



PEANUT BUTTER BANANA BREAKFAST LOAF

March 1

Peanut Butter Lovers Day

INGREDIENTS

- 1 Cup Mashed Banana (about 3 medium bananas)
- ½ Cup Sugar
- ½ Cup Brown Sugar
- ½ Cup Vegetable Oil
- ½ Cup Sour Cream
- ½ Cup Peanut Butter
- 2 Eggs
- 1 Teaspoon Vanilla
- 1½ Cups All-Purpose, Enriched Flour
- 1 Teaspoon Baking Soda
- 1 Teaspoon Salt

DIRECTIONS

1. Preheat the oven to 350° and lightly grease a 9x5 loaf pan.
2. In a large bowl, add the bananas, granulated sugar, brown sugar, butter or oil, sour cream, peanut butter, eggs, and vanilla. Whisk until well-combined.
3. Add the flour, baking soda and salt and stir until just combined and no dry streaks remain. Don't over mix.
4. Spread the batter in the prepared pan and bake for 50-60 minutes until a toothpick inserted in the center comes out clean.
5. Let the bread cool for 10-15 minutes. Gently remove from pan to a cooling rack to cool completely.
6. Once cool, please slice the bread into 10 even slices.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

10 Slices

PORTION SIZES

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



SUNKIST CITRUS YOGURT PARFAIT

March 1

National Sunkist Citrus Day




INGREDIENTS

- 3 Cups Yogurt, Any Flavor
(23 grams of sugar per 6 oz or less)
- 3 Cups Fresh Orange Slices or
Mandarin Oranges
- 1½ Cups Pineapple Chunks
(fresh or canned)
- 1½ Cups Granola
(6 grams or sugar per ounce or less)

DIRECTIONS

1. Layer the following in a glass: ¼ cup of yogurt, ¼ cup oranges, ¼ cup pineapple, and 2 tablespoons granola.
2. Then layer again with ¼ cup yogurt, ¼ cup oranges and 2 tablespoons granola.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

6 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Parfait	1 Parfait	1 Parfait	1 Parfait

CREAMY CHICKEN TORTILLA SOUP



March 3

National Soup It Forward Day



INGREDIENTS

- 4 Cups Chicken Broth
- 2 Corn Tortillas
- 2 Teaspoons Chili Powder
- 1 Teaspoon Cumin
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Oregano
- ½ Teaspoon Salt
- 21 Ounces (2 cans) Cream of Chicken Soup
- 18 Ounces Cooked, Shredded Chicken
- 15¼ Ounce Can Sweet Corn (drained)
- 15 Ounce Can Black Beans (drained and rinsed)
- 10 Ounce Can Diced Tomatoes
- ½ Cup Heavy Cream

DIRECTIONS

1. Pour the chicken broth in a large pot and add the 2 corn tortillas and the spices. Bring to a boil, then reduce heat to low and simmer for about 10 minutes or until the tortillas disintegrate into the broth mixture.
2. Whisk in the cream of chicken soup until smooth. Then add the remaining ingredients (shredded chicken, corn, black beans, tomatoes, and heavy cream.) Stir to combine.
3. Simmer for 10 minutes then serve.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

12 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅔ Cup	1 Cup	1½ Cups	1½ Cups



EASY SHEPHERD'S PIE

March 6

National Frozen Food Day



INGREDIENTS

- 30 Ounce Bag Frozen Shredded Hash Brown Potatoes (not diced)
- 4 Tablespoons Melted Butter
- 2 Pounds Ground Beef (20% fat or leaner)
- 1 Onion (chopped fine)
- ½ Teaspoon Dried Thyme
- ¼ Cup All-Purpose Flour
- 2 Cups Beef Broth
- 2 Tablespoons Tomato Paste
- 2 Teaspoons Worcestershire Sauce
- 2 Cups Frozen Peas and Carrots

DIRECTIONS

1. Adjust oven rack to upper-middle position and heat broiler. Toss 30 ounces potatoes with 2 tablespoons butter in a large bowl.
2. Wrap tightly with plastic and microwave until potatoes are tender, about 7 minutes.
3. While potatoes are cooking, cook ground beef and chopped onion in large heatproof skillet over medium-high heat until beef is no longer pink, about 5 minutes. Drain beef mixture in colander.
4. Return drained beef mixture to pan. Stir in thyme and flour and cook until incorporated, about 1 minute.
5. Stir in broth, tomato paste, and Worcestershire. Cook until sauce is thickened, about 5 minutes.
6. Stir in pea and carrot medley and simmer until heated through, about 1 minute.
7. Scatter cooked potatoes over beef mixture and brush with remaining butter. Broil until potatoes are golden brown, 3 to 5 minutes. Serve.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

14 Cups

PORTION SIZES

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



RANCH SNACK MIX

March 7

National Cereal Day

INGREDIENTS

- 4 Cups O-Shaped Ready-to-Eat Cereal*
- 2½ Cups Square-Shaped Wheat Ready-to-Eat Cereal*
- 9 Cups Popcorn (about 1-3.5 ounce bag of microwave popcorn)
- 2 Tablespoons Melted Butter
- ⅓ Cup Grated Parmesan Cheese
- 1 Ounce Dry Ranch Dressing Mix

*All cereals should have 6 grams or less of sugar per dry ounce

DIRECTIONS

1. Heat oven to 325°.
2. In 2-gallon plastic bag, mix cereals and popcorn.
3. Drizzle with melted butter. Seal bag; shake. Add cheese and dressing mix.
4. Seal bag; shake well.
5. Pour into ungreased large roasting pan.
6. Bake 15 minutes, stirring after 10 minutes; cool. Store in airtight container.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

15 Cups

PORTION SIZES

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



LIGHT & FLUFFY SHEET PAN PANCAKES

March 7

National Flapjack Day

INGREDIENTS

- ½ Cup Butter
- 1 Teaspoon Vanilla
- 2 Cups All-Purpose, Enriched Flour
- ¼ Cup Sugar
- 2 Teaspoons Baking Powder
- 1 Teaspoon Baking Soda
- 1 Teaspoon Salt

DIRECTIONS

1. Arrange a rack in the middle of the oven and heat the oven to 400°. Line a rimmed baking sheet (about 13x18 inches) with parchment paper.
2. Melt butter in a small saucepan over medium heat or in a small microwave-safe bowl. Coat the parchment paper and sides of the baking sheet with about 1 tablespoon of the melted butter.
3. Place buttermilk, eggs, vanilla, and half of the melted butter in a large bowl and whisk until combined.
4. Add flour, sugar, baking powder, baking soda, and salt. Fold with a spatula or wooden spoon until the dry ingredients are incorporated, some small lumps are okay.
5. Pour the batter into the prepared baking sheet and smooth into an even layer. Bake until the pancake is lightly golden, cracked, and springs back when touched, 12 to 15 minutes.
6. Remove the pancake from the oven and heat the broiler to high. Brush the remaining 3 tablespoons melted butter onto the pancake. Broil until golden brown, 2 to 4 minutes. Cut into 12 pieces and serve warm.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Pancakes

PORTION SIZES

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

EASY HOMEMADE MEATBALLS



March 9

National Meatball Day

INGREDIENTS

- 1 Pound 80% Lean Ground Beef
- 1 Large Egg (beaten)
- ¼ Cup Breadcrumbs
- ¼ Cup Grated Parmesan Cheese
- ¼ Cup Finely Chopped Onion
- 2 Teaspoons Minced Garlic
- ¾ Teaspoon Salt
- ¼ Teaspoon Black Pepper

DIRECTIONS

1. Preheat the oven to 400°. Line a baking sheet with foil and spray with non-stick cooking spray.
2. Combine all ingredients in a large bowl.
3. Use a medium cookie scoop or spoon to scoop the meat mixture. Form into 1½-inch balls and place on the baking sheet.
4. Bake uncovered 17 to 20 minutes, or until no longer pink in the middle. Turn halfway through, so the bottoms don't brown.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

25 Meatballs

PORTION SIZES

Toddler	Preschool	School Age	Adult
4 Meatballs	6 Meatballs	8 Meatballs	8 Meatballs



LADYBUG APPLE SNACKS

March 11

National Johnny Appleseed Day



INGREDIENTS

- 3 Cups Apple Slices
- 3 Tablespoons Peanut Butter
(or soy nut or sunflower seed)
- ¼ Cup Raisins
- 12 Pretzel Sticks

DIRECTIONS

1. Use 2 tablespoons of peanut butter to combine the apple slices into a half-circle (2 teaspoons each lady bug)
2. Use the remaining tablespoon of peanut butter to attach the raisins to the outside of the apple slices as lady bug dots and the pretzel sticks (2 per “bug”) as antennae.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

6 Lady Bugs

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Lady Bug	1 Lady Bug	2 Lady Bugs	2 Lady Bugs



EASY OATMEAL NUT WAFFLES

March 11

National Oatmeal Nut Waffle Day

INGREDIENTS

- 1 Cup Rolled Oats
- ½ Cup Milk
- 3 Tablespoons Vegetable Oil
- 2 Tablespoons Maple Syrup
- 1 Large Egg
- 2 Teaspoons Baking Powder
- ½ Cup Pecan Pieces
- 1 Teaspoon Cinnamon
- ⅛ Teaspoon Cloves
- ¼ Teaspoon Ginger

DIRECTIONS

1. Grind the oats to a fine, flour-like powder in a blender.
2. Add the rest of the dry ingredients, except the pecans, to the oat flour.
3. Combine the wet ingredients with the dry ingredients.
4. Add the pecans and fold to combine.
5. Let batter sit for 5 minutes.
6. Heat the waffle iron and cook according to the appliance directions.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

4 Waffles

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Waffle	½ Waffle	1 Waffle	2 Waffles



ARTICHOKE EGG BITES

March 16

National Artichoke Hearts Day

INGREDIENTS

- 12 Ounce Jar Marinated Artichoke Hearts (reserve 1/3 cup liquid)
- 1 Small Onion (chopped)
- 1 Clove Garlic (minced)
- 6 Large Eggs
- 1/2 Teaspoon Oregano
- 1 1/2 Cups Sharp Cheddar (shredded)

DIRECTIONS

1. Preheat the oven to 350°. Spray muffin tin with cooking spray and set aside.
2. Add 1/3 cup of the liquid of artichokes to a small skillet with the onions & garlic and saute over medium-high heat until onions are translucent, 4-5 minutes.
3. In a medium bowl, beat the eggs and oregano.
4. Stir in the artichokes, onions, and cheese.
5. Fill each muffin tin with egg mixture.
6. Bake for 18-20 minutes, or until eggs have been set. Let cool for 5 minutes, run a knife along the edges of each muffin, and invert muffins on a cooling rack.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

12 Egg Bites

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Egg Bite	1/2 Egg Bite	1 Egg Bite	2 Egg Bites



CORN AND PEPPER SCRAMBLE

March 18

National Corn Day


INGREDIENTS

- 4 Large Eggs
- ¼ Teaspoon Salt
- 1 Tablespoon Olive Oil
- 2 Cups Fresh or Frozen Corn Kernels
- 2 Cups Chopped, Jarred Roasted Red Peppers

DIRECTIONS

1. Whisk eggs and salt in a small bowl.
2. Heat oil in a 10-inch nonstick skillet over medium.
3. Add corn and cook, stirring often, until slightly browned, 4 to 5 minutes.
4. Add peppers and cook, stirring constantly, until warmed through, about 1 minute.
5. Add eggs and scramble.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Breakfast

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	⅔ Cup	⅔ Cup	1⅓ Cups

4-INGREDIENT SLOPPY JOES



March 18

National Sloppy Joe Day

INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 1/8 Cup Brown Sugar
- 1/8 Cup Mustard
- 1/2 Cup Ketchup

DIRECTIONS

1. Brown the ground beef in a skillet and then drain.
2. Add in brown sugar, mustard, and ketchup. Stir to combine.
3. Allow it to simmer on low for about 5 minutes to combine the flavors.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

6 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce	1½ Ounces	2 Ounces	2 Ounces



COTTAGE CHEESE BANANA BREAD

March 20

World Flour Day

INGREDIENTS

- 2 Cups Enriched, All-Purpose Flour
- ¾ Teaspoon Baking Soda
- ½ Teaspoon Salt
- 4 Ripe Bananas
- ½ Cup Cottage Cheese
- 1 Cup Granulated Sugar
- 2 Eggs
- ⅓ Cup Oil
- 1 Teaspoon Vanilla

DIRECTIONS

1. Preheat oven to 350° and grease a standard loaf pan.
2. In a medium bowl, mix together flour, baking soda, and salt. Set aside.
3. In a large bowl, mash bananas then mix in the cottage cheese, eggs, oil, vanilla, and sugar.
4. Slowly add the dry ingredients to the wet, mixing until just combined.
5. Transfer batter to the prepared loaf pan and bake for 55-60 minutes, or until an inserted toothpick comes out clean.
6. Allow loaf to cool before slicing.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

12 Slices

PORTION SIZES

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

TACO FRENCH BREAD PIZZA



March 21

National French Bread Day



INGREDIENTS

- 12 Ounce Loaf of French Bread (enriched)
- 1 Pound Ground Beef (no more than 20% fat)
- 1 Packet (1 Ounce) Taco Seasoning Mix
- 1 Can (16 Ounces) Refried Beans
- 2 Cups Shredded Cheddar Cheese
- 1 Small Tomato
- 1 Can (4 Ounces) Sliced Black Olives
- 2 Green Onions (sliced thin)

DIRECTIONS

1. Preheat oven to 375°.
2. Brown ground beef in a large skillet, over medium-high heat. Drain grease.
3. Add taco seasoning to the ground beef according to package directions. Simmer for 10 minutes, then remove from heat.
4. Slice French bread in half lengthwise. Place both halves cut side up on a large greased cookie sheet.
5. Place refried beans into a microwave-safe bowl. Microwave in 30 second increments until warm. Stir well and then spread beans evenly over the top of French bread halves.
6. Top beans evenly with the cooked ground beef mixture, sprinkle with cheese and then add the tomatoes, black olives and green onion.
7. Bake, uncovered, 12 to 15 minutes, or until cheese is melted and bubbly. Remove from oven and let stand 5 minutes.
8. Slice each French bread half into 12 pieces for a total of 24 pieces.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

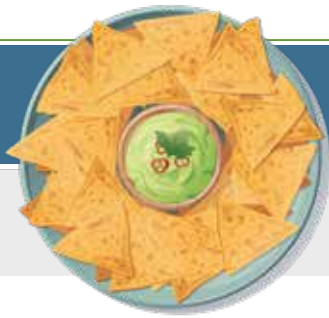
-  Lunch/Supper

YIELD

24 Pieces

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Piece	2 Pieces	2 Pieces	4 Pieces



CELERY-SPIKED GUAC

March 23

National Chip and Dip Day



INGREDIENTS

- 4 Cups Chopped Avocados
- 1 Celery Stalk (finely chopped)
- 2 Garlic Cloves (minced)
- 3 Tablespoons Lime or Lemon Juice
- ¼ Cup Red Onion (chopped)
- ½ Cup Fresh Cilantro (chopped)
- 4 Ounces Tortilla Chips (enriched or whole grain)

DIRECTIONS

1. Mash together avocado, celery, garlic, juice and half of the onion and cilantro.
2. Garnish the guacamole with the rest of the onion and cilantro.
3. Serve with chips.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Snack

YIELD

8 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce Chips + ½ Cup Guacamole	½ Ounce Chips + ½ Cup Guacamole	1 Ounce Chips + ¾ Cup Guacamole	1 Ounce Chips + ½ Cup Guacamole



EASY TAMALES PIE

March 23

National Tamale Day



INGREDIENTS

- 1 Pound Ground Beef (at least 80% lean)
- 1 Can (10 Ounces) Red Enchilada Sauce
- 2 Cans (4 Ounces) Chopped Green Chiles
- 1 Teaspoon Chili Powder
- 1½ Cups (6 Ounces) Shredded Cheddar Cheese
- 1 Box (8½ Ounces) Corn Muffin Mix
- Milk and Egg (called for on muffin mix box)

DIRECTIONS

1. Heat oven to 350°.
2. In 10-inch ovenproof skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
3. Stir in enchilada sauce, 1 can of the green chiles and the chili powder.
4. Remove from heat. Sprinkle with 1 cup of the Cheddar cheese.
5. Meanwhile, make corn muffin batter as directed on box. Stir in remaining 1 can green chiles and remaining ½ cup cheese. Spoon batter evenly over beef mixture.
6. Bake 35 to 40 minutes or until topping is golden brown. Cool 5 minutes.
7. Cut into 6 even pieces.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

6 Pieces

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Piece	½ Piece	1 Piece	2 Pieces



PHILLY CHEESESTEAK SLIDERS

March 24

National Cheesesteak Day



INGREDIENTS

- 1 Pound Ground Beef (20% fat or less)
- ½ Cup Bell Pepper (diced)
- ½ Cup Onion (diced)
- ¾ Teaspoon Garlic Powder
- ½ Teaspoon Salt
- ¼ Teaspoon Pepper
- ¼ Teaspoon Onion Powder
- 2 Ounces Cream Cheese (softened)
- 12 Slider Rolls (at least 1 ounce (28 grams) each, enriched or whole grain)
- 12 Ounces Sliced Cheese

DIRECTIONS

1. Preheat oven to 350°.
2. Heat a large skillet over medium heat. Add the ground beef, onion, and bell pepper and cook, breaking apart the meat with a spatula for 8-10 minutes or until it is cooked through. Drain the meat well.
3. Stir in the garlic powder, salt, pepper, and onion powder. Then mix in the cream cheese until combined.
4. Cut the slider rolls in half horizontally and lay the bottom sections in a 9×13 baking dish.
5. Spread the beef mixture evenly over the rolls. Top with provolone cheese slices, and then arrange the tops of the rolls on to fit.
6. Bake for 20-30 minutes, or until heated through.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

12 Sliders

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Slider	1 Slider	2 Sliders	2 Sliders



HULK SMOOTHIE

March 26

National Spinach Day

INGREDIENTS

- 1 Pound Kiwis, Fresh (washed and peeled)
- 2 Pounds Bananas
- 1¼ Pounds Spinach, Raw
- 1¼ Cups 100% Apple Juice
- 20 Ounces Yogurt
(23 grams of sugar per 6 ounces or less)

DIRECTIONS

1. Puree spinach and apple juice for 3 minutes.
2. Add kiwi, banana and yogurt and blend for 4 more minutes.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup (counts as juice)	½ Cup (counts as juice)	½ Cup (counts as juice)	½ Cup (counts as juice)



5-INGREDIENT CHICKEN PAELLA

March 27

National Spanish Paella Day




INGREDIENTS

- 4 Chicken Thighs (with bone, with skin, 4 ounces each)
- 1 Tablespoon Cajun Seasoning
- 1 - 14½ Ounce Can Diced Tomatoes
- 2 Cups Cooked Rice (enriched or whole grain)
- 4 Cups Frozen California Blend Vegetables (broccoli, carrots, cauliflower)

DIRECTIONS

1. Combine the chicken and Cajun seasoning in a large bowl.
2. Heat a non-stick frying pan over high heat. Add half the chicken and cook, turning occasionally, for 5 mins or until brown all over. Transfer to a bowl. Repeat with remaining chicken.
3. Return the chicken to the pan with tomato. Bring to a simmer. Stir in vegetables.
4. Cook, tossing occasionally, for 5-7 mins or until rice and vegetables are heated through.
5. Serve over rice.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

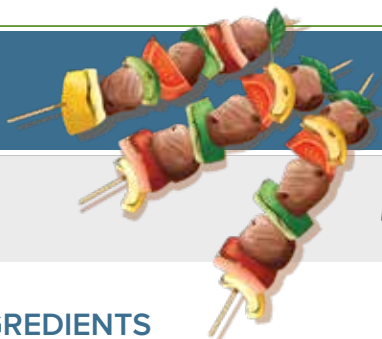
-  Lunch/Supper

YIELD

4 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Rice + ¼ Cup Chicken/ Vegetable Mix	¼ Cup Rice + ½ Cup Chicken/ Vegetable Mix	½ Cup Rice + ¾ Cup Chicken/ Vegetable Mix	1 Cup Rice + ¾ Cup Chicken/ Vegetable Mix



FRUIT AND CHEESE KABOBS

March 28

National Something on a Stick Day



INGREDIENTS

- 12 Straws
- 3 Cups Fresh Strawberries (halved)
- 3 Cups Green Grapes
- 6 Ounces Cubed Cheese (cheddar, mozzarella or swiss)

DIRECTIONS

1. On 12 straws, alternately thread strawberries, grapes and cheese cubes.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

12 Kabobs

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Kabob	1 Kabob	2 Kabobs	2 Kabobs



CONFETTI SCRAMBLED EGG POCKETS

March 29

National Pita Day



INGREDIENTS

- 1 Cup Canned or Frozen Corn
- ¼ Cup Chopped Green Pepper
- 2 Tablespoons Chopped Onion
- 1 Tablespoon Butter
- 8 Large Eggs
- ¼ Cup Reduced-Fat Evaporated Milk
- ½ Teaspoon Salt
- 1 Medium Tomato (seeded and chopped)
- 6 Pita Pockets (at least 1 ounce (28 grams) each, enriched or whole grain, halved)
- 6 Cups Salsa

DIRECTIONS

1. In a large nonstick skillet, saute the corn, green pepper, and onion in butter for 5-7 minutes or until tender.
2. In a large bowl, combine the eggs, milk and salt; pour into skillet. Cook and stir over medium heat until eggs are completely set. Stir in the tomato.
3. Spoon about ⅔ cup into each pita half.
4. Serve with salsa on the side.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Breakfast

YIELD

12 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pita Pocket + ¼ Cup Salsa	½ Pita Pocket + ½ Cup Salsa	1 Pita Pocket + ½ Cup Salsa	2 Pita Pockets + ½ Cup Salsa

ROASTED POTATOES AND TURKEY HASH



March 31

National Tater Day



INGREDIENTS

- 3½ Cups Diced Potatoes
- 1 Tablespoon Canola Oil
- 2 Tablespoons Fresh Garlic (minced)
- 1 Teaspoon Salt
- ½ Teaspoon Pepper
- 1½ Cups Ground Turkey Breast, Raw (no more than 15% fat)
- 1 Cup Diced Bell Pepper
- ½ Teaspoon Ground Sage
- ¼ Teaspoon Garlic Powder
- ¼ Teaspoon Onion Powder
- 2 Tablespoons Canned Applesauce

DIRECTIONS

1. Preheat oven to 375°.
2. Combine potatoes, oil, garlic, ½ teaspoon salt, and pepper in a large bowl.
3. Bake for 15 minutes.
4. Separately, spray large non-stick skillet lightly with pan release spray and heat over medium high heat.
5. Add turkey. Cook uncovered over medium-high heat for 2-3 minutes, stirring occasionally.
6. Add remaining spices and applesauce and saute, uncovered, over medium-high heat for 3-5 minutes, stirring occasionally.
7. Pour turkey mixture over seasoned potatoes in baking dish. Stir well.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

6 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	1⅛ Cups	1½ Cups	1½ Cups