

Let's Make -a- Snack!



Child and Adult Care Food Program
Snack Menu Planner for
Children 3 Through 18 Years of Age



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During the COVID-19 public health emergency, some State agencies may have opted into School Year 2021–2022 meal pattern waivers. Additional information on these waivers is available at:

fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities.

On the cover: [Fruited Chicken Salad With Crackers](#) (Recipe on page 142)

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Introduction

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Welcome to the CACFP Snack Menu Planner

The Child and Adult Care Food Program (CACFP) provides nutritious meals and snacks to millions of children each day. This menu planner is designed to assist Program operators in planning and providing snacks for children 3 through 18 years of age.



Use this planner to:

- Understand CACFP snack meal pattern requirements;
- Get ideas and tips for menu planning and nutrition education;
- Apply practical advice on how to serve high-quality snacks;
- Discover sample menus; and
- View USDA standardized recipes, CACFP crediting information, and more!

Why Is Menu Planning Important

Menu planning is the process of choosing which foods to prepare, deciding how much to make, and planning how to serve the food. Menu planning can help you:

- Serve meals that meet CACFP meal pattern requirements
- Reduce food costs
- Limit food spoilage
- Save time
- Share information with parents and caregivers

Special Features of the CACFP Snack Menu Planner

Snack

Let's Make a Snack

Sample Menus Highlighting Fruits for Children 3 Through 5 Years of Age
Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and servings (25 and 50 servings) on page 151.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--|---------------------|--|--|--|
| Milk* | | Milk (½ cup) | | Milk (½ cup) | |
| Vegetables | | | | | |
| Fruits | 1 Chicken and Cheese Snack Cup With Grapes** (½ cup grapes) (p. 115) | Diced Plums (½ cup) | 1 cup Mini Graham Crackers and Berry Nut Butter (½ cup) (p. 154) | Diced Peaches (½ cup) | Tuna Salad and Apple Slices (½ cup apple slices) (p. 172) |
| Meat/Meat Alternates | 1 Chicken and Cheese Snack Cup With Grapes** 1 Tbsp chicken and 1 Tbsp cheese (cubes or shredded) (½ oz eq) (p. 115) | | 1 cup Mini Graham Crackers and Berry Nut Butter (½ cup) (p. 154) | | Tuna Salad and Apple Slices 2 Tbsp tuna (1 oz eq) (p. 172) |
| Grains | | | 1 cup Mini Graham Crackers and Berry Nut Butter (½ cup) (p. 154) | Puffed Cereal (½ cup cereal) (½ oz eq) | |

*Unflavored low-fat (1%) or unflavored fat-free (skim). Offer water as a beverage when milk or juice are not served.
**Grapes and cheese cubes can be a choking risk for children under the age of 4. See page 65 for more information.

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Sample Menus

Introduction

These questions can help you review your current menus and see where you might need to make changes. When completing the snack menu planning pre-check, use your current snack menu to help you answer the question. Note that N/A = Not Applicable.

Snack Menu Planning Pre-Check: Where Are You Now?

| Do you... | Yes | No | N/A |
|---|-----|----|-----|
| Milk | | | |
| 1. Serve the correct type and amount of milk for the age of the child? | | | |
| 3-5 Years of Age: ½ cup unflavored low-fat (1%) milk OR ½ cup unflavored fat-free (skim) milk | | | |
| 6-18 Years of Age: 1 cup unflavored low-fat (1%) milk OR 1 cup unflavored/flavored fat-free (skim) milk | | | |
| 2. Only serve milks that are pasteurized? | | | |
| Vegetables | | | |
| 3. Serve the correct amount of vegetables for the age of the child? | | | |
| 3-5 Years of Age: ½ cup | | | |
| 6-18 Years of Age: ¾ cup | | | |
| 4. Only serve 100 percent full-strength vegetable juice? | | | |
| 5. Serve juice only once per day? | | | |
| 6. Credit a serving of legumes (beans, peas, and lentils) as a vegetable or as a meat alternate but not as both in the same meal? | | | |
| 7. Serve a variety (different types) of vegetables during the week? | | | |
| Fruits | | | |
| 8. Serve the correct amount of fruits for the age of the child? | | | |
| 3-5 Years of Age: ½ cup | | | |
| 6-18 Years of Age: ¾ cup | | | |
| 9. Only serve 100 percent full-strength fruit juice? | | | |
| 10. Serve juice only once per day? | | | |
| 11. Serve a variety (different types) of fruits during the week? | | | |

Continued on the next page -->

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Checklists

Ages: 3-5, 6 Servings

Preparation Time: 20 minutes Cook Time: 0 minutes

Fresh Veggie Wraps
Color your snack amazing with this easy-to-make wrap.

Ingredients:

- 2 Tbsp tomatoes, diced, canned, low-sodium, drained
- 1 Tbsp cream cheese, reduced-fat
- 3 tortillas, whole-wheat (10" across, at least 42 g or 1½ oz each)
- 1½ cups romaine lettuce, fresh, chopped (gently wash lettuce under running water before cutting)
- ½ cup red bell peppers, fresh, ½" strips (gently wash bell peppers under running water before cutting)
- 1½ cups cucumbers, fresh, unpeeled, ½" sliced (gently wash cucumbers under running water before cutting)

- Directions -

Step 1: Wash hands with soap and water for at least 20 seconds.

Step 2: In a small bowl, combine tomatoes and cream cheese. Use a fork to combine (see notes).

Step 3: Spread 1 Tbsp tomato cream cheese mixture in the middle of each tortilla.

Step 4: Top tomato cream cheese mixture with ½ cup romaine lettuce, ¼ cup bell pepper strips (6-8), and ½ cup cucumber slices (4).

Step 5: Roll into an open wrap.

Step 6: Place seam-side down on a cutting board and cut in half.

Step 7: Serve 1 half. Serve immediately, or keep cool at 40° F or lower.

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Standardized Recipes

Elements of Menu Planning

The CACFP meal patterns can guide you in developing your menus. Other things you may consider include:

- Developmental abilities of children
- Food costs
- Food availability and storage space
- Kitchen equipment
- Time
- Variety of food
- Staff cooking skills



CACFP Snack Meal Pattern Basics

The CACFP meal patterns specify the meal components (types of food) needed for a reimbursable meal or snack. They tell you the required minimum amounts of food to serve at a meal or snack. The meal patterns for children in the CACFP differ by age. This menu planner focuses on two age groups:

3–5 Years of Age

6–18 Years of Age

A meal or snack that has food from all of the required meal components and enough of each food to meet minimum amounts is called a “reimbursable meal.”

CACFP meal components are milk, vegetables, fruits, meats/meat alternates, and grains. Within each meal component are individual food items. For example, green beans are a food item in the vegetables component. A reimbursable snack in the CACFP is made up of two different meal components.



Snack Requirements for Children 3 Through 5 Years of Age

Pick 2 Meal Components for a Reimbursable Snack



Milk
($\frac{1}{2}$ cup)



Vegetables
($\frac{1}{2}$ cup)



Fruits
($\frac{1}{2}$ cup)



Meats/Meat Alternates
($\frac{1}{2}$ oz eq)



Grains
($\frac{1}{2}$ oz eq)

Note: oz eq = ounce equivalents

Sample Snack Combinations for Children 3 Through 5 Years of Age



$\frac{1}{2}$ cup Vegetables

+



$\frac{1}{2}$ cup Fruits



$\frac{1}{2}$ cup Vegetables

+



$\frac{1}{2}$ cup Milk



$\frac{1}{2}$ cup Vegetables

+



$\frac{1}{2}$ oz eq Meats/Meat Alternates



$\frac{1}{2}$ cup Vegetables

+



$\frac{1}{2}$ oz eq Grains



$\frac{1}{2}$ cup Fruits

+



$\frac{1}{2}$ cup Milk



$\frac{1}{2}$ cup Fruits

+



$\frac{1}{2}$ oz eq Grains



$\frac{1}{2}$ cup Fruits

+



$\frac{1}{2}$ oz eq Meats/Meat Alternates



$\frac{1}{2}$ oz eq Grains

+



$\frac{1}{2}$ cup Milk



$\frac{1}{2}$ oz eq Grains

+



$\frac{1}{2}$ oz eq Meats/Meat Alternates



$\frac{1}{2}$ oz eq Meats/Meat Alternates

+



$\frac{1}{2}$ cup Milk

Snack Requirements for Children 6 Through 18 Years of Age

Pick 2 Meal Components for a Reimbursable Snack



Milk
(1 cup)



Vegetables
($\frac{3}{4}$ cup)



Fruits
($\frac{3}{4}$ cup)



Meats/Meat Alternates
(1 oz eq)



Grains
(1 oz eq)

Note: oz eq = ounce equivalents

Sample Snack Combinations for Children 6 Through 18 Years of Age



$\frac{3}{4}$ cup Vegetables

+



$\frac{3}{4}$ cup Fruits



$\frac{3}{4}$ cup Vegetables

+



1 cup Milk



$\frac{3}{4}$ cup Vegetables

+



1 oz eq Meats/Meat Alternates



$\frac{3}{4}$ cup Vegetables

+



1 oz eq Grains



$\frac{3}{4}$ cup Fruits

+



1 cup Milk



$\frac{3}{4}$ cup Fruits

+



1 oz eq Grains



$\frac{3}{4}$ cup Fruits

+



1 oz eq Meats/Meat Alternates



1 oz eq Grains

+



1 cup Milk



1 oz eq Grains

+



1 oz eq Meats/Meat Alternates







1 oz eq Meats/Meat Alternates

+





1 cup Milk

These questions can help you review your current menus and see where you might need to make changes. When completing the snack menu planning pre-check, use your current snack menu to help you answer the question. Note that N/A = Not Applicable.

|  Snack Menu Planning Pre-Check: Where Are You Now? | | | |
|--|-----|----|---|
| Do you... | Yes | No | N/A |
| Milk | | |  |
| 1. Serve the correct type and amount of milk for the age of the child? | | | |
| 3–5 Years of Age: ½ cup unflavored low-fat (1%) milk OR ½ cup unflavored fat-free (skim) milk | | | |
| 6–18 Years of Age: 1 cup unflavored low-fat (1%) milk OR 1 cup unflavored/flavored fat-free (skim) milk | | | |
| 2. Only serve milks that are pasteurized? | | | |
| Vegetables | | |  |
| 3. Serve the correct amount of vegetables for the age of the child? | | | |
| 3–5 Years of Age: ½ cup | | | |
| 6–18 Years of Age: ¾ cup | | | |
| 4. Only serve 100 percent full-strength vegetable juice? | | | |
| 5. Serve juice only once per day? | | | |
| 6. Credit a serving of legumes (beans, peas, and lentils) as a vegetable or as a meat alternate but not as both in the same meal? | | | |
| 7. Serve a variety (different types) of vegetables during the week? | | | |
| Fruits | | |  |
| 8. Serve the correct amount of fruits for the age of the child? | | | |
| 3–5 Years of Age: ½ cup | | | |
| 6–18 Years of Age: ¾ cup | | | |
| 9. Only serve 100 percent full-strength fruit juice? | | | |
| 10. Serve juice only once per day? | | | |
| 11. Serve a variety (different types) of fruits during the week? | | | |



Snack Menu Planning Pre-Check: Where Are You Now? (Continued)

| Do you... | Yes | No | N/A |
|--|-----|----|-----|
| Meats/Meat Alternates  | | | |
| 12. Serve the correct amount of meats/meat alternates for the age of the child? | | | |
| 3–5 Years of Age: ½ oz eq | | | |
| 6–18 Years of Age: 1 oz eq | | | |
| 13. Credit a serving of legumes (beans, peas, and lentils) as a vegetable or as a meat alternate, but not as both in the same meal? | | | |
| 14. Verify crediting of processed meats with a Child Nutrition label or a Product Formulation Statement and have it on file? | | | |
| 15. Serve yogurts with no more than 23 grams of total sugars per 6 ounces? | | | |
| 16. Only serve creditable cheeses (for example: natural or processed cheese, cheese food, or cheese sauce) and have documentation on file? | | | |
| 17. Serve a variety (different types) of meats/meat alternates during the week? | | | |
| Grains  | | | |
| 18. Serve the correct amount of grains for the age of the child? | | | |
| 3–5 Years of Age: ½ oz eq | | | |
| 6–18 Years of Age: 1 oz eq | | | |
| 19. Only serve grains that are enriched, fortified (cereals only), whole grain-rich, bran, or germ? | | | |
| 20. Serve a whole grain-rich food item at snack if a whole grain-rich food has not been served at another meal that day? | | | |
| 21. Serve cereals with no more than 6 grams of total sugars per dry ounce? | | | |
| 22. Only serve grains that are not grain-based desserts? Grain-based desserts include donuts, sweet pastries, and granola bars, etc., and are not creditable toward the grains component. | | | |
| 23. Serve a variety (different types) of grains during the week? | | | |

Continued on the next page →

**Snack Menu Planning Pre-Check: Where Are You Now? (Continued)**

| Do you... | Yes | No | N/A |
|---|-----|----|-----|
| Smoothies | | | |
| 24. Only credit milk in smoothies toward the milk component when the smoothie contains at least $\frac{1}{4}$ cup of creditable milk per serving? | | | |
| 25. Only credit vegetables and fruits in smoothies as juice when the smoothie contains at least an $\frac{1}{8}$ cup of full-strength vegetable or fruit juice per serving? | | | |
| 26. Only credit yogurt in smoothies as meat alternates when the smoothie contains at least 1 oz or $\frac{1}{8}$ cup ($\frac{1}{4}$ oz eq) of a creditable yogurt per serving? | | | |
| 27. Only credit the milk OR the juice in the smoothie toward a snack, but not both? | | | |
| 28. Only credit commercially prepared smoothies toward a snack when the Child Nutrition label or Product Formulation Statement provides the required information? | | | |

Note: oz eq = ounce equivalents

If you answered “no” to any of these questions, you can use the information in this menu planner to help you turn that “no” into a “yes.”



Serving Snacks in the CACFP

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Serving Snacks in the CACFP

Snack Requirements: A Closer Look

This section provides a review of CACFP meal pattern requirements for snacks. You will find information about meal components, examples of food items you can serve within each meal component, and serving sizes required at snack.



Serving Milk at Snack

Milk provides children with important nutrients. These nutrients include protein, calcium, potassium, and vitamins A and D. The type and amount of milk you may serve depends on the age of the child. All milk served in the CACFP must be pasteurized fluid milk that meets State and local standards. You may serve milk as one of the two required meal components of a reimbursable snack. If you serve milk as one of the components at snack, you **may not** serve juice as the other component.

Snack Requirements for Children 3 Through 5 Years of Age



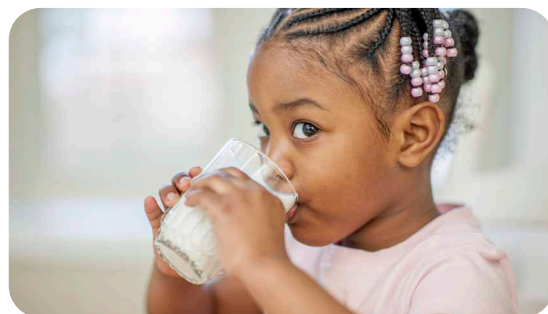
Snack Requirements for Children 6 Through 18 Years of Age



If you serve milk at snack, you must provide it as a beverage (drink). Milk used as an ingredient in foods, such as cream soups or dips, **may not** credit toward the milk component. For children 3–5 years of age, you must serve unflavored low-fat (1%) or unflavored fat-free (skim) milk. Children 6 years of age and older may receive flavored fat-free (skim) milk* as part of a reimbursable meal or snack.



Write the type of milk on your menus. Indicate the fat content (low-fat [1%] or fat-free [skim]) and whether the milk you are serving is flavored or unflavored.



Milk Types Allowed for Each Age Group in the CACFP

3–5 Years of Age:

- Unflavored low-fat (1%) milk
- Unflavored fat-free (skim) milk
- Low-fat or fat-free lactose-reduced milk
- Low-fat or fat-free lactose-free milk
- Low-fat or fat-free buttermilk
- Low-fat or fat-free acidified milk
- Ultra-High Temperature (UHT) milk
- Goat’s milk*

6–18 Years of Age:

- All of the milks allowed for children 3 through 5 years of age
PLUS
- Flavored fat-free (skim) milk

*Goat’s milk must meet State standards for fluid milk. If goat’s milk meets State standards, then you may serve it in place of cow’s milk with no additional documentation.

For more information on the types of milk allowed for children in the CACFP, refer to the “Serving Milk in the CACFP” training worksheet at fns.usda.gov/tn/training-tools-cacfp.



Milk Crediting Tips

- **Milk in smoothies can credit** toward the milk component. See the “Serving Smoothies at Snack” section on page 44.
- Milk made from powdered or canned milk (reconstituted) may credit toward the milk component in special situations. Contact your State agency or sponsoring organization for additional guidance.
- Non-dairy beverages (milk substitutes) that are nutritionally equivalent to cow’s milk may be served without a medical statement. See page 84 for more information.
- See **sample menus** featuring milk beginning on page 49.



During the COVID-19 public health emergency, some State agencies may have opted into School Year 2021–2022 meal pattern waivers. Additional information on these waivers is available at: fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities.

Let's Plan a Snack With Milk

Create new menus that include milk as one of the two required meal components at snack. Review the meal pattern requirements on pages 8 and 9 to make sure you provide the required minimum amount and the correct type of milk for each age group.

Children 3 Through 5 Years of Age

| Meal Components | Amount | Food Item |
|-----------------------------|--------|-----------|
| 1st Meal Component: Milk | | |
| 2nd Meal Component: | | |

Children 6 Through 18 Years of Age

| Meal Components | Amount | Food Item |
|-----------------------------|--------|-----------|
| 1st Meal Component: Milk | | |
| 2nd Meal Component: | | |

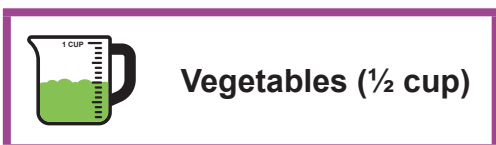
Note: See sample menus featuring milk beginning on page 49.



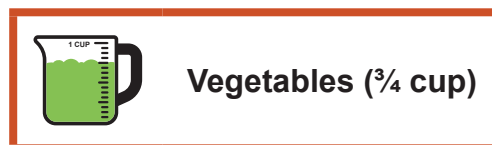
Serving **Vegetables** at Snack

Vegetables are an important source of many nutrients. They are sources of dietary fiber, potassium, vitamins A and C, and folate (folic acid). You may serve vegetables as one of the two required components of a reimbursable snack. The vegetables you serve can be fresh, frozen, dried, commercially canned, or 100 percent full-strength vegetable juice. Vegetables canned at home **may not** credit toward a reimbursable snack.

Snack Requirements for Children **3 Through 5** Years of Age



Snack Requirements for Children **6 Through 18** Years of Age



See page 63 for a list of herbs and spices you can use to flavor vegetables.

In general, most vegetables credit toward the meal pattern based on the amount served. For example, a $\frac{1}{2}$ cup of cooked green beans credits as a $\frac{1}{2}$ cup of vegetables. The smallest amount of vegetables that may credit toward a reimbursable meal or snack is an $\frac{1}{8}$ cup or 2 tablespoons (Tbsp).

The following vegetables credit differently than most vegetables:

- Raw, leafy green vegetables** credit as half of the amount served. For example: 1 cup of raw spinach credits as a $\frac{1}{2}$ cup of vegetables.
- Dried vegetables** credit as twice the amount served. For example: $\frac{1}{2}$ cup of dehydrated mushrooms credits as 1 cup of vegetables.
- Tomato paste and tomato puree** credit as follows:
 - 1 Tbsp of tomato paste credits as $\frac{1}{4}$ cup of vegetables
 - 2 Tbsp of tomato puree credits as $\frac{1}{4}$ cup of vegetables

In most cases, to credit vegetables toward a reimbursable meal or snack, you must be able to **see them and recognize them**. For example, pureed pumpkin in pumpkin bread is not creditable because you cannot see the pumpkin in the bread. There are two exceptions to this rule.

- One half cup of pasta made from 100 percent vegetable flour credits as $\frac{1}{2}$ cup of vegetables, even if it is not served with another vegetable.
- Vegetables included in smoothies may credit toward the vegetable component as juice. Learn more about smoothies on page 44.

Meal Planning Considerations for Vegetables

The chart below shows examples of amounts of food needed to credit as $\frac{1}{2}$ cup and $\frac{3}{4}$ cup of vegetables in the CACFP. For more information, refer to the "Food Buying Guide for Child Nutrition Programs" at fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs.

| Vegetables | Minimum Amount of Food by Age Group | |
|--|---|---|
| | 3 Through 5 Years of Age | 6 Through 18 Years of Age |
| | Serve at least $\frac{1}{2}$ cup, which is about: | Serve at least $\frac{3}{4}$ cup, which is about: |
| Broccoli, Floret | 4 florets | 6 florets |
| Carrot, Baby | 6 baby carrots | 9 baby carrots |
| Carrot Stick ($\frac{1}{2}$ " by 4") | 6 sticks | 9 sticks |
| Celery Stick ($\frac{1}{2}$ " by 4") | 6 sticks | 9 sticks |
| Corn, on Cob | 1 ear (about 5" to 6" long) | 1 ear (about 7" to 9" long) |
| Cucumber Stick (3" by $\frac{3}{4}$ ") | 6 sticks | 9 sticks |
| Leafy Greens (Collard Greens, Kale, Spinach, etc.), Cooked | $\frac{1}{2}$ cup | $\frac{3}{4}$ cup |
| Leafy Greens (Kale, Lettuce, Spinach, etc.), Raw | 1 cup | 1 $\frac{1}{2}$ cups |
| Tomato, Cherry | 6 cherry tomatoes | 9 cherry tomatoes |
| Tomato, Salsa | $\frac{1}{2}$ cup | $\frac{3}{4}$ cup |

Note: Serving sizes are approximate.





Vegetable and Vegetable Juice Crediting Tips



- If you serve juice (100 percent full-strength vegetable or fruit) at snack, you **may not** credit juice as part of a reimbursable breakfast, lunch, or supper on the same day.
- You **may not** serve both juice and milk together as a reimbursable snack.
- Vegetables credit as juice when used in a smoothie.
- The smallest amount of vegetables that can credit toward a meal or snack is an 1/8 cup (2 Tbsp).

Legumes (beans, peas, and lentils) Crediting Tips

- Legumes (beans, peas, and lentils) can credit as vegetables or meats/meat alternates. They cannot credit as both a vegetable and a meat/meat alternate in the same meal or snack.
- If you serve two different cooked legumes (beans, peas, and lentils) at a meal, you may choose to credit one as a meat alternate and the other as a vegetable if you serve the minimum creditable amount of each.



Tips for Adding Vegetables to Your Menu



- **Buy fresh vegetables in season** when they are at their peak flavor and less expensive. For ideas on how to use fresh tomatoes, see the [Caprese Bruschetta](#) recipe on page 110.
- **Try canned or frozen vegetables.** You can add them to traditional pizzas, casseroles, and soups. See the [Fresh Veggie Wraps](#) recipe on page 138 for an example of how to pair fresh and canned vegetables.
- Be mindful of foods that are a choking risk for young children, such as whole cherry tomatoes. For more information on **reducing choking risk**, see page 85.
- See **sample menus** featuring vegetables beginning on page 51.

What Is a Vegetable?

These foods are vegetables:

- Arugula
- Asparagus
- Avocados
- Beets
- Bell Peppers
- Bitter Melon
- Black Beans
- Black-Eyed Peas
- Bok Choy
- Breadfruit
- Broccoli
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cassava
- Cauliflower
- Celery
- Chayote
- Chickpeas (Garbanzo Beans)
- Collard Greens
- Corn
- Cucumbers
- Daikon
- Edamame
- Eggplants
- Green Beans
- Green Peas
- Jicama
- Kale
- Kidney Beans
- Leeks
- Lettuce
- Lima Beans
- Mixed Greens
- Mushrooms
- Mustard Greens
- Navy Beans
- Okra
- Pinto Beans
- Plantains
- Potatoes
- Pumpkins
- Radish
- Snow Peas
- Spinach
- Split Peas
- Sweet Potatoes
- Taro Root (Dasheen or Yautia)
- Tomatillos
- Tomatoes
- Vegetable Juice (100 Percent)
- Wax Beans
- White Beans
- Yams
- Yellow Squash
- Yucca
- Zucchini

These foods are not vegetables:

- × Corn Bread
- × Corn Tortillas
- × Ketchup
- × Macaroni and Cheese
- × Rice
- × Tofu



Did You Know?

Farmers grow a variety of vegetables in the United States. Local farms, Community Supported Agriculture (CSA), and farmers markets can be a great source of vegetables for CACFP operators. They are a great place to get vegetables when they are in season and less expensive.

The vegetables used in the recipes included in this planner are grown in many places in the United States. Contact your State Department of Agriculture or your local University Agricultural Extension representative to learn about vegetables that are grown in your State and when they are in season.

Below you can find a list of vegetables and some of the States that produce them.

- **Broccoli:** Arizona, California, Oregon, and Texas
- **Carrots:** California, Colorado, Florida, Michigan, Texas, Washington, and Wisconsin
- **Corn:** Illinois, Indiana, Iowa, Kentucky, Missouri, Nebraska, Ohio, and South Dakota
- **Cucumbers:** Florida and Michigan
- **Green Peppers:** California, Florida, Georgia, Michigan, New Jersey, and North Carolina
- **Lettuce:** Arizona and California
- **Tomatoes:** California and Florida
- **Zucchini:** California, Florida, Georgia, and Michigan

Let's Plan a Snack With **Vegetables**

Create new menus that include vegetables as one of the two required meal components at snack. Review the meal pattern requirements on pages 8 and 9 to make sure you provide the required minimum amount for each age group.

| Children 3 Through 5 Years of Age | | |
|-----------------------------------|--------|-----------|
| Meal Components | Amount | Food Item |
| 1st Meal Component: Vegetables | | |
| 2nd Meal Component: | | |

| Children 6 Through 18 Years of Age | | |
|------------------------------------|--------|-----------|
| Meal Components | Amount | Food Item |
| 1st Meal Component: Vegetables | | |
| 2nd Meal Component: | | |

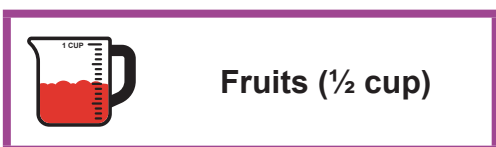
Note: See sample menus featuring vegetables beginning on page 51.



Serving Fruits at Snack

Fruits are an important part of a healthy eating pattern. They are sources of potassium, dietary fiber, vitamin C, and folate (folic acid). You may serve fruits as one of the two required components of a reimbursable snack. The fruits you serve can be fresh, frozen, dried, commercially canned, or 100 percent full-strength fruit juice. Fruits canned in the home **may not** credit toward a reimbursable snack.

Snack Requirements for Children 3 Through 5 Years of Age



Fruits ($\frac{1}{2}$ cup)

Snack Requirements for Children 6 Through 18 Years of Age

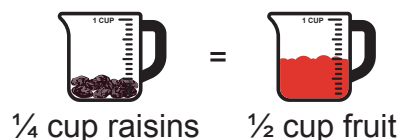


Fruits ($\frac{3}{4}$ cup)

With the exception of dried fruits, fruits credit toward the meal pattern based on the amount served. For example, a $\frac{1}{2}$ cup of peaches credits as a $\frac{1}{2}$ cup of fruits. The smallest amount of fruit that may credit toward a reimbursable meal or snack is an $\frac{1}{8}$ cup (2 Tbsp).



Dried fruits credit as twice the amount served. For example: $\frac{1}{4}$ cup raisins credits as $\frac{1}{2}$ cup of fruit.



$\frac{1}{4}$ cup raisins

$\frac{1}{2}$ cup fruit

To credit fruits toward a reimbursable meal or snack, you must be **able to see the fruit and recognize it**. For example, applesauce in a muffin is not creditable as fruit. You cannot see the applesauce in the muffin. However, if the muffin contains applesauce and raisins, then both the applesauce and the raisins may credit toward the fruit component. When you look at the applesauce-raisin muffin, you can see that the muffin contains fruit (i.e., the raisins). An exception to the rule that fruit must be recognizable to credit toward the fruit component, is smoothies. Learn more about smoothies on page 44.

Meal Planning Considerations for Fruits

The chart below shows examples of amounts of food needed to credit as $\frac{1}{2}$ cup and $\frac{3}{4}$ cup of fruits in the CACFP. For more information, refer to the "Food Buying Guide for Child Nutrition Programs" at fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs.

| Fruits | Minimum Amount of Food by Age Group | |
|--------------------------|---|---|
| | 3 Through 5 Years of Age | 6 Through 18 Years of Age |
| | Serve at least $\frac{1}{2}$ cup, which is about: | Serve at least $\frac{3}{4}$ cup, which is about: |
| Apple | $\frac{1}{2}$ medium, unpeeled (169 g) | 1 medium, unpeeled (169 g) |
| Blueberries | $\frac{1}{2}$ cup | $\frac{3}{4}$ cup |
| Strawberries | 6 whole (1 $\frac{1}{4}$ " diameter) | 9 whole (1 $\frac{1}{4}$ " diameter) |
| Grapes (seedless) | 4 large | 10 large |
| Nectarine | 1 small (2 $\frac{1}{4}$ " diameter) | 1 medium (2 $\frac{3}{4}$ " diameter) |
| Orange | 1 medium (2 $\frac{3}{5}$ " diameter) | 1 large (3" diameter) |
| Peach | 1 medium (2 $\frac{1}{2}$ " diameter) | 1 large (3" diameter) |
| Pear | 1 small (148 g) | 1 medium (178 g) |
| Plum | 1 medium (2 $\frac{1}{8}$ " diameter) | 1 large (2 $\frac{1}{2}$ " diameter) |
| Raisins | 2 packages (1.3–1.5 oz each) | 3 packages (1.3–1.5 oz each) |
| Tangerine | 1 large (2 $\frac{3}{4}$ " diameter) | 2 medium (2 $\frac{1}{2}$ " diameter) |
| Watermelon | $\frac{1}{2}$ cup (diced) | $\frac{3}{4}$ cup (diced) |

Note: Serving sizes are approximate. g = grams; oz = ounce





Fruit and Fruit Juice Crediting Tips

- If you serve juice (100 percent full-strength vegetable or fruit) at snack, you **may not** credit fruit or vegetable juice as part of a reimbursable breakfast, lunch, or supper on the same day.
- You **may not** serve both juice and milk together as a reimbursable snack.
- Fruits credit as juice when used in a smoothie.
- The smallest amount of fruits that can credit toward a meal or snack is an $\frac{1}{8}$ cup (2 Tbsp).



Tips for Adding Fruits to Your Menu

- **Buy fresh fruits in season** when they are at their peak flavor and less expensive. For ideas on how to use fresh apples, see the [Fruited Chicken Salad With Crackers](#) recipe on page 142.
- Use **canned or frozen fruits**. Try them in smoothies, fruit salad, or on their own. See the [Peach and Yogurt Smoothies](#) recipe on page 162.
- **Make fruit fun** by serving kid-friendly recipes like the [Mini Graham Crackers and Berry Nut Butter](#) recipe on page 154.
- Be mindful of foods that are a choking risk for young children, like whole grapes. For more information on **reducing choking risk**, see page 85.
- See **sample menus** featuring fruits beginning on page 53.



What Is a Fruit?

These foods are fruits:

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Currants
- Dates
- Figs
- Fruit Cocktail
- Grapefruits
- Grapes
- Honeydew Melon
- Jack Fruit
- Kiwi Fruit
- Mango
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Persimmons
- Plums
- Pomegranates
- Prunes
- Raisins
- Raspberries
- Star Fruit
- Strawberries
- Tangerines
- Watermelon

These foods are not fruits:

- × Fruit Drinks
- × Fruit Jellies
- × Fruit Snacks (Gummies or Leathers)





Did You Know?

Farmers grow a variety of fruits in the United States. Local farms, Community Supported Agriculture (CSA), and farmers markets can be a great source of fruits for CACFP operators. They are a great place to get fruits when they are in season and less expensive.

The fruits used in the recipes included in this planner are grown in many places in the United States. Contact your State Department of Agriculture or your local University Agricultural Extension representative to learn about fruits that are grown in your State and when they are in season.

Below you can find a list of fruits and some of the States that produce them.

- **Apples:** California, Idaho, Michigan, New York, North Carolina, Ohio, Oregon, Pennsylvania, Virginia, and Washington
- **Apricots:** California, Utah, and Washington
- **Blackberries:** California, Oregon, and Washington
- **Blueberries:** California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon, and Washington
- **Cranberries:** Massachusetts, New Jersey, Oregon, Washington, and Wisconsin
- **Peaches:** California, Georgia, New Jersey, and South Carolina
- **Raisins:** California, New York, Oregon, and Washington
- **Raspberries:** California, Oregon, and Washington
- **Strawberries:** California and Florida

Let's Plan a Snack With Fruits

Create new menus that include fruits as one of the two required meal components at snack. Review the meal pattern requirements on pages 8 and 9 to make sure you provide the required minimum amount for each age group.

Children 3 Through 5 Years of Age

| Meal Components | Amount | Food Item |
|-------------------------------|--------|-----------|
| 1st Meal Component: Fruits | | |
| 2nd Meal Component: | | |

Children 6 Through 18 Years of Age

| Meal Components | Amount | Food Item |
|-------------------------------|--------|-----------|
| 1st Meal Component: Fruits | | |
| 2nd Meal Component: | | |

Note: See sample menus featuring fruits beginning on page 53.



Serving Meats and Meat Alternates at Snack

Meats and meat alternates are an important source of many nutrients. They can provide iron, zinc, magnesium, and B-vitamins. Meats and meat alternates include beef, pork, poultry, fish, eggs, legumes (beans, peas, and lentils), nuts and nut butters, tofu, tempeh, yogurt, and cheese.

You may serve meats and meat alternates as one of the two required components of a reimbursable snack. The meal pattern lists the required amounts for the meats/meat alternates component as ounce equivalents (oz eq). Ounce equivalents tell you the amount of meats and meat alternates in a portion of food. For example, 1 oz eq is equal to 2 Tbsp of peanut butter, 1 oz of chicken, or half of a large egg. The smallest amount of meats and meat alternates that can credit toward a reimbursable snack is a ¼ oz eq.

Snack Requirements for Children 3 Through 5 Years of Age



Meats/Meat Alternates (½ oz eq)

Snack Requirements for Children 6 Through 18 Years of Age



Meats/Meat Alternates (1 oz eq)

To credit meats and meat alternates toward a reimbursable meal or snack, you must be **able to see the meat or meat alternate and recognize it**. This helps children learn what types of foods make up a balanced meal or snack. For example, pasta made with 100 percent legume (beans, peas, and lentils) flour is not creditable alone as a meat alternate. You cannot see the beans in the noodles. However, if the noodles are topped with cheese or another meat or meat alternate, then both the legume noodles and the cheese may credit. An exception to the rule that meats and meat alternates must be recognizable to credit toward the meats/meat alternates component is smoothies. Learn more about smoothies on page 44.

Program operators must be able to document how foods credit toward a meal component(s). Program operators need a Child Nutrition label or Product Formulation Statement for processed meats and meat alternates that are not in the "Food Buying Guide for Child Nutrition Programs" (fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs).



Meal Planning Considerations for Meats and Meat Alternates

The chart below shows examples of amounts of food needed to credit as $\frac{1}{2}$ oz eq and 1 oz eq meats and meat alternates in the CACFP. For more information, refer to the "Food Buying Guide for Child Nutrition Programs" at fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs.

| Meats and Meat Alternates | Minimum Amount of Food by Age Group | |
|--|--|---|
| | 3 Through 5 Years of Age | 6 Through 18 Years of Age |
| | Serve at least $\frac{1}{2}$ oz eq, which is about: | Serve at least 1 oz eq, which is about: |
| Beef Jerky and Other Dried Meats, Poultry, and Seafood* | See Product Formulation Statement | See Product Formulation Statement |
| Cottage Cheese | $\frac{1}{8}$ cup (1 oz) | $\frac{1}{4}$ cup (2 oz) |
| Egg, Large | $\frac{1}{4}$ large egg | $\frac{1}{2}$ large egg |
| Lean Meat, Poultry, or Fish | $\frac{1}{2}$ oz | 1 oz |
| Legumes (Beans, Peas, and Lentils), Cooked | $\frac{1}{8}$ cup | $\frac{1}{4}$ cup |
| Natural or Processed Cheese | $\frac{1}{2}$ oz | 1 oz |
| Nuts and Seeds | $\frac{1}{2}$ oz | 1 oz |
| Pasta Made from 100 Percent Legume (Beans, Peas, and Lentils) Flour, Cooked** | $\frac{1}{8}$ cup | $\frac{1}{4}$ cup |
| Peanut Butter, Soy Nut Butter, or Other Nut or Seed Butters | 1 Tbsp | 2 Tbsp |
| Surimi (Imitation Crab Meat) | $1\frac{1}{2}$ oz | 3 oz |
| Tempeh*** | $\frac{1}{2}$ oz | 1 oz |
| Tofu, Commercially Prepared**** | $\frac{1}{8}$ cup (1.1 oz) with at least $2\frac{1}{2}$ g of protein | $\frac{1}{4}$ cup (2.2 oz) with at least 5 g of protein |
| Yogurt (Including Greek and Soy Yogurt), Commercially Prepared | $\frac{1}{4}$ cup (2 oz) | $\frac{1}{2}$ cup (4 oz) |

Note: g = grams; oz eq = ounce equivalents; oz = ounce; Tbsp = Tablespoons



*To credit as meats, shelf-stable, dried and semi-dried meat, poultry, and seafood require a Product Formulation Statement (PFS). Dried meat, poultry, or seafood products are not included in the "Food Buying Guide for Child Nutrition Programs" because industry production standards for these products vary widely. Product Formulation Statements or products labeled under the Child Nutrition Labeling Program are the two acceptable formats for documenting meal contributions from dried meat, poultry, and seafood products.

**To credit as a meat alternate, pasta/noodles made from legumes (beans, peas, and lentils) are creditable if a serving provides at least a ¼ oz eq of meats/meat alternates. It must be served with additional meats and meat alternates, such as tofu, cheese, or meat. Document the meal pattern contribution with a Child Nutrition label or a Product Formulation Statement.

***To credit as a meat alternate, tempeh must be made with ingredients limited to soybeans (or other legumes), water, tempeh culture, and for some varieties vinegar, seasonings, and herbs (1 oz of tempeh credits as 1 oz eq meat alternate). Tempeh made with other creditable ingredients (brown rice, sunflower seeds, vegetables, etc.) require a Child Nutrition label or Product Formulation Statement to document meal pattern contribution. For more information on serving tempeh, refer to the CACFP Policy Memorandum "Crediting Tempeh in the Child Nutrition Programs" at fns.usda.gov/cacfp/policy.

****To credit as a meat alternate, tofu that is commercially made and meets the definition of tofu as stated in the Code of Federal Regulations (7 CFR 210 and 226.2 at govinfo.gov/help/cfr) is creditable if a serving provides at least 5 g of protein per 2.2 oz portion. For more information on crediting tofu, refer to the CACFP Policy Memorandum "Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program" at fns.usda.gov/cacfp/policy.





Meats and Meat Alternates Crediting Tips

- **Nuts and seeds** can credit toward the entire meats/meat alternates requirement at snack.
- **Yogurts** that are part of a reimbursable meal or snack must contain no more than 23 grams of total sugars per 6 ounces.
- **Legumes** (beans, peas, and lentils) can credit as meats/meat alternates or vegetables. However, a serving of legumes cannot credit as both a meat/meat alternate and a vegetable in the same meal or snack. If you serve two different cooked legumes (beans, peas, and lentils) at a meal or snack you may choose to credit one as a meat alternate and the other as a vegetable, if you serve the minimum creditable amount of each.
- **Imitation cheese** and **cheese product** are not creditable as part of a reimbursable meal or snack.



Tips for Adding Meats and Meat Alternates to Your Menu

- Think of snacks as mini meals that provide an important source of nutrition for growing children. See the [Mini Egg Salad Sandwiches](#) recipe on page 150.
- Add low-sodium beans to salads and other foods.
- Choose lean cuts of meat when possible. Look for labels that say 90 percent lean or higher and limit the use of processed meats.
- See **sample menus** featuring meats and meat alternates beginning on page 55.





What Are Meats and Meat Alternates?

These foods are meats:

- Beef
- Beef Jerky
- Bison
- Chicken
- Cod
- Crab
- Dried meats, poultry, and seafood
- Flounder
- Ham
- Pork
- Salmon
- Shrimp
- Surimi (Imitation Crab Meat)
- Tilapia
- Tuna
- Turkey

These foods are meat alternates:

- Almond Butter
- Almonds
- Black Beans
- Black-Eyed Peas
- Cashews
- Cheese, natural
- Chickpeas (Garbanzo Beans)
- Cottage Cheese
- Edamame
- Eggs
- Kidney Beans
- Lentils
- Lima Beans
- Mixed Nuts
- Peanut Butter
- Peanuts
- Pecans
- Pinto Beans
- Pumpkin Seeds
- Soybeans
- Split Peas
- Sunflower Seed Butter
- Sunflower Seeds
- Tempeh
- Tofu
- Walnuts
- Yogurt

These foods are not meats or meat alternates:

- × Cheese Product
- × Cream Cheese
- × Green Peas
- × Imitation Cheese
- × Pork Bacon
- × Scrapple
- × Snap Peas
- × String Beans

Let's Plan a Snack With Meats and Meat Alternates

Create new menus that include meats and meat alternates as one of the two required meal components at snack. Review the meal pattern requirements on pages 8 and 9 to make sure you provide the required minimum amount for each age group.

Children 3 Through 5 Years of Age

| Meal Components | Amount | Food Item |
|--|--------|-----------|
| 1st Meal Component: Meats/Meat Alternates | | |
| 2nd Meal Component: | | |

Children 6 Through 18 Years of Age

| Meal Components | Amount | Food Item |
|--|--------|-----------|
| 1st Meal Component: Meats/Meat Alternates | | |
| 2nd Meal Component: | | |

Note: See **sample menus** featuring meats and meat alternates beginning on page 55.



Serving Grains at Snack

Grains are an important source of many nutrients. They can provide dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium). You may serve grains as one of the two required components of a reimbursable snack.

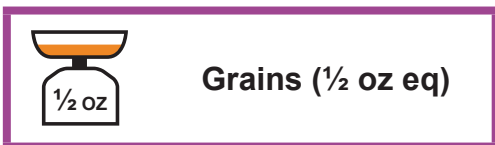
Creditable grains include:

- Whole grains
- Enriched grains
- Fortified ready-to-eat cereals
- Bran
- Germ

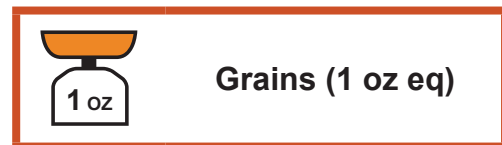
The "Crediting Handbook for the Child and Adult Care Food Program" (fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program) provides information on how to identify creditable grains.

To make sure children get enough grains at CACFP meals and snacks, the meal pattern lists required amounts for the grains component as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food. For example, 1 oz eq of grains equals 14 hard mini-twist pretzels, or 1 slice of bread. For more information, refer to the "Using Ounce Equivalents for Grains in the Child and Adult Care Food Program" and "Crediting Single-Serving Packages of Grains in the Child and Adult Care Food Program" training worksheets at fns.usda.gov/tn/training-tools-cacfp. You can also find a list of selected grains ounce equivalents for common snack items on pages 36–37.

Snack Requirements for Children 3 Through 5 Years of Age



Snack Requirements for Children 6 Through 18 Years of Age



Grains Ounce Equivalents for Common Snack Items

The charts on the next two pages show examples of amounts of food needed to credit as ½ oz eq and 1 oz eq grains in the CACFP. For more information, refer to the "Food Buying Guide for Child Nutrition Programs" at fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs.

| Grain Item and Size | Minimum Amount of Food by Age Group | |
|---|---|---|
| | 3 Through 5 Years of Age | 6 Through 18 Years of Age |
| | Serve at least ½ oz eq, which is about: | Serve at least 1 oz eq, which is about: |
| Bagel (entire bagel) at least 56 grams* | ¼ bagel or 14 grams | ½ bagel or 28 grams |
| Bread (whole grain-rich or enriched) at least 28 grams* | ½ slice or 14 grams | 1 slice or 28 grams |
| Corn Muffin at least 34 grams* | ½ muffin or 17 grams | 1 muffin or 34 grams |
| Cracker, Bear-Shaped, Sweet (about 1" by ½")** | 12 crackers (~¼ cup) or 14 grams | 24 crackers (~½ cup) or 28 grams |
| Cracker, Cheese, Square, Savory (about 1" x 1")** | 10 crackers or 11 grams | 20 crackers (~⅓ cup) or 22 grams |
| Cracker, Fish-Shaped or Similar, Savory (about ¾" x ½")** | 21 crackers (~¼ cup) or 11 grams | 41 crackers (~½ cup) or 22 grams |
| Cracker, Graham (about 5" x 2½")** | 1 cracker or 14 grams | 2 crackers or 28 grams |
| Cracker, Round, Savory (about 1¾" across)** | 4 crackers or 11 grams | 7 crackers or 22 grams |
| Cracker, Saltine (about 2" by 2")** | 4 crackers or 11 grams | 8 crackers or 22 grams |
| Croissant at least 34 grams* | ½ croissant or 17 grams | 1 croissant or 34 grams |
| Pita Bread/Round (whole grain-rich or enriched) at least 56 grams* | ¼ pita or 14 grams | ½ pita or 28 grams |
| Pretzel, Hard, Mini-Twist (about 1¼" by 1½")** | 7 twists (~⅓ cup) or 11 grams | 14 twists (~⅔ cup) or 22 grams |
| Rice Cake at least 8 grams* | 1½ cakes or 11 grams | 3 cakes or 22 grams |
| Tortilla, Soft, Flour (about 6")** | ½ tortilla or 14 grams | 1 tortilla or 28 grams |

*Check that the item you want to serve weighs this amount or more.

**Check that the item you want to serve is about this size.

Grains Ounce Equivalents for Single-Serving Snack Packages

| Single-Serving Grain Item and Package Weight* | Minimum Amount of Food by Age Group | |
|---|---|---|
| | 3 Through 5 Years of Age | 6 Through 18 Years of Age |
| | Serve at least ½ oz eq, which is about: | Serve at least 1 oz eq, which is about: |
| Bagel Chips*** at least 28 grams or 1 ounce | ½ package | 1 package |
| Cereal, Ready to Eat, All Types,** at least 28 grams or 1 ounce | ½ package | 1 package |
| Corn Chips*** at least 28 grams or 1 ounce | ½ package | 1 package |
| Crackers, Savory (e.g., cheese, saltines, whole-wheat, etc.) at least 22 grams or 0.8 ounces | ½ package | 1 package |
| Crackers, Sweet (e.g., animal, graham, etc.) at least 28 grams or 1 ounce | ½ package | 1 package |
| Croissant at least 34 grams or 1.2 ounces | ½ package | 1 package |
| Muffin, All Types, (except corn) at least 55 grams or 2 ounces | ½ package | 1 package |
| Muffin, Corn at least 34 grams or 1.2 ounces | ½ package | 1 package |
| Pita Chips*** at least 28 grams or 1 ounce | ½ package | 1 package |
| Pretzels, Hard*** at least 22 grams or 0.8 ounces | ½ package | 1 package |
| Popcorn*** at least 14 grams or 0.5 ounce | 1 package | 2 packages |
| Rice Cakes at least 22 grams or 0.8 ounces | ½ package | 1 package |
| Tortilla Chips*** at least 28 grams or 1 ounce | ½ package | 1 package |

*Each item on the chart lists a minimum package weight by the name of the item. On the food package, look at the Nutrition Facts label to find the weight of the food.

**Must contain no more than 6 grams of total sugars per dry ounce.

***Choking hazard for children under the age of 4.

Whole Grain-Rich Meal Pattern Requirements

In the CACFP, you must serve a whole grain-rich food item at least once per day, not once per meal or snack.* Whole grain-rich means that at least half the grain ingredients in the food item are whole grains, and any remaining grains are enriched grains, bran, or germ.

How Often Do I Have to Serve Whole Grain-Rich Foods at Snack?

| | |
|--|---|
| <p>You serve only snacks:</p> | <p>If you serve a grain at snack, it must be whole grain-rich.</p> |
| <p>You serve both meals and snacks to the same group of children during the day:</p> | <p>You must serve a whole grain-rich item for the grains component at one meal or snack each day.</p> |
| <p>You serve meals and snacks to different groups of children during the day (for example, morning and afternoon sessions):</p> | <p>You must serve a whole grain-rich item for the grains component at one meal or snack each day (to only one of the groups of children).</p> |

*During the COVID-19 public health emergency, some State agencies may have opted into School Year 2021—2022 meal pattern waivers. Additional information on these waivers is available at: fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities.



How Can I Identify Whole Grain-Rich Foods?

There are many ways to tell if a grain is whole grain-rich in the CACFP. The grain only needs to meet one of these methods to be whole grain-rich. It does not need to meet all the methods.

- 1. The “Rule of Three.”** Foods that meet the “Rule of Three” are whole grain-rich. According to the “Rule of Three,” foods are whole grain-rich if the first ingredient (or second after water) in the food is whole grain, and the second and third grain ingredients are whole grain, enriched, bran, or germ. For more information refer to the training worksheet “Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List” at fns.usda.gov/tn/training-tools-cacfp.
- 2. WIC Lists.** Aside from cereals, any grain included on a State’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved foods list is considered whole grain-rich in the CACFP. This includes tortillas, pastas, rice, and breads on a State WIC list. Not all cereals on a WIC list are whole grain-rich. When using the WIC list to choose a whole grain-rich cereal, be sure to choose one that is marked as whole grain on the WIC list.
- 3. Documentation.** Foods that have a standardized recipe or documentation such as a Child Nutrition label or a Product Formulation Statement showing that whole grains are the primary grain ingredient in the food are whole grain-rich in the CACFP.
- 4. Whole Grain-Rich in Schools.** Foods that are considered whole grain-rich in the School Meals program (the National School Lunch Program and School Breakfast Program) are whole grain-rich in the CACFP.
- 5. FDA Whole Grain Health Claims.** Foods are whole grain-rich if their package has one of the two whole grain health claim statements from the Food and Drug Administration (FDA):
 - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”
 - OR
 - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and certain cancers.”
- 6. Labels.** Certain breads and pastas that have the words “whole-wheat” in the name are whole grain-rich. Foods labeled exactly as written below are whole grain-rich:

- Whole-wheat bread, rolls, and buns
- Entire wheat bread, rolls, and buns
- Graham bread, rolls, and buns (not graham crackers)
- Whole-wheat spaghetti, vermicelli, macaroni, and macaroni products



What Are Ways to Serve Whole Grain-Rich Foods at Snacks?

Check out this list of whole grain-rich foods you can add to your menus:

- [Herb Bagel Bites](#)
(Recipe on page 146)
- [Toasted Pita Wedges and Fruit Dip](#)
(Recipe on page 168)
- [Dried Fruit and Cereal Snack Mix](#)
(Recipe on page 134)
- [Cheesy Bean Tostada](#)
(Recipe on page 114)
- Whole Grain-Rich Crackers
- Whole Grain-Rich Pretzels
- Rice Cakes Made with Brown Rice
- Whole Grain-Rich Quick Breads and Muffins
- Whole Grain-Rich Tortilla Chips

Serving Grains With Fewer Added Sugars

Sugar Limit for Cereals

Breakfast cereals served in the CACFP must contain no more than 6 grams of total sugars per dry ounce. There are many types of cereal that meet this sugar limit. For more information, refer to the CACFP training worksheet “Choose Breakfast Cereals That Are Lower in Sugar” at fns.usda.gov/tn/training-tools-cacfp.

Grain-Based Desserts

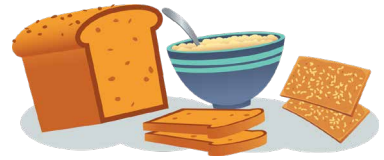
Grain-based desserts **do not credit** toward the grains component in the CACFP. Examples of grain-based desserts are listed below. For more information, refer to the CACFP training worksheet "Grain-Based Desserts in the Child and Adult Care Food Program" at fns.usda.gov/tn/training-tools-cacfp.

- | | | |
|--|--|---|
| × Brownies | × Ice cream cones | × Sweet pita chips, such as cinnamon-sugar flavored |
| × Cakes, including coffee cake and cupcakes | × Marshmallow cereal treats | × Sweet rice puddings |
| × Cereal bars, breakfast bars, and granola bars | × Pie crusts of dessert pies, cobblers, and fruit turnovers | × Sweet rolls, such as cinnamon rolls |
| × Cookies, including vanilla wafers | × Sweet biscotti, such as those made with fruits, chocolate, icing, etc. | × Sweet scones, such as those made with fruits, icing, etc. |
| × Doughnuts, any kind | × Sweet bread puddings | × Toaster pastries |
| × Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies | × Sweet croissants, such as chocolate-filled | |
| × Gingerbread | | |



Grains Crediting Tips

- Creditable grains in the CACFP are whole grains, enriched grains, fortified ready-to-eat cereals, bran, and germ.
- At least one serving of grains per day must be whole grain-rich.
- Grain-based desserts **do not credit** toward the grains component in the CACFP.
- Cereals must contain no more than 6 grams of total sugars per dry ounce.



Tips for Adding Whole Grains to Your Menu

- Experiment with different grains (quinoa, bulgur, barley, rye).
- Serve ready-to-eat cereals. See the [Dried Fruit and Cereal Snack Mix](#) recipe on page 134.*
- Substitute whole grain-rich foods for enriched foods. See the [Cheesy Bean Tostada](#) recipe on page 114 made with corn tortillas.*
- Try whole-wheat pastas.
- Serve whole grain popcorn, crackers, and pretzels if developmentally appropriate.
- See **sample menus** featuring grains beginning on page 57.



*During the COVID-19 public health emergency, some State agencies may have opted into School Year 2021–2022 meal pattern waivers. Additional information on these waivers is available at: fns.usda.gov/disaster/pandemic/cn-2021-22-waivers-and-flexibilities.

What Is a Grain?

Remember, grains must be whole grains, enriched grains, fortified ready-to-eat cereals, bran, or germ in order to credit toward a reimbursable snack.

These foods are whole grain:

- Brown Rice
- Buckwheat
- Bulgur
- Hominy
- Millet
- Muesli
- Oatmeal
- Quinoa
- Rolled Oats
- Whole Grain Barley
- Whole Grain Cornmeal
- Whole Grain Couscous
- Whole Grain-Rich Breads
- Whole Grain-Rich Cereal Flakes
- Whole Grain-Rich Crackers
- Whole Grain-Rich Pasta
- Whole Grain-Rich Tortillas
- Whole Grain Sorghum
- Whole Rye
- Whole-Wheat Buns

These foods are are bran, germ, or enriched grains. A food is an "enriched grain" if it is labeled as the first ingredient on the food's ingredient list or second after water:

- Bagels
- Biscuits
- Bran (corn, oat, rice, rye, or wheat)
- Bread
- Buns and Rolls
- Corn Flakes
- Crackers
- Flour Tortillas
- Germ (wheat)
- Grits
- Naan
- Pancakes
- Pasta
- Pita Bread
- Polenta
- Rice
- Rice Cakes
- Tortillas
- Waffles

These foods are not grains:

- × Corn
- × Sweet Potatoes
- × White Potatoes

Some vegetables credit as grains in American Samoa, Puerto Rico, and the Virgin Islands. For more information on crediting vegetables as grains, refer to the CACFP Policy Memorandum "Crediting Vegetables for Grains in American Samoa, Puerto Rico, and the Virgin Islands" at fns.usda.gov/cn/crediting-vegetables-grains-american-samoa-puerto-rico-and-virgin-islands.

Let's Plan a Snack With Grains

Create new menus that include a grain as one of the two required meal components at snack. Try planning a menu that includes a grain that is whole grain-rich. Review the meal pattern requirements on pages 8 and 9 to make sure you provide the required minimum amount for each age group.


Children 3 Through 5 Years of Age

| Meal Components | Amount | Food Item |
|-------------------------------|--------|-----------|
| 1st Meal Component: Grains | | |
| 2nd Meal Component: | | |

Children 6 Through 18 Years of Age

| Meal Components | Amount | Food Item |
|-------------------------------|--------|-----------|
| 1st Meal Component: Grains | | |
| 2nd Meal Component: | | |







Note: See sample menus featuring grains beginning on page 57.

 The sample menus on pages 49–58 highlight whole grain-rich foods on the menu. This shows families how you are providing nutritious choices for their child. It is not a Federal requirement that you indicate a grain is whole grain-rich on your menu, but it is a best practice.









Serving Smoothies at Snack

Fruits, vegetables, yogurt, or milk in a smoothie may credit toward a reimbursable snack. Vegetables and fruits in smoothies always credit as juice. Remember, you may serve one serving of juice per day. Milk and juice **may not** both credit toward a reimbursable snack. If you credit milk as one of the required meal components at snack, you **may not** credit the fruits and/or vegetables in the smoothie toward the other meal component.

| | |
|--|--|
| <p>Smoothie With Milk + Fruits: Credits toward the milk or the fruits component, not both</p> |  or  |
| <p>Smoothie With Milk + Vegetables: Credits toward the milk or the vegetables component, not both</p> |  or  |
| <p>Smoothie With Fruits + Vegetables: Credits toward the fruits or the vegetables component, not both</p> |  or  |

Remember, fruits and vegetables are two separate meal components at snack. Since fruits and vegetables in a smoothie both credit as juice, a smoothie **may not** credit toward both the vegetable and the fruit components. You may only credit one serving of juice per day.

Yogurt in a smoothie credits as a meat alternate. If your smoothie contains the minimum required amounts of yogurt (meats/meat alternates component) and fruits (fruits component), then you do not have to serve additional foods at snack. The smoothie provides the two required meal components in the right amounts for a reimbursable snack.


| | |
|--|---|
| <p>Smoothie With Yogurt + Fruits: May credit toward the meat alternates and fruits components</p> |  and  |
| <p>Smoothie With Yogurt + Vegetables: May credit toward the meat alternates and vegetables components</p> |  and  |
| <p>Smoothie With Yogurt + Milk: May credit toward the meat alternates and milk components</p> |  and  |



You must serve additional fruits, vegetables, meats/meat alternates, and/or milk if the amount served in the smoothie does not fulfill the minimum serving sizes needed to meet the meal pattern requirements for snacks. You may also count these foods as “extra” if they are not needed to complete a reimbursable snack.

How To Credit Meal Components in Smoothies

Tips for Crediting Milk in Smoothies

| | | |
|--|--|---|
| Meal Component: | Milk (May not credit if fruits and/or vegetables in the smoothie are the other meal component.) |  |
| Minimal Creditable Amount: | ¼ cup of milk per smoothie | |
| Minimum Required Amount at Snack: | 4 fl oz (½ cup) for children 3–5 years of age and 8 fl oz (1 cup) for children 6–18 years of age. If the smoothie contains less than this amount of milk, then additional milk must be served. | |

The following types of milk and milk substitutes are creditable:

- Low-fat (1%) and fat-free (skim) unflavored milk credit toward the milk component for children 3–5 years of age. To credit the milk for this age group, no nutritive or non-nutritive sweeteners may be added to the smoothie. For example, syrups and honey **may not** be an ingredient in the smoothie if you wish to credit the milk toward the milk component. Adding nutritive or non-nutritive sweeteners “flavors” the milk. Flavored milk is not allowed for children 3–5 years of age.
- Low-fat (1%, unflavored) and fat-free (skim, flavored or unflavored) milk credit toward the milk component for children 6–18 years of age.
- Milk alternatives that meet the nutrition specifications on page 84 credit toward the milk component for children 3–18 years of age. The milk alternative must be unflavored for children 3–5 years of age.



Tips for Crediting Yogurt in Smoothies



| | |
|--|--|
| Meal Component: | Meats/Meat Alternates |
| Minimal Creditable Amount: | ¼ oz eq (1 oz or ⅛ cup) of yogurt per smoothie. |
| Minimum Required Amount at Snack: | 2 oz (¼ cup) for children 3–5 years of age and 4 oz (½ cup) for children 6–18 years of age. If the smoothie contains less than this amount of yogurt, then additional meats/meat alternates or another meal component must be served as part of the reimbursable meal. |

- To credit toward the snack, the yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Yogurt may be regular, Greek, or soy; flavored or plain.

Tips for Crediting Fruits in Smoothies



| | |
|--|--|
| Meal Component: | Fruits |
| Minimal Creditable Amount: | ⅛ cup of fruit puree or juice (100 percent full-strength). (May not credit if milk or vegetables in the smoothie are the other meal component.) |
| Minimum Required Amount at Snack: | ½ cup for children 3–5 years of age and ¾ cup for children 6–18 years of age. If the smoothie contains less than this amount of fruit, then additional fruit must be served. |

Tips for Crediting Vegetables in Smoothies



| | |
|--|---|
| Meal Component: | Vegetables |
| Minimal Creditable Amount: | ⅛ cup of vegetable puree or juice (100 percent full-strength). (May not credit if milk or fruit in the smoothie is the other meal component.) |
| Minimum Required Amount at Snack: | ½ cup for children 3–5 years of age and ¾ cup for children 6–18 years of age. If the smoothie contains less than this amount of vegetables, additional vegetables must be served. |

Note: oz eq = ounce equivalents; oz = ounce



To determine how fruits or vegetables in your smoothie credit toward the meal component, you must measure the amount of fruits or vegetables after pureeing them. If your recipe calls for $\frac{1}{4}$ cup of whole strawberries, you must puree the strawberries and measure the amount of puree to determine the creditable amount of fruit. You only need to do this when determining how your recipe credits toward the meal pattern. Once you know how your smoothie credits, you can just blend the whole fruit along with the milk and/or yogurt when preparing the smoothie. **The following ingredients are not creditable when served as part of a smoothie:**

- × Grains, such as oats
- × Nuts, seeds, and nut and seed butters
- × Tofu

If a smoothie contains herbal supplements or protein powder, **none** of the ingredients in the smoothie can credit toward a reimbursable snack.

Reviewing a Product Formulation Statement for Commercial Smoothies

Smoothies served in the CACFP can be made in-house or store-bought (commercially prepared). To credit a commercially prepared smoothie, you must have a Child Nutrition label or a Product Formulation Statement to document how the ingredients credit toward the meal components. Check that the Product Formulation Statement contains all required information using the checklist below.

| Ingredient | |
|--------------------------------------|--|
| Yogurt | The Product Formulation Statement indicates that the yogurt used in the smoothie meets the Standard of Identity for yogurt as stated in 21 CFR 131.200 at govinfo.gov/help/cfr . Each smoothie must contain enough yogurt to credit at least $\frac{1}{4}$ oz eq of meat alternate. |
| Milk | The Product Formulation Statement indicates that the milk used in the smoothie meets the Standard of Identity for milk as stated in 7 CFR 210.10(d)(1) for types of fluid milk at govinfo.gov/help/cfr . Milk must be low-fat (1%) or fat-free (skim) for children 3–18 years of age. Milk must be unflavored for children 3–5 years of age. Smoothies served to children 3–5 years of age may not have any nutritive or nonnutritive sweeteners added (such as syrups). Each smoothie must contain enough milk to credit at least $\frac{1}{4}$ cup of milk. |
| Fruit and/or Vegetables | The Product Formulation Statement uses the pureed vegetable, fruit, or juice in determining the creditable amount. Volumes of fruit and vegetable purees were determined before freezing or after thawing. If juice concentrate was used, enough water was added to reconstitute to 100 percent full-strength juice. Each smoothie contains enough fruit or vegetable to credit at least an $\frac{1}{8}$ cup (2 Tbsp) of fruits and/or vegetables. |
| Herbal Supplements or Protein Powder | The smoothie is not creditable. |



Additional Information About Smoothies

For more information on serving smoothies, refer to the CACFP Policy Memorandum “Smoothies Offered in Child Nutrition Programs” at fns.usda.gov/cacfp/policy.

Let's Try Serving a Smoothie

Can these smoothies be served as a reimbursable snack for children 3–5 years of age?

| Example 1 | Example 2 |
|--|---|
| <p>Blueberry and Yogurt Smoothie</p> <ul style="list-style-type: none"> • ½ cup fruits (blueberry puree) • ½ oz eq meats/meat alternates (vanilla yogurt) <p>Answer: Yes. This is a reimbursable snack because it has two meal components (fruit and meat alternate) in the required minimum amounts. The yogurt is creditable as long as it meets CACFP sugar requirements.</p> | <p>Yogurt and Milk Smoothie</p> <ul style="list-style-type: none"> • 1 oz eq meats/meat alternates (banana yogurt) • ½ cup of milk (unflavored, low-fat [1%]) • 1 tsp chocolate syrup <p>Answer: No. For the milk to credit in this smoothie, it must be unflavored. A sweetener, like syrups or honey, may not be added. The yogurt is creditable as long as it meets CACFP sugar requirements. Add food from another meal component with this smoothie to create a reimbursable snack.</p> |

Note: oz eq = ounce equivalents

Can these smoothies be served as a reimbursable snack for children 6–18 years of age?

| Example 1 | Example 2 |
|---|--|
| <p>Strawberry Smoothie</p> <ul style="list-style-type: none"> • ¾ cup fruits (pureed berries) • 1 cup milk (flavored, fat-free [skim]) <p>Answer: No. Juice and milk cannot be credited together in the same snack.</p> | <p>Berry Medley and Yogurt Smoothie</p> <ul style="list-style-type: none"> • ¾ cup fruits (pureed berry medley) • 1 oz eq meats/meat alternates (yogurt) <p>Answer: Yes. This is a reimbursable snack because it has two meal components (fruit and meat alternate) provided in the required amounts. The yogurt is creditable as long as it meets CACFP sugar requirements.</p> |










Note: oz eq = ounce equivalents



Let's Make a Snack

Sample Menu Highlighting Milk for Children 3 Through 5 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and quantity (25 and 50 servings) on page 181.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-------------------------------|--|---|---|
|  Milk* | Milk (½ cup) | Milk (½ cup) | Milk (½ cup) | Milk (½ cup) | Milk (½ cup) |
|  Vegetables | | | | Yellow Squash Slices With 1 Tbsp Light Ranch Dressing (½ cup) | |
|  Fruits | | Fruit Salad (½ cup) | | | <u>Toasted Pita Wedges and Fruit Dip</u> ⅛ cup dip (⅛ cup) (p. 168) |
|  Meats/Meat Alternates | | | | | |
|  Grains  = whole grain-rich | <u>Herb Bagel Bites</u> 2 bagel bites (1 oz eq) (p. 146)  | | Savory Round Crackers 4 crackers (½ oz eq)  | | <u>Toasted Pita Wedges and Fruit Dip</u> 2 toasted pita wedges (½ oz eq) (p. 168)  |










*Unflavored low-fat (1%) or unflavored fat-free (skim). Offer water as a beverage when milk or juice are not served.



Let's Make a Snack

Sample Menu Highlighting Milk for Children 6 Through 18 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and quantity (25 and 50 servings) on page 181.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|-------------------------------------|--|---|---|
|  Milk* | Milk (1 cup) | Milk (1 cup) | Milk (1 cup) | Milk (1 cup) | Milk (1 cup) |
|  Vegetables | | | | Yellow Squash Slices With 2 Tbsp Light Ranch Dressing ($\frac{3}{4}$ cup) | |
|  Fruits | | Fruit Salad ($\frac{3}{4}$ cup) | | | <u>Toasted Pita Wedges and Fruit Dip</u> $\frac{1}{4}$ cup dip ($\frac{1}{4}$ cup) (p. 170) |
|  Meats/Meat Alternates | | | | | |
|  Grains  = whole grain-rich | <u>Herb Bagel Bites</u> 3 bagel bites (1 $\frac{1}{2}$ oz eq) (p. 148)  | | Savory Round Crackers 7 crackers (1 oz eq)  | | <u>Toasted Pita Wedges and Fruit Dip</u> 4 toasted pita wedges (1 oz eq) (p. 170)  |







*Unflavored low-fat (1%) or unflavored/flavored fat-free (skim). Offer water as a beverage when milk or juice are not served.



Let's Make a Snack

Sample Menu Highlighting **Vegetables** for Children 3 Through 5 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and quantity (25 and 50 servings) on page 181.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|---|
|  Milk* | | Milk (½ cup) | Milk (½ cup) | | |
|  Vegetables | <u>Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip</u> ½ cup carrot fries (½ cup) (p. 106) | <u>Parmesan Zucchini Chips</u> (½ cup) (p. 158) | Bell Pepper Slices With 1 Tbsp Light Ranch Dressing (½ cup) | Cucumber Slices (½ cup) | <u>Corny Salsa With Tortilla Chips</u> ½ cup salsa (½ cup) (p. 122) |
|  Fruits | | | | Seedless Watermelon Pieces (½ cup) | |
|  Meats/Meat Alternates | <u>Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip</u> 2 Tbsp dip (½ oz eq) (p. 106) | | | | |
|  Grains  = whole grain-rich | | <u>Parmesan Zucchini Chips</u> ½ cup chips (¼ oz eq) (p. 158) | | | <u>Corny Salsa With Tortilla Chips</u> 7-10 tortilla chips (½ oz eq) (p. 122) |







*Unflavored low-fat (1%) or unflavored fat-free (skim). Offer water as a beverage when milk or juice are not served.



Let's Make a Snack

Sample Menu Highlighting Vegetables for Children 6 Through 18 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and quantity (25 and 50 servings) on page 181.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|---|
|  Milk* | | Milk (1 cup) | Milk (1 cup) | | Milk (1 cup) |
|  Vegetables | <u>Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip</u> $\frac{3}{4}$ cup carrot fries ($\frac{3}{4}$ cup) (p. 108) | <u>Parmesan Zucchini Chips</u> ($\frac{3}{4}$ cup) (p. 160) | Bell Pepper Slices With 2 Tbsp Light Ranch Dressing ($\frac{3}{4}$ cup) | Cucumber Slices ($\frac{3}{4}$ cup) | <u>Corny Salsa With Tortilla Chips</u> $\frac{3}{4}$ cup salsa ($\frac{3}{4}$ cup) (p. 124) |
|  Fruits | | | | Watermelon Cubes ($\frac{3}{4}$ cup) | |
|  Meats/Meat Alternates | <u>Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip</u> $\frac{1}{3}$ cup dip (1 oz eq) (p. 108) | | | | |
|  Grains  = whole grain-rich | | <u>Parmesan Zucchini Chips</u> $\frac{3}{4}$ cup chips ($\frac{3}{4}$ oz eq) (p. 160) | | | <u>Corny Salsa With Tortilla Chips</u> 10-15 tortilla chips (1 oz eq) (p. 124) |









*Unflavored low-fat (1%) or unflavored/flavored fat-free (skim). Offer water as a beverage when milk or juice are not served.



Let's Make a Snack

Sample Menu Highlighting Fruits for Children 3 Through 5 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and quantity (25 and 50 servings) on page 181.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-------------------------------|--|---|---|
|  Milk* | | Milk (½ cup) | | Milk (½ cup) | |
|  Vegetables | | | | | |
|  Fruits | <u>Chicken and Cheese Snack Cup With Grapes**</u> 1 cup (½ cup) (p. 118) | Diced Plums (½ cup) | <u>Mini Graham Crackers and Berry Nut Butter</u> 1 cup (½ cup) (p. 154) | Diced Peaches (½ cup) | <u>Tuna Salad and Apple Slices</u> ½ cup apple slices (½ cup) (p. 172) |
|  Meats/Meat Alternates | <u>Chicken and Cheese Snack Cup With Grapes**</u> 1 cup (½ oz eq) (p. 118) | | <u>Mini Graham Crackers and Berry Nut Butter</u> 1 cup (½ oz eq) (p. 154) | | <u>Tuna Salad and Apple Slices</u> 2 Tbsp tuna (1 oz eq) (p. 172) |
|  Grains  = whole grain-rich | | | <u>Mini Graham Crackers and Berry Nut Butter</u> 1 cup (½ oz eq) (p. 154)  | Puffed Cereal ¾ cup cereal (½ oz eq)  | |

*Unflavored low-fat (1%) or unflavored fat-free (skim). Offer water as a beverage when milk or juice are not served.









**Grapes and cheese cubes can be a choking risk for children under the age of 4. See page 85 for more information.



Let's Make a Snack

Sample Menu Highlighting Fruits for Children 6 Through 18 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and quantity (25 and 50 servings) on page 181.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|---|
|  Milk* | | Milk (1 cup) | | Milk (1 cup) | |
|  Vegetables | | | | | |
|  Fruits | <u>Chicken and Cheese Snack Cup With Grapes</u> 1 cup ($\frac{3}{4}$ cup) (p. 120) | Plum 1 large ($\frac{3}{4}$ cup) | <u>Mini Graham Crackers and Berry Nut Butter</u> 1 cup ($\frac{3}{4}$ cup) (p. 156) | Diced Peaches ($\frac{3}{4}$ cup) | <u>Tuna Salad and Apple Slices</u> $\frac{3}{4}$ cup apple slices ($\frac{3}{4}$ cup) (p. 174) |
|  Meats/Meat Alternates | <u>Chicken and Cheese Snack Cup With Grapes</u> 1 cup (1 oz eq) (p. 120) | | <u>Mini Graham Crackers and Berry Nut Butter</u> 1 cup (1 oz eq) (p. 156) | | <u>Tuna Salad and Apple Slices</u> 2 Tbsp tuna (1 oz eq) (p. 174) |
|  Grains  = whole grain-rich | | | <u>Mini Graham Crackers and Berry Nut Butter</u> 1 cup (1 oz eq) (p. 156)  | Flaked Cereal 1 cup cereal (1 oz eq)  | |






*Unflavored low-fat (1%) or unflavored/flavored fat-free (skim). Offer water as a beverage when milk or juice are not served.



Let's Make a Snack

Sample Menu Highlighting Meats and Meat Alternates for Children 3 Through 5 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and quantity (25 and 50 servings) on page 181.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|---|
|  Milk* | | | | | |
|  Vegetables | | | | | |
|  Fruits | <u>Apples and Almond Butter**</u> ½ cup apples (½ cup) (p. 104) | <u>Curried Chicken Wrap**</u> 1 half (¼ cup) (p. 126) | Nectarine (pit removed) 1 small (½ cup) | <u>Peach and Yogurt Smoothie***</u> ¾ cup (½ cup) (p. 162) | Mixed Berries (½ cup) |
|  Meats/Meat Alternates | <u>Apples and Almond Butter**</u> 1 Tbsp almond butter (½ oz eq) (p. 104) | <u>Curried Chicken Wrap**</u> 1 half (½ oz eq) (p. 126) | Cheese Stick (cut into strips)** 1 cheese stick (½ oz eq) | <u>Peach and Yogurt Smoothie</u> ¾ cup (½ oz eq) (p. 162) | Cottage Cheese ⅛ cup (½ oz eq) |
|  Grains = whole grain-rich | | <u>Curried Chicken Wrap**</u> 1 half (¾ oz eq) (p. 126) | | | |

*Unflavored low-fat (1%) or unflavored fat-free (skim). Offer water as a beverage when milk or juice are not served.

**Nut butter, dried fruit, and cheese sticks can be a choking risk for children under the age of 4. To reduce the risk of choking spread nut butter thinly on fruits and breads, cut cheese sticks into strips. See page 85 for more information.








***Fruit in smoothies credit as juice. For more information on smoothies see page 44.



Let's Make a Snack

Sample Menu Highlighting Meats and Meat Alternates for Children 6 Through 18 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and quantity (25 and 50 servings) on page 181.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|--|
|  Milk* | | | | | |
|  Vegetables | | | | | |
|  Fruits | <u>Apples and Almond Butter</u> 3/4 cup apples (3/4 cup) (p. 105) | <u>Curried Chicken Wrap</u> 2 halves (1/2 cup) (p. 128) | Nectarine 1 medium (3/4 cup) | <u>Peach and Yogurt Smoothie**</u> 1 1/4 cups (3/4 cup) (p. 163) | Mixed Berries (3/4 cup) |
|  Meats/Meat Alternates | <u>Apples and Almond Butter</u> 2 Tbsp almond butter (1 oz eq) (p. 105) | <u>Curried Chicken Wrap</u> 2 halves (1 oz eq) (p. 128) | Cheese Stick 2 cheese sticks (1 oz eq) | <u>Peach and Yogurt Smoothie**</u> 1 1/4 cups (1 oz eq) (p. 163) | Cottage Cheese 1/4 cup (1 oz eq) |
|  Grains  = whole grain-rich | | <u>Curried Chicken Wrap</u> 2 halves (1 1/2 oz eq) (p. 128)  | | | |

*Unflavored low-fat (1%) or unflavored/flavored fat-free (skim). Offer water as a beverage when milk or juice are not served.











**Fruit in smoothies credit as juice. For more information on smoothies see page 44.



Let's Make a Snack

Sample Menu Highlighting Grains for Children 3 Through 5 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and quantity (25 and 50 servings) on page 181.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|--|
|  Milk* | | Milk ($\frac{1}{2}$ cup) | | | |
|  Vegetables | <u>Fresh Veggie Wrap</u> 1 half ($\frac{1}{2}$ cup) (p. 138) | | | | <u>Caprese Bruschetta</u> 1 piece ($\frac{1}{2}$ cup) (p. 110) |
|  Fruits | | | <u>Dried Fruit and Cereal Snack Mix**</u> $\frac{2}{3}$ cup ($\frac{1}{2}$ cup) (p. 134) | Sliced Strawberries ($\frac{1}{2}$ cup) | |
|  Meats/Meat Alternates | | | | | |
|  Grains  = whole grain-rich | <u>Fresh Veggie Wrap</u> $\frac{1}{2}$ half ($\frac{3}{4}$ oz eq) (p. 138)  | Rice Cakes $\frac{1}{2}$ package ($\frac{1}{2}$ oz eq)  | <u>Dried Fruit and Cereal Snack Mix**</u> $\frac{2}{3}$ cup ($\frac{1}{2}$ oz eq) (p. 134)  | Saltine Crackers 4 crackers (1 oz eq) | <u>Caprese Bruschetta</u> 1 piece (1 oz eq) (p. 110)  |

*Unflavored low-fat (1%) or unflavored fat-free (skim). Offer water as a beverage when milk or juice are not served.











**Dried fruit credits as twice the amount served. Dried fruit can be a choking risk for children under the age of 4. See page 85 for more information.



Let's Make a Snack

Sample Menu Highlighting Grains for Children 6 Through 18 Years of Age

Here are sample menus to get you started. Find USDA standardized recipes for family (6 servings) on page 101 and quantity (25 and 50 servings) on page 181.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|--|
|  Milk* | | Milk (1 cup) | | | |
|  Vegetables | <u>Fresh Veggie Wrap</u> 2 halves ($\frac{3}{4}$ cup) (p. 140) | | | | <u>Caprese Bruschetta</u> 1 piece ($\frac{3}{4}$ cup) (p. 112) |
|  Fruits | | | <u>Dried Fruit and Cereal Snack Mix**</u> 1 $\frac{1}{4}$ cups ($\frac{3}{4}$ cup) (p. 136) | Sliced Strawberries ($\frac{3}{4}$ cup) | |
|  Meats/Meat Alternates | | | | | |
|  Grains  = whole grain-rich | <u>Fresh Veggie Wrap</u> 2 halves (1 $\frac{1}{2}$ oz eq) (p. 140)  | Rice Cakes 1 package (1 oz eq)  | <u>Dried Fruit and Cereal Snack Mix**</u> 1 $\frac{1}{4}$ cups (1 $\frac{1}{4}$ oz eq) (p. 136)  | Saltine Crackers 8 crackers (1 oz eq) | <u>Caprese Bruschetta</u> 1 piece (1 oz eq) (p. 112)  |

*Unflavored low-fat (1%) or unflavored/flavored fat-free (skim). Offer water as a beverage when milk or juice are not served.

**Dried fruit credits as twice the amount served.

Menu Planning in the CACFP

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Menu Planning in the CACFP

In addition to meeting the meal pattern requirements, you will need to consider whether snacks are tasty, visually appealing, and fit within your budget.

Five Menu Planning Principles



1. Strive for Balance

During the week, serve snacks that are lower in saturated fat, added sugars, and sodium most of the time. This can help balance out an occasional snack item that may be higher in these nutrients. Use the nutrition information provided for each of the recipes in this planner to help you.

Requirements:

- Yogurts and cereals always have to meet specified sugar limits.
 - Yogurts: no more than 23 grams of total sugars per 6 ounces.
 - Cereals: no more than 6 grams of total sugars per dry ounce.
- Milk types must always meet age group requirements for fat content and flavoring.
- Juice may not be served at a snack when milk is the other meal component.
- Grain-based desserts **can never** credit toward a reimbursable snack.
- Foods that are deep-fat fried on site **can never** credit toward a reimbursable snack.

Best Practices:

- Choose fruits canned in water or 100 percent full-strength juice instead of in syrup.
- Select canned vegetables that are “reduced sodium” or “no salt added.”
- Serve processed meats less often.
- Look for alternatives to sweet toppings (which includes syrups, honey, and cinnamon sugars).

2. Variety

Serve different types of vegetables, fruits, grains, meats, and meat alternates during the week. This will help you provide children with the nutrition they need. It also helps children learn about different foods. See the [Very Berry Parfaits](#) recipe on page 176 or the [Caprese Bruschetta](#) recipe on page 110.



[Very Berry Parfaits](#)
(p. 176)



[Caprese Bruschetta](#)
(p. 110)

3. Contrast

Pair snack foods that are smooth with those that are crunchy. For example, fresh lettuce leaves with creamy chicken salad, crisp apples with smooth nut butter, or milk with cereal. See the [Apples and Almond Butter](#) recipe on page 104 as an example. Be mindful of foods that may provide choking risks to young children (see page 85).



[Apples and Almond Butter](#)
(p. 104)

4. Color

Plan your menus to use different colors of vegetables and fruits throughout the week. Colorful vegetables, fruits, and herbs can also add appeal to beige, white, or brown foods. See the [Fresh Veggie Wraps](#) recipe on page 138 as an example of how snacks can be colorful.



[Fresh Veggie Wraps](#)
(p. 138)

5. Appearance

Whimsical food presentations can make snack time more fun. Even older children and adults appreciate colorful food containers, packages, and creative recipe names. See the [Deli Bento Box](#) recipe on page 130 as an example. Ensure that foods are of high quality. For example, make sure breads are not soggy, apple slices are not browning, and vegetables are not overcooked.



[Deli Bento Box](#)
(p. 130)



Let's Plan a Snack Using the Five Menu Planning Principles

Create new menus that use at least one of the five menu planning principles: balance, variety, contrast, color, and appearance. Review the meal pattern requirements on pages 8 and 9 to make sure you provide the minimum required amounts for each age group.

| Children 3 Through 5 Years of Age | | |
|---|--------|-----------|
| Snack 1 Meal Components | Amount | Food Item |
| 1st Meal Component: | | |
| 2nd Meal Component: | | |
| Which menu planning principle(s) did you use? | | |
| Snack 2 Meal Components | Amount | Food Item |
| 1st Meal Component: | | |
| 2nd Meal Component: | | |
| Which menu planning principle(s) did you use? | | |
| Children 6 Through 18 Years of Age | | |
| Snack 1 Meal Components | Amount | Food Item |
| 1st Meal Component: | | |
| 2nd Meal Component: | | |
| Which menu planning principle(s) did you use? | | |
| Snack 2 Meal Components | Amount | Food Item |
| 1st Meal Component: | | |
| 2nd Meal Component: | | |
| Which menu planning principle(s) did you use? | | |

Using Herbs and Spices

Even young children appreciate snacks with flavor. Herbs and spices can help you add flavor to foods without added sugar or sodium (salt). Herbs and spices can also add color to foods. If you are worried about buying a new spice for only one recipe, see the list below and on the next page, which identify recipes in this menu planner that use specific herbs and spices. Many herbs are easy to grow in a child care garden or may be available from a local farmer or at a farmers market.



Herbs and Spices

| Name | Form | Recipes in This Planner | Other Recipes in the Child Nutrition Recipe Box* |
|-----------------------------|---------------|--|--|
| Basil | Fresh | Caprese Bruschetta (p. 110) | Spring Rolls Tuscan Smoked Turkey and Bean Soup |
| Basil | Dried | Herb Bagel Bites (p. 146) | Chicken Ratatouille Oodles of Noodles |
| Celery Seed | Dried | Fruited Chicken Salad With Crackers (p. 142) Tuna Salad and Apple Slices (p. 172) | |
| Chili Lime Seasoning | Dried | Corny Salsa With Tortilla Chips (p. 122) | Roasted Fish Crispy Slaw Wrap Stir-Fry Fajita Chicken Squash and Corn |
| Cinnamon | Dried, Ground | Toasted Pita Wedges and Fruit Dip (p. 168) | Baked Batatas and Apples Spiced Oatmeal |
| Cumin | Dried, Ground | Savory Yogurt-Hummus Dip With Veggies (p. 164) | Fiesta Wrap Lentils of the Southwest |
| Curry Powder | Dried | Curried Chicken Wraps (p. 126) | Curry Vegetables Chicken Curry Casserole |
| Dry Mustard | Dry, Ground | Mini Egg Salad Sandwiches (p. 150) | Baked Beans with Canned Vegetarian Beans |

Herbs and Spices



| Name | Form | Recipes in This Planner | Other Recipes in the Child Nutrition Recipe Box* |
|--------------------------|------------------------------------|---|--|
| Garlic | Fresh | Caprese Bruschetta (p. 110) | Chickpeas and Tomatoes Corn and Edamame Blend |
| Garlic | Dried, Ground (Not Garlic Salt) | Herb Bagel Bites (p. 146) Savory Yogurt-Hummus Dip With Veggies (p. 164) | Chic' Penne Chicken Alfredo with a Twist |
| Ginger Root | Fresh | Toasted Pita Wedges and Fruit Dip (p. 168) | Easy Chicken and Egg Noodle Soup Gingered Carrots |
| Italian Seasoning | Dried | Parmesan Zucchini Chips (p. 158) | Italian Vegetable Medley |
| Onion Powder | Dried | Fruited Chicken Salad With Crackers (p. 142) | Meatballs and Marinara Sauce Quick Quesadillas |

*The Child Nutrition Recipe Box is a free source of USDA standardized recipes available at: theicn.org/icn-resources-a-z/usda-standardized-recipes.



Acids

Cooking with vinegars and lemon juice can help brighten the flavors of dishes.

| Name | Form | Recipes in This Planner | Other Recipes in the Child Nutrition Recipe Box* |
|---|--------|---|---|
| Vinegar (Balsamic, Red Wine, or Apple Cider Vinegars) | Liquid | Caprese Bruschetta (p. 110) | Aztec Grain Salad Sweet Potato and Black Bean Stew |
| Lemon Juice | Liquid | Fruited Chicken Salad With Crackers (p. 142) Savory Yogurt-Hummus Dip With Veggies (p. 164) | Corn, Zucchini and Tomato Pie Black Bean Hummus |



TIPS

Shaking It Up With Herbs and Spices: Helpful Hints

- **Always start small.** Add herbs or spices to the food a little at a time. You can always add more flavor—but you cannot remove it.
- **Timing is everything.** It is important to add seasonings at the right time. For quick cooking foods, add herbs and spices at the beginning of the cooking process. For foods that may take longer to cook, you can add them later.
- **Know your limit.** Use salt-based herbs and spices sparingly. Also, use caution with peppery herbs and spices. Foods can become very spicy very fast. This is especially important to remember when cooking for children.
- **Try fresh or dried herbs.** Label and date all packages.
 - Keep dried herbs and spices in an airtight container in a cool, dry, place.
 - Rinse, dry, and wrap fresh herbs in a damp paper towel. Place them in a container and refrigerate.



Shelf-Stable Snacks

Your site may want to serve snacks that do not require refrigeration (i.e., they are shelf-stable). Many shelf-stable foods are also ready-to-eat, making them ideal for sites that lack food preparation space and/or time or staff to prepare foods. Some ideas for shelf-stable snacks that need little or no preparation include:

Fruits

- Applesauce, shelf-stable cups
- Dried fruits (e.g., raisins, cranberries, apricots)**
- Fruit cups, shelf-stable (packed in water, 100 percent juice, or light syrup)
- 100 percent full-strength juice
- Many whole fruits (e.g., apples, oranges)

Vegetables

- 100 percent full-strength juice
- Salsa cups, shelf-stable
- Hummus cups, shelf-stable*

Meats/Meat Alternates

- Nuts, seeds, and nut/seed butters**
- Individual cans/pouches of tuna, salmon, or chicken
- Beef jerky or other dried, semi-dried meats, poultry, or seafood* **

Grains

- Popcorn**
- Whole grain-rich or enriched breads, cereals, crackers, pretzels, or tortillas

Milk

- Milk, shelf-stable

*A Child Nutrition label or Product Formulation Statement is needed for crediting.

**If serving foods to children under the age of 4, avoid or modify foods that may pose a choking risk, such as popcorn, dried meats, dried fruit, and nuts. See page 85 for more information.

Getting Started: Menu Development

Ready to start planning a new snack menu? Use the five menu planning steps below as a guide.



Step 1. Get Ready

Schedule a date and block off time on the calendar to begin writing your menus. You may need more than one planning session to complete the task!

Before you start writing your menus:

- Review what foods you already have on hand.
- Determine your food budget, staffing, and equipment.
- Review CACFP meal pattern requirements, policy guidance, Team Nutrition resources, and other relevant information provided by State or licensing agencies and sponsoring organizations.
- Collect input from parents, children, and other interested parties such as kitchen staff, advisory boards, and caregiving and teaching staff.

Step 2. Think About Where You Are and Where You Want to Go

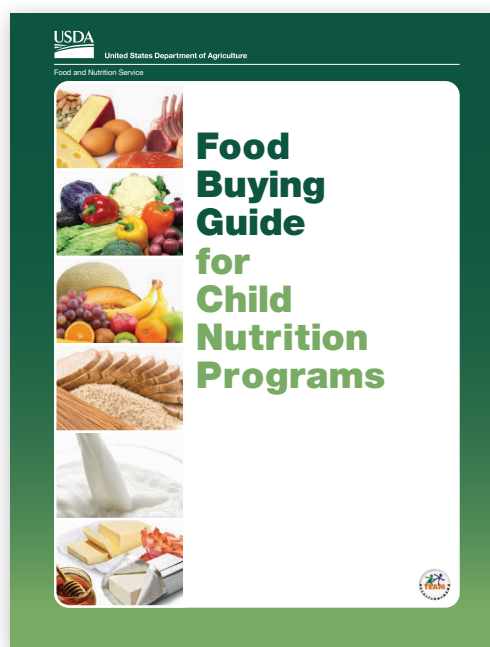
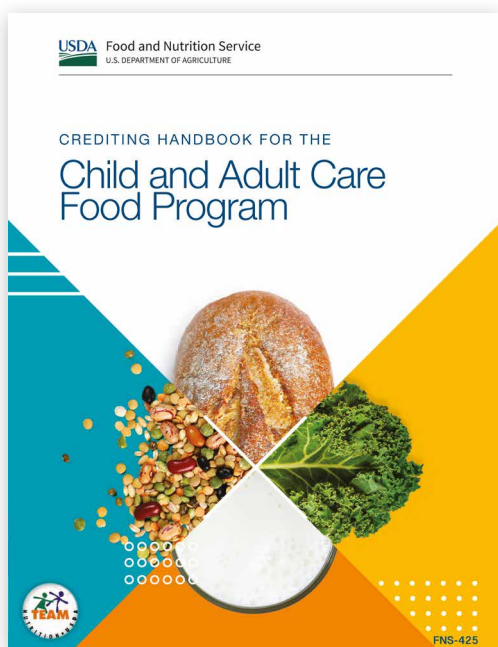
Use the snack menu planning pre-check on pages 10–12 to assist you. Evaluate your current menus and consider these questions.

- What do you like about the current menu?
- What do you want to change?
- Do the menus meet the CACFP meal pattern requirements?
- Can you make improvements?

Step 3. Select Foods and Recipes for the Menu

A reimbursable snack in the CACFP includes only two of five possible meal components: milk, fruits, vegetables, meats/meat alternates, and grains. This means that you can serve a wide variety of snacks. You may want to refer to the following resources when planning your menu:

- USDA standardized recipes, which can be a great value when planning menus. They have been tested and include a statement about how the food credits toward the CACFP meal pattern. When prepared according to the recipe instructions, these recipes are most likely to produce good results each time they are prepared.
- Crediting Handbook for the Child and Adult Care Food Program
fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program
- Food Buying Guide for the Child Nutrition Programs
fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs
- Child Nutrition label or Product Formulation Statement for items that are not in the "Food Buying Guide for Child Nutrition Programs."



Conduct a Taste Test

A taste test can help you determine the acceptability of a new snack you may want to include on your menu.

Option 1: Small and Informal

A taste test can be an informal process in a child care center or day care home. It may involve preparing the recipe and having the children taste it to see if they like it.

For younger children, it could include exploring or tasting a new ingredient. *Grow It, Try It, Like It: Fun with Fruits and Vegetables at Family Child Care* includes examples of how to introduce new foods or conduct a tasting activity. You can modify these activities to use other foods you may be interested in adding to your menu. Refer to fns.usda.gov/tn/grow-it-homes to see a digital version of this resource.

Option 2: Larger and More Formal

Larger programs may want to conduct a more formal test tasting process. Follow these steps:

- 1. Select a group of people to taste the recipe.** This group should consist of both staff and children. Always make sure you give the children the opportunity to decline trying the new food.
- 2. Choose a taste test ballot.** The ballot you use should be appropriate for the age of the group completing the taste test. See the samples on page 70. You can also use Team Nutrition's Kids Food Critic Activity. Refer to https://fns-prod.azureedge.net/sites/default/files/tn/Food_Critic_508.pdf to see a digital version of this resource.
- 3. Prepare the recipe.** The suggested amount is at least an $\frac{1}{8}$ cup (2 Tbsp) per taster.
- 4. Set up a sampling area.** You can use a mobile cart or a table. Provide utensils (if needed) and drinking water. If the recipe has a fruit or vegetable as a key ingredient, consider displaying it in its whole form and discussing how it is grown.
- 5. Have participants taste and rate the food.** They can record their responses on the ballot you provide.
- 6. Summarize the results.** Review the results. Decide whether to add the recipe to the menu or not. You may want to modify the recipe based on the feedback you receive.



Conduct a Taste Test

| Taste Testing Ballot for Staff |
|---|
| Food name: |
| What did I think of it? Would I eat it again? |
| Other useful information: |



| Taste Testing Ballot for Older Children and Teens |
|---|
| Food name: |
| What did I think of it? Would I eat it again? |
| Other useful information: |



| Taste Testing Ballot for Younger Children | |
|---|---|
| Food name/picture: | |
|  |  |

Step 4. Use Menu Writing Tools

As the menu planner, you determine the length (number of weeks) of the menu. Menu writing tools can assist you with this.

Tools can include regular pen and paper, menu templates, or menu planning software. Whatever method you choose, the goal is to meet all relevant meal pattern requirements.

- Menu templates provide a great start. They use cues or fillable boxes to help you remember meal components as they guide you through the menu development process.
- Cycle menus combine several weekly menus into a single menu that covers a specified amount of time. See page 72 for more information about cycle menus.

Step 5. Evaluate the Menu You Have Developed

When the menu is complete, check it carefully. Menus should meet the CACFP meal pattern requirements, be nutritious, and include the five basic menu planning principles. Use the snack menu planning post-check on pages 96–98 to help you evaluate the menus you developed. See the list of snack combinations on pages 8 and 9 for assistance.



Cycle Menus

Cycle menus can be a powerful menu-planning tool for both child care centers and day care homes. The menu is different each day during the cycle. At the end of the cycle, you start over with the menu from the first day of the cycle. A cycle menu is often 3–5 weeks long, and it repeats during the year.

Why Use a Cycle Menu?

There are many advantages to using cycle menus:



Saves Time: Cycle menus can reduce the amount of effort you have to put into menu planning activities. Since cycle menus repeat, you can have a fixed shopping list and standing orders with food vendors. In addition, staff may become more experienced in preparing the foods on the menu. This means they can complete tasks faster. Cycle menus may help reduce labor hours or allow staff more time for activities like nutrition education.



Controls Food Costs: Shopping for food is easier when using cycle menus. Cycle menus let you know in advance what foods you need to purchase, and in what amounts. This can allow you to take advantage of bargains, sales, or bulk purchasing at wholesale warehouse clubs or other foodservice vendors. If you are a larger operator, check out the options available through the USDA Foods in Schools program.



Reduces Errors: Planning snacks can help you avoid on-the-fly meal planning errors. You are more likely to provide the correct meal components in the correct amounts when you have enough time to create the menu and consider program requirements.



Smarter Shopping: Cycle menus may help you predict the correct amount of food to purchase, which can help reduce food spoilage. This allows you to maintain appropriate inventory levels and better utilize available storage space. With careful planning, you can decide in advance how to store food and use leftovers.



Allows Flexibility: If the availability of items changes, the menu can change with minimal impact. For example, you can easily adjust the type of vegetables on the menu. This is especially helpful when locally grown produce is in season.

The USDA Foods in Schools Program supports nutrition programs and American agriculture. The Federal Government purchases 100 percent American-grown and produced foods for use by schools and institutions participating in the Child Nutrition Programs. Refer to fns.usda.gov/usda-foods for more information.









Cycle Menus: Important Tips

Although cycle menus offer many advantages, it's important to keep the following in mind:

- **Variety:** Serving the same snack foods too often can decrease their appeal for children. Since the cycle repeats, try not to repeat foods within the cycle too often.
- **Special Occasions:** Plan special menus for holidays and celebrations. Review these special menus to be sure they meet CACFP meal pattern requirements.
- **Seasonality:** Consider different versions of your cycle menu for times of the year when locally produced foods may be available (and cheaper).









Sample 3-week Cycle Snack Menu: 3 Through 5 Years of Age

| Week 1 | | Week 2 | | | Week 3 | |
|--|--|------------------------|---|--|---|--|
| | Mon | Tue | Wed | Thu | Fri | |
|  Milk* | | Milk (½ cup) | | Milk (½ cup) | | |
|  Vegetables | Cucumber Sticks With 2 Tbsp Light Ranch Dressing 6 cucumber sticks (3" x ¾") (½ cup) | | <u>Savory Yogurt- Hummus Dip With Veggies</u> ½ cup vegetables (½ cup) (p. 164) | | | |
|  Fruits | | Fruit Salad (½ cup) | | | <u>Very Berry Parfait</u> 1 parfait (½ cup) (p. 176) | |
|  Meats/Meat Alternates | | | <u>Savory Yogurt- Hummus Dip With Veggies</u> 3 Tbsp dip (½ oz eq) (p. 164) | | <u>Very Berry Parfait</u> 1 parfait (½ oz eq) (p. 176) | |
|  Grains  = whole grain-rich | Rice Cakes 1½ rice cakes (½ oz eq) | | | Fish-Shaped Crackers ¼ cup crackers (½ oz eq) | | |







*Unflavored low-fat (1%) or unflavored fat-free (skim). Serve water as a beverage when milk is not one of the components of a reimbursable snack.

Sample 3-week Cycle Snack Menu: 3 Through 5 Years of Age

| Week 1 | | Week 2 | | | Week 3 | |
|--|--|--|---|--|--|--|
| | Mon | Tue | Wed | Thu | Fri | |
|  Milk* | | Milk (½ cup) | | | Milk (½ cup) | |
|  Vegetables | | Baked Sweet Potato Wedges (½ cup) | | | | |
|  Fruits | Pear <i>½ medium pear</i> (½ cup) | | | | | |
|  Meats/Meat Alternates | Cottage Cheese <i>⅛ cup</i> (½ oz eq) | | <u>Cheesy Bean Tostada</u> <i>1 tostada</i> (¾ oz eq) (p. 114) | <u>Mini Egg Salad Sandwich</u> <i>1 half</i> (1 oz eq) (p. 150) | | |
|  Grains  = whole grain-rich | | | <u>Cheesy Bean Tostada</u> <i>1 tostada</i> (½ oz eq) (p. 114) | <u>Mini Egg Salad Sandwich</u> <i>1 half</i> (½ oz eq) (p. 150) | Corn Muffin <i>½ corn muffin</i> (½ oz eq) | |







*Unflavored low-fat (1%) or unflavored fat-free (skim). Serve water as a beverage when milk is not one of the components of a reimbursable snack.

Sample 3-week Cycle Snack Menu: 3 Through 5 Years of Age

| Week 1 | | Week 2 | | | Week 3 | |
|---|---|---|--|---|--|--|
| | Mon | Tue | Wed | Thu | Fri | |
|  Milk* | Milk (½ cup) | | Milk (½ cup) | | | |
|  Vegetables | | | | <u>Caprese Bruschetta</u> <i>1 piece</i> (½ cup) (p. 110) | | |
|  Fruits | | <u>Chicken and Cheese Snack Cup With Grapes</u> <i>1 cup</i> (½ cup) (p. 118) | Diced Strawberries (½ cup) | | <u>Peach and Yogurt Smoothie</u> <i>¾ cup</i> (½ cup) (p. 162) | |
|  Meats/Meat Alternates | | <u>Chicken and Cheese Snack Cup With Grapes</u> <i>1 cup</i> (½ oz eq) (p. 118) | | | <u>Peach and Yogurt Smoothie</u> <i>¾ cup</i> (½ oz eq) (p. 162) | |
|  Grains  = whole grain-rich | Mini Bagel <i>½ mini bagel</i> (½ oz eq) | | | <u>Caprese Bruschetta</u> <i>1 piece</i> (1 oz eq) (p. 110) | | |








*Unflavored low-fat (1%) or unflavored fat-free (skim). Serve water as a beverage when milk is not one of the components of a reimbursable snack.

Sample 3-week Cycle Snack Menu: 6 Through 18 Years of Age

| Week 1 | | Week 2 | | | Week 3 | |
|--|--|--------------------------|---|---|---|--|
| | Mon | Tue | Wed | Thu | Fri | |
|  Milk* | | Milk (1 cup) | | Milk (1 cup) | | |
|  Vegetables | Cucumber Sticks With 2 Tbsp Light Ranch Dressing 9 cucumber sticks (3" x 3/4") (3/4 cup) | | <u>Savory Yogurt- Hummus Dip With Veggies</u> 3/4 cup vegetables (3/4 cup) (p. 166) | | | |
|  Fruits | | Fruit Salad (3/4 cup) | | | <u>Very Berry Parfait</u> 1 parfait (3/4 cup) (p. 178) | |
|  Meats/Meat Alternates | | | <u>Savory Yogurt- Hummus Dip With Veggies</u> 1/4 cup + 2 Tbsp dip (1 oz eq) (p. 166) | | <u>Very Berry Parfait</u> 1 parfait (1 oz eq) (p. 178) | |
|  Grains  = whole grain-rich | Rice Cakes 3 rice cakes (1 oz eq) | | | Fish-Shaped Crackers 1/2 cup (1 oz eq) | | |







*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim). Serve water as a beverage when milk is not one of the components of a reimbursable snack.

Sample 3-week Cycle Snack Menu: 6 Through 18 Years of Age

| Week 1 | | Week 2 | | | Week 3 | |
|--|---|---|--|---|---|--|
| | Mon | Tue | Wed | Thu | Fri | |
|  Milk* | | Milk (1 cup) | | | Milk (1 cup) | |
|  Vegetables | | Baked Sweet Potato Wedges ($\frac{3}{4}$ cup) | | | | |
|  Fruits | Pear 1 medium pear $\frac{3}{4}$ cup | | | | | |
|  Meats/Meat Alternates | Cottage Cheese $\frac{1}{4}$ cup (1 oz eq) | | <u>Cheesy Bean Tostadas</u> 2 tostadas ($\frac{3}{4}$ oz eq) (p. 116) | <u>Mini Egg Salad Sandwich</u> 1 sandwich (2 oz eq) (p. 152) | | |
|  Grains  = whole grain-rich | | | <u>Cheesy Bean Tostadas</u> 2 tostadas (1 oz eq) (p. 116)  | <u>Mini Egg Salad Sandwich</u> 1 sandwich (1 oz eq) (p. 152) | Corn Muffin 1 corn muffin (1 oz eq) | |

*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim). Serve water as a beverage when milk is not one of the components of a reimbursable snack.

Sample 3-week Cycle Snack Menu: 6 Through 18 Years of Age

| Week 1 | | Week 2 | | | Week 3 | |
|--|---|---|--|---|--|--|
| | Mon | Tue | Wed | Thu | Fri | |
|  Milk* | Milk (1 cup) | | Milk (1 cup) | | | |
|  Vegetables | | | | <u>Caprese Bruschetta</u> 1 piece (½ cup) (p. 112) | | |
|  Fruits | | <u>Chicken and Cheese Snack Cup With Grapes</u> 1 cup (¾ cup) (p. 120) | Strawberries 9 whole strawberries (¾ cup) | | <u>Peach and Yogurt Smoothie</u> 1¼ cups (¾ cup) (p. 163) | |
|  Meats/Meat Alternates | | <u>Chicken and Cheese Snack Cup With Grapes</u> 1 cup (1 oz eq) (p. 120) | | | <u>Peach and Yogurt Smoothie</u> 1¼ cups (1 oz eq) (p. 163) | |
|  Grains  = whole grain-rich | Mini Bagel 1 mini bagel (1 oz eq) | | | <u>Caprese Bruschetta</u> 1 piece (1 oz eq) (p. 112) | | |

*Unflavored/flavored low-fat (1%) or unflavored/flavored fat-free (skim). Serve water as a beverage when milk is not one of the components of a reimbursable snack.

Using Leftovers and Extra Ingredients

People usually make recipes that use familiar or common ingredients. They have the ingredients in their kitchen or buy them regularly. Sometimes, the thought of making a recipe that uses an ingredient you do not normally buy might discourage you from trying something new. For example, you select a recipe that uses a small amount of fresh cilantro or Italian seasoning. What do you do with the rest?

Another concern may be what to do with leftover or extra ingredients. For example, you want to make a recipe that requires 10 ounces of canned diced tomatoes. You can only find 8-ounce cans or 15-ounce cans. How can you use the remaining tomatoes? Thinking about what you can do with the extra ingredients ahead of time may make it easier for you to try a new recipe. When planning your cycle menu, consider the recipes you want to use and whether there will be extra ingredients.

For information about the safe storage and handling of leftovers, refer to [foodsafety.gov](https://www.foodsafety.gov).

You can plan meals and snacks that will allow you to use any leftover or extra ingredients.

Here are helpful tips on how to use some of the leftover or extra ingredients you may have after making a recipe.

| Ingredient | Tip |
|------------------------------|---|
| Basil | Blend into a tomato sauce, mix it with fresh fruit, or make the Herb Bagel Bites recipe on page 146. |
| Canned Beans | Freeze extra beans to use later or use to make your own refried beans. |
| Canned Fruit | Add to cereals or yogurt or mix with other fruits to make a fruit salad. |
| Canned Tomatoes | Use in a USDA standardized recipe for a lunch or supper meal, such as Curry Vegetables* or Italian Vegetable Medley.* |
| Corn Tortillas | Freeze extra tortillas or use them to make homemade tortilla chips for another snack. You can substitute corn tortilla chips for toasted pita chips, see page 36. |
| Fresh or Frozen Fruit | Make smoothies or add to a bowl of ready-to-eat cereal, baked breakfast cereal, or place on top of French toast, waffles, or yogurt. |
| Nut and Seed Butter | Spread nut butters thinly on crackers or bread or use as a dip for fresh vegetable sticks. |
| Pita Rounds | Use extra pita rounds in another USDA standardized recipe, such as Mediterranean Tuna Salad.* |
| Refried Beans | Freeze extra beans to use for later, or use in another USDA standardized recipe, such as Eagle Pizza.* |
| Spices | Sprinkle on nuts, fruit, cereal, yogurt, or roasted vegetables; or, add to baked goods (French toast, waffles, quick breads, and muffins). |
| Yogurt | Use as a topping for toast, waffles, pancakes, or fruit. |

*Find USDA standardized recipes in the Child Nutrition Recipe Box at: theicn.org/icn-resources-a-z/usda-standardized-recipes.

Special Dietary Considerations and Meal Modifications

In some situations, CACFP operators may need to make modifications to menus when serving specific children. For example:

- Under Federal law, CACFP operators are required to make modifications to accommodate children with disabilities. This includes serving special meals to accommodate a food allergy. Program operators may also be asked to make modifications to accommodate religious or cultural practices, dietary preferences, or conditions that do not rise to the level of a disability. FNS encourages providers to accommodate such requests wherever possible.

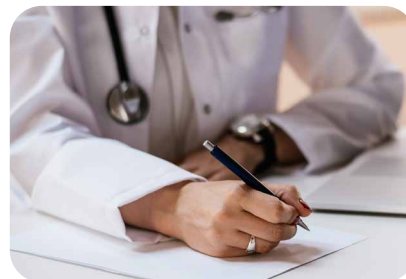
Modifications for Disabilities

Under Federal law, the CACFP is required to make reasonable modifications to accommodate children with disabilities. The Americans with Disabilities Act (ADA) defines a disability as “a physical or mental impairment that substantially limits one or more major life activities of such individual.” This includes dietary restrictions.

For this reason, all CACFP operators are required to make reasonable modifications to the meals and snacks they serve—or to the meal service process—to accommodate children with disabilities. In many cases, you can manage meal modifications within the CACFP meal pattern. For example, if a child is unable to eat a certain fruit such as strawberries, you can serve another fruit to that child.

About Medical Statements

- You do not need a medical statement for modified meals that meet the meal pattern requirements. These meals are still reimbursable.
- **A medical statement is required to support meal modifications that do not meet the meal pattern requirements.** Providers are encouraged to work with parents or guardians to offer reasonable accommodations that satisfy the needs of the participant.
 - A State licensed healthcare professional with legal authority to write medical prescriptions under State law must sign the medical statement.
 - The medical statement is required to justify the reimbursement of the modified meal. The medical statement must include:
 - Description of the child’s impairment or disability
 - What the provider must do to accommodate the disability
 - A list of acceptable food substitutions
 - The medical statement must be kept on file in a secure location at your site.



Food Allergies and Intolerances

Food Allergies

Food allergies are a disability. A food allergy is a reaction of the body's immune system to a protein in a food. This protein is called an allergen. Food allergies can be a serious, life-threatening condition. The nine foods that most commonly cause allergic reactions are:

- Eggs
- Milk
- Sesame*
- Soy
- Wheat
- Fish
- Peanuts
- Shellfish
- Tree nuts

*Food manufacturers will be required to identify sesame as an allergen on food labels no later than January 1, 2023.

Reading food packaging can help you identify and avoid foods or ingredients that can cause an allergic reaction. The Food and Drug Administration (FDA) enforces the Food Allergen Labeling and Consumer Protection Act. Under this law, food labels must contain information on all major food allergens used to make the food product. The source of the food allergen must appear on the label. For example:

Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey (milk), eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (soy), mono and diglycerides.

INGREDIENTS: WHITE TUNA, WATER, VEGETABLE BROTH, SALT, PYROPHOSPHATE ADDED
CONTAINS: TUNA, SOY

1. Allergen in parentheses following the name of the ingredient.

Examples: “Enriched flour (wheat flour),” “whey (milk),” and “lecithin (soy).”

— OR —

2. Allergen immediately after or next to the list of ingredients in a “contains” statement.

Example: “Contains tuna and soy.”

If you have a participant in your care who has a known food allergy, you should always check the food labels of the ingredients you use to prepare meals.

- Check the actual product label from the package to review the allergens and other ingredients.
- Product ingredients can change without notice. It is important to review labels each time you serve the food.

If you have questions about food allergens or labeling information, call or email the product manufacturer. Contact information can be found on the label.

Food Intolerances

A food intolerance is a sensitivity to a certain food that makes it hard to digest. The most common intolerances are those caused by lactose and gluten.

Food intolerances may lead to gastrointestinal tract discomfort, but they are rarely life threatening and are not considered a disability. FNS encourages providers to make modifications to meals or snacks that are not the result of a disability. These modifications must meet the CACFP meal pattern requirements.

Special Dietary Modifications

FNS encourages providers to make modifications to meals or meal service even when not required to accommodate a disability. These modifications must meet the CACFP meal pattern requirements. Requests of this type are often due to religious or cultural practices, and dietary preferences.

Vegetarian and Vegan Diets

For vegetarian and vegan diets, planned meals and snacks can include legumes (beans, peas, and lentils) and soy products such as tempeh and tofu. Some vegetarians may also eat milk products and eggs. For information on how to credit soy products, refer to the "Food Buying Guide for Child Nutrition Programs" at

fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs.

Vegetarian Snack Ideas

- Fruits + vegetables
- Milk + meat alternates*
- Milk + vegetables
- Milk + fruits
- Milk + grains
- Meat alternates* + fruits
- Meat alternates* + vegetables
- Meat alternates* + grains
- Grains + vegetables
- Grains + fruits

Vegan Snack Ideas

- Fruit + vegetables
- Non-dairy milk beverage** + meat alternates*
- Non-dairy milk beverage** + vegetables
- Non-dairy milk beverage** + fruits
- Non-dairy milk beverage** + grains
- Meat alternates* + fruits
- Meat alternates* + vegetables
- Meat alternates* + grains
- Grains + vegetables
- Grains + fruits

*Meat alternates that do not contain milk products or eggs, such as legumes (beans, peas, and lentils), tofu, tempeh, nuts, and seeds.

**Non-dairy milk beverages (milk substitutes) that are nutritionally equivalent to cow's milk may credit toward a reimbursable meal or snack in the CACFP. See page 84 for more information.

For a list of vegetarian and vegan recipes included in this meal planner, see pages 102 and 182.

Non-Dairy Milk Beverages (Milk Substitutes)

You may serve non-dairy milk beverages (milk substitutes) in place of cow's milk to children with a non-disability or a special dietary request.

- To credit as part of reimbursable meal or snack in the CACFP, these beverages must be nutritionally equivalent to cow's milk. For a list of the required nutrients and amounts, see the chart below.
- Non-dairy milk beverages (milk substitutes) are not required to be low-fat (1%) or fat-free (skim). However, if you offer them to children 6 years of age or younger, they must be unflavored.
- Parents or guardians must provide a written request for the non-dairy milk beverage. A medical statement is not required.



Non-dairy beverages must be nutritionally equivalent to cow's milk.

Required nutrients per 1 cup or 8 fl oz:

- | | | |
|----------------------|----------------------|------------------------|
| • Calcium: 276 mg | • Protein: 8 grams | • Riboflavin: 0.44 mg |
| • Magnesium: 24 mg | • Potassium: 349 mg | • Vitamin D: 2.5 µg* |
| • Phosphorus: 222 mg | • Vitamin A: 150 µg* | • Vitamin B-12: 1.1 µg |

*Units for vitamin A and vitamin D were changed to micrograms (µg) to reflect the most current guidance from the Food and Drug Administration (FDA).

Special Circumstances

When a child is unable to consume cow's milk or a nutritionally equivalent non-dairy milk beverage (milk substitute) due to a disability or special dietary need, a medical statement is required.

Please contact your State agency or sponsoring organization for additional guidance.

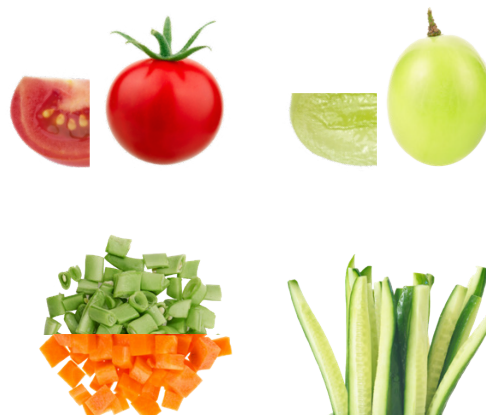
Modifications to Reduce Children's Risk of Choking at Snacktime

Reducing the Risk of Choking

Children under the age of 4 are at high risk of choking while eating. Their eating abilities are still developing, and they often swallow things whole. When planning menus for young children, serve foods in a way that reduces the risk of choking.

Make sure menus reflect the developmental abilities of the child. For example, if you have carrots on the menu, you may serve different forms of the food to children with different developmental abilities. You may serve younger children cooked diced carrots and older children may receive raw baby carrots.

Avoid serving foods that are as wide as a nickel, which is about the size of a young child's throat. If you cannot avoid the item, alter the shape, texture, or size prior to serving. Serve foods in the appropriate size, shape, and texture to reduce the risk of choking.



Common Foods that May Increase Risk of Choking

- Cooked or raw corn kernels
- Crackers or breads with seeds or nut pieces
- Hard pretzels
- Hot dogs and sausages
- Large chunks of cheese and string cheese
- Large/small pieces of uncooked dried fruits and vegetables
- Peanuts, nuts, and seeds
- Popcorn
- Small pieces of raw vegetables
- Spoonfuls of nut butter
- Tough meats
- Whole beans
- Whole grape or cherry tomatoes
- Whole grapes, cherries, melon balls
- Whole pieces of canned fruit

Preparing and Cooking Food to Reduce the Risk of Choking

For children under the age of 4, cook foods until they are soft enough to pierce with a fork. Cut soft foods into bite-size pieces that are no larger than ½" or into thin strips or slices.



Use these tips to help you prepare foods safely for young children.

- Chop peanuts, nuts, and seeds finely.
- Cut grapes, berries, or melon balls in half lengthwise, then cut into smaller pieces if needed.
- Cut round foods such as string cheese or breakfast sausage links into short strips, not round pieces.
- Cut whole pieces of canned fruit into smaller pieces, if needed.
- Grate or thinly slice cheese.
- Modify the texture of foods as needed (puree, mash, grind, or finely chop).
- Remove all bones from fish, chicken, and meat.
- Remove seeds and hard pits from fruit.
- Spread nut or seed butters in thin layers.



Older Children and Chewing Difficulties

Older children may have chewing difficulties related to wearing braces or dental retainers. Consider modifying food textures, sizes, and shapes for these children. Some foods to avoid are the same foods that increase the risk of choking in young children.

Foods to Avoid With Braces

Program operators may need to make modifications to foods for older children. A child's dentist may recommend that a child with braces avoid eating certain foods that could cause damage to the braces.¹ These foods may include:

- Corn on the cob
- Hard pretzels
- Hard, raw veggies like carrots
- Hard rolls or bagels
- Ice
- Nuts
- Pizza crust
- Popcorn
- Tough meats
- Whole, hard fruit like apples and pears

¹ Source: American Dental Association mouthhealthy.org/en/nutrition/nutrition-concerns

Using Standardized Recipes

| | |
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| Standardized Recipes | 88 |
| The Food Buying Guide for Child Nutrition Programs | 92 |
| Recipe Analysis Workbook (RAW)..... | 93 |
| Crediting Handbook for the Child and Adult Care Food Program..... | 93 |
| Snack Menu Planning Post-Check: Where Are You Now? | 96 |
| Fluid Conversions: At a Glance | 99 |
| Common Abbreviations and Other Useful Information | 100 |

Standardized Recipes

This section provides information on standardized recipes and other important menu planning and crediting resources.

Standardized Recipes Work

A standardized recipe is a recipe that describes the **amount of ingredients and the preparation methods needed** to produce high quality foods each time. It is tested at least three times to make sure it provides the same amounts of food every time.

Standardized recipes are an important tool to use in the menu planning process. Using a standardized recipe is an easy way to **demonstrate and document** that you are meeting the meal pattern requirements. Multiple resources are available to help you create a standardized recipe. Other resources you can use for documentation include the following:

- **Food Buying Guide for Child Nutrition Programs (FBG)**
fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs
- **Recipe Analysis Workbook (RAW)**
fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs
- **Crediting Handbook for the Child and Adult Care Food Program**
fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program

Standardized recipes help you:

- Make high quality foods that yield the same amount each time
- Provide meal components in the right amounts
- Know the amount of ingredients needed to prepare the recipe
- Prepare foods safely

How to Standardize a Recipe

The recipe standardization process includes three phases:

1. **Recipe Verification:** Is the information needed to make the recipe present?
2. **Product Evaluation:** How does the recipe taste? Did the recipe turn out the way you intended?
3. **Quantity Adjustment:** Does the recipe provide the number of servings needed?

1. Recipe Verification

Reviewing and preparing the recipe to make sure it is correct. It includes the four steps listed below:

- **Review** the recipe to make sure it includes all the information you need to make it, such as cooking time and temperature, serving sizes, equipment, etc.
- **Prepare** the recipe to make sure the directions are accurate. Write down any changes you make to the recipe.
- **Verify** the recipe yield to make sure you made the correct number of servings.
- **Record** changes to the recipe and provide any additional cooking tips.

2. Product Evaluation

Cooking and tasting the food helps you know if the recipe is appealing. It also provides information you can use to improve the recipe. The evaluation should include the Program operator, staff members, parents, and children. See page 69 for more information on informal and formal product evaluation (taste test).

- **Informal taste tests** usually involve the person responsible for preparing the food and one or two adults or children. They prepare the product and decide if they should add it to the menu.
- **Formal taste tests** involve the staff, other taste testers, ballots, and a result.
 - Prepare the recipe. Provide samples to the taste testers and have them complete ballots.
 - Tally the results and decide whether to add the recipe to the menu. Another option is to modify the recipe and re-test it.

3. Quantity Adjustment

You can change the number of servings or the ingredient amounts if the recipe does not provide the desired amount. You can make adjustments using the direct reading tables method, percentage method, or computerized recipe adjustments. Prepare and cook the recipe three times after making necessary adjustments to ensure the recipe consistently provides the desired quantity.



Information in a Standardized Recipe

Ages: 3–5, 25 and 50 Servings

1 Preparation Time: 45 minutes **Cook Time:** 0 minutes

3 Think inside the box. This trendy theme allows you to satisfy appetites and be creative.

2 **Deli Bento Box**

4

| Ingredients | 25 servings | 50 servings |
|---|-------------------------|------------------------|
| Mayonnaise, reduced-fat | 1 cup | 2 cups |
| Mustard, yellow | ½ cup | ½ cup |
| Honey | ½ cup | ½ cup |
| Garlic powder | 2 tsp | 1 Tbsp + 1 tsp |
| Deli turkey, low-sodium, sliced | 11 oz | 1 lb 6 oz |
| Cheddar cheese, reduced-fat, 1 oz slices | 12½ oz | 1 lb 9 oz |
| Tomatoes, fresh, grape (gently wash tomatoes under running water) | 1 lb 2½ oz | 2 lb 5 oz |
| Cucumber, fresh, peeled strips, ¼" slices* (gently wash cucumbers under running water before cutting/peeling) | 1 lb 5 oz | 2 lb 10 oz |
| Crackers, woven (about 1½" by 1½" each), whole-wheat, square (see notes) | 12½ oz (at least 275 g) | 25 oz (at least 550 g) |

*See Marketing Guide

6 **Directions:**

1. Wash hands with soap and water for at least 20 seconds.
2. In a small bowl, whisk together mayonnaise, yellow mustard, honey, and garlic powder. Set aside.
3. Cut turkey slices in half.
4. Cut each slice of cheese into 4 squares. Divide turkey and cheese into 25 and 50 even portions.
5. Fill each space in the box with the 1 Tbsp dressing, turkey and cheese (½ slice turkey and 2 square of cheese), tomatoes (2) and cucumbers (2), and 3 crackers. Serve immediately, or keep cold at 40 °F or lower.

7

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Ages: 3–5, 25 and 50 Servings

Deli Bento Box

8 **CACFP Crediting Information:**

- ½ cup vegetable
- ½ oz eq meat/meat alternate
- ½ oz eq grains

9

Notes:

- Contains milk (cheddar cheese), wheat (crackers), and eggs (mayonnaise).
- Choking Prevention:** Whole grape tomatoes can be a choking risk for children under the age of four. To reduce risk of choking cut cherry tomatoes in half, lengthwise. If needed, cut into smaller pieces no larger than ½ inch. See page 85 for more information.
- If serving other types of crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 275 g or 12½ oz for 25 servings or 550 g or 25 oz for 50 servings of this recipe.
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

10

Final weight and yields:

| 25 servings | 50 servings |
|-----------------------------------|-----------------------------------|
| Weight: 7 lb 4¼ oz | Weight: 14 lb 8½ oz |
| Yield: 25 Deli Bento Boxes | Yield: 50 Deli Bento Boxes |

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|------------------------|-------------|-------------|
| Cucumbers, fresh | 1 lb 9 oz | 3 lb 2 oz |

NUTRITION INFORMATION
1 Deli Bento Box

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 174 |
| Total Fat | 8 g |
| Saturated Fat | 3 g |
| Cholesterol | 20 mg |
| Sodium | 176 mg |
| Total Carbohydrate | 18 g |
| Dietary Fiber | 2 g |
| Total Sugars | 6 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 109 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

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1. Preparation and cooking time:

Amount of time to prepare (chopping, mixing, assembling) and cook the recipe.

2. Recipe title:

Name that adequately describes the recipe.

3. Recipe description:

Brief statement that highlights the flavors and ingredients in the recipe or serving suggestions.

4. Ingredients:

List of all products used in the recipe in the order they are used.

5. Amount of each ingredient:

Quantities for ingredients are listed by weight and/or volume.

6. Preparation instructions:

Step-by-step directions for preparing the recipe.

7. Serving size:

The amount of the finished product to serve each child.

8. CACFP crediting statement:

Identifies how the food produced by the recipe credits toward CACFP meal pattern requirements.

9. Nutrition information:



Amount of nutrients in one serving of the recipe. Provides useful information on the amount of calories, saturated fat, sodium, and other nutrients in the prepared recipe.

10. Recipe yield:

Total number of servings produced by the recipe.


Optional Information in a Standardized Recipe

Ages: 3–5, 25 and 50 Servings

 **Preparation Time:** 45 minutes  **Cook Time:** 0 minutes

Deli Bento Box

Think inside the box. This trendy theme allows you to satisfy appetites and be creative.



| Ingredients | 25 servings | 50 servings |
|---|-------------------------|------------------------|
| Mayonnaise, reduced-fat | 1 cup | 2 cups |
| Mustard, yellow | ½ cup | ¾ cup |
| Honey | ½ cup | ¾ cup |
| Garlic powder | 2 tsp | 1 Tbsp + 1 tsp |
| Deli turkey, low-sodium, sliced | 11 oz | 1 lb 6 oz |
| Cheddar cheese, reduced-fat, 1 oz slices | 12½ oz | 1 lb 9 oz |
| Tomatoes, fresh, grape (gently wash tomatoes under running water) | 1 lb 2½ oz | 2 lb 5 oz |
| Cucumber, fresh, peeled strips, ¼" slices* (gently wash cucumbers under running water before cutting/peeling) | 1 lb 5 oz | 2 lb 10 oz |
| Crackers, woven (about 1¼" by 1½" each), whole-wheat, square (see notes) | 12½ oz (at least 275 g) | 25 oz (at least 550 g) |

*See Marketing Guide

Directions:




1. Wash hands with soap and water for at least 20 seconds.
2. In a small bowl, whisk together mayonnaise, yellow mustard, honey, and garlic powder. Set aside.
3. Cut turkey slices in half.
4. Cut each slice of cheese into 4 squares. Divide turkey and cheese into 25 and 50 even portions.
5. Fill each space in the box with the 1 Tbsp dressing, turkey and cheese (½ slice turkey and 2 square of cheese), tomatoes (2) and cucumbers (2), and 3 crackers. Serve immediately, or keep cold at 40 °F or lower.


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Ages: 3–5, 25 and 50 Servings


Deli Bento Box

CACFP Crediting Information:

-  ¼ cup vegetable
-  ½ oz eq meat/meat alternate
-  ½ oz eq grains



11 Notes:

- Contains milk (cheddar cheese), wheat (crackers), and eggs (mayonnaise).
- **Choking Prevention:** Whole grape tomatoes can be a choking risk for children under the age of four. To reduce risk of choking cut cherry tomatoes in half, lengthwise. If needed, cut into smaller pieces no larger than ½ inch. See page 85 for more information.
- If serving other types of crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 275 g or 12½ oz for 25 servings or 550 g or 25 oz for 50 servings of this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

| 25 servings | 50 servings |
|-----------------------------------|-----------------------------------|
| Weight: 7 lb 4¼ oz | Weight: 14 lb 8½ oz |
| Yield: 25 Deli Bento Boxes | Yield: 50 Deli Bento Boxes |

12 *Marketing Guide

| Food as Purchased for: | 25 servings | 50 servings |
|------------------------|-------------|-------------|
| Cucumbers, fresh | 1 lb 9 oz | 3 lb 2 oz |

NUTRITION INFORMATION
1 Deli Bento Box

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 174 |
| Total Fat | 8 g |
| Saturated Fat | 3 g |
| Cholesterol | 20 mg |
| Sodium | 176 mg |
| Total Carbohydrate | 18 g |
| Dietary Fiber | 2 g |
| Total Sugars | 6 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 109 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

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11. Notes: Includes food safety guidelines and other tips/information about preparing the recipe.

12. Marketing guide: Suggested purchase quantities for ingredients that have a preparation loss or gain. For example, if a recipe calls for 4 cups of cucumbers (peeled and sliced), the marketing guide will tell you how many cucumbers (whole, unpeeled, not sliced) you need to buy to obtain the 4 cups.

Extra Information

Equipment and utensils: Cooking and serving tools needed to prepare, cook, and serve the recipe. For example: oven, slow cooker, skillet, ladle, slotted spoon, etc.

Recipe variations and alternate/optional ingredients: Alternative ways of cooking the recipe or ingredients you can substitute for a listed ingredient. Note: Some substitutions will change the nutrient analysis or the crediting information for the recipe.



The Food Buying Guide for Child Nutrition Programs

The "Food Buying Guide for Child Nutrition Programs" (fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs) is an important resource for crediting meals and snacks in the CACFP.

The Food Buying Guide can help you:

1. Decide the right amount of food you need to buy for your menus
2. Determine the specific contribution each food makes toward the meal pattern requirements (i.e., how the food credits).

Recipe Analysis Workbook (RAW)

The RAW can calculate the meal pattern contribution for your standardized recipes. It will provide a crediting statement that you can use to document how your recipe credits toward the vegetables, fruits, meats/meat alternates, and grains components of the meal pattern. The RAW is available as a part of the "Food Buying Guide for Child Nutrition Programs" interactive web-based tool (fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs).

Sample Crediting Statements:

- 1 parfait provides ½ cup fruit, ½ oz eq meat alternates, ½ oz eq grains
- 1 half sandwich provides 2 oz eq meats/meat alternates, 1¼ oz eq grains

Understanding how a recipe credits toward the meal pattern requirements at snack can help you determine if you need to serve additional foods for the snack to be reimbursable.

Here are two examples:

1. One serving of [Herb Bagel Bites](#) (p. 146) provides 1 oz eq grains. You can use this information to plan the rest of the snack for a child 3–5 years of age. For example, you could serve one of the following along with the Herb Bagel Bites to make a reimbursable snack:

- ½ cup milk,
- ½ cup strawberries or mixed fruit,
- ½ cup roasted sweet potatoes, or
- ½ oz eq (¼ cup) yogurt.



2. One serving of [Toasted Pita Wedges and Fruit Dip](#) (p. 170) provides 1 oz eq grains and ¼ cup fruit. You can use this information to plan the rest of the snack for a child 6–18 years of age. For example, you could serve one of the following along with the Toasted Pita Wedges and Fruit Dip to make a reimbursable snack:

- ½ cup sliced pears,
- ¾ cup cucumber slices,
- 1 cup milk, or
- 1 oz eq mixed nuts.



Note: oz eq = ounce equivalents

Crediting Handbook for the Child and Adult Care Food Program

The "Crediting Handbook for the Child and Adult Care Food Program" is a companion resource to the "Food Buying Guide for Child Nutrition Programs" and provides information on creditable foods served in the Child and Adult Care Food Program. You can find a copy of the "Crediting Handbook for the Child and Adult Care Food Program" at fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program.

Weekly Snack Menu Planning Template for Children 3 Through 5 Years of Age

Plan a 1-week snack menu to serve at your site. Use the snack combinations on page 8, the information in this snack menu planner, and the menu planning activities at the end of each section to help you.

| | Mon | Tue | Wed | Thu | Fri |
|--|-----|-----|-----|-----|-----|
| Milk ($\frac{1}{2}$ cup) | | | | | |
| Vegetables ($\frac{1}{2}$ cup) | | | | | |
| Fruits ($\frac{1}{2}$ cup) | | | | | |
| Meats/Meat Alternates ($\frac{1}{2}$ oz eq) | | | | | |
| Grains ($\frac{1}{2}$ oz eq) | | | | | |

Note: oz eq = ounce equivalents



Weekly Snack Menu Planning Template for Children 6 Through 18 Years of Age





Plan a 1-week snack menu to serve at your site. Use the snack combinations on page 9, the information in this snack menu planner, and the menu planning activities at the end of each section to help you.

| | Mon | Tue | Wed | Thu | Fri |
|---|-----|-----|-----|-----|-----|
| Milk (1 cup) | | | | | |
| Vegetables ($\frac{3}{4}$ cup) | | | | | |
| Fruits ($\frac{3}{4}$ cup) | | | | | |
| Meats/Meat Alternates (1 oz eq) | | | | | |
| Grains (1 oz eq) | | | | | |

Note: oz eq = ounce equivalents



Now that you have reviewed “Let’s Make a Snack” in its entirety, complete the following assessment. Compare the answers to the assessment you completed on pages 10–12. Note that N/A = Not Applicable.

|  Snack Menu Planning Post-Check: Where Are You Now? | | | |
|---|-----|----|---|
| Do you... | Yes | No | N/A |
| Milk | | |  |
| 1. Serve the correct type and amount of milk for the age of the child? | | | |
| 3–5 Years of Age: ½ cup unflavored low-fat (1%) milk OR ½ cup unflavored fat-free (skim) milk | | | |
| 6–18 Years of Age: 1 cup unflavored low-fat (1%) milk OR 1 cup unflavored/flavored fat-free (skim) milk | | | |
| 2. Only serve milks that are pasteurized? | | | |
| Vegetables | | |  |
| 3. Serve the correct amount of vegetables for the age of the child? | | | |
| 3–5 Years of Age: ½ cup | | | |
| 6–18 Years of Age: ¾ cup | | | |
| 4. Only serve 100 percent full-strength vegetable juice? | | | |
| 5. Serve juice only once per day? | | | |
| 6. Credit a serving of legumes (beans, peas, and lentils) as a vegetable or as a meat alternate but not as both in the same meal? | | | |
| 7. Serve a variety (different types) of vegetables during the week? | | | |
| Fruits | | |  |
| 8. Serve the correct amount of fruits for the age of the child? | | | |
| 3–5 Years of Age: ½ cup | | | |
| 6–18 Years of Age: ¾ cup | | | |
| 9. Only serve 100 percent full-strength fruit juice? | | | |
| 10. Serve juice only once per day? | | | |
| 11. Serve a variety (different types) of fruits during the week? | | | |



Snack Menu Planning Post-Check: Where Are You Now? (Continued)

| Do you... | Yes | No | N/A |
|-----------|-----|----|-----|
|-----------|-----|----|-----|

Meats/Meat Alternates



12. Serve the correct amount of meats/meat alternates for the age of the child?

3–5 Years of Age: ½ oz eq

6–18 Years of Age: 1 oz eq

13. Credit a serving of legumes (beans, peas, and lentils) as a vegetable or as a meat alternate, but not as both in the same meal?

14. Verify crediting of processed meats with a Child Nutrition label or a Product Formulation Statement and have it on file?

15. Serve yogurts with no more than 23 grams of total sugars per 6 ounces?

16. Only serve creditable cheeses (for example: natural or processed cheese, cheese food, or cheese sauce) and have documentation on file?

17. Serve a variety (different types) of meats/meat alternates during the week?

Grains



18. Serve the correct amount of grains for the age of the child?

3–5 Years of Age: ½ oz eq

6–18 Years of Age: 1 oz eq

19. Only serve grains that are enriched, fortified (cereals only), whole grain-rich, bran, or germ?

20. Serve a whole grain-rich food item at snack if a whole grain-rich food has not been served at another meal that day?

21. Serve cereals with no more than 6 grams of total sugars per dry ounce?


22. Only serve grains that **are not** grain-based desserts? Grain-based desserts include donuts, sweet pastries, and granola bars, etc., and are not creditable toward the grains component.

23. Serve a variety (different types) of grains during the week?

Continued on the next page →



Snack Menu Planning Post-Check: Where Are You Now? (Continued)

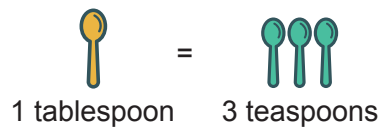
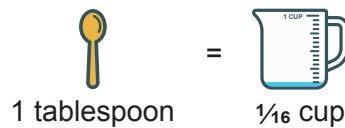
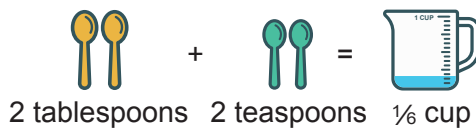
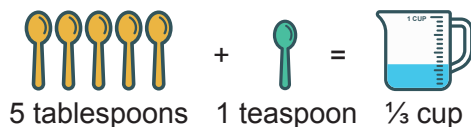
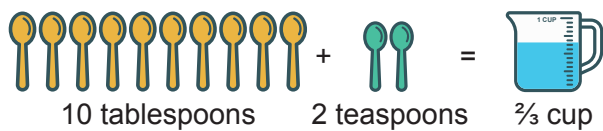
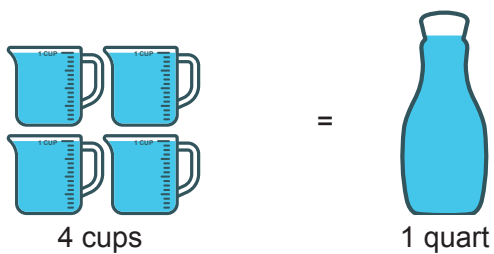
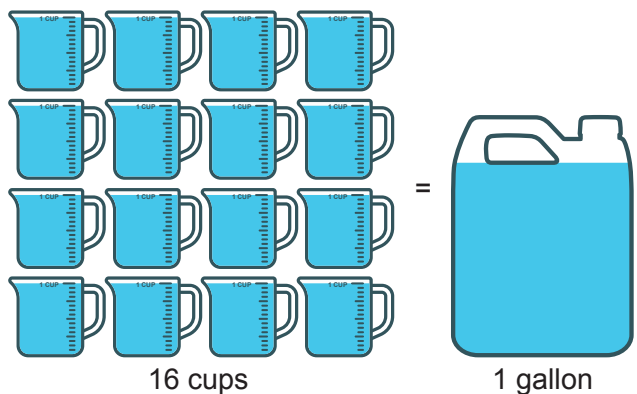
| Do you... | Yes | No | N/A |
|---|-----|----|---|
| Smoothies | | |  |
| 24. Only credit milk in smoothies toward the milk component when the smoothie contains at least ¼ cup of creditable milk per serving? | | | |
| 25. Only credit vegetables and fruits in smoothies as juice when the smoothie contains at least an ⅛ cup of full-strength vegetable or fruit juice per serving? | | | |
| 26. Only credit yogurt in smoothies as meat alternates when the smoothie contains at least 1 oz or ⅛ cup (¼ oz eq) of a creditable yogurt per serving? | | | |
| 27. Only credit the milk OR the juice in the smoothie toward a snack, but not both? | | | |
| 28. Only credit commercially prepared smoothies toward a snack when the Child Nutrition label or Product Formulation Statement provides the required information? | | | |

Note: oz eq = ounce equivalents

The questions that you marked as “No” can continue to serve as a guide for setting your menu planning goals. Find additional training resources at fns.usda.gov/tn/training-tools-cacfp.



Fluid Conversions: At a Glance



Common Abbreviations and Other Useful Information

| Abbreviations | Common Recipe Measurements |
|---------------|----------------------------|
| tsp | Teaspoon |
| Tbsp | Tablespoon |
| g | Grams |
| fl | Fluid Ounce |
| oz | Ounce |
| pt | Pint |
| qt | Quart |
| gal | Gallon |
| lb | Pounds |
| ° F | Fahrenheit |
| in (") | Inch |

| Terms | Common Recipe Definitions |
|---------------------------------|---|
| Diced | Cut into pieces no larger than ¼ inch (¼"). |
| Chopped | Cut into pieces no larger than ½ inch (½"). |
| Marketing Guide | Contains purchasing information on foods that will change during preparation or when a variation of the ingredients is available. |
| Food Safety Temperatures | Temperatures are based on consumer food safety guidance, which is commonly used for Family Day Care homes. Different temperatures may apply to Child Care Centers. Check with your sponsoring organization and/or State or local health department for specific requirements. |

Family Recipes: 6 Servings

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Special Dietary Considerations: At a Glance

Always check the food labels of ingredients for allergen information.

| Recipe Name | Pescatarian | Lacto-Ovo Vegetarian | Lacto-Vegetarian | Vegan | No Pork | No Beef or Beef Products | No Shellfish | No Meat/Poultry and Dairy Combined |
|---|-------------|----------------------|------------------|-------|---------|--------------------------|--------------|------------------------------------|
| <u>Apples and Almond Butter</u> | ● | ● | ● | ● | ● | ● | ● | ● |
| <u>Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Caprese Bruschetta</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Cheesy Bean Tostada (using vegetarian refried beans)</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Chicken and Cheese Snack Cup With Grapes</u> | | | | | ● | ● | ● | |
| <u>Corny Salsa With Tortilla Chips</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Curried Chicken Wraps</u> | | | | | ● | ● | ● | |
| <u>Deli Bento Box</u> | | | | | ● | ● | ● | |
| <u>Dried Fruit and Cereal Snack Mix</u> | ● | ● | ● | ● | ● | ● | ● | ● |
| <u>Fresh Veggie Wraps</u> | ● | ● | ● | | ● | ● | ● | ● |

Special Dietary Considerations: At a Glance

Always check the food labels of ingredients for allergen information.

| Recipe Name | Pescatarian | Lacto-Ovo Vegetarian | Lacto-Vegetarian | Vegan | No Pork | No Beef or Beef Products | No Shellfish | No Meat/Poultry and Dairy Combined |
|--|-------------|----------------------|------------------|-------|---------|--------------------------|--------------|------------------------------------|
| <u>Fruited Chicken Salad With Crackers</u> | | | | | ● | ● | ● | |
| <u>Herb Bagel Bites</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Mini Egg Salad Sandwiches</u> | ● | ● | | | ● | ● | ● | ● |
| <u>Mini Graham Crackers and Berry Nut Butter</u> | ● | ● | ● | ● | ● | ● | ● | ● |
| <u>Parmesan Zucchini Chips</u> | ● | ● | | | ● | ● | ● | ● |
| <u>Peach and Yogurt Smoothies</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Savory Yogurt-Hummus Dip With Veggies</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Toasted Pita Wedges and Fruit Dip</u> | ● | ● | ● | ● | ● | ● | ● | ● |
| <u>Tuna Salad and Apple Slices</u> | ● | | | | ● | ● | ● | |
| <u>Very Berry Parfaits</u> | ● | ● | ● | | ● | ● | ● | ● |



Preparation Time: 10 minutes



Cook Time: 0 minutes



Apples and Almond Butter

Pair crisp apple slices with creamy almond butter for a naturally sweet snack.

Ingredients:

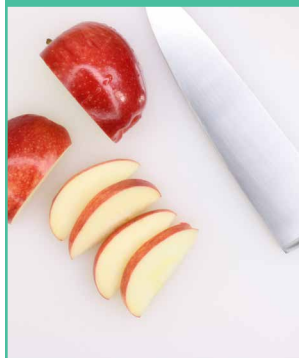
- **3 cups** apples, fresh, unpeeled, cored, thinly sliced (about 3 large apples; gently wash apples under running water before cutting)
- **¼ cup + 2 Tbsp** almond butter, smooth

- Directions -

Step 1

Wash hands with soap and water for at least 20 seconds.

Step 2



Serve ½ cup apple slices (about 5–7) and 1 Tbsp of almond butter (see notes). Serve immediately, or keep cold at 40 °F or lower.

CACFP Crediting Information:



½ cup fruit



½ oz eq meat alternate

NUTRITION INFORMATION

½ cup apple slices and 1 Tbsp almond butter

| NUTRIENTS | AMOUNT |
|---------------------------|-------------|
| Calories | 130 |
| Total Fat | 9 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 2 mg |
| Total Carbohydrate | 12 g |
| Dietary Fiber | 3 g |
| Total Sugars | 7 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | 59 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Notes:

- **Contains tree nuts (almonds).**
Sunflower seed butter or soy nut butter may be used in place of almond butter. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4. See page 85 for more information. To reduce the risk of choking, spread the almond butter in a thin layer on the apple slices.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.



Preparation Time: 10 minutes



Cook Time: 0 minutes



Apples and Almond Butter

Pair crisp apple slices with creamy almond butter for a naturally sweet snack.

Ingredients:

- **4½ cups** apples, fresh, unpeeled, cored, thinly sliced (about 5 large apples; gently wash apples under running water before cutting)
- **¾ cup** almond butter, smooth

- Directions -

Step 1


Wash hands with soap and water for at least 20 seconds.


Step 2



Serve ¾ cup apple slices (about 7–9) and 2 Tbsp of almond butter. Serve immediately, or keep cold at 40 °F or lower.

CACFP Crediting Information:

 ¾ cup fruit

 1 oz eq meat alternate

Notes:

- **Contains tree nuts (almonds).**
Sunflower seed butter or soy nut butter may be used in place of almond butter. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.

NUTRITION INFORMATION

¾ cup apple slices and 2 Tbsp almond butter

| NUTRIENTS | AMOUNT |
|---------------------------|-------------|
| Calories | 244 |
| Total Fat | 18 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 3 mg |
| Total Carbohydrate | 19 g |
| Dietary Fiber | 6 g |
| Total Sugars | 11 g |
| Includes Added Sugars | N/A |
| Protein | 7 g |
| Vitamin D | N/A |
| Calcium | 116 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 5 minutes



Cook Time: 20 minutes



Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

Give your baby carrots a makeover. Serve these baked carrots with a tasty dip.

Ingredients:

- $\frac{3}{4}$ cup + 1 Tbsp Greek yogurt, non-fat, plain
- 3 Tbsp sunflower seed butter
- 4 cups (1 lb 1 oz) baby carrots, fresh
- $\frac{1}{8}$ tsp salt, table
- $1\frac{1}{2}$ tsp canola oil

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 4



In a small bowl, combine carrots, salt, and oil. Toss.

Step 2



Preheat oven to 400 °F.

Step 5



Place carrots on a baking sheet in a single layer. Bake for 20 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for at least 15 seconds.

Step 3



In a small bowl, combine yogurt and sunflower seed butter. Use a fork or rubber spatula to mix until smooth. Set aside. Keep cold at 40 °F or lower.

Step 6



Serve $\frac{1}{2}$ cup carrot fries (about 6–10) and 2 Tbsp dip. Serve immediately, or keep dip cold at 40 °F or lower and keep carrot fries warm at 140 °F or higher.

Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

CACFP Crediting Information:



½ cup vegetable



½ oz eq meat alternate

Notes:

- **Contains milk (yogurt) and may contain tree nuts or peanuts.** Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4. See page 85 for more information.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.



NUTRITION INFORMATION

½ cup baked carrot fries and 2 Tbsp dip

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 105 |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 2 mg |
| Sodium | 132 mg |
| Total Carbohydrate | 9 g |
| Dietary Fiber | 3 g |
| Total Sugars | 4 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| Vitamin D | N/A |
| Calcium | 64 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 5 minutes



Cook Time: 20 minutes



Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

Give your baby carrots a makeover. Serve these baked carrots with a tasty dip.

Ingredients:

- **1½ cups + 2 Tbsp** Greek yogurt, non-fat, plain
- **¼ cup + 2 Tbsp** sunflower seed butter
- **6 cups (1 lb 10 oz)** baby carrots, fresh
- **¼ tsp** salt, table
- **2¼ tsp** canola oil

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 4



In a medium bowl, combine carrots, salt, and oil. Toss.

Step 2



Preheat oven to 400 °F.

Step 5



Place carrots on a baking sheet in a single layer. Bake for 20 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for at least 15 seconds.

Step 3



In a small bowl, combine yogurt and sunflower seed butter. Use a fork or rubber spatula to mix until smooth. Set aside. Keep cold at 40 °F or lower.

Step 6



Serve ¾ cup carrot fries (about 9–13) and ⅓ cup dip. Serve immediately, or keep dip cold at 40 °F or lower and keep carrot fries warm at 140 °F or higher.

Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

CACFP Crediting Information:



¾ cup vegetable



1 oz eq meat alternate

Notes:

- **Contains milk (yogurt) and may contain tree nuts or peanuts.** Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.



NUTRITION INFORMATION

¾ cup baked carrot fries and ½ cup dip

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 189 |
| Total Fat | 10 g |
| Saturated Fat | 1 g |
| Cholesterol | 3 mg |
| Sodium | 241 mg |
| Total Carbohydrate | 15 g |
| Dietary Fiber | 6 g |
| Total Sugars | 8 g |
| Includes Added Sugars | N/A |
| Protein | 11 g |
| Vitamin D | N/A |
| Calcium | 116 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 20 minutes



Cook Time: 8 minutes



Caprese Bruschetta

Caprese refers to the use of mozzarella, tomatoes, and basil in this recipe. Bruschetta refers to the use of toasted bread as the base for the toppings. It sounds fancy, but it's really quite easy to put together.

Ingredients:

- **3 cups** tomatoes, fresh, ¼" diced (gently wash tomatoes under running water before cutting)
- **½ tsp** garlic, fresh, minced
- **2 Tbsp** basil, fresh, chopped (gently wash basil under running water before cutting)
- **1 Tbsp** balsamic vinegar
- **1 tsp** olive oil, extra virgin
- **¼ tsp** salt, table
- **¼ cup** mozzarella, finely shredded, low-moisture, part-skim, reduced-fat
- **3** sandwich thins, whole-wheat (at least 56 g or 2 oz each)

- Directions -

Step 1

Wash hands with soap and water for at least 20 seconds.

Step 2



Preheat oven to 350 °F.

Step 3



In a medium bowl, combine tomatoes, garlic, basil, balsamic vinegar, olive oil, salt, and mozzarella cheese. Set aside. Keep cold at 40 °F or lower (see notes).

Step 4



Separate sandwich thins and place both halves on a baking sheet. Bake for about 6–8 minutes or until toasted.

Step 5



Place ½ cup tomato mixture on each toasted half.




Step 6




Serve 1 piece. Serve immediately, or keep tomato mixture cold at 40 °F or lower.

Caprese Bruschetta

CACFP Crediting Information:

-  ½ cup vegetable
-  1 oz eq grains 

Notes:

- **Contains milk (mozzarella cheese) and wheat (sandwich thins).** Sandwich thins can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (sandwich thins) and may be included in ingredient statements as “spice” or “flavoring.”
- If not serving immediately, store sandwich thins and tomato mixture separately. Keep tomato mixture cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 piece Caprese Bruschetta

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 115 |
| Total Fat | 2 g |
| Saturated Fat | 1 g |
| Cholesterol | 2 mg |
| Sodium | 219 mg |
| Total Carbohydrate | 20 g |
| Dietary Fiber | 2 g |
| Total Sugars | 5 g |
| Includes Added Sugars | N/A |
| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | 22 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 20 minutes



Cook Time: 8 minutes



Caprese Bruschetta

Caprese refers to the use of mozzarella, tomatoes, and basil in this recipe. Bruschetta refers to the use of toasted bread as the base for the toppings. It sounds fancy, but it's really quite easy to put together.

Ingredients:

- **4½ cups** tomatoes, fresh, ¼" diced (gently wash tomatoes under running water before cutting)
- **1 tsp** garlic, fresh, minced
- **3 Tbsp** basil, fresh, chopped (gently wash basil under running water before cutting)
- **1 Tbsp + 1½ tsp** balsamic vinegar
- **1½ tsp** olive oil, extra virgin
- **½ tsp** salt, table
- **¼ cup + 2 Tbsp** mozzarella, finely shredded, low-moisture part-skim, reduced-fat
- **3** sandwich thins, whole-wheat (at least 56 g or 2 oz each)

- Directions -

Step 1

Wash hands with soap and water for at least 20 seconds.

Step 2



Preheat oven to 350 °F.

Step 3



In a medium bowl, combine tomatoes, garlic, basil, balsamic vinegar, olive oil, salt, and mozzarella cheese. Set aside. Keep cold at 40 °F or lower (see notes).

Step 4



Separate sandwich thins and place both halves on a baking sheet. Bake for about 6–8 minutes or until toasted.

Step 5



Place ¾ cup tomato mixture on each toasted half.




Step 6




Serve 1 piece. Serve immediately, or keep tomato mixture cold at 40 °F or lower.

Caprese Bruschetta

CACFP Crediting Information:

-  ¾ cup vegetable
-  1 oz eq grains 

Notes:

- **Contains milk (mozzarella cheese) and wheat (sandwich thins).** Sandwich thins can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (sandwich thins) and may be included in ingredient statements as “spice” or “flavoring.”
- If not serving immediately, store sandwich thins and tomato mixture separately. Keep tomato mixture cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 piece Caprese Bruschetta

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 135 |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Cholesterol | 3 mg |
| Sodium | 285 mg |
| Total Carbohydrate | 22 g |
| Dietary Fiber | 4 g |
| Total Sugars | 6 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| Vitamin D | N/A |
| Calcium | 28 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 5 minutes



Cook Time: 7 minutes



Cheesy Bean Tostada

Beans for snack? Yes, please!

Ingredients:

- $\frac{3}{4}$ cup refried beans, fat-free, low-sodium
- 6 corn tortillas (at least 14 g or $\frac{1}{2}$ oz each)
- $\frac{1}{4}$ cup + 2 Tbsp cheddar cheese, reduced-fat, shredded

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 4



Sprinkle 1 Tbsp of cheese evenly over the beans on each tortilla.

Step 2



Preheat oven to 400 °F.

Step 5



Place on ungreased baking sheet and bake for 7 minutes or until cheese is melted. Heat to 140 °F or higher for at least 15 seconds.

Step 3



Spread 2 Tbsp of beans on each corn tortilla.

Step 6






Serve 1 tostada. Serve immediately, or keep warm at 140 °F or higher.

Cheesy Bean Tostada

CACFP Crediting Information:


Crediting the beans as a meat alternate:


 ¾ oz eq meat alternate



 ½ oz eq grains 


OR

Crediting the beans as a vegetable:

 ⅛ cup vegetable

 ½ oz eq meat alternate

 ½ oz eq grains 
Notes:

- **Contains milk (cheddar cheese).**
Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**NUTRITION INFORMATION**

1 Cheesy Bean Tostada

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 85 |
| <hr/> | |
| Total Fat | 2 g |
| Saturated Fat | 1 g |
| Cholesterol | 5 mg |
| Sodium | 96 mg |
| Total Carbohydrate | 13 g |
| Dietary Fiber | 2 g |
| Total Sugars | 0 g |
| Includes Added Sugars | N/A |
| Protein | 5 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 19 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 5 minutes



Cook Time: 7 minutes



Cheesy Bean Tostada

Beans for snack? Yes, please!

Ingredients:

- **1½ cups** refried beans, fat-free, low-sodium
- **12** corn tortillas (at least 14 g or ½ oz each)
- **¾ cup** cheddar cheese, reduced-fat, shredded

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 4



Sprinkle 1 Tbsp of cheese evenly over the beans on each tortilla.

Step 2



Preheat oven to 400 °F.

Step 5



Place on 2 ungreased baking sheets and bake for 7 minutes or until cheese is melted. Heat to 140 °F or higher for at least 15 seconds.

Step 3



Spread 2 Tbsp of beans on each corn tortilla.

Step 6






Serve 2 tostadas. Serve immediately, or keep warm at 140 °F or higher.

Cheesy Bean Tostada

CACFP Crediting Information:

Crediting the beans as a meat alternate:


 1½ oz eq meat alternate



 1 oz eq grains 


OR

Crediting the beans as a vegetable:

 ¼ cup vegetable

 1 oz eq meat alternate

 1 oz eq grains 
Notes:

- **Contains milk (cheddar cheese).**
Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**NUTRITION INFORMATION**

2 Cheesy Bean Tostadas

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 167 |
| Total Fat | 4 g |
| Saturated Fat | 2 g |
| Cholesterol | 10 mg |
| Sodium | 187 mg |
| Total Carbohydrate | 25 g |
| Dietary Fiber | 5 g |
| Total Sugars | 1 g |
| Includes Added Sugars | N/A |
| Protein | 9 g |
| Vitamin D | N/A |
| Calcium | 36 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



Chicken and Cheese Snack Cup With Grapes

Rotisserie chicken, Colby cheese, and grapes are packaged together to make a great snack.

Ingredients:

- **¾ cup (3 oz)** chicken breast, cooked, skinless, rotisserie, ¼" diced
- **¼ cup + 2 Tbsp** Colby cheese, ¼" diced
- **3 cups** red grapes, seedless, fresh, halved
(gently wash grapes under running water before cutting)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 3



Top each cup with ½ cup of sliced grapes.

Step 2



Layer chicken and cheese in a 6 fl oz clear plastic cup (1 Tbsp chicken and 1 Tbsp cheese).

Step 4



Serve 1 6 fl oz cup. Serve immediately, or cover and keep cold at 40 °F or lower (see notes).

Chicken and Cheese Snack Cup With Grapes

CACFP Crediting Information:



½ cup fruit



½ oz eq meat/meat alternate

Notes:

- **Contains milk (Colby cheese).**
- **Choking Prevention:** Large chunks of cheese cubes can be a choking risk for children under the age of 4. To reduce risk of choking, use shredded cheese. See page 85 for more information.
- **Choking Prevention:** Whole grapes can be a choking risk for children under the age of 4. To reduce the risk of choking, cut grapes in half lengthwise. If needed, cut into smaller pieces no larger than ½ inch.
- If preparing in advance, store diced chicken, diced cheese, and sliced grapes in separate airtight containers at 40 °F or lower until ready to assemble snack cups.



NUTRITION INFORMATION

1 Chicken and Cheese Snack Cup With Grapes

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 107 |
| Total Fat | 3 g |
| Saturated Fat | 2 g |
| Cholesterol | 12 mg |
| Sodium | 150 mg |
| Total Carbohydrate | 19 g |
| Dietary Fiber | 1 g |
| Total Sugars | 16 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 60 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



Chicken and Cheese Snack Cup With Grapes

Rotisserie chicken, Colby cheese, and grapes are packaged together to make a great snack.

Ingredients:

- **1½ cups (6 oz)** chicken breast, cooked, skinless, rotisserie, ¼" diced
- **¾ cup** Colby cheese, ¼" diced
- **4½ cups** red grapes, seedless, fresh, halved
(gently wash grapes under running water before cutting)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 3



Top each cup with ¾ cup of sliced grapes.

Step 2



Layer chicken and cheese in an 8 fl oz clear plastic cup (2 Tbsp chicken and 2 Tbsp cheese).


Step 4



Serve 1 8 fl oz cup. Serve immediately, or cover and keep cold at 40 °F or lower (see notes).

Chicken and Cheese Snack Cup With Grapes

CACFP Crediting Information:

 ¾ cup fruit

 1 oz eq meat/meat alternate

Notes:

- **Contains milk (Colby cheese).**
- If preparing in advance, store diced chicken, diced cheese, and sliced grapes in separate airtight containers at 40 °F or lower until ready to assemble snack cups.



NUTRITION INFORMATION

1 Chicken and Cheese Snack Cup With Grapes

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 180 |
| Total Fat | 5 g |
| Saturated Fat | 3 g |
| Cholesterol | 24 mg |
| Sodium | 299 mg |
| Total Carbohydrate | 28 g |
| Dietary Fiber | 1 g |
| Total Sugars | 24 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 114 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Corny Salsa With Tortilla Chips

Corn and tomatoes join forces to make a fun salsa.

Ingredients:

- **2 cups** corn, kernels, frozen, thawed, drained
- **¾ cup** tomatoes, fresh, ¼" diced (gently wash tomatoes under running water before cutting)
- **¾ cup** cucumbers, fresh, unpeeled, ¼" diced (gently wash cucumbers under running water before cutting)
- **2 Tbsp** green onions, fresh, chopped (gently wash green onions under running water before cutting)
- **½ tsp** chili lime seasoning
- **2 Tbsp** sour cream, light
- **3 oz** tortilla chips (at least 84 g)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



In a medium bowl, combine corn, tomatoes, cucumbers, green onions, chili lime seasoning, and sour cream. Stir to mix.



Step 3



Serve ½ cup corny salsa and ½ oz eq tortilla chips (about 5–7 whole chips). Serve immediately, or keep cold at 40 °F or lower.

Corny Salsa With Tortilla Chips

CACFP Crediting Information:

-  ½ cup vegetable
-  ½ oz eq grains

Notes:

- **Contains milk (sour cream).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortilla chips) and may be included in ingredient statements as “spice” or “flavoring.”
- **Choking Prevention:** Whole corn kernels can be a choking risk for children under the age of 4. See page 85 for more information.
- If preparing in advance, store corny salsa in an airtight container at 40 °F or lower until ready to serve.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

½ cup corny salsa and ½ oz eq tortilla chips

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 122 |
| <hr/> | |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 1 mg |
| Sodium | 91 mg |
| Total Carbohydrate | 20 g |
| Dietary Fiber | 2 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 29 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Corny Salsa With Tortilla Chips

Corn and tomatoes join forces to make a fun salsa.

Ingredients:

- **3 cups** corn, kernels, frozen, thawed, drained
- **1 cup + 2 Tbsp** tomatoes, fresh, ¼" diced (gently wash tomatoes under running water before cutting)
- **1 cup + 2 Tbsp** cucumbers, fresh, unpeeled, ¼" diced (gently wash cucumbers under running water before cutting)
- **3 Tbsp** green onions, fresh, chopped (gently wash green onions under running water before cutting)
- **½ tsp + ¼ tsp** chili lime seasoning
- **3 Tbsp** sour cream, light
- **6 oz** tortilla chips (at least 168 g)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



In a medium bowl, combine corn, tomatoes, cucumbers, green onions, chili lime seasoning, and sour cream. Stir to mix.



Step 3



Serve ¾ cup corny salsa and 1 oz eq tortilla chips (about 10–15 whole chips). Serve immediately, or keep cold at 40 °F or lower.

Corny Salsa With Tortilla Chips

CACFP Crediting Information:

-  ¾ cup vegetable
-  1 oz eq grains

Notes:

- **Contains milk (sour cream).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortilla chips) and may be included in ingredient statements as “spice” or “flavoring.”
- If preparing in advance, store corny salsa in an airtight container at 40 °F or lower until ready to serve.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

¾ cup corny salsa and 1 oz eq tortilla chips

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 218 |
| <hr/> | |
| Total Fat | 8 g |
| Saturated Fat | 1 g |
| Cholesterol | 2 mg |
| Sodium | 158 mg |
| Total Carbohydrate | 36 g |
| Dietary Fiber | 3 g |
| Total Sugars | 4 g |
| Includes Added Sugars | N/A |
| Protein | 5 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 51 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Curried Chicken Wraps

You can use curry powder in a variety of recipes. In this recipe, it adds a wonderful flavor to the familiar wrap.

Ingredients:

- $\frac{1}{4}$ cup Greek yogurt, non-fat, plain
- $\frac{1}{4}$ tsp curry powder
- $\frac{3}{4}$ cup (3 oz) chicken, boneless, skinless, cooked, $\frac{1}{4}$ " diced
- $\frac{3}{4}$ cup + 2 Tbsp apples, fresh, unpeeled, $\frac{1}{4}$ " diced (gently wash apples under running water before cutting)
- $\frac{1}{4}$ cup + 2 Tbsp raisins, golden
- 3 tortillas, whole-wheat (8" across, at least 42 g or $1\frac{1}{2}$ oz each)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 4



Place $\frac{1}{2}$ cup chicken salad in the center of each tortilla. Fold each side of tortilla in, then roll up.

Step 2



In a medium bowl, combine yogurt and curry powder. Stir until well-blended.

Step 5



Place seam-side down on a cutting board and cut in half.

Step 3



Using a rubber spatula, fold in chicken, apples, and raisins (see notes).





Step 6




Serve 1 half of wrap. Serve immediately, or keep cold at 40 °F or lower.

Curried Chicken Wraps

CACFP Crediting Information:

-  ¼ cup fruit
-  ½ oz eq meat
-  ¾ oz eq grains 

Notes:

- **Contains milk (yogurt) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- **Choking Prevention:** Dried fruit can be a choking risk for children under the age of 4. See page 85 for more information.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 half Curried Chicken Wrap

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 120 |
| Total Fat | 2 g |
| Saturated Fat | 0 g |
| Cholesterol | 11 mg |
| Sodium | 164 mg |
| Total Carbohydrate | 20 g |
| Dietary Fiber | 2 g |
| Total Sugars | 8 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| Vitamin D | N/A |
| Calcium | 24 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Curried Chicken Wraps

You can use curry powder in a variety of recipes. In this recipe, it adds a wonderful flavor to the familiar wrap.

Ingredients:

- **½ cup** Greek yogurt, non-fat, plain
- **½ tsp** curry powder
- **1½ cups (6 oz)** chicken, boneless, skinless, cooked, ¼" diced
- **1¾ cups** apples, fresh, unpeeled, ¼" diced (gently wash apples under running water before cutting)
- **¾ cup** raisins, golden
- **6 tortillas**, whole-wheat (8" across, at least 42 g or 1½ oz each)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 4



Place ½ cup chicken salad in the center of each tortilla. Fold each side of tortilla in, then roll up.

Step 2



In a medium bowl, combine yogurt and curry powder. Stir until well-blended.

Step 5



Place seam-side down on a cutting board and cut in half.

Step 3



Using a rubber spatula, fold in chicken, apples, and raisins (see notes).





Step 6




Serve 2 halves. Serve immediately, or keep cold at 40 °F or lower.

Curried Chicken Wraps

CACFP Crediting Information:

-  ½ cup fruit
-  1 oz eq meat
-  1½ oz eq grains 

Notes:

- **Contains milk (yogurt) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

2 halves Curried Chicken Wrap

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 231 |
| <hr/> | |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 22 mg |
| Sodium | 308 mg |
| Total Carbohydrate | 39 g |
| Dietary Fiber | 5 g |
| Total Sugars | 17 g |
| Includes Added Sugars | N/A |
| Protein | 13 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 49 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Deli Bento Box

Think inside the box. This trendy theme allows you to satisfy appetites and be creative.

Ingredients:

- $\frac{1}{4}$ cup mayonnaise, reduced-fat
- 1 Tbsp + 1 tsp yellow mustard
- 1 Tbsp + 1 tsp honey
- $\frac{1}{4}$ tsp garlic powder
- 3 slices deli turkey, low-sodium
- 3 slices cheddar cheese, reduced-fat (1 oz slices)
- 12 tomatoes, fresh, grape (gently wash tomatoes under running water)
- $\frac{3}{4}$ cup cucumbers, fresh, peeled strips, $\frac{1}{4}$ " slices (gently wash cucumbers under running water before cutting/peeling)
- 18 crackers, woven, (about $1\frac{1}{2}$ " by $1\frac{1}{2}$ " each), whole-wheat, square, savory, 3 oz or 66 g of crackers total (see notes)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 4



Cut each slice of cheese into 4 squares. Divide turkey and cheese into 6 even portions.

Step 2



In a small bowl, whisk together mayonnaise, yellow mustard, honey, and garlic powder. Set aside.

Step 5



Fill each space in the box with 1 Tbsp dressing, turkey and cheese ($\frac{1}{2}$ slice of turkey and 2 squares of cheese), tomatoes (2) and cucumbers (2), and crackers (3). Serve immediately, or keep cold at 40 °F or lower.





Step 3




Cut turkey slices in half.

Deli Bento Box

CACFP Crediting Information:

-  ¼ cup vegetable
-  ½ oz eq meat/meat alternate
-  ½ oz eq grains 

Notes:

- Contains milk (cheddar cheese), wheat (crackers), and eggs (mayonnaise).
- **Choking Prevention:** Whole grape tomatoes can be a choking risk for children under the age of 4. To reduce the risk of choking, cut cherry tomatoes in half lengthwise. If needed, cut into smaller pieces no larger than ½ inch. See page 85 for more information.
- If serving other types of crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 66 g or 3 oz of crackers for this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Serve a variety of foods during the week to balance out an occasional snack item that may be higher in sodium or saturated fat.



NUTRITION INFORMATION

1 Deli Bento Box

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 174 |
| Total Fat | 8 g |
| Saturated Fat | 3 g |
| Cholesterol | 20 mg |
| Sodium | 176 mg |
| Total Carbohydrate | 18 g |
| Dietary Fiber | 2 g |
| Total Sugars | 6 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 109 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Deli Bento Box

Think inside the box. This trendy theme allows you to satisfy appetites and be creative.

Ingredients:

- **½ cup** mayonnaise, reduced-fat
- **2 Tbsp + 2 tsp** yellow mustard
- **2 Tbsp + 2 tsp** honey
- **½ tsp** garlic powder
- **6** slices deli turkey, low-sodium
- **6** slices cheddar cheese, reduced-fat (1 oz slices)
- **36** tomatoes, fresh, grape (gently wash tomatoes under running water)
- **2 cups** cucumbers, fresh, peeled strips, ¼" slices (gently wash cucumbers under running water before cutting/peeling)
- **36** crackers, woven, (about 1½" by 1½" each), whole-wheat, square, savory, 132 g or 6 oz of crackers total (see notes)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 4



Cut each slice of cheese into 4 squares. Divide turkey and cheese into 6 even portions.

Step 2



In a small bowl, whisk together mayonnaise, yellow mustard, honey, and garlic powder. Set aside.

Step 5



Fill each space in the box with 2 Tbsp dressing, turkey and cheese (2 half slices of turkey and 4 squares of cheese), tomatoes (6) and cucumbers (6), and crackers (6). Serve immediately, or keep cold at 40 °F or lower.





Step 3




Cut turkey slices in half.

Deli Bento Box

CACFP Crediting Information:

-  3/4 cup vegetable
-  1 oz eq meat/meat alternate
-  1 oz eq grains 

Notes:

- Contains milk (cheese), wheat (crackers), and eggs (mayonnaise).
- If serving other types of crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 132 g or 6 oz of crackers for this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Serve a variety of foods during the week to balance out an occasional snack item that may be higher in sodium or saturated fat.



NUTRITION INFORMATION

1 Deli Bento Box

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 331 |
| Total Fat | 16 g |
| Saturated Fat | 6 g |
| Cholesterol | 41 mg |
| Sodium | 320 mg |
| Total Carbohydrate | 28 g |
| Dietary Fiber | 4 g |
| Total Sugars | 13 g |
| Includes Added Sugars | N/A |
| Protein | 15 g |
| Vitamin D | N/A |
| Calcium | 219 mg |
| Iron | 2 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



Dried Fruit and Cereal Snack Mix

Cereal is not just for breakfast. This crunchy snack mix made with cereals and dried fruit is whole grain-rich and fun to eat.

Ingredients:

- $\frac{3}{4}$ **cup** apples, dried, slices or rings, regular moisture, $\frac{1}{2}$ " chopped (see notes)
- $\frac{3}{4}$ **cup** cherries, red tart, dried, whole, without pits (see notes)
- $\frac{3}{4}$ **cup (1½ oz)** shredded wheat cereal, frosted, miniature-sized
- $1\frac{1}{2}$ **cups (1¼ oz)** toasted whole grain oats cereal, o-shaped
- $\frac{3}{4}$ **cup (1½ oz)** multigrain cereal squares

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 3



Serve $\frac{2}{3}$ cup.




Step 2




In a medium bowl, combine all ingredients. Toss.

Dried Fruit and Cereal Snack Mix

CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq grains 

Notes:

- **Contains wheat (cereal).**
- **Choking prevention:** Dried fruit can be a choking risk for children under the age of 4. See page 85 for more information.
- If you choose to make the recipe without dried fruit, combine the cereals in a bowl, toss, and serve ½ cup. Credits as ½ oz eq grains.
- Each cereal must not contain more than 6 grams of total sugars per dry ounce.
- Dried fruits credit as twice the amount served.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

⅔ cup Dried Fruit and Cereal Snack Mix

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 188 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 81 mg |
| Total Carbohydrate | 45 g |
| Dietary Fiber | 4 g |
| Total Sugars | 14 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | 42 mg |
| Iron | 16 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



Dried Fruit and Cereal Snack Mix

Cereal is not just for breakfast. This crunchy snack mix made with cereals and dried fruit is whole grain-rich and fun to eat.

Ingredients:

- **1 cup + 2 Tbsp** apples, dried, slices or rings, regular moisture, ½" chopped
- **1 cup + 2 Tbsp** cherries, red tart, dried, whole, without pits
- **1½ cups (3 oz)** shredded wheat cereal, frosted, bite-sized
- **3 cups (1¾ oz)** toasted whole grain oats cereal, o-shaped
- **1½ cups (3 oz)** multigrain cereal squares

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 3



Serve 1¼ cups.




Step 2




In a medium bowl, combine all ingredients. Toss.

Dried Fruit and Cereal Snack Mix

CACFP Crediting Information:

-  ¾ cup fruit
-  1¼ oz eq grains 

Notes:

- **Contains wheat (cereal).**
- Each cereal must not contain more than 6 grams of total sugars per dry ounce.
- Dried fruits credit as twice the amount served.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1¼ cups Dried Fruit and Cereal Snack Mix

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 322 |
| Total Fat | 2 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 154 mg |
| Total Carbohydrate | 76 g |
| Dietary Fiber | 7 g |
| Total Sugars | 24 g |
| Includes Added Sugars | N/A |
| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | 75 mg |
| Iron | 32 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 20 minutes



Cook Time: 0 minutes



Fresh Veggie Wraps

Color your snack amazing with this easy-to-make wrap.

Ingredients:

- **2 Tbsp** tomatoes, diced, canned, low-sodium, drained
- **1 Tbsp** cream cheese, reduced-fat
- **3** tortillas, whole-wheat (8" across, at least 42 g or 1½ oz each)
- **1½ cups** romaine lettuce, fresh, chopped (gently wash lettuce under running water before cutting)
- **¾ cup** red bell peppers, fresh, ¼" strips (gently wash bell peppers under running water before cutting)
- **1½ cups** cucumbers, fresh, unpeeled, ¼" sliced (gently wash cucumbers under running water before cutting)

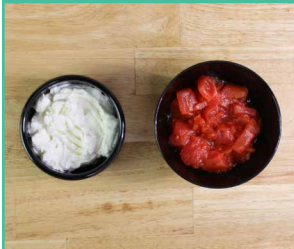
- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



In a small bowl, combine tomatoes and cream cheese. Use a fork to combine (see notes).

Step 3



Spread 1 Tbsp tomato cream cheese mixture in the middle of each tortilla.

Step 4



Top tomato cream cheese mixture with ½ cup romaine lettuce, ¼ cup bell pepper strips (6–8), and ½ cup cucumber slices (4).

Step 5



Roll into an open wrap.

Step 6



Place seam-side down on a cutting board and cut in half.

Step 7



Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

Fresh Veggie Wraps


CACFP Crediting Information:



1/2 cup vegetable

3/4 oz eq grains 

Notes:

- **Contains milk (cream cheese) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- If preparing in advance, store tomato cream cheese mixture and vegetables in separate airtight containers at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 half Fresh Veggie Wrap

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 77 |
| Total Fat | 2 g |
| Saturated Fat | 1 g |
| Cholesterol | 1 mg |
| Sodium | 162 mg |
| Total Carbohydrate | 13 g |
| Dietary Fiber | 3 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | 24 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 20 minutes



Cook Time: 0 minutes



Fresh Veggie Wraps

Color your snack amazing with this easy-to-make wrap.

Ingredients:

- **¼ cup** tomatoes, diced, canned, low-sodium, drained
- **2 Tbsp** cream cheese, reduced-fat
- **6** tortillas, whole-wheat (8" across, at least 42 g or 1½ oz each)
- **3 cups** romaine lettuce, fresh, chopped (gently wash lettuce under running water before cutting)
- **1 cup + 2 Tbsp** red bell peppers, fresh, ¼" strips (gently wash bell peppers under running water before cutting)
- **2¼ cups** cucumbers, fresh, unpeeled, ¼" sliced (gently wash cucumbers under running water before cutting)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



In a small bowl, combine tomatoes and cream cheese. Use a fork to combine (see notes).

Step 3



Spread 1 Tbsp cream cheese mixture in the middle of each tortilla.

Step 4



Top tomato cream cheese mixture with ½ cup romaine lettuce, 3 Tbsp bell pepper strips (5–6), and ¼ cup + 2 Tbsp cucumber slices (3).

Step 5



Roll into an open wrap.

Step 6



Place seam-side down on a cutting board and cut in half.

Step 7



Serve 2 halves. Serve immediately, or keep cold at 40 °F or lower.


Fresh Veggie Wraps

CACFP Crediting Information:

 ¾ cup vegetable

 1½ oz eq grains 

Notes:

- **Contains milk (cream cheese) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- If preparing in advance, store tomato cream cheese mixture and vegetables in separate airtight containers at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

2 halves Fresh Veggie Wrap

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 149 |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 2 mg |
| Sodium | 288 mg |
| Total Carbohydrate | 24 g |
| Dietary Fiber | 5 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| Vitamin D | N/A |
| Calcium | 44 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Fruited Chicken Salad With Crackers

Add some color to your chicken salad with this easy recipe.

Ingredients:

- 2 Tbsp mayonnaise, reduced-fat
- ½ tsp lemon juice
- ¼ tsp celery seed
- ⅛ tsp onion powder
- ¾ cup (3 oz) chicken breast, boneless, skinless, cooked, ¼" diced
- ¼ cup + 2 Tbsp apples, Granny Smith, fresh, unpeeled, cored, ¼" diced (gently wash apples under running water before cutting)
- ¼ cup cranberries, dried (see notes)
- 36 crackers, thin, wheat, square, savory, about 1¼" by 1¼" each, 66 g or 3 oz of crackers total (see notes)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 3



Using a rubber spatula, fold in chicken, apples, and cranberries (see notes).

Step 2



In a small bowl, combine mayonnaise, lemon juice, celery seed, and onion powder. Stir until well-blended.





Step 4




Serve 3 Tbsp chicken salad and 6 crackers. Serve immediately, or keep cold at 40 °F or lower.

Fruited Chicken Salad With Crackers

CACFP Crediting Information:

-  1/8 cup fruit
-  1/2 oz eq meat
-  1/2 oz eq grains 

Notes:

- Contains wheat (crackers) and eggs (mayonnaise).
- **Choking Prevention:** Dried fruit can be a choking risk for children under the age of 4. See page 85 for more information.
- If you choose to make the recipes without dried fruit, follow the recipe as written but do not add the dried cranberries. Credits as 1/2 oz eq meat, 1/2 oz eq grains.
- If serving other types of crackers, nutrition information and amounts of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 66 g or 3 oz of crackers for this recipe.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to serve.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

3 Tbsp fruited chicken salad and 6 crackers

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 99 |
| <hr/> | |
| Total Fat | 3 g |
| Saturated Fat | 0 g |
| Cholesterol | 13 mg |
| Sodium | 126 mg |
| Total Carbohydrate | 14 g |
| Dietary Fiber | 2 g |
| Total Sugars | 5 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 18 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Fruited Chicken Salad With Crackers

Add some color to your chicken salad with this easy recipe.

Ingredients:

- **¼ cup** mayonnaise, reduced-fat
- **1 tsp** lemon juice
- **½ tsp** celery seed
- **¼ tsp** onion powder
- **1½ cups (6 oz)** chicken breast, boneless, skinless, cooked, **¼"** diced
- **¾ cup** apples, Granny Smith, fresh, unpeeled, cored, **¼"** diced (gently wash apples under running water before cutting)
- **⅓ cup + 1 Tbsp** cranberries, dried
- **72** crackers, thin, wheat, square, savory, about **1¼"** by **1¼"** each, 132 g or 6 oz of crackers total

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 3



Using a rubber spatula, fold in chicken, apples, and cranberries (see notes).

Step 2



In a medium bowl, combine mayonnaise, lemon juice, celery seed, and onion powder. Stir until well-blended.





Step 4




Serve **⅓ cup** chicken salad and 12 crackers. Serve immediately, or keep cold at 40 °F or lower.

Fruited Chicken Salad With Crackers

CACFP Crediting Information:

-  ¼ cup fruit
-  1 oz eq meat
-  1 oz eq grains 

Notes:

- **Contains wheat (crackers) and eggs (mayonnaise).**
- If serving other types of crackers, nutrition information and amounts of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 132 g or 6 oz of crackers for this recipe.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to serve.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

⅓ cup fruited chicken salad and 12 crackers

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 196 |
| Total Fat | 8 g |
| Saturated Fat | 1 g |
| Cholesterol | 25 mg |
| Sodium | 251 mg |
| Total Carbohydrate | 27 g |
| Dietary Fiber | 3 g |
| Total Sugars | 10 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 27 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 8 minutes



Herb Bagel Bites

Garlic and basil transform ordinary bagels into an extraordinary snack.

Ingredients:

- 2 bagels, whole-wheat (at least 84 grams or 3 oz each)
- 2 Tbsp margarine, *trans* fat-free
- ½ tsp garlic powder
- 1 tsp basil, leaf, dried (2 tsp fresh, chopped)

- Directions -

Step 1

Wash hands with soap and water for at least 20 seconds.

Step 2



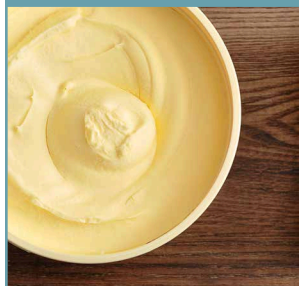
Preheat oven to 400 °F.

Step 3



Cut each bagel in half (if not already pre-sliced). Then cut each half into three pieces.

Step 4



Place margarine in a microwave safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.

Step 5



Add garlic powder and basil to melted margarine. Stir.

Step 6



Place bagel pieces in a medium bowl and toss with seasoned margarine.

Step 7



Place on ungreased baking sheet and toast, about 7–8 minutes.



Step 8




Serve 2 Herb Bagel Bites. Serve immediately, or keep warm at 140 °F or higher.

Herb Bagel Bites

CACFP Crediting Information:

 1 oz eq grains 

Notes:

- **Contains wheat (bagels).** Bagels can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bagels) and may be included in ingredient statements as “spice” or “flavoring.”
- If using fresh basil, gently wash under running water before cutting.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

2 Herb Bagel Bites

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 118 |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 171 mg |
| Total Carbohydrate | 16 g |
| Dietary Fiber | 2 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | 53 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 8 minutes



Herb Bagel Bites

Garlic and basil transform ordinary bagels into an extraordinary snack.

Ingredients:

- 3 bagels, whole-wheat (at least 84 grams or 3 oz each)
- 3 Tbsp margarine, *trans* fat-free
- ½ tsp + ¼ tsp garlic powder
- ½ Tbsp basil, leaf, dried (3 tsp fresh, chopped)

- Directions -

Step 1

Wash hands with soap and water for at least 20 seconds.

Step 2



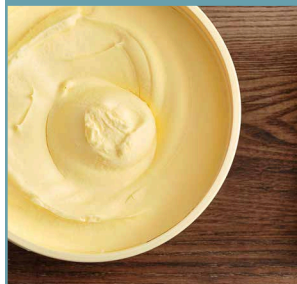
Preheat oven to 400 °F.

Step 3



Cut each bagel in half (if not already pre-sliced). Then cut each half into three pieces.

Step 4



Place margarine in a microwave safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.

Step 5



Add garlic powder and basil to melted margarine. Stir.

Step 6



Place bagel pieces in a medium bowl and toss with seasoned margarine.

Step 7



Place on ungreased baking sheet and toast, about 7–8 minutes.

Step 8




Serve 3 Herb Bagel Bites (½ bagel). Serve immediately, or keep warm at 140 °F or higher.

Herb Bagel Bites

CACFP Crediting Information:

 1½ oz eq grains 

Notes:

- **Contains wheat (bagels).** Bagels can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bagels) and may be included in ingredient statements as “spice” or “flavoring.”
- If using fresh basil, gently wash under running water before cutting.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

3 Herb Bagel Bites

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 163 |
| Total Fat | 6 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 241 mg |
| Total Carbohydrate | 24 g |
| Dietary Fiber | 4 g |
| Total Sugars | 3 g |
| Includes Added Sugars | N/A |
| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | 78 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 20 minutes



Mini Egg Salad Sandwiches

These mini sandwiches are great as a snack or for lunch.

Ingredients:

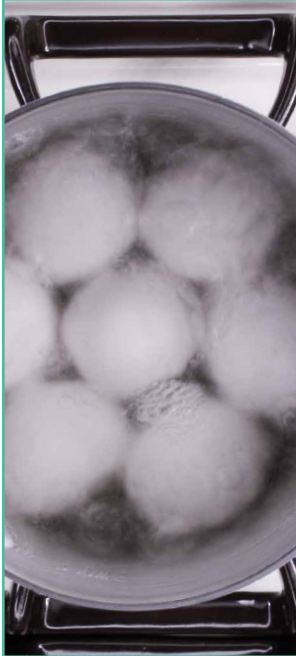
- **3** eggs, fresh, large, whole
- **1 Tbsp** onions, green, fresh, chopped (gently wash green onions under running water before cutting)
- **2 Tbsp** celery, fresh, ¼" diced (gently wash celery under running water before cutting)
- **A pinch** black pepper, ground
- **¼ tsp** mustard, dry, ground
- **2 Tbsp** mayonnaise, reduced-fat
- **2 tsp** pickle relish, sweet
- **3** rolls or buns (hamburger, brioche, etc., at least 28 g or 1 oz each)

- Directions -

Step 1

Wash hands with soap and water for at least 20 seconds.

Step 2



Boil eggs: Place eggs in a small pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.

Step 3



While eggs are cooking, prepare an ice bath. Place ice and water in a bowl. Set aside.

Step 4



When eggs are done, remove with a slotted spoon and place in the ice bath for 10 minutes.

Step 5



Peel and chop eggs.

Mini Egg Salad Sandwiches

- Directions -

Step 6



In a small bowl, combine eggs, green onions, celery, pepper, dry mustard, mayonnaise, and pickle relish. Stir until well-blended (see notes).

Step 8



Cut sandwich in half.

Step 7



Place ¼ cup of egg salad between each bun.

Step 9



Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

CACFP Crediting Information:



1 oz eq meat alternate



½ oz eq grains

Notes:

- **Contains eggs (eggs and mayonnaise) and wheat (rolls).** Rolls can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (rolls) and may be included in ingredient statements as “spice” or “flavoring.”
- The ice bath will cool the eggs quickly and make them easier to peel.
- If preparing in advance, store egg salad in an airtight container at 40 °F or lower until ready to assemble sandwiches.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

NUTRITION INFORMATION

1 half Mini Egg Salad Sandwich

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 101 |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 104 mg |
| Sodium | 95 mg |
| Total Carbohydrate | 9 g |
| Dietary Fiber | 0 g |
| Total Sugars | 3 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 21 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 20 minutes



Mini Egg Salad Sandwiches

These mini sandwiches are great as a snack or for lunch.

Ingredients:

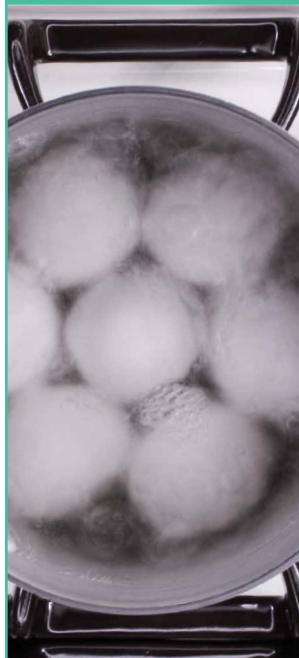
- **6** eggs, fresh, large, whole
- **2 Tbsp** onions, green, fresh, chopped (gently wash green onions under running water before cutting)
- **¼ cup** celery, fresh, ¼" diced (gently wash celery under running water before cutting)
- **⅛ tsp** black pepper, ground
- **½ tsp** mustard, dry, ground
- **¼ cup** mayonnaise, reduced-fat
- **1 Tbsp + 1 tsp** pickle relish, sweet
- **6** rolls or buns (hamburger, brioche, etc., at least 28 g or 1 oz each)

- Directions -

Step 1

Wash hands with soap and water for at least 20 seconds.

Step 2



Boil eggs: Place eggs in a small pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.

Step 3



While eggs are cooking, prepare an ice bath. Place ice and water in a bowl. Set aside.

Step 4



When eggs are done, remove with a slotted spoon and place in the ice bath for 10 minutes.

Step 5



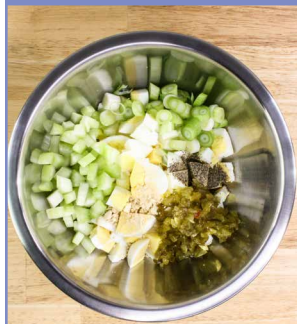
Peel and chop eggs.

Ages: 6–18, 6 Servings

Mini Egg Salad Sandwiches

- Directions -

Step 6



In a small bowl, combine eggs, green onions, celery, pepper, dry mustard, mayonnaise, and pickle relish. Stir until well-blended (see notes).

Step 7



Place $\frac{1}{4}$ cup of egg salad between each bun.

Step 8



Serve 1 sandwich. Serve immediately, or keep cold at 40 °F or lower.

CACFP Crediting Information:



2 oz eq meat alternate



1 oz eq grains

Notes:

- **Contains eggs (eggs and mayonnaise) and wheat (rolls).** Rolls can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (rolls) and may be included in ingredient statements as “spice” or “flavoring.”
- The ice bath will cool the eggs quickly and make them easier to peel.
- If preparing in advance, store egg salad in an airtight container at 40 °F or lower until ready to assemble sandwiches.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

NUTRITION INFORMATION

1 Mini Egg Salad Sandwich

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 203 |
| Total Fat | 10 g |
| Saturated Fat | 3 g |
| Cholesterol | 209 mg |
| Sodium | 194 mg |
| Total Carbohydrate | 19 g |
| Dietary Fiber | 0 g |
| Total Sugars | 5 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 42 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



Mini Graham Crackers and Berry Nut Butter

Graham crackers go great with just about anything. This pairing, which includes fruit and peanut butter, is a tasty winner!

Ingredients:

- **6 cups (1 lb 9 oz)** strawberries, frozen, whole, unsweetened, thawed, drained
- **¼ cup + 2 Tbsp** peanut butter, smooth
- **1½ cups** bear-shaped sweet crackers (about 1" x ½" each), whole grain-rich, 84 g or 3 oz of crackers total (see notes)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



In a medium bowl, combine strawberries and peanut butter. Use a hand or stand mixer to blend until smooth. Let sit for 10–15 minutes to settle.

Step 3



Place ½ cup strawberry-peanut butter mixture in a 6 fl oz cup or bowl. Top with ¼ cup mini graham crackers (bear-shaped) or 14 g crushed graham crackers.





Step 4




Serve 1 6 fl oz cup or bowl. Serve immediately, or keep cold at 40 °F or lower.

Mini Graham Crackers and Berry Nut Butter

CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq meat alternate
-  ½ oz eq grains 

Notes:

- Contains peanuts (peanut butter) and wheat (bear-shaped sweet crackers).
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4. See page 85 for more information.
- If not serving immediately, do not top strawberry-peanut butter mixture with crackers, store separately to prevent crackers from becoming soggy/soft.
- If serving other types of sweet crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 84 g or 3 oz of sweet crackers for this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 6 fl oz cup or bowl Mini Graham Crackers and Berry Nut Butter

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 236 |
| <hr/> | |
| Total Fat | 10 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 121 mg |
| Total Carbohydrate | 34 g |
| Dietary Fiber | 4 g |
| Total Sugars | 19 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 82 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



Mini Graham Crackers and Berry Nut Butter

Graham crackers go great with just about anything. This pairing, which includes fruit and peanut butter, is a tasty winner!

Ingredients:

- **9 cups (2 lb 5½ oz)** strawberries, frozen, whole, unsweetened, thawed, drained
- **¾ cup** peanut butter, smooth
- **3 cups** bear-shaped sweet crackers (about 1" by ½" each), whole grain-rich, 168 g or 6 oz of crackers total (see notes)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



In a medium bowl, combine strawberries and peanut butter. Use a hand or stand mixer to blend until smooth. Let sit for 10–15 minutes to settle.

Step 3



Place ¾ cup strawberry-peanut butter mixture in a 10 fl oz cup or bowl. Top with ½ cup mini graham crackers (bear-shaped) or 28 g crushed graham crackers.





Step 4




Serve 1 10 fl oz cup or bowl. Serve immediately, or keep cold at 40 °F or lower.

Mini Graham Crackers and Berry Nut Butter

CACFP Crediting Information:

-  ¾ cup fruit
-  1 oz eq meat alternate
-  1 oz eq grains 

Notes:

- **Contains peanuts (peanut butter) and wheat (bear-shaped sweet crackers).**
- If not serving immediately, do not top strawberry-peanut butter mixture with crackers, store separately to prevent crackers from becoming soggy/soft.
- If serving other types of sweet crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 168 g or 6 oz of sweet crackers for this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 10 fl oz cup or bowl Mini Graham Crackers and Berry Nut Butter

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 443 |
| <hr/> | |
| Total Fat | 20 g |
| Saturated Fat | 3 g |
| Cholesterol | 0 mg |
| Sodium | 242 mg |
| Total Carbohydrate | 58 g |
| Dietary Fiber | 7 g |
| Total Sugars | 31 g |
| Includes Added Sugars | N/A |
| Protein | 9 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 147 mg |
| Iron | 2 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 20 minutes



Cook Time: 20 minutes



Parmesan Zucchini Chips

Five simple ingredients combine to make a tasty vegetable snack everyone will enjoy.

Ingredients:

- **Nonstick cooking spray**
- **½ cup** whole-wheat breadcrumbs
- **1 tsp** Italian seasoning, dried
- **1½ Tbsp** parmesan cheese, grated
- **5 cups (1 lb 3 oz)** zucchini, fresh, unpeeled, ¼" sliced, rounds (gently wash zucchini under running water before cutting)
- **¼ cup** mayonnaise, reduced-fat

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



Preheat oven to 400 °F.

Step 3



Line baking sheets with foil or parchment paper and spray with nonstick cooking spray.

Step 4



In a small bowl, combine breadcrumbs, Italian seasoning, and parmesan cheese. Stir until well-blended.

Step 5



In a separate bowl, combine zucchini rounds and mayonnaise. Stir until all rounds are coated.

Step 6



Add breadcrumb mixture and stir until all rounds are coated.

Parmesan Zucchini Chips

- Directions -

Step 7



Place zucchini rounds in a single layer on prepared baking sheet. Sprinkle any remaining breadcrumb mixture on top of zucchini rounds.

Step 8



Bake until golden brown and crispy, about 20 minutes. Heat to 140 °F or higher for at least 15 seconds

Step 9



Serve ½ cup. Serve immediately, or keep warm at 140 °F or higher.

CACFP Crediting Information:




½ cup vegetable



¼ oz eq grains 

Notes:

- **Contains eggs (mayonnaise) and wheat (breadcrumbs).** Breadcrumbs can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (breadcrumbs) and may be included in ingredient statements as “spice” or “flavoring.”
- Can substitute regular breadcrumbs for whole-wheat breadcrumbs.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Prepare recipe for same day service to maintain quality.

NUTRITION INFORMATION

½ cup Parmesan Zucchini Chips

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 92 |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 5 mg |
| Sodium | 217 mg |
| Total Carbohydrate | 12 g |
| Dietary Fiber | 1 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 66 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 20 minutes



Cook Time: 20 minutes



Parmesan Zucchini Chips

Five simple ingredients combine to make a tasty vegetable snack everyone will enjoy.

Ingredients:

- **Nonstick cooking spray**
- **1 cup** whole-wheat breadcrumbs
- **2 tsp** Italian seasoning, dried
- **2¼ Tbsp** parmesan cheese, grated
- **7½ cups (1 lb 12½ oz)** zucchini, fresh, unpeeled, ¼" sliced, rounds (gently wash zucchini under running water before cutting)
- **¼ cup + 2 Tbsp** mayonnaise, reduced-fat

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



Preheat oven to 400 °F.

Step 3



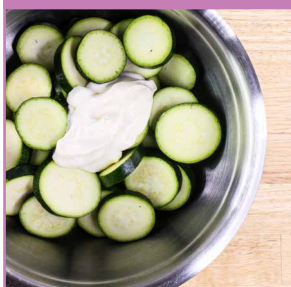
Line baking sheets with foil or parchment paper and spray with nonstick cooking spray.

Step 4



In a small bowl, combine breadcrumbs, Italian seasoning, and parmesan cheese. Stir until well-blended.

Step 5



In a separate bowl, combine zucchini rounds and mayonnaise. Stir until all rounds are coated.

Step 6



Add breadcrumb mixture and stir until all rounds are coated.

- Directions -

Step 7



Place zucchini rounds in a single layer on prepared baking sheet. Sprinkle any remaining breadcrumb mixture on top of zucchini rounds.

Step 8



Bake until golden brown and crispy, about 20 minutes. Heat to 140 °F or higher for at least 15 seconds

Step 9



Serve ¾ cup. Serve immediately, or keep warm at 140 °F or higher.

CACFP Crediting Information:




¾ cup vegetable



¾ oz eq grains 

Notes:

- **Contains eggs (mayonnaise) and wheat (breadcrumbs).** Breadcrumbs can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (breadcrumbs) and may be included in ingredient statements as “spice” or “flavoring.”
- Can substitute regular breadcrumbs for whole-wheat breadcrumbs.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Prepare recipe for same day service to maintain quality.
- Serve a variety of foods during the week to balance out an occasional snack that may be higher in sodium.

NUTRITION INFORMATION

¾ cup Parmesan Zucchini Chips

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 138 |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 7 mg |
| Sodium | 313 mg |
| Total Carbohydrate | 19 g |
| Dietary Fiber | 2 g |
| Total Sugars | 4 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| Vitamin D | N/A |
| Calcium | 110 mg |
| Iron | 2 mg |
| Potassium | N/A |

N/A = Data not available

 **Preparation Time:** 10 minutes  **Cook Time:** 0 minutes



Peach and Yogurt Smoothies

With just two ingredients, this simple smoothie will be a new favorite.

Ingredients:

- **7½ cups (1 lb 11 oz)** peaches, frozen, unsweetened, thawed, drained
- **1½ cups** vanilla yogurt, low-fat

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 3





Serve ¾ cup. Serve immediately, or keep cold at 40 °F or lower.

Step 2



Combine peaches and yogurt in a blender. Mix until smooth.

CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq meat alternate

Notes:

- **Contains milk (yogurt).**
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Refrigerating smoothies for more than 3 hours may cause a texture change.
- Smoothies can be made in advance and stored in the freezer.

NUTRITION INFORMATION

¾ cup Peach and Yogurt Smoothie

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 109 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 3 mg |
| Sodium | 37 mg |
| Total Carbohydrate | 24 g |
| Dietary Fiber | 2 g |
| Total Sugars | 22 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 97 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



Peach and Yogurt Smoothies

With just two ingredients, this simple smoothie will be a new favorite.

Ingredients:

- **11¼ cups (2 lb 8 oz)** peaches, frozen, unsweetened, thawed, drained
- **3 cups** vanilla yogurt, low-fat

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 3



Serve 1¼ cups. Serve immediately, or keep cold at 40 °F or lower.

Step 2



Combine peaches and yogurt in a blender. Mix until smooth.

CACFP Crediting Information:



¾ cup fruit



1 oz eq meat alternate

Notes:

- **Contains milk (yogurt).**
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Refrigerating smoothies for more than 3 hours may cause a texture change.
- Smoothies can be made in advance and stored in the freezer.

NUTRITION INFORMATION

1¼ cups Peach and Yogurt Smoothie

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 187 |
| Total Fat | 1 g |
| Saturated Fat | 1 g |
| Cholesterol | 6 mg |
| Sodium | 75 mg |
| Total Carbohydrate | 40 g |
| Dietary Fiber | 3 g |
| Total Sugars | 37 g |
| Includes Added Sugars | N/A |
| Protein | 7 g |
| Vitamin D | N/A |
| Calcium | 194 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 10 minutes



Savory Yogurt-Hummus Dip With Veggies

A great way to serve some protein at snack time! Try serving this dip with a variety of vegetables or a whole grain bread or cracker.

Ingredients:

- **1¼ cups** garbanzo beans, low-sodium, canned, drained, rinsed (Save liquid to use in step 2. If using water, drain and rinse beans)
- **½ tsp** garlic powder
- **1 tsp** lemon juice, fresh or bottled
- **1 Tbsp** vegetable oil
- **2 Tbsp** water or liquid from garbanzo beans
- **½ tsp** cumin, ground
- **⅛ tsp** black pepper, ground
- **2 Tbsp** Greek yogurt, plain, non-fat
- **1½ cups** broccoli, florets, fresh
- **1½ cups** carrots, baby, fresh

- Directions -

Step 1



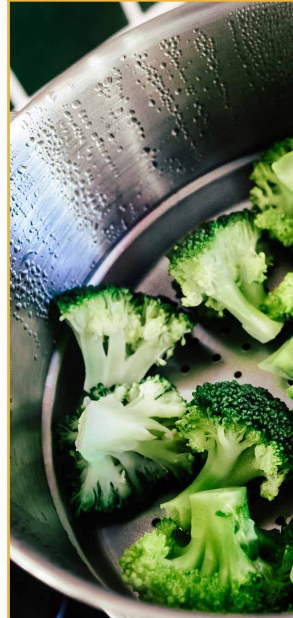
Wash hands with soap and water for at least 20 seconds.

Step 2



In a blender or food processor, combine garbanzo beans, garlic powder, lemon juice, vegetable oil, water or bean liquid, cumin, black pepper, and yogurt. Blend until smooth. Add additional water or liquid if needed. Set aside. Keep cold at 40 °F or lower (see notes).

Step 3



Place 2–3 inches of water and a steamer basket in a medium saucepan. Heat on medium-high heat for 2–3 minutes or until water comes to a boil. Add baby carrots and cook for 3 minutes. Add broccoli florets and steam for an additional 4–6 minutes or until tender.

Savory Yogurt-Hummus Dip With Veggies

- Directions -

Step 4



Remove from heat. Place vegetables in a bowl. Toss. Allow to cool.


Step 5




Serve 3 Tbsp savory yogurt-hummus dip and ½ cup veggies. Serve immediately, or keep cold at 40 °F or lower.

CACFP Crediting Information:

Crediting beans as a meat alternate:

 ½ cup vegetable

 ½ oz eq meat alternate

OR

Crediting beans as a vegetable:

 ⅝ cup vegetable

Notes:

- **Contains milk (yogurt).**
- Cooked dry beans can be substituted for canned beans (~½ cup dry beans yields 1¼ cups cooked).
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store hummus in an airtight container at 40 °F or lower until ready to serve.

NUTRITION INFORMATION

3 Tbsp savory yogurt-hummus dip and ½ cup veggies

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 89 |
| Total Fat | 3 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 81 mg |
| Total Carbohydrate | 13 g |
| Dietary Fiber | 3 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | 43 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Savory Yogurt-Hummus Dip With Veggies

A great way to serve some protein at snack time! Try serving this dip with a variety of vegetables or a whole grain bread or cracker.

Ingredients:

- **2½ cups** garbanzo beans, low-sodium, canned, drained, rinsed (Save liquid to use in step 2. If using water, drain and rinse beans)
- **1 tsp** garlic powder
- **2 tsp** lemon juice, fresh or bottled
- **2 Tbsp** vegetable oil
- **¼ cup** water or liquid from garbanzo beans
- **1 tsp** cumin, ground
- **¼ tsp** black pepper, ground
- **¼ cup** Greek yogurt, plain, non-fat
- **2¼ cups** broccoli, florets, fresh
- **2¼ cups** carrots, baby, fresh

- Directions -

Step 1



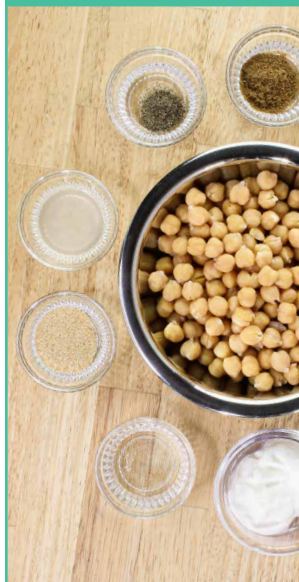
Wash hands with soap and water for at least 20 seconds.

Step 3



In a medium bowl combine broccoli and carrots. Toss.

Step 2



In a blender or food processor, combine garbanzo beans, garlic powder, lemon juice, vegetable oil, water or bean liquid, cumin, black pepper, and yogurt. Blend until smooth. Add additional water or liquid if needed. Set aside. Keep cold at 40 °F or lower (see notes).

Step 4




Serve ¼ cup + 2 Tbsp savory yogurt-hummus dip and ¾ cup veggies. Serve immediately, or keep cold at 40 °F or lower.

Savory Yogurt-Hummus Dip With Veggies

CACFP Crediting Information:

Crediting beans as a meat alternate:

 ¾ cup vegetable

 1 oz eq meat alternate

OR

Crediting beans as a vegetable:

 1 cup vegetable

Notes:

- **Contains milk (yogurt).**
- Cooked dry beans can be substituted for canned beans (~1 cup dry beans yields 2½ cups cooked).
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store hummus in an airtight container at 40 °F or lower until ready to serve.



NUTRITION INFORMATION

¼ cup + 2 Tbsp savory yogurt-hummus dip and
¾ cup veggies

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 160 |
| Total Fat | 6 g |
| Saturated Fat | 0 g |
| Cholesterol | 1 mg |
| Sodium | 137 mg |
| Total Carbohydrate | 23 g |
| Dietary Fiber | 6 g |
| Total Sugars | 3 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| Vitamin D | N/A |
| Calcium | 71 mg |
| Iron | 2 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 20 minutes



Toasted Pita Wedges and Fruit Dip

Love to snack on chips and dip? Try swapping tortillas for toasted pita wedges with this sweet and tasty fruit dip.

Ingredients:

- **1 cup** apricots, halves, canned in 100 percent fruit juice, drained
- **1 tsp** brown sugar, packed
- **½ tsp** ginger root, fresh, grated OR **¼ tsp** ginger, dry, ground
- **1½** pita rounds, whole-wheat (at least 56 g or 2 oz each)
- **Nonstick cooking spray**
- **½ tsp** cinnamon, ground

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



Preheat oven to 400 °F.

Step 3



In a small nonstick pot, combine apricots, brown sugar, and ginger.

Step 4



Cook on medium-high heat for 5 minutes or until it comes to a boil. Reduce heat to medium and simmer for 8–10 minutes, until apricot reduces to $\frac{3}{4}$ cup. Heat to 140 °F for at least 15 seconds.

Step 5



Cut each whole pita round into 8 wedges. Cut each half pita round into 4 wedges.

Toasted Pita Wedges and Fruit Dip

- Directions -

Step 6



Spray pita wedges with nonstick cooking spray and sprinkle with cinnamon.

Step 8



Remove pita wedges from the oven.

Step 7






Place on ungreased baking sheet. Lightly toast in the oven for 5 minutes.

Step 9




Serve 1/8 cup (2 Tbsp) fruit dip and 2 wedges. Serve immediately, or keep warm at 140 °F or higher.

CACFP Crediting Information:

-  1/8 cup fruit
-  1/2 oz eq grains 

Notes:

- **Contains wheat (pita rounds).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as “spice” or “flavoring.”
- Fruit dip can be served cold, keep cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

NUTRITION INFORMATION

2 toasted pita wedges and 1/8 cup fruit dip

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 70 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 76 mg |
| Total Carbohydrate | 16 g |
| Dietary Fiber | 2 g |
| Total Sugars | 1 g |
| Includes Added Sugars | N/A |
| Protein | 2 g |
| Vitamin D | N/A |
| Calcium | 11 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 25 minutes



Toasted Pita Wedges and Fruit Dip

Love to snack on chips and dip? Try swapping tortillas for toasted pita wedges with this sweet and tasty fruit dip.

Ingredients:

- **2 cups** apricots, halves, canned in 100 percent fruit juice, drained
- **2 tsp** brown sugar, packed
- **1 tsp** ginger root, fresh, grated OR **½ tsp** ginger, dry, ground
- **3** pita rounds, whole-wheat (at least 56 g or 2 oz each)
- **Nonstick cooking spray**
- **1 tsp** cinnamon, ground

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



Preheat oven to 400 °F.

Step 3



In a small nonstick pot, combine apricots, brown sugar, and ginger.

Step 4



Cook on medium-high heat for 5 minutes or until it comes to a boil. Reduce heat to medium and simmer for 10–15 minutes, until apricot reduces to 1½ cups. Heat to 140 °F for at least 15 seconds.

Step 5



Cut each whole pita round into 8 wedges.

Toasted Pita Wedges and Fruit Dip

- Directions -

Step 6



Spray pita wedges with nonstick cooking spray and sprinkle with cinnamon.

Step 8



Remove pita wedges from the oven.

Step 7




Place on ungreased baking sheet. Lightly toast in the oven for 5 minutes.



Step 9




Serve ¼ cup fruit dip and 4 wedges. Serve immediately, or keep warm at 140 °F or higher.

CACFP Crediting Information:

 ¼ cup fruit

 1 oz eq grains 

Notes:

- **Contains wheat (pita rounds).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as “spice” or “flavoring.”
- Fruit dip can be served cold, keep cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

NUTRITION INFORMATION

4 toasted pita wedges and ¼ cup fruit dip

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 140 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 151 mg |
| Total Carbohydrate | 32 g |
| Dietary Fiber | 5 g |
| Total Sugars | 3 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 22 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Tuna Salad and Apple Slices

Skip the bread and serve this tuna salad with apple slices, celery, or cucumbers.

Ingredients:

- **1 cup** tuna, canned, in water, drained
- **2 Tbsp** mayonnaise, reduced-fat
- **¼ cup** cheddar cheese, reduced-fat, shredded
- **¼ tsp** celery seed, dried
- **1 tsp** pickle relish, sweet
- **3 cups** apples, fresh, unpeeled, cored, sliced thin (gently wash apples under running water before cutting)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



In a small bowl, combine tuna, mayonnaise, cheese, celery, and pickle relish. Stir until well-blended (see notes).

Step 3



Serve 2 Tbsp tuna salad and ½ cup apple slices (about 5–7). Serve immediately, or keep cold at 40 °F or lower.

Tuna Salad and Apple Slices

CACFP Crediting Information:



½ cup fruit



1 oz eq meat/meat alternate

Notes:

- Contains milk (cheddar cheese) and fish (tuna).
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- If preparing in advance, store tuna salad in an airtight container at 40 °F or lower until ready to serve.



NUTRITION INFORMATION

2 Tbsp tuna salad and ½ cup apple slices

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 89 |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Cholesterol | 16 mg |
| Sodium | 151 mg |
| Total Carbohydrate | 9 g |
| Dietary Fiber | 1 g |
| Total Sugars | 6 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 6 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 15 minutes



Cook Time: 0 minutes



Tuna Salad and Apple Slices

Skip the bread and serve this tuna salad with apple slices, celery, or cucumbers.

Ingredients:

- **1 cup** tuna, canned, in water, drained
- **2 Tbsp** mayonnaise, reduced-fat
- **¼ cup** cheddar cheese, reduced-fat, shredded
- **¼ tsp** celery seed, dried
- **1 tsp** pickle relish, sweet
- **4½ cups** apples, fresh, unpeeled, cored, sliced thin (gently wash apples under running water before cutting)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 2



In a small bowl, combine tuna, mayonnaise, cheese, celery, and pickle relish. Stir until well-blended (see notes).

Step 3





Serve 2 Tbsp tuna salad and $\frac{3}{4}$ cup apple slices (about 7–9). Serve immediately, or keep cold at 40 °F or lower.

Ages: 6–18, 6 Servings

Tuna Salad and Apple Slices

CACFP Crediting Information:

-  ¾ cup fruit
-  1 oz eq meat/meat alternate

Notes:

- **Contains milk (cheddar cheese) and fish (tuna).**
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- If preparing in advance, store tuna salad in an air-tight container at 40 °F or lower until ready to serve.



NUTRITION INFORMATION

2 Tbsp tuna salad and ¾ cup apple slices

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 110 |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Cholesterol | 16 mg |
| Sodium | 152 mg |
| Total Carbohydrate | 14 g |
| Dietary Fiber | 2 g |
| Total Sugars | 10 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 11 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



Very Berry Parfaits

Layered in goodness! The kids will enjoy helping to assemble these treats.

Ingredients:

- **5¾ cups (1 lb ½ oz)** berry medley, frozen, unsweetened (strawberries, blackberries, raspberries, and blueberries), thawed, drained
- **1½ cups** vanilla yogurt, low-fat
- **¾ cup** granola (optional)

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 3



Serve 1 parfait. Serve immediately, or keep cold at 40 °F or lower.



Step 2



In clear 10 fl oz plastic cups, layer parfait ingredients in the following order: ½ cup fruit, ¼ cup yogurt, and 2 Tbsp granola (optional).

Very Berry Parfaits

CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq meat alternate

Notes:

- Contains milk (yogurt) and wheat (granola [optional]).
- **Choking Prevention:** Granola can be a choking risk for children under the age of 4. See page 85 for more information.
- **Use of granola** provides ½ oz eq grains. Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- The use of optional ingredients will change the nutrition information.



NUTRITION INFORMATION

1 Very Berry Parfait (without granola)

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 102 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 3 mg |
| Sodium | 37 mg |
| Total Carbohydrate | 21 g |
| Dietary Fiber | 5 g |
| Total Sugars | 16 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 97 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 10 minutes



Cook Time: 0 minutes



Very Berry Parfaits

Layered in goodness! The kids will enjoy helping to assemble these treats.

Ingredients:

- **8½ cups (2 lb 3 oz)** berry medley, frozen, unsweetened (strawberries, blackberries, raspberries, and blueberries), thawed, drained
- **3 cups** vanilla yogurt, low-fat
- **1½ cups** granola

- Directions -

Step 1



Wash hands with soap and water for at least 20 seconds.

Step 3



Serve 1 parfait. Serve immediately, or keep cold at 40 °F or lower.





Step 2




In clear 12 fl oz plastic cups, layer parfait ingredients in the following order: $\frac{3}{4}$ cup fruit, $\frac{1}{2}$ cup yogurt, and $\frac{1}{4}$ cup granola.

Very Berry Parfaits

CACFP Crediting Information:

-  ¾ cup fruit
-  1 oz eq meat alternate
-  1 oz eq grains 

Notes:

- Contains milk (yogurt) and wheat (granola).
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 Very Berry Parfait

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 277 |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 6 mg |
| Sodium | 112 mg |
| Total Carbohydrate | 55 g |
| Dietary Fiber | 8 g |
| Total Sugars | 28 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 207 mg |
| Iron | 2 mg |
| Potassium | N/A |

N/A = Data not available



Quantity Recipes: 25 and 50 Servings

| | |
|--|------------|
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Special Dietary Considerations: At a Glance

Always check the food labels of ingredients for allergen information.

| Recipe Name | Pescatarian | Lacto-Ovo Vegetarian | Lacto-Vegetarian | Vegan | No Pork | No Beef or Beef Products | No Shellfish | No Meat/Poultry and Dairy Combined |
|---|-------------|----------------------|------------------|-------|---------|--------------------------|--------------|------------------------------------|
| <u>Apples and Almond Butter</u> | ● | ● | ● | ● | ● | ● | ● | ● |
| <u>Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Caprese Bruschetta</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Cheesy Bean Tostada (using vegetarian refried beans)</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Chicken and Cheese Snack Cup With Grapes</u> | | | | | ● | ● | ● | |
| <u>Corny Salsa With Tortilla Chips</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Curried Chicken Wraps</u> | | | | | ● | ● | ● | |
| <u>Deli Bento Box</u> | | | | | ● | ● | ● | |
| <u>Dried Fruit and Cereal Snack Mix</u> | ● | ● | ● | ● | ● | ● | ● | ● |
| <u>Fresh Veggie Wraps</u> | ● | ● | ● | | ● | ● | ● | ● |

Special Dietary Considerations: At a Glance

Always check the food labels of ingredients for allergen information.

| Recipe Name | Pescatarian | Lacto-Ovo Vegetarian | Lacto-Vegetarian | Vegan | No Pork | No Beef or Beef Products | No Shellfish | No Meat/Poultry and Dairy Combined |
|--|-------------|----------------------|------------------|-------|---------|--------------------------|--------------|------------------------------------|
| <u>Fruited Chicken Salad With Crackers</u> | | | | | ● | ● | ● | |
| <u>Herb Bagel Bites</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Mini Egg Salad Sandwiches</u> | ● | ● | | | ● | ● | ● | ● |
| <u>Mini Graham Crackers and Berry Nut Butter</u> | ● | ● | ● | ● | ● | ● | ● | ● |
| <u>Parmesan Zucchini Chips</u> | ● | ● | | | ● | ● | ● | ● |
| <u>Peach and Yogurt Smoothies</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Savory Yogurt-Hummus Dip With Veggies</u> | ● | ● | ● | | ● | ● | ● | ● |
| <u>Toasted Pita Wedges and Fruit Dip</u> | ● | ● | ● | ● | ● | ● | ● | ● |
| <u>Tuna Salad and Apple Slices</u> | ● | | | | ● | ● | ● | |
| <u>Very Berry Parfaits</u> | ● | ● | ● | | ● | ● | ● | ● |



Preparation Time: 45 minutes



Cook Time: 0 minutes

Apples and Almond Butter

Pair crisp apple slices with creamy almond butter for a naturally sweet snack.



Ingredients

Apples, fresh, unpeeled, cored, thinly sliced* (gently wash apples under running water before cutting)

Almond butter, smooth

25 servings

3 qt + ½ cup
(3 lb 7 oz)

1½ cups +
1 Tbsp

50 servings

1 gal + 2 qt +
1 cup
(6 lb 14 oz)

3 cups +
2 Tbsp



*See Marketing Guide

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Serve ½ cup apple slices (about 5–7) and 1 Tbsp of almond butter (see notes). Serve immediately, or keep cold at 40 °F or lower.

Apples and Almond Butter

CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq meat alternate

Notes:

- **Contains tree nuts (almonds).** Sunflower seed butters or soy nut butter may be used in place of almond butter. Some sunflower seed butter and soy nut butters are processed on equipment shared with tree nuts, and in some cases, peanuts.
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4. See page 85 for more information. To reduce the risk of choking, spread the almond butter in a thin layer on the apple slices.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.



NUTRITION INFORMATION

½ cup apple slices and 1 Tbsp almond butter

| NUTRIENTS | AMOUNT |
|---------------------------|-------------|
| Calories | 130 |
| Total Fat | 9 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 2 mg |
| Total Carbohydrate | 12 g |
| Dietary Fiber | 3 g |
| Total Sugars | 7 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | 59 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Final weight and yields:

25 servings

Weight: 3 lb 7 oz apples,
14 oz almond butter
Yield: 3 qt ½ cup apples,
1½ cups 1 Tbsp almond butter

50 servings

Weight: 6 lb 14 oz apples,
1 lb 12 oz almond butter
Yield: 1 gal 2 qt 1 cup apples,
3 cups 2 Tbsp almond butter

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|------------------------|-------------|-------------|
| Apples, fresh | 3 lb 13 oz | 7 lb 9 oz |

Ages: 6–18, 25 and 50 Servings



Preparation Time: 45 minutes



Cook Time: 0 minutes

Apples and Almond Butter

Pair crisp apple slices with creamy almond butter for a naturally sweet snack.



Ingredients

Apples, fresh, unpeeled, cored, thinly sliced* (gently wash apples under running water before cutting)

Almond butter, smooth

25 servings

1 gal + 2¾ cups
(5 lb 3 oz)

3 cups + 2 Tbsp

50 servings

2 gal + 1 qt +
1½ cups
(10 lb 6 oz)

1 qt +
2¼ cups



*See Marketing Guide

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Serve ¾ cup apple slices (about 7–9) and 2 Tbsp of almond butter. Serve immediately, or keep cold at 40 °F or lower.

Apples and Almond Butter

CACFP Crediting Information:

-  ¾ cup fruit
-  1 oz eq meat alternate

Notes:

- **Contains tree nuts (almonds).** Sunflower seed butter or soy nut butter may be used in place of almond butter. Some sunflower seed butters and soy nut butters are processed on equipment shared with tree nuts, and in some cases, peanuts.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.

Final weight and yields:

25 servings

Weight: 5 lb 3 oz apples,
1 lb 12 oz almond butter
Yield: 1 gal 2¾ cups apples,
3 cups 2 Tbsp almond butter

50 servings

Weight: 10 lb 6 oz apples,
3 lb 8 oz almond butter
Yield: 2 gal 1 qt 1½ cups apples,
1 qt 2¼ cups almond butter



NUTRITION INFORMATION

¾ cup apple slices and 2 Tbsp almond butter

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 244 |
| Total Fat | 18 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 3 mg |
| Total Carbohydrate | 19 g |
| Dietary Fiber | 6 g |
| Total Sugars | 11 g |
| Includes Added Sugars | N/A |
| Protein | 7 g |
| Vitamin D | N/A |
| Calcium | 116 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Apples, fresh | 5 lb 12 oz | 10 lb 6 oz |



Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

Give your baby carrots a makeover. Serve these baked carrots with a tasty dip.



Ingredients

Greek yogurt, non-fat, plain

25 servings

3¼ cups +
2 Tbsp

50 servings

1 qt +
2¾ cups

Sunflower seed butter

¾ cup + 1 Tbsp

1½ cups +
2 Tbsp

Baby carrots, fresh

1 gal
(4 lb 7 oz)

2 gal
(8 lb 14 oz)

Salt, table

½ tsp

½ + ¼ tsp

Canola oil

2 Tbsp



¼ cup

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small bowl, combine yogurt and sunflower seed butter. Use a fork or rubber spatula to mix until smooth. Set aside. Keep cold at 40 °F or lower.
4. In a medium bowl, combine carrots, salt, and oil. Toss.
5. Place carrots on sheet pan(s) (18" x 26" x 1") in a single layer.
For 25 servings, use 1 pan.
For 50 servings, use 2 pans.
6. Bake for 30 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for at least 15 seconds.
7. Serve ½ cup carrots (about 6–10) and 2 Tbsp (#24 scoop) dip. Serve immediately, or keep dip cold at 40 °F or lower and keep carrot fries warm at 140 °F or higher.

Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

CACFP Crediting Information:

-  ½ cup vegetable
-  ½ oz eq meat alternate

Notes:

- **Contains milk (yogurt) and may contain peanuts or tree nuts.** Some sunflower seed butters and soy nut butters are processed on equipment shared with tree nuts, and in some cases, peanuts.
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4. See page 85 for more information.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.

Final weight and yields:

25 servings

Weight: 5 lb 10 oz

Yield: 3 qt ½ cup baked carrot fries,
1 qt 3 Tbsp dip

50 servings

Weight: 11 lb 5 oz

Yield: 1 gal 2 qt 1 cup baked carrot fries,
2 qt ¾ cup dip



NUTRITION INFORMATION

½ cup baked carrot fries and 2 Tbsp dip

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 105 |
| <hr/> | |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 2 mg |
| Sodium | 132 mg |
| Total Carbohydrate | 9 g |
| Dietary Fiber | 3 g |
| Total Sugars | 4 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 64 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

Give your baby carrots a makeover. Serve these baked carrots with a tasty dip.



Ingredients



| | 25 servings | 50 servings |
|-------------------------------------|---------------------------|--------------------|
| Greek yogurt, non-fat, plain | 1 qt + 2¾ cups | 3 qt + 1½ cups |
| Sunflower seed butter | 1½ cups + 2 Tbsp | 3¼ cups |
| Baby carrots, fresh | 1 gal + 2 qt (6 lb 12 oz) | 3 gal (13 lb 8 oz) |
| Salt, table | 1 tsp | 2 tsp |
| Canola oil | 3 Tbsp | ¼ cup + 2 Tbsp |

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small bowl, combine yogurt and sunflower seed butter. Use a fork or rubber spatula to mix until smooth. Set aside. Keep cold at 40 °F or lower.
4. In an extra-large bowl, combine carrots, salt, and oil. Toss.
5. Place carrots on sheet pans (18" x 26" x 1") in a single layer.
For 25 servings, use 2 pans.
For 50 servings, use 4 pans.
6. Bake for 30 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for 15 seconds.
7. Serve ¾ cup carrots (about 9–13) and ⅓ cup dip (#12 scoop). Serve immediately, or keep dip cold at 40 °F or lower and keep carrot fries warm at 140 °F or higher.

Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

CACFP Crediting Information:

-  ¾ cup vegetable
-  1 oz eq meat alternate

Notes:

- **Contains milk (yogurt) and may contain peanuts or tree nuts.** Some sunflower seed butters and soy nut butters are processed on equipment shared with tree nuts, and in some cases, peanuts.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.

Final weight and yields:

25 servings

Weight: 9 lb 7 oz

Yield: 1 gal 2¾ cups baked carrot fries,
2 qt ¾ cup dip

50 servings

Weight: 18 lb 14 oz

Yield: 2 gal 1 qt 1 cup baked carrot fries,
1 gal ¾ cup dip



NUTRITION INFORMATION

¾ cup baked carrot fries and ⅓ cup dip

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 189 |
| Total Fat | 10 g |
| Saturated Fat | 1 g |
| Cholesterol | 3 mg |
| Sodium | 241 mg |
| Total Carbohydrate | 15 g |
| Dietary Fiber | 6 g |
| Total Sugars | 8 g |
| Includes Added Sugars | N/A |
| Protein | 11 g |
| Vitamin D | N/A |
| Calcium | 116 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 2 hours



Cook Time: 8 minutes

Caprese Bruschetta

Caprese refers to the use of mozzarella, tomatoes, and basil in this recipe.

Bruschetta refers to the use of toasted bread as the base for the toppings.

It sounds fancy, but it's really quite easy to put together.



| Ingredients | 25 servings | 50 servings |
|--|--------------|----------------------|
| Tomatoes, fresh, ¼" diced* (gently wash tomatoes under running water before cutting) | 3 qt + ½ cup | 1 gal + 2 qt + 1 cup |
| Garlic, fresh, minced | 2 tsp | 1 Tbsp + 1 tsp |
| Basil, fresh, chopped (gently wash basil under running water before cutting) | ½ cup | 1 cup |
| Balsamic vinegar | ¼ cup | ½ cup |
| Olive oil, extra virgin | 2 Tbsp | ¼ cup |
| Salt, table | 1 tsp | 2 tsp |
| Mozzarella, finely shredded, low-moisture, part-skim, reduced-fat | 1 cup (4 oz) | 2 cups (8 oz) |
| Sandwich thins, whole-wheat (at least 56 g or 2 oz each) | 12½ | 25 |

*See Marketing Guide



Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 350 °F.
3. In a large bowl, combine tomatoes, garlic, basil, balsamic vinegar, olive oil, salt, and mozzarella cheese. Set aside. Keep cold at 40 °F or lower (see notes).
4. Separate sandwich thins and place both halves on a sheet pan (18" x 26" x 1"). Bake for about 6–8 minutes or until toasted.
For 25 servings, use 1 pan.
For 50 servings, use 2 pans.
5. Place ½ cup (#8 scoop) tomato mixture on each toasted half.
6. Serve 1 piece. Serve immediately, or keep tomato mixture cold at 40 °F or lower.


Caprese Bruschetta

CACFP Crediting Information:

 ½ cup vegetable

 1 oz eq grains 

Notes:

- **Contains milk (mozzarella cheese) and wheat (sandwich thins).** Sandwich thins can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (sandwich thins) and may be included in ingredient statements as “spice” or “flavoring.”
- If not serving immediately, store sandwich thins and tomato mixture separately. Keep tomato mixture cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 7 lb 12 oz

Yield: 25 Caprese Bruschetta

50 servings

Weight: 15 lb 9 oz

Yield: 50 Caprese Bruschetta

*Marketing Guide

Food as Purchased for:

Tomatoes, fresh

25 servings

6 lb 13 oz

50 servings

13 lb 9 oz



NUTRITION INFORMATION

1 piece Caprese Bruschetta

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 115 |
| Total Fat | 2 g |
| Saturated Fat | 1 g |
| Cholesterol | 2 mg |
| Sodium | 219 mg |
| Total Carbohydrate | 20 g |
| Dietary Fiber | 2 g |
| Total Sugars | 5 g |
| Includes Added Sugars | N/A |
| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | 22 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 2 hours



Cook Time: 8 minutes

Caprese Bruschetta

Caprese refers to the use of mozzarella, tomatoes, and basil in this recipe.

Bruschetta refers to the use of toasted bread as the base for the toppings.

It sounds fancy, but it's really quite easy to put together.



Ingredients

Tomatoes, fresh, ¼" diced*
(gently wash tomatoes under running water before cutting)

25 servings

1 gal + 2¾ cups

50 servings

2 gal + 1 qt
+ 1½ cups

Garlic, fresh, minced

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

Basil, fresh, chopped
(gently wash basil under running water before cutting)

¾ cup

1½ cups

Balsamic vinegar

¼ cup + 2 Tbsp

¾ cup

Olive oil, extra virgin

3 Tbsp

¼ cup +
2 Tbsp

Salt, table

2 tsp

1 Tbsp + 1 tsp

**Mozzarella, finely shredded,
low-moisture, part-skim,
reduced-fat**

1½ cups +
1 Tbsp
(6¼ oz)

3 cups +
2 Tbsp
(12½ oz)

**Sandwich thins, whole-wheat
(at least 56 g or 2 oz each)**

12½

25




*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 350 °F.
3. In a large bowl, combine tomatoes, garlic, basil, balsamic vinegar, olive oil, salt, and mozzarella cheese. Set aside. Keep cold at 40 °F or lower (see notes).
4. Separate sandwich thins and place both halves on a sheet pan (18" x 26" x 1"). Bake for about 6–8 minutes or until toasted.
For 25 servings, use 1 pan.
For 50 servings, use 2 pans.
5. Place ¾ cup (6 oz server) tomato mixture on each toasted half.
6. Serve 1 piece. Serve immediately, or keep tomato mixture cold at 40 °F or lower.

Caprese Bruschetta

CACFP Crediting Information:

-  ¾ cup vegetable
-  1 oz eq grains 

Notes:

- **Contains milk (mozzarella cheese) and wheat (sandwich thins).** Sandwich thins can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (sandwich thins) and may be included in ingredient statements as “spice” or “flavoring.”
- If not serving immediately, store sandwich thins and tomato mixture separately. Keep tomato mixture cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 piece Caprese Bruschetta

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 135 |
| <hr/> | |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Cholesterol | 3 mg |
| Sodium | 285 mg |
| Total Carbohydrate | 22 g |
| Dietary Fiber | 4 g |
| Total Sugars | 6 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 28 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Final weight and yields:

25 servings

Weight: 11 lb 2 oz

Yield: 25 Caprese Bruschetta

50 servings

Weight: 22 lb 5 oz

Yield: 50 Caprese Bruschetta

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|------------------------|-------------|-------------|
| Tomatoes, fresh | 10 lb 2 oz | 20 lb 4 oz |



Preparation Time: 30 minutes



Cook Time: 7 minutes

Cheesy Bean Tostada

Beans for snack? Yes, please!



Ingredients

Refried beans, fat-free, low-sodium

25 servings

3 cups + 2 Tbsp

50 servings

1 qt +
2¼ cups

**Corn tortillas
(at least 14 g or ½ oz each)**

25

50

Cheddar cheese, reduced-fat, shredded

1½ cups +
1 Tbsp
(6¼ oz)

3 cups +
2 Tbsp
(12½ oz)


Directions:



1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spread 2 Tbsp of beans on each corn tortilla.
4. Sprinkle 1 Tbsp of cheese evenly over the beans on each tortilla.
5. Place on ungreased sheet pans (18" x 26" x 1") and bake for 7 minutes or until cheese is melted.
For 25 servings, use 2 pans.
For 50 servings, use 4 pans
6. Heat to 140 °F or higher for at least 15 seconds.
7. Serve 1 tostada. Serve immediately, or keep warm at 140 °F or higher.

Cheesy Bean Tostada

CACFP Crediting Information:

Crediting beans as a meat alternate:


 ¾ oz eq meat alternate



 ½ oz eq grains 


OR

Crediting beans as a vegetable:

 ⅛ cup vegetable

 ½ oz eq meat alternate

 ½ oz eq grains 
Notes:

- **Contains milk (cheddar cheese).**
Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:**25 servings****Weight:** 3 lb 7 oz**Yield:** 25 Cheesy Bean Tostadas**50 servings****Weight:** 6 lb 1 oz**Yield:** 50 Cheesy Bean Tostadas**NUTRITION INFORMATION**

1 Cheesy Bean Tostada

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 85 |
| <hr/> | |
| Total Fat | 2 g |
| Saturated Fat | 1 g |
| Cholesterol | 5 mg |
| Sodium | 96 mg |
| Total Carbohydrate | 13 g |
| Dietary Fiber | 2 g |
| Total Sugars | 0 g |
| Includes Added Sugars | N/A |
| Protein | 5 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 19 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Ages: 6–18, 25 and 50 Servings



Preparation Time: 30 minutes



Cook Time: 7 minutes

Cheesy Bean Tostada

Beans for snack? Yes, please!



Ingredients

Refried beans, fat-free, low-sodium

25 servings

1 qt + 2¼ cups

50 servings

3 qt + ½ cup

**Corn tortillas
(at least 14 g or ½ oz each)**

50

100

Cheddar cheese, reduced-fat, shredded

3⅛ cups
(12½ oz)

6¼ cups
(1 lb 9 oz)

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spread 2 Tbsp of beans on each corn tortilla.
4. Sprinkle 1 Tbsp of cheese evenly over the beans on each tortilla.
5. Place on ungreased sheet pans (18" x 26" x 1") and bake for 7 minutes or until cheese is melted.
For 25 servings, use 4 pans.
For 50 servings, use 8 pans.
6. Heat to 140 °F or higher for at least 15 seconds.
7. Serve 2 tostadas. Serve immediately, or keep warm at 140 °F or higher.

Cheesy Bean Tostada

CACFP Crediting Information:

Crediting beans as a meat alternate:



1½ oz eq meat alternate



1 oz eq grains 

OR

Crediting beans as a vegetable:



¼ cup vegetable




1 oz eq meat alternate



1 oz eq grains 

Notes:

- **Contains milk (cheddar cheese).**
Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 6 lb 1 oz

Yield: 50 Cheesy Bean Tostadas

50 servings

Weight: 12 lb 2 oz

Yield: 100 Cheesy Bean Tostadas



NUTRITION INFORMATION

2 Cheesy Bean Tostadas

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 167 |
| Total Fat | 4 g |
| Saturated Fat | 2 g |
| Cholesterol | 10 mg |
| Sodium | 187 mg |
| Total Carbohydrate | 25 g |
| Dietary Fiber | 5 g |
| Total Sugars | 1 g |
| Includes Added Sugars | N/A |
| Protein | 9 g |
| Vitamin D | N/A |
| Calcium | 36 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 0 minutes

Chicken and Cheese Snack Cup With Grapes

Rotisserie chicken, Colby cheese, and grapes are packaged together to make a great snack.



Ingredients

Chicken breast, cooked, skinless, rotisserie, ¼" diced

25 servings

2¼ cups
(9 oz)

50 servings

1 qt + ½ cup
(1 lb 2 oz)

Colby cheese, ¼" diced

1½ cups +
1 Tbsp
(6¼ oz)

3 cups +
2 Tbsp
(12½ oz)

Red grapes, seedless, fresh, halved* (gently wash grapes under running water before cutting)

3 qt + ½ cup

1 gal + 2 qt +
1 cup

*See Marketing Guide

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In 25 or 50 6 fl oz clear plastic cups, layer 1 Tbsp (#70 scoop) chicken and 1 Tbsp (#70 scoop) cheese.
3. Top each cup with ½ cup (#8 scoop) of sliced grapes.
4. Serve 1 6 fl oz cup. Serve immediately, or cover and keep cold at 40 °F or lower (see notes).

Chicken and Cheese Snack Cup With Grapes

CACFP Crediting Information:



½ cup fruit



½ oz eq meat/meat alternate

Notes:

- **Contains milk (Colby cheese).**
- **Choking Prevention:** Large chunks of cheese cubes can be a choking risk for children under the age of 4. To reduce the risk of choking, use shredded cheese. See page 85 for more information.
- **Choking Prevention:** Whole grapes can be a choking risk for children under the age of 4. To reduce the risk of choking, cut grapes in half lengthwise. If needed, cut into smaller pieces no larger than ½ inch. See page 85 for more information.
- If preparing in advance, store diced chicken, diced cheese, and sliced grapes in separate airtight containers at 40 °F or lower until ready to assemble snack cups.

Final weight and yields:

25 servings

Weight: 6 lb 7 oz

Yield: 3 qt 3⅝ cups Chicken and Cheese Snack Cups With Grapes

50 servings

Weight: 12 lb 15 oz

Yield: 1 gal 3 qt ¾ cups Chicken and Cheese Snack Cups With Grapes

***Marketing Guide**

Food as Purchased for:

Grapes, fresh

25 servings

5 lb 11 oz

50 servings

11 lb 6 oz



NUTRITION INFORMATION

1 Chicken and Cheese Snack Cup With Grapes

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 107 |
| Total Fat | 3 g |
| Saturated Fat | 2 g |
| Cholesterol | 12 mg |
| Sodium | 150 mg |
| Total Carbohydrate | 19 g |
| Dietary Fiber | 1 g |
| Total Sugars | 16 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 60 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 0 minutes

Chicken and Cheese Snack Cup With Grapes

Rotisserie chicken, Colby cheese, and grapes are packaged together to make a great snack.



Ingredients

Chicken breast, cooked, skinless, rotisserie, ¼" diced

25 servings

1 qt + ½ cup
(1 lb 2 oz)

50 servings

2 qt + 1 cup
(2 lb 4 oz)

Colby cheese, ¼" diced

3 cups +
2 Tbsp
(12½ oz)

1 qt +
2¼ cups
(1 lb 9 oz)

Red grapes, seedless, fresh, halved* (gently wash grapes under running water before cutting)

1 gal +
2¾ cups

2 gal +
1 qt + 1½ cups

*See Marketing Guide


Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In 25 or 50 8 fl oz clear plastic cups, layer 2 Tbsp (#30 scoop) chicken and 2 Tbsp (#30 scoop) cheese.
3. Top each cup with ¾ cup of sliced grapes.
4. Serve 1 8 fl oz cup. Serve immediately, or cover and keep cold at 40 °F or lower (see notes).

Ages: 6–18, 25 and 50 Servings

Chicken and Cheese Snack Cup With Grapes

CACFP Crediting Information:

 ¾ cup fruit

 1 oz eq meat/meat alternate

Notes:

- **Contains milk (Colby cheese).**
- If preparing in advance, store diced chicken, diced cheese, and sliced grapes in separate airtight containers at 40 °F or lower until ready to assemble snack cups.

Final weight and yields:

25 servings

Weight: 10 lb 4 oz

Yield: 1 gal 2 qt 1 cup Chicken and Cheese Snack Cup With Grapes

50 servings

Weight: 20 lb 8 oz

Yield: 3 gal 2 cups Chicken and Cheese Snack Cup With Grapes



NUTRITION INFORMATION

1 Chicken and Cheese Snack Cup With Grapes

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 180 |
| Total Fat | 5 g |
| Saturated Fat | 3 g |
| Cholesterol | 24 mg |
| Sodium | 299 mg |
| Total Carbohydrate | 28 g |
| Dietary Fiber | 1 g |
| Total Sugars | 24 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 114 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Grapes, fresh | 8 lb 10 oz | 17 lb 4 oz |



Preparation Time: 1 hour



Cook Time: 0 minutes

Corny Salsa With Tortilla Chips

Corn and tomatoes join forces to make this fun salsa.



| Ingredients | 25 servings | 50 servings |
|---|----------------------------|----------------------------|
| Corn kernels, thawed, drained | 2 qt | 1 gal |
| Tomatoes, fresh, ¼" diced* (gently wash tomatoes under running water before cutting) | 3 cups + 2 Tbsp | 1 qt + 2¼ cups |
| Cucumbers, fresh, unpeeled, ¼" diced* (gently wash cucumbers under running water before cutting) | 3 cups + 2 Tbsp | 1 qt + 2¼ cups |
| Green onions, fresh, chopped* (gently wash green onions under running water before cutting) | ½ cup | 1 cup |
| Chili lime seasoning | 2 tsp | 1 Tbsp + 1 tsp |
| Sour cream, light | ½ cup | 1 cup |
| Tortilla chips | 12½ oz (at least 350 g) | 1 lb 9 oz (at least 700 g) |

*See Marketing Guide

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine corn, tomatoes, cucumbers, green onions, chili lime seasoning, and sour cream. Stir to mix (see notes).
3. Serve ½ cup (4 fl oz ladle) corny salsa and ½ oz eq tortilla chips (about 5–7 whole chips). Serve immediately, or keep cold at 40 °F or lower.

Corny Salsa With Tortilla Chips

CACFP Crediting Information:

 ½ cup vegetable

 ½ oz eq grains

Notes:

- **Contains milk (sour cream).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortilla chips) and may be included in ingredient statements as “spice” or “flavoring.”
- **Choking Prevention:** Whole corn kernels can be a choking risk for children under the age of 4. See page 85 for more information.
- If preparing in advance, store corny salsa in an airtight container at 40 °F or lower until ready to serve.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 6 lb ½ oz

Yield: 3 qt ½ cup corny salsa,
12½ oz chips

50 servings

Weight: 12 lb 1¼ oz

Yield: 1 gal 2 qt 1 cup corny salsa,
1 lb 9 oz chips

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Cucumbers, fresh | 1 lb 3½ oz | 2 lb 7 oz |
| Green onions, fresh | 1¼ oz | 2½ oz |
| Tomatoes, fresh | 1 lb 10½ oz | 3 lb 5 oz |



NUTRITION INFORMATION

½ cup corny salsa and ½ oz eq tortilla chips

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 122 |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 1 mg |
| Sodium | 91 mg |
| Total Carbohydrate | 20 g |
| Dietary Fiber | 2 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | 29 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Ages: 6–18, 25 and 50 Servings



Preparation Time: 1 hour



Cook Time: 0 minutes

Corny Salsa With Tortilla Chips

Corn and tomatoes join forces to make this fun salsa.



Ingredients

Corn kernels, frozen, thawed, drained

25 servings

3 qt + ½ cup

50 servings

1 gal + 2 qt + 1 cup

Tomatoes, fresh, ¼" diced* (gently wash tomatoes under running water before cutting)

1 qt + ¾ cup

2 qt + 1½ cups

Cucumbers, fresh, unpeeled, ¼" diced* (gently wash cucumbers under running water before cutting)

1 qt + ¾ cup

2 qt + 1½ cups

Green onions, fresh, chopped* (gently wash green onions under running water before cutting)

¾ cup

1½ cups

Chili lime seasoning

1 Tbsp

2 Tbsp

Sour cream, light

¾ cup

1½ cups

Tortilla chips

1 lb 9 oz
(at least 700 g)

3 lb 2 oz
(at least 1400 g)



*See Marketing Guide

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine corn, tomatoes, cucumbers, green onions, chili lime seasoning, sour cream. Stir to mix (see notes).
3. Serve ¾ cup (6 fl oz ladle) corny salsa and 1 oz tortilla chips (about 10–15 whole chips). Serve immediately, or keep cold at 40 °F or lower.

Corny Salsa With Tortilla Chips

CACFP Crediting Information:

-  ¾ cup vegetable
-  1 oz eq grains

Notes:

- **Contains milk (sour cream).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortilla chips) and may be included in ingredient statements as “spice” or “flavoring.”
- If preparing in advance, store corny salsa in an airtight container at 40 °F or lower until ready to serve.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 9 lb 7½ oz

Yield: 1 gal 2¾ cups corny salsa,
1 lb 9 oz chips

50 servings

Weight: 18 lb 14⅛ oz

Yield: 2 gal 1 qt 1½ cups corny salsa,
3 lb 2 oz chips



NUTRITION INFORMATION

¾ cup corny salsa and 1 oz eq tortilla chips

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 218 |
| Total Fat | 8 g |
| Saturated Fat | 1 g |
| Cholesterol | 2 mg |
| Sodium | 158 mg |
| Total Carbohydrate | 36 g |
| Dietary Fiber | 3 g |
| Total Sugars | 4 g |
| Includes Added Sugars | N/A |
| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | 51 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Cucumbers, fresh | 1 lb 13 oz | 3 lb 10 oz |
| Green onions, fresh | 2 oz | 4 oz |
| Tomatoes, fresh | 2 lb 7¾ oz | 5 lb |

Ages: 3–5, 25 and 50 Servings



Preparation Time: 1 hour



Cook Time: 0 minutes

Curried Chicken Wraps

You can use curry powder in a variety of recipes. In this recipe, it adds a wonderful flavor to the familiar wrap.



Ingredients

25 servings

50 servings

Greek yogurt, non-fat, plain

1 cup

2 cups

Curry powder

1 tsp

2 tsp

Chicken, boneless, skinless, cooked, ¼" diced

3¼ cups
(1 gal 3 qt 3 cups)

1 qt +
2¼ cups
(1 lb 9 oz)

**Apples, fresh, unpeeled, cored, ¼" diced*
(gently wash apples under running water before cutting)**

3⅔ cups

1 qt +
3⅓ cups

Raisins, golden

1½ cups +
1 Tbsp

3 cups +
2 Tbsp

**Tortillas, whole-wheat
(8" across, at least
42 g or 1½ oz each)**

12½

25





*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine yogurt and curry powder. Stir until well-blended.
3. Using a rubber spatula, fold in chicken, apples, and raisins (see notes).
4. Place ½ cup (#8 scoop) chicken salad in the center of each tortilla. Roll tortillas like a burrito.
5. Place seam-side down on a cutting board and cut in half.
6. Serve 1 half wrap. Serve immediately, or keep cold at 40 °F or lower.

Curried Chicken Wraps

CACFP Crediting Information:

-  ¼ cup fruit
-  ½ oz eq meat
-  ¾ oz eq grains 

Notes:

- **Contains milk (yogurt) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- **Choking Prevention:** Dried fruit can be a choking risk for children under the age of 4. See page 85 for more information.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to assemble wraps.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 half Curried Chicken Wrap

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 120 |
| Total Fat | 2 g |
| Saturated Fat | 0 g |
| Cholesterol | 11 mg |
| Sodium | 164 mg |
| Total Carbohydrate | 20 g |
| Dietary Fiber | 2 g |
| Total Sugars | 8 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| Vitamin D | N/A |
| Calcium | 24 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available

Final weight and yields:

25 servings

Weight: 4 lb

Yield: 25 Curried Chicken Wrap halves

50 servings

Weight: 7 lb 15 oz

Yield: 50 Curried Chicken Wrap halves

*Marketing Guide:

Food as Purchased for:

Apples, fresh

25 servings

1 lb ½ oz

50 servings

2 lb 1 oz

Ages: 6–18, 25 and 50 Servings



Preparation Time: 1 hour



Cook Time: 0 minutes

Curried Chicken Wraps

You can use curry powder in a variety of recipes. In this recipe, it adds a wonderful flavor to the familiar wrap.



Ingredients

Greek yogurt, non-fat, plain

25 servings

2 cups

50 servings

1 qt

Curry powder

2 tsp

1 Tbsp + 1 tsp

Chicken, boneless, skinless, cooked, ½" chopped

1 qt + 2¼ cups
(1 lb 9 oz)

3 qt + ½ cup
(3 lb 2 oz)

**Apples, fresh, unpeeled, cored, ¼" diced*
(gently wash apples under running water before cutting)**

1 qt + 3⅓ cups

3 qt + 2¾ cups

Raisins, golden

3 cups + 2 Tbsp

1 qt + 2¼ cups

Tortillas, whole-wheat (8" across, at least 42 g or 1½ oz each)

25

50





*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine yogurt and curry powder. Stir until well-blended.
3. Using a rubber spatula, fold in chicken, apples, and raisins (see notes).
4. Place ½ cup (#8 scoop) chicken salad in the center of each tortilla. Roll tortilla like a burrito.
5. Place seam-side down on a cutting board and cut in half.
6. Serve 2 halves. Serve immediately, or keep cold at 40 °F or lower.

Curried Chicken Wraps

CACFP Crediting Information:

-  ½ cup fruit
-  1 oz eq meat
-  1½ oz eq grains 

Notes:

- **Contains milk (yogurt) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

2 halves Curried Chicken Wrap

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 231 |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 22 mg |
| Sodium | 308 mg |
| Total Carbohydrate | 39 g |
| Dietary Fiber | 5 g |
| Total Sugars | 17 g |
| Includes Added Sugars | N/A |
| Protein | 13 g |
| Vitamin D | N/A |
| Calcium | 49 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Final weight and yields:

25 servings

Weight: 7 lb 15⅛ oz

Yield: 25 Curried Chicken Wraps

50 servings

Weight: 15 lb 15⅓ oz

Yield: 50 Curried Chicken Wraps

***Marketing Guide:**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Apples, fresh | 2 lb 1 oz | 4 lb 2 oz |



Preparation Time: 45 minutes



Cook Time: 0 minutes

Deli Bento Box

Think inside the box. This trendy theme allows you to satisfy appetites and be creative.



| Ingredients | 25 servings | 50 servings |
|---|-----------------------------|--------------------------------|
| Mayonnaise, reduced-fat | 1 cup | 2 cups |
| Mustard, yellow | 1/3 cup | 2/3 cup |
| Honey | 1/3 cup | 2/3 cup |
| Garlic powder | 2 tsp | 1 Tbsp + 1 tsp |
| Deli turkey, low-sodium, sliced | 11 oz | 1 lb 6 oz |
| Cheddar cheese, reduced-fat, 1 oz slices | 12 1/2 oz | 1 lb 9 oz |
| Tomatoes, fresh, grape (gently wash tomatoes under running water) | 50 (1 lb 2 1/2 oz) | 100 (2 lb 5 oz) |
| Cucumbers, fresh, peeled strips, 1/4" slices* (gently wash cucumbers under running water before cutting/peeling) | 3 cups + 2 Tbsp (1 lb 5 oz) | 1 qt + 2 1/4 cups (2 lb 10 oz) |
| Crackers, woven (about 1 1/2" by 1 1/2" each), whole-wheat, square, savory (see notes) | 12 1/2 oz (at least 275 g) | 25 oz (at least 550 g) |





*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a small bowl, whisk together mayonnaise, yellow mustard, honey, and garlic powder. Set aside.
3. Cut turkey slices in half.
4. Cut each slice of cheese into 4 squares. Divide turkey and cheese into 25 and 50 even portions.
5. Fill each space in the box with the 1 Tbsp dressing, turkey and cheese (1/2 slice of turkey and 2 squares of cheese), tomatoes (2) and cucumbers (2), and crackers (3). Serve immediately, or keep cold at 40 °F or lower.

Deli Bento Box

CACFP Crediting Information:

-  ¼ cup vegetable
-  ½ oz eq meat/meat alternate
-  ½ oz eq grains 

Notes:

- Contains milk (cheddar cheese), wheat (crackers), and eggs (mayonnaise).
- **Choking Prevention:** Whole grape tomatoes can be a choking risk for children under the age of 4. To reduce the risk of choking, cut cherry tomatoes in half, lengthwise. If needed, cut into smaller pieces no larger than ½ inch. See page 85 for more information.
- If serving other types of crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 275 g or 12½ oz for 25 servings or 550 g or 25 oz for 50 servings of this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Serve a variety of foods during the week to balance out an occasional snack item that may be higher in sodium or saturated fat.



NUTRITION INFORMATION

1 Deli Bento Box

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 174 |
| Total Fat | 8 g |
| Saturated Fat | 3 g |
| Cholesterol | 20 mg |
| Sodium | 176 mg |
| Total Carbohydrate | 18 g |
| Dietary Fiber | 2 g |
| Total Sugars | 6 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 109 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Final weight and yields:

25 servings

Weight: 7 lb 4¼ oz

Yield: 25 Deli Bento Boxes

50 servings

Weight: 14 lb 8½ oz

Yield: 50 Deli Bento Boxes

*Marketing Guide

| Food as Purchased for: | 25 servings | 50 servings |
|------------------------|-------------|-------------|
| Cucumbers, fresh | 1 lb 9 oz | 3 lb 2 oz |



Preparation Time: 45 minutes



Cook Time: 0 minutes

Deli Bento Box

Think inside the box. This trendy theme allows you to satisfy appetites and be creative.



| Ingredients | 25 servings | 50 servings |
|--|------------------------|-------------------------|
| Mayonnaise, reduced-fat | 2 cups | 1 qt |
| Mustard, yellow | $\frac{2}{3}$ cup | 1 $\frac{1}{3}$ cups |
| Honey | $\frac{2}{3}$ cup | 1 $\frac{1}{3}$ cups |
| Garlic powder | 1 Tbsp + 1 tsp | 2 Tbsp + 2 tsp |
| Deli turkey, low-sodium, sliced | 1 lb 6 oz | 2 lb 12 oz |
| Cheddar cheese, reduced-fat, 1 oz slices | 1 lb 9 oz | 3 lb 2 oz |
| Tomatoes, fresh, grape (gently wash tomatoes under running water) | 150 (3 lb 6 oz) | 300 (6 lb 12 oz) |
| Cucumbers, fresh, peeled strips, $\frac{1}{4}$" slices* (gently wash cucumbers under running water before cutting/peeling) | 2 lb 10 oz | 5 lb 4 oz |
| Crackers, woven (about 1$\frac{1}{2}$" by 1$\frac{1}{2}$" each), whole-wheat, square, savory (see notes) | 25 oz (at least 550 g) | 50 oz (at least 1100 g) |





*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a small bowl, whisk together mayonnaise, yellow mustard, honey, and garlic powder. Set aside.
3. Cut turkey slices in half.
4. Cut each slice of cheese into 4 squares. Divide turkey and cheese into 25 and 50 even portions.
5. Fill each space in the box with 2 Tbsp dressing, turkey and cheese (1 slice of turkey and 4 squares of cheese), tomatoes (6) and cucumbers (6), and crackers (6). Serve immediately, or keep cold at 40 °F or lower.

Deli Bento Box

CACFP Crediting Information:

-  ¾ cup vegetable
-  1 oz eq meat/meat alternate
-  1 oz eq grains 

Notes:

- Contains milk (cheddar cheese), wheat (crackers), and eggs (mayonnaise).
- If serving other types of crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 550 g or 25 oz for 25 servings or 1100 g or 50 oz for 50 servings of this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Serve a variety of foods during the week to balance out an occasional snack item that may be higher in sodium or saturated fat.

Final weight and yields:

25 servings

Weight: 12 lb 10 oz

Yield: 25 Deli Bento Boxes

50 servings

Weight: 25 lb 4 oz

Yield: 50 Deli Bento Boxes

*Marketing Guide

| Food as Purchased for: | 25 servings | 50 servings |
|------------------------|-------------|-------------|
| Cucumbers, fresh | 3 lb 2 oz | 6 lb 4 oz |



NUTRITION INFORMATION

1 Deli Bento Box

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 331 |
| Total Fat | 16 g |
| Saturated Fat | 6 g |
| Cholesterol | 41 mg |
| Sodium | 320 mg |
| Total Carbohydrate | 28 g |
| Dietary Fiber | 4 g |
| Total Sugars | 13 g |
| Includes Added Sugars | N/A |
| Protein | 15 g |
| Vitamin D | N/A |
| Calcium | 219 mg |
| Iron | 2 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 0 minutes

Dried Fruit and Cereal Snack Mix

Cereal is not just for breakfast. This crunchy snack mix made with cereals and dried fruit is whole grain-rich and fun to eat.



Ingredients

Apples, dried, slices or rings, regular moisture, ½" chopped (see notes)

25 servings

3 cups + 2 Tbsp

50 servings

1 qt + 2¼ cups

Cherries, red tart, dried, whole, without pits (see notes)

3 cups + 2 Tbsp

1 qt + 2¼ cups

Shredded wheat cereal, frosted, miniature-sized

3 cups + 2 Tbsp
(6½ oz)

1 qt + 2¼ cups
(13 oz)

Toasted whole grain oats cereal, o-shaped

1 qt + 3 cups
(5½ oz)

3 qt + 2 cups
(10½ oz)

Multigrain cereal squares

3 cups + 2 Tbsp
(6½ oz)




1 qt + 2¼ cups
(13 oz)

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine all ingredients. Toss.
3. Serve ⅔ cup (#6 scoop).

Dried Fruit and Cereal Snack Mix

CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq grains 

Notes:

- **Contains wheat (cereal).**
- **Choking prevention:** Dried fruit can be a choking risk for children under the age of 4. See page 85 for more information.
- If you choose to make the recipe without dried fruit, combine the cereals in a bowl, toss, and serve ½ cup. Credits as ½ oz eq grains.
- Each cereal must not contain more than 6 grams of total sugars per dry ounce.
- Dried fruit credits as twice the amount served.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 2 lb 14¾ oz

Yield: 1 gal ¾ cup Dried Fruit and Cereal Snack Mix

50 servings

Weight: 5 lb 13½ oz

Yield: 2 gal 1½ cups Dried Fruit and Cereal Snack Mix



NUTRITION INFORMATION

⅓ cup Dried Fruit and Cereal Snack Mix

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 188 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 81 mg |
| Total Carbohydrate | 45 g |
| Dietary Fiber | 4 g |
| Total Sugars | 14 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | 42 mg |
| Iron | 16 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 0 minutes

Dried Fruit and Cereal Snack Mix

Cereal is not just for breakfast. This crunchy snack mix made with cereals and dried fruit is whole grain-rich and fun to eat.



Ingredients

Apples, dried, slices or rings, regular moisture, ½" chopped

25 servings

1 qt + ¾ cup

50 servings

2 qt + 1½ cups

Cherries, red tart, dried, whole, without pits

1 qt + ¾ cup

2 qt + 1½ cups

Shredded wheat cereal, frosted, bite-sized

1 qt + 2¼ cups
(13 oz)

3 qt + ½ cup
(1 lb 9 oz)

Toasted whole grain oats cereal, o-shaped

3 qt + 2 cups
(10½ oz)

1 gal + 3 qt
(1 lb 5 oz)

Multigrain cereal squares

1 qt + 2¼ cups
(13 oz)

3 qt + ½ cup
(1 lb 9 oz)




Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In an extra-large bowl, combine all ingredients. Toss.
3. Serve 1¼ cups dried fruit and cereal snack mix.


Ages: 6–18, 25 and 50 Servings

Dried Fruit and Cereal Snack Mix

CACFP Crediting Information:

-  ¾ cup fruit
-  1¼ oz eq grains 

Notes:

- **Contains wheat (cereal).**
- Each cereal must not contain more than 6 grams of total sugars per dry ounce
- Dried fruit credits as twice the amount served.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 4 lb 15½ oz

Yield: 1 gal 3 qt 3¼ cups Dried Fruit and Cereal Snack Mix

50 servings

Weight: 9 lb 13 oz

Yield: 3 gal 3 qt 2½ cups Dried Fruit and Cereal Snack Mix



NUTRITION INFORMATION

1¼ cups Dried Fruit and Cereal Snack Mix

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 322 |
| <hr/> | |
| Total Fat | 2 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 154 mg |
| Total Carbohydrate | 76 g |
| Dietary Fiber | 7 g |
| Total Sugars | 24 g |
| Includes Added Sugars | N/A |
| Protein | 5 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 75 mg |
| Iron | 32 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 120 minutes



Cook Time: 0 minutes

Fresh Veggie Wraps

Color your snack amazing with this easy-to-make wrap.



Ingredients

Tomatoes, diced, canned, low-sodium, drained

25 servings

½ cup + 1 Tbsp

50 servings

1 cup + 2 Tbsp

Cream cheese, reduced-fat

¼ cup

½ cup

Tortillas, whole-wheat (8" across, at least 42 g or 1½ oz each)

12½

25

Romaine lettuce, fresh, chopped* (gently wash lettuce under running water before cutting)

1 qt + 2¼ cups

3 qt + ½ cup

Red bell peppers, fresh, ¼" strips* (gently wash peppers under running water before cutting)

3 cups + 2 Tbsp

1 qt + 2¼ cups

Cucumbers, fresh, unpeeled, ¼" sliced* (gently wash cucumbers under running water before cutting)

1 qt + 2¼ cups

3 qt + ½ cup




*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a small bowl, combine tomatoes and cream cheese. Use a hand or stand mixer to combine (see notes).
3. Spread 1 Tbsp tomato cream cheese mixture in the middle of each tortilla.
4. Top tomato cream cheese mixture with ½ cup romaine lettuce, ¼ cup bell pepper strips (6–8), and ½ cup cucumber slices (4).
5. Roll into an open wrap.
6. Place seam-side down on a cutting board and cut in half.
7. Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

Fresh Veggie Wraps

CACFP Crediting Information:

-  ½ cup vegetable
-  ¾ oz eq grains 

Notes:

- **Contains milk (cream cheese) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- If preparing in advance, store tomato cream cheese mixture and vegetables in separate airtight containers at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 5 lb 8¾ oz

Yield: 25 Fresh Veggie Wrap halves

50 servings

Weight: 11 lb 1⅔ oz

Yield: 50 Fresh Veggie Wrap halves

*Marketing Guide:

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------|-------------|-------------|
| Cucumbers, fresh | 2 lb 2¼ oz | 4 lb 4½ oz |
| Red bell peppers, fresh | 1 lb 2¾ oz | 2 lb 5½ oz |
| Romaine lettuce, fresh | 1 lb 4½ oz | 2 lb 8¾ oz |



NUTRITION INFORMATION

1 half Fresh Veggie Wrap

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 77 |
| Total Fat | 2 g |
| Saturated Fat | 1 g |
| Cholesterol | 1 mg |
| Sodium | 154 mg |
| Total Carbohydrate | 13 g |
| Dietary Fiber | 3 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | 24 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 120 minutes



Cook Time: 0 minutes

Fresh Veggie Wraps

Color your snack amazing with this easy-to-make wrap.



Ingredients

Tomatoes, diced, canned, low-sodium, drained

25 servings

1 cup + 1 Tbsp

50 servings

2 cups + 2 Tbsp

Cream cheese, reduced-fat

½ cup

1 cup

Tortillas, whole-wheat (8" across, at least 42 g or 1½ oz each)

25

50

Romaine lettuce, fresh, chopped* (gently wash lettuce under running water before cutting)

3 qt + ½ cup

1 gal + 2 qt + 1 cup

Red bell peppers, fresh, ¼" strips* (gently wash peppers under running water before cutting)

1 qt + ¾ cup

2 qt + 1½ cups

Cucumbers, fresh, unpeeled, ¼" sliced* (gently wash cucumbers under running water before cutting)

2 qt + 1½ cups

1 gal + 3 cups




*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a small bowl, combine tomatoes and cream cheese. Use a hand or stand mixer to combine (see notes).
3. Spread 1 Tbsp tomato cream cheese mixture in the middle of each tortilla.
4. Top tomato cream cheese mixture with ½ cup romaine lettuce, 3 Tbsp bell pepper strips (5–6), and ¼ cup + 2 Tbsp cucumber slices (3).
5. Roll into an open wrap.
6. Place seam-side down on a cutting board and cut in half.
7. Serve 1 wrap. Serve immediately, or keep cold at 40 °F or lower.

Fresh Veggie Wraps

CACFP Crediting Information:

-  ¾ cup vegetable
-  1½ oz eq grains 

Notes:

- **Contains milk (cream cheese) and wheat (tortillas).** Tortillas can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in ingredient statements as “spice” or “flavoring.”
- If preparing in advance, store tomato cream cheese mixture and vegetables in separate airtight containers at 40 °F or lower until ready to assemble wraps.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 9 lb 1⅓ oz

Yield: 25 Fresh Veggie Wraps

50 servings

Weight: 18 lbs 2⅔ oz

Yield: 50 Fresh Veggie Wraps



NUTRITION INFORMATION

2 halves Fresh Veggie Wraps

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 149 |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 2 mg |
| Sodium | 288 mg |
| Total Carbohydrate | 24 g |
| Dietary Fiber | 5 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| Vitamin D | N/A |
| Calcium | 44 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

***Marketing Guide:**

| Food as Purchased for: | 25 servings | 50 servings |
|--------------------------------|--------------------|--------------------|
| Cucumbers, fresh | 3 lb 3 oz | 6 lb 6 oz |
| Red bell peppers, fresh | 1 lb 11½ oz | 3 lb 7 oz |
| Romaine lettuce, fresh | 2 lb 9 oz | 5 lb 1½ oz |



Preparation Time: 1 hour



Cook Time: 0 minutes

Fruited Chicken Salad With Crackers

Add some color to your chicken salad with this easy recipe.



| Ingredients | 25 servings | 50 servings |
|--|----------------------------------|-------------------------------------|
| Mayonnaise, reduced-fat | ½ cup | 1 cup |
| Lemon juice | 2 tsp | 1 Tbsp + 1 tsp |
| Celery seed | 1 tsp | 2 tsp |
| Onion powder | ½ tsp | 1 tsp |
| Chicken breast, boneless, skinless, cooked, ¼" diced | 3 cups + 2 Tbsp (12½ oz) | 1 qt + 2¼ cups (1 lb 9 oz) |
| Apples, Granny Smith, fresh, unpeeled, cored, ¼" diced* (gently wash apples under running water before cutting) | 1½ cups + 1 Tbsp | 3 cups + 2 Tbsp |
| Cranberries, dried | ¾ cup + 1 Tbsp | 1⅔ cups |
| Crackers, thin, wheat, square, savory, about 1¼" by 1¼" (see notes) | 150 (at least 10 oz or 275 g) | 300 (at least 20 oz or 550 g) |





*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine mayonnaise, lemon juice, celery seed, and onion powder. Stir until well-blended.
3. Using a rubber spatula, fold in chicken, apples, and cranberries (see notes).
4. Serve 2 Tbsp 2 tsp (#24 scoop) chicken salad with 6 crackers. Serve immediately, or keep cold at 40 °F or lower.

Fruited Chicken Salad With Crackers

CACFP Crediting Information:

-  1/8 cup fruit
-  1/2 oz eq meat
-  1/2 oz eq grains 

Notes:

- **Contains wheat (crackers) and eggs (mayonnaise).**
- **Choking Prevention:** Dried fruit can be a choking risk for children under the age of 4. See page 85 for more information.
- If you choose to make the recipe without dried fruit, follow the recipe as written but do not add the dried cranberries. Credits as 1/2 oz eq meat, 1/2 oz eq grains.
- If serving other types of crackers, nutrition information and amounts of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 10 oz (275 g) of crackers for 25 servings and 20 oz (550 g) of crackers for 50 servings for this recipe.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to serve.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

2 Tbsp 2 tsp fruited chicken salad and 6 crackers

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 99 |
| <hr/> | |
| Total Fat | 3 g |
| Saturated Fat | 0 g |
| Cholesterol | 13 mg |
| Sodium | 126 mg |
| Total Carbohydrate | 14 g |
| Dietary Fiber | 2 g |
| Total Sugars | 5 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 18 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Final weight and yields:

25 servings

Weight: 2 lb 8¾ oz

Yield: 1 qt chicken salad, 150 crackers

50 servings

Weight: 5 lb 1¾ oz

Yield: 2 qt chicken salad, 300 crackers

***Marketing Guide:**

Food as Purchased for:

Apples, fresh

25 servings

7 oz

50 servings

14 oz



Preparation Time: 1 hour



Cook Time: 0 minutes

Fruited Chicken Salad With Crackers

Add some color to your chicken salad with this easy recipe.



| Ingredients | 25 servings | 50 servings |
|--|----------------------------------|--------------------------------------|
| Mayonnaise, reduced-fat | 1 cup | 2 cups |
| Lemon juice | 1 Tbsp + 1 tsp | 2 Tbsp + 2 tsp |
| Celery seed | 2 tsp | 1 Tbsp + 1 tsp |
| Onion powder | 1 tsp | 2 tsp |
| Chicken breast, boneless, skinless, cooked, ¼" diced | 1 qt + 2¼ cups (1 lb 9 oz) | 3 qt + ½ cups (3 lb 2 oz) |
| Apples, Granny Smith, fresh, unpeeled, cored, ¼" diced* (gently wash apples under running water before cutting) | 3 cups + 2 Tbsp | 1 qt + 2¼ cups |
| Cranberries, dried | 1⅔ cups | 3¼ cups |
| Crackers, thin, wheat, square savory, 1¼" by 1¼" (see notes) | 300 (at least 20 oz or 550 g) | 600 (at least 40 oz or 1100 g) |

*See Marketing Guide





Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine mayonnaise, lemon juice, celery seed, and onion powder. Stir until well-blended.
3. Using a rubber spatula, fold in chicken, apples, and cranberries (see notes).
4. Serve ⅓ cup (#12 scoop) chicken salad with 12 crackers. Serve immediately, or keep cold at 40 °F or lower.


Ages: 6–18, 25 and 50 Servings

Fruited Chicken Salad With Crackers

CACFP Crediting Information:

-  ¼ cup fruit
-  1 oz eq meat
-  1 oz eq grains 

Notes:

- **Contains wheat (crackers) and eggs (mayonnaise).**
- If serving other types of crackers, nutrition information and amounts of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 20 oz (550 g) of crackers for 25 servings, 40 oz (1100 g) of crackers for 50 servings for this recipe.
- If preparing in advance, store chicken salad in an airtight container at 40 °F or lower until ready to serve.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 5 lb 1¾ oz

Yield: 2 qt chicken salad, 300 crackers

50 servings

Weight: 10 lb 3¼ oz

Yield: 1 gal chicken salad, 600 crackers

*Marketing Guide:

Food as Purchased for:

Apples, fresh

25 servings

13¾ oz

50 servings

1 lb 12 oz



NUTRITION INFORMATION

⅓ cup fruited chicken salad and 12 crackers

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 237 |
| Total Fat | 8 g |
| Saturated Fat | 1 g |
| Cholesterol | 25 mg |
| Sodium | 252 mg |
| Total Carbohydrate | 27 g |
| Dietary Fiber | 3 g |
| Total Sugars | 10 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 27 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 8 minutes

Herb Bagel Bites

Garlic and basil transform ordinary bagels into an extraordinary snack.



Ingredients

Bagels, whole-wheat
(at least 84 g or 3 oz each)

25 servings

8½

50 servings

17

Margarine, *trans* fat-free

½ cup + 2 Tbsp

1¼ cups

Garlic powder

2 tsp

1 Tbsp + 1 tsp

Basil, leaf, dried
(or fresh, chopped)


1 Tbsp
(2 Tbsp)2 Tbsp
(¼ cup)

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Cut each bagel in half (if not already pre-sliced). Then cut each half into three pieces.
4. Place margarine in a microwave safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.
5. Add garlic powder and basil to melted margarine. Stir.
6. Place bagel pieces in a large bowl and toss with seasoned margarine.
7. Place on ungreased sheet pan (18" x 26" x 1") and toast, about 7–8 minutes.
For 25 servings, use 1 pan.
For 50 servings, use 2 pans.
8. Serve 2 Herb Bagel Bites. Serve immediately, or keep warm at 140 °F or higher.

Herb Bagel Bites

CACFP Crediting Information:

 1 oz eq grains 

Notes:

- **Contains wheat (bagel).** Bagels can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bagels) and may be included in ingredient statements as “spice” or “flavoring.”
- If using fresh basil, gently wash under running water before cutting.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 1 lb 9½ oz

Yield: 50 Herb Bagel Bites

50 servings

Weight: 3 lb 3⅓ oz

Yield: 100 Herb Bagel Bites



NUTRITION INFORMATION

2 Herb Bagel Bites

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 118 |
| <hr/> | |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 171 mg |
| Total Carbohydrate | 16 g |
| Dietary Fiber | 2 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 53 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Ages: 6–18, 25 and 50 Servings



Preparation Time: 45 minutes



Cook Time: 8 minutes

Herb Bagel Bites

Garlic and basil transform ordinary bagels into an extraordinary snack.



Ingredients

**Bagels, whole-wheat
(at least 84 g or 3 oz each)**

25 servings

12½

50 servings

25

Margarine, *trans* fat-free

¾ cup

1½ cups

Garlic powder

1 Tbsp

2 Tbsp

**Basil, leaf, dried
(or fresh, chopped)**

2 Tbsp
(¼ cup)

¼ cup
(½ cup)

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Cut each bagel in half (if not already pre-sliced). Then cut each half into three pieces.
4. Place margarine in a microwave safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.
5. Add garlic powder and basil to melted margarine. Stir.
6. Place bagel pieces in a large bowl and toss with seasoned margarine.
7. Place on ungreased sheet pan (18" x 26" x 1") and toast, about 7–8 minutes.
For 25 servings, use 2 pans.
For 50 servings, use 4 pans.
8. Serve 3 Herb Bagel Bites (½ bagel). Serve immediately, or keep warm at 140 °F or higher.

Herb Bagel Bites

CACFP Crediting Information:

 1½ oz eq grains 

Notes:

- **Contains wheat (bagel).** Bagels can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (bagels) and may be included in ingredient statements as “spice” or “flavoring.”
- If using fresh basil, gently wash under running water before cutting.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 2 lb 6 oz

Yield: 75 Herb Bagel Bites

50 servings

Weight: 4 lb 12½ oz

Yield: 150 Herb Bagel Bites



NUTRITION INFORMATION

3 Herb Bagel Bites

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 163 |
| Total Fat | 6 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 241 mg |
| Total Carbohydrate | 24 g |
| Dietary Fiber | 4 g |
| Total Sugars | 3 g |
| Includes Added Sugars | N/A |
| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | 78 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 1 hour



Cook Time: 0 minutes

Mini Egg Salad Sandwiches

These mini sandwiches are great as a snack or for lunch.



| Ingredients | 25 servings | 50 servings |
|--|----------------|----------------|
| Eggs, fresh, large, whole | 13 | 25 |
| Onions, green, fresh, chopped* (gently wash green onions under running water before cutting) | ¼ cup | ½ cup |
| Celery, fresh, ¼" diced* (gently wash celery under running water before cutting) | ½ cup | 1 cup |
| Black pepper, ground | ¼ tsp | ½ tsp |
| Mustard, dry, ground | 1 tsp | 2 tsp |
| Mayonnaise, reduced-fat | ½ cup | 1 cup |
| Pickle relish, sweet | 1 Tbsp + 1 tsp | 2 Tbsp + 2 tsp |
| Rolls or buns (hamburger, brioche, etc. at least 28 g or 1 oz each) | 12½ | 25 |



*See Marketing Guide

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Boil eggs: Place eggs in a small pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.
3. While eggs are cooking, prepare an ice bath. Place ice and water in a bowl. Set aside.
4. When eggs are done, remove with a slotted spoon and place in the ice bath for 10 minutes.
5. Peel and chop eggs.
6. In a large bowl, combine eggs, green onions, celery, pepper, dry mustard, mayonnaise, and pickle relish. Stir until well-blended (see notes).
7. Place ¼ cup (#16 scoop) of egg salad between each roll or bun.
8. Cut sandwich in half.
9. Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

Mini Egg Salad Sandwiches

CACFP Crediting Information:

-  1 oz eq meat alternate
-  ½ oz eq grains

Notes:

- **Contains eggs (eggs and mayonnaise) and wheat (rolls).** Rolls can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (rolls) and may be included in ingredient statements as “spice” or “flavoring.”
- The ice bath will cool the eggs quickly and make them easier to peel.
- If preparing in advance, store egg salad in an airtight container at 40 °F or lower until ready to assemble sandwiches.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 2 lb 11¾ oz

Yield: 25 Mini Egg Salad Sandwich halves

50 servings

Weight: 5 lb 11 oz

Yield: 50 Mini Egg Salad Sandwich halves



NUTRITION INFORMATION

1 half Mini Egg Salad Sandwich

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 101 |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 104 mg |
| Sodium | 95 mg |
| Total Carbohydrate | 9 g |
| Dietary Fiber | 0 g |
| Total Sugars | 3 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 21 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available

***Marketing Guide:**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Celery, fresh | 2½ oz | 5 oz |
| Green onions, fresh | 1½ oz | 2¾ oz |

 **Preparation Time:** 1 hour  **Cook Time:** 0 minutes

Mini Egg Salad Sandwiches

These mini sandwiches are great as a snack or for lunch.



| Ingredients | 25 servings | 50 servings |
|---|--------------------|--------------------|
| Eggs, fresh, large, whole | 25 | 50 |
| Onions, green, fresh, chopped* (gently wash green onions under running water before cutting) | ½ cup | 1 cup |
| Celery, fresh, ¼" diced* (gently wash celery under running water before cutting) | 1 cup | 2 cups |
| Black pepper, ground | ½ tsp | 1 tsp |
| Mustard, dry, ground | 2 tsp | 1 Tbsp + 1 tsp |
| Mayonnaise, reduced-fat | 1 cup | 2 cups |
| Pickle relish, sweet | 2 Tbsp + 2 tsp | ⅓ cup |
| Rolls or buns (hamburger, brioche, etc. at least 28 g or 1 oz each) | 25 | 50 |

*See Marketing Guide

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Boil eggs: Place eggs in a small pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.
3. While eggs are cooking, prepare an ice bath. Place ice and water in a bowl. Set aside.
4. When eggs are done, remove with a slotted spoon and place in the ice bath for 10 minutes.
5. Peel and chop eggs.
6. In a large bowl, combine eggs, green onions, celery, pepper, dry mustard, mayonnaise, and pickle relish. Stir until well-blended (see notes).
7. Place ¼ cup (#16 scoop) of egg salad between each roll or bun.
8. Serve 1 sandwich. Serve immediately, or keep cold at 40 °F or lower.

Mini Egg Salad Sandwiches

CACFP Crediting Information:



2 oz eq meat alternate



1 oz eq grains

Notes:

- **Contains eggs (eggs and mayonnaise) and wheat (rolls).** Rolls can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (rolls) and may be included in ingredient statements as “spice” or “flavoring.”
- The ice bath will cool the eggs quickly and make them easier to peel.
- If preparing in advance, store egg salad in an airtight container at 40 °F or lower until ready to assemble sandwiches.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 5 lb 7¾ oz

Yield: 25 Mini Egg Salad Sandwiches

50 servings

Weight: 10 lb 15½ oz

Yield: 50 Mini Egg Salad Sandwiches



NUTRITION INFORMATION

1 Mini Egg Salad Sandwich

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 203 |
| Total Fat | 10 g |
| Saturated Fat | 3 g |
| Cholesterol | 209 mg |
| Sodium | 194 mg |
| Total Carbohydrate | 19 g |
| Dietary Fiber | 0 g |
| Total Sugars | 5 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 42 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

***Marketing Guide:**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Celery, fresh | 5 oz | 9¾ oz |
| Green onions, fresh | 2¾ oz | 5½ oz |



Preparation Time: 45 minutes



Cook Time: 0 minutes

Mini Graham Crackers and Berry Nut Butter

Graham crackers go great with just about anything.

This pairing, which includes fruit and peanut butter, is a tasty winner!



Ingredients

Strawberries, frozen, whole, unsweetened, thawed, drained

25 servings

1 gal + 2 qt +
1 cup
(6 lb 9 oz)

50 servings

3 gal + 2 cups
(13 lb 2 oz)

Peanut butter, smooth

1½ cups +
1 Tbsp

3 cups +
2 Tbsp

Bear-Shaped Sweet Crackers, whole grain-rich (about 1" by 1½", see notes)

12½ oz
(at least 350 g
or 1 qt + 2¼ cups)





25 oz
(at least 700 g
or 3 qt + ½ cup)

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine strawberries and peanut butter. Use a hand or stand mixer to blend until smooth. Let sit for 10–15 minutes to settle.
3. Place ½ cup (#8 scoop) strawberry-peanut butter mixture in a 6 fl oz cup or bowl. Top with ¼ cup mini graham crackers (bear-shaped) or 14 g crushed graham crackers (see notes).
4. Serve 1 6 fl oz cup or bowl. Serve immediately, or keep cold at 40 °F or lower.

Mini Graham Crackers and Berry Nut Butter

CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq meat alternate
-  ½ oz eq grains 

Notes:

- Contains peanuts (peanut butter) and wheat (bear-shaped sweet crackers).
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4. See page 85 for more information.
- If not serving immediately, do not top strawberry-peanut butter mixture with crackers, store separately to prevent crackers from becoming soggy/soft.
- If serving other types of sweet crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 350 g or 12½ oz for 25 servings or 700 g or 25 oz for 50 servings of this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.



NUTRITION INFORMATION

1 6 fl oz cup or bowl Mini Graham Crackers and Berry Nut Butter

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 236 |
| Total Fat | 10 g |
| Saturated Fat | 2 g |
| Cholesterol | 0 mg |
| Sodium | 121 mg |
| Total Carbohydrate | 34 g |
| Dietary Fiber | 4 g |
| Total Sugars | 16 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 82 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Final weight and yields:

25 servings

Weight: 8 lb 4¼ oz

Yield: 1 qt ½ cup berry nut butter,
1 qt 2¼ cups crackers

50 servings

Weight: 16 lb 8½ oz

Yield: 2 qt 1 cup berry nut butter,
3 qt ½ cup crackers



Preparation Time: 1 hour



Cook Time: 0 minutes

Mini Graham Crackers and Berry Nut Butter

Graham crackers go great with just about anything.

This pairing, which includes fruit and peanut butter, is a tasty winner!



Ingredients

Strawberries, frozen, whole, unsweetened, thawed, drained

25 servings

2 gal + 1 qt +
1½ cups
(9 lb 12½ oz)

50 servings

4 gal + 2 qt +
3 cups
(19 lb 9 oz)

Peanut butter, smooth

3 cups + 2 Tbsp

1 qt +
2¼ cups

Bear-Shaped Sweet Crackers, whole grain-rich (about 1" by 1½", see notes)

25 oz
(at least 700 g
or 3 qt + ½ cup)





50 oz
(at least 1400 g
or 1 gal + 2 qt
+ 1 cup)

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine strawberries and peanut butter. Use a hand or stand mixer to blend until smooth. Let sit for 10–15 minutes to settle.
3. Place ¾ cup + 2 Tbsp strawberry-peanut butter mixture in a 9 fl oz cup or bowl. Top with ½ cup mini graham crackers (bear-shaped) or 28 g crushed graham crackers (see notes).
4. Serve 1 9 fl oz cup or bowl. Serve immediately, or keep cold at 40 °F or lower.

Mini Graham Crackers and Berry Nut Butter

CACFP Crediting Information:

-  ¾ cup fruit
-  1 oz eq meat alternate
-  1 oz eq grains 

Notes:

- **Contains peanuts (peanut butter) and wheat (bear-shaped sweet crackers).**
- If not serving immediately, do not top strawberry-peanut butter mixture with crackers, store separately to prevent crackers from becoming soggy/soft.
- If serving other types of sweet crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 700 g or 25 oz for 25 servings or 1400 g or 50 oz for 50 servings of this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 13 lb 3⅛ oz

Yield: 1 gal 1 qt ½ cup berry nut butter,
3 qt + ½ cup crackers

50 servings

Weight: 26 lb 6⅞ oz

Yield: 2 gal + 2 qt + 1 cup berry nut butter,
1 gal + 2 qt + 1 cup crackers



NUTRITION INFORMATION

1 9 fl oz cup or bowl Mini Graham Crackers and Berry Nut Butter

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 443 |
| Total Fat | 20 g |
| Saturated Fat | 3 g |
| Cholesterol | 0 mg |
| Sodium | 242 mg |
| Total Carbohydrate | 59 g |
| Dietary Fiber | 7 g |
| Total Sugars | 32 g |
| Includes Added Sugars | N/A |
| Protein | 9 g |
| Vitamin D | N/A |
| Calcium | 155 mg |
| Iron | 2 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 2 hours



Cook Time: 30 minutes

Parmesan Zucchini Chips

Five simple ingredients combine to make a tasty vegetable snack everyone will enjoy.



| Ingredients | 25 servings | 50 servings |
|--|-----------------------------------|-------------------------------------|
| Nonstick cooking spray | 3 sprays | 5 sprays |
| Breadcrumbs, whole-wheat | 2¼ cups + 2 Tbsp | 1 qt + ¾ cup |
| Italian seasoning, dried | 1 Tbsp + 1 tsp | 2 Tbsp + 2 tsp |
| Parmesan cheese, grated | 1 cup (3 oz) | 2 cups (6 oz) |
| Zucchini, fresh, unpeeled, ¼" sliced, rounds* (gently wash zucchini under running water before cutting) | 1 gal + 1 qt + 1 cup (5 lb) | 2 gal + 2 qt + 2 cups (10 lb) |
| Mayonnaise, reduced-fat | 1 cup | 2 cups |




*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Line sheet pans with foil or parchment paper and spray with nonstick cooking spray.
For 25 servings, use 2 full sheet pans (18" x 26" x 1") and 1 half sheet pan (18" x 13" x 1").
For 50 servings, use 5 full sheet pans (18" x 26" x 1").
4. In a large bowl, combine breadcrumbs, Italian seasoning, and parmesan cheese. Stir.
5. In an extra-large bowl or a 4" steam table pan, combine zucchini rounds and mayonnaise. Stir until all rounds are coated.
6. Add breadcrumb mixture and stir until all rounds are coated.
7. Place zucchini rounds in a single layer on prepared baking sheet. Sprinkle any remaining breadcrumb mixture on top of zucchini rounds.
8. Bake until golden brown and crispy, about 30 minutes. Heat to 140 °F or higher for at least 15 seconds.
9. Serve ½ cup (4 oz server). Serve immediately, or keep warm at 140 °F or higher.

Parmesan Zucchini Chips

CACFP Crediting Information:

-  ½ cup vegetable
-  ¼ oz eq grains 

Notes:

- **Contains eggs (mayonnaise) and wheat (breadcrumbs).** Breadcrumbs can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (breadcrumbs) and may be included in ingredient statements as “spice” or “flavoring.”
- Can substitute regular breadcrumbs for whole-wheat breadcrumbs.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Prepare recipe for same day service to maintain quality.

Final weight and yields:

25 servings

Weight: 3 lb 1¾ oz

Yield: 3 qt ½ cup Parmesan Zucchini Chips

50 servings

Weight: 6 lb 4⅛ oz

Yield: 1 gal 2 qt 1 cup Parmesan Zucchini Chips

***Marketing Guide:**

| Food as Purchased for: | 25 servings | 50 servings |
|------------------------|-------------|-------------|
| Zucchini, fresh | 5 lb 3½ oz | 10 lb 6¾ oz |



NUTRITION INFORMATION

½ cup Parmesan Zucchini Chips

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 92 |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 5 mg |
| Sodium | 217 mg |
| Total Carbohydrate | 12 g |
| Dietary Fiber | 1 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 66 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Ages: 6–18, 25 and 50 Servings



Preparation Time: 2 hours



Cook Time: 30 minutes

Parmesan Zucchini Chips

Five simple ingredients combine to make a tasty vegetable snack everyone will enjoy.



| Ingredients | 25 servings | 50 servings |
|--|----------------------|------------------------|
| Nonstick cooking spray | 5 sprays | 10 sprays |
| Breadcrumbs, whole-wheat | 1 qt | 2 qt |
| Italian seasoning, dried | 2 Tbsp + 1 tsp | 1/3 cup |
| Parmesan cheese, grated | 1 1/2 cups (5 oz) | 3 cups (10 oz) |
| Zucchini, fresh, unpeeled, 1/4" sliced, rounds* (gently wash zucchini under running water before cutting) | 2 gal (7 lb 7 oz) | 4 gal (14 lb 14 oz) |
| Mayonnaise, reduced-fat | 1 1/2 cups | 3 cups |




*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Line sheet pans (18" x 26" x 1") with foil or parchment paper and spray with nonstick cooking spray.
For 25 servings, use 5 pans.
For 50 servings, use 10 pans.
4. In a small bowl, combine breadcrumbs, Italian seasoning, and parmesan cheese. Stir.
5. In an extra-large bowl(s) or 4" steam table pan(s), combine zucchini rounds and mayonnaise. Stir until all rounds are coated.
6. Add breadcrumb mixture and stir until all rounds are coated.
7. Place zucchini rounds in a single layer on prepared baking sheet. Sprinkle any remaining breadcrumb mixture on top of zucchini rounds.
8. Bake until golden brown and crispy, about 30 minutes. Heat to 140 °F or higher for at least 15 seconds.
9. Serve 3/4 cup. Serve immediately, or keep warm at 140 °F or higher.

Parmesan Zucchini Chips

CACFP Crediting Information:

-  ¾ cup vegetable
-  ¾ oz eq grains 

Notes:

- **Contains eggs (mayonnaise) and wheat (breadcrumbs).** Breadcrumbs can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (breadcrumbs) and may be included in ingredient statements as “spice” or “flavoring.”
- Can substitute regular breadcrumbs for whole-wheat breadcrumbs.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Prepare recipe for same day service to maintain quality.
- Serve a variety of foods during the week to balance out an occasional snack that may be higher in sodium.

Final weight and yields:

25 servings

Weight: 4 lb 11½ oz

Yield: 1 gal 2¾ cups Parmesan Zucchini Chips

50 servings

Weight: 9 lb 6 oz

Yield: 2 gal 1 qt 1½ cups Parmesan Zucchini Chips

***Marketing Guide:**

Food as Purchased for:

Zucchini, fresh



NUTRITION INFORMATION

¾ cup Parmesan Zucchini Chips

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 138 |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 7 mg |
| Sodium | 313 mg |
| Total Carbohydrate | 19 g |
| Dietary Fiber | 2 g |
| Total Sugars | 4 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| Vitamin D | N/A |
| Calcium | 110 mg |
| Iron | 2 mg |
| Potassium | N/A |

N/A = Data not available

25 servings

50 servings

7 lb 12 oz

15 lb 8 oz

 **Preparation Time:** 45 minutes  **Cook Time:** 0 minutes

Peach and Yogurt Smoothies

With just two ingredients, this simple smoothie will be a new favorite.





| Ingredients | 25 servings | 50 servings |
|--|--------------------|--------------------|
| Peaches, frozen, unsweetened, thawed, drained | 2 gal (7 lb) | 4 gal (14 lb) |
| Vanilla yogurt, low-fat | 1 qt + 2¼ cups | 3 qt + ½ cup |

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Combine peaches and yogurt in a blender. Mix until smooth.
3. Serve ¾ cup (6 oz ladle). Serve immediately, or keep cold at 40 °F or lower.

CACFP Crediting Information:

-  ½ cup fruit
-  ½ oz eq meat alternate

Notes:

- **Contains milk (yogurt).**
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Refrigerating smoothies for more than 3 hours may cause a texture change.
- Smoothies can be made in advance and stored in the freezer.

Final weight and yields:

25 servings

Weight: 10 lb 2 oz

Yield: 25 Peach and Yogurt Smoothies

50 servings

Weight: 20 lb 4 oz

Yield: 50 Peach and Yogurt Smoothies

NUTRITION INFORMATION

¾ cup Peach and Yogurt Smoothie

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 109 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 3 mg |
| Sodium | 37 mg |
| Total Carbohydrate | 24 g |
| Dietary Fiber | 2 g |
| Total Sugars | 22 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 97 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available

Ages: 6–18, 25 and 50 Servings



Preparation Time: 45 minutes



Cook Time: 0 minutes

Peach and Yogurt Smoothies

With just two ingredients, this simple smoothie will be a new favorite.



Ingredients

Peaches, frozen, unsweetened, thawed, drained

25 servings

2 gal + 3 qt
+ 3 cups
(10 lb 6 oz)

50 servings

5 gal + 3 qt
+ 2 cups
(20 lb 12 oz)

Vanilla yogurt, low-fat

3 qt + ½ cup

1 gal + 2 qt
+ 1 cup

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Combine peaches and yogurt in a blender. Mix until smooth.
3. Serve 1¼ cups (10 oz ladle). Serve immediately, or keep cold at 40 °F or lower.

CACFP Crediting Information:



¾ cup fruit



1 oz eq meat alternate

Notes:

- **Contains milk (yogurt).**
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Refrigerating smoothies for more than 3 hours may cause a texture change.
- Smoothies can be made in advance and stored in the freezer.

Final weight and yields:

25 servings

Weight: 16 lb 10 oz

Yield: 25 Peach and Yogurt Smoothies

50 servings

Weight: 33 lb 4 oz

Yield: 50 Peach and Yogurt Smoothies

NUTRITION INFORMATION

1¼ cups Peach and Yogurt Smoothie

NUTRIENTS

Calories

AMOUNT

187

Total Fat

1 g

Saturated Fat

1 g

Cholesterol

6 mg

Sodium

75 mg

Total Carbohydrate

40 g

Dietary Fiber

3 g

Total Sugars

37 g

Includes Added Sugars

N/A

Protein

7 g

Vitamin D

N/A

Calcium

194 mg

Iron

1 mg

Potassium

N/A

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 10 minutes

Savory Yogurt-Hummus Dip With Veggies

A great way to offer some protein at snack time!

Try serving this dip with a variety of vegetables or a whole grain bread or cracker.



Ingredients

25 servings

50 servings

Garbanzo beans, low-sodium, canned, drained, rinsed (Save liquid to use in step 2. If using water, drain and rinse beans) or dry beans*

1 qt + 1 cup

2 qt + 2 cups

Garlic powder

2 tsp

1 Tbsp + 1 tsp

Lemon juice, fresh or bottled

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

Vegetable oil $\frac{1}{4}$ cup $\frac{1}{2}$ cup**Water or liquid from garbanzo beans** $\frac{1}{2}$ cup

1 cup

Cumin, ground

2 tsp

1 Tbsp + 1 tsp

Black pepper, ground $\frac{1}{2}$ tsp

1 tsp

Greek yogurt, plain, non-fat $\frac{1}{2}$ cup

1 cup

Broccoli, florets, fresh1 qt + $2\frac{1}{4}$ cups3 qt + $\frac{1}{2}$ cup**Carrots, baby, fresh**1 qt + $2\frac{1}{4}$ cups3 qt + $\frac{1}{2}$ cup

*See Marketing Guide

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In a blender or food processor, combine garbanzo beans, garlic powder, lemon juice, vegetable oil, water or bean liquid, cumin, black pepper, and yogurt. Blend until smooth. Add additional water or liquid if needed. Set aside. Keep cold at 40 °F or lower (see notes).
3. Place 2–3 inches of water and a steamer basket in a large saucepan. Heat on medium-high heat for 2–3 minutes or until water comes to a boil. Add baby carrots and cook for 3 minutes. Add broccoli florets and steam for an additional 4–6 minutes or until tender.
4. Remove from heat. Place vegetables in a bowl. Toss. Allow to cool.
5. Serve 3 Tbsp savory yogurt-hummus dip and $\frac{1}{2}$ cup veggies. Serve immediately, or keep cold at 40 °F or lower.

Savory Yogurt-Hummus Dip With Veggies

CACFP Crediting Information:

Crediting beans as a meat alternate:

 1/2 cup vegetable

 1/2 oz eq meat alternate

OR

Crediting beans as a vegetable:

 5/8 cup vegetable

Notes:

- **Contains milk (yogurt).**
- Cooked dry beans can be substituted for canned beans (~1 lb of dry beans yields 6 1/4 cups cooked).
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store hummus in an airtight container at 40 °F or lower until ready to serve.

Final weight and yields:

25 servings

Weight: 5 lb 13 oz

Yield: 1 qt 3/4 cup savory yogurt-hummus dip, 3 qt 1/2 cup veggies

50 servings

Weight: 11 lb 10 oz

Yield: 2 qt 1 1/2 cups savory yogurt-hummus dip, 1 gal 2 qt 1 cup veggies



NUTRITION INFORMATION

3 Tbsp savory yogurt-hummus dip and 1/2 cup veggies

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 89 |
| Total Fat | 3 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 81 mg |
| Total Carbohydrate | 13 g |
| Dietary Fiber | 3 g |
| Total Sugars | 2 g |
| Includes Added Sugars | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | 43 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Garbanzo beans, dry | 13 oz | 1 lb 10 oz |



Preparation Time: 1 hour



Cook Time: 0 minutes

Savory Yogurt-Hummus Dip With Veggies

A great way to offer some protein at snack time!

Try serving this dip with a variety of vegetables or a whole grain bread or cracker.



Ingredients

25 servings

50 servings

Garbanzo beans, low-sodium, canned, drained, rinsed (Save liquid to use in step 2. If using water, drain and rinse beans) or dry beans*

2 qt + 2 cups

1 gal + 1 qt

Garlic powder

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

Lemon juice, fresh or bottled

2 Tbsp + 2 tsp

1/3 cup

Vegetable oil

1/2 cup

1 cup

Water or liquid from garbanzo beans

1 cup

2 cups

Cumin, ground

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

Black pepper, ground

1 tsp

2 tsp

Greek yogurt, plain, non-fat

1 cup

2 cups

Broccoli, florets, fresh

2 qt + 1 1/2 cups

1 gal + 3 cups

Carrots, baby, fresh

2 qt + 1 1/2 cups

1 gal + 3 cups

*See Marketing Guide

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In a blender or food processor, combine garbanzo beans, garlic powder, lemon juice, vegetable oil, water or bean liquid, cumin, black pepper, and yogurt. Blend until smooth. Add additional water or liquid if needed (see notes).
3. In a medium bowl, combine broccoli and carrots. Toss.
4. Serve 1/4 cup + 2 Tbsp (#10 scoop) savory yogurt-hummus dip and 3/4 cup veggies. Serve immediately, or keep cold at 40 °F or lower.


Ages: 6–18, 25 and 50 Servings

Savory Yogurt-Hummus Dip With Veggies

CACFP Crediting Information:

Crediting beans as a meat alternate:

 ¾ cup vegetable

 1 oz eq meat alternate

OR

Crediting beans as a vegetable:

 1 cup vegetable

Notes:

- **Contains milk (yogurt).**
- Cooked dry beans can be substituted for canned beans (~1 lb of dry beans yields 6¼ cups cooked).
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store hummus in an airtight container at 40 °F or lower until ready to serve.

Final weight and yields:

25 servings

Weight: 10 lb 2 oz

Yield: 2 qt 1½ cups savory yogurt-hummus dip,
1 gal 2¾ cups veggies

50 servings

Weight: 20 lb 4 oz

Yield: 1 gal 3 cups savory yogurt-hummus dip,
2 gal 1 qt 1½ cups veggies



NUTRITION INFORMATION

¼ cup + 2 Tbsp savory yogurt-hummus dip and
¾ cup vegetables

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 160 |
| Total Fat | 6 g |
| Saturated Fat | 0 g |
| Cholesterol | 1 mg |
| Sodium | 137 mg |
| Total Carbohydrate | 23 g |
| Dietary Fiber | 6 g |
| Total Sugars | 3 g |
| Includes Added Sugars | N/A |
| Protein | 6 g |
| Vitamin D | N/A |
| Calcium | 71 mg |
| Iron | 2 mg |
| Potassium | N/A |

N/A = Data not available

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Garbanzo beans, dry | 1 lb 10 oz | 3 lb 4 oz |



Preparation Time: 45 minutes



Cook Time: 45 minutes

Toasted Pita Wedges and Fruit Dip

Love to snack on chips and dip? Try swapping tortillas for toasted pita wedges and dive into a cup of naturally sweet and tasty fruit dip.



Ingredients

Apricots, halves, canned in 100 percent fruit juice, drained

25 servings

1 qt + ⅛ cup

50 servings

2 qt + ¼ cup

Brown sugar, packed

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp

**Ginger root, fresh, grated
OR Ginger, dry, ground**

2 tsp

1 Tbsp + 1 tsp

OR 1 tsp

OR 2 tsp

**Pita, rounds, whole-wheat
(at least 56 g or 2 oz)**

6¼

12½

Nonstick cooking spray

1 spray

2 sprays

Cinnamon, ground

2 tsp




1 Tbsp + 1 tsp

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a large nonstick pot, combine apricots, brown sugar, and ginger.
4. Cook on medium-high heat for 10 minutes or until it comes to a boil. Reduce heat to medium and simmer for 25–30 minutes, until apricot reduces. Heat to 140 °F for at least 15 seconds.
For 25 servings, reduce to 3 cups + 2 Tbsp.
For 50 servings, reduce to 1 qt + 2¼ cups.
5. Cut each whole pita into 8 wedges. Cut each half pita into 4 wedges.
6. Spray pita wedges with nonstick cooking spray and sprinkle with cinnamon.
7. Place on ungreased sheet pan (18" x 26" x 1"). Lightly toast in the oven for 5 minutes.
For 25 servings, use 1 pan.
For 50 servings, use 2 pans.
8. Remove pita wedges from the oven.
9. Serve ⅓ cup (#30 scoop) fruit dip and 2 wedges. Serve immediately, or keep warm at 140 °F or higher.

Toasted Pita Wedges and Fruit Dip

CACFP Crediting Information:

-  1/8 cup fruit
-  1/2 oz eq grains 

Notes:

- **Contains wheat (pita rounds).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as “spice” or “flavoring.”
- Fruit dip can be served cold, keep cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 15 oz pita wedges,
1 lb 5 oz fruit dip

Yield: 6¼ pita rounds, 3⅜ cups fruit dip

50 servings

Weight: 1 lb 15 oz pita wedges,
3 lb 1 oz fruit dip

Yield: 12½ pita rounds, 1 qt 2¼ fruit dip



NUTRITION INFORMATION

2 toasted pita wedges and 1/8 cup fruit dip

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 70 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 76 mg |
| Total Carbohydrate | 16 g |
| Dietary Fiber | 2 g |
| Total Sugars | 1 g |
| Includes Added Sugars | N/A |
| Protein | 2 g |
| Vitamin D | N/A |
| Calcium | 11 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 45 minutes



Cook Time: 60 minutes

Toasted Pita Wedges and Fruit Dip

Love to snack on chips and dip? Try swapping tortillas for toasted pita wedges and dive into a cup of naturally sweet and tasty fruit dip.



Ingredients

Apricots, halves, canned in 100 percent fruit juice, drained

25 servings

2 qt + ¼ cup

50 servings

1 gal + ½ cup

Brown sugar, packed

2 Tbsp + 2 tsp

⅓ cup

**Ginger root, fresh, grated
OR Ginger, dry, ground**

1 Tbsp + 1 tsp
OR 2 tsp

2 Tbsp + 2 tsp
OR 1 Tbsp +
1 tsp

**Pita, rounds, whole-wheat
(at least 56 g or 2 oz)**

12½

25

Nonstick cooking spray

2 sprays

4 sprays

Cinnamon, ground

1 Tbsp + 1 tsp

2 Tbsp + 2 tsp




Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a large nonstick pot, combine apricots, brown sugar, and ginger.
4. Cook on medium-high heat for 10 minutes or until it comes to a boil. Reduce heat to medium and simmer for 30–45 minutes, until apricot reduces. Heat to 140 °F for at least 15 seconds.
For 25 servings, reduce to 1 qt 2¼ cups.
For 50 servings, reduce to 3 qt ½ cup.
5. Cut each whole pita into 8 wedges. Cut each half pita into 4 wedges.
6. Spray pita wedges with nonstick cooking spray and sprinkle with cinnamon.
7. Place on ungreased sheet pan (18" x 26" x 1"). Lightly toast in the oven for 5 minutes.
For 25 servings, use 2 pans.
For 50 servings, use 4 pans.
8. Remove pita wedges from the oven.
9. Serve ¼ cup (#16 scoop) fruit dip and 4 wedges. Serve immediately, or keep warm at 140 °F or higher.


Ages: 6–18, 25 and 50 Servings

Toasted Pita Wedges and Fruit Dip

CACFP Crediting Information:

-  ¼ cup fruit
-  1 oz eq grains 

Notes:

- **Contains wheat (pita rounds).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as “spice” or “flavoring.”
- Fruit dip can be served cold, keep cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 1 lb 15 oz pita, 3 lb 7 oz fruit dip

Yield: 12½ pita rounds, 1 qt 2¼ cups fruit dip

50 servings

Weight: 3 lb 14 oz pita, 6 lb 13 oz fruit dip

Yield: 25 pita rounds, 3 qt ½ cup fruit dip



NUTRITION INFORMATION

4 toasted pita wedges and ¼ cup fruit dip

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 141 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 151 mg |
| Total Carbohydrate | 32 g |
| Dietary Fiber | 5 g |
| Total Sugars | 3 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 22 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available



Preparation Time: 1 hour



Cook Time: 0 minutes

Tuna Salad and Apple Slices

Skip the bread and serve this tuna salad with apple slices, celery, or cucumbers.



Ingredients

**Tuna, canned, in water,
drained**

25 servings

3 cups
(1 lb 9 oz)

50 servings

6 cups
(3 lb 2 oz)

Mayonnaise, reduced-fat

½ cup

1 cup

**Cheddar cheese, reduced-fat,
shredded**

1 cup (4 oz)

2 cups (8 oz)

Celery seed, dried

1 tsp

2 tsp

Pickle relish, sweet

2 Tbsp + 2 tsp

⅓ cup

**Apples, fresh, unpeeled,
cored, sliced thin*
(gently wash apples under
running water before cutting)**

3 qt + ½ cup

1 gal + 2 qt +
1 cup



*See Marketing Guide

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In a medium bowl, combine tuna, mayonnaise, cheese, celery, and pickle relish. Stir until well-blended (see notes).
3. Serve 2 Tbsp tuna salad and ½ cup (#8 scoop) apple slices (about 5–7). Serve immediately, or keep cold at 40 °F or lower.

Tuna Salad and Apple Slices

CACFP Crediting Information:

-  ½ cup fruit
-  1 oz eq meat/meat alternate

Notes:

- **Contains milk (cheddar cheese) and fish (tuna).**
- To keep fresh cut fruit from turning brown, coat them with an acidic juice such as lemon or orange, or use a commercial anti-darkening agent.
- If preparing in advance, store tuna salad in an airtight container at 40 °F or lower until ready to serve.

Final weight and yields:

25 servings

Weight: 2 lb 2 oz tuna salad,
3 lb 7 oz apples

Yield: 3 cups 2 Tbsp tuna salad,
3 qt ½ cup apples

50 servings

Weight: 4 lb 4 oz tuna salad,
6 lb 15 oz apples

Yield: 1 qt 2¼ cups tuna salad,
1 gal 2 qt 1 cup apples



NUTRITION INFORMATION

2 Tbsp tuna and ½ cup apple slices

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 89 |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Cholesterol | 16 mg |
| Sodium | 151 mg |
| Total Carbohydrate | 9 g |
| Dietary Fiber | 1 g |
| Total Sugars | 6 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 6 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Apples, fresh | 3 lb 13 oz | 7 lb 9 oz |

Ages: 6–18, 25 and 50 Servings



Preparation Time: 1 hour



Cook Time: 0 minutes

Tuna Salad and Apple Slices

Skip the bread and serve this tuna salad with apple slices, celery, or cucumbers.



Ingredients

**Tuna, canned, in water,
drained**

25 servings

3 cups
(1 lb 9 oz)

50 servings

6 cups
(3 lb 2 oz)

Mayonnaise, reduced-fat

½ cup

1 cup

**Cheddar cheese, reduced-fat,
shredded**

1 cup (4 oz)

2 cups (8 oz)

Celery seed, dried

1 tsp

2 tsp

Pickle relish, sweet

2 Tbsp + 2 tsp

⅓ cup

**Apples, fresh, unpeeled,
cored, sliced thin***

1 gal + 2¾ cups

2 gal + 1 qt +
1½ cups

**(gently wash apples under
running water before cutting)**



*See Marketing Guide

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In a large bowl, combine tuna, mayonnaise, cheese, celery, and pickle relish. Stir until well-blended (see notes).
3. Serve 2 Tbsp tuna salad and ¾ cup apple slices (about 7–9). Serve immediately, or keep cold at 40 °F or lower.

Tuna Salad and Apple Slices

CACFP Crediting Information:

-  ¾ cup fruit
-  1 oz eq meat/meat alternate

Notes:

- **Contains milk (cheddar cheese) and fish (tuna).**
- To keep fresh cut fruit from turning brown, coat them with an acidic juice such as lemon or orange, or use a commercial anti-darkening agent.
- If preparing in advance, store tuna salad in an airtight container at 40 °F or lower until ready to serve.

Final weight and yields:

25 servings

Weight: 2 lb 2 oz tuna salad,
5 lb 4 oz apples

Yield: 3 cups 2 Tbsp tuna salad,
1 gal 2¾ cups apples

50 servings

Weight: 4 lb 4 oz tuna salad,
10 lb 7 oz apples

Yield: 1 qt 2¼ cups tuna salad,
2 gal 1 qt 1½ cups apples



NUTRITION INFORMATION

2 Tbsp tuna and ¾ cup apple slices

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 110 |
| <hr/> | |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Cholesterol | 16 mg |
| Sodium | 152 mg |
| Total Carbohydrate | 14 g |
| Dietary Fiber | 2 g |
| Total Sugars | 10 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 11 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available

***Marketing Guide**

| Food as Purchased for: | 25 servings | 50 servings |
|-------------------------------|--------------------|--------------------|
| Apples, fresh | 5 lb 12 oz | 11 lb 8 oz |



Preparation Time: 45 minutes



Cook Time: 0 minutes

Very Berry Parfaits

Layered in goodness! The kids will enjoy helping to assemble these treats.



Ingredients

Berry medley, frozen, unsweetened, thawed, drained (strawberries, blackberries, raspberries, and blueberries)

Vanilla yogurt, low-fat

Granola (optional)

25 servings

1 gal + 2 qt

1 qt + 2¼ cups

3 cups + 2 Tbsp

50 servings

3 gal

3 qt + ½ cup

1 qt +
2¼ cups

Directions:

1. Wash hands with soap and water for at least 20 seconds.
2. In clear 10 fl oz plastic cups, layer parfait ingredients in the following order: ½ cup fruit, ¼ cup yogurt, and 2 Tbsp granola (optional).
3. Serve 1 parfait. Serve immediately, or keep cold at 40 °F or lower.

Very Berry Parfaits

CACFP Crediting Information:



½ cup fruit



½ oz eq meat alternate

Notes:

- Contains milk (yogurt) and wheat (granola [optional]).
- **Choking Prevention:** Granola can be a choking risk for children under the age of 4. See page 85 for more information.
- Use of granola provides ½ oz eq grains. Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Yogurt must not contain more than 23 grams of total sugar per 6 ounces.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- The use of optional ingredients will change the nutrition information.

Final weight and yields:

25 servings

Weight: 9 lb 4½ oz

Yield: 25 Very Berry Parfaits

50 servings

Weight: 18 lb 9 oz

Yield: 50 Very Berry Parfaits



NUTRITION INFORMATION

1 Very Berry Parfait (without granola)

| NUTRIENTS | AMOUNT |
|---------------------------|--------------|
| Calories | 102 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 3 mg |
| Sodium | 37 mg |
| Total Carbohydrate | 21 g |
| Dietary Fiber | 5 g |
| Total Sugars | 16 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| Vitamin D | N/A |
| Calcium | 97 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

Ages: 6–18, 25 and 50 Servings



Preparation Time: 45 minutes



Cook Time: 0 minutes

Very Berry Parfaits

Layered in goodness! The kids will enjoy helping to assemble these treats.



Ingredients

Berry medley, frozen, unsweetened, thawed, drained (strawberries, blackberries, raspberries, and blueberries)

Vanilla yogurt, low-fat

Granola

25 servings

2 gal + 1 qt +
½ cup

3 qt + ½ cup

1 qt + 2¼ cups

50 servings

4 gal + 2 qt +
1 cup

1 gal + 2 qt +
1 cup





3 qt + ½ cup

Directions:


1. Wash hands with soap and water for at least 20 seconds.
2. In clear 12 fl oz plastic cups, layer parfait ingredients in the following order: ¾ cup fruit, ½ cup yogurt, and ¼ cup granola.
3. Serve 1 parfait. Serve immediately, or keep cold at 40 °F or lower.

Very Berry Parfaits

CACFP Crediting Information:

-  ¾ cup fruit
-  1 oz eq meat alternate
-  1 oz eq grains 

Notes:

- **Contains milk (yogurt) wheat (granola).**
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Final weight and yields:

25 servings

Weight: 15 lb 13 oz

Yield: 25 Very Berry Parfaits

50 servings

Weight: 31 lb 10 oz

Yield: 50 Very Berry Parfaits



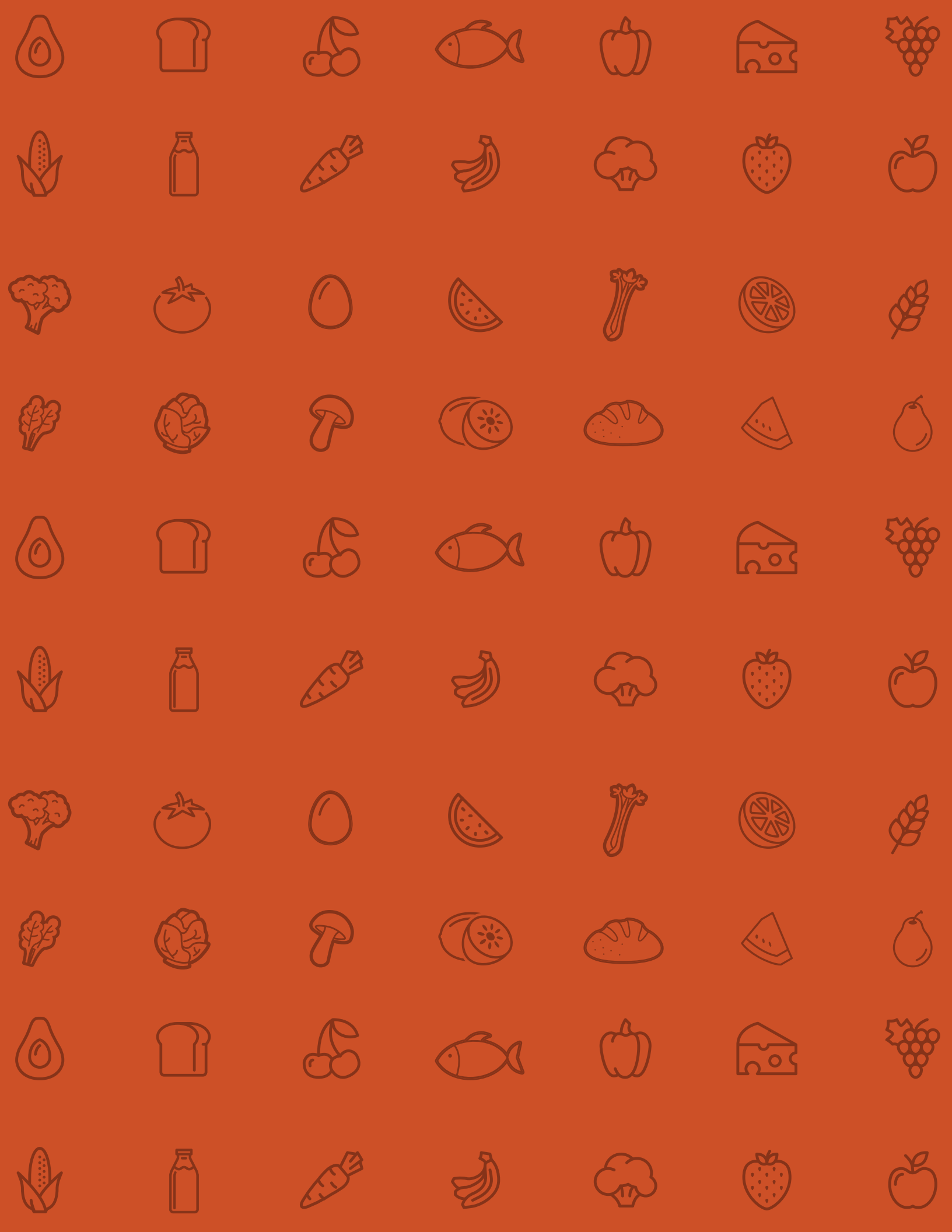
NUTRITION INFORMATION

1 Very Berry Parfait

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 277 |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 6 mg |
| Sodium | 112 mg |
| Total Carbohydrate | 55 g |
| Dietary Fiber | 8 g |
| Total Sugars | 28 g |
| Includes Added Sugars | N/A |
| Protein | 8 g |
| Vitamin D | N/A |
| Calcium | 207 mg |
| Iron | 2 mg |
| Potassium | N/A |

N/A = Data not available







For more information visit
TeamNutrition.USDA.gov

