



OATMEAL WITH MILK AND CINNAMON

June 1

World Milk Day

INGREDIENTS

- 2 Cups Water
- 2 Cinnamon Sticks
- 1½ Teaspoons Vanilla Extract
- 1½ Cups Rolled Oats
(enriched or whole grain-rich)
- 2 Cups Milk
- 3-4 Tablespoons Sugar
- ¼ Teaspoon Salt
- Cinnamon Powder

DIRECTIONS

1. Bring the water to a boil with the cinnamon sticks and vanilla extract in a saucepan over high heat.
2. When it starts to boil, add the oats and cook over medium heat for about 5 minutes, occasionally stirring to prevent sticking.
3. Add the milk, sugar, and salt, stir, and cook over low heat for about 5 minutes, frequently stirring to prevent sticking.
4. Let stand covered for 5 minutes.
5. Discard the cinnamon sticks and serve hot with a little ground cinnamon.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

3 Cups

PORTION SIZES

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



EASY OLIVE SPREAD

June 1

National Olive Day

INGREDIENTS

- 8 Ounce Package Reduced Fat Cream Cheese
- 1½ Cups Pimiento-Stuffed Green Olives
- 1 Pound (about 42 sticks) Celery, fresh Sticks, Read-to-use (½-inch by 4-inch) (for serving)

DIRECTIONS

1. Place cream cheese and olives in a food processor and blend until smooth and the preferred consistency is reached.
2. Serve with celery sticks.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

2 Cups Spread

PORTION SIZES

Toddler	Preschool	School Age	Adult
6 Celery Sticks + Spread	6 Celery Sticks + Spread	10 Celery Sticks + Spread	6 Celery Sticks + Spread



MEXICAN ROTISSERIE CHICKEN TOSTADAS

June 2

National Rotisserie Chicken Day




INGREDIENTS

- 8 Tortilla, Soft, Corn (about 5 ½"; enriched or whole grain-rich)
- 1 Tablespoon Cooking Oil
- 15¼ Ounce Can Corn, canned Whole kernel, Liquid pack (drained)
- 1 Pound Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 1 Cup Salsa, canned (all vegetable ingredients plus a minor amount of spices)
- 2 Tablespoons Taco Seasoning Mix
- 15½ Ounce Can Black Beans, Whole (rinsed and drained)
- 2 Cups Shredded Colby Jack Cheese
- Fresh Cilantro Leaves (optional)
- Tomatoes (optional)

DIRECTIONS

1. Preheat your oven to 450°. Lay the tortillas on a rimmed baking sheet. Brush the tortillas with canola oil, ensuring a thin, even coat so the entire side appears shiny without pooling. Flip them and repeat the brushing on the other side. Bake the tortillas for 10 minutes, flipping them halfway through and rotating the pan for even cooking. Keep an eye on the tortillas by checking them every 2 to 3 minutes to prevent burning, as baking times may vary depending on your oven and pans.
2. While the tortillas are baking, place a medium to large saucepan over medium heat. Combine the chicken, salsa, taco seasoning, corn, and black beans in the saucepan. Cook the mixture, stirring occasionally, until it is heated through, which should take about 5 minutes.
3. Once the tortillas are baked, remove them from the oven. Add ½ cup of the chicken mixture to the top of each tortilla. Then, top each tortilla with ¼ cup of cheese. Place the loaded tortillas back in the oven and bake for an additional 5 minutes, or until the cheese is completely melted and bubbly.
4. After baking, remove the tortillas from the oven. Top them with fresh cilantro leaves and diced tomatoes for garnish. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

-  Lunch/Supper

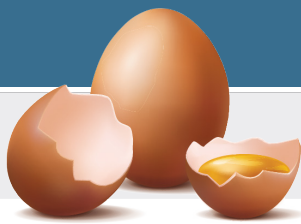
YIELD

8 Tostadas

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Tostada	1 Tostada	1½ Tostadas	2½ Tostadas

SHAKSHUKA



June 3

National Egg Day



INGREDIENTS

- 3 Tablespoons Olive Oil
- 1½ Cups Chopped Onion
- 1½ Cups Thinly Sliced Bell Peppers
- 2 Cloves Garlic (minced)
- 2½ Cups Chopped Tomatoes
- 1 Teaspoon Ground Cumin
- 1 Teaspoon Paprika
- 1 Teaspoon Salt
- 4 Large Eggs

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Stir in onion, bell pepper, and garlic; cook and stir until vegetables have softened and onion has turned translucent, about 5 minutes.
2. Meanwhile, mix together tomatoes, chile pepper, cumin, paprika, and salt in a bowl.
3. Stir tomato mixture into onion mixture. Simmer, uncovered, until tomato juices have cooked off, about 10 minutes.
4. Make 4 indentations in tomato mixture; crack eggs into indentations. Cover the skillet and cook until eggs are firm but not dry, about 5 minutes.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Breakfast

YIELD

4 Eggs +
5 Cups Shakshuka

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Egg + ¼ Cup Shakshuka	½ Egg + ½ Cup Shakshuka	½ Egg + ½ Cup Shakshuka	1 Egg + ½ Cup Shakshuka

CHEESY PARMESAN MOZZARELLA BITES



June 4

National Cheese Day

INGREDIENTS

- 1 Cup Shredded Mozzarella Cheese
- ½ Cup Grated Parmesan Cheese
- 1 Cup Panko Breadcrumbs
- 2 Large Eggs
- Salt and Pepper (to taste)
- Fresh Parsley (optional)

DIRECTIONS

1. Preheat oven to 400° and line a baking sheet with parchment paper.
2. In a large bowl, combine mozzarella and parmesan cheese until well mixed.
3. In a separate bowl, whisk eggs with salt and pepper.
4. Form cheese mixture into golf ball-sized bites.
5. Dip each bite in the egg mixture, then roll in breadcrumbs until fully coated.
6. Place on the prepared baking sheet and bake for 15-20 minutes until golden brown.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

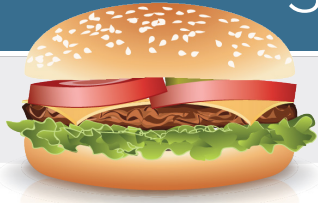
YIELD

12 Cheesy Bites

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cheesy Bite	1 Cheesy Bite	2 Cheesy Bites	2 Cheesy Bites

SWEET POTATO BURGERS



June 5

National Veggie Burger Day

INGREDIENTS

- ¾ Pound Sweet Potato (weigh after peeling)
- 15 Ounce Can Chickpeas (drained)
- 1 Garlic Clove (finely grated)
- ⅓ Cup (about 2) Scallions/Green Onions (finely chopped)
- 4 Tablespoons Cilantro/Fresh Coriander (finely chopped)
- 2½ Teaspoons Cajun Spice Mix
- 2½ Teaspoons Tomato Puree
- 1 Teaspoon Miso Paste (optional)
- ¼ Teaspoon Cayenne Pepper (optional)
- 2½ Tablespoons Olive Oil
- Fine Sea Salt and Pepper (to taste)
- 4 Burger Buns (enriched or whole grain-rich; at least 56 grams each)

DIRECTIONS

1. Peel and cube the sweet potato. In a large non-stick pan heat up approx. ½ tbsp of oil, add the sweet potato along with the spice mix and stir.
2. Cook over a medium heat for about 10-12 minutes stirring occasionally until nicely browned and tender (but not cooked completely, still a little al dente). Remove from the heat and set aside to cool a little.
3. To the blender add all the burger ingredients (including the sweet potato, which can still be a little warm). If using miso paste combine it with the tomato puree before adding to the blender.
4. Pulse until the mixture starts coming together but there are still pieces of vegetables visible (be careful not to overblend it).
5. Using ½ cup of the mixture for each, form 4 burgers. Make sure you press the mixture together.
6. In a large pan heat up 1 tablespoon of oil and fry the burgers over a medium heat for about 2 minutes on each side until lightly browned (add a little more oil after turning them over). Serve with burger bun.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

4 Burgers

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Burger	½ Burger	1 Burger	1 Burger



FRESH HERB SOUP WITH ORZO

June 10

National Herbs and Spices Day

INGREDIENTS

- 2 Tablespoons Extra-Virgin Olive Oil
- 2 Cups Yellow Onion (finely chopped)
- ½ Teaspoon Salt
- ½ Teaspoon Black Pepper
- 1½ Cups Uncooked Orzo (enriched or whole grain-rich)
- 3 Tablespoons Parsley Stems (finely chopped)
- 1½ Cups Parsley (finely chopped)
- 2 Cloves Garlic (minced)
- 8 Cups Low Sodium Vegetable Stock
- 14 Ounce Can Cannellini or White Beans (drained and rinsed)
- ½ Cup Fresh Chives (finely chopped)
- ¼ Cup Fresh Tarragon (finely chopped)
- 2 Tablespoons Pecorino Romano Cheese (finely grated)

DIRECTIONS

1. Heat the oil in a medium Dutch oven or soup pot over medium heat.
2. Add the onion, salt and black pepper; cook, stirring occasionally, until softened, about 8-10 minutes.
3. Add the wine and cook, stirring occasionally, until the liquid has almost completely reduced, 4- 5 minutes.
4. Add the parsley stems, garlic, and crushed red pepper and cook, stirring constantly, until fragrant, 2-4 minutes. Add the broth and bring it to a boil over medium-high heat then reduce to medium-low and cook the orzo, stirring occasionally, 8-10 minutes until it's softened.
5. Reduce the heat to low and stir in the cannellini beans; cooking until they're heated through, about 2 minutes. Remove the soup from heat.
6. Stir in the chives, tarragon, and parsley leaves. Add any additional salt or pepper as needed per your taste, garnish with Pecorino Romano and serve hot.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Lunch/Supper

YIELD

10 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	¾ Cup	1½ Cups	2¾ Cups



MEXICAN STREET CORN ON THE COB

June 11

National Corn on the Cob Day

INGREDIENTS

- 8 Ears Corn On The Cob, husked, medium size, 5 to 6-inch length
- 1 Tablespoon Vegetable Oil
- ½ Cup Mayonnaise
- ½ Cup Mexican Crema or Sour Cream
- 2 Tablespoons Lime Juice
- ½ Cup Cotija Cheese (finely grated)
- 1 Teaspoon Chili Powder
- ¼ Cup Cilantro Leaves (chopped)

DIRECTIONS

1. Preheat a grill to medium heat. Brush the oil over the corn cobs.
2. Grill the corn for 8-10 minutes, turning occasionally until cooked through.
3. While the corn is cooking, whisk together the mayonnaise, crema and lime juice in a small bowl.
4. Let the corn cool for 5 minutes. Brush the mayonnaise mixture all over the corn.
5. Sprinkle the cotija cheese, chili powder and cilantro leaves over the corn, then serve.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

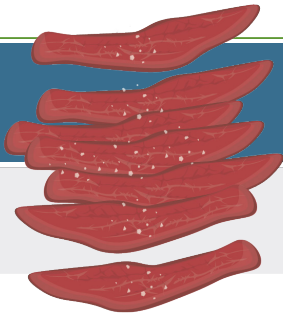
 Snack

YIELD

8 Corn Cobs

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Corn Cob	1 Corn Cob	1½ Corn Cobs	1 Corn Cob



SIMPLE BEEF JERKY

June 12

National Jerky Day

INGREDIENTS

- 1½ Pounds Flank Steak (partially frozen)
- ½ Tablespoon Salt
- ½ Teaspoon Black Pepper
- 1 Tablespoon Garlic Powder
- 1 Tablespoon Chili Powder

DIRECTIONS

1. Preheat the oven to 225°. Line two large, rimmed baking sheets with parchment paper.
2. Unfold the steak and place it on a cutting board. Using a sharp knife, cut the steak crosswise, against the grain (so that you sever the tough, thin fibers you can see on the steak) into (18) 2-inch-wide strips.
3. You want the strips to be around ⅛-inch thick, so if they are thicker, slice each strip lengthwise into two thinner, ⅛-inch-thick strips. This is easier to do if the meat is partially frozen.
4. Allow the meat strips to rest at room temperature for about 15 minutes so that they fully defrost and become more pliable. Then, arrange them in a single layer on a cutting board, cover them with cling wrap, and use a meat pounder to pound them so that they are thinner and more even in thickness.
5. Place the beef strips in a large bowl. Add the salt, pepper, garlic powder, and chili powder. Toss with your hands until the meat is thoroughly coated.
6. Arrange the meat pieces on the two prepared baking sheets, not touching each other. Bake for 3 hours, rotating the position of the baking sheets midway through baking, until the beef is browned and dry.
7. Remove the beef strips to a cooling rack placed on a tray or foil (to catch any drips). Allow them to cool and dry for about 30 minutes before enjoying them.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

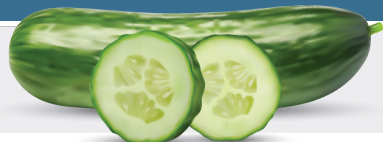
YIELD

16 Ounces

PORTION SIZES

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

TERIYAKI CHICKEN CUCUMBER BOATS



June 14

National Cucumber Day




INGREDIENTS

- 4 Pounds (about 8 Medium-Sized) English Cucumbers (cut in 3, then sliced in half)
- 7 Cups Cooked Enriched White Rice
- 1 Pound Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 1 Cup Teriyaki Sauce
- Sriracha Sauce
- Sriracha Mayo (optional)
- Everything Bagel Seasoning (optional)

DIRECTIONS

1. Wash the cucumber thoroughly and cut it in half lengthwise, with a small spoon, scoop out the seeds from each cucumber half, and use a paper towel to pat the inside of the cucumber halves dry.
2. Take ⅓ cup of cooked rice and gently press it inside each cucumber half.
3. Place about 1 tablespoon of cooked chicken on top of the rice in each cucumber half, and gently press the chicken down to ensure it stays in place.
4. If desired, drizzle some sriracha sauce on top of the stuffed cucumber boats for added flavor, you can also add a dollop of sriracha mayo and a sprinkle of everything bagel seasoning.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

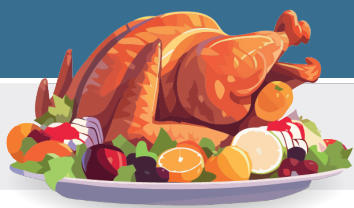
 Lunch/Supper

YIELD

24 Boats

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Boats	3 Boats	4 Boats	4 Boats



GROUND TURKEY BLACK BEAN ENCHILADAS

June 16

National Turkey Lovers Day




INGREDIENTS

- 1 Pound Ground Turkey Breast, Raw (no more than 15% fat)
- 15 Ounce Can Black Beans (drained; rinsed)
- ½ Cup Onion (finely chopped)
- 2 Cloves Garlic (minced)
- 14½ Ounce Can Diced Tomatoes (drained)
- 4 Ounce Can Green Chilies
- 1 Tablespoon Olive Oil
- 2 Teaspoons Chili Powder
- 1 Teaspoon Cumin
- 1 Teaspoon Smoked Paprika
- ½ Teaspoon Salt
- ½ Teaspoon Black Pepper
- 8 Tortilla, Soft, Flour (about 6"; enriched or whole grain-rich)
- 10 Ounce Can Enchilada Sauce (red or green)
- 1½ Cups Shredded Cheese, Cheddar, Monterey Jack, or Mexican Blend
- Fresh Cilantro (for garnish)
- Lime Wedges (for serving)

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add chopped onion and cook until softened, about 3 minutes. Stir in garlic and cook for 30 seconds until fragrant.
2. Add ground turkey and cook until browned, breaking it apart with a spatula.
3. Stir in chili powder, cumin, smoked paprika, salt, and black pepper.
4. Add black beans, diced tomatoes, and green chilies. Stir to combine and let simmer for 5 minutes.
5. Preheat the oven to 375°. Spread ¼ cup of enchilada sauce in the bottom of a 9×13-inch baking dish.
6. Fill each tortilla with the turkey and black bean mixture, roll tightly, and place seam-side down in the dish. Pour the remaining enchilada sauce over the rolled tortillas. Sprinkle shredded cheese evenly over the top.
7. Cover with foil and bake for 20 minutes.
8. Remove foil and bake for an additional 5 minutes, or until the cheese is melted and bubbly.
9. Garnish with fresh cilantro and serve with lime wedges.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

8 Enchiladas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Enchilada	1 Enchilada	1 Enchilada	2 Enchiladas



HUMMUS VEGGIE PINWHEELS

June 17

National Eat Your Vegetables Day



INGREDIENTS

- 6 Tortilla, Soft, Flour (about 8"; enriched or whole grain-rich)
- 1 Cup Hummus
- 6 Large Romaine Leaves (dry)
- 1½ Cups Red Bell Peppers (sliced into matchsticks)
- 1½ Cups Cucumbers (sliced into matchsticks)
- 1½ Cups Carrots (sliced into matchsticks)
- 1 Cup Tomatoes (sliced into matchsticks)
- 1 Cup Cabbage (sliced into matchsticks)

DIRECTIONS

1. Lay out tortillas and spread a thin layer of hummus over each one (about 2 tablespoons per wrap).
2. Place dried lettuce leaf on top of the hummus. Press the lettuce down to flatten if needed.
3. Arrange the sliced veggies evenly across the lettuce leaf in horizontal rows.
4. Roll each wrap tightly towards the horizontal rows of veggies then slice into 2-inch pinwheels.
5. Store pinwheels in an airtight container in the fridge for up to 3 days.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Grain

MEAL TYPE

-  Snack

YIELD

24 Pinwheels

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Pinwheels	2 Pinwheels	3 Pinwheels	2 Pinwheels



CHICKPEA CRANBERRY LETTUCE WRAPS

June 19

World Tapas Day


INGREDIENTS

- (2) 15 Ounce Cans Garbanzo Beans (drained)
- 1½ Cups Unsweetened Dried Cranberries
- ¼ Cup Feta (crumbled)
- ¼ Cup Almonds (sliced)
- ½ Cup Pickled Red Onions (diced)
- 1 Tablespoon Olive Oil
- 1 Teaspoon Salt
- ½ Teaspoon Black Pepper
- ½ Lemon (juiced)
- 1 Pound (12 Leaves) Romaine
- Dijon Mustard (optional)

DIRECTIONS

1. In a large bowl, add the garbanzo beans, cranberries, feta, almonds, pickled red onions, oil, salt, pepper, lemon juice and stir until everything is fully mixed.
2. Use a potato masher and smash everything for 7-10 seconds. You don't want to pulverize it, only a little, so only about half of the mixture is smashed.
3. Use fresh, crispy romaine lettuce leaves, and add a ¼ cup of the chickpea mixture into the center. Optional to add dijon to the top. Best served chilled.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Snack

YIELD

12 Wraps

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Wraps	2 Wraps	4 Wraps	4 Wraps



HEALTHY MANGO YOGURT SMOOTHIE

June 21

National Smoothie Day

INGREDIENTS

- 8 Cups Frozen Mango Chunks
- 4 Cups Low-Fat Plain Yogurt (no more than 12 grams of added sugars per 6 ounces)
- 2 Tablespoons Honey
- 4 Teaspoons Lime Juice
- 1 Teaspoon Ground Cinnamon

DIRECTIONS

1. Place all the ingredients into a blender.
2. Blend on high until smooth, about a minute or so.

*Be sure to serve this with another component besides milk. A breakfast cannot be two beverages.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

 Fruit

*Counts as Daily Juice Serving

MEAL TYPE

 Breakfast

YIELD

6 Cups

PORTION SIZES

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

BREAKFAST RICE PORRIDGE



June 23

National Porridge Day

INGREDIENTS

- 4 Cups Cooked Rice (enriched or whole grain-rich)
- 5 Cups Milk
- 20 Medjool Dates (pitted and chopped)
- 1 Teaspoon Cinnamon

DIRECTIONS

1. In a sauce pan combine rice, milk, dates and cinnamon. Bring it to boil and then lower the heat and simmer for 5 to 7 minutes until it gets thick and creamy.
2. Serve it warm or cold.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

9 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
2/3 Cup	2/3 Cup	1 1/8 Cups	2 1/4 Cups



STRAWBERRY PARFAIT

June 25

National Strawberry Parfait Day




INGREDIENTS

- 1 Cup Plain Greek Yogurt (no more than 12 grams of added sugars per 6 ounces)
- 1 Tablespoon Honey
- 1 Cup Strawberries
- 1 Cup Granola (6 grams of sugar per dry ounce or less)

DIRECTIONS

1. Chop up strawberries into small pieces.
2. Thoroughly mix plain Greek yogurt with honey.
3. Assemble parfait by layering yogurt, granola and fruit.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

2 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Yogurt ⅛ Cup Granola ½ Cup Berries	¼ Cup Yogurt ⅛ Cup Granola ½ Cup Berries	½ Cup Yogurt ¼ Cup Granola ¾ Cup Berries	½ Cup Yogurt ¼ Cup Granola ½ Cup Berries



CAJUN CATFISH WITH RICE

June 25

National Catfish Day



INGREDIENTS

- 4 (6 Ounces Each) Catfish Fillets
- 2 Teaspoons Cajun Seasoning
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 2 Tablespoons Olive Oil
- 2 Tablespoons Lemon Juice
- 1 Cup Uncooked White Rice (enriched or whole grain-rich)
- 1 Bell Pepper (sliced)
- 1 Small Onion (sliced)
- 2 Garlic Cloves (minced)
- 2 Cups Chicken Broth
- 2 Tablespoons Fresh Parsley (chopped)
- 1 Tablespoon Butter (optional)

DIRECTIONS

1. Season the catfish fillets with Cajun seasoning, salt, black pepper, and lemon juice. Let them rest while you prepare the rice.
2. Heat olive oil in a large skillet over medium-high heat. Sear the catfish for about 3–4 minutes per side until they are golden and crispy. Remove and keep warm.
3. In a separate pot, sauté the sliced bell pepper, onion, and minced garlic in a bit of olive oil until softened. Add the white rice and stir to coat with the aromatics. Pour in the chicken broth, bring to a boil, then reduce heat, cover, and simmer until the rice is tender (about 15 minutes).
4. Stir in fresh parsley and butter (if using) for extra richness. Adjust seasoning with salt and pepper to taste.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

24 Ounces Catfish +
3 Cups Rice

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce Catfish + ¼ Cup Rice	1½ Ounces + ¼ Cup Rice	2 Ounces + ½ Cup Rice	2 Ounces + 1 Cup Rice



CREAMY COCONUT LIME CHICKEN

June 26

National Coconut Day

INGREDIENTS

- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 1 Tablespoon Olive Oil
- 1 Small Onion (diced)
- 3 Garlic Cloves (minced)
- 1 Cup Coconut Milk (full-fat recommended)
- 2 Tablespoons Lime Juice (freshly squeezed)
- 1 Teaspoon Lime Zest
- 1 Teaspoon Ground Cumin
- ½ Teaspoon Paprika
- ¼ Teaspoon Red Pepper Flakes (optional)
- Salt and Pepper (to taste)
- Fresh Cilantro (for garnish)

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Season chicken breasts with salt and pepper and cook until golden on both sides, about 5-6 minutes per side. Remove and set aside.
2. In the same skillet, sauté diced onion and minced garlic until fragrant and softened.
3. Pour in coconut milk, lime juice, and lime zest. Stir in cumin, paprika, and red pepper flakes if using. Simmer for 2-3 minutes.
4. Return chicken breasts to the skillet and spoon the sauce over them. Cook for another 5 minutes until the chicken is fully cooked and the sauce has slightly thickened.
5. Garnish with fresh cilantro and serve immediately.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

22.4 Ounces

PORTION SIZES

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



PINEAPPLE UPSIDE DOWN PANCAKES

June 27

International Pineapple Day

INGREDIENTS

- 2 Cups Baking Mix
(enriched or whole grain-rich)
- 1 Cup Milk
- 2 Eggs
- 20 Ounces Pineapple Slices
- 8-10 Maraschino Cherries
- ¼ Cup Brown Sugar
- Butter or Cooking Spray
- Maple Syrup (for serving)

DIRECTIONS

1. Heat skillet to medium low. Drain and dry pineapple.
2. Whisk together Bisquick, milk and eggs.
3. Pour ¼ cup batter, cook 2 minutes, add pineapple and cherry, sprinkle sugar.
4. Flip and cook 2-3 minutes more.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

8 Pancakes

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Pancake	2 Pancakes	2 Pancakes	2¼ Pancakes