



# COCONUT OAT MUFFINS

September 2

World Coconut Day

## INGREDIENTS

- 2 Cups All Purpose Flour
- 1 Cup Quick Cooking Oats
- 2 Teaspoons Baking Powder
- ½ Teaspoon Ground Cinnamon
- ¼ Teaspoon Salt
- 1 Cup Sugar
- 2 Cups Packed Shredded Coconut
- 2 Large Eggs
- 1 Cup Milk
- 1½ Teaspoon Vanilla Extract
- 5 Tablespoons Butter (melted)

## DIRECTIONS

1. Preheat oven to 350°. Line a 12-cup muffin tin with paper liners.
2. In a large mixing bowl, whisk together flour, oats, baking powder, cinnamon, salt and sugar. Stir in shredded coconut.
3. In a medium bowl whisk together eggs, milk and vanilla extract. Make a well in the center of the dry ingredients and pour in egg mixture. Stir until the wet ingredients are almost fully combined and only a few streaks of flour remain.
4. Pour in the melted butter and stir until butter is completely incorporated and no streaks of dry ingredients remain. Divide evenly into prepared muffin pan (muffin cups will be very full).
5. Bake for 22-25 minutes, or until a toothpick inserted into the center 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	1½ Muffins

# CINNAMON SUGAR ROASTED MACADAMIA NUTS



September 4

National Macadamia Nut Day

## INGREDIENTS

- 3 Cups Macadamia Nuts (raw)
- 2 Egg Whites
- ¼ Cup Brown Sugar
- 1 Teaspoon Ground Cinnamon
- ¼ Teaspoon Ground Ginger
- ¼ Teaspoon Vanilla Extract
- ⅛ Teaspoon Salt

## DIRECTIONS

1. Preheat the oven to 300°. Line a baking sheet with parchment paper.
2. In a large bowl beat egg whites with an electric mixer until frothy.
3. Gradually add in the sugar, beating until well combined.
4. Add cinnamon, ginger, vanilla extract, and salt. Beat to combine.
5. Fold your macadamia into the egg whites until all are well coated.
6. Spread in an even layer onto your baking sheet.
7. Bake for roughly 30 minutes, scraping halfway through until your nuts are caramelized and shiny. Check several times while baking to break up any large clusters.
8. Remove from oven and allow to cool completely before serving or storing.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

## YIELD

About 1 Pound

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce	½ Ounce	1 Ounce	1 Ounce



## SLOW COOKER 5-SPICE CHICKEN

September 4

National Spice Blend Day

### INGREDIENTS

- 7 Chicken Leg Quarters (with bone, without skin; about 7 oz each)
- 1 Cup Chicken Broth
- 3 Cloves Garlic (minced)
- ½ Cup Onion (finely chopped)
- 1 Teaspoon Ginger Powder
- 1 Tablespoon 5-Spice Powder

### DIRECTIONS

1. Place the chicken in the slow cooker.
2. Pour the broth over it. Sprinkle with the garlic, onion and seasonings.
3. Cook on High for 4 hours.

### MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

### MEAL TYPE

 Lunch/Supper

### YIELD

7 Chicken Leg Quarters

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Leg Quarter	½ Leg Quarter	1 Leg Quarter	1 Leg Quarter



# EASY PIZZA QUESADILLAS

September 5

National Cheese Pizza Day



## INGREDIENTS

- 4 Tortillas, Soft, Flour (about 8") (enriched or whole grain-rich)
- 1 Cup Pizza Sauce
- 2 Cups Shredded Mozzarella Cheese
- ½ Cup Grated Parmesan Cheese
- 4 Ounces Pepperoni Slices
- 1 Teaspoon Italian Seasoning
- 2 Tablespoon Butter

## DIRECTIONS

1. Begin by preheating a large skillet over medium heat. While it heats up, gather your ingredients.
2. Spread a thin layer of pizza sauce over one half of each tortilla, ensuring to leave a small border. Next, sprinkle the sauced half with a generous amount of mozzarella and Parmesan cheese.
3. Distribute the pepperoni slices evenly over the cheese-covered half and sprinkle with Italian seasoning for that extra burst of flavor.
4. Fold the unsauced half of each tortilla over the toppings to create a half-moon shape. Melt ½ tablespoon of butter in the hot skillet and place a quesadilla in the skillet. Cook for 2-3 minutes until golden brown on the bottom, then carefully flip and cook the other side until the cheese is fully melted and the tortilla is crispy.
5. Transfer the cooked quesadillas to a cutting board and allow them to cool for a minute before slicing into 6 wedges with a pizza cutter.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Lunch/Supper

## YIELD

12 Wedges

## PORTION SIZES

Toddler	Preschool	School Age	Adult
3 Wedges	5 Wedges	6 Wedges	6 Wedges



# SQUASH EGG IN A HOLE

September 7

National Acorn Squash Day



## INGREDIENTS

- 2.1 Pounds Acorn Squash (medium)
- 1 Tablespoon Olive Oil
- ¼ Teaspoon Smoked Paprika
- ¼ Teaspoon Kosher Salt
- Black Pepper
- 6 Eggs
- Everything Bagel Seasoning Blend

## DIRECTIONS

1. Preheat oven to 425°. Spray a large sheetpan with nonstick cooking spray or line with parchment.
2. Cut the base and stem ends off the acorn squash, then cut the squash in half crosswise and scoop out the seeds.
3. Carefully cut each half into 3 rings, about 1-inch thick (you should have 6 squash rings total).
4. Drizzle squash with the olive oil and use your hands to coat the squash. Sprinkle with smoked paprika, salt and a few grinds of black pepper.
5. Transfer pan to oven and roast for 15 minutes, or until the squash is just fork tender (not super soft).
6. Remove pan from oven and crack an egg into each squash ring. Transfer pan back to oven and continue to roast for 7-9 minutes, or until egg whites are just set. Sprinkle to taste with bagel seasoning (or salt and pepper).

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

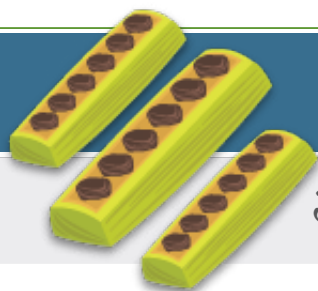
 Breakfast

## YIELD

6 Eggs In A Hole

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Egg In A Hole	2 Eggs In A Hole	2 Eggs In A Hole	2 Eggs In A Hole



# FISH IN A STREAM

*September 12*

National Ants On A Log Day



## INGREDIENTS

- 36 Celery Sticks (½" by 4")
- ¾ Cup Cream Cheese
- 1¾ cup Fish-Shaped Crackers

## DIRECTIONS

1. Spread each rib with 1 teaspoon of cream cheese.
2. Place 4 goldfish on each rib of celery.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

-  Snack

## YIELD

36 Each

## PORTION SIZES

Toddler	Preschool	School Age	Adult
6 Each	6 Each	9 Each	6 Each

# PEANUT BUTTER AND JELLY PIZZA



September 13

National Peanut Day



## INGREDIENTS

- 3 English Muffins (top and bottom) at least 56 grams (enriched or whole grain rich)
- 6 Tablespoons Peanut Butter
- 6 Tablespoons Any Flavor Fruit Jelly or Jam
- 2 Bananas (sliced)

## DIRECTIONS

1. Split and toast each English muffin.
2. Spread each round with 1 tablespoon each of peanut butter and jelly.
3. Top with banana slices.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Snack

## YIELD

6 Rounds

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Round	1 Round	2 Rounds	2 Rounds



# HOAGIE BREAKFAST BOATS

September 14

National Eat a Hoagie Day



## INGREDIENTS

- 4 Hoagie Rolls (at least 28 grams each, enriched or whole grain rich)
- 5 Large Eggs
- ¾ Cup Half and Half
- 6 Slices Crispy Cooked Bacon (chopped)
- 1 Cup Mushrooms (chopped)
- 4 Green Onions (chopped)
- 1½ Cups Cheddar Cheese (shredded)
- ½ Teaspoon Black Pepper
- ½ Teaspoon Salt

## DIRECTIONS

1. Preheat oven to 350°. Line a baking sheet with foil and spray with cooking spray.
2. Cut a slit along the top of each roll, being careful not to slice all the way through to the bottom or the edges.
3. Hollow out each roll a bit by removing some of the bread from inside the slit you just cut, leaving about ½ inch of bread on the bottom. (Basically you should have a football-shaped cut-out in the top of each roll.)
4. Whisk together the eggs, half and half, salt, and pepper in a mixing bowl until thoroughly combined. Add 1 cup cheese and the chopped green onions and stir to combine.
5. In a medium skillet over medium-low heat on the stovetop, cook the eggs until almost a soft-scrambled consistency. They should still be slightly runny.
6. While the eggs are cooking, bake the hoagie rolls in the oven for a few minutes to crisp up. This helps them hold up better to the eggs and ensure they will not get soggy.
7. Remove rolls from oven and add 2 tablespoons of shredded cheese to the inside of each boat. Top with all but 2 tablespoons of crumbled bacon and the chopped mushrooms.
8. Add the soft-scrambled egg mixture to each breakfast boat.
9. Bake for 7-8 minutes. Then remove from oven and top with the remaining cheese and crumbled bacon.
10. Bake for another 2-3 minutes or until the cheese is melted, the bun is golden, and the filling is fully set in the center.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Breakfast

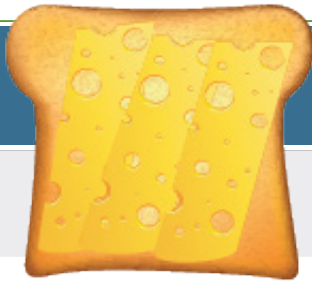
## YIELD

4 Boats

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Boat	½ Boat	1 Boat	2 Boats





# EGG AND CHEESE TOASTS

*September 15*

National Cheese Toast Day

## INGREDIENTS

- 2 Slices Bread (at least 28 grams each, enriched or whole grain rich)
- 1 Large Egg
- ½ Cup (2 ounces) Grated Cheese
- 1 Teaspoon Finely Chopped Fresh Herbs (like Thyme or Rosemary)
- Salt and Black Pepper

## DIRECTIONS

1. Lightly toast bread.
2. Preheat oven to 400°.
3. Crack the egg into a small bowl and beat with a fork until the yolk and white are combined. Mix in the cheese and fresh herbs if using. Add salt and pepper as desired. Spread mixture over the bread all the way to the crusts.
4. Bake until the cheese and egg mixture is puffed, bubbly, and starting to brown, about 10 to 12 minutes.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

2 Slices

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice	½ Slice	1 Slice	2 Slices



# PARMESAN GARLIC LINGUINE PASTA

September 15

National Linguine Day

## INGREDIENTS

- 1 Pound Linguine (enriched or whole grain rich)
- 2 Tablespoons Olive Oil
- 4-5 Cloves Garlic (minced or pressed)
- 8 Ounces Cream Cheese (softened and cut into smaller cubes)
- ½ Cup Parmesan cheese (plus more for topping)
- 2-3 Tablespoons Heavy Cream
- 1 Cup Water

## DIRECTIONS

1. Cook the pasta according to the package directions.
2. Add the olive oil and garlic to same hot pan over low heat. Cook for 3-4 minutes or until garlic starts to brown and becomes fragrant, but don't let it burn!
3. Add the cream cheese, stirring while it heats and melts, approximately 3-4 minutes.
4. When melted, whisk in the Parmesan cheese, heavy cream and water until blended.
5. Toss the cooked pasta with the creamy sauce.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Lunch/Supper

## YIELD

2½ Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	¼ Cup	½ Cup	1 Cup



# GUACAMOLE SCOOPS

*September 16*

National Guacamole Day



## INGREDIENTS

- 2 Pounds Avocados
- ½ Red Onion (finely chopped)
- 4 Tablespoons Cilantro (chopped)
- 1 Tablespoon Lemon or Lime Juice
- ¼ Teaspoon Salt
- 3 Ounces Scoop-Shaped Tortilla Chips (enriched or whole grain rich)
- ¾ Cup Chopped Cherry Tomatoes

## DIRECTIONS

1. Cut open your avocados, and remove the pits. Put it in a bowl and mash until smooth.
2. Add the lime juice, cilantro, onion, and salt and stir to combine.
3. Fill each tortilla scoop with 2 teaspoons of guacamole.
4. Place ½ teaspoon of chopped cherry tomatoes on top of each scoop.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

-  Snack

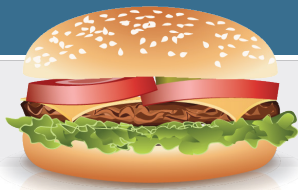
## YIELD

66 Scoops

## PORTION SIZES

Toddler	Preschool	School Age	Adult
11 Scoops	11 Scoops	33 Scoops	22 Scoops

# EASY CHEESEBURGER SKILLET



September 18

National Cheeseburger Day



## INGREDIENTS

- ½ Teaspoon Olive Oil
- 1 Pound Ground Beef (10% fat or less)
- ¼ Cup Diced Onion
- 1 Tablespoon Worcestershire Sauce
- ½ Teaspoon Dried Thyme
- ½ Teaspoon Dried Basil
- ½ Teaspoon Salt
- 2 Cups Orzo Pasta (enriched or whole grain rich)
- 4 Cups Beef Broth
- 1½ Teaspoons Mustard
- ⅓ Cup Diced Pickles
- 1½ Cups Shredded Cheddar Cheese
- 1 Roma Tomato (chopped)

## DIRECTIONS

1. Heat olive oil over medium heat in a large, deep, ovenproof skillet. Add ground beef. Crumble and cook the beef until browned. Stir in onions and cook another 1-2 minutes or until soft. Stir in Worcestershire sauce, thyme, basil and salt. Add orzo to skillet and cover with beef broth.
2. Bring broth to a boil and then reduce heat and simmer until the liquid has been absorbed, about 12-15 minutes. Stir in mustard and pickles.
3. Preheat broiler. Place skillet under broiler for just a minute or until cheese has melted. Remove and top with freshly chopped tomatoes.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

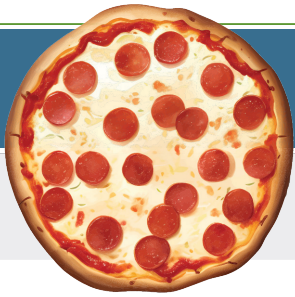
-  Lunch/Supper

## YIELD

6 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	1 Cup



# PIZZA PULL-APART BREAD

September 19

National Pepperoni Pizza Day



## INGREDIENTS

- 12 Ounce Can of Refrigerated Biscuit Dough (enriched or whole grain rich)
- 1/2 Cup Pizza Sauce
- 12 Ounces Shredded Mozzarella Cheese
- (1) 3.5 Ounce Bag Sliced Pepperoni

## DIRECTIONS

1. Preheat the oven to 350°. Grease a 10-inch (25 cm) bread loaf with nonstick spray.
2. Tear a biscuit in half and flatten to approximately 2 inches (5 cm) wide. Top with 1/2 teaspoon pizza sauce, 2 slices of pepperoni, and 1 teaspoon mozzarella. Repeat this step with the rest of the biscuits.
3. Arrange the layer of pizza slices or discs in the prepared bread loaf pan (horizontally) and top with 1/3 of the remaining mozzarella.
4. Bake for 30–35 minutes, until the biscuit dough is golden brown and the cheese is bubbling between the slices. Let cool for 2–3 minutes before transferring to a serving platter.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Lunch/Supper

## YIELD

10 Pull-Aparts

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Pull-Apart	1½ Pull-Aparts	2 Pull-Aparts	2 Pull-Aparts



# HAM & CHEESE ROLL-UP

September 19

National String Cheese Day



## INGREDIENTS

- 4 Tortillas, Soft, Flour (about 6") (enriched or whole grain rich)
- (8) ½ Ounce Slices Deli Ham (without binders, filler or extenders)
- (4) 1 Ounce String Cheese

## DIRECTIONS

1. Preheat oven to 400° and line a baking sheet with foil and spray with cooking spray.
2. In each tortilla, place 2 slices ham and 1 string cheese.
3. Roll each tortilla up and place on prepared pan seam side down.
4. Spritz each roll up with cooking spray.
5. Bake for 10-15 minutes until crispy.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Snack

## YIELD

4 Roll-Ups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Roll-Up	½ Roll-Up	1 Roll-Up	1 Roll-Up



# BREAKFAST FRIED RICE

September 20

National Fried Rice Day

## INGREDIENTS

- 6 Slices Bacon (chopped)
- 4 Large Eggs
- ¼ Teaspoon Kosher Salt
- ¼ Teaspoon ground pepper
- 2 Tablespoons Butter
- 1 Medium White Onion (diced)
- 2 Cloves Garlic (minced)
- 3 Cups Cold Cooked Rice
- 3 Tablespoons Soy Sauce
- 2 Teaspoons Toasted Sesame Oil
- 1 Cup Frozen Peas and Carrots
- ½ Cup Frozen Corn
- 4 Green Onions (sliced)

## DIRECTIONS

1. Cook bacon and scramble eggs in the same pan.
2. Add onion and saute for 5-6 minutes. Add the garlic and cook, stirring constantly, until very fragrant, about 1 minute more.
3. Add the rice to the skillet and toss with the onions and garlic until well combined. Smooth the rice and onion mixture into an even layer and fry, undisturbed, for 4-5 minutes.
4. Pour the soy sauce over the rice, then loosen the rice from the bottom of the skillet with a wood spoon, stirring the soy sauce into the rice. Add the frozen vegetables and sesame oil. Work the vegetables into the rice, tossing frequently, until the vegetables are defrosted and warmed through and the rice appears dry.
5. Remove the skillet from heat. Stir in the bacon, scrambled eggs, and green onions. Serve immediately with additional soy sauce to taste.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

6 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	1½ Cups

# CHICKEN POT PIE SOUP



September 23

National Great American Pot Pie Day



## INGREDIENTS

- 6 Tablespoons Unsalted Butter
- 1 Cup Chopped Yellow Onion
- 1 Cup Carrot Slices
- ½ Cup Chopped Celery
- 1 Cup Sliced Mushrooms
- 3 Garlic Cloves (minced)
- ⅓ Cup All-Purpose Flour
- 6 Cups Chicken Stock
- 1 Pound Yukon Gold Potatoes (peeled and sliced into ¼” thick pieces)
- 2 Pounds Cooked Chicken (shredded)
- 1 Cup Frozen Peas
- 1 Cup Corn
- ½ Cup Whipping Cream
- ¼ Cup Parsley

## DIRECTIONS

1. Heat a dutch oven or soup pot over medium/high heat and melt in 6 tablespoons butter.
2. Add chopped onion, chopped celery, and sliced carrots and sauté 5-7 minutes, stirring occasionally, until softened and lightly golden.
3. Add sliced mushrooms and garlic and sauté for another 5 minutes, stirring occasionally until softened.
4. Add ⅓ cup flour and stir constantly for 1 minute until golden.
5. Add 6 cups chicken stock, sliced potatoes, and salt . Bring to a boil then reduce heat to a simmer, partially cover and cook 12-15 minutes or just until potatoes are tender.
6. Add shredded chicken, frozen peas, and frozen corn, ½ cup heavy whipping cream and ¼ cup parsley. Bring back to a simmer and continue to cook for another 5 minutes or until peas and corn are tender.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

-  Lunch/Supper

## YIELD

12 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	1 Cup



# BLUEBERRY BREAKFAST QUESADILLA



*September 25*

National Quesadilla Day

## INGREDIENTS

- 2 Tortillas, Soft, Flour (about 8") (enriched or whole grain rich)
- 4 Tablespoons Cinnamon Cream Cheese
- $\frac{2}{3}$  Cup Fresh Blueberries
- 2 Tablespoons Butter (softened)

## DIRECTIONS

1. Spread cream cheese on one side of the flour tortilla.
2. Sprinkle blueberries over half of it. Fold other side over and press down lightly.
3. Spread  $\frac{1}{2}$  tablespoon softened butter on one outside of the quesadilla, flip and spread the remaining  $\frac{1}{2}$  tablespoon butter on the other outside.
4. Place on a skillet over medium heat and grill each side until golden brown.
5. Cut each quesadilla into four wedges.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

8 Wedges

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Wedge	1 Wedge	2 Wedges	4 Wedges



# BEAN SOUP WITH DUMPLINGS

September 26

National Dumpling Day



## INGREDIENTS

- 2 Cups All-Purpose Flour
- 4 Teaspoons Baking Powder
- 1 Teaspoon Fine Salt
- 1 Cup Milk or Water
- 10 Cups Prepared Condensed Bean Soup (prepared according to package directions)

## DIRECTIONS

1. Sift 2 cups all-purpose flour, 4 teaspoons baking powder, and 1 teaspoon fine salt together in a large bowl.
2. Add 1 cup milk and mix until combined. The batter should be thick enough to be scooped and dropped from a spoon. Let it rest for a few minutes.
3. Bring soup to a boil. Drop 12 spoonfuls of the batter into the soup. Try to keep the dumplings on top.
4. Lower the heat to medium-low to maintain a lively simmer. Cover and cook for 10 to 15 minutes.
5. Do not remove the lid until it is time to check the dumplings. The dumplings are ready when they have doubled in size, and a toothpick inserted into the center comes out clean.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

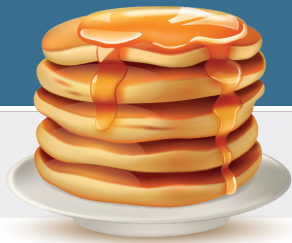
-  Lunch/Supper

## YIELD

10 Cups Soup +  
12 Dumplings

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup Soup + 1 Dumpling	¾ Cup Soup + 1 Dumpling	1 Cup Soup + 2 Dumplings	1 Cup Soup + 4 Dumplings



# FRUIT BREAKFAST TACOS

*September 26*

National Pancake Day

## INGREDIENTS

- 12 Pancakes (at least 34 grams each, enriched or whole grain rich)
- 8 Ounces Cream Cheese (softened)
- ¼ Cup Sugar
- 6 Cups Berries

## DIRECTIONS

1. Stir softened cream cheese until smooth, then add sugar and mix well.
2. Spread the pancakes with the cream cheese and fold into a taco shape.
3. Fill each pancake with ½ cup of berries.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

## MEAL TYPE

 Breakfast

## YIELD

12 Breakfast Tacos

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Taco	1 Taco	1 Taco	2 Tacos