Menus for Child Care

Recipes (indicated with a letter-number combination) are from the National Food Service Management Institute. The recipes, along with additional menu items listed for each meal, will meet the CACFP meal pattern.

Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	Pears Whole wheat toast with reduced fat cheddar cheese, melted Milk	Applesauce Cut Biscuit (Master Mix A-09B) Milk	Warm grapefruit wedges with brown sugar Cooked oatmeal Milk	Fresh orange sections Cinnamon roll Milk	Diced peaches Pancakes Milk
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Oven-Baked Parmesan Chicken (D-05) Steamed broccoli Fresh apple slices Whole Wheat roll Milk	Bean Burrito (D-21A) – provides m/ma, bread and 1 f/v) Diced peaches Milk	Sweet and sour chicken (D-06) Boiled carrots Fresh orange sections Cooked rice Milk	Macaroni and cheese (D-20) Peas and carrots Tropic fruit salad Milk	Pizza in a pocket (F-04) – 1 serving provides ¾ oz m/ma, bread and 1/8 cup f/v) Green salad Apricot halves Lowfat yogurt Milk
Snack Select two of the following: Meat or meat alt. Vegetable or Fruit or Juice Grains/Breads Milk	Low-fat yogurt Graham cracker Water	Toasted mini bagel with reduced fat cheddar cheese Water	Fresh carrot sticks with low fat ranch dressing Whole wheat crackers Water	Reduced fat cheddar cheese Whole wheat crackers Water	Fresh apple slices Milk

Recipes come from USDA Recipes for Child Care. Available online at www.nfsmi.org
Milk served must be 1% or skim for children age 2 and older; whole milk is recommended for children age 1

Week 2

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	Fresh banana slices Unsweetened cereal Milk	Pineapple Baked scrambled eggs (D-15) Whole wheat toast Milk	Fresh strawberries Vanilla yogurt Cooked oatmeal Milk	Mixed fruit Cut Biscuit (Master Mix A-09B) Ham slice Milk	Peach slices Oven baked three grain pancakes (A-06B) Milk
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Broccoli Quiche (D-08) – 1 slice provides 1.5 oz m/ma, ¼ cup vegetable, 2 slices bread Apple slices Milk	Turkey breast sandwich on whole wheat bread Broccoli cheese soup (H-05) Apple sauce Milk	Oven bake chicken (D-29) – 1 serving provides 2 oz m/ma, ½ slice bread) Whole kernel corn Pear halves Milk	Sliced turkey Bean Soup (H-08) – ½ cup provides 1 oz m/ma, 1/8 cup vegetable) Cooked carrots Kiwi Corn bread Milk	Hamburger patty Lettuce and tomato salad Pineapple Whole wheat bun Milk
Snack Select two of the following: Meat or meat alt. Vegetable or Fruit or Juice Grains/Breads, Milk	Peach muffin squares (A-16) Milk Water	Toasted English muffin with 1 T peanut butter Milk Water	Lightly steamed broccoli and lightly steamed carrots with 1 T low fat ranch dressing Milk Water	Low fat yogurt sprinkled with 1T granola Sliced fresh strawberries Water	Whole wheat crackers Milk Water

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Week 3

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	Orange juice Oven baked whole wheat pancakes (A-06A) Milk	Banana slices Baked whole wheat doughnuts (A-07) Milk	Fresh orange sections Whole wheat toast Milk	Sliced strawberries Banana Bread squares (A-13) Milk	Pear halves Whole grain waffle Milk
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Ground beef and Spanish rice (D-22) Green beans Orange glazed carrots Milk	Toasted cheese and tomato sandwich (F-09) Broccoli Plum Milk	Stir-Fry Chicken (D-18) Not Fried Rice (A-08) Diced peaches Milk	Lentil Soup (H-07) with ½ oz cheese and ½ ham as garnish Steamed spinach Baked apple with cinnamon Cornbread Milk	Roasted turkey sandwich on whole wheat bread Lightly steamed carrot sticks Oven baked potato wedges Milk
Snack Select two of the following: Meat or meat alt. Vegetable or Fruit or Juice Grains/Breads Milk	Yogurt fruit dip (G-04) Apple slices Water	Graham crackers Diced peaches Water	Whole wheat crackers Cheddar cheese Water	Whole wheat bread Peanut butter Water	Reduced fat cheddar cheese Applesauce Water

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Week 4

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	Orange juice Vegetable omelet Whole wheat toast Milk	Applesauce Whole grain English muffin with cheddar cheese Milk	Pineapple chunks French toast Milk	Diced peaches Whole grain bagel Milk	Banana slices Cut biscuit (Master Mix A-09B) Milk
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Soft chicken taco (chicken, shredded lettuce, diced tomato, grated cheese) Steamed carrots Pineapple chunks Milk	Banana-peanut butter sandwich (F-03A) Broccoli Salad (E-11) Strawberry slices Yogurt fruit dip (G-04) Milk	Spaghetti and meat sauce Green salad Fresh orange sections Milk	Baked fish fillet Green peas Stuffed potatoes with cheddar cheese and 2T broccoli Corn Muffin squares (A-02A) Milk	Chili con carne (D-25) Mexicali Corn (I-15) Wheat crackers Milk
Snack Select two of the following: Meat or meat alt. Vegetable or Fruit or Juice Grains/Breads Milk	Fruit kabobs Reduced fat cheddar cheese Water	Low fat vanilla yogurt Diced peaches Water	Graham crackers Peanut butter Water	Low fat cottage cheese Pineapple chunks Water	Oatmeal muffin squares (A-16) Milk Water

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Menus for Child Care

Week 5

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	Peach halves French toast Milk	Grapefruit sections Peach Muffin squares (A-16) Milk	Strawberries Cream of wheat cereal Milk	Banana slices Whole wheat toast Milk	Tomato juice Scrambled eggs on toasted whole grain English muffin Milk
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Tuna Patty (D-10) Peas and carrots Pineapple tidbits Milk	Chicken Pot Pie (D-11) Peach halves Milk	Glazed Meat Loaf (D-04) Baked sweet potatoes and apples (I-08) Apple slices Milk	Chicken or turkey chowder Reduced fat cheddar cheese Saltine crackers Cooked carrots Pear halves Milk	Vegetable chili (D-26) Fresh fruit salad Corn muffin Milk
Snack Select two of the following: Meat or meat alt. Vegetable or Fruit or Juice Grains/Breads Milk	Watermelon Whole grain crackers Water	Pineapple scones (A-01) Milk Water	String cheese Graham crackers Water	Low fat yogurt Apricot halves	Peanut butter Apple slices Water

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Week 6

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Juice or Fruit or Vegetable Grains/Breads Milk	Grapes Drop biscuit (A-09A) Milk	Apple slices Oatmeal Milk	Bananas Whole grain unsweetened cereal Milk	Pear halves Pancakes (A-12) Milk	Oranges Cinnamon toast Hardboiled egg Milk
Lunch or Supper Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Pizza with cheese topping (D-23A) Pear slices Shredded lettuce and carrots Milk	Tortilla roll-up (F-07) Steamed broccoli and cauliflower Waldorf Fruit Salad (E-14) Milk	Egg Salad Sandwich (F-10) Roasted butternut squash Grapes Milk	Chicken burrito (D-30) Apple slices Milk	Sloppy Joe (F-12) Cole slaw (E-09) Apples Milk
Snack Select two of the following: Meat or meat alt. Vegetable or Fruit or Juice Grains/Breads Milk	Hardboiled egg Graham crackers Water	String cheese (cheese stick) Whole grain crackers Water	Nachos (G-03) Apple slices Water	Low fat yogurt Mixed fruit Water	Cottage cheese Grapes Water

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Banana Bread Squares

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	14 oz	3 ¼ cups	1 lb 12 oz	1 qt 2 ½ cups	1. Combine flour, sugar, dry milk, baking powder, baking soda, and salt in a mixing bowl. Mix for 1 minute on low speed. Reserve for step 3.
Sugar	8 ½ oz	1 ¼ cups	1 lb 1 oz	2 ½ cups	
Instant nonfat dry milk		2 Tbsp		¼ cup	
Baking powder		1 Tbsp		2 Tbsp	
Baking soda		½ tsp		1 tsp	
Salt		½ tsp		1 tsp	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	2. In a separate mixing bowl, combine eggs and water. Blend for 30 seconds on low speed.
Water		½ cup 2 Tbsp		1 ¼ cups	
Shortening	3 ¼ oz	½ cup	6 ½ oz	1 cup	3. Add shortening and egg mixture to dry ingredients. Blend for 30 seconds on low speed. Scrape down sides of bowl.
					4. Beat for 1 minute on medium speed.
*Fresh bananas, peeled, mashed	13 oz	1 ½ cups 2 Tbsp	1 lb 10 oz	3 ¼ cups	5. Add bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Walnuts, chopped (optional)	3 ¼ oz	¾ cup	6 ½ oz	1 ½ cups	
					6. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 3 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7. Bake until browned: Conventional oven: 350° F for 35-45 minutes Convection oven: 300° F for 25-35 minutes
					8. Cool. Cut 5 x 5 (25 pieces). Portion is 1 piece.

Comments:
*See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Bananas	1 lb 5 oz	2 lb 10 oz

SERVING:	YIELD:		VOLUME:	
1 piece provides the equivalent of 1 slice of bread.	**25 Servings:**	3 lb 3 oz (batter)	**25 Servings:**	1 quart 1 cup (batter) 1 pan
	50 Servings:	6 lb 6 oz (batter)	**50 Servings:**	2 quarts 2 cups (batter) 2 pans

Tested 2004

For Loaf Pans:
Pour 1 lb 9 ½ oz (2 ½ cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 24 servings, use 2 loaf pans. For 48 servings, use 4 loaf pans.

Bake until lightly browned:
Conventional oven: 350° F for 40-50 minutes
Convection oven: 300° F for 30-40 minutes
Remove from pans. Cool completely. Cut each loaf into 12 slices, approximately ¾" thick.