



3-INGREDIENT PEANUT BUTTER DIP

March 1

Peanut Butter Lovers Day



INGREDIENTS

- 2 Cups Whole Milk Plain Yogurt (23 grams of sugar per 6 oz or less)
- 1 Cup Peanut Butter
- Cinnamon (to taste)
- 3 Cups Apple Slices

DIRECTIONS

1. In small bowl, whisk together yogurt and peanut butter.
2. Sprinkle with cinnamon and enjoy with apple slices.
3. Refrigerate any leftovers.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Dip + ½ Cup Apple Slices	¼ Cup Dip + ½ Cup Apple Slices	½ Cup Dip + ¾ Cup Apple Slices	½ Cup Dip + ½ Cup Apple Slices



FRUIT SLIDERS

March 1

National Sunkist Citrus Day



INGREDIENTS

- 1¼ Pounds Fresh Oranges (approx. 3-inch diameter)
- ¾ Cup Cottage Cheese
- ¾ Cup Blueberries
- Basil (optional)

DIRECTIONS

1. Peel and cut oranges into 6 equal wheels.
2. Top wheels with ⅓ cup cottage cheese and ⅓ cup blueberries.
3. Garnish with basil (optional).

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

 Breakfast

YIELD

6 Sliders

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Slider	2 Sliders	1 Sliders	4 Sliders

BROCCOLI CHEDDAR SOUP



March 3

National Soup It Forward Day

INGREDIENTS

- 2 Tablespoons Unsalted Butter
- ½ Cup (about 1 Medium) Onion (chopped)
- 2 Cloves Garlic (minced)
- 1 Cup (about 1 Large) Carrot (grated)
- 4 Cups Fresh Broccoli Florets
- 4 Cups Vegetable Broth
- 2 Cups Whole Milk
- 1 Cup Heavy Cream (optional, for extra creaminess)
- 2½ Cups Sharp Cheddar Cheese (shredded)
- 3 Tablespoons All-Purpose Flour
- 1 Teaspoon Smoked Paprika
- ½ Teaspoon Ground Mustard
- Salt and Black Pepper (to taste)

DIRECTIONS

1. In a large pot, melt the butter over medium heat. Add the chopped onion and sauté until it turns translucent, about 4–5 minutes. Stir in the minced garlic and grated carrot, cooking for another 2 minutes until fragrant.
2. Sprinkle the flour over the sautéed vegetables. Stir continuously for 1–2 minutes. Slowly pour in the vegetable broth while whisking to prevent lumps. Bring the mixture to a gentle boil, then reduce the heat to medium-low.
3. Toss in the broccoli florets and let them simmer for about 10 minutes, or until they are tender but still vibrant green. Stir occasionally to ensure even cooking.
4. For a smooth soup, transfer half of the soup to a blender, blend until smooth, and return it to the pot. If you prefer a chunkier texture, skip this step.
5. Gradually add the shredded cheddar cheese to the soup, stirring constantly to ensure it melts evenly. Avoid overheating, as it can cause the cheese to separate.
6. Ladle the soup into bowls and top with croutons or serve with a slice of crusty bread (optional).

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

9 Cups

PORTION SIZES

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



BLACK BEAN DIP

March 4 National Snack Day

INGREDIENTS

- 3 Cups Tomatoes (seeded and diced)
- 3 Cups Canned Black Beans (rinsed)
- 6 Tablespoons Scallions (chopped)
- 3 Tablespoons Fresh Cilantro (chopped)
- 3 Tablespoons Fresh Squeezed Lime Juice
- 4½ Teaspoons Extra-Virgin Olive Oil
- 3 Teaspoons Chipotle Chili Peppers in Adobo Sauce (minced)
- ¾ Teaspoon Salt

DIRECTIONS

1. On a cutting board, finely chop the tomatoes and remove the seeds. Place chopped tomatoes in a big mixing bowl.
2. Rinse the black beans and add 3 cups of black beans to the mixing bowl with the tomatoes.
3. Finely chop 3 chipotle chili peppers and add to mixing bowl.
4. Add in the scallions, cilantro, lime juice, olive oil, and salt into the mixing bowl that contains the chilis, tomatoes and black beans.
5. Mix well, adding more salt if needed per your personal taste and serve immediately.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

6 Cups

PORTION SIZES

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



MINI CHICKEN POT PIES

March 6

National Frozen Food Day



INGREDIENTS

- 1 Pound Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 1 Cup Mixed Frozen Vegetables (thawed)
- ½ Cup Sharp Cheddar Cheese (shredded)
- 10½ Ounce Can Condensed Cream of Chicken Soup
- 16.3 Ounce Can Refrigerated Biscuits (8 count Grands or Jumbo)

DIRECTIONS

1. Preheat your oven to 375°.
2. Coat 8 muffin pan cups with cooking spray.
3. In a medium-sized bowl, combine chicken, vegetables, cheese, and soup until well mixed.
4. Flatten each biscuit into roughly a 4½ inch circle using your hands. Gently press each flattened biscuit into the greased muffin pan, leaving a dough rim around the top of each cup.
5. Spoon the chicken mixture into the biscuit cups.
6. Bake for 18-23 minutes or until the crust turns golden brown, and the filling bubbles.
7. After baking, let the pies cool in the pan for 2-3 minutes before serving.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

8 Mini Pies

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Mini Pie	¾ Mini Pie	1 Mini Pie	1 Mini Pie



POTATO PANCAKES

March 7

National Flapjack Day

INGREDIENTS

- 1 Pound Yukon Gold Potatoes
- ¾ Teaspoon Sea Salt (divided)
- Water
- 2 Large Eggs (beaten)
- 2 Tablespoons All Purpose Flour
- 1 Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- ¼ Teaspoon Black Pepper
- ½ Cup Cheddar Cheese
- 2 Tablespoons Salted Butter
- 2 Tablespoons Olive Oil
- Flaky Sea Salt for Topping

DIRECTIONS

1. Peel 1 pound potatoes and cut them into halves or quarters. Place them in a 3-quart pot and cover them with cold water by 2 inches, then add sea salt to the water.
2. Bring water to a boil, then boil for 15-25 minutes until fork tender. Strain potatoes in a colander to remove any excess water, let cool in the colander until they reach room temperature. Once they are cooled, rice the potatoes into a large mixing bowl using a potato ricer.
3. Add eggs to the riced potatoes and stir until combined.
4. Add flour, garlic powder, onion powder, sea salt and pepper and stir until evenly distributed.
5. Add cheddar cheese and stir to combine.
6. Heat 2 tablespoons olive oil and 2 tablespoons butter in a large skillet over medium heat until the butter is melted. Use a ¼ cup measuring cup to measure out portions of the potato pancake mixture and drop it onto the skillet. Flatten the mixture into a round circle about ½” thick. Repeat with remaining mixture.
7. Cook over medium heat for 5-6 minutes, or until the bottom is golden-brown.
8. Flip and cook an additional 5 minutes until golden-brown.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

8 Pancakes

PORTION SIZES

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



CEREAL COATED BAKED CHICKEN TENDERS

March 7

National Cereal Day

INGREDIENTS

- 1 Pound Chicken, Boneless, fresh or frozen, tenderloins, (boneless chicken breast pieces without skin)
- 4 Cups Cereal, Ready-to-Eat: Flakes or Rounds*
- ½ Cup Coconut Flakes (sweetened, finely chopped)
- 1 Teaspoon Kosher Salt
- ¼ Teaspoon Black Pepper
- 1 Teaspoon Lime Zest
- 2 Large Eggs
- 2 Tablespoons Coconut Milk or Water
- 1 Teaspoon Lime Juice
- 1 Cup All-Purpose Flour

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

DIRECTIONS

1. Preheat oven to 425°. Line a large baking pan with foil or parchment paper. Place a wire cooling rack on top, spray with nonstick cooking spray, or lightly coat with oil.
2. Heat coconut flakes in a large pan over medium heat. Lightly brown, stirring continuously for about 2 to 3 minutes, or until toasted and no longer sticky on the surface. Transfer to a bowl.
3. Place 4 cups of cereal in a large resealable plastic bag. Remove air and seal. Use a rolling pin to crush into smaller pieces. It's good to have a mix of crumb sizes.
4. Combine in a medium-sized bowl the coating ingredients; 2½ cups of crushed cereal, ½ cup of toasted coconut, 1 teaspoon salt, ¼ teaspoon pepper, and 1 teaspoon lime zest.
5. In a separate medium-sized bowl whisk together the batter; 2 eggs, 2 tablespoons coconut milk, and 1 teaspoon lime juice. Add 1 cup of flour in a separate medium-sized bowl.
6. Divide the tenderloins into 8 even pieces Use left hand to place chicken in the flour, coat well and shake off excess. Use the same hand to dip into the egg batter, fully coating the chicken. Place in the coating bowl. Use your right hand to coat and firmly press the breadcrumbs into the chicken, turning over as needed.
7. Gently shake off any excess crumbs and place the breaded chicken on the baking rack. Repeat with other pieces. If any excess coating falls on the baking sheet after breading, lift up the baking rack and discard the crumbs, so they do not burn if left in the baking pan.
8. Bake chicken on the center rack of the oven for 10 minutes. Remove from the oven and use your fingers to flip gently, it's warm to the touch but not hot. Tongs may cause the coating to flake off.
9. Bake for another 3 to 5 minutes, or until golden brown, crunchy and the meat reaches at least 165-170°F internal temperature. Allow it to cool 5 minutes before serving.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Tenders

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Tender	1½ Tenders	2 Tenders	2 Tenders

MEATBALL SANDWICH



March 9

National Meatball Day




INGREDIENTS

- 8 Hoagie Rolls, enriched or whole grain rich, at least 2 oz each
- 4 Tablespoon Butter (melted)
- ½ Teaspoon Garlic Powder
- 1¼ Ounce Equivalent of meatballs, with a CN label, product formulation statement or try our [Easy Homemade Meatballs](#)
- 4 Cups Canned Spaghetti Sauce, Meatless
- 16 Ounces Sliced Cheese

DIRECTIONS

1. Preheat oven to broil or 400°.
2. Prepare frozen meatballs according to package or make homemade meatballs.
3. Place cooked meatballs in a large saucepan with sauce. Heat on low.
4. Stir together melted butter and garlic powder. Spread the butter on the inside of hoagie rolls. Place the rolls in a casserole dish and put in the oven for 1-2 minutes.
5. Place sauced meatballs in the toasted rolls, 4 meatballs per sandwich.
6. Top each sandwich with 2 ounces cheese. Put the casserole dish back in the oven and broil until cheese melts, about 2-3 minutes.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

8 Sandwiches

PORTION SIZES

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



GARLIC RANCH PRETZELS

March 10

National Ranch Day

INGREDIENTS

- 16 Ounces Pretzel, Hard, Mini-Twist (enriched or whole grain rich; about 1 ¼” by 1 ½”)
- 1 Ounce Ranch Seasoning
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- ½ Teaspoon Dill Weed
- ½ Cup Popcorn Oil

DIRECTIONS

1. Place the pretzels in a large bowl that has a sealed cover.
2. Sprinkle the dry ingredients over the pretzels. Cover the bowl and shake until the pretzels are well coated.
3. Pour popcorn oil over the pretzels, cover and shake again.
4. Open and stir gently, tossing the pretzels and scraping the seasonings from the bottom of the bowl.
5. Once pretzels are fully coated, allow them dry and they will be ready to store or enjoy.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

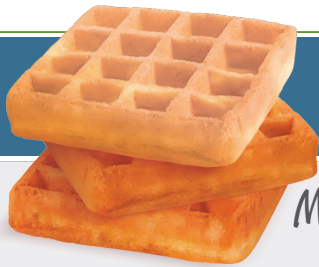
 Snack

YIELD

About 300 Mini Pretzels

PORTION SIZES

Toddler	Preschool	School Age	Adult
7 Mini Pretzels	7 Mini Pretzels	14 Mini Pretzels	14 Mini Pretzels



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

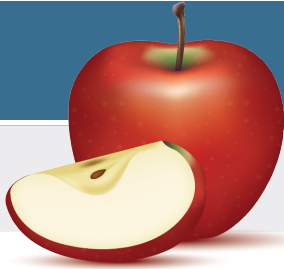
 Breakfast

YIELD

4 Waffles

PORTION SIZES

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



EASY CINNAMON APPLES

March 11

National Johnny Appleseed Day

INGREDIENTS

- 2 Pounds Fresh Apples, 125-138 count (About 6 Medium Apples, Chopped)
- 2 Tablespoons Water
- 1 Tablespoon Salted Butter (or Coconut Oil)
- 1 Tablespoon Maple Syrup
- ½ Teaspoon Ground Cinnamon
- ⅛ Teaspoon Fine Sea Salt
- ¼ teaspoon Pure Vanilla Extract

DIRECTIONS

1. Cut apples into same-sized pieces (about ½-1" cubes).
2. Put apples pieces into a skillet with water. Cover the pan and cook over medium heat for about 5 minutes, stirring occasionally, until the apples become slightly soft and water is absorbed.
3. Add butter (or oil) to the skillet. Stir apples and oil together until all the apples are coated. Cook for 5 minutes, stirring every minute or so, until the apples become soft (you may need to cover them for the last 2 minutes).
4. Add maple syrup, cinnamon, salt and vanilla. Stir until well mixed.
5. Cook for about 5 more minutes, stirring every minute until the apples reach your desired softness.
6. Remove from heat and serve.

MEAL PATTERN CONTRIBUTION



MEAL TYPE

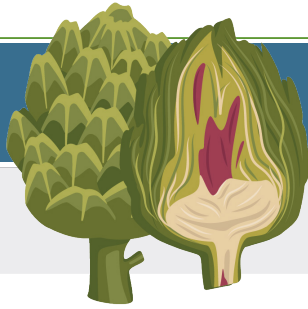


YIELD

3 Cups

PORTION SIZES

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



CRISPY PARMESAN ARTICHOKE HEARTS

March 16

National Artichoke Hearts Day

INGREDIENTS

- 2¼ Cups Quartered Artichoke Hearts (drained and patted dry)
- 1 Tablespoon Extra Virgin Olive Oil
- 2 Eggs (lightly beaten)
- 1 Teaspoon Garlic Powder
- ⅓ Cup Parmesan Cheese (finely grated)
- ⅓ Cup Panko Breadcrumbs
- 1 Teaspoon Italian Seasoning
- ¼ Teaspoon Fine Sea Salt
- ¼ Teaspoon Ground Black Pepper
- ½ Cup Herb Lemon Aioli Sauce

DIRECTIONS

1. Preheat oven to 425° and line a rimmed baking sheet with parchment paper or coat lightly with cooking spray.
2. Place the artichoke hearts in a bowl and coat with the olive oil.
3. In a medium bowl, mix together the garlic powder, parmesan cheese, panko, italian seasoning, salt and pepper.
4. Dip each artichoke in the egg mixture, then in the cheese mixture.
5. Place on baking sheet and bake for 20 minutes, flipping halfway.
6. Serve hot with aioli dipping sauce.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

2¼ Cups

PORTION SIZES

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



CROCK POT CORNED BEEF AND CABBAGE

March 17

National Corned Beef & Cabbage Day


INGREDIENTS

- 2½ Pounds Corned Beef Brisket, without bone, 1/4-inch trim
- 1 Large Onion (sliced)
- 6 Medium Red Potatoes (peeled and halved)
- 2 Cups Baby Carrots
- 1 Beef Bouillon Cube
- 1 Clove Garlic (minced)
- 1 Tablespoon Worcestershire Sauce
- 1 Teaspoon Dry Mustard
- Spice Packet (that comes with the corned beef brisket; optional)
- 1 Pound Cabbage (cut into wedges)
- 1 Teaspoon Caraway Seeds
- 2 Cups Low-Sodium Beef Broth

DIRECTIONS

1. Trim the brisket of all visible fat.
2. Spray a large crockpot with nonstick spray.
3. Place the onion, potatoes, and carrots in the bottom of the crockpot, and corned beef on top.
4. Whisk together the bouillon, garlic, worcestershire sauce, dry mustard, and beef broth.
5. Pour the liquid over the brisket.
6. Sprinkle the included spice packet over the corned beef (optional). Cover pot.
7. Cook on low setting for 8-10 hours, or on high for 4-5 hours, adding the cabbage wedges and caraway seed for the last hour of cooking.
8. To serve, discard cooking liquid, slice meat into 28, 1 ounce slices.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

28 Slices Brisket +
13¾ Cups Vegetables

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Slice Brisket + ⅓ Cup Vegetables	1½ Slices Brisket + ¼ Cup Vegetables	2 Slices Brisket + ½ Cup Vegetables	2 Slices Brisket + ½ Cup Vegetables



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	¾ Cup	¾ Cup	1½ Cups

TEXAS TOAST SLOPPY JOES



March 18

National Sloppy Joe Day



INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 2 Tablespoons Unsalted Butter
- ½ Cup Yellow Onion (finely chopped)
- 8 Ounces Tomato Sauce
- ½ Cup Ketchup
- 2 Tablespoons Worcestershire Sauce
- 1 Tablespoon White Vinegar
- 1 Tablespoon Yellow Mustard
- 1 Tablespoon Brown Sugar
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 8 Slices Texas Toast Garlic Bread (whole grain-rich or enriched) at least 28 grams each
- 8 Ounces Mozzarella Cheese (shredded)

DIRECTIONS

1. Preheat the oven to 425°. Line a large rimmed baking tray with parchment paper. Set aside.
2. In a large skillet, brown the ground beef over medium-high heat for 4 to 5 minutes.
3. Using a slotted spoon, remove the browned ground beef and place it on a plate. Drain the excess fat from the skillet.
4. To the skillet, add the butter and finely chopped onions. Saute on medium heat for 2 to 3 minutes or until the onions are soft and translucent.
5. Stir in the tomato sauce, ketchup, worcestershire sauce, white vinegar, yellow mustard, brown sugar, garlic powder, onion powder, salt, black pepper, and reserved cooked ground beef.
6. Bring the sauce mixture to a boil, reduce heat and simmer for 7 to 8 minutes or until the mixture has thickened. While your sauce simmers, place the 8 slices of texas toast onto the prepared baking tray and bake for 6 minutes.
7. Remove the baking sheet from the oven and top each of the slices of texas toast with the sloppy Joe mixture (a little less than a ½ cup each).
8. Top each toast with ⅛ cup of the shredded mozzarella cheese. Be sure to mound it in the center of the sloppy Joe mixture. As it melts, it will spread to cover the entire top of the texas toast without running down the sides too much.
9. Place the baking sheet of sloppy Joe Texas toast back into the oven for an additional 3 to 4 minutes to finish baking the toast and to melt the cheese.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

8 Open-Faced Sloppy Joes

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Sloppy Joe	1 Sloppy Joe	1 Sloppy Joe	2 Sloppy Joes



CORN DOG MUFFINS

March 18

National Corn Dog Day



INGREDIENTS

- 8½ Ounces Cornbread Muffin Mix (enriched or whole grain rich)
- 1 Egg
- 1 Tablespoon Butter (melted)
- ⅓ Cup Milk
- 6 Hot Dogs (frankfurters), without meat or poultry byproducts, cereals, binders or extenders, 2 oz each (cut into 1 inch pieces)

DIRECTIONS

1. Start by prepping your muffin pan for nonstick and preheating the oven to 400°. In a large mixing bowl use a whisk to break up any lumps in your cornbread muffin mix.
2. Add the remaining ingredients, except for the hot dogs, to the bowl and mix until the ingredients are just combined.
3. Use a cookie scoop to fill the muffin cups ⅔ of the way full.
4. Next, place a hot dog piece into the center of each of the muffins.
5. Bake the muffins for 10-12 minute sor until they turn golden brown.
6. Allow the muffins to cool for a few minutes before serving.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Snack

YIELD

18 Mini Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
1½ Mini Muffins	1½ Mini Muffins	3 Mini Muffins	3 Mini Muffins



CHICKEN OMELETTE

March 19

National Poultry Day

INGREDIENTS

- 4 Large Eggs
- 2 Tablespoon Butter
- 3½ Ounces (about ⅔ cup) Shredded, Cooked Chicken
- ½ Cup Shredded Cheese
- 4 Tablespoons Fresh Spinach (finely sliced)
- 1 Medium Tomato (diced)
- 4 Tablespoons Parsley or Chives (chopped)
- Salt and Pepper (to taste)

DIRECTIONS

1. In a medium bowl, beat or whisk the eggs until completely combined (no whites remain).
2. Warm up the chicken in a pan or microwave and set aside.
3. Melt the butter in a medium non-stick skillet over a medium heat, then pour in ⅓ of the eggs and reduce the heat slightly. Tilt the pan so the eggs cover the base of the pan to the edge.
4. When the eggs begin to set, use a wooden spoon or rubber spatula to pull the edges into the middle of the pan. Tilt the pan so the runny eggs fill the bottom of the pan.
5. When the bottom of the omelette is set and the top is nearly set, add the shredded chicken, cheese, spinach and tomato to half of the omelette. Fold the other side over and serve topped with the herbs and season with salt and pepper.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

6 Omelettes

PORTION SIZES

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



EASY FLOUR BISCUITS

March 20

World Flour Day

INGREDIENTS

- 4 Cups Enriched, All-Purpose Self-Rising Flour
- 1 Stick Salted Butter
- 2–2 ½ Cups Cold Whole Milk or Buttermilk
- 2 Tablespoons Melted Butter
- 1 Tablespoon Oil

DIRECTIONS

1. First, place a large mixing bowl, box grater, biscuit cutter, flour, and 1 stick of butter into the freezer for 15 minutes.
2. Next preheat your oven to 425° and place a large cast-iron skillet into the oven to preheat.
3. In a large, chilled mixing bowl, add 4 cups of self rising flour and set aside. Working quickly, grate your frozen butter and add into your flour. Stir together until evenly combined.
4. Next, add in 2 cups of milk or buttermilk and stir until just combined. If the dough seems too dry, add additional milk until the dough forms. The dough will be lumpy and tacky to the touch.
5. Turn the dough out onto a lightly floured surface and press out until it's ¾" thick. Next, fold the dough to create layers in your biscuits. Fold the dough over half-way, push out again, fold over, and repeat 2-3 times.
6. Next use a rolling pin and roll the dough smooth back out to ¾" thick. Use a large biscuit cutter to cut out 8-10 biscuits. Make sure you avoid twisting the biscuit cutter, and instead firmly press the biscuit cutter down into the dough and pull up straight to ensure your biscuits will rise nice and high.
7. Carefully remove the cast iron skillet from the oven and add oil to evenly coat the pan on the bottom and sides. Place the biscuits into the hot skillet right beside one another, and if desired brush the tops with melted butter using a pastry brush.
8. Bake the biscuits for 15 minutes or until they are golden brown.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

10 Biscuits

PORTION SIZES

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

CLASSIC FRENCH TOAST



March 21

National French Bread Day

INGREDIENTS

- 3 Eggs
- 1 Cup Milk
- 2 Teaspoons Sugar (optional)
- 1 Teaspoon Ground Cinnamon (optional)
- 1 Teaspoon Vanilla Extract (optional)
- 8 Slices French Bread (whole grain-rich or enriched; at least 28 grams each)
- Butter (for frying)

DIRECTIONS

1. Whisk the eggs and milk (sugar, cinnamon and vanilla if using) together until well combined.
2. Heat a medium sized fry pan over medium heat and add half a teaspoon of butter.
3. Dip bread slices in the egg mixture for 30 seconds before flipping over for another 30 seconds.
4. Place the bread slices in the frypan and cook for 5 minutes each side over medium to medium low heat. Check every few minutes to make sure the french toast isn't burning.
5. To check the toast is ready press in the center and if it springs back its cooked through.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

8 Toasts

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice	½ Slice	2 Slices	3 Slices



SMASH BURGER TACOS

March 21

National Crunchy Taco Day



INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 8 Tortilla, Soft, Flour (enriched or whole grain rich; about 6" each)
- 1 Cup Shredded Cheddar Cheese (about 4 ounces)
- 1 Cup Shredded Lettuce
- ½ Cup Medium Red Onion (diced)
- 24 Dill Pickle Chips
- Thousand Island Dressing (to serve)

DIRECTIONS

1. Divide the beef into 8 portions (about ¼ cup each). Place one portion onto each tortilla, and press the beef to flatten to about ¼-inch thick (should cover most of the tortilla). Season the beef with salt and pepper.
2. Heat a 12-inch skillet over medium-high heat. Add 2 to 3 tortillas, beef-side down, to the hot skillet. Cook for 2 minutes or until the beef is done. Turn the tortillas over and top each with 2 tablespoons cheese. Cover and cook for 1 minute or until the cheese is melted. Repeat with the remaining tortillas.
3. Top with the lettuce, onion and pickles and drizzle with the sauce before serving.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

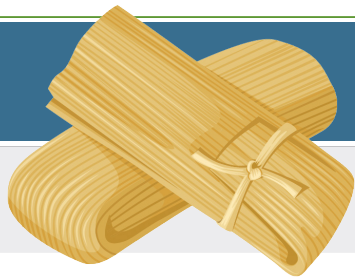
 Lunch/Supper

YIELD

8 Tacos

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Taco	1 Taco	2 Tacos	2 Tacos



EASY TAMALE 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
- 1½ Cups (6 Ounces) Shredded Cheddar Cheese
- 1 Teaspoon Chili Powder
- 1 Box (8½ Ounces) Corn Muffin Mix (enriched or whole grain rich)
- 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

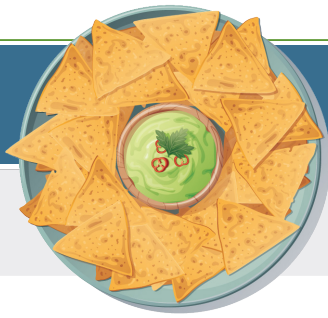
-  Lunch/Supper

YIELD

6 Pieces

PORTION SIZES

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



MEXICAN STREET CORN DIP

March 23

National Chip and Dip Day



INGREDIENTS

- 3 Cups Canned, Drained Sweet Corn
- ¼ Cup Mayonnaise
- ½ Cup Sour Cream
- 1 Tablespoon Lime Juice
- 1 Teaspoon Chili Powder
- 1 Teaspoon Salt
- 1 Teaspoon Garlic Powder
- ¼ Teaspoon Cayenne Pepper (optional)
- 6 Ounces Queso Fresco (crumbled)
- ¼ Cup Cilantro (chopped)
- 4 Ounces Tortilla Chips (enriched or whole grain)

DIRECTIONS

1. In a large bowl, combine the sweet corn, mayonnaise, sour cream, lime juice, chili powder, salt, garlic powder, cayenne pepper.
2. Crumble the queso fresco and set aside about ¼ cup for topping. Stir the remaining cheese into the dip.
3. Top with the remaining queso fresco crumbles and chopped cilantro.
4. Serve immediately, or chill for up to 24 hours and serve with tortilla chips.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Snack

YIELD

4½ Cups

PORTION SIZES

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



PHILLY CHEESESTEAK OMELETTE

March 24

National Cheesesteak Day

INGREDIENTS

- 6 Large Eggs
- 8 Ounces Beef Ribeye, fresh or frozen, without bone, practically-free-of-fat
- 1 Green Bell Pepper (sliced)
- 1 Medium Onion (sliced)
- ½ Cup Provolone Cheese (shredded)
- Salt and Pepper
- Butter

DIRECTIONS

1. Slice the steak very thinly, cutting against the grain. This will make it more tender.
2. Brown the steak in a pan on medium high heat, adding salt and pepper to taste. At the same time, saute peppers and onion in butter till tender.
3. Add eggs to a bowl with salt and pepper and whisk till blended.
4. Heat non-stick skillet on medium high heat and add butter.
5. Once butter has stopped foaming add ⅓ of the eggs to the skillet and stir quickly with a spatula for 5 seconds then rotate and tilt the pan to allow any liquid on the top to run off the side to cook.
6. Let the omelette finish cooking with no movement.
7. Add 1 tablespoon of cheese and about 1 ounce of steak and pepper filling to the omelette.
8. Fold the omelette and slide onto a plate to serve.
9. Continue working in batches until all omelettes have been made.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

8 Omelettes

PORTION SIZES

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



SPINACH FETA EGG BITES

March 26

National Spinach Day

INGREDIENTS

- 4 Large Eggs
- ½ Cup Plain Cottage Cheese
- 1 Teaspoon Garlic Powder
- ½ Teaspoon Salt
- ½ Cup Diced Sun-Dried Tomatoes (drained)
- 1½ Cups Chopped Fresh Spinach
- ¼ Cup Crumbled Feta Cheese
- 1 Pound Pork Sausage, bulk, market-style

DIRECTIONS

1. Begin by preheating your oven to 375°. While the oven is heating, spray a muffin tin with cooking oil to prevent sticking. Ensure each cup is well-coated to make removal easier later.
2. Add the eggs, cottage cheese, garlic powder, and salt to a high-speed blender. Blend until the mixture is completely smooth, ensuring there are no lumps of cottage cheese left for a uniform texture.
3. Divide the chopped spinach, crumbled feta, chopped sun-dried tomatoes, and cooked sausage evenly between the 12 muffin cups.
4. Carefully pour the blended egg mixture into each prepared muffin cup, filling them almost to the top. Place the muffin tin in the preheated oven and bake for 15-18 minutes, or until the egg muffins are cooked through and the tops are no longer runny. Use a toothpick inserted into the center of a muffin to check for doneness—it should come out clean.
5. Remove the muffin tin from the oven and allow them to cool for a few minutes. Gently remove the muffins from the tin and serve them warm.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

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



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

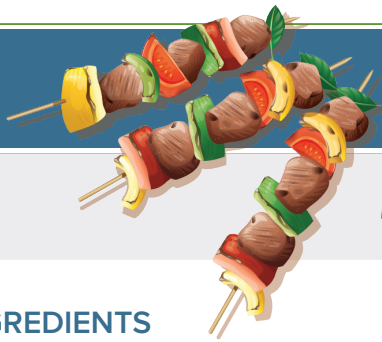
 Lunch/Supper

YIELD

4 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Rice + ½ Chicken Thigh + ⅛ Cup Vegetable Mix	¼ Cup Rice + 1 Chicken Thigh ¼ Cup Vegetable Mix	½ Cup Rice + 1 Chicken Thigh ½ Cup Vegetable Mix	1 Cup Rice + 1 Chicken Thigh + ½ Cup Vegetable Mix



SALAD SKEWERS

March 28

National Something on a Stick Day

INGREDIENTS

- 12 Bamboo Skewers
- ½ Pound Large Bell Peppers
- ¼ Pound Seedless Cucumber
- ½ Pound Zucchini
- 1 Pound Cherry Tomatoes
- 3 Tablespoons White Wine Vinegar
- ½ Teaspoon Dijon Mustard
- ¼ Teaspoon Salt
- ⅛ Teaspoon Black Pepper
- 3 Tablespoons Extra-Virgin Olive Oil
- ½ Cup Fresh Tarragon Leaves

DIRECTIONS

1. Alternately thread pepper, cucumber and zucchini chunks, and cherry tomatoes onto skewers.
2. Arrange skewers on platter; wrap in plastic wrap. Or place in storage container with tight-fitting lid. Can be refrigerated up to 1 day.
3. In small bowl, with wire whisk, mix vinegar, mustard, salt, and black pepper until blended.
4. In thin, steady stream, whisk in oil until blended; stir in tarragon.
5. Transfer vinaigrette to small container with tight-fitting lid.
6. Serve skewers with vinaigrette.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

12 Skewers

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Skewer	1 Skewer	2 Skewers	1 Skewer



BREAKFAST PITAS

March 29

National Pita Day



INGREDIENTS

- 8 Large Eggs
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 2 Teaspoons Paprika (optional)
- 4 Pieces Pre-Cooked Bacon (diced)
- 6 Pita Pockets (at least 1 ounce (28 grams) each, enriched or whole grain, halved)
- 4 Tablespoons Chives (finely chopped)
- ½ Cup Shredded Cheese

DIRECTIONS

1. In a medium sized bowl stir together eggs, bacon, chives, salt, pepper and paprika (if using).
2. Spray cooking spray on a medium skillet. Heat the skillet over medium heat.
3. Add egg mixture to your skillet.
4. Let the eggs cook on the skillet without touching them until the edges start to set. Use a large spoon or spatula and slowly lift and fold the egg mixture.
5. Continue to cook the eggs for about 1 to 2 minutes or until the egg mixture is cooked through.
6. Cut the pita pockets in half. Lay the pitas on a plate and spoon the egg mixture evenly into them.
7. Top each pita with the shredded cheese and extra chives.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Breakfast

YIELD

6 Pita Pockets

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pita Pocket	½ Pita Pocket	1 Pita Pocket	2 Pita Pockets

EASY BREAKFAST POTATOES



March 31

National Tater Day

INGREDIENTS

- 2 Pounds Russet Potatoes (peeled and diced)
- 1 Cup Onion (finely chopped)
- 2 Tablespoons Olive Oil
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Paprika
- ½ Teaspoon Onion Powder
- ½ Teaspoon Dried Oregano
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- Fresh Parsley (chopped; for garnish)

DIRECTIONS

1. Peel and dice the potatoes into small, evenly sized cubes. Finely chop the onion.
2. In a large bowl, toss the diced potatoes with olive oil, garlic powder, paprika, onion powder, dried oregano, salt, and black pepper until the potatoes are evenly coated.
3. Heat a large skillet over medium heat. Add the seasoned potatoes and chopped onion to the skillet. Cook, stirring occasionally, for about 20-25 minutes, or until the potatoes are golden brown and crispy on the outside and tender on the inside.
4. Remove the potatoes from the skillet and transfer them to a serving dish. Garnish with chopped fresh parsley and serve hot.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

5 Cups

PORTION SIZES

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