Pacific Islands & Oceania
BACON AND EGG PIE



INGREDIENTS

- 4 Frozen Puff Pastry Sheets (enriched or whole grain rich; about 8.6 ounces each; thawed)
- 10 Large Eggs
- ½ Pound Bacon* (cut into ½-inch pieces)
- ½ Teaspoon Salt
- ½ Teaspoon Pepper
- 2 Tablespoons Milk (for brushing)
- Ketchup (for serving; optional)

DIRECTIONS

1. Preheat the oven to 400°. Let the puff pastry sit at room temperature for 5-10 minutes, until soft enough to unfold.
2. Cook the bacon in a skillet over medium heat for 5-10 minutes, until slightly crispy. Drain on paper towels.
3. Line a 9x13-inch baking dish with 2 pastry sheets, pressing the seam together in the center. Leave a small overhang on the sides.
4. Crack 5 eggs into the dish and break some of the yolks gently with a fork. Sprinkle with half of the salt and pepper.
5. Top with half of the bacon, then the remaining 5 eggs, salt, pepper and bacon.
6. Join the remaining 2 pastry sheets in the center and lay them over the filling. Crimp the edges with a fork to seal and trim any excess pastry.
7. Brush the top with milk. Bake for 35-40 minutes, until puffed and golden brown and a knife inserted in the center comes out clean (eggs reach 160°).
8. Cool for 5-10 minutes, then cut into 16 pieces (4 rows by 4 rows). Serve warm or cold.

MEAL PATTERN CONTRIBUTION

Grain

MEAL TYPE

Breakfast

YIELD

16 Pieces

PORTION SIZES

Toddler:	½ Piece
Preschool:	½ Piece
School Age:	1 Piece
Adult:	2 Pieces

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

Pacific Islands & Oceania
PINEAPPLE PANCAKES



INGREDIENTS

- 1½ Cups Crushed Pineapple (canned in juice, undrained)
- 1½ Cups All-Purpose Flour (enriched)
- ¼ Cup Sugar
- 2 Teaspoons Baking Powder
- 1 Teaspoon Baking Soda
- ½ Teaspoon Salt
- 2 Eggs
- ¼ Cup Butter (melted)

DIRECTIONS

1. In a large bowl, stir together crushed pineapple, sugar, baking powder, baking soda, salt, eggs and melted butter.
2. Slowly add the flour, stirring until a thick batter forms that spreads slightly without being runny.
3. Heat a nonstick griddle or skillet over medium-high heat. Scoop ¼ cup batter per pancake to make 12 pancakes.
4. When bubbles form on top, flip and cook until lightly browned. Keep warm on a sheet pan in a 200°F oven until serving.
5. Serve pancakes warm per portion sizes below.

MEAL PATTERN CONTRIBUTION

Grain

MEAL TYPE

Breakfast

YIELD

12 Pancakes

PORTION SIZES

Toddler:	1 Pancake
Preschool:	1 Pancake
School Age:	2 Pancakes
Adult:	3 Pancakes

Pacific Islands & Oceania
HAWAIIAN OATMEAL



INGREDIENTS

- 4 Cups Old-Fashioned Rolled Oats
- 8 Cups Water
- 1 Teaspoon Kosher Salt
- 7½ Cups Pineapple Tidbits (canned in juice, drained)
- ½ Cup Sweetened Shredded Coconut (plain or toasted)
- 1 Cup Sliced Almonds or Chopped Pecans (optional)
- 3 Tablespoons Light Brown Sugar (optional)

DIRECTIONS

1. Combine the oats, water and salt in a large saucepan over medium-high heat.
2. Bring to a boil, then reduce to a simmer. Simmer for 5–7 minutes, stirring occasionally, until the oatmeal thickens.
3. While the oatmeal cooks, drain the pineapple. For children ages 1–3, omit the nuts or mince them finely to prevent choking.
4. Scoop the oatmeal into bowls and top with pineapple per portion sizes below.
5. Sprinkle with coconut, nuts and brown sugar as desired. Enjoy!

MEAL PATTERN CONTRIBUTION

Grain
Fruit

MEAL TYPE

Breakfast

YIELD

7½ Cups

PORTION SIZES

Toddler: ¼ Cup Oatmeal + ¼ Cup Pineapple

Preschool: ¼ Cup Oatmeal + ½ Cup Pineapple

School Age: ½ Cup Oatmeal + ½ Cup Pineapple

Adult: 1 Cup Oatmeal + ½ Cup Pineapple

Pacific Islands & Oceania
HAWAIIAN BREAKFAST FRIED RICE



INGREDIENTS

- 6 Slices Bacon* (diced)
- 2½ Cups Sweet Onion (diced)
- 2½ Cups Red Pepper (diced)
- ¾ Pound Ham Steak (cubed)
- 5 Cloves Garlic (minced)
- 2½ Cups Pineapple (diced)
- 8 Large Eggs (beaten)
- ½ Cup Low-Sodium Soy Sauce
- 2½ Tablespoons Sesame Oil
- 2½ Tablespoons Oyster Sauce
- 2½ Tablespoons Honey
- 5 Teaspoons Ginger (minced)
- 10 Cups Cooked Brown Rice
- ½ Cup Scallions (chopped)

DIRECTIONS

1. Heat a large skillet over medium heat (work in batches if needed). Cook the bacon until crisp, about 8 minutes. Remove to a paper towel-lined plate, leaving 3 tablespoons of fat in the pan.
2. Add the onion and cook until translucent, 5 to 7 minutes. Add the pepper and cook until just tender, about 5 minutes.
3. Add the ham and cook until lightly browned, about 5 minutes. Stir in the garlic and pineapple and cook 2 more minutes.
4. Push everything to one side. Add the eggs and scramble until fully cooked with no visible liquid egg (160°).
5. In a small bowl, whisk the soy sauce, sesame oil, oyster sauce, honey and ginger.
6. Add the chilled, day-old rice and stir until hot, about 3 minutes. Pour the sauce over the rice and stir in the bacon. Cook until golden and slightly crispy in spots, 2 to 3 minutes.
7. Top with scallions and serve.

MEAL PATTERN CONTRIBUTION

Grain

MEAL TYPE

Breakfast

YIELD

23 Cups

PORTION SIZES

Toddler:	¾ Cup Fried Rice
Preschool:	¾ Cup Fried Rice
School Age:	1¼ Cups Fried Rice
Adult:	2½ Cups Fried Rice

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

Pacific Islands & Oceania
KALUA PORK



INGREDIENTS

- 5 Pounds Boneless Pork Shoulder (Boston Butt)
- 1 Tablespoon Hawaiian Sea Salt (or other coarse sea salt)
- 1 Tablespoon Liquid Smoke
- 2 Tablespoons Oil

DIRECTIONS

1. Heat the oil in a large pot over medium-high heat. Sear the pork for about 3 minutes per side, until browned all over.
2. Place the pork in a slow cooker. Drizzle the liquid smoke over all sides, then season all sides with the salt.
3. Cover and cook on LOW for 10–12 hours, until fork tender.
4. Transfer the pork to a large bowl and shred it with two forks. Remove and discard any bone and large pieces of fat.
5. Spoon some of the cooking liquid over the shredded pork to keep it moist. Save the remaining liquid for storing leftovers.
6. Serve hot. Portion the shredded pork by weight (not counting the liquid) per the portion sizes below.

MEAL PATTERN CONTRIBUTION

Meat/Meat Alternate

MEAL TYPE

Lunch/Supper

YIELD

48 Ounces

PORTION SIZES

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

Pacific Islands & Oceania
HAWAIIAN BBQ CHICKEN



INGREDIENTS

- 3 Pounds Chicken Thighs (boneless, skinless)
- ½ Cup BBQ Sauce
- 1 Cup Pineapple Juice (from canned pineapple)
- ¼ Cup Soy Sauce
- ¼ Cup Brown Sugar (packed)
- 2 Teaspoons Sesame Oil
- ½ Teaspoon Garlic Powder
- ¼ Teaspoon Ground Ginger
- 7½ Cups Pineapple Slices (canned in 100% juice, drained)

DIRECTIONS

1. Drain the pineapple slices, reserving 1 cup of the juice.
2. In a saucepan, whisk together the BBQ sauce, pineapple juice, soy sauce, brown sugar, sesame oil, garlic powder and ginger.
3. Boil for 3 to 4 minutes, stirring occasionally, until thickened. Remove from heat and divide the sauce between two bowls.
4. Preheat the grill to medium-high heat. Brush the chicken with sauce from the first bowl and grill for 7 minutes. Discard any sauce left in the first bowl.
5. Flip the chicken, brush with sauce from the second bowl and add the pineapple slices to the grill. Close and cook 5 to 7 more minutes, until the chicken reaches 165°.
6. Cut the chicken and pineapple into bite-size pieces and serve per portion sizes below.

MEAL PATTERN CONTRIBUTION

Fruit
Meat/Meat Alternate

MEAL TYPE

Lunch/Supper

YIELD

30 Ounces Chicken + 7½ Cups Pineapple

PORTION SIZES

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

Pacific Islands & Oceania
SOUTHLAND CHEESE ROLLS



INGREDIENTS

- 24 Slices Brioche Bread (enriched or whole grain-rich; at least 28 grams each)
- 3 Cups Evaporated Milk (two 12-ounce cans)
- 6 Cups Cheddar Cheese (shredded; 1½ pounds)
- 2 Packets (1 ounce each) Dry Onion Soup Mix
- 4 Cloves Garlic (minced)
- ¼ Cup Fresh Chives (chopped)

DIRECTIONS

1. Preheat oven to 350°.
2. In a medium pot over medium-high heat, combine the evaporated milk, cheese (reserve ½ cup for topping), onion soup mix and garlic. Stir until melted together and the mixture just begins to bubble. Remove from heat and let cool slightly.
3. Line two 9-inch round cake pans with parchment paper and set aside.
4. Spread a thick layer of cheese mixture (about ¼ cup) on one side of a slice. Roll into a scroll and place in a cake pan, roll-side up.
5. Repeat with remaining bread and cheese mixture, about 12 rolls per pan, leaving a few gaps so the bread crisps when baked.
6. Sprinkle with reserved cheese and bake for 20 minutes until toasty and golden.
7. Garnish with chopped chives. Serve hot.

MEAL PATTERN CONTRIBUTION

Grain
Meat/Meat Alternate

MEAL TYPE

Lunch/Supper

YIELD

24 Rolls

PORTION SIZES

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

Pacific Islands & Oceania
HAWAIIAN LOCO MOCO



INGREDIENTS

- 3 Pounds Ground Beef (no more than 20% fat)
- 3 Medium Yellow Onions
- 6 Garlic Cloves (minced)
- 3 Tablespoons Worcestershire Sauce (divided)
- 1 Tablespoon Kosher Salt
- 1½ Teaspoons Black Pepper
- 7½ Tablespoons Oil (divided)
- 1½ Pounds Sliced Mushrooms
- 6 Cups Beef Broth
- 2 Tablespoons Soy Sauce
- 4½ Tablespoons Cornstarch
- 4 Cups Dry Medium-Grain Rice (enriched or whole grain rich)
- 12 Large Eggs
- 6 Scallions (chopped)

DIRECTIONS

1. Cook rice according to package directions (about 12 cups).
2. Finely chop ¾ cup onion; cut the rest into ½-inch wedges.
3. Gently combine beef, chopped onion, garlic, 1½ tablespoons Worcestershire sauce, salt and pepper. Shape into 12 patties (¼ pound raw each), ½ inch thick. Refrigerate 20 minutes.
4. In a large skillet, heat 3 tablespoons oil over medium heat. Sauté onion wedges 5-7 minutes, then cook on low 10 minutes more, stirring often, until caramelized. Set aside.
5. Add 3 tablespoons oil. Cook patties in batches, about 4 minutes per side, until they reach 160°. Cover to keep hot.
6. Add remaining oil and sauté mushrooms 7-10 minutes until tender. Add caramelized onions, broth, soy sauce and remaining Worcestershire sauce. Bring to a simmer.
7. Whisk cornstarch with ½ cup of the hot broth until smooth. Stir into skillet; simmer 5-7 minutes until thickened.
8. Fry eggs until whites and yolks are firm (160°).
9. For each Loco Moco, top 1 cup rice with 1 patty, about ¾ cup gravy and 1 egg. Garnish with scallions. Serve immediately.

MEAL PATTERN CONTRIBUTION

Grain
Meat/Meat Alternate

MEAL TYPE

Lunch/Supper

YIELD

12 Loco Mocos

PORTION SIZES

Toddler:	½ Loco Moco
Preschool:	½ Loco Moco
School Age:	1 Loco Moco
Adult:	1 Loco Moco

Pacific Islands & Oceania
HAWAIIAN MACARONI SALAD



INGREDIENTS

- 16 Ounces Elbow Macaroni (enriched or whole grain rich)
- 2 Tablespoons Apple Cider Vinegar
- 1 Cup Carrots (shredded)
- ¼ Cup Onion (shredded) or ½ Teaspoon Onion Powder
- 3 Cups Mayonnaise
- ⅓ Cup Milk
- 1½ Teaspoons Sugar
- Salt and Pepper (to taste)

DIRECTIONS

1. Bring a large pot of salted water to a boil. Add the macaroni and cook according to package instructions until tender, about 8-10 minutes.
2. While the macaroni cooks, shred the carrots and onion.
3. Drain the macaroni well and transfer to a large bowl. While still hot, gently fold in the vinegar, carrots and onion. Refrigerate 20-30 minutes, until completely cooled.
4. Whisk together the mayonnaise, milk, sugar, salt and pepper.
5. Pour the dressing over the cooled macaroni and fold until well coated. Taste and adjust seasoning.
6. Cover and refrigerate at least 30 minutes. Just before serving, stir in a splash of milk if the salad looks dry.

MEAL PATTERN CONTRIBUTION

Grain

MEAL TYPE

Snack

YIELD

14½ Cups

PORTION SIZES

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

Pacific Islands & Oceania
MANGO AVOCADO SALSA



INGREDIENTS

- 2 Cups Mango (diced)
- 2 Cups Avocado (diced)
- 1 Cup Cherry Tomatoes (quartered)
- 1 Jalapeño (seeded, minced)
- ½ Cup Red Onion (minced)
- ¼ Cup Cilantro (chopped)
- 2 Tablespoons Lime Juice
- ½ Teaspoon Black Pepper
- ½ Teaspoon Salt

DIRECTIONS

1. Cut the avocados in half, remove the pits and dice the flesh into small cubes. Place in a large bowl.
2. Dice the mango into cubes about the same size as the avocado and add to the bowl.
3. Add the cherry tomatoes, jalapeño, red onion, cilantro, lime juice, black pepper and salt.
4. Gently toss everything together with a spatula so the avocado and mango don't get mashed.
5. Serve right away, or cover and refrigerate until ready to serve.

MEAL PATTERN CONTRIBUTION

Vegetable

MEAL TYPE

Snack

YIELD

6 Cups

PORTION SIZES

Toddler:	1 Cup
Preschool:	1 Cup
School Age:	1¼ Cups
Adult:	1 Cup

Pacific Islands & Oceania
CHEESE CORN TOAST



INGREDIENTS

- 12 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- Butter (for toasting)
- 2 Tablespoons Butter
- 3 Tablespoons Flour (enriched or whole grain rich)
- 2 Cups Milk (warm)
- 2 Tablespoons Garlic (minced)
- ¾ Cup Onion (finely chopped)
- 3 Cups Shredded Cheddar Cheese
- 2 Cups Corn (cooked, drained)
- 2 Teaspoons Italian Seasoning
- 4 Teaspoons Dried Parsley
- 1 Teaspoon Red Pepper Flakes
- Salt and Pepper (to taste)

DIRECTIONS

1. Preheat the oven to 350°.
2. Melt 2 tablespoons butter in a saucepan over medium-low heat. Add garlic and ½ cup of the onion. Sauté until the onion is translucent.
3. Stir in the flour and cook for 2 minutes, stirring constantly. Do not let it brown.
4. Slowly whisk in the warm milk until smooth. Bring to a boil, then simmer for 2 minutes, whisking often, until the sauce coats the back of a spoon.
5. Season with salt and pepper. Stir in 1 cup of the cheese until melted. Remove from heat.
6. Stir in the corn, Italian seasoning, half of the parsley and half of the red pepper flakes.
7. Lightly butter both sides of the bread and toast in a skillet until golden. Place on a baking sheet.
8. Spread the cheese-corn mixture evenly over the toasts. Top with the remaining cheese, onion, parsley and red pepper flakes.
9. Bake on the top rack for 5-6 minutes, until the cheese is melted. Serve warm.

MEAL PATTERN CONTRIBUTION

Grain
Meat/Meat Alternate

MEAL TYPE

Snack

YIELD

12 Toasts

PORTION SIZES

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

Pacific Islands & Oceania
HAWAIIAN BAKED BEANS



INGREDIENTS

- 4 Cans (15 oz) Pork and Beans
- 1 Cup Chopped Cooked Bacon*
- ½ Cup Red Onion (chopped)
- 1 Cup Green Pepper (chopped)
- ½ Cup Brown Sugar
- 1 Teaspoon Garlic Salt
- 1 Teaspoon Smoked Paprika
- 1 Teaspoon Liquid Smoke
- ½ Cup BBQ Sauce
- 1 Can (20 oz) Crushed Pineapple (drained)
- Chives (for garnish)

DIRECTIONS

1. Preheat the oven to 350°.
2. In a large bowl, combine the pork and beans, bacon, red onion, bell pepper, brown sugar, garlic salt, smoked paprika, liquid smoke, BBQ sauce and drained crushed pineapple. Stir until well combined.
3. Pour the mixture into a 9x13-inch baking dish.
4. Bake for about 90 minutes, until bubbly and thickened. Sprinkle with chives during the last 30 minutes, if desired.
5. Let cool slightly before serving.

MEAL PATTERN CONTRIBUTION

Meat/Meat Alternate

MEAL TYPE

Snack

YIELD

10 Cups

PORTION SIZES

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

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