

## Farmer's Harvest Chili Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	6 servings	12 servings	24servings	48 servings
Onion, finely chopped	1/2 Cup	1 Cup	2 Cups	4 Cups
Carrots, diced	1-1/2.	3	6	12
Garlic, cloves, minced	1/2 clove	1 clove	2 cloves	4 cloves
Green bell pepper, diced	1/2 Cup	1 Cup	2 Cups	4 Cups
Corn, canned, drained	1/2 - 12 oz can	1 - 12 oz can	2 - 12 oz cans	4 - 12 oz cans
Kidney beans, canned, drained	2-1/4 Cups	4-1/2 cups	9 cups	18 cups
Diced tomatoes, fresh or canned	1/2 - 14.5 oz Can	1 - 14.5 oz can	2 - 14.5 oz can	4 - 14.5 oz cans
Tomato paste	1 Can	2 cans	4 cans	8 cans

### Directions:

1. Spray large saucepan with non-stick cooking spray.	Grain/Bread	
2. Saute onions for about 3 minutes	Fruit/Vegetable	X
3. Add carrots and garlic. Saute for another 3 minutes	Meat/Meat Alternate	X
4. Add rest of ingredients and cook for 30 minutes (until heated thoroughly) on medium heat, uncovered. Stir occasionally.	Milk	

## Limeade Chicken Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	6 servings	12 servings	24servings	48 servings
Chicken breast, boneless, skinless	7/8 pound	1-3/4 pound	3-1/2 pound	7 pounds
Lime juice, canned, bottled or squeezed	2 oz	4 oz	8 oz	16 oz
Vegetable oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Pepper, black	1 tsp	2 tsp	4 tsp	8 tsp

### Directions:

1. Trim fat from chicken breast.	Grain/Bread	
2. Cut each breast into four pieces and place in resealable bag.	Fruit/Vegetable	
3. Add lime juice, oil and pepper and toss in bag.	Meat/Meat Alternate	X
4. Marinate 3 hours	Milk	
5. Place on oiled cookie sheet.		
Bake at 400 degrees F for about an hour.		

## Golden Porridge Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	6 servings	12 servings	24servings	48 servings
Old Fashioned rolled oats	1 cup	2 cups	4 cups	8 cups
Milk, fat-free or 1%	2 cups	4 cups	8 cups	16 cups
Ground cinnamon	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Vanilla extract	1 tsp	2 tsp	4 tsp	8 tsp
Brown sugar	2 tsp	4 tsp	8 tsp	16 tsp
Walnuts (optional)	1 cup	2 cups	4 cups	8 cups

### Directions:

1. In a large saucepan, bring milk to a boil.	Grain/Bread	X
2. Combine oats and cinnamon. Mix into milk. Return to a boil.	Fruit/Vegetable	
3. Reduce heat and simmer for 5 - 10 minutes or until mixture has thickened.	Meat/Meat Alternate	
4. Remove from heat and mix in brown sugar, vanilla and walnuts (optional).	Milk	

## Cheesy Pizza Muffin Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	6 servings	12 servings	24servings	48 servings
Whole Wheat English muffins	3	6	12	24
Cheese, mozzarella, shredded, part-skim	9 oz	18 oz	36 oz	72 oz
Spaghetti sauce, canned or homemade	3/4 cup	1-1/2 cup	3 cups	6cups
Oregano	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

### Directions:

1. Preheat oven to 350 degrees F.	Grain/Bread	X
2. Cut or pull English muffins in half and place on backing sheet, flat side down.	Fruit/Vegetable	
3. Spread spaghetti sauce over each half, top with 1-1/2 oz cheese and sprinkle with oregano.	Meat/Meat Alternate	X
4. Bake, uncovered, at 350 degrees for about 10 minutes or until cheese is melted.	Milk	
5. Sreve one half to each child as their own personal pizza.		

## Pumpkin Patch Pancakes Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	8 servings	16 servings	32 servings	64 servings
Flour, Whole wheat	1/2 cup	1 cup	2 cups	4 cups
Baking powder	1 tsp	2 tsp	4 tsp	8 tsp
Cinnamon, ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp
1% milk	5 fl oz	1-1/4 cup	2-1/2 cups	5 cups
Applesauce, unsweetened	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Egg	1/2.	1	2	4
Pumpkin puree, canned	1/4 cup	1/2 cup	1 cup	2 cups
Vanilla yogurt, low fat	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

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|--|---------------------|---|
| 1. In large mixing bowl combine flour, baking powder and cinnamon.                       | Grain/Bread         | X |
| 2. In separate bowl mix milk, applesauce, egg, pumpkin, and yogurt until combined.       | Fruit/Vegetable     |   |
| 3. Add wet ingredients to flour mixture and stir until moist. Batter may still be lumpy. | Meat/Meat Alternate |   |
| 4. Lightly coat griddle or skillet with cooking spray and heat on medium.                | Milk                |   |
| 5. Pour batter onto hot griddle (about 2 Tbsp for each pancake).                         |                     |   |
| 6. Cook until bubbles burst, flip and cook until golden on both sides.                   |                     |   |

## Cheesy Spaghetti Bake Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	6 servings	12 servings	24servings	48 servings
Spaghetti, dry, whole wheat	1 cup	2 cups	4 cups	8 cups
Egg	1/2.	1	2	4
Milk, fat free or 1%	1/4 cup	1/2 cup	1 cup	2 cups
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Turkey, ground	10 oz	1-1/4 lb	2-1/2 lb	5 lbs
Onion, small, chopped	1/2.	1	2	4
Cheese, mozzarella, shredded, part-skim	1 oz	2 oz	4 oz	8 oz
Spaghetti sauce, canned or homemade	1 cup	2 cups	4 cups	8 cups
Oregano	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

### Directions:

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|--|---------------------|---|
| 1. Preheat oven to 350 degrees F.  | Grain/Bread         | X |
| 2. For 24 servings, grease a 11x7x2 baking dish. For 12 servings, 8x8x1-1/2 baking dish.                               | Fruit/Vegetable     |   |
| 3. Cook spaghetti as package directions indicate; drain  | Meat/Meat Alternate | X |
| 4. In a large bowl, heat the egg, milk and salt; add spaghetti, oregano, and half the cheese called-for. Toss to coat. | Milk                |   |
| 5. Transfer to greased baking dish.  |                     |   |
| 6. Brown meat and chopped onion; drain. Add spaghetti sauce and mix well. Spoon over pasta.                            |                     |   |
| 7. Bake, uncovered, at 350 degrees for 20 minutes.   |                     |   |
| 8. Sprinkle with the rest of the shredded cheese and bake 10 minutes more. Let stand 10 minutes before serving.        |                     |   |

## Veggie Tuna Melt Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	7 servings	14 servings	28 servings	56 servings
Tuna, packed in water, drained	1- 12.5 oz can	2- 12.5 oz cans	4- 12.5 oz cans	8- 12.5 oz cans
Mayonnaise	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Mustard, brown	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Celery, chopped	1 cup	2 cups	4 cups	8 cups
Carrots, grated	1 cup	2 cups	4 cups	8 cups
Cheese, cheddar	1/4 cup	1/2 cup	1 cup	2 cups
Bread, whole grain	7 slices	14 slices	28 slices	56 slices

### Directions:

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|--|---------------------|---|
| 1. Preheat oven to 350 degrees F.  | Grain/Bread         | X |
| 2. Wash and dry onions, celery and carrots.  | Fruit/Vegetable     | X |
| 3. Chop onion and celery. Grate carrots. Combine in bowl. Set aside.   | Meat/Meat Alternate | X |
| 4. Combine mayonnaise, mustard and drained tuna in a bowl. Add onions, celery and carrots.   | Milk                |   |
| 6. Place bread slices on a baking sheet.   |                     |   |
| 7. Top bread with 3/4 cup of tuna mixture, sprinkle with cheese. Bake at 350 degrees for 5 minutes, until cheese is melted and bread is toasted. |                     |   |

**Dragon Treats** *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	6 servings	12 servings	24servings	48 servings
Tortillas, whole wheat, 8"	6	12	24	48
Chicken, boneless, skinless, cut into strips	1 lb	2 lbs	4 lbs	8 lbs
Tomatoes, diced	1/2 cup	1 cup	2 cups	4 cups
Onions, chopped	1/2 cup	2 cup	2 cups	4 cups
Romaine lettuce, shredded	1/2 cup	3 cup	2 cups	4 cups
Barbeque sauce	1/4 cup	1/2 cup	1 cup	2 cups

**Directions:**

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|---|---------------------|---|
| 1. Coat large, non-stick skillet with cooking spray.  | Grain/Bread         | X |
| 2. Coat chicken with barbeque sauce.  | Fruit/Vegetable     | X |
| 3. Place chicken strips into pan. Cook about 3 minutes on each side. Add barbeque sauce to chicken. | Meat/Meat Alternate | X |
| 4. Simmer over medium heat for 15 - 25 minutes until chicken is cooked all the way through.         | Milk                |   |
| 5. Warm tortillas in microwave oven.  |                     |   |
| 6. Combine tomatoes, onions and lettuce in bowl.  |                     |   |
| 7. Place 1-1/2 oz chicken and 1/4 cup vegetable mixture on each tortilla.                           |                     |   |

**Fancy Fish** *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	7 servings	14 servings	28 servings	56 servings
Cod filets, frozen (or other white fish)	1 lb	2 lbs	4 lbs	8 lbs
Paprika	Pinch	1/4 tsp	1/2 tsp	1 tsp
Onion powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Pepper	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
Oregano, ground	Pinch	1/4 tsp	1/2 tsp	2 tsp
Thyme, ground	Pinch	1/4 tsp	1/2 tsp	3 tsp
Lemon juice, fresh or bottled	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Margarine, soft, melted	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

**Directions:**

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|---|---------------------|---|
| 1. Preheat oven to 350 degrees F.   | Grain/Bread         |   |
| 2. place fish on ungreased baking pan.  | Fruit/Vegetable     |   |
| 3. In small bowl combine paprika, onion powder, pepper, oregano and thyme.              | Meat/Meat Alternate | X |
| 4. Sprinkle mixture over fish. Squeeze lemon juice over fish. Drizzle margarine on top. | Milk                |   |
| 5. Bake about 30 minutes or until fish flakes with a fork.                              |                     |   |

**Bunny Sticks** *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	6 servings	12 servings	24servings	48 servings
Sweet Potatoes	14 oz	1-3/4 lb	3-1/2 lb	7 lbs
Margarine, melted	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cinnamon, ground	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

**Directions:**

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|--|---------------------|---|
| 1. Poke holes in top of potatoes with a fork. Microwave about 1 minute.                  | Grain/Bread         |   |
| 2. Preheat oven 375 degrees.   | Fruit/Vegetable     | X |
| 3. Wash sweet potatoes and peel if desired. Cut into slices.                             | Meat/Meat Alternate |   |
| 4. Combine margarine, brown sugar and cinnamon in sealable bag.                          | Milk                |   |
| 5. Add sweet potatoes to bag and shake until coated.                                     |                     |   |
| 6. Spray baking sheet with non-stick vegetable spray. Spread potatoes onto baking sheet. |                     |   |
| 7. Bake at 375 degrees for 45 minutes.   |                     |   |

**Pizza Party Pita** *Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide*

Ingredients	4 servings	8 servings	16 servings	32 servings
Pita, whole grain	4	8	16	32
<b>Filling:</b>	Pinch	1/4 tsp	1/2 tsp	1 tsp
Ricotta cheese	1/2 cup	1 cup	2 cups	4 cups
White beans, cooked and drained	1/2 cup + 2 Tbsp	1-1/4 cup	2-1/2 cups	5 cups
Tomatoes, chopped	1 cup	2 cups	4 cups	8 cups
Spinach, frozen chopped, thawed	1/2 cup	1 cup	2 cups	4 cups
Tomato sauce	1/2 cup	1 cup	2 cups	4 cups
Milk, fat-free or skim	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

**Directions:**

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|--|---------------------|---|
| 1. Preheat oven to 350 degrees F.  | Grain/Bread         | X |
| 2. In mixing bowl stir together spinach, ricotta cheese, tomatoes and beans.                   | Fruit/Vegetable     | X |
| 3. Slice pitas open. Place 1/4 cup mixture in each pita.                                       | Meat/Meat Alternate | X |
| 4. Line baking sheet with lightly greased foil. Place pitas on sheet and brush tops with milk. | Milk                |   |
| 5. Place in 350 degree oven for 8 - 10 minutes.  |                     |   |

## Chicken Alfredo With a Twist Source: Recipes for Healthy Kids Cookbook for Child Care Centers

Ingredients	6 servings	12 servings	25 servings	50 servings
Rotini pasta, whole grain	1/2 lb	1 lb	2 lbs	4lbs
Cream of chicken soup, low-fat, reduced	18 oz	36 oz	75 oz	150 oz
Fat free half and half	1-1/2 cup	3 cups	6 cups	12 cups
Ground white pepper	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Garlic powder	Pinch	1/4 tsp	1/2 tsp	1 tsp
Parmesan cheese, grated	3/4 cup	1-1/2 cups	3 cups	6 cups
Frozen, cooked diced chicken, thawed, 1/2"	3/4 lb	1-1/2 lb	3 lb, 4oz	6-1/2 lbs

### Directions:

- |   |                     |   |
|---|---------------------|---|
| 1. Cook spaghetti as package directions indicate; drain   | Grain/Bread         | X |
| 2. Combine soup, half and half, pepper, garlic, parmesan cheese and chicken.<br>Cook over medium heat for 5-10 minutes, stirring often. | Fruit/Vegetable     |   |
| 3. Pour noodles into large baking pan. Add sauce immediately before serving (1 cup).  | Meat/Meat Alternate | X |
|   | Milk                |   |

## Johnny Applesauce Pancakes Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	6 servings	12 servings	24servings	48 servings
Milk, fat free or 1%	1/4 cup	1/2 cup	1 cup	2 cups
Eggs	2	4	8	16
Vegetable oil	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Applesauce, unsweetened	1/2 cup	1 cup	2 cups	3 cups
Whole wheat flour	3/4 cup	1-1/2 cup	3 cups	6 cups
Baking powder	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Cinnamon, ground	Pinch	1/8 tsp	1/4 tsp	1/2 tsp

### Directions:

- |  |                     |   |
|--|---------------------|---|
| 1. Heat griddle over high heat (about 375 degrees).  | Grain/Bread         | X |
| 2. Combine milk, eggs, oil and applesauce in a mixing bowl. Mix on low speed until blended.  | Fruit/Vegetable     |   |
| 3. Sift flour, baking powder, salt, sugar, and cinnamon. Using whip attachment,<br>mix batter for about 15 seconds on low speed. Scrape sides of bowl. | Meat/Meat Alternate |   |
| 4. Mix for 1 minute on medium speed  | Milk                |   |
| 5. Portion 1/4 cup onto griddle for each pancake.  |                     |   |
| 6. Cook until bubbles appear on top and bottom is browned. Flip and cook other side (about 1 minute).  |                     |   |

## Superstar Breakfast Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	6 servings	12 servings	24 servings	48 servings
Coucou, dry	1/2 cup	1 cup	2 cups	4 cups
Milk, fat free or 1%	1-1/4 cup	2-1/2 cups	5 cups	10 cups
Apples, peeled, sliced	3 cups	6 cups	12 cups	24 cups
Cinnamon, ground	1 tsp	2 tsp	4 tsp	8 tsp

### Directions:

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|--|---------------------|---|
| 1. In medium saucepan, combine milk and cinnamon. Bring to a boil. | Grain/Bread         | X |
| 2. Add couscous and apples. Cover and remove from heat.            | Fruit/Vegetable     | X |
| 3. Let stand for 5 minutes.  | Meat/Meat Alternate |   |
| 4. Spoon 3/4 cup of mixture into bowls.                            | Milk                |   |

## Tasty Tenders Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care; Menu Planning Guide

Ingredients	5 servings	10 servings	25 servings	50 servings
Chicken, skinless, boneless, breast	3/4 lb	1-1/2 lb	3-1/2 lbs	7 lbs
Wheat bran cereal, crushed	3/4 cup	1-1/2 cup	3-3/4 cup	7-1/2 cup
Milk, fat free or 1%	1/4 cup	1/2 cup	1-1/4 cup	2-1/2 cups
Olive or canola oil	1 Tbsp	2 Tbsp	5 Tbsp	10 Tbsp

### Directions:

- |   |                     |   |
|---|---------------------|---|
| 1. Preheat oven to 400 degrees.   | Grain/Bread         |   |
| 2. Trim the fat from the chicken.   | Fruit/Vegetable     |   |
| 3. Cut each breast into strips. Soak in milk.   | Meat/Meat Alternate | X |
| 4. Roll chicken in cereal crumbs on both sides. Place in oiled pan. Spritz or drizzle with oil. | Milk                |   |
| 5. Bake at 400 degrees for 30 minutes.  |                     |   |