



2009 Montana CACFP Cook's Training

Supported in part by a USDA Team Nutrition Grant

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Today's Schedule

9:00am- Welcome and Introductions
9:30am- Cooking Demonstration
10:00am- Morning Break
10:15am-Work Station Assignments
12:00pm- Working Lunch and Instruction
12:30pm-Q & A Wrap-up & Evaluations
1:00pm -Adjourn

Cooking Agenda

Biscuit & Baking Mix-Master Mix Recipe
Cinnamon Rolls
Confetti Bean Salsa
Confetti Bean Rice Salad
Confetti Bean Roll-ups
Spaghetti Sauce with Lentils
Macaroni & Cheese
Baked Chicken Strips with sweet & sour dipping sauce
Chicken Salad with vinaigrette dressing
Pumpkin Bread with maple butter
Applesauce Bread with honey butter
Fruit Juice Gelatin Parfaits topped with yogurt
Autumn Bars



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Additional Materials:

(Not included in this packet but distributed during training)

Choice Plus Food Safety Supplement

CACFP Meal Pattern Poster

MyPyramid for Kids

Basics at a Glance poster

Grains and Breads

www.wholegrainscouncil.org

www.amrice.com

www.usarice.com

Materials distributed but not include in this packet:

Lentil-Barley Salad Recipe

How to Prepare Bulk Grains Source: *The Good Food Store*

How to Prepare Bulk Pasta Varieties Source: *The Good Food Store*

Biscuit and Baking Mix
Makes 11-12 cups

Put this economical version of packaged biscuit mix in your cupboard-it's so versatile and convenient that you'll be making up a second batch before you know it. Biscuits, cookies, pancakes, muffins, and quick breads are just a few of the extra-quick foods you can make with this very handy mix.

8 3/4 cups flour
1/3cup baking powder
1/4 cup sugar
1 tablespoon salt
2 cups vegetable shortening

In a very large mixing bowl, sift together the flour, baking powder, sugar and salt. Use a pastry blender, or two knives or your fingertips to cut the shortening, 1 cup at a time, until the mix looks like coarse meal. Put in a covered container or plastic bag; label along with this page number; store at room temperature for about 3 months. For longer storage, place in freezer. To measure mix for use, lightly spoon it into a measuring cup; do not pack; level with a spatula.

For more information on the versatility of this master mix see recipe sheets titled:
Section: Baking Mixes

Make Your Own Groceries, by Daphne Metaxas Hartwig

Amish Pumpkin Bread

1 3/4 cup sugar
1 cup vegetable oil
3 egg whites
1 16oz pumpkin
3 1/2 cup flour
2 tsp. baking soda
1/2 tsp. salt
1 TBSP Pumpkin Pie Spice—See section Dressing, Dips, Seasonings & Extras
2/3 cup water
Chopped nuts as desired –optional

Mix sugar, oil and egg whites together. Add pumpkin and remaining ingredients. Mix well. Bake in 2 (5x9 inch) tins at 350 degrees for 45 minutes or until toothpick comes out clean.

Apple Sauce Bread

1 3/4 cup sugar
1 cup vegetable oil
3 egg whites
2 cups unsweetened Applesauce
3 1/2 cup flour
2 tsp. baking soda
1/2 tsp. salt
1TBSP Apple pie spice- See section Dressing, Dips, Seasonings & Extras
2/3 cup water
Chopped nuts as desired –optional

Mix sugar, oil and egg whites together. Add pumpkin and remaining ingredients. Mix well. Bake in 2 (5x9 inch) tins at 350 degrees for 45 minutes or until toothpick comes out clean.

Bannock Bread

Ingredients:

2-1/2 cups all-purpose flour
1-1/2 cups whole wheat flour
1/2 cup nonfat dry milk
2 tablespoons baking powder
1/2 teaspoon salt
2 cups water
vegetable oil spray

1. Preheat oven to 350 degrees. Put flours, dry milk, baking powder, and salt in a medium-sized bowl. Blend well.
2. Make a well in the center of the dry ingredients. Gradually add water, mixing well to make a soft dough. If dough is too moist, add more flour. If too dry, add more water.
3. Knead in the bowl about 10 to 15 times, until dough no longer sticks to your hands. Spray a 13x8-inch baking pan with vegetable oil spray. Press dough into baking pan. Bake 45 to 50 minutes.
4. Slice. Serve hot or cold. This bread is characteristically heavy and dense. Makes sixteen 2x3-inch rectangle servings.

Nutrient Content per Serving:

Exchanges: 1-1/2 starch
Calories: 124
Fat: 0.4 grams
Protein: 5 grams
Carbohydrate: 25 grams
Sodium: 231 milligrams
Cholesterol: 1 milligram
Total dietary fiber: 2 grams

This recipe has been modified from the traditional method to decrease the amount of total fat by using pan spray instead of grease in the pan and adding whole wheat flour. The whole wheat flour also increases the fiber content.

Source: *Northern Plains Indian: Food Practices, Customs, and Holidays*. Developed by American Dietetic Association and American Diabetes Association, 1999.



Source: Traditional Foods: A Native way of Life

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Rice Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular OR Enriched white rice, long grain, regular	10 oz OR 13 ½ oz	1 ½ cups OR 2 cups 2 Tbsp	1 lb 4 oz OR 1 lb 11 oz	3 cups OR 1 qt ¼ cup	1. Combine rice, water, and salt in a pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover.
Water		3 ¾ cups		1 qt 2 ½ cups	
Salt		1 tsp		2 tsp	2. Bake: Conventional oven: 350° F for 25 minutes
Tomato juice		¾ cup		1 ½ cups	
White vinegar		1 Tbsp 1 ½ tsp		3 Tbsp	3. Dressing: In a mixing bowl, whisk together tomato juice, vinegar, vegetable oil, granulated garlic, dry mustard, oregano, parsley, and pepper.
Vegetable oil		1 Tbsp		2 Tbsp	
Granulated garlic		1 tsp		2 tsp	4. Place hot rice in a mixing bowl. Pour dressing over top and toss to thoroughly coat rice. Cover with plastic wrap and refrigerate for 1 hour.
Dry mustard		½ tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	5. To the rice, add carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine.
Dried parsley		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
*Fresh carrots, shredded	6 oz	1 ¾ cups	12 oz	3 ½ cups	
*Fresh tomatoes, ¼" diced	3 oz	½ cup	6 oz	1 cup	
*Fresh cucumber, peeled, seeded, ¼" diced	3 oz	½ cup 2 Tbsp	6 oz	1 ¼ cups	
Frozen mixed vegetables, thawed, drained	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	

Rice Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-02

Canned garbanzo beans, drained	7 ¼ oz	1 ¼ cups (¾ No. 300 can)	14 ½ oz	2 ¼ cups (1 ½ No. 300 cans)	6. Spread 2 lb 7 oz (approximately 1 qt 2 Tbsp) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to serve.
				7. Portion with No. 12 scoop (½ cup).	

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	8 oz	1 lb
Tomatoes	4 oz	8 oz
Cucumbers	4 oz	8 oz

SERVING:	YIELD:	VOLUME:
½ cup (No. 12 scoop) provides ¼ cup of vegetable and the equivalent of ¼ slice of bread.	25 Servings: 4 lb 14 oz 50 Servings: 9 lb 12 oz	25 Servings: 2 quarts ¼ cup 50 Servings: 1 gallon ½ cup

Tested 2004

Choosing the Right U.S.-Grown Rice

There are no hard and fast rules on which type of rice to use in a recipe. It is a matter of personal preference and there are many varieties to choose from. Long grain white and brown rice work well in entrees, side dishes, soups and salads, if you prefer separate, distinct grains. It is perfect for pilafs, stir-fry and Southern favorites like jambalaya and gumbo. Short and medium grain rice are good choices for dishes that have a creamier **characteristic — such as risotto, rice puddings, as well as sushi and other Asian dishes.**

How to Prepare Rice

American-grown rice is a high-quality product that does not need washing or rinsing before or after cooking. Most U.S. rice is enriched with iron, niacin, thiamin, and folic acid. Rinsing rice, or cooking rice in excess water and draining, results in loss of enrichment and other water-soluble vitamins and minerals. For best results, follow package directions. When directions are not available, use one of these easy methods:

Stovetop Directions

Combine rice, liquid, salt and butter or margarine (see chart) in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

Oven Directions

Cooking rice in the oven is an efficient use of energy when other foods are baking and frees up your stovetop when cooking other dishes. Boiling liquid must be used to start the cooking process. Carefully combine rice, boiling liquid, salt and butter or margarine (see chart) in a baking dish or pan; stir. Cover tightly and bake at 350 degrees for 25 to 30 minutes for long grain white rice (30 to 40 minutes for parboiled; 1 hour for whole grain brown rice). Remove carefully. Fluff with fork.

USA Rice Federation

usarice.com

Microwave Directions

Rice can be cooked in the microwave oven. Microwave ovens vary in size and wattage. The following cooking times are based on preparation in 1200 watt ovens. For best results, follow manufacturer directions for your oven. When directions are not available you may follow these general guidelines. Combine rice, liquid, salt and butter or margarine (see chart) in 2 ½ to 3-quart deep microwave-safe baking dish; cover tightly.

For Medium or Long Grain White Rice - microwave on HIGH 5 minutes or until boiling; reduce to MEDIUM (Power level 5 or 50% power) and microwave 15 minutes or until water is absorbed. Let stand 5 minutes.

For Parboiled Rice - microwave on HIGH 5 minutes or until boiling; reduce to MEDIUM (Power level 5 or 50% power) and microwave 20 minutes or until water is absorbed. Let stand 5 minutes.

For Whole Grain Brown Rice- microwave on HIGH 5 minutes; reduce to MEDIUM (Power level 5 or 50%) and microwave 20 minutes or until water is absorbed. Let stand 5 minutes.

USING OVEN MITTS, CAREFULLY REMOVE HOT DISH FROM MICROWAVE OVEN.

Rice Cookers

[Rice cookers](#) make cooking both white and whole grain brown rice easy and foolproof, and keep rice warm. There are many brands, styles, sizes and features available. Care should be taken to follow individual manufacturer's directions. In general, all ingredients are combined in the rice cooker. Turn the rice cooker on. It will stop cooking automatically by sensing a rise in temperature and change in moisture content that occurs when rice has absorbed the liquid and is fully cooked. * *For firmer rice, reduce water by 1/4 cup.* ***For parboiled whole grain brown, cook 30 minutes. If desired: add 1 teaspoon salt and 1 tablespoon butter.*

Tips for Perfect Rice

- Accurately measure rice and liquid.
- Set timer to prevent under or over-cooking.
- Keep lid on pot during cooking to prevent steam from escaping.
- Rice triples in volume. Use cookware appropriate for the amount of rice you are preparing.
- Do not stir. Stirring releases the starch, resulting in rice that is sticky.
- At the end of cooking time, remove lid and test for doneness. If rice is not tender or liquid is not absorbed, cook 2 to 4 minutes longer.
- When rice is cooked, fluff with fork or slotted spoon to allow steam to escape and keep the grains separate.

USA Rice Federation

usarice.com

What to do if...

- Rice is crunchy — add additional liquid, cover tightly and cook until grains are tender.
- More separate grains are desirable — sauté rice in small amount of butter or margarine before adding liquid.

Purchasing Tips

- Look for clean, intact grains when buying rice loose.
- One pound of uncooked rice equals approximately two cups uncooked or 6 cups cooked.

Proportion & Yield

1 Cup Uncooked Rice	Liquid	Cooking Time	Yield
Regular-milled long grain	2 cups*	15 minutes	3 to 4 cups
Regular-milled medium grain	1- 1/2 cups	15 minutes	3 cups
Regular-milled short grain	1-1/4 cups	15 minutes	3 cups
Whole grain brown	2-1/4 cups	40 to 45** minutes	3 to 4 cups
Parboiled	2-1/4 cups	20 minutes	3 to 4 cups
Precooked, flavored or seasoned mixes	Follow package directions	varies	varies

Rice	Parts liquid to 1 part rice (by volume)	Cooking time (minutes)
U.S. arborio	4½	20 - 30
U.S. basmati	1¾	20 - 25
U.S. jasmine	1¾	20 - 25
Brown, long grain	2¼	40 - 45
Parboiled	2	25 - 30
White, long grain	1¾	18 - 20
White, medium grain	1½	20 - 30
White, short grain	1½	20 - 30

Considering the 2:1 ratio, dry rice will triple in volume when cooked. When working with rice it is usually easier to measure the ingredients and calculate portions by volume. For costing purposes and writing recipes, it is helpful to know the correlation between volume and weight measures for rice:

- 1 cup dry rice = approx. 7 oz. (wt.)
 - 1 lb. dry rice = approx. 2 1/4 c. (vol.)
 - 1 lb. cooked rice = approx. 1 pt.
 - 1 cup cooked rice = approx. 8 oz. (wt.)
-
- 1 cup dry rice = approx. 7 oz. (wt.)
 - 1 lb. dry rice = approx. 2 1/4 c. (vol.)
 - 1 lb. cooked rice = approx. 1 pt.
 - 1 cup cooked rice = approx. 8 oz. (wt.)

USA Rice Federation

usarice.com

Worldwide there are more than 120,000 different varieties of rice, though only a small number offer the quality acceptable for commercial growth in the United States. These varieties can be divided into long, medium and short grain rice. An increasing number of sweet, aromatic and arborio rice varieties are also produced in the U.S.

The principal differences in these varieties are their cooking characteristics, texture and some subtle flavor variation. From a nutritional standpoint they are equal and can be used interchangeably, depending on the recipe.

Types of Rice

Long Grain

Long grain rice has a long, slender kernel three to four times longer than its width. Due to its starch composition, cooked grains are more separate, light and fluffy.

Medium Grain

Medium grain rice, when compared to long grain rice, has a shorter, wider kernel that is two to three times longer than its width. Cooked grains are more moist and tender than long grain, and have a greater tendency to cling together.

Short Grain

Short grain rice has a short, plump, almost round kernel. Cooked grains are soft and cling together, yet remain separate and are somewhat chewy, with a slight springiness to the bite.

Specialty varieties grown in the United States include the following:

U.S. jasmine rice

Jasmine rice is an aromatic long grain rice that has a distinctive aroma and flavor similar to that of popcorn or roasted nuts. Cooked grains are soft, moist and cling together.

USA Rice Federation

usarice.com

U.S. basmati type rice

Basmati rice is aromatic long grain rice that has a distinctive aroma and flavor similar to that of popcorn or roasted nuts. When cooked, it expands only lengthwise, resulting in long slender grains that are dry, separate and fluffy.

Della, Delrose, and Delmont

Della, Delrose, and Delmont rice varieties combine the qualities of regular long grain rice and basmati rice. They have an aroma similar to basmati; however, cooked grains swell in both length and width, like regular long grain rice.

U.S. aromatic red rice

Aromatic red rice has a deep-colored, honey-red bran. Like brown rice, it is minimally processed to retain its bran layers and takes 45 to 50 minutes to prepare. Cooked grains have a savory, nutty flavor and are slightly chewy.

U.S. black japonica

Black japonica rice is an aromatic rice with a dark black bran. Like brown rice, it is minimally processed to retain its bran layers and takes 45 to 50 minutes to prepare. Cooked grains are slightly chewy with a subtle sweet spiciness.

U.S. arborio rice

Arborio rice is a large, bold rice with a characteristic white dot at the center of the grain. In terms of length/width ratio and starch characteristics, it is classified as a medium grain rice. Primarily used in risotto, this rice develops a creamy texture around a chewy center and has exceptional ability to absorb flavors.

U.S. sweet rice

Sweet rice is short and plump with a chalky white, opaque kernel. When cooked, sweet rice loses its shape and becomes very sticky and glutinous. It is used in commercial product formulations, such as gravies and sauces.

Dried Legumes & Peas

www.peas.org

www.beanbible.com

www.americanbean.org

www.americanbean.com

The Bean Bible, by Aliza Green

The Bean Book, by Ron F. Guste

366 Delicious Ways to Cook Rice Beans and Grains, by Andrea Chesman

Materials distributed but not include in this packet:

Pinto Bean Cake Source: cooks.com

How to Prepare Bulk Beans Source: *Good Food Store*

Confetti Bean Salsa

Ingredients:

- 1-15-ounce can of red or black beans
- 1-11-ounce can of corn
- 1 cup salsa

Instructions:

- 1) Rinse beans under cold running water and drain thoroughly.
- 2) Rinse corn under cold running water and drain thoroughly.
- 3) Combine beans, corn, and salsa in medium sized bowl.
- 4) Mix all ingredients together.

Yield: Makes eight 1/2 cup servings

Ideas/Substitutions

- To reduce sodium, use fresh rather than prepared salsa.
- Substitute fresh or frozen cooked corn for canned.
- Include chopped cilantro or parsley for added flavor.
- Mix in low-fat or other cheese cubes for added calcium and protein.
- Mix in other vegetables , such as chopped peppers (green, red, orange, or yellow) or onions
- Serve with baked tortilla chips or whole grain crackers.

Recipe Source: Courtesy of Power of Choice, USDA

Autumn Bars

Hellgate Elementary
Recipe Sizing Report
Number of Portions: 25
Size of Portions: 1 piece

Vegetable oil 1 3/4 ounces

Prune Puree (baby food works fine) 1 oz.

Whole eggs 6 2/3 oz.

Refried Beans, canned 2 1/3 oz.

Flour All purpose white enriched bleached 7 7/8 oz

Granulated Sugar 13 tsp

Applesauce, canned unsweetened 13 1/4 oz.

Raisins 6oz

Vanilla Extract 7/8 tsp

Table Salt 1/8 tsp

Baking Soda 1/4 tsp

Ground cinnamon 1/4 tsp OR Pumpkin Pie Spice 1 7/8 tsp

Ground nutmeg 3/8 tsp

Ground Cloves 7/8 tsp

Mash pinto beans in the big mixer bowl with whop the day before and put in a plastic bin in the fridge overnight.

Soak the raisins in hot water overnight. Drain water before add to the bar mixture. Save this liquid to use later.

Mix first ingredients, applesauce and vanilla together in the big mixer. You will have to use the guard as the mixer is full.

Slowly add the dry ingredients and the raisins. Mix until blended well.

Pan up in pans that have been brushed with plan coating.

Bake 20 minutes at 325. Turn and check. Add 10-15 minutes where necessary.

Frost with frosting the next day or when cool.

Three Bean Salad

Vegetable

Salads and Salad Dressings

E-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned kidney beans, drained	9 oz	1 ½ cups (½ No. 2-½ can)	1 lb 2 oz	3 cups (1 No. 2-½ can)	1. Rinse kidney beans in cold water and drain well. 2. Combine kidney beans, wax beans, green beans, onions, and green pepper (optional).
Canned wax beans, drained	7 ½ oz	1 ½ cups (½ No. 2-½ can)	15 oz	3 cups (1 No. 2-½ can)	
Canned cut green beans, drained	1 lb 2 ¾ oz	3 ¾ cups (1 ¼ No. 2-½ cans)	2 lb 5 ½ oz	1 qt 3 ½ cups (2 ½ No. 2-½ cans)	3. Dressing: Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix or shake in a jar until well blended. 4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 2 lb 14 ¼ oz (approximately 1 qt 2 ½ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans. 5. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve. 6. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).
*Fresh white or red onions, chopped OR Dehydrated onions		¼ cup OR 2 ¼ tsp	3 oz	½ cup OR 1 Tbsp 1 ½ tsp	
*Fresh green pepper, chopped (optional)	3 ¾ oz	½ cup 2 Tbsp	6 ½ oz	1 ¼ cups	
Vegetable oil		½ cup		½ cup	
White vinegar		½ cup		½ cup	
Sugar		1 Tbsp 2 tsp		½ cup	
Dried basil		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Granulated garlic		½ tsp		1 tsp	

Three Bean Salad

Vegetable

Salads and Salad Dressings

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz
Green pepper (optional)	4 oz	8 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 14 ¼ oz	25 Servings: 1 quart 2 ½ cups 1 pan
	50 Servings: 5 lb 12 ½ oz	50 Servings: 3 quarts 1 cup 2 pans

Edited 2004

Nutrients Per Serving

Calories	47	Saturated Fat	0.42 g	Iron	0.43 mg
Protein	0.92 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	4.60 g	Vitamin A	87 IU	Sodium	110 mg
Total Fat	2.98 g	Vitamin C	1.6 mg	Dietary Fiber	0.9 g

Split Pea Soup

Meat Alternate-Vegetable-Grains/Breads

Soups

H-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	¼ cup	4 oz	¼ cup	1. In a heavy pot, melt margarine or butter. Add onions. Sauté onions until soft and slightly browned, about 2-3 minutes.
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	½ cup OR ¼ cup 2 Tbsp	
Water		2 qt		1 gal	2. Add water to onions and bring to a boil.
Dry split green peas	1 lb 3 oz	2 ¾ cups	2 lb 6 oz	1 qt 1 ½ cups	
*Fresh celery, ¼" diced	12 oz	2 ¾ cups 2 Tbsp	1 lb 8 oz	1 qt 1 ¾ cups	3. Add peas, celery, carrots, bay leaves, salt, and pepper. Bring to a boil.
*Fresh carrots, ½" diced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Dried bay leaf		1 each		2 each	4. Reduce heat. Simmer, covered, until peas are soft, about 50 minutes.
Salt		2 Tbsp	2 ¾ oz	¼ cup	
Ground black or white pepper		½ tsp		1 tsp	5. Add marjoram, thyme, and hot milk. Stir to blend. CCP: Heat to 135° F or higher for at least 15 seconds.
Dried marjoram		¼ tsp		¼ tsp	
Dried thyme		½ tsp		1 tsp	6. Remove bay leaves. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (¼ cup). Place ¼ slice of toasted bread on top.
Lowfat 1% milk, hot		2 cups		1 qt	
Enriched white bread, (at least 0.9 oz each), toasted, and cut into fourths		7 slices (28 ¼ pieces)		13 slices (52 ¼ pieces)	

Split Pea Soup

Meat Alternate-Vegetable-Grains/Breads

Soups

H-02

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	15 oz	1 lb 14 oz
Carrots	15 oz	1 lb 14 oz

SERVING:

½ cup (4 oz ladle) of soup with ¼ slice of toast provides ¼ cup of cooked split peas or the equivalent of 1 oz cooked lean meat, ¼ cup of vegetable, and ¼ slice of bread

YIELD:

25 Servings: 6 lb 8 oz
50 Servings: 13 lb

VOLUME:

25 Servings: 3 quarts ½ cup
50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	114	Saturated Fat	0.57 g	Iron	1.11 mg
Protein	5.94 g	Cholesterol	1 mg	Calcium	51 mg
Carbohydrate	17.54 g	Vitamin A	3174 IU	Sodium	664 mg
Total Fat	2.53 g	Vitamin C	1.6 mg	Dietary Fiber	5.3 g

TYPES OF BEANS Source: www.americanbean.com

Baby Lima

- Flat-shaped, white-colored beans
- Smooth, creamy texture
- Popular as a sidedish or added to soups and casseroles

Cooking Time: 1 hour

Black

- Medium-sized, black-skinned ovals
- Also called Turtle bean
- A favorite in South and Central American and Caribbean cuisine

Cooking Time: 1 to 1 1/2 hours

Blackeye

- Medium-sized, oval-shaped, with black dot on white colored skin
- Distinct, savory flavor and light, smooth texture
- Also called black-eyed pea
- Popular in Southern cooking in recipes such as Hoppin' John, traditionally served in the South on New Year's Day to bring luck

Cooking Time: 30 minutes to 1 hour

Cranberry

- Medium-sized, mottled tan and red ovals
- Becomes tender easily and absorbs flavors of spices very well
- Also called Roman bean
- A favorite in Italian dishes

Cooking Time: 45 to 60 minutes

Dark Red Kidney

- Large, deep reddish-brown and kidney-shaped
- Famous in Red Beans and Rice
- Popular in chili, soups and salads

Cooking Time: 1 1/2 to 2 hours

Garbanzo

- Round, medium-sized, beige color
- Nut-like flavor and firm texture
- Also called chickpea
- Popular in soups and salads; main ingredient in Middle Eastern dishes hummus and falafel

Cooking Time: 1 to 1 1/2 hours

Great Northern

- Medium-sized, white oval
 - Belongs with the White bean or Haricot bean family
 - Often used in soups, stews and Cassoulet
- Cooking Time:* 45 to 60 minutes

Light Red Kidney

- Large, light red and kidney-shaped
 - Famous in Red Beans and Rice
 - Popular in chili, soups and salads
- Cooking Time:* 1 1/2 to 2 hours

Large Lima

- Flat-shaped, white-colored beans
 - Smooth, creamy, sweet flavor
 - Also known as Butter Beans
 - Popular as a sidedish or added to soups and casseroles
- Cooking Time:* 1 to 1 1/2 hours

Navy

- Small white ovals
 - Belongs to the White bean or Haricot bean family
 - Often used in baked beans, soups and salads
- Cooking Time:* 1 1/2 to 2 hours

Pink

- Small, pale, pink-colored
 - Turns reddish brown when cooked
 - Often used in South American recipes and "Old West" recipes like chili
- Cooking Time:* 1 hour

Pinto

Medium-sized, mottled beige and brown ovals

When cooked, loses mottling and turns brown

Staple in Latino cooking

Often found, whole or refried, in favorites like burritos and tacos

Cooking Time: 1 1/2 to 2 hours

Small Red

Dark red color, with flavor and properties similar to Dark Red Kidney bean, only smaller

Holds shape and firmness when cooked

Also called Small Red Mexican bean

Often used in soups and Creole dishes

Cooking Time: 1 to 1 1/2 hours

The Main Dish

Stove Top Mac-n-Cheese

Recipe courtesy Alton Brown

Prep Time: 10 min

Inactive Prep Time: hr min

Cook Time: 25 min

Level: Easy

Serves: 6 to 8 servings

Ingredients

- 1/2 pound elbow macaroni
- 4 tablespoons butter
- 2 eggs
- 6 ounces evaporated milk
- 1/2 teaspoon hot sauce
- 1 teaspoon kosher salt
- Fresh black pepper
- 3/4 teaspoon dry mustard
- 10 ounces sharp cheddar, shredded

Directions

In a large pot of boiling, salted water cook the pasta to al dente and drain. Return to the pot and melt in the butter. Toss to coat.

Whisk together the eggs, milk, hot sauce, salt, pepper, and mustard. Stir into the pasta and add the cheese. Over low heat continue to stir for 3 minutes or until creamy.

Cheesy Macaroni and Cheese

An excellent busy day recipe, for best results use a good quality cheese

Top of Stove Oven 350 degrees

1 cup (4-ounces) elbow macaroni
1/2 cup milk
3 cups (12-ounces) medium Cheddar cheese, shredded
Pepper, to taste

Cook macaroni according to package directions; drain and rinse. Meanwhile, heat milk in medium-heavy saucepan. Reduce heat; gradually add cheese. Stirring until melted and smooth. Add pepper. Place macaroni in 1 1/2 quart deep casserole dish sprayed with nonstick cooking spray. Pour cheese over macaroni and gently stir to mix. Bake, uncovered, at 350 degrees for 23-30 minutes or until heated through and golden.

Makes 4 servings.

Variation: Top with $\frac{3}{4}$ cup buttered bread crumbs for added crunch.

Lighter Version

Nonfat milk
Lowfat Cheddar cheese

Crispy Chicken Nuggets

Makes 4 servings; about 20 nuggets

1 1/2 cup corn flakes cereal, lightly crushed
1 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano leaves
1/8 to 1/4 teaspoon cayenne pepper
1 egg white
1lb. boneless skinless chicken breast, cut into 1 1/2 inch pieces
1 cup prepared sweet and sour sauce or barbecue sauce

In a paper or plastic bag, combine cereal, paprika, garlic, powder, oregano and cayenne; shake to mix. Place egg white in shallow bowl; beat slightly. Dip chicken pieces in egg white. Shake dipped chicken, 3 or 4 pieces at a time, in cereal mixture to coat. Place half the chicken pieces in circle around edge of microwave-safe roasting rack. Cover with waxed paper.

Microwave Baking: Bake on high for 3-3 1/2 minutes until chicken is not longer pink, rotating rack once during cooking. Repeat with remaining chicken pieces. Serve with sweet and sour sauce.

Oven Baking: Bake at 400 degrees 18-20 minutes, Turning once 1/2 way thru baking time.

Source: recipes@cooks.com

Oven-Baked Fish

Meat Main Dishes D-

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Frozen fish portions, thawed (at least 2 oz each) OR Fresh or frozen fish fillet, thawed (at least 2.2 oz each)	3 lb 2 oz OR 3 lb 7 oz	25 each OR 25 each	6 lb 4 oz OR 6 lb 14 oz	50 each OR 50 each	2. Pat fish portions dry with paper towels. In a separate bowl, coat fish with yogurt or salad dressing or mayonnaise.
Lowfat plain yogurt OR Reduced calorie salad dressing OR Lowfat mayonnaise	3 oz OR 3 oz OR 3 oz	½ cup OR ½ cup OR ½ cup	6 oz OR 6 oz OR 6 oz	¾ cup OR ¾ cup OR ¾ cup	
					3. Roll fish portions in bread crumbs to coat.
					4. Place 12-13 pieces of fish in a single layer on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. Bake until fish flakes easily with a fork: Conventional oven: 500° F for 17 minutes Convection oven: 450° F for 15 minutes CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 1 piece (1 ½ oz).

Oven-Baked Fish

Meat Main Dishes D-09

SERVING:	YIELD:	VOLUME:
1 piece provides 1 ½ oz of cooked fish.	25 Servings: 2 lb 5 oz	25 Servings: 2 pans
	50 Servings: 4 lb 10 oz	50 Servings: 4 pans

Tested 2004

Special Tip:
This may be served with Fruity Dip (C-02).

Nutrients Per Serving			
Calories	72	Saturated Fat	0.16 g
Protein	11.76 g	Cholesterol	40 mg
Carbohydrate	3.56 g	Vitamin A	20 IU
Total Fat	0.86 g	Vitamin C	0 mg
		Iron	0.55 mg
		Calcium	51 mg
		Sodium	230 mg
		Dietary Fiber	0.1 g

Spanish Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched 9-inch pie shells, unbaked (B-23)	3 lb 6 oz	4 each	6 lb 12 oz	8 each	1. For pie crust use recipe Bottom Pastry Crust (see recipe B-23). Prick the bottom and sides of pie shells. 2. Bake pie shells until lightly browned: Conventional oven: 425° F for 5-7 minutes Convection oven: 400° F for 5 minutes Reserve for step 5.
*Fresh onions, chopped OR Dehydrated onions	4 oz	½ cup OR ¼ cup 2 Tbsp	8 oz	1 ½ cups OR ¾ cup	
*Fresh green peppers, diced	9 oz	1 ¾ cups	1 lb 2 oz	3 ¾ cups	3. In a small pan, sauté onions and green pepper in margarine or butter until tender, about 3-5 minutes. Set aside to cool. 4. In a bowl, combine milk, eggs, salt, pepper, oregano, paprika, parsley, and basil. Add onion and green pepper. Stir to blend.
Margarine or butter	3 oz	¾ cup 2 Tbsp	6 oz	¾ cup	
Lowfat 1% milk		1 qt		2 qt	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
Salt		½ tsp		1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Dried oregano		½ tsp		¼ tsp	
Paprika		½ tsp		¼ tsp	
Dried parsley		½ tsp		1 tsp	
Dried basil		½ tsp		¼ tsp	
Enriched dry bread crumbs	5 ½ oz	1 cup	11 oz	2 cups	5. Combine bread crumbs and shredded cheese. Sprinkle 1 cup 3 Tbsp of this crumb mixture in the bottom of each baked crust.
Reduced fat Cheddar cheese, shredded	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 3 ½ cups	
Canned diced tomatoes, with juice	1 lb 2 oz	2 cups 3 Tbsp	2 lb 4 oz	1 qt 1 ½ cups	6. Pour 4 ½ oz (½ cup 2 ½ tsp) of tomatoes over the bread crumbs and cheese in each crust.

Spanish Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08A

					7. Pour 15 oz (2 ¼ cups) of egg mixture over the tomatoes in each crust.
Reduced fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Top each quiche with 2 oz (½ cup) Cheddar cheese and 1 oz (3 Tbsp) green peppers.
*Fresh green peppers, diced	4 oz	¾ cup	8 oz	1 ½ cups	
Canned corn, whole kernel liquid packed, drained	1 lb 1 oz	¾ cup	2 lb 2 oz	1 ½ cups	9. Pour 4 ¼ oz (3 Tbsp) corn over egg and tomato mixture in each pie crust. 10. Bake: Conventional oven: 375° F for 40 minutes Convection oven: 350° F for 35 minutes Bake until knife inserted in center comes out clean. CCP: Heat to 155° F or higher for at least 15 seconds.
					11. CCP: Hold for hot service at 135° F or higher. Cut each pie into 6 slices. Portion is 1 slice.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	5 oz	10 oz
Green peppers	1 lb 1 oz	2 lb 2 oz

SERVING:

1 slice provides the equivalent of 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.

YIELD:

24 Servings: 9 lb 5 oz
48 Servings: 18 lb 10 oz

VOLUME:

24 Servings: 4 pans
48 Servings: 8 pans

Delights

www.fruitsandveggiesmorematters.org

Finger Jello with Real Fruit Juice

3 envelopes unflavored gelatin
1 cup cold fruit juice
3 cup fruit juice, heated to boiling

Sprinkle gelatin over cold fruit juice. Let stand 1 minute.
Add 3 cups fruit juice, heated to boiling. Stir until gelatin is completely dissolved. Pour into 13x9 inch pan; chill until firm. Cut into 1 inch squares.

Makes about 9 dozen.

To make Knox blocks-1 envelop to 1 cup of liquid.

Source: recipes@cooks.com

INDIAN BERRY PUDDING
(CHOCKECHERRY, BUFFALO BERRY, JUNE BERRY)
Baalappia – Crow word for pudding

Ingredients:

Berries
Water
Flour
Sugar

1. Boil berries in a large saucepan. The water should be a couple of inches above the berries. Boil approximately 10 minutes.
2. Strain berry juice and save.
3. Mash the berries to release the juice and taste. Set aside berries.
4. Mix enough flour and water to make a thick mixture (not paste).
5. Using the same boiling pan, pour mashed berries and less than half of the saved berry juice back in the pan. Heat at medium high, slowly pouring the flour mixture in the pan. Keep stirring. If liquid gets thick, pour more berry juice, but not too much.
6. Keep stirring the pudding until it comes to a boil; immediately remove from stove (the thickness is up to the cook depending on whether you like thin watery pudding or thicker pudding). If made correctly, there should be some juice left. After the pudding cools down, add sugar to your taste.

Stirring is the trick to an almost perfect Indian pudding. Never leave the pudding while cooking. The pudding can easily burn, and it will ruin the good taste of the berry pudding.

There is no cup-by-cup, spoon-by-spoon measurement in making an Indian pudding. Whether you make a small or a large pot of pudding depends on how many berries you have.

Source: Dorcella (Three Irons) Flatmouth. Told to her by mother - Mary (Tenbear) Three Irons – and grandmother – Louise Three Irons, Crow.

Source: Traditional Foods: A Native way of Life

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Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup drained	1 lb 14 ½ oz	1 qt ¼ cup (½ No. 10 can)	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	1. Place 1 lb 14 ½ (1 qt ¼ cup) sweet potatoes into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canned unsweetened sliced apples, solid pack, drained	1 lb 13 ½ oz	1 qt (½ No. 10 can)	3 lb 11 oz	2 qt (½ No. 10 can)	
Brown sugar, packed	2 ¾ oz	¼ cup 2 Tbsp	5 ¾ oz	¾ cup	3. Combine brown sugar, cinnamon, and nutmeg (optional).
Ground cinnamon		½ tsp		1 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	4. Sprinkle 3 Tbsp sugar mixture over the apples in each pan.
Margarine or butter		2 Tbsp 2 tsp		½ cup	
Water		¼ cup 2 Tbsp		¾ cup	5. Dot each pan with 2 Tbsp 2 tsp margarine or butter.
					6. Add ¼ cup 2 Tbsp water per pan.
					7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (1/4 cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	25 Servings: 1 pan	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 2 pans	50 Servings: 3 quarts ½ cup

Edited 2004

Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	2 oz	¼ cup	4 oz	½ cup	1. Heat margarine or butter in a stock pot until browned.
Lemon juice		1 Tbsp		2 Tbsp	2. Turn off heat and add lemon juice.
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	3. Add onions, basil, parsley, pepper, onion powder, Parmesan cheese, and bread crumbs. Mix, reserve for step 6.
Dried basil		¼ tsp		1 ½ tsp	
Dried parsley		1 ½ tsp		1 Tbsp	
Ground black or white pepper		¼ tsp		¼ tsp	
Onion powder		½ tsp		1 tsp	
Reduced fat Parmesan cheese, grated		3 Tbsp	2 oz	¼ cup 2 Tbsp	
Enriched dry bread crumbs	2 ½ oz	½ cup	5 oz	1 cup	
Frozen broccoli spears	1 lb 9 oz		3 lb 2 oz		4. Place broccoli and cauliflower in separate pans (9" x 13" x 2"). Heat each pan in microwave until vegetables are tender. Drain water from pans. CCP: Heat to 135° F or higher.
Frozen cauliflower	1 lb 9 oz		3 lb 2 oz		5. Combine 11 oz of cooked broccoli and 11 oz of cooked cauliflower in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					6. Sprinkle ½ cup of bread crumb mixture over each pan of vegetables before serving.
					7. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz

Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-16

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 3 lb 2 ¼ oz

50 Servings: 6 lb 5 ½ oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	46	Saturated Fat	0.62 g	Iron	0.43 mg
Protein	2.27 g	Cholesterol	1 mg	Calcium	40 mg
Carbohydrate	4.90 g	Vitamin A	640 IU	Sodium	130 mg
Total Fat	2.34 g	Vitamin C	20.7 mg	Dietary Fiber	1.8 g

Stir-Fry Vegetables

Vegetable

Vegetables

I-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	3 lb 2 oz		6 lb 4 oz		1. Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.) Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4. Clean, slice and cut vegetables into bite-size pieces. 2. Combine water, soy sauce, and granulated garlic. Set aside for step 6. 3. Heat oil in a large, heavy skillet or pan. 4. Add pepper to oil and stir.
Group A Broccoli Carrots Cauliflower Celery Onions					
Group B Cabbage Green beans Green peas Yellow summer squash Zucchini					
Optional Vegetables: Snow peas Red or green peppers Pimientos Water chestnuts					
Water		¼ cup		½ cup	
Low-sodium soy sauce		2 Tsp		¼ cup	
Granulated garlic		1 tsp		2 tsp	
Vegetable oil		¼ cup		½ cup	
Ground black or white pepper		¼ tsp		½ tsp	

Stir-Fry Vegetables

Vegetable

Vegetables

I-10

	5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.
	6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
	7. Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.
	8. Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.
	9. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 1 pan	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 2 pans	50 Servings: 3 quarts ½ cup

Edited 2004

Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.

Nutrients Per Serving					
Calories	38	Saturated Fat	0.33 g	Iron	0.27 mg
Protein	0.78 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	4.04 g	Vitamin A	2431 IU	Sodium	67 mg
Total Fat	2.32 g	Vitamin C	15.8 mg	Dietary Fiber	1.2 g

Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings

E-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh carrots, coarsely shredded	1 lb 10 oz	1 qt 3 ¾ cups	3 lb 4 oz	3 qt 3 ¾ cups	1. Place carrots and raisins in large bowl.
Raisins	12 oz	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
Instant nonfat dry milk, reconstituted		¼ cup		½ cup	2. Dressing: In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).
Reduced calorie salad dressing OR Lowfat mayonnaise	8 oz OR 8 oz	1 cup OR 1 cup	1 lb OR 1 lb	2 cups OR 2 cups	
Salt		¼ tsp		½ tsp	3. Pour dressing over carrots and raisins. Mix lightly. Spread 3 lb (approximately 1 qt 2 ½ cups) in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Ground nutmeg (optional)		¼ tsp		½ tsp	
Lemon juice (optional)		1 Tbsp		2 Tbsp	
					4. CCP: Cool to 41° F or lower within 4 hours.
					Cover. Refrigerate until ready to serve.
					5. Mix lightly before serving.
					Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	2 lb	4 lb

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	25 Servings: 3 lb	25 Servings: 1 quart 2 ½ cups 1 pan
	50 Servings: 6 lb	50 Servings: 3 quarts 1 cup 2 pans

Buttermilk Smoothie

Equipment: A blender or electric mixer

Directions: Blend all ingredients to make a smooth, slightly tart beverage.

Ingredients for one serving

	Credit:	1 to 2 years	3 to 5 years	6 to 12 years
Buttermilk		$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Frozen strawberries or peaches		$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup

Yogurt Parfaits

Equipment: Bowls, spoons, serving cups or bowls

Directions: Place vanilla yogurt, granola or any other flaked cereal, and fresh, frozen or canned fruit in separate serving bowls. Layer ingredients, yogurt, cereal, and fruit, in a cup or bowl.

Ingredients for one serving

	Credit:	1 to 2 years	3 to 5 years	6 to 12 years
Yogurt		2oz	2oz	4oz
Fruit and/or Cereal, cold, dry		$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup

Information adapted from Nutrition Guidance for Child Care Homes; Making Nutrition Count for Children by United States Department of Agriculture Child and Adult Care Food Program

Dressings, Dips, Seasonings and Extras

Materials distributed but not include in this packet:
Cooking with Herbs Source: Real Foods Store
Cooking with Oils Source Real Food Store

Pumpkin Pie Spice

Makes about 1 cup

½ cup cinnamon
¼ cup ground ginger
2 tablespoons nutmeg
2 tablespoons ground cloves

Combine ingredients and blend.

Use 3 ¼ teaspoons per each 1 ½ cups of canned pumpkin

Apple Pie Spice

½ cup cinnamon
1 tablespoon nutmeg
1 table spoon all spice
1 teaspoon ground cloves
½ teaspoon ground ginger

Combine ingredients and blend.

Use along with sugar in apple pie, applesauce, and baked apples.

Use 1 ¼ teaspoons per each 6 cups of sliced apples.

Spaghetti Sauce Mix

Makes 12 packages of mix each yielding 2 ¼ cups sauce

3/4 cup dehydrated carrots*
1/3 cup dried green pepper flakes*
1/3 cup instant minced onion (or ¼ cup onion powder)
3/4 cup parsley flakes
3/4 cup cornstarch
1/3 cup salt
1/2 cup oregano, crushed well between the heels of you hands
3 tablespoons minced garlic (or 1 ½ tablespoons powdered garlic)
2 tablespoons sugar
12 pieces of aluminum foil, about 6 inches square, or 12 small envelopes

*The first 3 ingredients can be replaced by 1 ½ cups of dried soup greens or dehydrated vegetable flakes. Dehydrated carrots and other vegetables are available at super market spice shelves.

Combine the first 3 ingredients in a blender or food processor; whirl into a powder and pour into a mixing bowl. Add all remaining ingredients except foil; use your hands to evenly mix everything together. Dole out 12 even portions of mix onto the foil pieces or into envelopes.

If using envelopes, seal them and store the envelopes together in a plastic bag. Label the packages of mix along with directions or this page number and store indefinitely at room temperature.

To make with tomato paste: Combine in a sauce pan; 1 package of mix, a 15-ounce can of tomato sauce, 3 cups of water or broth, and 1 tablespoon oil. Stir and simmer. uncovered for 10 minutes.

To make with Meat Sauce: Brown 1 pound of ground beef or your own meatballs in oil; drain excess oil, leaving 1 tablespoon. Blend in 1 package of mix, a 6 oz can of tomato paste and 1 3/4 cups of water. Simmer and stir uncovered for 20 minutes.

Chili Seasoning Mix

Makes 6 packages each yielding 4-6 servings

1 1/8 cups flour
3/4 cup instant minces onion
1/3 cup chili powder
2 tablespoons ground cumin
2 tablespoons salt
1 1/2 tablespoon crushed hot red pepper flakes
2 teaspoons sugar
6 pieces of aluminum foil, 6 inches square or 6 small envelopes

Combine and mix all ingredients. Spoon 6 even portions of mix onto foil pieces or into envelopes.

If using envelopes, seal them and store the envelopes together in a plastic bag. Label the packages of mix along with directions or this page number and store indefinitely at room temperature.

To use: Brown 1 pound ground beef in a pan, drain excess fat; sprinkle contents of 1 packaged of mix over the meat, stirring well. Stir in a 15 ounce can of tomato sauce, 1/4 cup water, and a 15-ounce can of un-drained kidney beans. Simmer and stir, uncovered, for 20-30 minutes. Serve with a tossed salad and crusty bread.

Taco Seasoning Mix

Makes 6 packages mix each yielding about 8 tacos

1/4 cup instant minced onion
3 tablespoons chili powder
2 tablespoons ground cumin
2 tablespoons salt
1 tablespoon crushed hot pepper flakes
1 tablespoon instant minced garlic
1 tablespoons cornstarch
2 teaspoon oregano, crushed well
6 pieces of aluminum foil, 6 inches square or 6 small envelopes

Combine and mix all ingredients. Spoon 6 even portions of mix onto foil pieces or into envelopes. Wrap, label, and store as directed for Spaghetti Sauce Mix.

If using envelopes, seal them and store the envelopes together in a plastic bag. Label the packages of mix along with directions or this page number and store indefinitely at room temperature.

To use: Brown 1 pound ground beef in a skillet; drain off excess fat; sprinkle 1 package of mix over the meat and stir to blend. Add 1/2 cup water and 1 tablespoon catsup. Simmer and stir, uncovered, for 10 minutes or until water has evaporated. Spoon onto taco shells and top with chopped onion, grated Cheddar cheese, chopped tomatoes, and shredded lettuce.

Sloppy Joe Seasoning Mix

Makes 6 packages mix each yielding 4-6 sandwiches

1/2 cup minced onion
2 tablespoons dried green pepper flakes
2 tablespoons salt
2 tablespoons cornstarch
1 tablespoon instant minced garlic
2 to 3 teaspoons chili powder
2 to 3 teaspoons sugar
1 1/2 teaspoons dry mustard
1 1/2 teaspoons celery seed, crushed to a powder
1/4 teaspoons cayenne
6 pieces of aluminum foil, 6 inches square, or 6 small envelopes

Combine and mix all ingredients. Spoon 6 even portions of mix onto foil pieces or into envelopes.

If using envelopes, seal them and store the envelopes together in a plastic bag. Label the packages of mix along with directions or this page number and store indefinitely at room temperature.

To use: Brown 1 pound ground beef in a skillet, drain off fat; sprinkle contents of 1 package of mix over meat and stir to blend. Stir in a 6 ounce can of tomato paste and 1 1/4 cups water. Simmer and stir, uncovered, for 10 to 15 minutes or until thickened to your liking. Serve between hamburger buns.

Make Your Own Groceries, by Daphne Metaxas Hartwig

Sweet and Sour Sauce

2T cornstarch
1T soy sauce
8T sugar
6T vinegar
1C pineapple juice
4T ketchup

Mix dry ingredients together and add wt ingredients. Bring to a boil. Let cool before serving.

Confetti Rice Salad Dressing

2T rice vinegar
2T olive oil
Salt and pepper to taste. Mix well and add to corn, bean and rice mixture.

Strawberry Yogurt Dressing

1 6oz container of strawberry yogurt
1/2C fresh strawberries
1T apple cider vinegar

Mix in blender or processor until smooth. Keep refrigerated.

Asian Salad Dressing

1/3C honey
1/2 C rice vinegar
4t soy sauce
Mix and store in refrigerator

Plum Marinade for Poultry

1/2 C soy sauce
1/2 C rice vinegar
1/4 C Chinese plum sauce (found in the Asian section of most grocery stores)

Mix well and store in the refrigerator.

Make Your Own Groceries, by Daphne Metaxas Hartwig

Fruity Dipping Sauce

Fruit

Dips, Sauces, and Toppings

C-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cling peaches, diced, in syrup	3 lb	1 qt 1 ½ cups (1 ½ No. 2-½ cans)	6 lb	2 qt 3 cups (3 ½ No. 2-½ cans)	<ol style="list-style-type: none"> 1. Drain peaches, reserve syrup for steps 3 and 4. For 25 servings, reserve 1 ½ cups. For 50 servings, reserve 3 cups. 2. Puree drained peaches in blender, or mash, or finely dice. Reserve for step 5. 3. Combine soy sauce and vinegar. Add reserved peach juice. For 25 servings, add ¼ cup. For 50 servings, add 1 ½ cups. Dissolve cornstarch in this mixture. 4. Over medium heat, boil the additional peach syrup. For 25 servings, use ¼ cup. For 50 servings, use 1 ½ cups. Add cornstarch mixture. Add brown sugar and ginger (optional). Simmer for 3-5 minutes to thicken. 5. Add cornstarch mixture to pureed peaches. Cover and chill for at least 2 hours. Keep refrigerated until ready to serve. 6. Portion with No. 20 scoop (3 ½ Tbsp).
Low-sodium soy sauce		1 tsp		2 tsp	
White vinegar		1 tsp		2 tsp	
Reserved peach syrup		¾ cup		1 ½ cups	
Cornstarch		2 Tbsp		¼ cup	
Additional reserved peach syrup		¾ cup		1 ½ cups	
Brown sugar, packed	4 oz	½ cup	8 oz	1 cup	
Ginger (optional)		¼ tsp		¼ tsp	

SERVING:	YIELD:	VOLUME:
3 ½ tablespoons (No. 20 scoop) provides ¼ cup of fruit.	25 Servings: 2 lb 12 oz	25 Servings: 1 quart 1 cup
	50 Servings: 5 lb 9 oz	50 Servings: 2 quarts 2 cups

Edited 2004

Special Tip:
This may be used as a dipping sauce for fish or chicken nuggets.

Yogurt Fruit Dip

Meat Alternate-Fruit

Snacks

G-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat vanilla yogurt	3 lb 4 oz	1 qt 2 ¼ cups	6 lb 8 oz	3 qt ½ cup	<ol style="list-style-type: none"> 1. In a bowl, combine yogurt and peaches. Stir to blend. 2. Refrigerate until ready to serve. 3. Portion with No. 10 scoop (¾ cup).
Canned diced peaches, drained	3 lb 1 oz	1 qt 2 ¼ cups (2 ¼ No. 2-½ cans)	6 lb 2 oz	3 qt ½ cup (5 ½ No. 2-½ cans)	

SERVING:	YIELD:	VOLUME:
¾ cup (No. 10 scoop) provides ¼ cup of yogurt or the equivalent of ½ oz cooked lean meat and ¼ cup of fruit.	25 Servings: 6 lb 5 oz	25 Servings: 2 quarts 2 cups
	50 Servings: 12 lb 10 oz	50 Servings: 1 gallon 1 quart

Tested 2004

Special Tip:
This makes a good snack for dipping fruit and crackers.

Nutrients Per Serving			
Calories	62	Saturated Fat	0.59 g
Protein	3.52 g	Cholesterol	4 mg
Carbohydrate	10.50 g	Vitamin A	365 IU
Total Fat	0.94 g	Vitamin C	2.5 mg
		Iron	0.20 mg
		Calcium	112 mg
		Sodium	43 mg
		Dietary Fiber	1.2 g

Crediting Recipes

Any recipe, a one item or a combination recipe, can be credited for the CACFP Meal Pattern. Most recipe books provide useful information to assist in determining the number of servings/yield of a recipe.

It is simple and easy. Step one: identify the meal components. Step two: credit the recipe using the CACFP Meal Pattern.

If you have any questions on crediting combination foods or recipes contact the CACFP office.

1-(888)-307-9333

Crediting Combination Foods toward CACFP Meal Components

Adapted from: State of Colorado CACFP

You may count combination foods up to a total of three meal components:

- 1) Protein/Protein Alternate
- 2) Bread/Bread Alternate
- 3) Fruit/Vegetable (count as one component only.)

Example: Homemade Pizza with Cheese, Tomato Sauce, Onions, Mushrooms, and Zucchini

Credit as:

- Meat/Meat Alternate
- Bread/Bread Alternate
- Fruit/Vegetable (count as one component only)

Example: Beef Stew made with Beef, Carrots, Potatoes, and Onions

Credit as:

- Meat/ Meat Alternate
- Fruit/ Vegetable (count as one component only.)

Example: Carrots and Peas

Credit as:

- Fruit/ Vegetable (count as one component only.)

Exception: Chef Salad (with Meat/Meat Alternate)

Example: Chef Salad with Hard Boiled Egg, Turkey, Cheese, Lettuce, Tomato, Celery, and Cucumber.

Credit as:

- Meat/Meat Alternate (Egg)
- Fruit/Vegetable (Lettuce)
- Fruit/Vegetable (tomato, celery, cucumber)

Cheesy Macaroni and Cheese

An excellent busy day recipe, for best results use a good quality cheese

Top of Stove Oven 350 degrees

1 cup (4-ounces) elbow macaroni
1/2 cup milk
3 cups (12-ounces) medium Cheddar cheese, shredded
Pepper, to taste

Cook macaroni according to package directions; drain and rinse. Meanwhile, heat milk in medium-heavy saucepan. Reduce heat; gradually add cheese. Stirring until melted and smooth. Add pepper. Place macaroni in 1 1/2 quart deep casserole dish sprayed with nonstick cooking spray. Pour cheese over macaroni and gently stir to mix. Bake, uncovered, at 350 degrees for 23-30 minutes or until heated through and golden. Makes 4 servings.

Variation: Top with 3/4 cup buttered bread crumbs for added crunch.

Lighter Version

Nonfat milk

Low-fat Cheddar cheese

Recipe yields 4 servings for the age group 3-5 years.

Crediting for CACFP Meal Pattern 3-5 year olds

1) Bread/Bread Alternate

Noodles: 2 cups cooked noodles yields four 1/2 cup servings
perfect meets minimum on the dot

2) Protein/Protein Alternate

Cheese: 3/4 lbs.=12 oz. which yields eight 1.5 ounce servings
more than enough

HOW TO DETERMINE IF HOMEMADE BREAD PRODUCTS ARE CREDITABLE

The following information will help determine if the recipes are creditable by calculating the weight of the major ingredients and determining the number of servings of each recipe. Part 1 of this section provides step-by-step evaluation of sample recipes. Use the *Weights of Commonly Used Ingredients* (see chart that starts on page 33) to determine the weights of various ingredients.

For a Bread/Bread Alternate: Remember, in order to meet CACFP requirements, a bread/ bread alternate's heaviest ingredient must be enriched or whole-grain flour or meal, germ or bran. Determine the weight of similar foods together. For instance, group sweetening agents together, such as granulated sugar, brown sugar, confectioners sugar, corn syrup, molasses, honey, etc.

Exception: Homemade products with fruit/vegetable may have the fruit/vegetable as the heaviest ingredient as long as enriched or whole grain flour or meal, germ or bran is the second heaviest ingredient.

SAMPLE RECIPE 1: MUFFINS

1¾ cups enriched all-purpose flour
¼ cup granulated sugar
2½ teaspoons baking powder
1 large egg
¾ cup milk
⅓ cup vegetable oil



Step 1: Determine the total weight of the flours/grains in the recipe.

1¾ cups flour = ? grams

1 cup flour = 126 grams (see *Weights of Commonly Used Ingredients* that starts on page 33) 1.75 cups flour (convert 1 ¾ into a decimal) X 126 grams = 220.5 grams

1¾ cups flour = 220.5 grams

Step 2: Determine the weight of each of the other major ingredients.

Sugars

¼ cup Granulated sugar = ? grams

1 cup sugar = 196 grams (see chart)

.25 cup sugar (convert ¼ into a decimal) X 196 grams = 49 grams

¼ cup sugar = 49 grams

Eggs

1 large egg = 50 grams (see chart)

Milk

¾ cup of milk = ? grams

1 cup of milk = 241 grams (see chart)

.75 cup of milk (convert ¾ into a decimal) x 241 = 180.75 grams

¾ cup milk = 180.75 grams

Fats

$\frac{1}{2}$ cup of vegetable oil = ? grams

1 cup vegetable oil = 209 grams (see chart)

.33 cup vegetable oil (convert $\frac{1}{2}$ into a decimal) x 209 = 68.97 grams

$\frac{1}{2}$ cup vegetable oil = 68.97 grams

Step 3: Compare the total weight of the flours/grains from Step 1 to the weight of the other major ingredients in Step 2.

1 $\frac{3}{4}$ cup flour	=	220.50 grams
$\frac{1}{4}$ cup sugar	=	49 grams
1 egg	=	50 grams
$\frac{3}{4}$ cup milk	=	180.75 grams
$\frac{1}{2}$ cup vegetable oil	=	68.97 grams

Because the weight of the flours/grains is greater than the weight of the other ingredients, this product meets CACFP requirements as a bread/bread alternate.

Step 4: How many servings will this recipe make for children 1 through 5 years old?

A. Determine the total weight of the flours/grains in your recipe.

Flour = 220.50 grams (see Step 1)

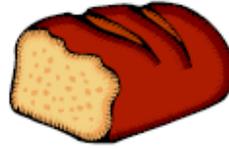
B. Each serving of the bread product must supply a minimum of 8 grams enriched or whole-gran flour or meal for children 1 through 5 years old.

$220.50 \text{ grams} \div 8 \text{ grams} = 27.6 \text{ servings}$

This Muffin recipe yields a minimum of 27 equal servings for children ages 1 through 5 years old.

Sample Recipe 2: Pumpkin Bread

2 cups enriched all-purpose flour, sifted
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon allspice
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{2}$ cup brown sugar, packed
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{3}$ cup vegetable shortening
2 large eggs
1 cup pumpkin, canned
 $\frac{1}{4}$ cup milk



Step 1: Determine the total weight of the flours/grains in the recipe.

2 cups flour, sifted = ? grams
1 cup flour, sifted = 116 grams (see chart)
 2×116 grams = 232 grams
2 cups flour, sifted = 232 grams

Step 2: Determine the weight of each of the other major ingredients.

Sugars

$\frac{1}{2}$ cup brown sugar = 105.5 grams (see chart)
 $\frac{1}{2}$ cup granulated sugar = 98 grams (see chart)
Total sugars = 203.5 grams

Fats

$\frac{1}{3}$ cup vegetable shortening = ? grams
1 cup vegetable shortening = 187 grams (see chart)
.33 cup vegetable shortening (convert $\frac{1}{3}$ into decimal) $\times 187 = 61.71$ grams
 $\frac{1}{3}$ cup vegetable shortening = 61.71 grams

Eggs

2 eggs = ? grams
1 egg = 50 grams (see chart)
 $2 \times 50 = 100$ grams
2 eggs = 100 grams

Milk

$\frac{1}{4}$ cup milk = ? grams
1 cup milk = 241 grams (see chart)
.25 (convert $\frac{1}{4}$ into decimal) $\times 241 = 60.25$ grams
 $\frac{1}{4}$ milk = 60.25 grams

Fruits/Vegetables

1 cup pumpkin, canned = 238 grams (see chart)

Step 3: Compare the total weight of the flours/grains from Step 1 to the weight of each of the other major ingredients in Step 2.

2 cups flour	=	232 grams
½ cup brown sugar and ½ cup granulated sugar	=	203.5 grams
½ cup vegetable shortening	=	61.71 grams
2 eggs	=	100 grams
1 cup pumpkin, canned	=	238 grams
¼ cup milk	=	60.25 grams

In this recipe, flour is the second heaviest ingredient. Pumpkin is the heaviest ingredient. Therefore, this recipe would be creditable as a bread/bread alternate. (Quick breads with fruit may not count as a fruit/vegetable component because the serving size would be impractical and difficult for a young child to eat).

Step 4: How many servings will this recipe make for children 1 through 5 years old?

- A. Each serving of bread product must have a minimum of 8 grams enriched or whole grain flour or meal for children ages 1 through 5 years old.

$$232 \text{ grams} \div 8 \text{ grams} = 29 \text{ servings}$$

This Pumpkin Bread recipe yields a minimum of 29 equal servings for children ages 1 through 5 years old.

Note: For adults in Adult Day Care Centers, each serving of a bread product must have a minimum of 16 grams of enriched or whole-grain flour or meal.



WEIGHTS OF COMMONLY USED INGREDIENTS

Food Item	Description	Weight of 1 Cup in Grams
Apples	Raw, chopped	124
	Raw, diced	109
	Raw, sliced	108
Applesauce	Canned	257
Bananas	Mashed	226
	Sliced	145
Blueberries	Raw	146
	Frozen	154
Carrots	Fresh, diced	144
	Shredded	109
	Strips	121
Cereals	All-Bran	61
	Bran Buds	75
	Corn Chex	29
	Corn Flakes, whole	29
	Corn Flakes, crushed	80
	Cheerios	28
	Rice Krispies	27
	Rice Chex	33
	Puffed Rice	13
	Wheaties	32
Cheese	Cheddar, diced	132
	Cheddar, shredded	98
	Cottage Cheese, cream style	233
Cherries	Fresh, pitted	163
	Canned	241
	Canned, drained	180
Chocolate Chips		167
Cocoa		86
Coconut	Dehydrated, flakes	88
	Shredded	91
Cornmeal	Dry	150
Corn Syrup	Light or dark	325
Cream	Half and Half	242
	Sour Cream	236
	Whipping	232
Eggs, large	Whole, 1 egg	50
	White, 1 white	33
	Yolk, 1 yolk	17

Food Item	Description	Weight of 1 Cup in Grams	
Flour	All-purpose	Unsifted, dipped	143
		Unsifted, spooned	126
		Sifted, spooned	116
	Bread flour	Unsifted, dipped	136
		Unsifted, spooned	123
		Sifted, spooned	117
	Self-rising	Unsifted, dipped	130
		Unsifted, spooned	127
		Sifted, spooned	106
	Whole Wheat	Spooned	120
Honey		325	
Margarine or Butter	Regular	225	
	Soft	208	
Milk	Fresh, fluid	241	
	Evaporated	251	
	Non-fat dry, instant	74	
Molasses		309	
Oats	Quick cooking	Uncooked	73
		Cooked	246
Oil, cooking		209	
Peanut Butter	Crunchy	261	
	Smooth	251	
Pumpkin	Fresh, cooked, mashed	247	
	Canned	238	
Raisins		144	
Shortening		187	
Sugar	Brown, packed	211	
	Confectioners, sifted	113	
	Confectioners, unsifted	95	
	Granulated	196	
Walnuts	Chopped	120	
Wheat Germ	Spooned	115	
Zucchini	Fresh, uncooked, shredded	130	

Taken from-Average Weight of a Measured Cup of Various Foods, Home Economics Research Report No. 41

Food Safety

Local Health Department Sanitarian

Local Cooperative Extension Office

www.msuextension.org

Team Nutrition Website

www.teamnutrition.usda.gov

Ask Karen: www.fsis.usda.gov/food_safety_Education/Ask_Karen/#Question
(use a search engine-just type in "Ask Karen")

www.foodsafety.gov/~fsg/fs-mon03.html

www.cfsan.fda.gov/~dms/fttstore.html

Serving It Safe Manual, 2nd Edition

Developed by National Food Service Management Institute for USDA

www.nfsmi.org

Materials distributed but not include in this packet:

Serving It Safe, USDA Second Edition, Chapter 2 pg -7-26

Prevent Foodborne Illness Understanding Microorganisms



Food Safety For YOU!

2007 Edition

Refrigerator & Freezer Storage Chart

<http://www.cfsan.fda.gov/~dms/fttstore.html>

Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips. These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous.

- Purchase the product before “sell-by” or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper, or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer
Eggs		
Fresh, in shell	4 to 5 weeks	Don't freeze
Raw yolks, whites	2 to 4 days	1 year
Hardcooked	1 week	Doesn't freeze well
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
Liquid pasteurized eggs or egg substitutes, unopened	10 days	1 year
Mayonnaise, commercial Refrigerate after opening	2 months	Don't freeze
<hr/>		
Product	Refrigerator	Freezer
TV Dinners, Frozen Casseroles Keep frozen until ready to heat		3 to 4 months
<hr/>		
Deli & Vacuum-Packed Products	Refrigerator	Freezer
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 to 5 days	Don't freeze well

Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze well
Store-cooked convenience meals	3 to 4 days	Don't freeze well
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze well

Raw Hamburger, Ground & Stew Meat

	Refrigerator	Freezer
Hamburger & stew meats	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb	1 to 2 days	3 to 4 months

Ham, Corned Beef

	Refrigerator	Freezer
Corned beef in pouch with pickling juices	5 to 7 days	Drained, 1 month
Ham, canned, labeled "Keep Refrigerated," unopened	6 to 9 months	Don't freeze
Ham, canned, labeled "Keep Refrigerated," opened	3 to 5 days	1 to 2 months
Ham, fully cooked, whole	7 days	1 to 2 months
Ham, fully cooked, half	3 to 5 days	1 to 2 months
Ham, fully cooked, slices	3 to 4 days	1 to 2 months

Hot Dogs & Lunch Meats

	Refrigerator	Freezer (in freezer wrap)
Hot dogs, opened package	1 week	1 to 2 months
Hot dogs, unopened package	2 weeks	1 to 2 months
Lunch meats, opened package	3 to 5 days	1 to 2 months
Lunch meats, unopened package	2 weeks	1 to 2 months

Soups & Stews

	Refrigerator	Freezer
Vegetable or meat-added & mixtures of them	3 to 4 days	2 to 3 months

Bacon & Sausage

	Refrigerator	Freezer
Bacon	7 days	1 month
Sausage, raw from pork, beef, chicken or turkey	1 to 2 days	1 to 2 months
Smoked breakfast links, patties	7 days	1 to 2 months
Summer sausage labeled "Keep Refrigerated," unopened	3 months	1 to 2 months
Summer sausage labeled "Keep Refrigerated," opened	3 weeks	1 to 2 months

Fresh Meat (Beef, Veal, Lamb, & Pork)

	Refrigerator	Freezer
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 to 2 days	3 to 4 months

Meat Leftovers

	Refrigerator	Freezer
Cooked meat & meat dishes	3 to 4 days	2 to 3 months
Gravy & meat broth	1 to 2 days	2 to 3 months

Fresh Poultry

	Refrigerator	Freezer
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, parts	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months

Cooked Poultry, Leftover

	Refrigerator	Freezer
Fried chicken	3 to 4 days	4 months
Cooked poultry dishes	3 to 4 days	4 to 6 months
Pieces, plain	3 to 4 days	4 months
Pieces covered with broth, gravy	1 to 2 days	6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months

Fish & Shellfish

	Refrigerator	Freezer
Lean fish	1 to 2 days	6 months
Fatty fish	1 to 2 days	2 to 3 months
Cooked fish	3 to 4 days	4 to 6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops, crawfish, squid	1 to 2 days	3 to 6 months
Canned seafood	<i>after opening</i>	<i>out of can</i>
Pantry, 5 years	3 to 4 days	2 months

Safe Food Handling

Freezing and Food Safety

http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Freezing/index.asp

Foods in the freezer -- are they safe? Every year, thousands of callers to the USDA Meat and Poultry Hotline aren't sure about the safety of items stored in their own home freezers. The confusion seems to be based on the fact that few people understand how freezing protects food. Here is some information on how to freeze food safely and how long to keep it.

What Can You Freeze?

You can freeze almost any food. Some exceptions are canned food or eggs in shells. However, once the food (such as a ham) is out of the can, you may freeze it.

Being able to freeze food and being pleased with the quality after defrosting are two different things. Some foods simply don't freeze well. Examples are mayonnaise, cream sauce and lettuce. Raw meat and poultry maintain their quality longer than their cooked counterparts because moisture is lost during cooking.

Is Frozen Food Safe?

Food stored constantly at 0 °F will always be safe. Only the quality suffers with lengthy freezer storage. Freezing keeps food safe by slowing the movement of molecules, causing microbes to enter a dormant stage. Freezing preserves food for extended periods because it prevents the growth of microorganisms that cause both food spoilage and foodborne illness.

Does Freezing Destroy Bacteria & Parasites?

Freezing to 0 °F inactivates any microbes -- bacteria, yeasts and molds -- present in food. Once thawed, however, these microbes can again become active, multiplying under the right conditions to levels that can lead to foodborne illness. Since they will then grow at about the same rate as microorganisms on fresh food, you must handle thawed items as you would any perishable food.

Trichina and other parasites can be destroyed by sub-zero freezing temperatures. However, very strict government-supervised conditions must be met. It is not recommended to rely on home freezing to destroy trichina. Thorough cooking will destroy all parasites.

Freshness & Quality

Freshness and quality at the time of freezing affect the condition of frozen foods. If frozen at peak quality, foods emerge tasting better than foods frozen near the end of their useful life. So freeze items you won't use quickly sooner rather than later. Store all foods at 0° F or lower to retain vitamin content, color, flavor and texture.

Nutrient Retention

The freezing process itself does not destroy nutrients. In meat and poultry products, there is little change in nutrient value during freezer storage.

Enzymes

Enzyme activity can lead to the deterioration of food quality. Enzymes present in animals, vegetables and fruit promote chemical reactions, such as ripening. Freezing only slows the enzyme activity that takes place in foods. It does not halt these reactions which continue after harvesting. Enzyme activity does not harm frozen meats or fish and is neutralized by the acids in frozen fruits. But most vegetables that freeze well are low acid and require a brief, partial cooking to prevent deterioration. This is called "blanching." For successful freezing, blanch or partially cook vegetables in boiling water or in a microwave oven. Then rapidly chill the vegetables prior to freezing and storage. Consult a cookbook for timing.

Packaging

Proper packaging helps maintain quality and prevent "freezer burn." **It is safe to freeze meat or poultry directly in its supermarket wrapping** but this type of wrap is permeable to air. Unless you will be using the food in a month or two, overwrap these packages as you would any food for long-term storage using airtight heavy-duty foil, (freezer) plastic wrap or freezer paper, or place the package inside a (freezer) plastic bag. Use these materials or airtight freezer containers to repackage family packs into smaller amounts. It is not necessary to rinse meat and poultry before freezing. Freeze unopened vacuum packages as is. If you notice that a package has accidentally been torn or has opened while food is in the freezer, the food is still safe to use; merely overwrap or rewrap it.

Freezer Burn

Freezer burn does not make food unsafe, merely dry in spots. It appears as grayish-brown leathery spots and is caused by air reaching the surface of the food. Cut freezer-burned portions away either before or after cooking the food. Heavily freezer-burned foods may have to be discarded for quality reasons.

Color Changes

Color changes can occur in frozen foods. The bright red color of meat as purchased usually turns dark or pale brown depending on its variety. This may be due to lack of oxygen, freezer burn or abnormally long storage.

Freezing doesn't usually cause color changes in poultry. However, the bones and the meat near them can become dark. Bone darkening results when pigment seeps through the porous bones of young poultry into the surrounding tissues when the poultry meat is frozen and thawed.

The dulling of color in frozen vegetables and cooked foods is usually the result of excessive drying due to improper packaging or over-lengthy storage.

Freeze Rapidly

Freeze food as fast as possible to maintain its quality. Rapid freezing prevents undesirable large ice crystals from forming throughout the product because the molecules don't have time to take their positions in the characteristic six-sided snowflake. Slow freezing creates large, disruptive ice crystals. During thawing, they damage the cells and dissolve emulsions. This causes meat to "drip"-lose juiciness. Emulsions such as mayonnaise or cream will separate and appear curdled.

Ideally, a food 2-inches thick should freeze completely in about 2 hours. If your home freezer has a "quick-freeze" shelf, use it. Never stack packages to be frozen. Instead, spread them out in one layer on various shelves, stacking them only after frozen solid.

Refrigerator - Freezers

If a refrigerator freezing compartment can't maintain zero degrees or if the door is opened frequently, use it for short-term food storage. Eat those foods as soon as possible for best quality. Use a free-standing freezer set at 0° F or below for long-term storage of frozen foods. Keep a thermometer in your freezing compartment or freezer to check the temperature. This is important if you experience power-out or mechanical problems.

Length of Time

Because freezing keeps food safe almost indefinitely, recommended storage times are for quality only. Refer to the freezer storage chart at the end of this document, which lists optimum freezing times for best quality.

If a food is not listed on the chart, you may determine its quality after defrosting. First check the odor. Some foods will develop a rancid or off odor when frozen too long and should be discarded. Some may not look picture perfect or be of high enough quality to serve alone but may be edible; use them to make soups or stews. Cook raw food and if you like the taste and texture, use it.

Safe Defrosting

Never defrost foods in a garage, basement, car, dishwasher or plastic garbage bag; out on the kitchen counter, outdoors or on the porch. These methods can leave your foods unsafe to eat.

There are three safe ways to defrost food: in the refrigerator, in cold water, or in the microwave. It's best to plan ahead for slow, safe thawing in the refrigerator. Small items may defrost overnight; most foods require a day or two. And large items like turkeys may take longer, approximately one day for each 5 pounds of weight.

For faster defrosting, place food in a leak proof plastic bag and immerse it in cold water. (If the bag leaks, bacteria from the air or surrounding environment could be introduced into the food. Tissues can also absorb water like a sponge, resulting in a watery product.) Check the water frequently to be sure it stays cold. Change the water every 30 minutes. After thawing, cook immediately.

When microwave-defrosting food, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving.

Refreezing

Once food is thawed in the refrigerator, it is safe to refreeze it without cooking, although there may be a loss of quality due to the moisture lost through defrosting. After cooking raw foods which were previously frozen, it is safe to freeze the cooked foods. If previously cooked foods are thawed in the refrigerator, you may refreeze the unused portion.

If you purchase previously frozen meat, poultry or fish at a retail store, you can refreeze if it has been handled properly.

Cooking Frozen Foods

Raw or cooked meat, poultry or casseroles can be cooked or reheated from the frozen state. However, it will take approximately one and a half times the usual cooking time for food which has been thawed. Remember to discard any wrapping or absorbent paper from meat or poultry.

When cooking whole poultry, remove the giblet pack from the cavity as soon as you can loosen it. Cook the giblets separately. Read the label on USDA-inspected frozen meat and poultry products. Some, such as pre-stuffed whole birds, **MUST** be cooked from the frozen state to ensure a safely cooked product.

LOOK FOR THE USDA OR STATE MARK OF INSPECTION



The inspection mark on the packaging tells you the product was prepared in a USDA or State-inspected plant under controlled conditions. Follow the package directions for thawing, reheating, and storing.

Power Outage in Freezer

If there is a power outage, the freezer fails, or if the freezer door has been left ajar by mistake, the food may still be safe to use. As long as a freezer with its door ajar is continuing to cool, the foods should stay safe overnight. If a repairman is on the way or it appears the power will be on soon, just don't open the freezer door.

A freezer full of food will usually keep about 2 days if the door is kept shut; a half-full freezer will last about a day. The freezing compartment in a refrigerator may not keep foods frozen as long. If the freezer is not full, quickly group packages together so they will retain the cold more effectively. Separate meat and poultry items from other foods so if they begin to thaw, their juices won't drip onto other foods.

When the power is off, you may want to put dry ice, block ice, or bags of ice in the freezer or transfer foods to a friend's freezer until power is restored. Use an appliance thermometer to monitor the temperature.

When it is freezing outside and there is snow on the ground, it seems like a good place to keep food until the power comes on; however, frozen food can thaw if it is exposed to the sun's rays even when the temperature is very cold. Refrigerated food may become too warm and foodborne bacteria could grow. The outside temperature could vary hour by hour and the temperature outside will not protect refrigerated and frozen food. Additionally, perishable items could be exposed to unsanitary conditions or to animals. Animals may harbor bacteria or disease; never consume food that has come in contact with an animal.

To determine the safety of foods when the power goes on, check their condition and temperature. If food is partly frozen, still has ice crystals, or is as cold as if it were in a refrigerator (40 °F), it is safe to refreeze or use. It's not necessary to cook raw foods before refreezing. **Discard foods that have been warmer than 40 °F for more than 2 hours. Discard any foods that have been contaminated by raw meat juices.** Dispose of soft or melted ice cream for quality's sake.

Frozen Cans

Accidentally frozen cans, such as those left in a car or basement in sub-zero temperatures, can present health problems. If the cans are merely swollen -- and you are sure the swelling was caused by freezing -- the cans may still be usable. Let the can thaw in the refrigerator before opening. If the product doesn't look and/or smell normal, throw it out. **DO NOT TASTE IT!** If the seams have rusted or burst, throw the cans out immediately, wrapping the burst can in plastic and disposing the food where no one, including animals can get it.

Frozen Eggs

Shell eggs should not be frozen. If an egg accidentally freezes and the shell cracked during freezing, discard the egg. Keep an uncracked egg frozen until needed; then thaw in the refrigerator. It can be hard cooked successfully but other uses may be limited. That's because freezing causes the yolk to become thick and syrupy so it will not flow like an unfrozen yolk or blend very well with the egg white or other ingredients.

Recipe Yield

Increasing & Decreasing

What's Cooking II,
Nebraska Department of Education Nutrition Services
available on-line

Measuring Success with Standardized Recipes,
National Food Service Management Institute; Team Nutrition
www.nfsmi.org

There are many resources, cookbooks as well as online, to assist in
converting weight, mass and volume.
www.onlineconversion.com

Appendix H: Terms and Temperatures

Terms and Abbreviations

Measurements

tsp.	=	teaspoon(s)
Tbsp.	=	tablespoon(s)
lb.	=	pound(s)
oz.	=	ounce(s)
pt.	=	pint(s)
qt.	=	quart(s)

Conversions

3 tsp.	=	1 Tbsp.
4 Tbsp.	=	¼ cup or 2 oz.
16 Tbsp.	=	1 cup or 8 oz.
2 cups	=	1 pt.
2 pt.	=	1 qt.
4 qt.	=	1 gal.

Scoops

Scoop Number:

No. 8	=	½ cup
No. 16	=	¼ cup
No. 30	=	2 Tbsp.

Use scoops for portioning such foods as drop cookies, muffins, meat patties and some vegetables and salads.

Ladles

Ladle Size:

2 ounces	=	¼ cup
4 ounces	=	½ cup
6 ounces	=	¾ cup

Use ladles to serve soups, stews, sauces and other similar products.

Cooking Temperatures

<u>Product</u>	<u>Fahrenheit</u>
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Eggs and Egg Dishes

Eggs	Cook until firm
Egg dishes	160°

Ground Meat and Meat Mixtures

Turkey, chicken	165°
Veal, beef, lamb, pork	160°

Fresh Beef

Medium	160°
Well Done	170°

Fresh Pork

Medium	160°
Well Done	170°

Poultry

Chicken, whole	180°
Turkey, whole	180°
Poultry breasts, roasts	170°
Poultry thighs, wings	180°
	Cook until juices run clear
Stuffing (alone or in bird)	165°
Duck, goose	180°

Ham

Fresh (raw)	160°
Pre-cooked (to reheat)	140°

Seafood

Fin fish (filets)	145°
Minced fish, sticks, patties	155°

Hold prepared hot food at 140°.
Keep refrigerator set at 40°.

Appendix I: Increasing or Decreasing Yield

A recipe that yields a specific number of servings for children who are three through five years of age may not be right for every child care home or center. Providers may choose to prepare larger or smaller quantities depending on the number and ages of children in their care. It is always a good idea to first test any significant changes made in a recipe. Use the following steps whenever you need to increase or decrease the yield of a recipe:

1. Decide how many servings you are going to need.
Example: 12 servings
2. Find the yield of the selected recipe.
Example: 8 servings
3. Divide the number of servings needed by the stated yield.
Example: 12 divided by 8
4. This number is known as the factor.
Example: 1.5
5. Multiply the quantity of each ingredient by the factor.
6. Change any fraction or decimal part to the nearest whole number.
For example: 1 ¼ eggs to 2 eggs

Example: Meatloaf Patties on page 30

Ingredient	Quantity needed for 8 servings	X Factor	Quantity needed for 12 servings
Lean ground meat	1 lb. (16 oz.)	1.5	1 ½ lbs. (24 oz.)
Egg, 1 large	1	1.5	2
Cracker or bread crumbs	¼ cup (4 Tbsp.)	1.5	6 Tbsp.
Onion flakes	2 Tbsp.	1.5	3 Tbsp.
Catsup	½ cup	1.5	¾ cup
Barbeque sauce	¼ cup (4 Tbsp.)	1.5	6 Tbsp.

Appendix J: Food Weights and Equivalents for Commonly Used Foods

Frequently Used Foods	Approximate Measure	Weight
Flour	4 cups	1 pound
Chocolate chips	3 cups	1 pound
Eggs	8 large	1 pound
Margarine	2 cups	1 pound
Milk, fluid	2 cups	1 pound
Oatmeal	6 cups	1 pound
Peanut butter	1 $\frac{3}{4}$ cups	1 pound
Sugar, granulated	2 cups	1 pound
Sugar, brown, light pack	3 cups	1 pound
Vegetable oil	2 cups	1 pound
Fruits/Vegetables	Approximate Measure	Weight
Applesauce	2 cups	1 pound
Apples, diced	3 $\frac{1}{2}$ cups	1 pound
Bananas	3 medium	1 pound
Peaches, canned, sliced	2 cups	1 pound
Peaches, fresh	4 medium	1 pound
Pineapple, crushed	1 $\frac{3}{4}$ cups	1 pound
Pineapple, tidbits	2 cups	1 pound
Pumpkin	2 $\frac{1}{2}$ cups	1 pound
Raisins	3 cups	1 pound
Canned fruits/vegetables	7 - $\frac{1}{4}$ cup servings per 15-16 ounce can	
Frozen vegetables, small pieces	10 - $\frac{1}{4}$ cup servings per pound	
Potato rounds or french fries	13 - $\frac{1}{4}$ cup servings per pound	
Frozen vegetables, all others	9 - $\frac{1}{4}$ cup servings per pound	

**Food Weights and Equivalents
for Commonly Used Foods**

Meat/Meat Alternate	Approximate Measure	Weight
Cheese, shredded, cheddar, mozzarella, American	4 cups	1 pound
Chicken, turkey or ham (cooked and diced)	3 cups	1 pound
Raw chicken	3 pounds raw = 1 pound cooked	
Ground beef	11.5 - 1 ounce servings per pound	
Ground pork	11.5 - 1 ounce servings per pound	
Ground turkey	10.7 - 1 ounce servings per pound	
Tuna, 6 ounce can	5 - 1 ounce servings per can	
Beans (dry)	1 lb. = 2½ cups dry = 5½ cups cooked	

Pasta	Approximate Measure	Weight
Macaroni	2 cups uncooked =	4 cups cooked
Noodles	4 cups uncooked =	4-5 cups cooked
Rice, regular white	1 cup uncooked =	3 cups cooked
Rice, wild	1 cup uncooked =	3 cups cooked
Rice, brown	1 cup uncooked =	4 cups cooked
Rice, instant	1 cup uncooked =	2 cups cooked
Spaghetti	4 ounces uncooked =	2 cups cooked

Yeast (active dry)	1 packet = 1 tablespoon	
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Food Service & Menu Planning Resources

USDA Healthy Meals Resource System
<http://healthymeals.nal.usda.gov>

National Food Management Institute
www.nfsmi.org

Secrets of Feeding a Healthy Family, by Ellyn Satter
www.ellynsatter.com

Adding Whole Grains to Child Care Menus

Choose a quick and easy ready to eat or ready to cook whole grain cereal for breakfast. (More than 30 whole grain breakfast cereals are distributed nationally.)

Choose whole grain breads, tortillas, bagels, pita pockets and rolls.

Try whole grain muffins or cornbread made with whole grain corn meal.

Pop popcorn

Enjoy whole grain crackers, baked tortilla chips or a brown rice cake.

Add whole grains to mixed dishes. Try adding some pearl barley, wild or brown rice to a favorite soup, stew or casserole.

Add oats to cookies or other snacks.

Try substituting whole grain flour for one-fourth to one-half of the white flour called for in recipes.

Choose whole grain pasta (macaroni, spaghetti, noodles,), pancakes or waffles for a change of pace. Try a hot or cold whole grain side dish (pilaf or stuffing) using brown or wild rice, kasha, bulgur or pearl barley.

Adapted from
Kansas State University Agricultural
Experiment Station and Cooperative Extension
Service Healthful Whole Grains Fact Sheet



Common Types of Whole Grains

Brown Rice (regular, quick)

Oatmeal, whole or rolled oats
(regular, quick, instant)

Popcorn

Whole wheat

Wild rice

Less Common Types of Whole Grains

Amaranth

Buckwheat or kasha,
buckwheat groats

Cracked wheat, also called
bulgur (However, in many
products, this is not the first
ingredient.)

Millet

Quinoa

Spelt

Teff

Spelt

Triticale

Whole grain barley

Whole grain corn or cornmeal
(yellow and white)

Whole rye



Serve More Dry Beans and Peas for Healthy Child Care Meals

We know beans are good for us, but many people don't realize how delicious they taste! Beans are inexpensive food that can boost the nutritional content of meals. Beans are versatile, too. Whether served as a vegetarian dish or served with meats, poultry, fish and cheese, beans complement the meal. Try serving beans once a week! Find creative ways to add more beans to menus!

Recipe for Success:

Choose the easiest form!

Use canned, pre-cooked beans to simplify recipes (no soaking needed) and reduce cooking times.

Power up recipes with more beans! Add dry-packaged or canned beans and peas when preparing casseroles, stews, and side dishes. Make chili more interesting by combining kidney and pinto beans.

Serve satisfying soups. Low sodium split pea, lentil, minestrone, or white bean soups. Use pureed beans to thicken soups and sauces.

Spice up your menus with Southwest flair! Offer black bean enchiladas, low-fat refried beans, or tacos with whole pinto beans.

Spruce up a salad! Offer canned garbanzo beans, red kidney beans, black beans, or a mixture of all three!

Try a great –tasting dip! Hummus, black bean, pinto bean with vegetables or whole wheat pita bread for a delicious snack.

Dry beans and peas are mature forms of legumes, or plants which have pods with rows of seeds inside. Some popular varieties include pinto beans, kidney beans, black beans, lentils, split peas, and garbanzo beans (chickpeas). Only a few types, such as green beans, string beans, baby green lima beans, and fresh soybeans (edamame) are not considered dry beans.

Sources:
Information adapted from the USDA Team Nutrition
Dietary Guidelines Fact sheets for Healthier School Meals



Meal Ideas

Created by Deby McNally, CHES, Program Specialist
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The meals (breakfast, lunch/dinner, and snacks) are to be look at as individual meals. Each meal meets the CACFP meal pattern food components, but does not take into consideration the additional requirement of providing a source of Vitamin A every other day, a source of Vitamin C each day, and four-six sources of Iron each day. The meals however maybe mixed and matched and modified to create a menu which meets your needs. Menus can be arranged as a set for a period of days, or for a month of business days or for 31 days or for a season such as Summer Menus. Items listed with an * indicates the recipe is from Child Care Recipes- Food for Health and Fun.

Resources:

USDA Child Care Recipes Food for Health and Fun,
http://www.nfsmi.org/Information/cc_recipe_index_alpha.htm
Nebraska Dept. of Education, What's Cooking II cookbook, www.nde.state.ne.us/NS/cacfp/index.htm
Healthy Meals Resource System: healthymeals.nal.usda.gov/childcare.html

Considerations:

- Menu development is ongoing.
- Improve menus one step at a time by adding or modifying a food, recipe, or entrée by day or month.
- Consider ethnic food; include foods and dishes from your community.
- Consider seasonal food.
- Celebrate and enjoy food.
- Enjoy menu planning.

Breakfast Meals

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Whole Grain Cereal Strawberries Milk	French Toast Peaches Milk	Oatmeal Plums Milk	Banana Bread Blueberries Milk	Pancakes Orange Sections Milk
Meal 6	Meal 7	Meal 8	Meal 9	Meal 10
Bagel Cream Cheese Strawberries Milk	Raisin Bread Mango/Papaya Milk	Waffle Nectarines Milk	Pumpkin Bread Banana Milk	Cinnamon Toast Applesauce Milk
Meal 11	Meal 12	Meal 13	Meal 14	Meal 15
Pancakes topped w/ applesauce Cherries Milk	Hash-browns Toast Milk	Breakfast Burrito Milk	English Muffin *Baked Sweet Potatoes and Apple Milk	Banana Muffins Raspberries & Kiwi Milk
Meal 16	Meal 17	Meal 18	Meal 19	Meal 20
Creamy Rice Pudding Pears Milk	*Whole Wheat Muffin Squares Baked Cinnamon Apples Milk	Cranberry Rice Pudding Pineapple Milk	Hash-brown Veggie Skillet Toast Milk	Hard boiled eggs Toast & jelly Grapes Milk
Meal 21	Meal 22	Meal 23	Meal 24	Meal 25
Biscuit Hash browns Scrambled egg Milk	English Muffins Carrots Milk	Cheese Quesadillas Apricots Milk	*Peach Muffin Squares Milk	*Oven Baked Whole Wheat Pancakes Mandarin Oranges Milk
Meal 26	Meal 27	Meal 28	Meal 29	Meal 30
Milk Smoothie Toast	Apricots Toast Yogurt Milk	Berries Corn Bread Muffin Milk	Breakfast Pizza Melon Milk	Cheesy Biscuit Cantaloupe Milk
Meal 31	* indicates a recipe is available at www.nfsmi.org , USDA Child Care Recipes			
Hot Cereal w/*Maple Applesauce Topping Apple Slices Milk				

Snack Meals

Meal 1		Meal 2		Meal 3		Meal 4		Meal 5	
Parfait	Fruit Cup (Craisin/Banana)	*Oatmeal Raisin Cookie	Whole Grain Cereal	Fruit Cup (Raisin/Pears)	Graham Crackers	Pretzel	Milk	Ginger Bread	Water
Water	Water	Milk	Milk	Water					
Meal 6		Meal 7		Meal 8		Meal 9		Meal 10	
Custard Cup	Smoothie	Hummus & Pita Bread	Cheddar Cheese Cubes	Cinnamon Raisin Oatmeal	Raisins	Mini-rice Cakes	Apple Slices	Banana	Milk
Water	Water	Cucumber slices	Water		Water	Water	Water		
Meal 11		Meal 12		Meal 13		Meal 14		Meal 15	
Breadsticks	Mozzarella String Cheese	Cottage Cheese	Whole Wheat Tortillas	Potato Salad	*Fruity Dipping Sauce	Cherry Tomatoes	Cheese & Tomato Slices	Crackers	Water
Dried Apricots	Water	Pineapple	Water	Water	Water		Water	Water	
Water									
Meal 16		Meal 17		Meal 18		Meal 19		Meal 20	
Mellon Balls	Veggie Tray	Black Bean Quesadillas	Deviled Eggs	Animal Crackers	Graham Crackers	French Bread	Carrots	Orange Juice	
Milk	Water	Water	Water			Water	Water		
Meal 21		Meal 22		Meal 23		Meal 24		Meal 25	
Red Beans and Rice	Pumpkin Bars	Strawberry Muffins	Tuna Salad and Crackers	*Applesauce Cake	Tortilla Chips	Milk	Water	Milk	
Water		Grape Juice	Water		Water				
Meal 26		Meal 27		Meal 28		Meal 29		Meal 30	
Bean Dip	Rice Cakes	Cheesy Cheddar Ham Loaf	Egg Salad Sandwich	*Whole Wheat Cookie	Crackers	Blueberries	Water	Apple Juice	
Water	Water	Water			Water	Water			
Meal 31									
*Cherry Cobbler	* indicates a recipe is available at www.nfsmi.org , USDA Child Care Recipes								
Milk									

Lunch & Dinner Meals

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Open Face Tuna Sandwich w/ melted cheese Green Beans Beets Milk	Turkey Sandwich Cranberries Corn *Pumpkin Pudding Milk	Homemade Mac & Cheese Hot Dish w/ Buffalo Burger Peas Squash Milk	Chicken Stir-fry Brown Rice Milk	Slow Cooked Roast w/ carrots, potato, & onion Whole Wheat Bun Milk
Meal 6	Meal 7	Meal 8	Meal 9	Meal 10
Pork Roast Mashed Potatoes Brussels sprouts Whole Grain Bread Milk	Chicken and Broccoli Rice Bowl Citrus Salad (mandarin oranges) Milk	Homemade Mini-cheese pizza Tomato slices Asparagus Milk	Buffalo Burgers Veggie Soup Milk	Meatballs & Pasta w/chunky tomato sauce Corn on the Cob Milk
Meal 11	Meal 12	Meal 13	Meal 14	Meal 15
Potato Bar Rolls Milk	Baked Ham Whole Grain Rolls Twice Baked Potatoes Carrots Milk	Veggie Noodle Salad Meat Slices Green Salad Milk	Chicken Salad Sandwich Bean Salad Pear Slices Milk	*Baked Parmesan Chicken Pasta w/ sauce Broccoli Milk
Meal 16	Meal 17	Meal 18	Meal 19	Meal 20
Toasted Cheese & Tomato Sandwich Lentil Soup Milk	Chili Carrots Corn Bread Milk	Veggie Lasagna Broccoli & Zucchini Milk	Salad Bar Milk	Beef Fajitas Stir Fry Vegetable Mix Milk
Meal 21	Meal 22	Meal 23	Meal 24	Meal 25
BBQ Turkey Meatballs Black Beans Squash Roll Milk	Toasted Salmon Patty Sandwich Green Beans Green Salad Milk	Cheese Omelets Cauliflower & Broccoli Toast & Jam Milk	Homemade Chicken Pot Pie Whipped Potatoes (white and sweet mixed) Bread & Butter Milk	Vegetable Chili *Mexican Corn Roll Milk
Meal 26	Meal 27	Meal 28	Meal 29	Meal 30
*Mexican Chicken with Rice Black Eyed Peas Corn Milk	Beef Barley Soup Baked Sweet Potato Fries Rolls Milk	Tuna Rice Casserole w/ peas Baby Carrot Sticks Milk	Hamburgers Baked Beans Cole Slaw Milk	*Ground Beef & Spanish Rice Corn Chowder Peas Milk
Meal 31	* indicates a recipe is available at www.nfsmi.org , USDA Child Care Recipes			
Ham and Cheese Stromboli Radish & Celery Sticks Lima Beans Milk				

Evaluating What You Have Planned

Evaluating What You Have Planned

Evaluate your menus by asking yourself questions like the ones listed below and on the next page.

General Check List

1. Meal Requirements

Do menus meet the minimum requirements of the CACFP meal Pattern?

2. Foods Selected

Do the food choices have appealing colors and textures?

Do the menus have foods with different shapes, sizes, and colors?

Do the menus complement each other?

Have you incorporated seasonal foods and USDA commodities if you receive them?

Have you introduced any new food items?

3. Staffing and Equipment

Can some preparation safely be done ahead?

Can you prepare and serve meals with available equipment?

Are oven and surface-cooking areas adequate for items planned?

Source: USDA Building Blocks for Fun and Healthy Meals, Appendix I