



## WATERMELON SALAD WITH CUCUMBER AND FETA

August 3

National Watermelon Day



### INGREDIENTS

- 4 Cups Cubed Watermelon
- 1 Cup Sliced Cucumbers
- 3 Ounces Feta Cheese (cut into cubes)
- 1 Tablespoon Chopped Fresh Mint
- 1 Tablespoon Chopped Fresh Basil
- 1 Tablespoon Lemon or Lime Juice
- 1 Tablespoon Olive Oil
- Salt and Pepper (to taste)

### DIRECTIONS

1. In a large serving bowl add the watermelon, cucumber, feta, basil and mint. Squeeze the lime over the salad, drizzle with olive oil and season with salt and pepper.
2. Stir to combine.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

### MEAL TYPE

-  Snack

### YIELD

6 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	¾ Cup	1¼ Cups	¾ Cup

# JAMAICAN BEEF PATTIES



August 5

National Jamaican Patty Day



## INGREDIENTS

- 1 Tablespoon Vegetable Oil
- 1 Red Onion (diced)
- 1¼ Pound Ground Beef (20% or leaner)
- 1½ Tablespoons Soy Sauce
- 1½ Teaspoons Curry Powder
- ¼ Cup Water
- ½ Teaspoon Soup Base
- ¼ Cup Flour
- 1 – 10 Count Can Refrigerated Biscuits (enriched or whole grain rich, at least 28 grams each)

## DIRECTIONS

1. Preheat oven to 425°.
2. In a large skillet over medium heat, add vegetable oil and saute the onion until softened.
3. Add ground beef, soy sauce and curry powder and cook until browned. Drain fat.
4. Add the water to the cooked beef and bring to a boil.
5. Add the soup base and flour and mix well while the mixture thickens. Set aside to cool.
6. Using a rolling pin, flatten out biscuits into a large circle.
7. Add 2 oz of beef mixture to each biscuit. Fold the circle in half and use a fork to crimp the edges
8. Bake for 20-25 minutes or until crust is golden brown.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Lunch/Supper

## YIELD

10 Patties

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Patty	1 Patty	1 Patty	1 Patty



## MUSTARD PRETZELS

August 5

National Mustard Day

### INGREDIENTS

- 10 Ounces Mini Twist Pretzels  
(about 1¼" by 1½", enriched or whole grain-rich)
- 3 Tablespoons Mustard
- 1 Tablespoon Honey
- ½ Tablespoon Cider Vinegar
- ¼ Teaspoon Dry Mustard

### DIRECTIONS

1. Preheat the oven to 375° F. Grease a rimmed baking sheet.
2. Mix all ingredients together in a large bowl.
3. Transfer to the baking pan and bake for 8 minutes.

### MEAL PATTERN CONTRIBUTION



### MEAL TYPE



### YIELD

10 Ounces  
(About 6 Cups)

### PORTION SIZES

Toddler	Preschool	School Age	Adult
7 Pretzels (About ⅓ Cup)	7 Pretzels (About ⅓ Cup)	14 Pretzels (About ⅔ Cup)	14 Pretzels (About ⅔ Cup)



## PASSION FRUIT MUFFINS

August 9

National Passion Fruit Day

### INGREDIENTS

- 6 Passion Fruits
- 1 Tablespoon Butter
- 2¼ Cups Flour (enriched or whole grain rich)
- 1 Tablespoon Baking Powder
- ¼ Teaspoon Salt
- 1 Tablespoon Sugar
- 1 Cup Milk
- 1 Egg (lightly beaten)

### DIRECTIONS

1. Preheat oven to 425°. Grease the muffin cups or line with paper liners.
2. Halve the passion fruits. Scoop out the pulp, and put through a fine mesh sieve, pressing it down firmly with the back of a spoon. You should be left with only pulp and juice. Discard the seeds.
3. In a large bowl, combine the flour, baking powder, salt and sugar, and mix well.
4. In another bowl, mix together the passion fruit pulp with milk and egg.
5. Lightly mix the wet and dry ingredients together.
6. Fill muffin tins equally and bake for 20-25 minutes.

### MEAL PATTERN CONTRIBUTION



### MEAL TYPE



### YIELD

12 Muffins

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	2 Muffins



## SHEET PAN CHICKEN FAJITAS

August 18

National Fajita Day


### INGREDIENTS

- 1½ Pounds Boneless Skinless Chicken Breasts (sliced into thick strips)
- 3 Bell Peppers (sliced into strips)
- 1 Red Onion (thinly sliced)
- 2 Garlic Cloves (minced)
- 3 Tablespoons Olive Oil
- 1 Tablespoon Fajita Seasoning Blend

### DIRECTIONS

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. Place the chicken, peppers, onions, garlic and olive oil on the baking sheet.
3. Combine the ingredients for the seasoning in a small bowl, then sprinkle evenly over the chicken and vegetable mixture on the baking sheet.
4. Toss everything together with tongs or your hands to evenly coat. Spread into an even layer.
5. Cook in the preheated oven for 15-20 minutes, tossing once halfway through, until the chicken is cooked through and the vegetables are tender.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

### MEAL TYPE

-  Lunch/Supper

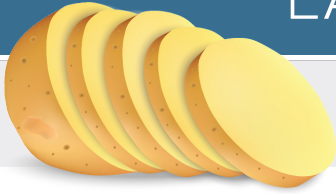
### YIELD

6 Servings

### PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce Chicken + ⅓ Cup Vegetables	1½ Ounces Chicken + ¼ Cup Vegetables	2 Ounces Chicken + ½ Cup Vegetables	2 Ounces Chicken + ½ Cup Vegetables

## EASY POTATO PANCAKES



August 19

National Potato Day

### INGREDIENTS

- 1 Cup Cold Water
- 1 Large Egg (beaten)
- ½ Teaspoon Salt
- 1½ Ounces (About ¾ Cup) Dry Potato Flakes
- 1 Pinch Freshly Ground Black Pepper
- 1 Tablespoon Vegetable Oil
- 1 Tablespoon Butter

### DIRECTIONS

1. Whisk together cold water, egg, and salt in a large bowl until salt has dissolved. Mix in dry potato flakes until incorporated. Sprinkle with pepper.
2. Divide potato mixture into 4 equal portions and shape into pancakes.
3. Heat oil and butter in a large skillet over medium-high heat. Swirl the pan to combine.
4. Place pancakes in the pan, reduce heat to medium, and cook until the bottoms are browned, about 10 minutes. Flip and flatten slightly. Cook until other sides are browned, 7 to 8 more minutes.

### MEAL PATTERN CONTRIBUTION

 Vegetable

### MEAL TYPE

 Breakfast

### YIELD

4 Pancakes

### PORTION SIZES

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

# STEAMED PORK BUNS



August 22

National Bao Day



## INGREDIENTS

- 1 Pound Ground Pork
- 3 Green Onions (chopped)
- 4 Tablespoons Ginger Paste
- 2 Tablespoons Soy Sauce
- ¾ Teaspoon Chinese 5 Spice Powder
- 2 Tablespoons Dry Sherry
- 2 Tablespoons Honey
- 4 Tablespoons Hoisin Sauce
- 1 – 8 Count Can Buttermilk Biscuits (enriched or whole grain rich)

## DIRECTIONS

1. Put the ground pork in a pan on medium heat with the soy sauce, white parts of the onion and ginger paste. Let it cook for 5 minutes
2. Add the rest of the ingredients and let it simmer on medium heat for 10 minutes.
3. Open your biscuits and lay them out on a flat surface. Flatten each biscuit to a 4 – 5 inch round.
4. Place 1½ – 2 tablespoons of the ground pork mixture to the center of each biscuit and then wrap the biscuit around the filling. Pinch the ends of the biscuit together to seal it, and then place the bun sealed side down on a parchment paper square.
5. Add water to the bottom of a pan, and place a bamboo steamer (or metal steamer) on top. Steam the buns on medium low for 20 minutes.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

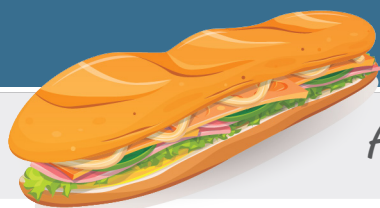
-  Lunch/Supper

## YIELD

8 Buns

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Bun	1 Bun	1 Bun	2 Buns



August 23

## CUBAN SLIDERS

National Cuban Sandwich Day



### INGREDIENTS

- 12 Hawaiian Rolls  
(enriched or whole grain rich)
- 12 Ounces Sliced Roasted Pork
- 12 Ounces Sliced Fresh Cooked Ham
- 6 Ounces Swiss Cheese
- 8 Dill Pickles (sliced the long way)
- 2 Tablespoons Dijon Mustard
- 1 Tablespoon Butter
- ¼ Teaspoon Garlic Powder
- ¼ Teaspoon Dried Parsley

### DIRECTIONS

1. Preheat oven to 350°F.
2. Cut the rolls in half vertically (leaving them connected) and place in a large casserole dish.
3. Spread slices of the roasted pork evenly onto the rolls.
4. Top the pork with folded slices of the ham.
5. Top the ham with the slices of cheese.
6. Pat the pickles with paper towels to remove any excess liquid and layer evenly onto the cheese.
7. Spread the mustard evenly onto the inside of the top of of the rolls and place on top of the sliders.
8. Melt butter and stir in garlic powder and parsley. Drizzle or brush onto the tops of the rolls.
9. Cover the casserole dish with aluminum foil and bake 10 minutes.
10. Remove the foil and bake an additional 10 minutes or until the sliders are hot and cheese is melted.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

### MEAL TYPE

-  Lunch/Supper

### YIELD

12 Sliders

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slider	1 Slider	1 Slider	1 Slider





## WAFFLE FRUIT PIZZA

August 24

National Waffle Day

### INGREDIENTS

- 5 Frozen Waffles (at least 34 grams each, enriched or whole-grain rich)
- 2/3 Cup Low-Fat Cream Cheese (softened)
- 1 Teaspoon Vanilla Extract
- 5 Cups Your Choice of Fruit
- 2 Tablespoons Maple Syrup

### DIRECTIONS

1. In a bowl, whisk together the cream cheese, syrup and vanilla.
2. Spread two tablespoons evenly on top of each waffle.
3. Cut each waffle into 4 equal pieces that look like pizza slices.
4. Serve 2 waffle slices and 1/2 cup of mixed fruit on a plate.
5. Have children add their own fruit topping to their fruit pizza!

### MEAL PATTERN CONTRIBUTION

- Grain
- Fruit

### MEAL TYPE

- Breakfast

### YIELD

5 Waffle Pizzas

### PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Waffle + 1/4 Cup Fruit	1/2 Waffle + 1/2 Cup Fruit	1 Waffle + 1/2 Cup Fruit	2 Waffles + 1/2 Cup Fruit



## YOGURT BANANA SPLIT

August 25

National Banana Split Day



### INGREDIENTS

- 2 Large Bananas (about 5 ounces each)
- ½ Cup Yogurt (that meets sugar limits)
- ¼ Cup Granola

### DIRECTIONS

1. Peel your ripe bananas and then slice them vertically down the middle with a butter knife.
2. Place the two halves into a bowl. Place ¼ cup of yogurt in between the two banana halves in the bowl.
3. Top with granola.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

### MEAL TYPE

-  Snack

### YIELD

2 Banana Splits

### PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Banana Split	1 Banana Split	1½ Banana Splits	1 Banana Split



## PEACHY OATMEAL BAKE

August 27

National Peach Day

### INGREDIENTS

- ¾ Cup Rolled Oats (dry, not quick)
- ½ Cup Low-Fat Milk
- 3½ Cups Peaches (canned, diced, drained)
- 1 Tablespoon Maple Syrup
- 1 Teaspoon Ground Cinnamon

### DIRECTIONS

1. Preheat oven to 400°.
2. In a small bowl, mix oats, milk, peaches, maple syrup and cinnamon until combined.
3. Add mixture to a greased 8"x8" baking dish.
4. Bake for 30 minutes or until bubbling and golden brown.

### MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

### MEAL TYPE

-  Breakfast

### YIELD

6 Cups

### PORTION SIZES

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



## ONE SKILLET CHOP SUEY

August 29

National Chop Suey Day




### INGREDIENTS

- 1 Tablespoon Olive Oil
- 1 Pound Ground Beef
- 1 Cup Diced Onion
- 1 Medium Green Bell Pepper (seeded and diced)
- 2 Large Cloves Garlic (minced)
- 2 Cups Beef Broth
- 1 Cup Water
- 3 Ounce Uncooked Elbow Macaroni (enriched or whole grain rich)
- 1 – 14.5 Ounce Can Petite Diced Tomatoes (not drained)
- 6 Ounces Tomato Paste
- 2 Teaspoons Italian Seasoning
- 1 Teaspoon Brown Sugar
- 1 Teaspoon Worcestershire Sauce

### DIRECTIONS

1. Heat olive oil in a large skillet or Dutch oven over medium-high heat. When the oil shimmers, add the ground beef, onion, and bell pepper. Break up the meat with a wooden spoon, and cook until the meat is no longer pink, about 7 minutes. Add the garlic and cook for 1 more minute. Drain off the excess fat.
2. Add the remaining ingredients to the skillet.
3. Stir to combine; bring to a boil. Once the mixture boils, reduce the heat to a simmer. Cook, uncovered, for about 12-15 minutes, or until the noodles are tender and the sauce thickens.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

### MEAL TYPE

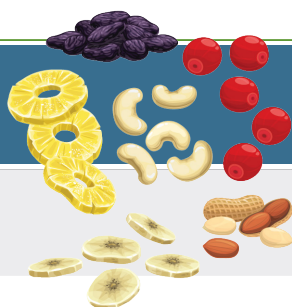
-  Lunch/Supper

### YIELD

6 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	1 Cup	1¼ Cups	2 Cups



## HEALTHY POPCORN TRAIL MIX

August 31

National Trail Mix Day



### INGREDIENTS

- 1½ Ounces Cashews
- 1½ Ounces Almonds
- ⅔ Cup Dried Cranberries
- 9 Cups Popcorn

### DIRECTIONS

1. Combine all ingredients

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

### MEAL TYPE

-  Snack

### YIELD

12 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
1¾ Cups	1¾ Cups	3½ Cups	3½ Cups