









Farm to Child Care Week Seven

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Bananas Waffles	Milk Raspberries  Muffins	Milk Applesauce Pancakes	Milk Mandarin Oranges Cereal	Milk Bananas Raisin Toast
Lunch	Milk 15 Min Chicken & Rice  Apple Slices	Milk Baked Omelet  Orange Smiles Toast	Milk Easy Spaghetti Casserole Zucchini Patties 	Milk Mexican Haystacks  Pears	Milk Turkey Apple Wrap Green Beans 
Snack	Mixed Fruit Graham Crackers	Celery Peanut Butter	Peaches Cottage Cheese	Cucumbers  Zesty Southwestern Dip	Cereal Milk

Grocery List		
<p>Dairy Milk (11 times) Cheddar & Mozzarella Cheese Cottage Cheese Sour Cream (2 times)</p> <p>Bakery Muffins Bread Raisin Bread Tortillas</p> <p>Fresh Produce Bananas(2 times) Apples (2 times) Mushrooms Oranges Celery Onion Carrots Tomatoes Spinach</p>	<p>Grocery Mixed Fruit Graham Crackers Cream of Chicken Soup Rice (2 times) Peanut Butter Applesauce Tomato Juice Spaghetti Baking Mix Peaches Mandarin Oranges Cereal (2 times) Tortilla Chips Pears Refried Beans Zesty Ranch Dip Mix</p>	<p>Meat Chicken Breasts Ground Beef (2 times) Deli Turkey</p> <p>Refrigerated/Frozen Waffles Eggs</p> <p>Have on Hand Salt and Pepper Paprika Flour Worcestershire Sauce Italian Seasoning Honey Mustard Mayonnaise</p>

From the Farm 
<p>Raspberries Zucchini Broccoli Purple, yellow, and green beans Cucumbers Peppers Lettuce</p>

15 Minute Chicken and Rice



Use instant brown or white rice in this recipe!

- 4 (1 1/4 lbs.) boneless, skinless chicken breast
- 1 (10.75 oz.) can reduced sodium cream of chicken soup
- 1 1/2 c. water
- 1/4 tsp. pepper
- 1/4 tsp. paprika
- 1 1/2 c. uncooked instant white or brown rice
- 2 1/2 c. thawed frozen or fresh chopped broccoli

Cut each chicken breast into 4 pieces. Heat 1 tablespoon oil in skillet over medium high heat. Cook chicken until browned. Pour off fat. Set chicken aside. Add soup, water, paprika and pepper to the skillet. Stir in rice and broccoli. Place chicken on mixture. Cover and cook over low heat 8-10 minutes or until chicken and rice are done. Stir.

Yield: 9 servings

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

Credit: Providers Voice, August/September 05



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Easy Spaghetti Casserole



Breaking the spaghetti noodles into small pieces before using makes this casserole easy to eat!

- 1 1/2 lbs. ground beef
- 1/2 c. chopped onion, optional
- 3 1/2 c. tomato juice
- 1 c. water
- 1/2 tsp. pepper
- 1/4 tsp. Worcestershire sauce
- 1/2 tsp. salt
- 1-2 tsp. Italian seasoning
- 2 c. uncooked spaghetti

Brown hamburger with chopped onion; drain. Heat tomato juice, water and seasoning in saucepan. Break spaghetti into 1 inch pieces. Mix together meat, spaghetti and seasoned juice and place in covered casserole. Bake at 325 degrees for 45 minutes, covered. Stir after 20 minutes. Top with shredded cheese if desired before serving.

Yield: 10 servings

Serving Size: One serving is a meat (1.5 oz.), one (1/4 cup) vegetable and a grain/bread serving for 3 - 5 year old at lunch/supper.

Credit: Providers Voice, Volume 1, Issue 2



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Baked Omelet



- 6 egg(s)
- 1 cup milk
- 1/2 cup whole wheat enriched flour
- 6 oz shredded cheddar cheese
- 1 1/2 cup sliced mushrooms
- 1 1/2 cup chopped green pepper

Blend eggs, milk and flour in a blender until smooth. Pour in a 13X9 well greased pan. Evenly sprinkle mushrooms and peppers. Bake at 450 for 20 minutes. When the eggs are cooked through, top with cheese. Roll up starting with the short end of the pan. Place on platter and slice.

Yield: 6 omelets

Serving Size: 1 omelet is 2 oz of meat/meat alternate and 1/2 cup vegetable

Credit: Twist & Sprout



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Zucchini Patties



One provider wrote that her kids just love zucchini fixed this way.

- 2 beaten egg(s)
- 1/8 tsp. pepper
- 2 c. grated zucchini
- 1/4 c. grated onion
- 1/3 c. Bisquick
- salt to taste
- 1 c. grated carrot(s)
- 1/4 c. mozzarella cheese

Mix together eggs, Bisquick, salt and pepper. Stir in grated vegetables. Shape into patties, fry in lightly greased pan until golden brown on each side.

Yield: 12 patties

Serving Size: One patty is (1/4 cup) serving of vegetable

Credit: Providers Voice, September 90



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Mexican Haystacks



Let the kids build their own haystack!

- 1 lb. browned hamburger
- 1 c. cooked rice
- shredded lettuce
- crushed tortilla chips
- 1 c. shredded cheddar cheese
- 2 c. chopped tomato(es)
- sour cream

Set out 8 plates. Create a haystack by layering the ingredients equally on the plates in the following order: rice, hamburger, tomatoes, lettuce, shredded cheese, sour cream and tortilla chips.

Yield: 8 servings

Serving Size: One haystack is a meat (1.5 oz.), (1/4 cup) vegetable and a bread for 3-5 year old at lunch/supper.

Credit: Select-A-Week Winter 8A



Turkey Apple Wrap



Great idea for a backyard picnic meal!

- 2 Tbsp. reduced fat mayonnaise
- 1 Tbsp. plus 1 tsp. honey mustard
- 4 whole wheat flour tortilla(s)
- 4 c. loosely packed baby spinach
- 6 oz. thinly sliced turkey
- 1/2 thinly sliced Granny Smith apple(s)

Combine mayonnaise and mustard. Lay out tortillas. Spread the edges of each with mayonnaise mixture. Arrange a layer of greens on top of tortillas. Top each with one-fourth of turkey. Evenly divide the apple slices between the 4 tortillas. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side. Cover each wrap tightly in plastic wrap and refrigerate, seam side down, up to 4 hours before serving. When ready to serve remove plastic wrap and cut each wrap in half at an angle.

Yield: 4 wraps

Serving Size: One whole wrap is a meat (1.5 oz.), one vegetable (1/4 cup) and a grain/bread for a 3 - 5 year old at lunch/supper.

Credit: Adapted from AICR



Zesty Southwestern Dip



Refried beans with sour cream and ranch seasoning to make a great dip.

- 1 c. reduced fat sour cream
- 1 c. fat free refried beans
- 1 pkg, dry zesty ranch dip mix

Blend sour cream and refried beans together. Stir in dip mix and refrigerate. Serve as a dip with raw vegetables.

Yield: 8 servings

Serving Size: One serving is (1/2 oz.) serving of meat for a 3 - 5 year old at snack

Credit: Adapted from Hidden Valley

