


# SNACK INSPIRATION



**Menus** with  
240 Snack Ideas



**Recipes** with  
CACFP Crediting  
Information



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# SNACK INSPIRATION

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Madison, Wisconsin

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## INTRODUCTION

### **Are you stuck in a rut with your snack menus? Are you looking for inspiration to serve other foods?**

Let *Snack Inspiration* help, with 240 different snack ideas. Why 240? So you can serve different snacks all year long and never repeat the same snack twice. *Snack Inspiration* will challenge you to serve a variety of foods, nutrients, tastes, and textures, which will help children develop and establish life-long healthy eating habits.

*Snack Inspiration* includes snacks pairing the four food components (meat/meat alternate, grains, fruits, and vegetables) arranged in a menu to offer a variety of foods throughout the week. Each component pairing is color coded, so you know which components are included in the snack. *Snack Inspiration* also includes recipes noted in the menu with an asterisk (\*). Recipes include crediting information, so you know how much to serve to meet the Child and Adult Care Food Program (CACFP) meal pattern. Snacks and recipes range from fast and easy to prepare, to more complex and time-consuming. Some will make more sense in small groups, some in large groups, and some for both. Use menus as is or pick and choose snacks to incorporate into current menus.

**Whole Grain Rich (WGR) Items:** The CACFP meal pattern requires one WGR item be served each day. Some grain items are noted as WGR; however, you can serve the WGR version of grains not noted as WGR. We recommend providing more than one WGR item each day and serving at different meals and snacks.

**Meal Pattern Requirements:** Amounts of foods served to participants must meet CACFP meal pattern requirements for their age. Always refer to the CACFP meal pattern when planning menus, and when purchasing, preparing, and serving foods.

**Choking risks:** Some foods may not be appropriate for young children due to choking risks and may need to be substituted. Think about size, shape, and consistency when choosing foods to serve. Be sure children are closely supervised when eating.

We hope you enjoy these snack ideas and recipes!

Community Nutrition Team  
Wisconsin Department of Public Instruction

The following six pages feature 240 snack ideas that meet CACFP pairing criteria.  
 That's enough to serve a different snack each day for an entire year!

Monday	Tuesday	Wednesday	Thursday	Friday
Mini cheddar rice crisps topped with Slices of natural cheese	WGR tortilla chips Refried beans and salsa mix	Oatmeal Peaches	Deviled eggs Yellow cherry tomatoes	Honeycrisp apple Roasted soy nuts
Carrot coins Kiwi slices	Ham and cheese rollup on WGR tortilla	Warmed bread sticks Baked spaghetti squash (with marinara & cheese)	Whole grain cereal Craisins	Baked Zucchini 'Chips'* Deli ham or turkey slices
Blueberry yogurt Crushed pineapple	Sliced bell peppers Strawberries	Cheese sandwich on WGR bread (hot or cold)	Rice cake topped with Tomato slices and corn salsa	Cantaloupe Banana Chip Muffins*
Vegetarian baked beans Scrambled eggs	Raspberries Cheese cubes	Peach slices Roasted edamame	Breakfast burrito: WGR tortilla with cheesy scrambled eggs	Roasted Cauliflower 'Popcorn'* Bread 'sticks' (WGR bread toasted and cut into sticks)
Homemade pumpkin muffin Fresh pear slices	White Bean Ranch Dip* Dipping veggies (carrot sticks, celery, jicama)	Fruit Salad* Canadian bacon	Minty Watermelon Cucumber Salad*	Vanilla yogurt Granola or other WGR cereal
Sweet potato grain bowl: Quinoa and roasted diced sweet potato	Raisins Mini bagels (spread cream cheese or nut or seed butter on bagel)	Baked zucchini spears Cheese stick	Canned peaches Cottage cheese	Crockpot Apples with Cinnamon* Tomato wedges
Mini chocolate rice crisps Vanilla yogurt	Whole Wheat Corn Bread* Roasted asparagus spears	Oatmeal with Cinnamon applesauce	Sweet potato 'fries' Hard-boiled egg	Honeydew melon Shredded cheese

**KEY:** ■ Meat/Meat Alternate & Grain ■ Vegetable & Grain ■ Fruit & Grain ■ Vegetable & Meat/Meat Alternate ■ Fruit & Meat/Meat Alternate ■ Fruit & Vegetable

WGR = Whole Grain Rich      \*Snack Inspiration Recipe

Monday	Tuesday	Wednesday	Thursday	Friday
Crinkle cut carrots Plums	Nut or seed butter roll up on WGR tortilla	Cucumber sandwiches: Mini rye bread topped with cucumber slices (spread flavored cream cheese on bread)	Fruit Breakfast Bowl: Brown rice and sliced/diced bananas or apples (garnish with cinnamon or raisins)	Sugar snap peas Cheese stick
Canned pear halves Sunflower seeds	Cinnamon applesauce Mixed vegetables	Egg salad sandwich on WGR bread	Red beans and Rice	Raspberries Chocolate Zucchini Muffins*
Roasted asparagus spears Yogurt dip (plain yogurt mixed with ranch or dill seasoning)	(Frozen) banana on a stick with Nut or seed butter to dip	Broccoli florets Diced pears	Scrambled eggs on English muffin	Southwest Fajita Bowl: Brown rice with Sautéed pepper strips, onions, and corn (garnish with shredded cheese)
Toasted WGR English muffin Apples slices sprinkled with cinnamon	Sweet Carrot Sticks* Hummus*	Canned mandarin oranges Crispy Baked Tofu*	Mango chunks Sweet potato 'fries'	WGR toast Hard-boiled egg
Guacamole Dip* WGR pita bread	Crescent rolls Plums	Hash brown patties Scrambled eggs	Hard-boiled eggs Orange slices	Roasted Cauliflower 'Popcorn'* Peach slices
Mini caramel rice crisps Cottage cheese	Cheesy Corn Bread* Roasted Vegetables*	Soft pretzel bites Canned mandarin oranges	Jicama sticks Cottage cheese	Blueberries Tuna or chicken salad
Green beans Clementine	Baked Tortilla Chips* Taco Soup*	Canned beet slices Toasted WGR bread	Indian Rice Pilaf* Watermelon slices	Vegetable 'sliders' with m/ma topping (Zucchini slices with hard- boiled egg slices or egg salad)
Grapefruit topped with cinnamon Cottage cheese	Baked Zucchini "Chips"* Strawberries	Turkey/ham and cheese sandwich on WGR bread	WGR mini bagels Green pepper slices	Oatmeal topped with berries (raspberry, blueberry, berry mix)

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WGR = Whole Grain Rich      \*Snack Inspiration Recipe

Monday	Tuesday	Wednesday	Thursday	Friday
Sheet Pan Eggs* Shredded hash browns	Apples Tahini (sesame seed butter)	Cantaloupe bites Kohlrabi sticks	Pasta salad with Tuna and cheese chunks	Irish Brown Bread* Sweet Carrot Sticks*
Cheese Muffin* Mango slices	Snow peas Roasted Chickpeas*	Raisins Baked tempeh	Banana slices Steamed edamame	Homemade trail/cereal mix: Nuts/seeds and WGR cereal
White Bean Ranch Dip* WGR tortilla chips	Baked French toast Pineapple (canned or fresh)	Butternut squash soup Cheese slices	Smoothie bowl (pureed frozen fruit) topped with Strawberry banana yogurt	Dates Celery sticks
Chocolate rice cakes topped with Nut or seed butter	Roasted broccoli sprinkled with parmesan cheese Pumpernickel bread	WGR tortilla chips Mango salsa	Hard-boiled eggs Carrot/celery sticks	Fresh peach slices Taco Soup*
Whole baby corn Grapes	Pretzel rods Cheddar cheese cubes	Veggie rollup: WGR tortilla rolled with spinach, tomato, shredded carrot, pepper slices (spread cream cheese on tortilla)	Zucchini bread Sliced bananas	Baked potato topped with Shredded cheese
Cactus fruit Peach yogurt	Pineapple tidbits Celery	Chicken or tuna salad sandwich on WGR bread	Mini rice crisps Hummus* dip	Carrot Quinoa Muffins* Baked apple halves sprinkled with cinnamon
Broccoli and cauliflower florets Cottage cheese dip*	Homemade trail mix (craisins and raisins with mixed nuts)	Fruit cocktail Roasted green beans	Crispy Baked Tofu* Brown rice	Vegetarian salad bowl: Brown rice or quinoa mixed with Cucumbers, tomatoes, carrots, and black beans (garnish with ranch & shredded cheese)
Fruit Bagel 'Pizza': Bagels topped with sliced fruit (spread nut or seed butter on bagels)	Avocado slices Tuna salad	Watermelon slices Pumpkin seeds	Baby carrots Apple slices	Cheese toast: Toasted WGR bread with melted shredded cheese

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Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & basil rice cake Creamy Cucumber Dill Salad*	Homemade cinnamon tortilla triangles Fruit salsa	Sheet Pan Eggs* topped with Sautéed mushrooms	Yogurt sundae split: Banana half topped with Vanilla yogurt ( <i>and sprinkles!</i> )	Tangelo Roasted Brussel sprouts
Cottage cheese Warmed bread stick	Sliced French bread topped with Easy Bruschetta*	Cereal mix Strawberries	Cheese cubes Raw broccoli florets with dressing or dip	Orange slices All meat breakfast sausage
Peas Pineapple slices	French bread pizzas: French bread and melted mozzarella cheese (add marinara, veggies)	Sautéed mushrooms English muffin	Blueberry muffin Fruit cocktail	Sliced hard-boiled egg Roasted butternut squash
Cantaloupe melon balls Cheddar cheese slices	Roasted Chickpeas* Mandarin oranges	Rice cake topped with Nut or seed butter and jelly	Lunch Box Zucchini Muffins* Jicama sticks	Banana tortilla roll-up: Whole banana rolled in WGR tortilla ( <i>spread nut or seed butter on tortilla</i> )
Ranch mashed potatoes Deli turkey slices	Fruit cocktail Mixed nuts	Baked summer squash slices Dried figs	Taco bowl: Brown rice and taco seasoned ground beef ( <i>garnish with shredded cheese</i> )	Fresh green beans Sweet Hawaiian roll
Toasted raisin bread Nectarine slices	Cheese curds Sliced red cherry tomatoes	Cranberry relish Breakfast sausage links	Spiralized sweet potato Honeydew melon	Baked Apple Cinnamon Oatmeal* Strawberry yogurt
Cheesy Ranch Chex Mix* Baby cucumber coins	Banana Chip Muffins* Pear slices	Bean and corn salad (Black eyed peas, black beans and corn)	Banana slices Sheet Pan Eggs*	Honey Roasted Asparagus* Craisins
White cheddar rice cake topped with Turkey and cheese slice	Cabbage Salad* Corny Corn Bread *	Pancakes topped with Fresh berries	Tofu Stir-fry*	Grapes Sunflower seeds
Refried beans Apple wedges	Pita triangles Hummus*	Macaroni Salad*	Smoothie bowl: Pureed frozen fruit topped with Granola	Roasted potato wedges All meat sausage links

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WGR = Whole Grain Rich      \*Snack Inspiration Recipe



Monday	Tuesday	Wednesday	Thursday	Friday
Apples and Yogurt Dip*	Peaches Sugar snap peas	Nut or seed butter and jelly sandwich on WGR bread	Roasted Brussels sprouts Flaky biscuit	Whole wheat banana bread Watermelon chunks
Celery sticks Nut or seed butter	Red grapes Scrambled eggs	Papaya Roasted broccolini	Huevos breakfast bowl: Brown rice and Scrambled eggs <i>(garnish with salsa and shredded cheese)</i>	WGR cereal Avocado slices
Kiwi wedges Crescent rolls	Sweet Carrots Sticks* Cheese stick	Fresh pineapple chunks Fruity Dip*	Cherry tomatoes Orange wedges	Homemade spaghetti bake: WG pasta and Meat sauce with cheese
Blueberry Corn Bread* Carrots sticks	Fruit on a Raft*	Roasted turnip slices Hard-boiled egg	Green grapes Cheddar cheese slices	Radishes Blackberries
Apple cinnamon rice cake Vanilla yogurt	Toasted flat bread cut into sticks Warmed marina sauce	Healthy Maple Oatmeal Muffin* Cantaloupe	Black bean dip Raw veggies	Blueberries Cheese stick
Melon balls Carrot sticks	Sloppy Joes or Sloppy Janes: Ground beef or ground turkey on WGR bun	WGR toast topped with Avocado slices	Fruit Salad* Pretzel rods	Roasted sweet potato wedges Scrambled eggs
Papaya Chocolate flavored almonds	Diced pears Raw broccoli florets	WGR pancake with Nut or seed butter	Cheesy French bread topped with Tomato slices	Mandarin oranges WGR mini cinnamon raisin bagel
Roasted eggplant topped with Meat sauce	Mango Cheddar cheese slices	Baked Avocado Fries* Raisins	String cheese and WGR tortilla rollup	Cactus Salad* Garlic and herb naan bread

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Monday	Tuesday	Wednesday	Thursday	Friday
Clementine Popcorn	Creamy Cucumber Dill Salad* Deli ham slices	Blueberry Yogurt Watermelon balls	Baked sweet potato chunks Apples slices	WGR pita stuffed with Tuna or chicken salad
Hash brown patty WGR toast	Fuji apples slices Lunch Box Zucchini Muffins*	Tahini (sesame seed butter) Red, orange and/or yellow bell pepper slices	Fresh pear slices Roasted Chickpeas*	Apricots Fresh green beans
Rice cake topped with Egg salad	Roasted zucchini and eggplant WGR toast	Blueberries Chili Cheese Corn Bread*	Egg roll in a bowl (cooked cabbage and ground beef/turkey)	Peaches Edamame
Raw cauliflower Berries	Oatmeal topped with Nut or seed butter	Kidney beans Cheese Muffins*	Applesauce WGR cinnamon toast	Cheese slices Black bean soup
Apricots Cheese stick	Grapes Roasted sweet potato cubes	Cheese bread: French bread and melted mozzarella cheese with Italian seasonings	Garlic bread Tomato soup	Banana Irish Brown Bread*
Homemade baked potato 'fries' White Bean Ranch Dip*	Cherries Peach yogurt	Berry smoothie Jicama sticks	Blueberry bread Cheese stick	Bean burrito: Whole and/or mashed black or pinto beans in WGR tortilla (add shredded cheese and salsa)
Dried fruit Buttermilk Corn Bread*	Roasted Vegetables* Cheese stick	Applesauce Hard-boiled eggs	Mashed potatoes Tropical fruit mix	Cheese quesadilla: WGR tortilla and shredded cheese (optional: add chicken or beef)
Creamy Cucumber Dill Salad* Cheese Muffins*	Grapes Cereal mix	Fajita Bowl: fajita seasoned peppers and onions with seasoned diced chicken	Baked apples Strawberry banana yogurt	Water chestnuts Kiwi

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# RECIPES



## BAKED APPLE CINNAMON OATMEAL

Recipe makes 9 squares (1 square = 1 oz. equivalent grains)

### Ingredients:

- 1½ cups fat-free milk or soy milk
- ½ cup packed brown sugar (or less)
- 2 large eggs, beaten
- 1 Tablespoon melted butter
- ½ teaspoon cinnamon
- 2 cups rolled oats (not instant)
- 1 teaspoon baking powder
- 1½ cups chopped apples

### Instructions:

1. Preheat oven to 350°F.
2. Grease 8x8 inch pan with cooking spray.
3. In a bowl, combine milk, brown sugar, eggs, butter, and cinnamon.
4. In another bowl, combine oats and baking powder.
5. Mix wet mixture with oats; add apples and stir to combine.
6. Pour mixture into pan. Bake for 30 - 40 minutes, until top is firm, and a toothpick comes out clean in the center.
7. Cut into 9 equal-sized squares.

**Crediting Information:**

1 square = 1 oz. equivalent grains

**Serving Information:**

1-5 year old: ½ square; 6+ year old: 1 square

## BAKED TORTILLA CHIPS

Recipe makes 6 triangles per tortilla (6 triangles = 1 ½ oz. equivalent grains)

### Ingredients:

- Whole wheat flour tortillas (8-inch)
- Cooking oil spray and salt (dash, optional)

**Crediting Information:**

4 triangles =  
1 oz. equivalent grains

**Serving Information:**

1-5 year old: 2 triangles  
6+ year old: 4 triangles

### Instructions:

1. Preheat oven to 400°F.
2. Grease baking sheet with cooking spray.
3. Cut tortillas into 6 equal-size triangles and place on baking sheet.
4. Spray tops of tortilla sections with cooking spray and lightly salt.
5. Bake 10 minutes, until crisp & light brown. Watch so chips do not burn.

## BANANA CHIP MUFFINS

Recipe makes 12 muffins (1 muffin = 1 oz. equivalent grains)

### Ingredients:

- 1 egg
- 1 ½ cups mashed ripe banana
- ¾ cup packed brown sugar
- ⅓ cup applesauce
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour (or whole wheat flour)
- ½ teaspoon baking soda
- 2 teaspoons baking powder
- 1 ¼ teaspoons salt
- 1 teaspoon ground cinnamon
- 1 cup quick cooking oats
- ½ cup semisweet chocolate chips
- ½ cup chopped walnuts

### Instructions:

1. Preheat oven to 350°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. In a large bowl, combine egg, banana, brown sugar, applesauce, and vanilla.
4. In a separate bowl, sift flour, baking soda, baking powder, salt, and cinnamon.
5. Gently stir flour mixture and oatmeal into banana mixture. Fold in chocolate chips and walnuts.
6. Divide batter evenly between the prepared muffin cups.
7. Bake in preheated oven for 15 to 20 minutes, until light brown and a toothpick inserted into the center of a muffin comes out clean.
8. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

#### Crediting Information:

1 muffin = 1 oz. equivalent grains

#### Serving Information:

1-5 year old: ½ muffin  
6+ year old: 1 muffin

## CARROT QUINOA MUFFINS

Recipe makes 12 muffins (1 muffin = 2.5 oz. equivalent grains)

### Ingredients:

- 1 ½ cups cooked, cooled quinoa (about ¾ cup uncooked)
- 2 cups white whole wheat flour
- ⅔ cup packed dark brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 ½ teaspoons baking powder
- ¾ teaspoon kosher salt
- 1 large egg
- ½ cup, plus 2 Tablespoons low fat buttermilk
- ¼ cup plain non-fat Greek yogurt
- 3 Tablespoons canola oil or melted, cooled coconut oil
- 1 teaspoon pure vanilla extract
- 1 cup freshly grated carrots, lightly pressed dry
- ½ cup mix-ins: toasted chopped walnuts, pecans, raisins, golden raisins, dried cranberries, chopped dried apricots or other dried fruit

### Instructions:

1. Preheat oven to 350°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Cook quinoa. Quinoa grains should be tender but still separate, rather than mushy and clumped together.
4. In large bowl, whisk together cooked quinoa, white whole-wheat flour, brown sugar, cinnamon, ginger, baking powder, and salt.
5. In small bowl whisk together egg, buttermilk, yogurt, oil, & vanilla.
6. Add wet mixture to dry mixture and stir, until combined. Gently fold in carrots and ½ cup total of any desired mix-ins.
7. Divide batter evenly between the prepared muffin cups.
8. Bake 25 to 28 minutes, until a toothpick inserted into the center of a muffin comes out clean.
9. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

#### Crediting Information:

1 muffin = 2.5 oz. equivalent grains

#### Serving Information:

1-5 year old: ¼ muffin  
6+ year old: ½ muffin

## CHEESE MUFFINS

Recipe makes 12 muffins (1 muffin = 1 oz. equivalent grains)

### Ingredients:

- 1  $\frac{3}{4}$  cups flour
- 1  $\frac{1}{2}$  Tablespoons sugar
- 1 Tablespoon baking powder
- $\frac{1}{2}$  teaspoon salt
- 3 cups shredded Colby-jack cheese
- 1 cup milk
- 1 egg
- $\frac{1}{4}$  cup ( $\frac{1}{2}$  stick) melted butter

### Instructions:

1. Preheat oven to 375°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Whisk together dry ingredients, then stir in cheese.
4. In separate bowl, whisk egg, milk, and butter together. Pour milk mixture into dry ingredients and stir with a spoon to combine.
5. Divide batter evenly between the prepared muffin cups.
6. Bake for 20-25 minutes, until a toothpick inserted into the center of a muffin comes out clean.
7. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

#### Crediting Information:

1 muffin = 1 oz. equivalent grains

#### Serving Information:

1-5 year old:  $\frac{1}{2}$  muffin  
6+ year old: 1 muffin

## CHEESY RANCH CHEX™ CEREAL MIX

Recipe makes 13 (1  $\frac{1}{2}$  cup servings) (1  $\frac{1}{2}$  cups = 1 oz. equivalent grains)

### Ingredients:

- 20 cups Corn Chex™, Rice Chex™, Wheat Chex™, or combination
- 6 Tablespoons butter
- 2 ounces dry ranch dressing mix
- 1 cup grated parmesan cheese

### Instructions:

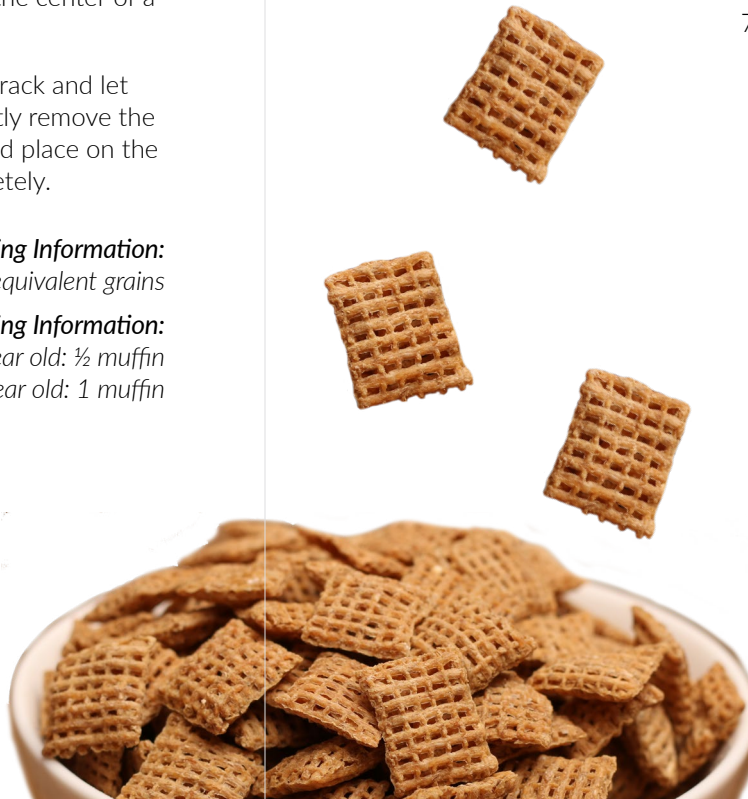
1. Preheat oven to 250°F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, combine Chex™ cereal(s).
4. Melt butter and stir in the ranch dressing mix. Pour over the cereal mix and stir to combine.
5. Place on prepared baking sheet. Sprinkle with parmesan cheese.
6. Bake for 1 hour, stirring every 15 minutes.
7. Cool completely before serving.

#### Crediting Information:

1  $\frac{1}{2}$  cups = 1 oz. equivalent grains

#### Serving Information:

1-5 year old:  $\frac{3}{4}$  cup  
6+ year old: 1  $\frac{1}{2}$  cups



## CHOCOLATE ZUCCHINI MUFFINS

Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)

### Ingredients:

1 cup shredded zucchini  
 ¾ cup coconut sugar or brown sugar  
 ¼ cup vegetable oil  
 2 large eggs  
 1 ¼ cups milk  
 2 teaspoons vanilla extract  
 2 cups whole wheat flour  
 ½ cup unsweetened cocoa powder  
 4 teaspoons baking powder  
 ½ teaspoon salt  
 1 cup semisweet chocolate chips

### Instructions:

1. Preheat oven to 425°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Shred zucchini and squeeze out excess liquid.
4. In large bowl, whisk sugar, oil, eggs, milk, and vanilla.
5. In medium bowl, combine flour, cocoa, baking powder, and salt. Gently fold flour mixture into liquid mixture until just combined (batter will be thick).
6. Fold in shredded zucchini and chocolate chips.
7. Divide batter evenly between the prepared muffin cups.
8. Bake muffins at 425°F for 5 minutes, then reduce heat to 375°F and bake for an additional 15 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
9. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

#### Crediting Information:

1 muffin = 1.25 oz. equivalent grains

#### Serving Information:

1-5 year old: ½ muffin  
 6+ year old: 1 muffin

## CORN BREAD

Recipe makes 12 pieces (1 piece = 1.25 oz. equivalent grains)

### Ingredients:

1 cup cornmeal, enriched or whole grain  
 1 cup all-purpose flour  
 2 Tablespoons sugar  
 1 Tablespoon baking powder  
 1 egg  
 ¼ cup vegetable oil  
 1 cup milk, non-fat

### Instructions:

1. Preheat oven to 425°F.
2. Grease 8 or 9-inch square pan.
3. In large bowl combine cornmeal, flour, sugar, and baking powder.
4. In small bowl, crack egg and beat with a fork.
5. Add egg, oil, and milk to flour mixture. Mix until well blended.
6. Pour batter into prepared pan.
7. Bake 20 to 25 minutes, until firm to touch or toothpick inserted in the center comes out clean.
8. Cut into 12 equal-sized pieces.

### Additional Corn Bread Flavors:

**Buttermilk Corn Bread:** Use only 2 teaspoons baking powder and add ¼ teaspoon baking soda. Substitute 1 cup buttermilk for non-fat milk.

**Whole Wheat Corn Bread:** Use 1 cup whole wheat flour in place of all-purpose flour.

**Corny Corn Bread:** Add 1 cup corn kernels in step 4.

**Cheesy Corn Bread:** Add ½ cup shredded cheddar cheese in step 4.

**Chili Cheese Corn Bread:** Add ½ teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and ¼ cup shredded Monterey jack cheese in step 4.

**Blueberry Corn Bread:** Fold 1 cup blueberries into the batter.

#### Crediting Information:

1 piece = 1.25 oz. equivalent grains

#### Serving Information:

1-5 year old: ½ piece  
 6+ year old: 1 piece

## HEALTHY MAPLE OATMEAL MUFFINS

Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)

### Ingredients:

- 1 cup whole wheat flour
- ¼ cup old fashioned rolled oats
- ½ cup whole grain oat flour
- 1 Tablespoon baking powder
- 1½ teaspoons ground cinnamon
- ½ teaspoon kosher salt
- ¼ teaspoon ground nutmeg
- 1 cup plus 2 Tablespoons non-fat milk
- ½ cup pure maple syrup
- ¼ cup melted and cooled coconut oil (or melted and cooled unsalted butter)
- 2 large eggs, at room temperature
- 1 teaspoon vanilla extract

### Crumb topping:

- 1 Tablespoon cold butter, cut in small pieces
- 3 Tablespoons flour
- 1 Tablespoon brown sugar
- ¼ - ½ teaspoon cinnamon

### Instructions:

1. Preheat oven to 400°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. In large bowl, combine whole wheat flour, oats, oat flour, baking powder, cinnamon, salt, and nutmeg.
4. In a separate bowl, whisk together milk, maple syrup, oil (or butter), eggs, and vanilla.
5. Make a well in the center of the dry ingredients. Pour wet ingredients into the center.
6. Stir the batter gently, just until combined (it will be somewhat lumpy).
7. Divide batter evenly between the prepared muffin cups.
8. Make crumb topping: In small bowl, quickly rub the butter, flour, brown sugar, and cinnamon together with your fingers until fine crumbs form. Sprinkle over each unbaked muffin.
9. Bake muffins 18-20 minutes, until golden brown and a toothpick in the center comes out clean.
10. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

#### Crediting Information:

1 muffin = 1.25 oz. equivalent grains

#### Serving Information:

1-5 year old: ½ muffin  
6+ year old: 1 muffin

## INDIAN RICE PILAF

Recipe makes 26 (½ cup servings) (½ cup = 1 oz. equivalent grains)

### Ingredients:

- 1 cup and 2 Tablespoons water
- Two 32-ounce cans chicken broth
- 1 ¾ pounds (or 4 ½ cups) basmati rice
- 1 Tablespoon and 1 ½ teaspoon curry powder
- 2 ¼ teaspoons garlic powder
- 1 teaspoon ground cinnamon
- ½ teaspoon paprika
- 1 teaspoon ground cloves
- 4 small onions, coarsely chopped

### Instructions:

1. In a large pot, bring water and chicken broth to a boil.
2. In a bowl, combine rice, curry powder, garlic powder, cinnamon, paprika, and cloves.
3. Add rice mixture and onion to boiling broth.
4. Cover and cook until rice is tender, 20-25 minutes.

#### Crediting Information:

½ cup serving = ½ cup rice  
(1 oz. equivalent grains)

#### Serving Information:

1-5 year old: ¼ cup  
6+ year old: ½ cup



## IRISH BROWN BREAD

Recipe makes 28 slices (1 slice = 1 oz. equivalent grains)

### Ingredients:

4 cups whole wheat pastry flour  
 2 Tablespoons sugar  
 1 teaspoon salt  
 1 teaspoon baking soda  
 2 teaspoons baking powder  
 1 ½ cups buttermilk  
 2 Tablespoons vegetable oil or melted butter

### Instructions:

1. Preheat oven to 400°F.
2. Lightly grease a 9 x 5 x 3-inch loaf pan.
3. In large bowl, combine flour, sugar, salt, baking soda, and baking powder.
4. Make a well in dry mix and pour in the buttermilk and oil or butter. Stir together until blended (some lumps will remain).
5. Place dough on a floured board and knead about 10 times, until dough holds together.
6. Place dough into loaf pan.
7. Bake for 40 minutes, or until a toothpick inserted into the center of bread comes out clean.
8. Remove bread from pan and cool.
9. Cut loaf in half lengthwise. Cut each half into 16 pieces (for a total of 28 pieces).

### Crediting Information:

1 slice = 1 oz. equivalent grains

### Serving Information

1-5 year old: ½ slice  
 6+ year old: 1 slice



## LUNCH BOX ZUCCHINI MUFFINS

Recipe makes 12 muffins (1 muffin = 1.25 oz. equivalent grains)

### Ingredients:

2 cups shredded zucchini  
 1 cup finely chopped red bell pepper  
 2 eggs, beaten  
 ½ cup cottage cheese  
 ½ cup + 1 Tablespoon milk  
 ⅓ cup shredded cheddar cheese, plus more for topping (optional)  
 2 cups flour, all-purpose  
 1 teaspoon baking soda  
 1 teaspoon baking powder  
 1 teaspoon Italian seasoning  
 ½ teaspoon salt  
 ½ teaspoon black pepper

### Instructions:

1. Preheat oven to 375°F.
2. Line 12 muffin tins with paper liners or lightly coat with cooking spray.
3. Shred zucchini and squeeze out excess liquid.
4. In large bowl combine shredded zucchini, chopped red bell pepper, eggs, cottage cheese, milk, and shredded cheddar cheese.
5. In a separate bowl combine flour, baking soda, baking powder, Italian seasoning, salt, and pepper.
6. Add the dry mixture to the wet mixture and stir to combine.
7. Divide batter evenly between prepared muffin cups. Sprinkle the tops of each muffin with shredded cheddar cheese (optional).
8. Bake muffins for 30-35 minutes, until golden brown on top and a toothpick in the center comes out clean.
9. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

### Crediting Information:

1 muffin = 1.25 oz. equivalent grains

### Serving Information:

1-5 year old: ½ muffin  
 6+ year old: 1 muffin



## BAKED AVOCADO FRIES

Recipe makes 40 (½ cup) servings

### Ingredients:

11 ½ pounds avocados  
(about 23 avocados)

10 cups Panko  
breadcrumbs

Juice of 6 limes (¾ cup)

Cooking spray

Salt and pepper

### Instructions:

1. Preheat oven to 425°F.
2. Spray baking sheet with cooking spray.
3. Cut each avocado in half and remove pit. Scoop out avocado halves and slice each half the long way into ½-inch slices.
4. In a small bowl pour in lime juice.
5. In a separate bowl, combine breadcrumbs, salt, and pepper.
6. Dip avocado slices into juice and then coat with breadcrumb mixture.
7. Lay slices on baking sheet in single layer.
8. Bake for 12-15 minutes, until golden.

#### Crediting Information:

½ cup serving = ½ cup vegetable

#### Serving Information:

1-5 year old:

½ cup = 4 slices (½ inch x 4 ½ inch slices)

6+ year old:

¾ cup = 6 slices (½ inch x 4 ½ inch slices)

## BAKED ZUCCHINI 'CHIPS'

Recipe makes 30 (½ cup) servings

### Ingredients:

6 pounds zucchini

15 eggs

5 ½ cups Italian seasoned  
breadcrumbs

Salt and pepper, to taste

2 cups grated parmesan  
cheese

### Instructions:

1. Preheat oven broiler.
2. Spray baking sheet with cooking spray.
3. Wash and slice zucchini into ¼" rounds.
4. Lightly beat eggs in bowl.
5. Place zucchini slices in bowl and coat with egg wash.
6. Combine breadcrumbs, parmesan cheese, salt, and pepper in separate bowl.
7. In batches, coat zucchini in breadcrumb mixture. Place on baking sheet.
8. Broil 5-7 minutes. Turn zucchini. Broil for another 5-7 minutes, until tender.

#### Crediting Information:

½ cup serving = ½ cup vegetable

#### Crediting Information:

1-5 year old: ½ cup zucchini slices

6+ year old: ¾ cup zucchini slices



## CABBAGE SALAD

Recipe makes 16 (½ cup) servings

### Ingredients:

5 cups shredded green cabbage

2 cups shredded red cabbage

1 cup shredded carrot

### Dressing:

¼ cup apple cider vinegar

2 Tablespoons oil (vegetable or light olive oil)

1 ½ - 2 Tablespoons sugar (adjust to taste)

1 teaspoon Dijon mustard

½ teaspoon salt

### Instructions:

1. In a jar, combine dressing ingredients and shake.
2. In a large bowl, place salad ingredients. Pour dressing over and toss to combine.

### Crediting Information:

½ cup serving = ½ cup vegetable

### Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup

## CACTUS SALAD

Recipe makes 32 (½ cup) servings

### Ingredients:

5 pounds medium cactus leaves, cleaned of thorns

½ pound green onions, chopped

3 pounds fresh medium tomatoes, diced

1 bunch cilantro, chopped

1 teaspoon dried oregano

½ cup olive oil

Juice of 4 limes (½ cup)

Salt and pepper to taste

1 cup crumbled Queso Anejo, queso cotija or Feta

### Instructions:

1. Clean cactus leaves of thorns and wash very well. Slice leaves thin or dice.
2. Put cactus leaves in a large pot and cover with water. Cook on medium-high heat until tender, for 15-20 min.
3. Meanwhile, chop green onions, tomatoes, and cilantro. Set aside.
4. When leaves are cooked, remove from stove, drain water, rinse, and place in cold icy water. When cool, assemble salad.
5. In a large bowl, place cactus leaves, onion, tomatoes, cilantro, and oregano.
6. In a small bowl, combine lime juice and oil. Add to salad bowl and mix. Add salt and pepper to taste.
7. Sprinkle crumbled cheese over salad and serve.

### Crediting Information:

½ cup serving = ½ cup vegetable

### Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup



## CREAMY CUCUMBER DILL SALAD

Recipe makes 26 (½ cup) servings

### Ingredients:

5 cups whole milk yogurt, plain

2 teaspoons garlic powder

Juice of 2 lemons (¼ cup)

½ cup white vinegar

3 Tablespoons dried dill (or ⅓ cup fresh minced dill)

1 ½ Tablespoons white sugar

Salt and pepper, to taste

5 pounds medium-size cucumbers, peeled and thinly sliced

### Instructions:

1. Wash, peel, and thinly slice cucumbers.
2. In a large bowl, whisk together yogurt, garlic powder, lemon juice, vinegar, dill, sugar, salt, and pepper.
3. Add in the cucumbers and toss to coat.
4. Refrigerate for at least 10 minutes before serving.

#### Crediting Information:

½ cup serving = ½ cup vegetable

#### Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup

## EASY BRUSCHETTA

Recipe makes 46 (½ cup) servings

### Ingredients:

1 cup extra-virgin olive oil

Eight 28-ounce cans petite diced tomatoes, drained

5 cups chopped fresh basil

½ cup minced garlic

3 teaspoons kosher salt

2 teaspoons black pepper

### Instructions:

1. Combine olive oil, drained tomatoes, basil, garlic, salt, and pepper in a small bowl.
2. Serve with toasted French bread slices.
3. For bread: Preheat oven to 350°F. Slice French bread and place slices on a baking sheet. Brush tops with olive oil. Bake 12 to 15 minutes or until lightly toasted.

#### Crediting Information:

½ cup serving = ½ cup vegetable

#### Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup



## GUACAMOLE DIP

Recipe makes 25 (½ cup) servings

### Ingredients:

10 pounds ripe avocados  
(about 20 avocados)

Juice of 6 limes (¾ cup)

5-8 cloves fresh garlic

Salt, to taste

### Instructions:

1. Cut avocados in half, remove pit, scoop avocado out from halves.
2. In a large bowl, mash avocado. Grate fresh garlic and add to bowl, along with juice from limes, and salt, to taste. Mix well. Or place all ingredients in a blender or food processor and blend until desired consistency is reached.

#### Crediting Information:

½ cup serving = ½ cup vegetable

#### Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup

## HONEY ROASTED ASPARAGUS

Recipe makes 24 (½ cup) servings

### Ingredients:

10 pounds asparagus

Olive oil

Honey

Salt

### Instructions:

1. Preheat oven to 375°F.
2. Drizzle olive oil on baking sheet.
3. Rinse asparagus and trim stems.
4. Spread asparagus spears evenly on baking sheet and mix around to coat asparagus in oil.
5. Drizzle honey over asparagus and sprinkle with salt.
6. Roast asparagus 25-30 minutes, until tender and lightly browned.

#### Crediting Information:

½ cup serving = ½ cup vegetable

#### Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup

## ROASTED CAULIFLOWER 'POPCORN'

Recipe makes 35 (½ cup) servings

### Ingredients:

8 pounds cauliflower, cut into florets (or 5 pounds ready-to-use cauliflower florets)

¾ cup olive oil

½ Tablespoon each salt, pepper, smoked paprika, onion powder, and garlic powder

1 ½ teaspoons chili power

### Instructions:

1. Preheat oven to 425°F.
2. Spray baking sheet with cooking spray.
3. In large bowl, toss cauliflower florets with olive oil until everything is evenly coated.
4. In small bowl, stir together salt, black pepper, smoked paprika, onion powder, and garlic powder.
5. Add spice mixture to cauliflower and mix well to combine.
6. Place cauliflower florets on baking sheet.
7. Roast 20-25 minutes or until cauliflower is tender and golden.

#### Crediting Information:

½ cup serving = ½ cup vegetable

#### Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup



## ROASTED VEGETABLES

Recipe makes 40 (½ cup) servings

### Ingredients:

2 pounds butternut squash, peeled and cubed (or purchase frozen cubed squash)

1 pound red bell peppers, seeded and diced

3 pounds sweet potato, cubed

3 pounds red potatoes, cubed

2 Tablespoons thyme

4 Tablespoons chopped fresh rosemary

¼ cup olive oil

4 Tablespoons balsamic vinegar

Salt and black pepper

### Instructions:

1. Preheat oven to 425°F.
2. Spray baking sheet with cooking spray.
3. In a large bowl, combine all vegetables.
4. In a small bowl, combine thyme, rosemary, olive oil, balsamic vinegar, salt, and pepper. Toss with vegetables until coated. Spread on a baking pan.
5. Roast for 35 to 40 minutes in oven, stirring every 10 minutes, until vegetables are cooked through and browned.

#### Crediting Information:

½ cup serving = ½ cup vegetable

#### Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup

## SWEET CARROT STICKS

Recipe makes 25 (½ cup) servings

### Ingredients:

5 pounds carrots

48 or 64-ounces unsweetened pineapple juice

### Instructions:

1. Peel and cut raw carrots into strips (4 inch by ½ inch in size).
2. Place carrots in a container and pour unsweetened pineapple juice over carrots to cover.
3. Chill for an hour or more before serving.
4. Drain juice from carrots before serving.

#### Crediting Information:

½ cup serving = ½ cup vegetable

#### Serving Information:

1-5 year old: ½ cup

6+ year old: ¾ cup



## HUMMUS

Recipe makes 13 (½ cup) servings vegetable OR 53 (½ oz.) servings m/ma

### Ingredients:

- Four 15-ounce cans chickpeas (garbanzo beans)
- 8 to 16 Tablespoons water
- 8 Tablespoons olive oil
- 4 Tablespoons lemon juice
- 4 large cloves garlic, minced
- 3 teaspoons ground cumin
- 1 teaspoons salt

### Instructions:

1. Drain and rinse chickpeas, pat dry.
2. Add chickpeas, 8 Tablespoons water, olive oil, lemon juice, garlic, cumin and salt to a food processor or bowl.
3. Blend in processor or mash in bowl until mixture has consistency of a coarse paste (add water as needed).
4. Cover hummus and refrigerate 1 hour or until use.

#### Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable  
 Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

#### Serving Information:

Vegetable:  
 1-5 year old: ½ cup  
 6+ year old: ¾ cup  
 Meat/meat alternate:  
 1-5 year old: 1/8 cup  
 6+ year old: ¼ cup

## ROASTED CHICKPEAS

Recipe makes 22 (½ cup) servings vegetable OR 84 (½ oz.) servings m/ma

### Ingredients:

- #10 can (105 oz.) chickpeas (garbanzo beans)
- ¾ teaspoon salt
- 2 Tablespoons garlic powder

### Instructions:

1. Preheat oven to 375°F.
2. Spray baking sheet with cooking spray.
3. Drain and rinse chickpeas, pat dry.
4. Arrange chickpeas on a baking sheet and roast for 30-35 minutes. Shake pan every 10 minutes. They will be golden brown and crunchy on the inside when done. Watch so they do not burn.
5. In a bowl, combine the salt and garlic powder.
6. Remove chickpeas from the oven and spray with cooking spray. Immediately toss with seasoning while hot.
7. Cool before serving.

#### Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable  
 Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

#### Serving Information:

Vegetable:  
 1-5 year old: ½ cup  
 6+ year old: ¾ cup  
 Meat/meat alternate:  
 1-5 year old: 1/8 cup  
 6+ year old: ¼ cup



## WHITE BEAN RANCH DIP

Recipe makes 8 (½ cup) servings vegetable OR 34 (½ oz.) servings m/ma

### Ingredients:

Four 14-ounce cans Great Northern Beans (drained and rinsed)

4 ounces dry ranch dressing mix

½ cup olive oil

Water

### Instructions:

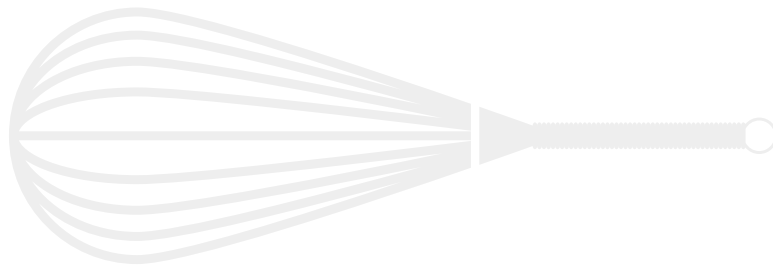
1. Drain and rinse canned beans, place in food processor.
2. Add ranch dressing mix and olive oil. Blend until smooth and creamy.
3. Add water until reach desired consistency.

#### Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable  
Meat/meat alternate: 1/8 cup serving = ½ ounce meat/meat alternate

#### Serving Information:

Vegetable:  
1-5 year old: ½ cup  
6+ year old: ¾ cup  
Meat/meat alternate:  
1-5 year old: 1/8 cup  
6+ year old: ¼ cup



## TOFU STIR-FRY

Recipe makes 50 (1/8 cup) servings tofu and 50 (½ cup) servings vegetables

### Ingredients:

Four 14-ounce packages extra firm tofu

¼ cup oil

6 Tablespoons minced garlic (6-12 cloves)

¾ cup brown sugar

1 cup soy sauce

7 pounds broccoli, cut into florets (about 18 cups)

2 pounds red bell peppers, cut into thin 1-inch-long strips

2 pounds red onions, thinly sliced

#### Crediting Information:

Vegetable: ½ cup serving = ½ cup vegetable  
Meat/Meat Alternate:  
1/8 cup tofu = ½ oz. m/ma

#### Serving Information:

1-5 year old:  
½ cup vegetables and 1/8 cup tofu  
6+ year old:  
¾ cup vegetables and ¼ cup tofu

### Instructions:

1. Drain tofu. Wrap each block in paper towels and pat dry, pressing down on the tofu to squeeze out moisture.
2. Cut tofu into 3/4-inch cubes.
3. In a large nonstick skillet or wok, heat oil over medium-high heat. Add tofu and cook, stirring every minute or so until the tofu is nicely colored on all sides and the moisture has cooked off, about 8 to 10 minutes.
4. Add garlic to tofu and cook until garlic becomes fragrant.
5. Add sugar and ½ cup soy sauce to tofu. Stir until sugar blends with ingredients.
6. Remove tofu from pan to a plate. Allow some sauce to remain in the pan.
7. Add the broccoli, red pepper strips, onions, and ½ cup soy sauce to pan and cook for 3-4 minutes or until vegetables are tender.
8. Serve required minimum amount of vegetable on plate. Serve required minimum amount of tofu on top of vegetables.

## MACARONI SALAD

Recipe makes 50 cups (1 cup = ½ cup vegetable and 1 oz. equivalent grains)

### Ingredients:

3 gallons water

3 pounds 2 ounces whole grain elbow macaroni

1 pound 8 ounces fresh red bell peppers, diced

1 pound 8 ounces fresh green bell peppers, diced

¼ cup canned pimientos, diced, drained

1 pound 8 ounces fresh carrots, grated

1 pound 8 ounces fresh celery, diced

3 cups fresh red onions, diced

1 ½ teaspoon salt

1 teaspoon black pepper

2 teaspoons paprika

**Dressing:**

3 cups mayonnaise

½ cup white vinegar

2 cups sugar

¼ cup 2 Tablespoons mustard

### Instructions:

1. Heat water to a boil. Add macaroni and cook 10-12 minutes or until al dente. Stir occasionally. Do not overcook. Drain macaroni when done.
2. In a large bowl, combine macaroni, peppers, pimientos, carrots, celery, onions, salt, and pepper.
3. In a small bowl, combine mayonnaise, vinegar, sugar, and mustard.
4. Pour dressing over vegetable and pasta mixture. Stir well.
5. Serve immediately or store in refrigerator until served.
6. Garnish with paprika.

#### Crediting Information:

1 cup serving = ½ cup vegetable and 1 oz. equivalent grains

#### Serving Information:

1-5 year old: 1 cup  
6+ year old: 1 ½ cups

## FRUIT SALAD

Recipe makes 38 (½ cup) servings

### Ingredients:

#10 can pineapple chunks, in juice

2 pounds fresh blueberries

2 pounds fresh strawberries

**Dressing:**

½ cup pineapple juice (from can)

¼ cup honey

Zest of one lemon

### Instructions:

1. Drain pineapple chunks, saving juice for later.
2. Cut whole strawberries into quarters.
3. Place pineapple chunks, strawberries, and blueberries into bowl.
4. In a small bowl, mix pineapple juice, honey, and lemon zest. Toss with fruit.
5. Refrigerate until it is served.

#### Crediting Information:

½ cup serving = ½ cup fruit

#### Serving Information:

1-5 year old: ½ cup  
6+ year old: ¾ cup





## CROCKPOT APPLES WITH CINNAMON

Recipe makes 34 (½ cup) servings

### Ingredients:

- 10 pounds fresh apples
- 4 Tablespoons cinnamon
- 2 cups sugar
- 1 stick of butter

### Instructions:

1. Peel and core apples. Cut into 1/3 to 1/2-inch slices.
2. Place sliced apples in crock pot or large roaster. Sprinkle with cinnamon and sugar and stir to coat them.
3. Place butter on top of the apples.
4. Close lid. Cook 3 hours (high) or 6 hours (low). Stir occasionally.

**Crediting Information:**  
½ cup serving = ½ cup fruit

**Serving Information:**  
1-5 year old: ½ cup  
6+ year old: ¾ cup



## FRUIT ON A RAFT (WAFFLES WITH APPLES)

Recipe makes 60 (½ oz. equivalent grains) and 60 (½ cup) servings fruit

### Ingredients:

30 frozen waffles (or homemade waffles) square or round, approximately 4"

Two #10 cans unsweetened apples (peeled and diced), drained

2 quarts water

2 pounds seedless raisins

1 Tablespoon cinnamon

3 teaspoons allspice

⅔ cup cornstarch

⅔ cup cold water

### Instructions:

1. Preheat oven to 375°F.
2. Place waffles on baking pan and bake in oven for 15 minutes, or until golden.
3. While waffles are in oven, heat apples in large pot or steam kettle.
4. Add water, raisins, cinnamon, and allspice to apple mixture and bring to boil.
5. In a small bowl, whisk cornstarch and cold water. Pour into apple mixture, stirring constantly to blend well. When mixture thickens remove from heat.
6. Remove waffles from oven.
7. Serve waffle with apple mixture on top.

**Crediting Information:**  
Grains: 1 waffle = 1 oz. equivalent grains  
Fruit: ½ cup serving apple mixture = ½ cup fruit

**Serving Information:**  
1-5 year old: ½ waffle and ½ cup apples  
6+ year old: 1 waffle and ¾ cup apples

## MINTY WATERMELON CUCUMBER SALAD

Recipe makes 16 cups (1 cup = ½ cup fruit and ½ cup vegetable)

### Ingredients:

5 ½ pounds cubed seedless watermelon

3 pounds cucumbers, halved lengthwise and sliced

¼ cup minced fresh mint

### Dressing:

¼ cup olive oil

¼ cup balsamic vinegar

½ teaspoon salt

½ teaspoon pepper

### Instructions:

1. Cut watermelon into cubes. Cut cucumbers in half lengthwise and slice. The amount of watermelon chunks and cucumbers slices should be equal before combining for the salad.
2. In a large bowl, combine watermelon, cucumbers, and mint.
3. In small bowl, whisk dressing ingredients. Pour over salad and toss to coat.

#### Crediting Information:

1 cup serving = ½ cup fruit and ½ cup vegetable

#### Serving Information:

1-5 year old: 1 cup salad  
6+ year old: 1 ½ cups salad

## APPLES AND YOGURT DIP

Recipe makes 32 (½ cup) servings fruit and 32 (¼ cup) servings yogurt

### Ingredients:

4 ½ pounds apples

Two 32-ounce containers vanilla-flavored yogurt (must meet sugar limits)

### Instructions:

1. Cut apples into thin slices.
2. Portion yogurt into bowls/cups.
3. Serve sliced apples on a plate and yogurt in a bowl/cup.

#### Crediting Information:

Fruit: ½ cup serving = ½ cup fruit  
Meat/meat alternate: ¼ cup yogurt = ½ oz. meat/meat alternate

#### Serving Information:

1-5 year old: ¼ cup yogurt and ½ cup apples  
6+ year old: ½ cup yogurt and ¾ cup apples



## COTTAGE CHEESE DIP

Recipe makes 48 (1/8 cup) servings

### Ingredients:

Two 24-ounce containers of cottage cheese

2 ounces dry ranch dressing mix

### Instructions:

1. Place cottage cheese in blender or mixer and blend to desired consistency.
2. Stir in ranch dressing mix and refrigerate.

#### Crediting Information:

1/8 cup cottage cheese =  
1/2 oz. meat/meat alternate

#### Serving Information:

1-5 year old: 1/8 cup  
6+ year old: 1/4 cup



## CRISPY BAKED TOFU

Recipe makes 50 (1/8 cup) servings

### Ingredients:

Four 14-ounce packages extra firm tofu

4 Tablespoons tamari (or soy sauce or coconut aminos)

4 Tablespoons oil

1 teaspoon salt

1 teaspoon pepper

2 teaspoons garlic powder

4 Tablespoons cornstarch

### Instructions:

1. Preheat oven to 400°F.
2. Line baking sheet with parchment paper.
3. Drain tofu. Cut tofu into 3/4 inch cubes. Move tofu to side.
4. Line cutting board with paper towels. Lay tofu in an even layer on towel and top with another towel. Add heavy things on top. Let tofu sit for 15-30 minutes allowing the liquid to be squeezed out.
5. In a bowl, combine tamari (or soy sauce or coconut aminos), oil, salt, pepper, and garlic powder. Add tofu and gently toss until all tofu is covered in seasoning.
6. Sprinkle cornstarch over tofu and gently toss together.
7. Lay tofu on baking sheet and bake for 30 minutes, flipping tofu halfway through. Tofu is done when crispy and golden brown on edges.

#### Crediting Information:

1/8 cup = 1/2 oz. meat/meat alternate

#### Serving Information:

1-5 year old: 1/8 cup  
6+ year old: 1/4 cup

## FRUITY DIP

Recipe makes 32 (¼ cup) servings

### Ingredients:

Two 32-ounce containers plain yogurt

½ cup orange juice

4 teaspoons vanilla

Sprinkle of cinnamon

### Instructions:

1. Mix all ingredients in a bowl.

#### Crediting Information:

¼ cup (2 oz.) = ½ oz. meat/meat alternate

#### Serving Information:

1-5 year old: ¼ cup (2 oz.)

6+ year old: ½ cup (4 oz.)

## SHEET PAN EGGS

Recipe makes 24 eggs

### Ingredients:

24 large eggs

Salt and pepper

### Instructions:

1. Preheat oven to 400°F.
2. Lightly coat a large, rimmed baking sheet with non-stick spray, line with parchment, and spray again.
3. Crack eggs into blender and process until combined; add salt and pepper and quickly blend.
4. Pour eggs into prepared baking sheet and carefully transfer to oven.
5. Bake until barely set in the middle, 10 - 12 minutes.
6. Remove from oven. Cut sheet of eggs into 24 equal squares.

#### Crediting Information:

1 square = 1 egg

#### Serving Information:

1-5 year old: ½ square

6+ year old: ½ square

## TACO SOUP

Recipe makes 50 (½ cup) servings

### Ingredients:

2 pounds, 2 ounces ground beef, raw (no more than 15% fat)

¼ cup chili powder

¼ cup, 1 Tablespoon ground cumin

2 Tablespoons garlic powder

2 teaspoons onion powder

1 teaspoon crushed red pepper

2 teaspoons black pepper

1 pound onions, diced

1 quart water

1 ounce dry ranch dressing mix

6 ½ cups canned, crushed tomatoes

2 cups salsa

2 ½ cups canned corn

9 ¼ cups canned kidney beans, drained

### Instructions:

1. In large stock pot, brown ground beef over medium-high heat. Drain ground beef.
2. Add cumin, garlic powder, onion powder, crushed red pepper, and black pepper. Stir well. Remove beef mixture and set aside for step 5.
3. In same pot, cook onions over medium heat for 5-7 minutes, until soft.
4. Reduce heat to low. Add water, ranch dressing mix, tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
5. Add beef to pot and stir. Simmer uncovered for 15-20 minutes.

#### Crediting Information:

½ cup = 1 oz. meat/meat alternate

#### Serving Information:

1-5 year old: ¼ cup

6+ year old: ½ cup



