

**Child and Adult Care Food Program  
Breakfast Menu Planner for  
Children 3 Through 18 Years of Age**



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**On the cover:** [Cottage Cheese and Fruit Bowl](#) (Recipe on page 118)



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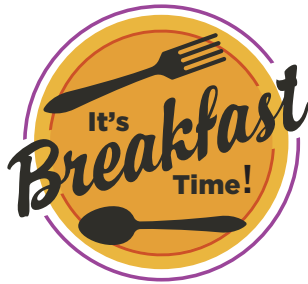
# Introduction

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# Welcome to the CACFP Breakfast Menu Planner

The Child and Adult Care Food Program (CACFP) provides nutritious meals and snacks to millions of children each day. This menu planner is designed to assist Program operators in planning and providing breakfast meals for children 3 through 18 years of age.



## Use this planner to:

- Understand CACFP breakfast meal pattern requirements;
- Get ideas and tips for menu planning and nutrition education;
- Apply practical advice on how to serve high-quality breakfast meals;
- Discover sample menus; and
- View USDA standardized recipes, CACFP crediting information, and more!

## Why Is Menu Planning Important

Menu planning is the process of choosing which foods to prepare, deciding how much to make, and planning how to serve the food. Menu planning can help you:

- Serve meals that meet CACFP meal pattern requirements
- Reduce food costs
- Limit food spoilage
- Save time
- Share information with parents and caregivers

## Special Features of the CACFP Breakfast Menu Planner

**Breakfast**

**Let's Make Breakfast!**

Sample Menu Highlighting Milk for Children 6 Through 18 Years of Age  
Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 95 and quantity (25 and 50 servings) on page 175.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Milk*</b>	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)
<b>Vegetables/ Fruits or Both</b>	Easy Oatmeal Oats and Berries 1 cup (1/2 cup) (p. 124)	Diced Pears (1/2 cup)	Blueberries (1/2 cup)	Fruit Salad (1/2 cup)	Turkey Sausage With Sweet Cran-Apple Topping 1/2 cup one- apple topping (1/2 cup) (p. 169)
<b>Grains</b>	Easy Oatmeal Oats and Berries 1 cup (1 oz eq) (p. 124)		Cheesy Cheddar Drop Biscuit (1 oz eq) (p. 106)	Whole-Wheat Toast 1 slice (1 oz eq)	
<b>Meats/Meat Alternates**</b>	Easy Oatmeal Oats and Berries 1 cup (1/2 cup) (p. 124)	Canadian Bacon 2 slices (1 oz eq)	Cheesy Cheddar Drop Biscuit (1 oz eq) (p. 106)		Turkey Sausage With Sweet Cran-Apple Topping 1/2 cup Sausage Patty (1 oz eq) (p. 169)

\*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim) milk.  
\*\*You can serve meats/meat alternates in place of grains up to three times a week.

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**Standardized Recipes**

**Breakfast Menu Planning Post-Check: Where Are You Now? (Continued)**

Do you...  Yes  No  N/A

**Meats/Meat Alternates**

7. Serve meats/meat alternates in place of grains no more than three times per week?

8. Serve the correct amount of meats/meat alternates for the age of the child?

3-5 Years of Age: 1/2 oz eq  
6-18 Years of Age: 1 oz eq

9. Serve enough meats/meat alternates to replace the entire grains component?

10. Credit a serving of legumes (beans, peas, and lentils) as meat alternates or as a vegetable, but not as both in the same meal?

11. Serve yogurts with no more than 23 grams of total sugars per 6 ounces?

12. Verify crediting of processed meats with a Child Nutrition label or Product Formulation Statement and have it on file?

13. Serve the whole egg and not just egg whites?

14. Serve a variety (different types) of meats/meat alternates during the week?

**Grains**

15. Serve the correct amount of grains for the age of the child?

3-5 Years of Age: 1/2 oz eq  
6-18 Years of Age: 1 oz eq

16. Only serve grains that are enriched, fortified (cereals only), whole grain-rich, bran, or germ?

17. Serve a whole grain-rich food item at breakfast if a whole grain-rich food is not served at another meal/snack that day?

18. Serve cereals with no more than 6 grams of total sugars per dry ounce?

19. Only serve grains that are not grain-based desserts? Grain-based desserts include donuts, sweet pastries, and granola bars, etc., and are not creditable toward the grains component.

20. Serve a variety (different types) of grains during the week?

Continued on the next page -->

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**Ages: 3-18, 25 and 50 Servings**

Preparation Time: 45 minutes | Cook Time: 25 minutes

**Lemon-Blueberry Corn Muffins**

Take your corn muffins to the next level. Add blueberries for a splash of color and a burst of flavor.

Ingredients	25 servings	50 servings
Nonstick cooking spray	2 sprays	4 sprays
Flour, whole-wheat	2 1/2 cups	1 qt + 1 1/2 cups
Cornmeal, enriched	1 cup	2 cups
Brown sugar, packed	1 cup	2 cups
Salt, table	1 tsp	2 tsp
Baking powder	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Milk, low-fat (1%)	2 cups	1 qt
Applesauce, unsweetened	1 cup	2 cups
Eggs, fresh, large, whole	4	8
Lemon extract	1 tsp	2 tsp
Blueberries, frozen, whole, unsweetened or fresh*	2 cups	1 qt

\*See Marketing Guide.

**Directions:**

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Line muffin tins with paper liners. Spray with nonstick cooking spray.
4. In a large bowl, combine flour, cornmeal, brown sugar, salt, and baking powder. Sift mixture. Remove 1/2 cup of dry mixture and set aside.
5. In a large bowl, combine milk, applesauce, eggs, and lemon extract. Whisk until well-blended. Add to dry ingredients. Wash hands after touching uncooked eggs.
6. Place frozen blueberries in a medium bowl, add 1/2 cup reserved dry mixture and toss.
7. With a rubber spatula, fold breaded blueberries and any remaining dry ingredients from the bottom of the bowl into the muffin mixture.
8. Pour 1/2 cup (8 1/2 scoop) of muffin mixture into each prepared muffin liner.
9. Bake for 25 minutes.
10. Remove from the oven and cool on a rack for 5 minutes.
11. Serve 1 muffin.

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Sample Menus

Checklists

Standardized Recipes

### Elements of Menu Planning

The CACFP meal patterns can guide you in developing your menus. Other things you may consider include:

- Developmental abilities of children
- Food costs
- Food availability and storage space
- Kitchen equipment
- Time
- Variety of food
- Staff cooking skills



### CACFP Breakfast Meal Pattern Basics

The CACFP meal patterns specify the meal components (types of foods) needed for a reimbursable breakfast meal. They tell you the required minimum amounts of food to serve at breakfast. The meal patterns for children in the CACFP differ by age. This menu planner focuses on two age groups:

3–5 Years of Age

6–18 Years of Age

A meal that has food from all the required meal components and enough of each food to meet minimum amounts, is called a “reimbursable meal.”

CACFP meal components are milk, vegetables, fruits, meats/meat alternates, and grains. Within each meal component are individual food items. For example, peaches are a food item in the fruits component. A reimbursable breakfast in the CACFP has three meal components: milk, grains, and fruits and/or vegetables (fruits and vegetables are a combined component at breakfast). You can serve meats/meat alternates in place of grains up to three times per week.



## Breakfast Requirements for Children 3 Through 5 Years of Age

On a daily basis, you may serve at breakfast:



**Milk**  
( $\frac{3}{4}$  cup)



**Vegetables, Fruits, or Both**  
( $\frac{1}{2}$  cup)



**Grains**  
( $\frac{1}{2}$  oz eq)

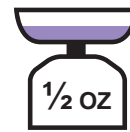
\*Instead of the above requirements, you may choose to serve meats/meat alternates in place of grains up to 3 times per week:



**Milk**  
( $\frac{3}{4}$  cup)



**Vegetables, Fruits, or Both**  
( $\frac{1}{2}$  cup)


















**Meats/Meat Alternates**  
( $\frac{1}{2}$  oz eq)

**Note:** oz eq = ounce equivalents

Build a reimbursable breakfast meal with any of the following combinations of meal components:

### Sample Breakfast Meal Combinations for Children 3 Through 5 Years of Age

	$\frac{3}{4}$ cup Milk	+		$\frac{1}{2}$ cup Vegetables	+		$\frac{1}{2}$ oz eq Grains
	$\frac{3}{4}$ cup Milk	+		$\frac{1}{2}$ cup Fruits	+		$\frac{1}{2}$ oz eq Grains
	$\frac{3}{4}$ cup Milk	+		$\frac{1}{2}$ cup Vegetables and Fruits	+		$\frac{1}{2}$ oz eq Grains
	$\frac{3}{4}$ cup Milk	+		$\frac{1}{2}$ cup Vegetables	+		$\frac{1}{2}$ oz eq Meats/Meat Alternates*
	$\frac{3}{4}$ cup Milk	+		$\frac{1}{2}$ cup Fruits	+		$\frac{1}{2}$ oz eq Meats/Meat Alternates*
	$\frac{3}{4}$ cup Milk	+		$\frac{1}{2}$ cup Vegetables and Fruits	+		$\frac{1}{2}$ oz eq Meats/Meat Alternates*



## Breakfast Requirements for Children 6 Through 18 Years of Age

On a daily basis, you may serve at breakfast:



Milk  
(1 cup)



Vegetables, Fruits, or Both  
( $\frac{1}{2}$  cup)



Grains  
(1 oz eq)

\*Instead of the above requirements, you may choose to serve meats/meat alternates in place of grains up to 3 times per week:



Milk  
(1 cup)



Vegetables, Fruits, or Both  
( $\frac{1}{2}$  cup)



Meats/Meat Alternates  
(1 oz eq)

Note: oz eq = ounce equivalents

Build a reimbursable breakfast meal with any of the following combinations of meal components:

### Sample Breakfast Meal Combinations for Children 6 Through 18 Years of Age

 1 cup Milk +   $\frac{1}{2}$  cup Vegetables +  1 oz eq Grains

 1 cup Milk +   $\frac{1}{2}$  cup Fruits +  1 oz eq Grains





 1 cup Milk +   $\frac{1}{2}$  cup Vegetables and Fruits +  1 oz eq Grains

 1 cup Milk +   $\frac{1}{2}$  cup Vegetables +  1 oz eq Meats/Meat Alternates\*

 1 cup Milk +   $\frac{1}{2}$  cup Fruits +  1 oz eq Meats/Meat Alternates\*



 1 cup Milk +   $\frac{1}{2}$  cup Vegetables and Fruits +  1 oz eq Meats/Meat Alternates\*

These questions can help you review your current menus and see where you might need to make changes. When completing the breakfast menu planning pre-check, use your current breakfast menu to help you answer the questions. Note that N/A = not applicable.

 <b>Breakfast Menu Planning Pre-Check: Where Are You Now?</b>			
<b>Do you...</b>	<b>Yes</b>	<b>No</b>	<b>N/A</b>
<b>Milk</b>			
1. Serve the correct type and amount of milk for the age of the child?			
<b>3–5 Years of Age:</b> $\frac{3}{4}$ cup unflavored low-fat (1%) milk OR $\frac{3}{4}$ cup unflavored fat-free (skim) milk			
<b>6–18 Years of Age:</b> 1 cup unflavored/flavored low-fat (1%) milk OR 1 cup unflavored/flavored fat-free (skim) milk			
<b>Vegetables and Fruits</b>			 
2. Serve the correct amount of vegetables and/or fruits for the age of the child?			
<b>3–5 Years of Age:</b> $\frac{1}{2}$ cup			
<b>6–18 Years of Age:</b> $\frac{1}{2}$ cup			
3. Only serve 100 percent full-strength vegetable or fruit juice?			
4. Serve juice only once per day?			
5. Credit a serving of legumes (beans, peas, and lentils) as a vegetable or as a meat alternate, but not as both in the same meal?			
6. Serve a variety (different types) of vegetables and/or fruits during the week?			

Continued on the next page →


**Breakfast Menu Planning Pre-Check: Where Are You Now? (Continued)**

Do you...	Yes	No	N/A
<b>Meats/Meat Alternates</b> 			
7. Serve meats/meat alternates in place of grains no more than three times per week?			
8. Serve the correct amount of meats/meat alternates for the age of the child?			
<b>3–5 Years of Age:</b> ½ oz eq			
<b>6–18 Years of Age:</b> 1 oz eq			
9. Serve enough meats/meat alternates to replace the entire grains component?			
10. Credit a serving of legumes (beans, peas, and lentils) as meat alternates or as a vegetable, but not as both in the same meal?			
11. Serve yogurts with no more than 23 grams of total sugars per 6 ounces?			
12. Verify crediting of processed meats with a Child Nutrition label or Product Formulation Statement and have it on file?			
13. Serve the whole egg and not just egg whites?			
14. Serve a variety (different types) of meats/meat alternates during the week?			
<b>Grains</b> 			
15. Serve the correct amount of grains for the age of the child?			
<b>3–5 Years of Age:</b> ½ oz eq			
<b>6–18 Years of Age:</b> 1 oz eq			
16. Only serve grains that are enriched, fortified (cereals only), whole grain-rich, bran, or germ?			
17. Serve a whole grain-rich food item at breakfast if a whole grain-rich food is not served at another meal/snack that day?			
18. Serve cereals with no more than 6 grams of total sugars per dry ounce?			
19. Only serve grains that <b>are not</b> grain-based desserts? Grain-based desserts include donuts, sweet pastries, and granola bars, etc., and are not creditable toward the grains component.			
20. Serve a variety (different types) of grains during the week?			

Continued on the next page →



**Breakfast Menu Planning Pre-Check: Where Are You Now? (Continued)**

Do you...	Yes	No	N/A
<b>Smoothies</b>			
21. Only credit milk in smoothies toward the milk component when the smoothie contains at least $\frac{1}{4}$ cup of creditable milk per serving?			
22. Only credit vegetables and fruits in smoothies as juice when the smoothie contains at least an $\frac{1}{8}$ cup of full-strength vegetable or fruit juice per serving?			
23. Only credit yogurt in smoothies as meat alternates when the smoothie contains at least 1 oz or $\frac{1}{8}$ cup ( $\frac{1}{4}$ oz eq) of a creditable yogurt per serving?			
24. Only credit commercially prepared smoothies toward a reimbursable meal or snack when the Child Nutrition label or Product Formulation Statement provides the required information?			



**Note:** oz eq = ounce equivalents

If you answered “no” to any of these questions, you can use the information in this menu planner to help you turn that “no” into a “yes.”



# Serving Breakfast in the CACFP

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# Serving Breakfast in the CACFP

## Breakfast Requirements: A Closer Look

This section provides a review of the CACFP meal pattern requirements for breakfast. You will find information about meal components, examples of food items you can serve within each meal component, and serving sizes required at breakfast.



### Serving Milk at Breakfast

Milk provides children with important nutrients. These nutrients include protein, calcium, potassium, and vitamins A and D. The type and amount of milk you may serve depends on the age of the child. All milk served in the CACFP must be pasteurized fluid milk that meets State and local standards.

#### Breakfast Requirements for Children 3 Through 5 Years of Age



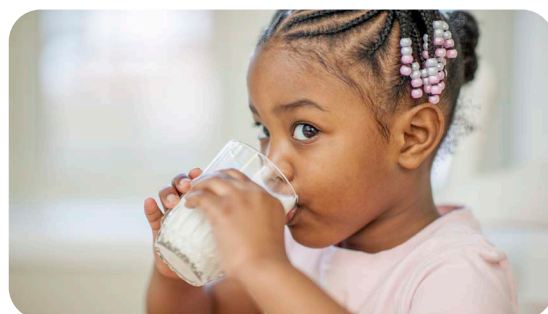
#### Snack Requirements for Children 6 Through 18 Years of Age



Milk is a required meal component at breakfast for children 3 through 18 years of age. Children can drink the milk, use it on cereal, or both, as long as they receive the required minimum amount. Milk used as an ingredient in foods other than smoothies cannot credit toward the milk component. For instance, the milk used to make cooked cereals **may not** credit towards the milk component. For children 3–5 years of age, you must serve unflavored low-fat (1%) or unflavored fat-free (skim) milk. Children 6 years of age and older may also receive flavored low-fat (1%) or fat-free (skim) milk as part of a reimbursable breakfast.



Write the type of milk on your menus. Indicate the fat content (low-fat [1%] or fat-free [skim]) and whether the milk you are serving is flavored or unflavored.





## Milk Types Allowed For Each Age Group in the CACFP

### 3–5 Years of Age:

- Unflavored low-fat (1%) milk
- Unflavored fat-free (skim) milk
- Low-fat or fat-free lactose-reduced milk
- Low-fat or fat-free lactose-free milk
- Low-fat or fat-free buttermilk
- Low-fat or fat-free acidified milk
- Ultra-High Temperature (UHT) milk
- Goat's milk\*

### 6–18 Years of Age:

- All of the milks allowed for children 3 through 5 years of age  
PLUS
- Flavored low-fat (1%) milk
- Flavored fat-free (skim) milk

\*Goat's milk must meet State standards for fluid milk. If goat's milk meets State standards, then you may serve it in place of cow's milk with no additional documentation.

For more information on the types of milk allowed for children in the CACFP, refer to the "Serving Milk in the CACFP" training worksheet at [fns.usda.gov/tn/training-tools-cacfp](https://fns.usda.gov/tn/training-tools-cacfp).




### Milk Crediting Tips

- Milk used to make hot chocolate can credit toward the milk component for children 6 years of age and older.
- **Milk in smoothies can credit** toward the milk component. See the "Serving Smoothies at Breakfast" section on page 40.
- Milk made from powdered or canned milk (reconstituted) may credit toward the milk component in special situations. Contact your State agency or sponsoring organization for additional guidance.
- Non-dairy beverages (milk substitutes) that are nutritionally equivalent to cow's milk may be served without a medical statement. See page 77 for more information.
- See **sample menus** featuring milk beginning on page 45.



## Let's Plan a Breakfast With Milk

 Create new menus that include milk as one of the three required meal components at breakfast. Review the meal pattern requirements on page 8 and 9 to make sure you provide the required minimum amount and the correct type of milk for each age group.

### Children 3 Through 5 Years of Age

Meal Components	Amount	Food Item
<b>1st Meal Component:</b> Milk		
<b>2nd Meal Component:</b>		
<b>3rd Meal Component:</b>		

### Children 6 Through 18 Years of Age

Meal Components	Amount	Food Item
<b>1st Meal Component:</b> Milk		
<b>2nd Meal Component:</b>		
<b>3rd Meal Component:</b>		

**Note:** See sample menus featuring milk beginning on page 45.

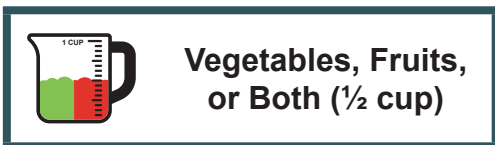


## Serving Vegetables and Fruits at Breakfast

Vegetables and fruits are an important source of many nutrients. They are sources of dietary fiber, vitamin C, potassium, and much more. At breakfast, vegetables and fruits are combined as a single meal component. You may serve all fruits, all vegetables, or a combination of both to meet the vegetables/fruits component at breakfast.

You may serve fresh, frozen, dried, commercially canned vegetables and fruits, or 100 percent full-strength vegetable or fruit juice. Vegetables or fruits canned at home may not credit toward a reimbursable meal.

### Breakfast Requirements for Children 3 Through 5 Years of Age



### Breakfast Requirements for Children 6 Through 18 Years of Age



See page 57 for a list of herbs and spices you can use to flavor vegetables and fruits.

## Vegetables and Fruits in the CACFP

In general, most vegetables and fruits credit toward the meal pattern based on the amount served. For example, a 1/2 cup of sweet potatoes credits as a 1/2 cup of vegetables and a 1/2 cup of diced pears credits as a 1/2 cup fruits. The smallest amount of vegetables or fruits that may credit toward a reimbursable meal is an 1/8 cup or 2 tablespoons (Tbsp).

The following vegetables and fruits credit differently than most vegetables and fruits:

- Raw, leafy green vegetables** credit as half of the amount served. For example:
  - 1 cup of raw spinach credits as 1/2 cup vegetables.
- Dried vegetables and fruits**, credit as twice the amount served. For example:
  - 1/2 cup dehydrated mushrooms credits as 1 cup of vegetables



1/4 cup raisins credits as 1/2 cup fruits.



In most cases, to credit vegetables and fruits toward a reimbursable meal or snack, you must be able to **see them and recognize them**. If you can recognize one vegetable or fruit in the food item, then all vegetables and fruits in that food can credit toward a reimbursable meal.

Food item	If made with...	Does the vegetable/fruit credit?	If made with...	Does the vegetable/fruit credit?
<b>Quick Bread</b>	Pureed Pumpkin	No, hard to tell the vegetable is present.	Raisins and Pureed Pumpkin	Yes, both the pumpkin and raisins credit. The raisins are easy to see.
<b>Pancake</b>	Mashed Banana	No, hard to tell the fruit is present.	Strawberries (on top) and Mashed Banana (in pancake)	Yes, both the banana and strawberries credit. The strawberries are easy to see.

Vegetables and fruits that cannot be seen can credit toward meals and snacks:

- If the pureed vegetables and fruits are in a smoothie. See page 40 for more information.
- If you serve pasta made from 100% vegetable flour. A ½ cup of pasta made from 100% vegetable flour credits as a ½ cup vegetable even if it is not served with another vegetable.







## Meal Planning Considerations for Vegetables and Fruits

The chart below shows examples of amounts of food needed to credit as  $\frac{1}{2}$  cup of vegetables or fruits in the CACFP. For more information, refer to the “Food Buying Guide for Child Nutrition Programs” at [fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs).

Vegetables or Fruits	Minimum Amount of Food for Children 3 Through 18 Years of Age
	<b>Serve at least <math>\frac{1}{2}</math> cup, which is about:</b>
<b>Apple</b>	$\frac{1}{2}$ medium, unpeeled apple (169 g)
<b>Blueberries</b>	$\frac{1}{2}$ cup
<b>Cantaloupe</b>	2 small wedges
<b>Grapes (seedless)</b>	14 large grapes
<b>Leafy Greens (Collard Greens, Kale, Spinach, etc.), cooked</b>	$\frac{1}{2}$ cup
<b>Nectarine</b>	1 small (2 $\frac{1}{4}$ " diameter)
<b>Orange</b>	1 medium (2 $\frac{3}{8}$ " diameter)
<b>Peach</b>	1 medium (2 $\frac{1}{2}$ " diameter)
<b>Pear</b>	1 small (148 g)
<b>Plum</b>	1 medium (2" diameter)
<b>Potato, Sweet</b>	$\frac{1}{2}$ cup (2 $\frac{1}{4}$ " diameter)
<b>Potato, White or Russet</b>	$\frac{1}{2}$ cup (about 6 oz)
<b>Raisins</b>	2 packages (1 $\frac{1}{3}$ –1 $\frac{1}{2}$ oz each)
<b>Tangerine</b>	1 large (2 $\frac{3}{4}$ " diameter)
<b>Tomato, Salsa</b>	$\frac{1}{2}$ cup
<b>Watermelon</b>	$\frac{1}{2}$ cup (diced)

**Note:** Serving sizes are approximate; g = grams; oz = ounces



### Vegetable and Fruit Crediting Tips



- Juice (100 percent full-strength; vegetable or fruit), can be part of a reimbursable meal once per day. If you serve vegetable or fruit juice at breakfast as a beverage or a smoothie ingredient, then you **may not** credit vegetable or fruit juice as part of a reimbursable lunch, supper, or snack on the same day.
- Vegetables and fruits credit as juice when used in smoothies.
- Legumes (beans, peas, and lentils) can credit as vegetables or meats/meat alternates. They **may not** credit as both a vegetable and a meat/meat alternate in the same meal. Some examples of legumes include lentils, black beans, chickpeas, and black-eyed peas.



As you have learned, vegetables and fruits are a combined component at breakfast. This allows a lot of flexibility and creativity!

You can meet the meal pattern requirements by serving any of these:

- A single vegetable (e.g., spinach)
- A single fruit (e.g., watermelon)
- A combination of vegetables (e.g., black beans and tomatoes)
- A combination of vegetables and fruits (e.g., sweet potatoes and apples)
- A combination of fruits (e.g., strawberries and blueberries)



### Tips for Adding Vegetables and Fruits to Your Menu



- Buy fresh vegetables and fruits in **season** when they are at their peak flavor and less expensive. See the [Golden Squash Hotcakes](#) recipe on page 140.
- When possible, serve whole fruit rather than juice to give kids more fiber. See the [Roasted Sweet Potato Hash](#) recipe on page 161 or the [Cottage Cheese and Fruit Bowl](#) recipe on page 118.
- Add **canned, frozen, or dried vegetables and fruits** to favorite breakfast foods like eggs, cereals, and beans. See the [Easy Overnight Oats and Berries](#) recipe on page 122.
- Be mindful of foods that are a choking risk for young children, such as whole grapes or cherry tomatoes. For information on **reducing choking risk**, see page 78.
- See **Sample Menus** featuring vegetables and fruits on page 47.





## What Is a Vegetable?

These foods are vegetables:

- Asparagus
- Avocados
- Beets
- Bell Peppers
- Black Beans
- Broccoli
- Cassava
- Cauliflower
- Chayote
- Chickpeas (garbanzo beans)
- Mushrooms
- Plantains
- Potatoes
- Refried Beans
- Spinach
- Sweet Potatoes
- Tomatillos
- Tomatoes
- Vegetable Juice (100%)
- Yams
- Yellow Squash
- Zucchini

## What Is a Fruit?

These foods are fruits:

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Breadfruit
- Cantaloupe
- Cherries
- Cranberries
- Currants
- Dates
- Figs
- Fruit Cocktail
- Fruit Juice (100%)
- Grapefruit
- Grapes
- Honeydew
- Jack Fruit
- Kiwi Fruit
- Mango
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Persimmons
- Plums
- Pomegranate
- Prunes
- Raisins
- Raspberries
- Starfruit
- Strawberries
- Tangerines
- Watermelon

These foods are not vegetables or fruits:

- × Corn Bread
- × Corn Tortillas
- × Fruit Drinks
- × Fruit Snacks (gummies or leathers)
- × Jellies
- × Ketchup
- × Macaroni and Cheese
- × Rice



## Did You Know?

Farmers grow a variety of vegetables and fruits in the United States. Local farms, Community Supported Agriculture (CSA), and farmers markets can be a great source of vegetables and fruits for CACFP operators. They are a great place to get vegetables and fruits when they are in season and less expensive.

The vegetables and fruits used in the recipes included in this planner are grown in many places in the United States. Contact your State Department of Agriculture or your local University Agricultural Extension representative to learn about vegetables and fruits that are grown in your State and when they are in season.

Below you can find a list of vegetables and fruits and some of the States that are the largest producers.

- **Apples:** California, Idaho, Michigan, New York, North Carolina, Ohio, Oregon, Pennsylvania, and Virginia
- **Black Beans:** California, Colorado, Idaho, Michigan, Nebraska, and North Dakota
- **Blackberries:** California, Oregon, and Washington
- **Blueberries:** California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon, and Washington
- **Broccoli:** Arizona, California, Oregon, and Texas
- **Bell Peppers:** California, Florida, Georgia, Michigan, New Jersey, and North Carolina
- **Cranberries:** Massachusetts, New Jersey, Oregon, Washington, and Wisconsin
- **Kiwi:** California
- **Peaches:** California, Georgia, New Jersey, and South Carolina
- **Pears:** California, Michigan, New York, Oregon, Pennsylvania, and Washington
- **Potatoes:** Colorado, Idaho, North Dakota, Washington, and Wisconsin
- **Raspberries:** California, Oregon, and Washington
- **Strawberries:** California and Florida
- **Squash:** California, Michigan, and New York
- **Tomatoes:** California and Florida



## Let's Plan a Breakfast With Vegetables and Fruits

Create new menus that include vegetables, fruits, or both as one of the three required meal components at breakfast. Review the meal pattern requirements on page 8 and 9 to make sure you provide the required minimum amount for each age group.

### Children 3 Through 5 Years of Age

Meal Components	Amount	Food Item
<b>1st Meal Component:</b> Vegetables, Fruits, or Both		
<b>2nd Meal Component:</b>		
<b>3rd Meal Component:</b>		

### Children 6 Through 18 Years of Age

Meal Components	Amount	Food Item
<b>1st Meal Component:</b> Vegetables, Fruits, or Both		
<b>2nd Meal Component:</b>		
<b>3rd Meal Component:</b>		

**Note:** See sample menus featuring vegetables and fruits beginning on page 47.

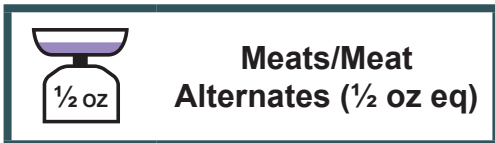


## Serving Meats and Meat Alternates at Breakfast

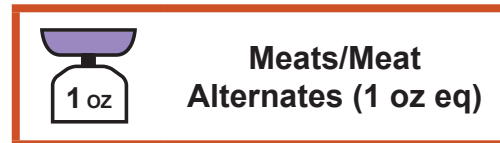
Meats and meat alternates are an important source of many nutrients. They can provide iron, zinc, magnesium, and B-vitamins. Meats and meat alternates include beef, pork, poultry, fish, eggs, legumes (beans, peas, and lentils), nuts and nut butters, tofu, tempeh, yogurt, and cheese. You may serve meats and meat alternates for breakfast in place of grains up to 3 times per week at breakfast. You may also serve meats and meat alternates as an “extra” food item.

The meal pattern lists the required amounts for the meats/meat alternates component as ounce equivalents (oz eq). Ounce equivalents tell you the amount of meats/meat alternates in a portion of food. For example, 1 oz eq is equal to half of a large egg, 4 oz of yogurt, or 1 oz of natural cheese. If you serve a meat and meat alternate in place of grains at breakfast, it must substitute for the entire grains component. The smallest amount of meats and meat alternates that can credit toward a reimbursable breakfast is a ¼ oz eq.

### Breakfast Requirements for Children 3 Through 5 Years of Age



### Breakfast Requirements for Children 6 Through 18 Years of Age



To credit meats and meat alternates toward a reimbursable meal, you must be **able to see the meat and meat alternate and recognize it**. This helps children learn what types of foods make up a balanced meal. An exception to the rule that meats and meat alternates must be recognizable to credit toward the meats/meat alternate component is smoothies. Learn more about smoothies on page 40.

Program operators must be able to document how foods credit toward a meal component(s). Program operators need a Child Nutrition label or Product Formulation Statement for processed meats and meat alternates that are not in the "Food Buying Guide for Child Nutrition Programs" ([fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)).



## Minimum Amount of Meats and Meat Alternates You Need To Serve To Replace Grains at Breakfast

The chart below shows examples of amounts of food needed to credit as  $\frac{1}{2}$  oz eq and 1 oz eq meats/meat alternates in the CACFP. For more information refer to the “Food Buying Guide for Child Nutrition Programs” at [fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs).

Meats and meat alternates required when served instead of grains at breakfast	Minimum Amount of Food by Age Group	
	3 Through 5 Years of Age Serve at least $\frac{1}{2}$ oz eq, which is about:	6 Through 18 Years of Age Serve at least 1 oz eq, which is about:
Cooked Beans or Peas	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup
Cottage Cheese or Ricotta Cheese	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup
Egg, Large	$\frac{1}{4}$ large egg	$\frac{1}{2}$ large egg
Lean Meat, Poultry, Fish	$\frac{1}{2}$ oz	1 oz
Natural or Processed Cheese	$\frac{1}{2}$ oz	1 oz
Peanut Butter, Soy Nut Butter, or Other Nut or Seed Butters	1 Tbsp	2 Tbsp
Tempeh*	$\frac{1}{2}$ oz	1 oz
Tofu** (Commercially Prepared)	$\frac{1}{8}$ cup (1.1 oz) with at least $2\frac{1}{2}$ g of protein	$\frac{1}{4}$ cup (2.2 oz) with at least 5 g of protein
Yogurt (Including Greek and Soy Yogurt), Commercially Prepared	$\frac{1}{4}$ cup (2 oz)	$\frac{1}{2}$ cup (4 oz)

**Note:** g = grams; oz eq = ounce equivalents; oz = ounce; Tbsp = tablespoons



\*To credit as a meat alternate, tempeh must be made with ingredients limited to soybeans (or other legumes), water, tempeh culture, and for some varieties vinegar, seasonings, and herbs (1 oz of tempeh credits as 1 oz eq meat alternate). Tempeh made with other creditable ingredients (brown rice, sunflower seeds, vegetables, etc.) require a Child Nutrition label or Product Formulation Statement to document meal pattern contribution. For more information on serving tempeh, refer to the CACFP Policy Memorandum “Crediting Tempeh in the Child Nutrition Programs” at [fns.usda.gov/cacfp/policy](https://fns.usda.gov/cacfp/policy).

\*\*To credit as a meat alternate, tofu that is commercially made and meets the definition of tofu as stated in the Code of Federal Regulations (7 CFR 210 and 226.2 at [govinfo.gov/help/cfr](https://govinfo.gov/help/cfr)) is creditable if a serving provides at least 5 g of protein per 2.2-oz portion. For more information on crediting tofu, refer to the CACFP Policy Memorandum “Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program” at [fns.usda.gov/cacfp/policy](https://fns.usda.gov/cacfp/policy).





### Meats and Meat Alternates Crediting Tips

- Only **whole eggs** (white and yolk) can credit toward a reimbursable meal. Egg whites are not creditable in the CACFP.
- Some meats/meat alternates, such as **sausage**, need additional information such as a Product Formulation Statement to show how they credit toward a reimbursable meal. For more information on Product Formulation Statements, refer to the "Food Buying Guide for Child Nutrition Programs" at [fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs).
- **Yogurts** that are part of a reimbursable meal or snack must contain no more than 23 grams of total sugars per 6 ounces.
- **Imitation cheese and cheese product** are not creditable as part of a reimbursable meal or snack.

### Legumes (Beans, Peas, and Lentils) Crediting Tips

- **Legumes** (beans, peas, and lentils) can credit as meats/meat alternates or vegetables. However, a serving of legumes cannot credit as both a meat/meat alternate and a vegetable in the same meal.
- If you serve two different cooked legumes at a meal, you may choose to credit one as a meat alternate and the other as a vegetable if you serve the minimum creditable amount of each.



### Tips for Adding Meats and Meat Alternates to Your Menu

- Serve meats/meat alternates in place of grains. See the [Egg and Broccoli Scramble](#) recipe on page 128.
- Choose lean cuts of meat when possible. Look for labels that say 90% lean or higher and limit the use of processed meats. See the [Turkey Sausage With Sweet Cran-Apple Topping](#) recipe on page 167.
- Experiment with beans for breakfast. See the [Breakfast Black Beans With Eggs](#) recipes on page 102.
- See **sample menus** featuring meats and meat alternates on page 49.



## What Are Meats and Meat Alternates?

### These foods are meats:

- Beef
- Beef Jerky\*
- Bison
- Canadian Bacon
- Chicken
- Cod
- Crab
- Ham
- Pork
- Salmon
- Sausage\*
- Shrimp
- Surimi (imitation crabmeat)
- Turkey
- Turkey Bacon\*

### These foods are meat alternates:

- Almond Butter
- Almonds
- Beans
- Cashews
- Cheese, Natural
- Cheese, Processed
- Chickpeas
- Cottage Cheese
- Eggs
- Lentils
- Mixed Nuts
- Peanut Butter
- Peanuts
- Pecans
- Pumpkin Seeds
- Sunflower Butter
- Sunflower Seeds
- Tofu
- Yogurt

### These foods are not meats/meat alternates:

- × Cheese Product
- × Cream Cheese
- × Egg Whites
- × Pork Bacon
- × Scrapple
- × Yogurt made from almond milk, coconut milk, or oat milk

\*Program operators need a Child Nutrition label or Product Formulation Statement to document how these foods credit.



## Let's Plan a Breakfast with Meats and Meat Alternates

Create new menus that include meats and meat alternates as one of the three required meal components at breakfast. Review the meal pattern requirements on page 8 and 9 to make sure you provide the required minimum amount for each age group.

As a reminder, you can serve meats and meat alternates in place of grains up to 3 times a week.

### Children 3 Through 5 Years of Age

Meal Components	Amount	Food Item
<b>1st Meal Component:</b> Meats/Meat Alternates		
<b>2nd Meal Component:</b>		
<b>3rd Meal Component:</b>		

### Children 6 Through 18 Years of Age

Meal Components	Amount	Food Item
<b>1st Meal Component:</b> Meats/Meat Alternates		
<b>2nd Meal Component:</b>		
<b>3rd Meal Component:</b>		

**Note:** See sample menus featuring meats and meat alternates beginning on page 49.



## Serving Grains at Breakfast

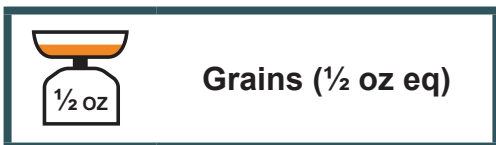
Grains are an important source of many nutrients. They can provide dietary fiber, several B vitamins (thiamine, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium). You may serve grains as one of the required meal components of a reimbursable breakfast. Creditable grains include:

- Whole grains
- Enriched grains
- Fortified ready-to-eat cereals
- Bran
- Germ

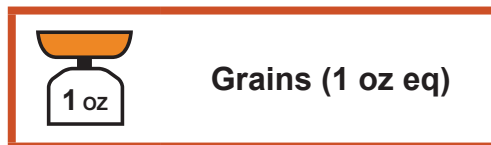
The “Crediting Handbook for the Child and Adult Care Food Program” ([fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program](https://fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program)) provides information on how to identify creditable grains.

To make sure children get enough grains at CACFP meals and snacks, the meal pattern lists required amounts for the grains component as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food. For example, 1 oz eq of grains equals 1 slice of bread, ½ cup cooked oatmeal, or 1 mini bagel. For more information, refer to the “Using Ounce Equivalents for Grains in the Child and Adult Care Food Program” and “Crediting Single-Serving Packages of Grains in the Child and Adult Care Food Program” training worksheets at [fns.usda.gov/tn/training-tools-cacfp](https://fns.usda.gov/tn/training-tools-cacfp). You can also find a list of selected grains ounce equivalents for common breakfast items on pages 32–33.

### Breakfast Requirements for Children 3 Through 5 Years of Age



### Breakfast Requirements for Children 6 Through 18 Years of Age



## Grains Ounce Equivalents for Common Breakfast Items

Grain Item and Size	Minimum Amount of Food by Age Group	
	3 Through 5 Years of Age	6 Through 18 Years of Age
	Serve at least ½ oz eq, which is about:	Serve at least 1 oz eq, which is about:
<b>Bagel (entire bagel), at least 56 grams*</b>	¼ bagel or 14 grams	½ bagel or 28 grams
<b>Bagel, Mini (entire bagel), at least 28 grams*</b>	½ bagel or 14 grams	1 bagel or 28 grams
<b>Biscuit at least 28 grams*</b>	½ biscuit or 14 grams	1 biscuit or 28 grams
<b>Bread (whole grain-rich or enriched), at least 28 grams*</b>	½ slice or 14 grams	1 slice or 28 grams
<b>Breakfast Cereals (Oatmeal, Grits, etc.)</b>	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry
<b>Cereal, Ready-to-Eat: Flakes or Rounds</b>	½ cup or 14 grams	1 cup or 28 grams
<b>Cereal, Ready-to-Eat: Granola</b>	⅛ cup or 14 grams	¼ cup or 28 grams
<b>Cereal, Ready-to-Eat: Puffed</b>	¾ cup or 14 grams	1¼ cup or 28 grams
<b>Corn Muffin, at least 34 grams*</b>	½ muffin or 17 grams	1 muffin or 34 grams
<b>Croissant, at least 34 grams*</b>	½ croissant or 17 grams	1 croissant or 34 grams
<b>English Muffin (top and bottom), at least 56 grams*</b>	¼ muffin or 14 grams	½ muffin or 28 grams
<b>French Toast Stick, at least 18 grams*</b>	2 sticks or 35 grams	4 sticks or 69 grams
<b>Melba Toast (about 3½" by 1½")**</b>	2 pieces or 11 grams	5 pieces or 22 grams
<b>Muffin and Quick Bread (banana, etc.), at least 55 grams*</b>	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams
<b>Pancake, at least 34 grams*</b>	½ pancake or 17 grams	1 pancake or 34 grams
<b>Pita Bread/Round, at least 56 grams*</b>	¼ pita or 14 grams	½ pita or 28 grams
<b>Tortilla, Soft, Flour (about 6")**</b>	½ tortilla or 14 grams	1 tortilla or 28 grams
<b>Waffle at least 34 grams*</b>	½ waffle or 17 grams	1 waffle or 34 grams

\*Check that the item you want to serve weighs this amount or more.

\*\*Check that the item you want to serve is about this size.

## Grains Ounce Equivalents for Single-Serving Snack Packages

Grain Item and Package Weight*	Minimum Amount of Food by Age Group	
	3 Through 5 Years of Age	6 Through 18 Years of Age
	Serve at least ½ oz eq, which is about:	Serve at least 1 oz eq, which is about:
<b>Cereal, Ready-to-Eat, All Types, at least 28 grams or 1 ounce**</b>	½ package	1 package
<b>Cereal, Ready-to-Eat, All Types, at least 56 grams or 2 ounces**</b>	¼ package	½ package
<b>Croissants, at least 34 grams or 1.2 ounces</b>	½ package	1 package
<b>Grits, Dry (whole-grain or enriched), at least 28 grams or 1 ounce**</b>	½ package	1 package
<b>Muffin, All Types, (except corn), at least 55 grams or 2 ounces</b>	½ package	1 package
<b>Muffin, Corn, at least 34 grams or 1.2 ounces</b>	½ package	1 package
<b>Oatmeal, Dry (unflavored or flavored), at least 28 grams or 1 ounce**</b>	½ package	1 package

\*Each item on the chart lists a minimum package weight by the name of the item. Look at the package you are serving and find its weight listed on the Nutrition Facts label or on the front of the package.

\*\*Must contain no more than 6 grams of total sugars per dry ounce.

## Whole Grain-Rich Meal Pattern Requirements

In the CACFP, you must serve a whole grain-rich food item at least once per day, not once per meal/snack. Whole grain-rich means that at least half the grain ingredients in the food item are whole grains, and any remaining grains are enriched grains, bran, or germ.

### How Often Do I Have to Serve Whole Grain-Rich Foods at Breakfast?

<p><b>You serve only breakfast:</b></p>	<p>If you serve a grain at breakfast, it must be whole grain-rich.</p>
<p><b>You serve both meals and snacks to the same group of children during the day:</b></p>	<p>You must serve a whole grain-rich item for the grain component at one meal or snack each day.</p>
<p><b>You serve meals and snack to different groups of children during the day (for example, morning and afternoon sessions):</b></p>	<p>You must serve a whole grain-rich item for the grain component at one meal or snack each day (to only one of the groups of children).</p>





## How Can I Identify Whole Grain-Rich Foods?

There are many ways to tell if a grain is whole grain-rich in the CACFP. The grain only needs to meet one of these methods to be whole grain-rich. It does not need to meet all the methods.

- 1. The “Rule of Three.”** Foods that meet the “Rule of Three” are whole grain-rich. According to the “Rule of Three,” foods are whole grain-rich if the first ingredient (or second after water) in the food is whole grain, and the second and third grain ingredients are whole grain, enriched, bran, or germ. For more information refer to the training worksheet “Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List” at [fns.usda.gov/tn/training-tools-cacfp](https://fns.usda.gov/tn/training-tools-cacfp).
- 2. WIC Lists.** Aside from cereals, any grain included on a State’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved food list is considered whole grain-rich in the CACFP. This includes tortillas, pastas, rice, and breads on a State WIC list. Not all cereals on a WIC list are whole grain-rich. When using the WIC list to choose a whole grain-rich cereal, be sure to choose one that is marked as whole grain on the WIC list.
- 3. Documentation.** Foods that have a standardized recipe or documentation, such as a Child Nutrition label or a Product Formulation Statement, showing that whole grains are the primary grain ingredient in the food are whole grain-rich in the CACFP.
- 4. Whole Grain-Rich in Schools.** Foods that are considered whole grain-rich in the School Meals program (the National School Lunch Program and School Breakfast Program) are whole grain-rich in the CACFP.
- 5. FDA Whole Grain Health Claims.** Foods are whole grain-rich if their package has one of the two whole grain health claim statements from the Food and Drug Administration (FDA):
  - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”
  - OR
  - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and certain cancers.”
- 6. Labels.** Certain breads and pastas that have the words “whole-wheat” in the name are whole grain-rich. Foods labeled exactly as written below are whole grain-rich:

- Whole-wheat bread, rolls, and buns
- Entire wheat bread, rolls, and buns
- Graham bread, rolls, and buns (not graham crackers)
- Whole-wheat spaghetti, vermicelli, macaroni, and macaroni products.



## What Are Ways To Serve Whole Grain-Rich Foods at Breakfast?

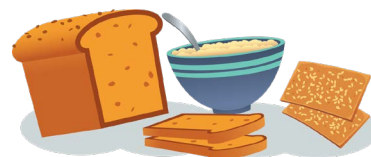
Check out this list of whole grain-rich foods you can add to your menus:

- Whole Grain-Rich Cereal
- [Oven-Baked Pancakes With Spiced Pears](#) (recipe on page 151)
- Whole Grain-Rich Muffins
- [Cheesy Cheddar Drop Biscuits](#) (recipe on page 106)
- [Fruit and Nut Butter Pita Pockets](#) (recipe on page 132)
- Whole Grain-Rich Bagels
- [Orange Cranberry Quick Bread](#) (recipe on page 149)
- Oatmeal
- Quinoa



### Grains Crediting Tips

- At least one serving of grains per day in the CACFP must be whole grain-rich.
- Grain-based desserts **do not credit** toward the grains component in the CACFP.
- Cereals must contain no more than 6 grams of total sugars per dry ounce.



## Serving Grains With Fewer Added Sugars

### Sugar Limit for Cereals

Breakfast cereals served in the CACFP must contain no more than 6 grams of total sugars per dry ounce. There are many types of cereals that meet this sugar limit. For more information, refer to the CACFP training worksheet “Choose Breakfast Cereals That Are Lower in Sugar” at [fns.usda.gov/tn/training-tools-cacfp](https://fns.usda.gov/tn/training-tools-cacfp).

### Grain-Based Desserts

Grain-based desserts **do not credit** toward the grains component in the CACFP. Examples of grain-based desserts are listed below. For more information, refer to the CACFP training worksheet “Grain-Based Desserts in the Child and Adult Care Food Program” at [fns.usda.gov/tn/training-tools-cacfp](https://fns.usda.gov/tn/training-tools-cacfp).


- |                    |  |   |
|--------------------|--|---|
| × Breakfast bars   | × Sweet croissants, such as chocolate-filled | × Sweet scones, such as those made with fruits, icing, etc. |
| × Cereal bars      | × Sweet rolls, such as cinnamon rolls        | × Toaster pastries  |
| × Coffee cake      |  |   |
| × Donuts, any kind |  |   |
| × Granola bars     |  |   |



### Tips for Adding Whole Grains to Your Menu

- Experiment with different grains (quinoa, bulgur, barley, rye). See the [Berry Medley and Quinoa Breakfast Bake](#) recipe on page 98.
- Serve whole grain-rich cereals. See the [Peachy Oatmeal Bake](#) recipe on page 157.
- Substitute whole grain-rich foods for enriched foods.
- Try whole-wheat breads, muffins, and biscuits. See the [Lemon-Blueberry Corn Muffins](#) recipe on page 146.
- See **sample menus** featuring grains on page 51.



 The sample menus on page 51 highlight whole grain-rich foods on the menu. This shows families how you are providing nutritious choices for their child. It is not a Federal requirement that you indicate a grain is whole grain-rich on your menu. Check with your State agency or sponsoring organization to see what they require.

## What Is a Grain?

Remember, grains must be whole grains, enriched grains, fortified ready-to-eat cereals, bran, and germ.

### These foods are whole grain:

- Brown Rice
- Buckwheat
- Bulgur
- Hominy
- Millet
- Muesli
- Oatmeal
- Quinoa
- Rolled Oats
- Whole Grain Barley
- Whole Grain Cornmeal
- Whole Grain Sorghum
- Whole Grain-Rich Breads
- Whole Grain-Rich Cereal Flakes
- Whole Grain-Rich Crackers
- Whole Grain-Rich Pasta
- Whole Grain-Rich Tortillas
- Whole Rye
- Whole-Wheat Breads

**These foods are bran, germ, or enriched grains.** A food is an “enriched grain” if it is labeled as “enriched” or an enriched grain is listed as the first ingredient on the food’s ingredient list or second after water.

- Bagels
- Biscuits
- Bran (corn, oat, rice, rye, or wheat)
- Bread
- Buns and Rolls
- Corn Flakes
- Crackers
- Flour Tortillas
- Germ (wheat)
- Grits
- Naan
- Pancakes
- Pasta
- Pita Bread
- Polenta
- Rice
- Waffles

### These foods are not grains:

- × Corn
- × Sweet Potatoes
- × White Potatoes

Some vegetables credit as grains in American Samoa, Puerto Rico, and the Virgin Islands. For more information on crediting vegetables as grains, refer to the CACFP Policy Memorandum “Crediting Vegetables for Grains in American Samoa, Puerto Rico, and the Virgin Islands” at [fns.usda.gov/cn/crediting-vegetables-grains-american-samoa-puerto-rico-and-virgin-islands](https://fns.usda.gov/cn/crediting-vegetables-grains-american-samoa-puerto-rico-and-virgin-islands).



## Let's Plan a Breakfast With Grains



Create new menus that include grains as one of the three required meal components at breakfast. Try planning a menu that includes a grain that is whole grain-rich. Review the meal pattern requirements on page 8 and 9 to make sure you provide the required minimum amount for each age group.



### Children 3 Through 5 Years of Age



Meal Components	Amount	Food Item
1st Meal Component: Grains		
2nd Meal Component:		
3rd Meal Component:		



### Children 6 Through 18 Years of Age

Meal Components	Amount	Food Item
1st Meal Component: Grains		
2nd Meal Component:		
3rd Meal Component:		



**Note:** See sample menu featuring grains on page 51.

























## Serving Smoothies at Breakfast

Fruits, vegetables, yogurt, or milk in a smoothie may credit toward a reimbursable breakfast. Vegetables and fruits in smoothies always credit as juice. One serving of juice may be offered per day, so if you offer a smoothie for breakfast, you **may not** offer a smoothie or juice for lunch, supper, or snack.

Yogurt in a smoothie credits as a meat alternate. Meat alternates may be used to meet the entire grains requirement for breakfast up to three times a week. One oz eq of meats/meat alternates is equal to 1 oz eq of grains.

If your smoothie contains the minimum required amounts of milk (milk component), yogurt (meats/meat alternates component), and fruits and/or vegetables (fruits and/or vegetables component) required for breakfast, then you do not have to offer additional foods. Remember, this may only happen up to three times a week. On days when grains are offered, the smoothie can provide two of the three required meal components (milk and fruits and/or vegetables), as long as the right amounts are used.

As long as the minimum required amounts are offered, the following combinations can be served at breakfast:

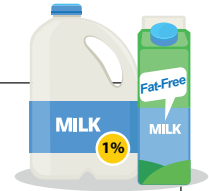
<b>(Smoothie With: Milk + Fruits) + Grain = Reimbursable Meal</b>	 and  and 
<b>(Smoothie With: Milk + Vegetables) + Grain = Reimbursable Meal</b>	 and  and 
<b>(Smoothie With: Milk + Vegetables + Yogurt) = Reimbursable Meal</b> (no more than 3 times per week)	 and  and 
<b>(Smoothie With: Milk + Fruits + Yogurt) = Reimbursable Meal</b> (no more than 3 times per week)	 and  and 
<b>(Smoothie With: Vegetables + Yogurt) + Milk = Reimbursable Meal</b> (no more than 3 times per week)	 and  and 
<b>(Smoothie With: Fruits + Yogurt) + Milk = Reimbursable Meal</b> (no more than 3 times per week)	 and  and 



You must offer additional milk, fruits and/or vegetables, and meats/meat alternates, if the amount served in the smoothie does not fulfill the minimum serving amount needed to meet the meal pattern requirements for breakfast. You may also count these foods as “extra” if they are not needed to complete a reimbursable breakfast.

## How To Credit Meal Components in Smoothies

### Tips for Crediting Milk in Smoothies



<b>Meal Component:</b>	Milk
<b>Minimal Creditable Amount:</b>	¼ cup of milk per smoothie
<b>Minimum Required Amount at Breakfast:</b>	6 fl oz (¾ cup) for children 3–5 years of age and 8 fl oz (1 cup) for children 6–18 years of age. If the smoothie contains less than this amount of milk, then additional milk must be served.

The following types of milk and milk substitutes are creditable:

- Low-fat (1%) and fat-free (skim) unflavored milk credit towards the milk component for children 3–5 years of age. To credit the milk for this age group, no nutritive or non-nutritive sweeteners may be added to the smoothie. For example, syrups and honey **may not** be an ingredient in the smoothie if you wish to credit the milk toward the milk component. Adding nutritive or non-nutritive sweeteners “flavors” the milk. Flavored milk is not allowed for children 3–5 years of age.
- Unflavored and flavored low-fat (1%) and fat-free (skim) milk credit toward the milk component for children 6–18 years of age.
- Milk alternatives that meet the nutrition specifications on page 77 credit toward the milk component for children 3–18 years of age. The milk alternative must be unflavored for children 3–5 years of age.





### Tips for Crediting Yogurt in Smoothies



<b>Meal Component:</b>	Meats and Meat Alternates
<b>Minimal Creditable Amount:</b>	¼ oz eq (1 ounce or ⅛ cup) of yogurt per smoothie.
<b>Minimum Required Amount at Breakfast:</b>	2 oz (¼ cup) for children 3–5 years of age and 4 oz (½ cup) for children 6–18 years of age. If the smoothie contains less than this amount of yogurt, then additional meats/meats alternates or another meal component must be served as part of the reimbursable meal.

- To credit toward the breakfast, the yogurt used in the smoothie must contain no more than 23 grams of total sugars per 6 ounces.
- Yogurt may be regular, Greek, or soy, flavored or plain.
- Yogurt may be offered in place of grains up to three times a week.

### Tips for Crediting Vegetables, Fruits, or Both in Smoothies



<b>Meal Component:</b>	Vegetables, Fruits, or Both
<b>Minimal Creditable Amount:</b>	⅛ cup of fruit or vegetable puree
<b>Minimum Required Amount at Breakfast:</b>	½ cup for children 3–18 years of age. If the smoothie contains less than this amount of fruits and/or vegetables, then additional fruits and/or vegetables must be served.



As a best practice, talk with children about the foods used in their smoothies. Showing children an example of the whole fruit or vegetable that is an ingredient in the smoothie can be a great learning experience. You can use a picture or show them the actual fruit or vegetable.



To determine how fruits or vegetables in your smoothie credit toward the meal component, you must measure the amount of fruits or vegetables after pureeing them. If your recipe calls for  $\frac{1}{4}$  cup of whole strawberries, you must puree the strawberries and measure the amount of puree to determine the creditable amount of fruit. You only need to do this when determining how your recipe credits toward the meal pattern. Once you know how your smoothie credits, you can just blend the whole fruit along with the milk and/or yogurt when preparing the smoothie. **The following ingredients are not creditable when served as part of a smoothie:**

- × Grains, such as oats
- × Nuts, seeds, and nut and seed butters
- × Tofu

If a smoothie contains herbal supplements or protein powder, **none** of the ingredients in the smoothie can credit toward a reimbursable breakfast.

## Reviewing a Product Formulation Statement for Commercial Smoothies

Smoothies served in the CACFP can be made in-house or store-bought (commercially prepared). To credit a commercially prepared smoothie, you must have a Child Nutrition label or a Product Formulation Statement to document how the ingredients credit toward the meal. Check that the Product Formulation Statement contains all required information using the checklist below.

Ingredient	
Yogurt	The Product Formulation Statement indicates that the yogurt used in the smoothie meets the Standard of Identity for yogurt as stated in 21 CFR 131.200 at <a href="http://govinfo.gov/help/cfr">govinfo.gov/help/cfr</a> . Each smoothie must contain enough yogurt to credit at least $\frac{1}{4}$ oz eq of meat alternate.
Milk	The Product Formulation Statement indicates that the milk used in the smoothie meets the Standard of Identity for milk as stated in 7 CFR 210.10(d)(1) for types of fluid milk at <a href="http://govinfo.gov/help/cfr">govinfo.gov/help/cfr</a> . Milk must be low-fat (1%) or fat-free (skim) for children 3–18 years of age. Milk must be unflavored for children 3–5 years of age. Smoothies served to children 3–5 years of age <b>may not</b> have any nutritive or non-nutritive sweeteners added (such as syrups). Each smoothie must contain enough milk to credit at least $\frac{1}{4}$ cup of milk.
Fruit and/or Vegetables	The Product Formulation Statement uses the pureed vegetable, fruit, or juice form of the vegetable or fruit in determining the creditable amount. Volumes of fruit and vegetable purees were determined before freezing. If juice concentrate was used, enough water was added to reconstitute to 100 percent full-strength juice. Each smoothie contains enough fruit or vegetable to credit at least $\frac{1}{8}$ cup of fruits and/or vegetables.
Herbal Supplements or Protein Powder	The smoothie is not creditable



### Additional Information About Smoothies:

For more information on serving smoothies, refer to the CACFP Policy Memorandum “Smoothies Offered in Child Nutrition Programs” at [fns.usda.gov/cacfp/policy](http://fns.usda.gov/cacfp/policy).

## Let's Try Serving a Smoothie

Are these breakfast combinations reimbursable for children 3–5 years of age?

Example 1	Example 2
<p><b>Blueberry and Yogurt Smoothie containing:</b></p> <ul style="list-style-type: none"> <li>• ½ cup fruit (blueberry puree)</li> <li>• ¾ cup low-fat (1%) milk</li> <li>• ½ oz eq meat alternate (vanilla yogurt)</li> <li>• and ½ slice of whole-wheat toast.</li> </ul> <p><b>Answer: Yes.</b> This is a reimbursable breakfast because it has three meal components (fruit, meat alternate, and milk) that meet minimum serving sizes. The smoothie counts toward the weekly maximum of offering meat alternates in place of grains. You may not offer juice as part of another meal or snack that day. The whole-wheat toast is an extra food item. The yogurt must meet CACFP sugar limits.</p>	<p><b>Strawberry and Milk Smoothie containing:</b></p> <ul style="list-style-type: none"> <li>• ½ cup of fruit (pureed strawberries)</li> <li>• ½ cup of fat-free (skim) milk</li> <li>• and a whole grain-rich muffin (½ oz eq)</li> </ul> <p><b>Answer: No.</b> Although this smoothie has the required meal components, it does not provide the minimum required amount of milk (¾ cup).</p>

Can these smoothies be served as a reimbursable breakfast for children 6–18 years of age?

Example 1	Example 2
<p><b>Peanut Butter Banana Smoothie containing:</b></p> <ul style="list-style-type: none"> <li>• ½ cup fruit (pureed bananas),</li> <li>• 2 Tbsp peanut butter</li> <li>• 1 cup fat-free (skim) flavored milk</li> </ul> <p><b>Answer: No.</b> Although the meal above meets the minimum serving amount for fruits and milk, it does not have the three required meal components. Peanut butter is not creditable in smoothies. To make this breakfast reimbursable, add 1 oz eq of grains or meats/meat alternates.</p>	<p><b>Peach and Milk Smoothie containing:</b></p> <ul style="list-style-type: none"> <li>• ½ cup fruit (pureed peaches)</li> <li>• 1 cup low-fat (1%) milk</li> <li>• and whole-wheat toast (1 oz eq)</li> </ul> <p><b>Answer: Yes.</b> This is a reimbursable breakfast because it has three meal components (fruit, milk, and grains) that meet minimum serving sizes. However, if this is the only CACFP meal being served that day, the cereal must be whole grain-rich.</p>

**Note:** oz eq = ounce equivalents













# Let's Make Breakfast!

## Sample Menu Highlighting Milk for Children 3 Through 5 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 95 and quantity (25 and 50 servings) on page 175.

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Milk*</b>	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)
 <b>Vegetables/ Fruits or Both</b>	<u><a href="#">Easy Overnight Oats and Berries</a></u> ½ cup (¼ cup) (p. 122)  <b>Sliced Grapes</b> (¼ cup)	<b>Diced Pears</b> (½ cup)	<b>Blueberries</b> (½ cup)	<b>Fruit Salad</b> (½ cup)	<u><a href="#">Turkey Sausage With Sweet Cran-Apple Topping</a></u> 3 Tbsp cran-apple topping (¼ cup) (p. 167)  <b>Sliced Strawberries</b> (¼ cup)
 <b>Grains</b>   = whole grain-rich	<u><a href="#">Easy Overnight Oats and Berries</a></u> ½ cup (½ oz eq) (p. 122) 		<u><a href="#">Cheesy Cheddar Drop Biscuit</a></u> 1 biscuit (1 oz eq) (p. 106) 	<b>Whole-Wheat Toast</b> ½ slice (½ oz eq) 	
 <b>Meats/Meat Alternates**</b>	<u><a href="#">Easy Overnight Oats and Berries</a></u> ½ cup (¼ oz eq) (p. 122)	<b>Canadian Bacon</b> 1 slice (½ oz eq)	<u><a href="#">Cheesy Cheddar Drop Biscuit</a></u> 1 biscuit (¼ oz eq) (p. 106)		<u><a href="#">Turkey Sausage With Sweet Cran-Apple Topping</a></u> 1 Turkey Sausage Patty (½ oz eq) (p. 167)

\*Unflavored low-fat (1%) or unflavored fat-free (skim) milk.








\*\*You can serve meats/meat alternates in place of grains up to three times a week.



## Let's Make Breakfast!

### Sample Menu Highlighting Milk for Children 6 Through 18 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 95 and quantity (25 and 50 servings) on page 175.

	Monday	Tuesday	Wednesday	Thursday	Friday
 Milk*	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)
 Vegetables/ Fruits or Both	<u>Easy Overnight Oats and Berries</u> 1 cup (½ cup) (p. 124)	Diced Pears (½ cup)	Blueberries (½ cup)	Fruit Salad (½ cup)	<u>Turkey Sausage With Sweet Cran-Apple Topping</u> ⅓ cup cran-apple topping (½ cup) (p. 169)
 Grains = whole grain-rich	<u>Easy Overnight Oats and Berries</u> 1 cup (1 oz eq)  (p. 124)		<u>Cheesy Cheddar Drop Biscuit</u> 1 biscuit (1 oz eq) (p. 106) 	Whole-Wheat Toast 1 slice (1 oz eq) 	
 Meats/Meat Alternates**	<u>Easy Overnight Oats and Berries</u> 1 cup (½ oz eq) (p. 124)	Canadian Bacon 2 slices (1 oz eq)	<u>Cheesy Cheddar Drop Biscuit</u> 1 biscuit (¼ oz eq) (p. 106)		<u>Turkey Sausage With Sweet Cran-Apple Topping</u> 1 Turkey Sausage Patty (1 oz eq) (p. 169)

\*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim) milk.









\*\*You can serve meats/meat alternates in place of grains up to three times a week.



# Let's Make Breakfast!

## Sample Menu Highlighting Vegetables and Fruits for Children 3 Through 5 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 95 and quantity (25 and 50 servings) on page 175.

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Milk*</b>	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)
 <b>Vegetables/ Fruits or Both</b>	<u><a href="#">Egg and Broccoli Scramble</a></u> ⅓ cup (⅛ cup) (p. 128)  <b>Blueberries</b> ⅓ cup	<u><a href="#">Peachy Oatmeal Bake</a></u> ½ cup (¼ cup fruit) (p. 157)  <b>Sliced Grapes</b> ¼ cup	<u><a href="#">Strawberry and Waffle Kebabs With Maple-Yogurt Dip</a></u> 2 kebabs (½ cup) (p. 163)	<u><a href="#">Roasted Sweet Potato Hash</a></u> ½ cup (½ cup) (p. 161)	<u><a href="#">Oven-Baked Pancakes With Spiced Pears</a></u> 1 piece (½ cup) (p. 151)
 <b>Grains</b>   = whole grain-rich		<u><a href="#">Peachy Oatmeal Bake</a></u> ½ cup (½ oz eq) (p. 157) 	<u><a href="#">Strawberry and Waffle Kebabs With Maple-Yogurt Dip</a></u> 2 kebabs (½ oz eq) (p. 163) 		<u><a href="#">Oven-Baked Pancakes With Spiced Pears</a></u> 1 piece (½ oz eq) (p. 151) 
 <b>Meats/Meat Alternates**</b>	<u><a href="#">Egg and Broccoli Scramble</a></u> ⅓ cup (2 oz eq) (p. 128)		<u><a href="#">Strawberry and Waffle Kebabs With Maple-Yogurt Dip</a></u> 2 kebabs (¼ oz eq) (p. 163)	<b>Canadian Bacon</b> 1 slice (½ oz eq)	

\*Unflavored low-fat (1%) or unflavored fat-free (skim) milk.









\*\*You can serve meats/meat alternates in place of grains up to three times a week.



## Let's Make Breakfast!

### Sample Menu Highlighting Vegetables and Fruits for Children 6 Through 18 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 95 and quantity (25 and 50 servings) on page 175.

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Milk*</b>	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)
 <b>Vegetables/ Fruits or Both</b>	<a href="#">Egg and Broccoli Scramble</a> $\frac{2}{3}$ cup (¼ cup) (p. 130)  <b>Blueberries</b> ¼ cup	<a href="#">Peachy Oatmeal Bake</a> 1 cup (½ cup fruit) (p. 159)	<a href="#">Strawberry and Waffle Kebabs With Maple-Yogurt Dip</a> 2 kebabs (½ cup) (p. 165)	<a href="#">Roasted Sweet Potato Hash</a> $\frac{1}{2}$ cup (½ cup) (p. 161)	<a href="#">Oven-Baked Pancakes With Spiced Pears</a> 1 piece (½ cup) (p. 154)
 <b>Grains</b>   = whole grain-rich		<a href="#">Peachy Oatmeal Bake</a> 1 cup (1 oz eq) (p. 159) 	<a href="#">Strawberry and Waffle Kebabs With Maple-Yogurt Dip</a> 2 kebabs (1 oz eq) (p. 165) 		<a href="#">Oven-Baked Pancakes With Spiced Pears</a> 1 piece (1 oz eq) (p. 154) 
 <b>Meats/Meat Alternates**</b>	<a href="#">Egg and Broccoli Scramble</a> $\frac{2}{3}$ cup (4 oz eq) (p. 130)		<a href="#">Strawberry and Waffle Kebabs With Maple-Yogurt Dip</a> 2 kebabs (¼ oz eq) (p. 165)	<b>Canadian Bacon</b> 2 slices (1 oz eq)	

\*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.



## Let's Make Breakfast!



### Sample Menu Highlighting Meats and Meat Alternates for Children 3 Through 5 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 95 and quantity (25 and 50 servings) on page 175.

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Milk*</b>	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)
 <b>Vegetables/ Fruits or Both</b>	<u><b>Cottage Cheese and Fruit Bowl</b></u> 1 bowl (½ cup) (p. 118)	<b>Nectarine</b> 1 small (seed removed) (½ cup)	<u><b>Cheesy Egg, Sausage, and Potato Casserole</b></u> 1 piece (¼ cup) (p. 108)  <b>Apple Slices</b> (¼ cup)	<u><b>Orange Cranberry Quick Bread</b></u> 1 piece (⅓ cup) (p. 149)  <b>Mixed Fruit</b> ⅓ cup	<u><b>Breakfast Black Beans With Eggs</b></u> ½ cup and ⅓ egg (½ cup) (p. 102)
 <b>Grains</b>  = whole grain-rich	<u><b>Cottage Cheese and Fruit Bowl</b></u> 1 bowl (¼ oz eq) (p. 118)	<b>Oatmeal</b> ¼ cup (½ oz eq)		<u><b>Orange Cranberry Quick Bread</b></u> 1 piece (1¼ oz eq) (p. 149)	
 <b>Meats/Meat Alternates**</b>	<u><b>Cottage Cheese and Fruit Bowl</b></u> 1 bowl (½ oz eq) (p. 118)		<u><b>Cheesy Egg, Sausage, and Potato Casserole</b></u> 1 piece (1½ oz eq) (p. 108)		<u><b>Breakfast Black Beans With Eggs</b></u> ½ cup and ⅓ egg (½ oz eq) (p. 102)

\*Unflavored low-fat (1%) or unflavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.



# Let's Make Breakfast!

## Sample Menu Highlighting Meats and Meat Alternates for Children 6 Through 18 Years of Age

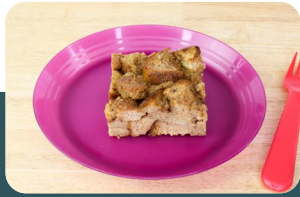
Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 95 and quantity (25 and 50 servings) on page 175.

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Milk*</b>	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)
 <b>Vegetables/ Fruits or Both</b>	<u>Cottage Cheese and Fruit Bowl</u> 1 bowl (½ cup) (p. 120)	<b>Nectarine</b> 1 small (½ cup)	<u>Cheesy Egg, Sausage, and Potato Casserole</u> 1 piece (½ cup) (p. 111)	<u>Orange Cranberry Quick Bread</u> 1 piece (⅓ cup) (p. 149)  <b>Mixed Fruit</b> (⅔ cup)	<u>Breakfast Black Beans With Eggs</u> ½ cup and ½ egg (½ cup) (p. 104)
 <b>Grains</b>  = whole grain-rich	<u>Cottage Cheese and Fruit Bowl</u> 1 bowl (¼ oz eq) (p. 120)	<b>Oatmeal</b> ½ cup (1 oz eq)		<u>Orange Cranberry Quick Bread</u> 1 piece (1¼ oz eq) (p. 149)	
 <b>Meats/Meat Alternates**</b>	<u>Cottage Cheese and Fruit Bowl</u> 1 bowl (1 oz eq) (p. 120)		<u>Cheesy Egg, Sausage, and Potato Casserole</u> 1 piece (3 oz eq) (p. 111)		<u>Breakfast Black Beans With Eggs</u> ½ cup and ½ egg (1 oz eq) (p. 104)

\*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.









## Let's Make Breakfast!

### Sample Menu Highlighting Grains for Children 3 Through 5 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 95 and quantity (25 and 50 servings) on page 175.

	Monday	Tuesday	Wednesday	Thursday	Friday
 Milk*	Milk (¾ cup)	Milk (¾ cup)	Milk (¾ cup)	Milk (¾ cup)	Milk (¾ cup)
 Vegetables/ Fruits or Both	Pear 1 small (½ cup)	Baked Batatas and Apples*** ½ cup (½ cup)	Diced Peaches (½ cup)	Plum 1 medium (pit removed) (½ cup)	Tangerine 1 large (½ cup)
 Grains  = whole grain-rich	<u>Cinnamon- Citrus French Toast Square</u> 1 square (½ oz eq) (p. 114)	Whole Grain- Rich Toast ½ slice (½ oz eq)	<u>Easy Whole-Wheat Drop Biscuit</u> 1 biscuit (1 oz eq) (p. 126)	Ready-to-Eat Cereal (flakes) ½ cup (½ oz eq)	<u>Lemon- Blueberry Corn Muffin</u> 1 muffin (1¼ oz eq) (p. 146)
 Meats/Meat Alternates**					

\*Unflavored low-fat (1%) or unflavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.










\*\*\*Find recipe on the Child Nutrition Recipe Box at [theicn.org/cnrb](http://theicn.org/cnrb).



## Let's Make Breakfast!

### Sample Menu Highlighting Grains for Children 6 Through 18 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 95 and quantity (25 and 50 servings) on page 175.

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Milk*</b>	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)	<b>Milk</b> (1 cup)
 <b>Vegetables/ Fruits or Both</b>	<b>Pear</b> <i>1 small</i> (½ cup)	<b>Baked Batatas and Apples***</b> <i>½ cup</i> (½ cup)	<b>Diced Peaches</b> (½ cup)	<b>Plum</b> <i>1 medium</i> (pit removed) (½ cup)	<b>Tangerine</b> <i>1 large</i> (½ cup)
 <b>Grains</b>   = whole grain-rich	<u><b>Cinnamon- Citrus French Toast Square</b></u> <i>1 square</i> (1 oz eq) (p. 116) 	<b>Whole Grain- Rich Toast</b> <i>1 slice</i> (1 oz eq) 	<u><b>Easy Whole-Wheat Drop Biscuit</b></u> <i>1 biscuit</i> (1 oz eq) (p. 126) 	<b>Ready-to-Eat Cereal (flakes)</b> <i>1 cup</i> (1 oz eq)	<u><b>Lemon- Blueberry Corn Muffin</b></u> <i>1 muffin</i> (1¼ oz eq) (p. 146) 
 <b>Meats/Meat Alternates**</b>					

\*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.

\*\*\*Find recipe on the Child Nutrition Recipe Box at [theicn.org/cnrb](http://theicn.org/cnrb).

# Menu Planning in the CACFP

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# Menu Planning in the CACFP

In addition to meeting the meal pattern requirements, you will need to consider whether breakfast meals are tasty, visually appealing, and fit within your budget.

## Five Menu Planning Principles

### 1. Strive for Balance

During the week, serve foods that are lower in saturated fat, added sugars, and sodium most of the time. This can help balance out an occasional breakfast food item or meal that may be higher in these nutrients. Use the nutrition information provided for each of the recipes in this planner to help you.



#### Requirements:

- Yogurts and cereals always have to meet the specified sugar limit.
  - Yogurts: no more than 23 grams of total sugars per 6 ounces.
  - Cereals: no more than 6 grams of total sugars per dry ounce.
- Milk types must always meet age group requirements for fat content and flavoring.
- Grain-based desserts **can never** count toward a reimbursable meal.
- Foods that are deep-fat fried on site **may not** count toward a reimbursable meal.

#### Best Practices:

- Choose fruits canned in water or 100 percent full-strength juice instead of in syrup.
- Select canned vegetables that are “reduced sodium” or “no added salt.”
- Serve processed meats less often.
- Look for alternatives to sweet toppings (which includes syrups, honey, and cinnamon sugars).

### 2. Variety

Serve different types of vegetables, fruits, grains, meats, and meat alternates during the week. This will help you provide children with the nutrition they need. It also helps children learn about different foods. See the [Roasted Sweet Potato Hash](#) recipe on page 161 or [Whipped Cream Cheese and Pear Toast](#) recipe on page 171.



[Roasted Sweet Potato Hash](#)  
(p. 161)



[Whipped Cream Cheese and Pear Toast](#)  
(p. 171)

### 3. Contrast

Pair breakfast foods that are smooth with those that are crunchy. For example, pair crisp apple and pear slices with creamy peanut butter. See the [Fruit and Nut Butter Pita Pockets](#) recipe on page 132. Be mindful of foods that may provide choking risk to young children (see page 78).



[Fruit and Nut Butter Pita Pockets](#)  
(p. 132)

### 4. Color

Plan your meals to use different colors of vegetables and fruits throughout the week. Colorful vegetables, fruits, and herbs can add appeal to beige, white, or brown foods. See the [Orange Cranberry Quick Bread](#) recipe on page 149 as an example of how breakfast foods can be colorful.



[Orange Cranberry Quick Bread](#)  
(p. 149)

### 5. Appearance

Whimsical food presentations can make mealtimes more fun. Even older children and adults appreciate colorful food containers, packages, and creative recipe names. See the [Strawberry and Waffle Kebabs](#) recipe on page 163 as an example. Ensure that foods are of high quality. For example, make sure breads are not soggy, apples slices are not browning, and vegetables are not overcooked.



[Strawberry and Waffle Kebabs](#)  
(p. 163)





### Let's Plan a Breakfast Using the Five Menu Planning Principles

Create new menus that use at least one of the five menu planning principles: balance, variety, contrast, color, and appearance. Review the meal pattern requirements on page 8 and 9 to make sure you provide the required minimum amounts for each age group. As a reminder, you can serve meats/meat alternates in place of grains up to 3 times a week.

Children 3 Through 5 Years of Age		
Breakfast 1 Meal Components	Amount	Food Item
1st Meal Component:		
2nd Meal Component:		
3rd Meal Component:		
Which menu planning principle(s) did you use?		
Breakfast 2 Meal Components	Amount	Food Item
1st Meal Component:		
2nd Meal Component:		
3rd Meal Component:		
Which menu planning principle(s) did you use?		
Children 6 Through 18 Years of Age		
Breakfast 1 Meal Components	Amount	Food Item
1st Meal Component:		
2nd Meal Component:		
3rd Meal Component:		
Which menu planning principle(s) did you use?		
Breakfast 2 Meal Components	Amount	Food Item
1st Meal Component:		
2nd Meal Component:		
3rd Meal Component:		
Which menu planning principle(s) did you use?		



## Using Herbs and Spices

Even young children appreciate breakfast foods with flavor. Herbs and spices can help you add flavor to foods without added sugar and sodium (salt). Herbs and spices can also add color to foods. If you are worried about buying a new spice for only one recipe, see the list below and on the next page, which identify recipes in this menu planner and other Team Nutrition resources that use specific herbs and spices. Many herbs are easy to grow in a child care garden or may be available from a local farmer or at a farmers market.



### Herbs and Spices

Name	Form	Recipes in This Planner	Other Recipes in the Child Nutrition Recipe Box*
<b>Apple Pie Spice</b>	Dried (Mix 1½ Tbsp cinnamon, 1½ tsp nutmeg, and 1 tsp allspice for 3 Tbsp of homemade apple pie spice)	<a href="#">Golden Squash Hotcakes</a> (p. 140)	
<b>Cilantro</b>	Fresh	<a href="#">Breakfast Black Beans With Eggs</a> (p. 102)	Black Beans With Plantains  Noodles With Peanut Butter Sauce
<b>Cinnamon</b>	Ground	<a href="#">Cinnamon Citrus French Toast Squares</a> (p. 114)  <a href="#">Peachy Oatmeal Bake</a> (p. 159)	Baked Batatas and Apples  Fun Fruit Breakfast Pizza
<b>Cumin</b>	Ground	<a href="#">Breakfast Black Beans With Eggs</a> (p. 102)	Southwest Tofu Scramble  Chickpeas and Tomatoes
<b>Garlic</b>	Dried, powder (not garlic salt)	<a href="#">Cheese Egg and Potato Casserole</a> (p. 111)	Herb Bagel Bites Breakfast Burrito With Salsa



## Herbs and Spices

Name	Form	Recipes in This Planner	Other Recipes in the Child Nutrition Recipe Box*
<b>Pumpkin Pie Spice</b>	Dried (Mix 4 tsp cinnamon, 2 tsp ginger, 1 tsp ground cloves, and ½ tsp nutmeg for 2 ½ Tbsp of homemade pumpkin pie spice)	<a href="#">Oven-Baked Pancakes With Spiced Pears</a> (p. 151)  <a href="#">Whipped Cream Cheese and Pear Toast</a> (p. 171)	
<b>Sage</b>	Whole, rubbed, ground	<a href="#">Turkey Sausage With Sweet Cran-Apple Topping</a> (p. 167)	Breakfast Pizza With Hashbrown Crust

\*The Child Nutrition Recipe Box is a free source of USDA standardized recipes available at: [theicn.org/cnrb](http://theicn.org/cnrb).



## Shaking It Up With Herbs and Spices: Helpful Hints

- **Always start small.** Add herbs or spices to the food a little at a time. You can always add more flavor—but you cannot remove it.
- **Timing is everything.** It is important to add seasonings at the right time. For quick cooking foods, add herbs and spices at the beginning of the cooking process. For foods that may take longer to cook, you can add them later.
- **Know your limit.** Use salt-based herbs and spices sparingly. Also, use caution with peppery herbs and spices. Foods can become very spicy very fast. This is especially important to remember when cooking for children.
- **Try fresh or dried herbs.** Label and date all packages.
  - Keep dried herbs and spices in an airtight container in a cool, dry place.
  - Rinse, dry, and wrap fresh herbs in a damp paper towel. Place them in a container and refrigerate



### Shelf-Stable Breakfast Foods

Your site may want to serve breakfast foods that do not require refrigeration (i.e., they are shelf-stable). Many shelf-stable foods are also ready-to-eat, making them ideal for sites that lack food preparation space and/or time or staff to prepare foods. Some ideas for shelf-stable breakfast foods that need little or no preparation include:

#### Fruits

- Applesauce, shelf-stable cups
- Dried fruits (e.g., raisins, cranberries, apricots)\*\*
- Fruit cups, shelf-stable (packed in water, 100 percent juice, or light syrup)
- 100 percent full-strength juice
- Many whole fruits (e.g., apples, oranges)

#### Vegetables

- 100 percent full-strength juice
- Canned beans

#### Meats/Meat Alternates

- Nuts, seeds, and nut/seed butters\*\*
- Beef jerky or other dried, semi-dried meats, poultry, or seafood\* \*\*

#### Grains

- Whole grain-rich or enriched breads, cereals, crackers, or tortillas

#### Milk

- Milk, shelf-stable

\*A Child Nutrition label or Product Formulation Statement is needed for crediting.

\*\*If serving foods to children under the age of 4, avoid or modify foods that may pose a choking risk, such as popcorn, dried meats, dried fruit, and nuts. See page 78 for more information.

# Getting Started: Menu Development

Ready to start planning a new breakfast meal? Use the five menu planning steps below as a guide.



## Step 1. Get Ready

Schedule a date and block off time on the calendar to begin writing your menus. You may need more than one planning session to complete the task!

Before you start writing your menus:

- Review what foods you already have on hand.
- Determine your food budget, staffing, and equipment.
- Review CACFP meal pattern requirements, policy guidance, Team Nutrition resources, and other relevant information provided by State or licensing agencies and sponsoring organizations.
- Collect input from parents, children, and other interested parties such as kitchen staff, advisory boards, and caregiving and teaching staff.

### Step 2. Think About Where You Are and Where You Want to Go

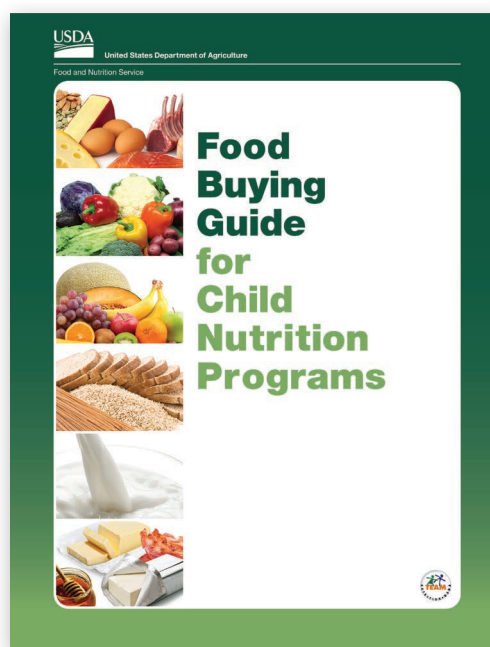
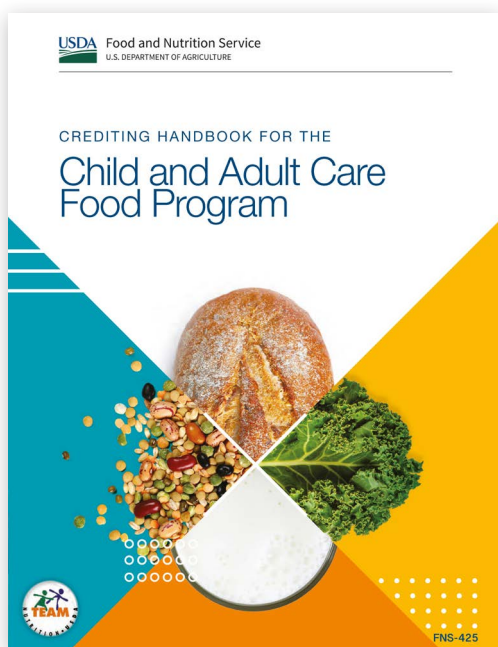
Use the Breakfast Menu Planning Pre-Check on pages 10–11 to assist you. Evaluate your current menus and consider these questions.

- What do you like about the current menu?
- What do you want to change?
- Do the menus meet CACFP meal pattern requirements?
- Can you make improvements?

### Step 3. Select Foods and Recipes for the Menu

A reimbursable breakfast in the CACFP includes three meal components; milk, fruits/vegetables or both, and grains. Remember, meats/meat alternates can be substituted in place of grains up to three times per week. This means you can serve a variety of foods. You may want to refer to the following resources when planning your menu:

- USDA standardized recipes, which can be a great value when planning menus. They have been tested and include a statement about how the food credits toward the CACFP meal pattern. When prepared according to the recipe instructions, these recipes are most likely to produce good results each time they are prepared.
- CACFP Crediting Handbook for the Child and Adult Care Food Program ([fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program](https://fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program))
- Food Buying Guide for the Child Nutrition Programs ([fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs))
- Child Nutrition label or Product Formulation Statement for any items that are not in the “Food Buying Guide for Child Nutrition Programs.”





## Conduct a Taste Test

A taste test can help you determine the acceptability of a new breakfast food you may want to include on your menu.

### Option 1: Small and Informal

A taste test can be an informal process in a child care center or day care home. It may involve preparing the recipe and having the children taste it to see if they like it.

For younger children, it could include exploring or tasting a new ingredient. *Grow It, Try It, Like It: Fun with Fruits and Vegetables in Family Child Care* includes examples of how to introduce new foods or conduct a tasting activity. You can modify these activities to use other foods you may be interested in adding to your menu. Refer to [fns.usda.gov/tn/grow-it-homes](https://fns.usda.gov/tn/grow-it-homes) to see a digital version of this resource.

### Option 2: Larger and More Formal

Larger programs may want to conduct a more formal taste testing process. Follow these steps:



- 1. Select a group of people to taste the recipe.** This group should consist of both staff and children. Always make sure you give the children the opportunity to decline trying the new food.
- 2. Choose a taste test ballot.** The ballot you use should be appropriate for the age of the group completing the taste test. See the samples on page 63. You can also use Team Nutrition's Kids Food Critic Activity. Refer to [fns.usda.gov/sites/default/files/tn/Food\\_Critic\\_508.pdf](https://fns.usda.gov/sites/default/files/tn/Food_Critic_508.pdf) to obtain a copy of this resource.
- 3. Prepare the recipe.** The suggested amount is at least an  $\frac{1}{8}$  cup (2 Tbsp) per taster.
- 4. Set up a sampling area.** You can use a mobile cart or a table. Provide utensils (if needed) and drinking water. If your recipe has a fruit or vegetable as a key ingredient, consider displaying it in its whole form and discussing how it is grown.
- 5. Have participants taste and rate the food.** They can record their responses on the ballot you provide.
- 6. Summarize the results.** Review the results. Decide whether to add the recipe to the menu or not. You may want to modify the recipe based on the feedback you receive.



Conduct a Taste Test

Taste Testing Ballot for Staff	
Food name:	
What did I think of it?	Would I eat it again?
Other useful information:	

Taste Testing Ballot for Kids	
Food name:	
What did I think of it?	Would I eat it again?
Other useful information:	

Taste Testing Ballot for Younger Children	
Food name/picture:	
	

### Step 4. Use Menu Writing Tools

As the menu planner, you determine the length (number of weeks) of the menu. Menu-writing tools can assist you with this.

Tools can include regular pen and paper, menu templates, or menu planning software. Whatever method you choose, the goal is to meet all relevant meal pattern requirements.

- Menu templates provide a great start. They use cues or fillable boxes to help you remember meal components as they guide you through the menu development process.
- Cycle menus combine several weekly menus into a single menu that covers a specified amount of time. See page 65 for more information about cycle menus.

### Step 5. Evaluate the Menu You Have Developed

When the menu is complete, check it carefully. Menus should meet the CACFP meal pattern requirements, be nutritious, and include the five basic menu planning principles. Use the Breakfast Menu Planning Post-Check on pages 90–92 to help you evaluate the menus you developed. See the list of breakfast combinations on pages 8 and 9 for assistance.



# Cycle Menu

Cycle menus are a powerful menu-planning tool for both child care centers and homes. The menu is different each day during the cycle. At the end of the cycle, you start over with the menu from the first day of the cycle. A cycle menu is often 3–5 weeks long, and it repeats during the year.

## Why Use a Cycle Menu?

There are many advantages to using cycle menus:



**Saves Time:** Cycle menus can reduce the amount of effort you have to put into menu-planning activities. Since cycle menus repeat, you can have a fixed shopping list and standing orders with food vendors. In addition, staff may become more experienced in preparing the foods on the menu. This means they can complete tasks faster. Cycle menus can help reduce labor hours or allow staff more time for activities like nutrition education.



**Controls Food Costs:** Shopping for food is easier when using cycle menus. Cycle menus let you know in advance what foods you need to purchase, and in what amounts. This can allow you to take advantage of bargains, sales, or bulk purchasing at wholesale warehouse clubs or other food service vendors. If you are a larger operator, check out the options available through the USDA Foods in Schools Program.



**Reduces Errors:** Planning breakfast meals can help you avoid on-the-fly meal planning errors. You are more likely to provide the correct components in the correct amounts when you have enough time to create the menu and consider program requirements.



**Smarter Shopping:** Cycle menus may help you predict the correct amount of food to purchase, which can help reduce food spoilage. This allows you to maintain appropriate inventory levels and better utilize available storage space. With careful planning, you can decide in advance how to store food and use leftovers.



**Allows Flexibility:** If the availability of items changes, the menu can change with minimal impact. For example, you can easily adjust the type of fruits on the menu. This is especially helpful when locally grown produce is in season.

The USDA Foods in Schools Program supports nutrition programs and American agriculture. The Federal Government purchases 100 percent American-grown and produced foods for use by schools and institutions participating in the Child Nutrition Programs. Refer to [fns.usda.gov/usda-foods](https://fns.usda.gov/usda-foods) for more information.









### Cycle Menus: Important Tips

Although cycle menus offer many advantages, it's important to keep the following in mind:

- **Variety:** Serving the same breakfast foods too often can decrease their appeal for children. Since the cycle repeats, try not to repeat foods within the cycle too often.
- **Special Occasions:** Plan special menus for holidays and special celebrations. Review these special menus to be sure they meet CACFP meal pattern requirements.
- **Seasonality:** Consider different versions of your cycle menu for times of the year when locally produced foods may be available (and cheaper).



Sample 3-Week Cycle Breakfast Menu: 3 Through 5 Years of Age

Week 1		Week 2			Week 3	
	Mon	Tue	Wed	Thu	Fri	
 Milk*	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	
 Vegetables/ Fruits or Both	<b>Golden Squash Hotcakes</b> 1 hotcake (⅛ cup) (p. 140)  <b>Fruit Salad</b> (⅔ cup)	<b>Peach</b> 1 medium (seed removed) (½ cup)	<b>Fruit and Nut Butter Pita Pockets</b> 1 half (¼ cup) (p. 132)  <b>Raisins</b> (⅛ cup)	<b>Diced Watermelon</b> (no rind) (½ cup)	<b>Nectarine</b> 1 small (seed removed) (½ cup)	
 Grains  = whole grain-rich	<b>Golden Squash Hotcakes</b> 1 hotcake (½ oz eq) (p. 140)		<b>Fruit and Nut Butter Pita Pockets</b> 1 half pita (1 oz eq) (p. 132)	<b>Whole-Wheat Toast</b> ½ slice (½ oz eq)		
 Meats/Meat Alternates**		<b>Cottage Cheese</b> ⅛ cup (½ oz eq)	<b>Fruit and Nut Butter Pita Pockets</b> 1 half pita (½ oz eq) (p. 132)		<b>Yogurt</b> ¼ cup (½ oz eq)	

\*Unflavored low-fat (1%) or unflavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.

Sample 3-Week Cycle Breakfast Menu: 3 Through 5 Years of Age





Week 1		Week 2			Week 3	
	Mon	Tue	Wed	Thu	Fri	
 <b>Milk*</b>	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	<b>Milk</b> (¾ cup)	
 <b>Vegetables/ Fruits or Both</b>	<b>Sliced Grapes</b> (½ cup)	<b><u>Berry Medley and Quinoa Breakfast Bake</u></b> ½ cup (¼ cup) (p. 98)  <b>Apple Slices</b> ¼ cup (¼ cup)	<b>Diced Honeydew Melon</b> (no rind) (½ cup)	<b><u>Whipped Cream Cheese and Pear Toast</u></b> 1 half slice (⅛ cup) (p. 171)  <b>Diced Peaches</b> ⅜ cup (⅜ cup)	<b>Sliced Strawberries</b> (½ cup)	
 <b>Grains</b>  = whole grain-rich		<b><u>Berry Medley and Quinoa Breakfast Bake</u></b> ½ cup (½ oz eq) (p. 98) 		<b><u>Whipped Cream Cheese and Pear Toast</u></b> 1 half slice (½ oz eq) (p. 171) 	<b>Oatmeal</b> ¼ cup (½ oz eq)	
 <b>Meats/Meat Alternates**</b>	<b>Scrambled Eggs</b> ¼ cup (1 oz eq)		<b>Yogurt</b> ¼ cup (½ oz eq)			

\*Unflavored low-fat (1%) or unflavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.







Sample 3-Week Cycle Breakfast Menu: 3 Through 5 Years of Age

Week 1		Week 2			Week 3	
	Mon	Tue	Wed	Thu	Fri	
 Milk*	Milk (¾ cup)	Milk (¾ cup)	Milk (¾ cup)	Milk (¾ cup)	Milk (¾ cup)	
 Vegetables/ Fruits or Both	Diced Mangoes (½ cup)	Potatoes (½ cup)	<u>Orange Cranberry Quick Bread</u> 1 piece (⅛ cup) (p. 149)  Diced Pears ⅜ cup (⅜ cup)	Avocado (¼ cup)  Medium Orange ½ orange (¼ cup)	<u>Fruit and Yogurt Roll-Ups</u> 1 half (¼ cup) (p. 136)  Blueberries (¼ cup)	
 Grains  = whole grain-rich	Ready-to Eat Cereal (rounds) ½ cup (½ oz eq)		<u>Orange Cranberry Quick Bread</u> 1 piece 1¼ oz eq (p. 149)	Whole-Wheat Toast ½ slice (½ oz eq)	<u>Fruit and Yogurt Roll-Ups</u> 1 half (¾ oz eq) (p. 136)	
 Meats/Meat Alternates**		Hard-Boiled Egg ½ egg (1 oz eq)			<u>Fruit and Yogurt Roll-Ups</u> 1 half (¼ oz eq) (p. 136)	

\*Unflavored low-fat (1%) or unflavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.

Sample 3-Week Cycle Breakfast Menu: 6 Through 18 Years of Age

Week 1		Week 2			Week 3	
	Mon	Tue	Wed	Thu	Fri	
 Milk*	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	
 Vegetables/ Fruits or Both	<u>Golden Squash Hotcakes</u> 1 hotcake (¼ cup) (p. 143)  Fruit Salad ¼ cup (¼ cup)	Peach 1 medium (½ cup)	<u>Fruit and Nut Butter Pita Pockets</u> 2 halves (½ cup) (p. 134)	Diced Watermelon (½ cup)	Nectarine 1 small (½ cup)	
 Grains <i>= whole grain-rich</i>	<u>Golden Squash Hotcakes</u> 1 hotcake (1 oz eq) (p. 143)		<u>Fruit and Nut Butter Pita Pockets</u> 2 halves (2 oz eq) (p. 134)	Whole-Wheat Toast 1 slice (1 oz eq)		
 Meats/Meat Alternates**		Cottage Cheese ¼ cup (1 oz eq)	<u>Fruit and Nut Butter Pita Pockets</u> 2 halves (1 oz eq) (p. 134)		Yogurt ½ cup (1 oz eq)	

\*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.





Sample 3-Week Cycle Breakfast Menu: 6 Through 18 Years of Age

Week 1		Week 2			Week 3	
	Mon	Tue	Wed	Thu	Fri	
 Milk*	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	
 Vegetables/ Fruits or Both	Sliced Grapes (½ cup)	<u>Berry Medley and Quinoa Breakfast Bake</u> 1 cup (½ cup) (p. 100)	Diced Honeydew Melon (½ cup)	<u>Whipped Cream Cheese and Pear Toast</u> 1 slice (¼ cup) (p. 173)  Dried Cherries ⅛ cup (¼ cup)	Sliced Strawberries (½ cup)	
 Grains  = whole grain-rich		<u>Berry Medley and Quinoa Breakfast Bake</u> 1 cup (1 oz eq) (p. 100)		<u>Whipped Cream Cheese and Pear Toast</u> 2 halves (1 oz eq) (p. 173)	Oatmeal ½ cup (1 oz eq)	
 Meats/Meat Alternates**	Scrambled Eggs ½ cup (2 oz eq)					

\*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.

Sample 3-Week Cycle Breakfast Menu: 6 Through 18 Years of Age

Week 1		Week 2			Week 3	
	Mon	Tue	Wed	Thu	Fri	
 Milk*	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	Milk (1 cup)	
 Vegetables/ Fruits or Both	Diced Mangoes (½ cup)	Roasted Potatoes (½ cup)	<u>Orange Cranberry Quick Bread</u> 1 piece (⅛ cup fruit) (p. 149)  Diced Pears (⅜ cup)	Avocado (¼ cup)  Orange ½ medium orange (¼ cup)	<u>Fruit and Yogurt Roll-Ups</u> 2 halves (½ cup) (p. 138)	
 Grains  = whole grain-rich	Ready-to Eat Cereal (rounds) 1 cup (1 oz eq)		<u>Orange Cranberry Quick Bread</u> 1 piece (1¼ oz eq) (p. 149)	Whole-Wheat Toast 1 slice (1 oz eq)	<u>Fruit and Yogurt Roll-Ups</u> 2 halves (1½ oz eq) (p. 138)	
 Meats/Meat Alternates**		Hard-Boiled Egg ½ egg (1 oz eq)			<u>Fruit and Yogurt Roll-Ups</u> 2 halves (½ oz eq) (p. 138)	

\*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim) milk.

\*\*You can serve meats/meat alternates in place of grains up to three times a week.

## Using Leftovers and Extra Ingredients

People usually make recipes that use familiar or common ingredients. They have the ingredients in their kitchen or buy them regularly. Sometimes, the thought of making a recipe that uses an ingredient you do not normally buy might discourage you from trying something new. For example, you select a recipe that uses a small amount of cumin or pumpkin pie spice. What do you do with the rest?

Another concern may be what to do with leftover or extra ingredients. For example, you want to make a recipe that requires 10 ounces of canned diced peaches. You can only find 8-ounce cans or 15-ounce cans. How do you use the remaining peaches?

For information about the safe storage and handling of leftovers, refer to [foodsafety.gov](https://www.foodsafety.gov).

Thinking about what you can do with the extra ingredients ahead of time may make it easier for you to try a new recipe. When planning your cycle menu, consider the recipes you want to use and whether there will be extra ingredients. You can plan meals and snacks that will allow you to use any leftover or extra ingredients.

Here are helpful tips on how to use some of the leftover or extra ingredients you may have after making a recipe. For ideas on how to use extra herbs and spices see page 57.

Ingredient	Tip
<b>Canned Beans</b>	Freeze extra beans to use later or use the beans to make your own refried beans.
<b>Canned Tomatoes</b>	Use leftover tomatoes in a USDA standardized recipe that may be on your menu for lunch or supper, such as Curry Vegetables or Chickpeas and Tomatoes.* For traditional ideas on how to use extra herbs and spices see page 57.
<b>Fresh, Frozen, or Canned Fruit</b>	Make smoothies, add to a bowl of ready-to-eat cereal, baked breakfast cereal, or place on top of French toast, waffles, or yogurt.
<b>Nut and Seed Butter</b>	Spread nut butters thinly on crackers or bread.
<b>Spices</b>	Sprinkle on nuts, fruit, cereal, yogurt, or roasted vegetables; or, add to breakfast grains (French toast, waffles, quick breads, and muffins).
<b>Yogurt</b>	Use as a topping for toast, waffles, pancakes, or fruit.

\*Find additional USDA standardized recipes in the Child Nutrition Recipe Box at: [theicn.org/cnrb](https://theicn.org/cnrb).

# Special Dietary Considerations and Meal Modifications

In some situations, CACFP operators may need to make modifications to menus when serving specific children. For example:

- Under Federal law, CACFP operators are required to make modifications to accommodate children with disabilities. This includes serving special meals to accommodate a food allergy.
- Program operators may also be asked to make modifications to accommodate religious or cultural practices, dietary preferences, or conditions that do not rise to the level of a disability. FNS encourages providers to accommodate such requests wherever possible.

## Modifications for Disabilities

Under Federal law, the CACFP is required to make reasonable modifications to accommodate children with disabilities. The Americans with Disabilities Act (ADA) defines a disability as “a physical or mental impairment that substantially limits one or more major life activities of such individual.” This includes dietary restrictions.

For this reason, all CACFP operators are required to make reasonable modifications to the meals and snacks they serve—or to the meal service process—to accommodate children with disabilities. In many cases, you can manage meal modifications within the CACFP meal pattern. For example, if a child is unable to eat a certain fruit such as strawberries, you may be able to serve another fruit to that child.

## About Medical Statements

- You do not need a medical statement for modified meals that meet meal pattern requirements. These meals are still reimbursable.
- **A medical statement is required to support meal modifications that do not meet the meal pattern requirements.** Providers are encouraged to work with parents and guardians to offer reasonable accommodations that satisfy the needs of the participant.
  - A State licensed healthcare professional with legal authority to write medical prescriptions under State law must sign the medical statement.
  - The medical statement is required to justify the reimbursement of the modified meal. The medical statement must include:
    - Description of the child’s impairment or disability that is sufficient to allow the provider to understand how it restricts the child's diet (diagnosis not required).
    - What the provider must do to accommodate the disability
    - A list of acceptable food substitutions
  - The medical statement must be kept on file in a secure location at your site.





## Food Allergies

### Food Allergies

Food allergies are a disability. A food allergy is a reaction of the body’s immune system to a protein in a food. This protein is called an allergen. Food allergies can be a serious, life-threatening condition. The nine foods that most commonly cause allergic reactions are:

- Eggs
- Milk
- Shellfish
- Sesame\*
- Wheat
- Fish
- Peanuts
- Soy
- Tree nuts

\*Food manufacturers will be required to identify sesame as an allergen on food labels no later than January 1, 2023.

**Reading food packaging** can help you identify and avoid foods or ingredients that can cause an allergic reaction. The Food and Drug Administration (FDA) enforces the Food Allergen Labeling and Consumer Protection Act. Under this law, food labels must contain information on all major food allergens used to make the food product. The source of the food allergen must appear on the label. For example:

<p>1. Allergen in parentheses, following the name of the ingredient.</p> <p><b>Examples:</b> Enriched flour (wheat flour), whey (milk), and lecithin (soy).</p>	<p><b>Ingredients:</b> Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey (milk), eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (soy), mono and diglycerides.</p>
<p>2. Allergen immediately after or next to the list of ingredients in a “contains” statement.</p> <p><b>Example:</b> “Contains Tuna and Soy.”</p>	<p><b>INGREDIENTS:</b> WHITE TUNA, WATER, VEGETABLE BROTH, SALT, PYROPHOSPHATE ADDED</p> <p><b>CONTAINS:</b> TUNA, SOY</p>

If you have a participant in your care who has a known food allergy, you should always check the food labels of the ingredients you use to prepare meals.

- Check the actual product label from the package to review the allergens and other ingredients.
- Product ingredients can change without notice. It is important to review labels each time you serve the food.

If you have questions about food allergens or labeling information, call or email the product manufacturer. Contact information is on the product label.

## Special Dietary Modifications

FNS encourages providers to make modifications to meals or meal service to accommodate a disability, even when it is not required. These modifications must meet the CACFP meal pattern requirements. Requests of this type are often due to dietary, cultural, or religious preferences.

## Vegetarian and Vegan Diets

For vegetarian and vegan diets, planned meals and snacks can include legumes (beans, peas, and lentils) and soy products such as tempeh and tofu. Some vegetarians may also eat milk products and eggs. Substituting recipe ingredients can help you change a recipe into a vegetarian or vegan meal. For example, you can replace Greek yogurt or cow's milk with soy yogurt or milk. Substituting ingredients will change the nutrition information and may change the CACFP crediting information for recipes in this menu planner. For information on how to credit soy products, refer to the Food Buying Guide for Child Nutrition Programs at [fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs).

### Vegetarian Breakfast Ideas

- Milk + Fruits + Grains
- Milk + Vegetables + Grains
- Milk + Vegetables + Fruits + Grains
- Milk + Fruits + Meat Alternates
- Milk + Vegetables + Meat Alternates
- Milk + Vegetables + Fruits + Meat Alternates

### Vegan Breakfast Ideas

- Non-Dairy Milk Beverage\*\* + Fruits + Grains
- Non-Dairy Milk Beverage\*\* + Vegetables + Grains
- Non-Dairy Milk Beverage\*\* + Vegetables + Fruits + Grains
- Non-Dairy Milk Beverage\*\* + Fruits + Meat Alternates\*
- Non-Dairy Milk Beverage\*\* + Vegetables + Meat Alternates\*
- Non-Dairy Milk Beverage\*\* + Vegetables + Fruits + Meat Alternates\*

\*Meat alternates that do not contain milk products or eggs, such as legumes (beans, peas, and lentils), tofu, tempeh, nuts, and seeds.

\*\*Non-dairy milk beverages (milk substitutes) that are nutritionally equivalent to cow's milk may count toward a reimbursable meal or snack in the CACFP. See page 77 for more information.

For a list of vegetarian and vegan recipes included in this menu planner, see pages 96 and 176.

### Non-Dairy Milk Beverages (Milk Substitutes)

You may serve non-dairy milk beverages (milk substitutes) in place of cow's milk to children with a non-disability or a special dietary request.

- To count as part of reimbursable meal or snack in the CACFP, these beverages must be nutritionally equivalent to cow's milk. For a list of the required nutrients and amounts, see the chart below.
- Non-dairy milk beverages (milk substitutes) are not required to be low-fat (1%) or fat-free (skim). However, if you serve them to children who are younger than 6 years old, they must be unflavored.
- Parents or guardians must provide a written request for the non-dairy milk beverage. A medical statement is not required.



#### Non-dairy beverages must be nutritionally equivalent to cow's milk.

##### Required nutrients per 1 cup or 8 fl oz:

- |                      |                      |                        |
|----------------------|----------------------|------------------------|
| • Calcium: 276 mg    | • Protein: 8 grams   | • Riboflavin: 0.44 mg  |
| • Magnesium: 24 mg   | • Potassium: 349 mg  | • Vitamin D: 2.5 µg*   |
| • Phosphorus: 222 mg | • Vitamin A: 150 µg* | • Vitamin B-12: 1.1 µg |

\*Units for vitamin A and vitamin D were changed to micrograms (µg) to reflect the most current guidance from the Food and Drug Administration (FDA).

### Special Circumstances

When a child is unable to consume cow's milk or a nutritionally equivalent non-dairy milk beverage (milk substitute) due to a disability, a medical statement is required.

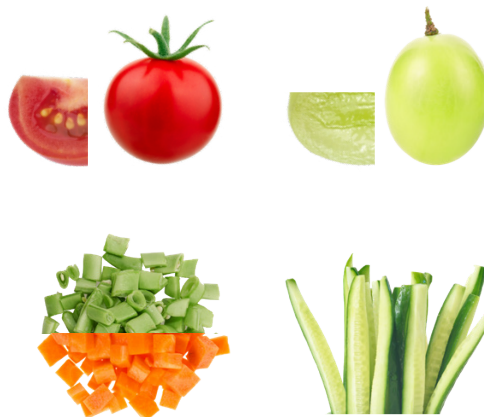
Please contact your State agency or sponsoring organization for additional guidance.

# Modifications To Reduce Children's Risk of Choking at Breakfast

## Reducing the Risk of Choking

Children under the age of 4 are at high risk of choking while eating. Their eating abilities are still developing, and they often swallow things whole. When planning menus for young children, serve foods in a way that reduces the risk of choking.

Make sure menus reflect the developmental abilities of the child. For example, if you have grapes on the menu, you may serve different forms of the food to children with different development abilities. You may serve whole grapes to older children and cut the grapes in smaller pieces for younger children. Avoid serving foods that are as wide as a nickel, which is about the size of young child's throat. If you cannot avoid the item, alter the shape, texture, or size prior to serving. Serve foods in the appropriate size, shape, and texture to reduce the risk of choking.



## Common Foods that May Increase Risk of Choking

- Cooked or raw corn kernels
- Crackers or breads with seeds or nut pieces
- Hot dog-shaped foods, like sausages
- Large/small pieces of uncooked dried fruits and vegetables
- Large chunks of cheese and string cheese
- Peanuts, nuts, and seeds
- Small pieces of raw vegetables
- Spoonful of nut butter
- Tough meats
- Whole beans
- Whole grape or cherry tomatoes
- Whole pieces of canned fruit

### Preparing and Cooking Food to Reduce the Risk of Choking

For children under the age of 4, cook foods until they are soft enough to pierce with a fork. Cut soft foods into manageable bite-size pieces that are no larger than ½" or into thin strips or slices.



#### Use these tips to help you prepare foods safely for young children.

- Chop peanuts, nuts, and seeds finely.
- Cut grapes, berries, or melon balls in half lengthwise, and then cut into smaller pieces if needed.
- Cut round foods such as string cheese or breakfast sausage links into short strips, not round pieces.
- Cut whole pieces of canned fruit into smaller pieces, if needed.
- Grate or thinly slice cheese.
- Modify the texture of foods as needed (puree, mash, grind, or finely chop).
- Remove all bones from fish, chicken, and meat.
- Remove seeds and hard pits from fruit.
- Spread nut or seed butters in thin layers.



### Older Children and Chewing Difficulties

Older children may have chewing difficulties related to wearing braces or dental retainers. Consider modifying food textures, sizes, and shapes for these children. Some foods to avoid are the same foods that increase the risk of choking in young children.

#### Foods to Avoid With Braces

Program operators may need to make modifications to foods for older children. A child's dentist may recommend that a child with braces avoid eating certain foods that could cause damage to the braces.<sup>1</sup> These foods may include:

- hard, raw veggies
- hard rolls or bagels
- ice
- nuts
- tough meats
- whole hard fruit, like apples and pears

<sup>1</sup> Source: American Dental Association [mouthhealthy.org/en/nutrition/nutrition-concerns](https://www.mouthhealthy.org/en/nutrition/nutrition-concerns)







# Using Standardized Recipes

<b>Standardized Recipes .....</b>	<b>82</b>
<b>The Food Buying Guide for Child Nutrition Programs .....</b>	<b>86</b>
<b>Recipe Analysis Workbook (RAW).....</b>	<b>87</b>
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# Standardized Recipes

This section provides information on standardized recipes and other important menu-planning resources.

## Standardized Recipes Work

A standardized recipe is a recipe that describes the **amount of ingredients and the preparation methods needed** to produce high-quality foods each time. It is tested at least three times to make sure it provides the same amounts of food every time.

Standardized recipes are an important tool to use in the menu planning process. Using a standardized recipe is an easy way to **demonstrate and document** that you are meeting the meal pattern requirements. Multiple resources are available to help you create standardized recipes. Other resources you can use for documentation the following:

- **Food Buying Guide for Child Nutrition Program**  
[fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)
- **Recipe Analysis Workbook (RAW)**  
[fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)
- **Crediting Handbook for the Child and Adult Care Food Program**  
[fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program](https://fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program)

## Standardized Recipes Help You:

- Make high-quality foods that yield the same amount each time
- Provide meal components in the right amounts
- Know the amount of ingredients needed to prepare the recipe
- Prepare foods safely

## How To Standardize a Recipe

The recipe standardization process includes three phases:

1. **Recipe Verification:** Does the recipe have all the information you need?
2. **Product Evaluation:** How does the recipe taste? Did the recipe turn out the way you intended?
3. **Quantity Adjustment:** Does the recipe provide the number of servings needed?

### 1. Recipe Verification

Reviewing and preparing the recipe to make sure it is correct. It includes the four steps listed below:

- **Review** the recipe to make sure it includes all of the information you need to make it, such as cooking time and temperature, serving sizes, equipment, etc.
- **Prepare** the recipe to make sure the directions are accurate. Write down any changes you make to the recipe.
- **Verify** the recipe yield to make sure you obtain the correct number of servings.
- **Record** changes to the recipe and provide any additional cooking tips.

### 2. Product Evaluation

Cooking and tasting the food helps you know if the recipe is appealing. It also provides information you can use to improve the recipe. The evaluation should include the Program operator, staff members, parents, and children. See page 62 for more information on informal and formal product evaluation (taste test).

- **Informal taste test** usually involve the person responsible for preparing the food and one or two adults or children. They prepare the recipe and decide if they should add it to the menu. It can also involve having the children taste it to see if they like it.
- **Formal taste test** involve the staff, taste-testers, other taste testers, ballots, and a result.
  - Prepare the recipe. Provide samples to the taste testers and have them complete ballots. See page 63 for sample ballots.
  - Tally the results and decide whether to add the recipe to the menu. Another option is to modify the recipe and re-test it.

### 3. Quantity Adjustment

You can change the number of servings or the ingredient amounts if the recipe does not provide the desired amount. You can make adjustments using the direct reading tables method, percentage method, or computerized recipe adjustments. Prepare and cook the recipe three times after making necessary adjustments to ensure the recipe consistently provides the desired quantity.



## Information in a Standardized Recipe

**1** **Preparation Time:** 1 hour **Cook Time:** 3 to 4 minutes

**2** **Whipped Cream Cheese and Pear Toast**  
Try trading in your classic morning toast for one topped with whipped cream cheese and fresh pears.

**3**

**4** **Ingredients**

	25 servings	50 servings
<b>Cream cheese, low-fat</b>	¼ cup + ½ tsp	½ cup + 1 tsp
<b>Pumpkin pie spice</b>	1 tsp	2 tsp
<b>Bread, whole-wheat</b> (at least 28 g or 1 oz each)	12½	25
<b>Bartlett pears, fresh, unpeeled, cored, ¼" slices*</b> (gently wash pears under running water before cutting)	~30 slices / ~4¼ large pears	~60 slices / ~8¾ large pears

**5** \*See Marketing Guide.

**6** **Directions:**

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small bowl, combine cream cheese and pumpkin pie spice. Mix with a fork. Keep cold at 40 °F or lower.
4. Toast bread in the oven for 3–4 minutes on each side.
5. Spread 1 tsp of spiced cream cheese on each piece of toast.
6. Top with sliced pears, about 2–2¼ slices. Cut pears in half, if needed.
7. Cut each piece of toast in half.
8. Serve 1 half slice of toast. Serve immediately, or keep cold at 40 °F or lower.

**7**


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**8** **CACFP Crediting Information:**

½ cup fruit  
½ oz eq grains

**9** **Whipped Cream Cheese and Pear Toast**

**Notes:**

- Contains milk (cream cheese) and wheat (bread). Bread can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in the ingredients statements as "spice" or "flavoring."
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- Apple pie spice or cinnamon can be substituted for pumpkin pie spice.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**10** **Final weight and yields:**

**25 servings**  
**Weight:** 2 lb 11 oz  
**Yield:** 25 half slices

**50 servings**  
**Weight:** 5 lb 8 oz  
**Yield:** 50 half slices

**\*Marketing Guide**

Food as Purchased for:	25 servings	50 servings
Pears, fresh	1 lb 13 oz	3 lb 9¼ oz

**NUTRITION INFORMATION**  
1 half slice Whipped Cream Cheese and Pear Toast

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>56</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>81 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	31 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

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### 1. Preparation and cooking time:

Amount of time to prepare (chopping, mixing, assembling) and cook the recipe.

### 2. Recipe title:

Name that describes the recipe.

### 3. Recipe description:

Brief statement that highlights the flavors, ingredients, or serving suggestions.

### 4. Ingredients:

List of all foods used in the recipe in the order they are used.

### 5. Amount of each ingredient:

Quantities for ingredients are listed by weight and/or volume.

### 6. Preparation instructions:

Step-by-step directions for preparing the recipe.

### 7. Serving size:

The amount of the finished product to serve to each child.

### 8. CACFP crediting statement:

Identifies how the food produced by the recipe counts towards CACFP meal pattern requirements.

### 9. Nutrition Information:

Amount of nutrients in one serving of the recipe. Provides useful information on the amount of calories, saturated fat, sodium, and other nutrients in the prepared recipe.

### 10. Recipe yield:

The total number of servings produced by the recipe.


## Optional Information in a Standardized Recipe

**Ages: 3–5, 25 and 50 Servings**

🕒 **Preparation Time:** 1 hour 🕒 **Cook Time:** 3 to 4 minutes

### Whipped Cream Cheese and Pear Toast

Try trading in your classic morning toast for one topped with whipped cream cheese and fresh pears.



Ingredients	25 servings	50 servings
<b>Cream cheese, low-fat</b>	¼ cup + ½ tsp	½ cup + 1 tsp
<b>Pumpkin pie spice</b>	1 tsp	2 tsp
<b>Bread, whole-wheat</b> (at least 28 g or 1 oz each)	12½	25
<b>Bartlett pears, fresh, unpeeled, cored, ¼" slices*</b> (gently wash pears under running water before cutting)	~30 slices / ~4¼ large pears	~60 slices / ~8½ large pears

\*See Marketing Guide.

**Directions:**

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small bowl, combine cream cheese and pumpkin pie spice. Mix with a fork. Keep cold at 40 °F or lower.
4. Toast bread in the oven for 3–4 minutes on each side.
5. Spread 1 tsp of spiced cream cheese on each piece of toast.
6. Top with sliced pears, about 2–2½ slices. Cut pears in half, if needed.
7. Cut each piece of toast in half.
8. Serve 1 half slice of toast. Serve immediately, or keep cold at 40 °F or lower.

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**Ages: 3–5, 25 and 50 Servings**


### Whipped Cream Cheese and Pear Toast

**CACFP Crediting Information:**

🍏 ¼ cup fruit  
🍞 ½ oz eq grains

**11 Notes:**

- **Contains milk (cream cheese) and wheat (bread).** Bread can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in the ingredients statements as "spice" or "flavoring."
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- Apple pie spice or cinnamon can be substituted for pumpkin pie spice.
- The 🍏 symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



**NUTRITION INFORMATION**  
1 half slice Whipped Cream Cheese and Pear Toast

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>56</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>81 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	31 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

**Final weight and yields:**

**25 servings**  
Weight: 2 lb 11 oz  
Yield: 25 half slices

**50 servings**  
Weight: 5 lb 8 oz  
Yield: 50 half slices

**12 \*Marketing Guide**

Food as Purchased for:	25 servings	50 servings
Pears, fresh	1 lb 13 oz	3 lb 9¼ oz

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**11. Notes:** Include food safety guidelines and other tips/information about preparing the recipe.

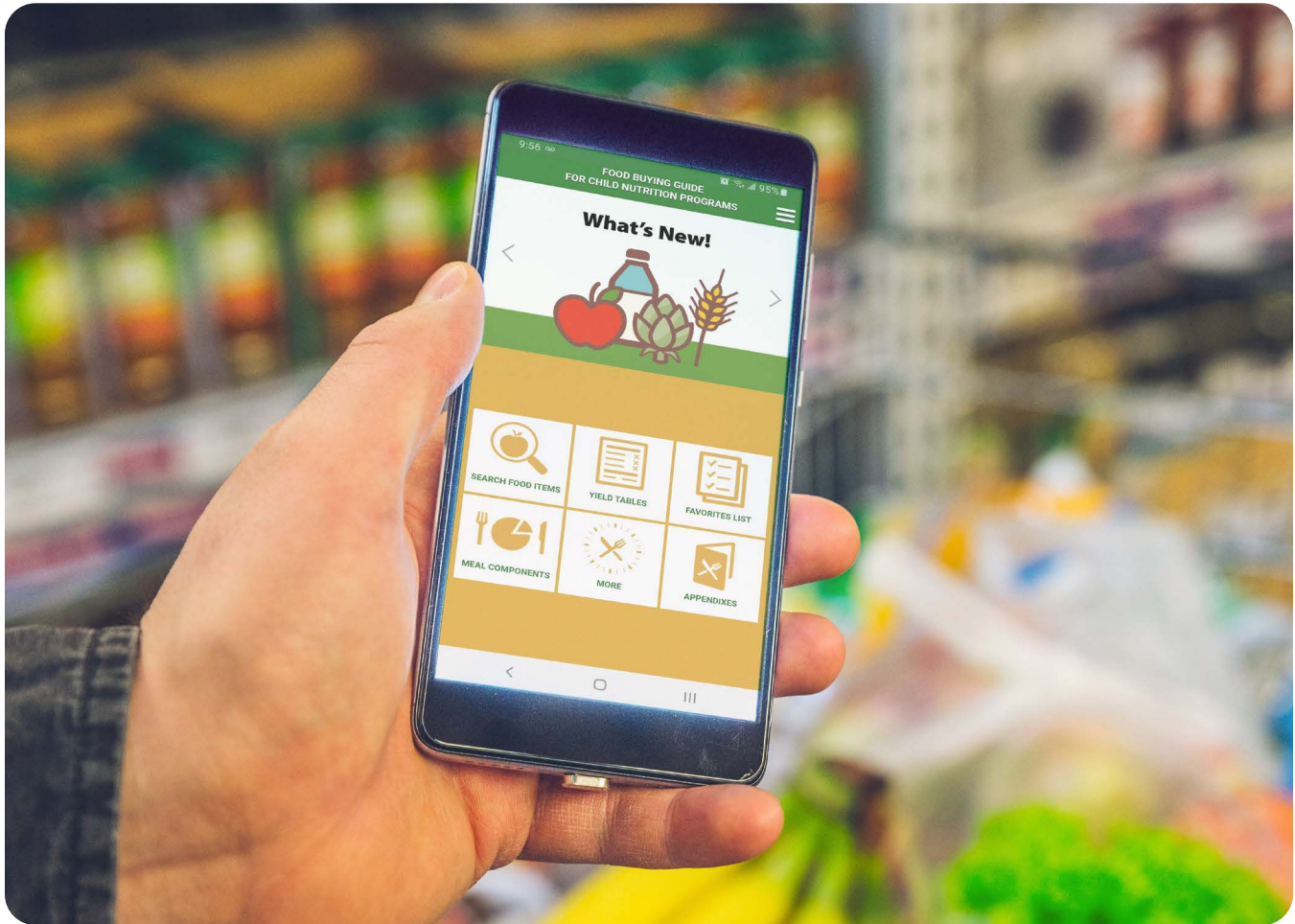
**12. Marketing guide:** Suggested purchase quantities for ingredients that have a preparation loss or gain. For example, if a recipe calls for 4 cups of cucumbers (peeled and sliced), the marketing guide will tell you how many cucumbers (whole, unpeeled, not sliced) you need to buy to obtain the 4 cups.

### Extra Information

**Equipment and Utensils:** Cooking and serving tools needed to prepare, cook, and serve the recipe. For example, oven, slow cooker, skillet, ladle, slotted spoon, etc.

**Recipe variations and alternate/optional ingredients:** Alternative ways of cooking the recipe or ingredients you can substitute for a listed ingredient. Note: Some substitutions will change the nutrition information or the crediting information for the recipe and should be indicated.





### The Food Buying Guide for Child Nutrition Programs (FBG)

The "Food Buying Guide for Child Nutrition Programs" [fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs) is an important resource for crediting meals and snacks in the CACFP.

The Food Buying Guide can help you:

1. Decide the right amount of food you need to buy for your menus.
2. Determine the specific contribution each food makes toward meal pattern requirements (i.e., how it credits).



### Recipe Analysis Workbook (RAW)

The Recipe Analysis Workbook (RAW) can calculate the meal pattern contribution for your standardized recipes. It will provide a crediting statement that you can use to document how your recipe credits toward the vegetables, fruits, meats/meat alternates, and grains components of the meal pattern. The RAW is available as part of the Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool. To access the RAW, refer to ([fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs](https://fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)).

#### Sample Crediting Statements:

- 1 parfait provides ½ cup fruit, ½ oz eq meat alternate, ½ oz eq grains
- 1 half sandwich provides 2 oz eq meat/meat alternate, 1¼ oz eq grains

Understanding how a recipe credits toward the meal pattern requirements at breakfast can help you determine what additional foods you may need to serve to make a reimbursable meal.

#### Here are two examples:

1. One serving of [Berry Medley and Quinoa Breakfast Bake](#) (p. 98) for 3–5 year olds provides ¼ cup fruit and ½ oz eq grains. You can use this information to plan the rest of the breakfast meal for children 3 through 5 years of age. To make a reimbursable meal, you can serve



- 6 fl oz (¾ cup) low-fat (1%) or fat-free (skim) milk and ¼ cup of fruit,
- 6 fl oz (¾ cup) milk and ¼ cup vegetable, or
- 6 fl oz (¾ cup) milk and ⅛ cup of vegetable and ⅛ cup of fruit.

2. One serving of [Roasted Sweet Potato Hash](#) (p. 161) for 6–18 year olds provides ½ cup vegetable. You can use this information to plan the rest of the breakfast meal for children 6 through 18 years of age. To make a reimbursable meal, you can serve:



- 8 fl oz (1 cup) milk and 1 oz eq grains, or
- 8 fl oz (1 cup) milk and 1 oz eq meat/meat alternate.\*

\*Meats/meat alternates can be served in place of grains up to 3 times per week at breakfast.

**Note:** oz eq = ounce equivalents

### Crediting Handbook for the Child and Adult Care Food Program

The “Crediting Handbook for the Child and Adult Care Food Program” is a companion resource to the “Food Buying Guide for Child Nutrition Programs” and provides information on creditable foods served in the Child and Adult Care Food Program. You can find a copy of the handbook at [fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program](https://fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program).

## Weekly Breakfast Menu Planning Template for Children 3 Through 5 Years of Age

Plan a 1-week breakfast menu to serve at your site. Use the breakfast combinations on page 8, the information in this breakfast menu planner, and the menu planning activities at the end of each section to help you.

	Mon	Tue	Wed	Thu	Fri
<b>Milk</b> ( $\frac{3}{4}$ cup)					
<b>Vegetables, Fruits, or Both</b> ( $\frac{1}{2}$ cup)					
<b>Grains or Meats/Meat Alternates*</b> ( $\frac{1}{2}$ oz eq)					

**Note:** oz eq = ounce equivalents

\*Meats/meat alternates can be served in place of grains up to 3 times per week at breakfast.



## Weekly Breakfast Menu Planning Template for Children 6 Through 18 Years of Age

Plan a 1-week breakfast menu to serve at your site. Use the breakfast combinations on page 9, the information in the breakfast menu planner, and the menu planning activities at the end of each section to help you.




	Mon	Tue	Wed	Thu	Fri
<b>Milk (1 cup)</b>					
<b>Vegetables, Fruits, or Both (½ cup)</b>					
<b>Grains or Meats/Meat Alternates* (½ oz eq)</b>					

**Note:** oz eq = ounce equivalents

\*Meats/meat alternates can be served in place of grains up to 3 times per week at breakfast.





Answer these questions about your new breakfast menus. Now that you have reviewed “It’s Breakfast Time” in its entirety, complete the following assessment. Compare the answers to the assessment you completed on pages 10–12. Note that N/A = not applicable.

 <b>Breakfast Menu Planning Post-Check: Where Are You Now?</b>			
Do you...	Yes	No	N/A
<b>Milk</b>			
1. Serve the correct type and amount of milk for the age of the child?			
<b>3–5 Years of Age:</b> ¾ cup unflavored low-fat (1%) milk OR ¾ cup unflavored fat-free (skim) milk			
<b>6–18 Years of Age:</b> 1 cup unflavored/flavored low-fat (1%) milk OR 1 cup unflavored/flavored fat-free (skim) milk			
<b>Vegetables and Fruits</b>			
2. Serve the correct amount of vegetables and/or fruits for the age of the child?			
<b>3–5 Years of Age:</b> ½ cup			
<b>6–18 Years of Age:</b> ½ cup			
3. Only serve 100 percent full-strength vegetable or fruit juice?			
4. Serve juice only once per day?			
5. Credit a serving of legumes (beans, peas, and lentils) as a vegetable or as a meat alternate, but not as both in the same meal?			
6. Serve a variety (different types) of vegetables and/or fruits during the week?			


Continued on the next page →

 **Breakfast Menu Planning Post-Check: Where Are You Now? (Continued)**

Do you...	Yes	No	N/A
<b>Meats/Meat Alternates</b> 			
7. Serve meats/meat alternates in place of grains no more than three times per week?			
8. Serve the correct amount of meats/meat alternates for the age of the child?			
<b>3–5 Years of Age:</b> ½ oz eq			
<b>6–18 Years of Age:</b> 1 oz eq			
9. Serve enough meats/meat alternates to replace the entire grains component?			
10. Credit a serving of legumes (beans, peas, and lentils) as meat alternates or as a vegetable, but not as both in the same meal?			
11. Serve yogurts with no more than 23 grams of total sugars per 6 ounces?			
12. Verify crediting of processed meats with a Child Nutrition label or Product Formulation Statement and have it on file?			
13. Serve the whole egg and not just egg whites?			
14. Serve a variety (different types) of meats/meat alternates during the week?			
<b>Grains</b> 			
15. Serve the correct amount of grains for the age of the child?			
<b>3–5 Years of Age:</b> ½ oz eq			
<b>6–18 Years of Age:</b> 1 oz eq			
16. Only serve grains that are enriched, fortified (cereals only), whole grain-rich, bran, or germ?			
17. Serve a whole grain-rich food item at breakfast if a whole grain-rich food is not served at another meal/snack that day?			
18. Serve cereals with no more than 6 grams of total sugars per dry ounce?			
19. Only serve grains that <b>are not</b> grain-based desserts? Grain-based desserts include donuts, sweet pastries, and granola bars, etc., and are not creditable toward the grains component.			
20. Serve a variety (different types) of grains during the week?			

Continued on the next page →

 **Breakfast Menu Planning Post-Check: Where Are You Now? (Continued)**

Do you...	Yes	No	N/A
<b>Smoothies</b>			
21. Only credit milk in smoothies toward the milk component when the smoothie contains at least ¼ cup of creditable milk per serving?			
22. Only credit vegetables and fruits in smoothies as juice when the smoothie contains at least an ⅛ cup of full-strength vegetable or fruit juice per serving?			
23. Only credit yogurt in smoothies as meat alternates when the smoothie contains at least 1 oz or ⅛ cup (¼ oz eq) of a creditable yogurt per serving?			
24. Only credit commercially prepared smoothies toward a reimbursable meal or snack when the Child Nutrition label or Product Formulation Statement provides the required information?			

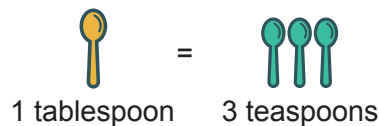
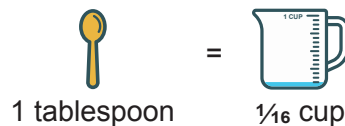
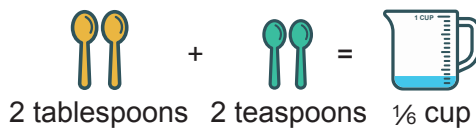
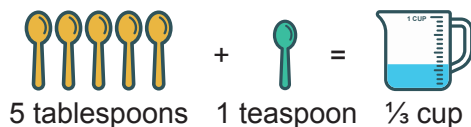
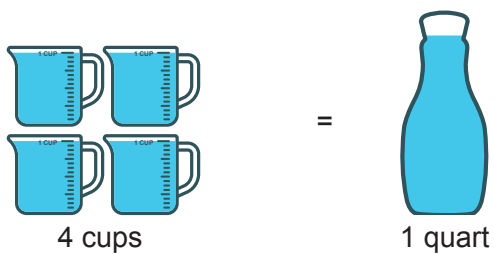
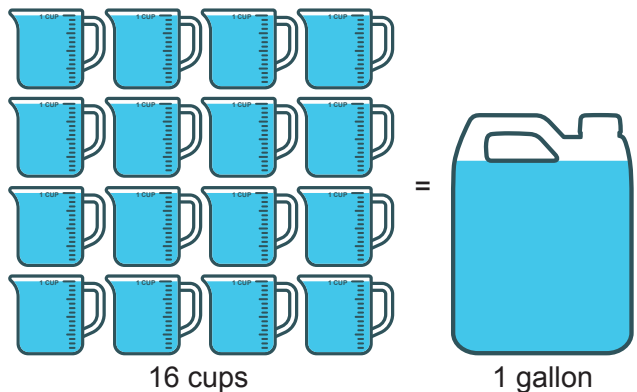
**Note:** oz eq = ounce equivalents

The questions that you marked as “No” can continue to serve as a guide for setting your menu planning goals. Find additional training resources at [fns.usda.gov/tn/training-tools-cacfp](https://fns.usda.gov/tn/training-tools-cacfp).





Fluid Conversions: At a Glance



Common Abbreviations and Other Useful Information

Abbreviations	Common Recipe Measurements
tsp	Teaspoon
Tbsp	Tablespoon
g	Grams
fl	Fluid Ounce
oz	Ounce
pt	Pint
qt	Quart
gal	Gallon
lb	Pounds
° F	Fahrenheit
in (")	Inch

Terms	Common Recipe Definitions
Diced	Cut into pieces no larger than ¼ inch (¼").
Chopped	Cut into pieces no larger than ½ inch (½").
Marketing Guide	Contains purchasing information on foods that will change during preparation or when a variation of the ingredients is available
Food Safety Temperatures	Temperatures are based on consumer food safety guidance, which is commonly used for family day care homes. Different temperatures may apply to child care centers. Check with your sponsoring organization and/or State or local health department for specific requirements

## Family Recipes: 6 Servings

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<b>Golden Squash Hotcakes .....</b>	<b>140</b>
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<b>Orange Cranberry Quick Bread.....</b>	<b>149</b>
<b>Oven-Baked Pancakes With Spiced Pears.....</b>	<b>151</b>
<b>Peachy Oatmeal Bake .....</b>	<b>157</b>
<b>Roasted Sweet Potato Hash .....</b>	<b>161</b>
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## Special Dietary Considerations: At a Glance

Always check the food labels of ingredients for allergen information.

Recipe Name	Pescatarian	Lacto-Ovo Vegetarian	Lacto-Vegetarian	Vegan	No Pork	No Beef or Beef Products	No Shellfish	No Meat/Poultry and Dairy Combined
<a href="#"><u>Berry Medley and Quinoa Breakfast Bake</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Breakfast Black Beans With Eggs</u></a>	●	●			●	●	●	●
<a href="#"><u>Cheesy Cheddar Drop Biscuits</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Cheesy Egg, Sausage, and Potato Casserole</u></a>						●	●	
<a href="#"><u>Cinnamon-Citrus French Toast Squares</u></a>	●	●			●	●	●	●
<a href="#"><u>Cottage Cheese and Fruit Bowls</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Easy Overnight Oats and Berries</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Easy Whole-Wheat Drop Biscuits</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Egg and Broccoli Scramble</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Fruit and Nut Butter Pita Pockets</u></a>	●	●	●	●	●	●	●	●

## Special Dietary Considerations: At a Glance

Always check the food labels of ingredients for allergen information.

Recipe Name	Pescatarian	Lacto-Ovo Vegetarian	Lacto-Vegetarian	Vegan	No Pork	No Beef or Beef Products	No Shellfish	No Meat/Poultry and Dairy Combined
<a href="#"><u>Fruit and Yogurt Roll-Ups</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Golden Squash Hotcakes</u></a>	●	●			●	●	●	●
<a href="#"><u>Lemon-Blueberry Corn Muffins</u></a>	●	●			●	●	●	●
<a href="#"><u>Orange Cranberry Quick Bread</u></a>	●	●			●	●	●	●
<a href="#"><u>Oven-Baked Pancakes With Spiced Pears</u></a>	●	●	●	●	●	●	●	●
<a href="#"><u>Peachy Oatmeal Bake</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Roasted Sweet Potato Hash</u></a>	●	●	●	●	●	●	●	●
<a href="#"><u>Strawberry and Waffle Kebabs With Maple-Yogurt Dip</u></a>	●	●			●	●	●	●
<a href="#"><u>Turkey Sausage With Sweet Cran-Apple Topping</u></a>					●	●	●	●
<a href="#"><u>Whipped Cream Cheese and Pear Toast</u></a>	●	●	●		●	●	●	●



Preparation Time: 10 minutes



Cook Time: 30 minutes



## Berry Medley and Quinoa Breakfast Bake

Love breakfast casseroles? Start the day with this delicious breakfast made with quinoa, oats, and berries. Serve it hot or cold.

### Ingredients:

- **Nonstick cooking spray**
- **¼ cup** quinoa, dry, rinsed
- **½ cup** oats, rolled, dry (not quick)
- **2 Tbsp** brown sugar, packed
- **¼ tsp** cinnamon, ground
- **⅛ tsp** salt, table
- **1¼ cups** milk, low-fat (1%)
- **¼ tsp** vanilla extract
- **3 cups** blueberries, blackberries, and raspberries, whole, frozen, unsweetened

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 2



Preheat oven to 400 °F.

### Step 3



Spray a loaf pan (8½" x 4½" x 2½") with nonstick cooking spray.

### Step 4



In a medium bowl, combine quinoa, oats, brown sugar, cinnamon, salt, milk, vanilla extract, and berries. Mix well.

### Step 5



Pour mixture into prepared loaf pan.

### Step 6



Bake for 25–30 minutes or until quinoa is cooked. Heat to 140 °F or higher for at least 15 seconds.



Berry Medley and Quinoa Breakfast Bake

- Directions -

Step 7



Remove from the oven and stir carefully. Let sit for 5 minutes before serving.



Step 8



Serve ½ cup. Serve immediately, or keep warm at 140 °F or higher. For cold service, keep cold at 40 °F or lower.

CACFP Crediting Information:




¼ cup fruit



½ oz eq grains 

Notes:

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- For a thicker consistency allow dish to sit for 5–10 minutes before serving.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

NUTRITION INFORMATION

½ cup Berry Medley and Quinoa Breakfast Bake

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>177</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	2 mg
<b>Sodium</b>	<b>71 mg</b>
<b>Total Carbohydrate</b>	<b>33 g</b>
Dietary Fiber	6 g
Total Sugars	12 g
Added Sugars included	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	95 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 30 minutes



## Berry Medley and Quinoa Breakfast Bake

Love breakfast casseroles? Start the day with this delicious breakfast made with quinoa, oats, and berries. Serve it hot or cold.

### Ingredients:

- **Nonstick cooking spray**
- **½ cup** quinoa, dry, rinsed
- **1 cup** oats, rolled, dry (not quick)
- **¼ cup** brown sugar, packed
- **½ tsp** cinnamon, ground
- **¼ tsp** salt, table
- **2½ cups** milk, low-fat (1%)
- **½ tsp** vanilla extract
- **6 cups** blueberries, blackberries, and raspberries, whole, frozen, unsweetened

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 2



Preheat oven to 400 °F.

### Step 3



Spray a baking dish (8" x 8") with nonstick cooking spray.

### Step 4



In a medium bowl, combine quinoa, oats, brown sugar, cinnamon, salt, milk, vanilla extract, and berries. Mix well.

### Step 5



Pour mixture into prepared baking dish.

### Step 6



Bake for 25–30 minutes or until quinoa is cooked. Heat to 140 °F or higher for at least 15 seconds.

Berry Medley and Quinoa Breakfast Bake

- Directions -

Step 7



Remove from the oven and stir carefully. Let sit for 5 minutes before serving.





Step 8




Serve 1 cup. Serve immediately, or keep warm at 140 °F or higher. For cold service, keep cold at 40 °F or lower.

CACFP Crediting Information:

 ½ cup fruit

 1 oz eq grains 

Notes:

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- For a thicker consistency allow dish to sit for 5–10 minutes before serving.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

NUTRITION INFORMATION

1 cup Berry Medley and Quinoa Breakfast Bake

Nutrients	Amount
<b>Calories</b>	<b>354</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	5 mg
<b>Sodium</b>	<b>143 mg</b>
<b>Total Carbohydrate</b>	<b>67 g</b>
Dietary Fiber	12 g
Total Sugars	24 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	191 mg
Iron	4 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 35 minutes



## Breakfast Black Beans With Eggs

Serve meat alternates at breakfast. These flavorful black beans with eggs make a hearty pairing and add variety to your menu.

### Ingredients:

- **Nonstick cooking spray**
- **2 eggs**, fresh, large, whole
- **3¾ cups** black beans, low-sodium, canned, drained (about 2½–15 oz cans; see notes)
- **¾ cup** tomatoes with onions & garlic in juice, canned, petite cut (about ½ of a 14 oz can)
- **¼ cup** water
- **1 tsp** cumin, ground
- **½ tsp** salt, table
- **¼ cup** cilantro, fresh, chopped (gently wash cilantro under running water before cutting)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 3



While eggs are cooking, prepare an ice bath. Place ice and water in a large bowl. Set aside.

### Step 2



Boil eggs: Place eggs in a small pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.

### Step 4



Remove eggs with a slotted spoon. Place in the ice bath for 10 minutes.



Breakfast Black Beans With Eggs

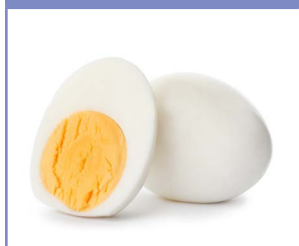
- Directions -

Step 5



Prepare bean mixture: Heat a medium nonstick skillet on medium-high heat. Spray with nonstick cooking spray. Add beans, tomatoes with juice, water, cumin, and salt. Stir. Bring to a boil and reduce heat to medium. Simmer for 5 minutes. Heat to 140 °F or higher for at least 15 seconds.

Step 6



Peel and cut each egg into 3 pieces.

Step 7




Serve ½ cup bean mixture, ⅓ of an egg (1 piece), and cilantro. Serve immediately, or keep warm at 140 °F or higher.


CACFP Crediting Information:


Crediting beans as a meat alternate:

 ⅛ cup vegetable

 2 oz eq meat alternate

Crediting beans as a vegetable:

 ½ cup vegetable

 ½ oz eq meat alternate

Notes:

- **Contains eggs.**
- The ice bath will cool the eggs quickly and make them easier to peel.
- To reduce the amount of sodium in this recipe, rinse beans with water and drain.

NUTRITION INFORMATION

½ cup bean mixture and ⅓ of an egg

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>117</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	67 mg
<b>Sodium</b>	<b>368 mg*</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	6 g
Total Sugars	0 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	53 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

\*Data for low-sodium, drained, and rinsed black beans not available. Data calculated using black beans, rinsed, and drained.



**Preparation Time:** 10 minutes



**Cook Time:** 35 minutes



## Breakfast Black Beans With Eggs

Serve meat alternates at breakfast. These flavorful black beans with eggs make a hearty pairing and add variety to your menu.

### Ingredients:

- **Nonstick cooking spray**
- **3 eggs**, fresh, large, whole
- **3¾ cups** black beans, low-sodium, canned, drained (about 2½–15 oz cans; see notes)
- **¾ cup** tomatoes with onions & garlic in juice, canned, petite cut (about ½ of a 14 oz can)
- **¼ cup** water
- **1 tsp** cumin, ground
- **½ tsp** salt, table
- **¼ cup** cilantro, fresh, chopped (gently wash cilantro under running water before cutting)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 3



While eggs are cooking, prepare an ice bath. Place ice and water in a large bowl. Set aside.

### Step 2



**Boil eggs:** Place eggs in a small pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.

### Step 4



Remove eggs with a slotted spoon. Place in the ice bath for 10 minutes.



Breakfast Black Beans With Eggs

- Directions -

Step 5



Prepare bean mixture: Heat a medium nonstick skillet on medium-high heat. Spray with nonstick cooking spray. Add beans, tomatoes with juice, water, cumin, and salt. Stir. Bring to a boil and reduce heat to medium. Simmer for 5 minutes. Heat to 140 °F or higher for at least 15 seconds.

Step 6



Peel and cut each egg into 4 pieces.


Step 7




Serve ½ cup bean mixture, ½ of an egg (2 pieces), and cilantro. Serve immediately, or keep warm at 140 °F or higher.


CACFP Crediting Information:


Crediting beans as a meat alternate:

 ⅛ cup vegetable

 2¼ oz eq meat alternate

Crediting beans as a vegetable:

 ½ cup vegetable

 1 oz eq meat alternate

Notes:

- **Contains eggs.**
- The ice bath will cool the eggs quickly and make them easier to peel.
- To reduce the amount of sodium in this recipe, rinse beans with water and drain.

NUTRITION INFORMATION

½ cup bean mixture and ½ of an egg

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>130</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	97 mg
<b>Sodium</b>	<b>378 mg*</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	6 g
Total Sugars	0 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	57 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

\*Data for low-sodium, drained, and rinsed black beans not available. Data calculated using black beans, rinsed, and drained.



Preparation Time: 15 minutes



Cook Time: 15 minutes



## Cheesy Cheddar Drop Biscuits

Looking for new grain options? Try these savory drop biscuits. They are great for breakfast, but you can also serve them at lunch, supper, or snack time.

### Ingredients:

- **Nonstick cooking spray**
- **½ cup** flour, all purpose, enriched
- **½ cup** pastry flour, whole-wheat
- **1 tsp** baking powder
- **1 Tbsp** sugar, granulated
- **⅛ tsp** salt, table
- **2 tsp** margarine, *trans* fat-free, chilled
- **½ cup** Greek yogurt, non-fat, plain
- **¼ cup + 2 Tbsp** cheese, cheddar, reduced-fat, shredded
- **¼ cup** milk, fat-free (skim)

## - Directions -

### Step 1

Wash hands with soap and water for at least 20 seconds.

### Step 2

Preheat oven to 400 °F.

### Step 3



Line baking sheet with parchment paper and spray with nonstick cooking spray.

### Step 4



In a small bowl, combine all-purpose flour, pastry flour, baking powder, sugar, and salt. Mix.

### Step 5



Using a fork or pastry cutter, mash margarine into dry ingredients. Add yogurt and mash into dry ingredients until the flour turns into fine crumbs.

### Step 6



Using a fork or pastry cutter, lightly mash cheese into the dough. Add milk. Stir until ingredients are well-blended. Dough will be very sticky.

Cheesy Cheddar Drop Biscuits

- Directions -

Step 7



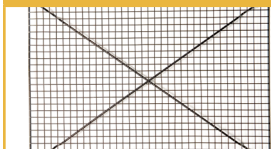
Using a ¼ cup measuring cup, drop dough onto baking sheet. Lightly spray the top of biscuits with nonstick cooking spray.

Step 8



Bake biscuits for 13–15 minutes or until golden brown.

Step 9



Remove from the oven and cool on a rack.

Step 10



Serve 1 biscuit.

CACFP Crediting Information:




¼ oz eq meat alternate



1 oz eq grains

Notes:

- **Contains milk (yogurt, cheddar cheese, and margarine) and wheat (flour).** Margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.

- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meals as Teaching Moments: The cheese in the biscuit may not be easy for kids to recognize (visible) as a meat alternate component of a meal. Serving this biscuit in combination with another meat/meat alternate, such as lower sodium ham or an egg, may help kids learn about meats/meat alternates as part of a balanced meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

NUTRITION INFORMATION

1 Cheesy Cheddar Drop Biscuit

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>129</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	6 mg
<b>Sodium</b>	<b>181 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	2 g
Total Sugars	4 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	97 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available





Preparation Time: 15 minutes



Cook Time: 30 minutes



## Cheesy Egg, Sausage, and Potato Casserole

Dress up your morning eggs. This quick-and-easy casserole is filling and delicious.

### Ingredients:

- **Nonstick cooking spray**
- **1 $\frac{1}{3}$  cups** potatoes, diced, frozen, thawed
- **3 eggs**, fresh, large, whole
- **2 Tbsp** milk, low-fat (1%)
- **$\frac{1}{4}$  cup + 2 Tbsp** cheddar cheese, shredded, reduced-fat
- **1 cup** red bell peppers, fresh, cored, and  $\frac{1}{4}$ " diced (gently wash bell peppers under running water before cutting)
- **$\frac{1}{2}$  tsp** onion powder
- **$\frac{1}{2}$  tsp** garlic powder
- **$\frac{3}{4}$  cup (3 $\frac{1}{2}$  oz)** Italian sausage, mild, no more than 35% fat

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



In a small bowl, combine eggs, milk, and cheese. Whisk to mix. Set aside. Wash hands after touching uncooked eggs.

### Step 2



Preheat oven to 375 °F.

### Step 5



In a small bowl, combine bell peppers, thawed potatoes, onion powder, and garlic powder. Mix and set aside.

### Step 3



Spray a baking dish (8" x 8") with nonstick cooking spray.

**Cheesy Egg, Sausage, and Potato Casserole**

**- Directions -**

**Step 6**



Heat a medium skillet on medium-high heat. Add Italian sausage. Crumble with a spoon as it cooks. Cook until golden brown, about 5 minutes. Heat to 165 °F for at least 15 seconds. Drain grease and discard.

**Step 7**



Add bell pepper and potato mixture to skillet. Stir frequently. Cook for 3–5 minutes or until bell peppers begin to soften.

**Step 8**



Transfer vegetable-sausage mixture to the baking dish. Allow mixture to cool for about 5 minutes.

**Step 9**



Add egg mixture. Stir to mix.

**Step 10**



Cook for 20 minutes. Heat to 165 °F for at least 15 seconds.

**Step 11**

Cut into 6 even pieces.

**Step 12**



Serve 1 piece. Serve immediately, or keep warm at 140 °F or higher.



Cheesy Egg, Sausage, and Potato Casserole

- Directions -

**CACFP Crediting Information:**



¼ cup vegetable



1½ oz eq meat/meat alternate

**Notes:**

- **Contains eggs and milk (milk and cheddar cheese).**
- Recommend serving with salsa.
- Freshly grated potatoes are a great substitution for frozen potatoes.
- Serve a variety of foods during the week to balance out an occasional breakfast item that may be higher in sodium or saturated fat.



**NUTRITION INFORMATION**

1 piece Cheesy Egg, Sausage, and Potato Casserole

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>151</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	3 g
Cholesterol	102 mg
<b>Sodium</b>	<b>187 mg</b>
<b>Total Carbohydrate</b>	<b>8 g</b>
Dietary Fiber	1 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	34 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 30 minutes



## Cheesy Egg, Sausage, and Potato Casserole

Dress up your morning eggs. This quick-and-easy casserole is filling and delicious.

### Ingredients:

- **Nonstick cooking spray**
- **2 $\frac{2}{3}$  cups** potatoes, diced, frozen, thawed
- **6 eggs**, fresh, large, whole
- **$\frac{1}{4}$  cup** milk, low-fat (1%)
- **$\frac{3}{4}$  cup** cheddar cheese, shredded, reduced-fat
- **2 cups** red bell peppers, fresh, cored, and  $\frac{1}{4}$ " diced (wash bell peppers under running water before cutting)
- **1 tsp** onion powder
- **1 tsp** garlic powder
- **1 $\frac{1}{2}$  cups (7 oz)** Italian sausage, mild, no more than 35% fat

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



In a small bowl, combine eggs, milk, and cheese. Whisk to mix. Set aside. Wash hands after touching uncooked eggs.

### Step 2



Preheat oven to 375 °F.

### Step 5



In a small bowl, combine bell peppers, thawed potatoes, onion powder, and garlic powder. Mix and set aside.

### Step 3



Spray a baking dish (8" x 8") with nonstick cooking spray.

**Cheesy Egg, Sausage, and Potato Casserole**

**- Directions -**

**Step 6**



Heat a medium skillet on medium-high heat. Add Italian sausage. Crumble with a spoon as it cooks. Cook until golden brown, about 5 minutes. Heat to 165 °F for at least 15 seconds. Drain grease and discard.

**Step 7**



Add bell pepper and potato mixture to skillet. Stir frequently. Cook for 3–5 minutes or until bell peppers begin to soften.

**Step 8**



Transfer vegetable-sausage mixture to the baking dish. Allow mixture to cool for about 5 minutes.

**Step 9**



Add egg mixture. Stir to mix.

**Step 10**



Cook for 20 minutes. Heat to 165 °F for at least 15 seconds.

**Step 11**

Cut into 6 even pieces.

**Step 12**



Serve 1 piece. Serve immediately, or keep warm at 140 °F or higher.

Cheesy Egg, Sausage, and Potato Casserole

- Directions -

**CACFP Crediting Information:**



½ cup vegetable



3 oz eq meat/meat alternate

**Notes:**

- **Contains eggs and milk (milk and cheddar cheese).**
- Recommend serving with salsa.
- Freshly grated potatoes are a great substitution for frozen potatoes.
- Serve a variety of foods during the week to balance out an occasional breakfast item that may be higher in sodium or saturated fat.



**NUTRITION INFORMATION**

1 piece Cheesy Egg, Sausage, and Potato Casserole

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>299</b>
<b>Total Fat</b>	<b>20 g</b>
Saturated Fat	6 g
Cholesterol	197 mg
<b>Sodium</b>	<b>370 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	2 g
Total Sugars	3 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>15 g</b>
Vitamin D	N/A
Calcium	67 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available





Preparation Time: 15 minutes



Cook Time: 25 minutes



## Cinnamon-Citrus French Toast Squares

Turn a breakfast favorite into a new dish. Try these yummy, whole grain-rich breakfast squares.

### Ingredients:

- **Nonstick cooking spray**
- **3 slices** bread, whole-wheat (at least 28 g or 1 oz each)
- **2 tsp** margarine, *trans* fat-free, melted
- **2 Tbsp** maple syrup
- $\frac{1}{2}$  **tsp** cinnamon, ground
- **1 egg**, fresh, large, whole
- $\frac{1}{4}$  **cup** orange juice, 100% juice, frozen concentrate, thawed
- **2 Tbsp** milk, low-fat (1%)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 2



Preheat oven to 375 °F.

### Step 3



Spray a loaf pan (8½" x 4½" x 2½") with nonstick cooking spray.

### Step 4



Tear bread into medium pieces, about 1"–2" each.

### Step 5



In a medium bowl, use a hand mixer to mix melted and slightly cooled margarine, maple syrup, cinnamon, egg, orange juice concentrate, and milk. Wash hands after touching uncooked eggs.

### Step 6



In a medium bowl, toss torn bread pieces with orange-egg mixture.



## Cinnamon-Citrus French Toast Squares

**- Directions -****Step 7**

Spread evenly into loaf pan.

**Step 8**

Bake for 25 minutes or until golden brown. Heat to 165 °F or higher for at least 15 seconds.



**Step 9**

Cut into 6 even squares.


**Step 10**

Serve 1 square. Serve immediately, or keep warm at 140 °F or higher.

**CACFP Crediting Information:**

 ½ oz eq grains 

**Notes:**

- **Contains milk (milk and margarine), eggs, and wheat (bread).** Bread and margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in ingredient statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**NUTRITION INFORMATION**

1 piece Cinnamon-Citrus French Toast Square

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>101</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	27 mg
<b>Sodium</b>	<b>92 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	44 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 25 minutes



## Cinnamon-Citrus French Toast Squares

Turn a breakfast favorite into a new dish. Try these yummy, whole grain-rich breakfast squares.

### Ingredients:

- **Nonstick cooking spray**
- **6 slices** bread, whole-wheat (at least 28 g or 1 oz each)
- **1 Tbsp + 1 tsp** margarine, *trans* fat-free, melted
- **¼ cup** maple syrup
- **1 tsp** cinnamon, ground
- **2 eggs**, fresh, large, whole
- **½ cup** orange juice, 100% juice, frozen concentrate, thawed
- **¼ cup**, milk, low-fat (1%)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 2



Preheat oven to 375 °F.

### Step 3



Spray a baking dish (8" x 8") with nonstick cooking spray.

### Step 4



Tear bread into medium pieces, about 1"–2" each.

### Step 5



In a medium bowl, use a hand mixer to mix melted and slightly cooled margarine, maple syrup, cinnamon, egg, orange juice concentrate, and milk. Wash hands after touching uncooked eggs.

### Step 6



In a medium bowl, toss torn bread pieces with orange-egg mixture.

Cinnamon-Citrus French Toast Squares

- Directions -

Step 7



Spread evenly into baking dish.

Step 8



Bake for 25 minutes or until golden brown. Heat to 165 °F or higher for at least 15 seconds.

Step 9



Cut into 6 even squares.

Step 10



Serve 1 square. Serve immediately, or keep warm at 140 °F or higher.

CACFP Crediting Information:

 1 oz eq grains 

Notes:

- **Contains milk (milk and margarine), eggs, and wheat (bread).** Bread and margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame,
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in ingredient statements as “spice” or “flavoring.”




NUTRITION INFORMATION

1 piece Cinnamon-Citrus French Toast Square

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>202</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	55 mg
<b>Sodium</b>	<b>183 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	N/A
Calcium	88 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.





Preparation Time: 15 minutes



Cook Time: 0 minutes



## Cottage Cheese and Fruit Bowls

Add more meat alternates to your menu with this trendy cottage cheese recipe. It provides the perfect blend of sweet and tart.

### Ingredients:

- **1 cup** kiwi, fresh, peeled, ¼" sliced (gently wash kiwi under running water before cutting/peeling)
- **1 cup** blueberries, fresh, whole (gently wash blueberries under running water)
- **1 cup** strawberries, fresh, ¼" sliced (gently wash strawberries under running water before cutting)
- **¾ cup** cottage cheese, low-fat, small curd
- **¼ cup + 2 Tbsp** granola (optional)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 3



Place ½ cup fruit in a bowl. Top with ⅛ cup (2 Tbsp) cottage cheese and 1 Tbsp granola (optional).

### Step 2



Place kiwi, blueberries, and strawberries in a small bowl. Toss to combine.

### Step 4







Serve 1 bowl. Serve immediately, or keep cold at 40 °F or lower.


## Cottage Cheese and Fruit Bowls

## - Directions -

## CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq meat alternate
-  ¼ oz eq grains (optional) 

## Notes:

- **Contains milk (cottage cheese) and wheat (granola [optional]).**
- Adding optional ingredients will change the nutrition information and may change the CACFP crediting information.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- **Choking Risk:** Granola can be choking risk for children under the age of 4. See page 78 for more information.
- **Choking Risk:** Whole blueberries can be a choking risk for children under the age of 4. You can substitute an equal amount of another fruit. Changing the ingredients will change the nutrition information.
- For breakfast, you can credit the grains or meats/meat alternates in the recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



## NUTRITION INFORMATION

1 Cottage Cheese and Fruit Bowl  
(without granola)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>68</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>5 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	2 g
Total Sugars	8 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	37 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available





**Preparation Time:** 15 minutes



**Cook Time:** 0 minutes



## Cottage Cheese and Fruit Bowls

Add more meat alternates to your menu with this trendy cottage cheese recipe. It provides the perfect blend of sweet and tart.

### Ingredients:

- **1 cup** kiwi, fresh, peeled, ¼" sliced (gently wash kiwi under running water before cutting/peeling)
- **1 cup** blueberries, fresh, whole (gently wash blueberries under running water)
- **1 cup** strawberries, fresh, ¼" sliced (gently wash strawberries under running water before cutting)
- **1½ cup** cottage cheese, low-fat, small curd
- **¼ cup + 2 Tbsp** granola

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 3



Place ½ cup fruit in a bowl. Top with ¼ cup cottage cheese and 1 Tbsp granola.

### Step 2



Place kiwi, blueberries, and strawberries in a small bowl. Toss to combine.

### Step 4







Serve 1 bowl. Serve immediately, or keep cold at 40 °F or lower.


**Cottage Cheese and Fruit Bowls**

**- Directions -**

**CACFP Crediting Information:**

-  ½ cup fruit
-  1 oz eq meat alternate
-  ¼ oz eq grains 

**Notes:**

- **Contains milk (cottage cheese) and wheat (granola).**
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- For breakfast, you can credit the grains or meats/meat alternates in the recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



**NUTRITION INFORMATION**

1 Cottage Cheese and Fruit Bowl

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>121</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	4 mg
<b>Sodium</b>	<b>224 mg</b>
<b>Total Carbohydrate</b>	<b>21 g</b>
Dietary Fiber	3 g
Total Sugars	9 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	N/A
Calcium	73 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



## Easy Overnight Oats and Berries

A new twist on an old favorite. Try this no-cook, make-ahead whole grain-rich breakfast.

### Ingredients:

- $\frac{1}{4}$  cup milk, low-fat (1%)
- $\frac{3}{4}$  cup Greek yogurt, vanilla, non-fat
- 2 tsp honey, pasteurized
- $\frac{1}{4}$  tsp vanilla extract
- 1 cup oats, quick
- 3 cups blueberries, blackberries, and raspberries, whole, frozen, unsweetened

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Add berries. Stir.

### Step 2



In a medium bowl, combine milk, Greek yogurt, honey, and vanilla extract. Stir.

### Step 5



Cover and refrigerate for 8–12 hours at 40 °F or lower.

### Step 3



Add oats. Mix well.

### Step 6







Remove from the refrigerator and stir.

## Easy Overnight Oats and Berries


**- Directions -****Step 7**

Serve ½ cup. Serve immediately, or keep cold at 40 °F or lower.

**CACFP Crediting Information:**

-  ¼ cup fruit
-  ¼ oz eq meat alternate
-  ½ oz eq grains 

**Notes:**

- **Contains milk (milk and yogurt).** Some oats may be grown/processed with other wheat products.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meals as Teaching Moments: The yogurt in this recipe may not be easy for kids to recognize (visible) as a meat alternate component of the meal. Adding a visible meat/meat alternate, such as finely chopped nuts or a spoonful of additional yogurt on top, may help kids learn about meats/meat alternates as part of a balanced meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**NUTRITION INFORMATION**

½ cup Easy Overnight Oats and Berries

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>127</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>15 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	5 g
Total Sugars	10 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	66 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available





**Preparation Time:** 15 minutes



**Cook Time:** 0 minutes



## Easy Overnight Oats and Berries

A new twist on an old favorite. Try this no-cook, make-ahead whole grain-rich breakfast.

### Ingredients:

- **½ cup** milk, low-fat (1%)
- **1½ cups** Greek yogurt, vanilla, non-fat
- **1 Tbsp + 1 tsp** honey, pasteurized
- **½ tsp** vanilla extract
- **2 cups** oats, quick
- **6 cups** blueberries, blackberries, and raspberries, whole, frozen, unsweetened

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Add berries. Stir.

### Step 2



In a large bowl, combine milk, Greek yogurt, honey, and vanilla extract. Stir.

### Step 5



Cover and refrigerate for 8–12 hours at 40 °F or lower.

### Step 3



Add oats. Mix well.

### Step 6



Remove from the refrigerator and stir.



**- Directions -**





**Step 7**




Serve 1 cup. Serve immediately, or keep cold at 40 °F or lower.



**CACFP Crediting Information:**

-  ½ cup fruit
-  ½ oz eq meat alternate
-  1 oz eq grains 

**Notes:**

- **Contains milk (milk and yogurt).** Some oats may be grown/processed with other wheat products.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meals as Teaching Moments: The yogurt in this recipe may not be easy for kids to recognize (visible) as a meat alternate component of the meal. Adding a visible meat/meat alternate, such as finely chopped nuts or a spoonful of additional yogurt on top, may help kids learn about meats/meat alternates as part of a balanced meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**NUTRITION INFORMATION**

1 cup Easy Overnight Oats and Berries

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>256</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	7 mg
<b>Sodium</b>	<b>29 mg</b>
<b>Total Carbohydrate</b>	<b>45 g</b>
Dietary Fiber	9 g
Total Sugars	17 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>12 g</b>
Vitamin D	N/A
Calcium	137 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 13 minutes



## Easy Whole-Wheat Drop Biscuits

Nothing beats the smell of fresh-baked biscuits! Using a blend of whole-wheat and enriched flours keeps these whole grain-rich biscuits fluffy and light.

### Ingredients:

- Nonstick cooking spray
- ½ cup flour, all-purpose, enriched
- ½ cup flour, whole-wheat
- 2 Tbsp milk, dry, non-fat, instant
- ½ tsp baking powder
- ¼ tsp salt, table
- 2 Tbsp shortening, vegetable, *trans* fat free
- ¼ cup + 2 Tbsp water, tap

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



In a small mixing bowl, combine all-purpose flour, whole-wheat flour, dry milk, baking powder, and salt. Stir.

### Step 2



Preheat oven to 400 °F.

### Step 5



Using a fork or pastry cutter, mash shortening into dry ingredients until the flour mixture is crumbly. Do not over-mix.

### Step 3



Spray a baking sheet with nonstick cooking spray.

### Step 6



Add water. Stir with a fork until a soft dough is formed. Scrape bowl with a rubber spatula as necessary during mixing.

Easy Whole-Wheat Drop Biscuits

- Directions -

Step 7



Using a spoon, drop 2 Tbsp dough onto a baking sheet.



Step 8



Bake for 12–13 minutes.

Step 9



Serve 1 biscuit.



**NUTRITION INFORMATION**

1 Whole-Wheat Drop Biscuit


<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>109</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>139 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	42 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**CACFP Crediting Information:**

 1 oz eq grains 

**Notes:**

- **Contains milk (powdered) and wheat (flour).**
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.





Preparation Time: 10 minutes



Cook Time: 7 minutes



## Egg and Broccoli Scramble

Looking to add more vegetables to your breakfast menu? Broccoli florets and parmesan cheese are a winning combination in this easy scramble.

### Ingredients:

- **1<sup>3</sup>/<sub>4</sub> cups** broccoli, frozen, chopped, thawed, drained
- **1 Tbsp** water
- **½ tsp** garlic powder
- **¼ tsp** salt, table
- **¼ tsp** black pepper, ground
- **6 eggs** fresh, large, whole
- **1 Tbsp** Parmesan cheese, grated
- **Nonstick cooking spray**

## - Directions -

### Step 1

Wash hands with soap and water for at least 20 seconds.

### Step 2



In a medium bowl combine eggs, water, garlic powder, salt, pepper, and parmesan cheese. Whisk to mix. Wash hands after touching uncooked eggs.

### Step 3



Spray a small nonstick skillet with nonstick cooking spray. Heat skillet on medium-high heat.

### Step 4



Sauté thawed broccoli for 3–5 minutes or until broccoli begins to turn brown on the tips of the crowns.

### Step 5



Add egg mixture. With a heat-resistant rubber spatula or spoon, stir eggs and broccoli, constantly removing any egg sticking to the bottom of the pan. Heat to 160 °F or higher for at least 15 seconds.

Ages: 3–5, 6 Servings

## Egg and Broccoli Scramble

### - Directions -

#### Step 6



Serve  $\frac{1}{3}$  cup. Serve immediately, or keep warm at 140 °F or higher.



#### CACFP Crediting Information:



$\frac{1}{8}$  cup vegetable



2 oz eq meat alternate

#### Notes:

- Contains eggs and milk (parmesan cheese).
- Serve a variety of foods during the week to balance out an occasional breakfast item that may be higher in sodium or saturated fat.

#### NUTRITION INFORMATION

$\frac{1}{3}$  cup Egg and Broccoli Scramble

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>105</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	2 g
Cholesterol	170 mg
<b>Sodium</b>	<b>163 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	N/A
Calcium	59 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available





**Preparation Time:** 10 minutes



**Cook Time:** 8 minutes



## Egg and Broccoli Scramble

Looking to add more vegetables to your breakfast menu? Broccoli florets and parmesan cheese are a winning combination in this easy scramble.

### Ingredients:

- **3½ cups** broccoli, frozen, chopped, thawed, drained
- **2 Tbsp** water
- **1 tsp** garlic powder
- **¼ tsp** salt, table
- **½ tsp** black pepper, ground
- **12 eggs** fresh, large, whole
- **2 Tbsp** parmesan cheese, grated
- **Nonstick cooking spray**

## - Directions -

### Step 1

Wash hands with soap and water for at least 20 seconds.

### Step 2



In a medium bowl combine eggs, water, garlic powder, salt, pepper, and parmesan cheese. Whisk to mix. Wash hands after touching uncooked eggs.

### Step 3



Spray a small nonstick skillet with nonstick cooking spray. Heat skillet on medium-high heat.

### Step 4



Sauté thawed broccoli for 3–5 minutes or until broccoli begins to turn brown on the tips of the crowns.

### Step 5



Add egg mixture. With a heat-resistant rubber spatula or spoon, stir eggs and broccoli, constantly removing any egg sticking to the bottom of the pan. Heat to 160 °F or higher for at least 15 seconds.

Ages: 6–18, 6 Servings

## Egg and Broccoli Scramble

### - Directions -

#### Step 6



Serve  $\frac{2}{3}$  cup. Serve immediately, or keep warm at 140 °F or higher.



#### CACFP Crediting Information:



$\frac{1}{4}$  cup vegetable



4 oz eq meat alternate

#### Notes:

- Contains eggs and milk (parmesan cheese).
- Serve a variety of foods during the week to balance out an occasional breakfast item that may be higher in sodium or saturated fat.

#### NUTRITION INFORMATION

$\frac{2}{3}$  cup Egg and Broccoli Scramble

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>209</b>
<b>Total Fat</b>	<b>14 g</b>
Saturated Fat	4 g
Cholesterol	340 mg
<b>Sodium</b>	<b>326 mg</b>
<b>Total Carbohydrate</b>	<b>6 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin D	N/A
Calcium	118 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



## Fruit and Nut Butter Pita Pockets

Pita pockets are great for stuffing—and this grab-and-go breakfast is sure to please. Apples, pears, and peanut butter are packed into a whole grain-rich pita to create a tasty meal kids will enjoy.

### Ingredients:

- **3 pita** rounds, whole-wheat (at least 56 g or 2 oz each)
- **¼ cup + 2 Tbsp** peanut butter, smooth
- **6 slices**, apples, fresh, unpeeled, cored, ¼" slices (~1 medium apple; gently wash apple under running water before cutting)
- **7 slices**, D'Anjou pears, red, fresh, unpeeled, cored, ¼" slices (~1 large pear; gently wash pear under running water before cutting)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Cut apple and pear slices in half. Place 2 pieces of apple in each pita pocket half.

### Step 2



Cut each pita round in half.

### Step 5



Place 2–3 pieces of pear in each pita pocket half.

### Step 3



Spread 1 Tbsp of peanut butter in each pita pocket half.

### Step 6







Serve 1 half fruit and nut butter pita pocket. Serve immediately, or keep cold at 40 °F or lower.


## Fruit and Nut Butter Pita Pockets

## - Directions -

## CACFP Crediting Information:

-  ¼ cup fruit
-  ½ oz eq meat alternate
-  1 oz eq grains 

## Notes:

- **Contains wheat (pita) and peanuts (peanut butter).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as “spice” or “flavoring.”
- **Choking Risk:** Nut butters and apple slices can be a choking risk for children under the age of 4. Try grating apples and spread peanut butter in a thin layer. See page 78 for more information.
- Sunflower seed butter or soy nut butter may be used in place of almond butter. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



## NUTRITION INFORMATION

1 half Fruit and Nut Butter Pita Pocket

Nutrients	Amount
<b>Calories</b>	<b>203</b>
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>245 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	4 g
Total Sugars	6 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	14 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available





**Preparation Time:** 15 minutes



**Cook Time:** 0 minutes



## Fruit and Nut Butter Pita Pockets

Pita pockets are great for stuffing—and this grab-and-go breakfast is sure to please. Apples, pears, and peanut butter are packed into a whole grain-rich pita to create a tasty meal kids will enjoy.

### Ingredients:

- **6 pita** rounds, whole-wheat (at least 56 g or 2 oz each)
- **¾ cup** peanut butter, smooth
- **12 slices**, apples, fresh, unpeeled, cored, ¼" slices (~2 medium apples; gently wash apples under running water before cutting)
- **14 slices**, D'Anjou pears, red, fresh, unpeeled, cored, ¼" slices (~2 large pears; gently wash pears under running water before cutting)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Cut apple and pear slices in half. Place 2 pieces of apple in each pita pocket half.

### Step 2



Cut each pita round in half.

### Step 5



Place 2–3 pieces of pear in each pita pocket half.

### Step 3



Spread 1 Tbsp of peanut butter in each pita pocket half.





### Step 6




Serve 2 halves fruit and nut butter pita pocket. Serve immediately, or keep cold at 40 °F or lower.



**- Directions -****CACFP Crediting Information:**

-  ½ cup fruit
-  1 oz eq meat alternate
-  2 oz eq grains 

**Notes:**

- **Contains wheat (pita) and peanuts (peanut butter).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as “spice” or “flavoring.”
- Sunflower seed butter or soy nut butter may be used in place of almond butter. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**NUTRITION INFORMATION**

2 halves Fruit and Nut Butter Pita Pocket

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>406</b>
<b>Total Fat</b>	<b>14 g</b>
Saturated Fat	2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>490 mg</b>
<b>Total Carbohydrate</b>	<b>61 g</b>
Dietary Fiber	8 g
Total Sugars	12 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>16 g</b>
Vitamin D	N/A
Calcium	29 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



## Fruit and Yogurt Roll-Ups

Tortillas can be a part of any meal. In this simple recipe, a whole grain-rich tortilla is filled with fruit, yogurt, and granola (optional) for a cool and crunchy breakfast offering.

### Ingredients:

- 3 tortillas, whole-wheat (8" across, at least 42 g or 1½ oz each)
- ¾ cup Greek yogurt, non-fat, vanilla
- 1½ cups strawberries, fresh, ¼" diced (gently wash strawberries under running water before cutting)
- ¼ cup + 2 Tbsp granola (optional)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Sprinkle each tortilla with 1 Tbsp granola (optional).

### Step 2



Spread ¼ cup of yogurt on each tortilla.

### Step 5



Roll tortillas like a burrito.

### Step 3



Top each tortilla with ½ cup diced strawberries.

### Step 6



Cut in half on a bias (at an angle).

## - Directions -





## Step 7




Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.



## CACFP Crediting Information:

-  ¼ cup fruit
-  ¼ oz eq meat alternate
-  ¾ oz eq grains 

## Notes:

- **Contains milk (yogurt), wheat (tortillas and granola [optional]).**
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in the ingredient statements as “spice” or “flavoring.”
- Optional ingredients will change the nutrition information and may change the CACFP crediting information.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- **Choking Risk:** Granola may be a choking risk for children under the age of 4. See page 78 for more information.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

## NUTRITION INFORMATION

1 half Fruit and Yogurt Roll-Up (without granola)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>99</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>140 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	4 g
Total Sugars	5 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	87 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



## Fruit and Yogurt Roll-Ups

Tortillas can be a part of any meal. In this simple recipe, a whole grain-rich tortilla is filled with fruit, yogurt, and granola for a cool and crunchy breakfast offering.

### Ingredients:

- **6 tortillas**, whole-wheat (8" across, at least 42 g or 1½ oz each)
- **1½ cups** Greek yogurt, non-fat, vanilla
- **3 cups** strawberries, fresh, ¼" diced (gently wash strawberries under running water before cutting)
- **¼ cup + 2 Tbsp** granola

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Sprinkle each tortilla with 1 Tbsp granola.

### Step 2



Spread ¼ cup of yogurt on each tortilla.

### Step 5



Roll tortillas like a burrito.

### Step 3



Top each tortilla with ½ cup diced strawberries.

### Step 6



Cut in half on a bias (at an angle).



**Ages: 6–18, 6 Servings**

## Fruit and Yogurt Roll-Ups

### - Directions -





#### Step 7




Serve 2 halves.  
Serve immediately,  
or keep cold at 40 °F  
or lower.



#### CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq meat alternate
-  1½ oz eq grains 

#### Notes:

- **Contains milk (yogurt), wheat (tortillas and granola).**
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in the ingredient statements as “spice” or “flavoring.”
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

#### NUTRITION INFORMATION

1 Fruit and Yogurt Roll-Up

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>239</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>311 mg</b>
<b>Total Carbohydrate</b>	<b>38 g</b>
Dietary Fiber	7 g
Total Sugars	9 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>11 g</b>
Vitamin D	N/A
Calcium	188 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available





Preparation Time: 20 minutes



Cook Time: 6 minutes



## Golden Squash Hotcakes

Looking for a new and creative way to serve squash? Try this recipe and dish up some vegetables with breakfast!

### Ingredients:

- **2 cups** summer squash, fresh, unpeeled, shredded (gently wash summer squash under running water before shredding)
- **½ cup** flour, whole-wheat
- **½ tsp** baking soda
- **½ tsp** baking powder
- **½ tsp** apple pie spice
- **1 egg**, fresh, large, whole
- **1½ tsp** canola oil
- **2 tsp** brown sugar
- **1 Tbsp** milk, fat-free (skim)
- **½ tsp** vanilla extract
- **Nonstick cooking spray**

## - Directions -

### Step 1

Wash hands with soap and water for at least 20 seconds.

### Step 2



Preheat oven to 400 °F.

### Step 3



Place shredded squash on a baking sheet lined with parchment paper. Spread shredded squash in a single layer. Roast for 8–10 minutes or until ends begin to brown.

### Step 4



In a medium bowl, combine flour, baking soda, baking powder, and apple pie spice. Stir.

### Step 5



In a small bowl, combine egg, oil, sugar, milk, and vanilla extract. Whisk until smooth. Wash hands after touching uncooked eggs. Whisk wet ingredients into flour mixture.

**Ages: 3–5, 6 Servings**

## Golden Squash Hotcakes

### - Directions -

#### Step 6



Using a large spatula, fold in roasted shredded squash and stir until combined. Do not over-mix.

#### Step 7



Heat a skillet or griddle on medium-low heat. Spray with nonstick cooking spray.

#### Step 8



Pour a  $\frac{1}{4}$  cup batter (slightly under) onto the cooking surface.

#### Step 9



Cook until golden brown and bubbling, 5–6 minutes. Flip hotcake with a spatula and cook until golden brown, 5–6 minutes. Heat to 165 °F or higher for at least 15 seconds.

#### Step 10



Serve 1 hotcake. Serve immediately, or keep warm at 140 °F or higher.


Ages: 3–5, 6 Servings

## Golden Squash Hotcakes


### - Directions -

#### CACFP Crediting Information:

 1/8 cup vegetable

 1/2 oz eq grains 

#### Notes:

- **Contains milk, eggs, and wheat (flour).**
- Hotcakes freeze well. Place parchment paper between cakes and place in a freezer bag. Label and date. Thaw and reheat in the oven at 350 °F for 7–10 minutes. For information on how to safely thaw foods, visit [foodsafety.gov](https://www.foodsafety.gov).
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.



#### NUTRITION INFORMATION

1 Golden Squash Hotcakes

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>71</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	27 mg
<b>Sodium</b>	<b>156 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	46 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 20 minutes



Cook Time: 6 minutes



## Golden Squash Hotcakes

Looking for a new and creative way to serve squash? Try this recipe and dish up some vegetables with breakfast!

### Ingredients:

- **3 $\frac{2}{3}$  cups** summer squash, fresh, unpeeled, shredded (gently wash summer squash under running water before shredding)
- **1 cup** flour, whole-wheat
- **1 tsp** baking soda
- **1 tsp** baking powder
- **1 tsp** apple pie spice
- **2 eggs**, fresh, large, whole
- **1 Tbsp** canola oil
- **1 Tbsp + 1 tsp** brown sugar
- **2 Tbsp** milk, fat-free (skim)
- **1 tsp** vanilla extract
- **Nonstick cooking spray**

## - Directions -

### Step 1

Wash hands with soap and water for at least 20 seconds.

### Step 2



Preheat oven to 400 °F.

### Step 3



Place shredded squash on a baking sheet lined with parchment paper. Spread shredded squash in a single layer. Roast for 8–10 minutes or until ends begin to brown.

### Step 4



In a medium bowl, combine flour, baking soda, baking powder, and apple pie spice. Stir.

### Step 5



In a small bowl, combine egg, oil, sugar, milk, and vanilla extract. Whisk until smooth. Wash hands after touching uncooked eggs. Whisk wet ingredients into flour mixture.



**- Directions -**

**Step 6**



Using a large spatula, fold in roasted shredded squash and stir until combined. Do not over-mix.

**Step 7**



Heat a skillet or griddle on medium-low heat. Spray with nonstick cooking spray.

**Step 8**



Pour a  $\frac{1}{4}$  cup batter (slightly under) onto the cooking surface.

**Step 9**



Cook until golden brown and bubbling, 5–6 minutes. Flip hotcake with a spatula and cook until golden brown, 5–6 minutes. Heat to 165 °F or higher for at least 15 seconds.

**Step 10**



Serve 1 hotcake. Serve immediately, or keep warm at 140 °F or higher.





Ages: 6–18, 6 Servings

## Golden Squash Hotcakes


### - Directions -

#### CACFP Crediting Information:

 ¼ cup vegetable

 1 oz eq grains 

#### Notes:

- **Contains milk, eggs, and wheat (flour).**
- Hotcakes freeze well. Place parchment paper between cakes and place in a freezer bag. Label and date. Thaw and reheat in the oven at 350 °F for 7–10 minutes. For information on how to safely thaw foods, visit [foodsafety.gov](https://www.foodsafety.gov).
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.



#### NUTRITION INFORMATION

1 Golden Squash Hotcakes

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>142</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	54 mg
<b>Sodium</b>	<b>347 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	3 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	98 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 25 minutes



## Lemon-Blueberry Corn Muffins

Take your corn muffins to the next level. Add blueberries for a splash of color and a burst of flavor.

### Ingredients:

- **Nonstick cooking spray**
- **2/3 cup** flour, whole-wheat
- **1/4 cup** cornmeal, enriched
- **1/4 cup** brown sugar, packed
- **1/4 tsp** salt, table
- **1 tsp** baking powder
- **1/2 cup**, milk, low-fat (1%)
- **1/4 cup** applesauce, unsweetened
- **1 egg**, fresh, large, whole
- **1/4 tsp** lemon extract
- **1/2 cup** blueberries, whole, frozen, unsweetened or fresh

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 2



Preheat oven to 375 °F.

### Step 3



Line muffin tins with paper liners. Spray with nonstick cooking spray.

### Step 4



In a medium bowl, combine flour, cornmeal, brown sugar, salt, and baking powder. Sift mixture. Remove 1 Tbsp of dry mixture and set aside.

### Step 5



In a small bowl, combine milk, applesauce, eggs, and lemon extract. Whisk until well-blended. Add to dry ingredients. Whisk to mix. Wash hands after touching uncooked eggs.

## Lemon-Blueberry Corn Muffins

### - Directions -

#### Step 6



Place frozen blueberries in a small bowl, add 1 Tbsp reserved dry mixture and toss.

#### Step 9



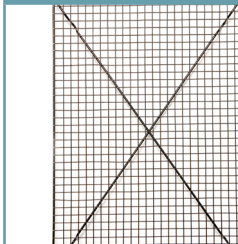
Bake for 25 minutes.

#### Step 7



With a rubber spatula, fold breaded blueberries and any remaining dry ingredients from the bottom of the bowl into the muffin mixture.

#### Step 10



Remove from the oven and cool on a rack for 5 minutes.

#### Step 8



Pour  $\frac{1}{3}$  cup of muffin mixture into each prepared muffin liner.


#### Step 11




Serve 1 muffin.

## Lemon-Blueberry Corn Muffins

**- Directions -****CACFP Crediting Information:**

 1¼ oz eq grains 

**Notes:**

- **Contains milk, eggs, and wheat (flour).**
- If you do not use paper muffin liners, spray the muffin pan with nonstick cooking spray.
- Coating blueberries with dry mixture will prevent the blueberries from sinking to the bottom of the muffin.
- To verify muffins are done, insert a wooden toothpick into the center of a muffin. If wet batter sticks to the toothpick, the muffins need more baking time.
- Muffins freeze well. Allow muffins to cool completely. Wrap securely in foil, freezer wrap, or place in freezer bags. Label and date. Muffins can thaw safely at room temperature. For more information on how to safely thaw foods, visit [foodsafety.gov](https://www.foodsafety.gov).
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

**NUTRITION INFORMATION**

1 Lemon-Blueberry Corn Muffin

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>146</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	28 mg
<b>Sodium</b>	<b>199 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	2 g
Total Sugars	12 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	88 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available





Preparation Time: 15 minutes



Cook Time: 55 minutes



## Orange Cranberry Quick Bread

Want a new tasty grain option for breakfast? Try this whole grain-rich quick bread that is full of orange flavor and cranberries.

### Ingredients:

- **Nonstick Cooking Spray**
- **1 $\frac{1}{3}$  cup** cranberries, frozen, unsweetened or fresh
- **$\frac{1}{3}$  cup** sugar, granulated
- **1 cup** flour, whole-wheat
- **$\frac{1}{4}$  tsp** baking powder
- **$\frac{1}{4}$  tsp** baking soda
- **$\frac{1}{8}$  tsp**, salt, table
- **1 egg**, fresh, large, whole
- **$\frac{1}{3}$  cup** applesauce, unsweetened
- **1 tsp** orange extract

## - Directions -

### Step 1

Wash hands with soap and water for at least 20 seconds.

### Step 2



Preheat oven to 350 °F.

### Step 3



Spray a loaf pan (8 $\frac{1}{2}$ " x 4 $\frac{1}{2}$ " x 2 $\frac{1}{2}$ ") with nonstick cooking spray.

### Step 4



In a small bowl, combine cranberries and 2 Tbsp sugar. Toss and set aside.

### Step 5



In a medium bowl, combine flour, remaining sugar, baking powder, baking soda, and salt. Whisk to mix well.

### Step 6



In a separate small bowl, combine eggs, applesauce, and orange extract. Whisk until well-blended. Wash hands after touching uncooked eggs.

### Step 7



Add wet ingredients to the dry ingredients and mix. Do not over-mix.



## Orange Cranberry Quick Bread

**- Directions -****Step 8**

With a rubber spatula, fold the coated cranberries into the dough.

**Step 9**

Pour dough into loaf pan and bake for 50–55 minutes.

**Step 10**

Cut pan into 6 even pieces.


**Step 11**

Serve 1 piece.

**CACFP Crediting Information:**

⅛ cup fruit



1¼ oz eq grains 


**NUTRITION INFORMATION**

1 piece Orange Cranberry Quick Bread

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>149</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	27 mg
<b>Sodium</b>	<b>131 mg</b>
<b>Total Carbohydrate</b>	<b>31 g</b>
Dietary Fiber	3 g
Total Sugars	15 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	26 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**Notes:**

- **Contains eggs and wheat (flour).**
- To verify bread is done, insert a wooden toothpick into the center of the bread. If wet batter sticks to the toothpick, the bread needs more baking time.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.



Preparation Time: 15 minutes



Cook Time: 52 minutes



## Oven-Baked Pancakes With Spiced Pears

Love pancakes, but don't love using a spatula? Oven-baked pancakes have all the flavor of a traditional pancake, but no flipping is required.

### Ingredients:

- **Nonstick cooking spray**
- **½ cup** pancake mix, whole-wheat
- **½ cup** water
- **4 cups + 1 Tbsp** (about 2 15-oz cans) pears, canned in extra light syrup, diced
- **1 Tbsp** cornstarch
- **1 tsp** pumpkin pie spice
- **½ tsp** vanilla extract

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



In a small mixing bowl, combine pancake mix and water. Whisk until smooth.

### Step 2



Preheat oven to 375 °F.

### Step 5



Pour pancake batter into loaf pan and bake in the oven for 35 minutes.

### Step 3



Spray a loaf pan (8½" x 4½" x 2½") with nonstick cooking spray.

### Step 6



While pancakes are cooking, separate pears and syrup. Place pears in a small bowl and syrup in a medium nonstick pot.

Oven-Baked Pancakes With Spiced Pears

- Directions -

**Step 7**



Add cornstarch, pumpkin pie spice, and vanilla extract to cold or room temperature pear syrup. Whisk until smooth.

**Step 8**



Heat syrup mixture on medium-high heat and whisk continuously until it begins to boil, about 5 minutes.

**Step 9**



Add pears to syrup mixture. Stir. Bring mixture to a boil, about 7 minutes.

**Step 10**



Reduce heat to medium-low and simmer for 3–5 minutes or until it becomes nectar-thick. Stir often to prevent pears from sticking to the pan. Heat to 140 °F or higher for at least 15 seconds. Remove from heat.

**Step 11**



When pancakes are cooked completely, cut into 6 even slices. Remove pancakes from the pan.

**Step 12**






Serve 1 pancake slice with  $\frac{1}{2}$  cup spiced pears. Serve immediately, or keep warm at 140 °F or higher.


## Oven-Baked Pancakes With Spiced Pears

## - Directions -

## CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq grains 

## Notes:

- **Contains wheat (pancake mix).** Pancake mix can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pancakes) and may be included in the ingredient statement as "spice" or "flavoring."
- To verify pancakes are done, insert a wooden toothpick into the center of the pan. If wet batter sticks to the toothpick, the pancake needs more baking time.
- Pancake shrinks away from pan sides after cooking. Cut pieces evenly.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



## NUTRITION INFORMATION

1 pancake and ½ cup of spiced pears

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>106</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>73 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	3 g
Total Sugars	14 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	N/A
Calcium	6 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available





**Preparation Time:** 15 minutes



**Cook Time:** 52 minutes



## Oven-Baked Pancakes With Spiced Pears

Love pancakes, but don't love using a spatula? Oven-baked pancakes have all the flavor of a traditional pancake, but no flipping is required.

### Ingredients:

- **Nonstick cooking spray**
- **1 cup** pancake mix, whole-wheat
- **1 cup** water
- **4 cups + 1 Tbsp** (about 2 15-oz cans) pears, canned in extra light syrup, diced
- **1 Tbsp** cornstarch
- **1 tsp** pumpkin pie spice
- **½ tsp** vanilla extract

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



In a small mixing bowl, combine pancake mix and water. Whisk until smooth.

### Step 2



Preheat oven to 375 °F.

### Step 5



Pour pancake batter into baking dish and bake in the oven for 35 minutes.

### Step 3



Spray baking dish (8" x 8") with nonstick cooking spray

### Step 6



While pancakes are cooking, separate pears and syrup. Place pears in a small bowl and syrup in a medium nonstick pot.



- Directions -

**Step 7**



Add cornstarch, pumpkin pie spice, and vanilla extract to cold or room temperature pear syrup. Whisk until smooth.

**Step 8**



Heat syrup mixture on medium-high heat and whisk continuously until it begins to boil, about 5 minutes.

**Step 9**



Add pears to syrup mixture. Stir. Bring mixture to a boil, about 7 minutes.

**Step 10**



Reduce heat to medium-low and simmer for 3–5 minutes or until it becomes nectar-thick. Stir often to prevent pears from sticking to the pan. Heat to 140 °F or higher for at least 15 seconds. Remove from heat.

**Step 11**



When pancakes are cooked completely, cut into 6 even slices. Remove pancakes from the pan.

**Step 12**






Serve 1 pancake slice with  $\frac{1}{2}$  cup spiced pears. Serve immediately, or keep warm at 140 °F or higher.

Oven-Baked Pancakes With Spiced Pears


- Directions -

CACFP Crediting Information:

 ½ cup fruit

 1 oz eq grains 

Notes:

- **Contains wheat (pancake mix).** Pancake mix can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pancakes) and may be included in the ingredient statements as "spice" or "flavoring."
- To verify pancakes are done, insert a wooden toothpick into the center of the pan. If wet batter sticks to the toothpick, the pancake needs more baking time.
- Pancake shrinks away from pan sides after cooking. Cut pieces evenly.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



**NUTRITION INFORMATION**

1 pancake and ½ cup of spiced pears

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>137</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	2 mg
<b>Sodium</b>	<b>141 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	4 g
Total Sugars	15 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	10 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 30 minutes



## Peachy Oatmeal Bake

Tired of the same old oats? Try this easy-to-prepare peach of a recipe.

### Ingredients:

- **Nonstick cooking spray**
- **¾ cup** rolled oats, dry (not quick)
- **½ cup** milk, low-fat (1%)
- **2 cups** peaches, canned, light syrup, drained, diced
- **1 Tbsp** maple syrup
- **1 tsp** cinnamon, ground

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



In a small bowl, combine oats, milk, peaches, maple syrup, and cinnamon. Stir.

### Step 2



Preheat oven to 400 °F.

### Step 5



Add oatmeal mixture to a baking dish.

### Step 3



Spray baking dish (8" x 8") with nonstick cooking spray.

### Step 6



Bake for 30 minutes or until bubbling and golden brown. Heat to 140 °F or higher, for at least 15 seconds.

Ages: 3–5, 6 Servings

## Peachy Oatmeal Bake

### - Directions -

#### Step 7



Remove from the oven and let sit for 5 minutes. Stir with a spoon to fluff before serving.



#### Step 8



Serve  $\frac{1}{2}$  cup. Serve immediately, or keep warm at 140 °F or higher.

#### CACFP Crediting Information:




$\frac{1}{4}$  cup fruit



$\frac{1}{2}$  oz eq grains 

#### Notes:

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method B.

#### NUTRITION INFORMATION

$\frac{1}{2}$  cup Peachy Oatmeal Bake

#### NUTRIENTS

Calories

#### AMOUNT

**89**

#### Total Fat

**1 g**

Saturated Fat

0 g

Cholesterol

1 mg

#### Sodium

**18 mg**

#### Total Carbohydrate

**17 g**

Dietary Fiber

1 g

Total Sugars

7 g

Includes Added Sugars

N/A

#### Protein

**2 g**

Vitamin D

N/A

Calcium

32 mg

Iron

0 mg

Potassium

N/A

N/A = Data not available





**Preparation Time:** 10 minutes



**Cook Time:** 30 minutes



## Peachy Oatmeal Bake

Tired of the same old oats? Try this easy-to-prepare peach of a recipe.

### Ingredients:

- **Nonstick cooking spray**
- **1½ cups** rolled oats, dry (not quick)
- **1 cup** milk, low-fat (1%)
- **4 cups** peaches, canned, light syrup, drained, diced
- **2 Tbsp** maple syrup
- **2 tsp** cinnamon, ground

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



In a small bowl, combine oats, milk, peaches, maple syrup, and cinnamon. Stir.

### Step 2



Preheat oven to 400 °F.

### Step 5



Add oatmeal mixture to a baking dish.

### Step 3



Spray baking dish (9" x 13") with nonstick cooking spray.

### Step 6



Bake for 30 minutes or until bubbling and golden brown. Heat to 140 °F or higher for at least 15 seconds.



**Ages: 6–18, 6 Servings**

## Peachy Oatmeal Bake

### - Directions -

#### Step 7



Remove from the oven and let sit for 5 minutes. Stir with a spoon to fluff before serving.






#### Step 8




Serve 1 cup. Serve immediately, or keep warm at 140 °F or higher.

#### CACFP Crediting Information:

 ½ cup fruit

 1 oz eq grains 

#### Notes:

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method B.

#### NUTRITION INFORMATION

1 cup Peachy Oatmeal Bake

Nutrients	Amount
<b>Calories</b>	<b>177</b>
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	2 mg
<b>Sodium</b>	<b>36 mg</b>
<b>Total Carbohydrate</b>	<b>34 g</b>
Dietary Fiber	2 g
Total Sugars	13 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	63 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 20 minutes



## Roasted Sweet Potato Hash

Sweet potatoes are more than a tasty supper side dish. This easy-to-make dish goes well with grains or meats/meat alternates at breakfast.

### Ingredients:

- **Nonstick cooking spray**
- **1 tsp** cinnamon, ground
- **2 tsp** canola oil
- **2 Tbsp** orange juice, 100%
- **¼ tsp** salt, table
- **4 cups (1 lb 5¼ oz)** sweet potatoes, fresh, peeled, ½" cubed (gently wash sweet potatoes under running water before cutting/peeling)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Add sweet potatoes to cinnamon-orange mixture. Toss to combine.

### Step 2



Preheat oven to 400 °F.

### Step 5



Spray a baking sheet with nonstick cooking spray and place sweet potatoes in a single layer (uncrowded) on a baking sheet.

### Step 3



In a small bowl, combine cinnamon, oil, orange juice, and salt. Whisk to mix.

### Step 6



Roast for 20 minutes. Heat to 140 °F or higher for at least 15 seconds.

Ages: 3–18, 6 Servings

## Roasted Sweet Potato Hash

### - Directions -

#### Step 7



Remove from the oven and let rest for 2–3 minutes.



#### Step 8



Serve  $\frac{1}{2}$  cup. Serve immediately, or keep warm at 140 °F or higher.

#### CACFP Crediting Information:



$\frac{1}{2}$  cup vegetable

#### NUTRITION INFORMATION

$\frac{1}{2}$  cup Roasted Sweet Potato Hash

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>124</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>128 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	4 g
Total Sugars	9 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	5 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available





Preparation Time: 15 minutes



Cook Time: 4 minutes



## Strawberry and Waffle Kebabs With Maple-Yogurt Dip

Two favorites, strawberries and waffles, pair up for an amazing meal kids will love.

### Ingredients:

- $\frac{3}{4}$  cup Greek yogurt, non-fat, vanilla
- 1 Tbsp maple syrup
- 3 waffles, frozen, whole grain-rich (at least 34 g or 1 oz each)
- 3 cups (36) strawberries, fresh, whole, stems removed (gently wash strawberries under running water before cutting)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Lightly toast waffles for 3–4 minutes. Cut each waffle into 4 triangles.

### Step 2



Gather 12 sticks for kebabs (see notes).

### Step 5



**Build kebabs.**  
**Kebab 1:**  
3 strawberries and 1 waffle triangle.  
**Kebab 2:**  
3 strawberries and 1 waffle triangle.

### Step 3



In a small bowl, combine yogurt and maple syrup. Whisk until well-blended. Keep cold at 40 °F or lower.

### Step 6







Serve 2 kebabs with  $\frac{1}{8}$  cup (2 Tbsp) of maple-yogurt dip. Serve immediately, or keep cold at 40 °F or lower.


## Strawberry and Waffle Kebabs with Maple-Yogurt Dip

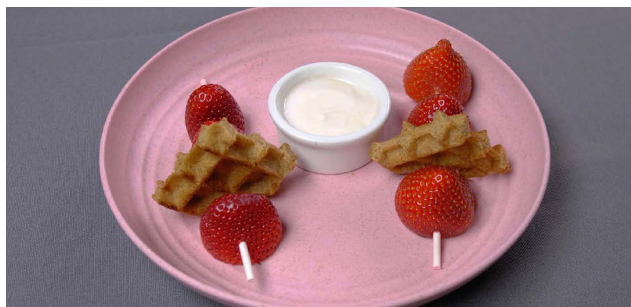
## - Directions -

## CACFP Crediting Information:

-  ½ cup fruit
-  ¼ oz eq meat alternate
-  ½ oz eq grains 

## Notes:

- **Contains milk (yogurt) and wheat (waffles).** Frozen waffles can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (waffles) and may be included in the ingredient statements as “spice” or “flavoring.”
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Do not overcook waffles. If waffles are too crispy, they will fall off the stick.
- Recommend 6" lollipop sticks or 5½" apple sticks.
- **Optional:** Serve without sticks. Place 6 strawberries and 2 waffle triangles on a plate. Serve ⅓ cup (2 Tbsp) maple-yogurt dip on the side.
- **Choking Risk:** For children under the age of 4, you may want to cut whole strawberries in half.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



## NUTRITION INFORMATION

2 kebabs and ⅓ cup of maple-yogurt dip

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>102</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>102 mg</b>
<b>Total Carbohydrate</b>	<b>18 g</b>
Dietary Fiber	3 g
Total Sugars	7 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	44 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

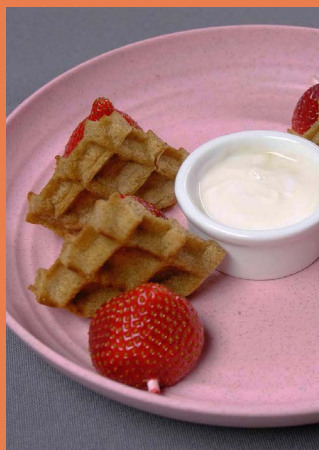




Preparation Time: 15 minutes



Cook Time: 4 minutes



## Strawberry and Waffle Kebabs With Maple-Yogurt Dip

Two favorites, strawberries and waffles, pair up for an amazing meal kids will love.

### Ingredients:

- $\frac{3}{4}$  cup Greek yogurt, non-fat, vanilla
- 1 Tbsp maple syrup
- 6 waffles, frozen, whole grain-rich (at least 34 g or 1 oz each)
- 3 cups (36) strawberries, fresh, whole, stems removed (gently wash strawberries under running water before cutting)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Lightly toast waffles for 3–4 minutes. Cut each waffle into 4 triangles.

### Step 2



Gather 12 sticks for kebabs (see notes).

### Step 5



**Build kebabs.**  
**Kebab 1:**  
3 strawberries and 2 waffle triangles.  
**Kebab 2:**  
3 strawberries and 2 waffle triangles.

### Step 3



In a small bowl, combine yogurt and maple syrup. Whisk until well-blended. Keep cold at 40 °F or lower.

### Step 6







Serve 2 kebabs with  $\frac{1}{8}$  cup (2 Tbsp) of maple-yogurt dip. Serve immediately, or keep cold at 40 °F or lower.


## Strawberry and Waffle Kebabs with Maple-Yogurt Dip

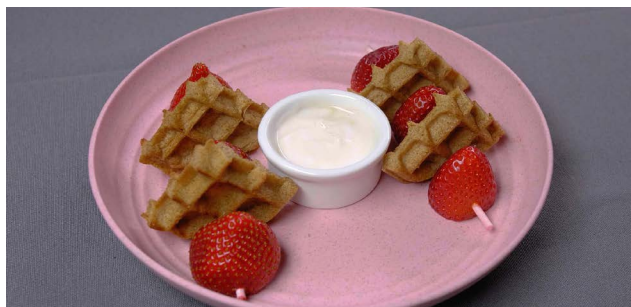
## - Directions -

## CACFP Crediting Information:

-  ½ cup fruit
-  ¼ oz eq meat alternate
-  1 oz eq grains 

## Notes:

- **Contains milk (yogurt) and wheat (waffles).** Frozen waffles can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (waffles) and may be included in the ingredient statements as “spice” or “flavoring.”
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Do not overcook waffles. If waffles are too crispy, they will fall off the stick.
- **Optional:** Serve without sticks. Place 6 strawberries and 4 waffle triangles on a plate. Serve ⅛ cup (2 Tbsp) maple-yogurt dip on the side.
- Recommend 6" lollipop sticks or 5½" apple sticks.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



## NUTRITION INFORMATION

2 kebabs and ⅛ cup of maple-yogurt dip

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>156</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>193 mg</b>
<b>Total Carbohydrate</b>	<b>27 g</b>
Dietary Fiber	4 g
Total Sugars	8 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	44 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 20 minutes



Cook Time: 17 minutes



## Turkey Sausage With Sweet Cran-Apple Topping

These flavorful patties will be a great addition to any menu. Use this recipe to serve meats/meat alternates at breakfast.

### Ingredients:

- **Nonstick cooking spray**
- **4½ oz** turkey, ground, 93% lean, fresh or frozen (thawed)
- **¼ tsp** sage, ground
- **¼ tsp** onion powder
- **¼ tsp** salt, table
- **⅛ tsp** black pepper, ground
- **1 cup** apples, fresh, cored, unpeeled ¼" diced (gently wash apples under running water before cutting)
- **¼ cup + 2 Tbsp** cranberries, dried, sweetened
- **3 Tbsp** maple syrup

## - Directions -

### Step 1

Wash hands with soap and water for at least 20 seconds.

### Step 2



Preheat oven to 400 °F.

### Step 3



In a small bowl, combine turkey, sage, onion powder, salt, and pepper. Divide mixture into 6 even portions. Make patties.

### Step 4



Place on a baking sheet sprayed with nonstick cooking spray. Wash hands after touching uncooked meats.

### Step 5



Bake in the oven for 8–10 minutes. Heat to 165 °F or higher for at least 15 seconds.



Turkey Sausage With Sweet Cran-Apple Topping

- Directions -

Step 6



Prepare Cran-Apple topping: Heat a medium nonstick saucepan on medium heat. Add apples and cook to soften, about 5 minutes. Stir frequently. When apples begin to soften, add dried cranberries and maple syrup. Bring to a light boil, about 2 minutes. Heat to 140 °F or higher for at least 15 seconds.



**NUTRITION INFORMATION**

1 patty and 3 Tbsp cran-apple topping

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>87</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	16 mg
<b>Sodium</b>	<b>110 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	1 g
Total Sugars	8 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	8 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

Step 7



Remove patties from oven.

Step 8



Serve 1 patty with 3 Tbsp cran-apple topping. Serve immediately, or keep warm at 140 °F or higher.

**CACFP Crediting Information:**



¼ cup fruit



½ oz eq meat



Preparation Time: 20 minutes



Cook Time: 30 minutes



## Turkey Sausage With Sweet Cran-Apple Topping

These flavorful patties will be a great addition to any menu. Use this recipe to serve meats/meat alternates at breakfast.

### Ingredients:

- **Nonstick cooking spray**
- **9 oz** turkey, ground, 93% lean, fresh or frozen (thawed)
- **½ tsp** sage, ground
- **½ tsp** onion powder
- **½ tsp** salt, table
- **¼ tsp** black pepper, ground
- **2 cups** apples, fresh, cored, unpeeled ¼" diced (gently wash apples under running water before cutting)
- **¾ cup** cranberries, dried, sweetened
- **¼ cup + 2 Tbsp** maple syrup

## - Directions -

### Step 1

Wash hands with soap and water for at least 20 seconds.

### Step 2



Preheat oven to 400 °F.

### Step 3



In a small bowl, combine turkey, sage, onion powder, salt and pepper. Divide mixture into 6 even portions. Make patties.

### Step 4



Place on a baking sheet sprayed with nonstick cooking spray. Wash hands after touching uncooked meats.

### Step 5



Bake in the oven for 10–12 minutes. Heat to 165 °F or higher for at least 15 seconds.



Turkey Sausage With Sweet Cran-Apple Topping

- Directions -

Step 6



Prepare Cran-Apple topping: Heat a medium nonstick saucepan on medium heat. Add apples and cook to soften, about 5 minutes. Stir frequently. When apples begin to soften, add dried cranberries and maple syrup. Bring to a light boil, about 2 minutes. Heat to 140 °F or higher for at least 15 seconds.



**NUTRITION INFORMATION**

1 patty and 1/3 cup cran-apple topping

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>175</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	31 mg
<b>Sodium</b>	<b>221 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	2 g
Total Sugars	16 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	15 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Step 7





Remove patties from oven.

Step 8



Serve 1 patty with 1/3 cup cran-apple topping. Serve immediately, or keep warm at 140 °F or higher.

**CACFP Crediting Information:**

-  1/2 cup fruit
-  1 oz eq meat



Preparation Time: 1 hour



Cook Time: 3 to 4 minutes



## Whipped Cream Cheese and Pear Toast

Try trading in your classic morning toast for one topped with whipped cream cheese and fresh pears.

### Ingredients:

- **1 Tbsp** cream cheese, low-fat
- **¼ tsp** pumpkin pie spice
- **3 slices** bread, whole-wheat (at least 28 g or 1 oz each)
- **8 slices** Bartlett pears, fresh, unpeeled, cored, ¼" slices (~1 pear; gently wash pear under running water before cutting)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Spread 1 tsp of spiced cream cheese on each piece of toast.

### Step 2



In a small bowl, combine cream cheese and pumpkin pie spice. Mix with a fork. Keep cold at 40 °F or lower.

### Step 5



Top with sliced pears, about 2–2¼ slices. Cut pears in half, if needed.

### Step 3



Toast bread in a toaster.

### Step 6



Cut each piece of toast in half.

## Whipped Cream Cheese and Pear Toast

## - Directions -

## Step 7



Serve 1 half slice of toast. Serve immediately, or keep cold at 40 °F or lower.



## CACFP Crediting Information:




1/8 cup fruit



1/2 oz eq grains 

## Notes:

- **Contains milk (cream cheese) and wheat (bread).** Bread can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in ingredient statements as “spice” or “flavoring.”
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- Apple pie spice or cinnamon can be substituted for pumpkin pie spice.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

## NUTRITION INFORMATION

1 half slice Whipped Cream Cheese and Pear Toast

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>56</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>81 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	31 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available



**Preparation Time:** 1 hour



**Cook Time:** 3 to 4 minutes



## Whipped Cream Cheese and Pear Toast

Try trading in your classic morning toast for one topped with whipped cream cheese and fresh pears.

### Ingredients:

- **2 Tbsp** cream cheese, low-fat
- **½ tsp** pumpkin pie spice
- **6 slices** bread, whole-wheat (at least 28 g or 1 oz each)
- **14 slices** Bartlett pears, fresh, unpeeled, cored, ¼" slices (~2 pears; gently wash pears under running water before cutting)

## - Directions -

### Step 1



Wash hands with soap and water for at least 20 seconds.

### Step 4



Spread 1 tsp of spiced cream cheese on each piece of toast.

### Step 2



In a small bowl, combine cream cheese and pumpkin pie spice. Mix with a fork. Keep cold at 40 °F or lower.

### Step 5



Top with sliced pears, about 2–2¼ slices. Cut pears in half if needed.

### Step 3



Toast bread in a toaster.

### Step 6




Serve 1 slice of toast. Serve immediately, or keep cold at 40 °F or lower.





## Whipped Cream Cheese and Pear Toast


## - Directions -

## CACFP Crediting Information:

 ¼ cup fruit

 1 oz eq grains 

## Notes:

- **Contains milk (cream cheese) and wheat (bread).** Bread can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in ingredient statements as “spice” or “flavoring.”
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- Apple pie spice or cinnamon can be substituted for pumpkin pie spice.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



## NUTRITION INFORMATION

1 slice Whipped Cream Cheese and Pear Toast

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>111</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	3 mg
<b>Sodium</b>	<b>162 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	3 g
Total Sugars	5 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	63 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



## Quantity Recipes: 25 and 50 Servings

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## Special Dietary Considerations: At a Glance

Always check the food labels of ingredients for allergen information.

Recipe Name	Pescatarian	Lacto-Ovo Vegetarian	Lacto-Vegetarian	Vegan	No Pork	No Beef or Beef Products	No Shellfish	No Meat/Poultry and Dairy Combined
<a href="#"><u>Berry Medley and Quinoa Breakfast Bake</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Breakfast Black Beans With Eggs</u></a>	●	●			●	●	●	●
<a href="#"><u>Cheesy Cheddar Drop Biscuits</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Cheesy Egg, Sausage, and Potato Casserole</u></a>						●	●	
<a href="#"><u>Cinnamon-Citrus French Toast Squares</u></a>	●	●			●	●	●	●
<a href="#"><u>Cottage Cheese and Fruit Bowls</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Easy Overnight Oats and Berries</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Easy Whole-Wheat Drop Biscuits</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Egg and Broccoli Scramble</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Fruit and Nut Butter Pita Pockets</u></a>	●	●	●	●	●	●	●	●

## Special Dietary Considerations: At a Glance

Always check the food labels of ingredients for allergen information.

Recipe Name	Pescatarian	Lacto-Ovo Vegetarian	Lacto-Vegetarian	Vegan	No Pork	No Beef or Beef Products	No Shellfish	No Meat/Poultry and Dairy Combined
<a href="#"><u>Fruit and Yogurt Roll-Ups</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Golden Squash Hotcakes</u></a>	●	●			●	●	●	●
<a href="#"><u>Lemon-Blueberry Corn Muffins</u></a>	●	●			●	●	●	●
<a href="#"><u>Orange Cranberry Quick Bread</u></a>	●	●			●	●	●	●
<a href="#"><u>Oven-Baked Pancakes With Spiced Pears</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Peachy Oatmeal Bake</u></a>	●	●	●		●	●	●	●
<a href="#"><u>Roasted Sweet Potato Hash</u></a>	●	●	●	●	●	●	●	●
<a href="#"><u>Strawberry and Waffle Kebabs With Maple-Yogurt Dip</u></a>	●	●			●	●	●	●
<a href="#"><u>Turkey Sausage With Sweet Cran-Apple Topping</u></a>					●	●	●	●
<a href="#"><u>Whipped Cream Cheese and Pear Toast</u></a>	●	●	●		●	●	●	●



Preparation Time: 45 minutes



Cook Time: 1 hr 20 minutes

## Berry Medley and Quinoa Breakfast Bake

Love breakfast casseroles? Start the day with this delicious breakfast made with quinoa, oats, and berries. Serve it hot or cold.



### Ingredients




	25 servings	50 servings
Nonstick cooking spray	1 spray	1 spray
Quinoa, dry, rinsed	1 cup	2 cups
Oats, rolled, dry (not quick)	2 cups	1 qt
Brown sugar, packed	½ cup	1 cup
Cinnamon, ground	1 tsp	2 tsp
Salt, table	½ tsp	1 tsp
Milk, low-fat (1%)	1 qt + 1 cup	2 qt + 2 cups
Vanilla extract	1 tsp	2 tsp
Blueberries, blackberries, and raspberries, whole, frozen, unsweetened	3 qt + ½ cup	1 gal + 2 qt + 1 cup

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spray a steam table pan with nonstick cooking spray.  
**For 25 servings**, use a 2" half steam table pan (10<sup>3</sup>/<sub>8</sub>" x 12<sup>3</sup>/<sub>4</sub>" x 2<sup>1</sup>/<sub>2</sub>").  
**For 50 servings**, use a 4" half steam table pan (10<sup>3</sup>/<sub>8</sub>" x 12<sup>3</sup>/<sub>4</sub>" x 4").
4. In a large bowl, combine quinoa, oats, brown sugar, cinnamon, salt, vanilla, milk, and berries. Mix well.
5. Pour mixture into prepared steam table pan.
6. Bake for 1 hour or until quinoa is cooked. Heat to 140 °F or higher for at least 15 seconds.
7. Remove from the oven and stir carefully. Let sit for 10 minutes before serving.
8. Serve ½ cup (#8 scoop). Serve immediately, or keep warm at 140 °F or higher. For cold service, keep cold at 40 °F or lower.

## Berry Medley and Quinoa Breakfast Bake

## CACFP Crediting Information:

-  ¼ cup fruit
-  ½ oz eq grains 

## Notes:

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- For a thicker consistency, allow the dish to sit for 5–10 minutes before serving.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

## Final weight and yields:

## 25 servings

Weight: 6 lb 9 oz

Yield: 3 qt ½ cup

## 50 servings

Weight: 13 lb 2 oz

Yield: 1 gal 2 qt 1 cup



## NUTRITION INFORMATION

½ cup Berry Medley and Quinoa Breakfast Bake

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>177</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	2 mg
<b>Sodium</b>	<b>71 mg</b>
<b>Total Carbohydrate</b>	<b>33 g</b>
Dietary Fiber	6 g
Total Sugars	12 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	95 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available





Preparation Time: 45 minutes



Cook Time: 1 hr 20 minutes

## Berry Medley and Quinoa Breakfast Bake

Love breakfast casseroles? Start the day with this delicious breakfast made with quinoa, oats, and berries. Serve it hot or cold.



### Ingredients

### 25 servings

### 50 servings

Nonstick cooking spray	1 spray	1 spray
Quinoa, dry, rinsed	2 cups	1 qt
Oats, rolled, dry (not quick)	1 qt	2 qt
Brown sugar, packed	1 cup	2 cups
Cinnamon, ground	2 tsp	1 Tbsp + 1 tsp
Salt, table	1 tsp	2 tsp
Milk, low-fat (1%)	2 qt + 2 cups	1 gal + 1 qt
Vanilla extract	2 tsp	1 Tbsp + 1 tsp
Blueberries, blackberries, and raspberries, whole, frozen, unsweetened	1 gal + 2 qt + 1 cup	3 gal + 2 cups


### Directions:



1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spray a steam table pan with nonstick cooking spray.  
**For 25 servings**, use a half steam table pan (10<sup>3</sup>/<sub>8</sub>" x 12<sup>3</sup>/<sub>4</sub>" x 4").  
**For 50 servings**, use 1 full steam table pan (12" x 20" x 4").
4. In an extra-large bowl, combine quinoa, oats, brown sugar, cinnamon, salt, vanilla, milk, and berries. Mix well.
5. Pour mixture into prepared steam table pan.
6. Bake for 1 hour – 1 hour 20 minutes or until quinoa is cooked. Heat to 140 °F or higher for at least 15 seconds.
7. Remove from the oven and stir carefully. Let sit for 10 minutes before serving.
8. Serve 1 cup (8 oz server). Serve immediately, or keep warm at 140 °F or higher. For cold service, keep cold at 40 °F or lower.

Ages: 6–18, 25 and 50 Servings


## Berry Medley and Quinoa Breakfast Bake

### CACFP Crediting Information:

 ½ cup fruit

 1 oz eq grains 

### Notes:

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- For a thicker consistency, allow the dish to sit for 5–10 minutes before serving.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

### Final weight and yields:

#### 25 servings

**Weight:** 13 lb 2 oz

**Yield:** 1 gal 2 qt 1 cup

#### 50 servings

**Weight:** 26 lb 4 oz

**Yield:** 3 gal 2 cups



### NUTRITION INFORMATION

1 cup Berry Medley and Quinoa Breakfast Bake

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>354</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	5 mg
<b>Sodium</b>	<b>143 mg</b>
<b>Total Carbohydrate</b>	<b>67 g</b>
Dietary Fiber	12 g
Total Sugars	24 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	191 mg
Iron	4 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 1 hr 20 minutes

## Breakfast Black Beans With Eggs

This dish provides a great opportunity to serve meat alternates at breakfast. These flavorful black beans with eggs make a hearty pairing and add variety to your menu.



### Ingredients

	25 servings	50 servings
<b>Nonstick cooking spray</b>	1 spray	2 sprays
<b>Eggs, fresh, large, whole</b>	9	17
<b>Black beans, low-sodium, canned, drained (see notes)</b>	3 qt + 3 <sup>2</sup> / <sub>3</sub> cups (1½ #10 cans)	1 gal + 3 qt + 3¼ cups (3 #10 cans)
<b>Tomatoes with onions &amp; garlic in juice, canned, petite cut</b>	3 <sup>1</sup> / <sub>8</sub> cups (¼ #10 can)	1 qt + 2¼ cups (½ #10 can)
<b>Water</b>	1 cup	2 cups
<b>Cumin, ground</b>	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
<b>Salt, table</b>	2 tsp	1 Tbsp + 1 tsp
<b>Cilantro, fresh, chopped (gently wash cilantro under running water before cutting)</b>	1 cup	2 cups


### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Boil eggs: Place eggs in a large pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.
3. While eggs are cooking, prepare an ice bath. Place ice and water in a large bowl. Set aside.
4. Remove eggs with a slotted spoon. Place in the ice bath for 10 minutes.
5. Prepare bean mixture: Heat on an extra-large nonstick skillet on medium-high heat. Spray with nonstick cooking spray. Add beans, tomatoes with juice, water, cumin, and salt. Stir. Bring to a boil and reduce heat to medium. Simmer for 30–35 minutes. Heat to 140 °F or higher for at least 15 seconds.
6. Peel and cut each egg into 3 pieces.
7. Serve ½ cup (#8 scoop) bean mixture, ⅓ of an egg (1 piece), and chopped cilantro. Serve immediately, or keep warm at 140 °F or higher.

## Breakfast Black Beans With Eggs

### CACFP Crediting Information:


Crediting beans as a meat alternate:

 1/8 cup of vegetable

 2 oz eq meat alternate

Crediting beans as a meat alternate:

 1/2 cup vegetable

 1/2 oz eq meat alternate

### Notes:

- Contains eggs.
- The ice bath will cool the eggs quickly and make them easier to peel.
- To reduce the amount of sodium in this recipe, rinse beans with water and drain.

### Final weight and yields:

#### 25 servings

**Weight:** 7 lb 5 oz

**Yield:** 1 qt 1/2 cup bean mixture + 9 eggs

#### 50 servings

**Weight:** 14 lb 11 oz

**Yield:** 2 qt 1 cup bean mixture + 17 eggs

\*Data for low-sodium, drained, and rinsed black beans not available. Data calculated using black beans, rinsed, and drained.



### NUTRITION INFORMATION

1/2 cup bean mixture and 1/3 of an egg

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>117</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	67 mg
<b>Sodium</b>	<b>368 mg*</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	6 g
Total Sugars	0 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	53 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 1 hr 30 minutes

## Breakfast Black Beans With Eggs

This dish provides a great opportunity to serve meat alternates at breakfast. These flavorful black beans with eggs make a hearty pairing and add variety to your menu.



### Ingredients

### 25 servings

### 50 servings

**Nonstick cooking spray**

1 spray

2 sprays

**Eggs, fresh, large, whole**

13

25

**Black beans, low-sodium, canned, drained (see notes)**3 qt + 3<sup>2</sup>/<sub>3</sub> cups  
(1<sup>1</sup>/<sub>2</sub> #10 cans)1 gal + 3 qt +  
3<sup>1</sup>/<sub>4</sub> cups  
(3 #10 cans)**Tomatoes with onions & garlic in juice, canned, petite cut**3<sup>1</sup>/<sub>8</sub> cups  
(<sup>1</sup>/<sub>4</sub> #10 can)1 qt + 2<sup>1</sup>/<sub>4</sub> cups  
(<sup>1</sup>/<sub>2</sub> #10 can)**Water**

1 cup

2 cups

**Cumin, ground**

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

**Salt, table**

2 tsp

1 Tbsp + 1 tsp

**Cilantro, fresh, chopped**  
(gently wash cilantro under running water before cutting)

1 cup

2 cups

### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Boil eggs: Place eggs in an extra-large pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.
3. While eggs are cooking prepare an ice bath. Place ice and water in a large bowl. Set aside.
4. Remove eggs with a slotted spoon. Place in the ice bath for 10 minutes.
5. Prepare bean mixture: Heat an extra-large nonstick skillet on medium-high heat. Spray with nonstick cooking spray. Add beans, tomatoes with juice, water, cumin, and salt. Stir. Bring to a boil and reduce heat to medium. Simmer for 35–40 minutes. Heat to 140 °F or higher for at least 15 seconds.
6. Peel and cut each egg into 4 pieces.
7. Serve <sup>1</sup>/<sub>2</sub> cup (#8 scoop) bean mixture, <sup>1</sup>/<sub>2</sub> an egg (2 pieces), and chopped cilantro. Serve immediately, or keep warm at 140 °F or higher.




**Breakfast Black Beans With Eggs**

**CACFP Crediting Information:**


Crediting beans as a meat alternate:

 1/8 cup of vegetable

 2 1/4 oz eq meat alternate

Crediting beans as a meat alternate:

 1/2 cup vegetable

 1 oz eq meat alternate

**Notes:**

- **Contains eggs.**
- The ice bath will cool the eggs quickly and make them easier to peel.
- To reduce the amount of sodium in this recipe, rinse beans with water and drain.

**Final weight and yields:**

**25 servings**

**Weight:** 7 lb 13 oz

**Yield:** 1 qt 1/2 cup bean mixture + 13 eggs

**50 servings**

**Weight:** 15 lb 13 oz

**Yield:** 2 qt 1 cup bean mixture + 25 eggs

\*Data for low-sodium, drained, and rinsed black beans not available. Data calculated using black beans, rinsed, and drained.



**NUTRITION INFORMATION**

1/2 cup bean mixture and 1/2 of an egg

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>130</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	97 mg
<b>Sodium</b>	<b>378 mg*</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	6 g
Total Sugars	0 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	57 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 1 hour



Cook Time: 15 minutes

## Cheesy Cheddar Drop Biscuits

Looking for new grain options? Try these savory drop biscuits. They are great for breakfast, but you can also serve them at lunch, supper, or snack time.



### Ingredients

	25 servings	50 servings
<b>Nonstick cooking spray</b>	2 sprays	4 sprays
<b>Flour, all purpose, enriched</b>	2 cups	1 qt
<b>Pastry flour, whole-wheat</b>	2 cups	1 qt
<b>Baking powder</b>	1 Tbsp + 1¼ tsp	2 Tbsp + 2½ tsp
<b>Sugar, granulated</b>	¼ cup	½ cup
<b>Salt, table</b>	½ tsp	1 tsp
<b>Margarine, <i>trans</i> fat-free, chilled</b>	3 Tbsp	¼ cup + 2 Tbsp
<b>Greek yogurt, non-fat, plain</b>	2 cups	1 qt
<b>Cheese, cheddar, reduced-fat, shredded</b>	1½ cups + 1 Tbsp (6¼ oz)	3 cups + 2 Tbsp (12½ oz)
<b>Milk, fat-free (skim)</b>	1 cup	2 cups


### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Line a sheet pan (18" x 26" x 1") with parchment paper and spray with nonstick cooking spray.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
4. In a large bowl, combine all-purpose flour, pastry flour, baking powder, sugar, and salt. Mix.
5. Using a fork or pastry cutter, mash margarine into dry ingredients. Add yogurt and mash into dry ingredients until the flour turns into a fine crumble.
6. Using a pastry cutter, lightly mash cheese into the dough. Add milk. Stir until ingredients are well-blended. Dough will be very sticky.
7. Using a ¼ cup (#16 scoop) measuring cup, drop dough onto sheet pan. Lightly spray the top of biscuits with nonstick cooking spray.

## Cheesy Cheddar Drop Biscuits


8. Bake biscuits for 13–15 minutes or until golden brown.
9. Remove from the oven and cool on a rack.
10. Serve 1 biscuit.

## CACFP Crediting Information:

 ¼ oz eq meat alternate

 1 oz eq grains 

## Notes:

- **Contains milk (yogurt, cheddar cheese, and margarine) and wheat (flour).** Margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meals as Teaching Moments: The cheese in the biscuit may not be easy for kids to recognize (visible) as a meat alternate component of a meal. Serving this biscuit in combination with another meat/meat alternate, such as lower sodium ham or an egg, may help kids learn about meats/meat alternates as part of a balanced meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.



## NUTRITION INFORMATION

1 Cheesy Cheddar Drop Biscuit

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>129</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	6 mg
<b>Sodium</b>	<b>181 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	2 g
Total Sugars	4 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	97 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

## Final weight and yields:

## 25 servings

Weight: 2 lb 8 oz

Yield: 25 biscuits

## 50 servings

Weight: 5 lb

Yield: 50 biscuits



Preparation Time: 45 minutes



Cook Time: 1 hr 20 minutes

## Cheesy Egg, Sausage, and Potato Casserole

Dress up your morning eggs. This quick-and-easy casserole is filling and delicious.



### Ingredients

	25 servings	50 servings
<b>Nonstick cooking spray</b>	1 spray	2 sprays
<b>Potatoes, diced, frozen, thawed</b>	1 qt + 1½ cups	2 qt + 3¼ cups
<b>Eggs, fresh, large, whole OR eggs, liquid, whole</b>	13 OR 1 lb + 6½ oz liquid eggs	25 OR 2 lb + 13 oz liquid eggs
<b>Milk, low-fat (1%)</b>	½ cup	1 cup
<b>Cheddar cheese, shredded, reduced-fat</b>	1½ cup + 1 Tbsp (6¼ oz)	3 cups + 2 Tbsp (12½ oz)
<b>Red bell peppers, fresh, cored, ¼" diced*</b> (gently wash bell peppers under running water before cutting)	1 qt	2 qt
<b>Onion powder</b>	2 tsp	1 Tbsp + 1 tsp
<b>Garlic powder</b>	2 tsp	1 Tbsp + 1 tsp
<b>Italian sausage, mild, no more than 35% fat</b>	15 oz (3⅛ cups)	1 lb + 14 oz (6¼ cups)

\*See Marketing Guide.

### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Spray a steam table pan with nonstick cooking spray.  
**For 25 servings**, use a half pan (10<sup>3</sup>/<sub>8</sub>" x 12<sup>3</sup>/<sub>4</sub>" x 2<sup>1</sup>/<sub>2</sub>").  
**For 50 servings**, use 1 full pan (12" x 20" x 2<sup>1</sup>/<sub>2</sub>").
4. In a large bowl, combine eggs, milk, and cheese. Whisk to mix. Set aside. Wash hands after touching uncooked eggs.



**Cheesy Egg, Sausage, and Potato Casserole**

5. In a large bowl, combine bell peppers, thawed potatoes, onion powder, and garlic powder. Mix and set aside.
6. Heat a medium skillet on medium-high heat. Add Italian sausage. Crumble with a spoon as it cooks. Cook until golden brown, about 5 minutes. Heat to 165 °F for at least 15 seconds. Drain grease and discard.
7. Add bell pepper and potato mixture to skillet. Stir frequently. Cook for 8–10 minutes or until bell pepper begins to soften.
8. Transfer vegetable-sausage mixture to the steam table pan. Allow mixture to cool for about 5 minutes.
9. Add egg mixture. Stir to mix.
10. Cook for 45–50 minutes. Heat to 165 °F for at least 15 seconds.
11. Cut into pieces.  
**For 25 servings**, cut pan into 25 even pieces.  
**For 50 servings**, cut pan into 50 even pieces.
12. Serve 1 piece. Serve immediately, or keep warm at 140 °F or higher.



**Cheesy Egg, Sausage, and Potato Casserole**

**CACFP Crediting Information:**

-  ¼ cup vegetable
-  1½ oz eq meat/meat alternate

**Notes:**

- Contains eggs and milk (milk and cheddar cheese).
- Recommend serving with salsa.
- Freshly grated potatoes are a great substitution for frozen potatoes.
- Serve a variety of foods during the week to balance out an occasional breakfast item that may be higher in sodium or saturated fat.

**Final weight and yields:**

**25 servings**

**Weight:** 5 lb  
**Yield:** 25 pieces

**50 servings**

**Weight:** 10 lb  
**Yield:** 50 pieces



**NUTRITION INFORMATION**

1 piece Cheesy Egg, Sausage, and Potato Casserole

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>151</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	3 g
Cholesterol	102 mg
<b>Sodium</b>	<b>187 mg</b>
<b>Total Carbohydrate</b>	<b>8 g</b>
Dietary Fiber	1 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	34 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**\*Marketing Guide**

Food as Purchased for:	25 servings	50 servings
Red bell peppers, fresh	1 lb 13 oz	3 lb 9¾ oz



Preparation Time: 45 minutes



Cook Time: 1 hr 20 minutes

## Cheesy Egg, Sausage, and Potato Casserole

Dress up your morning eggs. This quick-and-easy casserole is filling and delicious.



### Ingredients

#### Nonstick cooking spray

**25 servings**

1 spray

**50 servings**

2 sprays

#### Potatoes, diced, frozen, thawed

2 qt + 3¼ cups

1 gal + 2 qt + 2½ cups

#### Eggs, fresh, large, whole OR eggs, liquid, whole

25 OR  
2 lb + 13 oz  
liquid eggs50 OR  
5 lb + 10 oz  
liquid eggs

#### Milk, low-fat (1%)

1 cup

2 cups

#### Cheddar cheese, shredded, reduced-fat

3 cups + 2 Tbsp  
(12½ oz)6¼ cups  
(1 lb 9 oz)

#### Red bell peppers, fresh, cored, ¼" diced\* (gently wash bell peppers under running water before cutting)

2 qt

1 gal

#### Onion powder

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

#### Garlic powder

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

#### Italian sausage, mild, no more than 35% fat

1 lb 14 oz  
(6¼ cups)3 lb + 12 oz  
(12½ cups)

\*See Marketing Guide.

### Directions:



1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Spray a steam table pan 12" x 20" x 2½" with nonstick cooking spray.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
4. In a large bowl, combine eggs, milk, and cheese. Whisk to mix. Set aside. Wash hands after touching uncooked eggs.

**Cheesy Egg, Sausage, and Potato Casserole**

5. In a large bowl, combine bell peppers, thawed potatoes, onion powder, and garlic powder. Mix and set aside.
6. Heat a medium skillet on medium-high heat. Add Italian sausage. Crumble with a spoon as it cooks. Cook until golden brown, about 5 minutes. Heat to 165 °F for at least 15 seconds. Drain grease and discard.
7. Add bell pepper and potato mixture to skillet. Stir frequently. Cook for 8–10 minutes or until bell pepper begins to soften.
8. Transfer vegetable-sausage mixture to the steam table pan. Slightly cool for about 5 minutes.
9. Add egg mixture. Stir to mix.
10. Cook for 45–50 minutes. Heat to 165 °F for at least 15 seconds.
11. Cut into pieces.  
**For 25 servings**, cut pan into 25 even pieces.  
**For 50 servings**, cut each pan into 25 even pieces.
12. Serve 1 piece. Serve immediately, or keep warm at 140 °F or higher.

**Cheesy Egg, Sausage, and Potato Casserole**

**CACFP Crediting Information:**

-  ½ cup vegetable
-  3 oz eq meat/meat alternate

**Notes:**

- Contains eggs and milk (milk and cheddar cheese).
- Recommend serving with salsa.
- Freshly grated potatoes are a great substitution for frozen potatoes.
- Serve a variety of foods during the week to balance out an occasional breakfast item that may be higher in sodium or saturated fat.

**Final weight and yields:**

**25 servings**

**Weight:** 10 lb 2 oz

**Yield:** 25 pieces

**50 servings**

**Weight:** 20 lb 4 oz

**Yield:** 50 pieces



**NUTRITION INFORMATION**

1 piece Cheesy Egg, Sausage, and Potato Casserole

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>299</b>
<b>Total Fat</b>	<b>20 g</b>
Saturated Fat	6 g
Cholesterol	197 mg
<b>Sodium</b>	<b>370 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	2 g
Total Sugars	3 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>15 g</b>
Vitamin D	N/A
Calcium	67 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**\*Marketing Guide**

Food as Purchased for:	25 servings	50 servings
Red bell peppers, fresh	3 lb 9¾ oz	7 lb 3¼ oz



Preparation Time: 1 hour



Cook Time: 35 minutes

## Cinnamon-Citrus French Toast Squares

Turn a breakfast favorite into a new dish. Try these yummy whole grain-rich breakfast squares.



### Ingredients

	25 servings	50 servings
Nonstick cooking spray	1 spray	2 sprays
Bread, whole-wheat, sliced (at least 28 g or 1 oz each)	12½	25
Margarine, <i>trans</i> fat-free, melted	3 Tbsp	¼ cup + 2 Tbsp
Maple syrup	½ cup	1 cup
Cinnamon, ground	2 tsp	1 Tbsp + 1 tsp
Eggs, fresh, large, whole	4	8
Orange juice, 100% juice frozen concentrate, thawed	1 cup	2 cups
Milk, low-fat (1%)	½ cup	1 cup

### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Spray a steam table pan with nonstick cooking spray.  
**For 25 servings**, use 1 pan (10<sup>3</sup>/<sub>8</sub>" x 12<sup>3</sup>/<sub>4</sub>" x 2<sup>1</sup>/<sub>2</sub>").  
**For 50 servings**, use 2 pans (12" x 20" x 2<sup>1</sup>/<sub>2</sub>").
4. Tear bread into medium pieces, about 1"–2" each.
5. In a medium bowl, use a hand mixer to mix melted and slightly cooled margarine, maple syrup, cinnamon, egg, orange juice concentrate, and milk. Wash hands after touching uncooked eggs.
6. In a large bowl, toss torn bread pieces with orange-egg mixture.
7. Spread evenly into steam table pan.
8. Bake for 30–35 minutes or until golden brown. Heat to 165 °F or higher for at least 15 seconds.



## Cinnamon-Citrus French Toast Squares



9. Cut into squares.

**For 25 servings**, cut pan into 25 even squares.


**For 50 servings**, cut each pan into 25 even squares.

10. Serve 1 square. Serve immediately, or keep warm at 140 °F or higher.

### CACFP Crediting Information:

 ½ oz eq grains 

### Notes:

- **Contains milk, eggs, and wheat (bread).** Bread and margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in ingredient statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

### Final weight and yields:

#### 25 servings

**Weight:** 2 lb 7 oz

**Yield:** 25 squares

#### 50 servings

**Weight:** 4 lb 14 oz

**Yield:** 50 squares



### NUTRITION INFORMATION

1 Cinnamon-Citrus French Toast Square

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>101</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	27 mg
<b>Sodium</b>	<b>92 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	44 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 1 hour



Cook Time: 35 minutes

## Cinnamon-Citrus French Toast Squares

Turn a breakfast favorite into a new dish. Try these yummy whole grain-rich breakfast squares.



### Ingredients

**Nonstick cooking spray****25 servings**

1 spray

**50 servings**

2 sprays

**Bread, whole-wheat, sliced  
(at least 28 g or 1 oz each)**

25

50

**Margarine, *trans*  
fat-free, melted** $\frac{1}{4}$  cup + 2 Tbsp $\frac{3}{4}$  cup**Maple syrup**

1 cup

2 cups

**Cinnamon, ground**

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

**Eggs, fresh, large, whole**

8

16

**Orange juice, 100% juice  
frozen concentrate, thawed**

2 cups

1 qt

**Milk, low-fat (1%)**

1 cup



2 cups

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Spray a steam table pan (12" x 20" x 2½") with nonstick cooking spray.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
4. Tear bread into medium pieces, about 1"–2" each.
5. In a medium bowl, use a hand mixer to mix melted and slightly cooled margarine, maple syrup, cinnamon, egg, orange juice concentrate, and milk. Wash hands after touching uncooked eggs.
6. In an extra-large bowl, toss torn bread pieces with orange-egg mixture.
7. Spread evenly into steam table pan.
8. Bake for 30–35 minutes or until golden brown. Heat to 165 °F or higher for 15 seconds.
9. Cut into squares.  
**For 25 servings**, cut pan into 25 even squares.  
**For 50 servings**, cut each pan into 25 even squares.
10. Serve 1 square.

## Cinnamon-Citrus French Toast Squares

## CACFP Crediting Information:

 1 oz eq grains 

## Notes:

- **Contains milk, eggs, and wheat (bread).** Bread and margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in ingredient statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

## Final weight and yields:

## 25 servings

**Weight:** 3 lb 12 oz

**Yield:** 25 squares

## 50 servings

**Weight:** 7 lb 10 oz

**Yield:** 50 squares



## NUTRITION INFORMATION

1 Cinnamon-Citrus French Toast Square

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>202</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	55 mg
<b>Sodium</b>	<b>183 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	N/A
Calcium	88 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 1 hour



Cook Time: 0 minutes

## Cottage Cheese and Fruit Bowl

Add more meat alternates to your menu with this trendy cottage cheese recipe. It provides the perfect blend of sweet and tart.



### Ingredients

### 25 servings

### 50 servings

**Kiwi, fresh, peeled, ¼" sliced\***  
(gently wash kiwi under running water before cutting/peeling)

1 qt + ¼ cup

2 qt + ½ cup

**Blueberries, fresh, whole\***  
(gently wash blueberries under running water)

1 qt + ¼ cup

2 qt + ½ cup

**Strawberries, fresh, ¼" sliced\***  
(gently wash strawberries under running water before cutting)

1 qt + ¼ cup

2 qt + ½ cup

**Cottage cheese, low-fat, small curd**

3 cups + 2 Tbsp

1 qt + 2¼ cups

**Granola (optional)**

1½ cups + 1 Tbsp

3 cups + 2 Tbsp





\*See Marketing Guide.

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Combine kiwi, blueberries, and strawberries in a large bowl. Toss to mix.
3. Place ½ cup fruit in each bowl. Top with ⅔ cup (2 Tbsp) cottage cheese and 1 Tbsp granola (optional).
4. Serve 1 bowl. Serve immediately, or keep cold at 40 °F or lower.

Cottage Cheese and Fruit Bowl

**CACFP Crediting Information:**

-  ½ cup fruit
-  ½ oz meat alternate
-  ¼ oz eq grains (optional) 

**Notes:**

- **Contains milk (cottage cheese) and wheat (granola, optional).**
- Adding optional ingredients will change the nutrition information and may change the CACFP crediting information.
- **Choking Risk:** Granola can be a choking risk for children under the age of 4. See page 78 for more information.
- **Choking Risk:** Whole blueberries can be a choking risk for children under the age of 4. You can substitute an equal amount of another fruit. Changing the ingredients will change the nutrition information.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



**NUTRITION INFORMATION**

1 Cottage Cheese and Fruit Bowl  
(without granola)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>68</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>5 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	2 g
Total Sugars	8 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	37 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**Final weight and yields:**

**25 servings**

**Weight:** 6 lb 12 oz

**Yield:** 1 gal + 3 qt + ⅛ cup

**50 servings**

**Weight:** 13 lb 9 oz

**Yield:** 3 gal + 2 qt + ¼ cup

**\*Marketing Guide**

Food as Purchased for:	25 servings	50 servings
Kiwi, fresh	2 lb 9 oz	5 lb 1 oz
Blueberries, fresh	1 lb 6½ oz	2 lb 13 oz
Strawberries, fresh	1 lb 15½ oz	3 lb 15 oz





**Preparation Time:** 1 hour



**Cook Time:** 0 minutes

## Cottage Cheese and Fruit Bowl

Add more meat alternates to your menu with this trendy cottage cheese recipe. It provides the perfect blend of sweet and tart.



### Ingredients

### 25 servings

### 50 servings

**Kiwi, fresh, peeled, ¼" sliced\***  
(gently wash kiwi under running water before cutting/peeling)

1 qt + ¼ cup

2 qt + ½ cup

**Blueberries, fresh, whole\***  
(gently wash blueberries under running water)

1 qt + ¼ cup

2 qt + ½ cup

**Strawberries, fresh, ¼" sliced\***  
(gently wash strawberries under running water before cutting)

1 qt + ¼ cup

2 qt + ½ cup

**Cottage cheese, low-fat, small curd**

1 qt + 2 ¼ cups

3 qt + ½ cup

**Granola**

1½ cups +  
1 Tbsp

3 cups +  
2 Tbsp





\*See Marketing Guide.

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Combine kiwi, blueberries, and strawberries in an extra-large bowl. Toss to mix.
3. Place ½ cup fruit in each bowl. Top with ¼ cup cottage cheese and 1 Tbsp granola.
4. Serve 1 bowl. Serve immediately, or keep cold at 40 °F or lower.

**Cottage Cheese and Fruit Bowl**

**CACFP Crediting Information:**

-  ½ cup fruit
-  1 oz meat alternate
-  ¼ oz eq grains 

**Notes:**

- **Contains milk (cottage cheese) and wheat (granola).**
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**Final weight and yields:**

**25 servings**

**Weight:** 8 lb 8 oz

**Yield:** 1 gal + 3 qt + 3¼ cups

**50 servings**

**Weight:** 17 lb

**Yield:** 3 gal + 3 qt + 2½ cups



**NUTRITION INFORMATION**

1 Cottage Cheese and Fruit Bowl

**NUTRIENTS**

	<b>AMOUNT</b>
<b>Calories</b>	<b>121</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	4 mg
<b>Sodium</b>	<b>224 mg</b>
<b>Total Carbohydrate</b>	<b>21 g</b>
Dietary Fiber	3 g
Total Sugars	9 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	N/A
Calcium	73 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**\*Marketing Guide**

<b>Food as Purchased for:</b>	<b>25 servings</b>	<b>50 servings</b>
<b>Kiwi, fresh</b>	2 lb 9 oz	5 lb 1 oz
<b>Blueberries, fresh</b>	1 lb 6½ oz	2 lb 13 oz
<b>Strawberries, fresh</b>	1 lb 15½ oz	3 lb 15 oz



Preparation Time: 30 minutes



Cook Time: 0 minutes

## Easy Overnight Oats and Berries

A new twist on an old favorite. Try this no-cook, make-ahead whole grain-rich breakfast.



### Ingredients

**Milk, low-fat (1%)****25 servings**

1 cup

**50 servings**

2 cups

**Greek yogurt, vanilla, non-fat**3  $\frac{1}{8}$  cup1 qt +  
2  $\frac{1}{4}$  cups**Honey, pasteurized**

3 Tbsp

 $\frac{1}{4}$  cup +  
2 Tbsp**Vanilla extract**

1 tsp

2 tsp

**Oats, quick**

1 qt

2 qt





**Blueberries, blackberries,  
and raspberries, whole,  
frozen, unsweetened**3 qt +  $\frac{1}{2}$  cup1 gal + 2 qt +  
1 cup

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a steam table pan, combine milk, Greek yogurt, honey, and vanilla extract. Stir.  
**For 25 servings**, use a half pan (10 $\frac{3}{8}$ " x 12 $\frac{3}{4}$ " x 4").  
**For 50 servings**, use 1 pan (12" x 20" x 4").
3. Add oats. Mix well.
4. Add berries. Stir.
5. Cover and refrigerate for 8–12 hours at 40 °F or lower.
6. Remove from the refrigerator and stir.
7. Serve  $\frac{1}{2}$  cup (#8 scoop). Serve immediately, or keep cold at 40 °F or lower.

## Easy Overnight Oats and Berries

## CACFP Crediting Information:

-  ¼ cup fruit
-  ¼ oz eq meat alternate
-  ½ oz eq grains 

## Notes:

- **Contains milk (milk and yogurt).** Some oats may be grown/processed with other wheat products.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meals as Teaching Moments: The yogurt in this recipe may not be easy for kids to recognize (visible) as a meat alternate component of the meal. Adding a visible meat/meat alternate, such as finely chopped nuts or a spoonful of additional yogurt on top, may help kids learn about meats/meat alternates as part of a balanced meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



## NUTRITION INFORMATION

½ cup Easy Overnight Oats and Berries

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>127</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>15 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	5 g
Total Sugars	10 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	66 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

## Final weight and yields:

## 25 servings

Weight: 6 lb 14 oz

Yield: 3 qt ½ cup

## 50 servings

Weight: 13 lb 7 oz

Yield: 1 gal 2 qt 1 cup



Preparation Time: 45 minutes



Cook Time: 0 minutes

## Easy Overnight Oats and Berries

A new twist on an old favorite. Try this no-cook, make-ahead whole grain-rich breakfast.



### Ingredients

### 25 servings

### 50 servings

**Milk, low-fat (1%)**

2 cups

1 qt

**Greek yogurt, vanilla, non-fat**

1 qt + 2¼ cups

3 qt + ½ cup

**Honey, pasteurized**

¼ cup + 2 Tbsp

¾ cup

**Vanilla extract**

2 tsp

1 Tbsp + 1 tsp

**Oats, quick**

2 qt

1 gal

**Blueberries, blackberries, and raspberries, whole, frozen, unsweetened**1 gal + 2 qt +  
1 cup

3 gal + 2 cups





### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In a steam table pan 12" x 20" x 4", combine milk, Greek yogurt, honey, and vanilla extract. Stir.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
3. Add oats. Mix well.
4. Add berries. Stir.
5. Cover and refrigerate for 8–12 hours at 40 °F or lower.
6. Remove from the refrigerator and stir.
7. Serve 1 cup (8 oz server). Serve immediately, or keep cold at 40 °F or lower.




Easy Overnight Oats and Berries

CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq meat alternate
-  1 oz eq grains 

Notes:

- **Contains milk (milk and yogurt).** Some oats may be grown/processed with other wheat products.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meals as Teaching Moments: The yogurt in this recipe may not be easy for kids to recognize (visible) as a meat alternate component of the meal. Adding a visible meat/meat alternate, such as finely chopped nuts or a spoonful of additional yogurt on top, may help kids learn about meats/meat alternates as part of a balanced meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



**NUTRITION INFORMATION**

1 cup Easy Overnight Oats and Berries

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>256</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	7 mg
<b>Sodium</b>	<b>29 mg</b>
<b>Total Carbohydrate</b>	<b>45 g</b>
Dietary Fiber	9 g
Total Sugars	17 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>12 g</b>
Vitamin D	N/A
Calcium	137 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

Final weight and yields:

**25 servings**

**Weight:** 13 lb 7 oz

**Yield:** 1 gal 2 qt 1 cup

**50 servings**

**Weight:** 26 lb 13 oz

**Yield:** 2 gal 2 cups



Preparation Time: 1 hour



Cook Time: 13 minutes

## Easy Whole-Wheat Drop Biscuits

Nothing beats the smell of fresh-baked biscuits! Using a blend of whole-wheat and enriched flours keeps these whole grain-rich biscuits fluffy and light.



### Ingredients

### 25 servings

### 50 servings

**Nonstick cooking spray**

1 spray

2 sprays

**Flour, all purpose, enriched**

2 cups

1 qt

**Flour, whole-wheat**

2 cups

1 qt

**Milk, dry, non-fat, instant** $\frac{1}{4}$  cup + 3 Tbsp $\frac{3}{4}$  cup +  
2 Tbsp**Baking powder**

2 tsp

1 Tbsp + 1 tsp

**Salt, table**

1 tsp

2 tsp

**Shortening, vegetable  
*trans* fat-free** $\frac{1}{2}$  cup

1 cup

**Water, tap** $1\frac{1}{2}$  cups



3 cups

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spray a sheet pan (18" x 26" x 1") with nonstick cooking spray.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
4. In a small mixing bowl, combine all-purpose flour, whole-wheat flour, dry milk, baking powder, and salt. Stir to mix.
5. Using a fork or pastry cutter, mash shortening into dry ingredients until the flour mixture is crumbly. Do not over-mix.
6. Add water and stir with a fork until a soft dough is formed. Scrape bowl with a rubber spatula as necessary during mixing.
7. Using a spoon, drop 2 Tbsp dough onto a baking sheet.
8. Bake for 12–13 minutes.
9. Serve 1 biscuit.

## Easy Whole-Wheat Drop Biscuits

## CACFP Crediting Information:

 1 oz eq grains 

## Notes:

- Contains milk (powdered) and wheat (flour).
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

## Final weight and yields:

## 25 servings

Weight: 1 lb 14 oz

Yield: 25 biscuits

## 50 servings

Weight: 3 lb 13 oz

Yield: 50 biscuits



## NUTRITION INFORMATION

1 Whole-Wheat Drop Biscuit

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>109</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>139 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	42 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 10 minutes

## Egg and Broccoli Scramble

Looking to add more vegetables to your breakfast menu? Broccoli florets and parmesan cheese are a winning combination in this easy scramble.



### Ingredients

**Broccoli, frozen, chopped, thawed, drained**

### 25 servings

1 qt + 3 $\frac{1}{3}$  cups

### 50 servings

3 qt + 2 $\frac{2}{3}$  cups

**Water**

$\frac{1}{4}$  cup

$\frac{1}{2}$  cup

**Garlic powder**

2 tsp

1 Tbsp + 1 tsp

**Salt, table**

$\frac{1}{2}$  tsp

1 tsp

**Black pepper, ground**

1 tsp

2 tsp

**Eggs, fresh, large, whole OR liquid, whole**

25 OR 2 lb + 12 $\frac{1}{2}$  oz liquid eggs

50 OR 5 lb + 9 oz liquid eggs

**Parmesan cheese, grated**

$\frac{1}{4}$  cup

$\frac{1}{2}$  cup

**Nonstick cooking spray**

1 spray

2 sprays

### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In a medium bowl combine eggs, water, garlic powder, salt, pepper, and parmesan cheese. Whisk to mix. Wash hands after touching uncooked eggs.
3. Spray a nonstick extra-large skillet or tilt skillet with nonstick cooking spray. Heat skillet on medium-high heat.
4. Sauté thawed broccoli for 8–10 minutes or until broccoli begins to turn brown on the tips of the crowns.
5. Add egg mixture. With a heat-resistant rubber spatula or spoon, stir eggs and broccoli, constantly removing any egg sticking to the bottom of the skillet. Heat to 160 °F for at least 15 seconds.
6. Serve  $\frac{1}{3}$  cup (#12 scoop). Serve immediately, or keep warm at 140 °F or higher.

## Egg and Broccoli Scramble

## CACFP Crediting Information:

 $\frac{1}{8}$  cup vegetable

2 oz eq meat alternate

## Notes:

- Contains eggs and milk (parmesan cheese).
- Serve a variety of foods during the week to balance out an occasional breakfast item that may be higher in sodium or saturated fat.

## Final weight and yields:

## 25 servings

Weight: 3 lb 7 oz

Yield: 2 qt  $\frac{3}{8}$  cup

## 50 servings

Weight: 7 lb 2 oz

Yield: 1 gal  $\frac{3}{4}$  cup

## NUTRITION INFORMATION

 $\frac{1}{3}$  cup Egg and Broccoli Scramble

Nutrients	Amount
<b>Calories</b>	<b>105</b>
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	170 mg
<b>Sodium</b>	<b>163 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	N/A
Calcium	59 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available





Preparation Time: 45 minutes



Cook Time: 12 minutes

## Egg and Broccoli Scramble

Looking to add more vegetables to your breakfast menu? Broccoli florets and parmesan cheese are a winning combination in this easy scramble.



### Ingredients

**Broccoli, frozen, chopped, thawed, drained**

### 25 servings

3 qt + 2 $\frac{2}{3}$  cups

### 50 servings

1 gal + 3 qt + 1 $\frac{1}{3}$  cups

**Water**

$\frac{1}{2}$  cup

1 cup

**Garlic powder**

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

**Salt, table**

1 tsp

2 tsp

**Black pepper, ground**

2 tsp

1 Tbsp + 1 tsp

**Eggs, fresh, large, whole OR liquid, whole**

50 OR  
5 lb + 9 oz  
liquid eggs

100 OR  
11 lb + 2 oz  
liquid eggs

**Parmesan cheese, grated**

$\frac{1}{2}$  cup

1 cup

**Nonstick cooking spray**

1 spray



2 sprays

### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In a medium bowl combine eggs, water, garlic powder, salt, pepper, and parmesan cheese. Whisk to mix. Wash hands after touching uncooked eggs.
3. Spray a nonstick extra-large skillet or tilt skillet with nonstick cooking spray. Heat skillet on medium-high heat.
4. Sauté thawed broccoli for 8–10 minutes or until broccoli begins to turn brown on the tips of the crowns.
5. Add egg mixture. With a heat-resistant rubber spatula or spoon, stir eggs and broccoli, constantly removing any egg sticking to the bottom of the skillet. Heat to 160 °F for at least 15 seconds.
6. Serve  $\frac{2}{3}$  cup (#6 scoop). Serve immediately, or keep warm at 140 °F or higher.

**Egg and Broccoli Scramble**

**CACFP Crediting Information:**

-  ¼ cup vegetable
-  4 oz eq meat alternate

**Notes:**

- **Contains eggs and milk (parmesan cheese).**
- Serve a variety of foods during the week to balance out an occasional breakfast item that may be higher in sodium or saturated fat.

**Final weight and yields:**

**25 servings**

**Weight:** 6 lb 13 oz

**Yield:** 1 gal ¾ cup

**50 servings**

**Weight:** 14 lb 5 oz

**Yield:** 2 gal 1⅓ cups



**NUTRITION INFORMATION**

⅔ cup Egg and Broccoli Scramble

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>209</b>
<b>Total Fat</b>	<b>14 g</b>
Saturated Fat	4 g
Cholesterol	340 mg
<b>Sodium</b>	<b>326 mg</b>
<b>Total Carbohydrate</b>	<b>6 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin D	N/A
Calcium	118 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available



**Preparation Time:** 1 hour



**Cook Time:** 0 minutes

## Fruit and Nut Butter Pita Pockets

Pita pockets are great for stuffing—and this grab-and-go breakfast is sure to please. Apples, pears, and peanut butter are packed into a whole grain-rich pita to create a tasty meal kids will enjoy.



### Ingredients

**Pita rounds, whole-wheat**  
(at least 56 g or 2 oz each)

**25 servings**

12½

**50 servings**

25

**Peanut butter, smooth**

1½ cups +  
1 Tbsp

3 cups +  
2 Tbsp

**Apples, fresh, cored, unpeeled, ¼" slices\***  
(gently wash apples under running water before cutting)

~25 slices /  
4¼ medium  
apples

~50 slices /  
8½ medium  
apples

**Pears, red, fresh, unpeeled, cored, ¼" slices\***  
(gently wash pears under running water before cutting)

~30 slices /  
4¼ large pears

~60 slices /  
8½ large  
pears





\*See Marketing Guide.

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Cut each pita round in half.
3. Spread 1 Tbsp of peanut butter in each pita pocket half.
4. Cut apple and pear slices in half. Place 2 pieces of apple in each pita pocket half.
5. Place 2–3 pieces of pear in each pita pocket half.
6. Serve 1 half fruit and nut butter pita pocket. Serve immediately, or keep cold at 40 °F or lower.

Fruit and Nut Butter Pita Pockets

CACFP Crediting Information:

-  ¼ cup fruit
-  ½ oz eq meat alternate
-  1 oz eq grains 

Notes:

- **Contains wheat (pita rounds) and peanuts (peanut butter).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as “spice” or “flavoring.”
- **Choking Risk:** Nut butters and apples slices can be a choking risk for children under the age of 4. Try grating apples. See page 78 for more information.
- Sunflower seed butter or soy nut butter may be used in place of almond butter. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 half Fruit and Nut Butter Pita Pocket

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>203</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>245 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	4 g
Total Sugars	6 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	14 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Final weight and yields:

25 servings

**Weight:** 5 lb 7 oz, **Yield:** 25 pita pocket halves

50 servings

**Weight:** 10 lb 14 oz, **Yield:** 50 pita pocket halves

\*Marketing Guide

Food as Purchased for:

	25 servings	50 servings
Apples, fresh	1 lb ½ oz	2 lb 1 oz
Pears, fresh	1 lb 13 oz	3 lb 9¾ oz



**Preparation Time:** 1 hour



**Cook Time:** 0 minutes

## Fruit and Nut Butter Pita Pockets

Pita pockets are great for stuffing—and this grab-and-go breakfast is sure to please. Apples, pears, and peanut butter are packed into a whole grain-rich pita to create a tasty meal kids will enjoy.



### Ingredients

**Pita rounds, whole-wheat**  
(at least 56 g or 2 oz each)

**25 servings**

25

**50 servings**

50

**Peanut butter, smooth**

3 cups + 2 Tbsp

1 qt +  
2½ cups

**Apples, fresh, cored, unpeeled, ¼" slices\***  
(gently wash apples under running water before cutting)

~50 slices /  
8½ medium  
apples

~100 slices /  
17 medium  
apples

**Pears, red, fresh, cored, unpeeled, ¼" slices\***  
(gently wash pears under running water before cutting)

~60 slices /  
8½ large pears

~120 slices /  
17 large pears

\*See Marketing Guide.





### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Cut each pita round in half.
3. Spread 1 Tbsp of peanut butter in each pita pocket half.
4. Cut apple and pear slices in half. Place 2 pieces of apple in each pita pocket half.
5. Place 2–3 pieces of pear in each pita pocket half.
6. Serve 2 halves fruit and nut butter pita pocket. Serve immediately, or keep cold at 40 °F or lower.




**Fruit and Nut Butter Pita Pockets**

**CACFP Crediting Information:**

-  ½ cup fruit
-  1 oz eq meat alternate
-  2 oz eq grains 

**Notes:**

- **Contains wheat (pita rounds) and peanuts (peanut butter).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as “spice” or “flavoring.”
- Sunflower seed butter or soy nut butter may be used in place of almond butter. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



**NUTRITION INFORMATION**

2 halves Fruit and Nut Butter Pita Pocket

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>406</b>
<b>Total Fat</b>	<b>14 g</b>
Saturated Fat	2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>490 mg</b>
<b>Total Carbohydrate</b>	<b>61 g</b>
Dietary Fiber	8 g
Total Sugars	12 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>16 g</b>
Vitamin D	N/A
Calcium	29 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

**Final weight and yields:**

**25 servings**

**Weight:** 10 lb 14 oz **Yield:** 50 pita pocket halves

**50 servings**

**Weight:** 21 lb 12 oz **Yield:** 100 pita pocket halves

**\*Marketing Guide**

Food as Purchased for:	25 servings	50 servings
<b>Apples, fresh</b>	2 lb 1 oz	4 lb 2 oz
<b>Pears, fresh</b>	3 lb 9¾ oz	7 lb 3½ oz



**Preparation Time:** 45 minutes



**Cook Time:** 0 minutes

## Fruit and Yogurt Roll-Ups

Tortillas can be a part of any meal. In this simple recipe, a whole grain-rich tortilla is filled with fruit, yogurt, and granola (optional) for a cool and crunchy breakfast offering.



### Ingredients

**Tortillas, whole-wheat**  
(8" across, at least 42 g or  
1½ oz each)

**Greek yogurt, non-fat, vanilla**

**Strawberries, fresh, ¼" diced\***  
(gently wash strawberries under  
running water before cutting)

**Granola (optional)**

**25 servings**

12½

3 cups + 2 Tbsp

1 qt + 2¼ cups

1½ cups +  
1 Tbsp

**50 servings**

25

1 qt +  
2¼ cups

3 qt + ½ cup

3 cups +  
2 Tbsp





\*See Marketing Guide.

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Spread ¼ cup (#16 scoop) of yogurt on each tortilla.
3. Top each tortilla with ½ cup diced (4 oz ladle) strawberries.
4. Sprinkle each tortilla with 1 Tbsp granola (optional).
5. Roll tortillas like a burrito.
6. Cut in half on a bias (at an angle).
7. Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

Fruit and Yogurt Roll-Ups

**CACFP Crediting Information:**

-  ¼ cup fruit
-  ¼ oz eq meat alternate
-  ¾ oz eq grains (optional) 

**Notes:**

- **Contains milk (yogurt), wheat (tortillas and granola [optional]).**
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in the ingredient statements as “spice” or “flavoring.”
- **Choking Risk:** Granola may be a choking risk for children under the age of 4. See page 78 for more information.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- Optional ingredients will change the nutrition information and may change the CACFP crediting information.
- The  symbol indicates the recipe is whole grain-rich.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



**NUTRITION INFORMATION**

1 half Fruit and Yogurt Roll-Up (without granola)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>99</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>140 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	4 g
Total Sugars	5 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	87 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**Final weight and yields:**

**25 servings**

**Weight:** 5 lb 1 oz **Yield:** 25 fruit and yogurt roll-up halves

**50 servings**

**Weight:** 10 lb 3 oz **Yield:** 50 fruit and yogurt roll-up halves

**\*Marketing Guide**

**Food as Purchased for:**

**Strawberries, fresh**

**25 servings**

2 lb 15¾ oz

**50 servings**

5 lb 15½ oz

**Ages: 6–18, 25 and 50 Servings**



**Preparation Time:** 45 minutes



**Cook Time:** 0 minutes

## Fruit and Yogurt Roll-Ups

Tortillas can be a part of any meal. In this simple recipe, a whole grain-rich tortilla is filled with fruit, yogurt, and granola for a cool and crunchy breakfast offering.



### Ingredients

**Tortillas, whole-wheat**  
(8" across, at least 42 g or  
1½ oz each)

**25 servings**

25

**50 servings**

50

**Greek yogurt, non-fat, vanilla**  
**Strawberries, fresh, ½" diced\***  
(gently wash strawberries under  
running water before cutting)

1 qt + 2¼ cups

3 qt + ½ cup

3 qt + ½ cup

1 gal + 2 qt +  
1 cup

**Granola**

1½ cups +  
1 Tbsp

3 cups +  
2 Tbsp





\*See Marketing Guide.

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Spread ¼ cup (#16 scoop) of yogurt on each tortilla.
3. Top each tortilla with ½ cup diced (4 oz ladle) strawberries.
4. Sprinkle each tortilla with 1 Tbsp granola.
5. Roll tortillas like a burrito.
6. Cut in half on a bias (at an angle).
7. Serve 2 halves. Serve immediately, or keep cold at 40 °F or lower.

Fruit and Yogurt Roll-Ups

**CACFP Crediting Information:**

-  ½ cup fruit
-  ½ oz eq meat alternate
-  1½ oz eq grains 

**Notes:**

- **Contains milk (yogurt), wheat (tortillas and granola).**
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in the ingredient statements as “spice” or “flavoring.”
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**Final weight and yields:**

**25 servings**

**Weight:** 10 lb 2 oz

**Yield:** 50 fruit and yogurt roll-up halves

**50 servings**

**Weight:** 20 lb 5 oz

**Yield:** 100 fruit and yogurt roll-up halves

**\*Marketing Guide**

Food as Purchased for:	25 servings	50 servings
Strawberries, fresh	5 lb 15½ oz	11 lb 15 oz



**NUTRITION INFORMATION**

2 halves Fruit and Yogurt Roll-Up

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>239</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>311 mg</b>
<b>Total Carbohydrate</b>	<b>38 g</b>
Dietary Fiber	7 g
Total Sugars	9 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>11 g</b>
Vitamin D	N/A
Calcium	188 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available





Preparation Time: 1 hour



Cook Time: 6 minutes

## Golden Squash Hotcakes

Looking for a new and creative way to serve squash?  
Try this recipe and dish up some vegetables with breakfast!



### Ingredients

**Summer squash, fresh, unpeeled, shredded\*** (gently wash summer squash under running water before shredding)

### 25 servings

2 qt + ½ cup

### 50 servings

1 gal + 1 cup

**Flour, whole-wheat**

2 cups

1 qt

**Baking soda**

2 tsp

1 Tbsp + 1½ tsp

**Baking powder**

2 tsp

1 Tbsp + 1½ tsp

**Apple pie spice**

2 tsp

1 Tbsp + 1½ tsp

**Eggs, fresh, large, whole**

4

8

**Canola oil**

2 Tbsp

¼ cup

**Brown sugar**

3 Tbsp

¼ cup + 2 Tbsp

**Milk, fat-free (skim)**

¼ cup

½ cup

**Vanilla extract**

2 tsp

1 Tbsp + 1½ tsp

**Nonstick cooking spray**

4 sprays

8 sprays

\*See Marketing Guide.




### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Place shredded squash on a half sheet pan (18" x 13" x 1") lined with parchment paper. Spread shredded squash into a single layer. Roast for 20 minutes or until ends begin to brown.  
**For 25 servings**, use 1 half sheet pan.  
**For 50 servings**, use 2 half sheet pans.
4. In a large bowl, combine flour, baking soda, baking powder, and apple pie spice. Stir.
5. In a medium bowl, combine eggs, oil, sugar, milk, and vanilla extract. Whisk until smooth. Wash hands after touching uncooked eggs.
6. Whisk wet ingredients into flour mixture.
7. Using a large spatula, fold in roasted shredded squash and stir until combined. Do not over-mix.
8. Heat a skillet or griddle on medium-low heat. Spray with nonstick cooking spray.


## Golden Squash Hotcakes

9. Pour about a ¼ cup (slightly under) batter onto the cooking surface.
10. Cook until golden brown and bubbling, about 5–6 minutes. Flip hotcake with a spatula, and cook on the other side until golden brown, about 5–6 minutes. Heat to 165 °F or higher for at least 15 seconds.
11. Serve 1 hotcake. Serve immediately, or keep warm at 140 °F or higher.

### CACFP Crediting Information:

-  ⅛ cup vegetable
-  ½ oz eq grains 

### Notes:

- **Contains milk, eggs, and wheat (flour).**
- Hotcakes freeze well. Place parchment paper between cakes and place in a freezer bag. Label and date. Thaw and reheat in the oven at 350 °F for 7–10 minutes. For information on how to safely thaw foods, visit [foodsafety.gov](https://www.foodsafety.gov).
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

### Final weight and yields:

#### 25 servings

**Weight:** 2 lb 6 oz

**Yield:** 25 hotcakes

#### 50 servings

**Weight:** 4 lb 14 oz

**Yield:** 50 hotcakes



### NUTRITION INFORMATION

1 Golden Squash Hotcakes

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>71</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	27 mg
<b>Sodium</b>	<b>156 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	46 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

### \*Marketing Guide

Food as Purchased for:	25 servings	50 servings
Summer squash, fresh	2 lb 14 oz	5 lb 12 oz



Preparation Time: 1 hour



Cook Time: 6 minutes

## Golden Squash Hotcakes

Looking for a new and creative way to serve squash?  
Try this recipe and dish up some vegetables with breakfast!



### Ingredients

**Summer squash, fresh, unpeeled, shredded\*** (gently wash summer squash under running water before shredding)

### 25 servings

1 gal + 1 cup

### 50 servings

2 gal + 2 cups

**Flour, whole-wheat**

1 qt

2 qt

**Baking soda**

1 Tbsp + 1½ tsp

3 Tbsp

**Baking powder**

1 Tbsp + 1½ tsp

3 Tbsp

**Apple pie spice**

1 Tbsp + 1½ tsp

3 Tbsp

**Eggs, fresh, large, whole**

8

16

**Canola oil**

¼ cup

½ cup

**Brown sugar**

¼ cup + 2 Tbsp

¾ cup

**Milk, fat-free (skim)**

½ cup

1 cup

**Vanilla extract**

1 Tbsp + 1½ tsp

3 Tbsp

**Nonstick cooking spray**

4 sprays

8 sprays

\*See Marketing Guide.




### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Place shredded squash on a half sheet pan (18" x 13" x 1") lined with parchment paper. Spread shredded squash into a single layer. Roast for 20 minutes or until ends begin to brown.  
**For 25 servings**, use 1 half sheet pan.  
**For 50 servings**, use 2 half sheet pans.
4. In an extra-large bowl, combine flour, baking soda, baking powder, and apple pie spice.
5. In a large bowl, combine eggs, oil, sugar, milk, and vanilla extract. Whisk until smooth. Wash hands after touching uncooked eggs.
6. Whisk wet ingredients into dry flour mixture.
7. Using a large spatula, fold in roasted shredded squash and stir until combined. Do not over-mix.
8. Heat a skillet or griddle on medium-low heat. Spray with nonstick cooking spray.


## Golden Squash Hotcakes

9. Pour about a ½ cup (slightly under) batter onto the cooking surface.
10. Cook until golden brown and bubbling, about 5–6 minutes. Flip hotcake with a spatula, and cook on the other side until golden brown, about 5–6 minutes. Heat to 165 °F or higher for at least 15 seconds.
11. Serve 1 hotcake. Serve immediately, or keep warm at 140 °F or higher.

### CACFP Crediting Information:

-  ¼ cup vegetable
-  1 oz eq grains 

### Notes:

- **Contains milk, eggs, and wheat (flour).**
- Hotcakes freeze well. Place parchment paper between cakes and place in a freezer bag. Label and date. Thaw and reheat in the oven at 350 °F for 7–10 minutes. For information on how to safely thaw foods, visit [foodsafety.gov](https://www.foodsafety.gov).
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

### Final weight and yields:

#### 25 servings

**Weight:** 4 lb 13 oz

**Yield:** 25 hotcakes

#### 50 servings

**Weight:** 9 lb 10 oz

**Yield:** 50 hotcakes



### NUTRITION INFORMATION

1 Golden Squash Hotcakes

Nutrients	Amount
<b>Calories</b>	<b>142</b>
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	54 mg
<b>Sodium</b>	<b>347 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	3 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	98 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

### \*Marketing Guide

Food as Purchased for:	25 servings	50 servings
Summer squash, fresh	5 lb 12 oz	11 lb 8 oz



Preparation Time: 45 minutes



Cook Time: 25 minutes

## Lemon-Blueberry Corn Muffins

Take your corn muffins to the next level.

Add blueberries for a splash of color and a burst of flavor.



### Ingredients

**Nonstick cooking spray****25 servings**

2 sprays

**50 servings**

4 sprays

**Flour, whole-wheat**

2¾ cups

1 qt +  
1½ cups**Cornmeal, enriched**

1 cup

2 cups

**Brown sugar, packed**

1 cup

2 cups

**Salt, table**

1 tsp

2 tsp

**Baking powder**

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

**Milk, low-fat (1%)**

2 cups

1 qt

**Applesauce, unsweetened**

1 cup

2 cups

**Eggs, fresh, large, whole**

4

8

**Lemon extract**

1 tsp

2 tsp

**Blueberries, frozen, whole,  
unsweetened or fresh\***

2 cups

1 qt

\*See Marketing Guide.

### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Line muffin tins with paper liners. Spray with nonstick cooking spray.
4. In a large bowl, combine flour, cornmeal, brown sugar, salt, and baking powder. Sift mixture. Remove ¼ cup of dry mixture and set aside.
5. In a large bowl, combine milk, applesauce, eggs, and lemon extract. Whisk until well-blended. Add to dry ingredients. Wash hands after touching uncooked eggs.
6. Place frozen blueberries in a medium bowl, add ¼ cup reserved dry mixture and toss.
7. With a rubber spatula, fold breaded blueberries and any remaining dry ingredients from the bottom of the bowl into the muffin mixture.
8. Pour ⅓ cup (#12 scoop) of muffin mixture into each prepared muffin liner.
9. Bake for 25 minutes.
10. Remove from the oven and cool on a rack for 5 minutes.
11. Serve 1 muffin.




## Lemon-Blueberry Corn Muffins

## CACFP Crediting Information:

 1¼ oz eq grains 

## Notes:

- **Contains milk, eggs, and wheat (flour).**
- If you do not use paper muffin liners, spray the muffin pan with nonstick cooking spray.
- Coating blueberries with dry mixture will prevent the blueberries from sinking to the bottom of the muffin.
- To verify muffins are done, insert a wooden toothpick into the center of a muffin. If wet batter sticks to the toothpick, the muffins need more baking time.
- Muffins freeze well. Allow muffins to cool completely. Wrap securely in foil, freezer wrap, or place in freezer bags. Label and date. Muffins can thaw safely at room temperature. For information on how to safely thaw foods, visit [foodsafety.gov](https://www.foodsafety.gov).
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

## Final weight and yields:

## 25 servings

**Weight:** 4 lb 9 oz

**Yield:** 25 muffins

## 50 servings

**Weight:** 9 lb 2 oz

**Yield:** 50 muffins

## \*Marketing Guide

## Food as Purchased for:

	25 servings	50 servings
Blueberries, fresh	12 oz	1 lb 8 oz



## NUTRITION INFORMATION

1 Lemon-Blueberry Corn Muffin

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>146</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	28 mg
<b>Sodium</b>	<b>199 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	2 g
Total Sugars	12 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	88 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 55 minutes

## Orange Cranberry Quick Bread

Want a new tasty grain option for breakfast?

Try this whole grain-rich quick bread that is full of orange flavor and cranberries.



### Ingredients

**Nonstick Cooking Spray****25 servings**

1 spray

**50 servings**

2 sprays

**Cranberries, frozen, unsweetened or fresh\***

1 qt + 1½ cups

2 qt + 3 cups

**Sugar, granulated**

1½ cups

3 cups

**Whole-wheat flour**

1 qt + ¼ cup

2 qt + ½ cup

**Baking powder**

1 tsp

2 tsp

**Baking soda**

1 tsp

2 tsp

**Salt, table**

½ tsp

1 tsp

**Eggs, fresh, large, whole**

4

8

**Applesauce, unsweetened**

1½ cup

3 cups

**Orange extract**

3 Tbsp

¼ cup +  
2 Tbsp

\*See Marketing Guide.




### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 350 °F.
3. Spray steam table pan (12" x 20" x 4") with nonstick cooking spray.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
4. In a large bowl, combine cranberries and sugar. Toss and set aside.  
**For 25 servings**, toss with ½ cup sugar.  
**For 50 servings**, toss with 1 cup sugar.
5. In a large bowl, combine flour, remaining sugar, baking powder, baking soda, and salt. Stir with a fork.
6. In a separate large bowl, combine eggs, applesauce, and orange extract. Whisk until well-blended. Wash hands after touching uncooked eggs.
7. Add wet ingredients to the dry ingredients and stir. Do not over-mix.
8. With a rubber spatula, fold the coated cranberries into the dough.


Orange Cranberry Quick Bread

9. Pour dough into steam table pan, and bake for 50–55 minutes.
10. Cut into pieces.  
 For 25 servings, cut pan into 25 even pieces.  
 For 50 servings, cut each pan into 25 even pieces.
11. Serve 1 piece.

**CACFP Crediting Information:**

-  1/8 cup fruit
-  1 1/4 oz eq grains 

**Notes:**

- **Contains eggs and wheat (flour).**
- To verify bread is done, insert a wooden toothpick into the center of the bread. If wet batter sticks to the toothpick, the bread needs more baking time.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

**Final weight and yields:**

**25 servings**

**Weight:** 4 lb 8 oz

**Yield:** 25 pieces

**50 servings**

**Weight:** 9 lb 1 oz

**Yield:** 50 pieces



**NUTRITION INFORMATION**

1 piece Orange Cranberry Quick Bread

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>149</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	27 mg
<b>Sodium</b>	<b>131 mg</b>
<b>Total Carbohydrate</b>	<b>31 g</b>
Dietary Fiber	3 g
Total Sugars	15 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	26 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**\*Marketing Guide**

Food as Purchased for:	25 servings	50 servings
Cranberries, fresh	1 lb 3 1/2	2 lb 7 oz



Preparation Time: 45 minutes



Cook Time: 1 hr 20 minutes

## Oven-Baked Pancakes With Spiced Pears

Love pancakes, but don't love using a spatula? Oven-baked pancakes have all the flavor of a traditional pancake, but no flipping is required.



### Ingredients

	25 servings	50 servings
<b>Nonstick cooking spray</b>	1 spray	1 spray
<b>Pancake mix, whole-wheat</b>	2 cups	1 qt
<b>Water</b>	2 cups	1 qt
<b>Pears, canned in extra light syrup, diced</b>	1 gal + 1 cup (about 1¼ #10 cans)	2 gal + 2 cups (about 2½ #10 cans)
<b>Cornstarch</b>	¼ cup	½ cup
<b>Pumpkin pie spice</b>	1 Tbsp + 1¼ tsp	2 Tbsp + 2½ tsp
<b>Vanilla extract</b>	2 tsp	1 Tbsp + 1 tsp

### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Spray baking dish/pan with nonstick cooking spray.  
**For 25 servings**, use large baking dish (9" x 13").  
**For 50 servings**, use 1 half sheet pan (18" x 13" x 1").
4. In a medium mixing bowl, combine pancake mix and water. Whisk until smooth.
5. Pour pancake batter into baking dish/pan and bake in the oven for 45–50 minutes.
6. While pancakes are cooking, separate pears and syrup. Place pears in a medium bowl. Pour syrup in a large nonstick pot.
7. Add cornstarch, pumpkin pie spice, and vanilla extract to cold or room temperature syrup. Whisk until smooth.
8. Heat syrup mixture on medium-high heat, whisk continuously until it begins to boil, about 10 minutes.
9. Add pears to syrup mixture. Stir. Bring mixture to a boil, about 10 minutes.
10. Reduce heat to medium-low and simmer for 8–10 minutes, or until it becomes nectar-thick. Stir often to prevent pears from sticking to the pan. Heat to 140 °F or higher for at least 15 seconds. Remove from heat.

## Oven-Baked Pancakes With Spiced Pears


11. When pancakes are cooked completely, cut and serve.



**For 25 servings**, cut pan into 25 even pieces.

**For 50 servings**, cut each pan into 50 even pieces.


12. Serve 1 pancake square with ½ cup spiced pears. Serve immediately, or keep warm at 140 °F or higher.

### CACFP Crediting Information:

 ½ cup fruit

 ½ oz eq grains 

### Notes:

- **Contains wheat (pancake mix).** Pancake mix can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pancakes) and may be included in the ingredient statements as "spice" or "flavoring."
- To verify pancakes are done, insert a wooden toothpick into the center of the pan. If wet batter sticks to the toothpick, the pancake needs more baking time.
- Pancake shrinks away from pan sides after cooking. Cut pieces evenly.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



### NUTRITION INFORMATION

1 pancake and ½ cup of spiced pears

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>106</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>73 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	3 g
Total Sugars	14 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	N/A
Calcium	6 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

### Final weight and yields:

#### 25 servings

**Weight:** 1 lb pancake and 7 lb spiced pears

**Yield:** 25 pancake pieces and

3 qt ½ cup spiced pears

#### 50 servings

**Weight:** 2 lb 4 oz pancake and 14 lb spiced pears

**Yield:** 50 pancakes pieces and 1 gal 2 qt 1 cup spiced pears





Preparation Time: 45 minutes



Cook Time: 1 hr 20 minutes

## Oven-Baked Pancakes With Spiced Pears

Love pancakes, but don't love using a spatula? Oven-baked pancakes have all the flavor of a traditional pancake, but no flipping is required.



### Ingredients

**Nonstick cooking spray****25 servings**

1 spray

**50 servings**

2 sprays

**Pancake mix, whole-wheat**

1 qt

2 qt

**Water**

1 qt

2 qt

**Pears, canned in extra light syrup, diced**1 gal + 1 cup  
(about 1¼ #10  
cans)2 gal + 2 cups  
(about 2½ #10  
cans)**Cornstarch**

¼ cup

½ cup

**Pumpkin pie spice**1 Tbsp +  
1¼ tsp2 Tbsp +  
2½ tsp**Vanilla extract**

2 tsp

1 Tbsp + 1 tsp

### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Spray half sheet pan (18" x 13" x 1") with nonstick cooking spray.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
4. In a medium mixing bowl, combine pancake mix and water. Whisk until smooth.
5. Pour pancake batter into pan and bake in the oven for 45–50 minutes.
6. While pancakes are cooking, separate pears and syrup. Place pears in a medium bowl. Pour syrup in a large nonstick pot.
7. Add cornstarch, pumpkin pie spice, and vanilla extract to cold or room temperature syrup. Whisk until smooth.
8. Heat syrup mixture on medium-high heat, whisk continuously until it begins to boil, about 10 minutes.
9. Add pears to syrup mixture. Stir. Bring mixture to a boil, about 10 minutes.
10. Reduce heat to medium-low and simmer for 8–10 minutes, or until it becomes nectar-thick. Stir often to prevent pears from sticking to the pan. Heat to 140 °F or higher for at least 15 seconds. Remove from heat.

**Oven-Baked Pancakes With Spiced Pears**


11. When pancakes are cooked completely, cut and serve.



**For 25 servings**, cut pan into 25 even pieces.

**For 50 servings**, cut each pan into 25 even pieces.


12. Serve 1 pancake square with ½ cup spiced pears. Serve immediately, or keep warm at 140 °F or higher.

**CACFP Crediting Information:**

 ½ cup fruit

 1 oz eq grains 

**Notes:**

- **Contains wheat (pancake mix).** Pancake mix can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pancakes) and may be included in the ingredient statements as "spice" or "flavoring."
- To verify pancakes are done, insert a wooden toothpick into the center of the pan. If wet batter sticks to the toothpick, the pancake needs more baking time.
- Pancake shrinks away from pan sides after cooking. Cut pieces evenly.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



**NUTRITION INFORMATION**

1 pancake and ½ cup of spiced pears

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>137</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	2 mg
<b>Sodium</b>	<b>141 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	4 g
Total Sugars	15 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	N/A
Calcium	10 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

**Final weight and yields:**

**25 servings**

**Weight:** 2 lb 4 oz pancake and 7 lb spiced pears

**Yield:** 25 pancake squares and 3 qt ½ cup spiced pears

**50 servings**

**Weight:** 4 lb 9 oz pancake and 14 lb spiced pears

**Yield:** 50 pancakes squares and 1 gal 2 qt 1 cup spiced pears



Preparation Time: 30 minutes



Cook Time: 45 minutes

## Peachy Oatmeal Bake

Tired of the same old oats? Try this easy-to-prepare peach of a recipe.



### Ingredients

### 25 servings

### 50 servings

**Nonstick cooking spray**

1 spray

2 sprays

**Rolled oats, dry (not quick)**3 $\frac{1}{8}$  cups  
(9  $\frac{3}{8}$  oz)1 qt + 2 $\frac{1}{4}$  cups  
(1 lb 3 oz)**Milk, low-fat (1%)**2 $\frac{1}{4}$  cups1 qt +  $\frac{1}{2}$  cup**Peaches, canned, light syrup,  
drained, diced**2 qt +  $\frac{1}{3}$  cup1 gal +  $\frac{2}{3}$  cup**Maple syrup** $\frac{1}{4}$  cup $\frac{1}{2}$  cup**Cinnamon, ground**

1 Tbsp + 1 tsp




2 Tbsp + 2 tsp

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spray steam table pan with nonstick cooking spray.  
**For 25 servings**, use half pan (10 $\frac{3}{8}$ " x 12 $\frac{3}{4}$ " x 2").  
**For 50 servings**, use 1 pan (12" x 20" x 2").
4. In a large bowl, combine oats, milk, peaches, maple syrup, and cinnamon. Stir.
5. Add oatmeal mixture to steam table pan.
6. Bake for 40–45 minutes or until bubbling and golden brown. Heat to 140 °F or higher for at least 15 seconds.
7. Remove from the oven and let sit for 5 minutes. Stir with a spoon to fluff before serving.
8. Serve  $\frac{1}{2}$  cup (#8 scoop). Serve immediately, or keep warm at 140 °F or higher.

## Peachy Oatmeal Bake

## CACFP Crediting Information:

-  ¼ cup fruit
-  ½ oz eq grains 

## Notes:

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method B.

## Final weight and yields:

## 25 servings

Weight: 5 lb 7 oz

Yield: 2 qt 2 cups

## 50 servings

Weight: 11 lb

Yield: 1 gal 1 qt



## NUTRITION INFORMATION

½ cup Peachy Oatmeal Bake

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>89</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>18 mg</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	1 g
Total Sugars	7 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	32 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 30 minutes



Cook Time: 50 minutes

## Peachy Oatmeal Bake

Tired of the same old oats? Try this easy-to-prepare peach of a recipe.



### Ingredients

### 25 servings

### 50 servings

**Nonstick cooking spray**

1 spray

2 sprays

**Rolled oats, dry (not quick)**1 qt + 2¼ cups  
(1 lb 3 oz)3 qt + ½ cups  
(2 lb 6 oz)**Milk, low-fat (1%)**

1 qt + ½ cup

2 qt + 1 cup

**Peaches, canned, light syrup,  
drained, diced**

1 gal + ⅔ cup

2 gal +  
1⅓ cup**Maple syrup**

½ cup

1 cup

**Cinnamon, ground**

2 Tbsp + 2 tsp

⅓ cup


### Directions:



1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F
3. Spray steam table pan with nonstick cooking spray.  
**For 25 servings**, use half pan (10⅜" x 12¾" x 4").  
**For 50 servings**, use 1 pan (12" x 20" x 4").
4. In an extra-large bowl, combine oats, milk, peaches, maple syrup, and cinnamon. Stir.
5. Add oatmeal mixture to steam table pan.
6. Bake for 40–45 minutes or until bubbling and golden brown. Heat to 140 °F or higher for at least 15 seconds.
7. Remove from the oven and let sit for 5 minutes. Stir with a spoon to fluff before serving.
8. Serve 1 cup (#4 scoop). Serve immediately, or keep warm at 140 °F or higher.




## Peachy Oatmeal Bake

## CACFP Crediting Information:

 ½ cup fruit

 1 oz eq grains 

## Notes:

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method B.

## Final weight and yields:

## 25 servings

**Weight:** 11 lb 4 oz

**Yield:** 1 gal 3½ cups

## 50 servings

**Weight:** 22 lb 9 oz

**Yield:** 2 gal 1 qt 3 cups



## NUTRITION INFORMATION

1 cup Peachy Oatmeal Bake

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>177</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	2 mg
<b>Sodium</b>	<b>36 mg</b>
<b>Total Carbohydrate</b>	<b>34 g</b>
Dietary Fiber	2 g
Total Sugars	13 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	63 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available



Preparation Time: 1 hour



Cook Time: 20 minutes

## Roasted Sweet Potato Hash

Sweet potatoes are more than a tasty supper side dish. This easy-to-make dish goes well with grains or meats/meat alternates at breakfast.



### Ingredients

**Nonstick cooking spray****25 servings**

1 spray

**50 servings**

2 sprays

**Cinnamon, ground**

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

**Canola oil**

3 Tbsp

¼ cup +  
2 Tbsp**Orange juice, 100%**

½ cup

1 cup

**Salt, table**

1 tsp

2 tsp

**Sweet potatoes, fresh, peeled,  
½" cubed\*** (wash sweet  
potatoes gently under running  
water before cutting/peeling)

1 gal + 2¾ cups

2 gal + 1 qt +  
1½ cups

\*See Marketing Guide.

### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small bowl, combine cinnamon, oil, orange juice, and salt. Whisk to mix.
4. Add sweet potatoes to cinnamon-orange mixture. Toss to combine.
5. Spray sheet pans (18" x 26" x 1") with nonstick cooking spray. Place sweet potatoes in a single layer (uncrowded) on a sheet pan.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
6. Roast for 20 minutes. Heat to 140 °F or higher for at least 15 seconds.
7. Remove from the oven and let rest for 2–3 minutes.
8. Serve ½ cup (#8 scoop). Serve immediately, or keep warm at 140 °F or higher.

Roasted Sweet Potato Hash

**CACFP Crediting Information:**

 ½ cup vegetable

**Notes:**

- **Choking Risk:** Cubed sweet potatoes can be a choking for children under the age of 4. If serving to children under the age of 4, dice sweet potatoes.

**Final weight and yields:**

**25 servings**

**Weight:** 4 lb

**Yield:** 1 qt ½ cup

**50 servings**

**Weight:** 8 lb 2 oz

**Yield:** 1 gal 1 qt 1 cup



**NUTRITION INFORMATION**

½ cup Roasted Sweet Potato Hash

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>124</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>128 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	4 g
Total Sugars	9 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	5 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

**\*Marketing Guide**

Food as Purchased for:	25 servings	50 servings
Sweet potatoes, fresh	6 lb 4 oz	12 lb 8 oz



Preparation Time: 1 hour



Cook Time: 4 minutes

## Strawberry and Waffle Kebabs With Maple-Yogurt Dip

Two favorites, strawberries and waffles, pair up for an amazing meal kids will love.



### Ingredients

**Greek yogurt, non-fat, vanilla****25 servings**

3 cups + 2 Tbsp

**50 servings**1 qt +  
2¼ cups**Maple syrup**

¼ cup

½ cup

**Waffles, frozen,  
whole grain-rich**

12½

25

(at least 34 g or 1 oz each)

**Strawberries, fresh, whole,  
stems removed\***3 qt + ½ cup  
(150)1 gal + 2 qt +  
1 cup (300)(gently wash strawberries  
under running water before  
cutting)





\*See Marketing Guide.

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 350 °F.
3. Gather sticks for kebabs (see notes).  
**For 25 servings**, use 50 sticks.  
**For 50 servings**, use 100 sticks.
4. In a medium bowl, add yogurt and maple syrup. Whisk until well-blended. Keep cold at 40 °F or lower.
5. Arrange waffles in a single layer on sheet pan (18" x 26" x 1"). Bake for 8–10 minutes. Cut waffle into 4 triangles.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
6. Build kebabs.  
**Kebab 1:** 3 strawberries and 1 waffle triangle.  
**Kebab 2:** 3 strawberries and 1 waffle triangle.
7. Serve 2 kebabs with ⅓ cup (#30 scoop) maple-yogurt dip. Serve immediately, or keep cold at 40 °F or lower.

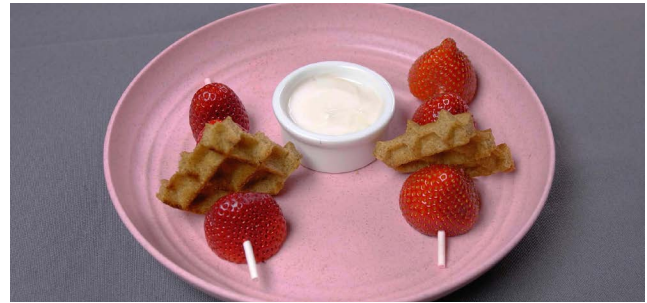
## Strawberry and Waffle Kebabs With Maple-Yogurt Dip

## CACFP Crediting Information:

-  ½ cup fruit
-  ¼ oz eq meat alternate
-  ½ oz eq grains 

## Notes:

- **Contains milk (yogurt) and wheat (waffles).** Frozen waffles can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (waffles) and may be included in the ingredient statements as “spice” or “flavoring.”
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Do not overcook waffles. If waffles are too crispy, they will fall off the stick.
- Recommend 6" lollipop sticks or 5½" apple sticks.
- **Optional:** Serve without sticks. Place 6 strawberries and 2 waffle triangles on a plate. Serve 2 Tbsp maple-yogurt dip on the side.
- **Choking Risk:** For children under the age of 4, you may want to cut whole strawberries in half.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



## NUTRITION INFORMATION

2 kebabs and ⅓ cup of maple-yogurt dip

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>102</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>102 mg</b>
<b>Total Carbohydrate</b>	<b>18 g</b>
Dietary Fiber	3 g
Total Sugars	7 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	44 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available



**Strawberry and Waffle Kebabs With Maple-Yogurt Dip**

**Final weight and yields:**

**25 servings**

**Weight:** 6 lb 2 oz fruit & waffle +  
1 lb 12 oz dip

**Yield:** 12½ waffles and ~150 strawberries +  
3¼ cups 2 Tbsp dip

**50 servings**

**Weight:** 11 lb 9 oz fruit & waffle +  
3 lb 8 oz dip

**Yield:** 25 waffles and ~300 strawberries +  
1 qt 2¾ cups dip

**Final weight and yields with sticks:**

**25 servings**

**Weight:** 6 lb 4 oz fruit & waffle +  
1 lb 12 oz dip

**Yield:** 50 kebabs + 3¼ cups 2 Tbsp dip

**50 servings**

**Weight:** 11 lb 11 oz fruit & waffle +  
3 lb 8 oz dip

**Yield:** 100 kebabs + 1 qt 2¾ cups dip

**\*Marketing Guide**

<b>Food as Purchased for:</b>	<b>25 servings</b>	<b>50 servings</b>
<b>Strawberries, fresh</b>	5 lb 7½ oz	10 lb 15 oz



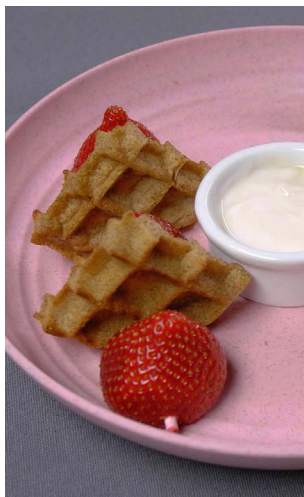
Preparation Time: 1 hour



Cook Time: 4 minutes

## Strawberry and Waffle Kebabs With Maple-Yogurt Dip

Two favorites, strawberries and waffles, pair up for an amazing meal kids will love.



### Ingredients

**Greek yogurt, non-fat, vanilla****25 servings**

3 cups + 2 Tbsp

**50 servings**1 qt +  
2¼ cups**Maple syrup**

¼ cup

½ cup

**Waffles, frozen,  
whole grain-rich**  
(at least 34 g or 1 oz each)

25

50

**Strawberries, fresh,  
whole, stems removed\***  
(gently wash strawberries  
under running water before  
cutting)3 qt + ½ cup  
(150)1 gal + 2 qt +  
1 cup (300)





\*See Marketing Guide.

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 350 °F.
3. Gather sticks for kebabs (see notes).  
**For 25 servings**, use 50 sticks.  
**For 50 servings**, use 100 sticks.
4. In a small bowl, add yogurt and maple syrup. Whisk until well-blended.  
Keep cold at 40 °F or lower.
5. Arrange waffles in a single layer on sheet pan (18" x 26" x 1"). Bake for 8–10 minutes.  
Cut waffle into 4 triangles.  
**For 25 servings**, use 2 pans.  
**For 50 servings**, use 4 pans.
6. Build kebabs.  
**Kebab 1:** 3 strawberries and 2 waffle triangles.  
**Kebab 2:** 3 strawberries and 2 waffle triangles.
7. Serve 2 kebabs with ⅓ (#30 scoop) cup of maple-yogurt dip. Serve immediately,  
or keep cold at 40 °F or lower.

## Strawberry and Waffle Kebabs With Maple-Yogurt Dip

## CACFP Crediting Information:

-  ½ cup fruit
-  ¼ oz eq meat alternate
-  1 oz eq grains 

## Notes:

- **Contains milk (yogurt) and wheat (waffles).** Frozen waffles can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Sesame can appear as an ingredient in foods where it might not be expected (waffles) and may be included in the ingredient statements as “spice” or “flavoring.”
- Do not overcook waffles. If waffles are too crispy, they will fall off the stick. Recommend 6" lollipop sticks or 5½" apple sticks.
- **Optional:** Serve without sticks. Place 6 strawberries and 4 waffle triangles on a plate. Serve ⅛ cup (2 Tbsp) maple-yogurt dip on the side.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



## NUTRITION INFORMATION

2 kebabs and ⅛ cup of maple-yogurt dip

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>156</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>193 mg</b>
<b>Total Carbohydrate</b>	<b>27 g</b>
Dietary Fiber	4 g
Total Sugars	8 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	44 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**Strawberry and Waffle Kebabs With Maple-Yogurt Dip**

**Final weight and yields:**

**25 servings**

**Weight:** 6 lb 14 oz fruit & waffle +  
1 lb 12 oz dip

**Yield:** 25 waffles and ~150 strawberries +  
1 qt 2¾ cups dip

**50 servings**

**Weight:** 13 lb 8 oz fruit & waffle +  
3 lb 8 oz dip

**Yield:** 50 waffles and ~300 strawberries +  
3 qt 1½ cups dip

**Final weight and yields with sticks:**

**25 servings**

**Weight:** 7 lb fruit & waffle + 1 lb 12 oz dip

**Yield:** 50 kebabs + 3¼ cups 2 Tbsp dip

**50 servings**

**Weight:** 14 lb fruit & waffle + 3 lb 8 oz dip

**Yield:** 100 kebabs + 1 qt 2¾ cups dip

**\*Marketing Guide**

**Food as Purchased for:**

**Strawberries, fresh**

**25 servings**

5 lb 7½ oz

**50 servings**

10 lb 15 oz



Preparation Time: 20 minutes



Cook Time: 20 minutes

## Turkey Sausage With Sweet Cran-Apple Topping

These flavorful patties will be a great addition to any menu.  
Use this recipe to serve meats/meat alternates at breakfast.



### Ingredients

	25 servings	50 servings
<b>Nonstick cooking spray</b>	1 spray	2 sprays
<b>Turkey, ground, 93% lean, fresh or frozen (thawed)</b>	1 lb 3 oz	2 lb 6 oz
<b>Sage, ground</b>	1 tsp	2 tsp
<b>Onion powder</b>	1 tsp	2 tsp
<b>Salt, table</b>	1 tsp	2 tsp
<b>Black pepper, ground</b>	½ tsp	1 tsp
<b>Apples, fresh, cored, unpeeled, ¼" diced*</b> (gently wash apples under running water before cutting)	1 qt	2 qt
<b>Cranberries, dried, sweetened</b>	1½ cups + 1 Tbsp	3 cups + 2 Tbsp
<b>Maple syrup</b>	¾ cup	1½ cups

\*See Marketing Guide.



### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a medium bowl, mix turkey, sage, onion powder, salt, and pepper. Make patties (1½ Tbsp of mixture each).
4. Place on a sheet pan (18" x 26" x 1") sprayed with nonstick cooking spray. Wash hands after touching uncooked meats.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
5. Bake in the oven for 8–10 minutes. Heat to 165 °F or higher for at least 15 seconds.
6. Prepare cran-apple topping: Heat a medium nonstick saucepan on medium heat. Add apples and cook to soften, about 7–8 minutes. Stir frequently. When apples begin to soften, add dried cranberries and maple syrup. Bring to a light boil, about 2 minutes. Heat to 140 °F or higher for at least 15 seconds.
7. Remove patties from oven.
8. Serve 1 patty with 3 Tbsp cran-apple topping. Serve immediately, or keep warm at 140 °F or higher.



Turkey Sausage With Sweet Cran-Apple Topping

CACFP Crediting Information:

-  ¼ cup fruit
-  ½ oz eq meat

Final weight and yields:

25 servings

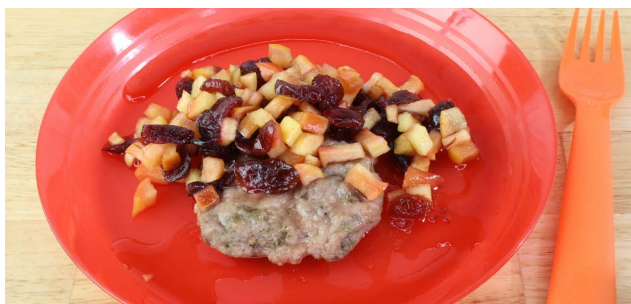
Weight: 2 lb 15 oz

Yield: 25 patties + 1 qt ½ cup 3 Tbsp topping

50 servings

Weight: 6 lb

Yield: 50 patties + 1 gal 1¼ cups  
2 Tbsp topping



NUTRITION INFORMATION

1 patty and 3 Tbsp cran-apple topping

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>87</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	16 mg
<b>Sodium</b>	<b>110 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	1 g
Total Sugars	8 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	8 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

\*Marketing Guide

Food as Purchased for:	25 servings	50 servings
Apples, fresh	1 lb 3 oz	2 lb 5½ oz



Preparation Time: 20 minutes



Cook Time: 20 minutes

## Turkey Sausage With Sweet Cran-Apple Topping

These flavorful patties will be a great addition to any menu.  
Use this recipe to serve meats/meat alternates at breakfast.



### Ingredients

	25 servings	50 servings
<b>Nonstick cooking spray</b>	1 spray	2 sprays
<b>Turkey, ground, 93% lean, fresh or frozen (thawed)</b>	2 lb 6 oz	4 lb 12 oz
<b>Sage, ground</b>	2 tsp	1 Tbsp + 1 tsp
<b>Onion powder</b>	2 tsp	1 Tbsp + 1 tsp
<b>Salt, table</b>	2 tsp	1 Tbsp + 1 tsp
<b>Black pepper, ground</b>	1 tsp	2 tsp
<b>Apples, fresh, cored, unpeeled, ¼" diced*</b> (gently wash apples under running water before cutting)	2 qt	1 gal
<b>Cranberries, dried, sweetened</b>	1½ cups + 1 Tbsp	1 qt + 2¼ cups
<b>Maple syrup</b>	1½ cups	3 cups

\*See Marketing Guide.



### Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a medium bowl, mix turkey, sage, onion powder, salt, and pepper. Make patties (~3 Tbsp of mixture each).
4. Place on a sheet pan (18" x 26" x 1") sprayed with nonstick cooking spray. Wash hands after touching uncooked meats.  
**For 25 servings**, use 1 pan.  
**For 50 servings**, use 2 pans.
5. Bake in the oven for 10–12 minutes. Heat to 165 °F or higher for at least 15 seconds.
6. Prepare cran-apple topping: Heat a medium nonstick saucepan on medium heat. Add apples and cook to soften, about 15 minutes. Stir frequently. When apples begin to soften, add dried cranberries and maple syrup. Bring to a light boil, about 2 minutes. Heat to 140 °F or higher for at least 15 seconds.
7. Remove patties from oven.
8. Serve 1 patty with ⅓ cup (#12 scoop) cran-apple topping. Serve immediately, or keep warm at 140 °F or higher.

**Ages: 6–18, 25 and 50 Servings**

**Turkey Sausage With Sweet Cran-Apple Topping**

**CACFP Crediting Information:**

-  ½ cup fruit
-  1 oz eq meat

**Final weight and yields:**

**25 servings**

**Weight:** 6 lb 7 oz

**Yield:** 25 patties + 2 qt + ⅓ cup topping

**50 servings**

**Weight:** 12 lb 8 oz

**Yield:** 50 patties + 1 gal + ⅔ cup topping



**NUTRITION INFORMATION**

1 patty and ⅓ cup cran-apple topping

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>175</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	31 mg
<b>Sodium</b>	<b>221 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	2 g
Total Sugars	16 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	15 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**\*Marketing Guide**

<b>Food as Purchased for:</b>	<b>25 servings</b>	<b>50 servings</b>
<b>Apples, fresh</b>	2 lb 5½ oz	4 lb 11 oz



Preparation Time: 1 hour



Cook Time: 3 to 4 minutes

## Whipped Cream Cheese and Pear Toast

Try trading in your classic morning toast for one topped with whipped cream cheese and fresh pears.



### Ingredients

**Cream cheese, low-fat**

**25 servings**

¼ cup + ½ tsp

**50 servings**

½ cup + 1 tsp

**Pumpkin pie spice**

1 tsp

2 tsp

**Bread, whole-wheat**  
(at least 28 g or 1 oz each)

12½

25

**Bartlett pears, fresh, unpeeled, cored, ¼" slices\***  
(gently wash pears under running water before cutting)

~30 slices /  
~4¼ large pears

~60 slices /  
~8½ large pears




\*See Marketing Guide.

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small bowl, combine cream cheese and pumpkin pie spice. Mix with a fork. Keep cold at 40 °F or lower.
4. Toast bread in the oven for 3–4 minutes on each side.
5. Spread 1 tsp of spiced cream cheese on each piece of toast.
6. Top with sliced pears, about 2–2¼ slices. Cut pears in half, if needed.
7. Cut each piece of toast in half.
8. Serve 1 half slice of toast. Serve immediately, or keep cold at 40 °F or lower.

Whipped Cream Cheese and Pear Toast

CACFP Crediting Information:

-  1/8 cup fruit
-  1/2 oz eq grains 

Notes:

- **Contains milk (cream cheese) and wheat (bread).** Bread can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in the ingredients statements as “spice” or “flavoring.”
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- Apple pie spice or cinnamon can be substituted for pumpkin pie spice.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



**NUTRITION INFORMATION**

1 half slice Whipped Cream Cheese and Pear Toast

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>56</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>81 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	31 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

Final weight and yields:

25 servings

Weight: 2 lb 11 oz

Yield: 25 half slices

50 servings

Weight: 5 lb 8 oz

Yield: 50 half slices

\*Marketing Guide

Food as Purchased for:	25 servings	50 servings
Pears, fresh	1 lb 13 oz	3 lb 9¾ oz



**Ages: 6–18, 25 and 50 Servings**



**Preparation Time:** 1 hour



**Cook Time:** 3 to 4 minutes

## Whipped Cream Cheese and Pear Toast

Try trading in your classic morning toast for one topped with whipped cream cheese and fresh pears.



### Ingredients

**Cream cheese, low-fat**

**25 servings**

½ cup + 1 tsp

**50 servings**

1 cup + 2 tsp

**Pumpkin pie spice**

2 tsp

1 Tbsp + 1 tsp

**Bread, whole-wheat**  
(at least 28 g or 1 oz each)

25

50

**Bartlett pears, fresh, unpeeled, cored, ¼" slices\***  
(gently wash pears under running water before cutting)

~60 slices /  
~8½ large pears

~120 slices /  
~17 large pears




\*See Marketing Guide.

### Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small bowl, combine cream cheese and pumpkin pie spice. Mix with a fork. Keep cold at 40 °F or lower.
4. Toast bread in the oven for 3–4 minutes on each side.
5. Spread 1 tsp of spiced cream cheese on each piece of toast.
6. Top with sliced pears, about 2–2¼ slices. Cut pears in half if needed.
7. Serve 1 slice of toast. Serve immediately, or keep cold at 40 °F or lower.

Whipped Cream Cheese and Pear Toast

**CACFP Crediting Information:**

-  ¼ cup fruit
-  1 oz eq grains 

**Notes:**

- **Contains milk (cream cheese) and wheat (bread).** Bread can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bread) and may be included in the ingredients statements as “spice” or “flavoring.”
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- Apple pie spice or cinnamon can be substituted for pumpkin pie spice.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



**NUTRITION INFORMATION**

1 slice Whipped Cream Cheese and Pear Toast

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>111</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	3 mg
<b>Sodium</b>	<b>162 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	3 g
Total Sugars	5 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	63 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**Final weight and yields:**

**25 servings**

**Weight:** 5 lb 8 oz

**Yield:** 25 slices

**50 servings**

**Weight:** 11 lb

**Yield:** 50 slices

**\*Marketing Guide**

Food as Purchased for:	25 servings	50 servings
Pears, fresh	3 lb 9¾ oz	7 lb 3½ oz

Notes



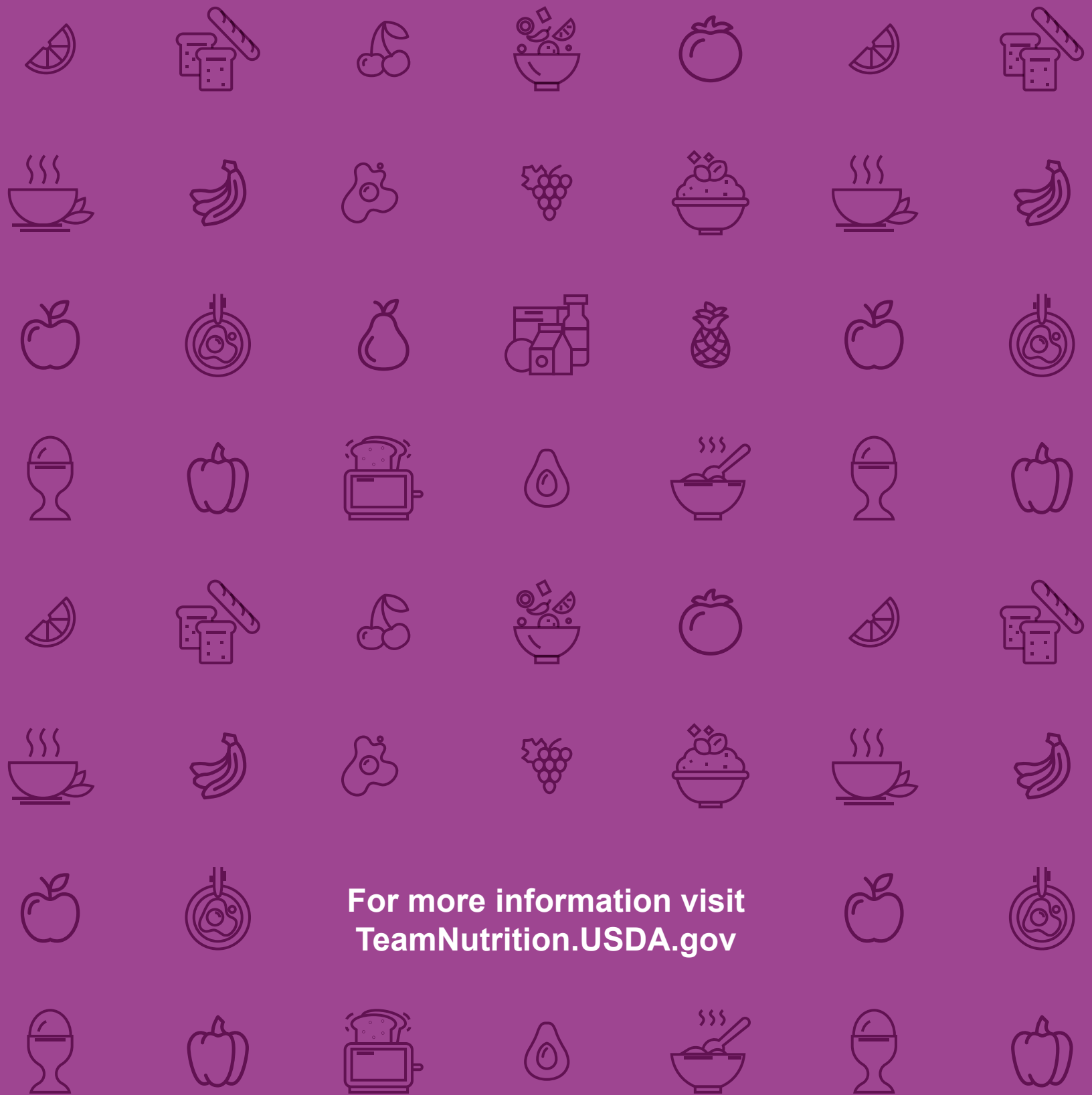
Notes











For more information visit  
[TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov)

