 minutes). Pour raisin mixture into a blender and puree. Add banana, oil, vanilla, applesauce and egg and blend. In a large bowl, stir together dry ingredients. Add blender ingredients and stir well. Pour into greased or paper-lined muffin tins. Fill halfway and bake at 400 degrees for 20 minutes. Makes 12 large muffins.

(Serve with Milk for a Creditable and Healthy Snack!)



October Snack Ideas



Orange Pumpkin Cuties and Ghostly Bananas

Ingredients

- 1/2 banana
- Peeled cutie orange
- Celery stem
- Mini chocolate chips

Cuties with celery stems and bananas with mini chocolate chips as well as regular size for the ghost mouth. A ghost and pumpkin served with milk makes a creditable snack.



Pumpkin Rounds

Ingredients

- 1/2 cup raisins
- 1/4 c. unsweetened apple juice concentrate
- 1 ripe banana sliced
- 1/2c. vegetable oil
- 1 tsp vanilla
- 1/2 c. canned pumpkin
- 1 egg
- 1 c. whole-wheat flour
- 1/4 c. wheat germ or bran cereal
- 1/2 tsp baking powder
- 1/2 tsp. baking soda
- 1/4 tsp salt
- 1 tbsp. cinnamon

Heat raisin and apple juice concentrate in a saucepan until raisins are soft (about 3 minutes). Pour raisin mixture into a blender and puree. Add banana, oil, vanilla, applesauce and egg and blend. In a large bowl, stir together dry ingredients. Add blender ingredients and stir well. Add pumpkin mixture and str. Set Aside. Pour into greased or paper-lined muffin tins. Remove the outside paper from two 16 oz tin cans Wash and dry cans. Coat the inside of the cans with vegetable spray. Fill cans approximately 3/4 full. Place in oven and bake at 350 degrees for 50-0 minutes. Let cool. Remove bread from cans and slice into 1/4 inch rounds. Serve plain or spread with cream cheese.

(Serve with Milk for a Creditable Snack!)



November Snack Ideas



Turkey Fruit Cup

Ingredients

- 1/2 orange
- 1/4 apple
- 1/4 banana
- Round carrot slice
- Celery leaves
- Lettuce leaf

Scoop out the center of the orange half (cut first along the inside of the rind.) Dice orange center, apple and banana and combine in a small bowl. If desired, add chopped nuts. Fill orange cup with diced fruit. Add a toothpick for a neck, a carrot round for a head and half a toothpick for beak. Stick two celery leaves in the back of the cup for feathers. Place lettuce leaf on a plate to make a leafy bed for the fruit cup turkey. Makes 1 serving.

(Serve with whole wheat crackers for a creditable snack.)

Pilgrim Bread Pudding

Ingredients

- 4 slices whole whet bread
- 3/4 c. milk
- 1/3 cup unsweetened apple juice concentrate
- 2eggs
- 1tsp cinnamon
- 1/2 tsp ginger
- 1/4 c. molasses
- Dash of salt

Dice whole wheat bread. In a blender, crumble a small amount of the bread pieces. Repeat until all the bread is crumbled. Then place the bread crumbs in a bowl. Blend 1/2 c. milk, apple juice concentrate, eggs, cinnamon, ginger, molasses and salt. Pour liquid mixture over crumbs and mix. Pour into greased baking dish and bake at 350 degrees for 30 minutes. Pour 1/4 c. milk over the top and bake for 25 more minutes. Makes 6-8 small servings.

(Serve with 1/2 c. raisins for a creditable snack)



December Snack Ideas



Edible Reindeer Food

Ingredients

- Small Pretzels
- m&m's,
- raisins,
- Chex Mix,
- peanuts,
- dried fruit,

Combine all ingredients into a big bowl and have each child take a turn mixing. Then have them use a large spoon and dish out a good portion size for their own Reindeer snack!

Serve with milk for a creditable CACFP snack.

Reindeer Deliciousness

Ingredients

- 1 slice toast
- 1 tbsp. peanut butter
- Raisins
- 2 small pretzels
- 1 red M&M

Cut one slice of bread in half diagonally (one slice will yield 2 reindeer). Position slice so it is an upside down triangle. Spread with peanut butter. Use raisins for eyes, 2 small twist pretzels for antlers, and of course a red m&m for the nose.

Serve with milk for a creditable CACFP snack.

Grinch Kabobs

Children love rhyming books and stories of the Winter Holidays, so join in on the fun with a favorite book of mine and include a fun, healthy, nutrition activity to supplement a nutritious snack. First read, "How the Grinch Stole Christmas," by Dr. Seuss. Then follow the recipe below to create a nutritious Grinch Kabob and serve with milk or yogurt for a creditable snack!

Ingredients

- Plastic Toothpick
- Green Grapes
- Bananas peeled and cut into ½
- 1 Inch rounds
- Pint of Strawberries with stem removed
- 1 cup Kix Cereal

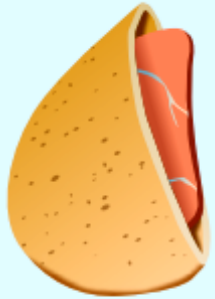


Assemble the above ingredients on the Plastic toothpick in the order listed above. As these ingredients are assembled a Grinch Kabob will be created!

Serve with Yogurt and 2 to 3 Grinch Kabobs for a creditable snack!

Friendship Pocket

1 Pick a Protein Food



Fold a slice of turkey or ham. Put it in the pita pocket.

2 Veggie Time



Tear lettuce or spinach.

3 Greens Are Good



Add greens to pita.

4 Choose a Cheese



Put cheese inside pita.

5 Fruit Is Fun



Eat apples or grapes with your pita pocket. Enjoy your **MyPlate** meal with friends.

Ingredients

Grain

whole-wheat pita bread



Protein Food

turkey or ham



Vegetable

lettuce or spinach



Dairy

low-fat yellow or white cheese



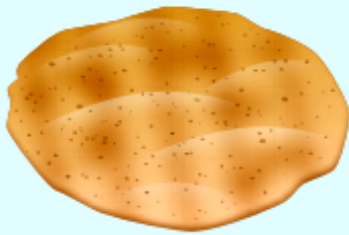
Fruit

apple slices or grapes



Crunchy Rainbow Wrap

1 Get Started



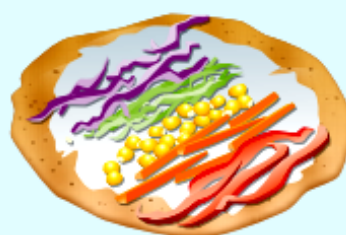
Lay your tortilla flat.

2 Paint the Sky



Spread some cream cheese onto the tortilla.

3 Get Colorful



Use veggies to create a rainbow on your tortilla. Leave some room around the edges.

4 Roll It Up



Fold in sides of the tortilla. Start at one end and roll your tortilla up tight.

5 Taste the Rainbow



Let an adult cut your wrap in half. Enjoy your colorful snack.



whole-wheat tortilla



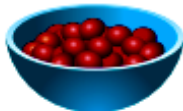
reduced-fat cream cheese

Red

red-pepper strips



red beans



chopped tomatoes



Orange

carrot shreds



Yellow

corn



yellow-pepper strips



Green

peas



spinach



shredded lettuce



Blue/Purple

shredded purple cabbage



radicchio



Ingredients

Choose Vegetables

Fruit-a-licious Breakfast Cup

1 Start With Yogurt



Spoon yogurt into your cup.

2 Add Some Crunch



Spoon cereal on top of the yogurt.

3 Pick Fruit



Add some fruit on top of the cereal.

4 Make a Pattern



Add more yogurt, then cereal, then fruit.

5 Enjoy



Ingredients



low-fat yogurt



cereal

Choose fruits

raisins



peaches



apple



pineapple



blueberries

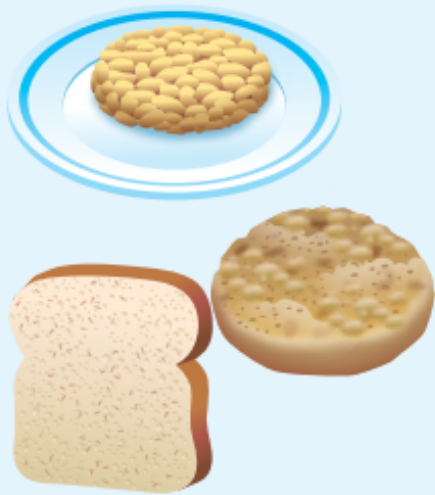


banana



Food Group Friend

1 Get a Head



Put a grain on your plate.

2 Make a Face



Pick fruits, vegetables, and a protein food to make eyes, nose, and a mouth. Have fun and be colorful!

3 Hair or Hat?



Choose a dairy food and cover the head.

4 Name Your Friend



Have you used a food from each food group? If so, enjoy!

Ingredients

Choose your favorite ingredients from every group

Grain

English muffin, brown rice cake, or bread



Protein Food

beans or egg



Vegetable

carrots, celery, broccoli, tomatoes, peas, cucumber, or bell pepper



Dairy

low-fat cheese

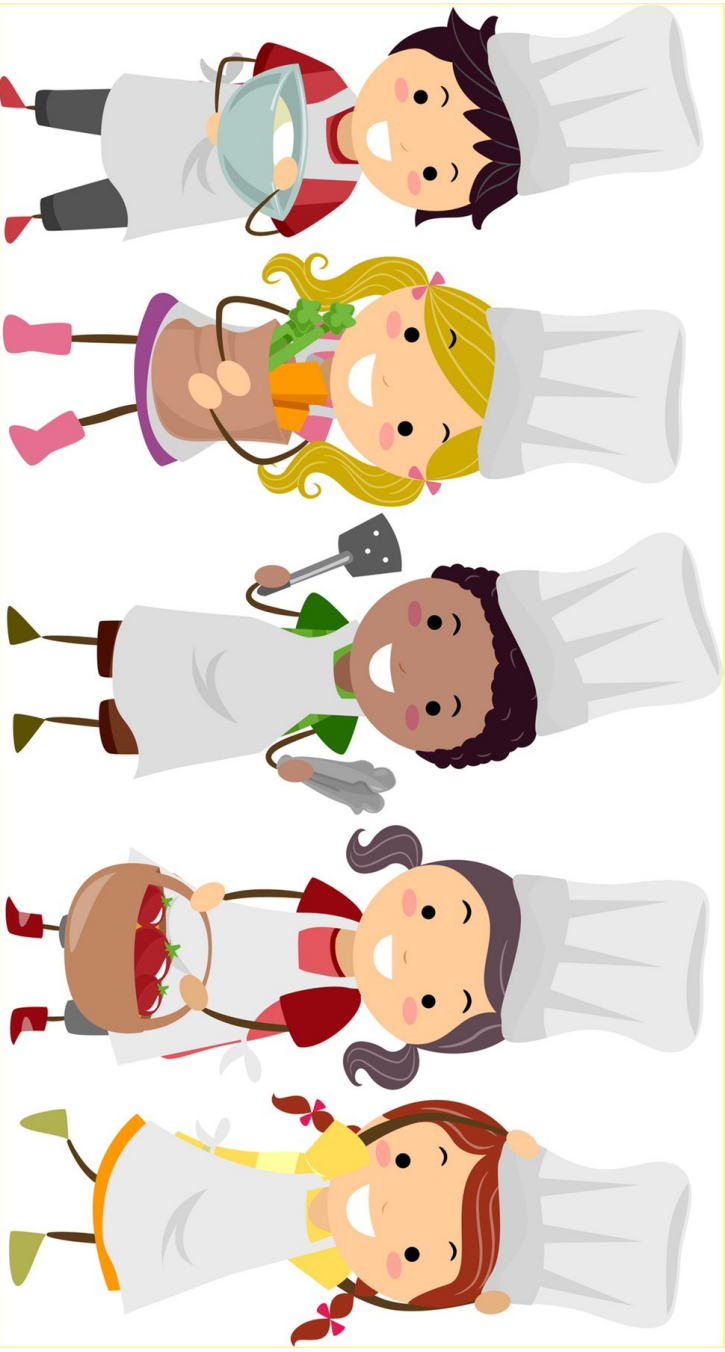


Fruit

blueberries, bananas, raisins, apples, or grapes



I Can Cook Too!



Ham & Cheese Crescentcs

Ingredients You Will Need:

Shaved Ham, 1/2# or so
American Cheese Slices
Canned Crescent Rolls



Complete Steps in NUMERIC order

Little People Jobs:

3. Spray a cookie sheet with cooking spray.
4. Unroll crescents on work space.
5. Place a half slice of cheese on top of crescent roll.
6. Place a few pieces of ham on top of cheese.
7. Roll up the crescents with ham/cheese inside and place on cookie sheet.

Big People Jobs:

1. Preheat oven to 350 degrees.
2. Prepare a work space for kids to roll out crescents.
8. Place cookie sheet into oven, cook according to package directions.
9. Remove from oven.

Peanut Butter & Banana "Hot Dog"

Ingredients You Will Need:

Whole Wheat Hot Dog Bun
Peanut Butter
Honey Butter
Bananas



Complete Steps in NUMERIC order

Little People Jobs:

3. Lay bun on work surface, gently open up.
4. Use plastic knife to spread PB/Honey on the bun.
5. Peel the banana.
6. Cut ends off banana with plastic knife so that the banana is fairly straight.
7. Place banana inside bun.
8. Enjoy your delicious snack!

Big People Jobs:

1. Make PB/Honey Butter mixture ahead of time. This will be easier to spread that straight PB.
2. Prepare a place for each child to work, such as cutting mat or paper plate.

Baked Chicken and Noodles

Ingredients You Will Need:

Defi Chicken, deboned - 2 Cups
Dry Egg Noodles - 2 Cups
Chicken Broth - (2) 15oz Cans
Water - 2 Cups
Seasonings - Salt, Pepper, Garlic



Complete Steps in NUMERIC order

Little People Jobs:

2. Help debone the chicken - now or earlier!
3. Spray a baking dish.
4. Dump in chicken, cover with dry noodles.
5. Use electric can opener to open broth. Pour broth over noodles.
6. Pour water over noodles.
9. Smell that delicious aroma all morning!

Big People Jobs:

1. Preheat oven to 350 degrees.
7. Season to taste, cover with lid or foil.
8. Place dish into oven, bake 1-2 hours or until liquid has been mostly absorbed.
10. Remove from oven.

Black Bean, Cheese, and Avocado Quesadillas

Ingredients You Will Need:

Seasoned Black Beans - 1 Can
Chunk Cheese - Co. Jack or Cheddar
Avocados
Tortillas



Complete Steps in NUMERIC order

Little People Jobs:

2. Open black beans with electric can opener, drain.
3. Dump in round cake pan and mash.
4. Shred cheese with stand grater or rotary grater.
6. Remove avocado pulp from shell with a plastic spoon.
8. Help assemble quesadillas.
10. Help slice quesadillas into triangles with a pizza cutter.

Big People Jobs:

1. Preheat griddle.
5. Wash outside skin of avocados, slice in half, remove seed.
7. Spread a tortilla with mashed beans, mashed avocado, and shred cheese. Top with second tortilla.
9. Cook on griddle until nicely browned. Cool slightly.

Broccoli-Grape Chicken Salad

Ingredients You Will Need:

Del. Chicken, Deboned - 2 Cups
Broccoli - 1 Head
Raisins - Regular or Golden - 3/4 Cup
Sliced Almonds, Toasted - 1/2 Cup
Grapes, Quartered Lengthwise - 3 Cups

Precooked Bacon - 6 Slices
Mayonnaise - 1 Cup
Sugar - 1/3 Cup or Stevia 1/2 tsp
Apple Cider Vinegar - 2 Tablespoon



Complete Steps in NUMERIC order

Little People Jobs:

2. Help debone the chicken - now or earlier!
Cut into bite sized pieces.
3. Spread almonds onto a dry cookie sheet.
5. Place grapes in colander, wash, cut LENGTHWISE with a grape cutter or plastic knife.
7. Cut of broccoli florets with plastic knife or safety scissors, wash in colander.
8. Lay bacon between 2 paper towels, microwave 30-40 seconds.

9. Crumble cooled bacon with safety scissors.
10. Dump chicken, broccoli, raisins, almonds, grapes, and bacon into mixing bowl, stir gently.

Big People Jobs:

1. Preheat oven to 350 degrees.
4. Place almonds in oven for 15 minutes or until lightly brown.
6. Remove from oven.
11. Mix dressing (mayo, sugar, vinegar), pour over salad as kids are stirring.

Chicken & Butternut Squash over Zucchini Spirals

Ingredients You Will Need:

- Chicken Breast - 3 or 4
- Marinade Packet (plus oil or vinegar to prepare)
- Butternut Squash, Frozen - 3 Cups
- Zucchini Squash - 3 or 4



Complete Steps in NUMERIC order

Little People Jobs:

1. Slice or cut up raw chicken into bite sized pieces with blunt scissors or plastic knife.
3. Dump chicken, butternut squash and half of prepared marinade into a gallon bag. Refrigerate.
5. Cut zucchini with a spiralizer. Dump into second gallon bag with half of prepared marinade. Refrigerate overnight.
8. Next Day - Spray pan with cooking spray.
9. Arrange zucchini on one end of pan, chicken and squash on the other end.

Big People Jobs:

2. Mix marinade according to package instructions.
4. Wash zucchini, cut off ends.
6. Next Day - Preheat oven to 350 degrees.
7. Line a baking sheet with aluminum foil.
10. Place pan in oven, bake for 25-30 minutes.
11. Remove pan from oven.

Crunchy Green Bean & Chicken Bake

Ingredients You Will Need:

- Del Chicken, deboned - 2 Cups
- Dry Egg Noodles - 2 Cups
- Chicken Broth - (2) 15oz Cans
- Water - 2 Cups
- Seasonings - Salt, Pepper, Garlic



Complete Steps in NUMERIC order

Little People Jobs:

2. Help debone the chicken - now or earlier!
3. Spray a baking dish.
4. Dump in chicken, cover with dry noodles.
5. Use electric can opener to open broth. Pour broth over noodles.
6. Pour water over noodles.
9. Smell that delicious aroma all morning!

Big People Jobs:

1. Preheat oven to 350 degrees.
7. Season to taste, cover with lid or foil.
8. Place dish into oven, bake 1-2 hours or until liquid has been mostly absorbed.
10. Remove from oven.

English Muffin Pepperoni & Veggie Pizza



Ingredients You Will Need:

English Muffin	Pizza Sauce
Shredded Mozzarella	Mini Pepperoni
Red Pepper	Spinach Curfs
Sliced Black Olives	Sliced Mushrooms
Sliced Banana Peppers	

Complete Steps in NUMERIC order

Little People Jobs:

4. Slice red peppers into thin strips.
5. Roll up a stack of spinach leaves and slice to make spinach curfs.
6. Pull stems out of mushrooms. Wash, dry, and slice mushrooms.
7. Open black olive slices with electric can opener and drain.
8. Assemble pizzas with choice of toppings.

Big People Jobs:

1. Preheat oven to 400 degrees.
2. Split english muffins.
3. Cut and core red peppers. Wash in colander.
9. Place baking sheet in oven, bake 15 minutes.
10. Remove pan from oven.

"Lunchable" Mini Quiche

Ingredients You Will Need:

Turkey OR Ham & Cheese Lunchables - 3 Kits
Shredded Cheddar Cheese - 2 Cups
Eggs - 1 Dozen



Complete Steps in NUMERIC order

Little People Jobs:

2. Open lunchables, cut up turkey/ham and cheese with plastic knife.
3. Crack eggs into SEPARATE bowl.
4. Dump meat, cheese, and eggs into a large mixing bowl.
5. Stir all ingredients with a whisk.
6. Spray muffin tins with cooking spray.
(Will make about 18.)
7. Use a 1/3 cup measuring cup to fill muffin tins.

Big People Jobs:

1. Preheat oven to 350 degrees.
8. Place pans into oven, bake for 15-20 minutes until lightly browned.
9. Remove pans from oven.
10. Cool slightly, run a knife around each mini quiche to loosen.

Salmon Chopped Salad with Crescent Rolls

Ingredients You Will Need:

Canned Salmon (Good Quality, No Bones)
Pre-Made Chopped Salad
Canned Crescent Rolls



Complete Steps in NUMERIC order

Little People Jobs:

3. Spray a cookie sheet with cooking spray.
4. Unroll crescents on work space.
5. Roll up crescents, place on baking sheet.
7. Open salmon with electric can opener, drain liquid. Dump into mixing bowl.
8. Open salad bag (with adult assistance) using blunt scissors. Allow child to open each item in the bag and dump into mixing bowl with the salmon.
9. Stir together salad ingredients and salmon.

Big People Jobs:

1. Preheat oven to 350 degrees.
2. Prepare a work space for kids to roll out crescents.
6. Place cookie sheet into oven, cook according to package directions.
10. Remove crescents from oven. Serve a delicious and easy dinner!

Toasted Tuna Sandwiches

Ingredients You Will Need:

Tuna – Canned & Packed in Water OR Seasoned Pouches
Mayo
Mustard
Pickle Relish
Salt & Pepper
Whole Wheat Bread



Complete Steps in NUMERIC order

Little People Jobs:

1. If using can tuna, open can with electric can opener.
3. Add a couple of spoonfuls of mayo into mixing bowl with tuna.
4. Add a squirt of mustard into mixing bowl.
5. Add a spoonful of pickle relish into mixing bowl.
7. Stir the tuna mixture all together.
8. Place slices of WW bread into toaster.
10. Spread tuna mixture on one piece of toast, top with another slice.

Big People Jobs:

2. Drain tuna. If using tuna pouches, open for kids and dump into a bowl.
6. Season with salt and pepper to taste.
9. Remove bread from toaster, lay on cutting mat.
11. Slice sandwiches into halves or quarters, serve!

Storage Times Recommendations Charts

For quality, store the following foods at 41°F or below for the recommended times.

Bagels / Breads	2 weeks	Margarine	5 months
BBQ Sauce	4 months	Mayonnaise	2 months
Butter	2 months	Meats, chops, roasts	4 days
Cakes	1 week	Meats, ground, raw	2 days
Catsup	6 months	Meats, cooked	4 days
Cheese, hard	1 month	Meats, deli, sealed	2 weeks
Cheese, cottage	1 week	Meats, deli, opened	4 days
Chicken or turkey, raw	2 days	Milk	7 days
Casseroles	4 days	Mustard	1 year
Cookies	2 months	Pies, cream or pumpkin	4 days
Eggs, hard cooked	1 week	Pies, fruit	1 week
Eggs, in shell, raw	1 month	Pasta, cooked	2 days
Eggs, out of shell, raw	3 days	Sausage, uncooked	2 days
Fish, raw	2 days	Sausage, cooked	1 week
Fish, cooked	4 days	Salad dressings	3 months
Frankfurters, sealed	2 weeks	Salsa	1 month
Frankfurters, opened	1 week	Yogurt	2 weeks

For quality, store the following frozen foods at 0°F or below for the recommended times.

Bagels / Breads	2 months	Meat, chops, roasts	6-8 months
Butter	6 months	Meat, ground	4 months
Cakes	4 months	Meats, deli / Frankfurters	2 months
Cookie dough	2 months	Milk	3 months
Cookies	8 months	Pie, cream or pumpkin	2 months
Egg whites	1 year	Pie, fruit	8 months
Fish	3-6 months	Sausage	2 months
Chicken parts	9 months	Yogurt	2 months
Chicken nuggets	3 months	Vegetables	9 months

Make a Colorful Plate

Vegetable Subgroup Constituents

Lists have been combined from the July 1, 2012 NSLP regulations, HealthierUS School Challenge, and ChooseMyPlate.gov.

Lists are not necessarily exclusive.

Dark Green	Red & Orange	Dry Bean & Peas (legumes)	Starchy	Other
Beet greens	Acorn squash	Black beans	Cassava	Artichokes
Bok choy	Butternut squash	Black-eyed peas (mature, dry)	Corn	Asparagus
Broccoli	Carrots	Garbanzo beans (chickpeas)	Fresh cowpeas (not dry)	Avocado
Collard greens	Hubbard squash	Great Northern beans	Field peas (not dry)	Bean sprouts
Dark green leafy lettuce	Pumpkin	Kidney beans	Black-eyed peas (not dry)	Beets
Endive	Red peppers	Lentils	Green bananas	Brussels sprouts
Escarole	Sweet potatoes	Lima beans, mature	Green peas	Cabbage
Kale	Tomatoes	Navy beans	Green lima beans	Cauliflower
Mesclun	Tomato juice	Pink beans	Plantains	Celery
Mustard greens		Pinto beans	Potatoes	Cucumbers
Romaine lettuce		Red beans	Taro	Eggplant
Spinach		Soy beans, mature	Water chestnuts	Green beans
Swiss chard		Split peas	White potatoes	Green peppers
Turnip greens		White beans		Iceberg (head) lettuce
Watercress				Mushrooms
				Okra
				Onions
				Parsnips
				Turnips
				Wax beans
				Zucchini

Events Calendar

January	February	March
Fiber Focus Month National Apricot Day	National Cherry Month National Hot Breakfast Month Potato Lover's Month Sweet Potato Month	National Frozen Food Month National Nutrition Month National School Breakfast Week National Agriculture Week Johnny Appleseed Day National Agriculture Day
April	May	June
Florida Tomato Month National Pecan Month Soyfoods Month	Salad Month Salsa Month International Pickle Week	Fresh Fruit and Vegetable Month Papaya Month Gazpacho Aficionado Time
July	August	September
Baked Beans Month Blueberry Month National Culinary Arts Month National Salad Week	Get Acquainted with Kiwifruit Month Watermelon Day Sneak Some Zucchini Onto Your Neighbor's Porch Night More Herbs, Less Salt Day	Better Breakfast Month Ethnic Food Month National 5 A Day Month Organic Harvest Month Potato Month Food Service Employees Week
October	November	December
Peanuts Month Popcorn Month Vegetarian Month National School Lunch Week World Vegetarian Day Spinach Lover's Day World Food Day	Good Nutrition Month National Fig Week National Split Pea Soup Week Thanksgiving	Christmas New Year's Eve



Food Sources of Iron



Meat and

Meat Alternates

Beef
Chicken
Clams
Egg
Mackerel
Meat in general
Mussels
Oysters
Peanut Butter
Shellfish
Soybeans
Trout
Turkey
Tuna

Bread and

Bread Alternates

Bagel, Plain, Pumpernickel
or Whole wheat Cereals,
Ready to Eat, Enriched
Farina
Muffin, Bran
Noodles, Cooked
Oatmeal, Instant,
Fortified
Pita Bread, Plain or
Whole Wheat
Pretzels, Soft
Rice, White, Regular
and Brown Rice
White Flour Tortilla

Vegetables

Spinach
Lima Beans

Fruits

Apricots (Canned or dried)
Raisins

Dried Beans, Peas & Legumes

Black Beans
Black-eyed Peas
Kidney Beans
Lentils
Pinto Beans
Baked Beans
White Beans

Please note: All bread and bread alternates must be made with enriched or whole grains.

Healthful Whole Grains!



Are Whole Grains Important for Children?

Yes! Whole grains provide the nutrients children (and adults) need to stay healthy. Whole grains are low in fat and have no cholesterol; they are high in fiber, vitamins, minerals, antioxidants and many other healthful substances. Whole grains provide healthful energy for a child's daily activities and reduce their risk of developing health problems.

What Exactly Are Whole Grains?

Whole grain foods contain all three parts of the grain: the bran, the endosperm and germ.

- The outer bran layer is full of fiber, B vitamins, 50 to 80 percent of the grain's minerals, and other health-promoting substances called phytochemicals.
- The third part is the germ, which is full of B vitamins, Vitamin E, trace minerals, healthful unsaturated fats, phytochemicals and antioxidants.
- The large endosperm portion is full of complex carbohydrates, protein, and some B vitamins.

If all three parts of the grain are present in processed foods, they are a whole grain. By comparison, refined grain foods contain only the endosperm. When the germ and bran portions are removed during milling, the nutrient content is reduced by 25 to 90 percent.

The 2010 Dietary Guidelines for Americans recommends that at least half of the grains consumed by children should be whole grains. Sound impossible? It's easier than you may think. You have many delicious options for adding a whole grain food to each meal without spending a lot of time or money: the most inexpensive whole grains generally are large containers of store-brand oatmeal, breakfast cereals, crackers, and breads.

Common Types of Whole Grains


- Brown rice (regular or quick)
- Wild rice
- Oatmeal, whole or rolled oats (regular, quick, instant)
- Pearl barley
- Whole wheat

Less Common Types of Whole Grains

- Amaranth
- Buckwheat or kasha
- Cracked wheat, also called bulgur
- Millet
- Quinoa
- Whole grain corn or cormeal (yellow and white)
- Whole rye

You, along with the variety of food you provide, are a role model for children in introducing new and healthy foods. Start gradually by introducing whole grains in baking, and then add whole grains to side dishes and entrees. Don't be afraid to try new whole grains. Practice being a savvy whole grain shopper. Your child care children and your family will benefit from eating whole grains.

Easy Ways to Add Whole Grains

- **Breakfast:** choose a quick and easy ready-to-eat or ready-to-cook whole grain cereal for like Shredded Wheat, Total , Raisin Bran, or Oatmeal cereal.
- **Portable Snacks:** pour some dry, bite-size cereals into a bag, or put a whole grain cereal bar into a backpack to take along during busy days.
- **Baking:** try substituting whole grain flour for one-fourth to one-half of the white flour called for in recipes. Use or choose whole grain in muffins or cornbread made with whole grain corn meal. Add oats to cookies or other desserts.
- **Make it even healthier:** provide low-fat whole grain crackers, baked tortilla chips or a brown rice cakes as a snack.
- **Cooking:** add whole grains to mixed dishes. Try adding some pearl barley, wild or brown rice to your favorite soup, stew or casserole.
- **Shopping:** choose whole grain pasta (macaroni, spaghetti, noodles), pancakes or waffles, tortillas, rolls and pita pockets.
- **Side dishes:** try a hot or cold whole grain side dish (such as pilaf or stuffing) using brown or wild rice, kasha, bulgur or pearl barley.



People who want to start eating more whole grain foods are often unsure how to find them. The key is in knowing which words to look for and which ones are not helpful.

Identify Whole Grain Foods When You Are Shopping.

- **Check ingredient lists carefully.** Choose products that have a whole grain as the first ingredient on the list. Look for products that say "100% whole grain" - meaning no refined flour. On the list of ingredients, the first ingredient listed should be the word "whole," like "whole wheat" or "100% whole wheat."
- **A food's color is not helpful in identifying whether it contains whole grain ingredients.** Dark or brown bread may be a whole grain food or it may just have molasses or caramel food coloring added.
- **"Made with whole grains."** These words alone do not guarantee that the product is nutrient-rich or health enhancing. Some of these cereals are still nearly half sugar - their number one ingredient.

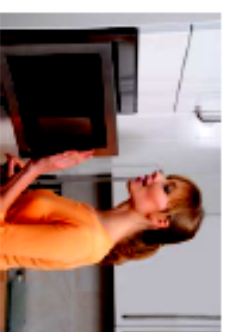
Phrases That Do Not Mean Whole Grain

- **"100% wheat"** This phrase means that the only grain contained in the product is wheat. This may be all refined wheat flour, and no whole wheat flour.
- **"Multigrain"** A word that means the product contains more than one kind of grain; however, the food may not contain whole grains.
- **"Stone ground"** This term refers to grain that is coarsely ground and may contain the germ, but not the bran. Often, refined flour is the first ingredient, not whole grain flour. Check the ingredient list.
- **"Pumpernickel"** is coarse, dark bread made with rye and wheat flours. In the U.S., it usually does not contain mostly whole grain flours.



Microwave Cooking

- Rotate and stir occasionally during cooking process.
- Use microwave-safe plastic or glass containers.
- Cook to internal temperature of 165°F.
- Follow directions on commercially packaged foods.



Slow Cookers

- Cooking must be continuous.
- Cut products into small pieces.
- Use recipes with a liquid.
- Do not delay start time.
- Cook on high for 1 hour.
- Switch to low setting after one hour.



Taste Testing Foods

- Use appropriate tools.
 - Clean taste testing spoon
 - Small bowl
- Serve a small portion into a bowl.
- Step away from the prepared food.
- Taste from the bowl with testing spoon.
- Put soiled bowl and spoon in sink.



Field Trips and Picnics

- Keep Time and Temperature Control for Safety (TCS) foods at safe temperatures.
- Pack foods that do not require temperature controls.
- Pre-chill or freeze cold foods overnight and use cold holding equipment.

Sources of Fiber

To become familiar with the amount of fiber in foods, begin by looking at the Nutrition Facts label. Fiber is listed as Dietary Fiber, and the amount is given in grams (g) and Percent Daily Value. Whole grains are a great source of fiber, and are infinitely better than refined grains from a nutritional standpoint. Check out the "Healthful Whole Grains!" handout in this resource. Another great source of fiber is legumes (beans). An average adult serving of 1/2 cup of cooked dry beans contains about 5-7 grams of fiber.



Good Sources of Fiber	
Fiber content listed in grams (g)	
Food	Grams of Fiber
1 cup of cooked dry beans	9-14
1 cup of raisin bran cereal	8
$\frac{1}{2}$ cup brown rice	6
$\frac{1}{2}$ cup corn	5
$\frac{1}{2}$ cup broccoli	4
1 medium apple with skin	4
1 cup of carrot sticks	4
$\frac{3}{4}$ cup of whole wheat flour	3

Increase Fiber in Your Personal Diet and Your Children's Diets!

- Try whole wheat flour, or half white and half whole wheat in baking. Use oatmeal, oat bran, or rye to replace some of the white flour in breads, muffins and quick breads.
- Add beans, peas, or lentils (legumes) to main dishes. Choose a legume-based dish instead of a meat, poultry or cheese dish at least once a week.
- Serve whole fruits and vegetables (with the peel if possible).
- Grate fresh carrot, cabbage and other vegetables into salads and main dishes.
- Add dried beans to soups. Add lentils or bulgur to hamburger dishes.
- Serve kid-friendly, high fiber breakfast cereals: Cheerios®, Frosted Mini Wheats®, Total®, Raisin Bran®, or oatmeal.

