



VEGAN BREAKFAST HASH

November 1

World Vegan Day

INGREDIENTS

- 3 Cups Diced Potatoes
- 1 Cup Diced Onion
- 1 Cup Diced Bell Pepper
- 1 Cup Diced Zucchini
- 2 Cups Diced Mushrooms
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Cumin Powder
- ½ Teaspoon Smoked Paprika
- Salt and Pepper (to taste)
- 2-3 Tablespoons Cooking Oil

DIRECTIONS

1. In a large pan over medium heat, add oil and diced potatoes. Stir potatoes and oil together and cook for about 10 minutes or until they begin to crisp and are softer when poked with a fork.
2. Chop the remaining ingredients into bite-sized pieces and add to the pan along with the spices. Give it a good stir and continue cooking for 5-10 minutes, or until veggies are soft.
3. Serve immediately.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

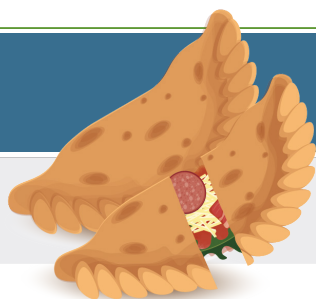
 Breakfast

YIELD

8 Cups

PORTION SIZES

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



RICOTTA & SPINACH CALZONES

November 1

National Calzone Day

INGREDIENTS

- 10 Ounces Frozen Chopped Spinach (thawed and squeezed dry)
- 8 Ounces Ricotta Cheese
- 4 Ounces Mozzarella Cheese (shredded)
- 1 Ounce Parmesan Cheese (grated)
- 1 Tablespoon Olive Oil
- 2 Large Eggs (one lightly beaten with 2 tablespoons water and 1 egg yolk)
- 1 Teaspoon Garlic Powder
- 1½ Teaspoons Minced Fresh Oregano
- ⅓ Teaspoon Red Pepper Flakes
- 1 Teaspoon Salt
- (1) 13.8 Ounce Can Refrigerated Pizza Dough (enriched or whole grain rich)

DIRECTIONS

1. Preheat oven to 500°.
2. Combine spinach, ricotta, mozzarella, oil, egg yolk, garlic powder, oregano, pepper flakes, and salt in a large bowl.
3. Place dough on lightly floured surface and divide into 4 even pieces.
4. With a rolling pin or your hands, flatten each piece into a 7 inch round on a piece of parchment paper.
5. Spread ¼ of spinach filling evenly over half of each dough round, making sure to leave a 1 inch border around the edge.
6. Brush the edges with the egg wash and then fold the other half of the dough circle over spinach mixture, leaving the bottom ½ inch border uncovered.
7. Press edges of dough together and pinch with fingers to seal.
8. With a sharp knife, cut 5 steam vents in top of calzones and brush tops with remaining egg wash.
9. Transfer calzones onto parchment lined baking sheet and bake for 8 minutes, brush with any remaining egg wash and sprinkle with grated parmesan, then bake for another 7 minutes.
10. Move to wire rack and let cool for 5 minutes before serving.

MEAL PATTERN CONTRIBUTION

- Meat/Meat Alternate
- Grain

MEAL TYPE

Breakfast

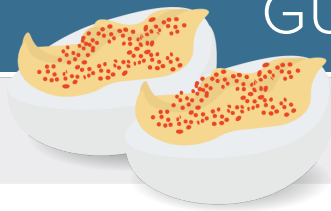
YIELD

4 Calzones

PORTION SIZES

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

GUACAMOLE DEVEILED EGGS



November 2

National Deviled Egg Day

INGREDIENTS

- 6 Large Eggs
- 1 Small Avocado (peeled, pitted and diced)
- 1 Tablespoon Fresh Lime Juice
- 2 Tablespoons Mayonnaise
- 2 Tablespoons Small Diced Red Onion
- 1 Tablespoon Chopped Fresh Cilantro
- Crumbled Cotija Cheese (for garnishing)
- Taco Seasoning (for garnishing)

DIRECTIONS

1. Add the eggs to a medium sauce pot and fill it with enough water to cover the eggs. Set the sauce pot over medium-high heat and bring the water to a boil.
2. Once the water is boiling, cover the sauce pot and turn off the heat. Let the eggs sit for 11 minutes then rinse them with cold water. Once the eggs are cooled, peel them then cut them in half lengthwise.
3. Add the yolks to a small bowl and set the halved egg whites aside. Add the avocado, lime juice and mayonnaise to the bowl and mash to combine. Stir in the red onion and cilantro then taste and season the mixture with salt and pepper.
4. Arrange the halved egg whites on a plate. Spoon the avocado mixture into each egg white. Garnish with crumbled cotija cheese and a sprinkle of taco seasoning then serve.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

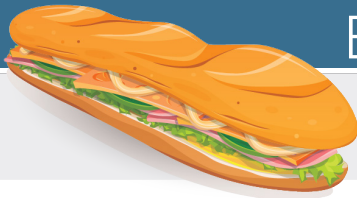
YIELD

12 Deviled Eggs

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Each	1 Each	1 Each	1 Each

MEAL PREP BREAKFAST SANDWICHES



November 3

National Sandwich Day



INGREDIENTS

- 12 Eggs
- ¼ Cup Whole Milk
- 1½ Teaspoons Salt
- 6 Slices Bacon
- 2 Cups Spinach
- 12 English Muffins (at least 56 grams each; enriched or whole grain-rich)
- 12 Slices Cheese (1 ounce each)
- Butter (optional)

DIRECTIONS

1. Preheat oven to 300°. Generously oil a rimmed half sheet pan.
2. Whisk the eggs, milk, and salt.
3. Cut the bacon into small pieces. Fry in a heavy skillet until crispy. Add the spinach and stir until wilted. Using tongs, let excess fat drip off for a few seconds before adding your bacon and spinach to the egg mixture.
4. Pour the egg mixture into the oiled half sheet pan. Bake for 15 minutes, until just set.
5. Remove, cool, and cut into rounds using a wide mason jar lid or round cookie cutter. Spread English muffins with butter (optional) and place an egg round on each one. Add cheese, wrap in foil, and voila.
6. Refrigerate (4-5 days) or freeze (no limit). To reheat, you can use the oven, microwave or toaster oven.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Breakfast

YIELD

12 Sandwiches

PORTION SIZES

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



TATER TOT NACHOS

November 6

National Nachos Day



INGREDIENTS

- 32 Ounces Frozen Tater Tots
- 1 Pound Ground Beef (20% or leaner)
- 2 Tablespoons Taco Seasoning
- 8 Ounces Shredded Cheese
- ¼ Cup Sour Cream
- ⅓ Cup Pico de Gallo
- ⅓ Cup Sliced Black Olives
- 2 Tablespoons Diced Cilantro

DIRECTIONS

1. Prepare tater tots according to package.
2. While they are baking, cooking your ground beef with a package of taco season, or my homemade taco seasoning, until beef is browned and cooked through. Set aside.
3. Once tots are done cooking, removed from oven (but keep oven on) and top with cooked beef and cheese. Pop back in the oven until cheese is melted. Removed from oven and top with sour cream, pico de gallo, olives and cilantro.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

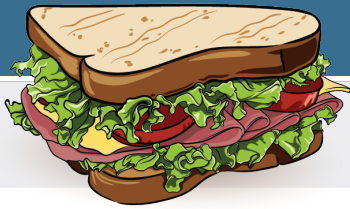
-  Snack

YIELD

8 Cups

PORTION SIZES

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



BAKED FRENCH DIP BISCUITS

November 12

National French Dip Day

INGREDIENTS

- (1) 8 Count Can Buttermilk Biscuits (enriched or whole grain rich; at least 28 grams each)
- 8 Slices Deli Roast Beef (1 ounce each; without binders, filler or extenders)
- 8 Slices Provolone Cheese (1 ounce each)
- ¼ Cup Butter (melted)
- 1 Tablespoon Worcestershire Sauce
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- ½ Teaspoon Dried Thyme
- ½ Teaspoon Dried Rosemary
- ½ Teaspoon Salt
- ½ Teaspoon Black Pepper
- 1 Cup Beef Broth

DIRECTIONS

1. Preheat oven to 350° and grease a baking dish.
2. Separate biscuit dough into 8 pieces; flatten each piece.
3. Place one slice of roast beef and one slice of cheese on each biscuit.
4. Fold edges over filling and pinch to seal.
5. Arrange biscuits seam-side down in the baking dish.
6. In a bowl, mix melted butter, Worcestershire sauce, garlic powder, salt, pepper, thyme, and rosemary.
7. Brush the butter mixture over each biscuit generously.
8. Bake for 20-25 minutes until golden brown.
9. While baking, heat beef broth in a saucepan until warm.
10. Serve biscuits warm with beef broth for dipping.

MEAL PATTERN CONTRIBUTION

- Meat/Meat Alternate
- Grain

MEAL TYPE

- Lunch/Supper

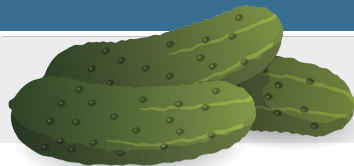
YIELD

8 Biscuits

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Biscuit	1 Biscuit	1½ Biscuits	1½ Biscuits

HAM & PICKLE ROLL UPS



November 14

National Pickle Day

INGREDIENTS

- 8 Whole Baby Dill Pickles
- 8 Ounces Cream Cheese
- 8 Slices Deli Ham (½ ounce each; without binders, filler or extenders)
- 2 Teaspoons Ranch Seasoning

DIRECTIONS

1. In a medium bowl, combine the cream cheese and ranch seasoning.
2. Pat the pickles and ham slices dry with a paper towel.
3. Lay out a ham slice on a clean surface like a cutting board or baking sheet covered with parchment paper.
4. Spread ⅓ (roughly 1-2 tablespoons) over the whole slice of ham, making sure to get all the way to the edges.
5. Place one pickle at one end of the ham slice and roll the pickle up tightly.
6. Continue with the remaining pickles, ham, and cream cheese.
7. Cover and refrigerate for 15-20 minutes to firm up the cream cheese.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

8 Roll Ups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Roll Up	1 Roll Up	2 Roll Ups	2 Roll Ups

QUICK & EASY HOMEMADE BREAD



November 17

National Homemade Bread Day

INGREDIENTS

- 2 Cups All-Purpose Flour
(enriched or whole grain rich)
- 1 Tablespoon Baking Powder
- 1 Teaspoon Salt
- 1 Tablespoon Sugar
- 2 Tablespoons Olive Oil or Melted Butter
- $\frac{3}{4}$ Cup Warm Milk or Water

DIRECTIONS

1. Preheat your oven to 400° and line a baking sheet with parchment paper.
2. In a large bowl, whisk together the flour, baking powder, salt, and sugar.
3. Add the olive oil and warm milk to the dry ingredients. Stir until a soft dough forms.
4. Transfer the dough to a floured surface and knead gently for 1–2 minutes until smooth.
5. Shape the dough into a round loaf or divide into small rolls.
6. Place on the baking sheet and bake for 15–18 minutes, until golden brown.
7. Cool slightly before slicing into 14 even slices.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

14 Slices

PORTION SIZES

Toddler	Preschool	School Age	Adult
$\frac{1}{2}$ Slice	$\frac{1}{2}$ Slice	1 Slice	1 Slice



CHICKEN STUFFING BAKE

November 21

National Stuffing Day



INGREDIENTS

- 3 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 1 Tablespoon Dried Minced Onions
- 1 Teaspoon Garlic Powder
- ½ Teaspoon Ground Black Pepper
- 6 Ounce Package Stuffing Mix (enriched or whole grain rich)
- 1½ Cups Low Sodium Chicken Broth
- 10 Ounces Condensed Cream of Chicken Soup
- ½ Cup Sour Cream
- 4 Tablespoons Butter (cubed)

DIRECTIONS

1. Preheat your oven to 375°. Grease a 9×13-inch casserole dish with butter or non-stick spray to prevent sticking and ensure easy cleanup.
2. Place the chicken evenly in the prepared baking dish. Season with garlic powder, dried minced onions, and ground black pepper to infuse deep flavors throughout the chicken.
3. In a medium mixing bowl, combine the dry stuffing mix with chicken broth. Fluff the mixture with a fork until the broth is absorbed and the stuffing is light and airy. Set aside.
4. In a small bowl, combine the condensed cream of chicken soup and sour cream until smooth and creamy. Spread this mixture evenly over the seasoned chicken breasts within the casserole dish for a rich and moist layer.
5. Spoon the prepared stuffing evenly on top of the creamy soup layer, spreading it around the chicken. Distribute the cubed butter over the stuffing to add richness and help achieve a golden, crispy topping during baking.
6. Place the casserole dish in the preheated oven and bake for 35 to 45 minutes. Bake until the chicken reaches an internal temperature of 165° and the stuffing is golden brown and cooked through.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

11 Cups

PORTION SIZES

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



CRANBERRY DIP & CRACKERS

November 22

National Cranberry Relish Day

INGREDIENTS

- 12 Ounces Fresh Cranberries
- 2 Green Onions
- ¼ Cup Cilantro Leaves
- ⅓ Cup Granulated Sugar
- 1 Teaspoon Ground Cumin
- 2 Tablespoons Lemon Juice
- 1 Teaspoon Kosher Salt
- 8 Ounces Cream Cheese
- 24 Cracker, Round, Savory (about 1¾" across; enriched or whole grain rich)

DIRECTIONS

1. In a medium bowl, finely chop fresh cranberries and add sliced green onions and cilantro leaves. Sprinkle in granulated sugar, ground cumin, and kosher salt. Squeeze in fresh lemon juice and mix thoroughly.
2. Cover the cranberry mixture tightly with plastic wrap or a lid and refrigerate for at least 4 hours, preferably overnight.
3. Retrieve cream cheese from fridge and let it sit at room temperature for 20-30 minutes. Spread evenly on a serving plate.
4. Once the cranberry mixture has chilled, gently spoon it over the cream cheese layer. Spread lightly to retain distinct layers.
5. Allow to sit at room temperature for 15-20 minutes before serving. Pair with crackers

MEAL PATTERN CONTRIBUTION



MEAL TYPE

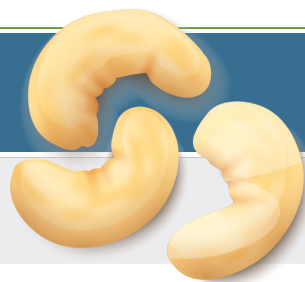


YIELD

1½ Cups Cranberry Dip

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup Cranberry Dip + 4 Crackers	½ Cup Cranberry Dip + 4 Crackers	¾ Cup Cranberry Dip + 8 Crackers	½ Cup Cranberry Dip + 8 Crackers



PIZZA ROASTED CASHEWS

November 23

National Cashew Day

INGREDIENTS

- 8 Ounces Cashews
- 1 Teaspoon Olive Oil
- 1 Tablespoon Grated Parmesan Cheese
- ½ Teaspoon Basil
- ½ Teaspoon Oregano
- ¼ Teaspoon Salt
- ⅛ Teaspoon Garlic Powder

DIRECTIONS

1. Set the temperature to 325°.
2. Mix the ingredients in a large bowl. Add cashews; toss to coat.
3. Spread in an even layer on a baking sheet.
4. Bake, stirring every 15 minutes, until dry, about 30 minutes.
5. Let cool completely. Store in an airtight container.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

8 Ounces

PORTION SIZES

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



APPLE CINNAMON YOGURT PARFAIT

November 25

National Parfait Day

INGREDIENTS

- 2 Pounds Apples (cored, peeled, and diced)
- 4 Teaspoons Honey
- 1 Teaspoon Ground Cinnamon
- Pinch of Salt
- 1 Cup Granola (meets CACFP sugar limits)
- 2 Cups Yogurt (meets CACFP sugar limits)
- 1 Cup Applesauce

DIRECTIONS

1. Cook the apples: In a skillet over medium heat, sauté apples with honey, cinnamon, and salt for 5–7 minutes until tender and caramelized. Let cool slightly.
2. Combine yogurt and applesauce in a bowl until smooth.
3. In glasses or jars, layer yogurt mixture, warm apple compote, and granola. Repeat layers.
4. Serve immediately for crunch, or chill briefly for a softer texture.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Breakfast

YIELD

4 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Yogurt + ¼ Cup Apples + ⅛ Cup Granola	¼ Cup Yogurt + ½ Cup Apples + ⅛ Cup Granola	½ Cup Yogurt + ½ Cup Apples + ¼ Cup Granola	½ Cup Yogurt + ½ Cup Apples + ½ Cup Granola



STREET CORN CHICKEN CASSEROLE

November 25

Maize Day



INGREDIENTS

- 1 Pound Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 5 Cups Frozen Corn (thawed)
- 8 Ounces Cream Cheese (softened)
- ½ Cup Sour Cream
- ½ Cup Mayonnaise
- 1½ Cups Shredded Cheese (plus more for topping)
- ½ Cup Grated Parmesan Cheese
- 1 Tablespoon Chili Powder
- ½ Teaspoon Paprika
- ½ Teaspoon Garlic Powder
- Salt and Black Pepper (to taste)
- ¼ Cup Chopped Fresh Cilantro
- Juice of 1 Lime

DIRECTIONS

1. Preheat your oven to 375° and lightly grease a 9×13-inch baking dish.
2. In a large mixing bowl, combine the shredded chicken, corn kernels, cream cheese, sour cream, mayonnaise, shredded cheese, Parmesan, chili powder, paprika, garlic powder, lime juice, salt, and pepper. Mix until smooth and well blended.
3. Pour the mixture into the prepared baking dish and spread it evenly.
4. Sprinkle extra shredded cheese on top.
5. Bake: Bake for 20–25 minutes, or until hot and bubbly and the cheese is golden and melted.
6. Remove from the oven, garnish with chopped fresh cilantro, and serve hot. Optional: Top with sliced jalapeños or a drizzle of hot sauce for extra flavor.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Lunch/Supper

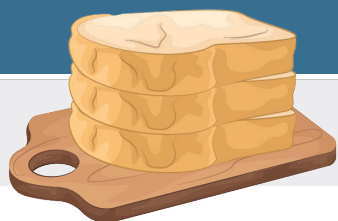
YIELD

10 Cups

PORTION SIZES

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

PUMPKIN FRENCH TOAST ROLL UPS



November 28

National French Toast Day

INGREDIENTS

- ⅔ Cup Canned Plain Pumpkin
- ⅔ Cup Granulated Sugar (divided)
- 1 Teaspoon Pumpkin Pie Spice
- 1 Teaspoon Cinnamon
- 12 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- 2 Eggs
- 4 Tablespoons Milk
- Butter (for coating skillet)

DIRECTIONS

1. In a small bowl, whisk together pumpkin, ⅓ cup granulated sugar and pumpkin pie spice. Set aside.
2. In another dish, mix remaining ⅓ cup sugar and cinnamon, set aside.
3. Flatten bread with rolling pin.
4. Spread pumpkin pie filling on one side of each slice of bread. Tightly roll up the slice of bread. Continue for remaining slices.
5. In a shallow dish, beat eggs, and milk with whisk.
6. In 10-inch skillet, melt butter over medium heat to coat inside of skillet. Dip each roll into egg mixture, and place in skillet.
7. Cook in batches of 4 or 5, turning until roll is browned. Dip into cinnamon sugar, and roll until completely covered. Serve immediately.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Roll Ups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Roll Up	½ Roll Up	1 Roll Up	2 Roll Ups