

WATERMELON BREAD

August 3

National Watermelon Day

INGREDIENTS

- 1½ Cups Watermelon (½ inch diced)
- ½ Cup Butter (softened)
- 2 Eggs
- ¾ Cup Sugar
- 2 Cups Flour (enriched or whole grain-rich)
- 2 Teaspoons Baking Powder
- ¼ Teaspoon Salt
- ½ Cup Raisins (optional)
- 1 Teaspoon Red Food Coloring (optional)

DIRECTIONS

1. Preheat the oven to 350°. Spray a non-stick 9x5 inch loaf pan with a non-stick cooking spray.
2. Put the watermelon chunks into a food processor or blender and process until smooth. It should yield about 1 cup of pureed watermelon. If you have more, only use 1 cup, if you have less, add enough water to equal 1 cup.
3. Put butter and sugar into a large bowl and mix until combined. Add the eggs and mix until combined. Add the watermelon puree and mix until combined. If using the food coloring, add it and mix until combined.
4. Add the flour, salt and baking powder and mix until combined.
5. Add the raisins (if using) and mix until combined.
6. Pour the batter into a loaf pan. Put in the oven and bake for 1 hour.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

15 Slices

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice	½ Slice	1 Slice	2 Slices

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



HONEY MUSTARD & ONION PRETZEL BITES

August 5

National Mustard Day

INGREDIENTS

- 16 Ounces Sourdough Hard Pretzels (enriched or whole grain-rich)
- 2/3 Cup Vegetable Oil
- 4 Tablespoons Honey
- 3 Tablespoons Yellow Mustard
- 2 Teaspoons Onion Powder

DIRECTIONS

1. Preheat oven to 275° and line a large baking sheet with silicone baking mats or parchment paper.
2. In a large bowl, whisk together vegetable oil, honey, yellow mustard, and onion powder.
3. Smash the sourdough hard pretzels against your counter-top into bite-size pieces.
4. Pour the pretzels into the mixture and toss well to coat every piece.
5. Pour the pretzels onto the baking sheet and spread them out in an even layer.
6. Bake for 30 minutes, tossing/turning the pieces halfway through baking.
7. Remove from oven, let cool, then store in an airtight container.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

16 Ounces
(About 9½ Cups)

PORTION SIZES

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



FRESH RASPBERRY GREEK YOGURT

August 7

National Raspberries & Cream Day



INGREDIENTS

- 2 Cups Fresh Raspberries
- 1 Teaspoon Granulated Sugar
- 2 Teaspoons Lemon Juice
- 32 Ounces Plain Greek Yogurt
(that meets sugar limits)

DIRECTIONS

1. In a saucepan, combine the raspberries, sugar and lemon juice. Stir and mash the raspberries until they are completely broken down.
2. Cook on low-medium heat for about 3-4 minutes. The mixture shouldn't be runny, it should be the consistency of a sauce.
3. Let cool.
4. After the mixture has cooled completely, stir the sauce into the yogurt and enjoy!

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

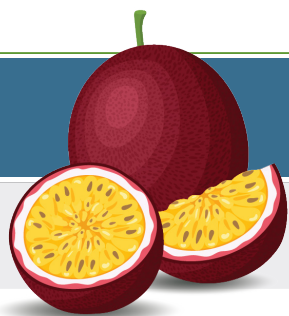
-  Breakfast

YIELD

32 Ounces Yogurt
+ 2 Cups Sauce

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Ounces Yogurt + ¼ Cup Sauce	2 Ounces Yogurt + ½ Cup Sauce	4 Ounces Yogurt + ½ Cup Sauce	8 Ounces Yogurt + ½ Cup Sauce



PASSION FRUIT SALAD

August 9

National Passion Fruit Day

INGREDIENTS

- 4 Cups Diced Pineapple
- 4 Cups Diced Cantaloupe
- 2 Cups Diced Mango
- 2 Cups Diced Granny Smith Apple
- 3 Cups Diced Kiwi
- 3 Cups Deseeded Pomegranate
- 1 Cup Passion Fruit Pulp
- Orange Juice (to cover)

DIRECTIONS

1. Dice the fruits into small, even cubes. Combine all diced fruit in a bowl.
2. Pour enough orange juice to cover entire salad. This step will ensure that the fruits will stay juicy and crisp.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Snack

YIELD

19 Cups

PORTION SIZES

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



MELON BREAKFAST BOWLS

August 11

National Melon Day



INGREDIENTS

- (4) 4 Pound Honeydew Melons
- 4 Cups Greek Yogurt
(that meets sugar limits)
- ½ Cup Blueberries
- ½ Cup Raspberries
- ½ Cup Cherries
- ½ Cup Sliced Kiwi
- 1 Cup Sliced Banana
- 1 Cup Diced Mango

DIRECTIONS

1. Slice your melon in half and remove the seeds. If necessary, scoop out a little bit of the flesh to make space for your yogurt. Drain any excess liquid out of the melons.
2. If the halves don't sit securely on a plate, take a small slice off the bottoms to balance them. Fill each half with yogurt.
3. Top with fruit and berries. Serve right away.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Breakfast

YIELD

8 Bowls with
4 Cups Yogurt
+ 4 Cups Fruit

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Melon Bowl with ¼ Cup Yogurt + ¼ Cup Fruit	1 Melon Bowl with ¼ Cup Yogurt + ½ Cup Fruit	1 Melon Bowl with ½ Cup Yogurt + ½ Cup Fruit	1 Melon Bowl with 1 Cup Yogurt + ½ Cup Fruit



CHICKEN FAJITA QUESADILLA

August 18

National Fajita Day




INGREDIENTS

- 1 Pound Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney (sliced into thin strips)
- 1 Tablespoon Olive Oil (plus extra for cooking)
- 1 Teaspoon Chili Powder
- 1 Teaspoon Ground Cumin
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- Salt and Pepper (to taste)
- 1 Cup Sliced Red Bell Pepper
- 1 Cup Sliced Green Bell Pepper
- 1 Cup Sliced Onion
- 2 Cups Shredded Mexican Blend Cheese
- 4 Tortilla, Soft, Flour (about 8"; enriched or whole grain-rich)

DIRECTIONS

1. In a large skillet over medium-high heat, heat the olive oil.
2. Season the chicken strips with chili powder, cumin, garlic powder, onion powder, salt, and pepper.
3. Add the seasoned chicken to the skillet and cook until no longer pink, about 5-6 minutes. Remove the chicken from the skillet and set aside.
4. In the same skillet, add a bit more oil if necessary, and sauté the sliced bell peppers and onion until softened, about 4-5 minutes.
5. Return the cooked chicken to the skillet with the vegetables and stir to combine.
6. Heat a clean skillet or griddle over medium heat and lightly grease with oil.
7. Place one tortilla on the skillet and sprinkle half of it with ½ cup of shredded cheese. Add a portion of the chicken and vegetable mixture over the cheese. Sprinkle an additional ½ cup of cheese on top of the filling.
8. Place another tortilla over the top. Cook until the bottom is golden brown and the cheese begins to melt, about 2-3 minutes.
9. Carefully flip the quesadilla and cook the other side until golden and crispy. Cut into 8 wedges.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

16 Wedges

PORTION SIZES

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

CRISPY SMASHED POTATOES



August 19

National Potato Day

INGREDIENTS

- 2 Pounds Baby Potatoes
- 4 Tablespoons Olive Oil
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- 1 Teaspoon Smoked Paprika
- Salt and Pepper (to taste)
- Fresh Rosemary or Thyme (for garnish)
- Grated Parmesan cheese (optional)

DIRECTIONS

1. In a large pot, add the potatoes and cover them with cold water. Add a generous pinch of salt to the water. Bring the pot to a boil over high heat.
2. Once boiling, reduce the heat to medium and let the potatoes simmer for about 15-20 minutes, or until they are fork-tender. Once the potatoes are cooked, carefully drain them in a colander.
3. Let them cool for about 5-10 minutes. While the potatoes are cooling, preheat your oven to 450°
4. Line a large baking sheet with parchment paper or lightly grease it with a bit of olive oil.
5. Place the potatoes on the prepared baking sheet, leaving some space between each potato.
6. Using the bottom of a glass or a potato masher, gently press down on each potato until it's flattened but still intact. Aim for about ½ inch thickness.
7. Drizzle the smashed potatoes with the olive oil, ensuring each potato gets a good coating.
8. Sprinkle the garlic powder, onion powder, smoked paprika, salt, and pepper evenly over the potatoes.
9. Using a spatula or your hands gently toss the potatoes to ensure they are evenly coated
10. Bake for about 25-30 minutes. Halfway through the cooking time, flip the potatoes to ensure they get crispy on both sides.
11. Once the potatoes are out of the oven, let them cool for a minute. Then, sprinkle some fresh herbs over the top and add Parmesan if you are using it.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

3¼ Cups

PORTION SIZES

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

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

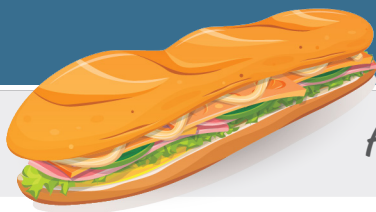
-  Lunch/Supper

YIELD

8 Buns

PORTION SIZES

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



CUBAN BREAKFAST SANDWICH

August 23

National Cuban Sandwich Day



INGREDIENTS

- 16 Slices Cuban Bread (enriched or whole grain-rich; at least 28 grams each)
- 8 Tablespoons Unsalted Butter
- 8 Deli Ham Slices (½ ounce each; without binders, filler or extenders)
- 8 Swiss Cheese Slices (½ ounce each)
- Salt and Pepper (to taste)
- 8 Large Eggs
- 4 Tablespoons Olive Oil or Butter
- Fresh Parsley or Chives (optional garnish)

DIRECTIONS

1. Spread a generous layer of unsalted butter on one side of each bread slice.
2. On the unbuttered side of two bread slices, layer a slice of ham and a slice of Swiss cheese.
3. Top with the remaining bread slices, buttered side facing outwards.
4. Heat a non-stick skillet or griddle over medium heat. Place the assembled sandwiches on the skillet and cook for about 3-4 minutes on each side, or until the bread is golden brown and the cheese is melted. Press down gently with a spatula to ensure even grilling.
5. While your toast is grilling, heat a separate skillet over medium heat and add olive oil or butter. Crack the eggs into the skillet, season with salt and pepper, and cook to your desired doneness.
6. Once the toast is ready, transfer the sandwiches to a cutting board. Carefully place a fried egg on top of each sandwich. Garnish with fresh herbs if desired, and serve immediately while everything is warm and melty.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Breakfast

YIELD

8 Sandwiches

PORTION SIZES

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



CHEESY BACON STUFFED WAFFLES

August 24

National Waffle Day

INGREDIENTS

For the Waffle Batter:

- 2 Cups All-Purpose Flour (enriched or whole grain-rich)
- 1 Tablespoon Sugar
- 1 Tablespoon Baking Powder
- ½ Teaspoon Salt
- 1¾ Cups Milk
- ⅓ Cup Vegetable Oil
- 2 Large Eggs

For the Filling:

- 1 Cup Shredded Cheddar Cheese
- 6 Slices Bacon (cooked and crumbled)

DIRECTIONS

1. Preheat your waffle iron to 375°, ensuring it's hot enough to create a crisp exterior.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt for the waffle batter.
3. Add the milk, vegetable oil, and eggs to the dry ingredients, stirring until just combined. A few lumps are okay; overmixing can lead to tough waffles.
4. Lightly grease the waffle iron with cooking spray or a brush of oil to prevent sticking.
5. Pour enough batter onto the iron to cover the bottom plate, then sprinkle a generous amount of cheddar cheese and crumbled bacon over the batter.
6. Carefully add more batter on top to encase the filling, ensuring it spreads to the edges.
7. Close the waffle iron and cook for about 5 minutes, or until the waffle is golden brown and steam stops escaping from the sides.
8. Use a fork to gently lift the waffle from the iron, serving immediately for the best texture.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

12 Waffles

PORTION SIZES

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



BANANA SPLIT YOGURT BOWL

August 25

National Banana Split Day



INGREDIENTS

- 32 Ounces Greek Yogurt (that meets sugar limits)
- 4 Cups Oatmeal (cooked, optional)
- 3 Cups Sliced Bananas
- 2 Cups Sliced Strawberries
- 3 Cups Cubed Pineapple
- 8 Cherries

DIRECTIONS

1. In a small bowl, add the cooked oatmeal and then top with the yogurt.
2. Add bananas slices to the top of the yogurt. You can fan it out a little so it looks pretty.
3. After adding the banana, you can add in the strawberries and pineapple.
4. Top with a cherry.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

8 Yogurt Bowls

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Yogurt + ½ Cup Fruit	¼ Cup Yogurt + ½ Cup Fruit	½ Cup Yogurt + ¾ Cup Fruit	½ Cup Yogurt + ½ Cup Fruit



SUMMER CHICKEN WITH PEACHES

August 27

National Peach Day

INGREDIENTS

- 1½ Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 1 Cup Sliced Peaches
- 3 Garlic Cloves (minced)
- 2 Tablespoons Extra Virgin Olive Oil
- ¼ Cup Balsamic Vinegar
- 2 Tablespoons Honey
- Salt and Pepper (to taste)

DIRECTIONS

1. Preheat your oven to 375°.
2. In a large skillet over medium-high heat, heat the olive oil. Season chicken breasts with salt and pepper, then sear each side for about 4-5 minutes until golden brown.
3. Remove the chicken from the skillet and set aside. Add sliced peaches and minced garlic to the skillet; sauté for 2-3 minutes until fragrant.
4. Mix balsamic vinegar and honey in a bowl, then pour over the sautéed peaches. Stir well.
5. Return chicken to the skillet with peach sauce, spooning some sauce over it before transferring everything into an oven-safe dish.
6. Bake for 20-25 minutes or until chicken reaches an internal temperature of 165°. Serve on plates drizzled with sauce.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

24 Ounces

PORTION SIZES

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



AMERICAN CHOP SUEY

August 29

National Chop Suey Day




INGREDIENTS

- 1 Pound Ground Beef (20% or leaner)
- 1 Cup Chopped Onion
- 1 Cup Chopped Green Bell Pepper
- 2 Cloves Garlic (minced)
- 15 Ounce Can Tomato Sauce
- (2) 14½ Ounce Cans Diced Tomatoes (with juices)
- 1½ Cups Elbow Macaroni (enriched or whole-grain rich)
- 2 Cups Beef Broth or Water
- 1 Tablespoon Worcestershire Sauce
- 1 Teaspoon Dried Oregano
- 1 Teaspoon Salt
- ½ Teaspoon Black Pepper
- 1 Cup Grated Parmesan Cheese

DIRECTIONS

1. In a large pot, boil water and cook the elbow macaroni according to package instructions. Once cooked, drain and set aside.
2. In a large skillet, brown the ground beef over medium heat until no longer pink. Drain excess fat if necessary.
3. Add the chopped onions and bell peppers to the skillet. Cook until the vegetables are tender, approximately 5-7 minutes. Add the minced garlic and sauté for an additional minute until fragrant.
4. Stir in the tomato sauce, diced tomatoes (with juices), Worcestershire sauce, oregano, salt, and pepper.
5. Pour in the beef broth or water and stir well to combine.
6. Gently fold the cooked macaroni into the skillet and mix until completely coated with the sauce.
7. Allow the mixture to simmer on low heat for about 10-15 minutes, stirring occasionally until heated through. Season with additional salt, or pepper if desired and add parmesan cheese.
8. Remove from heat and let it settle for a couple of minutes before serving.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

12 Cups

PORTION SIZES

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



TROPICAL COCONUT TRAIL MIX*

August 31

National Trail Mix Day



INGREDIENTS

- 1 Cup Unsweetened Coconut Flakes
- 1 Cup Macadamia Nuts
- 1 Cup Pineapple Chunks (dried)
- ½ Cup Pumpkin Seeds
- ½ Cup Banana Chips
- ½ Cup Cashews

DIRECTIONS

1. In a large bowl, combine the coconut flakes, macadamia nuts, and pineapple chunks.
2. Add the pumpkin seeds, banana chips, and cashews.
3. Mix all the ingredients until evenly distributed.
4. Store in an airtight container at room temperature for up to two weeks

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

4½ Cups

PORTION SIZES

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

*Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, supervise children carefully.