

INGREDIENTS

- 9 Cups Farmers Cheese*
(or Cottage Cheese)
- 3 Cups Sour Cream or
Creme Fraiche
- Granulated Sugar (for sprinkling)

DIRECTIONS

1. Place the farmers cheese (or cottage cheese) in a shallow bowl or on a plate based on the portion sizes below. Using a fork or a small spoon break it up and spread it out onto the surface of the plate.
2. Spoon the sour cream all over the farmers cheese (or cottage cheese). Use about $\frac{1}{3}$ the amount you used for the farmers/cottage cheese, or to taste.
3. Sprinkle with sugar.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

12 Cups

PORTION SIZES

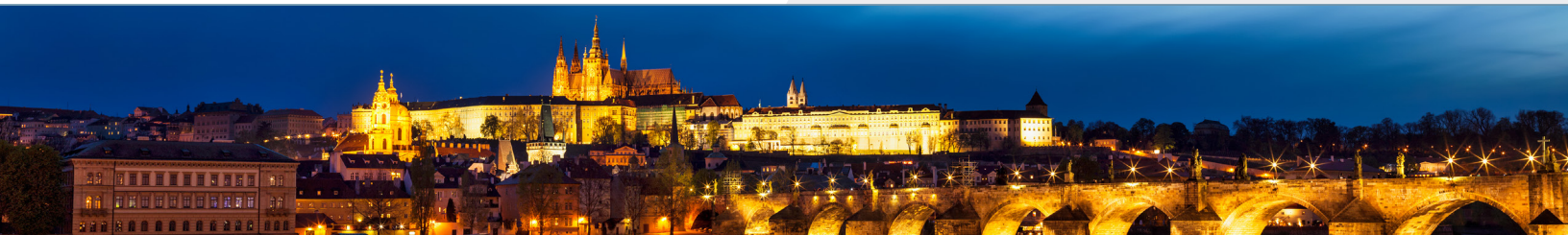
Toddler: $\frac{1}{8}$ Cup Farmers or Cottage Cheese

Preschool: $\frac{1}{8}$ Cup Farmers or Cottage Cheese

School Age: $\frac{1}{4}$ Cup Farmers or Cottage Cheese

Adult: $\frac{1}{2}$ Cup Farmers or Cottage Cheese

**Be sure that the product label does not include the words "cream cheese", "cheese product" or "imitation cheese".*



INGREDIENTS

- 1½ Cups All-Purpose Flour (enriched or whole grain rich)
- 2 Teaspoons Baking Powder
- 3 Tablespoons White Sugar
- 1 Teaspoon Ground Cinnamon
- 1 Teaspoon Vanilla Extract
- ¾ Cup + 1 Tablespoon Whole Milk
- 1 Large Egg
- 2 Cups Apples (coarsely grated)
- Oil for Cooking

DIRECTIONS

1. In a large mixing bowl, combine flour, cinnamon and baking powder.
2. In a separate bowl, whisk the eggs and sugar, until the sugar dissolves. Add the milk and mix to combine.
3. Make a well in the middle of the dry ingredients and pour in the wet ingredients. Gently mix the pancake batter until combined.
4. Carefully stir in the grated apples.
5. Heat oil in a large non-stick frying pan.
6. Add ¼ cup of pancake batter into the pan and fry for around 2-3 minutes. When you start seeing bubbles coming up to the surface, flip the pancakes and continue cooking for another minute.
7. Repeat with the rest of the batter.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

10 Pancakes

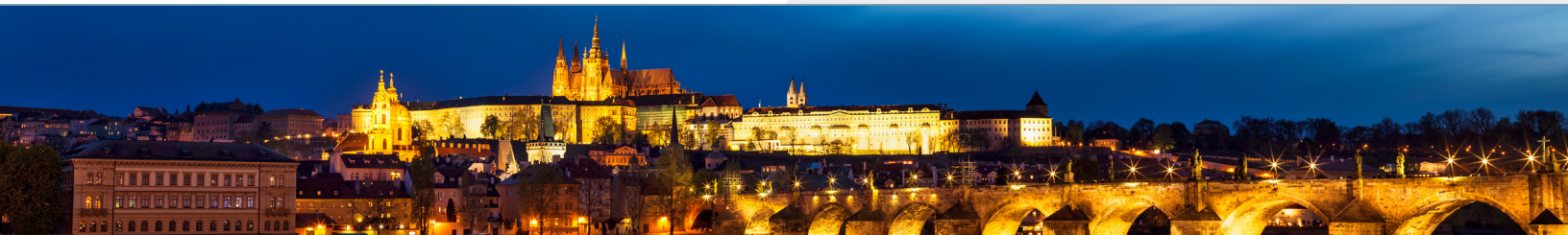
PORTION SIZES

Toddler: ½ Pancake

Preschool: ½ Pancake

School Age: 1 Pancake

Adult: 2 Pancakes



INGREDIENTS

- 1 Cup Onion (chopped)
- 1 Pound Pork Sausage, fresh or frozen
- 1 Cup Red Bell Pepper (chopped)
- 1 Cup Green Bell Pepper (chopped)
- 2 Tablespoons Butter
- 2 Cups Cooked Potatoes (sliced)
- 6 Large Eggs (beaten)
- Salt and Pepper (to taste)
- ½ Cup Grated Cheese

DIRECTIONS

1. Heat oven to 350°.
2. If using fresh Polish sausage, remove the meat from the casings and place in a large cast-iron or ovenproof skillet. Add the onion and peppers and cook until the sausage is cooked thoroughly and the vegetables are tender.
3. If using smoked sausage, cut into ¼-inch-thick slices, place in skillet with onion, peppers, and ¼ cup water, and steam, covered, until vegetables are cooked. Remove cover and let any accumulated water evaporate. Add 2 tablespoons of butter.
4. Add potatoes into the skillet and heat through. Add the eggs and scramble on low, stirring constantly, until eggs are done to your taste. Adjust seasonings.
5. Sprinkle cheese on top, completely covering the surface, and place skillet in the oven until cheese is melted and bubbly. Serve hot.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

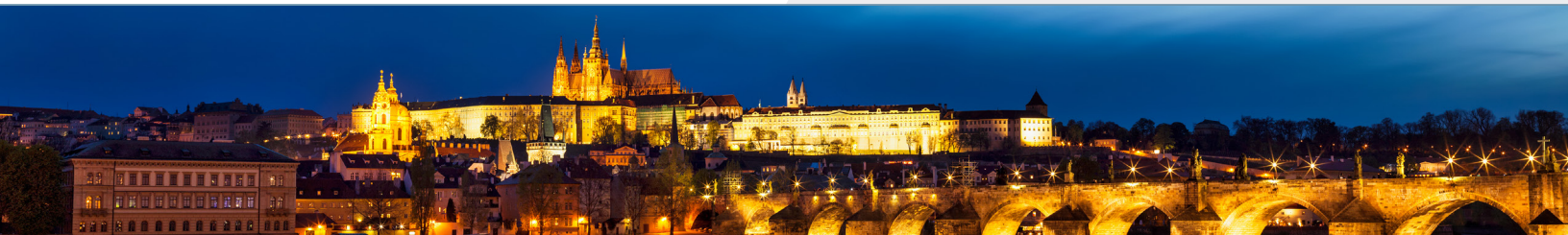
 Breakfast

YIELD

7 Cups

PORTION SIZES

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



INGREDIENTS

- 12 Slices (½ ounce each) Ham, Mild Cured, Ready-to-cook, chilled or frozen
- 12 Eggs
- 2 Tablespoons Unsalted butter
- ¼ Cup Spring Onion (chopped)
- 1 Teaspoon Black Pepper
- Salt (to taste)

DIRECTIONS

1. Heat butter in a pan over medium heat. Once melted, add in ham. Cook, flipping once for even cooking.
2. Crack eggs onto the ham without breaking the yolks. Reduce heat and cook until the eggs firm up, keeping the yolks slightly runny, about 5-8 minutes.
3. Season with salt and ground black pepper.
4. Transfer the Hemenex to a plate and garnish with spring onion.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

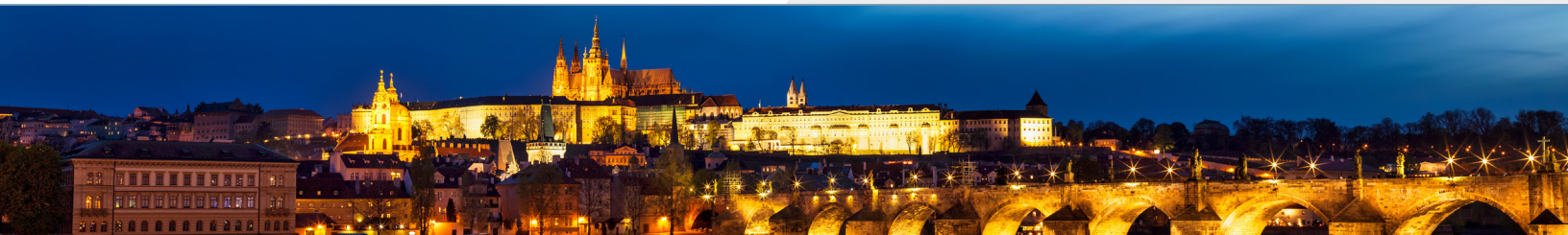
 Breakfast

YIELD

12 Hemenex Slices

PORTION SIZES

Toddler: ½ Hemenex Slice
Preschool: ½ Hemenex Slice
School Age: ½ Hemenex Slice
Adult: 1 Hemenex Slice



INGREDIENTS

- 1½ Pounds Chicken Thighs (boneless, skinless; cut into chunks)
- 1 Tablespoon Paprika
- 1½ Pounds Potatoes (cubed)
- ½ Cup Onion (chopped)
- 2 Tablespoons Olive Oil
- 1 Tablespoon Garlic (minced)
- ½ Cup Unsalted Chicken Broth
- ½ Tablespoon All-Purpose Flour (enriched or whole grain rich)
- 4 Tablespoons Heavy Cream
- ½ Teaspoon Thyme
- 1 Teaspoon Cajun Seasoning
- 1 Teaspoon Dried Oregano
- ½ Teaspoon Salt
- ½ Teaspoon Black Pepper
- ¼ Teaspoon Chili Powder
- ¼ Cup Cilantro (finely chopped)

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

DIRECTIONS

1. Boil the potatoes until tender, about 20 minutes.
2. Meanwhile, prepare a hot pan over medium heat. Add olive oil, garlic, onion, and thyme. Stir for 1 minute to caramelize.
3. Add flour to the caramelized garlic and onion. Stir for 30 seconds.
4. Add chicken thighs and sauté for 5 minutes.
5. Add paprika, Cajun seasoning, dried oregano, salt, ground black pepper, and chili powder. Stir for 2 minutes to combine.
6. Add chicken broth and heavy cream. Let the chicken cook over low heat for 10 minutes.
7. Mash the potatoes.
8. Sprinkle chicken with cilantro.
9. Serve the chicken in the sauce with the mashed potatoes.

MEAL TYPE

 Lunch/Supper

YIELD

5 Cups Paprika Chicken +
3 Cups Mashed Potatoes

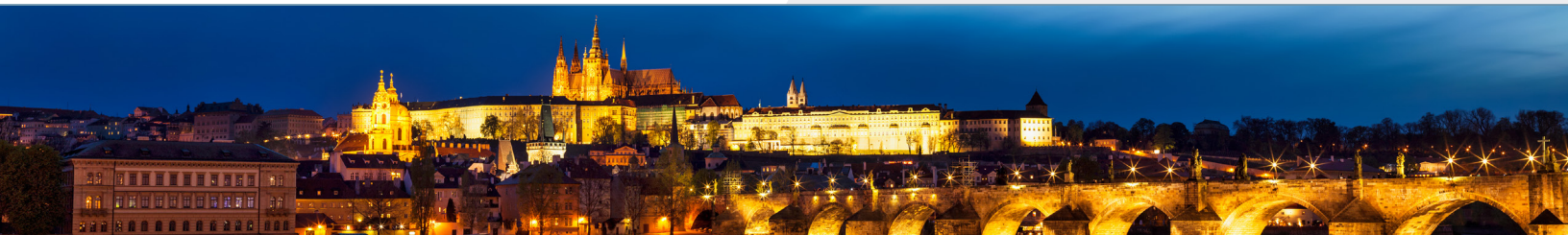
PORTION SIZES

Toddler: ½ Cup Chicken +
⅛ Cup Potatoes

Preschool: ½ Cup Chicken +
¼ Cup Potatoes

School Age: ¾ Cup Chicken +
½ Cup Potatoes

Adult: ¾ Cup Chicken +
½ Cup Potatoes



INGREDIENTS

- 2 Pounds Potatoes
- 4 Hard-Boiled Eggs
- 4 Pickles
- ½ Cup Onion (chopped)
- ½ Cup Mayonnaise
- 3 Tablespoons Fresh Dill or Parsley (chopped)
- 2 Teaspoons Garlic (minced)
- ¼ Teaspoon Salt
- ¼ Teaspoon Ground Pepper

DIRECTIONS

1. Wash potatoes and boil in salted water. Let cool.
2. Boil eggs. Let cool.
3. Dice potatoes (about ½ inch cubes), peeling excess skin off and leaving some of the skin on.
4. Peel and dice eggs.
5. Dice pickles and mince the onion.
6. Place all in a large mixing bowl.
7. Add remaining dressing ingredients. Mix well.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

8 Cups

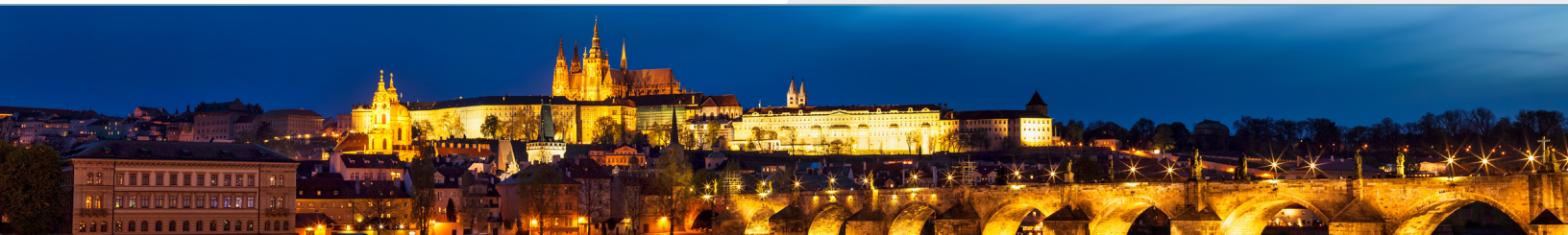
PORTION SIZES

Toddler: ¼ Cup

Preschool: ½ Cup

School Age: 1 Cup

Adult: 1 Cup



INGREDIENTS

- 1 Tablespoon Olive Oil
- 1 Cup Onion (diced)
- 1 Cup Carrots (coarsely grated)
- 4 Teaspoons Garlic (minced)
- 1 Pound Beets (peeled and cut into ½-inch chunks)
- ¾ Pound Potatoes (peeled and cut in ½-inch chunks)
- 1½ Cups Cabbage (sliced into thin shreds)
- 7 Cups Beef, Chicken or Vegetable Broth
- 1 Tablespoon Tomato Paste (optional)
- 1 Tablespoon Lemon Juice or White Vinegar
- 1 Teaspoon Sea Salt (to taste)
- ¼ Teaspoon Pepper (to taste)
- Sour Cream (optional)
- Fresh Dill (optional)

DIRECTIONS

1. Heat the olive oil in a Dutch oven or pot over medium heat. Add the onions and carrots. Saute for 5-8 minutes, until the onions are translucent and starting to brown.
2. Add the garlic. Saute for about 1 minute, until fragrant.
3. Add the beets, potatoes, cabbage, broth and tomato paste (if using). Stir to combine.
4. Bring the soup to a boil. Reduce heat and simmer for about 10 minutes, until the potatoes are tender.
5. Stir in the lemon juice. Season with salt and pepper to taste.
6. Serve with sour cream and fresh dill, if desired.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

9 Cups

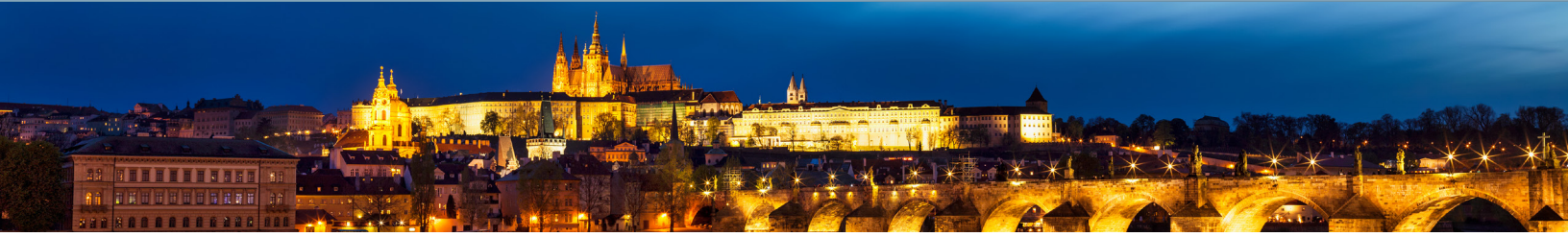
PORTION SIZES

Toddler: ¼ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ¾ Cup



INGREDIENTS

- 2 Pounds Head Green Cabbage
- 1 Cup Long Grain White Rice (enriched or whole grain rich; uncooked)
- 1 Pound Ground Turkey Breast, Raw (no more than 15% fat)
- ½ Pound Ground Beef (no more than 20% fat)
- 2 Cups Onion (diced)
- 3 Teaspoons Garlic (minced)
- ½ Teaspoon Dried Dill
- 3 Tablespoons Fresh Parsley (chopped)
- Salt and Pepper (to taste)
- 14½ Ounce Can Diced Tomatoes (with juices)
- 1 Egg
- 15 Ounce Can Tomato Sauce (divided)
- 10¾ Ounce Can Condensed Tomato Soup

DIRECTIONS

1. Boil cabbage leaves for about 2 minutes or until soft. Set aside.
2. Preheat oven to 350°.
3. Cook rice according to package directions but reduce cooking time by 5 minutes so the rice is slightly underdone. Set aside.
4. Cook turkey, beef, onions, garlic and seasonings in a pan until no pink remains. Drain any fat.
5. Add in rice, diced tomatoes and ⅓ cup of tomato sauce. Stir in egg.
6. Mix the remaining tomato sauce and tomato soup in a bowl. Spread a very thin layer of the tomato sauce mixture in a 9x13 pan.
7. Remove or thin any thick stem on cabbage leaves. Lay the cabbage leaf flat and add ½ cup filling to the center of the leaf. Fold in the sides and roll the cabbage up. Place seam side down in the pan. Repeat with remaining cabbage.
8. Pour sauce over the cabbage and cover tightly with foil.
9. Bake for 75-90 minutes. Let cool for 15 minutes before serving.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE



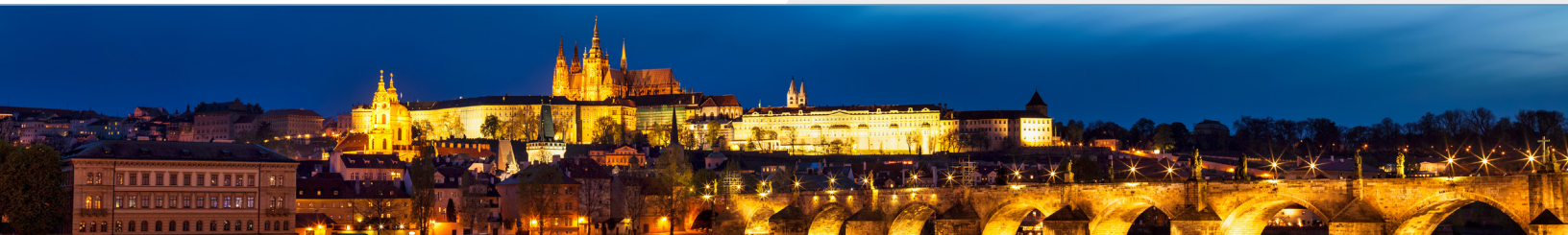
Lunch/Supper

YIELD

18 Rolls

PORTION SIZES

- Toddler:** 1 Roll
- Preschool:** 1½ Rolls
- School Age:** 2 Rolls
- Adult:** 2 Rolls



INGREDIENTS

- 8 Slices French Bread (enriched or whole grain rich; at least 28 grams each)
- 2 Cups Mushrooms (chopped)
- 2 Cups Red Onions (thinly sliced)
- 1 Cup Bell Pepper (thinly sliced)
- 2 Tablespoons Olive Oil
- 1 Tablespoon Crushed Red Pepper (optional)
- Salt (to taste)
- 1½ Cups Shredded Cheese
- Ketchup (to serve)

DIRECTIONS

1. Preheat the oven to 375° and layer a large baking sheet with parchment.
2. In a cast iron pan, heat the oil.
3. Add the onions, bell pepper and mushrooms along with salt and crushed red pepper (if using) and saute them on medium heat until they are lightly caramelized.
4. Divide the vegetable filling evenly over the bread slices and then add an equal layer of cheese on top of each.
5. Place them on the prepared baking sheet and bake until the cheese melts, about 5 minutes per batch.
6. Remove from the oven, top with ketchup (if using) and serve.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

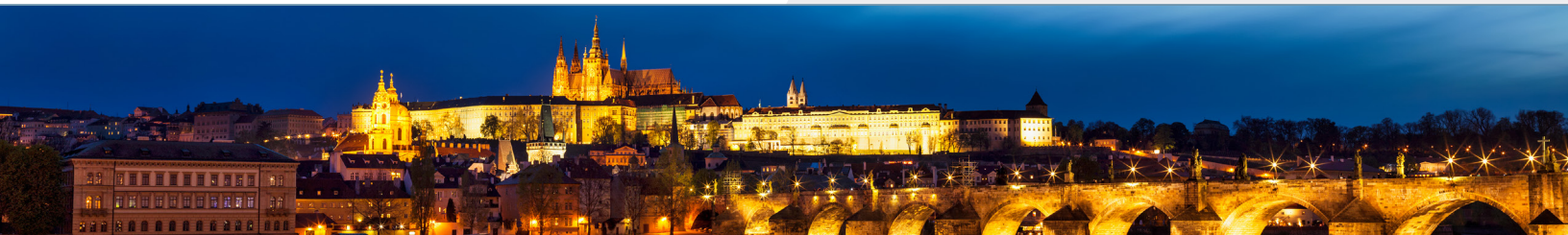
-  Snack

YIELD

8 Sandwiches

PORTION SIZES

- Toddler:** 1 Sandwich
- Preschool:** 1 Sandwich
- School Age:** 1½ Sandwiches
- Adult:** 1½ Sandwiches



INGREDIENTS

- 2 Pounds Radishes (trimmed)
- 2 Pounds Cucumbers
- 1 Cup Sour Cream
- 3 Tablespoons Fresh Dill (chopped)
- 3 Tablespoons Fresh Chives (chopped)
- 2 Tablespoons Olive Oil
- 2 Tablespoons Lemon Juice
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Sea Salt
- ½ Teaspoon Black Pepper

DIRECTIONS

1. Slice the radishes and cucumbers thinly. Using a mandolin works best for very thin slices.
2. In a large bowl, whisk together the sour cream, dill, chives, olive oil, lemon juice and garlic powder. Season with sea salt and black pepper to taste.
3. Add the cucumbers and radishes. Fold together to combine.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

12 Cups

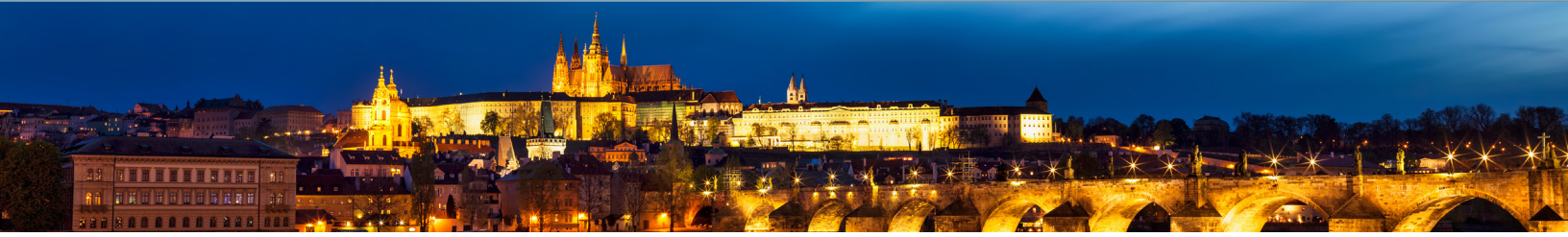
PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup



INGREDIENTS

- 3 Pounds Sauerkraut
- 1½ Cups Carrot (shredded)
- 3 Cups Apple (chopped)
- 1½ Cups Onion (minced)
- 3 Tablespoon Parsley
- 6 Tablespoons Olive Oil
- 3 Tablespoons Sugar
- Salt and Pepper (to taste)

DIRECTIONS

1. Strain liquid from the sauerkraut.
2. Add carrot, apple, onion and parsley to your sauerkraut in a large bowl. Stir in olive oil and sprinkle with sugar, salt and pepper. Mix thoroughly.
3. Refrigerate for 30 minutes.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

9 Cups

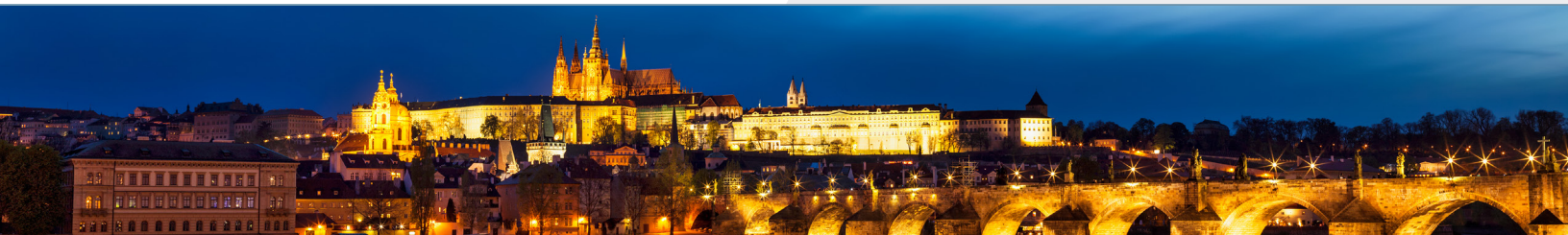
PORTION SIZES

Toddler: ¾ Cup

Preschool: ¾ Cup

School Age: 1 Cup

Adult: ¾ Cup



INGREDIENTS

- 10 Peaches, fresh Size 80, Whole
- 4 Tablespoons Butter (melted)
- 6 Tablespoons Balsamic Vinegar (with brown sugar) or Balsamic Glaze
- Cinnamon (optional for dusting)

DIRECTIONS

1. Place a heavy skillet or grill pan over medium-high heat or preheat the gas grill to medium heat.
2. Halve the peaches and remove the pits. Brush the cut side of each peach half with melted butter to prevent sticking.
3. Place peach halves face-down in the hot pan or on the grill. Grill for about 3-4 minutes, pressing down gently with the back of a spoon to ensure they make good contact with the surface.
4. Flip the peaches and grill for an additional 2-3 minutes, or until they are tender and have developed nice grill marks.
5. While the peaches are grilling, prepare the balsamic glaze (if not using store-bought).
6. Combine balsamic vinegar with a touch of brown sugar in a small saucepan and simmer over low heat until it thickens to a syrupy consistency.
7. Drizzle the peaches with about 1 teaspoon of the glaze, letting it pool in the center of each peach half. Serve immediately.

MEAL PATTERN CONTRIBUTION



Fruit

MEAL TYPE



Snack

YIELD

20 Peach Halves

PORTION SIZES

Toddler:	2 Peach Halves
Preschool:	2 Peach Halves
School Age:	3 Peach Halves
Adult:	2 Peach Halves