



## Yogurt/Cereal/Fruit Parfait

Ingredients :

low fat yogurt  
whole grain cereal (low-sugar)  
fruit (fresh or frozen)

Preferably in a see through glass, layer the yogurt,  
cereal and fruit.

Among the layers, there should be 1/4 cup yogurt,  
1/3 cup cereal and 1/2 cup fruit.



Missouri

**Eat Smart**

Child Care Guidelines: Sample Menus and Recipes



Missouri Department of Health and Senior Services  
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**AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER**

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# Sample Menu for Advanced Level

\*Recipe Provided

**Week 1**

This menu may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, apples and grapes. Please substitute appropriate foods for children under 3 years of age. Whole milk is recommended for children 1 to 2 years. Low fat, 1% milk is recommended for children age 2 and older.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
Fluid Milk	1% milk	1% milk	1% milk	1% milk	1% milk
Juice, Fruit, or Vegetable	Mandarin Oranges	Melon(fresh or frozen)	Peaches (frozen)	Applesauce	Banana
Grains/Bread Component	Banana Muffin* <sup>1</sup>	Oatmeal	Tortilla (white or whole wheat)	Oven French Toast (with whole wheat bread)	Cheerios
Other Foods		Raisins	Eggs and Cheese (rolled in tortilla)* <sup>5</sup>	Ham	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk					Skim or 1% milk
Juice, Fruit, or Vegetable	Grapes (fresh)	Kiwi Slices (fresh)		Cherry Tomatoes	
Grains/Bread Component	Junior Trail Mix* <sup>29</sup>	Graham Crackers	Whole Wheat Crackers		Pumpkin Bread* <sup>7</sup>
Meat or Meat Alternate			Cheese Stick	Cottage Cheese	
Other Foods	Water	Water	Water	Water	Water
<b>LUNCH</b>					
Fluid Milk	1% milk	1% milk	1% milk	1% milk	1% milk
2 Servings of Fruit and/or Vegetables	Coleslaw	Apricots (canned)	Apple Slices (fresh)	Berries (fresh or frozen)	Red and Green Pepper Slices
	Sweet Potato	Broccoli	Peas	Carrot Sticks	Corn
Grains/Bread Component	Whole Wheat Roll	Rice (or brown rice)	(whole wheat spaghetti)	Whole Wheat Bread	(tortilla with burrito)
Meat or Meat Alternate	Corn Flake Baked Chicken Breasts* <sup>3</sup>	Pork Stir Fry* <sup>4</sup>	Baked Spaghetti* <sup>6</sup> with Meat Sauce	Tuna Salad	Bean and Cheese Burritos* <sup>8</sup>
Other Foods					



## Whole Grain Banana Muffins

Ingredients	12 Servings	24 Servings	Directions
Enriched all purpose white flour	1 cup	2 cups	Preheat oven to 400 degrees. In a mixing bowl combine flours, wheat germ, salt and baking powder. In a separate bowl, beat together the egg, juice concentrate, milk, butter and banana. Add the milk mixture to the dry ingredients and mix until just combined. Fold in fruit, being careful not to over mix. Spray muffin pan with cooking spray. Fill each cup $\frac{2}{3}$ full and bake for 15 minutes.
Whole wheat flour	1 cup	2 cups	
Wheat germ	$\frac{1}{3}$ cup	$\frac{2}{3}$ cups	
Salt	A pinch	$\frac{1}{2}$ tsp	
Baking powder	3 tsp	2 Tbsp	
Egg, whole, fresh	1 large	2 large	
Ripe banana (mashed)	$\frac{1}{2}$ cup	1 cup	
Apple juice concentrate, thawed	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Milk, skim	1 cup	2 cups	
Butter (melted)	3 tsp	2 Tbsp	
Dried fruit (optional) (Raisins, chopped apricots)	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	

Portion size for 3 to 5 year old:  $\frac{1}{2}$  muffin

Each serving provides: 1  $\frac{1}{2}$  bread alternate

Tasty idea—spread with peanut butter or cream cheese.

**Nutrition Tip:** Enriched flour, raisins and dried apricots contain iron to keep your energy level up!

**Physical Activity:** Pick a favorite song and dance along to it!

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Yogurt/Cereal/Fruit Parfait

Ingredients	10 Servings	25 Servings	Directions
Low-fat, plain yogurt	2 $\frac{1}{2}$ cups	6 $\frac{1}{4}$ cups	<p>Preferably in a see through glass, layer the yogurt, cereal and fruit.</p> <p>Total, amongst the layers, there should be <math>\frac{1}{4}</math> cup yogurt, <math>\frac{1}{3}</math> cup cereal, and <math>\frac{1}{2}</math> cup fruit.</p>
Low-sugar, whole grain cereal	3 $\frac{1}{3}$ cups	8 $\frac{1}{3}$ cups	
Fruit (fresh or frozen)	5 cups	6 $\frac{1}{4}$ cups	



**Portion size for 3 to 5 year old:** 1 parfait to include  $\frac{1}{4}$  cup yogurt,  $\frac{1}{3}$  cup cereal,  $\frac{1}{2}$  cup fruit  
**Each serving provides:**  $\frac{1}{2}$  oz meat alternate,  $\frac{1}{2}$  slice bread alternate,  $\frac{1}{2}$  cup fruit

**Nutrition Tip:** Look for seasonal fresh fruit to use in this recipe. Frozen fruit is also a good choice.

**Physical Activity:** See how many turns the kids can take on a jump rope. Or, lay the jump rope on the floor and count how many times they can jump over it.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin'it Up.

## Corn Flake Baked Chicken Breasts

Ingredients	10 Servings	25 Servings	Directions
Skinless, boneless chicken breasts	1 lb + 4 oz (raw weight)	3 lb + 2 oz (raw weight)	<ol style="list-style-type: none"> <li>1. Trim all of the fat from the breasts. Cut each breast into 3-4 strips.</li> <li>2. Soak in skim milk.</li> <li>3. Dredge in corn flake crumbs on both sides.</li> <li>4. Place on oiled pan. Drizzle margarine over pieces.</li> <li>5. Bake at 400-degrees for one hour.</li> </ol>
Crushed corn flake crumbs	1 ⅓ cup	3 ⅓ cup	
Skim milk	⅓ cup	¾ cup + 1 Tbsp	
Melted margarine	1 Tbsp + 1 tsp	3 Tbsp + 1 tsp	



Portion size for 3 to 5 year old: 1.5 oz of chicken (approximately ½ the size of a deck of cards)  
Each serving provides: 1.5 oz meat

**Nutrition Tip:** Iron in the chicken and the corn flakes help to prevent diseases by building a healthy immune system.

**Physical Activity:** Play "Freeze Tag". A child can be "IT" for only 3 minutes. Pick a new person to be "IT" if it is taking longer than this. To un-freeze someone they must crawl in-between the others' legs. The person who is "IT" must tag everyone.

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## Pork Stir Fry

Ingredients	10 Servings	25 Servings	Directions
Cornstarch	3 $\frac{1}{4}$ Tbsp	$\frac{1}{2}$ cup	Dissolve cornstarch in soy sauce. Add spices. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. Cook for 3-5 minutes, until thickened. Remove from heat. Sauté sliced carrots in oil ( $\frac{1}{4}$ cup) for 4 minutes. Add diced onions, cook for 1 more minute. Add chopped broccoli and cook for 2 more minutes. Remove to steam table pan. Add sauce and mix to coat pork and vegetables with sauce. Heat to serving temperature. Serve with brown or white rice.
Water, cold	1 Tbsp + 1 $\frac{3}{4}$ tsp	$\frac{1}{4}$ cup	
Low-sodium soy sauce	1 Tbsp + 1 $\frac{3}{4}$ tsp	$\frac{1}{4}$ cup	
Granulated garlic	1 $\frac{3}{4}$ tsp	1 $\frac{1}{2}$ Tbsp	
Ground ginger	$\frac{1}{8}$ tsp	$\frac{1}{4}$ tsp	
Ground white or black pepper	$\frac{3}{8}$ tsp	1 tsp	
Low-sodium chicken stock	12.75 oz.	1 quart	
Fresh carrots, peeled, $\frac{1}{4}$ " slices	1 lb + 2 oz.	2 lbs + 13 oz.	
OR frozen sliced carrots	1 lb + 6 oz.	3 lbs + 6 oz.	
Vegetable oil	1 Tbsp + 1 $\frac{3}{4}$ tsp	$\frac{1}{4}$ cup	
Onions, diced	4.5 oz. or $\frac{3}{4}$ cup	11 oz. or 1 $\frac{3}{4}$ cup	
Fresh broccoli, chopped	13 oz.	2 lbs	
OR frozen mixed oriental vegetables	1 lb	2 lbs 8 oz.	
Boneless pork shoulder or loin, cut into $\frac{1}{2}$ " cubes	2 lbs (raw weight)	4 lbs + 13 oz. (raw weight)	



Portion size for 3 to 5 year old:  $\frac{3}{4}$  cup

Each serving provides: 1  $\frac{1}{2}$  oz. meat and  $\frac{1}{2}$  cup vegetable

**Nutrition Tip:** This recipe provides vitamin A (from the broccoli and the carrots). Vitamin A is needed for bone growth.

**Physical Activity:** Arrange all the children in a line facing you. The children throw (overhand) a soft object as far as possible. On your signal they run and pick up the object. They then run to the starting position and repeat on your command.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin' it Up.

## Sunshine Tacos

Ingredients	10 Servings	20 Servings	Directions
Tortillas, 10" whole wheat	5 each	10 each	<ol style="list-style-type: none"> <li>1. Scramble the eggs.</li> <li>2. Sprinkle cheese on tortillas and heat until cheese melts.</li> <li>3. Add scrambled eggs to tortillas; fold like a taco and enjoy!</li> </ol>
Eggs	6 large	12 large	
Cheese, shredded (American or Cheddar)	½ cup	1 cup	

**Portion size for 3 to 5 year old:** ½ taco

**Each serving provides:** 1 oz meat alternate, ½ slice bread alternate

**Nutrition Tip:** Whole wheat tortillas increase fiber and B vitamins for this meal.

**Physical Activity:** Play a game of soccer with a beach ball.

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## Baked Spaghetti



Ingredients	10 Servings	25 Servings	Directions
Spaghetti, dry, enriched	8 oz.	1 lb + 4 oz.	<ol style="list-style-type: none"> <li>1. Cook spaghetti; drain.</li> <li>2. In a large bowl beat the egg, milk, and salt; add spaghetti and toss to coat.</li> <li>3. Transfer to a greased baking dish.</li> <li>4. Brown meat and chopped onion; drain. Add spaghetti sauce and mix well. Spoon over noodles.</li> <li>5. Bake, uncovered at 350 degrees for 20 minutes.</li> <li>6. Sprinkle with shredded cheese and bake 10 minutes more. Let stand 10 minutes before cutting.</li> </ol>
Eggs	1 large	2 $\frac{1}{2}$ large	
Milk 1% low-fat	$\frac{1}{2}$ cup	1 $\frac{1}{4}$ cup	
Salt	$\frac{1}{2}$ tsp	1 $\frac{1}{4}$ tsp	
Beef, ground	1 lb (raw wt)	2 lbs + 8 oz. (raw wt)	
Onions, fresh	1 small	2 $\frac{1}{2}$ small	
Spaghetti sauce, canned	1 lb + 10 oz.	4 lb + 1 oz.	
Cheese, mozzarella, part skim	2 oz.	5 oz.	

**Portion size for 3 to 5 year old:**  $\frac{1}{10}$  of recipe

**Each serving provides:** 1  $\frac{1}{2}$  oz meat/meat alternate,  $\frac{1}{4}$  cup vegetable,  $\frac{1}{2}$  slice bread alternate ( $\frac{1}{4}$  cup pasta)

**Nutrition Tip:** Try using whole wheat pasta in this recipe as a way to increase fiber.

**Physical Activity:** Lead the kids in a noodle dance, pretending that your arms and legs are made of wiggly noodles.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Pumpkin Bread

Ingredients	14 Servings	28 Servings	Directions
Sugar	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	<ol style="list-style-type: none"> <li>In a mixing bowl, combine sugar, pumpkin, oil, water, and eggs; beat well.</li> <li>Combine dry ingredients; gradually add to pumpkin mixture and mix well.</li> <li>Stir in nuts and raisins if desired.</li> <li>Pour into a greased 9" x 5" x 3" loaf pan. Bake at 350 for 65-70 minutes or until bread tests done.</li> <li>Cool 10 minutes in pan before moving to a wire rack.</li> </ol>
Canned pumpkin	$\frac{1}{2}$ cup	1 cup	
Vegetable oil	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Water	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Egg	1 egg	2 eggs	
Enriched, all purpose flour	$\frac{1}{2}$ cup + $\frac{1}{3}$ cup	1 $\frac{2}{3}$ cup	
Baking soda	$\frac{1}{2}$ tsp	1 tsp	
Ground cinnamon	$\frac{1}{2}$ tsp	1 tsp	
Salt	$\frac{1}{3}$ tsp	$\frac{3}{4}$ tsp	
Baking powder	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Ground nutmeg	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Ground clove	$\frac{1}{8}$ tsp	$\frac{1}{4}$ tsp	
Walnuts (chopped)	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Raisins, optional	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	



**Portion size for 3 to 5 year old:**  $\frac{1}{2}$  slice of bread (14 full slices per loaf pan)

**Each serving provides:**  $\frac{1}{2}$  slice bread alternate

**Nutrition Tip:** Canned pumpkin usually goes on sale in the fall, around the holidays. Watch for the sale and stock up for use year round. Canned pumpkin has vitamin A; an important nutrient for seeing in the dark!

**Physical Activity:** Act out favorite characters from television/movies/children's books.

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## Bean and Cheese Burrito



Ingredients	16 Servings	32 Servings	Directions
Whole wheat tortillas (6" diameter)	8	16	<ol style="list-style-type: none"> <li>Place tortillas in skillet and warm over low heat or wrap in aluminum foil and warm at 325 degrees for 10 minutes.</li> <li>Spread 4 Tbsp refried beans on each tortilla.</li> <li>Add 2 Tbsp each of tomatoes and shredded lettuce on each tortilla; top with 2 Tbsp shredded cheese.</li> <li>Roll burrito up, cut in half and serve.</li> </ol> <p>Optional: Add 1 tsp pineapple, chilies, and/or onion according to child's taste preference.</p>
Refried beans (16 oz. can)	2 $\frac{1}{2}$ cans	5 cans	
Fresh tomatoes (chopped)	4 tomatoes	8 tomatoes	
Fresh lettuce (chopped)	3 cups	6 cups	
American or cheddar cheese (shredded)	2 cups (1/2 lb)	4 cups	

**Portion size for 3 to 5 year old:**  $\frac{1}{2}$  burrito each

**Each serving provides:** 1  $\frac{1}{2}$  oz. meat/alternate,  $\frac{1}{2}$  slice bread alternate,  $\frac{1}{4}$  cup vegetable

**Nutrition Tip:** Buy low fat or fat free refried beans to make this meal even healthier!

**Physical Activity:** Make paper masks and have a marching parade.

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## Junior Trail Mix

Ingredients	10 Servings	20 Servings	Directions
Plain Cheerios	2 cups	4 cups	Mix all ingredients together in an air tight container.
Kix cereal	2 cups	4 cups	
Chopped raisins, seedless	1 cup, packed	2 cups, packed	
Peanut butter morsels	½ cup	1 cup	

**Portion size for 3 to 5 year old:** ½ cup

**Each serving provides:** ½ slice bread alternate

**Nutrition Tip:** Raisins are an easy way to get more fruits and veggies. Craisins would be a tasty addition too.

**Physical Activity:** Hide 5 - 10 slips of paper throughout a room area. Ask children to find the slips. Maintain their interest by promising a favorite shared physical activity when all the slips are collected. Write letters or words from the activity name on each piece of paper so they can spell it out when finished.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.



# Sample Menu for Advanced Level

\*Recipe Provided

**Week 2**

This menu may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, apples and grapes. Please substitute appropriate foods for children under 3 years of age. Whole milk is recommended for children 1 to 2 years. Low fat, 1% milk is recommended for children age 2 and older.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
Fluid Milk	1% milk	1% milk	1% milk	1% milk	1% milk
Juice, Fruit, or Vegetable	Fruit Cocktail (canned)	Peaches (frozen)	Berries (fresh or frozen)	Tomato Slices	Banana Slices
Grains/Bread Component	Whole Wheat Bagel	Shredded Wheat Cereal (bite size)	Cream of Wheat	English Muffin Toasted	Kix
Other Foods	Peanut Butter			Cheese	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk			1% Milk		1% Milk
Juice, Fruit, or Vegetable		Strawberries (fresh or frozen)		Pepper/Cucumber Slices	Apple Slices (fresh)
Grains/Bread Component	Raisin Bread	Whole Wheat Pita Pocket	Healthy Bran Muffin* <sup>11</sup>		
Meat or Meat Alternate	Hard Boiled Egg			Hummus Dip* <sup>12</sup>	Cheese Slices
Other Foods	Water	Peanut Butter/Cream Cheese/ Water	Water	Water	Water
<b>LUNCH</b>					
Fluid Milk	1% milk	1% milk	1% milk	1% milk	1% milk
2 Servings of Fruit and/or Vegetables	Pineapple (frozen or canned)	Black Beans	Celery Sticks	Orange Slices (fresh)	Green Beans (frozen)
	Tossed Salad	Corn w/ Red Peppers	Apricots (canned)	Cooked Tomatoes	Sweet Potato
Grains/Bread Component	Macaroni & Cheese* <sup>10</sup>	Whole Wheat Tortilla	Whole Wheat Bread	Egg Noodles	Brown Rice Pilaf* <sup>14</sup>
Meat or Meat Alternate	Ham (in Mac & Cheese)	Chicken Quesadilla	Peanut Butter/Cheese Stick	Meatballs* <sup>13</sup>	Baked Turkey
Other Foods			Low-sugar Jelly		

## Mac & Cheese with Ham

Ingredients	10 Servings	25 Servings	Directions
Elbow macaroni, enriched Bread crumbs Low fat cheddar cheese Margarine or butter All purpose flour, enriched Salt Dry mustard White pepper Paprika 2% Milk Worcestershire sauce Low fat cheddar cheese (shredded) Parmesan cheese (grated) Ham, chopped, fully cooked	8 <sup>3</sup> / <sub>8</sub> oz. (dry wt) 1/3 cup + 1 Tbsp 3 1/4 oz. 2 <sup>3</sup> / <sub>8</sub> oz. 2 <sup>3</sup> / <sub>8</sub> oz. 1 tsp 5/8 tsp 1/8 tsp 5/8 tsp 1 qt 3/8 tsp 8 oz. 7/8 oz. 5.5 oz.	1 lb + 5 oz. (dry wt) 1 cup 8 oz. 6 oz. 6 oz. 2 1/2 tsp 1/2 Tbsp 1/2 tsp 1/2 Tbsp 2 qt + 2 cups 1 tsp 1 lb + 4 oz. 2 oz. 14 oz.	<p>Cook macaroni until firm-tender; drain and rinse in cold water. Melt margarine or butter. Combine flour, salt, dry mustard, white pepper and paprika in a bowl. Add to the melted margarine/butter. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown. Heat milk in stockpot to a simmer; then slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened. Add Worcestershire sauce, shredded cheese and parmesan cheese to the white sauce. Stir over low heat until cheese melts. Combine well drained macaroni, ham and sauce. Mix well. Place 10lb 6 oz. (1gal 1 qt) into each 12"x 20" x 2 1/2" steam table pan (or a greased baking dish). Cover with a lid or foil.</p> <p>TO BAKE: Conventional oven: 350 degrees, 30 min. Convection oven: 325 degrees, 25 min. (until thoroughly heated). Combine bread crumbs and shredded cheese in a bowl. Sprinkle over each pan. Bake an additional 5 minutes, uncovered, until lightly browned. Each steam table pan serves 25.</p>
Portion size for 3 to 5 year old: 1 cup Each serving provides: 2 bread alternate, 1 oz. of cheese , 1/2 oz. meat			
<p><b>Nutrition Tip:</b> Iron (in enriched pasta, enriched flour and ham) is part of the blood which carries oxygen to all parts of our bodies. Too little iron in our blood makes us feel tired and cranky!</p> <p><b>Physical Activity:</b> Have the children pick their favorite toy with wheels and push it through an obstacle course. If riding toys or bicycles are available, the children can ride through the course themselves!</p> <p>Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin' it Up.</p>			



## Healthy Bran Muffin

Ingredients	15 Muffins	30 Muffins	Directions
Brown sugar, packed	$\frac{1}{2}$ cup	1 cup	<ol style="list-style-type: none"> <li>1. Beat sugar, eggs and oil; add milk and pineapple juice; then add pineapple and carrots.</li> <li>2. Mix dry ingredients in a large bowl. Add wet ingredients to the dry ingredients. Mix until batter is moist. Do not over mix.</li> <li>3. Fill muffin cups <math>\frac{3}{4}</math> full. Bake at 375 degrees for 18 to 20 minutes. Do not over bake.</li> <li>4. Put leftover batter in refrigerator. It will keep up to six weeks.</li> </ol>
Oil	$\frac{1}{3}$ c +2 tsp	$\frac{3}{4}$ cup	
Eggs	1 lg. egg	2 lg. eggs	
Skim milk	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cup	
Crushed pineapple, drained (save $\frac{3}{4}$ cup juice)	5 oz.	10 oz.	
Whole wheat flour	1 cup	2 cups	
Oat bran	$\frac{1}{2}$ cup	1 cup	
Wheat germ	$\frac{1}{2}$ cup	1 cup	
Baking soda	1 tsp	2 tsp	
Baking powder	1 tsp	2 tsp	
Cinnamon, ground	$\frac{1}{2}$ tsp	1 tsp	
Nutmeg, ground	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Salt, table	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Carrots, grated	$\frac{1}{2}$ medium	1 medium	
Raisins, packed (soaked in hot water and drain)	$\frac{1}{2}$ cup	1 cup	



Portion size for 3 to 5 year old:  $\frac{1}{2}$  muffin

Each serving provides: 1 slice of bread alternate

**Nutrition Tip:** The soluble fiber in oat bran and oatmeal may be helpful in reducing blood cholesterol. Foods high in soluble fiber include oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries and apple pulp.

**Physical Activity:** Select a favorite action storybook and inspire child to mimic the actions and expressions of the characters.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Hummus Dip

Ingredients	8 Servings	17 Servings	Directions
Chickpeas (canned garbanzo beans), drained and rinsed well	1-12.5 oz can	2-12.5 oz cans	Blend chickpeas, yogurt, lemon juice, olive oil and hot sauce in blender until smooth.  Serve with fresh vegetables, such as carrot slices or cucumber slices.  This can also become a complete lunch by adding fresh fruit, pita bread and milk.
Low-fat plain yogurt	1 cup	2 cups	
Lemon juice	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	
Olive oil	1 $\frac{1}{2}$ tsp	1 Tbsp	
Hot pepper sauce	3 drops	6 drops	



Portion size for 3 to 5 year old:  $\frac{1}{2}$  cup  
Each serving provides: 1  $\frac{1}{2}$  oz meat alternate

**Nutrition Tip:** Canned beans are great sources of iron. Frequent growth spurts put children at risk for anemia (low iron).

**Physical Activity:** Use sidewalk chalk to draw a hopscotch board on the sidewalk.

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## Porcupine Meatballs



Ingredients	7 Servings	14 Servings	Directions
Extra lean ground beef	1 pound raw	2 pound raw	<ol style="list-style-type: none"> <li>Mix beef, rice, onion and garlic in a large bowl.</li> <li>Form into 7 small (egg size) balls and place in an 8" square baking pan.</li> <li>Pour the tomato soup over the meatballs.</li> <li>Bake in a 350 degree oven for 1 hour and 15 minutes. Turn the meatballs halfway through cooking.</li> </ol>
Uncooked rice (preferably brown rice)	$\frac{1}{2}$ cup	1 cup	
Finely chopped onion	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Minced garlic	1 tsp	2 tsp	
8 oz. can of ready to use tomato soup	1 can	2 cans	

Portion size for 3 to 5 year old: 1 meatball

Each serving provides:  $\frac{1}{2}$  bread alternate, 1  $\frac{1}{2}$  oz. meat

**Nutrition Tip:** Iron, found in the ground beef, helps keep the oxygen flowing to and from cells for a super performance

**Physical Activity:** Put on music and have the children walk like chickens, strut like turkeys, or waddle like ducks.

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## Brown Rice Pilaf

Ingredients	8 servings	16 servings	Directions
Brown rice, long grain, regular	4 <sup>5</sup> / <sub>8</sub> oz	11 <sup>1</sup> / <sub>2</sub> oz	<ol style="list-style-type: none"> <li>1. Place brown and white rice in pans.</li> <li>2. Heat the chicken stock, pepper and onions in a pot. Bring to a boil.</li> <li>3. Add hot chicken stock mixture to each pan. Cover with foil or metal lid.</li> <li>4. Bake:               <ol style="list-style-type: none"> <li>a. Conventional oven: 350 degrees for 50 min</li> <li>b. Convection oven: 350 degrees for 40 minutes</li> <li>c. Steamer: 40 minutes</li> </ol> </li> </ol>
Enriched white rice, long grain, regular	4 <sup>5</sup> / <sub>8</sub> oz	11 <sup>1</sup> / <sub>2</sub> oz	
Chicken stock	1 <sup>1</sup> / <sub>2</sub> cups + 1 <sup>1</sup> / <sub>2</sub> Tbsp	1 qt + 2 <sup>1</sup> / <sub>2</sub> cup	
Ground black pepper	1/8 tsp	1/4 tsp	
Fresh onions, diced 1/4"	7/8 oz	2 oz	

Portion size for 3 to 5 year old: 1/4 cup  
Each serving provides: 1/2 slice bread alternate

**Nutrition Tip:** Whole grains are an excellent source of important nutrients like fiber, vitamin B, iron and zinc.

**Physical Activity:** Duck, Duck, Wheat—a game just like "Duck, Duck, Goose" but only using the word wheat instead of goose. This will give kids exercise while running around and also remind them of an essential food ingredient.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.



# Sample Menu for Advanced Level

\*Recipe Provided

**Week 3**

This menu may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, apples and grapes. Please substitute appropriate foods for children under 3 years of age. Whole milk is recommended for children 1 to 2 years. Low fat, 1% milk is recommended for children age 2 and older.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
Fluid Milk	1% milk	1% milk	1% milk	1% milk	1% milk
Juice, Fruit, or Vegetable	Applesauce	Mixed Fruit Salad (frozen)	Grapes (fresh)	Pears (canned)	Blueberries (fresh or frozen)
Grains/Bread Component	Whole Grain Waffles	Biscuit	Oatmeal	Banana Bread* <sup>21</sup>	Cereal—Cheerios
Other Foods	(no syrup)	Scrambled Eggs			Yogurt
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk					
Juice, Fruit, or Vegetable		Cherry Tomatoes		Banana	Broccoli Trees
Grains/Bread Component	Tortilla Chips	Whole Wheat Crackers	Animal Crackers	Graham Crackers	Soft Pretzel
Meat or Meat Alternate	Bean Dip* <sup>9</sup>		Yogurt		
Other Foods	Water	Cucumber Yogurt Dip* <sup>17</sup> /Water	Water	Water	Veggie Dip* <sup>22</sup> /Water
<b>LUNCH</b>					
Fluid Milk	1% milk	1% milk	1% milk	1% milk	1% milk
2 Servings of Fruit and/or Vegetables	Brussels Sprouts	Grapes (fresh)	Apple Slices (fresh)	Pineapple (canned)	Mandarin Oranges
	Potato Wedges (Baked)	Cooked Cauliflower	Cooked Carrots	Tomato Soup	Tossed Salad
Grains/Bread Component	Whole Wheat Pita Bread	Pasta Salad (whole wheat pasta)	Cornbread* <sup>19</sup>	Whole Wheat Bread	Biscuit for Pizza
Meat or Meat Alternate	Chicken Pockets* <sup>15</sup>	Broccoli Quiche* <sup>18</sup>	Ham and Beans* <sup>20</sup>	Tuna Salad	Individual Pizzas* <sup>23</sup>
Other Foods	Low fat Dressing* <sup>16</sup>				

## Black Bean Dip

Ingredients	12 Servings	24 Servings	Directions
Black beans, canned	16 oz. can	32 oz. can	<ol style="list-style-type: none"> <li>1. Drain and mash cooked beans.</li> <li>2. Stir in other ingredients.</li> <li>3. Serve with tortilla, tortilla chips, crackers or fresh veggies.</li> </ol>
Cheese, shredded	2 oz.	4 oz.	
Garlic powder	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Chili powder	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Black pepper	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Vinegar	1 tsp	2 tsp	



Portion size for 3 to 5 year old:  $\frac{1}{8}$  cup  
Each serving provides  $\frac{1}{2}$  oz. meat alternate

**Nutrition Tip:** Black beans contain iron to help children feel good and play hard! All canned legumes provide iron.

**Physical Activity:** Children are naturally active, especially outdoors. Let them outside and watch them run!

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Chicken Pita Sandwich

Ingredients	8 servings	16 servings	Directions
Chicken breast (no skin), roasted, chopped/diced	12 oz or 2 $\frac{1}{2}$ cups	24 oz. or 5 cups	 <ol style="list-style-type: none"> <li>1. In mixing bowl, combine chicken, mozzarella cheese, onion powder, ranch dressing, salt, and garlic powder. Mix well.</li> <li>2. Cut each pita bread round in half.</li> <li>3. Put <math>\frac{1}{8}</math> of the mixture into each pita half.</li> </ol> <p>*Variation: finely chopped cooked turkey, ham or beef may be substituted for chicken.</p>
Mozzarella cheese, low-fat, shredded	$\frac{1}{2}$ cup	1 cup	
Onion powder	1 tsp	2 tsp	
Fat-free ranch dressing	$\frac{1}{2}$ cup	1 cup	
Salt, table	$\frac{1}{2}$ tsp	1 tsp	
Garlic powder	$\frac{1}{8}$ tsp	$\frac{1}{4}$ tsp	
Pita bread rounds, made with whole wheat or enriched flour (can also use a whole wheat tortilla)	4 (6-inch)	8 (6-inch)	

Portion size for 3 to 5 year old:  $\frac{1}{2}$  pita sandwich

Each serving provides: 1  $\frac{1}{2}$  oz. meat/meat alternative,  $\frac{1}{2}$  slice bread/bread alternate

**Nutrition Tip:** Use a whole wheat pita bread or whole wheat tortilla shell for added fiber and better nutrition.

**Physical Activity:** Ask children to imitate the action of their favorite animals or others (tree swaying in wind, cat arching its back, kangaroo jumping, train chugging along, or spider climbing).

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Lowfat and Yummy Dressing

Ingredients	10 Servings	25 Servings	Directions
Low-fat plain yogurt	3 <sup>1</sup> / <sub>8</sub> oz.	7 <sup>7</sup> / <sub>8</sub> oz.	<ol style="list-style-type: none"> <li>1. Combine all ingredients in a mixing bowl.</li> <li>2. Using a wire whisk, mix until smooth.</li> <li>3. Pour into serving containers. Keep chilled.</li> </ol>
Low-fat mayonnaise	<sup>1</sup> / <sub>2</sub> cup + 2 Tbsp	1 <sup>1</sup> / <sub>2</sub> cups + 1 Tbsp	
Ranch dressing dry mix	5 oz.	12 <sup>1</sup> / <sub>2</sub> oz.	
Buttermilk	1 <sup>1</sup> / <sub>2</sub> cup + 1 Tbsp	3 <sup>3</sup> / <sub>4</sub> cups + 2 <sup>1</sup> / <sub>2</sub> Tbsp	



**Portion size for 3 to 5 year old:** 2 oz.

**Each serving provides:** minimal amounts of yogurt and buttermilk

**Nutrition Tip:** Buttermilk is a low fat dairy food. Use it in dips and for baking. A quick substitution for buttermilk is <sup>1</sup>/<sub>2</sub> Tbsp of vinegar in a cup of regular milk.

**Physical Activity:** Play a game of kickball and be sure the kids run around the bases for exercise.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Cucumber-Yogurt Dip

Ingredients	14 Servings	28 Servings	Directions
Yogurt, plain, low-fat	2 cups	4 cups	Stir yogurt and cream cheese until smooth. Add remaining ingredients; stir to blend.
Cream cheese, low-fat	8 oz.	16 oz.	
Cucumber, raw, peeled, diced	1 cup	2 cups	Serve with raw or blanched vegetables, such as carrots, celery, tomatoes, or zucchini.
Garlic, fresh, cloves	2 cloves	4 cloves	
Dill weed, fresh or dried	2 Tbsp	4 Tbsp	
Lemon juice, conned/bottled	2 tsp	4 tsp	
Black pepper	1 tsp	2 tsp	
Lemon zest	2 tsp	4 tsp	
Optional: Cucumber, sliced thin Julienne mint leaves			



**Portion size for 3 to 5 year old:** 2 oz. or  $\frac{1}{8}$  cup

**Each serving provides:**  $\frac{1}{4}$  oz. meat alternate

**Nutrition Tip:** Yogurt provides healthy bacteria to aid in digestion. Plain yogurt has much less sugar than flavored yogurt.

**Physical Activity:** Build an obstacle course in the yard and practice running, walking, or crawling through it.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Broccoli Quiche

Ingredients	24 Servings	48 Servings	Directions
Enriched 9-inch pie shell, unbaked Fresh broccoli, chopped Fresh onions, chopped or dehydrated onions Margarine or butter Low-fat 1% milk Fresh eggs Salt Ground black or white pepper Enriched dry bread crumbs Reduced fat cheddar cheese, shredded	4 each  3 qts + 2 cups 2/3 cup <b>or</b> $\frac{1}{4}$ cup + 2 Tbsp $\frac{1}{4}$ cup + 2 Tbsp 1 qt 7 large eggs $\frac{1}{2}$ tsp $\frac{1}{2}$ tsp $\frac{3}{4}$ cup 3 $\frac{1}{2}$ cups	8 each  1 gal. + 3 qts 1 $\frac{1}{3}$ cups <b>or</b> $\frac{3}{4}$ cup $\frac{3}{4}$ cup 2 qt 14 large eggs 1 tsp 1 tsp 1 $\frac{1}{2}$ cups 1 qt + 3 cups	<ol style="list-style-type: none"> <li>1. Steam or boil broccoli until tender, about 10 min.</li> <li>2. In a small pan, sauté onions in margarine or butter until tender, about 3-5 min. Set aside to cool.</li> <li>3. In a bowl, combine milk, eggs, salt, and pepper. Add onion and stir to blend. Reserve for step 8.</li> <li>4. Combine bread crumbs and shredded cheese. Sprinkle 1 cup + 1 Tbsp of this crumb mixture in the bottom of each baked crust.</li> <li>5. Add 11 oz. (2 <math>\frac{1}{2}</math> cups) of cooked broccoli to each crust.</li> <li>6. Pour 15 oz. (2 <math>\frac{1}{3}</math> cups) of egg mixture over the broccoli in each crust.</li> <li>7. First bake: Bake in a 375 degree oven for 30-35 min.</li> <li>8. Top each quiche with 3 <math>\frac{1}{8}</math> oz. (<math>\frac{3}{4}</math> cup) of cheese. Cover with foil.</li> <li>9. Second bake: Bake in a 375 degree oven for 15 min. Bake until knife inserted in center comes out clean.</li> <li>10. Cut each pie into 6 slices. Portion is 1 slice.</li> </ol>



**Portion size for 3 to 5 year old:** 1 slice

**Each serving provides:** 1½ oz meat alternate, ¼ cup vegetable, 2 slices bread alternate

**Nutrition Tip:** Milk, cheese and eggs make this a protein packed dish. Use low fat dairy to make it healthier.

**Physical Activity:** Fruit and Vegetable Tag—Have kids play freeze tag as normal, but to get unfrozen they have to yell out their favorite fruit or vegetable.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Perfect Cornbread

Ingredients	16 Servings	32 Servings	Directions
Enriched all-purpose flour	$\frac{1}{2}$ cup	1 cup	<ol style="list-style-type: none"> <li>1. Measure all ingredients into mixing bowl in the order given.</li> <li>2. Beat with wooden spoon or wire whisk until smooth, about 1 minute. Do not overbeat.</li> <li>3. Pour batter into greased 9"x 9" pan.</li> <li>4. Bake at 425 degrees for 20 minutes.</li> </ol>
Yellow corn meal	$\frac{1}{2}$ cup	1 cup	
Baking powder	2 tsp	4 tsp	
Salt	$\frac{1}{4}$ tsp + $\frac{1}{8}$ tsp	$\frac{3}{4}$ tsp	
Eggs	1 large	large	
Low fat milk	$\frac{1}{2}$ cup	1 cup	
Vegetable oil	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	



**Portion size for 3 to 5 year old:** 1 piece (1.25" x 2")

**Each serving provides:**  $\frac{1}{2}$  slice bread alternate

**Nutrition Tip:** Enriched flour has vitamins and minerals added to it. Make sure you purchase enriched flour to use in baked goods and other recipes.

**Physical Activity:** Play music and have kids dance and jump around to it and freeze into a statue when you pause the music.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Navy Bean and Ham Soup



Ingredients	10 Servings	25 Servings	Directions
Cooked dry navy beans (previously sorted and rinsed)	1 $\frac{1}{4}$ cup	3 $\frac{1}{8}$ cups	<ol style="list-style-type: none"> <li>1. Soak sorted and rinsed beans in 4 cups of cold water overnight. Drain.</li> <li>2. Coat a large saucepan with no stick vegetable spray. Sauté carrot, celery, and onions.</li> <li>3. Add beans and chicken broth.</li> <li>4. Simmer for 1 hour.</li> <li>5. Add ham, liquid smoke and marjoram. Simmer for additional 1 <math>\frac{1}{2}</math> hours or until beans are soft.</li> </ol>
Chicken broth			
Chopped carrots	1 qt + 1 cup	3 qt + $\frac{1}{2}$ cup	
Chopped onions	$\frac{1}{2}$ cup + 2 Tbsp	1 $\frac{1}{2}$ cup + 1 Tbsp	
Chopped celery	$\frac{1}{2}$ cup + 2 Tbsp	1 $\frac{1}{2}$ cups + 1 Tbsp	
Turkey ham, finely chopped	$\frac{1}{2}$ cup + 2 Tbsp	1 $\frac{1}{2}$ cup + 1 Tbsp	
Dried marjoram	2 $\frac{1}{2}$ oz.	6 $\frac{1}{4}$ oz.	
Liquid smoke	$\frac{1}{4}$ tsp $\frac{1}{8}$ tsp	$\frac{3}{4}$ tsp $\frac{1}{4}$ tsp	

**Portion size for 3 to 5 year old:** 1 cup

**Each serving provides:** 1  $\frac{1}{2}$  oz. meat alternate

**Nutrition Tip:** Dried beans are a great source of iron, which is helpful in preventing colds.

**Physical Activity:** Partner Stunts- Pair each child up and have them work together to complete tasks (Partner walk-pairs face each other with hands on each other's shoulders. They walk trying to keep their toes touching so they move as a single unit. Wring the Dishrag-pairs face each other holding hands, while lifting one pair of arms in the air they turn toward the lifted arms. They continue turning until they are back each other holding hands, while lifting one pair of arms in the air they turn toward the lifted arms. They continue turning until they are back to back.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Banana Bread



Ingredients	1 loaf	2 loaves	Directions
Flour, all purpose, enriched (Try making this recipe with $\frac{1}{4}$ whole wheat flour. May need to add a little extra milk.)	2 $\frac{1}{2}$ cups	5 cups	<ol style="list-style-type: none"> <li>1. Heat oven to 350 degrees. Spray two 9x5x3 inch loaf pans.</li> <li>2. Measure all ingredients into large bowl and beat on medium speed <math>\frac{1}{2}</math> minute.</li> <li>3. Pour into pans and bake for 55-65 minutes.</li> </ol>
Sugar	1 cup	2 cups	
Baking powder	3 $\frac{1}{2}$ tsp	7 tsp	
Salt	$\frac{1}{2}$ tsp	1 tsp	
Canola Oil	3 Tbsp	6 Tbsp	
Skim milk	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cup	
Eggs	1 egg	2 eggs	
Banana, ripe, mashed*	1 cup	2 cups	

**Portion size for 3 to 5 year old:**  $\frac{1}{2}$  slice (cut loaf into 10 slices, then cut slices in  $\frac{1}{2}$  to yield 20 servings per loaf pan)

**Each serving provides:** 1 slice bread/bread alternate= 2 bread servings

**Nutrition Tip:** Whole wheat flour can be used in this recipe too. When using whole wheat flour, you may need to add a little extra liquid to the batter. In this recipe, add a little extra milk.

**Physical Activity:** Crabwalk relay-teams divided up equally and race from point A to point B walking like a crab. Fastest team wins.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Cool Creamy Vegetable Dip



Ingredients	2 Cups	1 Quart	Directions
Low fat plain yogurt	$\frac{1}{2}$ cup	1 cup	Combine cottage cheese, milk, and seasoning in a blender or beat until smooth in a bowl.  Serve with a tray of vegetables.
Reduced calorie salad dressing OR Low fat mayonnaise	$1 \frac{1}{4}$ cups	$2 \frac{1}{2}$ cups	
Instant nonfat dry milk, reconstituted	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Parsley, dried	1 Tbsp	2 Tbsp	
Granulated garlic	$\frac{3}{8}$ tsp	$\frac{3}{4}$ tsp	
Onion powder	$\frac{3}{8}$ tsp	$\frac{3}{4}$ tsp	
Salt	$\frac{3}{4}$ tsp	$1 \frac{1}{2}$ tsp	
Ground black or white pepper	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	

**Portion size for 3 to 5 year old:** 2 oz or  $\frac{1}{8}$  cup

**Nutrition Tip:** This low fat dip is tasty with vegetables and whole wheat crackers. This is a healthier alternative to store-bought Ranch dressing as it is much lower in fat and salt.

**Physical Activity:** Play Ring Around the Rosy.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Individual Pizzas

Ingredients	10 Servings	25 Servings	Directions
Pork sausage, raw, uncooked OR cooked, chopped Chicken	21 oz 10 oz	3lb 5oz 25 oz	<ol style="list-style-type: none"> <li>1. Brown meat until done. Drain fat.</li> <li>2. On a cookie sheet, press biscuits into round flat shapes with sides slightly raised.</li> <li>3. Place 1 Tbsp sauce on each biscuit.</li> <li>4. Add 2 Tbsp of meat.</li> <li>5. Sprinkle cheese on top of each pizza.</li> <li>6. Bake in 400 degree oven for 10 minutes or until cheese melts.</li> </ol>
Refrigerated biscuits	10 biscuits	25 biscuits	
Pizza sauce or spaghetti sauce	¾ cup	1 ¾ c + 2 Tbsp	
Shredded mozzarella cheese	6 oz	15 oz	



**Portion size for 3 to 5 year old:** 1 individual pizza

**Each serving provides:** 1½ oz meat/meat alternate, ½ slice bread alternate

**Nutrition Tip:** Red meat contains more iron than white meats, but may be higher in fat. Drain the pork sausage well after browning. Use chicken as a variation in this recipe.

**Physical Activity:** Pretend everyone is in a pirate ship, rowing the oars. Then jump off the gangplank and swim to shore.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

# Sample Menu for Advanced Level

\*Recipe Provided

**Week 4**

This menu may contain foods which present a choking hazard for younger children such as raw vegetables, raisins, apples and grapes. Please substitute appropriate foods for children under 3 years of age. Whole milk is recommended for children 1 to 2 years. Low fat, 1% milk is recommended for children age 2 and older.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fluid Milk	1% milk	1% milk	1% milk	1% milk	1% milk
Juice, Fruit, or Vegetable	Peaches	Banana Slices	Strawberries	Fruit Salad	Orange Slices
Grains/Bread Component	Oatmeal	Raisin Toast	Shredded Wheat	Cheese Quesadilla w/ Whole Wheat Tortilla	English Muffin
Other Foods				Cheese	Scrambled Eggs
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					
Fluid Milk				1% Milk	
Juice, Fruit, or Vegetable	Grapes	100% Juice	Cucumber Slices		Applesauce
Grains/Bread Component		Apple Cheese Biscuits* <sup>24</sup>		Pretzels	Whole Wheat Bagel
Meat or Meat Alternate	Cheese Stick		Hummus* <sup>12</sup>		
Other Foods	Water	Water	Water	Water	Water
<b>LUNCH</b>					
Fluid Milk	1% milk	1% milk	1% milk	1% milk	1% milk
2 Servings of Fruit and/or Vegetables	Corn	Mashed Potato	Pears	Baked Apples* <sup>26</sup>	Melon
	Black Beans	Broccoli Salad* <sup>25</sup>	Peas	Carrot Sticks	Green Beans
Grains/Bread Component	Tortilla	Stuffing	Whole Wheat Bun	Brown Rice	Whole Wheat Spaghetti
Meat or Meat Alternate	Ground Beef	Turkey Slices	BBQ Chicken Sandwich	Baked Fish* <sup>27</sup>	Turkey Tetrazzini* <sup>28</sup>
Other Foods	Taco Salad				



## Apple Cheese Biscuits

Ingredients	12 Servings	24 Servings	Directions
Sugar, granulated	2 Tbsp + 2tsp	1/3 cup	<ol style="list-style-type: none"> <li>1. Combine sugar and cinnamon. Set aside.</li> <li>2. In a mixing bowl, combine biscuit mix, cheese and apple. Make a well in the center of this mixture.</li> <li>3. Add water all at once. Stir just until mixture forms a ball.</li> <li>4. Divide into 12 or 24 pieces, according to servings in recipe. Shape each piece into a ball.</li> <li>5. Roll each ball in melted margarine, then in sugar mixture.</li> <li>6. Arrange in a single layer in two greased 9" round baking pans.</li> <li>7. Bake in a 400 degree oven for 25-30 minutes or until golden brown.</li> <li>8. Remove from pan; serve warm.</li> </ol>
Cinnamon	1/4 tsp	1/2 tsp	
Bisquick	3/4 c +2 Tbsp	1 3/4 cups	
Cheddar cheese, shredded	1/4 cup	1/2 cup	
Apple, peeled, cored and finely chopped	1/2 medium	1 medium	
Water	2 Tbsp + 2 tsp	1/3 cup	
Margarine, melted	2 Tbsp	1/4 cup	
<p><b>Portion size for 3 to 5 year old:</b> 1 small biscuit  <b>Each serving provides:</b> 1/2 slice bread alternate</p>			
<p><b>Nutrition Tip:</b> Apples provide fiber to help keep your heart healthy. Fiber also aids in digestion and keeps bowels regular.  <b>Physical Activity:</b> Walk to a nearby market or grocery store (if possible) and count the different kinds of apples. Buy a few of each and have a taste test.</p>			
<p>Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.</p>			

## Broccoli Salad

Ingredients	12 Servings	24 Servings	Directions
Fresh broccoli, raw	5 cups	10 cups	<ol style="list-style-type: none"> <li>1. Wash broccoli.</li> <li>2. Cut heads into florets. Dice stems.</li> <li>3. Add raisins and red onions.</li> <li>4. Combine low-fat mayonnaise, sugar, vinegar, and milk. Mix well.</li> <li>5. Add to broccoli, raisin, and red onions.</li> <li>6. Chill before serving. (For best results, chill for at least 2 hours before serving.)</li> </ol>
Raisins, seedless	1 cup	2 cups	
Red onion, diced	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	
Dressing:			
Low-fat mayonnaise	$\frac{1}{2}$ cup	1 cup	
Sugar, granulated	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Vinegar, cider	$\frac{1}{2}$ Tbsp	1 Tbsp	
Milk, Skim or 1%	$\frac{1}{2}$ Tbsp	1 Tbsp	



**Portion size for 3 to 5 year old:**  $\frac{1}{2}$  cup

**Each serving provides:**  $\frac{3}{8}$  cup fruit/vegetable

**Nutrition Tip:** Eat 5 servings of fruits and veggies per day for better health. The broccoli provides vitamin A in this recipe.

**Physical Activity:** Take a trip to your local Farmers' Market to purchase some fresh broccoli. Walk to different booths and talk about the different kinds of produce.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Baked Apples



Ingredients	10 Servings	25 Servings	Directions
Cored Apples	5 medium	12 $\frac{1}{2}$ medium	<ol style="list-style-type: none"> <li>1. Place cored apples in a baking dish.</li> <li>2. Put a pat of butter and raisins into the center of each one. Drizzle on maple syrup.</li> <li>3. Pour an inch of water into the dish.</li> <li>4. Bake at 375 degrees until tender, about 30 minutes.</li> <li>5. Baste and serve warm.</li> </ol>
Pats of butter	1 Tbsp + 2 tsp	$\frac{1}{4}$ cup + $\frac{1}{2}$ tsp	
Maple syrup	$\frac{1}{4}$ cup + 1 Tbsp	$\frac{3}{4}$ cup + $\frac{1}{2}$ Tbsp	
Raisins	1 $\frac{1}{4}$ cup	3 $\frac{1}{8}$ cup	

Portion size for 3 to 5 year old:  $\frac{1}{2}$  apple

Each serving provides:  $\frac{1}{2}$  apple and  $\frac{1}{4}$  cup raisins =  $\frac{1}{2}$  cup fruit

**Nutrition Tip:** The apple skin has almost half of the total vitamin C content of an apple. Vitamin C helps ward off disease. The skin also has fiber!

**Physical Activity:** Build an obstacle course. Plan 5-6 stations of various physical activities and time each child.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.



## Tasty Lemon Fish

Ingredients	10 Servings	25 Servings	Directions
Paprika	$\frac{3}{8}$ tsp	1 tsp	<ol style="list-style-type: none"> <li>Mix dry ingredients in a small bowl. Place in a salt shaker.</li> <li>Place fish portions into an ungreased pan.</li> <li>Sprinkle lemon juice and seasoning mix over the top of the fish fillets.</li> <li>Drizzle melted margarine over the seasonings.</li> <li>Bake at 350 degrees for 20 minutes until fish flakes easily with a fork.</li> </ol>
Garlic, granulated	$\frac{3}{8}$ tsp	1 tsp	
Onion salt	$\frac{3}{8}$ tsp	1 tsp	
Cayenne pepper	$\frac{1}{8}$ tsp	$\frac{3}{8}$ tsp	
Black pepper	$\frac{1}{8}$ tsp	$\frac{3}{8}$ tsp	
White pepper	$\frac{1}{8}$ tsp	$\frac{3}{8}$ tsp	
Oregano, ground	$\frac{1}{8}$ tsp	$\frac{1}{2}$ tsp	
Thyme, ground	$\frac{1}{8}$ tsp	$\frac{1}{2}$ tsp	
Fish fillets, frozen, unbreaded	20 oz.	50 oz.	
Margarine	$1\frac{1}{4}$ oz.	3 oz.	
Lemon juice, frozen, unsweetened	1 Tbsp + $1\frac{3}{4}$ tsp	$\frac{1}{4}$ cup	

Portion size for 3 to 5 year old:  $1\frac{1}{2}$  oz. of fish

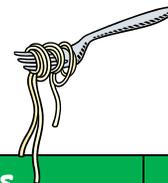
Each serving provides:  $1\frac{1}{2}$  oz. meat

**Nutrition Tip:** Fish is a great source of omega 3 fatty acids (good for your heart).

**Physical Activity:** Have a jumping jack event, see if kids can do 10 jumping jacks, then 15 and then 20!

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.

## Turkey Tetrazzini



Ingredients	12 Servings	24 Servings	Directions
Vermicelli spaghetti, dry, enriched	8 oz.	1 lb	<ol style="list-style-type: none"> <li>Mix all ingredients.</li> <li>Place in a greased 9 x 13 inch pan.</li> <li>Sprinkle with Parmesan cheese and drizzle melted butter over top.</li> <li>Bake at 350 degrees for 45 minutes.</li> </ol>
Mushroom soup, condensed	2 cans	4 cans	
Mushrooms, canned, drained	1 can	2 cans	
Milk, 1% Low-fat	1 cup	2 cups	
Turkey, roasted, chopped/diced	2 cups	1 qt	
Green pepper, raw, chopped	$\frac{1}{2}$ cup	1 cup	
Pimento, canned	$\frac{1}{2}$ cup	1 cup	
Cheddar cheese, shredded	2 cups	1 qt	
Salt and pepper to taste			
Parmesan cheese, grated	$\frac{1}{2}$ cup	1 cup	
Melted butter	3 tbsp	$\frac{1}{3}$ cup + 2 tsp	

Portion size for 3 to 5 year old:  $\frac{1}{12}$  of recipe

Each serving provides:  $\frac{1}{2}$  slice bread alternate, 1  $\frac{1}{2}$  oz. meat/meat alternate

**Nutrition Tip:** Try using thin whole wheat spaghetti noodles in this recipe for extra nutrition and added fiber.

**Physical Activity:** Balloon volleyball - children can be standing on the floor. A rope is tied just above their heads and they can bat a balloon back and forth across the rope.

Montana CACFP has given permission for use of this recipe. From Making it Balance and Kickin 'it Up.