



SHEET PAN BLACK BEAN QUESADILLAS

July 3

National Eat Your Beans Day



INGREDIENTS

- 8 Tortillas (about 8" across, enriched or whole grain-rich)
- ½ Cup Canned Pumpkin
- 4 Cups Black Beans
- 8 Ounces Shredded Cheddar Cheese
- ½ Teaspoon Ground Cumin

DIRECTIONS

1. Preheat oven to 375° and line 2 baking sheets with parchment paper.
2. Place the tortillas on a baking sheet. Spread 1 tablespoon of pumpkin puree on half of each tortilla.
3. Top puree with ½ cup beans, 1 ounce cheese, and a sprinkle of cumin.
4. Bake for 5-7 minutes or until heated through and melty. Fold the empty side of the tortilla over and press down. Flip over and bake for an additional 2-3 minutes and remove from the oven.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Snack

YIELD

8 Quesadillas

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Quesadilla	¼ Quesadilla	½ Quesadilla	½ Quesadilla



CHICKEN CAESAR PASTA SALAD

July 4

National Caesar Salad Day



INGREDIENTS

- 6 Ounces Farfalle (Bowtie) Pasta (enriched or whole grain-rich)
- 3 Cups Chopped Romaine Lettuce
- ½ Cup Caesar Salad Dressing
- ½ Cup Shaved Parmesan Cheese
- 6 Ounces Canned Chunk Chicken
- 1 Cup Croutons
- Salt and Pepper (to taste)

DIRECTIONS

1. Cook the pasta to al dente in salted water according to the package instructions. Drain and rinse in cool water until pasta is cool. Drain well. Set aside.
2. In a large bowl, toss the hearts of romaine with the pasta, dressing, parmesan cheese, chicken and croutons.
3. Add salt and pepper to taste, toss again and serve immediately.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

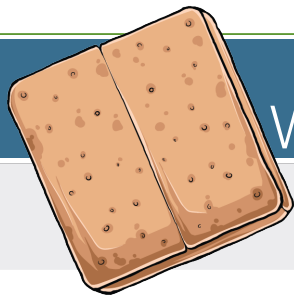
-  Snack

YIELD

9 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	¾ Cup



STRAWBERRY YOGURT PARFAITS WITH GRAHAM CRACKER CRUMBLE

July 5

National Graham Cracker Day

INGREDIENTS

- 8 Graham Crackers (about 5" by 2½", enriched or whole grain-rich)
- 2 Cups Sliced Strawberries
- 2 Cups Heavy Whipping Cream
- ½ Cup Sugar
- 1 Teaspoon Vanilla
- 2 Cups Plain Greek Yogurt

DIRECTIONS

1. Break graham crackers into small pieces. Distribute half of the cracker pieces equally among four cups or bowls.
2. With an electric mixer, beat whipping cream until it starts to thicken.
3. Add sugar while continuing to beat, followed by vanilla. Beat to medium peaks.
4. Fold in Greek yogurt.
5. Distribute half of the yogurt mix equally among the four cups or bowls.
6. Top each with ¼ cup of strawberries.
7. Repeat the process with the remaining half of the cracker pieces, yogurt mix and strawberries.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

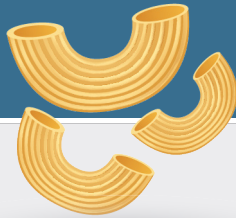
 Breakfast

YIELD

4 Parfaits

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Parfait	1 Parfait	1 Parfait	2 Parfaits



HAM MACARONI SALAD

July 7

National Macaroni Day



INGREDIENTS

- 2½ Cups Cooked Macaroni (enriched or whole grain-rich)
- ½ Pound Diced Ham (mild cured, fully cooked, chilled or frozen, with natural juices)
- ½ Cup Shredded Cheddar Cheese
- 1 Cup Cooked Peas
- ½ Cup Vegetable Oil
- ⅓ Cup Vinegar
- 1 Tablespoon Italian Seasoning
- 1 Tablespoon Lemon Juice
- 1 Tablespoon Mustard

DIRECTIONS

1. In a large bowl, combine macaroni, ham, cheese and peas.
2. In a separate, small bowl, whisk together oil, vinegar, Italian seasoning, lemon juice and mustard.
3. Pour dressing over pasta mix and toss to combine.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

10 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅔ Cup	1 Cup	1⅓ Cups	2⅔ Cups



RASPBERRY BREAD

July 8

National Raspberry Day

INGREDIENTS

- 2 Cups + 4 Tablespoons All-Purpose Flour (divided)
- ¾ Cup Light Brown Sugar (packed)
- ¼ Cup Granulated Sugar
- 1 Teaspoon Baking Soda
- ¼ Cup Unsalted Butter (melted)
- 1 Large Egg
- ¾ Cup Buttermilk
- ¼ Cup Canola or Vegetable Oil
- 2 Teaspoons Vanilla Extract
- 2 Cups Raspberries

DIRECTIONS

1. Preheat oven to 350°. Spray one 9×5-inch loaf pan with floured cooking spray, or grease and flour the pan; set aside.
2. In a large bowl, add 2 cups + 2 tablespoons flour, sugars, baking soda, optional salt, and whisk to combine; set aside.
3. In a medium bowl, mix the melted butter, egg, buttermilk, oil, vanilla, and whisk to combine.
4. Pour wet over dry and stir until just combined.
5. In a medium bowl, add the raspberries, 2 tablespoons flour, and toss lightly to combine (coating berries in flour helps to reduce sinking while baking).
6. Add the raspberries to the batter and fold very lightly to combine.
7. Turn batter out into prepared pan, bake bread for 45 minutes to an hour.
8. Allow bread to cool in pan for about 15 minutes before turning out on a wire rack to cool completely. Cut into 14 even slices.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

14 Slices

PORTION SIZES

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



BLUEBERRY SPINACH MUFFINS

July 11

National Blueberry Muffin Day

INGREDIENTS

- 2 Large Eggs
- 3 Medium Overripe Bananas
- 6 Ounces Applesauce
- ¼ Cup Vegetable Oil
- ¼ Cup Honey
- 1 Teaspoon Vanilla
- 10 Ounces Frozen Spinach (thawed and squeezed dry)
- 2 Cups All-purpose Flour (enriched)
- 2 Teaspoons Baking Powder
- ½ Teaspoon Baking Soda
- ½ Teaspoon Salt
- 1 Cup Fresh Blueberries

DIRECTIONS

1. Preheat oven to 350°. Prepare a muffin tin with muffin liners or non-stick cooking spray.
2. To a blender add eggs, bananas, applesauce, oil, honey, vanilla, and spinach. Blend until well mixed.
3. In a large bowl mix the blended ingredients with the flour, baking powder, baking soda, and salt. Blend until just mixed.
4. Gently fold in blueberries
5. Bake muffins for 20 minutes or until a toothpick inserted into the muffin comes out clean.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	2 Muffins



REFRIGERATOR CHERRY OATS

July 11

National Rainier Cherry Day

INGREDIENTS

- 2 Cups Old-Fashioned (Rolled) Oats
- 1½ Teaspoon Almond Extract
- ¼ Cup Maple Syrup or Brown Sugar
- ¾ Cup Milk
- 2 Cups Pitted Rainier Cherries (or other variety)

DIRECTIONS

1. Mix the oats, extract, syrup and milk together in a large bowl.
2. Layer cherries on top.
3. Cover and refrigerate for at least 4 hours.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

4 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1 Cup	1½ Cups	1 Cup

SLOW COOKER BEANS AND FRANK SOUP



July 13

National Beans and Franks Day

INGREDIENTS

- 1 Can (28 Ounces) Baked Beans with Bacon and Brown Sugar Sauce (undrained)
- 1 Can (11½ Ounces) Eight-Vegetable Juice
- 6 Frankfurters (that do not contain meat or poultry byproducts, cereals, binders or extenders)
- 1½ Cups Chopped Carrots
- 1 Cup Chopped Onion
- 1 Clove Garlic (chopped)
- 1 Teaspoon Worcestershire Sauce

DIRECTIONS

1. Mix all ingredients in 3½- to 6-quart slow cooker.
2. Cover and cook on low heat setting 6 to 8 hours (or high heat setting 3 to 4 hours) or until carrots are tender.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

9 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1½ Cups	2 Cups	2 Cups



BAKED SWEET POTATO FRIES

July 14

National French Fry Day

INGREDIENTS

- 2 Large Sweet Potatoes (cut into thin strips)
- 2 Tablespoons Canola Oil
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Paprika
- 1 Teaspoon Kosher Salt

DIRECTIONS

1. Preheat oven to 425°. Combine all ingredients; toss to coat.
2. Spread fries in a single layer on 2 baking sheets.
3. Bake until crisp, 35-40 minutes. Serve immediately.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup



STRAWBERRY & WAFFLE KEBABS WITH MAPLE-YOGURT DIP

July 14

World Kebab Day



INGREDIENTS

- ¾ Cup Vanilla Greek Yogurt (ensure it meets sugar limits)
- 1 Tablespoon Maple Syrup
- 6 Mini Frozen Waffles (at least ½ ounce each)
- 3 Cups Fresh Strawberries

DIRECTIONS

1. In a small bowl, combine yogurt and maple syrup. Whisk until well-blended.
2. Lightly toast waffles for 3–4 minutes. Cut each waffle in half.
3. Build kebabs by putting ¼ cup of strawberries and ½ waffle on a stick.
4. Serve kebabs with yogurt dip.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Breakfast

YIELD

6 Kebabs

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Kebab	2 Kebabs	2 Kebabs	4 Kebabs



MAC & CHEESE STUFFED MEATBALLS

July 14

National Mac & Cheese Day

INGREDIENTS

- 1½ Pounds Lean Ground Beef (20% fat or less)
- 2 Tablespoons Onion (finely chopped)
- 1 Egg
- ⅓ Cup Panko Bread Crumbs
- ½ Cup Grated Cheddar Cheese
- ½ Teaspoon Black Pepper
- 1½ Ounces Cheddar (cut into 10 small cubes)
- 1 Cup Prepared Macaroni and Cheese
- 2 Tablespoons Barbecue Sauce

DIRECTIONS

1. Preheat oven to 375°.
2. Combine beef, onion, egg, panko bread crumbs, shredded cheese and pepper. Mix just until combined.
3. Divide meat into 10 equal pieces. Squish each piece of meat into a thin circle. Top with 1 slightly heaping tablespoon of macaroni (as much as can fit) and 1 cheddar cube.
4. Fold sides up pinching to seal and form into a meatball. Place meatballs on a parchment lined pan and brush with barbecue sauce.
5. Bake 24-26 minutes or until the center of each meatball reaches an internal temperature of 160°.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

10 Meatballs

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Meatball	1 Meatball	1 Meatball	1 Meatball



TERIYAKI PINEAPPLE DRUMSTICKS

July 18

National Tropical Fruit Day

INGREDIENTS

- 1 Tablespoon Garlic Salt
- 1½ Teaspoons Paprika
- 24 Chicken Drumsticks
(with bone, with skin, about 3.7 ounces each)
- ½ Cup Canola Oil
- 1 Can (8 Ounces) Crushed Pineapple
- ½ Cup Water
- ¼ Cup Packed Brown Sugar
- ¼ Cup Worcestershire Sauce
- ¼ Cup Yellow Mustard

DIRECTIONS

1. Preheat oven to 350°.
2. Mix the garlic salt and paprika and sprinkle over chicken.
3. In a large skillet, heat oil over medium-high heat. Brown drumsticks in batches.
Transfer to a roasting pan.
4. Meanwhile, combine pineapple, ½ cup water, brown sugar, Worcestershire sauce and mustard; pour over chicken.
5. Cover; bake until tender, 1½ to 2 hours, uncovering during the last 20-30 minutes of baking to let skin crisp.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

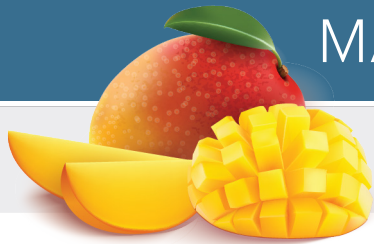
YIELD

24 Drumsticks

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Drumstick	1 Drumstick	2 Drumsticks	2 Drumsticks

MANGO FRUIT SALSA



July 22 National Mango Day

INGREDIENTS

- 2 Cups Chopped Mango
- 1 Cup Diced Honeydew Melon
- 1 Cup Pineapple Tidbits
- 1 Cup Chopped Kiwifruit
- 1 Tablespoon Cider Vinegar
- 2 Teaspoons Lime Juice
- ½ Teaspoon Salt

DIRECTIONS

1. In a large bowl, combine all ingredients.
2. Refrigerate until serving.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup



BAGEL FRUIT PIZZA

July 26

National Bagelfest Day



INGREDIENTS

- 3 Bagels (enriched or whole grain-rich, at least 1 ounce each)
- 8 Ounce Package Cream Cheese (softened)
- 2 Tablespoons Ricotta Cheese
- 3 Tablespoons Sugar
- 1 Teaspoon Vanilla
- 3 Cups Assorted Fresh Fruit (such as strawberries, mandarin oranges, pineapple, blueberries, etc.)

DIRECTIONS

1. In a medium bowl, beat together cream cheese, ricotta cheese, sugar, and vanilla using a mixer or wooden spoon.
2. Slice bagels in half and spread mixture evenly on top.
3. Arrange ½ cup of fruit on top of each bagel.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

 Breakfast

YIELD

6 Bagel Pizzas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Bagel Pizza	1 Bagel Pizza	1 Bagel Pizza	2 Bagel Pizzas



PIZZA LASAGNA

July 29

National Lasagna Day



INGREDIENTS

- 2 Cans (24 Ounces) Spaghetti Sauce
- 8 Ounces Lasagna Noodles (cooked, enriched or whole grain)
- 2 Cups (8 Ounces) Mozzarella Cheese (shredded)
- 1 Carton (16 Ounces) Cottage Cheese
- 1 Package (5 Ounces) Pepperoni (All meat or CN)
- $\frac{3}{8}$ Cup Parmesan Cheese

DIRECTIONS

1. Spread $\frac{1}{4}$ of the sauce in the bottom of a 9"x13" pan.
2. Place $\frac{1}{3}$ of the noodles on top.
3. Layer $\frac{1}{3}$ of the mozzarella, cottage cheese and pepperoni.
4. Repeat steps 1-3, ending with a layer of sauce on top. Sprinkle with Parmesan.
5. Bake at 400° for 1 hour or until food thermometer reads 165°.
6. Cut into 12 even pieces.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

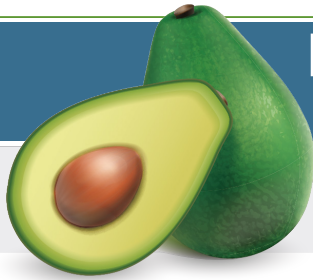
-  Lunch/Supper

YIELD

12 Pieces

PORTION SIZES

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



MANGO AND AVOCADO FRUIT SALAD

July 31

National Avocado Day

INGREDIENTS

- 1 Cup Chopped Mango
- 1 Cup Chopped Avocado
- 2 Cups Pineapple Chunks
- 1 Cup Mandarin Oranges
- ½ Cup Plain Yogurt
- 2 Tablespoons Honey
- 1 Teaspoon Sugar
- 2 Tablespoons Lemon or Lime Juice

DIRECTIONS

1. In a large bowl, combine all fruit.
2. In a small container, mix yogurt, honey, sugar and juice.
3. Combine the fruit and yogurt mix.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Fruit

MEAL TYPE

 Breakfast

YIELD

5 Cups

PORTION SIZES

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