



FROZEN VEGETABLE STIR FRY

October 1

World Vegetarian Day



INGREDIENTS

- 1 Tablespoon Olive Oil
- Olive Oil Cooking Spray
- 32 Ounces Vegetables, Mixed, frozen Four way (corn, green beans, peas, and carrots)
- 3 Tablespoons Low Sodium Soy Sauce
- 4 Cloves Garlic (minced)
- 1 Teaspoon Minced Ginger
- 1 Sprinkle Crushed Red Pepper
- ¼ Cup Red Curry Sauce
- 10 Cups Cooked Brown Rice
- 1 Tablespoon Sesame Seeds (optional)
- Salt and Pepper (to taste)

DIRECTIONS

1. Heat a large pan or wok over medium to medium-high heat. Add olive oil, then pour the frozen veggies into the pan.
2. Stir fry 5 minutes until the veggies are cooked through, add garlic, ginger, crushed red pepper, and soy sauce. Cook another 5 minutes until everything is combined.
3. Add the Red Curry Sauce to the veggies. Stir fry lightly on medium-low heat until the entire mixture is heated through (about 5 minutes).
4. Adjust seasonings as needed, and sprinkle sesame seeds on top, if using. Serve with brown rice.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

5 Cups Vegetables
+ 10 Cups Rice

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup Vegetables + ¼ Cup Rice	¼ Cup Vegetables + ¼ Cup Rice	½ Cup Vegetables + ½ Cup Rice	½ Cup Vegetables + 1 Cup Rice



GARLIC PARMESAN KALE CHIPS

October 2

National Kale Day

INGREDIENTS

- 1 Pound (about 6 cups) Fresh Kale (washed and torn into chip-size pieces)
- 2 Tablespoons Olive Oil
- 2 Cloves Fresh Garlic (minced)
- ¼ Cup Parmesan Cheese
- ¼ Teaspoon Sea Salt
- ⅛ Teaspoon Black Pepper

DIRECTIONS

1. Thoroughly wash the kale, remove thick stems, and tear the leaves into chip-size pieces. Dry completely using a salad spinner or patting with a towel to ensure crispiness during baking.
2. Place the kale in a large bowl and drizzle with olive oil. Massage gently to coat each leaf evenly. Add minced garlic, grated Parmesan, sea salt, and black pepper, mixing well to distribute the flavors thoroughly.
3. Spread the kale pieces flat on a baking sheet lined with parchment paper. Avoid overcrowding to allow heat circulation and even crisping.
4. Preheat the oven to 300°. Bake the kale chips for 15-20 minutes, checking closely after 15 minutes to prevent burning. Remove once they turn golden and crispy.
5. Let the kale chips cool on the baking tray to finalize their crispiness before serving or storing.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

2½ Cups

PORTION SIZES

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



BREAKFAST TACO SCRAMBLE

October 4

National Taco Day



INGREDIENTS

- 1 Tablespoon + 1 Teaspoon Olive Oil (divided)
- 2 Cups Sweet Potato (peeled and chopped in ½-inch pieces)
- 1 Cup Diced Red Bell Pepper
- 1 Cup Diced Red Onion
- 1 Pound Ground Beef (20% or leaner)
- 3 Tablespoons Taco Seasoning
- 1 Tablespoon Corn Starch
- ¼ Tablespoon Water
- 6 Eggs (beaten)
- ½ Cup Salsa
- ½ Cup Chopped Avocado
- Sea Salt and Ground Pepper (to taste)

DIRECTIONS

1. In a large skillet, heat oil over medium. Add sweet potatoes, peppers, onions, ½ teaspoon sea salt, and ¼ teaspoon of black pepper to the oil. Sauté the mixture until potatoes have softened, about 8 minutes. Transfer to a bowl and set aside.
2. Add beef to the skillet and continue to cook over medium heat until browned. Add taco seasoning, corn starch, and ¼ cup water. Continue to cook until the sauce has thickened. Remove the beef from the pan to a bowl and set aside.
3. Heat the remaining oil in the same pan, still over medium heat. When the oil is hot, add eggs and additional salt and pepper to taste. Cook the eggs until they are cooked to your desired consistency, then remove from the heat.
4. Combine the sweet potato mixture, the seasoned beef and eggs. Top with salsa and avocado evenly. These can be served immediately or refrigerated for up to 5 days.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

7 Cups

PORTION SIZES

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



CAPRESE PASTA SALAD

October 6

National Noodle Day




INGREDIENTS

- 8 Ounces Bowtie Pasta (enriched or whole grain rich)
- ¼ Cup Extra Virgin Olive Oil
- ¼ Cup White Balsamic Vinegar
- 4 Teaspoons Italian Seasoning
- 2 Cups Cherry Tomatoes (halved)
- 8 Ounces 1-Inch Mozzarella Balls
- 2 Cups Baby Spinach Leaves
- ½ Cup Thinly Sliced Red Onion

DIRECTIONS

1. Cook pasta in salted water as directed on package. Rinse under cold water. Drain well.
2. Mix oil, vinegar and italian seasoning in large bowl until well blended. Add cooked pasta, tomatoes, mozzarella, spinach and onion; toss to coat well. Refrigerate until ready to serve.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

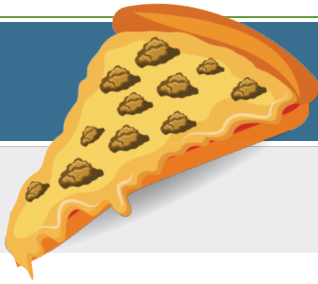
 Lunch/Supper

YIELD

6 Cups

PORTION SIZES

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



SAUSAGE PIZZA WITH SIMPLE TOMATO SAUCE

October 11

National Sausage Pizza Day




INGREDIENTS

- (1) 13.8 Ounce Can Refrigerated Pizza Dough (enriched or whole grain rich)
 - 1 Pound Cooked & Crumbled Turkey or Pork Sausage
 - 2 Cups Sliced Roma Tomatoes (salted)
 - 8 Ounces Shredded Mozzarella Cheese
- Simple Tomato Sauce:
- 14½ Ounces Canned Diced Tomatoes (drained)
 - 2 Tablespoons Olive Oil
 - 1 Teaspoon Garlic Powder
 - ½ Teaspoon Kosher Salt
 - ⅛ Teaspoon Black Pepper

DIRECTIONS

1. Preheat oven to 550°. Remove pizza dough from refrigerator for 30 minutes if you have the time.
2. Drain cans of tomatoes and discard juice. Put all the tomato sauce ingredients into a saucepan and stir. Simmer over medium to medium low heat for about 10 minutes. Let cool.
3. While simmering the tomato sauce, brown sausage over medium heat for about 10 minutes, if in casings remove and discard the casing. Breaking into small pieces and stirring every few minutes to keep from burning.
4. Use the palm of your hand to press pizza dough into the shape and thickness you want. I like to use a rolling pin so that the dough doesn't balloon up when baking.
5. Brush crust with olive oil, top with sauce, cheese, sliced tomatoes and cooked sausage, in that order.
6. Bake for 8 minutes or until cheese is melted and a golden crust appears.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

10 Slices

PORTION SIZES

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



SLOW COOKER GUMBO

October 12

National Gumbo Day

INGREDIENTS

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

DIRECTIONS

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

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

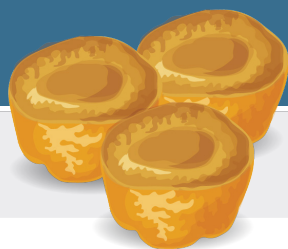
 Lunch/Supper

YIELD

12 Cups

PORTION SIZES

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



EASY YORKSHIRE PUDDING

October 13

National Yorkshire Pudding Day

INGREDIENTS

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

DIRECTIONS

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

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

12 Popovers

PORTION SIZES

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



EASY CHICKEN SHAWARMA

October 15

National Shawarma Day

INGREDIENTS

- 1 Pound Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- ¼ Cup Greek Yogurt
- 2 Tablespoons Mediterranean Spice Blend
- 1 Teaspoon Salt
- ½ Teaspoon Lemon Zest (optional)

DIRECTIONS

1. In a large bowl, combine the Greek yogurt, spices, salt, and lemon zest (if using). Mix well to ensure the spices are evenly distributed throughout the yogurt.
2. Add the sliced chicken to the bowl, making sure each piece is thoroughly coated with the yogurt marinade. Cover the bowl and refrigerate for at least 2 hours, or for even better flavor, marinate overnight. This allows the chicken to absorb all the delicious spices, making it tender and flavorful.
3. Heat a large, oiled pan over medium-high heat. Place the marinated chicken strips in the pan in a single layer and cook until they reach an internal temperature of 165° and cooked through. This should take about 5-7 minutes per side, depending on the thickness of the strips.
4. Serve your easy chicken shawarma hot.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

16 Ounces

PORTION SIZES

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



MUSHROOM EGG TOAST

October 15

National Mushroom Day




INGREDIENTS

- 8 Slices Rustic Bread (at least 28 grams each; enriched or whole grain rich)
- 4 Tablespoons Unsalted Butter
- 4 Tablespoons Olive Oil
- 8 Cups Sliced Mushrooms
- 8 Eggs
- 8 Cloves Garlic (minced)
- 2 Teaspoons Dried Thyme
- Salt and Pepper (to taste)
- Fresh Parsley (chopped, for garnish)

DIRECTIONS

1. In a large bowl, combine the Greek yogurt, spices, salt, and lemon zest (if using). Mix well to ensure the spices are evenly distributed throughout the yogurt.
2. Add the sliced chicken to the bowl, making sure each piece is thoroughly coated with the yogurt marinade. Cover the bowl and refrigerate for at least 2 hours, or for even better flavor, marinate overnight. This allows the chicken to absorb all the delicious spices, making it tender and flavorful.
3. Heat a large, oiled pan over medium-high heat. Place the marinated chicken strips in the pan in a single layer and cook until they reach an internal temperature of 165° and cooked through. This should take about 5-7 minutes per side, depending on the thickness of the strips.
4. Serve your easy chicken shawarma hot.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

8 Toasts

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Toast	½ Toast	1 Toast	2 Toasts



BELL PEPPER & CHEESE EGG CUPS

October 16

World Food Day



INGREDIENTS

- 6 Large Green Bell Peppers (2 pounds)
- ½ Teaspoon Salt (divided)
- ½ Teaspoon Ground Pepper (divided)
- 12 Large Eggs
- 6 Tablespoons Shredded Cheese
- Chopped Fresh Cilantro (optional)

DIRECTIONS

1. Preheat oven to 400°. Coat a large rimmed baking sheet with cooking spray.
2. Cut bell peppers in half through the stem end. Remove ribs and seeds. Place the peppers in the pan cut-side up and sprinkle with ¼ teaspoon each salt and pepper.
3. Bake the peppers for 15 minutes. Remove the baking sheet from the oven and crack 1 egg into each pepper cup. Season with the remaining ¼ teaspoon each salt and pepper, then top each with ½ tablespoon cheese.
4. Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

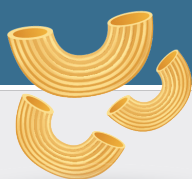
 Breakfast

YIELD

12 Egg Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Egg Cup	1½ Egg Cups	1½ Egg Cups	1½ Egg Cups



CRUNCHY PASTA CHIPS

October 17

National Pasta Day

INGREDIENTS

- 8 Ounces Small Pasta (enriched or whole grain rich)
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Teaspoon Salt
- 1 Teaspoon Garlic Powder (optional)
- 1 Teaspoon Italian Seasoning (optional)
- Marinara Sauce or Ranch Dressing (optional; for dipping)

DIRECTIONS

1. Cook the pasta in salted boiling water for 8-10 minutes until al dente. Drain and cool slightly.
2. In a large bowl, toss the warm pasta with olive oil, salt, and any additional seasonings until evenly coated.
3. Preheat your oven to 400° and line a baking sheet with parchment paper. Spread the seasoned pasta in an even layer.
4. Bake for 20-25 minutes until golden brown and crispy, monitoring to prevent burning.
5. Let cool slightly before serving warm with marinara sauce or ranch dressing.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

6 Cups

PORTION SIZES

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



CREAMY GARLIC MASHED POTATOES

October 18

National Mashed Potato Day

INGREDIENTS

- 2 Pounds Yukon Gold Potatoes (peeled and quartered)
- 4 Cloves Garlic (peeled)
- 1 Cup Heavy Cream
- 4 Tablespoons Unsalted Butter
- Salt and Pepper (to taste)
- ¼ Cup Sour Cream (optional)
- Fresh Chives or Parsley (optional)

DIRECTIONS

1. In a large pot, place the quartered potatoes and the garlic cloves. Fill with enough water to cover them by about an inch. Add a generous pinch of salt and bring to a boil over medium-high heat. Once boiling, lower the heat and simmer for 15-20 minutes, or until the potatoes are fork-tender.
2. Once cooked, drain the potatoes and garlic in a colander, then return them to the pot. Cover with a kitchen towel and let them steam for about 5 minutes to remove excess moisture.
3. In a small saucepan, combine the heavy cream and butter. Warm over low heat, stirring frequently until the butter has melted and the mixture is slightly heated.
4. Add the drained potatoes and garlic back to the pot. Begin mashing them with a potato masher or a ricer until smooth and creamy.
5. Gradually pour the warm cream and butter mixture into the mashed potatoes, stirring gently until combined. If desired, add in the sour cream for extra richness. Season well with salt and freshly ground pepper to taste.
6. Transfer the creamy garlic mashed potatoes to a serving dish. Garnish with freshly chopped chives or parsley for a pop of color and added flavor. Serve warm.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

4 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅛ Cup	¼ Cup	½ Cup	½ Cup



EASY CHICKEN & WAFFLE SLIDERS

October 20

National Chicken and Waffles Day

INGREDIENTS

- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney (cut into 8 pieces)
- 1 Cup All-Purpose Flour (enriched or whole grain rich)
- 1 Teaspoon Salt
- ½ Teaspoon Black Pepper
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Smoked Paprika
- 1 Large Egg
- ½ Cup Buttermilk (or milk + 1 tsp vinegar)
- 1 Cup Vegetable Oil (for frying)
- 16 Frozen Mini Waffles (at least ½ ounce each; enriched or whole grain rich)
- 2 Tablespoons Butter (for toasting waffles)
- ¼ Cup Maple Syrup
- 8 Toothpicks or Mini Skewers

DIRECTIONS

1. In a medium bowl, mix flour, salt, black pepper, garlic powder and smoked paprika.
2. In a separate bowl, whisk together the egg and buttermilk.
3. Dip each chicken piece into the buttermilk mixture, then coat thoroughly in the flour mixture.
4. Heat vegetable oil in a frying pan over medium-high heat to about 350°.
5. Fry the chicken pieces for 3-4 minutes per side until golden brown and crispy. Drain on paper towels.
6. While chicken is cooking, toast the mini waffles in a skillet with butter or in a toaster until golden.
7. To assemble, place a piece of fried chicken on one mini waffle.
8. Drizzle with maple syrup and top with another mini waffle. Secure with a toothpick or skewer.
9. Serve immediately warm, with extra syrup on the side if desired.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Lunch/Supper

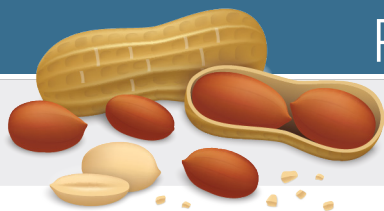
YIELD

8 Sliders

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slider	½ Slider	1 Slider	2 Sliders

SWEET & SPICY ROASTED NUT MIX*



October 22

National Nut Day

INGREDIENTS

- 1 Cup Unsalted Cashews
- 1 Cup Unsalted Peanuts
- 1 Cup Walnuts
- 1 Cup Salted Almonds
- 2 Tablespoons Maple Syrup
- 2 Tablespoons Olive Oil
- ½ Teaspoon Lemon Pepper
- ½ Teaspoon Salt
- ⅛ Teaspoon Chili Powder

DIRECTIONS

1. Preheat the oven to 300°.
2. Line a baking sheet with a silicone mat. Set aside.
3. In a large mixing bowl, add the cashews, peanuts, walnuts, and almonds.
4. Drizzle the maple syrup and olive oil on the nuts. Mix to coat the nuts.
5. Add in the lemon pepper, salt and chili powder. Mix well.
6. Pour the nut mixture onto the prepared baking sheet and spread out evenly.
7. Bake for 25 minutes, stirring the nuts at 10 and 20 minutes.
8. Let the mixture cool completely before serving.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

4 Cups (32 Ounces)

PORTION SIZES

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

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



EASY PUMPKIN MUFFINS

October 26

National Pumpkin Day

INGREDIENTS

- 1¾ Cups All-Purpose Flour (enriched or whole grain rich)
- 1 Teaspoon Baking Powder
- ½ Teaspoon Baking Soda
- ½ Teaspoon Salt
- 1½ Teaspoons Pumpkin Pie Spice (or cinnamon, nutmeg, and cloves)
- 1 Cup Canned Pumpkin Puree
- ½ Cup Granulated Sugar
- ½ Cup Brown Sugar (packed)
- ½ Cup Vegetable Oil or Coconut Oil
- 2 Large Eggs
- 1 Teaspoon Vanilla Extract
- ¼ Cup Milk

DIRECTIONS

1. Preheat your oven to 350° and line a 12-cup muffin tin with paper liners or lightly grease it.
2. In a large bowl, whisk together the flour, baking soda, baking powder, salt, and pumpkin pie spice (or cinnamon, nutmeg, and cloves). Set aside.
3. In another bowl, combine the pumpkin puree, eggs, vegetable oil, sugar, and vanilla extract. Use a whisk or a hand mixer to beat until the mixture is smooth and well combined.
4. Gradually add the dry ingredients to the wet ingredients, stirring until just combined. Avoid overmixing, as it can result in dense muffins.
5. Evenly divide the muffin batter among the 12 muffin cups, filling each cup about ⅔ full.
6. Bake for 18–22 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
7. Allow muffins to cool in the tin for 5 minutes before transferring them to a wire rack to cool completely.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

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



PUFF PASTRY CHEESE TWISTS

October 27

National Breadstick Day

INGREDIENTS

- 1 Large Egg
- 2 Sheets (8.65 Ounces Each) Frozen Puff Pastry (enriched or whole grain-rich) (thawed)
- ½ Cup Grated Parmesan Cheese
- 2 Tablespoons Everything Bagel Seasoning

DIRECTIONS

1. Preheat oven to 400°. Arrange the baking racks in the upper and lower one-third of the oven.
2. Line 2 large baking sheets with parchment paper. Set aside.
3. Beat the egg with 1 teaspoon water. Set aside.
4. Work with 1 sheet of puff pastry at a time. Place the other sheet in the fridge. Unfold the dough on a work surface. Brush generously with the egg wash. Evenly sprinkle with half of the everything bagel seasoning and Parmesan cheese on the dough. Use a rolling pin to lightly press the seasoning and cheese lightly into the dough.
5. Using a pizza roller or sharp knife, cut the sheet of puff pastry into 7 even strips. Twist the opposite ends 3 to 4 times to get a spiral effect. Place the cheese twists an inch apart on the prepared baking sheets. Repeat with second sheet of puff pastry.
6. Bake for 15 to 20 minutes flipping over halfway through the baking time. The twists should be golden brown and crispy.
7. Remove the twists from the oven and place on a cooling rack. They are best served immediately.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



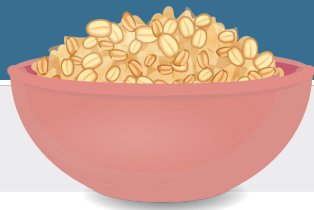
Snack

YIELD

14 Twists

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Twist	½ Twist	1 Twist	1 Twist



APPLE CINNAMON OATMEAL

October 29

National Oatmeal Day

INGREDIENTS

- 4 Cups Rolled Oats
- 7 Cups Milk
- 4 Medium Apples (diced)
- 6 Teaspoons Cinnamon
- 8 Tablespoons Maple Syrup
- 4 Tablespoons Chia Seeds (optional)
- 1 Teaspoon Salt

DIRECTIONS

1. In a saucepan over medium heat, combine oats, milk, and a pinch of salt.
2. Once simmering, stir in the diced apples, cinnamon, and maple syrup.
3. Cook for 5–7 minutes, stirring occasionally, until oats are soft and apples tender.
4. Remove from heat and stir in chia seeds (if using).

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

8 Cups

PORTION SIZES

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