



CACFP WEEK

*Recipe Collection*

One whole week of CACFP-creditable meals and snacks.



## BREAKFAST

## *Recipes*

1. BREAKFAST PIZZA WITH HASHBROWN CRUST
2. CINNAMON FRENCH TOAST STICKS
3. GRANOLA
4. LOADED WHOLE GRAIN MUFFINS
5. CINNAMON CRISPS WITH FRUIT SALSA

## BREAKFAST PIZZA WITH HASHBROWN CRUST

### Ingredients

1 Pound Turkey Breast, Ground, Raw (no more than 15% fat)	¼ Teaspoon Red Pepper Flakes	1 Cup Cheddar Cheese, Low-Fat
1 Teaspoon Whole Fennel Seeds	2½ Teaspoons Whole Coriander Seeds	1 Tablespoon + 1 Teaspoon Green Onion, Fresh, Diced
1 Teaspoon Salt	3 Tablespoons Canned Applesauce, Unsweetened	1½ Cups Red Bell Pepper, Fresh, Diced
¼ Teaspoon Cayenne Pepper	3 Pounds Hash Brown Potatoes, Frozen, Thawed	
½ Teaspoon Ground Sage	10 Ounces Whole Eggs, Frozen, Thawed	

### Directions

1. Combine turkey, fennel, salt, cayenne pepper, sage, red pepper flakes, coriander, and applesauce in a large bowl. Stir well.
2. In a large stock pot, add turkey mixture. Cook uncovered over medium–high heat for 10 minutes.
3. Remove turkey from heat. Drain turkey in a colander. Set aside for step 4.
4. Combine  $\frac{2}{3}$  cup (about 5 oz) turkey, hash browns, and eggs in a large bowl. Stir well. Set remaining turkey aside for step 7. Set hash brown mixture aside for step 5.
5. Pour 2 quarts (about 3 lb 10 oz) hash brown mixture into a half sheet pan (18" x 13" x 1") lightly coated with pan release spray. Spread evenly.
6. Bake in conventional oven at 425°F for 30 minutes OR in convection oven at 400°F for 20 minutes.
7. Sprinkle the crust with remaining turkey, cheese, onions, and bell peppers.
8. Bake in conventional oven at 425°F for 15 minutes OR in convection oven at 400°F for 10 minutes.
9. Cut each pan 5 x 5 (25 pieces per pan).

YIELD:  
25 PIECES

### Crediting

Provides a Meat/Meat Alternate and Vegetable at Breakfast:

Toddler  
½ Piece

Preschool  
1 Piece

School Age  
1 Piece

Adult  
2 Pieces

## CINNAMON FRENCH TOAST STICKS

### Ingredients

6 Hot Dog Buns,  
Enriched or Whole Grain-Rich  
(at least 1 ounce each)

2 Large Eggs

$\frac{3}{4}$  Cup Milk

$1\frac{1}{2}$  Teaspoon Vanilla Extract

1 Tablespoon Maple Syrup

2 Tablespoons Butter

2 Tablespoon Cinnamon  
Sugar

### Directions

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. Slice the hotdog buns in quarters, so you have four long “sticks”.
3. In a medium bowl, whisk together the milk, eggs, vanilla, maple, salt, and 1 tablespoon melted butter.
4. Place the sliced hotdog buns and let them soak in the milk mixture for about 1 minute. Remove, allowing any excess to drip off back into the bowl.
5. Place on the prepared baking sheet and bake for 10 minutes.
6. While they are in the oven, in a small bowl, whisk together the butter and cinnamon sugar and set aside.
7. Remove the sticks from the oven after 10 minute and brush with the cinnamon mixture.
8. Return to the oven for another 10 minutes.

YIELD:  
24 STICKS

### Crediting

Provides a Grain/Bread at Breakfast:

Toddler  
2 Sticks

Preschool  
2 Sticks

School Age  
4 Sticks

Adult  
8 Sticks

## GRANOLA

### Ingredients

¼ Cup Brown Sugar

½ Cup Apple Juice

1 Tablespoon + 2 Teaspoons  
Canola Oil

⅛ Cup + 1 Tablespoon +  
1¼ Teaspoons Honey

1½ Teaspoons Ground  
Cinnamon

2 Teaspoons Vanilla Extract

15 Ounces Oats, Rolled, Dry

2 Ounces Coconut,  
Sweetened, Shredded

### Directions

1. In a large stock pot, add brown sugar, apple juice, canola oil, honey, salt, cinnamon, and vanilla extract. Heat uncovered over medium heat for 4 minutes. DO NOT BOIL.
2. Combine brown sugar mixture and oats in a large bowl. Toss to coat evenly.
3. Transfer 1 quart 1½ cups (about 1 lb 10 oz) granola to a half sheet pan (18" x 13" x 1").
4. Bake in conventional oven at 250°F for 1 hour 15 minutes OR in convection oven at 200°F for 1 hour 15 minutes.
5. Remove from oven. Allow granola to sit at room temperature for at least 2 hours.
6. Fold in coconut.

YIELD:  
1 QT + ⅛ CUP

### Crediting

Provides a Grain/Bread at Breakfast:

Toddler  
⅛ Cup

Preschool  
⅛ Cup

School Age  
¼ Cup

Adult  
½ Cup

## LOADED WHOLE GRAIN MUFFINS

### Ingredients

¾ Cup + 3 Tablespoons Enriched All Purpose Flour	2 Tablespoons + 1½ Teaspoons Brown Sugar, Packed	⅓ Cup + 1 Tablespoon Raisins, Packed
1 Cup + 2 Tablespoons Whole Wheat Pastry Flour	¾ Teaspoon Ground Cinnamon	½ Cup + 2 Tablespoons Fresh Carrots, Grated
3 Tablespoons + 2 Teaspoons Instant Nonfat Dry Milk	½ Teaspoon Salt	½ Cup + 2 Tablespoons Fresh Zucchini, Grated
1 Tablespoon + ¾ Teaspoon Baking Powder	1 Large Egg	¼ Cup + 1 Tablespoon Canned Crushed Pineapple
2 Tablespoons + 1½ Teaspoons Granulated Sugar	¾ Teaspoon Vanilla Extract	Cooking Spray (as needed)
	¾ Cup Water	
	3 Tablespoons + 2 Teaspoons Vegetable Oil	

### Directions

1. Combine flour, dry milk, baking powder, sugar, brown sugar, cinnamon, and salt in a mixing bowl. Mix on low speed for 5 minutes.
2. In a separate bowl, combine eggs, vanilla, water and oil. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, about 15-20 seconds. Fold in raisins, carrots, zucchini, and pineapple.
3. DO NOT OVERMIX. Batter will be lumpy.
4. For muffin pans: portion batter with ⅓ cup (2 Tbsp) into muffin pans that have been lightly coated with cooking spray or paper lined.
5. Bake in conventional oven at 400°F for 18-20 minutes OR in convection oven at 350°F for 12-15 minutes.

YIELD:  
25 MUFFINS

### Crediting

Provides a Grain/Bread at Breakfast:

Toddler  
1 Muffin

Preschool  
1 Muffin

School Age  
2 Muffins

Adult  
4 Muffins

## CINNAMON CRISPS WITH FRUIT SALSA

### Ingredients

25 6" Tortillas, Whole Wheat Flour

½ Cup Granulated Sugar

½ Cup Ground Cinnamon

1 Tablespoon Margarine, Solid

2 Pounds + 8 Ounces Fresh Strawberries

2 Pounds + 8 Ounces Fresh Blueberries

2 #10 Cans Pineapple Tidbits, Canned in Natural Juice

1 #10 Can Peaches, Diced, Yellow Cling, Canned in Natural Juice or Light Syrup

### Directions

1. Preheat conventional oven to 350°F or convection oven to 375°F.
2. Wash fresh fruit and drain prior to preparation.
3. Using a pizza cutter or sharp knife, cut each tortilla into 8 wedges. Lay flat on a baking sheet.
4. Mix sugar and cinnamon together and set aside.
5. Melt margarine. Brush tortilla wedges with melted margarine. Sprinkle cinnamon and sugar mixture on tortillas.
6. Bake in oven for 8 to 10 minutes or until light brown. Set aside to cool.
7. Hull fresh strawberries. Dice strawberries and place in mixing bowl.
8. Add fresh blueberries to bowl with strawberries.
9. Drain juice from pineapple. Add well drained pineapple to bowl with strawberries and blueberries.
10. Drain juice from peaches. Add well drained peaches in bowl with remaining fruit.

YIELD:  
50 PORTIONS

### Crediting

Provides a Grain/Bread and Fruit at Breakfast:

Toddler

4 Crisps + ¼ Cup Salsa

Preschool

4 Crisps + ½ Cup Salsa

School Age

8 Crisps + ½ Cup Salsa

Adult

16 Crisps + ½ Cup Salsa



## SNACK

## *Recipes*

1. ROASTED CAULIFLOWER POPCORN
2. FRUITY DIP
3. SUNNY SNACK MIX
4. ZUCCHINI NIBBLES
5. BANANA BREAD SQUARES



## ROASTED CAULIFLOWER POPCORN

### Ingredients

5 Pounds Cauliflower Florets

$\frac{3}{4}$  Cup Olive Oil

$\frac{1}{2}$  Tablespoon Salt

$\frac{1}{2}$  Tablespoon Pepper

$\frac{1}{2}$  Tablespoon Smoked  
Paprika

$\frac{1}{2}$  Tablespoon Onion Powder

$\frac{1}{2}$  Tablespoon Garlic Powder

$1\frac{1}{2}$  Teaspoons Chili Powder

### Directions

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

YIELD:  
17½ CUPS

### Crediting

Provides a Vegetable at Snack:

Toddler  
 $\frac{1}{2}$  Cup

Preschool  
 $\frac{3}{4}$  Cup

School Age  
 $\frac{3}{4}$  Cup

Adult  
 $\frac{1}{2}$  Cup



## FRUITY DIP

### Ingredients

64 Ounces Yogurt, Plain

4 Teaspoons Vanilla

Sprinkle of Cinnamon

½ Cup Orange Juice

### Directions

1. Mix all ingredients in a bowl.
2. Refrigerate until service.

YIELD:  
8 CUPS

### Crediting

Provides a Meat/Meat Alternate at Snack:

Toddler  
¼ Cup

Preschool  
¼ Cup

School Age  
½ Cup

Adult  
½ Cup



## SUNNY SNACK MIX

### Ingredients

4½ Cups Whole Grain Corn  
Square-Shaped Cereal

¾ Cup Sunflower Seeds

2 Tablespoons Corn Syrup

1½ Tablespoons Brown  
Mustard

½ Teaspoon Garlic Salt

### Directions

1. In large microwavable bowl, mix cereal and sunflower seeds.
2. In small microwavable bowl, mix corn syrup, mustard and garlic salt. Microwave uncovered on High about 1 minute or until mixture boils. Pour over cereal mixture; toss to coat.
3. Microwave uncovered on High 3 to 4 minutes, stirring every minute, until slightly toasted. Spread mixture on waxed paper to cool.

YIELD:  
5¼ CUPS

### Crediting

Provides a Grain/Bread and Meat/Meat Alternate at Snack:

Toddler  
1 Cup

Preschool  
1 Cup

School Age  
2 Cups

Adult  
2 Cups

## ZUCCHINI NIBBLES

### Ingredients

2 Cups Zucchini, Grated	4 Ounces Cheddar Cheese, Shredded	¼ Teaspoon Pepper
2 Eggs, Whisked		2 Cups Spaghetti Sauce for Dipping
½ Cup Onion, Diced	½ Cup Panko Breadcrumbs	
1 Clove Garlic, Minced	½ Teaspoon Salt	

### Directions

1. Preheat oven to 400°F and grease a mini muffin tin.
2. Season the zucchini with a pinch of salt and place in the middle of a thin kitchen towel. Pat dry to absorb all liquid, wring it out and transfer to a large bowl.
3. To the shredded zucchini, add the egg, onion, garlic, cheese, panko breadcrumbs, salt, and pepper. Stir till evenly combined.
4. Scoop the mixture into the mini muffin tin, filling each of the 24 wells with about 1½ tablespoons of mix.
5. Bake for 15-18 minutes, or until golden. Allow the zucchini nibbles to cool slightly before transferring to a wire rack to cool.

YIELD:  
24 NIBBLES

### Crediting

Provides a Grain/Bread and Meat/Meat Alternate at Snack:

Toddler

4 Nibbles + ¼ Cup Sauce

Preschool

4 Nibbles + ¼ Cup Sauce

School Age

6 Nibbles + ½ Cup Sauce

Adult

4 Nibbles + ¼ Cup Sauce

## BANANA BREAD SQUARES

### Ingredients

3¼ Cups Whole-Wheat Flour	1 Teaspoon Ground Nutmeg	½ Cup Vegetable Shortening, Trans-Fat Free
1¼ Cups + 1 Tablespoon Sugar	½ Teaspoon Salt	1½ Cups Fresh Bananas, Mashed
⅛ Cup Instant Non-Fat Dry Milk	3½ Ounces Frozen Whole Eggs, Thawed	¾ Cup Chopped Walnuts (optional)
2½ Teaspoons Baking Powder	⅔ Cup Water	½ Cup Sweetened Coconut, Shredded (optional)
½ Teaspoon Baking Soda	1 Teaspoon Vanilla Extract	

### Directions

1. Place flour, sugar, instant dry milk, baking powder, baking soda, nutmeg, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 3.
2. Combine eggs, water, and vanilla in a large bowl. Stir well.
3. Add shortening and egg mixture to dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed.
4. Add mashed bananas. Add walnuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. Batter will be lumpy. DO NOT OVERMIX.
5. Pour 1 quart 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2½") lightly coated with pan-release spray.
6. (Optional) Sprinkle coconut flakes on top of banana mixture before baking.
7. Bake until golden brown in conventional oven at 350°F for 35–45 minutes OR in convection oven at 300°F for 25–35 minutes.
8. Cut each pan 5 x 5 (25 pieces per pan).

YIELD:  
25 SQUARES

### Crediting

Provides a Grain/Bread and Meat/Meat Alternate at Snack:

Toddler  
½ Square

Preschool  
½ Square

School Age  
1 Square

Adult  
1 Square



## LUNCH/SUPPER

## *Recipes*

1. PIZZA BITES
2. POTATO BOATS
3. HOMEMADE BLACKBEAN VEGGIE BURGERS
4. LUNCHTIME PASTA SALAD
5. BAKED ORANGE CHICKEN



## PIZZA BITES

### *Ingredients*

6 Mini Bagels, Enriched or Whole Grain-Rich (at least 1 oz each)

½ Cup Chopped Onion

1 Cup Chopped Green Bell Pepper

1 Pound Ground Beef, No More than 20% Fat

16 Ounce Can Tomato Sauce

2 Ounces (½ Cup) Shredded Mozzarella Cheese

### *Directions*

1. Preheat oven to 350°F. Spray a 9 x 13 casserole dish with nonstick cooking spray and place the bagels in the dish and set aside.
2. Heat a large skillet over medium high heat, then add the onion and bell pepper. Cook until tender, about 7 minutes.
3. Add the ground beef and break it up, cooking and stirring until the meat is no longer pink.
4. Add the tomato sauce to the ground beef/vegetable mixture and stir thoroughly. Cook for an additional 5 minutes, until mixture is heated through.
5. Divide the beef mixture evenly among the bagels in the prepared dish and sprinkle with shredded cheese.
6. Bake the pizza boats for 15 minutes or until cheese is melted and bubbly.
7. Provides a meat/alt, grain and a vegetable at lunch/supper

YIELD:  
6 BITES

### *Crediting*

Provides a Meat/Meat Alternate, Grain/Bread and Vegetable at Lunch/Supper:

Toddler  
½ Bagel

Preschool  
1 Bagel

School Age  
1 Bagel

Adult  
1 Bagel





## POTATO BOATS

### *Ingredients*

4 Pounds Potato Boats,  
Frozen, Thawed

3 Pounds Diced Turkey  
Ham, Fully-Cooked, Frozen,  
Thawed

3 Pounds Fresh Broccoli  
Florets, Chopped OR

2 Pounds + 8 Ounces Frozen  
Broccoli Florets, Thawed,  
Chopped

1 Pound Shredded Cheddar  
or Cheddar Jack Cheese

2 Cups Plain Yogurt or Sour  
Cream (optional)

2 Cups Salsa or Diced  
Tomatoes (optional)

2 Cups Additional Shredded  
Cheese (optional)

### *Directions*

1. Preheat oven to 400°F.
2. In large mixing bowl, combine diced turkey ham (thawed), chopped broccoli (fresh or frozen, thawed) and shredded cheese. Mix until all ingredients are well combined.
3. In prepared or lined sheet pan(s), place thawed potato boats.
4. Using #12 scoop ( $\frac{1}{3}$  cup), portion mixture into each potato boat.
5. Bake in preheated oven for 18-20 minutes or until mixture is heated thoroughly and internal temperature reaches a minimum of 165°F.
6. To serve, portion optional toppings into serving bowls. Cover. Add appropriate serving utensils. Allow each child the opportunity to customize their potato boats with toppings, if desired.

YIELD:  
64 BOATS

### *Crediting*

Provides a Meat/Meat Alternate and Vegetable at Lunch/Supper:

Toddler  
1½ Boats

Preschool  
2 Boats

School Age  
3 Boats

Adult  
3 Boats

## HOMEMADE BLACK BEAN VEGGIE BURGERS

### *Ingredients*

1 16 Ounce Can Black Beans,  
Drained and Rinsed

½ Green Bell Pepper,  
Finely Chopped

½ Onion, Finely Chopped

3 Cloves Garlic,  
Peeled and Minced

2 Large Eggs

1 Tablespoon Chili Powder

1 Tablespoon Cumin

½ Cup Bread Crumbs

### *Directions*

1. Preheat oven to 375° F.
2. In a medium bowl, mash black beans with a fork until thick and pasty. Stir in bell pepper, onion, and garlic.
3. In a small bowl, stir together eggs, chili powder, and cumin.
4. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together.
5. Divide mixture into four patties.
6. Place patties on baking sheet, and bake about 10 minutes on each side.

YIELD:  
4 BURGERS

### *Crediting*

Provides a Meat/Meat Alternate at Lunch/Supper:

Toddler  
½ Burger

Preschool  
1 Burger

School Age  
1 Burger

Adult  
1 Burger

## LUNCHTIME PASTA SALAD

### *Ingredients*

4 Ounces Whole Wheat  
Pasta Shells

1 Cup Cherry Tomatoes

4 Ounce Mozzarella Cheese

2 Cups Fresh Spinach  
or Lettuce

8 Ounces Deli Ham (no  
binder, filler or extenders)

3 Tablespoons Olive Oil

¼ Teaspoon Salt

¼ Teaspoon Black Pepper,  
Ground

2 Tablespoons Lemon Juice

### *Directions*

1. Cook pasta according to package directions, then drain and allow to cool.
2. Quarter cherry tomatoes, cut mozzarella into cubes, chop spinach, and dice the ham.
3. Add the tomatoes, cheese, spinach, and ham to the pasta; toss to combine.
4. Whisk together olive oil, salt, pepper, and 1-2 tablespoons lemon juice to taste.
5. Top salad with dressing and serve.

YIELD:  
6 CUPS

### *Crediting*

Provides a Grain/Bread, Meat/Meat Alternate and Vegetable at Lunch/Supper:

Toddler  
⅔ Cup

Preschool  
1 Cup

School Age  
1⅓ Cups

Adult  
1⅓ Cups

## BAKED ORANGE CHICKEN

### *Ingredients*

24 Ounces Boneless,  
Skinless Chicken Breasts  
(about 4 medium),  
Cut into 20 - 1" Pieces

1 Cup All-Purpose Flour

2 Large Eggs

3 Cups Panko Breadcrumbs

1 Teaspoon Sesame Oil

2 Teaspoons Olive Oil

1 Tablespoon Minced Garlic

1 Teaspoon Fresh Ginger,  
Grated

¼ Cup Hoisin Sauce

1½ Cups Orange Marmalade

2 Tablespoons Soy Sauce

### *Directions*

1. Preheat the oven to 450°F.  
Line a baking sheet with foil and grease it with cooking spray.
2. Add the flour to a sealable plastic bag then add the chicken and seal the bag. Shake the bag until the chicken is coated all over.
3. Add the eggs to a shallow dish and whisk them until combined. Add the breadcrumbs to a second shallow dish. Remove each piece of chicken from the bag, shake off any excess flour, then dip it in the eggs then breadcrumbs and place it on the prepared baking sheet. Repeat the coating process with all of the chicken pieces and arrange them in a single layer on the prepared baking sheet.
4. Bake the chicken pieces for 20 to 25 minutes, flipping them once halfway through, until they are golden brown and fully cooked.
5. Add the sesame oil and olive oil to a small saucepot set over medium-low heat. Add the garlic and ginger and cook, stirring, for about 3 minutes until golden brown. Add the hoisin sauce, orange marmalade, soy sauce and crushed red pepper flakes (optional), and cook, stirring occasionally, for 5 minutes.
6. Remove the chicken pieces from the oven and transfer them to a large bowl. Add the sauce to the bowl and toss until combined.

YIELD:  
20 PIECES

### *Crediting*

Provides a Meat/Meat Alternate at Lunch/Supper:

Toddler  
2 Pieces

Preschool  
3 Pieces

School Age  
4 Pieces

Adult  
4 Pieces