



CHEESY GARLIC HERB QUICK BREAD

June 1

World Milk Day

INGREDIENTS

- 3 Cups All-Purpose, Enriched Flour
- 3 Tablespoons Sugar
- 1 Tablespoon Baking Powder
- 2 Teaspoons Italian Seasoning
- 1 Teaspoon Garlic Powder
- ½ Teaspoon Salt
- 1 Large Egg
- 1 Cup Milk
- ⅓ Cup Canola or Vegetable Oil
- 1 Cup Shredded Cheddar Cheese

DIRECTIONS

1. Preheat oven to 350°.
2. In a large bowl, whisk together first 6 ingredients. In another bowl, whisk together egg, milk and oil.
3. Stir in cheese and add to flour mixture; stir just until moistened.
4. Spoon batter into a greased 9” cast-iron skillet, 9” square baking pan or 9” round pie plate.
5. Bake at 350° until a toothpick inserted in center comes out clean, 25-30 minutes.
6. Cut into 12 even pieces.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

12 Slices

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice	½ Slice	1 Slice	1 Slice



ROTISSERIE CHICKEN SALAD

June 2

National Rotisserie Chicken Day

INGREDIENTS

- 20 Ounces of Cooked Chicken from a (about 2 pound) Rotisserie Chicken
- ½ Cup Chopped Celery
- ¼ Cup Chopped Onion
- ¾ Cup Mayonnaise
- 1 Teaspoon Mustard
- Salt and Pepper (to taste)

DIRECTIONS

1. Mix all ingredients together.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

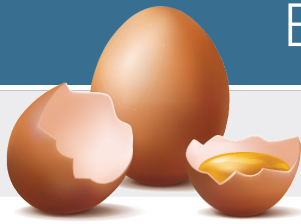
YIELD

4 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	⅓ Cup	½ Cup	½ Cup

EGG BAGEL BITES



June 3

National Egg Day

INGREDIENTS

- 12 Mini Bagels (enriched or whole grain-rich, at least 28 grams each, sliced in half)
- 4 Tablespoons Butter
- 10 Large Eggs
- 1 Cup Shredded Cheese

DIRECTIONS

1. Preheat oven to 350°.
2. Line a large baking sheet with parchment paper.
3. Lightly butter each of the 24 bagel halves and place them on the baking sheet, face up.
4. Place the baking sheet in the oven and cook bagels for 15 minutes.
5. While the bagels are in the oven, crack 10 eggs and whisk until light and fluffy.
6. Scramble the eggs in a large skillet over medium heat sprayed with non-stick cooking spray.
7. Take the bagels out of the oven and place the eggs and cheese onto each slice equally.
8. Bake for an additional 10 minutes.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

24 Bagel Bites

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Bagel Bite	1 Bagel Bite	2 Bagel Bite	4 Bagel Bite

DILLY MINI CHEESE BALLS



June 4

National Cheese Day

INGREDIENTS

- 8 Ounces Cream Cheese (softened)
- 6 Ounces (1½ cups) Sharp Shredded Cheddar Cheese
- ½ Cup Chopped Dill Pickles
- 2 Green Onions (finely chopped)
- 2 Tablespoons Mayonnaise
- 1 Teaspoon Worcestershire Sauce
- 4 Ounces (about 1 cup) Chopped Walnuts

DIRECTIONS

1. In a small mixing bowl, combine the first 6 ingredients.
2. Shape tablespoons of cheese mixture into balls.
3. Roll in walnuts and parsley.
4. Cover and refrigerate for 20 minutes before serving.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

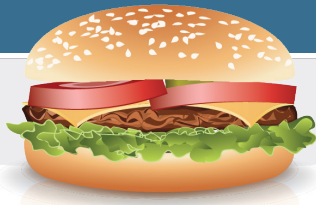
YIELD

30 Mini Cheese Balls

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Mini Cheese Balls	2 Mini Cheese Balls	3 Mini Cheese Balls	3 Mini Cheese Balls

BLACK BEAN BURGER



June 5

National Veggie Burger Day

INGREDIENTS

- 1 Ounce Can Black Beans (drained and rinsed)
- ½ Green Bell Pepper (cut into 2 inch pieces)
- ½ Onion (cut into wedges)
- 3 Cloves Garlic (peeled)
- 1 Egg
- 1 Tablespoon Chili Powder
- 1 Tablespoon Cumin
- ½ Cup Bread Crumbs
- 4 - 1 Ounce Slices Cheese

DIRECTIONS

1. Preheat oven to 375° and lightly oil a sheet of aluminum foil with cooking spray.
2. Mash black beans in a medium bowl with a fork until thick and pasty.
3. Finely chop bell pepper, onion, and garlic in a food processor. Stir chopped vegetables into mashed beans.
4. Stir together egg, chili powder and cumin in a small bowl. Add to the mashed beans and stir to combine. Mix in bread crumbs until the mixture is sticky and holds together.
5. Divide the mixture into four patties and place on the prepared foil.
6. Bake for 10 minutes on each side, 20 minutes total. Place cheese on top while burgers are warm so cheese melts.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

4 Burgers

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Burger	1 Burger	1 Burger	1 Burger



HERBED BISCUIT BAKE

June 10

National Herbs and Spices Day

INGREDIENTS

- (1) 10 Count Can of Buttermilk Biscuits (each biscuit at least 28 grams, enriched)
- 4 Tablespoons Melted Butter
- 1½ Teaspoons Dried Parsley
- 1½ Teaspoons Dried Dill Weed
- ¼ Teaspoon Dried Onion Flakes

DIRECTIONS

1. In a medium bowl, blend melted butter with the dried parsley, dill weed, and onion flakes.
2. Cut buttermilk biscuits into quarters. Roll each biscuit quarter in herb butter. Place in 8 inch cake pan, with pieces touching. Pour remaining butter over biscuits.
3. Bake in a 425° oven for 12 minutes. Serve warm.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

40 Biscuits Bites

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Biscuit Bites	2 Biscuit Bites	4 Biscuit Bites	8 Biscuit Bites



PARMESAN CORN ON THE COB

June 11

National Corn on the Cob Day

INGREDIENTS

- 12 Count Bag of Mini Corn Cobs (3 inches each)
- ½ Cup Butter (melted)
- ¼ Cup Parmesan Cheese
- ½ Teaspoon Paprika
- 1 Tablespoon Chives (chopped)

DIRECTIONS

1. Place corn in a single layer in a microwave safe dish. Cover and microwave on high for 5 minutes.
2. Place butter in a shallow dish. Place parmesan in a second dish. Roll cooked corn cobs in butter and then parmesan. Place on serving dish and sprinkle with paprika and chives.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

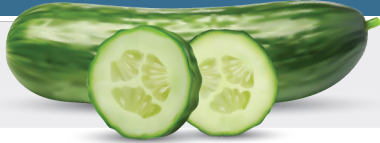
YIELD

12 Corn Cobs

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Corn Cob	1 Corn Cob	2 Corn Cobs	2 Corn Cobs

HERBED SMASHED CUCUMBERS



June 14

National Cucumber Day

INGREDIENTS

- ¼ Cup Plain Greek Yogurt (about 1 small)
- 1 Tablespoon Lemon Juice
- 1 Tablespoon Olive Oil
- 2 Pounds Cucumbers (about 4 medium)
- ½ Cup Finely Chopped Red Onion
- 1 Tablespoon Fresh Dill (or 1 teaspoon dried dill)
- 1 Tablespoon Fresh Chopped Parsley (or 1 teaspoon dried parsley)

DIRECTIONS

1. Whisk the yogurt, lemon juice, and oil together in a large bowl; set aside.
2. Peel the cucumbers and cut them in half lengthwise. Cut each half crosswise into 1-inch segments. Spread the pieces out on a cutting board, flat-side down, and use a heavy pot or skillet to smash the cucumber pieces and lightly crush them.
3. Transfer the smashed cucumbers to the bowl with the yogurt. Add the red onion, dill, and parsley.
4. Toss gently to combine. Taste and season with salt and pepper as needed.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/8 Cup	1/4 Cup	1/2 Cup	1/2 Cup

WATERMELON FETA APPETIZER BITES



June 15

World Tapas Day



INGREDIENTS

- 7½ Cups Cubed Watermelon
- (1) 10 Ounce Package Feta Cheese
- ½ Cup Balsamic Vinegar
- 3 Tablespoons Honey
- Cocktail Skewers or Toothpicks

DIRECTIONS

1. In a small pot over medium heat, combine the vinegar and honey. Simmer until reduced by half, about 10 minutes.
2. Allow balsamic glaze to cool while assembling the bites.
3. Assemble bites by layering a tablespoon-sized cube of watermelon, then 2 teaspoons feta cheese, and then topping it with another cube of watermelon onto a cocktail skewer or toothpick.
4. Coat the bites in glaze before serving.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

60 Bites

PORTION SIZES

Toddler	Preschool	School Age	Adult
4 Bites	4 Bites	6 Bites	6 Bites



ROASTED SWEET POTATO HASH

June 17

National Eat Your Vegetables Day

INGREDIENTS

- 1 Teaspoon Ground Cinnamon
- 2 Teaspoons Canola Oil
- 2 Tablespoons Orange Juice
- 4 Cups (1lb 5¼ oz) Sweet Potatoes (fresh, peeled, cubed)

DIRECTIONS

1. Preheat oven to 400 °F.
2. In a small bowl, combine cinnamon, oil, orange juice, and salt. Whisk to mix.
3. Add sweet potatoes to cinnamon-orange mixture. Toss to combine.
4. Spray a baking sheet with nonstick cooking spray and place sweet potatoes in a single layer (uncrowded) on a baking sheet.
5. Roast for 20 minutes.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	½ Cup	½ Cup



PEACH AND YOGURT SMOOTHIE

June 21

National Smoothie Day

INGREDIENTS



- 7½ Cups Frozen Peaches (thawed and drained)
- 1½ Cups Vanilla Yogurt (23 grams or less of sugar per 6 oz)

DIRECTIONS

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

*Be sure to serve this with another component besides milk. A breakfast cannot be two beverages.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

 Breakfast

YIELD

4½ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	¾ Cup	1½ Cups	3 Cups



BAKED CATFISH

June 25

National Catfish Day

INGREDIENTS

- 1 Pound Frozen Catfish Filet
- ¼ Cup Olive Oil
- 1 Cup Cornmeal
- 1 Tablespoon Cajun Seasoning
- Salt and Pepper

DIRECTIONS

1. Preheat oven to 425° and drizzle 2 tablespoons oil on a large baking sheet.
2. On a large plate, combine cornmeal and Cajun seasoning.
3. Season catfish with salt and pepper, then dredge fish in seasoned cornmeal, pressing to coat.
4. Place fish on prepared baking sheet and drizzle with remaining 2 tablespoons oil.
5. Bake until golden and fish flakes easily with a fork, 15 minutes.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

13 Ounces

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce	1½ Ounces	2 Ounces	2 Ounces



STRAWBERRY PARFAIT

June 25

National Strawberry Parfait Day




INGREDIENTS

- 1 Cup Plain Greek Yogurt
- 1 Tablespoon Honey
- 1 Cup Strawberries
- 1 Cup Granola
(6 grams of sugar per dry ounce or less)

DIRECTIONS

1. Chop up strawberries into small pieces.
2. Thoroughly mix plain Greek yogurt with honey.
3. Assemble parfait by layering yogurt, granola and fruit.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

2 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Yogurt	¼ Cup Yogurt	½ Cup Yogurt	½ Cup Yogurt
⅛ Cup Granola	⅛ Cup Granola	¼ Cup Granola	¼ Cup Granola
½ Cup Berries	½ Cup Berries	¾ Cup Berries	½ Cup Berries



COCONUT CORNBREAD

June 26

National Coconut Day

INGREDIENTS

- 6 Tablespoons Melted Butter
- 1/3 Cup Unsweetened, Dried Coconut
- 1/4 Cup Brown Sugar
- 2 Cups All-Purpose, Enriched Flour
- 1 Cup Yellow Cornmeal
- 1 Teaspoon Salt
- 1 Tablespoon Baking Powder
- 2 Large Eggs
- (1) 13.5 Ounce Can Coconut Milk
- 1/4 Cup Sour Cream

DIRECTIONS

1. Heat oven to 350°. Lightly butter an 8-inch pan.
2. In a small bowl, combine 1 tablespoon butter, the coconut and 1 teaspoon sugar, and toss well. This is your topping.
3. In a large bowl, whisk together the flour, cornmeal, remaining sugar, salt and baking powder.
4. In another bowl, whisk together the eggs, coconut milk, sour cream and remaining melted butter. Pour the wet ingredients into the dry ingredients, whisking well until just combined.
5. Pour batter into the prepared pan and scatter coconut on top in an even layer. Bake until the top is golden and the cornbread bounces back when lightly pressed in the middle, 35 to 50 minutes
6. Cut into 16 even pieces.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

16 Pieces

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Piece	1 Piece	1 Piece	2 Pieces



PINEAPPLE COLESLAW

June 27

International Pineapple Day

INGREDIENTS

- 1/3 Cup Mayonnaise
- 3 Tablespoons Apple Cider Vinegar
- 2 Tablespoons Lemon Juice
- 1 Teaspoon Pepper
- 2 Cups Shredded Red Cabbage
- 1 Cup Julienned Carrots
- 2 Cups Broccoli Slaw Mix
- 3 Cups Finely Chopped Fresh or Canned Pineapple

DIRECTIONS

1. Whisk mayonnaise, vinegar, lemon juice and seasoned pepper in a large bowl. Add cabbage, carrots, broccoli slaw and pineapple; toss to coat. Refrigerate for at least 30 minutes (and up to 1 day) before serving.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Fruit

MEAL TYPE

-  Snack

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 1/3 Cups	1 1/3 Cups	2 Cups	1 1/3 Cups