

TATER TOT BREAKFAST CUPS

February 2

National Tater Tot Day



INGREDIENTS

- 1½ Pounds Cooked Tater Tots
- 8 Large Eggs
- 1¼ Cup Colby Jack Cheese
- ⅓ Cup Crumbled Bacon
- 1 Teaspoon Salt
- 1 Teaspoon Pepper
- Green Onion (to garnish)

DIRECTIONS

1. Preheat the oven to 350°F.
2. Divide the tater tots evenly throughout a large muffin tin. Using a glass, press down the tater tots so that they squish together and form a “crust” around the sides of the muffin tin.
3. In a medium sized mixing bowl, whisk together the eggs, cheese, half of the bacon, salt and pepper until the eggs are fully beaten.
4. Pour the egg mixture evenly over the tater tots and top with the remaining bacon. Place the muffin tin in the oven and allow the breakfast bites to cook for 14 minutes.
5. Garnish with green onion, serve, and enjoy!

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Breakfast

YIELD

12 Breakfast Cups

PORTION SIZES

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

TACO SOUP*



February 4

National Homemade Soup Day



INGREDIENTS

- 2 Pounds 2 Ounces Beef (ground, raw, no more than 15% fat)
- ¼ Cup Chili Powder
- ¼ Cup + 1 Tablespoon Cumin (ground)
- 2 Tablespoons Garlic Powder
- 2 Teaspoons Onion Powder
- 1 Teaspoon Red pepper (crushed)
- 2 Teaspoons Pepper, Black (ground)
- ¾ Cups Onions (fresh, diced)
- 1 Quart Water
- ¼ Cup Ranch Dressing (dry powder mix)
- 1 Quart 2½ Cups Tomatoes (crushed, canned, no-salt-added)
- 2 Cups Salsa (canned, low-sodium)
- 2½ Cups Corn (canned, no-salt-added)
- 2 Quarts 1¼ Cups Kidney beans (canned, no-salt-added, drained, rinsed OR dry, cooked)

DIRECTIONS

1. Brown ground beef uncovered over medium–high heat in a large stock pot. Add spices. Stir well.
2. Remove beef mixture and set aside for step 4.
3. Using the same pot, cook onions uncovered over medium heat for 5–7 minutes or until soft. Reduce heat to low. Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
4. Add seasoned beef and stir. Simmer uncovered for an additional 15–20 minutes.
5. Transfer to a steam table pan (12" x 20" x 2½"). Serve immediately or cover and place in a warmer until ready for service.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

-  Lunch/Supper

YIELD

25 Cups

PORTION SIZES

*Recipe courtesy of The Institute of Child Nutrition

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



ONE POT CHICKEN AND PEAS FETTUCCINE ALFREDO

February 7

National Fettuccine Alfredo Day



INGREDIENTS

- 2 Chicken Breasts (about 1 pound total) (boneless and skinless cut into cubes)
- Salt and Pepper (to taste)
- 1 Tablespoon Olive Oil
- 3 Cloves Garlic (minced)
- 2 Cups Chicken Broth (low sodium)
- 1½ Cups Heavy Cream
- 8 Ounces Fettuccine (enriched or whole grain-rich)
- 1 Cup Frozen Peas
- 1 Sprig Basil
- 1½ Cups Parmesan Cheese (grated)

DIRECTIONS

1. Season chicken generously with salt and pepper. Add oil to a Dutch Oven or a medium size pot and heat it over medium high heat. Add chicken and brown it on all sides, but not cooked through.
2. Add garlic and sauté for 30 seconds until fragrant. Add chicken broth, heavy cream, pasta and basil sprig. Bring to a boil, then reduce to a simmer.
3. Cook for about 15 to 20 minutes or until pasta is tender, stirring occasionally. When pasta is cooked to your liking add frozen peas and cook for 1 more minute. Stir in Parmesan cheese and season with salt and pepper if needed.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

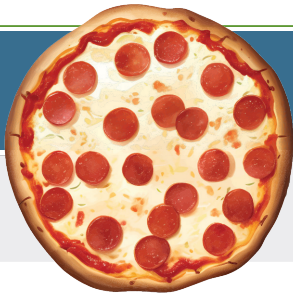
-  Lunch/Supper

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	2 Cups



PIZZA BUNS

February 9

National Pizza Day



INGREDIENTS

- ½ Pound Pepperoni
- 8 Ounces Sliced Mozzarella
- 8 Ounces Crescent Dough (enriched or whole grain-rich)
- 2 Tablespoons Cream Cheese
- 4 Tablespoons Butter
- ¼ Tablespoon Garlic Powder
- 2 Tablespoons Parsley
- 1 Teaspoon Poppy Seeds

DIRECTIONS

1. Preheat oven to 350°F. Grease an 8x8" baking pan with cooking spray.
2. On a lightly floured surface, unroll your dough and separate the sheet into rectangles. Pinch or press the perforations together to seal.
3. Spread cream cheese onto each rectangle and top with pepperoni and cheese.
4. Starting with one short side, roll up each rectangle into a small log. Pinch edges to seal.
5. Cut each roll into 4 equal slices. Place cut side up in baking pan.
6. In a small bowl, whisk together butter, garlic powder, and parsley. Brush over pinwheels, then sprinkle poppy seeds on top.
7. Bake for 12-15 minutes until the rolls turn a golden color.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

16 Pizza Buns

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Pizza Buns	3 Pizza Buns	4 Pizza Buns	4 Pizza Buns



OVEN BAKED BBQ CHICKEN WINGS

February 11

Super Chicken Wing Day

INGREDIENTS

- 1 Cup All-Purpose Flour
- 1 Teaspoon Onion Powder
- 1 Teaspoon Sea Salt
- 1 Teaspoon Chili Powder
- 1 Teaspoon Black Pepper
- 1 Teaspoon Paprika
- 1 Teaspoon Garlic Powder
- 20 Chicken Wings, with bone, with skin (about 3.1 oz each)
- 1 Cup Barbecue Sauce
- ½ Cup Honey or Maple Syrup

DIRECTIONS

1. Preheat your oven to 425°F and line a baking sheet with parchment paper to prevent sticking.
2. In a small bowl, combine 1 cup flour with onion powder, sea salt, chili powder, black pepper, paprika, and garlic powder.
3. Toss the chicken wings in the flour mixture until each wing is well-coated. Shake off any excess flour and place the wings in a single layer on the prepared baking sheet.
4. Bake the wings in the preheated oven for 40 minutes, flipping them halfway through.
5. While the wings are baking, prepare the sauce by mixing 1 cup barbecue sauce with ½ cup honey (or maple syrup) in a medium-sized bowl. Stir until the sauce is smooth and well combined.
6. Once the wings are done baking, remove them from the oven and toss them in the honey barbecue sauce until fully coated. Line a clean baking sheet with fresh parchment paper and place the sauced wings back on in a single layer.
7. Return the wings to the oven for an additional 8-10 minutes. Remove the wings from the oven and let them rest for a couple of minutes before serving.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

20 Wings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Wing	2 Wings	2 Wings	2 Wings



BROCCOLI CHEESE PINWHEELS

February 13

National Cheddar Day

INGREDIENTS

- 1 Sheet (8.65 Ounces) Frozen Puff Pastry (enriched or whole grain-rich) (thawed)
- 10 Ounces Frozen Broccoli Florets
- 3 Ounces Cream Cheese
- ½ Cup Shredded Cheese

DIRECTIONS

1. Preheat oven to 400°F. Prepare baking sheet by lining with parchment paper. Set aside.
2. Cook broccoli in microwave according to package instructions. Measure out 1 cup of cooked broccoli and chop it into smaller pieces. Save remaining broccoli for another use.
3. Roll out puff pastry into a 10×10 inch square. Spread cream cheese all over using an offset spatula to ensure the layer is even. Sprinkle evenly with broccoli pieces and shredded cheese. Taking the edge closest to you, roll up pastry dough to create a log.
4. Cut the log into 12 even pinwheels. Place the pinwheels on a prepared baking sheet and place in the freezer for 5 minutes before baking.
5. Remove from the freezer and bake in preheated oven for 25 minutes or until the pastry turns golden brown and the centers looked cooked.
6. Remove from the oven and cool for 5 minutes before serving.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

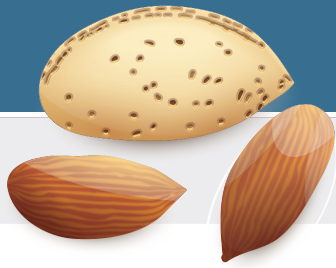
YIELD

12 Pinwheels

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Pinwheel	1 Pinwheel	2 Pinwheels	2 Pinwheels

TOASTED COCONUT AND ALMOND OATMEAL



February 16

National Almond Day

INGREDIENTS

- 2 Cups Coconut Water
- 1 Cup Natural Almond Milk
(plus more to serve)
- 1½ Cups Rolled Oats
- ½ Cup Toasted Coconut
- ¼ Cup Sliced Almonds

DIRECTIONS

1. In a large saucepan set over medium-high heat, bring the coconut water and milk to a boil.
2. Add the rolled oats and stir well. Bring back to the boil and then reduce the heat to low; cover and simmer for 8-10 minutes, stirring every now and then.
3. Meanwhile, toast the sliced almonds in a small non-stick pan set over medium heat until slightly golden and fragrant, about 5 minutes.
4. Once the oats are tender and the liquid has practically completely evaporated, stir in the toasted coconut and almond (save a little bit of each to garnish) and serve immediately.
5. Garnish with a pinch of toasted coconut flakes and almond slices and hit with an additional splash of almond milk, if desired.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

2⅞ Cups

PORTION SIZES

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



CABBAGE FRITTERS WITH YOGURT DILL SAUCE

February 17

National Cabbage Day

INGREDIENTS

- ¾ Pound Green Cabbage (untrimmed)
 - Vegetable Oil
 - 2 Onions (finely chopped)
 - 3 Cloves Garlic (minced)
 - 3 Eggs (beaten)
 - 4 Tablespoons Flour
 - 1 Teaspoon Salt
 - 1 Teaspoon Ground Red Pepper
 - 1 Teaspoon Black Pepper
- For The Sauce:
- 3 Tablespoons Yogurt
 - 2 Sprigs Dill (chopped)
 - 1 Cucumber (grated)
 - Red Powdered Pepper (to taste)

DIRECTIONS

1. Finely shred the cabbage and place it in a large bowl.
2. Heat a small amount of vegetable oil in a skillet over medium heat. Add the finely chopped onions and minced garlic, sautéing until translucent and fragrant. Add the sautéed onions and garlic to the shredded cabbage.
3. In the bowl with the cabbage mixture, add the beaten eggs, flour, salt, ground red pepper, and black pepper. Mix well to combine all ingredients.
4. Heat vegetable oil in a large skillet over medium heat. Divide the cabbage mixture evenly into 8 portions and drop into the skillet, flattening each slightly with a spatula. Fry until golden brown, about 3-4 minutes per side. Remove the fritters from the skillet and drain on paper towels to remove excess oil.
5. In a small bowl, combine the yogurt, chopped dill, grated cucumber, and a pinch of red powdered pepper. Mix well until smooth.
6. Serve the hot cabbage fritters with the yogurt-dill sauce on the side.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

8 Fritters

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Fritters	2 Fritters	3 Fritters	2 Fritters



LEMON-BLUEBERRY CORN MUFFINS*

February 20

National Muffin Day

INGREDIENTS

- Nonstick Cooking Spray
- 2¾ Cups Flour (Whole-Wheat)
- 1 Cup Cornmeal (enriched)
- 1 Cup Brown Sugar (packed)
- 1 Teaspoon Salt (table)
- 1 Tablespoon + 1 Teaspoon Baking Powder
- 2 Cups Milk, Low-Fat (1%)
- 1 Cup Applesauce (unsweetened)
- 4 Eggs (fresh, large, whole)
- 1 Teaspoon Lemon Extract
- 2 Cups Blueberries (frozen, whole, unsweetened or fresh)

DIRECTIONS

1. Preheat oven to 375°F.
2. Line muffin tins with paper liners. Spray with nonstick cooking spray.
3. In a large bowl, combine flour, cornmeal, brown sugar, salt, and baking powder. Sift mixture. Remove ¼ cup of dry mixture and set aside.
4. In a large bowl, combine milk, applesauce, eggs, and lemon extract. Whisk until well-blended. Add to dry ingredients. Whisk to mix. Wash hands after touching uncooked eggs.
5. Place frozen blueberries in a medium bowl, add ¼ cup reserved dry mixture and toss.
6. With a rubber spatula, fold breaded blueberries and any remaining dry ingredients from the bottom of the bowl into the muffin mixture.
7. Pour ⅓ cup (#12 scoop) of muffin mixture into each prepared muffin liner.
8. Bake for 25 minutes. Remove from the oven and cool on a rack for 5 minutes.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

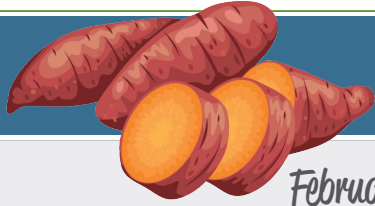
YIELD

25 Muffins

PORTION SIZES

*Recipe courtesy of [The Institute of Child Nutrition](http://www.icsn.org)

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



BREAKFAST SWEET POTATO

February 22

National Cook a Sweet Potato Day



INGREDIENTS

- 3 Large Sweet Potatoes (at least 5½ oz each)
- ½ Cup Bacon (cooked and crumbled)
- 2 Tablespoons Unsalted Butter
- ¼ Cup Shredded White Cheddar Cheese
- 6 Large Eggs
- ¼ Teaspoon Black Pepper
- ½ Teaspoon Salt
- Scallion (minced, for topping)

DIRECTIONS

1. Preheat the oven to 350°F. Using a fork, prick the sweet potato a few times on each side to create heat vents.
2. Coat each potato with canola oil and salt and bake for 60-90 minutes. Potatoes should be fork-tender when done. Using a sharp knife, slice each sweet potato in half lengthwise.
3. Using a spoon, remove the center of the potato and place into a large mixing bowl. Be very careful not to tear the potato skin.
4. Lay the hollowed-out shells on a baking sheet.
5. To the bowl of potatoes, add cooked bacon, butter, and shredded cheese. Mix together. Fill the hollowed-out potato skins with the filling.
6. Create a well. Top each potato with raw egg, salt, and pepper and bake for 15 to 20 minutes or until the egg is set and the potato is warmed through. Top with minced scallion (optional).

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Breakfast

YIELD

6 Potato Halves

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Potato Half	1½ Potato Halves	1½ Potato Halves	2 Potato Halves



CHILI CHEESE BURRITO

February 23

National Chili Day




INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 1# Yellow Onion (diced)
- 3 Tablespoons Chili Powder
- 1 Teaspoon Cayenne Pepper
- 1 Teaspoon Salt
- 2 Cups Water
- 2 Tablespoons Cornstarch
- 2 Tablespoons Water (for cornstarch mixture)
- 16 Ounce Can Refried Beans
- 6 Ounce Can Tomato Paste (about 6 tablespoons)
- 3 Cups Shredded Cheddar Cheese
- (10) Tortilla, Soft, Flour (about 8") (enriched or whole grain-rich)

DIRECTIONS

1. Heat a large skillet over medium-high heat. Add the ground beef and diced onions, cooking until the beef is browned.
2. Drain excess fat from the skillet, then add the chili powder, cayenne pepper, and salt. Stir to combine.
3. Add the tomato paste and refried beans to the meat mixture. Stir until thoroughly combined and smooth. Mix the cornstarch with 2 tablespoons of water until smooth, then add this mixture to the beef. Cook until the mixture thickens.
4. Fold shredded cheddar cheese into the beef mixture until it melts. Simmer the chili cheese sauce for 10 minutes, stirring occasionally.
5. Warm each tortilla by microwaving for 15 seconds or lightly dampening with water and heating.
6. Place a tortilla on a clean surface, add cheese to the center, and scoop about 1/4 to 1/2 cup of the meat mixture on top. Fold in the sides and roll into a burrito.
7. Repeat with remaining filling and tortillas, serving with sour cream and salsa if desired.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

10 Burritos

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Burrito	1 Burrito	1 Burritos	1 Burrito



BANANA BREAD MUFFINS

February 23

National Banana Bread Day

INGREDIENTS

Muffins

- 2½ Cups Flour (enriched or whole grain-rich)
- 1 Teaspoon Baking Soda
- 1 Teaspoon Salt
- 1¼ Teaspoon Baking Powder
- ⅔ Cup Coconut or canola oil
- 1 Cup Sugar
- ⅔ Cup Brown Sugar
- 2 Large Eggs

- ⅔ Cup Buttermilk

- 1¾ Cups Bananas (mashed, about 3 bananas)

Crumb Topping

- 3 Tablespoons Brown Sugar
- 3 Tablespoons Sugar
- ½ Cup Flour
- 1 Teaspoon Cinnamon
- ¼ Teaspoon Salt
- 4 Tablespoons Butter (softened)

DIRECTIONS

1. In a small bowl, using a fork or your fingers, combine the sugar, brown sugar, flour, cinnamon, salt and butter from the Crumb Topping ingredients. Set aside.
2. Heat the oven 350°F. Spray a muffin tin with nonstick spray or use paper liners.
3. In a mixer, combine the oil, sugars and eggs until smooth.
4. In a separate dish, whisk together the flour, baking soda, and salt.
5. In another dish, mash the bananas.
6. Add the wet ingredients to the dry ingredients and mix only a couple of times and then alternate adding the bananas and buttermilk, stirring gently each time.
7. Spoon ⅔ full into the muffin tin, and bake for 10 minutes. Open the oven and quickly add the topping then bake another 10-12 minutes.
8. Allow muffins to cool before serving.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

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



BAKED TORTILLA CHIPS

February 24

National Tortilla Chip Day

INGREDIENTS

- 12 Tortilla, Soft, Corn (about 5 ½") (enriched or whole grain-rich)
- 1 Tablespoon Olive Oil
- ½ Teaspoon Salt (plus more to taste)
- 1 Teaspoon Lime Juice (optional)

DIRECTIONS

1. Preheat oven to 375°F.
2. Whisk together oil, lime juice and salt in a small bowl. Brush oil mixture over both sides of each tortilla using a pastry brush. Cut each corn tortilla into 4 triangles using a knife or pizza cutter.
3. Place tortilla triangles in a single layer on two large baking sheets. It's Ok if there is some overlap.
4. Bake in the preheated oven for 12-14 minutes if using a light baking sheet or 8-11 minutes if using a darker colored baking sheet. The tortilla chips are done baking when they are crisp and golden.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

48 Chips

PORTION SIZES

Toddler	Preschool	School Age	Adult
3 Chips	3 Chips	5 Chips	5 Chips



CRISPY OVEN FRIED FISH

February 24

Fish Fry Day

INGREDIENTS

- 1 Cup All-Purpose Flour
- ¼ Cup Breadcrumbs
- 2 Tablespoons Fine Cornmeal
- 1 Teaspoon Fine Sea Salt
- 2 Teaspoons Ground Paprika
- ½ Teaspoon Dried Onion Powder
- ½ Teaspoon Dried Garlic Powder
- ¼ Teaspoon Baking Powder
- 2 Large Eggs
- 1 Pound Thick White Fish Fillet (cut into 10 pieces)
- ¼ Cup Unsalted Butter

DIRECTIONS

1. Preheat oven to 430°F. Put a baking sheet in the oven to heat up – the pan you use to bake the fish on needs to be hot to melt butter on!
2. Mix first 8 ingredients for dry breading in a shallow dish.
3. Add eggs to a SEPARATE bowl and beat well.
4. Dip fish into breading to lightly coat. THEN coat fish with egg. FINALLY, coat fish with breading again, this time you can really pack on as much as will stick! (Just place breaded fish pieces on a plate until you've breaded them all.)
5. Remove pan from oven – careful, it's hot! Add 3 tablespoons of butter to pan to melt. Spread all over pan and put fish pieces on.
6. Bake fish for 10 minutes. Flip, add remaining 1 tablespoon of butter and bake for 5-10 minutes or until coating is crispy and fish is cooked through. Finish under the broiler for 2-3 minutes.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

10 Pieces

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Piece	1½ Pieces	2 Pieces	2 Pieces

ROASTED SPICED PISTACHIOS*



February 26

National Pistachio Day

INGREDIENTS

- 2 Cups Pistachios (in shells)
- 2 Teaspoons Olive Oil
- 2 Teaspoons Za'atar Seasoning

DIRECTIONS

1. Preheat the oven to 300°F.
2. In a large bowl, toss together the pistachios, olive oil, and seasoning until the nuts are well-coated.
3. Spread the pistachios on a baking sheet and discard any empty shells.
4. Place in the oven and bake for 15 minutes. Stir, then bake for another 10 to 15 minutes or until the pistachios are toasted.
5. Remove from the oven and allow to cool.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

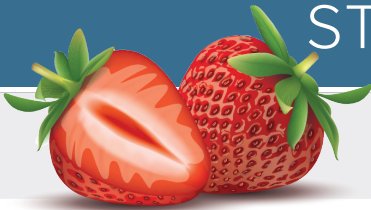
YIELD

2 Cups Shelled

PORTION SIZES

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

*Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.



STRAWBERRY QUICK BREAD

February 27

National Strawberry Day

INGREDIENTS

- 2¼ Cups All-Purpose Flour (enriched or whole grain-rich)
- 1 Cup Granulated Sugar
- 1 Tablespoon Baking Powder
- ½ Teaspoon Salt
- 2 Large Eggs (room temperature)
- ⅔ Cup Milk (room temperature)
- 1 Teaspoon Vanilla Extract
- ½ Cup Vegetable or Canola Oil
- 2 Cups Fresh Strawberries (diced and tossed in 1 tablespoon of flour)

DIRECTIONS

1. Position a rack in the center of your oven and preheat the oven to 350°F. Spray a 9”x5” loaf pan with cooking spray, or line with parchment paper and then spray with cooking spray.
2. In a mixing bowl, whisk together all-purpose flour, granulated sugar, baking powder and salt. Set aside.
3. In a second mixing bowl, whisk together eggs, milk, vanilla and oil.
4. Add the dry ingredients to the wet ingredients and mix together with a spatula or wooden spoon until just combined. Fold in berries (toss them in a tablespoon of flour first so they don’t sink in the batter when baking). Do not overmix.
5. Spoon batter into prepared loaf pan, smoothing the top.
6. Bake in a preheated 350°F oven for 50-60 minutes until a toothpick inserted into the middle of bread comes out clean or with a few moist crumbs clinging to it (no wet batter) and top springs back to the touch when lightly touched. Remove from the oven and cool completely in the pan on a wire cooling rack. Remove from the pan and cut into 8 slices.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

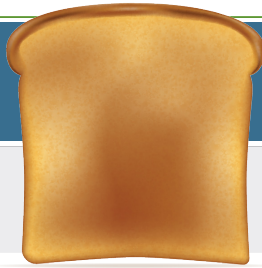
 Snack

YIELD

8 Slices

PORTION SIZES

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



ROASTED STRAWBERRY WHIPPED RICOTTA TOAST

February 27

National Toast Day

INGREDIENTS

- 1 Pound Fresh Strawberries
- 1 Tablespoon Olive Oil
- 1 Tablespoon Balsamic Vinegar
- 1 Cup Fresh Ricotta Cheese
- 2 Tablespoons Honey
- 10 Slices Bread (whole grain-rich or enriched) at least 28 grams each

DIRECTIONS

1. Preheat oven to 400°F.
2. Wash your fresh strawberries under cold water thoroughly. After rinsing them off, remove their green tops using a paring knife or kitchen scissors before slicing them in half or quarters depending on their size. Toss strawberries with olive oil and balsamic vinegar
3. Spread them out on a baking sheet lined with parchment paper in a single layer for even roasting. Place them in your preheated oven and roast for 15-20 minutes until they become soft and start caramelizing around the edges.
4. In another mixing bowl (or use a stand mixer if preferred), combine ricotta and honey until fluffy, should take about 2-3 minutes.
5. Toast bread slices until golden.
6. Spread whipped ricotta on the toast and top with roasted strawberries.
7. Drizzle with additional honey if desired.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

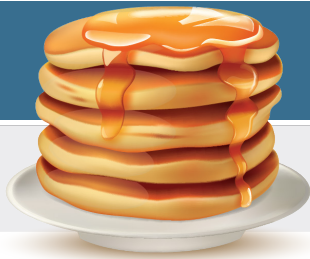
 Breakfast

YIELD

10 Slices of Toast +
3 Cups Strawberries

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice Toast + ¼ Cup Berries	½ Slice Toast + ½ Cup Berries	1 Slice Toast + ½ Cup Berries	2 Slices Toast + ½ Cup Berries



PUMPKIN PANCAKES*

February 28

National Pancake Day

INGREDIENTS

- 1 Cup Flour
- 1 Cup Whole Wheat Flour
- 2 Teaspoons Baking Powder
- ½ Teaspoon Salt
- 2 Tablespoons Brown Sugar
- 1 Teaspoon Pumpkin Pie Spice
- ¾ Cup Pumpkin Puree (canned)
- 1¾ Cups Milk (nonfat)
- 3 Tablespoons Vegetable Oil
- 3 Eggs (lightly beaten)

DIRECTIONS

1. In a large bowl combine flours, baking powder, salt, brown sugar, and pumpkin pie spice using a wire whisk.
2. In another bowl combine pumpkin, milk, oil and eggs. Mix until smooth.
3. Stir pumpkin mixture into the dry ingredients, mixing until moistened.
4. Spoon the batter onto a slightly greased, preheated skillet.
5. Cook slowly until bubbles appear on top and bottom becomes golden brown.
6. Turn pancakes and cook until other side is golden brown.
7. Serve warm. Top with powdered sugar or pancake syrup.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

8 Pancakes

PORTION SIZES

*Recipe courtesy of [USDA](https://www.usda.gov).

Toddler	Preschool	School Age	Adult
1 Pancake	1 Pancake	2 Pancakes	4 Pancakes