



INGREDIENTS

- 1 Pound Pork Sausage, fresh or frozen Bulk, Link, or Patty, Market Style, Raw
- 4 Potato Products, frozen Hashed patty, Pre-browned, 2.25 oz each
- 8 Slices Black Pudding (optional; does not credit in CACFP)
- Butter or Oil
- 8 Bacon Slices (optional; does not credit in CACFP)
- 3 Cups Mushrooms (cleaned and quartered)
- 1 Pound Tomatoes (quartered)
- 4 Eggs
- 16 Ounces Baked Beans*

DIRECTIONS

1. Preheat the oven to 400°.
2. Place the sausages, hash browns and black pudding slices onto a baking tray lined with baking parchment and bake them until ready. The time will vary depending on the ingredients you use, so keep an eye on them. You might need to take out some of them earlier.
3. About 10 minutes into baking, turn the sausages, hash browns and black pudding around for even cooking. Heat a little butter/oil in a large skillet/frying pan and fry bacon slices until cooked through. When ready, wrap them in a sheet of aluminum foil to keep them warm.
4. In the same skillet/frying pan, fry the mushrooms and tomato (add more oil/butter, if needed). When ready, wrap them in the aluminum foil.
5. Check the items in the oven – take out any that are ready.
6. Clean the skillet with a paper kitchen towel and add a little oil. When hot, crack the eggs in and fry on low/medium heat until they cook to your liking.
7. Finally, heat up the beans (either in a microwave or in a skillet/frying pan).
8. When ready, serve all the ingredients based on the portions below.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

4 Servings

PORTION SIZES

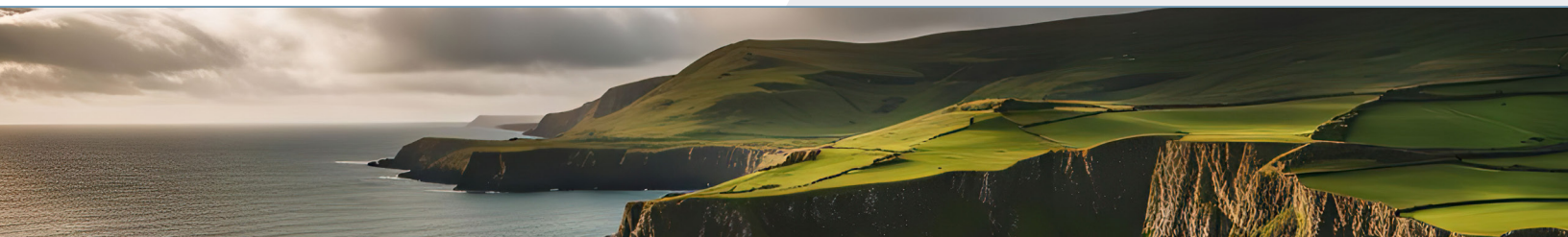
Toddler: ½ Ounce Sausage
OR ½ Egg + ¼ Cup Vegetables

Preschool: 1 Ounce Sausage
OR ½ Egg + ½ Cup Vegetables

School Age: 1 Ounce Sausage
OR ½ Egg + ½ Cup Vegetables

Adult: 2 Ounces Sausage
OR 1 Egg + ½ Cup Vegetables

*credits as a Vegetable.



INGREDIENTS

- 1 (17.3 Ounce) Package Frozen Puff Pastry (enriched or whole grain rich; thawed)
- 1 Tablespoon Fresh Thyme (finely minced)
- 1 Large Egg
- 1 Tablespoon Water
- 1 Pound Pork Sausage (bulk, market-style; casings removed)
- 1 Tablespoon Worcestershire Sauce
- ½ Teaspoon Ground Sage
- ½ Teaspoon Onion Powder
- ½ Teaspoon Ground Black Pepper
- All-Purpose Flour (enriched or whole grain rich; for surface)

DIRECTIONS

1. Let the frozen puff pastry thaw according to the package instructions.
2. In a small bowl, whisk together the egg with a tablespoon of water.
3. If your pork sausage comes encased, remove the casings to access the meat. Place the sausage into a large bowl and add thyme, Worcestershire sauce, ground sage, onion powder, and black pepper. Using clean hands, mix it all until you have a well-combined mixture.
4. Place the sausage mixture in the fridge for at least 15 minutes.
5. Adjust an oven rack to the middle position and preheat your oven to 400°. Line a baking sheet with parchment paper.
6. On a lightly floured surface, unfold your puff pastry sheets. If you're working with one large sheet, cut it in half crosswise. Roll each piece with a rolling pin into a 10x9-inch rectangle.
7. Slice each of these rolled sheets lengthwise, creating four (10x4½-inch) rectangles, and lay them out vertically.
8. Divide your chilled sausage mixture into four equal portions. With wet hands and perhaps the aid of a bench scraper, roll each sausage portion into a log about 10 inches long, 1 inch wide, and 1 inch thick.
9. Place a sausage log lengthwise in the center of each pastry rectangle. Lightly brush the edges of the pastry with your prepared egg wash.
10. Carefully take the left and right sides of the pastry and roll them over the sausage to meet in the middle. Overlap them slightly, pressing down gently to seal, forming a log shape.
11. Turn the rolls seam-side down. With a sharp knife, cut each roll crosswise into six pieces, just over 1 ½ inches each, and arrange them on the prepared baking sheet about an inch apart.
12. Brush the tops and sides of your assembled rolls with the remaining egg wash. Put them in the oven for an initial bake of 12 minutes.
13. Halfway through, rotate the baking sheet to ensure even baking. Continue until the pastry is puffed up and the tops are a rich golden brown, another 8 to 12 minutes.
14. Once baked, transfer to a wire rack and let cool for 5-10 minutes.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

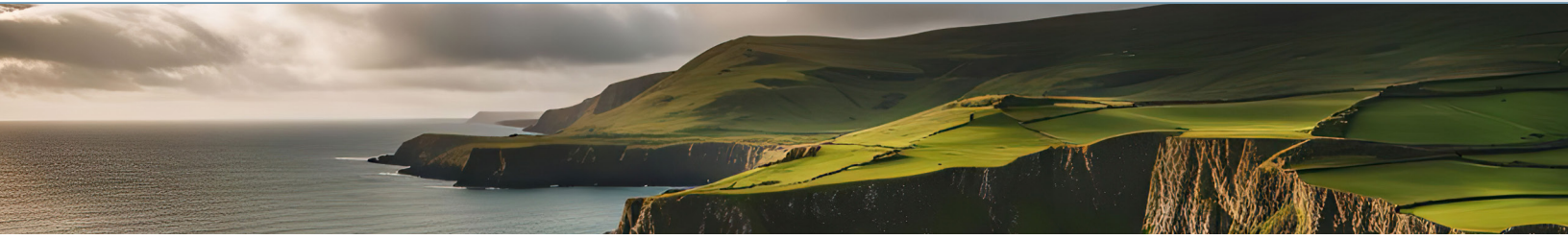
-  Breakfast

YIELD

24 Rolls

PORTION SIZES

- Toddler:** 1 Roll
- Preschool:** 1 Roll
- School Age:** 2 Rolls
- Adult:** 3 Rolls



INGREDIENTS

- 1 Loaf Italian Bread (does not contribute to meal pattern requirements for this recipe)
- 6 Eggs
- ¼ Cup Half-and-Half
- Kosher Salt (to taste)
- Freshly Bround Black Pepper (to taste)
- ¼ Cup Grated Parmesan Cheese (optional)

DIRECTIONS

1. Preheat the oven to 375°. Line a baking sheet with parchment paper.
2. Using a small serrated knife, cut 6 holes (about 2 inches in diameter) into the top of the loaf. Insert the knife about three-quarters of the way into the bread, then work the knife around in a circle. Take care not to cut through to the bottom of the loaf. Use your fingers to remove the cylinders of bread, making sure there's plenty of room for the eggs; discard the bread cutouts.
3. Crack an egg into each of the holes. Top each egg with 1 tablespoon half-and-half, then season with salt and pepper. Sprinkle 1 tablespoon Parmesan over each egg, if using.
4. Bake until the egg white is set but the yolk is still slightly jiggly, 10 to 15 minutes. Let cool slightly, then cut the loaf into six even pieces using a serrated knife. Serve immediately.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

6 Slices

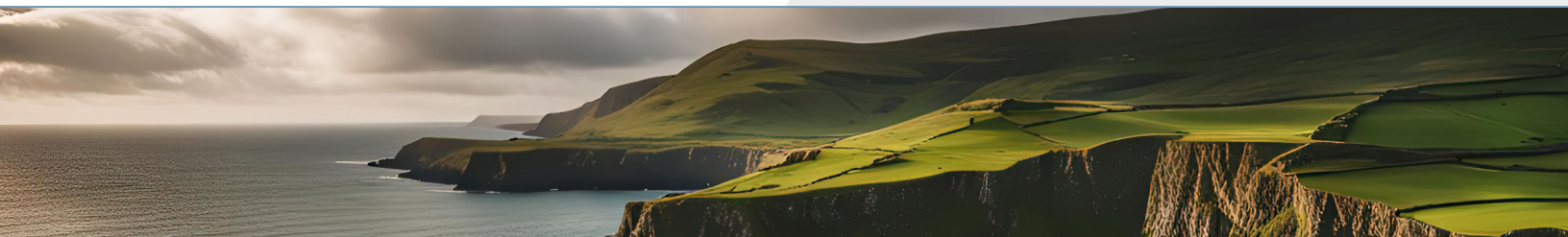
PORTION SIZES

Toddler: ½ Slice

Preschool: ½ Slice

School Age: ½ Slice

Adult: 1 Slice



INGREDIENTS

- 1 Cup Steel-Cut Oats
- 3 Cups Water
- 1 Cup Whole Milk
- ½ Cup Heavy Cream
- ¼ Teaspoon Salt
- 1 Pound Pitted Dates (chopped)
- 1 Cup Granola
- Pinch of Sea Salt

DIRECTIONS

1. Warm a saucepan over medium heat.
2. Combine steel-cut oats and water. Bring to a boil, then reduce to a simmer.
3. Simmer for 20 minutes, stirring occasionally.
4. Stir in the whole milk and continue to simmer for another 5 to 10 minutes until creamy.
5. Add heavy cream and stir until smooth and silky.
6. Spoon porridge into bowls and top with chopped dates, granola, and sea salt flakes, according to portion sizes below.
7. Serve warm and enjoy.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

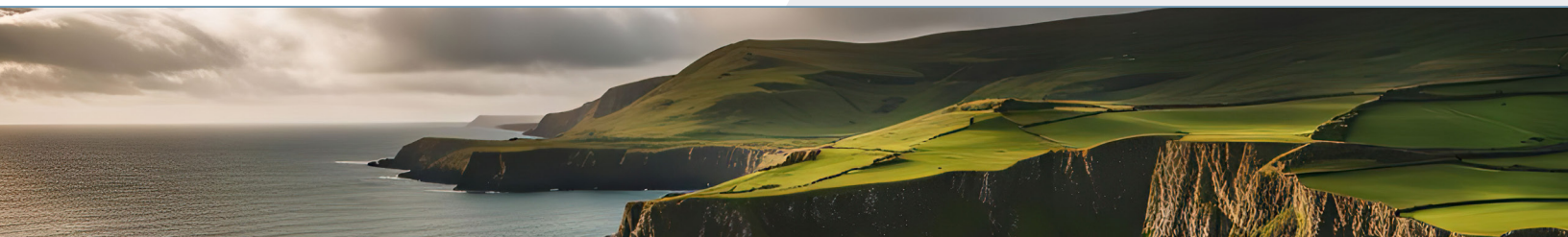
 Breakfast

YIELD

5 Cups

PORTION SIZES

Toddler:	¼ Cup Porridge + ⅛ Cup Dates
Preschool:	¼ Cup Porridge + ¼ Cup Dates
School Age:	½ Cup Porridge + ¼ Cup Dates
Adult:	1 Cup Porridge + ¼ Cup Dates



INGREDIENTS

For the Meat Filling

- 2 Tablespoons Olive Oil
- 1 Cup Onion (finely diced)
- 2 Teaspoons Garlic (minced)
- 1 Pound Ground Lamb or Beef (no more than 20% fat)
- 1 Cup Carrots (diced)
- 1 Cup Frozen Peas
- 1 Cup Frozen Corn
- 2 Tablespoons Tomato Paste
- 1 Cup Beef or Chicken Broth
- 1 Tablespoon Worcestershire Sauce
- 1 Teaspoon Dried Thyme
- Salt and Pepper (to taste)



For the Mashed Potato Topping

- 2 Pounds Potatoes (peeled and cubed)
- 4 Tablespoons Unsalted Butter
- 1/3 Cup Whole Milk
- Salt (to taste)
- 1/2 Cup Shredded Cheddar Cheese (optional, for topping)

DIRECTIONS

1. Place the cubed potatoes in a medium saucepan and cover with water. Add a pinch of salt.
2. Bring to a boil, reduce heat, and simmer until the potatoes are fork-tender (about 15 minutes).
3. Drain and mash the potatoes with butter and milk until smooth. Add salt to taste. Set aside.
4. Preheat your oven to 400°F.
5. Heat olive oil in a large skillet over medium heat. Add the diced onion and garlic, sautéing until fragrant and translucent.
6. Add the ground meat, breaking it up with a spoon, and cook until browned. Drain excess fat if needed.
7. Stir in the diced carrots, peas, and corn, cooking for 3–4 minutes.
8. Add tomato paste, Worcestershire sauce, thyme, and broth. Stir well and let simmer until the liquid reduces slightly, creating a thick, flavorful filling. Season with salt and pepper to taste.
9. Transfer the mixture to a 9"x13" baking dish, spreading it out evenly.
10. Spoon the mashed potatoes over the meat layer, smoothing them with a spatula.
11. Sprinkle shredded cheddar cheese over the mashed potatoes for a cheesy crust (optional).
12. Place the baking dish in the preheated oven and bake for 20–25 minutes, or until the mashed potato topping is golden and slightly crispy.
13. Remove from the oven and let cool for 5 minutes before serving.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

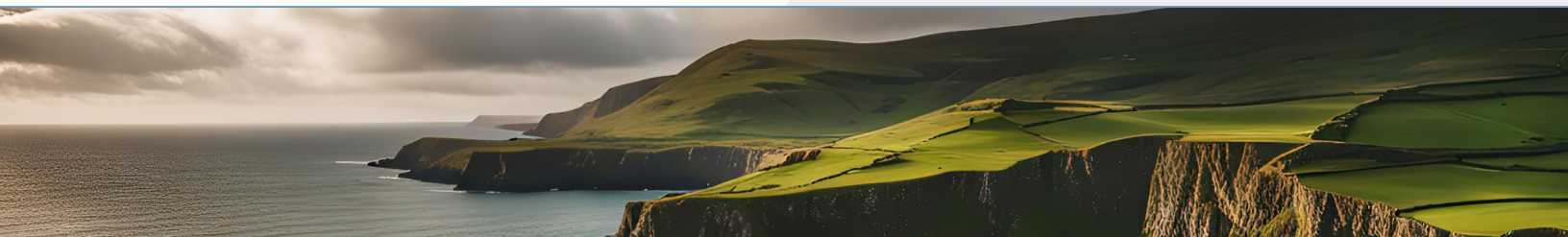
-  Lunch/Supper

YIELD

11 Cups

PORTION SIZES

- Toddler:** 1 Cup
- Preschool:** 1 1/2 Cups
- School Age:** 2 Cups
- Adult:** 2 Cups





INGREDIENTS

- 1 Chicken, Whole, fresh or frozen without neck and giblets (about 4 pounds, cut into pieces, without skin)
- 2 Tablespoons Olive Oil
- 1 Cup Onion (chopped)
- 3 Teaspoons Garlic (minced)
- 2 Cups Carrots (peeled and sliced)
- 7 Cups Potatoes (peeled and cubed)
- 2 Cups Chicken Broth
- 1 Cup Irish Stout Beer (e.g., Guinness)
- 1 Tablespoon Tomato Paste
- 1 Teaspoon Thyme
- 1 teaspoon Rosemary
- 2 Bay Leaves
- Salt and Pepper (to taste)
- 2 Tablespoons Chopped Fresh Parsley (for garnish)

DIRECTIONS

1. Season the chicken pieces with salt and pepper.
2. In a large pot or Dutch oven, heat olive oil over medium-high heat. Add the chicken pieces in batches and brown on all sides. Remove and set aside.
3. In the same pot, add onions and cook until translucent, about 5 minutes. Add garlic and cook for an additional minute.
4. Stir in the carrots and potatoes, and season with thyme, rosemary, bay leaves, salt, and pepper.
5. Return the browned chicken pieces to the pot, nestling them among the vegetables.
6. Mix together the chicken broth, Irish stout, and tomato paste. Pour over the chicken and vegetables, ensuring everything is mostly submerged.
7. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 1.5 to 2 hours, until the chicken is tender and fully cooked.
8. Discard the bay leaves before serving. Taste and adjust seasoning if necessary.
9. Garnish with chopped fresh parsley before serving hot.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

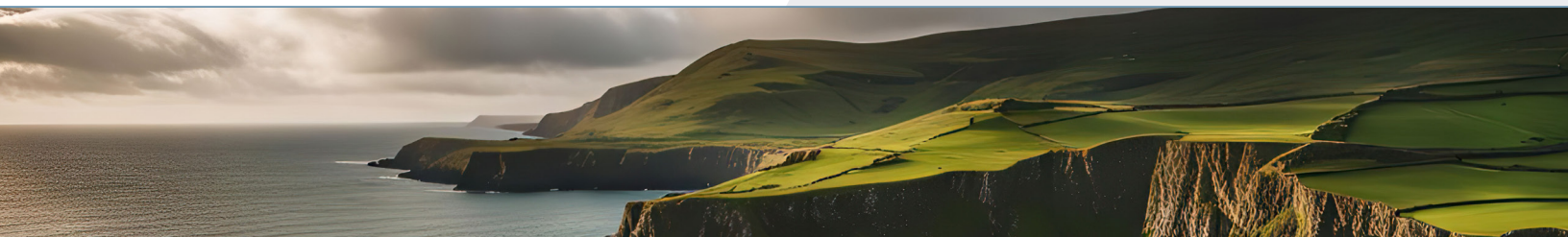
 Lunch/Supper

YIELD

16 Cups

PORTION SIZES

Toddler: 1 Cup
Preschool: 1¼ Cups
School Age: 1¾ Cups
Adult: 1¾ Cups





INGREDIENTS

- 12 Pork Sausages, fresh or frozen Bulk, Link, or Patty, Market Style, Raw (3.2 ounces each link)
- 2 Pounds Potatoes (peeled and quartered)
- ¼ Cup Butter
- ½ Cup Milk (warm)
- 1 Cup Onion (sliced)
- 1 Tablespoon Plain Flour (enriched or whole grain rich)
- ½ Cup Beef or Vegetable Stock
- Salt and Black Pepper (to taste)

DIRECTIONS

1. Preheat oven to 400° or heat a little oil in a frying pan over medium heat. Cook sausages for 20-25 minutes, turning occasionally, until golden brown and cooked through.
2. Place the peeled and quartered potatoes in a large pot of salted cold water. Bring to a boil and cook for 15-20 minutes, or until very tender. Drain well.
3. Return the drained potatoes to the hot pot. Add the butter and warm milk. Mash until smooth and creamy. Season with salt and pepper to taste. Keep warm.
4. While potatoes are cooking, heat a little oil or butter in a saucepan. Add the sliced onion and cook over medium heat, stirring occasionally, until softened and caramelised (about 10-15 minutes).
5. Stir the flour into the onions and cook for 1 minute. Gradually whisk in the stock, bringing the mixture to a simmer. Cook, stirring, until the gravy thickens. Season with salt and pepper.
6. Place a generous portion of mashed potatoes on each plate. Top with sausages and spoon the hot onion gravy over everything.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

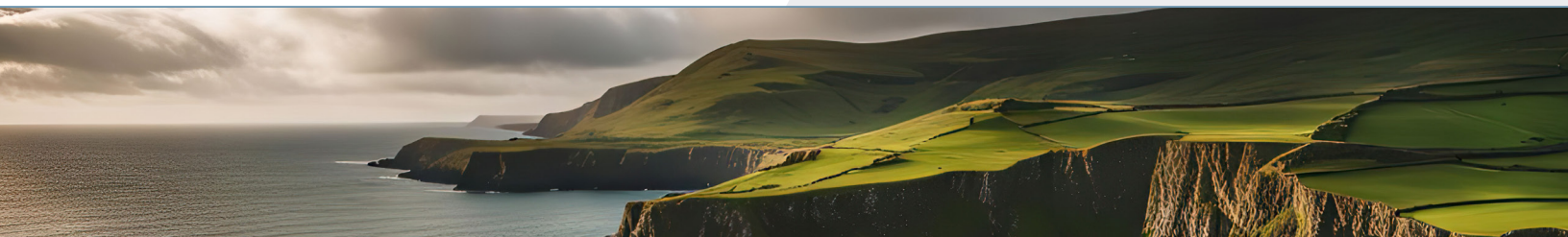


YIELD

12 Sausages +
5 Cups Potatoes

PORTION SIZES

Toddler:	½ Sausage + ⅛ Cup Potatoes
Preschool:	½ Sausage + ¼ Cup Potatoes
School Age:	¾ Sausage + ½ Cup Potatoes
Adult:	¾ Sausage + ½ Cup Potatoes





INGREDIENTS

- 2 Pounds Lamb Shoulder (trimmed and cut into chunks)
- 4 Cups Yukon Gold Potatoes (peeled and sliced thinly)
- 2 Cups Onions (thinly sliced)
- 1 Cup Carrots (sliced into rounds)
- 2 Tablespoons Flour
- 1 Teaspoon Dried Thyme
- 4 Cups Beef Stock
- 2 Tablespoons Worcestershire Sauce
- Salt and Black Pepper (to taste)
- 1 Bunch Fresh Parsley (finely chopped for garnish)
- Oil (for sautéing)

DIRECTIONS

1. In a pot, heat a drizzle of oil over medium-high heat. Add the lamb chunks in batches, searing until golden brown. Once browned, remove the meat and set aside.
2. Add the sliced onions and carrots to the same pot. Sauté until the onions are translucent and caramelizing, about 5-7 minutes.
3. Transfer lamb and vegetables to the slow cooker. Add beef stock, Worcestershire sauce, thyme, salt, pepper and potatoes. Cook on low for 6-8 hours, or until the lamb is tender.
4. Once done, let the hotpot sit for 10 minutes to firm up before serving. Garnish with parsley.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

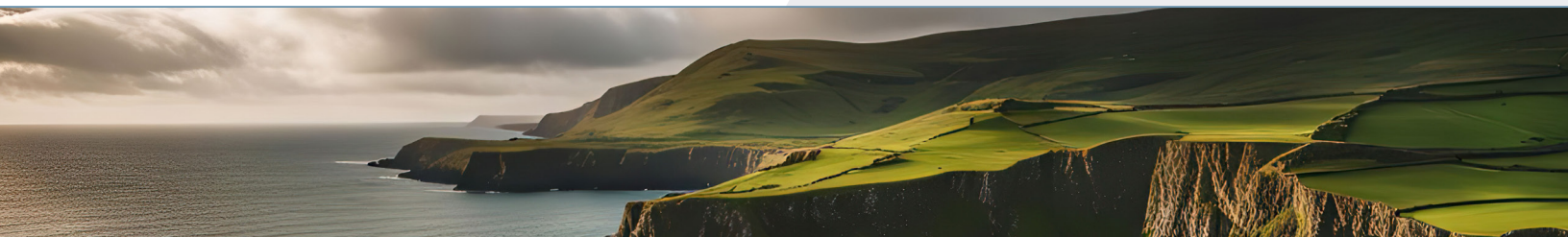


YIELD

16 Cups

PORTION SIZES

Toddler:	1 Cup
Preschool:	1½ Cups
School Age:	2 Cups
Adult:	2 Cups





INGREDIENTS

- 16 Ounce Can Heinz Beans (made in England, if available)
- 3 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- 1 Teaspoon Butter (optional)

DIRECTIONS

1. Put the beans into a small pot over medium low heat.
2. Put the bread in the toaster, and make the toast as desired. If you like, you can butter the toast.
3. Stir the beans, and heat until almost boiling, but don't allow to boil.
4. Place the toast on plates, and spoon the beans over the top of each slice according to portions below
5. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

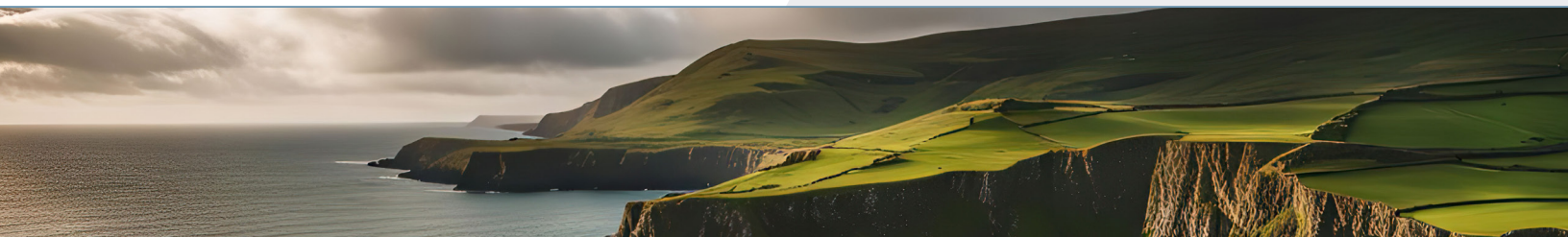
-  Snack

YIELD

3 Slices Bread
+ 1¾ Cups Beans

PORTION SIZES

- Toddler:** ½ Slice Bread
+ ¾ Cup Beans
- Preschool:** ½ Slice Bread
+ ¾ Cup Beans
- School Age:** 1 Slice Bread
+ 1 Cup Beans
- Adult:** 1 Slice Bread
+ ¾ Cup Beans



INGREDIENTS

- 1½ Pounds Small Red Potatoes
- ½ Cup Green Onions (chopped)
- ½ Cup Italian Parsley (chopped)
- ½ Cup Olive Oil
- 2 Teaspoons Sea Salt
- ½ Teaspoon Black Pepper

DIRECTIONS

1. Cover the potatoes with water and boil until just barely fork tender (meaning a fork can pierce a potato and release fairly smoothly).
2. While the potatoes are boiling, preheat the oven to 400° and line a rimmed baking sheet with parchment paper.
3. Next, combine onions, parsley, sea salt, black pepper and olive oil in a small mixing bowl. Using a muddler, crush the mixture together (a mortar and pestle will work great too). This will help to distribute the salt and pepper. But more importantly, the act of muddling releases those beautiful, bright and fresh essential oils locked deep inside the herbs and onions.
4. Once the potatoes are finished boiling, pour the muddled parsley, onions and olive oil over the drained, HOT potatoes.
5. Then pour the potatoes and oil out onto the parchment lined baking sheet and gently smash each potato using the flat bottom of a glass.
6. Bake for 10 minutes, then change the oven to HIGH broil for 2 minutes (keeping a close eye) to crisp the skins.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

4 Cups

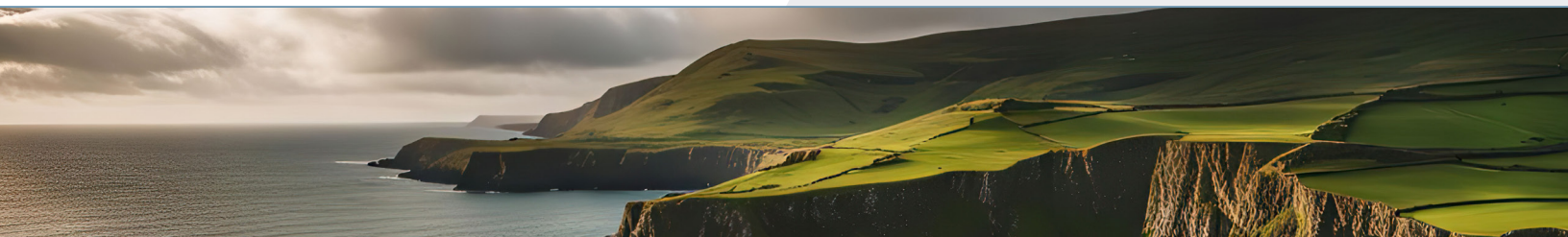
PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup



INGREDIENTS

- 2½ Cups All-Purpose Flour (enriched or whole grain rich)
- 1 Tablespoon Baking Powder
- ¾ Teaspoon Salt
- ½ Cup Cold Unsalted Butter
- ½ Cup Low-Fat Milk
- ¾ Cup Shredded Cheddar Cheese
- ½ Cup Finely Chopped Green Onions (plus more to garnish)
- ¼ Cup Chopped Parsley and Dill (plus more to garnish)
- 2 Large Eggs (divided)

DIRECTIONS

1. Preheat oven to 400°. Line a 13x18-inch baking sheet with parchment. In a large bowl, combine the flour, baking powder, and salt. Cut the butter into small cubes. Using a fork, mash the butter into the flour mixture until crumbly.
2. To the bowl, add the milk, cheese, green onions, herbs, and 1 egg. Using a spatula, stir together until a soft dough forms. You may need to finish mixing with hands.
3. Knead dough a few times, then roll out into an 8-inch circle about 1½ inches thick. Transfer dough to prepared baking sheet. Make 4 cuts into dough to form 8 wedges and separate, spacing 2 inches apart.
4. In a small bowl, whisk together remaining egg and 1 tablespoon water. Brush tops of scones with egg wash. If desired, top with additional chopped green onions or herb sprigs.
5. Bake 20–25 minutes, until scones are lightly golden brown and a toothpick inserted in center comes out clean. Serve warm or at room temperature.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Snack

YIELD

8 Scones

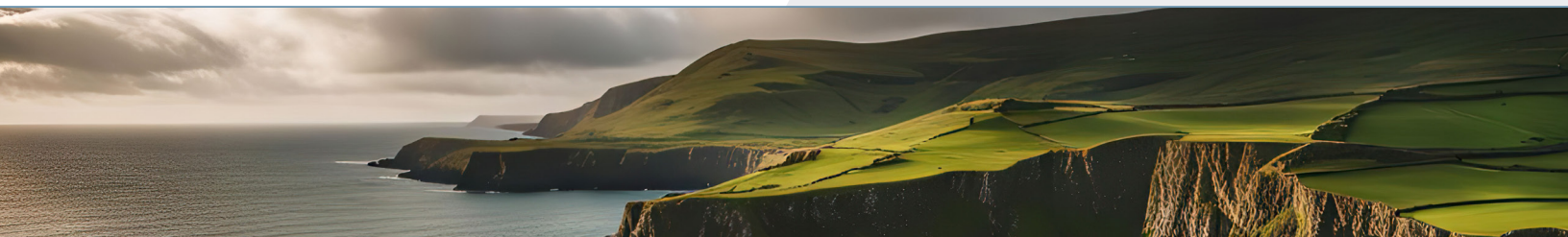
PORTION SIZES

Toddler: ¼ Scone

Preschool: ¼ Scone

School Age: ½ Scone

Adult: ½ Scone



INGREDIENTS

- 1¾ Cups Buttermilk
- 1 Large Egg
- 4 ¼ Cups All-Purpose Flour (enriched or whole grain rich; spooned & leveled; plus more for your hands and counter)
- 3 Tablespoons Sugar
- 1 Teaspoon Baking Soda
- 1 Teaspoon Salt
- 5 Tablespoons Unsalted Butter (cold and cubed)
- 1 Cup Raisins (optional)

DIRECTIONS

1. Preheat oven to 400°. Use a regular baking sheet and line with parchment paper or use a seasoned 10-12 inch cast iron skillet (no need to preheat the cast iron unless you want to).
2. Whisk the buttermilk and egg together. Set aside.
3. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, a fork, or your fingers. Mixture is very heavy on the flour, but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins (if using).
4. Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
5. Transfer the dough to the prepared skillet/pan. Using a very sharp knife or bread lame, score the dough with a slash or X about ½ inch deep.
6. Bake until the bread is golden brown and center appears cooked through, about 45-55 minutes. Loosely tent the bread with aluminum foil if you notice heavy browning on top. For a more accurate test, the bread is done when an instant-read thermometer reads the center of the loaf as 195°.
7. Remove from the oven and allow bread to cool for 10 minutes, and then transfer to a wire rack.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Snack

YIELD

16 Slices

PORTION SIZES

Toddler: ¼ Slice

Preschool: ¼ Slice

School Age: ½ Slice

Adult: ½ Slice