



# TOFU BREAKFAST SCRAMBLE

November 1

World Vegan Day

## INGREDIENTS

- 1 Tablespoon Olive Oil
- 16 Ounce Block Firm Tofu (with at least 5 grams of protein per ¼ cup)
- 2 Tablespoons Soy Sauce
- ¼ Teaspoon Turmeric
- ¼ Teaspoon Garlic Powder
- 2 Tablespoons Milk

## DIRECTIONS

1. Heat the olive oil in a pan over medium heat.
2. Mash the block of tofu right in the pan, with a potato masher or a fork. You can also crumble it into the pan with your hands. Cook, stirring frequently, for 3-4 minutes until the water from the tofu is mostly gone.
3. Add soy sauce, turmeric and garlic powder. Cook and stir constantly for about 5 minutes.
4. Pour the milk into the pan and stir to mix.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Breakfast

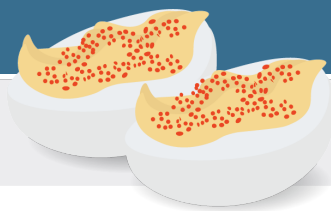
## YIELD

1¾ Cups

## PORTION SIZES

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

# RANCH DEVILED EGGS



November 2

National Deviled Egg Day

## INGREDIENTS

- 12 Eggs
- 3 Teaspoons Dry Ranch Dressing Mix
- 1/3 Cup Mayonnaise
- 1 Teaspoon Dijon Mustard

## DIRECTIONS

1. In 4-quart saucepan or Dutch oven, place eggs in single layer. Add enough water to cover eggs by 1 inch. Heat to boiling. Immediately remove from heat; cover and let stand 15 minutes. Drain; rinse with cold water. Place eggs in bowl of ice water; let stand 10 minutes.
2. To remove shell, crack it by tapping gently all over; roll between hands to loosen. Peel, starting at large end.
3. Cut eggs lengthwise in half. Into medium bowl, slip out yolks; mash with fork. Stir dressing mix, mayonnaise and mustard into yolks.
4. Spoon or pipe yolk mixture into egg white halves.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

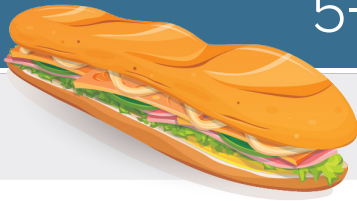
## YIELD

24

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Each	1/2 Each	1 Each	1 Each

# 5-INGREDIENT HAM SLIDERS



November 3

National Sandwich Day



## INGREDIENTS

- 12 Count Package Hawaiian Rolls (at least 1 ounce each roll)
- ½ Cup Honey Mustard
- ⅓ Cup Mayonnaise
- 6 Ounces Swiss Cheese (sliced)
- 9 Ounces Deli Ham
- 3 Tablespoons Butter (melted)

## DIRECTIONS

1. Preheat the oven to 350°.
2. Cut the rolls lengthwise so you have two big pieces.
3. Spread ¼ cup mustard and mayonnaise on each side of the rolls.
4. Place the bottom roll in a pan, top with half of the ham, Swiss cheese and the rest of the ham.
5. Mix butter and ¼ cup remaining mustard. Brush it on the rolls.
6. Bake in the oven for 15 minutes until the cheese is melted.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

 Lunch/Supper

## YIELD

12 Sandwiches

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Sandwich	1½ Sandwiches	2 Sandwiches	2 Sandwiches



# BARBECUE CAULIFLOWER NACHOS

November 6

National Nachos Day




## INGREDIENTS

- 8 Ounces Tortilla Chips (enriched or whole grain rich)
- 2 Tablespoons Oil
- ½ Red Onion (sliced)
- ½ Cup Barbecue Sauce
- 2 Pounds Cauliflower Head (medium; trimmed into small florets)
- ½ Teaspoon Salt

## DIRECTIONS

1. Preheat oven to 415°.
2. Add 1 tablespoon of oil to a skillet and cook the onions until brown.
3. Add the 2 tablespoons of the barbecue sauce to the skillet, turn down the heat and let the onions caramelize in the pan.
4. Grease a large baking tray with the remaining tablespoon of oil and spread the cauliflower florets out. Season with salt.
5. Roast cauliflower for 20-25 minutes, then mix with remaining barbecue sauce
6. Serve by layering chips, cauliflower and onion.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

## MEAL TYPE

-  Snack

## YIELD

8 Servings

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce Chips + ½ Cup Vegetable	½ Ounce Chips + ½ Cup Vegetable	1 Ounce Chips + ¾ Cup Vegetable	1 Ounce Chips + ½ Cup Vegetable



# CHICKEN TORTILLA SOUP

*November 12*

National Chicken Soup for the Soul Day

## INGREDIENTS

- 4 Cups Chicken Stock
- 20 Ounces of Shredded Chicken (from a rotisserie chicken)
- 19 Ounce Can Red Enchilada Sauce
- 14 Ounce Can Fire Roasted Tomatoes (diced)
- 14 Ounce Can Sweet Corn (drained)

## DIRECTIONS

1. Place all ingredients into a large soup pot and bring to a boil.
2. Simmer for 15 minutes.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Lunch/Supper

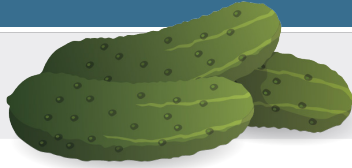
## YIELD

12 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	1 Cup	1¼ Cups	1¼ Cups

# DILLY MINI CHEESE BALLS



November 14

National Pickle Day

## INGREDIENTS

- (1) 8 Ounce Package Cream Cheese (softened)
- 1½ Cups Sharp Shredded Cheddar Cheese
- ½ Cup Chopped Dill Pickles
- 2 Green Onions (finely chopped)
- 2 Tablespoons Mayonnaise
- 1 Teaspoon Worcestershire Sauce
- 4½ Ounces (about 1 Cup) Chopped Walnuts
- ¼ Cup Minced Fresh Parsley

## DIRECTIONS

1. In a small mixing bowl, combine the first 6 ingredients.
2. Shape into 18 balls (about 1 tablespoon each)
3. Roll in walnuts and parsley. Cover and refrigerate for 20 minutes before serving.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

## YIELD

18 Mini Cheese Balls

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Mini Cheese Ball	1 Mini Cheese Ball	2 Mini Cheese Balls	2 Mini Cheese Balls

# CINNAMON YOGURT BREAD



*November 17*

National Homemade Bread Day

## INGREDIENTS

- 1½ Cups Enriched All-Purpose Flour
- 2 Teaspoons Ground Cinnamon
- ½ Teaspoon Baking Soda
- ½ Teaspoon Baking Powder
- ½ Teaspoon Salt
- ¾ Cup Granulated Sugar
- 1 Egg
- ⅓ Cup Oil
- 1 Cup Vanilla Greek Yogurt
- 1 Teaspoon Vanilla Extract

## DIRECTIONS

1. Preheat oven to 325°. Butter a loaf pan (5 x 9 inches). Set aside.
2. In a medium size bowl, mix together flour, ground cinnamon, baking soda, baking powder, and salt. Mix until all combined and set aside.
3. In a large bowl, combine sugar, egg and oil. Using an electric hand mixer, mix until combined.
4. Add in the Greek yogurt and the vanilla extract. Mix until incorporated.
5. Add the dry ingredients (approximately ½) to the egg mixture. Mix until all combined
6. Add the remaining flour mixture and mix until all ingredients are all incorporated. Don't overmix.
7. Pour the mixture into the prepared pan.
8. Bake in the preheated oven for 40 to 45 minutes or until the edges are nice and golden and a toothpick comes out clean when inserted in the middle.
9. Cut into 10 even slices.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

10 Slices

## PORTION SIZES

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



# STUFFING BALLS

November 21

National Stuffing Day



## INGREDIENTS

- 1 Pound Ground Pork (no more than 20% fat)
- 6 Ounce Package Stuffing Mix
- ¾ Cup Cranberry Sauce
- 1 Egg
- 1 Cup Water
- 2 Tablespoons Butter (melted)

## DIRECTIONS

1. Heat oven to 325°.
2. Cook meat in large skillet until cooked through, stirring frequently; drain. Place in large bowl; cool slightly. Stir in stuffing mix.
3. Add cranberry sauce, egg and water; mix well.
4. Shape into 16 balls; place on foil-covered baking sheet. Brush with butter.
5. Bake 20 minutes or until done (160°).

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Lunch/Supper

## YIELD

16 Stuffing Balls

## PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Stuffing Balls	3 Stuffing Balls	3 Stuffing Balls	6 Stuffing Balls





# APPLE CRANBERRY SAUCE

November 22

National Cranberry Relish Day

## INGREDIENTS

- 2 Cups Fresh Cranberries (rinse well)
- 1½ Cups Chopped Sweet Apple
- ¼ Cup Water
- ¼ Cup Orange Juice
- 3 Tablespoons Brown Sugar
- ½ Teaspoon Cinnamon

## DIRECTIONS

1. Add chopped apple and water to a medium sauce pan. Cook apple for about five minutes, until softened.
2. Add cranberries to the cooked apples and continue to cook.
3. After about three minutes the cranberries will start to pop. When they start to soften and pop, mash cranberries and apples using a food masher.
4. Add orange juice, brown sugar, and cinnamon. Stir to combine and cook for an additional 2 minutes.

## MEAL PATTERN CONTRIBUTION

 Fruit

## MEAL TYPE

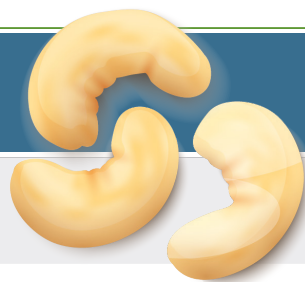
 Lunch/Supper

## YIELD

2 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
⅛ Cup	¼ Cup	¼ Cup	½ Cup



# CASHEW YOGURT FRUIT DIP

November 23

National Cashew Day

## INGREDIENTS

- ½ Cup Cashew Butter
- 1 Cup Greek Yogurt (within CACFP sugar limits)
- 1 Tablespoon Honey

## DIRECTIONS

1. Add all ingredients to a bowl and whisk to combine until smooth

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

## YIELD

1½ Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
⅛ Cup	⅛ Cup	¼ Cup	¼ Cup



# PUMPKIN PARFAITS

*November 25*

National Parfait Day



## INGREDIENTS

- 3 Cups Plain Greek Yogurt
- 2 Cups Canned Pumpkin Puree
- ½ Teaspoon Vanilla
- ½ Teaspoon Pumpkin Pie Spice
- 1 Cup Granola (meets CACFP sugar limits)

## DIRECTIONS

1. Mix pumpkin puree with vanilla and pumpkin pie spice.
2. Create parfait by layering ingredients.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

 Breakfast

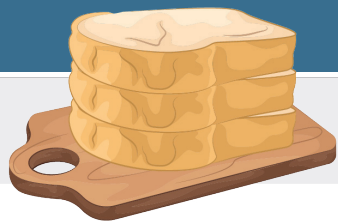
## YIELD

4 Parfaits

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Yogurt + ¼ Cup Pumpkin + ⅛ Cup Granola	¼ Cup Yogurt + ½ Cup Pumpkin + ⅛ Cup Granola	½ Cup Yogurt + ½ Cup Pumpkin + ¼ Cup Granola	½ Cup Yogurt + ½ Cup Pumpkin + ½ Cup Granola

# SHEET PAN FRENCH TOAST



*November 28*

National French Toast Day

## INGREDIENTS

- Cooking Spray
- 4 Large Eggs
- 1 Cup Milk
- ½ Teaspoon Cinnamon
- 1 Teaspoon Vanilla Extract
- ⅛ Teaspoon Salt
- 8 Slices Brioche Bread (enriched)

## DIRECTIONS

1. Preheat the oven to 425°.
2. Generously spray a large non-stick rimmed half sheet pan (18×13 inches) with cooking spray.
3. In a medium bowl, whisk together the eggs, milk, cinnamon, vanilla extract, and salt until well-combined.
4. Pour the egg mixture into the prepared pan.
5. Put the bread slices in the pan in a single layer; let them sit for about 1 minute to soak up some of the egg mixture.
6. Flip the bread slices over; let them sit until the egg mixture has been fully absorbed into the bread (this may take a few minutes).
7. Bake for 10 to 12 minutes or until the bottom of the bread is golden brown.
8. Flip the bread slices over; bake for an additional 5 to 10 minutes or until the other side of the bread is golden brown.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

8 Slices

## PORTION SIZES

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