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<td>Tortilla Snack Wrap</td>
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<td>Tuna Noodle Casserole</td>
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<tr>
<td>Vegetable Frittata</td>
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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**

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

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**Armadillo 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°F. 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.

**Nutrition Facts**

<table>
<thead>
<tr>
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<th>%DV*</th>
<th>Amount/Serving</th>
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* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
### Baked Chicken Nuggets

Makes 20 Servings

- 2.75 pounds chicken thighs, boneless and skinless
- 1¼ cups cereal crumbs, cornflake type
- ½ teaspoon Italian herb seasoning
- ¼ teaspoon garlic powder
- ¼ 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.

---

### Baked French Fries

Makes 20 Servings

- 3 1/4 pounds raw sweet potatoes or white potatoes, or a combination of both
- 2 teaspoons vegetable oil
- ¼ teaspoon salt and pepper, or seasonings of your choice, such as: Garlic, fresh of powdered Onion powder Lowry’s Seasoning mix Cayenne powder Mrs. Dash seasoning mix Taco flavoring mix

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

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.

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### Nutrition Facts

#### Baked Chicken Nuggets

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

#### Baked French Fries

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

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**CACFP Crediting**

Meat/Meat Alternative—1.5 ounces

Meat/Meat Alternative, Lunch/Dinner

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**CACFP Crediting**

Vegetable—1/4 cup

Vegetable, 3-5 year olds, Lunch/Dinner
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
Amount/Serving %DV* Amount/Serving %DV*
Total Fat 2.5g 4% Total Carb. 32g 11%
Sat. Fat 0g 2% Fiber 8g 31%
Trans Fat 0g Sugars 5g
Cholest. 0mg 0% Protein 8g
Sodium 200 mg 17%
Vitamin A 7% Vitamin C 50% Calcium 8% Iron 15%
*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Adapted from USDA Team Nutrition Recipe CACFP Crediting
for 3-5 year olds Lunch/Dinner

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
Amount/Serving %DV* Amount/Serving %DV*
Total Fat 3.5g 6% Total Carb. 42g 14%
Sat. Fat 0g 2% Fiber 13g 52%
Trans Fat 0g Sugars less than 1g
Cholest. less than 5mg 1% Protein 15g
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.

CACFP Crediting
for 3-5 year olds Lunch/Dinner

Public Health Seattle & King County
Broccoli & Cheese Patties
Makes 40 Patties (2 patties per serving)

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

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<td>Iron 15%</td>
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Two Patties:
Grain/Bread—1 serving
Vegetable—1/2 cup
Meat/Meat Alternative—1/2 egg

Cauliflower Cheddar Soup
Makes 20 Servings

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

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Vegetable—1/2 cup
CACFP Crediting for 3-5 year olds
Lunch/Dinner

Public Health
Seattle & King County

Child Care Health Program
Cheesy Chicken Quesadillas
Makes 20 Servings

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 350º 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 350º 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
Serv. size: 1/20 of serving (152g)
Servings: 20
Calories 170
Fat Cal. 35

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

Chicken Vegetable Soup
Makes 20 Servings

2¾ pounds chicken, boneless and skinless
12 cups low sodium chicken broth
1 1/2 cups onion, chopped
1 1/2 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 350º 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 1 1/2 teaspoons Italian Seasoning instead of the three individual spices. Use turkey meat instead of chicken.

Nutrition Facts
Serv. size: 1/20 of serving (152g)
Servings: 20
Calories 130
Fat Cal. 20

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* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
Easy Lasagna
Makes 20 Servings

1 ½ cups part skim ricotta cheese
3/4 cup low fat cottage cheese
1 tablespoon dried parsley
1 garlic clove, minced
1 3/4 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 refrigerate without baking. Increase baking time by 15 minutes, if it has been refrigerated.

1. Mix ricotta cheese, cottage cheese, parsley, and garlic.
2. Brown hamburger in skillet until it reaches an internal temperature of 155º. Add hamburger to spaghetti sauce in a bowl and mix together.
3. Pour 1 cup of sauce in bottom of pan.
4. 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.
5. 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.
6. Add another cup of sauce, another layer of noodles, and the remainder of the sauce. Sprinkle with Parmesan cheese. Bake at 350º, covered tightly with aluminum foil, for one hour.

Nutrition Facts
Serv. size 1/20 of recipe (128g)
Servings 20
Calories 170
Fat Cal. 30
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

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Grain/Bread-1 serving
Meat/Meat Alternative-1 serving
CACFP Crediting for 3-5 year olds
Lunch/Dinner

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

1. In a large skillet, heat oil on medium-high setting.
2. 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.
3. 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 145ºF. (Do not mix with the potatoes until cooked firm.) Stir all ingredients together.

Nutrition Facts
Serv. size 1/2 a burrito (142g)
Servings 20
Calories 150
Fat Cal. 30
* Percent Daily Values (DV) are based on a 2,000 calorie diet.

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

Public Health
Seattle & King County
Enchilada Bake
Makes 20 Servings

Gobble Up Burgers
Makes 20 Servings (1/2 burger)

Nutrition Facts

Garnish hamburger with tomatoes, pickle relish, mustard and/or lettuce.
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°F 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°F).

7. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated.

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**Nutrition Facts**

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**Green Monster Salad**

Makes 20 Servings

1. Drizzle chicken breasts with olive oil. Sprinkle on parsley and basil. Bake in 350°F 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.

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**Nutrition Facts**

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**Green Eggs, Rice and Turkey Ham**

Makes 20 Servings

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°F 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°F).

7. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated.

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**Nutrition Facts**

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**Green Eggs, Rice and Turkey Ham**

Makes 20 Servings

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°F 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°F).

7. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated.

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**Nutrition Facts**

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**Green Eggs, Rice and Turkey Ham**

Makes 20 Servings

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°F 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°F).

7. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated.

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**Nutrition Facts**

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**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  
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**

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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.  

**Nutrition Facts**

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Grain/Bread—1/2 serving  
Vegetable—1/4 cup  
Meat/Meat Alternative—3/8 cup lentils  
CACFP Crediting for 3-5 year olds  
Lunch/Dinner

Grain/Bread—1/4 cup  
Meat/Meat Alternative—1.5 ounces  
CACFP Crediting for 3-5 year olds  
Lunch/Dinner
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 165º; shrimp to 145ºF.
7. Open a spot in the middle of the wok or skillet and drop egg in. Scramble the eggs until it. Cook eggs to 145ºF. Add in the noodles and stir.
8. Add broccoli and cook until done.

Nutrition Facts
Serving size 1/20 of recipe (125g)
Servings 20
Calories 130
Fat Cal. 30

* Percent Daily Values (DV) are based on a 2000 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

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 165º.

Nutrition Facts
Serving size 1/20 of recipe (159g)
Servings 20
Calories 130
Fat Cal. 15

* Percent Daily Values (DV) are based on a 2000 calorie diet.

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

CACFP Crediting for 3-5 year olds
Lunch/Dinner

Calculated with ground turkey

Public Health
Seattle & King County
**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
1/4 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°F.
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**

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

**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°F, or until heated.

**Nutrition Facts**

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* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
Santa Fe Rice and Beans
Makes 20 Servings

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 350º.
4. Sprinkle with remaining 1 cup cheese and bake 5-10 minutes longer until cheese is melted.

Nutrition Facts
Serv. size: 1/20 of recipe (30g)
Servings: 20
Calories: 250
Fat Cal: 3%

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

Shepherd’s Pie
Makes 20 Servings

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: 155ºF; chicken or turkey: 165ºF)
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 375º for 30-40 minutes until potatoes are golden brown and pie is bubbly.

Nutrition Facts
Serv. size: 1/20 of recipe (149g)
Servings: 20
Calories: 190
Fat Cal: 4%

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* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
**Child Care Health Program**

**Sloppy Garden Joes**
**Makes 20 Servings**

- 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

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**Soft Tacos**
**Makes 20 Servings**

- 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.

### Nutrition Facts

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

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**Public Health Seattle & King County**


Stir Fried Rice
Makes 20 Servings

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
Serv size: 1/2 cup of serving (180g) Servings: 20
Calories 210
Fat Cal. 25

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

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

Child Care Health Program

Somali Spaghetti
Makes 20 Servings

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
Serv size: 1/20 of serving (102g) Servings: 20
Calories 210
Fat Cal. 25

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

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<td>Vitamin A</td>
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<tr>
<td>Calcium</td>
<td>4%</td>
<td>Iron</td>
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Grain/Bread—1/4 cup
Vegetable—1/4 cup
Meat/Meat Alternative—1.5 ounces

Child Care Health Program

2½ 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)
1/4 cup cilantro, chopped
16 ounces dry spaghetti noodles
Pepper to taste

2 tablespoons 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
2¼ pounds poultry or fish, boneless and skinless
3 eggs, lightly beaten
1-2 tablespoons low salt soy sauce

2 tablespoons 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
2¼ pounds poultry or fish, boneless and skinless
3 eggs, lightly beaten
1-2 tablespoons low salt soy sauce
Tasty Pasta with Hamburger
Makes 20 Servings

4 cloves garlic, minced
4 medium carrots, chopped
1 large onion, chopped
2 ½ pounds lean ground beef
2 teaspoons thyme
1/2 teaspoon pepper
2 ½ cups water
14-ounce can reduced-sodium beef broth, divided
8 ounces whole-wheat elbow noodles
2 tablespoons Worcestershire sauce
2 ½ 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
Serving size: 1/20 of recipe (125g)
Servings: 20
Calories 160
Fat 8g
Calculated with ground beef

Tex-Mex Skillet
Makes 20 Servings

2 ¾ 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
1/2 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
Serving size: 1/20 of recipe (125g)
Servings: 20
Calories 150
Fat 7g
Calculated with ground beef

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

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

CACFP Crediting for 3-5 year olds
Grain/Bread—1 serving
Vegetable—1/8 cup
Meat/Meat Alternative—1.5 ounces
**Tuna Burgers**

Makes 20 Servings (1/2 burger)

3 (12 ounce cans) water packed tuna, drained and flaked
3 cups bread crumbs, divided
2⅓ 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, 1¼ cups breadcrumbs, cheese, eggs, salad dressing and onion.
2. Form ten patties; coat each side with remaining 1¼ 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.

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

**Nutrition Facts**

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

CACFP Crediting for 3-5 year olds
Lunch/Dinner

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**Tortilla Snack Wrap**

Makes 20 Servings (1/2 Snack Wrap)

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 2½ 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**

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CACFP Crediting for 3-5 year olds
Lunch/Dinner

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Public Health
Seattle & King County

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**Vegetable Frittata**

Makes 20 Servings

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.

<table>
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<th>Nutrition Facts</th>
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**Tuna Noodle Casserole**

Makes 20 Servings

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.

<table>
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