

CUCUMBER TOMATO SANDWICHES



April 1

National Sourdough Bread Day



INGREDIENTS

- 4 Teaspoons Cream Cheese
- 8 Slices Sourdough Bread (enriched, at least 1 oz each)
- 2 Cups Cucumber Slices
- 2 Cups Tomato Slices
- 1/8 Teaspoon Salt
- 1/8 Teaspoon Pepper

DIRECTIONS

1. Spread 1 teaspoon cream cheese on each of four slices of bread.
2. Put 1/2 cup of cucumber and 1/2 cup of tomatoes on each of the four slices.
3. Sprinkle with salt and pepper and top with remaining bread.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Snack

YIELD

4 Sandwiches

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Sandwich	1/2 Sandwich	1 Sandwich	1 Sandwich



STUFFED PB&J FRENCH TOAST KABOBS

April 2

National Peanut Butter and Jelly Day

INGREDIENTS

- 8 slices bread (enriched or whole grain-rich, at least 1 ounce each)
- 4 Tablespoons Peanut Butter or Alternative Nut Butter
- 4 Tablespoons Seedless Strawberry Jam
- 1 Teaspoon Ground Cinnamon
- 5 Large Eggs
- ¾ Cup Milk
- 4 Cups Sliced Strawberries

DIRECTIONS

1. Spread 1 tablespoon each of peanut butter and jelly on four slices of bread. Top with remaining slices of bread.
2. Lightly grease a griddle; heat over medium heat.
3. In a shallow bowl, whisk cinnamon, eggs, milk, until blended.
4. Dip both sides of sandwiches in egg mixture, allowing each side to soak 10 seconds. Place sandwiches on griddle; toast 3-4 minutes on each side or until golden brown.
5. Transfer sandwiches to a cutting board and cut them into quarters
6. On metal or wooden skewers or straws, thread 2 tablespoons of strawberries, 1 french toast quarter and another 2 tablespoons of strawberries.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

 Breakfast

YIELD

16 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Kabob	2 Kabobs	4 Kabobs	8 Kabobs



SLOW-COOKER STUFFED PEPPERS

April 4

National Vitamin C Day

INGREDIENTS




- 6 Large Green Bell peppers (2 lbs)*
- 1 Pound Ground Beef (at least 80% lean)
- 1 Cup Finely Chopped Onions
- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- 6 Cloves Garlic (finely chopped)
- 3 Cups Cooked Rice (enriched or whole grain rich)
- 15 Ounce Can Tomato Sauce
- 2 Cups (8 oz) Shredded Cheddar Cheese

*Did you know that bell peppers have more vitamin C than oranges?!

DIRECTIONS

1. Spray 6-quart oval slow cooker with cooking spray. Trim tops off bell peppers; remove ribs and seeds. Set aside.
2. In 12-inch nonstick skillet over medium-high heat, cook beef, onions, salt and pepper 8 to 10 minutes, stirring frequently, until beef is cooked through and onion softens. Add garlic; cook 15 seconds. Drain.
3. Stir rice and ½ cup of the tomato sauce into beef mixture in skillet; mix to combine.
4. Stir in 1 cup of the cheese. Stuff peppers with beef mixture; arrange in slow cooker. Pour remaining tomato sauce over peppers.
5. Cover; cook on Low heat setting 4½ to 5½ hours or until peppers are soft. Top peppers with remaining 1 cup cheese. Cover; cook 3 to 8 minutes longer or until cheese is melted.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

6 Stuffed Peppers

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Stuffed Pepper	½ Stuffed Pepper	1 Stuffed Pepper	2 Stuffed Peppers



MUFFIN TIN DEEP DISH PIZZAS

April 5

National Deep Dish Pizza Day



INGREDIENTS

- 8 Ounce Can Refrigerated Crescent Rolls (enriched)
- ½ Cup Pizza Sauce
- 8 Ounces Shredded Mozzarella Cheese

DIRECTIONS

1. Preheat oven to 375°.
2. Spray 8 regular muffin cups with cooking spray. Cut crescent roll dough into 8 squares. Press into muffin cups.
3. Sprinkle some of cheese (about 1 tablespoon) in the bottom of each muffin cup. Top with 1 tablespoon of pizza sauce. Add remaining cheese.
4. Bake 15-18 minutes. Remove from pan and serve immediately.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

12 Pizzas

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Muffin Tin Pizza	2 Muffin Tin Pizzas	2 Muffin Tin Pizzas	4 Muffin Tin Pizzas

BREAKFAST BURRITOS



April 6

National Burrito Day



INGREDIENTS

- 5 Large Eggs
- 16 Ounce Can Refried Beans
- ¾ Cup Salsa
- 5 Ounces Shredded Cheddar Cheese
- 5 - 8" Flour Tortillas (enriched or whole grain rich)

DIRECTIONS

1. Spray a skillet with cooking spray and scramble eggs until firm.
2. In a small saucepan, mix beans and salsa and heat through
3. Top each tortilla with 1 scrambled egg, ½ cup of bean mix and 1 ounce of cheese.
4. Roll tortillas into burritos and serve.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

 Breakfast

YIELD

5 Burritos

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Burrito	½ Burrito	1 Burrito	1 Burrito



CREAMY PARMESAN CARBONARA CHICKEN

April 6

National Carbonara Day

INGREDIENTS

- 1 Pound Boneless Chicken Breast (cut into 5 even portions)
- 2 Tablespoons All-Purpose Flour
- 3 Tablespoons Parmesan Cheese

For the sauce:

- 3 Tablespoons Olive Oil
- 8 Ounces Bacon (trimmed of fat and cut into strips)
- 1 Small Onion (chopped)
- 6 Cloves Garlic
- 1½ Cups Half-and-Half
- ½ Cup Parmesan Cheese

DIRECTIONS

1. Season the chicken with salt and pepper. In a shallow bowl, combine the flour and parmesan cheese. Dredge seasoned chicken in the flour mixture; shake off excess and set aside.
2. Heat the oil in a large non stick pan. Cook the chicken portions on both sides until cooked through and no longer pink (about 4-5 minutes per side).
3. Add the bacon to the pan and cook until crispy. Drain off the fat and add the onion and garlic and cook for 1 minute.
4. Reduce heat to low and add the half-and-half and bring to a simmer. Add the parmesan and cook until the cheese has melted slightly.
5. Pour sauce over chicken portions to serve.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

5 Portions

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Portion	1 Portion	1 Portion	1 Portion



BREAKFAST PANCAKE GRILLED CHEESE

April 12

National Grilled Cheese Sandwich Day

INGREDIENTS

- 1 Cup Pancake Mix (enriched or whole grain rich)
- ½ Cup Milk
- 5 Large Eggs
- 2 Teaspoons Butter
- 3 Ounces Sliced Cheese
- 3 Ounces Sliced Ham

DIRECTIONS

1. Combine the pancake mix with the milk and 2 large eggs. Stir until just combined.
2. Heat a non-stick skillet over medium heat. Swirl one teaspoon of the butter into the pan.
3. Pour ¼ cup of the pancake mix and cook 3 to 4 minutes or until the edges are dry. Turn the pancake over and cook an additional 3 to 4 minutes or until golden brown. Remove to a plate, top with a clean kitchen towel, and keep warm.
4. Repeat with remaining batter.
5. Swirl one teaspoon of butter into the pan and cook the eggs.
6. Remove the eggs from the pan and place a pancake on the skillet. Top with cheese, eggs and ham and a second pancake. Cook 3-4 minutes on each side to melt the cheese. Repeat with remaining pancakes.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

3 Sandwiches

PORTION SIZES

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



LET'S LEARN FRACTIONS AVOCADO TUNA PITA PIZZAS

April 13

National Make Lunch Count Day



INGREDIENTS

- ½ Cup Avocado (mashed)
- 1 Teaspoon Dijon Mustard
- 6 Ounces Tuna
- ½ Cup Chopped Celery
- ½ Cup Chopped Apple
- 3 Pita Pockets
(enriched or whole grain, at least 1 oz each)

DIRECTIONS

1. In a small bowl mix the avocado and mustard together, then stir in the tuna, celery and apple.
2. Spread the tuna mixture evenly on the pita bread.
3. Cut each pita bread into pieces. Help the children learn to count by cutting one pita circle into thirds, another into fourths and the final one into eighths.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

3 Pita Pizzas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pita Pizza	¾ Pita Pizza	1 Pita Pizza	2 Pita Pizzas

PECAN-CRUSTED CHICKEN



April 14

National Pecan Day

INGREDIENTS

- 2 boneless, skinless chicken breasts (5 ounces each)
- 1 ¾ Tablespoons Honey
- 1 Tablespoon Dijon Mustard
- 6 Tablespoons Chopped Pecans

DIRECTIONS

1. Preheat oven to 350°. Lightly grease baking dish or baking sheet.
2. Stir honey and Dijon in a small bowl until combined. Set aside.
3. Pat chicken dry with a paper towel then, place on cutting board and flatten to about 1/2" thick.
4. Place each piece on baking sheet. Brush top of each piece with 1/4 of the total amount of mustard mixture, reserving the rest.
5. Coat the chicken evenly with the pecans.
6. Bake chicken at 350° for 16-18 minutes or until golden brown and cooked through, to an internal temperature of 165°.

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



JUNGLE ANIMAL SNACK MIX

April 18

National Animal Crackers Day

INGREDIENTS

- 2 Cups Animal Crackers (enriched or whole grain rich)
- 2 Cups Bear-Shaped Crackers (enriched or whole grain rich)
- 2 Cups Fish-Shaped Crackers (enriched or whole grain rich)

DIRECTIONS

1. Mix all ingredients together.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

6 Cups

PORTION SIZES

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



PEANUT BUTTER, BANANA AND GRANOLA WRAP

April 19

National Banana Day




INGREDIENTS

- 4 - 8" Tortillas (enriched or whole grain rich)
- 4 Cups Banana Slices
- 8 Tablespoons Peanut Butter or Nut Butter Alternative
- ½ Cup Granola with 6 grams or less of sugar per dry ounce
- 4 Teaspoons Honey

DIRECTIONS

1. Spread the peanut butter evenly on the tortilla.
2. Sprinkle the diced banana and granola evenly over the peanut butter, then drizzle with the honey.
3. Tightly roll up the tortilla like a burrito.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Fruit

MEAL TYPE

 Snack

YIELD

4 Wraps

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Tortilla	½ Tortilla	1 Tortilla	1 Tortilla



LIMA BEANS WITH HAM

April 20

National Lima Bean Respect Day

INGREDIENTS

- 1 Tablespoon Oil
- 1 Cup Finely Diced Onion
- 6 Ounces Cubed Ham
- 2 - 15 Ounce Cans Lima Beans
- 1 Cup Chicken Broth
- ¼ Teaspoon Garlic Powder

DIRECTIONS

1. In the sauce pan, add the oil and diced onion and saute until translucent.
2. Add the ham, beans, chicken broth, garlic powder and black pepper; stir well.
3. Bring the mixture to a simmer, reduce heat to low, and cover and cook for 15 minutes.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

4 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	⅜ Cup	½ Cup	½ Cup



EASY ZUCCHINI BREAD

April 25

National Zucchini Bread Day

INGREDIENTS

- 1½ Cups Grated Zucchini
- 1/3 Cup Sugar
- ¼ Cup Vegetable Oil
- 2 Eggs
- 1½ Cups Baking Mix
- ½ Teaspoon Salt

DIRECTIONS

1. Preheat the oven to 350° and lightly grease a bread pans.
2. Combine the zucchini, sugar, oil and eggs in a large bowl.
3. Stir in the baking mix and salt until well combined.
4. Place the batter in the loaf pan and bake on the center rack for 30-35 minutes.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

8 Slices

PORTION SIZES

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



RANCH PRETZELS

April 26

National Pretzel Day

INGREDIENTS

- 1 Pound Mini Pretzels (enriched or whole grain)
- ½ Cup Melted Butter
- 1 Package Ranch Seasoning Mix

DIRECTIONS

1. Preheat oven to 275°. In a large bowl add the pretzels, butter, and ranch seasoning and stir until evenly coated.
2. Lay on a baking sheet. Bake for 20 minutes. Remove from oven and let cool completely. Serve.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

16 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
7 Twists About ⅓ Cup	7 Twists About ⅓ Cup	14 Twists About ⅔ Cup	14 Twists About ⅔ Cup

APPLE NACHOS



April 30

National Raisin Day

INGREDIENTS

- 6 Cups Apple Slices
- 2 Tablespoons Peanut Butter
- ½ Cup Raisins

DIRECTIONS

1. Arrange apple slices on a plate.
2. Melt the peanut butter in the microwave for 30 seconds and then drizzle over apple slices.
3. Sprinkle with raisins.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Snack

YIELD

6 Cups

PORTION SIZES

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