



INGREDIENTS

- 6 Cups Rolled Quick Oats
- 12 Cups Water or Milk
- 3 Cups Medjool dates (pitted and chopped)
- 3 Cups Mixed Nuts (almonds, walnuts, pistachios; chopped)
- 1 Teaspoon Cinnamon
- Drizzle of Honey or Maple Syrup (optional)

DIRECTIONS

1. Combine rolled oats, water or milk, chopped dates, and cinnamon in a small saucepan.
2. Bring the mixture to a boil over medium-high heat, then reduce heat to low.
3. Simmer, stirring occasionally, for 5-7 minutes, or until oats are cooked and desired consistency is reached.
4. Remove from heat and stir in most of the chopped nuts.
5. Pour oatmeal into a serving bowl.
6. Garnish with remaining chopped nuts and a drizzle of honey or maple syrup if desired.
7. Serve warm.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

18 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: 1 Cup

Adult: 1¾ Cups






INGREDIENTS

- 12 Eggs
- 6 Tablespoons Milk
- 3 Teaspoons Kosher Salt
- 1½ Teaspoons Black Pepper
- 3 Teaspoons Dried Oregano
- 1 Cup Sun-Dried Tomatoes
- 6 Cups Fresh Baby Spinach
- 6 Tablespoons Olive Oil
- ¾ Cup Feta Cheese (crumbled)
- 6 Pitas (at least 2 ounces (56 grams) each, enriched or whole grain, halved)

DIRECTIONS

1. Chop the sun-dried tomatoes into small pieces and set aside.
2. In a small bowl, combine the eggs, milk, and seasonings. Whisk well.
3. Add the chopped sun-dried tomatoes and fresh spinach. Mix one more time.
4. Over medium heat, heat oil in a small skillet. Once hot, pour in the egg mixture.
5. Flip the eggs and break them up to make a scramble, until they are cooked to your liking.
6. Remove from the heat and sprinkle on feta cheese.
7. Put the pitas in the microwave for 30 seconds to warm, then slice them in half.
8. Open up each half to make a 'pocket' shape, stuff each half with the egg mixture.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

6 Pitas

PORTION SIZES

Toddler: ¼ Pita

Preschool: ½ Pita

School Age: ½ Pita

Adult: 1 Pita



INGREDIENTS

- 12 Eggs
- 6 Tablespoons Milk or Cream
- Salt and Pepper (to taste)
- 3 Tablespoons Olive Oil or Butter
- ¾ Cup Crumbled Feta Cheese
- 6 Tablespoons Chopped Fresh Herbs (dill, parsley, chives)

DIRECTIONS

1. Whisk eggs with milk or cream, salt, and pepper in a bowl until well combined and slightly frothy.
2. Heat olive oil or butter in a non-stick skillet over medium-low heat.
3. Pour egg mixture into the hot skillet. Let it cook undisturbed for about 30 seconds until edges begin to set.
4. Gently push cooked eggs from the edges towards the center, tilting the pan to allow uncooked egg to flow underneath.
5. Continue cooking and folding until eggs are mostly set but still slightly moist.
6. Stir in crumbled feta cheese and fresh herbs. Cook for another 30 seconds until feta is warm.
7. Serve immediately.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

3 Cups

PORTION SIZES

Toddler: ⅛ Cup

Preschool: ⅛ Cup

School Age: ⅛ Cup

Adult: ¼ Cup





INGREDIENTS

- 12 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- 3 Cups Hummus* (divided)
- 1 Cup Chopped Spinach
- 3 Cups Cherry Tomatoes (diced)
- 3 Cups Cucumber (diced)
- ¾ Cup Fresh Parsley (chopped)
- 2 Cups Green Onions (chopped)
- 6 Tablespoons Olive Oil
- 6 Tablespoons Lemon Juice
- ¼ Cup Za'atar
- ¾ Cup Feta Cheese (crumbled)

DIRECTIONS

1. In a small bowl combine the diced tomato, cucumber, parsley and green onion. Stir to combine. Add the olive oil and the lemon juice and stir to combine. Set aside.
2. Toast the bread in a toaster to your liking.
3. Divide the hummus evenly across each slice of bread.
4. Top the hummus evenly with the greens.
5. Divide the the tomato salad evenly across each piece of toast followed by a sprinkling of feta cheese and the za'atar.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

 Breakfast

YIELD

12 Toasts

PORTION SIZES

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

*does not credit towards the meal pattern requirements in this recipe.



INGREDIENTS

- 12 Large Bell Peppers (about 4 pounds)
- 3 Cups Cooked Quinoa
- (3) 15½ Ounce Cans Black Beans (drained and rinsed)
- 3 Cups Diced Tomatoes
- 1½ Cups Corn
- 3 Teaspoons Cumin
- 3 Teaspoons Chili Powder
- Salt and Pepper (to taste)

DIRECTIONS

1. Preheat oven to 375°.
2. Cut the tops off the bell peppers and remove seeds.
3. In a bowl, mix together quinoa, black beans, tomatoes, corn, cumin, chili powder, salt, and pepper.
4. Stuff each pepper with the mixture and place in a baking dish.
5. Cover with foil and bake for 25 minutes. Remove the foil and bake for another 5-10 minutes until the peppers are tender.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

12 Peppers

PORTION SIZES

Toddler: ⅛ Pepper

Preschool: ¼ Pepper

School Age: ½ Pepper

Adult: ½ Pepper





INGREDIENTS

- 8 Ounces Pasta (enriched or whole grain rich)
- 1 Cup Cherry Tomatoes (halved)
- 1 Cup Cucumber (diced)
- 1 Cup Bell Pepper (diced)
- 1 Cup Red Onion (thinly sliced)
- ½ Cup Olives (sliced)
- ¼ Cup Olive Oil
- Juice of 1 Lemon
- 1 Teaspoon Oregano
- Salt and Pepper (to taste)
- Crumbled Feta Cheese (optional)

DIRECTIONS

1. Cook the pasta according to package instructions. Drain and let cool.
2. In a large bowl, combine all chopped vegetables.
3. In a separate bowl, whisk together olive oil, lemon juice, oregano, salt and pepper.
4. Toss the cooled pasta with the vegetables and dressing until well coated.
5. Serve chilled or at room temperature, garnished with feta cheese if desired.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Lunch/Supper

YIELD

8 Cups

PORTION SIZES

- Toddler:** ½ Cup
- Preschool:** ½ Cup
- School Age:** 1 Cup
- Adult:** 2 Cups





INGREDIENTS

- 1 Cup Greek Salad Dressing
- 6 Ounces Red Onion (sliced into ½ inch pieces)
- 6 Ounces Zucchini (sliced into ½ inch pieces)
- 6 Ounces Bell Pepper (cored and sliced into ½ inch pieces)
- 6 Ounces Tomato (sliced into 8 wedges)
- Salt and Pepper (to taste)
- 2 Pounds Chicken Thighs (boneless, skinless)
- ½ Cup Olives (pitted)
- 4 Ounces Feta Cheese (cut into chunks)
- ¼ Cup Italian Parsley (chopped)

DIRECTIONS

1. Position a rack in the middle of your oven and preheat it to 425°.
2. On a large sheet pan, spread the onions, zucchini, bell pepper, and tomatoes. Season well with salt and pepper, then pour about ¼ cup of the dressing all over the vegetables. Toss to coat, then spread the vegetables out so they are all touching the surface of the pan.
3. Season the chicken on both sides with salt and pepper. Nestle the chicken, olives, and chunks of feta in between the vegetables and drizzle with the remaining dressing, making sure the chicken especially is covered with the sauce.
4. Bake on the center rack of your oven until the chicken is cooked through, about 35 minutes. For more color, transfer the chicken to the top rack about 6 inches away from the broiler. Broil for a couple of minutes, watching closely to make sure the chicken and vegetables gain some color but do not burn.
5. Remove from the oven and spoon the pan juice all over the chicken. Garnish with the parsley and serve.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

-  Lunch/Supper

YIELD

3 Cups Vegetables +
20 Ounces Chicken

PORTION SIZES

- Toddler:** ⅛ Cup Vegetables
+ 1 Ounce Chicken
- Preschool:** ¼ Cup Vegetables
+ 1½ Ounces Chicken
- School Age:** ½ Cup Vegetables
+ 2 Ounces Chicken
- Adult:** ½ Cup Vegetables
+ 2 Ounces Chicken





INGREDIENTS

- 1 Pound Cod Fillets
- 6 Sprigs Fresh Thyme (finely chopped)
- 3 Sprigs Fresh Rosemary (finely chopped)
- 1 Teaspoon Dried Oregano
- 2 Teaspoons Fresh Parsley (chopped)
- 4 Cloves Garlic (minced)
- 1 Teaspoon Fresh Basil (chopped)
- 1 Teaspoon Lemon Zest
- 1 Tablespoon Fresh Lemon Juice
- 1 Tablespoon Sweet Chili Sauce
- ½ Teaspoon Salt
- ½ Teaspoon Black Pepper
- ¼ Cup Olive Oil
- 1¼ Cups Cherry Tomatoes (halved)
- 1 Cup Pitted Olives

DIRECTIONS

1. Preheat your oven to 400°. Take a baking dish or a shallow oven-safe skillet and lightly coat the bottom with a little bit of olive oil.
2. In a small bowl, combine the finely chopped fresh thyme, finely chopped fresh rosemary, dried oregano, chopped fresh parsley, minced garlic and the chopped fresh basil. Next, add the bright lemon zest to this herb and garlic mixture.
3. In that same small bowl, add the lemon juice. Stir in the sweet chili sauce, then add the salt and black pepper. Finally, pour in the olive oil. Whisk everything together until it's well combined.
4. Dry your fish fillets with paper towels and place them into your prepared baking dish or skillet. Now, pour about half of the herb and garlic sauce mixture evenly over the fish fillets, ensuring each piece is well coated. Next, add the tomatoes and olives to the baking dish, scattering them around the fish. Drizzle the remaining sauce over the tomatoes and olives, making sure they are also well-coated.
5. Carefully place the baking dish into your preheated oven. Let the fish bake for approximately 12-18 minutes. Let the dish rest for a few minutes before serving.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

-  Lunch/Supper

YIELD

2 Cups Vegetables +
12½ Ounces Cod

PORTION SIZES

- Toddler:** ⅛ Cup Vegetables + 1 Ounce Cod
- Preschool:** ¼ Cup Vegetables + 1½ Ounces Cod
- School Age:** ½ Cup Vegetables + 2 Ounces Cod
- Adult:** ½ Cup Vegetables + 2 Ounces Cod



INGREDIENTS

- 1 Pound Cauliflower (small head)
- 1 Cup Parsley (chopped)
- 1 Cup Tomatoes (diced)
- ½ Cup Mint (chopped)
- ¼ Cup Olive Oil
- Juice of 1 Lemon
- Salt and Pepper (to taste)

DIRECTIONS

1. Grate the cauliflower using a food processor or box grater until it resembles rice.
2. In a large bowl, combine grated cauliflower, parsley, tomatoes, mint, olive oil, lemon juice, salt and pepper.
3. Toss everything together until well mixed and serve chilled or at room temperature.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

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



INGREDIENTS

- 15 Ounce Can Chickpeas
- 1½ Teaspoons Olive Oil
- 1-2 Tablespoons
Mediterranean Spice Blend

DIRECTIONS

1. Preheat your oven to 400°. Line a baking pan with parchment paper.
2. Drain the chickpeas in a strainer, shaking it to remove excess water. Spread the chickpeas out on a paper towel and pat dry. You can also just let them sit out for a few minutes to air dry.
3. Pour the olive oil into a bowl and add the chickpeas. Stir until each chickpea is coated with oil.
4. Sprinkle spice blend over chickpeas, stirring until each is thoroughly coated.
5. Pour seasoned chickpeas on the prepared pan, spreading them out so they're not touching.
6. Place the pan in the oven and bake for 20 to 25 minutes, until the chickpeas are crispy on the outside.
7. Remove the chickpeas from the oven and allow them to cool slightly before adding salt and pepper to taste.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

6 Ounces

PORTION SIZES

Toddler: ½ Ounce

Preschool: ½ Ounce

School Age: 1 Ounce

Adult: 1 Ounce



INGREDIENTS

- 2½ Cups Garbanzo Beans, low-sodium, canned, drained, rinsed (save liquid in can to use in step two. If using water, drain and rinse beans)
- 1 Teaspoon Garlic Powder
- 2 Teaspoons Lemon Juice (fresh or bottled)
- 2 Tablespoons Vegetable Oil
- ¼ Cups Water (or liquid from garbanzo beans)
- 1 Teaspoon Cumin (ground)
- ¼ Teaspoon Black Pepper (ground)
- ¼ Cup Greek Yogurt (plain, non-fat)

DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a blender or food processor, combine garbanzo beans, garlic powder, lemon juice, vegetable oil, water or bean liquid, cumin, black pepper, and yogurt. Blend until smooth. Add additional water or liquid if needed.
3. Serve immediately, or keep cold at 40° or lower.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

2¼ Cups

PORTION SIZES

Toddler: 3 Tablespoons

Preschool: 3 Tablespoons

School Age: ¾ Cup

Adult: ¾ Cup

*Recipe courtesy of [The Institute of Child Nutrition](https://www.theinstituteofchildnutrition.org/).



INGREDIENTS

- 4 Cups Greek Yogurt
- ½ Cup Honey*
- 1 Cup Mixed Nuts (walnuts, almonds, and pecans)
- ¼ Cup Pistachios (chopped)

DIRECTIONS

1. Transfer yogurt into a serving bowl, smoothing the top until it's even.
2. Slowly pour honey in a spiral over the yogurt.
3. Scatter a mix of walnuts, almonds, and pecans across the yogurt. Then add pistachios.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

Toddler: ¼ Cup

Preschool: ¼ Cup

School Age: ½ Cup

Adult: ½ Cup

*The American Academy of Pediatrics (AAP) warns against feeding honey to infants under 12 months old