

INGREDIENTS

- 12 Large Eggs
- ¾ Cup Red Onion (finely minced)
- 2 Tablespoons Green Chili or Jalapeno (finely minced)
- 1½ Teaspoons Ground Turmeric
- 3 Teaspoons Kosher Salt
- ¾ Cup Cilantro (finely chopped)
- 2 Cups Milk or Water
- 12 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- ¾ Cup Ketchup
- 1½ Cups Cilantro Mint Chutney

DIRECTIONS

1. Whisk together onion, green chili, turmeric, salt, cilantro and milk in a wide bowl (big enough to fit the sliced bread). Add in the eggs and whisk for a minute.
2. Dip each slice of bread in the egg mixture and gently press down with a fork so the bread can absorb the egg mix. Flip the bread over and repeat on the other side.
3. Heat a non stick or cast iron pan and apply ½ teaspoon of oil. Carefully place the soaked bread on the pan. Spoon and spread over some extra onions from the egg mixture on top. Cook on medium heat for a minute or until the bottom side starts to turn golden brown.
4. Turn over and cook the other side for a minute until it becomes golden brown. Repeat with the remaining slices of bread.
5. Serve hot with ketchup and green chutney.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

12 Slices

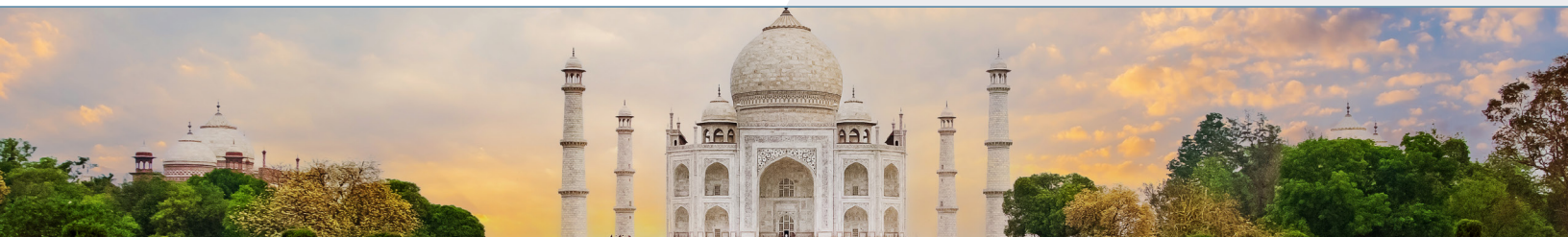
PORTION SIZES

Toddler: ½ Slice

Preschool: ½ Slice

School Age: 1 Slice

Adult: 2 Slices



INGREDIENTS

- ¾ Cup Oil
- 18 Eggs
- 3 Cups Tomato (finely chopped)
- 3 Cups Onion (finely chopped)
- 1½ Cups Green Chilies (finely chopped)
- ¾ Cup Cilantro or Coriander (finely chopped; for garnishing)
- 1½ Cups Spinach (finely chopped)
- Salt (to taste)

DIRECTIONS

1. Break the eggs into a bowl and whisk them to a froth.
2. Add the tomatoes, onions, salt, green chilies, spinach and coriander leaves and mix them well.
3. Heat a pan on medium for a minute or so and then add oil. Tilt the pan so that the bottom and the sides are well coated with oil.
4. After 2 minutes or so when the oil is all heated up, add ½ of the egg mixture to the pan and tilt the pan so that they spread out evenly.
5. Continue cooking over medium-low heat till the eggs set on the bottom and the top is still moist (not runny).
6. Once the eggs on the bottom are set, take a spatula and turn the omelette over and cook for another minute or so.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

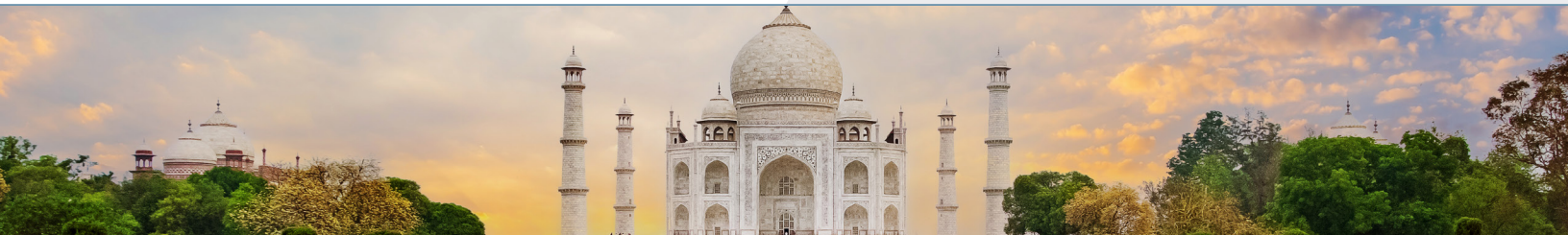
 Breakfast

YIELD

12 Omelettes

PORTION SIZES

Toddler: ½ Omelette
Preschool: 1 Omelette
School Age: 1 Omelette
Adult: 1 Omelette



INGREDIENTS

- 1 Cup Whole Wheat Flour (enriched or whole grain rich)
- 1 Cup All Purpose Flour (enriched or whole grain rich)
- ¾ Cup Coconut (grated)
- 5 Green Chilies
- 1 Cup Onion (finely chopped)
- 2 Tablespoons Butter
- Salt (to taste)
- Coconut Oil
- Water (as needed for dough)

DIRECTIONS

1. In a small mixer, grind the grated coconut and the green chilies until the chilies are well ground. If using frozen coconut, thaw the coconut before using.
2. You can use a food processor or knead the dough with your hands.
3. Place both the flours, ground coconut/green chilies mixture, salt and butter in a bowl.
4. Run the food processor, or knead the dough, to combine all the ingredients. Now add the chopped onion and combine. Slowly add just enough water to make a stiff dough. Be careful when adding water as the coconut and onion have enough moisture.
5. Rest the dough for at least 30 minutes.
6. Heat a griddle to medium low heat.
7. Divide the dough into 12 equal pieces. Dust the dough with flour and then roll it into slightly thick circles.
8. Cook the roti in the hot pan. Use some coconut oil to brush the rotis and cook until they are golden brown on both sides.
9. Remove and keep it warm until ready to serve.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

12 Rotis

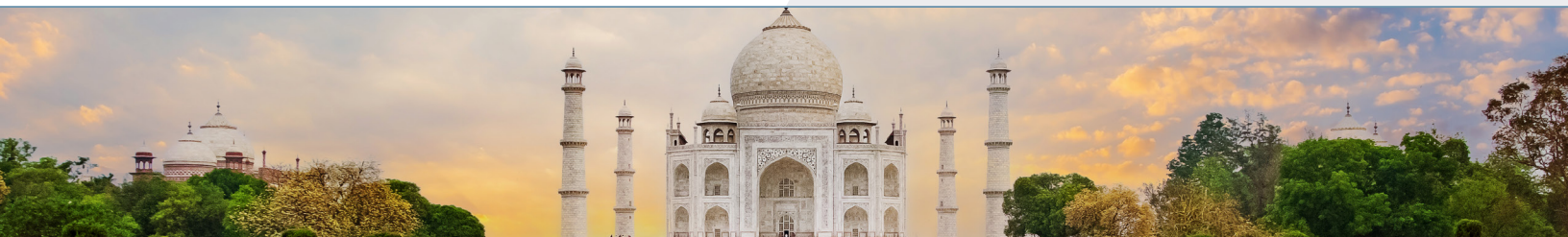
PORTION SIZES

Toddler: ½ Roti

Preschool: ½ Roti

School Age: 1 Roti

Adult: 2 Rotis



INGREDIENTS

- 6 Cups Old Fashioned Rolled Oats
- 6 Cups Plain Yogurt (meets CACFP sugar limits)
- 3 Cups Milk
- ¾ Cup Honey
- 3 Teaspoons Vanilla Extract
- 1½ Teaspoons Ground Cardamom
- 3 Cups Mango (chopped; split)
- 3 Teaspoons Chia Seeds (optional; for garnish)

DIRECTIONS

1. In a large mixing bowl, combine the oats, yogurt, milk, honey, vanilla and cardamom. Stir until well combined.
2. In a food processor, or blender or with an immersion blender, blend 1½ cups of the mango until you have a smooth puree.
3. Stir the mango puree into the oat mixture and mix until well combined.
4. Divide the mixture into 12 jars, place the lids on, and refrigerate overnight, or for at least 6 hours.
5. Remove from the refrigerator and garnish with remaining 1½ cups chopped mango before serving.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

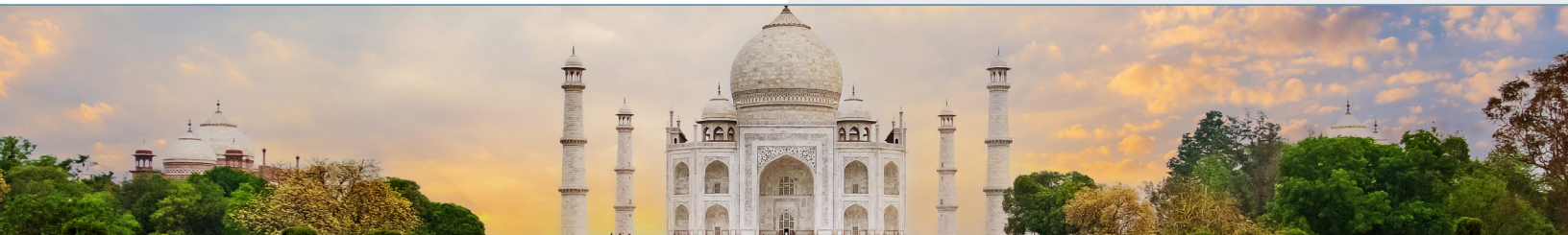
 Breakfast

YIELD

12 Servings

PORTION SIZES

Toddler: ½ Serving
Preschool: ½ Serving
School Age: 1 Serving
Adult: 2 Servings



INGREDIENTS

- 3 Tablespoons Ghee or Oil
- 4½ Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblets, or kidney; cut into 1" cubes
- 3 Cups Yellow Onion (chopped)
- ½ Cup Jalapeno Peppers (seeded and minced)
- ½ Cup Ginger Paste
- 2 Tablespoons Garam Masala
- 3 Teaspoons Ground Cumin
- 3 Teaspoons Ground Turmeric
- 4 Teaspoons Salt
- 3 Tablespoons Minced Garlic
- 6 Cups Tomatoes (chopped)
- 1½ Cup Golden Raisins
- 3 Cups Uncooked Long-Grain Basmati Rice (enriched or whole grain rich)
- 6¾ Cups Chicken Broth
- ¾ Cup Fresh Cilantro (chopped)
- ¾ Cup Sliced Unsalted Almonds
- 3 Limes (cut into wedges)

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

DIRECTIONS

1. Heat the oil over medium-high heat in a large nonstick skillet or frying pan. Once the oil is shimmering, add the chicken pieces and let them cook undisturbed for 3-5 minutes until golden brown.
2. Turn the chicken pieces and add the onion, jalapeno, ginger, garam masala, cumin, turmeric and salt. Sauté for 3 minutes or until the onions have softened.
3. Add 1 tablespoon minced garlic, tomatoes and raisins to the pan. Stir well, then add the rice and broth.
4. Allow the liquid to come to a boil, then cover the pan with lid and turn the heat down to medium-low. Let the rice steam for 15 minutes. Turn off the heat and fluff the rice with a fork. Re-cover the pan and allow the rice to continue to steam for another 10 minutes.
5. Sprinkle cilantro leaves and almond slices on top for garnish.
6. Serve the Biryani straight out of the pan, accompanied by lime wedges for squeezing.

MEAL TYPE

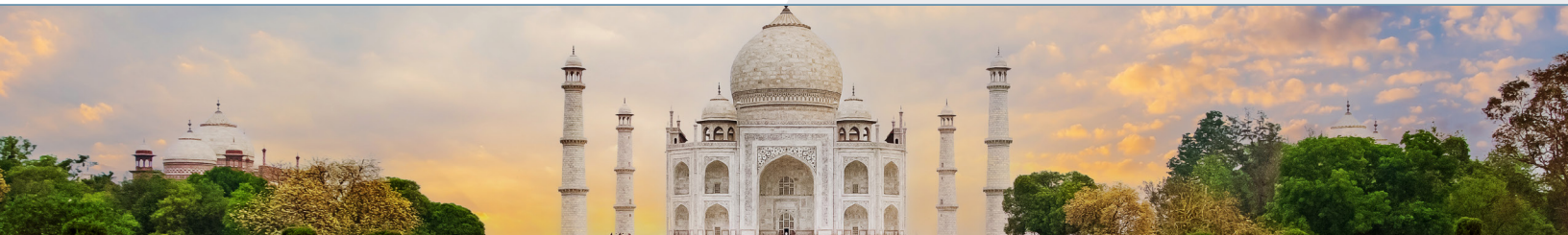


YIELD

24 Cups

PORTION SIZES

- Toddler:** ½ Cup
- Preschool:** ¾ Cup
- School Age:** 1¼ Cups
- Adult:** 1¼ Cups



INGREDIENTS

- 1 Tablespoon Olive Oil
- 1 Cup Yellow Onion (chopped)
- 5 Teaspoons Garlic (minced)
- 1 Tablespoon Fresh Ginger (peeled and grated)
- 1 Tablespoon Garam Masala
- 1 Teaspoon Ground Turmeric
- ½ Teaspoon Red Pepper Flakes
- 1½ Cups Dried Red Lentils
- 14½ Ounce Can Diced Tomatoes
- 13½ Ounce Can Full Fat Coconut Milk
- 3 Cups Vegetable Broth
- 1 Teaspoon Salt
- 2 Tablespoons Lemon Juice
- 4 Cups Baby Spinach

DIRECTIONS

1. In a large pot or pan over medium heat, sauté the chopped onion in the olive oil for 5 minutes, stirring frequently. Then add the garlic and ginger and cook 1 more minute, until fragrant.
2. Add the garam masala, turmeric and red pepper flakes to the pan and stir into the onion mixture. Add a few tablespoons of water if the mixture is too dry.
3. Now add the dried lentils, canned tomatoes and their juices, coconut milk and vegetable broth to the pan. Stir well and turn the heat to high. Bring to a boil, then lower heat and simmer for about 15 minutes, until the lentils are cooked and soft. Stir occasionally.
4. Squeeze the lemon juice into the pan, and stir in the spinach as well until wilted. Add salt to taste.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

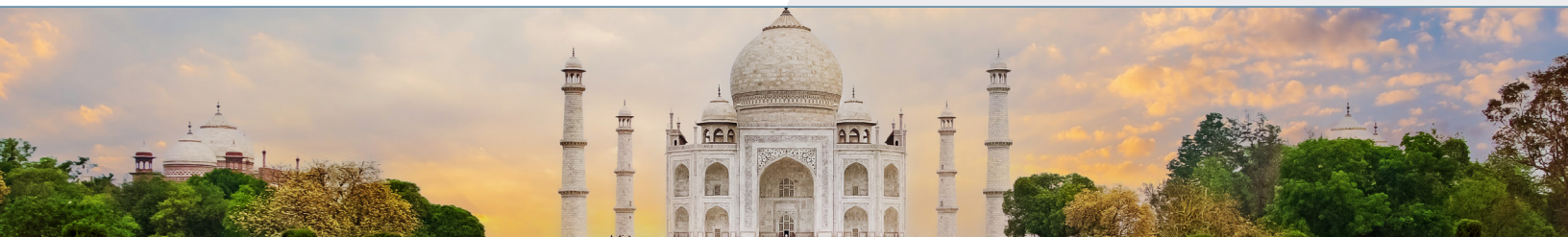
 Lunch/Supper

YIELD

6 Cups

PORTION SIZES

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



INGREDIENTS

- 2 Pounds Chicken Thighs (boneless, skinless; cut into bite-sized pieces)
- 3 Cups Mango (diced)
- 2 Tablespoons Vegetable Oil
- 1 Cup Onion (finely diced)
- 4 Teaspoons Garlic (minced)
- 1 Tablespoon Ginger (grated)
- 2 Tablespoons Tomato Paste
- 1 Tablespoon Curry Powder
- 1 Teaspoon Ground Turmeric
- 1 Teaspoon Ground Cumin
- 1 Teaspoon Ground Coriander
- ½ Teaspoon Paprika
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 1 Cup Coconut Milk
- ½ Cup Chicken Broth
- 1 Tablespoon Lime Juice
- 2 Tablespoons Fresh Cilantro (chopped)

DIRECTIONS

1. Heat the vegetable oil in a large skillet or Dutch oven over medium heat. Add the diced onion and cook until it becomes soft and lightly golden. Stir in the garlic and grated ginger, cooking for about one minute until fragrant. Mix in the tomato paste, curry powder, turmeric, cumin, coriander, paprika, salt and black pepper. Stir continuously for another minute so the spices toast gently and release their aroma without burning.
2. Add the chicken pieces to the pan and stir until they are evenly coated with the spice mixture. Cook for several minutes until the outside of the chicken begins to turn lightly golden. Pour in the coconut milk and chicken broth, stirring well to combine everything into a smooth sauce.
3. Bring the mixture to a gentle simmer, then add the diced mangoes. Continue cooking uncovered until the chicken is fully cooked and the mangoes soften into the sauce, creating a naturally creamy texture while keeping small pieces of fruit throughout the curry.
4. Reduce the heat to low and stir gently for a few minutes until the sauce reaches a thick, silky consistency. Add the fresh lime juice and chopped cilantro, then taste the curry and adjust the seasoning, if needed. Allow the curry to rest for about five minutes before serving.

MEAL PATTERN CONTRIBUTION

-  Fruit
-  Meat/Meat Alternate

MEAL TYPE

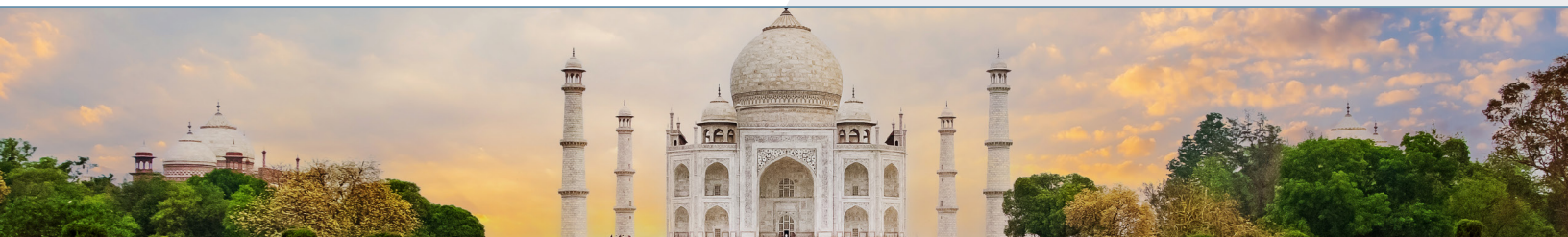


YIELD

6 Cups

PORTION SIZES

- Toddler:** ½ Cup
- Preschool:** 1 Cup
- School Age:** 1 Cup
- Adult:** 1½ Cups



INGREDIENTS

- 2 Tablespoons Plain Greek Yogurt (meets CACFP sugar limits)
- 1 Teaspoon Ginger (grated)
- 1 Teaspoon Garlic (minced)
- 1 Teaspoon Lime or Lemon Juice
- Salt (adjust to taste)
- ¼ Teaspoon Turmeric
- 1 Teaspoon Kashmiri Red Chili Powder or Paprika
- 1 Teaspoon Ground Coriander
- ½ Teaspoon Garam Masala
- ½ Teaspoon Chaat Masala
- 2 Teaspoons Olive Oil
- 10 Ounces Paneer (½-inch cubes)
- 4-6 Tablespoons Pizza or Marinara Sauce
- ¼ Cup Onion (sliced)
- ¼ Cup Green Bell Pepper
- 1 Cup Shredded Mozzarella
- 2 Tablespoons Cilantro (chopped)
- 4 Pre-Cooked Naan (at least 56 grams each; enriched or whole grain rich)

DIRECTIONS

1. Pre-heat the oven to 350°.
2. In a mixing bowl, combine all ingredients up to paneer and then add in the paneer cubes. Keep aside while you prepare onions and peppers for topping.
3. Toss the sliced onions and peppers with a pinch of salt, pepper and Kashmiri red chili powder (or paprika).
4. Spread about one tablespoon or more pizza or marinara sauce on the naan. Using a pastry brush or the back of a wide spoon, spread it evenly to coat the pizza, leaving about ½-inch from the edges. Adjust the sauce quantity to your liking.
5. Add shredded cheese evenly across all pizza bases.
6. Roughly section the paneer into 4 portions. Top each pizza base with marinated paneer, followed by sliced onions and peppers. Top with chopped cilantro.
7. Brush the edges with avocado (or olive) oil.
8. Place the naan pizzas on a parchment or aluminum lined baking sheet. Bake for 8-10 minutes, until the edges look crisp and cheese has melted.
9. Rest for 3-5 minutes, slice and enjoy!

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

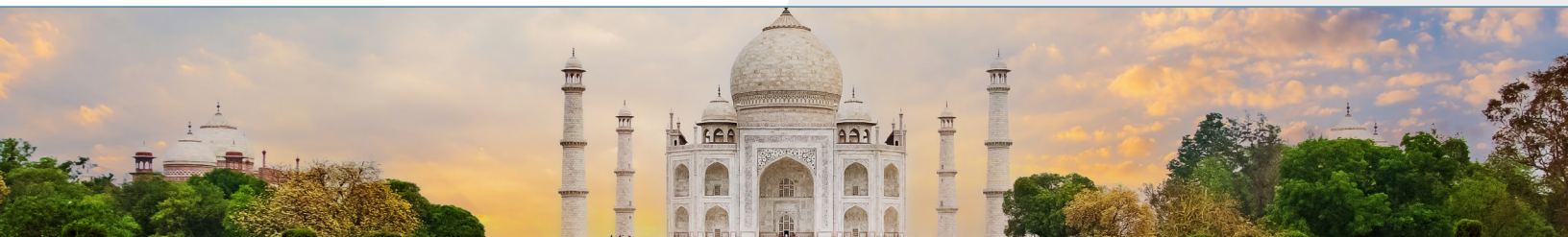
 Lunch/Supper

YIELD

4 Pizzas

PORTION SIZES

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



INGREDIENTS

- 1 Cup Oranges (diced)
- ½ Cup Apricots (diced)
- ½ Cup Peach (diced)
- ¾ Cup Strawberries (diced)
- ¾ Cup Cherries (quartered)
- 1¼ Cups Blueberries
- 2 Teaspoons Chaat Masala
- 2 Cups Bananas (sliced)
- 2 Tablespoons Fresh Mint Leaves (coarsely chopped)

DIRECTIONS

1. Place all fruit, except bananas, in a large bowl.
2. Add the chaat masala and toss gently to combine.
3. Let sit to macerate 5 to 10 minutes.
4. Add the bananas and mint to the bowl, and mix gently to combine.

MEAL PATTERN CONTRIBUTION



Fruit

MEAL TYPE



Snack

YIELD

6 Cups

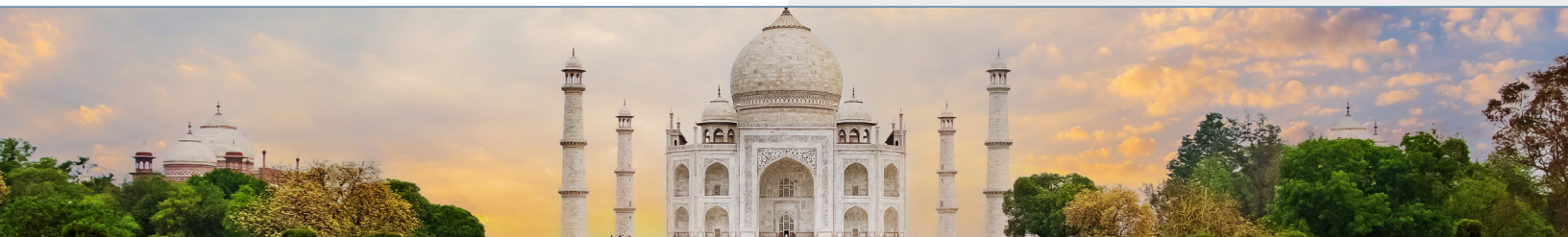
PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: 1½ Cup



INGREDIENTS

- 2 Cups Greek Yogurt
(meets CACFP sugar limits)
- 2 Cups Cucumbers (peeled,
seeded, and thinly sliced)
- 3 Tablespoons Lemon Juice
- 2 Tablespoons Fresh Mint
(chopped)
- ½ Teaspoon White Sugar
- ¼ Teaspoon Kosher Salt

DIRECTIONS

1. Stir yogurt, cucumber, lemon juice, mint, sugar and salt together in a bowl.
2. For best results cover and refrigerate the raita for a few hours, or preferably overnight.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

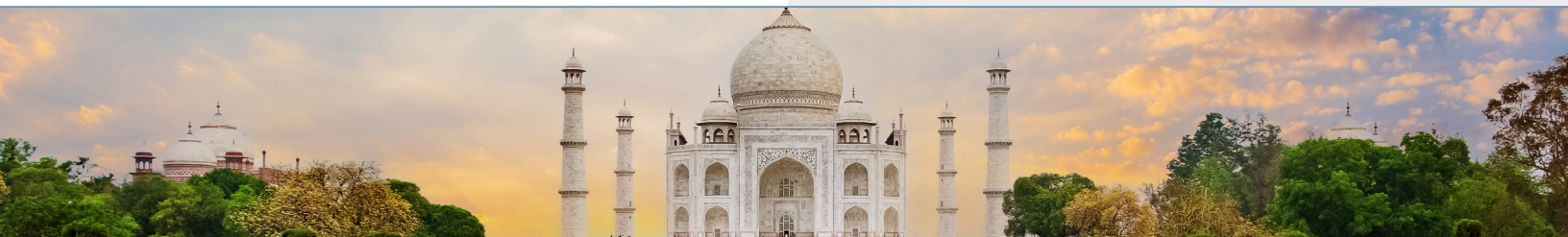
-  Snack

YIELD

3 Cups

PORTION SIZES

- Toddler:** 1 Cup
- Preschool:** 1 Cup
- School Age:** 1½ Cups
- Adult:** 1 Cup



INGREDIENTS

- 12 Cups Potatoes (cubed from about 20-24 medium potatoes)
- 2 Teaspoons Salt
- Water (as required)
- ¾ Cup Oil
- ¾ Cup Cumin Seeds (jeera)
- 4 Teaspoons Green Chillies (finely chopped)
- 2 Teaspoons Ground Turmeric
- 2 Teaspoons Red Chili Powder, Cayenne Pepper or Paprika
- Salt (to taste)
- 1 Cup Coriander Leaves (chopped)
- Lemon Juice (to taste)

DIRECTIONS

1. Scrub and rinse the potatoes very well in water.
2. Peel and chop the potatoes into small cubes. Add water enough to cover the potatoes. Sprinkle salt. Cover and simmer on a low to medium-low heat until the potatoes are fork tender. Drain all the water and set aside.
3. In a pan, heat oil on medium heat. Let the oil become hot.
4. Lower the heat and add cumin seeds and let them crackle in the oil taking care not to burn them. Stir them when they begin to crackle.
5. Now add chopped green chillies and mix very well.
6. Add the potato cubes and mix again.
7. Sprinkle turmeric powder, red chili powder and salt as desired. Mix thoroughly.
8. Saute the potatoes for 2 to 3 minutes on low to medium, stirring often.
9. Next, add 3 to 4 tablespoons lemon juice, per your preference.
10. Finish off with ¼ cup chopped coriander leaves.
11. Combine and mix thoroughly. Switch off the heat.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

12 Cups

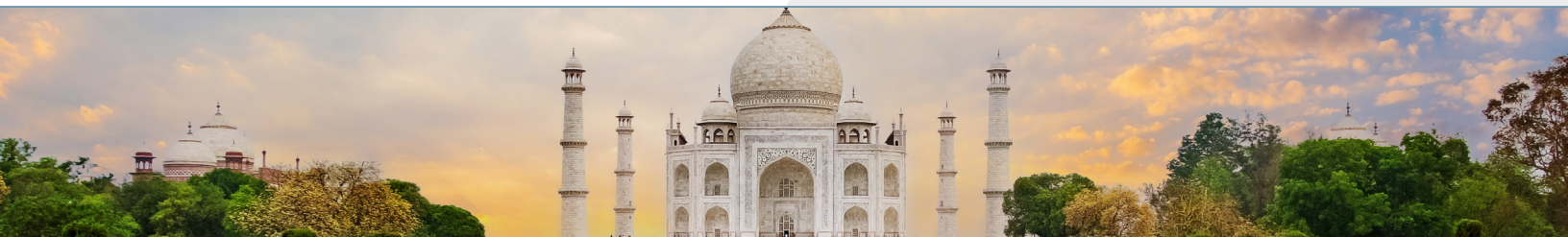
PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup



INGREDIENTS

- (6) 5"x5" Squares Frozen Puff Pastry (2.2 ounces each; enriched or whole grain rich; thawed)
- 1 Egg White (to brush for glaze)
- 1 Teaspoon Nigella seeds (Kalonji; optional)
- 1½ Cups Paneer or Cottage Cheese (mashed or cubed)
- 1 Tablespoon Ghee or Oil
- ½ Teaspoon Cumin Seeds (Jeera)
- ½ Cup Onion (diced)
- 1 Cup Tomato (diced)
- ½ Teaspoon Salt (adjust to taste)
- ¼ Teaspoon Ground Turmeric (Haldi powder)
- ½ Teaspoon Cayenne or Red Chili Powder (adjust to taste)
- ½ Teaspoon Garam Masala (adjust to taste)

DIRECTIONS

1. Remove the frozen puff pastry sheets from the freezer and let them thaw while you prepare the filling.
2. Heat oil in a pan and add cumin seeds to it. When the seeds start to change color in about 30 seconds, add the diced onions. Cook the onions for 3-4 minutes stirring frequently until they start to turn golden brown.
3. Add the chopped tomatoes. Cook them for 3-4 minutes, until they form a thick mixture with the onions.
4. Add the salt, turmeric, red chili powder and garam masala. Mix well.
5. Add the paneer and mix with the onion tomato masala. Cook for 3 minutes until the paneer becomes soft.
6. Preheat oven to 400°.
7. Spread the puff pastry squares on a parchment-lined baking sheet. Place the filling at the center of the puff pastry square. Make sure the paneer filling is at room temperature when filling in the puff pastry.
8. Gently fold it and pinch to the other side to make a triangle. All the edges should be closed. Use a fork to seal the edges well.
9. Beat the egg white. Brush the egg whites on the top side of the stuffed puff pastry. Sprinkle some nigella seeds.
10. Bake for 12-15 minutes until the paneer puff's are golden browned.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Snack

YIELD

6 Turnovers

PORTION SIZES

- Toddler:** ½ Turnover
- Preschool:** ½ Turnover
- School Age:** 1 Turnover
- Adult:** 1 Turnover