



SPAGHETTI TACOS

January 4

National Spaghetti Day




INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 6 Ounces Angel Hair Pasta (enriched or whole grain)
- 1½ Cups Spaghetti Sauce
- 6 Taco Shells (enriched or whole grain)
- 2 Tablespoons Parmesan Cheese

DIRECTIONS

1. Cook ground beef in a skillet until it reaches an internal temperature of 160 degrees.
2. In a stockpot, cook angel hair pasta according to package directions.
3. After draining cooked pasta, mix the spaghetti sauce and the pasta together in the stockpot.
4. Spoon 1½ ounces of cooked ground beef into each taco shell and top with ¼ cup of pasta.
5. Sprinkle with Parmesan cheese before serving.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

6 Tacos

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Taco	1 Taco	2 Tacos	2 Tacos

MEDITERRANEAN QUINOA SALAD



January 6

National Bean Day



INGREDIENTS

- 1½ Cups Cooked Quinoa
- 1½ Cups Chickpeas
- 1 Cup Diced Cucumber
- ½ Cup Shredded Carrot
- ½ Cup Feta, Mozzarella or Cheddar Cheese
- ¼ Cup Sunflower Seeds
- ¼ Cup Fresh Lemon Juice
- ¼ Cup Olive Oil

DIRECTIONS

1. Mix all ingredients except lemon juice and oil together in a large bowl.
2. In a small bowl, whisk together juice and oil.
3. Toss dressing with the rest of the ingredients.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Snack

YIELD

6 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	¾ Cup	1 Cup	1 Cup



APRICOT CHICKEN

January 9

National Apricot Day

INGREDIENTS

- 1 Pound Boneless, Skinless Chicken Breasts
- 1 Cup Apricot Preserves
- 1 Cup Catalina or Russian Dressing
- 2 Tablespoons Dijon Mustard
- 2 Ounces Dried Onion Soup Mix

DIRECTIONS

1. Cut chicken breast into pieces that are $\frac{3}{4}$ ounce each.
2. In a medium-sized bowl, combine apricot preserves, Catalina dressing, onion soup mix, and Dijon mustard. Mix well.
3. Preheat oven to 375 degrees. Place chicken in a greased 9x13 baking dish. Pour apricot mixture evenly over chicken and bake 40-45 minutes or until chicken is cooked through.
4. You may also cook this recipe in a slow cooker. To do that, place the chicken in the slow cooker and pour apricot mixture over the top. Cook on high for 2-3 hours or low for 4-6 hours.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

21 Pieces

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Pieces	3 Pieces	4 Pieces	4 Pieces



BEST HOMEMADE MACARONI AND CHEESE

January 11

National Milk Day



INGREDIENTS

- 16 Ounces Elbow Macaroni (enriched or whole grain)
- 6 Tablespoons Salted Butter
- 1/3 Cup Grated Onion
- 2 Teaspoons Dry Mustard
- 1/4 Teaspoon Pepper
- 6 Tablespoons All-Purpose, Enriched Flour
- 3 1/2 Cups Milk
- 1 3/4 Cups Heavy Cream
- 16 Ounces Shredded Cheddar Cheese

DIRECTIONS

1. Preheat the oven to 350 degrees and prepare the macaroni according to the package directions.
2. Melt butter in a large saucepan over medium heat. Add onion, dry mustard, and pepper. Cook, stirring, for 30 seconds.
3. Add flour, and cook, stirring, until golden, 2 minutes.
4. Gradually whisk in milk and cream. Bring to a boil, whisking occasionally. Reduce heat to medium-low; simmer, whisking, until slightly thickened, 5 minutes.
5. Remove saucepan from heat; stir all the shredded Cheddar cheeses except 1/4 cup (reserved for topping).
6. Stir in pasta and diced cheeses; pour into a lightly greased 13- x 9-inch (3-quart) baking dish.
7. Bake on a rimmed baking sheet in preheated oven until bubbly and golden, 30 minutes.
8. Remove from oven; increase oven temperature to broil. Sprinkle with reserved shredded cheeses; broil 6 inches from heat until cheeses are melted and golden, about 2 minutes. Remove from oven; cool slightly on a wire rack, about 15 minutes.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

10 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/3 Cup	1/2 Cup	2/3 Cup	1 1/3 Cups



PIZZA BAGELS

January 15

National Bagel Day



INGREDIENTS

- 3 Mini-Bagels (at least 14 grams each, enriched or whole grain)
- 6 Tablespoons Pizza Sauce
- 3 Ounces Shredded Mozzarella Cheese

DIRECTIONS

1. Heat oven to 425 degrees.
2. Split mini bagels in half and spread each half with 1 tablespoon pizza sauce and ½ ounce of cheese.
3. Bake for 5-10 minutes or until cheese is melted.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Snack

YIELD

6 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Pizza Bagel	1 Pizza Bagel	2 Pizza Bagels	2 Pizza Bagels



RANCH POPCORN

January 19

National Popcorn Day

INGREDIENTS

- 12 Cups Popcorn
- 1/3 Cup Melted Butter
- 1/4 Cup Parmesan Cheese
- 2 Tablespoons Ranch Salad Dressing Mix
- 1 Teaspoon Dried Parsley Flakes
- 1/4 Teaspoon Onion Powder

DIRECTIONS

1. Place the popcorn in an ungreased 13x9-in. baking pan. Combine the remaining ingredients; pour over popcorn and toss to coat.
2. Bake, uncovered, at 350° for 10 minutes or until lightly browned.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

8 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
N/A Popcorn is a choking hazard	1½ Cups	3 Cups	3 Cups

CHEESY POTATO PANCAKES



January 20

National Cheese Lovers Day



INGREDIENTS

- 2 Cans (14½ Ounces Each) Sliced Potatoes
- 2 Eggs
- ½ Cup Milk
- 1 Cup All-Purpose, Enriched Flour
- 4 Ounces Parmesan Cheese
- 8 Ounces Cheddar Cheese
- 1 Teaspoon Baking Powder
- 4 Tablespoons Vegetable Oil

DIRECTIONS

1. Drain and slice canned potatoes.
2. Mix together potatoes, eggs, and milk in a large bowl.
3. Stir flour, Parmesan cheese, Cheddar cheese and baking powder into potato mixture using a fork.
4. Heat oil in a large skillet over medium heat.
5. Divide potato mixture evenly into 11 pancakes.
6. Cook patties until golden brown, about 4 minutes per side.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Breakfast

YIELD

11 Pancakes

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Pancake	2 Pancakes	2 Pancakes	2 Pancakes



STRAWBERRY BANANA PEANUT BUTTER QUESADILLAS

January 24

National Peanut Butter Day

INGREDIENTS

- 4 Tortillas (enriched or whole grain, at least 1 ounce each)
- 8 Tablespoons Creamy Peanut Butter or Other Nut Butter
- ½ Cup Sliced Strawberries
- ½ Cup Sliced Banana
- ¼ Teaspoon Cinnamon

DIRECTIONS

1. Spray a medium skillet with cooking spray and heat over medium heat.
2. Spread 2 tablespoons of peanut butter on each tortilla.
3. Arrange 2 tablespoons of strawberries and 2 tablespoons of bananas on each tortilla and sprinkle with cinnamon.
4. Fold the tortilla in half and place on the skillet. Cook for 2 minutes and then flip and cook for an additional 2 minutes.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

4 Quesadillas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Quesadilla	½ Quesadilla	1 Quesadilla	2 Quesadillas



BLUEBERRY PANCAKES

January 28

National Blueberry Pancake Day

INGREDIENTS

- 2 Cups Enriched Flour
- 1 Tablespoon Baking Powder
- 1 Teaspoon Baking Soda
- 1 Teaspoon Salt
- ¼ Cup Sugar
- 1 Cup Buttermilk
- ¾ Cup Milk
- 2 Eggs, beaten
- 1 Cup Fresh or Frozen (thawed) Blueberries

DIRECTIONS

1. Start by making the batter. In a large bowl, combine flour, baking powder, baking soda, salt and sugar. Stir to combine.
2. Add buttermilk, milk and eggs and stir just enough to combine.
3. Spray a skillet with cooking spray and heat over medium-low heat. Scoop ¼ cup of batter and 1 tablespoon of blueberries in skillet.
4. Flip pancake when bubbles appear on the surface.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

8 Pancakes

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pancake	½ Pancake	1 Pancake	2 Pancakes

FRITO PIE



January 29

National Corn Chip Day




INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 14 Ounces Corn Chips (enriched or whole grain)
- 1 Medium Onion, Chopped
- 2 Cans (10 Ounces Each) Enchilada Sauce
- 3 Cans (15 Ounces each) Ranch Style Beans
- 12 Ounces Shredded Cheddar Cheese

DIRECTIONS

1. Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat 6-8 minutes or until beef is no longer pink and onion is tender, crumbling meat; drain. Stir in beans; heat through.
2. Reserve 1 cup corn chips for topping. Place remaining corn chips in a greased 13x9-inch baking dish. Layer with meat mixture, enchilada sauce and cheese; top with reserved chips.
3. Bake, uncovered, 15-20 minutes or until cheese is melted.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

14 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1 Cup	2 Cups	4 Cups

BREAKFAST CROISSANT CASSEROLE



January 30

National Croissant Day

INGREDIENTS

- 6 Eggs
- ¾ Cup Half-and-Half
- ½ Teaspoon Salt
- ⅛ Teaspoon Pepper
- 6 Croissants (at least 34 grams each, enriched or whole grain)
- ½ Pound Chopped Ham
- ½ Cup Chopped Onion
- 1 Cup Baby Spinach
- 1 Cup Shredded Cheddar Cheese

DIRECTIONS

1. Preheat oven to 375 degrees and grease a 9×9 baking dish.
2. In a large bowl, whisk together the eggs, half-and-half, salt and pepper.
3. Rip up the croissants by hand, adding them to the egg mix bowl as you go. Try to rip them in pieces about 1-2 inches in size.
4. Stir in the chopped ham, onions, spinach and 1 cup of the shredded cheddar cheese.
5. Pour the mixture into the prepared casserole dish and sprinkle the top of the casserole with the remaining cheese.
6. Bake for 50 minutes. The casserole should be completely set in the center and not jiggle when touched. The top will be golden brown and all the cheese will be melted.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

10 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1 Cup	1⅔ Cups	3⅓ Cups