










Farm to Child Care Week Fourteen

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Grapes Cereal	Milk Strawberries French Toast	Milk Pineapple Muffin	Milk Orange Smiles Squash Quick Bread 	Milk Applesauce Pancakes
Lunch	Milk Ham Fried Rice Broccoli 	Milk Easy Beef Stroganoff Peas Peaches Egg Noodles	Milk Turkey Sandwiches Bell Pepper Strips  Mandarin Oranges	Milk Crispy Chicken Roasted Red Potatoes  Corn on the Cob Biscuits	Milk Green Eggs & Ham  Hash Browns Orange Juice Toast
Snack	Crackers Peanut Butter	Watermelon  Milk	Cantaloupe Yogurt	Oranges Graham Crackers	Pita Chips  Cucumbers 

Grocery List			
<p>Dairy Milk (11 times) Eggs (2 times) Sour Cream Yogurt Heavy Cream</p> <p>Bakery Texas Toast Muffins Bread (2 times)</p> <p>Meat Ham cubes Beef Stew Meat Dei Turkey Chicken Legs Deli Ham</p>	<p>Fresh Produce Grapes Strawberries Cantaloupe Oranges (2 times) Corn on the Cob</p> <p>Refrigerated/Frozen Mixed Vegetables Peas Biscuits Pancakes Hash Browns Orange Juice</p>	<p>Grocery Cereal Rice Crackers Peanut Butter Peaches Egg Noodles Pineapple Mandarin Oranges Whole Wheat Flour All-Purpose Flour Cornflakes Graham Crackers Applesauce Pita Chips</p>	<p>Have on Hand Garlic Cinnamon Margarine Beef Boullion Ketchup Baking Powder Salt and Pepper Sugar Cinnamon Nutmeg Oil Lemon Juice</p>

From the Farm 
<p>Watermelon Red Potatoes Onions Bell Peppers Yellow Squash Broccoli Mustard Greens Cucumbers</p>

Ham Fried Rice Recipe



Save preparation time by using frozen, chopped onion or green pepper.

- 4 c. cooked rice
- 1 1/2 c. chopped ham
- 2 egg(s)
- 1/4 c. finely chopped onion
- 1 clove, chopped garlic
- 1 - 2 c. mixed vegetables

Saute onion and garlic in a small amount of oil in large skillet or wok until softened. Add meat and vegetables, saute until warm. Remove meat from pan. Scramble eggs and add to skillet; cook until done. Add cooked rice and meat/vegetable mixture to the pan; heat thoroughly. Add soy sauce to taste before serving.

Yield: 6 servings

Serving Size: One serving is a meat (1.5 oz.), one vegetable (1/8 cup) and a grain/bread for a 3 - 5 year old at lunch/supper.

Credit: Good Nutrition Travels Far



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Easy Beef Stroganoff



An easy stroganoff recipe.

- 1 lb. beef stew meat
- 1/2 cup chopped onion
- 2 Tbsp. margarine
- 2 c. water
- 2 beef bouillon cube(s)
- 1/2 c. ketchup
- 1 c. sour cream

Saute beef and onion in butter until beef is brown and onion is soft. Add water, bouillon and ketchup. Bring to a boil, cover and simmer for one hour. Just before serving, add sour cream. Serve over rice or noodles. For a lighter version, use reduced fat sour cream or plain yogurt instead of the regular sour cream.

Yield: 6 servings

Serving Size: One sixth is a meat alternate (1.5 oz.) for 3-5 year old at lunch/supper.

Credit: Providers Voice, February 1992



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Squash Quick Bread



Use garden fresh squash in this easy bread recipe.

- 1 -1/2 cups shredded summer squash
- 1 cup enriched flour
- 1 cup whole wheat flour
- 1 Tbsp. baking powder
- 1/2 tsp. salt
- 1/4 c. sugar
- 3/4 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1 large beaten egg(s)
- ? cup vegetable oil
- 1 cup low-fat milk

Preheat oven to 375 degrees. Spray a 9 x 5 x 3 inch loaf pan with non-stick spray. Wash squash and trim ends. Shred squash. Press shredded squash between two paper towels, squeezing to remove excess moisture. Mix dry ingredients in large mixing bowl; add squash and toss to coat. In smaller bowl beat egg; add oil and milk and mix. Add oil/egg mixture to dry ingredients; stir only until combined, there will be lumps. Pour mixture into loaf pan. Bake for 35 - 40 minutes or until toothpick inserted in center comes out clean and bread is lightly brown. Cool 10 minutes. Remove from pan.

Yield: 12 slices

Serving Size: 1/2 slice is a grain/bread serving for a 3 - 5 year old.

Credit: Grow It, Try It, Like It.



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Crispy Chicken



Yummy, yummy, crispy chicken!

- 8 skinned chicken legs
- 1/2 c. milk
- 2/3 c. enriched flour
- 1/4 tsp. pepper
- 1 c. crushed corn flakes cereal
- 2 Tbsp. lemon juice
- 1/2 tsp. butter flavored salt
- 6 Tbsp. melted margarine
- cooking spray or vegetable oil

Place milk and lemon juice in a bowl and allow it to thicken. Mix together flour, salt and pepper and pour onto wax paper. Dip each chicken drumstick in melted margarine, then roll in flour mixture and dip again in milk mixture. Roll in crushed corn flakes. Spray rack and baking pan with vegetable cooking spray; arrange chicken on rack of baking pan. Bake at 350 degrees for about 1 hour or until a fork can be inserted in the chicken with ease.

Yield: 8 servings

Serving Size: One drumstick is a meat alternate (1.5 oz.) for a 3-6 year old at lunch/supper.

Credit: Providers Voice, August 91



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Green Eggs & Ham



- 1 Tbsp. olive oil
- 1 head of chopped mustard greens
- 1/2 c. heavy cream
- salt and pepper to taste
- 4 oz. deli ham
- 8 egg(s)

Preheat oven to 375 degrees F. In a medium skillet over medium heat, heat the extra-virgin olive oil and the butter and greens and stir in the cream, season with salt and pepper. Cook the greens, stirring occasionally, until the cream has thickened, 5 minutes. Fold each slice of ham in half and line the nonstick cups with 1 slice of meat each. Spoon a heaping tablespoon of the cooked greens into each of the cups, then crack an egg into each, making sure it stays whole. Bake in the oven until set, about 15 minutes. Allow the baked eggs to cool in the muffin cups for a couple of minutes before removing them from the pan. Serve immediately.

Yield: 8 servings

Serving Size: Each serving is a meat/meat alternate for a 3-5 year old at lunch/supper

Credit: Adapted from Rachael Ray

