

Menu Planning



Welcome to Tuesday Talks on menu planning.

Webinar Takeaways


- 1 Menu ideas
- 2 Recipes
- 3 Inspiration

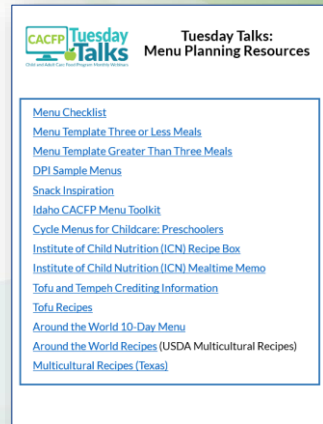
All the information we are going to discuss today is a result of your responses in past Tuesday Talks evaluations when we asked what training topics you would like to see in the future. So, I will be answering a lot of your questions and will also be giving you lots of resources to help with Menu Planning.


So, today's webinar takeaways are pretty simple! We want you to walk away with some great menu ideas, recipes, and above all....inspiration!

Menu Planning Resources

How to access resources

 Indicates link for resource



 Menu Planning Resource

As I just mentioned, I am going to be sharing a lot of resources with you. Each resource is linked on the slide when it is mentioned. Links have the blue circle with www, shown on the slide next to it.

You can access all these links from the presentation handout and on the *Tuesday Talks: Menu Planning Resources handout*.

Menu Checklist

Use this checklist to ensure menus and meals comply with CACFP meal requirements. Refer to Guidance Memorandum 12: Meal Requirements. Specific Adult Day Care (ADC) requirements are listed below.

<p>1. Breakfast contains:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fluid Milk <input type="checkbox"/> Fruit or Vegetable or 100% Fruit or Vegetable Juice <input type="checkbox"/> Grain* <input type="checkbox"/> Meat/Meat Alternate* <p style="font-size: x-small;">*Meat/Meat Alternate may replace the Grains component for a maximum of three times per week</p> <p>3. Snack contains two of the following components:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fluid Milk <input type="checkbox"/> Fruit or 100% Fruit Juice <input type="checkbox"/> Vegetable or 100% Vegetable Juice <input type="checkbox"/> Grain <input type="checkbox"/> Meat (beef, chicken, pork, fish, etc.) or Meat Alternate (cheese, yogurt, beans, etc.) 	<p>2. Lunch/Supper contains:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fluid Milk (optional at supper for ADC) <input type="checkbox"/> Meat (beef, chicken, pork, fish, etc.) or Meat Alternate (cheese, eggs, beans, etc.) <input type="checkbox"/> Fruit (a vegetable may be served in place of fruit) <input type="checkbox"/> Vegetable <input type="checkbox"/> Grain <p>4. Other Requirements</p> <ul style="list-style-type: none"> <input type="checkbox"/> All foods served are creditable <input type="checkbox"/> One grain served each day is whole grain rich <input type="checkbox"/> Grain-based desserts are not served <input type="checkbox"/> Ready-to-eat cereal contains less than 6 grams of sugar per dry ounce <input type="checkbox"/> Juice is not served at more than one meal or snack per day <input type="checkbox"/> Yogurt contains no more than 23 grams of sugar per 6 ounces <input type="checkbox"/> ADC: Yogurt (regular and soy) may be served to meet the fluid milk requirement for one meal per day when not served as a meat alternate for that same meal
<p>5. Menu Documentation Requirements</p> <p>Keep a copy of one menu for each meal/snack claimed on file with monthly claim documents.</p> <p style="text-align: center; font-size: x-small;">Menus must include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dates <input type="checkbox"/> Documented meal substitutions / changes <input type="checkbox"/> Type of milk served (fat content by age group and if flavored) <input type="checkbox"/> Specific names of actual foods served: <ul style="list-style-type: none"> o Whole grain-rich items (ex. "Wheat Thins" instead of "W/G Crackers") o Fruits and vegetables (ex. "pears" instead of "fruit") o Cereal names (ex. "Cheerios" instead of "cereal") <p style="font-size: x-small;">Best practice: Identify all food components on the menu. For example, instead of listing "Tacos" write out "Beef Tacos" or "Tacos (beef and whole grain soft tortilla)"</p>	<p>6. Product Documentation</p> <p>To credit the following items to the CACFP meal pattern, product labels must be kept on file. The label must include the front of the package, nutrition facts, and ingredient list.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breakfast cereals <input type="checkbox"/> Yogurt <input type="checkbox"/> Whole grain-rich foods <input type="checkbox"/> Tofu <p style="text-align: center; font-size: x-small;">Child Nutrition (CN) Labels and Product Formulation Statements (PFS)</p> <p>To credit store-bought combination foods (i.e., chicken nuggets, pizza, meatballs, etc.) a CN label or PFS must be on file.</p> <ul style="list-style-type: none"> <input type="checkbox"/> CN label or PFS on file for all store-bought combination foods

- Ensure menus and meals comply with CACFP
- Menu documentation requirements
- Product documentation requirements

www [Menu checklist](https://www.dpi.nc.gov)

Our first question about menu planning is, 'Is there a Menu Checklist?' The answer is yes!

The DPI has a Menu Checklist to use when planning and creating menus to help ensure menus and meals comply with CACFP meal pattern and menu documentation requirements.

Sections 1-4 list the meal components that must be served at each meal and snack, and other requirements that must be met when planning menus.

Section 5 includes CACFP menu documentation requirements, which is specific information that must be included on menus, and

Section 6 lists items that must have product labels on file to credit them to the CACFP.

Menu Template

- Lists required meal components
- Document type of milk served
- Directives to document

Specific cereals, fruits, and vegetables served
Whole grain rich items

CACFP Menu for Children 1-18 years of age *Three or Less Meal Services

Center name _____ Month and Year _____

Meal Patterns	Monday Date _____	Tuesday Date _____	Wednesday Date _____	Thursday Date _____	Friday Date _____
Breakfast • Grains, CR • Meat/Meat alternate (no more than 3 times per week) • Fruit or Vegetable • Milk					
Lunch • Meat/Meat alternate • Vegetable • Fruit • Grains • Milk					
Snack Select two of the following: • Meat/Meat alternate • Vegetable • Fruit • Grains • Milk					

*Type of milk served: 1 year olds _____ 2-5 older _____
 **Record the specific names of cereals, fruits, and vegetables served
 *Note whole grain items with WG or WW and whole grain-rich items with WGR

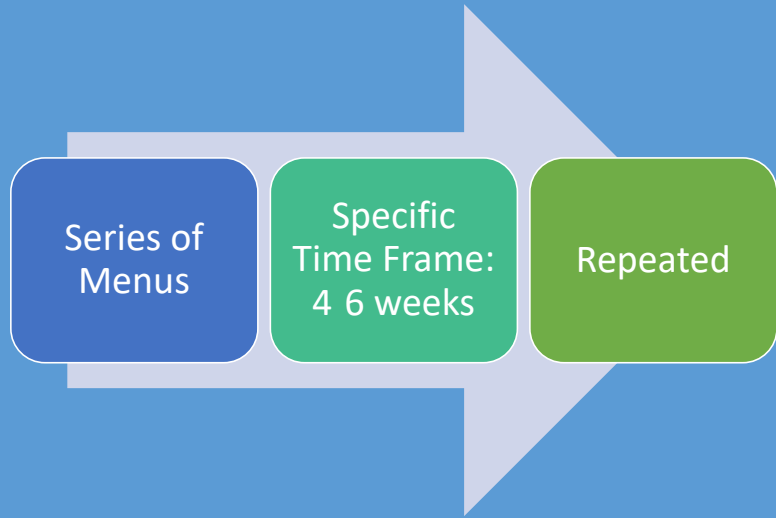
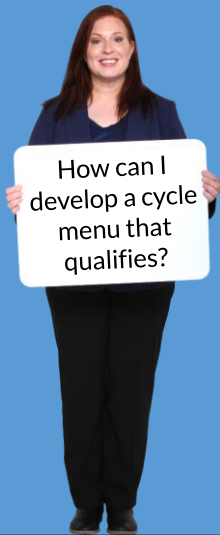


[Three or Less Meals](#)
[Greater Than Three Meals](#)

The DPI also has menu templates that can be used for your menus. These list the required meal components on the left side to help you know what to serve. They also include a place to document the types of milk served to different age groups, directives to document specific cereals, fruits and vegetables, and a reminder to note which items are whole grain rich.

There is a template for Three or Less Meals, shown on this slide, as well as Greater Than Three Meals.

Cycle Menus



The next question is “How can I develop a cycle menu that qualifies?”

Let’s quickly review what a cycle menu is. A cycle menu is a series of menus planned in advance, served for a specific time period, usually 4-6 weeks, and then repeated.

Cycle Menu Benefits



Saves time



Efficient
food
shopping



Familiar
food
preparation



Provide
variety



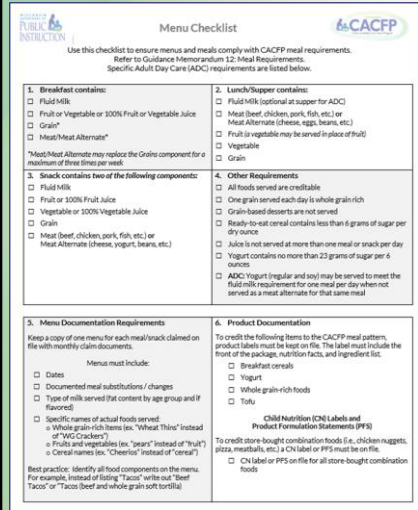
Cycle menus are recommended because they save programs time and money by planning a set of menus once and repeating them. This prevents the need to spend time creating new menus every week or month.


It also helps make food shopping more efficient with repeat grocery or vendor orders, which helps with predicting food costs and possibly saving money.

It also helps make food preparation more efficient because you are repeating the same recipes and meal production on a regular basis. They become familiar to you.


Last, cycle menus help provide variety, as cycle menus often do not repeat the same foods and/or meals.

Cycle Menus







Meets requirements on Menu Checklist



Dated



New and familiar foods



Different textures, flavors, and colors

A cycle menu that qualifies will meet all requirements on the Menu Checklist.

When using cycle menus that are labeled week 1, week 2, and so on, you must print each week and date it with the month and dates, because it is required to keep dated menus on file.

In addition, it is best practice to include a mixture of new and familiar foods, and different textures, flavors, and colors at each meal. For example, when serving chicken alfredo, serve with red strawberries and a green salad, instead of diced pears and mashed potatoes, which are the same color and texture as the chicken alfredo.

Sample Menus / Ideas



Our next question is, “Do you have sample menus, recipes, and snack ideas?” And the answer is YES!!! We have a lot of different resources and ideas to share with you.

DPI Sample Menus

6 weeks of menus



Sample Menus



Week 1

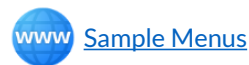
Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Grapes WG toast Milk	Diced peaches Scrambled eggs Milk	Kiwi WG Life Cereal Milk	Berries Yogurt Milk	Applesauce Pancakes Milk
Lunch or Supper Meat/Meat Alternate Vegetable Fruit Grains Milk	Oven-Baked Parmesan Chicken Roasted Brussels sprouts Strawberries WG roll Milk	Bean Burrito Asparagus Orange wedges Milk	Sweet and sour chicken Steamed green beans Red peppers Cooked rice Milk	HM Macaroni and cheese Peas and carrots Tomatoes Milk	Ham & cheese in WG pita pocket Green salad Sweet potato fries Milk
Snack Select two of the following: Meat/Meat Alternate Vegetable Fruit Grains Milk	HM guacamole Salsa Tortilla chips Milk	Fresh carrot sticks WG crackers Water	Toasted mini bagel with cheddar cheese Water	WG fish crackers Pea pods Water	Apricot halves Milk

* 1% or skim, unflavored milk is served to children ages 2 and older
* Whole, unflavored milk is served to 1 year olds
* WG = Whole Grain; Bold = WG item; HM = Homemade

Week 2


Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Banana WG Cheerios Milk	Avocado Baked scrambled eggs Milk	Mixed fruit Biscuit Ham slice Milk	Strawberries Oatmeal Milk	Fresh apple slices Yogurt Milk
Lunch or Supper Meat/Meat Alternate Vegetable Fruit Grains Milk	HM cheese pizza Cucumbers Apple slices Milk	Turkey breast sandwich on WG bread Steamed broccoli Watermelon Milk	Oven baked chicken Brown rice Cauliflower Zucchini Milk	Meatloaf Roasted beets Kiwi Corn bread Milk	Baked fish Quinoa Tomatoes Pineapple Milk
Snack Select two of the following: Meat/Meat Alternate Vegetable Fruit Grains Milk	Zucchini bread Milk	English muffin with peanut butter Milk	Iceams and carrot sticks Milk	Yogurt Sliced fresh strawberries Water	WG crackers Cottage cheese Water

* 1% or skim, unflavored milk is served to children ages 2 and older
* Whole, unflavored milk is served to 1 year olds
* WG = Whole Grain; Bold = WG; HM = Homemade




The DPI has 6 weeks of sample menus for breakfast, lunch/supper and snack. With these and all other sample menus that are going to be shared, you can use the menus as they are, or pick and choose different meals to incorporate into your own menus.

SNACK INSPIRATION



**Menu with
240 Snack Ideas**

**Recipes with
CACFP Crediting
Information**



MENUS
MENUS

Monday	Tuesday	Wednesday	Thursday	Friday
Crispie 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-dried bananas or apples (garnish with cinnamon or raisin)	Sugar snap peas Cheese stick
Canned pear halves Sunflower seeds	Cinnamon appleauce 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 crispies 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/n/a 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)


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

WGR - Whole Grain Rich **Snack Inspiration Recipe

[www.Snack Inspiration](http://www.SnackInspiration.com)

For snacks, there is a new resource called, *Snack Inspiration*, which is the revised Snacks without Crackers. It includes 240 different snack ideas to help offer a variety of foods throughout the week. *Snack Inspiration* also includes recipes that have crediting information, so you know how much to serve to meet the CACFP meal pattern requirements.

IDAHO CACFP
MENU
TOOLKIT



Baked Flakey Chicken Strips

Recipe Revised From:
Cooking Matters

CACFP Process:
Same day service

Serving Size:
1 chicken strip

CACFP Crediting

1 chicken strip
Meat/Meat Alt:
1 1/2 oz eq

Serving Size per Age Group

Ages 1-2:
1 strip

Ages 3-5:
1 strip

Ages 6-12, 13-18:
2 strips

INGREDIENTS

	5 Servings Yield: 5 strips	25 Servings Yield: 25 strips
	Weight	Volume
Chicken breast, boneless, skinless	10 1/2 oz	3 lbs 4 oz
Cornflake cereal	1 cup 1 1/2 tsp	1 qt 1 1/2 cups
Whole wheat flour	1 Tbsp 2 1/2 tsp	1/2 cup 1 1/2 tsp
Salt	1/2 tsp	1 tsp
Pepper	1/2 tsp	1 1/2 tsp
Egg(s)	1 medium	3 large
Nonfat milk	1 Tbsp 1 1/2 tsp	1/2 cup
Cooking spray	As needed	As needed

DIRECTIONS

- Preheat oven to 375°F.
- Trim any excess fat from chicken breasts and cut into 2.25 oz strips.
- In a medium bowl, crush cornflakes.
- In a second medium bowl, mix flour, salt, and pepper.
- In a third medium bowl, add eggs, and milk. Beat with a fork until combined.
- Dip each chicken strip into flour, then the egg mixture, then the cornflakes. Each piece should be fully coated with flakes.
- Coat baking sheet with cooking spray. Place chicken strips on baking sheet, evenly spaced. Spray pieces lightly with cooking spray.
- Bake until internal temperature reaches 165°F, about 20-25 minutes.

Recipe Fra
Decimal Eq
1/2 = 0.500
1/4 = 0.250
3/4 = 0.375
1/2 = 0.500

★ Weight: Eq
16 oz = 1 lb
1/2 oz = 1/4
8 oz = 1/2
4 oz = 1/4
1 oz = 1/8

★ Volume: Eq
88 drops = 1 1/2 tsp
16 tsp = 1/3 cup
1/2 cup = 4
1/4 cup = 1
1/8 cup = 1/2
1/2 cup = 4
1/4 cup = 1
1/8 cup = 1/2
1 quart = 4
1 gallon = 4

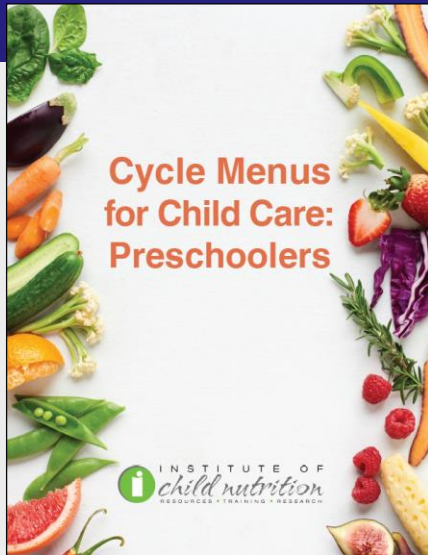
Spring/Summer Menu Cycle

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast
Lunch
Snack
Supper

Sample Menus & Recipes

[www Idaho Menu Toolkit](http://www.idahomenu.com)

Another resource that includes menus and recipes is a toolkit from Idaho. The toolkit includes three-week cycle menus for spring/summer and three-weeks for fall/winter with meal ideas for breakfast, lunch, snack, and supper. Menus include and identify whole grain rich foods, and dark green, red and orange vegetables, and legumes. There are over 60 recipes that include CACFP crediting information and serving sizes per age group.



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ¹				
Whole Wheat Toast with Turkey Sausage Apricot Halves Low-Fat or Skim Milk ³	Whole Wheat Toast with Cinnamon Unsweetened Applesauce Low-Fat or Skim Milk	Scrambled Eggs ² Hash Browns Low-Fat or Skim Milk	Waffles Banana Slices Low-Fat or Skim Milk	Spiced Oatmeal ² Blueberries Low-Fat or Skim Milk
Lunch or Supper ^{1,4}				
Spaghetti and Meat Sauce ² (with Carrots and Bell Peppers) and Whole Grain Spaghetti Noodles Watermelon Slices Low-Fat or Skim Milk	Sweet and Sour Pork ² Brown Rice Cabbage Honeydew Melon Slices Low-Fat or Skim Milk	Turkey Meatloaf ² on a Whole Grain Dinner Roll ² Corn on the Cob Green Beans Low-Fat or Skim Milk	Salisbury Steak ² Whole Wheat Bread Sticks Mashed Potatoes ² Carrots Low-Fat or Skim Milk	Chicken Tacos ² with Shredded Lettuce and Tomatoes in Whole Grain Yellow Corn Taco Shells Plum Halves Low-Fat or Skim Milk
Snack ⁵				
Zucchini Sticks with Fied Sauce ⁶ Whole Wheat Bread Sticks	String Mozzarella Cheese Mini Pretzels	Cottage Cheese Peach Slices	Whole Wheat Mini Bagel Low-Fat or Skim Milk	Strawberry Slices Whole Grain Cereal Rounds

[www](http://www.cyclemenusforchildcare.org) [Cycle Menus for Child Care: Preschoolers](http://www.cyclemenusforchildcare.org)

Next, the Institute of Child Nutrition (or ICN), which is an organization funded by USDA to provide technical assistance for child nutrition programs, has a resource titled 'Cycle Menus for Child Care: Preschoolers.' It includes 16 weeks of menus divided into the four seasons. Menus include some recipes from the ICN Child Nutrition Recipe box (which I will talk about next) which are hyperlinked from the resource.

While this resource indicates it is for preschoolers, menu ideas and recipes are applicable to all programs.



As mentioned on the previous slide, ICN has the Child Nutrition Recipe Box which includes standardized recipes for child care centers, family child care, adult portions for adult day care centers, and recipes in Spanish. Recipes for child care centers and adult portions for adult care centers are for 25 or 50 servings. Recipes for family child care are for 6 servings. Spanish recipes have options for both 6 and 25 or 50 servings.

Recipe Categories

- Recipes For Centers - Accompaniments
- Recipes For Centers - Breakfast
- Recipes For Centers - Grains, Breads
- Recipes For Centers - Main Dishes
- Recipes For Centers - Salads

Keyword Search

Chicken

Rainbow Rice - USDA Recipe for Child Care Centers

This delicious combination of five different whole grains, three vegetables, and chicken makes for a tasty entrée on any menu.

CACFP CREDITING INFORMATION
1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/4 cup vegetable, and 1 oz equivalent grains.

Add to Cookbook

*You must be a registered user to use this feature, please click "Login" at the top right corner and then proceed or click here to create an account.

25 Servings 50 Servings

CACFP CREDITING INFORMATION
1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/4 cup vegetable, and 1 oz equivalent grains.

	3 1/2 oz	1/4 cup
Quinoa, dry	3 1/2 oz	1 cup
Bulgur wheat, dry	5 oz	1 cup
Low-sodium chicken base		2 Tbsp 1 tsp
*Fresh carrots, diced	1 lb 4 oz	1 qt
*Fresh red bell pepper, diced	1 lb 5 1/2 oz	3 1/4 cups
Extra virgin olive oil		1 Tbsp 1 tsp
Kosher salt		1 tsp
Frozen, cooked diced chicken, thawed, 1/2" pieces	3 1/2 lb	3 qt 2 cups
*Fresh baby spinach, chopped	10 oz	1 qt

Recipes are for an array of menu items, and you can search by recipe category and/or keyword.

The example on this slide shows that I searched for Main Dish recipes with chicken. I selected a recipe for Rainbow Rice. You can see that the recipes include information for 25 and 50 servings.

The 'serving' amounts correlate with crediting information included with each recipe. This information is found near the top of the page, shown in the red box. It is also shown larger in the green box.

For this recipe, 1 cup provides 2 oz meat/meat alternate, 1/4 cup vegetable, and 1 oz eq. grains. You will need to use the CACFP meal pattern to determine how much to serve to each participant in each age group.

If you serve a different number of participants than the servings provided in the recipe, you will need to either increase or decrease the number of servings by doubling the recipe or cutting it in half.

MEALTIME MEMO



- Theme of the month
- Foods of the month
- What's In Season
- Other fun info and facts



Fun Facts

- According to Guinness World Records, the largest tomato weighed 7 lb 12 oz. That is as heavy as a newborn baby!
- In the USA, baseball fans gobble up 26 million hot dogs every baseball season!
- Americans eat 150 million hot dogs on the 4th of July. That's enough hot dogs to stretch from Washington, D.C., to Los Angeles more than five times!
- Did you know that bananas, apples, lemons, strawberries, and watermelon float when you put them in a bowl of water? Go on and try it. Let's celebrate July with all the gusto of a summer harvest. Showing children the joy of gardening can make a lasting impact on their overall health and awareness of nature.

[www](http://www.icn.org) [ICN Mealttime Memo](http://www.icn.org)

The ICN also sends out monthly Mealttime Memos by email. Each month includes a message on a theme of the month and lists different foods of the month, for example, July is national watermelon month and July 31st is avocado day. You can incorporate foods from national food days into menus. The memo also includes information on foods in season, and other fun info and facts for kids.

You can sign up for the free mealttime memo at the link on this slide.

The graphic features a header with three colored rectangles: a large green one on the left, a smaller cyan one in the middle, and a grey one on the right. Below the green rectangle, the words "Meatless" and "Monday" are displayed. "Meatless" is in a bold, green, sans-serif font, while "Monday" is in a black, cursive script font. To the right of the text is a grey box containing a bulleted list of ingredients. Below the list is a blue circular icon with "www" and the text "Tofu and Tempeh Crediting Info" and "Tofu Recipes".

Meatless
Monday

- Cooked dried beans and peas
- Tofu
- Tempeh
- Eggs
- Yogurt and soy yogurt
- Cheese / Cottage cheese
- Nuts, seeds, nut and seed butter

[www](#) Tofu and Tempeh Crediting Info
[Tofu Recipes](#)

Another menu planning idea is to incorporate more vegetarian meals into your menus. You could implement Meatless Mondays where you serve meat alternate foods for the meat/meat alternate component at all meals on Mondays.

One meat alternate option is cooked dry beans and peas. Many dishes that traditionally use meat, such as ground beef, as an ingredient can be swapped out with cooked beans.

You can also serve tofu or tempeh, which are foods that have recently become creditable to the CACFP meal pattern. Crediting information for tofu and tempeh and some tofu recipes are available.

Eggs, yogurt and soy yogurt, natural and processed cheese, cottage cheese, nuts, seeds and nut and seed butters are other meat alternate options.

Don't forget....you can serve meat alternates in place of the entire grains component at breakfast up to three days per week.

Cultural and Ethnic Meals

- Celebrate different cultures
- Create a sense of belonging
- Families share recipes
- Include festivals and celebrations



Another idea is to incorporate cultural and ethnic meals into menus. This can help participants from different cultures celebrate their own uniqueness, introduce different cultures, and create a sense of belonging for everyone who attends the meal.

Encourage families and staff to bring in recipes and share traditions associated with their culture.

You might also consider including different cultural festivals and celebrations in your menu planning as a way of celebrating diversity – as many festivals and celebrations have traditional food associated with them. These events provide a valuable opportunity for children to learn about the specific foods associated with these events (as well as an opportunity for drawing related pictures, reading books, singing songs, and learning dances).

Around the World Sample Cycle Menu
 with creditable recipes. Remember to check with your spouse
 may be additional restrictions to your menu planning.

	Africa	Asia & Oceania	North America
DAY 1	TUESDAY - DAY 2	WEDNESDAY - DAY 3	THURSDAY - DAY 4
or k (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)
ns	Sweet Potato Hash Sweet Potato	Star Fruit	Strawberry Parfait Strawberries
a	Sweet Potato Hash Eggs	WGR Naan	Strawberry Parfait Yogurt
or k (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)
	Watermelon	Kiwi	Grapes
Rice pper	TN Chicken/Veggie Couscous Carrots, Onion, Olives	Asian Chicken Wraps Cabbage, Carrots, Lettuce	Celery
Rice	TN Chicken/Veggie Couscous WGR Couscous	Asian Chicken Wraps WGR Tortilla	TN Creamy Wild Rice Brown & Wild Rice
Rice Beans	TN Chicken/Veggie Couscous Chicken	Asian Chicken Wraps Chicken	TN Creamy Wild Rice Turkey
pples	Orange Wedges	Samurai Banana Sushi Roll Bananas	Cantaloupe
pples es	TN Veggie Mash Up Swiss Chard, Potato, Peas, Corn	Samurai Banana Sushi Roll WGR Tortilla	TN Squash Eggs

Cultural / Ethnic Meals

- 10 days of menus

Team Nutrition
 Multicultural recipes

- Around the World
 Wednesday



[Around the World Menu](#)

[USDA Multicultural Recipes](#)

This slide shows part of a 10-day menu that incorporates meals from around the world and includes standardized recipes from Team Nutrition’s Multicultural Child Care recipes.

Using these menus and recipes, you could implement “Around the World Wednesday” and feature a new ethnic/cultural dish each Wednesday or start with doing a new ethnic/cultural dish one Wednesday/month.

MULTICULTURAL RECIPES

FOR CHILD CARE CENTERS,
FAMILY DAY HOMES &
ADULT DAYCARE CENTERS

CORN AND GREEN CHILI CASSEROLE

SERVING / One ½ cup serving provides the equivalent of ½ oz. cooked lean meat/meat alternate and ½ cup vegetable.

INGREDIENTS	12 SERVINGS		25 SERVINGS		YIELD
	Weight	Measure	Weight	Measure	
Flour	1 oz.	½ cup	2 oz.	½ cup	12 12 servings: 12 ½ cup servings (1 qt. 1 cup)
Sugar		2 tsp.		1 Tbsp. 1 tsp.	
Salt		1 tsp.		2 tsp.	25 25 Servings: 25 ½ cup servings (2 qt. 2 cups)
Oregano		½ tsp.		½ tsp.	
Large eggs, beaten		4		8	
Canned cream-style corn	2 lbs.	1 qt.	4 lbs.	2 qt.	
Canned, chopped green chili peppers	4 oz.	½ cup	8 oz.	1 cup	

DIRECTIONS

- In a large mixing bowl, blend together dry ingredients. Beat in eggs.
- Gradually add corn and chilies; stir until well blended.
- Bake uncovered at 350°F for one hour or until set.
- Portion with a No. 10 scoop or ½ cup.

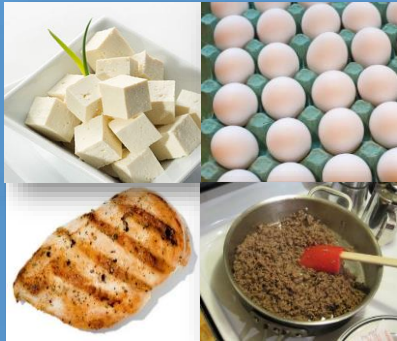
Recipes that reflect cultural diversity of Texas

[www Multicultural Recipes](http://www.MulticulturalRecipes.com)

Lastly, here is a cookbook from Texas that includes multicultural recipes featuring foods that reflect the cultural diversity of Texas. Recipes include CACFP crediting information.

Please note that there is a recipe in the book for American Indian Cornmeal Cookies, which is a grain-based dessert. However, the resource does specifically state that grain-based desserts are not a creditable grain item and may be served as a non-creditable food item for celebrations.

Cost Effective and/or Time-Saving Meals



The next question is “are there any creative menu ideas that are cost effective and/or time-saving?”

This is a great question because I think most child care facilities want to find cost effective ways to serve healthy meals and meals that don’t take hours to prepare.

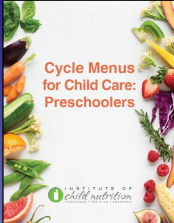

There are ways to maximize menus with just a few main food items such as chicken, beef, eggs, beans, legumes and tofu that can be inexpensive and/or time-saving.

Seasoning and Spices

- Garlic Herb
- Lemon
- Parmesan
- Mrs. Dash
- Italian Seasoning
- Adobo
- Sazon
- Cajun
- Old Bay
- Cinnamon

Sauces

- Tomato/Marinara
- Alfredo
- Cheese
- Teriyaki
- Soy
- BBQ
- Buffalo
- Gravy
- Dressing
- Salsa
- Tzatziki

Cooking with Herbs and Spices

A variety of herbs and spices in cooking is a healthy way to add flavor to foods without adding sodium and sugar. The charts below are a starting point for thinking about how you can use spices to replace sodium and sugar in recipes.

Name	Form	Taste	Uses
Anise seed	Whole, ground	Sweet licorice flavor	Cookies, cakes, fruit mixtures, chicken
Basil	Fresh, dried, chopped leaves	Mint licorice flavor	Pizza, spaghetti sauce, tomato dishes, vegetable soups, meat pies, peas, zucchini, green beans
Bay leaves	Whole, ground	Pungent and sharp with a slight bitter taste	Fish, soups, tomato juice, potato salad dressing
Caraway seed	Whole	Sharp and pungent	Baked goods such as rye bread, cheeses, sauerkraut dishes, soups, meats, stews
Celery Seed	Whole, ground	Flavor distinctly different from celery	Fish, soups, tomato juice, potato salad dressing
Chives	Fried, freeze-dried	In the onion family; delicate flavor	Baked potato topping, all cooked green vegetables, green salads, cream sauces, cheese dishes
Cilantro	Fresh, dried	Sweet aroma, mildly peppery	Ingredient in Mexican foods
Coriander seed	Whole, ground	Pleasant, lemon-orange flavor	Ingredient in curry; ground form used in pastries, buns, cookies, and cakes; in processed foods such as frankfurters
Cumin	Whole seeds, ground	Warm, distinctive, salty-sweet, resembles caraway	Ingredient in chili powder and curry powder; German cooks add to pork and sauerkraut, and Dutch add to cheese
Dill	Fresh, dried, seeds	Aromatic, like caraway but milder and sweeter	Dill pickles; seeds in meats, sauces, salads, coleslaw, potato salad, and cooked macaroni; dill weed in salads, sandwiches, and uncooked mixtures
Fennel seed	Whole	Flavor similar to anise, pleasant sweet licorice	Bread, rolls, apple pies, seafood, pork and poultry dishes; provides the distinctive flavor to Italian sausage

What makes some of these items so versatile is the use of different seasoning, spices, and sauces to create completely different meals. There is a list of seasonings, spices and sauces on this slide, and there are four pages of information on cooking with herbs and spices in the *Cycle Menus for Child Care: Preschoolers* resource previously mentioned.

Maximize Menu

Milk must be served with all lunch and supper meals

Beans and Legumes

Quesadilla <ul style="list-style-type: none"> • Kidney beans • Seasonings • Shredded mozzarella cheese • Whole grain tortilla • Grapes • Avocado <p style="font-size: x-x-small; margin: 0;">ICN Recipe (quesadilla)</p>	Loaded Nachos <ul style="list-style-type: none"> • Black or pinto beans • Taco seasoning • Shredded cheese • Tortilla chips • Salsa, tomatoes and lettuce • Mango 	Beans and Rice <ul style="list-style-type: none"> • Black or pinto beans • Cumin and paprika • Tomato sauce • Rice • Plantains 	Chili <ul style="list-style-type: none"> • Kidney beans • Chili seasoning • Diced tomatoes • Bell peppers, onions • Corn bread • Fruit cocktail <p style="font-size: x-x-small; margin: 0;">ICN Recipe (chili)</p>
Greek Pita <ul style="list-style-type: none"> • Hummus • Tzatziki sauce • Pita • Cucumber/tomato • Fresh pea pods 	Mediterranean Pizza <ul style="list-style-type: none"> • Hummus • Naan bread or tortilla • Zucchini/red pepper slices • Peaches 	Hummus Dippers <ul style="list-style-type: none"> • Hummus • Pita, crackers, or tortilla chips • Apple or pear slices • Vegetable strips 	Chickpea Curry <ul style="list-style-type: none"> • Chickpeas • Curry powder • Caulif/onion • Rice • Cauliflower • Fresh broccoli

Eggs

Brunch <ul style="list-style-type: none"> • Scrambled eggs • French toast, waffle, or pancake • Hash brown or breakfast potatoes • Blueberries 	Egg Sandwich <ul style="list-style-type: none"> • Egg patty • Sliced cheese • English muffin, bialock or croissant • Watermelon • Corn 	Protein Box <ul style="list-style-type: none"> • Hard boiled egg • Crackers • Apple, pear, banana, orange • Bell pepper strips • Ranch dip 	Egg Salad <ul style="list-style-type: none"> • Hard boiled egg salad with mayo and dill seasoning • Bread, tortilla, or crackers • Apple slices • Roasted red potatoes
---	--	--	---

Adapted from Making Multiple Meals From Just a Few Ingredients 2021 NCA conference

Maximize Menu

- Meat/meat alternate used many ways
- Low-cost grain items
- Frozen, canned, seasonal fresh fruits and vegetables
- Serve with milk

Pages 2 and 3 of the *Tuesday Talks Menu Planning Resources* handout, is titled Maximize Menus, and includes menu ideas for lunch or supper that use meat and meat alternates in many ways. To round out the meals, the grain component uses low-cost items such as tortillas, bread, crackers, and rice. Complete the meal with frozen, canned, or seasonal fresh fruits and vegetables for low cost.

There are eight menu ideas using beans and legumes, and four menu ideas using eggs. Meal ideas using beans and legumes include loaded nachos, beans and rice, and a Greek pita. You can also serve tofu in place of beans and legumes in some of the recipes. Meal ideas using eggs include brunch, which includes scrambled eggs, and Hard-Boiled Egg Salad.

Beans, legumes, and eggs are inexpensive foods that can help keep food costs down.

Chicken, Beef and Turkey

- Precooked frozen chicken chunks or shredded chicken
- Precooked beef crumbles
- Make large quantities of chicken and ground beef or ground turkey and freeze

Chicken			
Italian Parmesan <ul style="list-style-type: none"> • Diced chicken • Shredded mozzarella cheese • Marinara/pasta sauce • Steamed broccoli • Pasta or roll 	Asian Stir-fry <ul style="list-style-type: none"> • Diced chicken • Soy or Teriyaki sauce • Stir-fry vegetables • Rice or noodles • Blueberries 	Hawaiian BBQ Sandwich <ul style="list-style-type: none"> • Shredded chicken • Hawaiian BBQ sauce • Hamburger bun • Pineapple • Coleslaw 	Mediterranean Chicken <ul style="list-style-type: none"> • Shredded Greek chicken • Quinoa • Artichoke hearts • Steewed tomatoes
Caesar Wrap <ul style="list-style-type: none"> • Shredded chicken • Caesar dressing • Parmesan cheese • Romaine lettuce • Tortilla • Cherry tomatoes • Strawberries 	Chicken Curry Casserole <ul style="list-style-type: none"> • Diced or shredded chicken • Curry and garlic seasoning • Brown rice • Carrots, celery, and onions • Fruit salad ICN Recipe (casserole) 	Chicken Alfredo with a Twist <ul style="list-style-type: none"> • Diced chicken • Alfredo sauce • Whole wheat rotini pasta • Gingered carrots • Grapes ICN Recipe (alfredo) ICN Recipe (carrots) 	Chicken Salad <ul style="list-style-type: none"> • Shredded chicken with onion, mayo, herbs • Bread, tortilla, or crackers • Celery • Watermelon

Ground Beef or Turkey			
Fiesta Casserole <ul style="list-style-type: none"> • Ground meat • Taco seasoning • Shredded cheese • Tomatoes/salsa • Macaroni • Refried beans 	Pizza Burger Bowl <ul style="list-style-type: none"> • Ground meat • Shredded mozzarella cheese • Tomato sauce • Brown rice • Mandarin oranges • Cucumber slices 	Swedish Meatball Sloppy Joes <ul style="list-style-type: none"> • Ground meat • Swedish meatball sauce/mushrooms • Hamburger bun • Green beans • Mashed potatoes 	Greek Burgers with Tzatziki <ul style="list-style-type: none"> • Ground meat • Seasonings • Tzatziki sauce • Pita • Cucumber/tomato • Cantaloupe ICN Recipe (burgers and tzatziki sauce)
Quesadilla <ul style="list-style-type: none"> • Ground meat • Taco seasoning • Shredded Cheese • Tortilla • Tomato chunks and black olives • Grapes 	Baked Loaded Nachos <ul style="list-style-type: none"> • Ground meat • Taco seasoning • Shredded cheese • Tortilla chips • Salsa • Kiwi slices 	Ground Beef and Rice <ul style="list-style-type: none"> • Ground meat • Cumin and paprika seasoning • Tomato sauce • Brown rice • Roasted plantains • Spinach salad 	Chili <ul style="list-style-type: none"> • Ground meat • Chili (chili seasoning, diced tomatoes, bell pepper) • Fruit cocktail • Corn bread

With that said, in order to provide a variety of foods, it is necessary to balance serving lower costing foods with those that cost a little more, such as chicken, beef and turkey. However, this is where time-saving meal ideas come in. With chicken and beef, you can purchase precooked frozen chicken chunks or shredded chicken, or precooked beef crumbles. Or you can cook a large quantity of meat at one time and freeze it. For chicken, you can bake raw chicken breast in the oven or crockpot and cut into pieces or shred. For beef or turkey, you can cook a large quantity of ground beef or ground turkey. By having precooked meat, you can save time during meal prep because you can just pull the amount of cooked meat that you need out of the freezer and warm it up, versus cooking meat from the raw form at each meal.

There are eight meal ideas for both chicken and beef or turkey. One meal idea for chicken is Italian Parmesan. Use cooked chicken cut into chunks and serve it with marinara or pasta sauce and shredded mozzarella cheese on top. Serve with a side of pasta or roll, and a vegetable, such as steamed broccoli. The tomato sauce can count as a vegetable when you serve at least the minimum amount per the CACFP meal pattern to each participant.

Meal ideas for beef or turkey include a pizza burger bowl and a twist on the traditional sloppy joe, which is Swedish meatball sloppy joes, using ground beef or turkey cooked with Swedish meatball sauce.

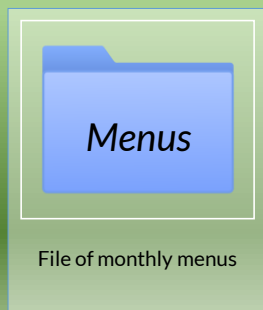
Menu Organization



Our last question we are going to cover today is “How do I organize my menus?”

The answer I am going to provide is for all programs except for family daycare home providers. Home providers should contact their sponsor with questions about menu organization.

Menu Organization



Copy with substitutions
(ex. kitchen copy)



Do not print a copy of
planned menu



Menus must be dated

Menus can be organized in one of two ways:

1. By keeping them in a file designated for menus, which includes a copy of each month's menu, OR
2. By keeping them on file by month with the monthly claim support documentation that include menus, production records, and meal count records.

With either way, the menu on file must include meal substitutions and changes, such as the copy that was posted in the kitchen. Do not print a clean copy of the planned menu and put that in your file, as often there are menu changes. You need to show what was actually served. Menus also must be dated to include the month, day, and year. As previously discussed, this is also required for cycle menus.



Final Thoughts

- Be Flexible
- Think Outside the Box
- Accommodate Special Dietary Needs
- Be Aware of Choking Hazards
- Serve Minimal Processed Foods

Now let's go over some final thoughts on menu planning:

- Be flexible. Expect to make menu substitutions. The store may not have the item you are planning to serve, or you may find a specific fruit on sale and decide to buy that to serve instead of the fruit you had planned. When menu substitutions happen, you must record them on the menu and keep a copy of that menu on file with your CACFP records.
- Think outside the box. Serve foods that you have never served before and try a new recipe. When doing so, serve new foods with foods that are familiar. Expect some hesitancy when introducing new foods or a new recipe. Don't give up! Children may need to be exposed to a new food 10-15 times before they decide to try it and/or like it.
- Have a plan for accommodating participants with special dietary needs. The CACFP requires that programs make accommodations for disabilities, however, think about what can be done when putting together your menus that could help address common special dietary needs. For example, do you want to adopt a "nut-free" policy? Not serve any pork? Or maybe you have a set of alternate menus for children who are vegetarian.
- Be aware of foods that are choking hazards. Toddlers and infants eating table foods cannot always eat the same things as older children. Modify foods for young children by cooking, chopping, cubing, grating or mashing.
- Aim to serve minimal processed foods, such as store-bought chicken nuggets, fish sticks, corn dogs, etc. These foods are higher in fat and salt. Serve homemade meals with chicken breast, fish, eggs, beans, and beef. Remember, you are not just feeding children, you have an opportunity to teach them about all kinds of foods and help them develop healthy habits for life.

Questions?

**Consultants by
County**

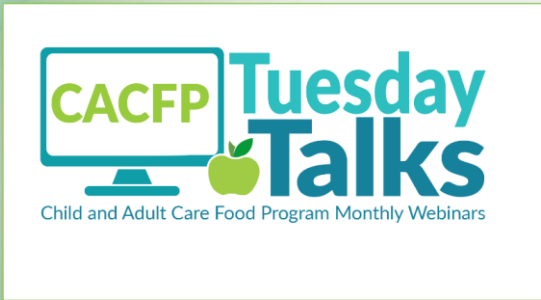
[www Consultants by County](http://www.ConsultantsbyCounty)

Click on your county to find your agency's consultant.



If you have questions about information in today's Tuesday Talks, or the CACFP in general, please reach out to your assigned consultant. You can find your agency's consultant at the *Consultants by County* link on this slide. Home providers, please contact your home sponsor with questions.

Next CACFP Tuesday Talks



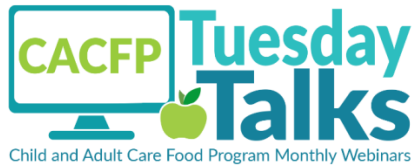
Veggie and Fruit Ideas

August 17th

2:00 2:30 p.m.

Our next Tuesday Talks is scheduled for August 17th from 2:00 – 2:30 and will be on Veggie and Fruit Ideas.

Recorded Tuesday Talks



[www](http://www.cacfp.org) [CACFP Tuesday Talks](http://www.cacfp.org)

Topic	Recorded Webinar	Handout with Transcript	Q&As
Household Size Income Statements (HSIS)	HSIS Recorded Webinar	HSIS Presentation Handout	HSIS Webinar Q&As
Special Dietary Needs	Special Dietary Needs Recorded Webinar**	Special Dietary Needs Handout	SDN Webinar Q&As
Financial Management <i>Maintaining and tracking receipts for CACFP expenses</i>	Financial Management Webinar**	Financial Management: Maintaining Receipts Handout	FM Webinar Q&As
Whole Grain Rich (WGR) <i>Identifying WGR foods using the Rule of Three and CACFP Reference Guide</i>	Whole Grain Rich (WGR) Webinar	Identifying WGR foods using the Rule of Three Handout	WGR Webinar Q&As
Meal Production <i>Using the Meal Requirements and FBG Calculators to determine how much food to prepare</i>	Meal Production Webinar Link	Meal Production Handout	Meal Production Q&As
Using Product Labels to Credit <i>Yogurt, Cereal & Combination Foods</i>	Product Labels Webinar Link	Product Labels Handout	Product Labels Q&As

Don't forget about past Tuesday Talks that are recorded and available online. Also available is the presentation handout with speaker transcript and Q&As.

Non-Discrimination Statement (NDS)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.

