



## INGREDIENTS

- 2 Pounds Frozen Açaí Pulp (unsweetened)
- 2 Cups Bananas (mashed)
- 1 Cup Strawberries, Blueberries and/or Raspberries
- 1 Cup 100% Apple Juice
- 8 Cups Granola (meets CACFP sugar limits)

## DIRECTIONS

1. Allow the frozen açaí pulp to thaw slightly at room temperature for about 5 minutes to make blending easier.
2. In a blender, add the thawed açaí pulp, mashed banana, mixed berries, and half the apple juice. Blend on high for 1-2 minutes until the mixture becomes smooth but thick, like a sorbet. If it's too thick to blend, add a little more apple juice to achieve the right consistency.
3. Serve the açaí base with additional fruits, peanut or almond butter drizzle, granola or coconut flakes.
4. Serve immediately.

## MEAL PATTERN CONTRIBUTION



Fruit

*\*Counts as Daily Juice Serving*

## MEAL TYPE



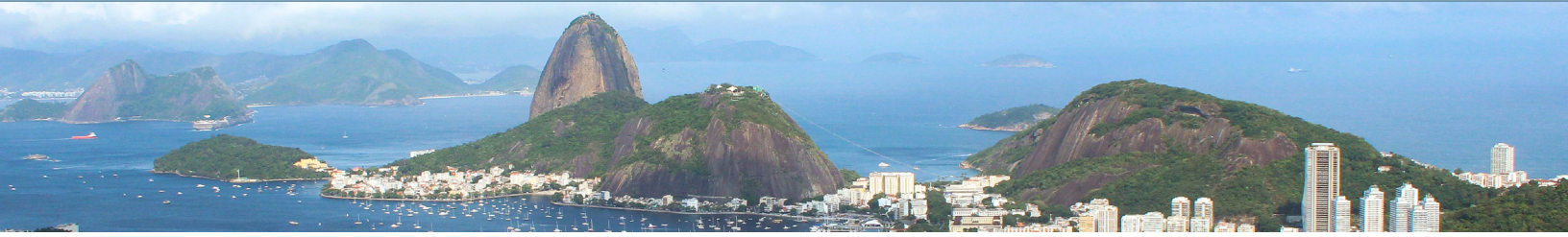
Breakfast

## YIELD

8 Cups Açaí Base +  
8 Cups Granola

## PORTION SIZES

<b>Toddler:</b>	¼ Cup Açaí Base + ⅓ Cup Granola
<b>Preschool:</b>	½ Cup Açaí Base + ⅓ Cup Granola
<b>School Age:</b>	½ Cup Açaí Base + ¼ Cup Granola
<b>Adult:</b>	½ Cup Açaí Base + ½ Cup Granola



## INGREDIENTS

- 1½ Pounds Potatoes (boiled, peeled and mashed)
- ½ Cup Onion (finely chopped)
- 1 Teaspoon Garlic (minced)
- ½ Cup All Purpose Flour (enriched or whole grain rich; plus more for coating)
- Pinch of Baking Soda
- 1 Tablespoon Lemon Juice
- ¼ Cup Grated Cheddar or Monterey Jack Cheese
- Salt and Pepper (to taste)
- ¼ Cup Olive Oil
- Optional toppings: peanut sauce, chopped tomato and red onion

## DIRECTIONS

1. In a mixing bowl, combine the warm mashed potato, onions, garlic and mix well. Let the mixture cool a little.
2. Add the flour, grated cheese, baking soda, lemon juice salt and pepper. Mix well to combine everything. Knead the mixture for 2-3 minutes. Divide the dough into 8 equal pieces and roll into balls. Shape the potato pancakes and gently pat them into a small cake about ½-¾" thick and about 3" in diameter. Dredge all the sides of the potato cake in flour. Repeat with the remaining dough and dredge each in flour.
3. Heat oil in a heavy cast-iron pan or a nonstick pan on medium heat. Gently slide 2-3 pancakes into the hot oil and cook for 2-3 minutes or until golden brown on one side. Carefully flip and cook the other side for 2-3 minutes until golden. Remove the pancakes onto paper towel lined plate. Cool for 1-2 minutes. Repeat with the remaining pancakes.
4. Serve hot with optional toppings including peanut sauce, chopped tomato and red onions.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

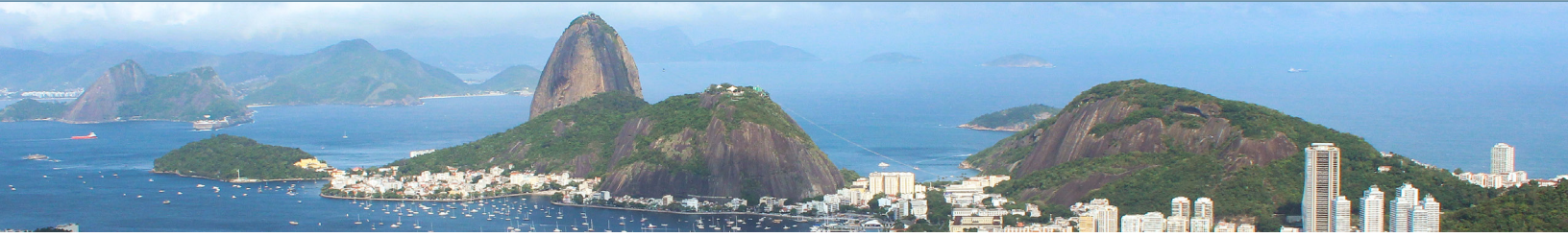
 Breakfast

## YIELD

8 Pancakes

## PORTION SIZES

**Toddler:** ¾ Pancake  
**Preschool:** 1½ Pancakes  
**School Age:** 1½ Pancakes  
**Adult:** 1½ Pancakes





## INGREDIENTS

- 4 Tablespoons Olive Oil
- 2 Cups Onion (finely chopped)
- 2 Cups Bell Pepper (red, green or yellow; finely chopped)
- 4 Teaspoons Garlic (minced)
- 2 Cups Tomato (seeded and chopped)
- 12 Eggs (lightly beaten)
- Salt and Pepper (to taste)

## DIRECTIONS

1. Heat the oil in a skillet over medium-high flame. Add the onion, bell pepper and garlic and saute for 3 to 4 minutes, or until the onion is softened and translucent.
2. Add the tomatoes and cook for another 3 to 4 minutes to reduce the liquid somewhat.
3. Reduce heat to low, add the eggs, salt and pepper and cook, gently stirring the eggs occasionally to scramble them and just long enough to cook them through while keeping them soft.
4. Serve immediately with optional bread and a slice of fresh cheese.

## MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

## MEAL TYPE

-  Breakfast

## YIELD

7 Cups

## PORTION SIZES

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





## INGREDIENTS

- 5 Cups Plantains (sliced into 2" pieces from 4 unripe, green)
- 4 Tablespoons Peanut Butter
- 1 Cup Whole Milk
- ½ Cup Unsalted Butter
- 6 Tablespoons Olive Oil
- 8 Slices Bacon\* (finely sliced)
- 1 Cup Spring or Green Onions (finely sliced)
- 1 Teaspoon Paprika (plus a little extra to garnish)
- 1 Cup Mozzarella (shredded)
- ½ Cup Coriander Leaves (finely chopped)
- 12 Eggs

## DIRECTIONS

1. Put the plantain pieces into a bowl of cold water to soak for one hour. Drain well. Put the plantain pieces into a pan of boiling water. Boil over a medium heat for 30-35 minutes or until soft. Drain well and place in a mixing bowl. Add the peanut butter, milk, and half of the butter. Season well and mash together until smooth.
2. While the plantains are boiling, heat 1 tablespoon of the olive oil in a large non-stick frying pan over high heat. Add the bacon and fry for 4-5 minutes or until just crisping, then scatter the onions into the pan and continue to fry for 1-2 minutes or until wilted. Remove from the heat, add the paprika and mix well.
3. Add the bacon and onions into the plantain mash, along with the cheese and ¾ of the coriander. Mix everything together really well and season.
4. Reheat the bacon pan over a high heat. Add the remaining butter and transfer the Tigrillo to the pan and flatten it out with a spoon. Reduce the heat to medium and break up and turn it regularly, until crisp. It will crumble and look a little like a hash, with crunchy pieces.
5. Meanwhile, heat a frying pan over a medium heat with the remaining oil and cook the eggs to your liking.
6. To serve, top the Tigrillo with an egg. Scatter over the remaining coriander leaves and a pinch more of paprika. Serve immediately.

## MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

## MEAL TYPE

-  Breakfast

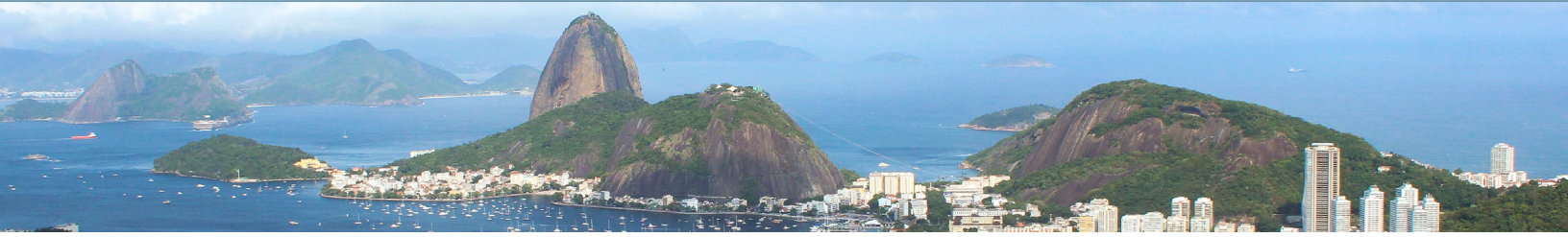
## YIELD

12 Cups

## PORTION SIZES

- Toddler:** 1 Cup
- Preschool:** ¼ Cups
- School Age:** ¼ Cups
- Adult:** ¼ Cups

*\*This food item does not credit in CACFP.*



## INGREDIENTS

- 16 Slices Bacon\*
- 2 Pounds Beef Loin Steak (fresh or frozen)
- Coarse Salt (to taste)
- Ground Black Pepper (to taste)
- 2-4 Tablespoons Butter
- 8 Large Eggs
- 8 Burger Buns (enriched or whole grain-rich; at least 56 grams each)
- 8 Tablespoons Ketchup
- 8 Tablespoons Mayonnaise
- 2 Pounds Lettuce
- 8 Slices Deli Ham (½ ounce each; without binders, filler or extenders)
- 1 Cup Tomato (sliced)
- 8 Slices Mozzarella Cheese (½ ounce each)

## DIRECTIONS

1. In a large skillet over medium heat, cook the bacon slices until they are crispy. Set aside on paper towels to cool.
2. Drain the excess bacon fat out of the skillet. Slice each steak fillet in half crosswise to make 2 thin steaks from each.
3. Sprinkle with salt and pepper. Use a mallet to pound the steaks thinner.
4. Heat the skillet over medium-high heat until hot and place steaks on the skillet. Cook for about 2 minutes per side, or until they reach the desired doneness. Place on paper towels to cool.
5. Wipe the skillet clean. Melt the butter over medium heat and fry the eggs sunny-side up until they are done to your preference.
6. Preheat your broiler.
7. Spread the inside of the buns with ketchup and mayonnaise. Place the lettuce pieces on the bottom halves of the buns.
8. Top each sandwich with 2 slices of bacon, a slice of beef, a slice of ham, a slice of tomato, and a slice of mozzarella.
9. Place the uncovered sandwiches under the broiler briefly to melt the cheese, keeping a close eye so the cheese doesn't burn.
10. Remove the sandwiches from the oven and place a fried egg over the cheese, then top with the other half of the bun. Serve immediately.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

## MEAL TYPE

-  Lunch/Supper

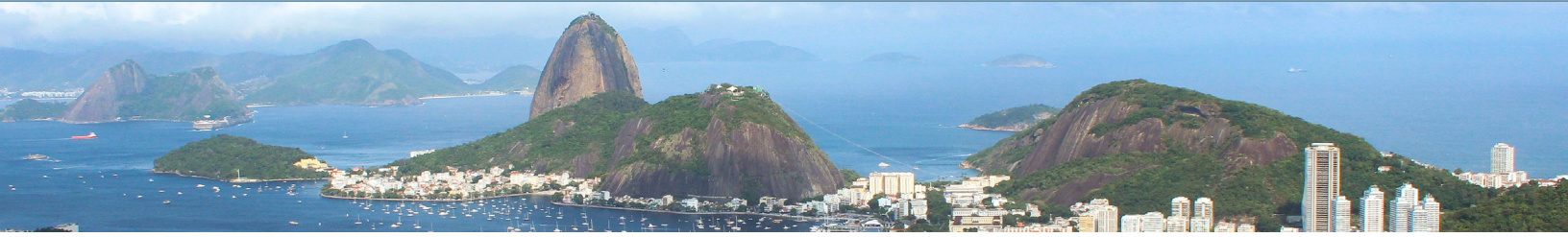
## YIELD

8 Sandwiches

## PORTION SIZES

- Toddler:** ¼ Sandwich
- Preschool:** ½ Sandwich
- School Age:** ½ Sandwich
- Adult:** 1 Sandwich

\*This food item does not credit in CACFP.



## INGREDIENTS

- (3) 15½ Ounce Cans Black Beans (drained and rinsed)
- ½ Pound Fresh Pork Sausage (such as chorizo, sliced)
- ½ Pound Pork Ribs (cut into pieces)
- ⅓ Pound Salted Pork Belly\* (cut into chunks)
- ⅓ Pound Smoked Bacon\* (chopped)
- 1 Cup Onion (finely chopped)
- 4 Teaspoons Garlic (minced)
- 2 Bay Leaves
- 1 Tablespoon Vegetable Oil
- Salt and Pepper (to taste)
- 5 Cups Water (as needed)
- Fresh Orange Slices (for garnish)
- Fresh Cilantro (for garnish)

## DIRECTIONS

1. In a large pot over medium heat, add the vegetable oil and sauté the chopped bacon until it begins to crisp. Then, add the sausage, pork ribs, and pork belly. Sear the meats for 5-6 minutes until browned on all sides.
2. Add the chopped onion and minced garlic to the pot. Stir and sauté for about 5 minutes until softened and fragrant.
3. Add the black beans and bay leaves to the pot. Stir everything together, ensuring the beans are evenly distributed among the meat.
4. Pour in enough water to cover the beans and meat by about 2 inches. Bring the mixture to a boil, then reduce the heat to low. Cover the pot and let the stew simmer gently for 1½ to 2 hours. Stir occasionally to prevent sticking and check the liquid level, if necessary, add more water to keep the ingredients submerged.
5. After 1½ hours, season the stew with salt and black pepper to taste. Adjust the seasoning gradually, as the flavors develop more as the stew cooks.
6. Once the meat is fully cooked and the flavours have melded, remove the bay leaves from the pot. Stir in freshly chopped cilantro and add orange slices just before serving, if using.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Lunch/Supper

## YIELD

14 Cups

## PORTION SIZES

**Toddler:** ¾ Cup

**Preschool:** 1 Cup

**School Age:** 1¼ Cups

**Adult:** 1¼ Cups

*\*This food item does not credit in CACFP.*



## INGREDIENTS

- 5 Pounds Chicken Parts, fresh or frozen, Leg Quarters (with bone, with skin, (9.5 oz each))
- ¼ Cup Olive Oil
- ¼ Cup Lime Juice
- 6 Teaspoons Garlic (minced)
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Honey
- 1 Tablespoon Paprika
- 2 Teaspoons Smoked Paprika
- ½ Teaspoon Red Chili Flakes
- 1 Tablespoon Cumin
- 2 Teaspoons Oregano
- 2 Teaspoons Salt
- 1 Teaspoon Black Pepper

## DIRECTIONS

1. Mix all of the marinade ingredients in a bowl and combine well. Pour it on the chicken, and rub the marinade all over the chicken. With your fingers, loosen the skin from the chicken and make sure to get the marinade under the skin. Marinate overnight if time allows.
2. When ready to roast, preheat the oven to 400°.
3. Cover a sheet pan with aluminum foil. Place an oven safe wire rack on the sheet pan, and place the chicken quarters on the wire rack, skin side up. Bake for 30 minutes. Baste the chicken with remaining unused marinade, then bake for another 30-40 minutes, depending on the size of your chicken pieces, or until the chicken reads 180-185° on an instant read thermometer (watch that fat dripping doesn't catch fire).
4. Keep an eye on it towards the end of cooking time. If it's browning too quickly, cover it loosely with foil.
5. Remove the chicken from the oven and let rest for 10-15 minutes before serving.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

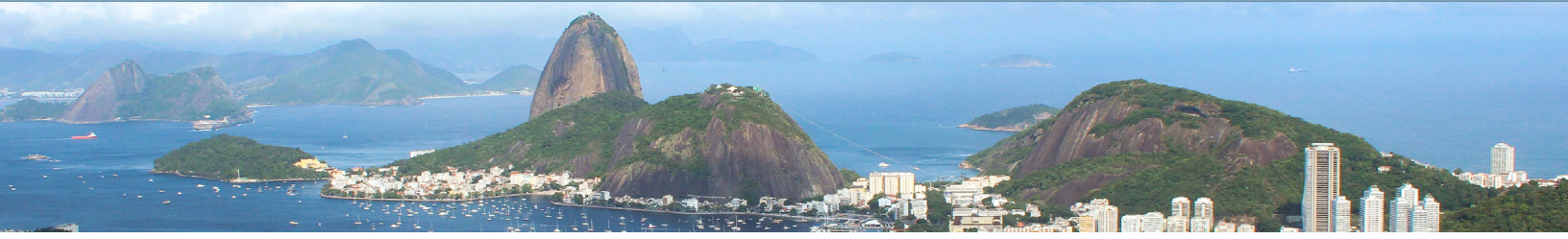
 Lunch/Supper

## YIELD

33½ Ounces

## PORTION SIZES

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




### INGREDIENTS

- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, gible, or kidney
- 3 Cups Avocado (mashed from 6 ripe, peeled and pitted)
- 2 Tablespoons + 2 Teaspoons Fresh Lime Juice (to taste)
- 1 Cup Red Bell Pepper (seeds and ribs removed, diced)
- 6 Tablespoons Onion (finely chopped)
- 6 Tablespoons Cilantro (finely chopped)
- 2 Tablespoons Jalapeño Pepper (seeds and ribs removed, finely chopped)
- 4 Teaspoons Garlic (minced)
- Salt and Pepper (to taste)

### DIRECTIONS

1. In a large bowl mash the avocado with the lime juice.
2. Add the rest of the ingredients: chicken, bell pepper, onion, cilantro, jalapeño and garlic.
3. Season to taste with salt and pepper.
4. Cover and store in the fridge until you're ready to eat.

### MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

### MEAL TYPE

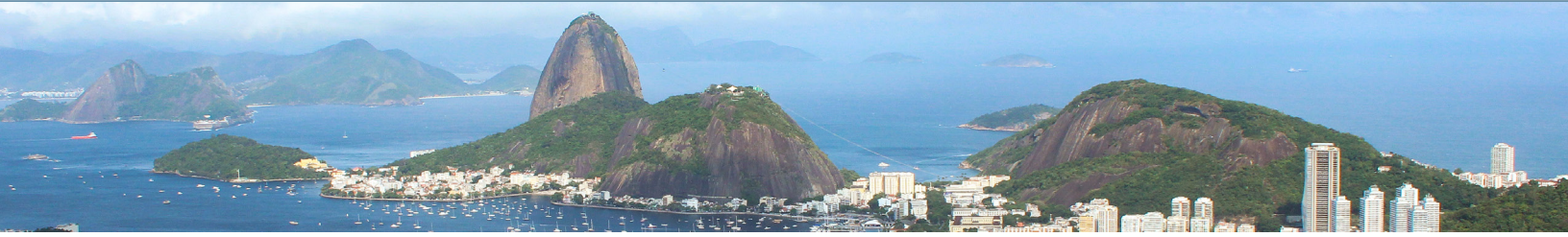
 Lunch/Supper

### YIELD

8 Cups

### PORTION SIZES

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



## INGREDIENTS

- 1 Cup Frozen Colombian Blackberry (Mora) Pulp
- ¼ Cup Water
- ½ Cup Sugar
- 3 Cups Watermelon (cubed)
- 2 Cups Banana (sliced)
- 1 Cup Strawberries (quartered)
- 2 Cups Pineapple (cubed)
- 5 Cups Mango (cubed)
- 1 Cup Green Grapes (halved)
- 2 Cups Whipped Topping
- Shredded Coconut (for serving)

## DIRECTIONS

1. To make Colombian Mora Sauce: combine water, fruit pulp and sugar in a small saucepan. Bring the mixture to a boil over medium-high heat. Continue cooking the mixture until the sugar is dissolved and mixture thickens. Transfer to refrigerator to cool before serving.
2. Combine all chopped fruit in a large bowl.
3. Separate fruit mixture into serving bowls.
4. Top individual fruit salad bowls with whipped topping.
5. Pour Colombian Mora Sauce on top of whipped topping until it is fully coated and sauce pours down the fruit.
6. Finally, top with shredded coconut.
7. Serve immediately.

## MEAL PATTERN CONTRIBUTION

 Fruit

## MEAL TYPE

 Snack

## YIELD

14 Cups Fruit

## PORTION SIZES

**Toddler:** ½ Cup Fruit

**Preschool:** ½ Cup Fruit

**School Age:** ¾ Cup Fruit

**Adult:** ½ Cup Fruit



## INGREDIENTS

- 6 Cups Potatoes  
(diced into ½" pieces)
- 1 Cup Carrots  
(diced into ½" pieces)
- 1 Cup Peas (fresh or frozen)
- 1 Cup Corn (frozen)
- 2 Tablespoons Green Onion  
(finely chopped)
- 4 Tablespoons Mayonnaise
- 4 Tablespoons Sour Cream
- 2 Tablespoons Vinegar
- 2 Teaspoons Salt
- 2 Teaspoons Pepper

## DIRECTIONS

1. Defrost any frozen vegetables.
2. Fill a large pot with water and bring it to a rolling boil. Add the diced potatoes and carrots first. Let them boil for about 10-15 minutes.
3. Add the peas and corn to the pot in the last few minutes.
4. Once everything is tender, carefully drain the vegetables and let them cool down.
5. Mix the wet ingredients and spices to create a creamy sauce.
6. Add the potatoes and vegetables into the sauce.
7. Gently fold all ingredients together, and finish with salt.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Snack

## YIELD

9 Cups

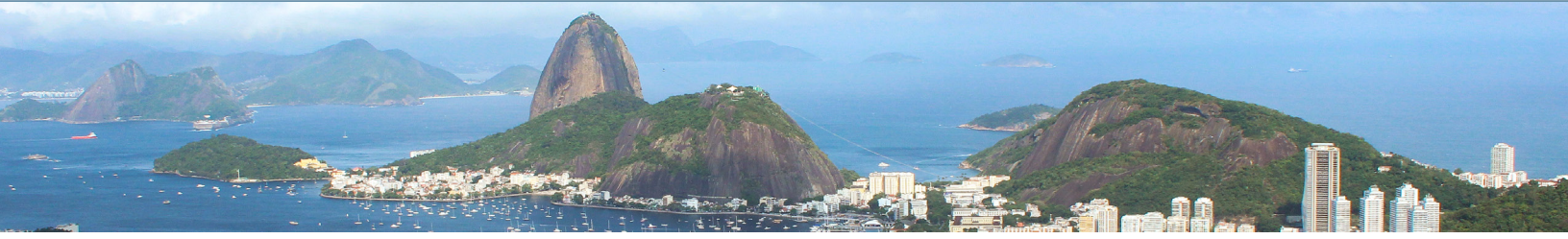
## PORTION SIZES

**Toddler:** ½ Cup

**Preschool:** ½ Cup

**School Age:** ¾ Cup

**Adult:** ½ Cup



## INGREDIENTS

- 8 Cups Tomatoes (peeled and finely chopped)
- ½ Cup Jalapeño Peppers (optional)
- 4 Cups Onion (finely chopped)
- 1 Cup Fresh Cilantro (chopped)
- 4 Teaspoons Garlic (minced)
- ½ Cup Olive Oil
- ¼ Cup Red Wine Vinegar
- Salt and Pepper (to taste)

## DIRECTIONS

1. Place all of the chopped ingredients in a bowl.
2. Add the minced garlic.
3. Add the olive oil, red wine vinegar, salt and pepper.
4. Serve at room temperature and enjoy.

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Snack

## YIELD

12 Cups

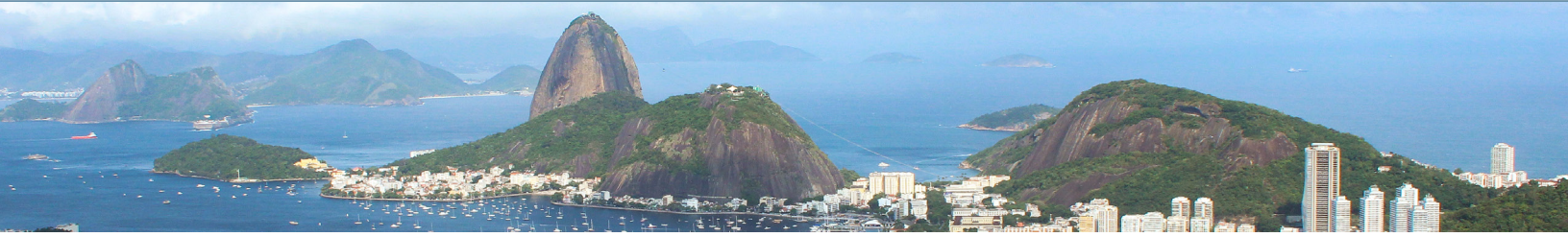
## PORTION SIZES

**Toddler:** ½ Cup

**Preschool:** ½ Cup

**School Age:** ¾ Cup

**Adult:** ½ Cup



## INGREDIENTS

- 2 Cups Quinoa
- 4 Cups Vegetable Broth  
(or water)
- ¼ Cup Olive Oil
- ⅓ Cup Lemon Juice
- 4 Cups Tomatoes (diced)
- 1 Cup Chives
- 1 Cup Spearmint
- 2 Teaspoons Ground Cumin
- Salt and Pepper (to taste)

## DIRECTIONS

1. Rinse the quinoa thoroughly under cold water in a fine-mesh sieve. Drain well.
2. In a medium-sized saucepan, bring the water or vegetable broth to a boil over medium-high heat.
3. Add the rinsed quinoa to the boiling water or broth.
4. Reduce the heat to low, cover the saucepan with a lid, and simmer for about 15-20 minutes.
5. While the quinoa is cooking, prepare the dressing by combining olive oil, lemon juice, ground cumin, freshly ground pepper and salt in a small bowl.
6. When the quinoa is cooked, fluff with a fork and transfer to a large mixing bowl.
7. Add the diced tomatoes, chopped chives and spearmint to the quinoa.
8. Pour the prepared dressing over the quinoa mixture and toss gently to combine.
9. Allow the flavors to meld together by covering and refrigerating the salad for at least 30 minutes before serving.
10. Serve with tomatoes and chives chilled or at room temperature.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Snack

## YIELD

10 Cups

## PORTION SIZES

**Toddler:** ½ Cup

**Preschool:** ½ Cup

**School Age:** 1 Cup

**Adult:** 1 Cup