



## COCONUT PINEAPPLE BITES

September 2

World Coconut Day

### INGREDIENTS

- 2 Pounds Fresh Pineapple (peeled and cut into bite-sized chunks)
- 1 Cup Shredded Coconut (sweetened or unsweetened, as preferred)
- ¼ Cup Greek Yogurt (that meets sugar limits)
- 2 Tablespoons Honey or Maple Syrup (optional, for extra sweetness)
- Fresh Mint Leaves (optional, for garnish)

### DIRECTIONS

1. If using yogurt, mix it with honey or syrup in a small bowl.
2. Dip each pineapple chunk lightly into the yogurt mixture (or leave plain for a lighter option).
3. Roll or sprinkle with shredded coconut to coat.
4. Garnish with mint leaves and chill before serving for a refreshing bite.

### MEAL PATTERN CONTRIBUTION



Fruit

### MEAL TYPE



Snack

### YIELD

4 Cups

### PORTION SIZES

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



## BLACKENED CHICKEN

September 4

National Spice Blend Day

### INGREDIENTS

- 1 Tablespoon Paprika
- 2 Teaspoons Onion Powder
- 2 Teaspoons Garlic Powder
- 1 Teaspoon Dried Oregano Leaves
- 1 Teaspoon Dried Thyme Leaves
- 1 Teaspoon Salt
- ½ Teaspoon Ground Black Pepper
- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 2–3 Tablespoons Extra Virgin Olive Oil (divided)

### DIRECTIONS

1. Place chicken on a cutting board and wrap with plastic wrap. Use flat side of meat tenderizer to flatten chicken until it is approximately ½ inch thick. Place chicken on a large plate or platter.
2. Combine Blackened Seasoning ingredients in a small bowl. Pat chicken dry with clean paper towel. Rub Blackened Seasoning all over. Drizzle seasoned chicken with olive oil and rub all over.
3. Bring a large cast iron skillet to medium-high heat. Add a teaspoon or two of olive oil and swirl to coat the pan. Place chicken in the hot pan and sear both sides 2-4 minutes. Continue cooking in the large skillet (continuing to flip every 2-4 minutes) until fully cooked OR place the cast iron skillet in a 400° oven (middle rack) for 10-20 minutes or until fully cooked.
4. Place chicken on a plate and let meat rest 5-10 minutes before cutting. Enjoy any way you want!

### MEAL PATTERN CONTRIBUTION

Meat/Meat Alternate

### MEAL TYPE

Lunch/Supper

### YIELD

32 Ounces

### PORTION SIZES

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



## MACADAMIA NUT BANANA BREAD

September 4

National Macadamia Nut Day

### INGREDIENTS

- 1 Pound Bananas (mashed)
- 1 Cup Sugar
- 2 Large Eggs
- 2 Teaspoons Vanilla Extract
- ½ Cup Vegetable Oil
- 2 Cups Flour (enriched or whole grain-rich)
- ½ Teaspoon Baking Powder
- 1 Teaspoon Baking Soda
- ½ Teaspoon Salt
- 1 Teaspoon Cinnamon
- 1 Cup Macadamia Nuts (chopped; divided)

### DIRECTIONS

1. Preheat oven to 350° and spray loaf pan with baking spray.
2. Add bananas, sugar, eggs, vanilla and oil to stand mixer on medium speed until smooth, about 1 minute.
3. Sift together the flour, baking powder, baking soda, salt and cinnamon in a large bowl.
4. Add it to the stand mixer on low speed until just combined, about 30 seconds.
5. Mix in ¾ cup macadamia nuts with a spatula, then pour into loaf pan.
6. Top with remaining ¼ cup macadamia nuts.
7. Bake for 60-65 minutes. Cut into 12 slices.

### MEAL PATTERN CONTRIBUTION



### MEAL TYPE



### YIELD

12 Slices

### PORTION SIZES

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



## PIZZA GRILLED CHEESE

September 5

National Cheese Pizza Day



### INGREDIENTS

- 16 Slices Sourdough Bread (enriched or whole grain-rich; at least 28 grams each)
- 8 Tablespoons Unsalted Butter (softened)
- 2 Cups Marinara Sauce
- 4 Cups Shredded Mozzarella Cheese
- 2 Teaspoons Garlic Powder
- 2 Teaspoons Dried Oregano
- Fresh Basil Leaves (optional garnish)

### DIRECTIONS

1. Preheat a skillet or griddle over medium heat.
2. Spread softened butter on one side of each slice of sourdough bread.
3. Place two slices of bread, butter-side down, in the skillet.
4. Spoon a generous layer of marinara sauce onto each slice of bread, then sprinkle the mozzarella cheese evenly on top. Top with the other two slices of bread, butter-side up.
5. Cook for 3-4 minutes, or until the bottom slice is golden brown. Carefully flip the sandwiches and reduce the heat to medium-low.
6. Cook for an additional 3-4 minutes, pressing gently with a spatula, until the second side is golden brown and the cheese has melted.
7. Remove from heat and let cool for a minute. Sprinkle with garlic powder, oregano, and red pepper flakes if desired.
8. Cut the sandwiches in half and garnish with fresh basil leaves, if using. Serve hot with extra marinara sauce on the side for dipping.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

### MEAL TYPE

-  Lunch/Supper

### YIELD

8 Sandwiches

### PORTION SIZES

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



## ROASTED ACORN SQUASH WITH MAPLE BROWN BUTTER

September 7

National Acorn Squash Day

### INGREDIENTS

- 4 Pounds Acorn Squash
- 2 Tablespoons Unsalted Butter
- 2 Tablespoons Maple Syrup
- ½ Teaspoon Salt
- 1 Tablespoon Fresh Chopped Sage

### DIRECTIONS

1. Heat the oven to 400°. Line a baking sheet with parchment paper.
2. Wash the exterior of each squash, then dry thoroughly and place onto a cutting board. Slice each squash in half lengthwise, from top to bottom to create 2 halves. Use a melon baller or small spoon to scrape out the seeds and pulp. Place each halve cut-side down and cut into ½"-wide half-moon shapes. Arrange the slices in a single layer on the prepared baking sheet, leaving a bit of room in-between each piece.
3. Place the butter in a small (1-2 quart) saucepan over medium heat. Heat until it melts, then foams, while whisking frequently.
4. Continue heating over medium heat, whisking only occasionally, until brown specs form in the bottom of the pot, 3-4 minutes. The melted butter will turn golden brown and smell nutty. Remove from heat and immediately transfer to a measuring cup or small bowl to stop the cooking process.
5. Pour in the maple syrup and whisk until smooth.
6. Drizzle the squash with the maple browned butter, then rub evenly into each piece using your (clean) hands or a pastry brush. Season each piece with the salt.
7. Transfer the baking sheet to the oven and roast 20-25 minutes, flipping once halfway through, until the flesh is fork tender and the skin is crispy. Remove from the oven and garnish with sage. Serve warm, right away, and enjoy!

### MEAL PATTERN CONTRIBUTION

 Vegetable

### MEAL TYPE

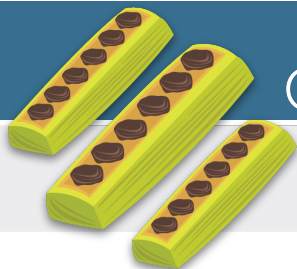
 Snack

### YIELD

About 7 Cups

### PORTION SIZES

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



## ANTS ON A LOG WITH COTTAGE CHEESE & TOMATOES

*September 12*

National Ants On A Log Day



### INGREDIENTS

- 36 Celery Sticks (½" by 4")
- 1½ Cups Cottage Cheese
- 2 Cups Grape Tomatoes (halved)

### DIRECTIONS

1. Use a butter knife to spread ⅓ ounce cottage cheese onto each celery stick.
2. Top each celery stick with ⅛ cup of grape tomatoes.
3. Serve immediately and enjoy!

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

### MEAL TYPE

-  Snack

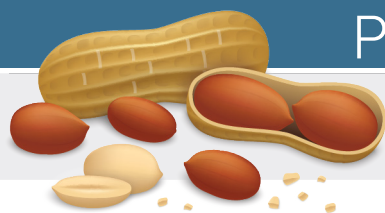
### YIELD

36 Each

### PORTION SIZES

Toddler	Preschool	School Age	Adult
4 Each	4 Each	6 Each	6 Each

# APPLE & PEANUT BUTTER TOAST



September 13

National Peanut Day




## INGREDIENTS

- 8 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- 8 Tablespoons Peanut Butter
- 4 Cups Apple (cut into thin slices)
- Cinnamon (to taste)

## DIRECTIONS

1. Place bread in a toaster or toaster oven and toast until it's golden brown and reaches your preferred level of crispiness.
2. While the bread is still warm, spread 1 peanut butter evenly over the bread.
3. Arrange the thin apple slices neatly over the peanut butter-covered toast.
4. Sprinkle cinnamon to taste evenly over the apple-topped toast.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Fruit

## MEAL TYPE

 Breakfast

## YIELD

About 8 Toasts

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice Bread + 1 Tablespoon Peanut Butter + ¼ Cup Apple Slices	½ Slice Bread + 1 Tablespoon Peanut Butter + ½ Cup Apple Slices	1 Slice Bread + 2 Tablespoons Peanut Butter + ½ Cup Apple Slices	2 Slices Bread + 4 Tablespoons Peanut Butter + ½ Cup Apple Slices



# HOAGIE BREAKFAST BOATS

September 14

National Eat a Hoagie Day



## INGREDIENTS

- 4 Hoagie Rolls (at least 28 grams each, enriched or whole grain-rich)
- 5 Large Eggs
- ¾ Cup Half and Half
- 6 Slices Crispy Cooked Bacon (chopped)
- 1 Cup Mushrooms (chopped)
- 4 Green Onions (chopped)
- 1½ Cups Cheddar Cheese (shredded)
- ½ Teaspoon Black Pepper
- ½ Teaspoon Salt

## DIRECTIONS

1. Preheat oven to 350°. Line a baking sheet with foil and spray with cooking spray.
2. Cut a slit along the top of each roll, being careful not to slice all the way through to the bottom or the edges.
3. Hollow out each roll a bit by removing some of the bread from inside the slit you just cut, leaving about ½ inch of bread on the bottom. (Basically you should have a football-shaped cut-out in the top of each roll.)
4. Whisk together the eggs, half and half, salt, and pepper in a mixing bowl until thoroughly combined. Add 1 cup cheese and the chopped green onions and stir to combine.
5. In a medium skillet over medium-low heat on the stovetop, cook the eggs until almost a soft-scrambled consistency. They should still be slightly runny.
6. While the eggs are cooking, bake the hoagie rolls in the oven for a few minutes to crisp up. This helps them hold up better to the eggs and ensure they will not get soggy.
7. Remove rolls from oven and add 2 tablespoons of shredded cheese to the inside of each boat. Top with all but 2 tablespoons of crumbled bacon and the chopped mushrooms.
8. Add the soft-scrambled egg mixture to each breakfast boat.
9. Bake for 7-8 minutes. Then remove from oven and top with the remaining cheese and crumbled bacon.
10. Bake for another 2-3 minutes or until the cheese is melted, the bun is golden, and the filling is fully set in the center.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

 Breakfast

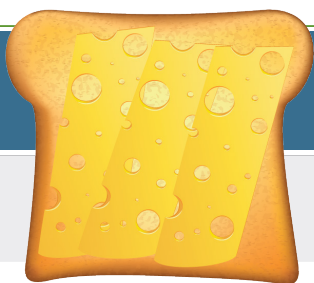
## YIELD

4 Boats

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Boat	½ Boat	1 Boat	2 Boats





## TOMATO CHEESE TOASTS

September 15

National Cheese Toast Day

### INGREDIENTS

- 12 Slices Bread (at least 28 grams each; enriched or whole grain-rich)
- 12 Slices Provolone Cheese (1 ounce each)
- 12 Tomato Slices (1/8 inch thick)
- Dried Oregano (optional)

### DIRECTIONS

1. Start the oven in broil mode.
2. Take slices of bread and place on a baking tray/sheet.
3. Top each bread slice with a slice of cheese.
4. Place a slice of tomato on top of the cheese.
5. Place the baking sheet on middle rack and broil for 4-5 minutes until cheese melts. Keep a close eye after 3 minutes as cheese burns very fast.

### MEAL PATTERN CONTRIBUTION

- Meat/Meat Alternate
- Grain

### MEAL TYPE

- Snack

### YIELD

12 Toasts

### PORTION SIZES

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



## PESTO LINGUINE

*September 15*

National Linguine Day

### INGREDIENTS

- 1 Pound Linguine (enriched or whole grain-rich)
- ¾ Cup Cashews or Pine Nuts
- 2 Cups Fresh Basil Leaves  
(tightly packed; plus extra for garnish)
- 3 Garlic Cloves (minced)
- ½ Cup Olive Oil
- 1 Tablespoon Lemon Juice
- 2 Teaspoons Salt
- ¼ Teaspoon Black Pepper

### DIRECTIONS

1. Cook the pasta according to the package directions.
2. While the pasta is cooking, place the cashews or pine nuts into a food processor or blender and process them until they are finely ground.
3. Next, add fresh basil, crushed garlic, olive oil, lemon juice, salt, and pepper.
4. Process the mixture until it becomes combined but slightly chunky.
5. Taste and adjust the seasoning if necessary to suit your preference.
6. Add the prepared cashew pesto to the warm pasta in the pot.
7. Toss the pasta and pesto together until well combined and the pasta is evenly coated with the sauce. Serve immediately.

### MEAL PATTERN CONTRIBUTION



Grain

### MEAL TYPE



Lunch/Supper

### YIELD

8 Cups

### PORTION SIZES

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



## GUACAMOLE BREAKFAST MUFFIN

September 16

National Guacamole Day

### INGREDIENTS

- 8 English Muffins (at least 56 grams each; enriched or whole grain-rich; split in half)
- 16 Eggs
- 1 Cup Mexican Shredded Cheese




#### Guacamole

- 6 Cups Avocado
- 1 Cup Tomato (diced)
- 1 Cup Red Onion (diced)
- 2 Teaspoons Salt
- 2 Teaspoons Pepper
- 2 Limes (juiced)

### DIRECTIONS

1. Slice english muffins in half, and toast how you like it. Preheat the oven to 400°.
2. Open and slice up the avocado. Mash together in a bowl until creamy. Add in tomatoes, red onion, salt, pepper, and lime juice and combine. Taste and add more juice/seasoning until desired taste.
3. Spread the guacamole evenly across all slices.
4. Using a bowl or a cup with the same size base as an english muffin, cook eggs (one at a time) in the microwave for 1 minute.
5. Place each egg on top of guacamole. Sprinkle cheese evenly across the eggs.
6. Place back in the oven and cook until cheese is melted.
7. Remove from oven and enjoy warm!

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

### MEAL TYPE

 Breakfast

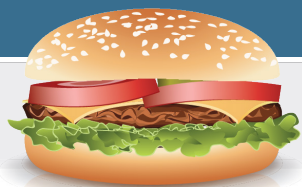
### YIELD

16 Muffins

### PORTION SIZES

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

# CHEESEBURGER PIZZA



September 18

National Cheeseburger Day



## INGREDIENTS

- 1 Pound Prepared Pizza Dough (enriched or whole grain-rich)
- 1 Tablespoon Olive Oil
- ½ Pound Ground Beef (20% or leaner)
- 1 Teaspoon Worcestershire Sauce
- Salt and Pepper (to taste)
- ½ Cup Shredded Cheddar Cheese
- ½ Cup Shredded Mozzarella Cheese
- ¼ Cup Sliced Pickles
- ¼ Cup Diced Red onion
- ¼ Cup Cooked Bacon (crumbled)
- 2 Tablespoons Ketchup
- 2 Tablespoons Mustard
- Fresh Parsley (chopped; for garnish)

## DIRECTIONS

1. Preheat your oven to 475°.
2. Roll out the pizza dough on a lightly floured surface to your desired thickness.
3. Heat olive oil in a large skillet over medium heat. Add ground beef and cook until browned, about 5-7 minutes. Stir in Worcestershire sauce and season with salt and pepper. Remove from heat.
4. Place the rolled-out dough on a baking sheet. Spread a thin layer of ketchup and mustard over the dough, leaving a small border around the edges.
5. Sprinkle the shredded cheddar and mozzarella cheeses evenly over the sauce.
6. Add the cooked beef mixture on top of the cheese, followed by pickles, onions, and crumbled bacon.
7. Bake in the preheated oven for 10-12 minutes or until the crust is golden brown and the cheese is bubbly. Remove from the oven and garnish with fresh parsley before slicing and serving.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

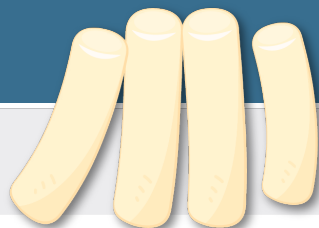
-  Lunch/Supper

## YIELD

8 Slices

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Slice	1½ Slices	2 Slices	2 Slices



# STRING CHEESE TAQUITOS

September 19

National String Cheese Day



## INGREDIENTS

- 6 Tortilla, Soft, Corn (about 5 ½")  
(enriched or whole grain-rich)
- (3) 1 Ounce String Cheese
- Spray Oil
- Guacamole (optional, for dipping)
- Salsa (optional, for dipping)

## DIRECTIONS

1. Preheat air fryer to 375°.
2. Cut each string cheese stick in half, lengthwise
3. Roll each piece of string cheese into tortilla.
4. Lightly spray air fryer basket with oil and place each taquito seam-side down into basket.
5. Air fry for 4-5 minutes on each side or until tortilla is crisp and lightly golden.
6. Serve with salsa or guacamole for dipping.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Snack

## YIELD

6 Taquitos

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Taquito	1 Taquito	2 Taquitos	2 Taquitos



## PINEAPPLE FRIED RICE

September 20

National Fried Rice Day




### INGREDIENTS

- 4 Tablespoons Soy Sauce
- 2 Tablespoons Toasted Sesame Oil
- 1 Tablespoon Brown Sugar
- 2 Cloves Garlic (minced)
- 1 Teaspoon Ground Ginger
- ¼ Teaspoon Pepper
- 2 Tablespoons Olive Oil
- 1 Cup Diced Onion
- 1 Cup Grated Carrots
- ½ Cup Frozen Corn
- ½ Cup Frozen Peas
- 3 Cups Cooked Rice  
(enriched or whole grain-rich)
- 2 Cups Diced Fresh Pineapple
- ¼ Cup Sliced Green Onions

### DIRECTIONS

1. In a small bowl, stir together the soy sauce, sesame oil, brown sugar, garlic, ground ginger, and pepper.
2. In a large pan over medium heat, add the oil and onions, cooking for 3-4 minutes, until the onions become translucent, stirring often.
3. Add the carrots, corn, and peas to the pan with the onions, cooking for 4-5 minutes until the vegetables are tender.
4. Stir in the brown rice, pineapple, green onions, and sauce mixture, stirring constantly, cooking for 4-5 minutes, until heated through.

### MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit
-  Vegetable

### MEAL TYPE

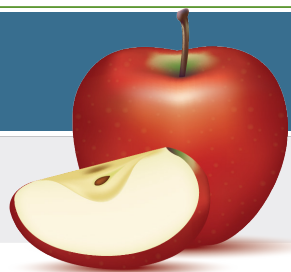
 Lunch/Supper

### YIELD

8 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	1 Cup	1½ Cups	2¾ Cups



# HEALTHY APPLE NACHOS

September 21

National Eat an Apple Day

## INGREDIENTS

- 1 Pound Apples (thinly sliced)
- ¾ Cup Peanut Butter
- Granola (optional topping)

## DIRECTIONS

1. Wash and core your apple, then cut it. Start with quartering the apple and slice into smaller sections from there. Aim to make each slice ¼-inch thick or less.
2. On a large plate, layer your apple slices as you would nacho chips. Reduce the amount of space between each slice so toppings don't fall through, but don't overlap them too much. The goal is for each apple slice to have an even layer of topping.
3. In a microwave safe dish, heat your peanut butter until just melted, about 20-seconds. If you don't have a microwave, melt it in a small saucepan over medium-low heat.
4. While it's still warm, drizzle the peanut butter over your apple slices. Sprinkle granola, if using, and enjoy immediately.

## MEAL PATTERN CONTRIBUTION

- 🍏 Fruit
- 🥩 Meat/Meat Alternate

## MEAL TYPE

- ☀️ Snack

## YIELD

3 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup Apple Slices + 1 Tablespoon Peanut Butter	½ Cup Apple Slices + 1 Tablespoon Peanut Butter	¾ Cup Apple Slices + 2 Tablespoons Peanut Butter	½ Cup Apple Slices + 2 Tablespoons Peanut Butter



September 23

## CHICKEN TOT PIE

National Great American Pot Pie Day



### INGREDIENTS

- 10½ Ounce Can Condensed Cream of Chicken Soup
- ½ Cup Sour Cream
- ¾ Cup Whole Milk
- 16 Ounces Vegetables, Mixed, frozen Four way (corn, green beans, peas, and carrots)
- 1 Teaspoon Dried Thyme
- 1 Teaspoon Kosher Salt
- ½ Teaspoon Coarse Ground Black Pepper
- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 1 Cup Cheddar Cheese (shredded)
- 32 Ounces Frozen Tater Tots

### DIRECTIONS

1. Preheat your oven to 375°.
2. In a large mixing bowl, combine the cream of chicken soup, sour cream, and whole milk. Stir in the frozen mixed vegetables, thyme, salt, and pepper. Mix until everything is well combined.
3. Add the cooked, chopped chicken and shredded cheese to the bowl. Stir everything together.
4. Transfer the mixture into a 9x13-inch baking dish, spreading it out evenly.
5. Arrange the frozen tater tots in a single layer on top of the chicken mixture, covering the entire surface.
6. Bake for 40-45 minutes, or until the tater tots are golden and crispy, and the filling is hot and bubbly.
7. Remove from the oven and let it sit for a few minutes before serving.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

### MEAL TYPE

 Lunch/Supper

### YIELD

12 Cups

### PORTION SIZES

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





## EGG & CHEESE BREAKFAST QUESADILLA

September 25

National Quesadilla Day



### INGREDIENTS

- 2 Tortillas, Soft, Flour (about 8") (enriched or whole grain rich)
- 4 Large Eggs
- 1 Cup Shredded Cheese
- 1 Tablespoon Unsalted Butter
- Salt and Pepper (to taste)

### DIRECTIONS

1. Crack the eggs into a mixing bowl. Add a pinch of salt and pepper to taste. Beat the eggs thoroughly with a whisk or fork until the mixture is smooth and fully blended.
2. In a non-stick skillet, heat a small amount of butter over medium-low heat. Once the butter is melted and slightly bubbling, pour the beaten eggs into the pan. Stir continuously with a spatula, allowing the eggs to cook gently and form soft, fluffy curds. This should take about 2-3 minutes. Once cooked, remove the eggs from the heat and set aside.
3. Place the flour tortillas on a clean surface. Lay one tortilla flat on a cutting board or countertop.
4. Sprinkle half of the shredded cheese evenly across the surface of the tortilla. Then, spoon half of the scrambled eggs onto the cheese.
5. Take the second tortilla and place it on top of the egg, cheese, and filling layers. Press down gently to compact the quesadilla.
6. In the same skillet you used for the eggs, add a little more butter or oil and heat over medium-high heat. Place the assembled quesadilla into the hot skillet. Cook for 2-3 minutes, or until the bottom tortilla is golden brown and crispy.
7. Use a spatula to flip the quesadilla carefully, then cook the other side for an additional 2-3 minutes until it's golden and crispy as well. The cheese inside should be melted, and the filling should be warm.
8. Remove the quesadilla from the skillet and place it on a cutting board. Use a sharp knife or pizza cutter to slice the quesadilla into 8 wedges.

### MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

### MEAL TYPE

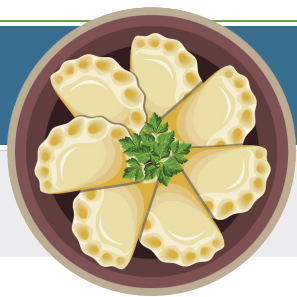
-  Breakfast

### YIELD

8 Wedges

### PORTION SIZES

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



## CHICKEN & DUMPLINGS

September 26

National Dumpling Day

### INGREDIENTS

#### Chicken and Broth

- 1 Pound Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 6 Cups Chicken Broth
- 1 Cup Diced Carrots
- 1 Cup Diced Celery Stalks
- 2 Cups Chopped Onion
- 1 Tablespoon Minced Garlic
- 2 Tablespoons Olive Oil or Butter

- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- 1 Teaspoon Dried Thyme

#### Dumplings

- 2 Cups All-Purpose Flour (enriched or whole grain-rich)
- 1 Tablespoon Baking Powder
- 1 Teaspoon Salt
- 1 Cup Whole Milk
- 4 Tablespoons Butter (melted)

### DIRECTIONS

1. Heat olive oil or butter in a large pot over medium heat.
2. Add the onions, carrots, and celery, and sauté for 5 minutes until softened.
3. Stir in the garlic and thyme and cook for 1 minute until fragrant.
4. Pour in the chicken broth and bring to a gentle simmer.
5. Add the chicken, salt, and pepper, and simmer for 10 minutes to blend the flavors.
6. In a medium bowl, whisk together the flour, baking powder, and salt.
7. Stir in the milk and melted butter until just combined; the dough should be slightly sticky.
8. Using a spoon, drop small mounds of dough into the simmering broth, spacing them about 2 inches apart. Cover the pot with a lid and let the dumplings cook undisturbed for 15 minutes.
9. Serve the chicken and dumplings in bowls, garnished with fresh parsley.

### MEAL PATTERN CONTRIBUTION

- Meat/Meat Alternate
- Vegetable
- Grain

### MEAL TYPE

- Lunch/Supper

### YIELD

12 Cups Broth +  
12 Dumplings

### PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup Broth + 1 Dumpling	1¼ Cups Broth + 1 Dumpling	1¾ Cups Broth + 2 Dumplings	1¾ Cups Broth + 4 Dumplings



## RICE PANCAKES

September 26

National Pancake Day

### INGREDIENTS

- 8 Cups Cooked Rice (enriched or whole grain-rich)
- 8 Eggs
- 1 Cup Finely Diced Green Onions
- 1 Cup Grated Cheddar Cheese
- 1 Teaspoon Salt
- ½ Teaspoon Pepper

### DIRECTIONS

1. Mix cooked rice and cracked eggs in a bowl.
2. Add salt and pepper to the mixture and stir.
3. Mix in chopped green onions and grated cheese.
4. Heat a nonstick skillet on medium heat.
5. Spoon ¼ cup of rice mixture onto the skillet, shaping into pancakes.
6. Cook each side until golden brown and crispy, then flip.

### MEAL PATTERN CONTRIBUTION

 Grain

### MEAL TYPE

 Snack

### YIELD

32 Pancakes

### PORTION SIZES

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