

INGREDIENTS

- 6 Tablespoons Butter
- 1 Cup Wild Onions or Green Onions (chopped)
- 12 Eggs
- 3 Teaspoons Milk
- Salt and Pepper (to taste)

DIRECTIONS

1. Melt the butter in a non-stick skillet over medium heat until it's just starting to bubble.
2. Toss in the chopped onions and sauté for about 2 minutes, until they're soft and fragrant.
3. While the onions cook, whisk the eggs with a splash of milk, salt and pepper in a bowl.
4. Pour the egg mixture over the onions in the skillet. Let it sit for a few seconds before stirring to get fluffy eggs.
5. Gently stir the eggs with a spatula, folding them over the onions until they're just set—about 3 minutes.
6. Remove from heat when the eggs are softly scrambled.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

4 Cups

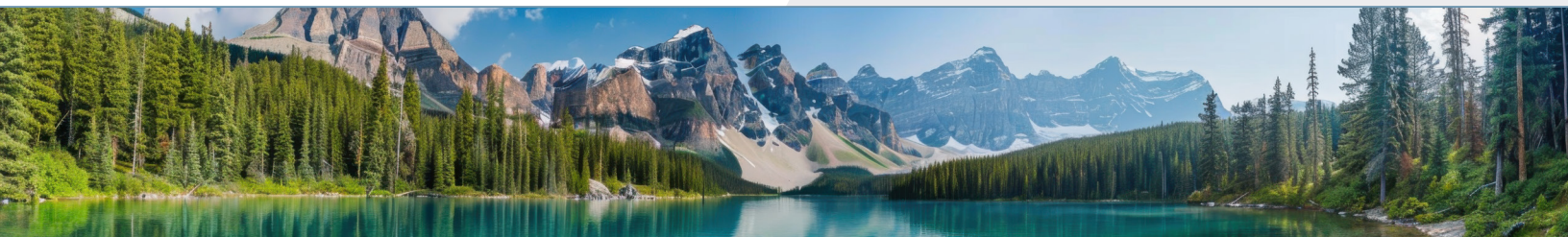
PORTION SIZES

Toddler: 1/8 Cup

Preschool: 1/8 Cup

School Age: 1/8 Cup

Adult: 1/4 Cup



INGREDIENTS

- 6 Cups Milk
- ½ Cup Chia Seeds
- 1½ Cups Peanut Butter
- ¾ Cup Maple Syrup
- 6 Cups Rolled Oats
- 6 Cups Banana, Strawberries or Raspberries (sliced)

DIRECTIONS

1. In a large bowl, add milk, chia seeds, peanut butter and maple syrup and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the milk.
2. Add oats and stir a few more times. Press down with a spoon to ensure all oats have been moistened and are immersed in milk.
3. Separate 1 cup of the mixture equally into 14 mason jars or bowls.
4. Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to soak.
5. Add fruit topping per portion sizes below and enjoy.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

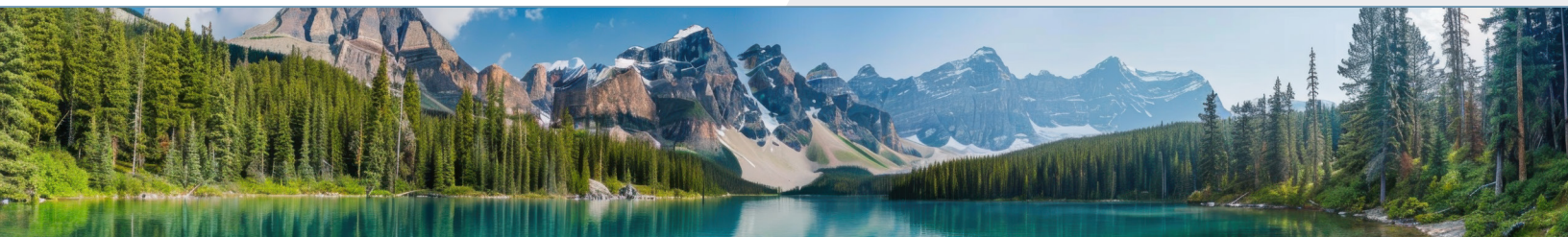
 Breakfast

YIELD

14 Cups

PORTION SIZES

Toddler:	½ Cup + ¼ Cup Fruit
Preschool:	½ Cup + ½ Cup Fruit
School Age:	¾ Cup + ½ Cup Fruit
Adult:	1½ Cups + ½ Cup Fruit



INGREDIENTS

- 6 Cups Avocados
- 12 Slices Sourdough Bread (enriched or whole grain rich; at least 28 grams each)
- 6 Cloves Garlic (optional; cut in half with skin on)
- Salt and Pepper (to taste)
- Extra Virgin Olive Oil (to drizzle)

DIRECTIONS

1. Cut the avocados in half and remove the pits.
2. Scoop out the avocado flesh with a spoon and add it to a medium bowl. Use a fork to mash, leaving some small chunks.
3. Toast the bread to your liking.
4. While the toast is still hot, lightly rub the surface with the cut side of the fresh garlic clove (optional).
5. Divide the mashed avocado equally over the sourdough slices, sprinkle with salt and pepper and drizzle with olive oil.
6. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

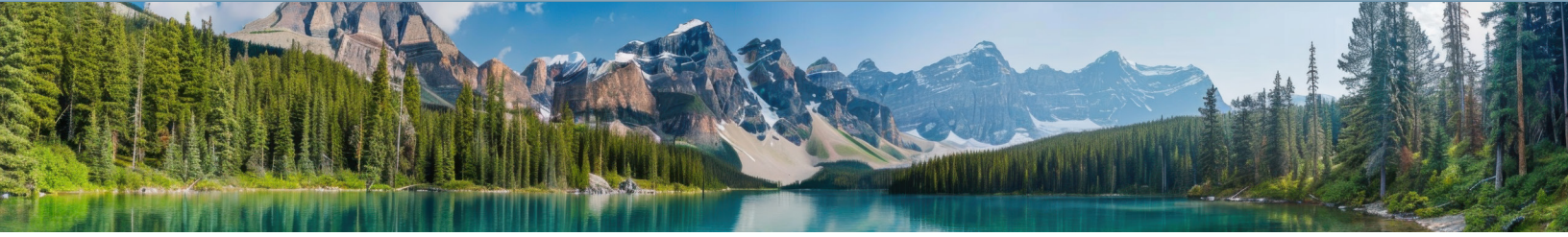
-  Breakfast

YIELD

12 Toasts

PORTION SIZES

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



INGREDIENTS

- 8 Eggs
- 8 Slices Cooked Bacon
- 8 Croissants (enriched or whole grain rich; at least 34 grams each)
- 1 Cup Avocado (sliced)
- 8 Slices (1 ounce each) Pepperjack Cheese
- 1 Cup Ketchup

DIRECTIONS

1. Toast your croissants for a few minutes in a 350° oven, cut side down on a cooking sheet. You can also do this in the toaster if your croissants fit in there.
2. Once the croissants are toasted and all other ingredients are ready, cook your eggs.
3. Assemble sandwiches immediately, while eggs are still warm. Add a layer of tomato sauce, eggs, cheese, bacon, and guacamole on top.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

8 Sandwiches

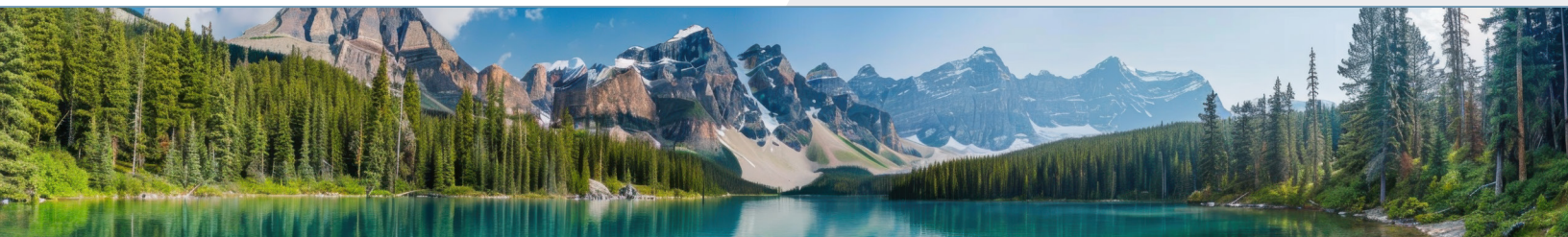
PORTION SIZES

Toddler: ½ Sandwich

Preschool: ½ Sandwich

School Age: 1 Sandwich

Adult: 1 Sandwich



INGREDIENTS

- 2 Cups Corn
- 2 Cups Butternut squash (diced)
- 2 Cups Canned Beans (drained)
- 4 Cups Vegetable Broth
- 1 Cup Onion (chopped)
- 3 Teaspoons Garlic (minced)
- 1 Teaspoon Cumin
- 1 Teaspoon Paprika
- 2 Tablespoons Olive oil

DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Add chopped onion and minced garlic, sautéing for about 5 minutes until the onion is translucent and fragrant.
2. Once the onions are soft, stir in diced squash and corn. Continue to cook for another 5 minutes.
3. Add beans and vegetable broth. Bring to a boil, then reduce to a simmer and cover for about 5 minutes.
4. Add in cumin and paprika. Cover and let simmer for 20-30 minutes.
5. Serve hot.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

11 Cups

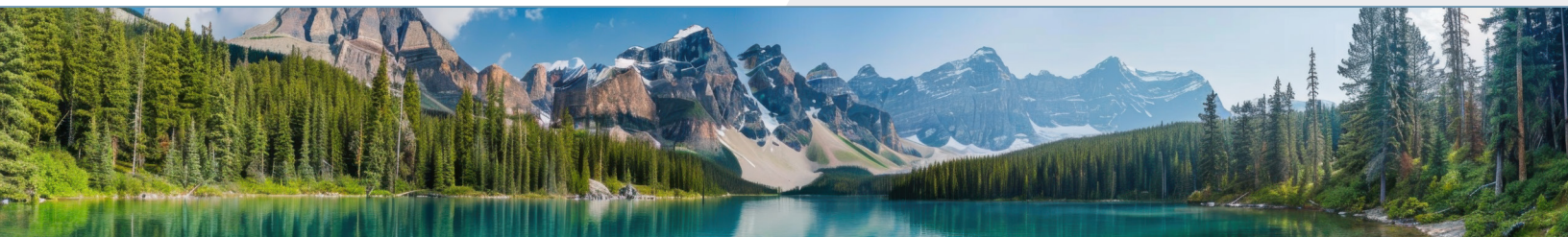
PORTION SIZES

Toddler: ¼ Cup

Preschool: ½ Cup

School Age: 1 Cup

Adult: 1 Cup



INGREDIENTS

- 1 Cup Wild Rice (rinsed)
- 4 Cups Water
- 1¼ Teaspoons Salt (divided)
- ½ Teaspoon Orange Zest
- ¼ Cup Fresh Orange Juice
- 2 Tablespoons Olive Oil
- 3 Tablespoons Apple Cider Vinegar
- 2 Tablespoons Honey
- 1 Teaspoon Dijon Mustard
- ¼ Teaspoon Black Pepper
- 1 Cup Toasted Pecans (chopped)
- ½ Cup Dried Cranberries
- ¼ Cup Fresh Parsley (chopped)
- ¼ Cup Celery Ribs (diced)
- 1 Cup Apple (diced)
- ¼ Cup Roasted Pumpkin Seeds
- ¼ Cup Green Onions (thinly sliced)

DIRECTIONS

1. In a medium saucepan, combine the rice, ¾ teaspoon of salt and water. Bring to a boil, then turn the heat down to low. Cover and simmer for 50 minutes, then remove the pot from the heat but keep the lid on for an additional 10 minutes. Remove the lid and make sure the rice is tender, with most of the grains split open. Transfer the rice to a fine-mesh strainer to drain any excess water. Let cool.
2. In a large bowl, whisk together the orange zest, orange juice, olive oil, vinegar, honey, mustard, pepper and remaining ½ teaspoon of salt.
3. Add the cooled rice, pecans, dried cranberries, parsley, celery, apple, pepitas and scallions. Taste and adjust the seasoning, if desired.
4. Serve cold or at room temperature. Store leftovers in an airtight container in the fridge for up to 3 days.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

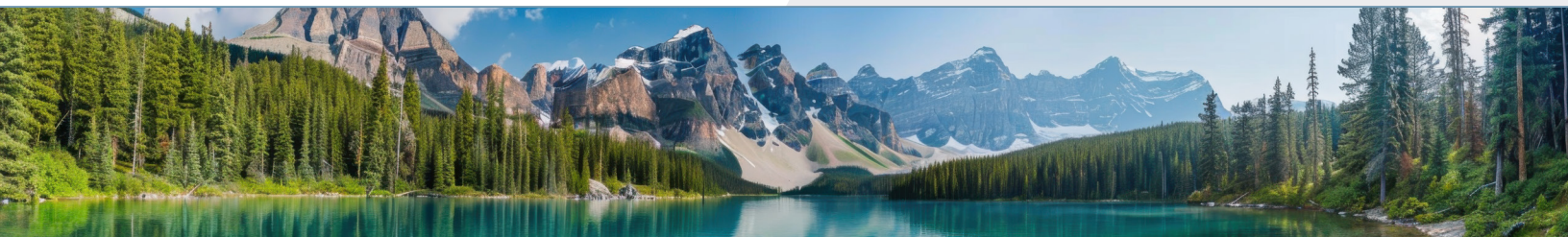
-  Lunch/Supper

YIELD

7 Cups

PORTION SIZES

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



INGREDIENTS

- 4 Pounds Beef Chuck Roast, fresh or frozen, without bone, practically-free-of-fat
- ¼ Cup All-Purpose Flour (enriched or whole grain rich)
- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- 2 Tablespoons Olive Oil
- 1 Tablespoon Butter
- 2 Cups Onion (cut into chunks)
- 1 Cup Dry Red Wine
- 2 Cups Beef Broth
- 2 Tablespoons Tomato Paste
- 2 Tablespoons Worcestershire Sauce
- 1 Teaspoon Dried Rosemary
- 1 Tablespoon Garlic Powder
- 4 Cups Carrots (peeled and chopped into 2-inch pieces)
- 2 Cups Potatoes (cut into cubes)

DIRECTIONS

1. Preheat oven to 275°.
2. Dry the chuck roast with a paper towel. On a shallow plate combine the flour, salt and black pepper. Dredge the chuck roast on all sides into the flour mixture.
3. In a large Dutch oven, heat the olive oil and butter on high heat (not smoking). Sear all sides of the chuck roast until browned, approximately 3-4 minutes per side. Transfer the beef to a plate.
4. Reduce to medium-high heat. Add onions and saute for 2 minutes. Add wine and de-glaze the pan by scraping the brown bits on the bottom of the pan with a flat wooden spoon. Cook to reduce the wine by half.
5. Add broth, tomato paste, Worcestershire sauce, rosemary, and garlic. Stir to combine. Add the seared meat, and its accumulated juices, back to the pan.
6. Cover and put in the oven for 90 minutes.
7. Remove the pot from the oven. The beef should be beginning to become fork tender.
8. Add the carrots and potatoes, stirring lightly, to combine and coat in liquid. Cover pot and return to the oven.
9. Cook until the pot roast is easily shredded and the potatoes are fork-tender.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

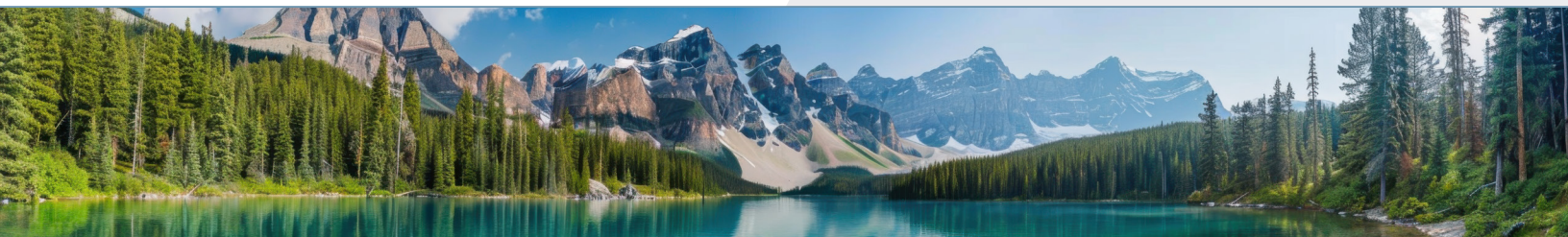


YIELD

16 Cups

PORTION SIZES

- Toddler:** ½ Cup
- Preschool:** ¾ Cup
- School Age:** 1 Cup
- Adult:** 1 Cup



INGREDIENTS

- 6 Tablespoons Onion (finely chopped)
- 6 Tablespoons Ketchup
- 3 Teaspoon Garlic (minced)
- 3 Teaspoon Sugar
- 3 Teaspoon Worcestershire Sauce
- 3 Teaspoon Steak Sauce
- ¾ Teaspoon Cider Vinegar
- 3 Pounds Ground Beef (no more than 20% fat)
- 12 Slices Sharp Cheddar Cheese (½ ounce each)
- 12 Burger Buns (enriched or whole grain-rich; at least 56 grams each; toasted)
- 24 Cooked Bacon Strips*
- Lettuce, Tomato, Onion and Pickle (optional)

DIRECTIONS

1. In a large bowl, combine the first seven ingredients. Crumble beef over mixture and mix well. Shape into four patties.
2. Grill burgers, covered, over medium heat or broil 3 inches from the heat for 4-7 minutes on each side or until a thermometer reads 160° and juices run clear.
3. Top with cheese. Grill 1 minute longer or until cheese is melted.
4. Serve on buns with bacon and toppings of your choice.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

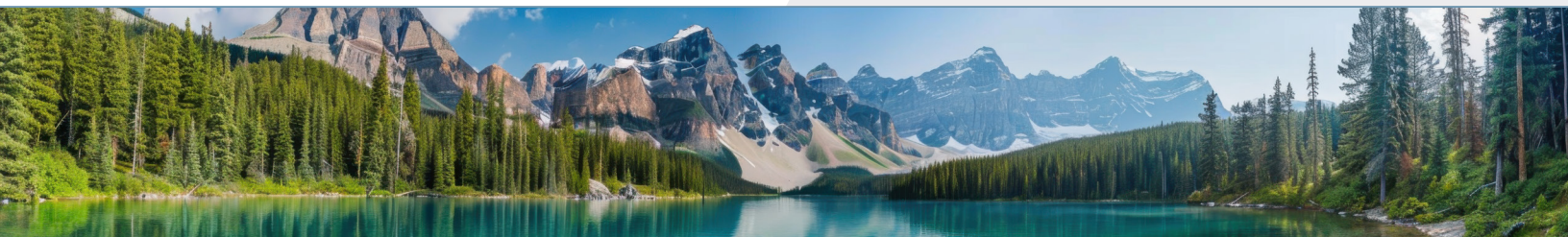
YIELD

12 Burgers

PORTION SIZES

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

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



INGREDIENTS

- (6) ½ Pound Each Acorn Squash (halved vertically and seeded)
- 4 Tablespoons Olive Oil
- 4 Tablespoons Maple Syrup
- 2 Teaspoons Kosher Salt

DIRECTIONS

1. Preheat the oven to 425° and arrange the oven rack to the high position that still allows the squash to fit. Line a large baking sheet with parchment paper for easy cleanup.
2. Cut each acorn squash in half from stem to tip. Scoop out the seeds and strings with a spoon.
3. Place the squash halves on the baking sheet, cut side up. Drizzle with olive oil and maple syrup then brush with a basting brush for even coating. Sprinkle with salt.
4. Roast until the squash is fork-tender and golden brown around the edges, 35-45 minutes. Tent loosely with foil if edges brown too fast.
5. Serve warm.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

12 Halves

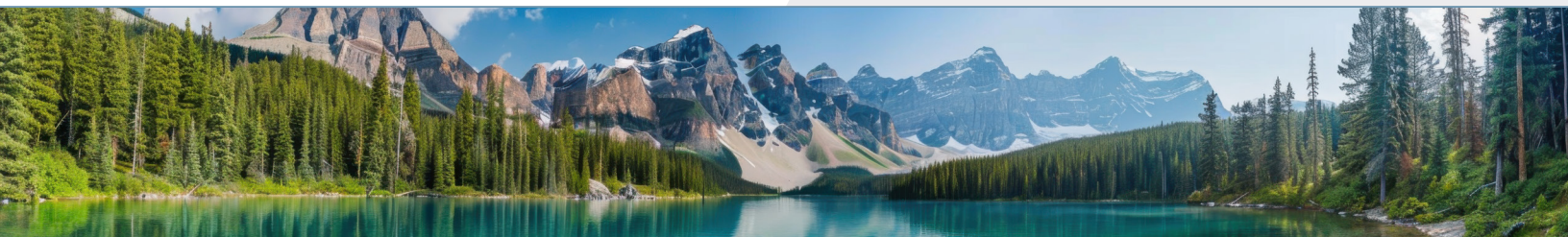
PORTION SIZES

Toddler: 2 Halves

Preschool: 2 Halves

School Age: 3 Halves

Adult: 2 Halves



INGREDIENTS

- 3 Pieces Bacon*
- 1 Cup Sweet Onion
(chopped into ½ inch pieces)
- 4 Teaspoons Garlic (minced)
- 1 Cup Fresh Okra (chopped)
- 1½ Cups Yellow Squash
(chopped into ½ inch pieces)
- 1 Cup Lima Beans
- 2 Cups Corn
- ½ Cup Tomato (chopped small)
- 1 Teaspoon Paprika
- Salt and Pepper (to taste)

DIRECTIONS

1. Heat a large cast iron skillet over medium heat. Once hot, add bacon. Cook until crispy, about 8 minutes, turning over after 5 minutes. Transfer bacon to paper towels. Once cooled, crumble into small pieces. Set aside.
2. With about 2 tablespoons of bacon grease in the skillet (drain excess), add in onion, garlic, okra and squash. Season with salt and pepper. Cook until onion is soft, about 6 minutes.
3. Next, add in lima beans and corn. Add paprika and season again with salt and pepper. Stir and cook for several minutes.
4. Add in your tomato and stir. Cook for another minute, taste, and adjust seasoning if needed.
5. Stir in your bacon bits and serve.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

7 Cups

PORTION SIZES

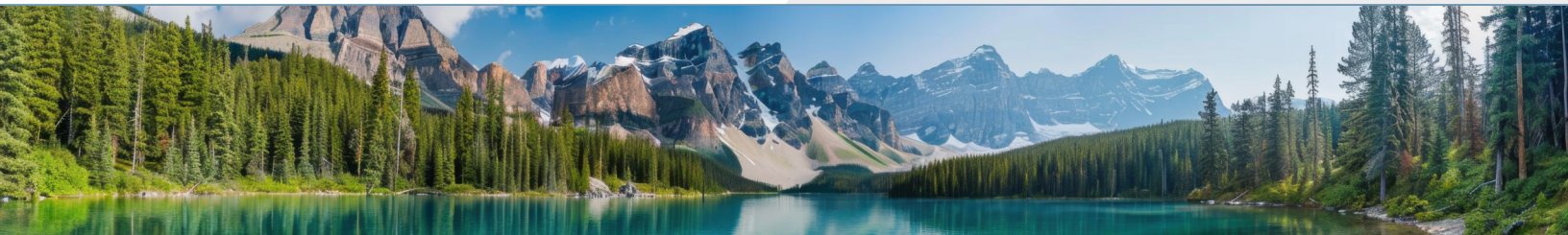
Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: 1½ Cup

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



INGREDIENTS

- 8 Ears Corn On The Cob, husked, medium size, 5 to 6-inch length
- 4 Tablespoons Butter (melted)
- Fresh Parsley, Cilantro or Basil (finely chopped)
- Olive Oil
- Salt and Pepper (to taste)

DIRECTIONS

1. Preheat your grill to medium-high, about 400° or your oven to 425°.
2. Peel back the corn husks but leave them attached at the base. Remove the silk.
3. Brush each ear with a splash of olive oil.
4. Sprinkle the chopped herbs evenly over the corn, then drizzle with melted butter.
5. Pull the husks back up over the corn. Tip: Soaking the corn in water for 10 minutes before grilling prevents burning.
6. Grill for 15-20 minutes, turning occasionally, until the husks are charred and the corn is tender.
7. Let cool for a minute, then peel back the husks and season with salt and pepper.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

8 Cobs

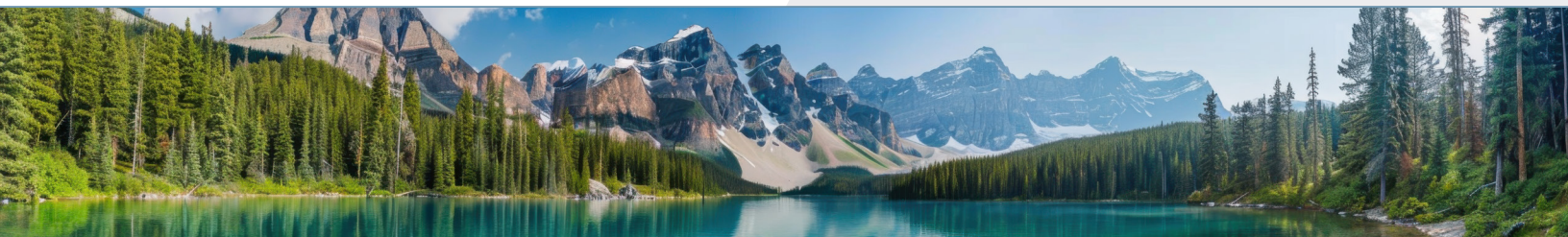
PORTION SIZES

Toddler: 1 Cob

Preschool: 1 Cob

School Age: 1½ Cobs

Adult: 1 Cob



INGREDIENTS

- 12 Hard-Boiled Eggs
- ½ Cup Mayonnaise or Plain Greek Yogurt
- 1 Tablespoon Freshly-Squeezed Lemon Juice or Vinegar
- 2 Teaspoons Dijon Mustard
- ½ Teaspoon Garlic Powder
- Salt and Pepper (to taste)
- Smoked Paprika (for topping)
- Chopped Fresh Chives (for topping)

DIRECTIONS

1. Slice the hard-boiled eggs in half lengthwise.
2. Scoop out the egg yolks and transfer them to a small mixing bowl. Using a fork, mash the egg yolks completely until they form a fine powder. Add in the mayonnaise or Greek yogurt, lemon juice, Dijon, garlic powder, salt and pepper, and stir until completely combined.
3. Using either a spoon, a small cookie scoop or a piping bag, fill the inside cavities of the egg whites with the yolk mixture.
4. Sprinkle each deviled egg with a pinch of paprika and chives.
5. Serve immediately and enjoy.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

24 Deviled Eggs

PORTION SIZES

Toddler: 1 Deviled Egg

Preschool: 1 Deviled Egg

School Age: 1 Deviled Egg

Adult: 1 Deviled Egg