



TACO MEATBALLS

October 4

National Taco Day

INGREDIENTS

- 3 Tablespoons Taco Seasoning
- 1 Tablespoon Tomato Paste
- 1 Large Egg
- $\frac{3}{8}$ Cup Plain Breadcrumbs
- $\frac{1}{8}$ Cup Cilantro (chopped)
- 1 Pound Ground Beef (no more than 15% fat)

DIRECTIONS

1. Preheat oven to 400° and spray a 9x13 baking dish with cooking spray.
2. In a large bowl whisk together taco seasoning, tomato paste, eggs, breadcrumbs and cilantro until well combined.
3. Gently mix in beef until combined.
4. Roll into 12 balls and place into baking dish.
5. Bake for 20-22 minutes.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

12 Meatballs

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Meatball	2 Meatballs	2 Meatballs	2 Meatballs



KID-FRIENDLY PASTA SALAD

October 6

National Noodle Day



INGREDIENTS

- 6 Ounces Uncooked Farfalle Pasta (enriched or whole grain rich)
- ¾ Cup Frozen, Thawed Green Peas
- ¾ Cup Shredded Carrots
- ¾ Cup Diced Cucumber
- ¾ Cup Diced Red Bell Pepper
- ¾ Cup Steamed Corn Kernels
- ¼ Cup Olive Oil
- ¼ Cup Lemon Juice
- 2 Teaspoons Salt

DIRECTIONS

1. Cook pasta according to package directions.
2. Mix the pasta with the rest of the ingredients in a bowl and serve at room temperature or cold.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

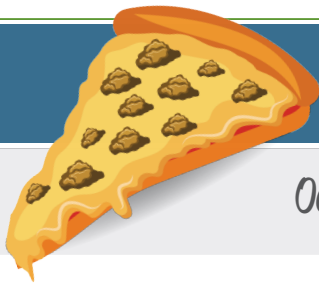
 Lunch/Supper

YIELD

6 Cups

PORTION SIZES

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



BREAKFAST SAUSAGE AND EGG PIZZA

October 11

National Sausage Pizza Day

INGREDIENTS

- (1) 13.8 Ounce Can Refrigerated Pizza Dough (enriched or whole grain rich)
- 6 Large Eggs
- 2 Cups Shredded Sharp Cheddar
- 1 Cup Cooked & Crumbled Turkey or Pork Sausage
- 1/3 Cup Red Onion (thinly sliced)
- 1/3 Cup Green Pepper (thinly sliced)
- 3 Tablespoons Light Butter (melted)

DIRECTIONS

1. Preheat the oven to 425°. Spritz a 12 inch pizza pan with cooking spray. Press the dough onto the pan.
2. Brush the entire crust with the melted butter and sprinkle with 1/2 of the shredded cheese.
3. Meanwhile, in a medium size skillet over medium heat soft scramble the eggs.
4. Drop spoonfuls of the cooked eggs over the cheese. Arrange the peppers, onions and sausage over the eggs and season with salt and black pepper to taste. Sprinkle remaining cheese on top.
5. Bake for 15-17 minutes until the crust is golden around the edges.
6. Cut into 12 even slices.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Slices

PORTION SIZES

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



SLOW COOKER GUMBO

October 12

National Gumbo Day

INGREDIENTS

- 1 Red Bell Pepper (diced)
- 1 Onion (diced)
- 3 Celery Stalks (diced)
- 28 Ounce Can Diced Tomatoes
- 1½ Pounds Chicken Thighs (boneless skinless)
- 1 Package Andouille Sausage (sliced)
- 1 Pound Raw Shrimp (add at the end)
- 1 Tablespoon Cajun Seasoning
- 1 Teaspoon Kosher Salt
- ½ Teaspoon Dried Thyme
- 2 Cups Chicken Broth
- 1 Teaspoon Minced Garlic

DIRECTIONS

1. Place all ingredients except shrimp in a crockpot.
2. Stir to combine and cook on LOW 6-7 hours or HIGH 3-4 hours.
3. During the last 15 minutes of cooking stir in the shrimp.
4. Once the shrimp is pink and no longer translucent the gumbo is ready to eat. Shred the chicken thighs into bite size pieces.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

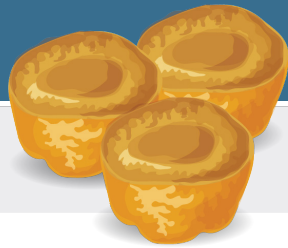
 Lunch/Supper

YIELD

12 Cups

PORTION SIZES

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



EASY YORKSHIRE PUDDING

October 13

National Yorkshire Pudding Day

INGREDIENTS

- 1 Cup All-Purpose Flour (enriched)
- 1 Cup Milk
- 3 Large Eggs (thoroughly beaten)
- 3 Tablespoons Vegetable Oil

DIRECTIONS

1. Whisk together 1 cup beaten eggs and 1 cup flour until free of lumps.
2. Whisk in 1 cup milk and add a good pinch of salt and pepper. Cover and pop in the fridge and allow to rest for at least 30 min or up to overnight.
3. Heat over to 425° and pour 1 teaspoon of oil into each cup of a muffin tin.
4. Put the empty tray in the oven for 15 minutes or until the oil is smoking hot. *must be piping hot*
5. When the oil is very hot, evenly, quickly and carefully pour your batter into each slot, ensuring you don't fill each slot all the way.
6. Roast in the oven for 15-20 minutes or until they have risen and are a deep golden brown color.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

12 Popovers

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Popover	1 Popover	2 Popovers	2 Popovers



ROTISSERIE CHICKEN SHAWARMA WRAP

October 15

National Shawarma Day



INGREDIENTS

- 1 Pound Shredded Chicken Meat (from a rotisserie chicken)
- ½ Teaspoon Pepper
- ½ Teaspoon Coriander
- ½ Teaspoon Cumin
- ¼ Teaspoon Cinnamon
- ¼ Teaspoon Tumeric
- 8 Cups Shredded Lettuce
- 8 Large Flour Tortillas (enriched or whole grain, at least 1 ounce each)

DIRECTIONS

1. Prepare the spice mix by combining all the spices in a small bowl.
2. Spray a 12-inch skillet with cooking spray and add the chicken and spice mix.
3. Place 2 ounces of chicken and 1 cup of lettuce on each tortilla and wrap.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

8 Wraps

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Wrap	¾ Wrap	1 Wrap	2 Wraps



BREAKFAST BLACK BEANS WITH EGGS

October 16

World Food Day

INGREDIENTS

- 2 Large Eggs
- 3¾ Cups Black Beans
- ¾ Cup Canned Diced Tomatoes (with onions & garlic)
- ¼ Cup Water
- 1 Teaspoon Cumin
- ½ Teaspoon Salt
- ¼ Cup Cilantro

DIRECTIONS

1. Place eggs in a large pot. Add water until there is 1 inch of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs.
2. While eggs are cooking, prepare an ice bath. Place ice and water in a large bowl. Set aside.
3. Remove eggs with a slotted spoon. Place in the ice bath for 10 minutes.
4. Prepare bean mixture: Heat on an medium nonstick skillet on medium-high heat. Spray with nonstick cooking spray. Add beans, tomatoes with juice, water, cumin, and salt. Stir. Bring to a boil and reduce heat to medium. Simmer for 5 minutes.
5. Peel and cut each egg into 3 pieces.
6. Garnish with cilantro to serve.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

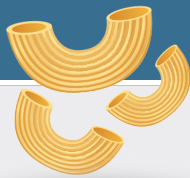
 Breakfast

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅛ Cup Bean Mix + ⅓ Egg	⅛ Cup Bean Mix + ⅓ Egg	¼ Cup Bean Mix + ⅓ Egg	½ Cup Bean Mix + ⅓ Egg



PASTITSIO (BAKED MAC WITH BEEF & CHEESE)

October 17

National Pasta Day



INGREDIENTS

- 5½ Ounces Uncooked Macaroni (enriched or whole grain rich)
- 1 Pound Ground Beef (no more than 20% fat)
- ¼ Cup Chopped Onion
- 15 Ounce Can Tomato Sauce
- ½ Cup Grated Parmesan Cheese
- 1 Cup Grated Mozzarella Cheese
- ⅛ Teaspoon Cinnamon
- 1 Cup Milk
- 3 Tablespoons Butter
- 2 Large Eggs (beaten)

DIRECTIONS

1. Cook macaroni according to package directions.
2. Cook beef and onion in a skillet until lightly brown; drain excess fat.
3. Stir in tomato sauce.
4. Spray a 2-quart baking dish with cooking spray and cover with half the macaroni, then all of the beef mixture.
5. Sprinkle half the cheese and then the remaining macaroni.
6. Cook milk and butter together until butter melts. Beat in the eggs and pour over the pan.
7. Sprinkle with remaining cheese and bake at 325° for 1 hour.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

6½ Cups

PORTION SIZES

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



CHICKEN AND WAFFLE CASSEROLE

October 20

National Chicken and Waffles Day

INGREDIENTS

- 10 Frozen Waffles (enriched or whole grain rich, at least 1.2 ounces each)
- 1 Pound Chicken Breasts (boneless, skinless)
- 8 Large Eggs
- ¾ Cup Milk
- ⅓ Cup Pure Maple Syrup (not pancake syrup)
- 2 Tablespoons Unsalted Butter (melted and slightly cooled; ¼ stick)
- ½ Teaspoon Kosher Salt

DIRECTIONS

1. Dice chicken into small cubes and cook in a skillet until no longer pink or reaches an internal temperature of 165°.
2. Preheat oven to 350°. Butter a 9×13-inch casserole dish, or spray with nonstick spray; set aside.
3. Place the waffles on one baking sheet and bake for about 7 minutes, until softened. Remove from the oven and cut them into cubes.
4. To the baking dish, add a single layer of chopped waffles. Top with half of the chicken pieces. Layer the remaining waffles and chicken.
5. In a mixing bowl, whisk together the eggs, milk, maple syrup, butter, cinnamon, and salt until well combined. Slowly pour the egg mixture evenly over the casserole, pressing down to ensure it's all soaked in (almost like a bread pudding).
6. Bake for 45-60 minutes and cut into 10 even pieces.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

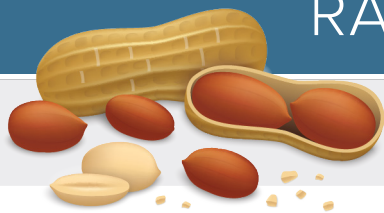
YIELD

10 Pieces

PORTION SIZES

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

RANCH ROASTED NUTS



October 22

National Nut Day

INGREDIENTS

- 5 Cups Mixed Nuts
- 1 Teaspoon Parsley
- ¼ Cup Oil
- 1 Teaspoon Chives
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Dill
- 1 Teaspoon Onion Powder
- 1 Teaspoon Salt
- 1 Teaspoon Paprika

DIRECTIONS

1. Preheat oven to 325°.
2. Add all ingredients to a mixing bowl and stir well to combine.
3. Spread nuts in an even layer on a large rimmed baking sheet.
4. Bake for 20 minutes, stirring every 5 minutes.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

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



PUMPKIN BAKED OATMEAL

October 26

National Pumpkin Day

INGREDIENTS

- 2 Cups Rolled Oats
- 2 Teaspoons Pumpkin Spice
- 1 Teaspoon Baking Powder
- ¼ Teaspoon Salt
- 1 Cup Pumpkin Puree
- 1¼ Cup Milk
- 2 Large Eggs
- 2 Teaspoons Vanilla
- ⅓ Cup Maple Syrup

DIRECTIONS

1. Preheat the oven to 375°. Grease an 8×8 baking dish with oil.
2. In a medium bowl, combine oats, pumpkin pie spice, baking powder, and salt. Mix to combine.
3. Add pumpkin puree, milk, eggs, vanilla, and maple syrup to bowl. Stir to combine.
4. Spread into the prepared baking dish. Bake for 30-35 minutes. Oatmeal is done baking when it is puffed up on the edges, set in the middle and top is golden.
5. Cut into 9 even pieces.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

9 Pieces

PORTION SIZES

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



CHEESY ZUCCHINI BREADSTICKS

October 27

National Breadstick Day



INGREDIENTS

- 6 Cups Grated Zucchini
- 2 Ounces Mozzarella Cheese
- 2 Ounces Parmesan Cheese
- 1 Egg
- 1 Teaspoon Garlic Parsley Salt

DIRECTIONS

1. Squeeze all of the juices you can out of the grated zucchini.
2. In a bowl, combine zucchini, mozzarella and parmesan cheese, egg and garlic salt.
3. On a baking pan with an edge, spread out the zucchini mixture. Bake at 425° for 15 minutes.
4. Slice into 8 sticks and serve while still warm.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Snack

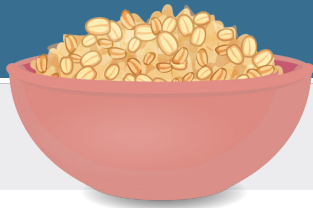
YIELD

8 Sticks

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Stick	1 Stick	1½ Sticks	1 Stick

BANANA OATMEAL MUFFINS



October 29

National Oatmeal Day

INGREDIENTS

- 3 Large Bananas (mashed)
- 2 Large Eggs
- ½ Cup Maple Syrup
- ½ Cup Milk
- 1 Cup Rolled Oats
- 1½ Cups Pastry Flour
(enriched or whole grain rich)
- 1 Teaspoon Cinnamon
- ⅛ Teaspoon Nutmeg
- 1 Teaspoon Baking Powder
- ½ Teaspoon Baking Soda

DIRECTIONS

1. Preheat the oven to 425°. Line a muffin tin with silicone muffin liners or grease.
2. Combine mashed bananas, eggs, maple syrup, and almond milk. Mix until well combined.
3. Add in oats and let sit for 4-5 minutes.
4. Add the whole wheat pastry flour, cinnamon, nutmeg, baking powder, and baking soda. Mix until just combined.
5. Divide batter among the muffin tin evenly. Place in oven and immediately turn down to 350°. Bake for 15-20 minutes or until an inserted toothpick comes out clean.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

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