

# SLOPPY JOE TATER TOT CASSEROLE

February 2

National Tater Tot Day



## INGREDIENTS

- 32 Ounce Bag Frozen Tater Tots
- 2 Pounds Ground Beef (80/20 or leaner)
- 15 Ounce Can Tomato Sauce
- 8 Ounces Sweet Chili Sauce
- 2 Tablespoon Brown Sugar
- 1 Tablespoon Worcestershire Sauce
- 4 Ounces (1 Cup) Shredded Cheese

## DIRECTIONS

1. Place half of the tater tots in bottom of a 5-quart slow cooker.
2. In a large skillet, cook beef over medium-high heat until no longer pink, 5-6 minutes, breaking into crumbles; drain.
3. Stir in tomato sauce, chili sauce, brown sugar and Worcestershire sauce; reduce heat and simmer 2-3 minutes.
4. Place beef mixture in slow cooker; top with remaining Tater Tots. Cook, covered, on low 4 hours.
5. Top with cheese and let stand, uncovered, 15 minutes before serving.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

16 Cups

## PORTION SIZES

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

# BROCCOLI CHEDDAR SOUP



February 4

National Homemade Soup Day



## INGREDIENTS

- ¾ Cup Chopped Onion
- 4 Tablespoons Butter, Cubed
- ¾ Cup All-Purpose Flour
- ¾ Teaspoon Salt
- ¾ Teaspoon Pepper
- 4½ Cups Milk
- 2¼ Cups Chicken Broth
- 3 Cups Cooked Broccoli
- 12 Ounces (3 Cups) Shredded Cheddar Cheese

## DIRECTIONS

1. In a small saucepan, saute onion in butter until tender.
2. Stir in the flour, salt and pepper until blended; gradually add milk and broth.
3. Bring to a boil; cook and stir until thickened, about 2 minutes.
4. Add broccoli. Cook and stir until heated through.
5. Remove from the heat; stir in cheese until melted.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

6 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	1 Cup



# EASY FETTUCCINE ALFREDO

February 7

National Fettuccine Alfredo Day

## INGREDIENTS

- 1 Pound Fettuccine Pasta (enriched or WGR)
- 2 Tablespoons Butter
- 2 Teaspoons Minced Garlic
- 1 Pint Heavy Whipping Cream
- 1 Cup Parmesan Cheese, Grated
- ½ Teaspoon Garlic Pepper

## DIRECTIONS

1. Cook noodles as directed on the package.
2. While the noodles are cooking, add butter to a pan and let melt.  
Add the minced garlic and saute for 1-2 minutes.
3. Add whipping cream and bring to a simmer. Add 1 cup Parmesan Cheese and mix well.  
(Sauce will thicken up)
4. Add pasta and mix until covered. Top with garlic pepper.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

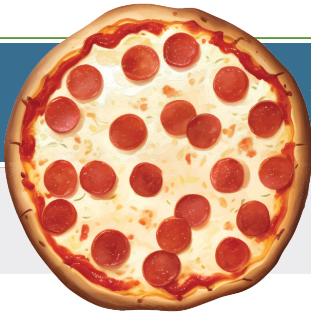
 Lunch/Supper

## YIELD

8 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	¼ Cup	½ Cup	1 Cup



# SPINACH AND CHEESE PIZZA ROLLS

February 9

National Pizza Day



## INGREDIENTS

- 1 Cup Fresh Spinach, Chopped
- 12 Ounces Prepared Pizza Dough (enriched or WGR)
- ¾ Cup Pizza Sauce
- 12 Ounces Shredded Mozzarella Cheese
- ¼ Cup Grated Parmesan Cheese

## DIRECTIONS

1. Preheat the oven to 400 degrees and grease a muffin tin very well, including around the top of each cup since the cheese may spill out a little.
2. Use your hands to stretch the dough into an 11x16-inch rectangle on a piece of parchment paper.
3. Spread pizza sauce over the dough to cover, then sprinkle on the spinach, mozzarella, and parmesan cheese.
4. Starting on one long side, roll the dough up carefully and fairly tightly to enclose the toppings.
5. Use a serrated knife to cut into 12 even slices.
6. Place each slice into a prepared muffin cup and bake for 22-26 minutes until the dough is baked through, the cheese is melted, and the tops are golden.
7. Let cool for 3-5 minutes in the pan to allow the cheese to firm up slightly, then transfer to a wire rack or a plate to serve.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Snack

## YIELD

12 Rolls

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Roll	½ Roll	1 Roll	1 Roll



# CHEESEBURGER CUPS

February 13

National Cheddar Day



## INGREDIENTS

- 16 Ounces Ground Beef (80/20 or leaner)
- 2 Tablespoons Brown Sugar
- 1 Tablespoon Mustard
- 1½ Teaspoons Worcestershire Sauce
- 12 Ounces Refrigerated Biscuits (enriched or WGR)
- 8 Ounces Shredded Cheddar Cheese

## DIRECTIONS

1. In a large skillet, cook beef over medium heat until no longer pink, breaking it into crumbles; drain.
2. Stir in the ketchup, brown sugar, mustard and Worcestershire sauce.
3. Remove from the heat; set aside.
4. Press each biscuit onto the bottom and up the sides of a greased muffin cup.
5. Spoon beef mixture into cups; top with cheese.
6. Bake at 400 degrees for 14-16 minutes or until cups are golden brown.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

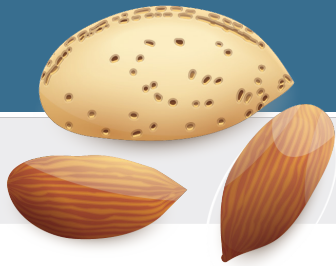
-  Lunch/Supper

## YIELD

12 Cheeseburger Cups

## PORTION SIZES

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



# ALMOND SNACK MIX

February 16

National Almond Day

## INGREDIENTS

- ½ Cup Almonds
- 1 Cup Granola  
(6 grams or less sugar per ounce)
- ¼ Cup Dried Apricot Halves (cut into pieces)
- ½ Cup Raisins
- ¼ Cup Dried Cranberries

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Spread the almonds in a single layer on an ungreased baking sheet.
3. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking.  
Transfer to a plate to cool completely.
4. Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

## MEAL TYPE

-  Snack

## YIELD

2½ Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup	⅓ Cup	⅔ Cup	⅔ Cup



# ETHIOPIAN CABBAGE DISH

February 17

National Cabbage Day

## INGREDIENTS

- ½ Cup Olive Oil
- ½ Pound Carrots, Thinly Sliced
- 6 Ounces Onion, Thinly Sliced
- 1 Pound Shredded Cabbage
- 1 Teaspoon Salt
- ½ Teaspoon Pepper
- ½ Teaspoon Cumin
- ½ Teaspoon Turmeric
- 2 Pounds Potatoes, Peeled and Cut into 1-inch Cubes

## DIRECTIONS

1. Heat olive oil in a skillet over medium heat.
2. Add carrots and onion; cook and stir until beginning to soften, about 5 minutes.
3. Stir in cabbage, salt, pepper, cumin, and turmeric; cook for 15 to 20 minutes.
4. Add potatoes; reduce heat to medium-low, cover, and cook until potatoes are soft, about 20 minutes.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

6 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
⅛ Cup	¼ Cup	½ Cup	½ Cup



## BLENDER FRESH ORANGE MUFFINS

February 20

National Muffin Day

### INGREDIENTS

- 1 Medium Orange
- ½ Cup Orange Juice
- 1 Large Egg
- ½ Cup Butter
- 1 Teaspoon Vanilla
- 1¾ Cups Flour (enriched or WGR)
- ¾ Cup White Sugar
- 1 Teaspoon Baking Powder
- 1 Teaspoon Baking Soda

### DIRECTIONS

1. Preheat your oven to 375 degrees and line a muffin tin with 12 liners.
2. Wash the orange. Cut it into small chunks, making sure to leave the peel ON, and remove any seeds.
3. Place the orange chunks and the orange juice into a blender or food processor. Process until smooth.
4. Then add the egg, butter and vanilla. Process until smooth. You might have to use a spatula to clean off the sides a couple of times.
5. In a separate bowl whisk together the flour, sugar, baking powder and baking soda.
6. Pour the orange mixture into the dry ingredients and combine.
7. Fill the muffin cups with the batter, distributing the batter evenly between the 12 cups.
8. Bake for 15 – 17 minutes. The tops should be lightly golden brown, and toothpick inserted into the center of a muffin should come out clean.

### MEAL PATTERN CONTRIBUTION

 Grain

### MEAL TYPE

 Snack

### YIELD

12 Muffins

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	1 Muffin



# SWEET POTATO BREAKFAST BAKE



February 22

National Cook a Sweet Potato Day

## INGREDIENTS

- 1 Tablespoon Olive Oil
- 1 Cup Diced Sweet Potato
- 1 Pound Fresh Pork Sausage
- ½ Cup Chopped Onion
- ½ Cup Red Bell Pepper, Diced
- 1 Cup Sliced Fresh Mushrooms
- 2 Cups Fresh Spinach
- 5 Eggs
- ⅓ Cup Water
- 1 Teaspoon Dried Thyme

## DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Heat olive oil in a large skillet over medium heat. Add sweet potato; cover and cook, stirring occasionally, until tender, 8 to 10 minutes. Transfer to a large bowl.
3. Cook and stir sausage in the same skillet over medium-high heat until crumbled and browned, 5 to 7 minutes. Add to sweet potato in the bowl.
4. Cook and stir onion and red bell pepper in the same skillet until tender, about 3 minutes. Season with salt and pepper. Add mushrooms and kale; cook until kale softens, about 3 minutes more. Transfer to the bowl.
5. Whisk eggs, water, thyme, salt, and pepper together in a small bowl. Stir into sausage mixture. Pour into an 8x8 baking dish.
6. Bake in the preheated oven until sweet potato starts to brown, 20 to 25 minutes. Let stand for 5 minutes.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

-  Breakfast

## YIELD

8 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	⅔ Cup	1 Cup	1 Cup



# BLUEBERRY BANANA BREAD

February 23

National Banana Bread Day

## INGREDIENTS

- 2 Cups All-Purpose Flour
- 1 Teaspoon Baking Soda
- ½ Teaspoon Salt
- 1 Cup White Sugar
- ½ Cup Butter, Softened
- 2 Large Eggs
- 2 Teaspoons Vanilla Extract
- 2 Ripe Bananas, Mashed
- 1 Cup Blueberries

## DIRECTIONS

1. Preheat the oven to 350 degrees. Grease a loaf pans.
2. Mix flour, baking soda, and salt together in a medium bowl.
3. Beat sugar and butter with an electric mixer in a large bowl until light in color and fluffy.
4. Add eggs, one at a time, mixing well after each addition. Stir in vanilla extract; beat in mashed bananas.
5. Add flour mixture a little at a time, beating until just combined into a thick batter. Fold in blueberries until evenly distributed.
6. Pour batter into the prepared loaf pan.
7. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 30 to 35 minutes. Cool in the pans for 10 minutes, then transfer loaves to cool completely on a wire rack.
8. Cut into 15 even slices.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Snack

## YIELD

15 Slices

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice	½ Slice	1 Slice	2 Slices



# ONE-POT CHILI MAC

February 23

National Chili Day




## INGREDIENTS

- 1 Tablespoon Vegetable Oil
- 2 Medium Onions, Diced
- 8 Ounces Ground Beef (80/20 or leaner)
- 2 Teaspoons Taco Seasoning Mix
- 28 Ounce Can Crushed Tomatoes
- 1½ Cups Broth
- 8 Ounces Dried Elbow Macaroni (enriched or WGR)
- 15.5 Ounce Can Kidney Beans, Drained and Rinsed
- ½ Cup Milk
- 6 Ounces (1½ Cups) Shredded Cheese

## DIRECTIONS

1. Heat the oil in a 3½- to 4-quart pot over medium-high heat until shimmering.
2. Add the onion and cook until light golden-brown, about 5 minutes.
3. Add the ground beef, break into smaller pieces with a wooden spoon or spatula, and cook for about 3 minutes.
4. Add the seasoning and cook for another minute.
5. Pour in the tomatoes, broth, macaroni, and beans.
6. Bring to a boil, then reduce heat to medium-low.
7. Simmer uncovered, stirring occasionally, until the macaroni is tender, about 15 minutes.
8. Stir in the milk and cheese until melted.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

## MEAL TYPE

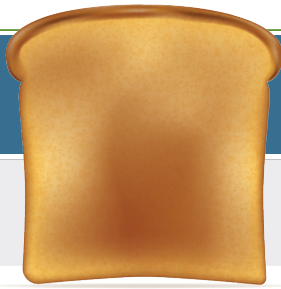
-  Lunch/Supper

## YIELD

8 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	2 Cups



## SHEET PAN EGG IN A HOLE

February 23

National Toast Day



### INGREDIENTS

- 12 Slices Bread (enriched or WGR)
- 12 Large Eggs
- Salt and Pepper (to taste)

### DIRECTIONS

1. Preheat the oven to 400 degrees and spring a large jelly roll pan with non-stick spray.
2. Use a 2¼-inch biscuit cutter to cut a hole in the center of each slice of bread. Arrange the bread slices on the prepared pan.
3. Crack an egg into each hole and bake for 7½ to 10 minutes.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

### MEAL TYPE

-  Lunch/Supper

### YIELD

12

### PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Each	1 Each	2 Each	2 Each

# BREAKFAST NACHOS



February 24

National Tortilla Chip Day



## INGREDIENTS

- 1 Pound Italian Pork Sausage
- 5 Eggs, Lightly Beaten
- 2 Tomatoes, Chopped
- 8 Ounce Package Tortilla Chips
- 1½ Cups Shredded Cheddar Cheese

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cook sausage in skillet, breaking it up with a spoon or spatula as it cooks. Once cooked through and no longer pink, remove with a slotted spoon to paper towels to drain.
3. Add your eggs to the same pan and scramble.
4. Layer tortilla chips on a baking sheet, top with sausage, egg and tomato mixture and cover with cheese.
5. Bake for 7-10 minutes or until cheese is melted.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

 Breakfast

## YIELD

8 Servings

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	1 Cup	2 Cups

# PISTACHIO & PEACH TOAST



February 26

National Pistachio Day

## INGREDIENTS

- ¼ Cup Cream Cheese
- ½ Teaspoon Cinnamon
- 4 Slices Bread  
(at least 28 grams each, enriched or WGR)
- 2 Cups Sliced Peaches, Fresh or Canned
- ¼ Cup Chopped Pistachios

## DIRECTIONS

1. Combine cream cheese and cinnamon in a small bowl.
2. Spread cream cheese mixture on toast and top each slice of toast with ½ cup of peaches and 1 tablespoon of pistachios.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

## MEAL TYPE

-  Snack

## YIELD

4 Slices

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Slice	1 Slice	2 Slices	2 Slices



# STRAWBERRY FLOWERS

February 27

National Strawberry Day



## INGREDIENTS

- 6 String Cheese, 1 Ounce Each
- 4½ Cups Strawberry Slices

## DIRECTIONS

1. Cut each string cheese in half vertically and place on a plate.
2. Arrange strawberry slices around as flower petals, using the string cheese as the stem.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

## MEAL TYPE

-  Snack

## YIELD

6 Flowers

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ String Cheese + ½ Cup Strawberry Slices	½ String Cheese + ½ Cup Strawberry Slices	1 String Cheese + ¾ Cup Strawberry Slices	1 String Cheese + ½ Cup Strawberry Slices



# PROTEIN PANCAKES

February 28

National Pancake Day

## INGREDIENTS

- 1 Cup Old-Fashioned Rolled Oats
- 1 Medium Banana
- 1 Teaspoon Vanilla Extract
- 2 Teaspoons Baking Powder
- 1 Teaspoon Cinnamon
- 1 Egg
- ¼ Cup Low Fat Cottage Cheese

## DIRECTIONS

1. Place all ingredients in a blender and blend until completely smooth, about 30 seconds.
2. Lightly coat a large nonstick skillet or griddle nonstick cooking spray and heat over medium low heat.
3. Drop batter by ¼ cup onto skillet.
4. Cook until bubbles appear on top. Flip cakes and cook until golden brown on underside.

## 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