

Recipes

for

Childcare Centers



Child Care Health Program

Public Health 
Seattle & King County

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Washington State Department of Agriculture (WSDA) Farm to School Program has amended this Cookbook to make it easily adaptable for a Farm to Preschool Program. The yellow sun symbol [☀] indicates a Washington grown product is available. Check the Farm to Table Seasonality Chart in the appendix on page 23 to ensure a particular item is available during the appropriate time of year. Farm to Table is a Healthy Eating Active Living (HEAL) initiative made possible by funding from the Department of Health and Human Services and Public Health-Seattle & King County.

Sometimes, the original recipe calls for frozen or canned items. These may be replaced with local frozen produce, fresh produce, or dried legumes. These replacements may require some recipe adaptation, however. Consistencies may differ, for example, or preparation may necessitate additional steps such as soaking and cooking individual ingredients.

In addition to vegetables, fruit, legume, and dairy, consider meat and poultry from Washington ranches and poultry farms, as well as grain products made with Washington grown wheat and other grain flours whenever feasible. [Contact WSDA Farm to School team](#) for any assistance in exploring local options for your meal service.

When in season, children can appreciate the fresh aroma of cooking with fresh herbs - make it an experiential activity by growing herbs in the garden/container garden and letting your children pick herbs from your garden. [SAFE Salad Bars in Schools](#) guideline aids you with safe food handling of school garden harvest in your meal service (page 6).

For more information on Farm to Preschool programs, including additional recipes, sourcing information, nutrition information, and tips on involving children in food preparation, please see WSDA Farm to School Toolkit [Farm to Preschool website](#). Childcare recipes may also be found on the [Washington Grown Food Kit Website](#).

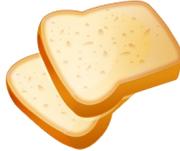


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Apple Tuna Sandwiches

Makes 20 Servings (1/2 sandwich)

- 4 medium apples*
- 6 (6 ounce cans) tuna, packed in water
- 1 cup low fat vanilla yogurt*
- 2 teaspoons mustard
- 20 slices whole wheat bread
- 10 lettuce leaves*



1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread tuna mixture onto 10 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread. Cut in half to serve.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 2.5g	4%	Total Carb. 21g	7%
Serv. size 1/2 sandwich (145g) Servings 1 Calories 180 Fat Cal. 25	Sat. Fat .5g	4%	Fiber 3g	12%
	Trans fats 0g		Sugars 9g	
	Cholest. 20mg	7%	Protein 17g	
	Sodium 370mg	15%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 20%	Vitamin C 4%	Calcium 8%	Iron 8%

1/2 sandwich:
 Grain/Bread—2 servings
 Vegetable—1/8 cup
 Fruit—1/4 cup
 Meat/Meat Alternative—1.5 ounces

CACFP Crediting for 3-5 year olds Lunch/Dinner

Recipe adapted from Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network

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Armadilly Chili

Makes 20 Servings

- 1 pound lean ground turkey*
- 2 medium onions*, chopped
- 3 cloves garlic*, chopped
- 1 green bell pepper*, chopped
- 4 (15-ounce cans) kidney beans*, drain and rinse to decrease sodium content
- 3 medium carrots*, grated
- 2 (28-ounce cans) diced tomatoes* with liquid
- 2 teaspoons cumin
- 1-2 tablespoons chili powder
- Cheddar or jack cheese*, grated

Option: Use 8 cans of beans and eliminate turkey.

1. In a large skillet, add turkey if using, onions, garlic and green pepper and cook over medium heat until meat is no longer pink and reaches an internal temperature of 165°. Drain fat.
2. Add beans, carrots, tomatoes, cumin and chili powder.
3. Reduce heat to low, cover and cook for 15–20 minutes. Sprinkle with cheese and serve.



Options:

Any vegetables you have on hand can be added, such as kale, sweet potatoes, or corn.

Black or white beans may be substituted for pinto or kidney beans.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 2.5g	4%	Total Carb. 20g	7%
Serv. size 1/20 of recipe (214g) Servings 1 Calories 130 Fat Cal. 20	Sat. Fat .5g	3%	Fiber 6g	23%
	Trans fats 0g		Sugars 5g	
	Cholest. 290 mg	6%	Protein 10g	
	Sodium 420mg	17%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 35%	Vitamin C 20%	Calcium 6%	Iron 15%

Vegetable—1/2 cup
 Meat/Meat Alternative— 1.5 ounces (1/2 oz. turkey + 1/4 cup beans)

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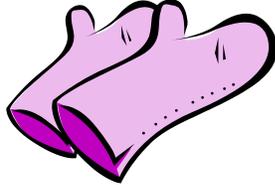


Baked Chicken Nuggets

Makes 20 Servings

Child Care Health Program

- 2.75 pounds chicken thighs[✪], boneless and skinless
- 1¼ cups cereal crumbs, cornflake type
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon paprika



1. Cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly; shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave Method:

1. Lightly oil an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes, and internal temperature reaches 165°F.

Conventional Method:

1. Preheat oven to 400°. Lightly oil a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown and chicken reaches an internal temperature of 165°F, about 12-14 minutes.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 2.5g	4%	Total Carb. 2g	1%
Serv. size 1/20 of recipe (64g) Servings 20 Calories 80 Fat Cal. 25	Sat. Fat .5g	3%	Fiber 0g	0%
	Trans fats 0g		Sugars 0g	
	Cholest. 60mg	20%	Protein 12g	
	Sodium 70mg	3%		
	Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 6%

Meat/Meat Alternative—1.5 ounces

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Baked French Fries

Makes 20 Servings

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- 3 1/4 pounds raw sweet potatoes[✪] or white potatoes[✪], or a combination of both
- 2 teaspoons vegetable oil
- 1/4 teaspoon salt and pepper, or seasonings of your choice, such as:
 - Garlic[✪], fresh or powdered
 - Onion powder
 - Lowry's Seasoning mix
 - Cayenne powder
 - Mrs. Dash seasoning mix
 - Taco flavoring mix

1. Cut raw potatoes into sticks or thin wedges. Place them into a bowl.
2. Sprinkle oil over the potatoes and toss until coated.
3. Spread potatoes in a single layer onto a non-stick or lightly oiled baking sheet. Sprinkle with salt and pepper or your favorite seasonings.
4. Bake for 15 minutes at 400°. Turn potatoes and bake another 15 minutes or until browned and tender.

If cooking both sweet and white potatoes, cook on separate baking sheets. White potatoes take longer to bake.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat .5g	1%	Total Carb. 4g	1%
Serv. size 1/20 of recipe (74g) Servings 1 Calories 25 Fat Cal. 5	Sat. Fat 0g	0%	Fiber 2g	6%
	Trans fats 0g		Sugars 3g	
	Cholest. 0mg	0%	Protein less than 1g	
	Sodium 30mg	1%		
	Vitamin A 45%	Vitamin C 160%	Calcium 0%	Iron 2%

Vegetable—1/4 cup

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Big Bad Wolf Soup

Makes 20 Servings

- 2 tablespoons olive oil
- 2 cups onions[☀], chopped
- 2 cups red bell pepper[☀], chopped (optional)
- 2 cloves garlic[☀], minced
- 1-2 tablespoons chili powder
- 4 cups butternut squash[☀], peeled, diced
- 6 (15 ounce) cans pinto beans[☀], drained and rinsed (rinse to decrease sodium content)
- 3 cups water
- 4 cups corn[☀], frozen
- 2 cups canned stew tomatoes[☀]



1. Heat oil in a large skillet over medium heat. Add onions, bell peppers and garlic. Cover and cook for 5 minutes.
2. Add chili powder. Cook 1 minute, stirring constantly.
3. Place onion and pepper mixture in slow cooker. Add squash, beans, water, corn and tomato sauce. Cover and Cook on LOW for 8 hours or until soup is thick.

Nutrition Facts

Serv. size 1/20 of recipe (241g)
 Servings 1
 Calories 170
 Fat Cal. 20

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.5g	4%	Total Carb. 32g	11%
Sat. Fat 0g	2%	Fiber 8g	31%
Trans fats 0g		Sugars 5g	
Cholest. 0mg	0%	Protein 8g	
Sodium 200 mg	17%		
Vitamin A 70%	Vitamin C 50%	Calcium 8%	Iron 15%

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

Vegetable—1/2 cup
 Meat/Meat Alternative—3/8 cup

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Adapted from **Public Health**
 USDA Team Nutrition Recipe Seattle & King County



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Black Beans and Rice

Makes 20 Servings

- 2 medium onion[☀], chopped
- 4 cloves garlic[☀], pressed or minced
- 1/4 cup vegetable oil
- 4 cups broccoli florets[☀], chopped
- 8 (15 ounce) cans black beans[☀], drained and rinsed under water
- 5 cups cooked brown rice, cooled to room temperature
- 2 cups tomatoes[☀], chopped
- 1/4 cup fresh cilantro[☀], chopped
- 2 cups mozzarella cheese[☀], grated

Substitution: Red beans can be substituted for the black beans.

Draining and rinsing beans decreases sodium content by 40%.

1. Sauté onions and garlic in oil for about 3 minutes.
2. Add broccoli, beans and rice. Cover and cook, stirring occasionally, until broccoli turns bright green.
3. Gently stir in tomato and cilantro.
4. Sprinkle cheese over mixture and let melt.



Options:

Use frozen, chopped broccoli or other vegetables such as carrots, peas, green beans or cauliflower.

Nutrition Facts

Serv. size 1/20 of recipe (274g)
 Servings 1
 Calories 260
 Fat Cal. 35

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 3.5g	6%	Total Carb. 42g	14%
Sat. Fat 0g	2%	Fiber 13g	52%
Trans fats 0g		Sugars less than 1g	
Cholest. less than 5mg	1%	Protein 16g	
Sodium 350 mg	31%		
Vitamin A 15%	Vitamin C 35%	Calcium 20%	Iron 20%

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

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

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 for 3-5 year olds
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Broccoli & Cheese Patties

Makes 40 Patties (2 patties per serving)

- 4.25 pounds frozen broccoli florets☀, thawed, drained and finely chopped (or seven 10-ounce bags frozen broccoli)
- 10 large eggs☀, whisked separately
- 5 cups grated cheddar cheese☀
- 4 cups breadcrumbs☀ (more or less as needed)
- 1 tablespoon Italian herbs



1. Place chopped broccoli in a bowl. Add whisked eggs and cheese and stir to combine.
2. Add enough bread crumbs to be able to form into patties.
3. Make 40 patties and place on a parchment or silpat-lined (non-stick) baking sheet.
4. Bake for 10 minutes in a 350° oven, flip the patties over, and bake an additional 10 minutes.
5. Serve 2 patties.

Nutrition Facts

Serv. size 2 patties (173g)
 Servings 20
 Calories 260
 Fat Cal. 120

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 13g	20%	Total Carb. 21g	7%
Sat. Fat 7g	35%	Fiber 4g	16%
Trans fats 0g		Sugars 3g	
Cholest. 125mg	41%	Protein 16g	
Sodium 400mg	17%		
Vitamin A 30%	Vitamin C 90%	Calcium 30%	Iron 15%

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

Two Patties:
 Grain/Bread—1 serving
 Vegetable—1/2 cup
 Meat/Meat Alternative— 1/2 egg

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Cauliflower Cheddar Soup

Makes 20 Servings

- 4 cups raw potatoes☀, cut in chunks
- 1 cup onion☀, finely chopped
- 1 medium cauliflower head☀ cut in chunks (use the tender stems as well as the flower cluster)
- 1 cup carrots☀, chopped
- 3 medium cloves garlic☀, chopped
OR 1 teaspoon garlic powder
- 1½ teaspoons salt
- ¼ teaspoon black pepper or to your taste
- Optional seasonings: 1 teaspoon dill weed☀
- 4 cups low sodium vegetable stock or enough to just cover the vegetables
- ½-1 teaspoon dry mustard
- About 2 cups milk☀, or enough to thin it to the proper consistency
- 2 cups cheddar cheese☀, grated

1. Cook all of the vegetables and seasonings in the stock until soft.
2. Blend it either very smooth or leave it a little chunky.
3. Add the milk and cheese and cook on very low heat until cheese melts and soup is creamy.

Suggestions:

Make this soup thick for easier eating.
 Substitute broccoli for cauliflower



Nutrition Facts

Serv. size 1/20 of recipe (158g)
 Servings 20
 Calories 100
 Fat Cal. 40

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 4.5g	7%	Total Carb. 10g	3%
Sat. Fat 2.5g	14%	Fiber 2g	6%
Trans fats 0g		Sugars 3g	
Cholest. 15mg	5%	Protein 6g	
Sodium 210mg	9%		
Vitamin A 25%	Vitamin C 35%	Calcium 15%	Iron 4%

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

Vegetable—1/2 cup

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Cheesy Chicken Quesadillas

Makes 20 Servings

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- 2¾ pounds chicken[☀], boneless and skinless
- 10 whole grain tortillas
- 1 tablespoon vegetable oil
- 1 (15 ounce) can refried beans
- 1/2 cup onions[☀], chopped
- 3 cups broccoli[☀], finely chopped
- 2 cups carrots[☀], grated
- 3/4 cup salsa
- 4 ounces mozzarella cheese[☀], grated

1. Bake chicken in oven at 350° oven for about 45 minutes, or until chicken reaches an internal temperature of 165°F. When cooled dice chicken and set aside.
2. Brush the outside of the tortillas with a small amount of oil. Place on baking sheet and bake at 350° for about 2 minutes on each side, until golden.
3. Heat refried beans and onion in medium saucepan over medium heat, stirring occasionally. Set aside.
4. Mix broccoli and carrots in a large bowl.
5. Spread 1/4 cup of bean mixture on each tortilla. Drizzle a little salsa and top with 1/4 cup vegetable mixtures.
6. Top with a tablespoon of chicken and 1 tablespoon of cheese. Fold tortilla in half if desired.



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1/20 of serving (152g)		Total Fat 3.5g	6%	Total Carb. 16g	5%
Servings 20		Sat. Fat 1g	5%	Fiber 3g	11%
Calories 170		Trans fats 0g		Sugars 2g	
Fat Cal. 35		Cholest. 45mg	15%	Protein 18g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Sodium 420mg	17%		
		Vitamin A 50%	Vitamin C 25%	Calcium 8%	Iron 8%

Grain/Bread—1 serving
Vegetable—1/4 cup
Meat/Meat Alternative—1 serving

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Lunch/Dinner

Adapted from USDA Team
Nutrition recipe

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Chicken Vegetable Soup

Makes 20 Servings

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- 2¾ pounds chicken[☀], boneless and skinless
- 12 cups low sodium chicken broth
- 1½ cups onion[☀], chopped
- 1½ teaspoons each crushed basil[☀], oregano[☀] and marjoram
- 3 cloves garlic[☀]
- 3/4 teaspoon pepper
- 5 cups assorted vegetables[☀], chopped or 2–16 oz. packages frozen vegetables
- 3–15 oz. cans tomatoes[☀], crushed or chopped

1. Cook chicken breasts in 350° oven until chicken reaches an internal temperature of 165°F. After chicken cools, cut into cubes.
2. In a large saucepan mix chicken broth, onion, herbs, garlic and pepper. Stir in vegetables.
3. Bring to a boil. Reduce heat, cover and simmer for 6-8 minutes or until vegetables are crisp tender. Stir in chicken and undrained tomatoes. Heat thoroughly.



Options:

Use 1½ teaspoons Italian Seasoning instead of the three individual spices.
Use turkey meat instead of chicken.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1/20 of serving (325g)		Total Fat 2g	3%	Total Carb. 11g	4%
Servings 20		Sat. Fat 0g	2%	Fiber 3g	10%
Calories 130		Trans fats 0g		Sugars 3g	
Fat Cal. 20		Cholest. 40mg	13%	Protein 17g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Sodium 570mg	24%		
		Vitamin A 45%	Vitamin C 20%	Calcium 4%	Iron 10%

Vegetable—1/2 cup
Meat/Meat Alternative—1.5 ounces

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Easy Lasagna

Makes 20 Servings



- 1½ cups part skim ricotta cheese*
- ¾ cup low fat cottage cheese*
- 1 tablespoon dried parsley*
- 1 garlic clove*, minced
- 1 ¾ pounds lean hamburger*
- 4 cups spaghetti sauce
- 4 ounces part skim mozzarella cheese*, grated
- 8 ounces uncooked lasagna noodles
- 3 tablespoons Parmesan cheese*

Option:
 Assembly day before and refrigerated without baking. Increase baking time by 15 minutes, if it has been refrigerated.

- Mix Ricotta cheese, cottage cheese, parsley, and garlic.
- Brown hamburger in skillet until it reaches an internal temperature of 155°. Add hamburger to spaghetti sauce in a bowl and mix together.
- Pour 1 cup of sauce in bottom of pan.
- Arrange 1/3 of the noodles in the pan so that they touch but do not overlap. Spread 1/2 of the cheese mixture over the noodles. Top with 1/2 of the mozzarella cheese.
- Top this with 1 cup of sauce, 1/3 of the noodles, the remainder of the cheese mixture and the rest of the mozzarella cheese.
- Add another cup of sauce, another layer of noodles, and the remainder of the sauce. Sprinkle with Parmesan cheese. Bake at 350°, covered tightly with aluminum foil, for one hour.

Nutrition Facts	Amount/Serving		Amount/Serving	
		%DV*		%DV*
Serv. size 1/20 of recipe (129g) Servings 20 Calories 170 Fat Cal. 50	Total Fat 5g	8%	Total Carb. 15g	5%
	Sat. Fat 2.5g	13%	Fiber less than 1g	5%
	Trans fats 0g		Sugars 4g	
	Cholest. 30mg	11%	Protein 14g	
	Sodium 350mg	14%		
	* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 6%	Vitamin C 8%

Grain/Bread-1 serving
 Meat/Meat Alternative-1 serving
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Eggy Burrito

Makes 20 Servings

- 1 tablespoon vegetable oil
- 1 onion*, chopped
- 1 bell pepper* (red or green), chopped
- 5 cups potatoes* (fresh, frozen or pre-cooked), finely chopped
- 3 garlic cloves*, minced
- 1 teaspoon pepper
- 20 eggs*, beaten
- Salsa
- 10 whole wheat flour or corn tortillas, cut in half



- In a large skillet, heat oil on medium-high setting.
 - Add onion, chopped pepper, potatoes, garlic, salt and pepper. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need a longer cooking time. Check for doneness with a fork.
 - Reduce heat to medium setting. Spread the potato mixture out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked to 145°F. (Do not mix with the potatoes until cooked firm.) Stir all ingredients together.
- Serve this filling in bowls over tortillas or wrap tortillas around the filling and top with salsa.

Nutrition Facts	Amount/Serving		Amount/Serving	
		%DV*		%DV*
Serv. size 1/2 a burrito (142g) Servings 20 Calories 150 Fat Cal. 30	Total Fat 3.5g	5%	Total Carb. 25g	8%
	Sat. Fat 1g	4%	Fiber 3g	13%
	Trans fats 0g		Sugars less than 1g	
	Cholest. 95mg	31%	Protein 7g	
	Sodium 190mg	8%		
	* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 4%	Vitamin C 35%

Grain/Bread—1 serving
 Vegetable—1/4 cup
 Meat/Meat Alternative—1 egg
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Enchilada Bake

Makes 20 Servings

- 2 pounds chicken breasts[☀], boneless, skinless
- 1 cup water
- 1 tablespoon chili powder
- 12-ounce can black beans[☀], rinsed and drained
- 1 cup frozen corn[☀]
- 1 cup salsa
- 10 whole wheat tortillas
- Cooking spray
- 1 1/2 cups cheddar cheese[☀], grated

1. Cut chicken breast into 4 chunks. Simmer in a large saucepan with water and chili powder until chicken reaches an internal temperature of 165°.
2. Remove cooked chicken from pan. Shred into small chunks and return to pan.
3. Add beans, corn, and salsa to chicken. Cook until hot, about 5 minutes. Remove from heat.
4. Spread 1/2 cup of chicken mixture down the center of each tortilla. Roll up and place seam-side down in greased 9x13-inch pan.
5. Spread any leftover chicken mixture over top of tortillas.
6. Bake at 375° F for 12-15 minutes, sprinkling cheese on top of the enchiladas within the last 5 minutes of baking.



Nutrition Facts

Serv. size 1/20 of recipe (107g)
 Servings 20
 Calories 160
 Fat Cal. 40

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 4.5g	7%	Total Carb. 15g	5%
Sat. Fat 2g	11%	Fiber 3g	11%
Trans fats 0g		Sugars less than 1g	
Cholest. 40mg	13%	Protein 15g	
Sodium 330mg	14%		
Vitamin A 4%	Vitamin C 4%	Calcium 8%	Iron 6%

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

Grain/Bread-1 serving
 Meat/Meat Alternative-1.5 ounces

CACFP Crediting
 for 3-5 year olds
 Lunch/Dinner

Adapted from University
 Of Minnesota Extension
 Recipe Box

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Gobble Up Burgers

Makes 20 Servings (1/2 burger)

- 2 3/4 pounds lean turkey[☀], ground
- 3 tablespoons ketchup
- 1 1/2 teaspoons black pepper
- 10 whole wheat hamburger buns



Garnish hamburger with tomatoes[☀],
 pickle relish, mustard and/or lettuce[☀].

1. Mix ground turkey, ketchup and pepper together in large bowl.
2. Form mixture in palm-sized patties.
3. Spray skillet with cooking spray.
4. Cook patties on medium-high skillet until brown on both sides, about 10 minutes total or until turkey reaches 165°.

Nutrition Facts

Serv. size 1/20 of recipe (83g)
 Servings 20
 Calories 140
 Fat Cal. 50

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 6g	9%	Total Carb. 10g	3%
Sat. Fat 1.5g	8%	Fiber less than 1g	5%
Trans fats 0g		Sugars 2g	
Cholest. 45mg	15%	Protein 13g	
Sodium 150mg	6%		
Vitamin A 0%	Vitamin C 0%	Calcium 4%	Iron 8%

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

1/2 burger:
 Grain/Bread—2 servings
 Meat/Meat Alternative—1.5 ounces

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Green Eggs, Rice and Turkey Ham

Makes 20 Servings

Child Care Health Program

- 3 cups brown rice, long-grain, regular, dry
- 10 ounce box frozen chopped spinach☀, thawed, drained
- 10 large whole eggs☀, beaten
- 1 tablespoon vegetable oil
- 1¼ pounds extra-lean turkey ham, diced
- ¼ cup fresh green onions☀, chopped fine
- 2 teaspoons sesame oil
- 2 teaspoons low-sodium soy sauce

1. Combine brown rice and 5 cups water in a large pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Mix well. Set aside.
2. Drain water from spinach by squeezing thawed spinach with hands. Set aside.
3. Whisk together eggs and 1 tablespoon water.
4. Cook half of the eggs to 145° in a large nonstick skillet coated with nonstick cooking spray. Remove eggs from skillet to cool. Chop cooled eggs and set aside. Reserve the remaining eggs for step 6.
5. Heat vegetable oil in a wok or a large nonstick skillet over high heat. Add ham and cook for 2 minutes or until ham begins to brown.
6. Reduce heat to medium. Add brown rice and toss to mix. Add remaining eggs. Stir for 5 minutes or until egg is fully cooked (145°).
7. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 5g	8%	Total Carb. 23g	8%
Serv. size 1/20 of recipe (98g) Servings 20 Calories 190 Fat Cal. 50	Sat. Fat 1.5g	7%	Fiber less than 1g	6%
	Trans fats 0g		Sugars 0g	
	Cholest. 110mg	37%	Protein 11g	
	Sodium 380mg	16%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 35%	Vitamin C 2%	Calcium 4%	Iron 8%

Grain/Bread—1 serving
Meat/Meat Alternative—1.5 ounces

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Green Monster Salad

Makes 20 Servings

Child Care Health Program

- 2¾ pounds chicken breast☀, boneless, skinless
- 1½ tablespoons olive oil
- 1½ tablespoons parsley☀
- 1½ tablespoons basil☀
- 2½ cups spinach☀
- ¾ cup romaine lettuce☀
- ¾ cup red leaf lettuce☀
- 1 2/3 cup carrots☀, chopped
- 1 2/3 cup cherry tomatoes☀
- 6 tablespoons low fat Italian dressing



1. Drizzle chicken breasts with olive oil. Sprinkle on parsley and basil. Bake in 350° oven until chicken reaches an internal temperature of 165°F.
2. In large bowl, combine spinach, romaine, red leaf lettuce, carrots and tomatoes. Toss with dressing.
3. Scoop 1/2 cup servings of salad onto plates.
4. Cut chicken into bite-sized pieces. Top each salad with 2 tablespoons chicken.

Recipe Adapted from Delaware Child Care Menu Planning Guide

Options: This recipe is an easy way to use leftover chicken and vegetables. It can also be made with turkey breast or beans.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 3.5g	5%	Total Carb. 2g	1%
Serv. size 1/20 of recipe (97g) Servings 20 Calories 100 Fat Cal. 30	Sat. Fat .5g	3%	Fiber less than 1g	2%
	Trans fats 0g		Sugars less than 1g	
	Cholest. 40mg	13%	Protein 14g	
	Sodium 130mg	5%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 50%	Vitamin C 8%	Calcium 0%	Iron 2%

Vegetable—1/3 cup
Meat/Meat Alternative—1.5 ounces

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Child Care Health Program

Lentil Soup

Makes 20 Servings



- 1 pound dry lentils*
 - 6 cups low salt vegetable or chicken broth
 - 3 carrots*, finely chopped
 - 1–28 oz. can tomato sauce
 - 1 cup onion*, chopped
 - 3 cloves garlic*, minced or pressed
 - 4 tablespoons fresh parsley*, or 2 tablespoons dried flakes
 - 1/8 teaspoon cumin
 - 1/4 teaspoon cayenne pepper
 - 1/2 teaspoon black pepper
 - 1 cup uncooked small pasta
- Substitution:* 1-2 pounds diced and peeled potatoes* for pasta

1. Wash the lentils by rinsing them under running water.
2. Put broth in a large saucepan. Add the lentils, bring to boil, then reduce to simmer and cover the pan. Cook for 15 minutes.
3. Stir in carrots, tomatoes, onion, garlic, and seasonings.
4. Add pasta.
5. Cover and cook another 15 minutes or until lentils are tender.

Nutrition Facts

Serv. size 1/20 of recipe (156g)
 Servings 20
 Calories 130
 Fat Cal. 10

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1g	1%	Total Carb. 21g	7%
Sat. Fat 0g	1%	Fiber 8g	32%
Trans fats 0g		Sugars 3g	
Cholest. 0mg	0%	Protein 9g	
Sodium 240mg	10%		
Vitamin A 35%	Vitamin C 8%	Calcium 4%	Iron 15%

Grain/Bread—1/2 serving
 Vegetable—1/4 cup
 Meat/Meat Alternative— 3/8 cup lentils

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Mac 'n' Cheese

Makes 20 Servings



- 2½ cups dry whole grain macaroni
- 2½ cups nonfat or 1% milk*
- 3 tablespoons flour*
- 3 tablespoons butter*, melted
- 1 tablespoon mustard
- 2 cups cheese*, shredded (Cheddar, Monterey or Pepper Jack)
- 1 cup steamed peas*
- 6 (5 ounce) cans water-packed tuna, drained
- Pepper to taste

1. Bring water to a boil in a large pot.
2. Add macaroni to boiling water and boil until tender (about 8 minutes). Drain in a colander.
3. In a blender or bowl mix milk, flour, and melted butter together until smooth.
4. In a medium sauce pan cook milk mixture over low heat, stirring constantly until sauce thickens.
5. Add mustard, cooked macaroni, and shredded cheese to sauce and stir until the cheese is melted. Stir in tuna.
6. Stir in peas and add pepper to taste. Serve.

Nutrition Facts

Serv. size 1/20 of recipe (110g)
 Servings 20
 Calories 180
 Fat Cal. 60

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 7g	10%	Total Carb. 14g	5%
Sat. Fat 4g	19%	Fiber less than 1g	4%
Trans fats 0g		Sugars less than 1g	
Cholest. 30mg	10%	Protein 17g	
Sodium 250mg	10%		
Vitamin A 6%	Vitamin C 2%	Calcium 15%	Iron 6%

Grain/Bread—1/4 cup
 Meat/Meat Alternative—1.5 ounces

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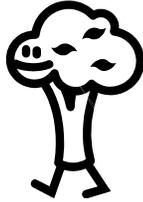
Child Care Health Program

Pad See Ew

Makes 20 Servings

- 1 pound flat rice noodles
- 2½ cups Chinese broccoli[☀] (regular broccoli[☀] or your favorite vegetable)
- 2¾ pounds chicken breasts[☀], skinless, boneless or shrimp
- 1 tablespoon vegetable oil
- 1 clove garlic[☀], chopped
- 1 tablespoon light soy sauce
- 1 tablespoon sugar
- 4 eggs[☀]

1. Cook rice noodles in boiling water until soft.
2. Cut broccoli into 2-inch long pieces. Halve stem lengthwise.
3. Cut up chicken breasts in bite-sized pieces.
4. Heat wok or skillet to high heat and then add oil. Drop in garlic and stir briefly.
5. Add chicken, meat or shrimp. When nearly cooked, add rice noodles.
6. Stir to break up noodles. Add soy sauce and sugar. Cook chicken to an internal temperature of 165°; shrimp to 145°F.
7. Open a spot in the middle of the wok or skillet and drop egg in. Scramble the eggs until it. Cook eggs to 145°F. Add in the noodles and stir.
8. Add broccoli and cook until done.



Nutrition Facts

Serv. size 1/20 of recipe (126g)
 Servings 20
 Calories 130
 Fat Cal. 30

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 3g	5%	Total Carb. 13g	4%
Sat. Fat .5g	3%	Fiber 0g	1%
Trans fats 0g		Sugars less than 1g	
Cholest. 65mg	22%	Protein 13g	
Sodium 130mg	5%		
Vitamin A 35%	Vitamin C 90%	Calcium 4%	Iron 4%

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

Grain/Bread—1/4 cup
 Vegetable—1/8 cup
 Meat/Meat Alternative—1.5 ounces

CACFP Crediting
 for 3-5 year olds
 Lunch/Dinner

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Child Care Health Program

Pasta Italiano

Makes 20 Servings

- 2¾ pounds lean ground turkey[☀] or chopped chicken[☀]
- 1 bell pepper[☀], seeded and thinly sliced
- 1 tablespoon paprika
- 28 ounce can tomato sauce
- 2–15 ounce cans low salt chicken or vegetable stock
- 8 ounces macaroni, uncooked
- 2 cups broccoli florets[☀]

1. Crumble ground turkey or chicken into skillet. Brown over medium-high heat for two minutes, stirring occasionally. Add pepper strips and paprika; cook for two more minutes.
2. Add tomato sauce, broth, and pasta to skillet. Bring mixture to a boil, reduce heat, cover and simmer for 15 minutes.
3. Remove lid (be careful, the skillet and steam are hot!) and arrange broccoli and cauliflower over the pasta. Replace lid and cook for ten more minutes. Turkey or chicken should reach an internal temperature of 165°.



Nutrition Facts

Serv. size 1/20 of recipe (169g)
 Servings 20
 Calories 130
 Fat Cal. 15

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1.5g	3%	Total Carb. 11g	4%
Sat. Fat 0g	2%	Fiber less than 1g	4%
Trans fats 0g		Sugars 2g	
Cholest. 35mg	11%	Protein 18g	
Sodium 260mg	11%		
Vitamin A 8%	Vitamin C 25%	Calcium 2%	Iron 8%

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

Calculated with ground turkey

Grain/Bread—1/4 cup
 Vegetable—1/4 cup
 Meat/Meat Alternative—1.5 ounces

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Child Care Health Program

Pineapple Fried Rice

Makes 20 Servings



- 5 cups cooked brown rice
- 2 tablespoons oil, divided
- 10 eggs^{*}, beaten
- 1½ pound chicken breasts^{*}, skinless, boneless (or fish^{*})
- 2 cups carrots^{*}, diced
- 5 green onions, thinly sliced
- 3 (8 ounce cans) unsweetened crushed pineapple, drained
- ¼ cup low sodium soy sauce

Option:

Pineapple juice can be replace some of the water for cooking rice.

1. Prepare rice according to package directions.
2. Heat 1 tablespoon of oil in pan. Add the eggs and scramble over low heat until eggs are cooked and reach an internal temperature of 145°F. Set aside keeping eggs warm.
3. In same pan heat remaining oil and sauté chicken and carrots until cooked. Chicken should reach an internal temperature of 165°.
4. Add green onions and cook a couple of minutes longer.
5. Add rice, pineapple, scrambled eggs and soy sauce and cook until heated through.

Nutrition Facts

Serv. size 1/20 of serving (163g)
 Servings 20
 Calories 160
 Fat Cal. 45

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5g	8%	Total Carb. 17g	6%
Sat. Fat 1g	6%	Fiber 2g	6%
Trans fats 0g		Sugars 3g	
Cholest. 115mg	38%	Protein 12g	
Sodium 340mg	14%		
Vitamin A 45%	Vitamin C 8%	Calcium 4%	Iron 6%

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

- Grain/Bread—1/4 cup
- Fruit—1/8 cup
- Vegetable—1/8 cup
- Meat/Meat Alternative—1 serving

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Rainbow Bake

Makes 20 Servings

- 5 cups frozen mixed vegetables^{*}, thawed
- 3 cups cheddar cheese^{*}, grated
- 5 cups cooked whole grain macaroni
- 1½ cups onion^{*}, chopped
- 5 cups kidney beans^{*}, drained and rinsed
- Black pepper



1. In a large mixing bowl, combine mixed vegetables, cheese, macaroni, onion, beans and pepper
2. Pour mixture into casserole dish.
3. Bake 30-35 minutes at 350°, or until heated.

Nutrition Facts

Serv. size 1/20 of recipe (160g)
 Servings 20
 Calories 210
 Fat Cal. 60

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 7g	10%	Total Carb. 28g	9%
Sat. Fat 4g	19%	Fiber 6g	24%
Trans fats 0g		Sugars less than 1g	
Cholest. 20mg	6%	Protein 11g	
Sodium 300mg	12%		
Vitamin A 60%	Vitamin C 10%	Calcium 15%	Iron 10%

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

- Grain/Bread—1/4 cup
- Vegetable—1/4 cup
- Meat/Meat Alternative—1 serving

CACFP Crediting for 3-5 year olds Lunch/Dinner

Adapted from
USDA's Team Nutrition Recipe

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Santa Fe Rice and Beans

Makes 20 Servings

Child Care Health Program

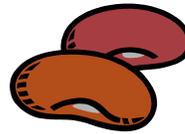
- 3 (15 ounce) cans black or pinto beans^{*}, rinsed and drained
- 5 cups frozen corn^{*}
- 3 (15 ounce) cans of diced Mexican-style tomatoes
- 2 cups salsa
- 2 cups fat free sour cream^{*}
- 4 cups low fat Mexican blend cheese, shredded and divided
- 5 cups cooked whole grain rice
- Pepper
- 1 cup red onion^{*} (about 1 cup), chopped
- 2 (2.5 ounce) can sliced ripe olives, drained

1. In a large bowl, combine beans, corn, tomatoes, salsa, sour cream, 3 cups cheese and cooked rice. Season with pepper.
2. Transfer to a 2-quart baking dish and top with onions and olives.
3. Bake uncovered for 30 minutes at 350°.
4. Sprinkle with remaining 1 cup cheese and bake 5-10 minutes longer until cheese is melted.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat		4g	6%	Total Carb.	42g
Serv. size 1/20 of recipe (300g)		Sat. Fat 1.5g	8%	Fiber	8g
Servings 20		Trans fats 0g		Sugars 6g	
Calories 260		Cholest. less than 5mg	2%	Protein	15g
Fat Cal. 35		Sodium	550mg	23%	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A		10%	Vitamin C	25%	Calcium 20%
					Iron 15%

Grain/Bread—1/4 cup
Vegetable—1/2 cup
Meat/Meat Alternative—1 serving

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Shepherd's Pie

Makes 20 Servings

Child Care Health Program

- 2¾ pounds lean ground beef^{*}, chicken^{*} or turkey^{*}
- 1 large onion^{*}, chopped
- 1 teaspoon garlic powder
- 2 cups cooked green beans^{*}, cut up
- 10 ounce can of cream of mushroom soup, low sodium preferred
- 1 teaspoon dry marjoram leaves
- ½ teaspoon pepper
- 5 cups mashed potatoes^{*}, made with low fat milk^{*}

1. Brown meat with onion to the appropriate internal temperature. (beef: 155°F; chicken or turkey: 165°F)
2. Drain any excess fat from meat. Add garlic powder.
3. Stir in green beans and soup and cook until hot, then add marjoram and pepper.
4. Place in a casserole dish. Spoon mashed potatoes over hot meat/vegetable mixture. Bake at 375° for 30-40 minutes until potatoes are golden brown and pie is bubbly.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat		4g	7%	Total Carb.	12g
Serv. size 1/20 of recipe (149g)		Sat. Fat 1.5g	8%	Fiber	2g
Servings 20		Trans fats 0g		Sugars less than 1g	
Calories 150		Cholest. 40mg	13%	Protein	15g
Fat Cal. 40		Sodium	240mg	10%	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A		2%	Vitamin C	8%	Calcium 2%
					Iron 10%



Vegetable-1/4 cup
Meat/Meat Alternative-1.5 ounces

CACFP Crediting
for 3-5 year olds
Lunch/Dinner

Adapted from University of Minnesota
Recipe Box

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Sloppy Garden Joes

Makes 20 Servings

Child Care Health Program

- 2 onions☀, chopped
- 2 carrots☀, chopped
- 1 green pepper☀, chopped
- 2¾ pounds lean ground turkey☀ or chicken☀
- 1–28 oz. can tomato sauce
- 1 cup mushrooms☀, sliced
- 1 cup barbecue sauce
- Pepper to taste
- 10 whole wheat buns



1. Sauté onions, carrots, green pepper and ground turkey or chicken in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, mushrooms, barbecue sauce and seasonings and bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick. Chicken or turkey should reach an internal temperature of 165°F.
5. Serve on 1/2 of a toasted or plain bun.

Nutrition Facts

Serv. size 1/2 sloppy joe (163g)
 Servings 20
Calories 200
Fat Cal. 70

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 8g	12%	Total Carb. 15g	5%
Sat. Fat 2.5g	12%	Fiber less than 1g	6%
Trans fats 0g		Sugars 7g	
Cholest. 55mg	18%	Protein 16g	
Sodium 490mg	20%		
Vitamin A 20%	Vitamin C 15%	Calcium 4%	Iron 10%

Calculated with ground turkey

1/2 sandwich:
 Grain/Bread—2 servings
 Vegetable—1/4 cup
 Meat/Meat Alternative—1.5 ounces

CACFP Crediting
 for 3-5 year olds
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Soft Tacos

Makes 20 Servings

Child Care Health Program

- 1¼ pound lean ground hamburger☀, chicken☀ or turkey☀
- 1 teaspoon vegetable oil
- ½ cup zucchini☀, chopped
- ½ onion☀, diced
- ½ teaspoon cumin powder
- ¼ teaspoon chili powder
- Pinch of cayenne pepper
- 10 whole wheat tortillas
- 6 ounces cheese☀, grated
- Salsa
- ½ head lettuce☀, shredded
- 2 tomatoes☀, diced



1. Cook meat in skillet until it reaches an internal temperature of 155°F for beef or 165°F for chicken or turkey.
2. Add oil (if needed), zucchini, mushrooms, onion and spices; sauté until soft.
3. Cut each tortilla in half. Top each with cooked mixture; sprinkle with cheese, salsa, lettuce and tomato.
4. Fold like a burrito.

Options:

Substitute meat with refried or whole canned beans, such as black or pinto beans. Use a variety of different vegetables including green peppers, green onions, cooked potatoes, shredded carrots or cabbage.

Nutrition Facts

Serv. size 1/2 taco (86g)
 Servings 20
Calories 140
Fat Cal. 60

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

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 6g	9%	Total Carb. 11g	4%
Sat. Fat 3g	15%	Fiber 2g	6%
Trans fats 0g		Sugars less than 1g	
Cholest. 25mg	9%	Protein 10g	
Sodium 190mg	8%		
Vitamin A 4%	Vitamin C 4%	Calcium 8%	Iron 8%

Calculated with ground beef

Grain/Bread—1 serving
 Meat/Meat Alternative—1/2 serving

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Child Care Health Program

Somali Spaghetti

Makes 20 Servings

- 2¾ pounds of lean ground turkey☀ or beef☀
- 1 large onion☀, diced
- 3 cloves garlic☀, minced
- 4 carrots☀, chopped
- 2 sweet potatoes☀, chopped
- 3 (15 ounce) jars marinara sauce (or tomato sauce or spaghetti sauce)
- ¼ cup cilantro☀, chopped
- 16 ounces dry spaghetti noodles
- Pepper to taste



1. Brown ground beef and onions in pan until beef reaches an internal temperature of 155°F. Drain excess fat.
2. Combine the following ingredients in a large pan: beef, onion, garlic, carrots, potatoes, marinara sauce.
3. Simmer until potatoes and carrots are tender; approximately 20-25 minutes.
4. Add cilantro during last 5 minutes of cooking.
5. Cook spaghetti according to directions.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1/20 of serving (182g)		Total Fat 2.5g	4%	Total Carb. 26g	9%
Servings 20		Sat. Fat 0g	2%	Fiber 3g	11%
Calories 210		Trans fats 0g		Sugars 6g	
Fat Cal. 25		Cholest. 35mg	12%	Protein 19g	
		Sodium 320mg	13%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 90%	Vitamin C 4%	Calcium 4%	Iron 8%

Grain/Bread—1/4 cup	CACFP Crediting
Vegetable—1/4 cup	for 3-5 year olds
Meat/Meat Alternative—1.5 ounces	Lunch/Dinner

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Stir Fried Rice

Makes 20 Servings



- 1 tablespoon vegetable oil
- 1 medium onion☀, finely chopped
- 5 cups cooked brown rice
- 1–10 oz. package frozen mixed vegetables or 2 cups fresh vegetables☀, chopped
- 2¾ pounds poultry☀ or fish☀, boneless and skinless
- 3 eggs☀, lightly beaten
- 1-2 tablespoons low salt soy sauce

1. In a large pan, heat oil on medium-high heat. Add onion, meat and rice. Stir and cook until onion is soft, about 5 minutes.
2. Reduce heat to medium; add vegetables and meat to rice mixture. Cook 2 minutes for frozen vegetables and 5-7 minutes for fresh. Poultry should reach an internal temperature of 165°F and fish should reach 145°F.
3. Spread the mixture out to the sides of the pan, leaving space in the middle for the eggs.
4. Add the eggs and scramble until eggs are cooked and reach 145°F.
5. Mix the eggs with the rice and vegetables, then sprinkle with soy sauce.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1/20 of serving (134g)		Total Fat 4.5g	7%	Total Carb. 15g	5%
Servings 20		Sat. Fat 1g	5%	Fiber less than 1g	6%
Calories 190		Trans fats 0g		Sugars 0g	
Fat Cal. 40		Cholest. 75mg	24%	Protein 20g	
		Sodium 230mg	9%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 15%	Vitamin C 4%	Calcium 2%	Iron 6%

Calculated with chicken

Grain/Bread—1/4 cup	CACFP Crediting
Vegetable—1/8 cup	for 3-5 year olds
Meat/Meat Alternative—1.5 ounces	Lunch/Dinner

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Tasty Pasta with Hamburger

Makes 20 Servings

Child Care Health Program

- 4 cloves garlic☀, minced
- 4 medium carrots☀, chopped
- 1 large onion☀, chopped
- 2¾ pounds lean ground beef☀
- 2 teaspoons thyme
- 1/2 teaspoon pepper
- 2½ cups water
- 14-ounce can reduced-sodium beef broth, divided
- 8 ounces whole-wheat elbow noodles
- 2 tablespoons Worcestershire sauce
- 2½ tablespoons all-purpose flour☀
- 3/4 cup low fat sour cream☀
- 1 tablespoon chopped fresh parsley☀ or chives for garnish

1. Prepare garlic and chop carrots and onions.
2. Cook beef in a large skillet over medium-high heat, breaking it up with a wooden spoon, about 3 to 5 minutes. Stir in the chopped vegetables, thyme and pepper and cook, stirring often, until the vegetables start to soften, 5 to 7 minutes. Beef should reach an internal temperature of 155°F.
3. Stir in water, 1 1/2 cups broth, noodles and Worcestershire sauce; bring to a boil. Cover, reduce heat to medium and cook, stirring occasionally, until the pasta is tender, 8 to 10 minutes.
4. Whisk flour with the remaining 1/4 cup broth in a small bowl until smooth; stir into the hamburger mixture. Stir in the sour cream. Simmer, stirring often, until the sauce is thickened, about 2 minutes. Serve sprinkled with parsley (or chives), if desired.



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 4.5g		4.5g	7%	Total Carb. 12g	4%
Serv. size 1/20 of serving (125g) Servings 20 Calories 160 Fat Cal. 40		Sat. Fat 2g	11%	Fiber less than 1g	3%
		Trans fats 0g		Sugars less than 1g	
		Cholest. 40mg	14%	Protein 16g	
		Sodium 120mg	5%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 40%	Vitamin C 4%	Calcium 4%	Iron 10%

Grain/Bread—1 serving
Vegetable—1/8 cup
Meat/Meat Alternative—1.5 ounces

CACFP Crediting
for 3-5 year olds
Lunch/Dinner

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Tex-Mex Skillet

Makes 20 Servings

Child Care Health Program

- 2¾ pounds lean ground meat (beef☀, pork☀, chicken☀ or turkey☀)
- 2 cloves garlic☀, minced
- 10 ounces frozen corn☀ (or canned)
- 16 ounce can black beans☀, drained
- 12 ounce jar salsa
- ½ cup water
- 2 teaspoons taco seasoning mix
- 10 – 6-inch corn tortillas, cut in half and then into 1-inch strips
- 2 ounces cheddar cheese☀, shredded

1. In a large skillet, cook meat and garlic over medium-high heat until meat is lightly browned and reaches an internal temperature of 155°F for beef; 165°F for poultry and 145°F for pork. Drain off any fat.
2. Stir in remaining ingredients, except cheese.
3. Bring to a boil, lower heat, cover, and simmer for 10 to 12 minutes
4. Uncover, top with cheese and cook 2 minutes more, or until cheese is melted.
5. Serve hot. If desired, top with low fat sour cream and chopped green onions.

Options:

Any type of canned beans may be substituted for black beans.



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 8g		8g	12%	Total Carb. 13g	4%
Serv. size 1/20 of serving (128g) Servings 20 Calories 190 Fat Cal. 70		Sat. Fat 3.5g	16%	Fiber 2g	10%
		Trans fats 0g		Sugars less than 1g	
		Cholest. 45mg	15%	Protein 16g	
		Sodium 200mg	8%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 2%	Vitamin C 4%	Calcium 6%	Iron 10%

Calculated with ground beef

Grain/Bread—1 serving
Meat/Meat Alternative—1.5 ounces

CACFP Crediting
for 3-5 year olds
Lunch/Dinner

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Tortilla Snack Wrap

Makes 20 Servings (1/2 Snack Wrap)

Child Care Health Program

- 10 whole wheat tortillas, 6-inch size
- 8 ounces cream cheese, low fat, fat-free or regular
- 2 pounds sliced turkey (deli turkey or cook 2 3/4 pounds raw turkey* until 165°F)
- 3 cups spinach* or romaine leaves*
- 2 cups grated carrots*

1. Let the cream cheese come to room temperature. Whip with a mixer, or by hand, to make it easier to spread. Using a spatula or knife, spread about 1 tablespoon cream cheese on each tortilla, making sure to reach the edges.
2. Divide turkey and place on tortillas.
3. Place romaine or spinach leaves down the middle of the tortilla and sprinkle with carrots.
4. Roll tortilla tightly like a burrito. To make tortilla pinwheels cut in half first, then making bite-sized slices along the tortilla until you reach the end. Lay each piece cut-side down on a serving plate.

Variations:

Choose colorful vegetables, such as red peppers, cucumber, or avocado in your pinwheel.



Nutrition Facts

Serv. size 1/2 tortilla wrap (90g)
 Servings 20
 Calories 110
 Fat Cal. 20

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.5g	4%	Total Carb. 14g	5%
Sat. Fat 1g	6%	Fiber 2g	7%
Trans fats 0g		Sugars 2g	
Cholest. 20mg	7%	Protein 10g	
Sodium 690mg	29%		
Vitamin A 45%	Vitamin C 4%	Calcium 4%	Iron 8%

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

Grain/Bread—1 serving
 Vegetable—1/2 cup
 Meat/Meat Alternative—1.5 ounces

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Tuna Burgers

Makes 20 Servings (1/2 burger)

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- 3 (12 ounce cans) water packed tuna, drained and flaked
- 3 cups bread crumbs, divided
- 2 1/2 cups cheddar cheese*, grated
- 2 eggs*, lightly beaten
- 1 cup no fat dressing, such as peppercorn ranch
- 1/2 cup green onions, sliced
- 2 tablespoons olive oil
- 10 whole wheat hamburger buns

1. In a medium bowl, combine tuna, 1 1/4 cups breadcrumbs, cheese, eggs, salad dressing and onion.
2. Form ten patties; coat each side with remaining 1 1/4 cups cup bread crumbs.
3. Heat oil in skillet over medium heat. Cook patties 3-5 minutes on each side until golden brown.
4. Place patties on hamburger bun. Garnish as desired (lettuce, sliced tomatoes, pickles, sliced onions, and/or mustard). Cut in half to serve.

Option: Substitute canned salmon for canned tuna.

Nutrition Facts

Serv. size 1/2 burger (121g)
 Servings 20
 Calories 260
 Fat Cal. 80

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 9g	14%	Total Carb. 24g	8%
Sat. Fat 4g	19%	Fiber 2g	9%
Trans fats 0g		Sugars 3g	
Cholest. 50mg	16%	Protein 21g	
Sodium 600mg	25%		
Vitamin A 4%	Vitamin C 0%	Calcium 15%	Iron 15%

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



1/2 burger:
 Grain/Bread—1 slice bread
 Meat/Meat Alternative—1.5 ounces

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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

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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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**FARM
toTABLE**

Farm Fresh Food by Season

Bringing good food from farm to you!

Farm to Table (F2T) is a Healthy Eating Active Living (HEAL) initiative made possible by funding from the Department of Health and Human Services and Public Health—Seattle & King County. To find a farmer near you, contact the Northwest Agriculture Business Center. www.AgBizCenter.org | info@AgBizCenter.org

For recipes and more information on farm to institution, visit the Washington State Department of Agriculture Farm to School Toolkit at www.wafarmtoschool.org

Fruits, Herbs & Legumes

categories	produce	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Vitamin A	Apricots												
	Cantaloupe												
	Nectarines												
	Peaches, yellow												
	Plums, purple												
Vitamin C	Blackberries												
	Blueberries												
	Cantaloupe												
	Honeydew melon												
	Kiwi berries												
	Raspberries												
	Strawberries												
	Other	Apples									*	*	
Asian pears													
Cherries, Bings													
Cherries, Rainiers													
Currants													
Grapes													
Pears										*	*	*	
Plums													
Quince													
Watermelons													
Frozen berries													
Legume	Black beans, dry												
	Cranberry beans, dry												
	Garbanzo/Chickpea, dry												
	Great Northern beans, dry												
	Kidney beans, dry												
	Lentils, dry												
	Navy beans, dry												
	Pink beans, dry												
	Pinto beans, dry												
	Herbs	Basil											
Chives													
Cilantro/Coriander													
Dill													
Fennel													
Lavender													
Garlic													
Mint													
Oregano													
Parsley													
Rosemary													
Sage													

* Peak harvest season for this product; however, this product is stored and available in other seasons from local sources.

Special thanks to the Washington State Department of Agriculture Farm to School Program, which originated these charts (AGR PUB 607-345 & 346 (N/10/11)).

