

Helpful Hints, Appendices, Index, etc.

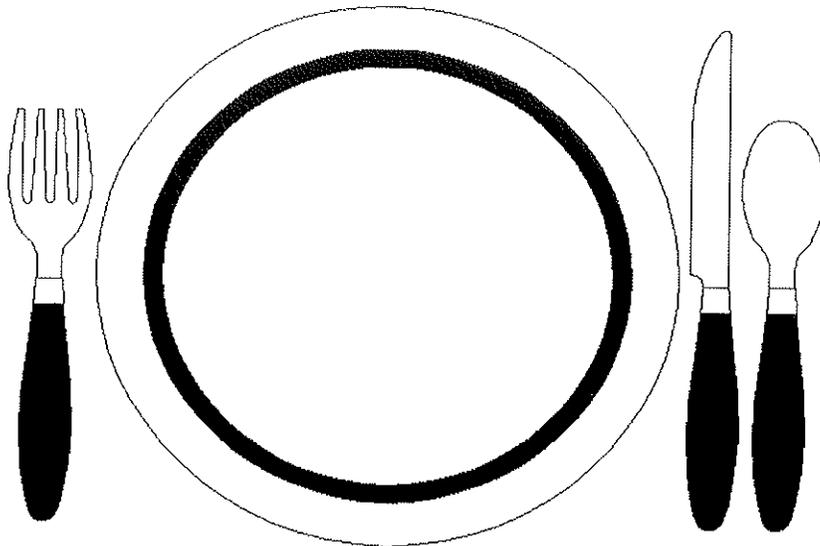


Mrs. Bartlett grabs a cookie and sits down to read the rest of the book.

It includes food preparation tips, food safety guidelines, sample menus and much more.

Appendices

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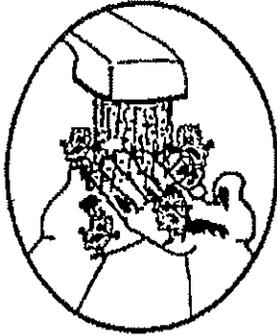
Appendix A: Handwashing

The single most effective thing you can do to prevent the spread of disease is to correctly wash your hands and the children's hands thoroughly and often.

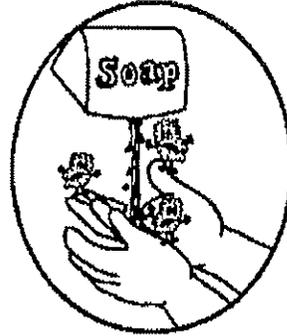
This applies to child care providers and children:

HOW	WHEN
<ol style="list-style-type: none">1. Remove jewelry; push up sleeves. Wet hands with warm, running water (110° ± 10°F).2. Apply liquid soap.3. Wash hands for 20 seconds: include palms, backs, between fingers, thumbs, fingernails and wrists.4. Use nail brush after contact with stool or diaper.5. Rinse well with fingertips pointed down.6. Dry hands with a paper towel.7. Throw paper towels into a plastic-lined waste container.	<p>Before and after eating; before preparing or serving food or setting the table.</p> <p>Before preparing or giving medication.</p> <p>After using the toilet; before and after diaper changes.</p> <p>After handling items or children soiled with body fluids or wastes (blood, vomit, stool, urine, drool, eye matter).</p> <p>After coughing, sneezing or blowing the nose.</p> <p>After playing with or caring for pets.</p> <p>After playing outside.</p> <p>Before and after using water tables or moist items such as clay.</p> <p>Whenever hands look, feel or smell unclean.</p>

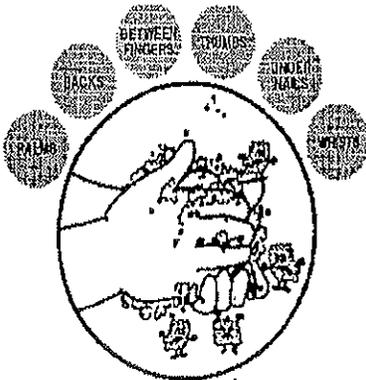
Handwashing Technique



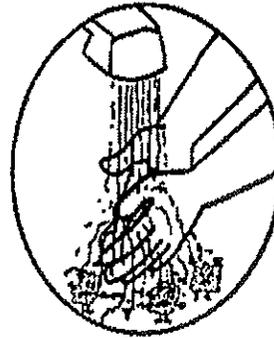
1. WET



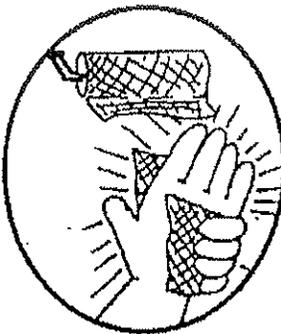
2. SOAP



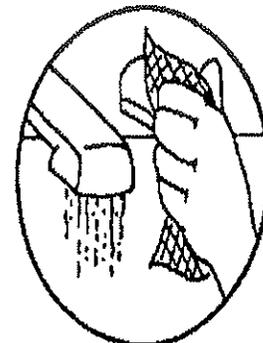
3. WASH



4. RINSE



5. DRY



6. TURN OFF WATER
WITH PAPER TOWEL

Appendix B: Food Safety

Critical Point 1: → Purchasing

- Purchase meat and poultry products last and keep packages of raw meat and poultry separate from other foods, particularly foods that will be eaten without further cooking. Consider using plastic bags to enclose individual packages of raw meat and poultry.
- Canned goods should be free of dents, cracks or bulging lids.
- Take food straight home to the refrigerator. If travel time will exceed one hour, pack perishable foods in a cooler with ice and keep groceries and cooler in the passenger area of the car during warm weather.

Critical Point 2: → Home Storage

- Verify the temperature of your refrigerator and freezer with an appliance thermometer -- refrigerators should run at 40°F or below; freezers at 0° F.
- At home, refrigerate or freeze meat and poultry immediately.
- To prevent raw juices from dripping on other foods in the refrigerator, use plastic bags or place meat and poultry on a plate.
- Wash hands with soap and water for 20 seconds before and after handling any raw meat, poultry or seafood products.
- Store raw, fresh foods below cooked foods in the refrigerator.
- Store canned goods in a cool, clean, dry place. Avoid extreme heat or cold which can be harmful to canned goods.
- Store foods up off the floor.
- Never store any foods directly under a sink and always keep foods separate from cleaning supplies.

Critical Point 3: → Pre-preparation

- Wash hands with soap and water for 20 seconds before beginning meal preparation; after handling raw meat, poultry, seafood or eggs; after touching animals; after using the bathroom; after changing diapers; or after blowing the nose.

- Do not let juices from raw meat, poultry or seafood come in contact with cooked foods or foods that will be eaten raw, such as fruits or salad ingredients.
- Wash hands, counters, equipment, utensils and cutting boards with soap and hot water immediately after use. Counters, equipment, utensils and cutting boards can be sanitized with a chlorine solution -- follow the instructions on sanitizing products.
- Thaw foods in the refrigerator, NEVER ON THE COUNTER. It is also safe to thaw in cold water in an air tight plastic wrapper or bag, changing the water every 30 minutes until thawed. Or, thaw in the microwave and cook the product immediately.
- Marinate foods in the refrigerator, NEVER ON THE COUNTER.

Critical Point 4: → Cooking

- Always cook thoroughly. If harmful bacteria are present, only thorough cooking will destroy them.
- Use a meat thermometer to determine if your meat or poultry or casserole has reached a safe internal temperature. Check the product in several spots to assure that a safe temperature has been reached. Temperatures are listed on page 200.
- Avoid interrupted cooking. Never refrigerate partially cooked products to later finish cooking on the grill or in the oven. Meat and poultry products must be cooked thoroughly the first time and then they may be refrigerated and safely reheated later.
- When microwaving foods, carefully follow manufacturers' instructions. Use microwave-safe containers, cover, rotate, and allow for the standing time, which contributes to thorough cooking.

Critical Point 5: → Serving

- Wash hands with soap and water before serving or eating food.
- Serve cooked products on clean plates with clean utensils and clean hands. Never put cooked foods on a dish that has held raw products unless the dish is washed with soap and hot water.
- Hold hot foods above 140° F and cold foods below 40° F.
- Never leave foods, raw or cooked, at room temperature for more than 2 hours. On a hot day with temperatures at 90° F. or warmer, this decreases to 1 hour.

Critical Point 6: → Handling Leftovers

- Wash hands before and after handling leftovers. Use clean utensils and surfaces.
- Divide leftovers into small units and store in shallow containers for quick cooling. Refrigerate within 2 hours of cooking. Discard anything left out too long.
- Never taste a food to determine if it is safe.
- When reheating leftovers, reheat thoroughly to a temperature of 165°F or until hot and steamy. Bring soups, sauces and gravies to a rolling boil.
- Store leftovers in covered containers in the refrigerator at or below 40°F for three days or less.
- Always store leftovers above fresh foods in the refrigerator.
- Dispose of garbage frequently.

Use a chlorine bleach solution to sanitize dishes after washing. Use a stronger solution to wipe down and sanitize food contact surfaces.

**Sanitizing solution for dishes or food contact surfaces:
¼ cup of chlorine bleach to 1 gallon of warm water.**

Because the chlorine solutions breaks down easily and loses effectiveness, mix it fresh daily. Do not mix chlorine bleach with such liquids as vinegar or ammonia. This will produce harmful gases.

No matter what types of cleaners you use, store them and all chemicals (insecticides and other household cleaners) away from food.

This information was adapted from *The National Health and Safety Performance Standards for Child Care*.

Slow Cooker Safety

Is A Slow Cooker Safe?

Yes, the slow cooker, or crock pot, cooks foods slowly at a low temperature generally between 170°F and 280°F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less.

The direct heat from the pot, lengthy cooking time and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

Safe Beginnings

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation.

Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, will not get a "head start" during the first few hours of cooking.

Thaw and Cut Up Ingredients

Always defrost meat or poultry before putting it into a slow cooker. Choose to prepare foods with a high moisture content such as chili, soup, stew, or spaghetti sauce.

Cut food into chunks or small pieces to ensure thorough cooking. Do not use the slow cooker for large pieces of meat like a roast or whole chicken because the food will cook so slowly it could remain in the bacterial "danger zone" too long.

Use the Right Amount of Food

Fill cooker no less than half full and no more than two-thirds full. Vegetables cook slower than meat and poultry in a slow cooker so if using them, put vegetables in first, at the bottom and around the sides of the utensil. Then add meat and cover the food with liquid such as broth, water or barbecue sauce. Keep the lid in place, removing only to stir the food or to check for doneness.

Settings

Most cookers have two or more settings. Foods take different times to cook depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting.

If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. However, it is safe to cook foods on low the entire time if you are leaving for work, for example, and preparation time is limited.

While food is cooking and once it is done, food will stay safe as long as the cooker is operating.

Power Outage

If you are not at home during the entire slow-cooking process and the power goes out, throw away the food even if it looks done.

If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill or at a house where the power is on.

When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.

Handling Leftovers

Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. However, cooked food can be steamed on the stove top or in a microwave oven and then put into a preheated slow cooker to keep hot for serving.

Microwave Safety

There are traits, unique to microwave cooking, that affect how completely food is cooked. "Cold spots" can occur because of the irregular way the microwaves enter the oven and are absorbed by the food. It is important to ensure even cooking.

Defrosting

When using the microwave to defrost foods, plan to finish the cooking immediately. Some areas of larger food items may begin to cook during the defrost cycle, raising the temperature to a point where bacteria can flourish.

Remove food from store wrap prior to thawing. Foam insulated trays and plastic wraps are not heat stable at high temperatures. They can melt or warp from the food's heat, possibly causing chemicals to migrate into the food.

Do not defrost or hold food at room temperature for more than 2 hours. It is easy to forget all about a food item thawing in the microwave oven. Set a timer to sound an alert when the thawing time is up.

Cooking

Debone large pieces of meat. Bone can shield the meat around it from thorough cooking.

Arrange food items uniformly in a covered dish and add a little liquid. Under the cover, steam helps kill bacteria and ensure uniform heating. Either microwave-safe plastic wrap or a glass cover works well. Many recipes suggest venting a small area, allowing some steam to escape. Plastic wrap SHOULD NOT touch the food.

Cook large pieces of meat at 50% power for longer periods of time. This allows the heat to reach deeper portions without overcooking outer areas. Commercial oven cooking bags can also help even out cooking and provide a tender product.

Move the food inside the dish several times during cooking. Stir soups or stews. If you do not have a turntable, turn the entire dish during cooking.

Do not cook whole, stuffed poultry in the microwave. The bones and density of the stuffing inside the bird do not allow for even cooking.

Never partially cook food. If combining microwave cooking with conventional roasting, broiling or grilling, transfer the microwaved foods to conventional heat immediately.

Use a temperature probe or meat thermometer to verify the food has reached a safe temperature. Check the temperature in several places, avoiding fat and bone. It should reach 160°F for red meat; 180°F for poultry.

Make allowances for oven wattage variations. Because ovens vary in power and operating efficiency, make sure food is done. Use a meat thermometer and visual signs to check for doneness. Juices should run clear, and meat should not be pink.

Observe the standing time in a recipe. It is necessary to complete cooking.

Warming Precooked Foods

Cover precooked foods with microwave-safe plastic, waxed paper or a glass lid. This will keep moisture in and provide even cooking.

Heat leftovers and precooked food to at least 165°F to ensure that bacteria is destroyed.

Use caution when warming baby food. Stir foods thoroughly and taste-test them yourself for child-safe temperatures. **DO NOT MICROWAVE BREAST MILK OR FORMULA.**

What Utensils, Wraps and Cookware Should Be Used in the Microwave?

Glass and glass ceramic cookware are safe for microwave cooking. What about other materials?

Use only containers and products that have been approved for microwave use.

Avoid the use of cold storage containers. Margarine tubs, whipped topping bowls and cottage cheese cartons, for example, have not been approved for microwaving. High heat could cause chemicals to transfer into the food.

Waxed paper and white paper towels are safe. Other paper goods such plates and napkins have not been tested for use in microwave cooking.

Never use brown grocery bags and newspapers.

Avoid letting plastic wrap touch foods during microwaving. It is fine to cover utensils with plastic wrap, but unless the wrap is a heavy-duty microwave-safe type, it could melt in contact with hot foods.

Oven cooking bags are safe for use in the microwave. They are made from a very tough nylon material. Oven bags also promote even cooking.

Follow package directions when heating microwaveable foods with special browning or crisping devices in the package. Never try to reuse these special browning devices. Do not eat from a package that becomes "charred" in cooking. Handle carefully, they become very hot to the touch.

Do not re-use trays and containers provided with microwave convenience products. They have been designed for one-time use with that specific food only.

Cutting Board Safety

Avoid Cross-Contamination

The USDA Meat and Poultry Hotline recommends that consumers use plastic or glass surfaces for cutting raw meat and poultry. However, wooden cutting boards used exclusively for raw meat and poultry are acceptable. Use a different board for cutting other foods such as produce and bread. This will prevent bacteria from a meat or poultry product from contaminating another food.

Wash All Cutting Boards Thoroughly

To keep all cutting boards clean, USDA recommends washing them with hot, soapy water after each use, then rinse and air dry or pat dry with fresh paper towels. Nonporous acrylic, plastic or glass boards and solid wood boards can be washed in an automatic dishwasher (laminated boards may crack and split).

Sanitize Cutting Boards Occasionally

Both wooden and plastic cutting boards can be sanitized with a solution of one tablespoon liquid chlorine bleach per quart of water. Flood the surface with the bleach solution and allow it to stand for several minutes, then rinse and air dry or pat dry with fresh paper towels.

Replace Battered Cutting Boards

Even plastic boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves, they should be discarded.

The food safety information in this book has been adapted from materials provided by the USDA Food Safety and Inspection Service. Call the USDA Meat and Poultry Hotline for answers to food safety questions at 1-800-535-4555.

Appendix C: Help Prevent Choking

Young children are at the highest risk of choking on food and remain at high risk until they can chew better. Choking kills more young children than any other home accident. How can you make eating safer for young children?

Watch children during meals and snacks to make sure they:

- Sit quietly.
- Eat slowly.
- Chew food well before swallowing.
- Eat small portions at one time.

Fix table foods so they are easy to chew:

- Grind up tough foods.
- Cut food into small pieces or thin slices.
- Cut round foods, like hot dogs, into short strips rather than round pieces.
- Take out all bones from fish, chicken, and meat.
- Cook food until it is soft.
- Take out seeds and pits from fruit.

Some foods which are popular with young children are often the ones which have caused choking.

Foods that may cause choking:

Firm, smooth or slippery foods that slide down the throat before chewing, like:

- hot dogs
- peanuts
- hard candy
- grapes

Small, dry or hard foods that are difficult to chew and easy to swallow whole, like:

- popcorn
- nuts and seeds
- potato and corn chips
- small pieces of raw vegetables

Sticky or tough foods that do not break apart easily and are hard to remove from the airway like:

- peanut butter
- raisins and other dried fruit
- tough meat

Appendix D: Make Mealtime a Happy Time

Planning Mealtimes

Pleasant eating experiences are as important as nutritious foods. They provide a positive association with food and eating. Food habits and attitudes that form during the preschool years remain with most people throughout their life.

Feeding young children is a rewarding experience when you know:

- ☺ What foods children should have.



- ☺ How to bring children and foods together happily.
- ☺ Try to understand each child's personality and their reaction to foods.
- ☺ Children need to do as much for themselves as they are able to do. First efforts may be awkward, but encourage them. These efforts are a step toward growth.
- ☺ Children may be in no hurry to eat once the first edge is taken off their hunger. They do not have an adult's sense of time. Urging them to hurry may spoil their pleasure in eating.

- ☺ Most 1-year-old children can handle bite-sized pieces of food with their fingers. Later they can handle a spoon by themselves. Since they are growing slower than infants, they may be less hungry. They may be choosy and refuse certain foods. Do not worry or force them to eat. Keep on offering different foods.
- ☺ Sometimes children 3 through 5 years of age go on food "jags." They may want two or three servings of one food at one meal. Given time they will settle down and eat a normal meal. The overall pattern from week to week and month to month is more important.

Introducing New Foods

- ☺ Introduce only one new food at a time. Offer a very small amount at first, at the beginning of the meal, so that children may become used to new flavors and textures. Allow plenty of time for children to look at and examine the foods.
- ☺ Do not try to introduce a new food when children do not feel well or are cross and irritable. If you offer a new food and children turn it down, do not make a fuss. Offer the food again a few days later. If children do accept a new food, let them try it again soon so they can become familiar with it.



Encouraging Favorable Food Attitudes and Good Eating Habits

- ☺ Use a bright, attractive, well-ventilated and comfortable room for serving meals.
- ☺ Have a physical setting of tables, chairs, dishes, glasses, silverware and serving utensils that suits young children.
- ☺ Provide a quiet time just before meals so that the atmosphere can be friendly and relaxed at mealtime.
- ☺ Encourage children to participate in the food service by setting the table, by helping to bring the food to the table or by cleaning their own space after eating.

- ☺ Avoid delays in food service so the children will not have to sit and wait.
- ☺ Set a good example. Young children sense adult attitudes toward food.
- ☺ At the table, create an atmosphere of acceptance and respect for each child so that the meal will be both nutritionally and emotionally satisfying.
- ☺ Serve foods family style. An adult should eat at the table with the children.
- ☺ Arrange food on the plate to make the meal interesting and attractive. Consider the color, texture, flavor and temperature of the foods.
- ☺ Give small servings and allow second servings if desired.
- ☺ Permit children to make some food choices and recognize when their food needs have been satisfied.
- ☺ Use new foods frequently, but introduce them one at a time with familiar foods. Serve only "taste-size" portions until the children accept the food. Snack time is a good time to taste-test new foods.
- ☺ Temperature extremes are unpleasant to most young children. Usually a child does not object to lukewarm food. Beverages are often more pleasing to a child when served at room temperature rather than ice cold or piping hot.
- ☺ Clean plates are out! Children may rebel if you force them to eat unwanted food. Children may learn to overeat if they are told too often to finish their meals.
- ☺ Do not let children use food to gain attention; for example, if they refuse to eat or make special demands.

Appendix E: Save Time and Money

- ⦿ Plan your meals ahead of time. Review the menus in this book. A sample four-week cycle menu using many recipes from *What's Cookin' !!* starts on page 208. Additional menu suggestions are found with each main dish, fruit/vegetable and snack recipe. You can mix and match the menu ideas to fit your needs. Recycle well-balanced favorite menus.
- ⦿ Make and keep a current shopping list that corresponds to your menu cycle.
- ⦿ Check supplies on hand before shopping.
- ⦿ Check advertised specials. Money can be saved when you buy favorite meats on sale. Take advantage of fresh fruit and vegetable sales. Stock up on staples such as flour, sugar and spices when they are on sale.
- ⦿ Compare unit prices on the shelves for the same type of foods.
- ⦿ Compare food labels for nutrient content.
- ⦿ Use store brands that provide good nutrition and help stretch your shopping dollars.
- ⦿ Prepare meals from scratch, when possible, to save money and nutrients.
- ⦿ Purchase foods with the minimum amount of processing and the maximum amount of nutrients.
- ⦿ Make it a habit before you begin cooking to read the recipe. Start at the beginning and read every word; do not assume anything. Calculate adjustments on the recipe for number of servings needed.
- ⦿ Do not waste energy, time and food by overcooking foods.
- ⦿ Allow the children to help with food preparation when possible.
- ⦿ Prepare a double or triple recipe of an item. You can freeze the extra servings and use at a later time. It is helpful to have a main dish in the freezer that can be served on a "crisis" day.

Appendix F: Plan and Prepare Healthy Foods

Nutrition Guidelines for Children

- ▲ Offer a variety of foods
- ▲ Serve meals that help maintain a healthy body and weight
- ▲ Offer meals low in fat, saturated fat, and cholesterol
- ▲ Serve plenty of vegetables, fruits, and grain products
- ▲ Offer and use sugars only in moderation
- ▲ Offer and use salt and sodium only in moderation
- ▲ Promote an alcohol-and drug-free lifestyle

Because providers care for children of various ages, it may be necessary at times to make changes in some of the recipes found in *What's Cookin' II*. You may want to modify the shape, texture or portion sizes of the foods or eliminate ingredients for the preferences and developmental abilities of the children in your care.

The Food Guide Pyramid identifies how easy it is to make good food choices in menus and recipes. By following the Pyramid, you will use:

- ▲ Whole-grain breads and cereals
- ▲ Fresh fruits and vegetables
- ▲ Lowfat milk and dairy products
- ▲ Beans, peas and legumes
- ▲ Lean meat, poultry and fish
- ▲ Fats, sugars and salts in moderation

In addition, you can reduce extra fat, cholesterol, sugar and salt from your recipes and menus with the following tips:

Lower fat by substituting:

- ♡ Reduced fat cheeses for regular cheeses
- ♡ Lowfat milk for whole milk (Young children between ages one and two should drink only whole milk.)

- ♡ Lowfat plain yogurt for sour cream or cream cheese
- ♡ Nonfat sour cream for lite sour cream
- ♡ Blenderized nonfat cottage cheese with lemon juice for sour cream
- ♡ Nonfat mayonnaise or salad dressing for lite mayonnaise or salad dressing
- ♡ Chicken or beef broth thickened with cornstarch for creamed soups
- ♡ Equal amounts of applesauce for the oil, butter or margarine in cakes, brownies or fruit breads
- ♡ Two egg whites for one whole egg

Lower fat by:

- ♡ Trimming fat off meats and removing skin and fat from poultry
- ♡ Using tuna canned in water instead of oil
- ♡ Baking, grilling, roasting or broiling meats and vegetables instead of frying them
- ♡ Draining fat from cooked meats
- ♡ Seasoning cooked vegetables with herbs, lemon juice or broth

Lower cholesterol by:

- ♡ Using two egg whites instead of a whole egg
- ♡ Using vegetable margarine or oil instead of butter
- ♡ Using beans, peas and legumes in place of some meats

Reduce sugars by:

- ♡ Using fresh fruits or fruits packed in juice
- ♡ Using fruit purees instead of syrup or jam
- ♡ Using dried fruits, fresh fruits or canned fruits in juice to top hot or cold cereals

Reduce sodium (salts) by:

- ♡ Adding spices and herbs for extra flavor
- ♡ Limiting salty foods such as chips and condiments
- ♡ Replacing canned vegetables with fresh or frozen varieties

Some of the recipes in this book contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them. Consider variety, balance and moderation when planning healthy menus.

CAUTION! The American Academy of Pediatrics recommends that dietary restrictions, including restriction of fats, should not be made in the diets of children under age two.

Appendix G: Food Preparation Tips

Serving acceptable and nutritious foods depends not only on good planning, selection, and storage of food, but also on how you prepare and cook it. The key to good food preparation is to carefully follow standardized recipes, such as those in this book. A standardized recipe specifically describes the amount of ingredients and the method of preparation you need to follow in order to consistently produce a high-quality product. You will need to make sure that your personal recipes meet CACFP meal pattern requirements.

The following food preparation hints apply to recipes in *What's Cookin' II* and other recipes you prepare:

- ☞ When using a glass baking dish, reduce oven heat by 25°.
- ☞ A #16 ice cream scoop is equal to ¼ cup. Use for dipping mashed potatoes and semi-formed foods.
- ☞ Warm tortillas, pancakes or waffles in a slow cooker or bun warmer. They will stay warm without burning.
- ☞ Use a pizza cutter to cut waffles, pancakes and French toast for children.
- ☞ Have several sets of measuring spoons and cups. It will save you time.
- ☞ Non-stick cooking spray is flammable. Do not spray near an open flame or heated surface.
- ☞ Spray non-stick cooking spray onto pans while holding them over the sink. The spray can make floors slippery.
- ☞ Do not partially cook food one day and then complete cooking the next day.
- ☞ Prepare sandwiches and salads with a minimum amount of handling.
- ☞ Remember USDA's Two-Hour Rule: Never leave food out at room temperature for more than 2 hours.
- ☞ Promptly refrigerate or freeze leftovers. Divide large quantities into small containers or use shallow pans for quick reheating.
- ☞ Foods can be placed in the refrigerator hot. Do not leave at room temperature "to cool"; this invites bacteria and is an unsafe practice.
- ☞ Reheat leftovers to at least 165°F.

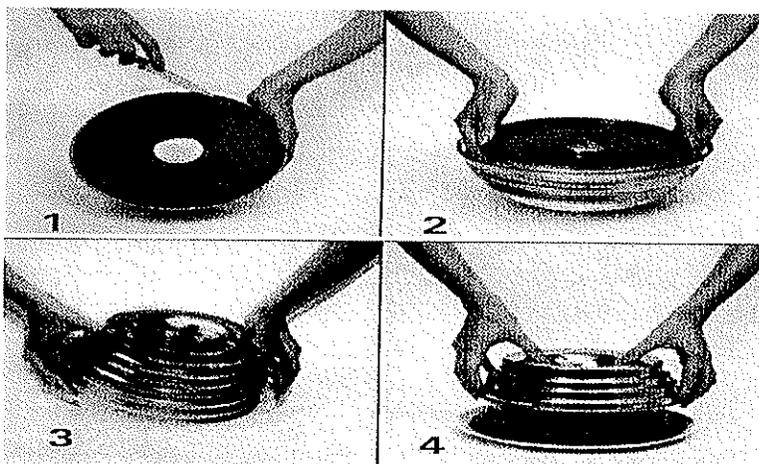
Trim fresh fruits and vegetables carefully to conserve nutritive value. Remove damaged leaves, bruised spots, skins and inedible parts. Nutrients are lost when tissues are bruised. To avoid bruising, use a sharp blade when trimming, cutting or shredding.

Vegetables:

- ☞ Trim fruits and vegetables sparingly to conserve nutritive value.
- ☞ Cook vegetables until just tender and serve immediately.
- ☞ Boil vegetables in as little water as possible.
- ☞ Microwave vegetables until tender crisp. They will taste like fresh vegetables.
- ☞ Cook vegetables by placing in a vegetable steamer over boiling water.
- ☞ Stir-fry vegetables by cooking in a small amount of oil.

Fruits:

- ☞ Wash fresh fruits under cold, running water whether served raw or cooked.
- ☞ Wash berries in a colander under gently running water.
- ☞ When you pare or peel apples or pears, make parings as thin as possible.
- ☞ To loosen the peels of peaches, apricots and tomatoes dip the fruit into boiling water for about 45 seconds, then dip into cold water. You can then grasp the loosened skin of the fruit. Peel gently, using the dull edge of a knife.
- ☞ Some fruits such as apples, peaches, pears and bananas turn brown if allowed to stand after they have been cut or peeled. To minimize discoloration, dip these fruits into citrus fruit juice (lemon, lime, orange or grapefruit) or pineapple juice.
- ☞ Fruit molds - Use muffin cups as a mold to make fruited gelatin. Add $\frac{1}{4}$ cup diced or sliced fruit to each muffin cup. Pour $\frac{1}{4}$ to $\frac{1}{3}$ cup prepared flavored gelatin over fruit. Refrigerate to set.



1. Before unmolding, run small moist knife around edge of gelatin.
2. Dip molds in warm water, just to the rim, for 10 seconds.
3. Invert molds onto plate and shake slightly to loosen gelatin.
4. Gently remove molds and center on plate.

Milk:

- ☞ Heat milk at a low temperature. Do not let it boil.
- ☞ Stir constantly when heating milk mixtures thickened with flour or cornstarch.
- ☞ Bake casseroles containing milk at a low oven temperature (about 325°F.)
- ☞ Prevent tomato soup from curdling by thickening the milk first and then adding tomato juice shortly before serving. Or, make a thickened tomato sauce and add it to hot milk just before serving.

Eggs:

- ☞ Cook eggs on low to moderate heat.
- ☞ Cook eggs until firm.
- ☞ Hard cooked eggs need refrigeration.

Cereals and Grains:

- ☞ Cook cereals according to the directions on the package.
- ☞ Do not rinse rice; this removes valuable nutrients.

Meat, Poultry and Fish:

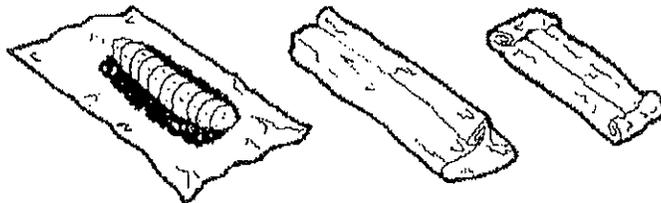
Thaw meat, poultry and fish in a refrigerator. Use thawed roasts, steaks and chops within 3-5 days. Use thawed ground beef and poultry within 1-2 days. Use hot dogs, ham slices and luncheon meats within 3-5 days. Refreeze only if ice crystals are still present.

- ☞ Cook red meats until gray or brown throughout. There should be no pink color.
- ☞ Cook poultry until the juices run clear.
- ☞ Cook fish until it flakes with a fork.
- ☞ Cook meat at 325° - 350°F to keep it tender, juicy and flavorful. Using this temperature range also helps prevent shrinkage.
- ☞ Frozen meat need not be thawed before cooking; however, extra cooking time may be required.
- ☞ Cut visible fat from meat before cooking.
- ☞ Stir ground meat frequently when browning. The meat will crumble into small pieces and be more appetizing in a recipe. Cook until meat is no longer pink. Drain off fat immediately after browning. Use a colander for easy drainage.

- ☞ Cook meat, poultry and fish according to the cut or type purchased. The less expensive cuts and grades of lean meat contain as much food value as higher priced ones. The cheaper cuts require greater skill in cooking and seasoning to be acceptable.
- ☞ When you roast meat and poultry, skim fat from drippings before making gravies. When you stew meat, skim the fat from the broth and use the broth in soups. The broth will contain some nutrients that otherwise would be lost.

Drug Store Wrap

Place the food in the center of a rectangular piece of heavy duty aluminum foil. Bring the two opposite long ends together above the food. Fold, leaving a $\frac{1}{2}$ to $\frac{3}{4}$ inch margin. Continue folding but leave enough room for air to circulate between the food and the wrap. Fold ends up and over again; crimp to seal.



The food is now ready to cook. Remember that HOT foil packets, when ready for serving, should be opened very carefully. This method of wrapping is referred to on pages 22 and 27.

Appendix H: Terms and Temperatures

Terms and Abbreviations

Measurements

tsp.	=	teaspoon(s)
Tbsp.	=	tablespoon(s)
lb.	=	pound(s)
oz.	=	ounce(s)
pt.	=	pint(s)
qt.	=	quart(s)

Conversions

3 tsp.	=	1 Tbsp.
4 Tbsp.	=	¼ cup or 2 oz.
16 Tbsp.	=	1 cup or 8 oz.
2 cups	=	1 pt.
2 pt.	=	1 qt.
4 qt.	=	1 gal.

Scoops

Scoop Number:

No. 8	=	½ cup
No. 16	=	¼ cup
No. 30	=	2 Tbsp.

Use scoops for portioning such foods as drop cookies, muffins, meat patties and some vegetables and salads.

Ladles

Ladle Size:

2 ounces	=	¼ cup
4 ounces	=	½ cup
6 ounces	=	¾ cup

Use ladles to serve soups, stews, sauces and other similar products.

Cooking Temperatures

<u>Product</u>	<u>Fahrenheit</u>
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Eggs and Egg Dishes

Eggs	Cook until firm
Egg dishes	160°

Ground Meat and Meat Mixtures

Turkey, chicken	165°
Veal, beef, lamb, pork	160°

Fresh Beef

Medium	160°
Well Done	170°

Fresh Pork

Medium	160°
Well Done	170°

Poultry

Chicken, whole	180°
Turkey, whole	180°
Poultry breasts, roasts	170°
Poultry thighs, wings	180°
	Cook until juices run clear
Stuffing (alone or in bird)	165°
Duck, goose	180°

Ham

Fresh (raw)	160°
Pre-cooked (to reheat)	140°

Seafood

Fin fish (filets)	145°
Minced fish, sticks, patties	155°

Hold prepared hot food at 140°.
Keep refrigerator set at 40°.

Appendix I: Increasing or Decreasing Yield

A recipe that yields a specific number of servings for children who are three through five years of age may not be right for every child care home or center. Providers may choose to prepare larger or smaller quantities depending on the number and ages of children in their care. It is always a good idea to first test any significant changes made in a recipe. Use the following steps whenever you need to increase or decrease the yield of a recipe:

1. Decide how many servings you are going to need.
Example: 12 servings
2. Find the yield of the selected recipe.
Example: 8 servings
3. Divide the number of servings needed by the stated yield.
Example: 12 divided by 8
4. This number is known as the factor.
Example: 1.5
5. Multiply the quantity of each ingredient by the factor.
6. Change any fraction or decimal part to the nearest whole number.
For example: 1 ¾ eggs to 2 eggs

Example: Meatloaf Patties on page 30

Ingredient	Quantity needed for 8 servings	X Factor	Quantity needed for 12 servings
Lean ground meat	1 lb. (16 oz.)	1.5	1 ½ lbs. (24 oz.)
Egg, 1 large	1	1.5	2
Cracker or bread crumbs	¼ cup (4 Tbsp.)	1.5	6 Tbsp.
Onion flakes	2 Tbsp.	1.5	3 Tbsp.
Catsup	½ cup	1.5	¾ cup
Barbeque sauce	¼ cup (4 Tbsp.)	1.5	6 Tbsp.

Appendix J: Food Weights and Equivalents for Commonly Used Foods

Frequently Used Foods	Approximate Measure	Weight
Flour	4 cups	1 pound
Chocolate chips	3 cups	1 pound
Eggs	8 large	1 pound
Margarine	2 cups	1 pound
Milk, fluid	2 cups	1 pound
Oatmeal	6 cups	1 pound
Peanut butter	1 $\frac{3}{4}$ cups	1 pound
Sugar, granulated	2 cups	1 pound
Sugar, brown, light pack	3 cups	1 pound
Vegetable oil	2 cups	1 pound
Fruits/Vegetables	Approximate Measure	Weight
Applesauce	2 cups	1 pound
Apples, diced	3 $\frac{1}{2}$ cups	1 pound
Bananas	3 medium	1 pound
Peaches, canned, sliced	2 cups	1 pound
Peaches, fresh	4 medium	1 pound
Pineapple, crushed	1 $\frac{3}{4}$ cups	1 pound
Pineapple, tidbits	2 cups	1 pound
Pumpkin	2 $\frac{1}{2}$ cups	1 pound
Raisins	3 cups	1 pound
Canned fruits/vegetables	7 - $\frac{1}{4}$ cup servings per 15-16 ounce can	
Frozen vegetables, small pieces	10 - $\frac{1}{4}$ cup servings per pound	
Potato rounds or french fries	13 - $\frac{1}{4}$ cup servings per pound	
Frozen vegetables, all others	9 - $\frac{1}{4}$ cup servings per pound	

Food Weights and Equivalent for Commonly Used Foods

Meat/Meat Alternate	Approximate Measure	Weight
Cheese, shredded, cheddar, mozzarella, American	4 cups	1 pound
Chicken, turkey or ham (cooked and diced)	3 cups	1 pound
Raw chicken	3 pounds raw = 1 pound cooked	
Ground beef	11.5 - 1 ounce servings per pound	
Ground pork	11.5 - 1 ounce servings per pound	
Ground turkey	10.7 - 1 ounce servings per pound	
Tuna, 6 ounce can	5 - 1 ounce servings per can	
Beans (dry)	1 lb. = 2½ cups dry = 5½ cups cooked	

Pasta	Approximate Measure	Weight
Macaroni	2 cups uncooked	= 4 cups cooked
Noodles	4 cups uncooked	= 4-5 cups cooked
Rice, regular white	1 cup uncooked	= 3 cups cooked
Rice, wild	1 cup uncooked	= 3 cups cooked
Rice, brown	1 cup uncooked	= 4 cups cooked
Rice, instant	1 cup uncooked	= 2 cups cooked
Spaghetti	4 ounces uncooked	= 2 cups cooked

Yeast (active dry)	1 packet = 1 tablespoon
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Appendix K: USDA's Grains/Breads List

Some of the following foods, or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.

Group A	Minimum Serving Size for Group A
Breeding Type Coating Bread Sticks - hard Chow Mein Noodles Crackers - saltines and snack crackers Croutons Pretzels - hard Stuffing - dry (weights apply to bread in stuffing)	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Minimum Serving Size for Group B
Bagels Batter Type Coating Biscuits Breads - white, wheat, whole wheat, French, Italian Buns - hamburger, hotdog Crackers - graham (all shapes), animal crackers Egg Roll Skins English Muffins Pita Bread - white, wheat, whole wheat Pizza Crust Pretzels - soft Rolls - white, wheat, whole wheat, potato Tortillas - wheat or corn Tortilla Chips - wheat or corn Taco Shells	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Minimum Serving Size for Group C
Cookies - plain* Cornbread Corn Muffins Croissants Pancakes - purchased Pie Crust - dessert pies*, fruit turnovers*, meat/meat alternate Waffles - purchased	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

Group D	Minimum Serving Size for Group D
Doughnuts - cake and yeast, raised, unfrosted** Granola Bars - plain** Muffins - all except corn Sweet Rolls - unfrosted** Toaster Pastry - unfrosted**	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E	Minimum Serving Size for Group E
Cookies - with nuts, raisins, chocolate pieces and/or fruit purees* Doughnuts - cake and yeast, raised, frosted or glazed** French Toast Grain Fruit Bars** Granola Bars - with nuts, raisins, chocolate pieces and/or fruit** Sweet Rolls - frosted** Toaster Pastry - frosted**	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Minimum Serving Size for Group F
Cake - plain, unfrosted* Coffee Cake**	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	Minimum Serving Size for Group G
Brownies - plain* Cake - all varieties, frosted* Cereal Bars*	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	Minimum Serving Size for Group H
Barley Breakfast Cereals - cooked*** Bulgur or Cracked Wheat Macaroni - all shapes Noodles - all varieties Pasta - all shapes Ravioli - noodles only Rice - enriched white or brown	1 serving = 1/2 cup cooked or 25 gm dry (0.9 oz) 1/2 serving = 1/4 cup cooked or 13 gm dry (0.5 oz)
Group I	Minimum Serving Size for Group I
Breakfast Cereal - dry***	1 serving = 3/4 cup or 1 oz, whichever is less

* Snack only

** Breakfast or Snack only

*** Refer to the CACFP Food Chart for appropriate serving sizes for children ages 1 through 5.

Appendix L: Quick Breakfast Ideas

Children provided the following list of favorite breakfast combinations:

Blender Breakfast: Blend lowfat milk with favorite fruit and lowfat yogurt. Serve with whole grain toast or muffins.

Breakfast Pizza: Top English muffins or bagel halves with cheese, turkey sausage and tomato sauce. Bake in the oven. Serve with lowfat milk and fresh fruit.

Breakfast Soft Taco: Microwave mozzarella cheese and salsa on a corn tortilla. Serve with hot chocolate and melon slices.

Cereal Sundaes: Serve favorite low sugar cereals layered with diced fresh fruit and lowfat yogurt. Serve with lowfat milk to drink.

Floating Barge: Microwave two large shredded wheat biscuits in milk and cinnamon. Top with bananas and serve with lowfat milk.

Fruited Waffles and French Toast: Top waffles or French toast with fruit and strawberry yogurt. Serve with lowfat milk.

Peanut Butter and Jam Biscuits: Spread peanut butter and jam between two refrigerator biscuits and bake. Serve with lowfat milk and fruit.

Pita Egg Pocket: Stuff shredded cheese and scrambled eggs (or egg salad) into a pita bread pocket. Serve with lowfat milk and fresh fruit.

Terrific Turkey Melt: Microwave turkey and mozzarella cheese slices on whole-grain bread. Serve with lowfat milk and fruit.

Tortilla Roll-ups: Choose any favorite filling such as peanut butter and bananas and roll it up in a whole wheat tortilla. Serve with fruit and lowfat milk to complete the meal.

A Variety of Grain Products May be Served at Breakfast:

- ✧ assorted cold and hot cereals
- ✧ tortillas
- ✧ muffins, quick breads
- ✧ pancakes, waffles, french toast
- ✧ sandwiches
- ✧ pizza
- ✧ rice cakes, graham crackers
- ✧ bagels, pita bread, cornbread
- ✧ noodle kugel

Appendix M: Nutrient Analysis

The recipes in this book along with the sample menus found on pages 208-211 were analyzed for a variety of nutrients that are considered essential to the health of children. Diets that provide adequate amounts of these nutrients can provide sufficient amounts of most other nutrients. The function of these nutrients is as follows:

- Carbohydrates, proteins, and fats provide energy.
- Iron carries oxygen through the body and is a constituent of hemoglobin in blood.
- Calcium strengthens the structure of bones and teeth and promotes the clotting of blood.
- Vitamin A strengthens the body's resistance to infection and promotes the formation of bones and tissue.
- Vitamin C assists in the formation of bones and tissue and promotes the absorption of iron.

It is well known that too much fat, cholesterol, sodium and sugar in the diet can contribute to the risk of certain chronic diseases. The menu suggestions which accompany each recipe and the four weeks of sample menus provide a well-balanced intake of nutrients. The fat, sugar and salt content of individual recipes and meals vary.

With careful planning you can serve a weekly menu that provides approximately 28-30% of calories from fat, 18-20% of calories from protein and 50-52% of calories from carbohydrate.

Some recipes are included that exceed 30 percent of calories from fat. However, it is believed that with careful planning any of the recipes in this book may be incorporated into an overall diet.

Nutrient variations may occur due to the choices and sources of data available. *NUTRIKIDS* software by Lunchbyte Systems was used for all nutrient calculations. Recipe analysis which shows nutrients per serving are found on pages 212-222.

<u>Nutrients</u>		<u>Abbreviations</u>	
Kilocalorie	=	Cal	Gram = G
Protein	=	PRO	Milligram = mg
Carbohydrate	=	CHO	Retinol Equivalent = RE
Cholesterol	=	Chol	
Iron	=	Fe	
Calcium	=	Ca	
Sodium	=	Na	

Sample Menus: Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Apple Juice w/ Vit C - ½ cup Oatmeal, cooked - ¼ cup Sugar - ½ tsp. Lowfat Milk - ¾ cup	Orange Slices - ½ cup PEANUT BUTTER MUFFIN Lowfat Milk - ¾ cup	Banana - ½ medium Cheerios - ½ cup Lowfat Milk - ¾ cup	Orange Juice - ½ cup Pancake - 1 small 3" diam OR - ½ medium pancake Pancake Syrup - 2 Tbsp. Lowfat Milk - ¾ cup	Blended Juice - ½ cup Flour Tortilla - ½ of 9" Peanut Butter - 1 Tbsp. Lowfat Milk - ¾ cup
LUNCH	CHOOSE A MEATLOAF MASHED SWEET POTATO Green Peas - ¼ cup Whole Wheat Bread- ½ slice Lowfat Milk - ¾ cup	HAM AND POTATO CASSEROLE SCALLOPED TOMATOES Enriched Bread - ½ slice Lowfat Milk - ¾ cup	CHICKEN ROLL-UPS OVEN-FRIED POTATO STICKS Pineapple Tidbits - ¼ cup Lowfat Milk - ¾ cup	OVEN BEEF STEW Apple Slices - ½ cup PERFECT CORNBREAD Lowfat Milk - ¾ cup	Fish Sticks - 3 oz. CONFETTI COLESLAW Broccoli - ¼ cup CHEESE SAUCE RICE AND NOODLES Lowfat Milk - ¾ cup
SNACK	Monkey Bread (1 biscuit) Lowfat Milk - ½ cup	Pumpkin Custard - ½ cup Graham Cracker - 1 2 ½" X 5" Water to drink	FRUIT SOUP Lowfat Yogurt - 2 oz Water to drink	Fresh Grapes - ¼ cup (Cut in fourths) OATMEAL RAISIN SCONE Water to drink	BANANA BAR Lowfat Milk - ½ cup

Recipes printed in **BOLD FACE TYPE** are found in this cookbook. The serving size is given with the recipe.

Daily Nutrient Average of Meals for Week 1

PRO %	CHO %	FAT %	CAL	Fat (g)	Chol (mg)	Fe (mg)	Ca (mg)	Na (mg)	Vit A (RE)	Vit C (mg)
20%	50%	30%	383	12.9	49	2.3	382	548	501	36

Nutrient analysis for recipes may be found on pages 212-222.

Sample Menus: Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Banana-Pineapple Juice - ½ cup WHOLE WHEAT MUFFIN Lowfat Milk - ¾ cup	FRUIT SAUCE - ½ cup Rice Krispies - ⅓ cup Sugar - ½ tsp. Lowfat Milk - ¾ cup	Grape Juice - ½ cup QUICK CINNAMON ROLL Lowfat Milk - ¾ cup	Orange Juice - ½ cup Cream of Wheat - ¼ cup Sugar - ½ tsp. Lowfat Milk - ¾ cup	Banana Slices - ½ cup APPLE CHEESE BISCUIT Honey - 1 tsp. Lowfat Milk - ¾ cup
LUNCH	SKILLET CHICKEN AUGRATIN Green Beans - ¼ cup Lowfat Milk - ¾ cup	EGG SALAD SANDWICH CHEESE TOPPED POTATO Brussel Sprouts - ¼ cup Lowfat Milk - ¾ cup	FISH IN FOIL Applesauce - ¼ cup BREAD STICK Lowfat Milk - ¾ cup	PORK CHALUPA Mashed Potatoes - ¼ cup Green Lima Beans - ¼ cup Lowfat Milk - ¾ cup	HAMBURGER QUICHE Fresh Apple Slices - ¼ cup Lowfat Milk - ¾ cup
SNACK	ORANGE GLAZED BISCUIT Orange Juice - ½ cup	INDIVIDUAL PIZZA Lowfat Milk - ½ cup	Veggies for Dipping Cottage Cheese Dip - 2 Tbsp. SOPAIPILLAS Water to drink	FRUIT SHAKE # 2 SOFT PRETZEL Water to drink	CREAM OF WHEAT CEREAL SLICES Pancake Syrup - 1 Tbsp. Lowfat Milk - ½ cup

Recipes printed in **BOLD FACE TYPE** are found in this cookbook. The serving size is given with the recipe.

Daily Nutrient Average of Meals for Week 2

PRO %	CHO %	FAT %	CAL	Fat (g)	Chol (mg)	Fe (mg)	Ca (mg)	Na (mg)	Vit A (RE)	Vit C (mg)
17%	55%	28%	442	14	73	2.28	406	574	373	63

Nutrient analysis for recipes may be found on pages 212-222.

Sample Menus: Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Grapefruit Sections - ½ cup OATMEAL PUMPKIN MUFFIN Lowfat Milk - ¾ cup	ORANGE JULIUS™ Cinnamon Toast - ½ slice Lowfat Milk - ¾ cup	Apple Juice w/ Vit C - ½ cup Bagel - ½ Peanut Butter - 1 tsp Lowfat Milk - ¾ cup	Orange Juice - ½ cup Malt-O-Meal - ¼ cup Sugar - ½ tsp. Lowfat Milk - ¾ cup	Diced Peaches - ½ cup Wheat Chex - ½ cup Lowfat Milk - ¾ cup
LUNCH	UPSIDE DOWN PIZZA BROCCOLI-CORN BAKE Fruit Cocktail - ¼ cup in Flavored Gelatin - ¼ cup Lowfat Milk - ¾ cup	TURKEY DIVINE Pears - ¼ cup Lowfat Milk - ¾ cup	BEEF NOODLE CASSEROLE Green Beans - ¼ cup Apricots - ¼ cup French Bread - ½ slice Lowfat Milk - ¾ cup	OVEN FRIED CHICKEN LEMON TURNIPS - ¼ cup Cooked Carrots - ¼ cup Couscous - ¼ cup Gravy - 2 Tbsps. Lowfat Milk - ¾ cup	BARBEQUED PORK SANDWICH Baked Potato - ¼ cup Fresh Grapes - ¼ cup (Cut in fourths) Lowfat Milk - ¾ cup
SNACK	APPLE CRISP Lowfat Milk - ½ cup	CEREAL SNACK Lowfat Milk - ½ cup	BREAD PUDDING Pineapple Juice - ½ cup	ZUCCHINI COOKIE Chocolate Milk - ½ cup	FINGER PANCAKES BANANA SHAKE

Recipes printed in **BOLD FACE TYPE** are found in this cookbook. The serving size is given with the recipe.

Daily Nutrient Average of Meals for Week 3

PRO %	CHO %	FAT %	CAL	Fat (g)	Chol (mg)	Fe (mg)	Ca (mg)	Na (mg)	Vit A (RE)	Vit C (mg)
22	54	24	309	8	42	2.4	299	479	299	28

Nutrient analysis for recipes may be found on pages 212-222.

Sample Menus: Week 4

Day	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	CHICKEN RANCH PITA Lowfat Milk - ¾ cup	EGG BURRITO Lowfat Milk - ¾ cup	Applesauce - ½ cup Pancake - 1 med. Lowfat Milk - ¾ cup	Banana Slices - ½ cup Kix Cereal - ½ cup Lowfat Milk - ¾ cup	Orange Wedges - ½ cup Bagel - ½ Lowfat Cream Cheese 1 tsp. Grape Jelly - ½ tsp. Lowfat Milk - ¾ cup
LUNCH	STROMBOLI CORN CHOWDER Strawberry Applesauce ¼ cup Lowfat Milk - ¾ cup	TURKEY MEATBALLS CINNAMON GLAZED ACORN SQUASH Purple Plums - ¼ cup Lowfat Milk - ¾ cup	HAMBURGER SOUP FRUIT CRISP Saltines - 4 Lowfat Milk - ¾ cup	CHICKEN ENCHILADA CASSEROLE Green Beans - ¼ cup Baked Apple - ¼ cup Lowfat Milk - ¾ cup	TUNA STUFFED BAKED POTATO Fresh Fruit Cup - ¼ cup Enriched Bread - ½ slice Lowfat Milk - ¾ cup
SNACK	FRUIT TOAST Lowfat Milk - ½ cup	BRAN MUFFINS Lowfat Milk - ½ cup	OVEN FRIED SWEET POTATOES - ½ cup Cottage Cheese - ¼ cup Water to drink	FRUIT KABOB Lemon Yogurt - 2 oz. Water to drink	OATMEAL COOKIE DELUXE Lowfat Milk - ½ cup

Recipes printed in **BOLD FACE TYPE** are found in this cookbook. The serving size is given with the recipe.

Daily Nutrient Average of Meals for Week 1

PRO %	CHO %	FAT %	CAL	Fat (g)	Chol (mg)	Fe (mg)	Ca (mg)	Na (mg)	Vit A (RE)	Vit C (mg)
21	50	29	396	13	60	2.5	355	729	359	23

Nutrient analysis for recipes may be found on pages 212-222.

Main Dish
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Baked Beans with Weiners	233	9	18	14	28	1.83	53	774	8	2.3	4.0
Western Beans	210	15	24	6	22	3.36	65	618	58	11.4	7.0
Barbecue Beef Cups	200	14	15	9	39	1.78	92	951	34	0	.4
Beef and Cabbage	163	14	9	8	40	1.84	112	372	69	29.6	2.4
Beef in Gravy on Rice	162	14	9	7	42	1.52	8	60	0	0	.3
Beef Noodle Casserole	228	16	13	12	61	2.08	79	245	62	2.4	.7
Beef and Potatoes	191	15	14	7	42	1.88	15	248	23	12.7	1.1
Beef and Potato Gem Casserole	271	17	21	13	44	2.52	33	625	50	7.8	3.6
Beef and Rice Casserole	207	13	16	10	39	1.83	99	263	51	3.2	.6
Beef Taco	235	16	13	14	49	1.91	136	344	105	10.4	2.0
Cheesy Beef and Macaroni	223	16	17	10	45	2.30	91	369	53	21.0	1.0
Beefburger Surprise	156	14	8	8	42	2.35	39	477	75	13.0	2.2
Beef Bengotti	337	19	30	16	69	2.68	174	765	83	23.3	2.0
Cheddar Burgers	283	17	29	11	41	2.91	134	404	26	2.0	1.6
Cheeseburger Bake	258	16	20	13	46	1.88	180	676	292	5.0	2.4
Chili Beef Potato Pie	268	16	17	16	49	2.59	127	348	225	9.2	2.8

Main Dish
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Cowboy Delight - Beef	191	15	18	7	44	2.03	26	70	1600	25.5	3.0
Egg Burrito	458	23	22	30	280	2.69	231	1071	184	3.6	1.2
Egg and Cheese Strata	256	15	17	14	143	1.39	329	430	188	.7	.6
Egg Salad Sandwich	170	9	15	8	212	1.59	47	321	84	0	2.0
Enchilada Casserole	180	14	8	10	45	1.63	110	236	52	7.3	1.2
Fish in Foil	263	13	25	13	79	1.12	31	483	361	7.2	2.3
Hamburger Quiche	307	19	15	19	153	2.04	196	443	226	23	2.0
Meat Balls	102	7	5	6	31	.95	19	252	17	.6	.2
Meatloaf Patties	147	12	8	7	62	1.49	22	323	37	3.4	.5
Choose a Meatloaf	129	12	5	7	60	1.39	17	301	19	1.4	.3
Herbed Meat Loaves	149	13	9	7	61	1.41	28	381	29	1.8	.5
Meat and Vegetable Pie	367	17	25	23	38	2.02	56	497	441	5.0	1.9
Chicken Chop Suey	204	18	9	12	37	1.22	56	325	483	7.6	1.7
Oven Fried Chicken	172	28	5	4	75	1.33	28	123	5	0	.2
Skillet Chicken Au Gratin	301	21	30	11	56	1.89	157	1168	67	4.7	1.4
Chicken Broccoli Pie	229	20	14	11	102	1.52	213	347	191	27.5	1.9

Main Dish
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Chicken Enchilada Casserole	304	19	18	18	56	1.26	223	684	107	3.7	1.6
Chicken and Homemade Noodles	175	17	10	7	57	1.33	21	251	434	2.9	1.2
Chicken Potato Combo	235	16	19	11	44	1.66	39	826	39	4.6	2.0
Chicken Ranch Pita Sandwich	175	15	11	7	47	.99	66	415	21	0	.5
Quick Chicken and Rice	149	15	13	4	38	1.35	10	228	7	0	.2
Chicken Roll-ups	258	19	18	12	51	1.70	173	561	94	.2	.9
Chicken Spaghetti	213	15	14	10	45	1.26	142	463	69	4.8	.7
Chicken Zucchini Casserole	266	18	24	11	56	1.60	124	648	77	4.9	3.6
Chili	151	13	6	5	22	2.21	53	386	77	10.8	4.5
Ham and Cheese Tortilla	264	16	20	13	42	1.56	220	743	85	0	1.0
Ham and Egg Skillet	254	12	12	18	155	1.27	126	452	114	2.4	.8
Ham and Potato Casserole	195	11	16	10	28	.82	72	804	56	24.5	2.0
Scalloped Ham and Potatoes	210	12	23	8	28	1.19	178	620	109	19.7	1.8
Ham and Rice	163	11	20	4	21	1.40	35	1060	30	1.4	1.3
Macaroni & Cheese Deluxe	212	17	19	8	41	1.59	71	511	298	6.2	2.8
Macaroni and Cheese with Vegetables	341	17	24	20	45	1.53	400	388	523	6.5	2.7

Main Dish
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
New England Beef Dinner	304	28	21	12	74	3.79	67	221	1025	45.8	4.4
Easy Omelet	110	10	10	7	177	1.07	37	85	73	0	0
Pig in a Blanket	268	11	14	19	40	1.71	160	620	43	0	1.0
Individual Pizzas	208	15	15	10	36	1.61	135	510	55	2.0	1.0
Pan Pizza	284	16	31	11	33	2.53	147	574	82	5.5	2.7
Pizza Burger	217	14	18	10	33	1.80	118	422	75	5.0	2.0
Upside-Down Pizza	285	20	21	13	80	2.23	197	490	112	5.3	2.0
Potato and Cheese Casserole	215	7	18	13	22	1.07	144	297	81	4.4	1.2
Pork Chalupa	359	20	34	16	35	2.43	85	523	15	4.5	7.4
Pork Loin and Rice Casserole	221	18	19	8	61	1.71	47	1245	25	18.8	.6
Barbecued Pork Sandwich	182	15	18	6	34	1.35	45	392	44	4.3	1.2
Inside-Out Ravioli	341	21	31	15	102	4.11	197	685	492	27.8	4.8
Sausage and Sauerkraut	543	21	14	44	107	2.38	44	1273	2	10.0	1.8
Shepherd's Pie	229	15	23	9	37	2.28	88	500	29	17.4	2.6
Sloppy Joe Squares	254	18	21	11	43	2.62	146	592	86	8.3	3.7
Beef Spanish Rice	213	15	22	7	41	2.74	35	271	56	18.1	1.7

Main Dish
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Stromboli	320	15	33	14	32	2.07	248	949	113	6.7	2.7
Bean and Cheese Taco	214	11	26	9	26	1.74	225	511	108	22.1	5.3
Impossible Taco Pie	219	17	15	10	92	1.98	136	712	109	16.3	1.1
Tostadas	265	17	23	12	48	2.38	208	389	68	7.9	5.2
Tuna Rice Supreme	199	16	26	3	15	2.22	46	574	724	9.3	1.7
Tuna Stuffed Baked Potatoes	204	15	13	10	23	1.22	86	314	42	16.5	1.0
Tuna or Salmon with Pasta	185	16	14	7	24	1.37	112	481	48	.4	.7
Turkey Divine	262	14	23	12	49	1.36	45	307	103	12.7	1.9
Turkey or Chicken Meatballs	144	18	13	2	29	1.46	45	307	388	1.7	.9
Snow on Turkey Mountain	223	24	18	6	82	2.41	62	407	38	8.0	2.8
Hot Turkey Salad	167	15	6	9	34	.78	59	307	18	3.0	.8
Weiner Boats	250	10	9	20	48	.82	136	698	54	5.0	1.2
Roman Style Bean Soup	215	12	21	10	50	2.34	85	1166	46	11.4	3.1
Easy Oven Beef Stew	372	23	34	17	54	3.87	62	1186	1103	31.5	4.8
Hamburger Soup	261	16	32	8	42	3.03	35	99	826	24.7	3.0
Chicken Vegetable Soup	213	23	17	6	66	1.90	52	445	627	24.9	2.8
Ham and Bean Soup	204	22	18	5	39	3.11	62	1369	2	1.7	6.8

**Fruit/Vegetable
Nutrients per Serving for Preschool Children**

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Cheese Sauce for Vegetables	23	1.5	1.5	1.2	3	.08	44	29	20	.1	0
Mock Sour Cream	21	3.6	1.0	.3	1	.04	19	116	4	.4	0
Cinnamon Apples	99	.2	19.0	3.2	0	.28	12	34	40	6.0	2.0
Broccoli and Corn Bake (no topping)	66	3.0	13.0	1.2	23	.70	25	312	75	20.0	1.7
Broccoli and Squash Medley	18	1.0	3.8	0	0	.39	25	152	46	23.0	1.4
Fruity Coleslaw	41	.4	5.0	2.4	0	.21	12	56	196	7.3	2.0
Confetti Coleslaw (no dressing)	9	.4	2.0	0	0	.17	12	34	61	15.4	.76
Corn Chowder	80	3.7	17.0	.7	0	.50	43	117	21	10.0	2.0
Fruit Sauce	52	.7	13.0	0	0	.17	4	16	18	1.0	.9
Fruit Soup	106	1.0	6.8	0	0	.42	18	27	41	35.0	1.5
Cheese Topped Potatoes	96	4.5	10.4	4.2	13	.51	101	116	41	11.0	1.0
Oven Fried Parmesan Potatoes	61	1.4	10.0	2.0	0	.46	12	46	8	11.0	1.0
Oven Fried Potato Sticks	53	1.0	10.0	1.0	0	.43	4	67	0	11.0	.9
Potato Pancake Wedges	91	3.0	10.6	4.0	53	.64	20	201	63	9.3	1.0
Oven Fried Sweet Potatoes	69	1.0	14.0	1.2	0	.34	12	136	1159	13.0	1.7
Glazed Sweet Potatoes	81	1.1	19.0	0	0	.45	18	9	1160	19.5	1.8

**Fruit/Vegetable
Nutrients per Serving for Preschool Children**

RECIPE	Cal	PRO G	CHO G	Fat G	Chol G	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Mashed Sweet Potatoes	93	1.4	18.0	2.0	0	.4	2	32	1473	16.4	2.5
Sweet Potato Pie	347	5.5	49.5	14.0	74	1.0	98	230	1521	14.3	1.6
Cinnamon-Glazed Acorn Squash	108	1.7	21.0	3.0	0	.8	43	51	495	14.0	1.8
Spaghetti Squash-Marinara Sauce (with Parmesan cheese)	63	2.5	10.5	2.0	0	1.0	52	66	80	29.0	2.4
Squash and Apple Bake	77	.9	16.0	1.8	0	.5	25	20	250	10.0	2.6
Spinach with Bacon Dressing	109	3.0	2.2	10.0	55	.76	27	83	159	7.8	.6
Strawberry Salad	74	5.5	13.9	.2	0	.22	5	16	2	12.0	1.1
Crumb-Topped Fresh Tomatoes	38	1.3	4.0	2.0	0	.43	26	86	58	12.0	.8
Scalloped Tomatoes (with Parmesan cheese)	69	2.0	10.4	2.0	0	.84	43	195	58	10.0	1.1
Lemon Turnips	41	.6	4.0	2.9	0	.16	16	63	35	8.0	1.4
Vegetable Seven Layer Salad	87	3.0	4.6	6.3	7	.46	43	163	293	15.0	1.4
Zucchini Medley	18	1.1	4.0	0	0	.41	14	39	36	20.4	1.3

Grains/Breads
Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Pizza Crust	133	3.5	25	2.0	0	1.6	5	292	0	0	1.0
Bread Sticks	81	2.7	14	1.0	0	.93	33	160	5	0	.65
Buttermilk Buns	72	2.0	12	1.6	6	.69	13	125	18	0	.4
Cinnamon Rolls (no raisins)	99	2.1	16	3.0	11	.82	17	71	41	0	.5
Quick Cinnamon Rolls (no raisins)	126	1.7	15	6.8	0	.76	9	371	70	0	.5
Applesauce Bread	106	2.0	16	4.0	19	.70	13	102	10	2.2	.5
Apple-Cheese Biscuits	70	1.3	8	4.0	2	.23	35	127	33	0	.3
Breakfast Bran Bread	101	2.8	18	2.6	19	2.8	46	83	44	3.6	1.4
Perfect Cornbread	70	1.9	9	3.0	17	.62	60	164	16	0	.6
Lemon Bread	168	2.6	24	7.0	29	.76	23	131	90	7.6	.8
Oatmeal Blueberry Muffins	108	2.0	19	2.7	10	.79	47	134	6	3.2	.9
Oatmeal Pumpkin Muffins	100	2.9	16	3.0	10	1.02	34	96	2.75	.5	1.7
Oatmeal Raisin Scones	175	4.2	26	6.5	17	1.46	60	130	73	.3	2.0
Quick Fruit Muffins	64	1.5	11	1.6	11	.30	30	114	12	1.1	.5
Peanut Butter Muffins	116	3.8	14	5.3	21	.84	58	230	15	0	.7
Pumpkin Muffins (no raisins)	79	1.5	13	2.5	10	.6	39	55	15	0	.4

Grains/Breads

Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Bran Muffins	72	1.5	12	2.2	7	2.55	13	110	32	0	.7
Whole Wheat Muffins	108	2.2	12	6.0	10	.62	53	128	12	0	.9
Homemade Noodles	46	1.5	7	1.4	14	.45	3	120	6	0	.2
Rice and Noodles	86	1.9	12	3.2	2	.79	5	188	35	1	.4

Snacks

Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Apple Merry-Go-Rounds	202	5.0	24	10.0	0	.83	17	133	3	4	3.0
Banana Shakes (with skim milk)	265	6.5	51	5.0	16	.43	200	80	126	12	2.7
Fruit Crisp	218	2.0	39	6.6	0	.95	22	72	72	3	2.5
Fruit Kabobs	118	1.0	31	0	0	.38	27	2	14	31	2.7
Fruit Salad	127	1.0	32	.4	0	.43	15	6	19	25	2.1
Fruit Shake: (with skim milk) Peanut Butter/Banana	192	8.0	28	6.7	2	.53	160	65	81	9	2.7
Fruit Shake: (with skim milk) Pineapple/Banana	152	5.3	33	.7	2	.53	163	64	82	13	2.7
Fruit Shake: (with skim milk) Banaberry	172	5.4	39	.7	2	.61	163	64	83	35	3.3
Fruit Shake: (with lowfat yogurt) Spicy Apple	202	6.3	43	1.8	6	.64	218	84	17	3	1.7
Fruit Toast	136	3.0	22	4.5	11	1.0	37	166	46	3	1.5

Snacks Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Orange Julius™ (with skim milk)	108	3.5	23	0	1	.14	111	45	57	40	.2
Grand Fruit Sorbet	104	1.0	26	0	0	.24	13	1	16	42	1.5
Witch's Brew #1	63	0	16	0	0	.13	4	1	0	20	0
Witch's Brew #2	100	1.0	24	0	0	.46	17	3	9	50	.4
Cereal Snack	159	2.0	25	6.5	0	3.8	31	247	232	7	1.2
Fried Cereal Slices: Cream of Wheat (no fat added)	14	.2	2	0	0	.37	1	0	0	0	0
Fried Cereal Slices: Oatmeal (no fat added)	18	.8	3	0	0	.23	2	0	0	0	.5
Snack Mix	182	2.8	28	6.5	1	6.7	18	461	65	12	.7
Bread Pudding	117	4.4	21	1.7	48	.65	89	116	54	0	.4
Peanut Butter Pie	468	11.0	42	31.0	29	1.31	103	229	137	0	2.6
Quick Rice Pudding	122	6.6	22	1.0	29	.77	171	89	92	1	.4
Banana Bars	175	3.0	27	8.0	8	1.02	13	122	75	1	1.8
Brownies	194	3.0	27	9.0	27	1.16	23	69	13	0	1.1
Molding Dough Cookies	89	1.0	10	5.1	3	.5	8	104	62	0	.2
Oatmeal Cookies Deluxe	134	3.0	18	6.0	8	.9	13	75	50	0	1.4
Easy Oat Cookies	178	3.5	22	9.0	0	1.13	12	286	93	0	1.9

Snacks Nutrients per Serving for Preschool Children

RECIPE	Cal	PRO G	CHO G	Fat G	Chol mg	Fe mg	Ca mg	Na mg	Vit.A RE	Vit.C mg	Fiber G
Peanut Butter Balls (No Bake)	132	5.0	12	8.0	0	.55	26	50	41	2	1.0
Smiling Pumpkin Cookies	125	1.6	16	6.5	14	.82	41	127	261	.5	.7
Rolled Sugar Cookies	117	1.7	14	6.0	13	.62	24	244	77	0	.3
Zucchini Cookies	68	1.0	9	3.0	4	.49	15	107	38	0	.3
Orange Glazed Biscuits	111	2.0	17	4.0	0	.71	7	324	0	7	.4
Cheese Puffs	105	4.5	12	4.0	11	.78	80	390	40	1	.6
Hot Crunch Sticks	74	2.0	14	1.0	0	.96	9	454	23	2	.5
Funnel Cakes (without frying oil)	78	3.0	14	1.0	26	.88	67	226	26	0	.4
Hush Puppies	72	2.5	14	1.0	17	.84	54	219	20	0	1.0
Kringles	161	3.0	25	5.0	0	1.70	62	200	35	0	2.0
Finger Pan Cakes (no added salt)	88	4.0	15	1.0	29	.91	84	66	42	0	.4
Soft Pretzels	76	2.0	13	1.4	13	.93	5	41	6	5	.6
Sopaipillas (without frying oil)	70	1.0	10	2.6	0	.65	42	86	14	0	.3
Taco Dip	173	12.0	8	10.0	35	1.27	176	689	70	3	2.0

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