

# HAM AND SWISS CRACKER MELTS



January 2

Swiss Cheese Day



## INGREDIENTS

- 48 Cracker, Round, Savory (about 1 3/4" across)
- 12 Slices Deli Ham (1/2 ounce each)
- 12 Slices Swiss Cheese (1/2 ounce each)
- 4 Tablespoons Butter (melted)
- 2 Teaspoons Dijon Mustard
- 1 Teaspoon Worcestershire Sauce
- 1/2 Teaspoon Garlic Powder
- 1 Teaspoon Poppy Seeds
- 1/2 Teaspoon Dried Minced Onion

## DIRECTIONS

1. Preheat your oven to 350°F.
2. Arrange half of the crackers (24 crackers) in a 9×13-inch baking dish, flat side down.
3. Tear each ham slice into small strips and split between two crackers. Continue with the rest of the ham.
4. Cut each cheese slice into small squares and split between two crackers. Continue with the rest of the cheese. Top each with another cracker to form mini sandwiches.
5. In a small bowl, combine the melted butter, Dijon mustard, Worcestershire sauce, and garlic powder. Stir well.
6. Pour the butter mixture evenly over the top of the cracker sandwiches. Sprinkle the poppy seeds and minced onion evenly over the crackers.
7. Bake in the preheated oven for 10-12 minutes, or until the cheese is melted and the cracker tops are golden brown. Serve the cracker melts warm

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Snack

## YIELD

12 Melts

## PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Melts	2 Melts	4 Melts	4 Melts



# EASY CHEESY SPAGHETTI CUPCAKES

January 4

National Spaghetti Day




## INGREDIENTS

- Cooking Spray
- 8 Ounces Uncooked Spaghetti
- 2½ Cups Marinara Sauce (divided)
- 16 Ounces Shredded Mozzarella Cheese (divided)
- Grated Parmesan Cheese (for serving)

## DIRECTIONS

1. Preheat the oven to 400°F. Grease a muffin pan with cooking spray.
2. Bring a large pot of salted water to a boil. Add the spaghetti and cook until al dente, about 10 minutes.
3. Drain the pasta, and then rinse it with cold water and add it to a large bowl.
4. Stir in 1½ cups of the sauce until combined, and then stir in the shredded mozzarella cheese.
5. Using a large spoon and fork, twirl ¼ cup of the pasta into nests and transfer it to the prepared muffin pan. This will make 10 cupcakes.
6. Top each cup with the remaining marinara sauce and mozzarella cheese.
7. Bake until the tops are golden brown and the edges are slightly crispy, about 15 minutes.
8. Remove the cupcakes from the oven and let them cool for 5 minutes. Using a spoon, transfer the cupcakes from the pan onto serving plates.
9. Garnish with Parmesan cheese and serve.

## MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

 Lunch/Supper

## YIELD

10 Cupcakes

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cupcake	1 Cupcake	2 Cupcakes	4 Cupcakes



# SIMPLE BLACK BEAN TACOS

January 6

National Bean Day



## INGREDIENTS

- 2 Teaspoons Olive Oil
- 1 Small Onion (chopped)
- 2 Cloves Garlic (minced or pressed)
- ¾ Teaspoon Salt
- ¾ Teaspoon Ground Cumin
- ½ Teaspoon Ground Chili Powder
- ⅛ Teaspoon Ground Cayenne Pepper
- 2 (10.5 Ounce) Cans Black Beans (drained and rinsed)
- 1 Cup Vegetable Broth
- Squeeze of Lime Juice
- 1-2 Teaspoons Chopped Fresh Cilantro
- (6) Tortilla, Soft, Flour (about 6"), at least 28 grams each, enriched or whole grain rich

## DIRECTIONS

1. Warm the olive oil in a large skillet over medium-high heat. Add the chopped onion to the warm oil and cook for 4-5 minutes, just until it begins to soften. Stir in the garlic, salt, cumin, chipotle powder, and cayenne and cook just until fragrant, about 30 seconds.
2. Stir in the beans, followed quickly by the broth. Bring to a boil, then reduce heat to medium and simmer until the beans are tender and most of the liquid has evaporated, 8-10 minutes. Remove from heat, stir in the lime juice and chopped cilantro, and adjust seasonings to taste.
3. Divide filling between (6) flour tortillas and serve.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

 Lunch/Supper

## YIELD

6 Tacos

## PORTION SIZES

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



# CHEESE STUFFED APRICOTS

January 9

National Apricot Day



## INGREDIENTS

- 45 Medium Dried Apricot Halves\* (5 servings)
- 2½ Ounces Swiss Cheese

## DIRECTIONS

1. Cut each apricot in half.
2. Cut cheese into small cubes.
3. Stuff the cheese into the halved apricots.
4. Arrange on a plate and enjoy.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

## MEAL TYPE

-  Snack

## YIELD

10 Stuffed Apricots

## PORTION SIZES

Toddler	Preschool	School Age	Adult
5 Stuffed Apricots	5 Stuffed Apricots	7 Stuffed Apricots	7 Stuffed Apricots

\*Reminder that whole dried fruit and whole dried fruit pieces credit at twice the volume served.



# RANCH MASHED POTATOES

January 11

National Milk Day

## INGREDIENTS

- 1½ Pounds Red Potatoes
- 1½ Teaspoons Minced Garlic
- ¾ Ounce Ranch Seasoning
- 3 Tablespoons Butter
- ½ Cup Milk
- ¼ Teaspoon Salt

## DIRECTIONS

1. Clean the potatoes and quarter them (leave the skin on).
2. Place the potatoes in a large pot and cover them with water. Bring to a boil and simmer for about 10-15 minutes until the potatoes are fork tender.
3. Drain the potatoes and then return them back to the pot.
4. Then add in the garlic, ranch seasoning, butter, salt and ¼ cup of the milk. Use an electric mixer to blend the potatoes until they are light and fluffy. Gradually add in the remaining milk until the mashed potatoes are the consistency that you prefer.
5. Serve immediately while warm and enjoy!

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

3 Cups

## PORTION SIZES

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



# BAGEL BREAKFAST SLIDERS

January 15

National Bagel Day

## INGREDIENTS

- 8 Slices of Bacon
- 4 Tablespoons Butter (divided)
- 8 Eggs
- ¼ Cup Milk
- 1 Tablespoon Dried Chives
- 1 Tablespoon Dried Minced Onion
- ½ Teaspoon Dried Oregano
- Salt and Pepper (to taste)
- 8 Bagels, Mini (entire bagel) at least 28 grams
- ¼ Cup Cream Cheese (softened)
- 1 Cup Cheddar Cheese (freshly shredded)
- ½ Teaspoon Onion Powder
- 2 Teaspoons Sesame Seeds
- 2 Teaspoons Poppy Seeds

## DIRECTIONS

1. Cook the bacon until crispy in a large skillet over medium-high heat. Transfer to a plate lined with a paper towel and wipe the skillet clean.
2. Preheat the oven to 350 F and spray a 9x13-inch baking dish with cooking spray.
3. Beat the eggs, milk, chives, dry minced onion, dried oregano, salt, and pepper in a large bowl until frothy.
4. Heat the skillet over medium heat, melt one tbsp of butter, and scramble the eggs until fully cooked.
5. Cut the bagels in half and spread the bottom halves with cream cheese. Place them on the greased baking dish. Divide the scrambled eggs evenly over them, sprinkle the shredded cheddar over the eggs, place one slice of bacon over the cheese (I cut them in half and placed two halves for each bagel), and place the bagel tops over the bacon.
6. Melt the remaining 3 tbsp butter and mix it with the onion powder. Brush each bagel with butter and sprinkle sesame and poppy seeds on top. Bake for 8-10 minutes or until the cheese is melted and the bagels are lightly toasted.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

8 Sliders

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slider	½ Slider	1 Slider	2 Sliders

# QUINOA BLUEBERRY MUFFINS



January 16

National Quinoa Day

## INGREDIENTS

- ½ Cup + 2 Tablespoons Quinoa
- 1½ Cups Blueberries (fresh or frozen)
- 2 Cups (less 2 teaspoons) All-Purpose Flour
- 2 Teaspoons Baking Powder
- ½ Teaspoon Baking Soda
- Pinch of Salt
- ½ Cup (less 1 tablespoon) Sugar
- 1 Large Egg
- ⅓ Cup + 2 Teaspoons Vegetable Oil
- 1 Cup + 1 Tablespoon Milk
- 2 Tablespoons Lemon Juice (plus zest of 2 lemons)

## DIRECTIONS

1. Rinse the quinoa and combine with twice the amount of water, then cover, bring to the boil and simmer gently for 15 minutes. Remove from the heat, drain off the water if there is any left, and set the quinoa aside to cool.
2. Preheat the oven to 400°F. Lightly grease or line a muffin pan with 12 muffin cases.
3. Whisk together the flour, baking powder, baking soda and salt. Set aside.
4. In another large bowl whisk together the egg, sugar, oil, quinoa, milk, lemon juice and zest until thoroughly combined.
5. Gently fold the blueberries into the dry mixture. Combine both mixtures and stir gently until the dry ingredients are no longer visible. Do not overmix.
6. Spoon equal amounts of the batter into each muffin cup. Bake in the center of the oven for 25 minutes.
7. Remove from the oven and leave in the pan for 5 minutes then transfer the muffins onto a cooling rack.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

12 Muffins

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Muffin	1 Muffin	2 Muffins	4 Muffins



## CINNAMON POPCORN\*

January 19

National Popcorn Day

### INGREDIENTS

- 9 Cups Popped Popcorn
- 4 Tablespoons Butter
- ¼ Cup Granulated Sugar
- ¼ Teaspoon Vanilla Extract
- 1 Teaspoon Ground Cinnamon
- ¼ Teaspoon Salt

### DIRECTIONS

1. Preheat the oven to 250°F.
2. Place the popcorn in a large bowl and then set aside.
3. Melt the butter in a saucepan over medium high heat. Stir in the granulated sugar, vanilla extract, ground cinnamon and salt. Stir and cook until the mixture is thick and bubbly.
4. Pour the mixture over the popcorn and stir to coat the popcorn in the mixture.
5. Place the coated popcorn on baking sheets lined with parchment paper. Bake for 10-15 minutes, stirring the popcorn every 3-4 minutes.
6. Turn the oven off and let the popcorn sit in the oven for 20 minutes. The popcorn will get crispy as it sets.
7. Remove from the oven and let cool.

### MEAL PATTERN CONTRIBUTION

 Grain

### MEAL TYPE

 Snack

### YIELD

9 Cups

### PORTION SIZES

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

\*Be sure to check with your state agency if this is considered a grain-based dessert before serving.





# SPINACH AND CHEESE EGG BITES

January 20

National Cheese Lovers Day

## INGREDIENTS

- 7 Eggs
- ¼ Teaspoon Salt
- ¼ Cup Milk
- 1 Cup Mild Cheddar Cheese (shredded)
- 1 Cup Spinach (roughly chopped)
- ¾ Cup Parmesan Cheese Shredded

## DIRECTIONS

1. Preheat your oven to 350°F. Grease the cups of a muffin tin with non-stick cooking spray and set aside.
2. In a medium bowl, whisk the eggs until evenly combined. Add the salt, milk, cheddar cheese, and spinach and mix well.
3. Spoon the egg mixture into the muffin tins, filling each cup about ¾ full.
4. Sprinkle Parmesan cheese over each cup.
5. Bake for 20-22 minutes or until the edges become golden and the eggs are set.
6. Remove from the oven and carefully remove the egg bites before serving warm.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Breakfast

## YIELD

12 Egg Bites

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Egg Bite	½ Egg Bite	½ Egg Bite	½ Egg Bite



# PEANUT BUTTER YOGURT BOWLS

January 24

National Peanut Butter Day

## INGREDIENTS

- 1½ Cups Greek Yogurt  
(meets CACFP sugar limits)
- ¾ Cup Smooth Peanut Butter
- 2 Tablespoons Honey
- Optional Toppings: Bananas, Peanuts, Berries, Granola

## DIRECTIONS

1. Mix the yogurt, honey and peanut butter together in a bowl until smooth.
2. Taste test and add additional honey if you wish.
3. Assemble your bowls with the desired toppings.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

## YIELD

2 Cups

## PORTION SIZES

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



# BAKED FISH TACOS

January 25

National Fish Taco Day


## INGREDIENTS

- 1¼ Pounds Halibut Filets
- 1 Tablespoon Olive Oil (extra virgin)
- 1 Tablespoon Chili Powder
- 1 Teaspoon Ground Cumin
- 1 Teaspoon Salt
- ½ Teaspoon Paprika
- ¼ Teaspoon Garlic Powder
- ¼ Teaspoon Onion Powder
- ¼ Teaspoon Dried Oregano
- ¼ Teaspoon Black Pepper
- 9 Tortillas, Soft, Corn (about 5½")
- 3 Large Avocados (ripe, sliced)
- 2 Medium Roma Tomato (diced)
- ⅔ Cup Purple Onion (diced)
- ½ Cup Cilantro (chopped)
- ½ Cup Cotija Cheese (crumbled)
- 4 Limes (cut into wedges)

## DIRECTIONS

1. Preheat oven to 425° F and line a baking sheet with parchment paper or foil. Pat dry the fish filets with paper towels to remove as much moisture as possible. Drizzle the fish with the olive oil on all sides.
2. Combine all the seasonings and sprinkle over the fish on all sides. Place fish on prepared baking sheet and bake for 12 to 15 minutes, until fish flakes easily at thickest point. Temperature of fish should reach 140°F.
3. Break fish apart and divide between warm corn tortillas, along with toppings.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

9 Tacos

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Taco	1 Taco	1½ Tacos	2½ Tacos



# EASY GREEN JUICE

January 26

National Green Juice Day

## INGREDIENTS

- 2 Kiwis
- 2 Large Celery Stalks
- 1 Medium Cucumber
- 1 Cup Fresh Spinach

## DIRECTIONS

1. Using a juicer, begin with your cucumber and put each ingredient in one at a time.
2. End with your kiwi so the juicer will more easily dispense of the final juices.
3. Stir thoroughly and serve chilled.

## MEAL PATTERN CONTRIBUTION

 Vegetable

\*Counts as Daily Juice Serving

## MEAL TYPE

 Breakfast

## YIELD

6 Cups

## PORTION SIZES

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



# PANCAKE MINI MUFFINS

January 28

National Blueberry Pancake Day

## INGREDIENTS

- 3 Cups All-Purpose Flour
- 1 Tablespoon Baking Powder
- 3 Tablespoons Sugar
- ¾ Teaspoon Salt
- 2½ Cups Milk
- 1 Tablespoon White Vinegar
- 2 Eggs
- 1 Tablespoon Vanilla Extract
- 4 Tablespoons Butter (melted)
- 1 Pint Blueberries
- Warm Syrup (for serving)

## DIRECTIONS

1. Preheat the oven to 425°.
2. Sift together flour, baking powder, sugar, and salt. Set aside.
3. Stir together the milk and vinegar and let it sit for 1 minute. Whisk in eggs and vanilla.
4. Combine dry ingredients and wet ingredients, then stir in melted butter. If batter is too thick, stir in a little milk.
5. Spray a mini-muffin pan generously with baking spray. Fill cups ¾ full. Drop 2 to 3 blueberries into each cup.
6. Bake for 8 to 9 minutes, or until golden brown on top. Let sit in the pan for 1 to 2 minutes, then turn them out of the pan.
7. Serve warm with warm syrup.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

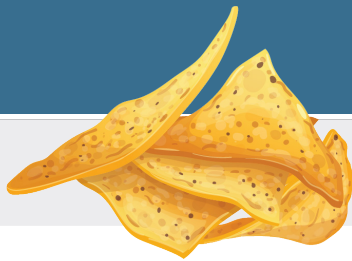
 Breakfast

## YIELD

24 Mini Muffins

## PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Mini Muffins	2 Mini Muffins	4 Mini Muffins	8 Mini Muffins



# CORN SALSA

January 29

National Corn Chip Day



## INGREDIENTS

- 4 (15 Ounce) Cans Whole Corn Kernels
- 1½ Cups Red Onion (finely chopped)
- 2 Red Bell Pepper (chopped)
- ½ Cup Fresh Lime Juice
- 4 Cloves Garlic (minced)
- 1 Cup Fresh Cilantro (chopped, optional)
- 1 Teaspoon Salt (to taste)
- 5 Ounces Corn Chips

## DIRECTIONS

1. Drain corn.
2. Combine all ingredients, except corn chips, together and serve.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

-  Snack

## YIELD

7 Cups

## PORTION SIZES

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

# CREAM CHEESE CHICKEN CROISSANTS



January 30

National Croissant Day



## INGREDIENTS

- 2 Cups Shredded Chicken
- 2 Pop Cans Croissants (at least 34 grams each; enriched or whole grain rich)
- 8 Ounces Cream Cheese (softened)
- 1 Bunch Green Onions
- ¼ Cup Bell Pepper (chopped and diced)
- ½ Teaspoon Salt
- ¼ Teaspoon Pepper
- 2 Tablespoon Butter (softened)
- 2 Tablespoon Milk
- 1 Egg

## DIRECTIONS

1. Preheat oven to 350°F.
2. In a bowl mix cream cheese and butter, until blended. Add milk. Mixture will be chunky if cream cheese is not softened. It's okay. Add in shredded chicken, diced green onions, diced green bell pepper, salt and pepper. Mix to combine.
3. On a cutting board, unroll one tube of Croissants. They are all precut, so with your fingers pinch together the cut lines. You will be making 4 rectangles out of the 8 croissants. Repeat with second can of croissants.
4. One each rectangle place ¼ cup of mixture in the center of the croissant and bring corners together and pinch to close.
5. In a separate bowl, whisk egg and brush egg over each croissant.
6. Bake for 13-15 minutes until golden brown. Remove from oven and serve.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

 Lunch/Supper

## YIELD

8 Croissants

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Croissant	½ Croissant	1 Croissant	2 Croissants