



Child Care Health Program

Tuna Noodle Casserole

Makes 20 Servings

- 8 ounces wide egg noodles
- 3 (6 ounce cans) water packed tuna, drained
- 2 cans low sodium cream of mushroom soup
- 2 teaspoons each of onion powder and garlic powder, salt free
- ¼ teaspoon black pepper or to your taste
- 2½ cups cooked green beans[✪], cut in small pieces, if using fresh ones OR serve the green beans as a side dish.

1. Cook noodles according to instructions and drain.
2. Mix with tuna, soup, seasonings and green beans.
3. Put it into a lightly greased baking dish and bake for about 40 minutes at 350°, until edges begin to brown.



Nutrition Facts

Serv. size 1/20 of serving (69g)
 Servings 20
 Calories 90
 Fat Cal. 5

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5g	1%	Total Carb. 11g	4%
Sat. Fat 0g	1%	Fiber less than 1g	4%
Trans fats 0g		Sugars less than 1g	
Cholest. 10mg	3%	Protein 8g	
Sodium 150mg	6%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 2% Vitamin C 4% Calcium 0% Iron 4%

Grain/Bread — 1/4 cup
 Vegetable — 1/8 cup
 Meat/Meat Alternative — 3/4 ounce

CACFP Crediting
 for 3-5 year olds
 Lunch/Dinner

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Vegetable Frittata

Makes 20 Servings

- 2 medium onions[✪], chopped
- 3 clove garlic[✪], minced
- 5 medium tomatoes[✪], chopped
- 2 tablespoons vegetable oil
- 1 teaspoon Italian seasoning
- 3/4 teaspoon black pepper
- 20 eggs[✪], lightly beaten
- 3–10 ounce packages frozen spinach[✪], thawed and squeezed dry
- 1½ cups cheddar cheese[✪], grated

1. Sauté onion, garlic, and tomatoes in oil until tender.
2. Add Italian seasonings and pepper to the beaten eggs and add to onion mixture.
3. Stir in spinach and cheese.
4. Cover with a tight fitting lid and turn heat to low.
5. Cook for 15 minutes and check for firmness. Eggs should reach an internal temperature of 145°F. Cut into wedges with spatula and serve.



Nutrition Facts

Serv. size 1/20 of recipe (145g)
 Servings 20
 Calories 140
 Fat Cal. 80

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 9g	14%	Total Carb. 5g	2%
Sat. Fat 3.5g	17%	Fiber 2g	7%
Trans fats 0g		Sugars 2g	
Cholest. 195mg	65%	Protein 10g	
Sodium 160mg	7%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 110% Vitamin C 15% Calcium 15% Iron 10%

Vegetable — 1/2 cup
 Meat/Meat Alternative — 1 egg

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