



# TUNA QUESADILLAS

May 2

World Tuna Day



## INGREDIENTS

- (2) 6 Ounce Cans Chunk-Style, Water Packed Tuna (drained)
- ¼ Cup Mayonnaise
- ¼ Cup Salsa
- 6 Tortillas, Soft, Flour (about 6”) (enriched or whole grain rich)
- 3 Ounces Shredded Cheddar Cheese

## DIRECTIONS

1. Combine tuna, mayo and salsa.
2. Spread 3 tortillas with the tuna mixture, top with cheese and cover with remaining tortillas.
3. Lightly grease a non stick skillet, add the quesadillas, one at a time and cook until lightly browned.
4. Turn and cook until cheese has melted.
5. Cut each quesadilla into 4 wedges for a total of 12 wedges.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Lunch/Supper

## YIELD

3 Quesadillas

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Wedge	2 Wedges	2 Wedges	4 Wedges



# ORANGE BAKED OATMEAL CUPS

May 4

National Orange Juice Day

## INGREDIENTS

- 2 Large Eggs
- 1/3 Cup Syrup
- Zest from 1 Large Orange
- 1/2 Cup Orange Juice
- 1 Tablespoon Butter (melted)
- 1/4 Cup Milk
- 2 Teaspoons Vanilla Extract
- 2 1/2 Cups Old Fashioned Rolled Oats
- 1 Teaspoon Baking Powder
- 1/4 Teaspoon Salt

## DIRECTIONS

1. Preheat oven to 350°. Line 12 muffin cups with liners.
2. In a large bowl, whisk together egg, syrup, zest, juice, butter, milk and vanilla until well combined.
3. Add the oats, baking powder and salt and mix until well combined.
4. Divide mixture into muffin tins and bake for 20-25 minutes until the cups are set and golden brown.

## MEAL PATTERN CONTRIBUTION

## MEAL TYPE

## YIELD

 Breakfast

## PORTION SIZES

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

# CHEESY SAUSAGE HOAGIES



May 5

National Hoagie Day



## INGREDIENTS

- 4 Hoagie Buns, at least 56 grams each (enriched or whole grain rich)
- 2 Large Eggs
- ¼ Cup Milk
- ½ Teaspoon Pepper
- ¼ Teaspoon Salt
- 1 Pound Pork Sausage, Bulk, Italian Style
- 1½ Cups Onion (chopped)
- 4 Ounces Mozzarella Cheese

## DIRECTIONS

1. Hollow out the top and bottom of each bun, leaving a 1-inch shell.
2. Cube removed bread.
3. In a large bowl, beat the eggs, milk, pepper and salt. Add bread cubes and toss to coat.
4. In a skillet over medium heat, cook sausage and onion until the meat is no longer pink; drain.
5. Add to the bread mixture.
6. Spoon filling into bread shells; sprinkle with cheese. Wrap each in foil.
7. Bake at 400° for 20-25 minutes or until cheese is melted.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

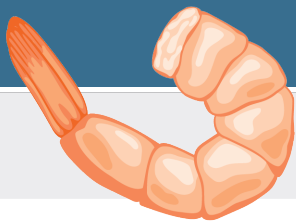
-  Lunch/Supper

## YIELD

4 Hoagies

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Hoagie	½ Hoagie	1 Hoagie	1 Hoagie



# SHRIMP RAMEN

May 10

National Shrimp Day



## INGREDIENTS

- 3½ Cups Water
- 3 Ounce Package Soy Sauce or Oriental Flavor Ramen Noodles (enriched)
- 12 Ounce Bag Shrimp, Fresh or Frozen (peeled, deveined, tail-off)
- ½ Cup Green Onions
- 1 Medium Carrot (julienned)
- 2 Tablespoons Soy Sauce

## DIRECTIONS

1. In a large saucepan, bring water to a boil. Set aside seasoning packet from noodles. Add the noodles to boiling water; cook and stir for 3 minutes.
2. Add the shrimp, onions, carrot, soy sauce and contents of seasoning packet. Cook until heated through, 3-4 minutes longer.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Lunch/Supper

## YIELD

4 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	1 Cup	1½ Cups	2 Cups



# GREEK YOGURT FRUIT COCKTAIL MUFFINS

May 13

National Fruit Cocktail Day

## INGREDIENTS

- 1 Cup All-Purpose, Enriched Flour
- 1 Tablespoon Cornstarch
- ½ Tablespoon Baking Powder
- ¾ Cup Fruit Cocktail (well drained)
- 1 Large Egg
- ½ Cup Vanilla Flavored Greek Yogurt (23 grams or less sugar per 6 ounces)
- 1 Teaspoon Vanilla Extract
- 2 Tablespoons Vegetable Oil
- ½ Cup Sugar

## DIRECTIONS

1. Preheat the oven to 350° F. Spray and lightly flour (do not use muffin liners as these stick) 8 of the muffin cups and set aside.
2. In a bowl, mix together flour, cornstarch and baking powder.
3. Stir in the fruit cocktail.
4. In a separate bowl, beat the egg, then stir in yogurt, vanilla and oil.
5. Add the dry ingredients to the wet and mix until just combined.
6. Fill up the prepared muffin tin a little over ¾ of the way full.
7. Bake for 25-30 minutes or until a fork when inserted in the center comes out clean.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Snack

## YIELD

8 Muffins

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Muffin	1 Muffin	2 Muffins	2 Muffins



# CINNAMON RAISIN BUTTERMILK BISCUITS

May 14

National Buttermilk Biscuit Day

## INGREDIENTS

- ½ Cup Raisins
- 1 Teaspoon Vanilla Extract
- 3 Cups All-Purpose, Enriched Flour
- 5 Teaspoon Baking Powder
- ½ Teaspoon Baking Soda
- ½ Teaspoon Salt
- 1 Teaspoon Cinnamon
- ½ Cup (1 stick) Unsalted Butter (cut into tablespoons)
- 1¼ Cups Cold Buttermilk

## DIRECTIONS

1. Soak raisins in a small bowl with vanilla.
2. Preheat oven to 450° and line a cookie sheet with parchment paper.
3. In a large mixing bowl, whisk together flour, baking powder, baking soda, cinnamon and salt.
4. Using your fingertips, two knives, or a pastry blender, cut the butter into the dry ingredients until the butter are pea-sized.
5. Stir in the soaked raisins and any leftover vanilla extract.
6. Pour in your cold buttermilk and stir to combine.
7. Empty the bowl onto a lightly floured surface. Pat or roll the dough into a ½-inch thickness.
8. Using a biscuit cutter (or the rim of a large drinking glass) press straight down into the dough.
9. Place biscuits on prepared baking sheet or in baking pan.
10. Bake for about 15 minutes until golden brown.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

8 Biscuits

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Biscuit	½ Biscuit	1 Biscuit	2 Biscuits



# GRILLED HONEY BBQ CHICKEN

May 16

National Barbeque Day

## INGREDIENTS

- ½ Cup Barbecue Sauce
- ½ Cup Honey
- 2 Tablespoons Olive Oil
- 2 Tablespoons Apple Cider Vinegar
- 2 Cloves Garlic (minced)
- 1 Teaspoon Pepper
- 1 Pound Boneless, Skinless Chicken Tenderloins, Fresh

## DIRECTIONS

1. Place all ingredients in a large ziptop plastic bag and seal. Coat chicken evenly.
2. Place bag in the fridge to marinate for at least 1 hour.
3. Preheat an indoor grill pan or saucepan to medium-high heat and cook for about 7 minutes or until internal temperature reaches 165°.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

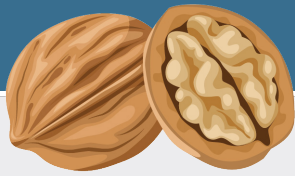
 Lunch/Supper

## YIELD

6 Servings

## PORTION SIZES

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



# ROSEMARY ROASTED WALNUTS

May 17

National Walnut Day

## INGREDIENTS

- 8 Ounces Walnut Pieces (about 2 cups)
- 1 Teaspoon Dried or Fresh Rosemary
- 1 Tablespoon Melted Butter
- Salt (to taste)

## DIRECTIONS

1. Preheat oven to 375° F. Line a rimmed baking sheet with aluminum foil or parchment paper.
2. Spread out walnuts, then drizzle with butter, add rosemary and salt and toss to coat.
3. Bake for 6 minutes, stir to ensure even roasting, and bake for another 6 minutes. If the walnuts are slightly browned, they are done. Be sure to check them because they burn easily.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

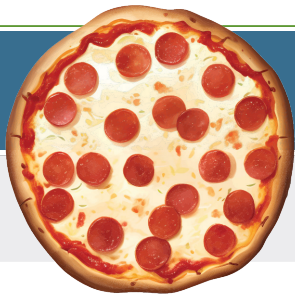
## YIELD

16 Servings

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce	½ Ounce	1 Ounce	1 Ounce





# MINI BREAKFAST PIZZAS

May 19

National Pizza Party Day

## INGREDIENTS

- 2 English Muffins, Halved (enriched or whole grain rich)
- 1 Tablespoon Butter
- 4 Eggs
- 1 Tablespoon Milk
- Salt and Pepper (to taste)
- 1/3 Cup Shredded Cheese

## DIRECTIONS

1. Preheat oven to 350° F. Grease a baking sheet with cooking spray.
2. Whisk together eggs and milk.
3. Melt butter in a nonstick skillet over medium-low heat and add the egg mixture.
4. Stir occasionally with a spatula or wooden spoon.
5. When the eggs are nearly set, season with salt and pepper and remove from heat.
6. Place English muffin halves, cut side up on the baking tray.
7. Sprinkle each piece with your cheese then top with eggs then sprinkle with more cheese.
8. Bake for 10 minutes, until the cheese is melted and the English muffin is slightly toasted.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

4 Mini Pizzas

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Mini Pizza	1/2 Mini Pizza	1 Mini Pizza	2 Mini Pizzas

# CHICKEN STRAWBERRY SPINACH SALAD



May 20

National Pick Strawberries Day




## INGREDIENTS

- 1 Pound Boneless Skinless Chicken Breasts (cut into strips)
- ¼ Cup Chicken Broth
- ¼ Cup Poppy Seed Salad Dressing
- 3 Cups Fresh Baby Spinach
- 1 Cup Sliced Fresh Strawberries

## DIRECTIONS

1. Preheat a skillet over medium heat.
2. Place chicken, broth and 1 tablespoon of salad dressing in skillet and cook until chicken is no longer pink, 10-12 minutes.
3. Assemble salads using portion guide.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Fruit

## MEAL TYPE

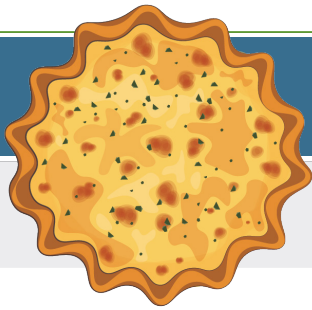
 Lunch/Supper

## YIELD

6 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Salad 1 Ounce Chicken 2 Tablespoons Strawberries	½ Cup Salad 1½ Ounces Chicken ¼ Cup Strawberries	1 Cup Salad 2 Ounces Chicken ¼ Cup Strawberries	1 Cup Salad 2 Ounces Chicken ½ Cup Strawberries



# QUICHE LORRAINE BITES

May 20

National Quiche Lorraine Day

## INGREDIENTS

- 2 Packages (15 Count Each) Phyllo Shells, Enriched
- 3 Large Eggs
- ¼ Cup Cream
- ¼ Cup Shredded Cheese
- ½ Tablespoon Flour
- Salt and Pepper (to taste)
- 3 Pieces Bacon (cooked and finely crumbled)

## DIRECTIONS

1. Remove phyllo shells from package and place on a large rimmed baking pan.
2. In a glass measuring cup with a spout, combine eggs, cream, cheese, flour, salt & pepper and whisk until smooth.
3. Stir in sauteed onion and crumbled bacon.
4. Pour mixture into phyllo cups, filling almost to the top.
5. Bake at 350° approximately 12 minutes or until eggs are set.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

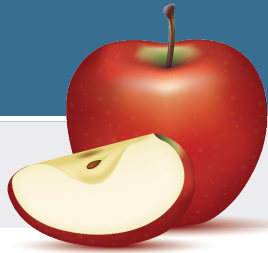
 Breakfast

## YIELD

30 Bites

## PORTION SIZES

Toddler	Preschool	School Age	Adult
4 Bites	4 Bites	8 Bites	16 Bites



May 20

# PEANUT BUTTER APPLE SNAILS

National SugarBee Apple Day



## INGREDIENTS

- 8 Medium Ribs Celery (cut into thirds)
- 1 Cup Creamy Peanut Butter
- 3 Cups SugarBee Apple Rings (cut in half)
- 24 Pretzel Sticks (snapped in half)
- 48 Raisins

## DIRECTIONS

1. Each snail requires 1 celery piece, ½ tablespoon peanut butter, ¼ cup apple rings, 2 pretzel stick halves and 2 raisins.
2. Give each participant enough ingredients to assemble the correct number of snails for their age.
3. To assemble the snails, fill the celery with the peanut butter, place the apple rings in the peanut butter and place pretzels as antennae and raisins as eyes.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

## MEAL TYPE

-  Snack

## YIELD

24 Snails

## PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Snails	2 Snails	4 Snails	4 Snails



## YOGURT-GRAPE SNACK BITES

May 27

National Grape Day

### INGREDIENTS

- 1 Pound Seedless Fresh Grapes  
(removed from stems, washed and dried)
- 3/4 Cup Vanilla Greek Yogurt  
(23 grams or less of sugar per 6 ounces)
- 3 Ounces Granola  
(6 grams or less of sugar per dry ounce)

### DIRECTIONS

1. Place grapes on baking sheet lined with parchment paper. Place baking sheet in freezer for 2 hours or until grapes are frozen.
2. Remove grapes from freezer. Insert one toothpick into each frozen grape. One by one, dip frozen grapes into yogurt and coat with granola. Place dipped grape back on baking sheet. Repeat until all grapes are covered.
3. Return baking sheet to freezer. Freeze another 2 hours, or until yogurt is solid. Remove baking sheet from freezer and remove toothpicks.

### MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

### MEAL TYPE

-  Snack

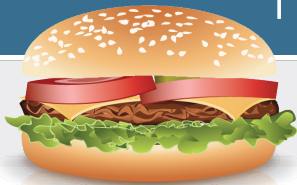
### YIELD

2 1/4 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Cup About 14 Bites	1/2 Cup About 14 Bites	3/4 Cup About 21 Bites	1/2 Cup About 14 Bites

# HAMBURGER CASSEROLE



May 28

National Hamburger Day



## INGREDIENTS

- ½ Pound Lean Ground Beef (90/10)
- 16 Ounce Can Refried Beans
- ⅓ Cup Salsa
- 2 Tablespoons Taco Seasoning
- 6 Ounce Package Cornbread Mix (enriched or whole grain rich)
- ⅓ Cup Tortilla Chips (crushed)
- 1 Cup Shredded Cheddar Cheese

## DIRECTIONS

1. Preheat oven to 350°. In a 10-inch cast-iron or other ovenproof skillet, cook beef over medium heat until no longer pink, 6-8 minutes, crumbling beef; drain. Transfer to a small bowl. Stir in beans, salsa and taco seasoning; keep warm. Wipe pan clean.
2. Prepare cornbread mix according to package directions; stir in crushed tortilla chips.
3. Pour into skillet. Bake until set, 12-15 minutes.
4. Spread ground beef mixture over cornbread to within 1 inch of edges; sprinkle with cheese.
5. Bake until cheese is melted and crust is golden brown, 3-5 minutes.
6. Cut into 6 even wedges.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Lunch/Supper

## YIELD

6 Wedges

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Wedge	½ Wedge	1 Wedge	2 Wedges