



NATIONAL

CACFP

WEEK



# RECIPE BOOK





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**CACFP**  
WEEK

National Child and Adult Care Food Program (CACFP) Week focuses on promoting healthy meals to both children and adults in afterschool programs and day care facilities.

Celebrated annually on the third week of March, National CACFP Week recognizes all CACFP partners that provided healthy meals to their participants. These nutritious meals contribute to the wellness, growth and the development of young children and supports quality of life for seniors.

The following recipes contribute to tasty meals!

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# SAMPLE MENU FOR CHILDREN

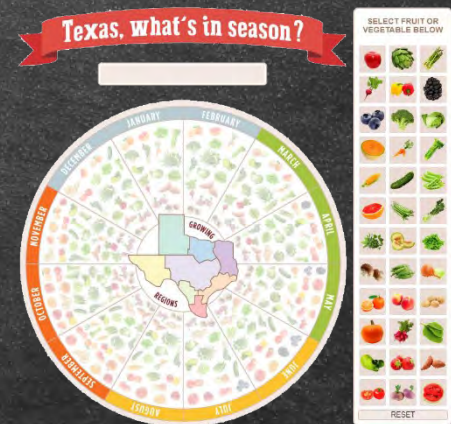
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	English Muffin with Peanut Butter Banana Slices Milk	French Toast Sticks with Applesauce Fruit Cocktail Milk	<u>Spiced Oatmeal (ICN)</u> Blueberries Milk	<u>Roasted Potato and Turkey Hash (ICN)</u> WG Toast Milk	Banana Muffin Orange Slices  Milk
Lunch/ Supper	<u>Sauteed Tofu and Broccoli with Spaghetti</u> <u>Orange Glazed Carrots (ICN)</u> Milk	<u>Chicken and Veggie Couscous</u> <u>Confetti Soup</u> Grapefruit  Milk	<u>Tuscan Grilled Cheese Sandwich (ICN)</u> Tomato Soup Fruit Cocktail Milk	<u>Chicken Fajitas</u> <u>Spanish Rice (ICN)</u> Sliced Apples Milk	Pizza Sliced Bell Peppers with Dip Diced Pears Milk
Snack	Salsa and Baked Pita Chips	String Cheese with Crackers	Yogurt and Berry Parfait	Mandarin Oranges Animal Crackers	Apple Slices Peanut Butter

ICN = Recipes were found on The Institute of Child Nutrition website. Visit [theicn.org](http://theicn.org) for more.

**KEY:**  =  
 Seasonally  
 Available in March

Visit  
[www.SquareMeals.org](http://www.SquareMeals.org)  
 to see which fruits and  
 vegetables are in  
 season using the  
 Seasonality Wheel!

For complete  
 meal patterns,  
 please go to  
[www.fns.usda.gov](http://www.fns.usda.gov)





# CHILD MENU SHOPPING LIST

## Fresh Produce and Herbs

- Apple
- Baby Spinach 
- Banana
- Broccoli 
- Carrots 
- Celery 
- Grapefruit 
- Green Bell Peppers
- Kale 
- Mint Leaves 
- Onions 
- Oranges 
- Parsley 
- Red Bell Peppers
- Tomatoes

## Frozen Produce

- Blueberries
- Carrots, Sliced
- Corn

## Dairy

- Milk, Low-Fat

## Grains

- Animal Crackers
- Bread, Whole Grain
- Brown Rice, Parboil
- Couscous
- Corn Muffin
- Crackers
- English Muffins

## Grains (Cont.)

- French Toast Sticks
- Oats, Rolled
- Pita Chips, Baked
- Pizza
- Spaghetti, Whole Grain

## Meat/Meat Alternate

- Chicken Drumsticks, with Bone
- Chicken Strips, Frozen
- Ground Turkey Breast
- Mozzarella Cheese, Sliced
- Peanut Butter
- String Cheese
- Tofu, Firm
- Turkey Ham
- Yogurt, Low-Fat

## Canned Goods

- Applesauce, Unsweetened
- Black-Eyed Peas
- Fruit Cocktail
- Mandarin Oranges
- Pears, Diced
- Potatoes, Canned
- Salsa
- Tomato Soup
- Tomatoes, Diced
- Olives, Ripe, Black, Canned

## Seasonings

- Ancho Chili Powder
- Basil, Dried

## Seasonings (Cont.)

- Cayenne Pepper
- Chili Powder
- Cinnamon, Ground
- Coriander, Dried
- Coriander Seeds, Whole
- Cumin, Dried
- Fennel Seeds, Whole
- Garlic
- Garlic Powder
- Ginger, Fresh
- Ginger, Ground
- Nutmeg, Ground
- Onion Powder
- Oregano, Dried
- Paprika
- Red Pepper Flakes
- Salt
- Sage, Ground
- Sesame Oil
- Soy Sauce
- White Pepper

## Other

- |                    |                 |
|--------------------|-----------------|
| Agave Nectar       | Margarine       |
| Beef Broth         | Orange Juice    |
| Brown Sugar        | Ranch Dip       |
| Canola Oil         | Sesame Seeds    |
| Chicken Broth      | Tomato Paste    |
| Corn Starch        | Vanilla Extract |
| Cranberries, Dried | Water           |
| Lemon Juice        |                 |
| Lime Juice         |                 |



## Spiced Oatmeal

### Ingredients

Low-fat (1%) milk	1 qt & 3 ¼ cups
Water	1 qt & 2 ¼ cups
Margarine	3 oz or 1/3 cup
Agave nectar	¼ cup & 1 tbsp
Vanilla extract	2 tsp
Ground cinnamon	½ tsp
Ground nutmeg	½ tsp
Salt	1 tsp
Oats, rolled, dry	2 qt & 3 ¾ cups

### Directions

1. Bring milk and water to a boil.
2. Add margarine, agave, vanilla, cinnamon, nutmeg, and salt, stirring constantly.
3. Add oats. Reduce heat to a medium. Stir constantly for 5-8 minutes until oatmeal slightly thickens.
4. If needed, reheat to 140F or higher and portion with 6 fl oz ladle.

### RECIPE GROUP: *Breakfast*

Portion Yield	25
Portion Size	¾ cup
HACCP Process	2 - Same Day Service

### Meal Pattern Components

Meat/Meat Alt	N/A
Grain	1 oz eq
Fruit	N/A
Vegetable	N/A
Milk	N/A



Recipe on [theicn.org](http://theicn.org) from the USDA Standardized Recipes Project



If oatmeal sits longer than 10 minutes, it will become thick. Add water as needed.



## Roasted Potatoes and Turkey Hash

### Ingredients

Potatoes, canned, diced, drained	5 lb
Canola oil	¼ cup & 1 tbsp
Garlic, fresh, minced	¼ cup
Salt	1 ½ tsp
White pepper	½ tsp
Ground turkey breast, raw	1 lb 12 oz
Red bell peppers, fresh, diced	1 lb 2 oz
Green bell peppers, fresh, diced	8 oz
Sage, ground	½ tsp
Cayenne pepper	¼ tsp
Red pepper flakes	¼ tsp
Coriander seeds, whole	2 ½ tsp
Garlic powder	½ tsp
Onion powder	½ tsp
Applesauce, canned, unsweetened	3 oz

### Directions

1. Combine potatoes, ¼ cup oil, garlic, ½ tsp salt, and pepper in a large bowl. Stir well. Set remaining oil aside for step #3.
2. Place the seasoned potatoes in a steam pan, lightly coated with pan release spray. Bake in the oven for 15-20 minutes at 375F.
3. Heat remaining oil in a stock pot. Add the turkey. Cook on medium-high heat for 2-3 minutes, stirring occasionally. Add the remaining salt, peppers, cayenne pepper, sage, red pepper flakes, coriander, garlic powder, onion powder and applesauce. Cook uncovered for another 3-5 minutes
4. Add the turkey mixture to the seasoned potatoes. Portion with a No. 6 scoop or serve 2/3 cup.

### RECIPE GROUP: *Breakfast*

Portion Yield	25
Portion Size	⅔ cup
HACCP Process	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	¾ oz eq
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A



Potatoes are a good source of potassium, and minerals our body needs for proper heart function.





## Sauteed Tofu and Broccoli

### Ingredients

Water	1 qt
Spaghetti, whole wheat, uncooked	12 ½ oz
Tofu, firm, drained, cubed ½"	5 lb 4 oz
Soy sauce	1 cup
Sesame oil	1 tbsp 1 tsp
Brown sugar, packed	¼ cup
Garlic, fresh, minced	16 cloves
Ginger, fresh, shredded	¼ cup
Red pepper flakes	½ tsp
Canola oil	2 tbsp 2 tsp
Broccoli, fresh, chopped	2 lb 1 oz
Sesame seeds	2 tbsp ¼ tsp

### Directions

1. Bring water to a boil in a large pot. Break spaghetti in half and add to the boiling water. Cook according to directions until al dente. Drain well.
2. Place tofu between two plates or between the bottom, flat surface of two pans. Apply slight pressure to squeeze out the liquid from the tofu. Cut into ½ " cubes. Place into a large bowl.
3. Make the sauce by combining soy sauce, sesame oil, brown sugar, garlic, ginger, and red pepper flakes into a medium bowl. Pour the sauce into the bowl of tofu. Carefully turn tofu several times to coat well. Set aside.
4. Heat canola oil in a nonstick skillet.
5. Add the broccoli, sauté for about 5 minutes. Remove from the pan and set aside.
6. Place the tofu and sauce in the skillet on medium-high heat. Cook for 10 minutes on each side until brown turning gently. Gently stir in broccoli and spaghetti and continue cooking. Remove from heat and add in the sesame seeds.
7. Serve 1 cup.

### RECIPE GROUP:

### Meat alternate

Portion Yield	25
Portion Size	1 cup
HACCP Process	2 - Same Day Service

### Meal Pattern Components

Meat/Meat Alt	1 ½ oz eq
Grain	½ oz eq
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



1 clove of garlic is about ½ teaspoon minced garlic.



## Orange Glazed Carrots

### Ingredients

Margarine, trans-fat free	¼ cup
Brown sugar	1 ½ cups & 2 tbsp
Orange juice, concentrated, thawed	1 cup
Water	1 cup
Vanilla extract	1 tbsp
Cinnamon, ground	1 tsp
Nutmeg, ground	1 tsp
Carrots, frozen, thawed, drained	3 lb 4 oz or 2 qt 2 cup
Cranberries, dried	8 oz
Corn starch	1 tbsp 2 tsp

### RECIPE GROUP: *Vegetable*

Portion Yield	25
Portion Size	⅓ cup
HACCP Process	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



Use frozen sliced carrots to save time.

### Directions

1. Heat margarine and sugar in a large stock pot uncovered over medium heat until sugar dissolves.
2. Add orange juice, water, vanilla, cinnamon, nutmeg and simmer uncovered over medium heat for 3 minutes, stirring occasionally.
3. Fold in carrots and craisins. Bring to a boil for 3-4 minutes.
4. Add cornstarch. Reduce heat to low and cook for 2 minutes.
5. Serve with a No. 12 scoop or provide 1/3 cup.



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## Chicken and Veggie Couscous

### Ingredients

Chicken drumsticks, with bone, raw	5 lb 12.5 oz or 25 each
Canola oil	¼ cup
Coriander, dried, ground	1 tbsp 1 tsp
Cumin, dried, ground	1 tbsp 1 tsp
Ginger, dried, ground	1 tbsp 1 tsp
Cinnamon, dried, ground	2 tsp
Carrots, fresh, peeled, ¼" diced	1 lb 5 oz
Onions, fresh, peeled, ¼" diced	1 lb 1 oz
Lemon juice	1 cup
Chicken broth, low-sodium	64 fl oz or 2 qt
Olives, ripe, black, canned, drained	4 oz or 1 cup
Couscous, uncooked	12.5 oz or 2 cup
Mint leaves, fresh, chopped	2 tbsp or 25 leaves

### Directions

1. Preheat oven to 400F.
2. Coat a large skillet with nonstick cooking spray and heat to medium-high heat. Brown chicken on all four sides about 2-3 minutes per side. Remove chicken from heat and place on a sheet pan. Remove skin, cover, and set aside.
3. In a large bowl, add the carrots and onions. Toss oil and spices until coated. Spread on a steam pan and roast uncovered until tender, about 20 minutes. Remove from heat.
4. Mix the lemon juice and 1 quart of chicken broth together in a stockpot. Bring to a boil and allow to boil for about 5 minutes. Add this liquid to the roasted vegetables. Stir in the olives.
5. Add the chicken legs to the vegetables. Bake for about 40-45 minutes.
6. To make the couscous, add 1 quart chicken broth to a large saucepan. Bring to a boil then stir in couscous and remove from heat. Cover and let stand for 15-20 minutes. Fluff couscous with a fork and stir in the mint.
7. Serve 1 drumstick with ⅓ cup mixed vegetables and ¼ cup couscous.

### RECIPE GROUP: *Meat & Vegetable*

Portion Yield	25
Portion Size	1 bowl
HACCP Process	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	1 ½ oz eq
Grain	½ oz eq
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



Couscous is a staple food commonly served in Morocco and North Africa.



## Confetti Soup

### Ingredients

Canola oil	2 ½ tbsp
Onions, fresh, diced	15 oz or 3 cups
Celery, fresh, diced	15 oz or 3 cups
Salt	2 tsp
Ground black pepper	2 tsp
Fennel seed, whole	1 tsp
Crushed red pepper	½ tsp
Black-eyes peas, canned, drained	2 lb 13 oz or 6 ½ cup
Water	3 qt 2 cups
Turkey ham, diced ¼"	1 lb 8 oz or 3 ¼ cups
Kale, fresh, coarsely chopped	2 oz or 1 ¼ cups
Parsley, fresh, chopped	1/3 cup

### Directions

1. Heat oil in a large stockpot. Sauté onions and celery for 2-3 minutes until tender.
2. Add carrots, salt, pepper, fennel, and crushed red pepper. Sauté an additional 2-3 minutes.
3. Add black-eyed peas and water. Cook uncovered over medium heat for 20-25 minutes.
4. Add turkey ham and kale. Cook uncovered over low heat for another 10 minutes, until kale is tender.
5. Serve with an 8 oz ladle or 1 cup.

### RECIPE GROUP: *Vegetable*

Portion Yield	25
Portion Size	1 cup
HACCP Process	2 - Same Day Service

### Meal Pattern Components

Meat/Meat Alt	1 ½ oz eq
Grain	N/A
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



Adapted from Recipes for Healthy Kids Cookbook for Child Care Centers.



Legumes can be counted as a meat alternate so then 1 cup of soup would provide ½ oz eq meat alternate and ½ cup vegetable.



## Tuscan Grilled Cheese

### Ingredients

Margarine, trans-fat free	3 oz or ¼ cup 2 tbsp
Garlic powder	1 tsp
Basil, dried	½ tsp
Oregano, dried	½ tsp
Bread, sliced, whole grain	50 each
Mozzarella cheese, low-fat, sliced	12 ½ oz or 25 each
Baby Spinach, fresh	1 lb
Tomatoes, fresh, sliced	1 lb 9 oz

### Directions

1. Preheat conventional oven to 400F. Melt margarine in a large stock pot.
2. Add garlic, basil, and oregano. Stir well. Set aside.
3. Place slices on a sheet pan, spray with pan release spray. Place 1 slice cheese on top of each slice of bread. Place 2/3 cup spinach. Place 1 tomato slice. Finally, place 1 slice of bread on top.
4. Brush the top of the bread slices with the margarine. Bake until light browned for about 15-20 minutes.
5. Serve one sandwich, sliced in half.

### RECIPE GROUP: *Sandwich*

Portion Yield	25
Portion Size	1 each
HACCP Process	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	½ oz eq
Grain	2 oz eq
Fruit	N/A
Vegetable	¼ cup
Milk	N/A

★ Recipe on [theicn.org](http://theicn.org) from the USDA Standardized Recipes Project

🍴 A spin on a classic favorite! Serve with tomato soup.





## Chicken Fajita

### Ingredients

Chicken strips, frozen, cooked, thawed	3 lb 4 oz or 3 qt 2 cups
Ground black pepper	2 tsp
Garlic powder	2 tsp
Chili powder	1 tbsp
Cumin, ground	1 tbsp
Oregano, dried	1 tsp
Ancho chili powder*	3 tbsp
Carrots, frozen, thawed, drained	3 lb 4 oz or 2 qt 2 cups
Cranberries, dried	8 oz
Corn starch	1 tbsp 2 tsp

### Directions

1. Combine chicken, pepper, garlic powder, chili powder, cumin, oregano, and ancho chili powder in a large bowl. Stir well. Cover tightly. Allow chicken mixture to marinate for 12-24 hours.
2. Place chicken in a large stock pot. Cook uncovered over medium-high heat for 2 minutes. Set aside.
3. In another pot, add peppers and onions. Cook uncovered over medium-high heat until onions are translucent.
4. In a medium stock pot, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes. Stir occasionally.
5. Combine chicken, peppers, onions, and corn mixtures in a large bowl. Toss well.
6. Serve one fajita by scooping ½ cup portion of chicken mixture (No. 8 scoop). Spread filling on half of tortilla and fold in half.

### RECIPE GROUP: *Meat*

Portion Yield	25
Portion Size	1 each
HACCP Process	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	2 oz eq
Grain	1 oz eq
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



\*Mexican seasoning mix can be used instead of ancho chili powder: Combine 1 tbsp dried oregano, 1 tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 tbsp chili powder, 1 tbsp ground cumin, 1 tbsp & 2 tsp paprika, 1 tbsp & 2 tsp onion powder, 2 tbsp dried minced onion, 2 tsp salt.



## Spanish Rice

### Ingredients

Cilantro, fresh, minced	1 oz or 1 ¼ cups
Onions, fresh, minced	1 lb 3 oz or 3 ¾ cups
Green peppers, fresh, minced	1 lb 3 oz or 3 ½ cups
Garlic, minced	2 each
Canola oil	2 tbsp
Celery, fresh, minced	4 oz or ¾ cup
Corn, frozen	1 lb 3 oz
Salt	1 ½ tsp
Black pepper, ground	½ tsp
Chili powder	2 tsp
Cumin, ground	1 tsp 1 tsp
Paprika	2 tsp
Onion powder	½ tsp
Cinnamon	½ tsp
Garlic powder	1 tsp
Oregano	1 tsp
Beef broth, low-sodium	1 qt
Tomato paste, canned	4 ½ oz or ½ cup
Tomatoes, canned, diced, undrained	10 oz or 1 1/3 cups
Brown rice, dry, parboil	1 lb 9 oz or 1 qt
Lime juice	2 each or ¼ cup

### Directions

1. Preheat oven to 350F. Place cilantro, onions, peppers, and garlic cloves in a food processor. Blend ingredients until minced.
2. Heat oil in a medium stock pot. Add the onion mixture and cook uncovered over medium heat for 2 minutes. Add the celery, corn, salt, pepper and spices. Cook another minute, stirring constantly.
3. Add beef broth, tomato paste, and diced tomatoes. Bring to a boil. Reduce to low heat and stir occasionally.

### RECIPE GROUP: *Whole Grain*

Portion Yield	25
Portion Size	½ cup
HACCP Process	
	2 – Same Day Service

### Meal Pattern Components

Meat/Meat Alt	N/A
Grain	1 oz eq
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



This dish has a ton of flavor, making it a great side dish for a variety of meals.

### Directions (Cont.)

4. Cook rice by adding rice to a steam pan, adding beef broth mixture, stir and cover tightly. Bake in the conventional oven at 350F for 45 minutes.
5. Remove from oven, Squeeze lime juice over rice. Stir well. Garnish with cilantro. Serve ½ cup of a No. 8 scoop.