



INGREDIENTS

- 3 Cups Old Fashioned Rolled Oats
- 3 Cups Whole Milk
- 3 Cups Chopped Apple
- 6 Tablespoons Sliced Almonds
- 6 Tablespoons Chopped Hazelnuts
- 6 Tablespoons Raisins
- 6 Tablespoons Dried Strawberries
- Honey (for drizzling)

DIRECTIONS

1. Combine the milk with the oats and let them soak in the refrigerator for an hour.
2. Mix in your fruit and nuts, drizzle on some honey and enjoy.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

 Breakfast

YIELD

9 Cups

PORTION SIZES

- Toddler:** ½ Cup Oats + ¼ Cup Apples
- Preschool:** ½ Cup Oats + ½ Cup Apples
- School Age:** 1 Cup Oats + ½ Cup Apples
- Adult:** 1½ Cups Oats + ½ Cup Apples





INGREDIENTS

- 6 Slices of Rye Bread
(at least 28 grams each;
enriched or whole grain rich)
- 6 Tablespoons Unsalted Butter
- 3 Boiled Eggs (sliced)
- 6 Slices (1 ounce each)
Pickled Herring
- 1½ Cups Red Onion (thinly sliced)
- 1½ Cups Cucumber (thinly sliced)
- Fresh Dill (chopped)
- Salt and Pepper (to taste)

DIRECTIONS

1. Start by spreading a layer of butter on each slice of rye bread.
2. Place the boiled egg slices on top of the buttered bread.
3. Arrange the pickled herring slices over the egg.
4. Add thin slices of red onion and cucumber for crunch and freshness.
5. Garnish with fresh dill and season with salt and pepper.
6. Serve immediately and enjoy with a warm cup of coffee.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Breakfast

YIELD

6 Open-Faced
Sandwiches

PORTION SIZES

- Toddler:** ½ Smorrebrod
- Preschool:** ½ Smorrebrod
- School Age:** 1 Smorrebrod
- Adult:** 2 Smorrebrods





INGREDIENTS

- 6 Cups Skyr (or Greek yogurt; meets CACFP sugar limits)
- 3 Cups Fresh Blueberries, Raspberries, or Strawberries
- 6 Tablespoons Honey
- $\frac{3}{4}$ Cup Granola (optional)
- Cinnamon (optional)

DIRECTIONS

1. Spoon the skyr (or Greek yogurt) into a bowl, creating a smooth, creamy base.
2. Top with fresh berries of your choice, arranging them neatly on top.
3. Drizzle honey over the berries and skyr, allowing the sweetness to soak in.
4. Optionally, add a sprinkle of granola for crunch or a dash of cinnamon for extra flavor.
5. Serve immediately and enjoy the creamy, tangy delight.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

 Breakfast

YIELD

6 Cups Skyr +
3 Cups Berries

PORTION SIZES

Toddler:	$\frac{1}{4}$ Cup Skyr + $\frac{1}{2}$ Cup Berries
Preschool:	$\frac{1}{4}$ Cup Skyr + $\frac{1}{2}$ Cup Berries
School Age:	$\frac{1}{2}$ Cup Skyr + $\frac{1}{2}$ Cup Berries
Adult:	1 Cup Skyr + $\frac{1}{2}$ Cup Berries



INGREDIENTS

- 2 Cups Potatoes (peeled and grated)
- 1 Cup Onion (finely chopped)
- ½ Cup All-Purpose Flour (enriched or whole grain rich)
- ½ Teaspoon Baking Powder
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 1 Large Egg
- ½ Cup Milk
- 2 Tablespoons Butter (for frying)
- Lingonberry Jam (for serving)
- Sour Cream (for serving)

DIRECTIONS

1. Grate the potatoes into a bowl and squeeze out excess moisture with a clean towel or paper towel.
2. In a separate bowl, whisk together the flour, baking powder, salt, and pepper.
3. Add the grated potatoes and chopped onion to the dry ingredients, followed by the egg and milk. Stir until everything is well combined.
4. Heat the butter in a large frying pan over medium heat.
5. Spoon ¼ cup of the potato batter into the pan, flattening them into pancakes with a spatula. Fry for 3-4 minutes per side until golden brown and crispy.
6. Serve the raggmunk with lingonberry jam and a dollop of sour cream.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

16 Potato Pancakes

PORTION SIZES

Toddler: 2 Pancakes
Preschool: 4 Pancakes
School Age: 4 Pancakes
Adult: 4 Pancakes




INGREDIENTS

- ¼ Cup Sour Cream or Plain Yogurt (meets CACFP sugar limits)
- 3 Ounces Soft Goat Cheese (divided)
- Juice of 1 Meyer Lemon
- 1 Teaspoon Milk (or more)
- ½ Cup Green Onions (finely chopped)
- Salt and Pepper
- 5 Cups Mixed Baby Greens
- 2 Cups Radicchio (coarsely chopped)
- 12 Ounces Smoked Salmon (broken up into bite-size pieces)
- ½ Cup Toasted Walnuts (coarsely chopped)
- ½ Cup Cooked Farro

DIRECTIONS

1. Whisk together sour cream or yogurt in a medium bowl with 1 ounce of the goat cheese and lemon juice.
2. Whisk in milk, one teaspoon at a time, until dressing reaches the consistency you're after.
3. Whisk in green onions and season to taste with salt and pepper. Set aside.
4. In a large bowl add mixed baby greens and radicchio. Sprinkle smoked salmon, walnuts, farro and remaining goat cheese evenly over the top.
5. Drizzle with dressing and serve.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE



YIELD

10 Cups

PORTION SIZES

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



INGREDIENTS

Meatballs

- ½ Cup Onion (finely minced)
- 1 Tablespoon Butter (room temp)
- ½ Cup Mashed Potato
- ½ Pound Ground Beef (20% or leaner)
- ½ Pound Ground Pork (20% or leaner)
- 1 Egg (beaten)
- ½ Cup Dried Breadcrumbs
- 1 Teaspoon Salt
- 1 Teaspoon White Pepper
- 1 Teaspoon Ground Allspice
- Olive Oil (for browning)

Gravy

- 2 Tablespoons Flour (enriched or whole grain rich)
- 2 Tablespoons Butter
- 2 Cups Beef Stock
- ½ Cup Sour Cream
- 2 Teaspoons Soy Sauce
- ½ Teaspoon Salt
- ½ Teaspoon White Pepper
- ¼ Teaspoon Ground Nutmeg
- ⅓ Cup Parsley (finely minced)

DIRECTIONS

1. Put all the meatball ingredients (everything except the olive oil) in the bowl of a stand mixer (or a large mixing bowl if doing by hand.) I like to break apart the meat as I add it to the bowl. Blend the mixture until all the ingredients are completely incorporated.
2. Form small 1 inch balls, I like to use a 1 inch scoop to portion out the meat evenly. Gently roll them round with the palms of your hand.
3. Preheat the oven to 375°. Coat the bottom of a heavy skillet with olive oil and heat on medium high until hot. Brown the meatballs on all sides, working in batches so as not to crowd the pan. Do this gently, the meatballs are delicate. Set the meatballs on a baking sheet.
4. Bake the meatballs for 12-15 minutes, until done through (the inner temperature should be 165°.)
5. While the meatballs are baking, make the gravy. Melt the butter in a clean skillet. Stir in the flour and cook for a minute, stirring constantly. Do not allow it to brown.
6. Add the beef stock while whisking or stirring constantly, and bring the mixture up to a simmer.
7. Turn down the heat and add the sour cream, soy sauce, salt, pepper, nutmeg, and parsley. Taste to adjust any of the seasonings.
8. Add the meatballs into the sauce, and then serve hot.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

36 Meatballs

PORTION SIZES

Toddler: 4 Meatballs

Preschool: 6 Meatballs

School Age: 7 Meatballs

Adult: 7 Meatballs



INGREDIENTS

- 8 Russet Potatoes
(about 6 ounces each)
- Olive Oil
- Sea Salt
- ½ Cup Butter
- 2 Cloves Garlic (minced)
- 1 Tablespoon Lemon Juice
- ½ Teaspoon Sea Salt
- 2 Tablespoon Fresh Parsley
(minced)

DIRECTIONS

1. Preheat the oven to 425°. Wash and dry your potatoes. Use a sharp knife to make thin slices across the whole potato, without cutting all the way through to the other side. You want the potato to remain whole.
2. Brush the potatoes with olive oil. Fan the potatoes out with your fingers to allow the olive oil to penetrate into the slices. Sprinkle with sea salt and slide into your preheated oven for about an hour or so, until completely crisp on the outside and tender inside.
3. While the potatoes are cooking, melt the butter in a small saucepan and add the garlic, lemon and salt.
4. Simmer gently for a couple of minutes, then add the parsley and take off the heat.
5. Baste the potatoes every 20 minutes or so. Start out using olive oil, but switch to lemon garlic butter for the last 20 minutes.
6. Once the potatoes are tender give them a final coating with lemon garlic butter and serve warm.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

8 Potatoes

PORTION SIZES

Toddler: ¼ Potato
Preschool: ½ Potato
School Age: 1 Potato
Adult: 1 Potato



INGREDIENTS

- 8 Ounces Haddock Fillet
- 1 Cup Carrots
- ½ Cup Parsley Root
- 1 Cup Celeriac
- 1 Tablespoon Butter
- 2 Tablespoons Flour
(enriched or whole grain rich)
- 34 Ounces Fish Stock
- 2 Tablespoons Lemon Juice
- 2 Egg Yolks
- 3½ Ounces Double Cream
- Salt
- Fresh Chives
- ½ Teaspoon Curry
- ¼ Teaspoon Cayenne Pepper

DIRECTIONS

1. Dice the fish, half the amount of carrot, celeriac and parsley root.
2. Slice the remaining amount of carrot.
3. Melt butter, stir in flour and add fish stock, stir the soup until smooth.
4. Add the vegetable dices and let it boil for approx. 15 minutes.
5. Remove the vegetables from the soup.
6. Stir lemon juice together with curry, cayenne pepper, egg yolk and cream, and add to the soup.
7. Add fish, slices of carrot and let the soup simmer until the fish is cooked through, approx. 5 minutes.
8. Season with salt.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Cups

PORTION SIZES

Toddler: 1 Cup

Preschool: 1½ Cups

School Age: 2 Cups

Adult: 2 Cups





INGREDIENTS

- 1 Pound Whole Radishes
- Extra Virgin Olive oil
- Thyme (to taste)
- Rosemary (to taste)
- Salt (to taste)
- 24 Ounces Plain Skyr or Greek Yogurt (meets CACFP sugar limits; for serving)
- Minced Chives (for serving)

DIRECTIONS

1. Preheat oven to 350°.
2. On a sheet pan lined with parchment paper, toss radishes with a bit of extra virgin olive oil, thyme, chopped rosemary and a pinch of salt.
3. Roast in the oven for about 45 minutes.
4. Serve with skyr or greek yogurt and fresh chives.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

-  Snack

YIELD

3 Cups Radishes

PORTION SIZES

- Toddler:** ½ Cup Radish
+ ¼ Cup Skyr
- Preschool:** ½ Cup Radish
+ ¼ Cup Skyr
- School Age:** ¾ Cup Radish
+ ½ Cup Skyr
- Adult:** 1½ Cup Radish
+ ½ Cup Skyr



INGREDIENTS

- 2 Cups Rye Flour
(enriched or whole grain rich)
- 1 Cup All-Purpose Flour
(enriched or whole grain rich)
- ½ Cup Water
- 2 Tablespoons Butter (melted)
- 1 Teaspoon Salt
- ½ Teaspoon Baking Soda
- 1 Tablespoon Sesame Seeds
(optional)
- 1 Tablespoon Sunflower Seeds
(optional)

DIRECTIONS

1. Preheat oven to 375° and line a baking sheet with parchment paper.
2. In a large bowl, combine the rye flour, all-purpose flour, baking soda, and salt.
3. Add the melted butter and water to the dry ingredients and stir until the dough begins to come together.
4. Turn the dough onto a lightly floured surface and knead for a few minutes until smooth.
5. Roll out the dough as thinly as possible (about ⅛ inch thick). Cut the dough into 20 rectangular pieces or round shapes.
6. Sprinkle with sesame or sunflower seeds if desired and press them gently into the dough.
7. Place the pieces on the prepared baking sheet and bake for 12-15 minutes, or until the crispbread is golden brown and crisp.
8. Allow to cool completely before serving.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Snack

YIELD

20 Crispbreads

PORTION SIZES

Toddler: ½ Knackebrod

Preschool: ½ Knackebrod

School Age: 1 Knackebrod

Adult: 1 Knackebrod



INGREDIENTS

- 26 Ounces Cabbage
- 2 Apples (cored)
- 2½ Ounces Butter
- 2 Cups Distilled White Vinegar
- 2 Tablespoons Sugar
- ½ Tablespoon Caraway
- 2 Teaspoons Salt
- Parsley (chopped, for garnish)

DIRECTIONS

1. Shred the cabbage using the slicing disc of a food processor, then switch to the shredding disk to shred the apples.
2. Melt butter in a large, heavy pot, then add remaining ingredients (except parsley) and bring to a simmer.
3. Cook over low heat, stirring occasionally, for about 90 minutes, until the cabbage is soft and has darkened and the vinegar has reduced and softened in flavor. You may need to increase the heat near the end to finish reducing the vinegar.
4. Remove from the heat and serve with apple wedges and parsley.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

7 Cups Sweet &
Sour Cabbage

PORTION SIZES

Toddler: ¾ Cup

Preschool: ¾ Cup

School Age: 1 Cup

Adult: ¾ Cup



INGREDIENTS

- 1 Cup Short-Grain Rice
(enriched or whole grain rich)
- 1½ Cups Water
- 1 Tablespoon Unsalted Butter
- ½ Teaspoon Salt
- 4½ Cups Milk
- Cinnamon-Sugar (to taste)
- Butter (to taste)

DIRECTIONS

1. Rinse the rice well and drain.
2. In a heavy-bottomed saucepan, bring the water, butter, and salt to a rapid boil over high heat.
3. Pour in the rice, stirring constantly to prevent sticking.
4. Reduce the heat to low, stirring the rice until boiling is reduced to a simmer.
5. Cover the pot and simmer for 10 to 15 minutes, until the rice has absorbed most of the water.
6. Add the milk to the rice, stirring to incorporate. Bring the mixture to a boil, stirring constantly, then immediately reduce the heat to low.
7. Once boiling has reduced to a simmer, cover the pot and allow it to cook, without stirring, for 45 minutes. Be careful here to avoid it scorching.
8. Serve warm with cinnamon-sugar and butter to taste. You can also serve it with cold milk to pour over the top.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

7 Cups Rice Porridge

PORTION SIZES

Toddler: ¾ Cup

Preschool: ¾ Cup

School Age: 1¼ Cups

Adult: 1¼ Cups