

SOURDOUGH PIZZA BREAD



April 1

National Sourdough Bread Day

INGREDIENTS

- 4½ Cups All Purpose Flour (enriched or whole grain-rich)
- 1 Packet Instant Sourdough Yeast
- 1 Tablespoon Salt
- 1¾ Cups Warm Water (105-110°)
- 3 Tablespoons Pizza Sauce
- 1¼ Cups Mozzarella
- 4 Tablespoons Fresh Basil
- 1 Tablespoon Fresh Oregano

DIRECTIONS

1. In a large mixing bowl, add the flour, instant sourdough yeast, and salt.
2. Slowly add the warm water and stir well until a dough forms.
3. Cover the bowl with a damp towel for 2 hours at room temperature.
4. Generously flour a flat surface. Without deflating the dough, form it into a round. Spread the pizza sauce, cheese, and fresh herbs over the dough.
5. Let dough rise for an additional hour at room temperature
6. Line a Dutch oven with parchment paper and place in a cold oven. Set oven to 500°
7. Reduce oven to 425 degrees and place dough in the Dutch oven.
8. Bake for 30 minutes with the lid on.
9. Remove the Dutch Oven lid and back for 10-15 minutes.
10. Cut bread into 35 equal slices.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

35 Slices

PORTION SIZES

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



PB&J OVERNIGHT OATS

April 2

National Peanut Butter and Jelly Day

INGREDIENTS

- 4 Cups Rolled Oats
- 6 Cups Unflavored Milk
- ½ Cup Chia Seeds
- 1⅓ Cups Peanut Butter
- ½ Cups Raspberry or Strawberry Jam

DIRECTIONS

1. Combine all ingredients together in a bowl and stir until well combined.
2. Divide into resealable jars or airtight containers.
3. Let soak in the fridge for at least 4 hours or overnight.
4. Stir before eating and enjoy.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup	⅓ Cup	⅔ Cup	1¼ Cups



SLOW-COOKER STUFFED PEPPERS

April 4

National Vitamin C Day

INGREDIENTS




- 6 Large Green Bell peppers (2 lbs)*
- 1 Pound Ground Beef (at least 80% lean)
- 1 Cup Finely Chopped Onions
- 1 Teaspoon Salt
- 1 Teaspoon Black Pepper
- 6 Cloves Garlic (finely chopped)
- 3 Cups Cooked Rice (enriched or whole grain rich)
- 15 Ounce Can Tomato Sauce
- 2 Cups (8 oz) Shredded Cheddar Cheese

*Did you know that bell peppers have more vitamin C than oranges?!

DIRECTIONS

1. Spray 6-quart oval slow cooker with cooking spray. Trim tops off bell peppers; remove ribs and seeds. Set aside.
2. In 12-inch nonstick skillet over medium-high heat, cook beef, onions, salt and pepper 8 to 10 minutes, stirring frequently, until beef is cooked through and onion softens. Add garlic; cook 15 seconds. Drain.
3. Stir rice and ½ cup of the tomato sauce into beef mixture in skillet; mix to combine.
4. Stir in 1 cup of the cheese. Stuff peppers with beef mixture; arrange in slow cooker. Pour remaining tomato sauce over peppers.
5. Cover; cook on Low heat setting 4½ to 5½ hours or until peppers are soft. Top peppers with remaining 1 cup cheese. Cover; cook 3 to 8 minutes longer or until cheese is melted.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

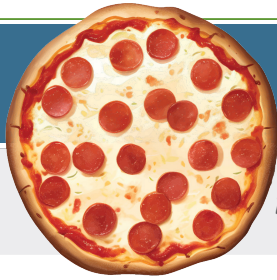
 Lunch/Supper

YIELD

6 Stuffed Peppers

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Stuffed Pepper	½ Stuffed Pepper	1 Stuffed Pepper	2 Stuffed Peppers



DEEP DISH BREAKFAST PIZZA

April 5

National Deep Dish Pizza Day

INGREDIENTS

- 1 Pound Prepared Pizza Dough (enriched or whole grain-rich)

Pizza Sauce

- ½ Cup Plain Greek Yogurt
- 2 Tablespoons Chicken Broth
- 2 Tablespoons Milk
- ½ Teaspoon Italian Seasoning
- ½ Cup Shredded Parmesan Cheese
- ½ Cup Shredded Mozzarella Cheese

Pizza Toppings

- 6 Eggs (scrambled)
- ¼ Cup Milk
- 6 Slices Bacon (chopped)
- ¼ Cup Shredded Parmesan Cheese
- ¼ Cup Shredded Mozzarella Cheese
- 3 Green Onions (chopped)
- Fresh Parsley (chopped to sprinkle on top)

DIRECTIONS

1. Preheat oven to 450°F
2. In a small bowl, mix together yogurt, chicken broth, milk, oregano, garlic powder and parmesan. Set aside.
3. In a skillet, over medium high heat, start by cooking the bacon. Once the bacon is cooked and crispy remove from pan. Leave the bacon grease in the pan to cook your eggs for added flavor.
4. Whisk your scrambled eggs with milk in a small bowl. Reduce heat to medium-low and add eggs to pan, continually whisk to scrambled. Remove from heat for assembling.
5. Grease a 9x9 baking pan with olive oil, making sure all corners and sides are covered. Place dough in pan and press into the corners and up against the edges to make a deep dish crust.
6. Top with cheese sauce, scrambled eggs, bacon and more cheese.
7. Cook in preheated oven for 25 minutes until edges are golden brown. Remove from oven, cool for 5 minutes. Cut into 10 equal slices.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

 Grain

MEAL TYPE

 Breakfast

YIELD

10 Slices

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice	½ Slice	2 Slices	4 Slices



CHICKEN CARBONARA SPAGHETTI PIE

April 6

National Carbonara Day

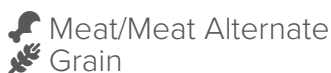
INGREDIENTS

- Butter (to grease a 10" pie plate)
- 8 Ounces Dry Spaghetti
- 2 Tablespoons Butter (melted)
- ½ Cup Romano Cheese (grated)
- 2 Whole Eggs (beaten)
- 8 Ounces Bacon, cooked and crumbled
- 1 Pound Cooked, Pulled Chicken
- 2 Tablespoons Vegetable Oil
- ½ Cup Onion (diced)
- ½ Red Bell Pepper (diced)
- 1 Tablespoon Fresh Garlic (minced)
- 1 Cup Whole Milk
- 1 Cup Heavy Cream
- 1 Egg Yolk
- 2 Tablespoons Butter
- 4 Tablespoons All-Purpose Flour (enriched or whole grain-rich)
- ½ Teaspoon Kosher Salt
- ½ Teaspoon Freshly Ground Black Pepper
- ¼ Teaspoon Dry Mustard
- Few Grinds of Nutmeg
- 1 Cup Fontina Cheese (shredded)
- 1 Cup Ricotta Cheese
- 1 Cup Mozzarella Cheese (shredded)

DIRECTIONS

1. Butter a 10" deep dish pie plate. Preheat oven to 350°.
2. Cook spaghetti al dente. Drain and rinse the pour back into the pan.
3. Add melted butter, Romano cheese and the two eggs to the cooked spaghetti and mix to combine then pour into the prepared pie plate. Press down and up the sides. Place a parchment circle over top and press another pie plate down. Set aside.
4. Heat the oil in a large skillet over medium high heat. Once hot, add the onion, pepper and garlic and cook three minutes. Add chicken and cook until warmed through. Set aside.
5. Mix the milk and cream in a microwave safe bowl and heat to hot. Slowly whisk in egg.
6. In a saucepan, melt the butter over medium heat, then add in the flour and cook for about three minutes stirring occasionally.
7. Whisk in the hot milk mixture one third at a time. Season with spices and remove from heat.
8. Combine the chicken/vegetable mixture, sauce, bacon and fontina cheese.
9. Remove the top pie plate from the spaghetti and spread the ricotta, then pour in the chicken mixture leaving a spaghetti top edge (like a pie crust edge).
10. Bake for 40 minutes, remove and sprinkle on the mozzarella then bake for five more minutes. Place under broiler for 2-3 minutes until golden.
11. Let the pie sit loosely covered with foil for 20 minutes to set up then cut into 10 equal slices.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

10 Slices

PORTION SIZES

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

BITE SIZED BURRITOS



April 6

National Burrito Day

INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 24 Tortilla, Soft, Flour (enriched or whole grain-rich: about 6")
- 1 Packet Taco Seasoning
- 3½ Cups Refried Beans
- 2 Cups Cooked Rice (enriched or whole grain-rich)
- 2 Cups Cheddar Cheese (shredded)
- 2 Cups Salsa

DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Heat a pan over medium heat and cook the ground beef until browned. Add the taco seasoning and water (see packet for instructions) and stir until well combined.
3. Heat the flour tortillas until they are pliable.
4. Spread the refried beans onto each tortillas, then top with rice, cheese, and ground beef. Be careful not to overstuff. Fold in the sides of the tortilla and roll tightly. You can secure the edges with refried beans, if you want, to hold them together better.
5. Place the mini burritos, seam side down, on the baking sheet. Bake for 10-12 minutes.
6. Serve with salsa on the side.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

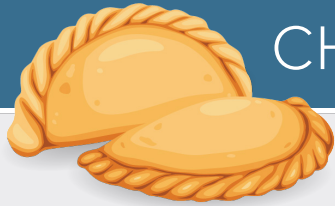
-  Snack

YIELD

24 Burritos

PORTION SIZES

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



CHEESY BEEF EMPANADAS

April 8

National Empanada Day

INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 1 Medium Onion (chopped)
- 4 Cloves Garlic (minced)
- 1½ Teaspoons Ground Cumin
- 1½ Teaspoons Garlic Salt
- 1 Teaspoon Pepper
- 1 Teaspoon Oregano
- ½ Teaspoon Crushed Red Peppers
- ¼ Teaspoon Chili Powder
- 8 Ounces Canned Tomato Sauce
- 1 Tablespoon Diced Jalapeños
- ½ Cup Sharp Cheddar Cheese (grated)
- ½ Cup Monterey Jack Cheese (grated)
- (2) 7 Ounces Each Refrigerated Pie Crusts (enriched or whole grain-rich)
- 1 Egg

DIRECTIONS

1. Preheat your oven to 425°F. Heat a large cast iron skillet over medium. Add the ground beef, chopped onion, and minced garlic, and cook until the beef is no longer pink and the onions are soft. This should take about 7-10 minutes. Drain the grease.
2. Return beef mixture to the pan and sprinkle in all the seasonings: cumin, garlic salt, pepper, oregano, crushed red pepper, and chili powder. Stir well to coat everything evenly, then add the tomato sauce and diced jalapeños. Let it all simmer for about 15 minutes. The sauce should thicken slightly, and the flavors will meld together beautifully.
3. While the filling is simmering, unroll your pie crusts on a lightly floured surface. Use your 4-inch round cutter or a small bowl to cut out 4 circles per pie crust.
4. Add a small sprinkle of cheese to the center of each circle, followed by about ¼ cup of the beef mixture. Wet the edges of the dough with a little water then fold the dough over to form a half-moon shape and press down on the edges with a fork to seal.
5. In a small bowl, whisk together one egg with a tablespoon of water to create your egg wash. Brush the top of each empanada lightly with the egg wash. Place the empanadas on a baking sheet lined with parchment paper and bake for 15 minutes, or until the crust is golden brown.
6. Carefully remove the empanadas from the oven and let them cool slightly.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Empanadas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Empanada	1 Empanada	1 Empanada	1½ Empanadas



April 12

CREAM CHEESE GRILLED CHEESE

National Grilled Cheese Sandwich Day

INGREDIENTS

- 8 Slices of Bread (whole grain-rich or enriched) at least 28 grams each
- 8 Slices Cheddar Cheese (½ ounce each)
- 5 Ounces Cream Cheese
- 1 Tablespoon Parmesan (optional)
- 1 Tablespoon Mayonnaise (optional)
- Butter (as needed)

DIRECTIONS

1. In a small mixing bowl combine cream cheese with mayo and parmesan until nice and smooth.
2. Spread one side of each of your slices of bread with butter. In a non-stick pan with the heat OFF add 2 slices of bread butter-side-down.
3. Top with cheddar, followed by a dollop of cream cheese, topped with another slice of cheddar, then finish with another slice of bread butter-side-up.
4. Turn on heat to medium and fry both sides until golden with the cheese just starting to leak out.
5. Continue with remaining two sandwiches.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Snack

YIELD

4 Sandwiches

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Sandwich	½ Sandwich	1 Sandwich	1 Sandwich



LET'S LEARN FRACTIONS AVOCADO TUNA PITA PIZZAS

April 13

National Make Lunch Count Day



INGREDIENTS

- ½ Cup Avocado (mashed)
- 1 Teaspoon Dijon Mustard
- 6 Ounces Tuna
- ½ Cup Chopped Celery
- ½ Cup Chopped Apple
- 3 Pita Pockets
(enriched or whole grain, at least 1 oz each)

DIRECTIONS

1. In a small bowl mix the avocado and mustard together, then stir in the tuna, celery and apple.
2. Spread the tuna mixture evenly on the pita bread.
3. Cut each pita bread into pieces. Help the children learn to count by cutting one pita circle into thirds, another into fourths and the final one into eighths.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

3 Pita Pizzas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Pita Pizza	¾ Pita Pizza	1 Pita Pizza	2 Pita Pizzas

CINNAMON SUGAR PECANS*



April 14

National Pecan Day

INGREDIENTS

- ½ Cup White Sugar
- 2 Teaspoons Ground Cinnamon
- ½ Teaspoon Salt
- 1 Egg White
- 4 Cups (32 Ounces) Pecans

DIRECTIONS

1. Preheat oven to 325°F
2. In a bowl combine sugar, cinnamon and salt.
3. In a separate bowl add egg white and mix well.
4. Add pecans and toss until all are coated in egg mixture.
5. Add sugar mixture and coat well.
6. Place pecans on a cookie sheet and bake for 10 minutes.
7. Remove from oven, stir well and bake an additional 10 minutes.
8. Remove from the oven and let cool.
9. Enjoy immediately.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

32 Ounces

PORTION SIZES

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

*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.



MUSHROOMS ON TOAST

April 16

National Day of the Mushroom



INGREDIENTS

- 2½ Cups Mushrooms
- 2 Cloves Garlic
- 1 Tablespoon Butter
- 2 Sprigs Fresh Thyme
- Salt and Pepper (to taste)
- 1 Teaspoon Soy Sauce or Tamari (optional)
- 4 Slices Bread (whole grain-rich or enriched) at least 28 grams each
- Butter (for serving)

DIRECTIONS

1. Clean and slice the mushrooms roughly (I like them cut into different shapes and sizes for texture), then finely chop the garlic. Set both aside.
2. Melt the butter/margarine in a frying pan over a medium-high heat then add the mushrooms and garlic. Strip the leaves from the thyme sprigs and add to the pan.
3. Stir it all frequently for about 4 minutes, until the mushrooms are soft, golden and have released their juices. Season to taste with the salt and pepper.
4. If using, stir in the soy sauce now and cook for a further minute.
5. Toast the bread, spread with butter and top with the mushrooms. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Grain

MEAL TYPE

-  Breakfast

YIELD

4 Toasts

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Toast	1 Toast	1 Toast	2 Toasts



PEANUT BUTTER, BANANA AND GRANOLA WRAP

April 16

National Banana Day

INGREDIENTS

- 6 Cups (12 slightly overripe) Sliced Bananas
- 3/4 Cup Sugar (or substitute)
- 6 Teaspoons Cinnamon
- 1 1/2 Teaspoons Nutmeg (optional)

DIRECTIONS

1. Slice the bananas into rounds, approximately 1/3 inch thick.
2. In a small bowl, combine the sugar, cinnamon, and nutmeg (if desired). Set aside.
3. Lightly spray a large skillet with nonstick oil spray and warm over medium-low heat and add the banana slices.
4. Sprinkle half of the cinnamon mixture on top. Cook for about 2-3 minutes.
5. Flip the rounds, then sprinkle with the remaining cinnamon mixture. Cook for 2-3 more minutes until the bananas are soft and warmed through.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

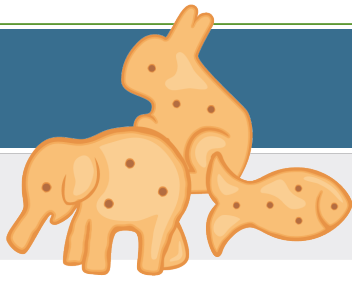
 Snack

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Cup	1/2 Cup	3/4 Cup	1/2 Cup



HOMEMADE ANIMAL CRACKERS

April 18

National Animal Crackers Day

INGREDIENTS

- ½ Cup Rolled Oats
- ¾ Cup All-Purpose Flour (enriched or whole grain-rich)
- ¼ Teaspoon Salt
- ¼ Teaspoon Baking Soda
- ¼ Cup Butter
- 2 Teaspoons Honey
- ¼ Cup Buttermilk

DIRECTIONS

1. Preheat oven to 400°.
2. In a food processor, add rolled oats and grind until a fine consistency.
3. In a medium mixing bowl, add processed rolled oats, flour, salt, and baking soda. Stir to mix well
4. Using a pastry blender, cut in butter, until the lumps are pea sized.
5. Add honey and buttermilk, and stir until well blended and a stiff dough forms.
6. Lightly flour a flat surface and turn out dough
7. Using a rolling pin, roll out dough to ⅛ inch thick.
8. Using mini animal shaped cookie cutters, cut out cookies
9. Place the cut out cookies on a cookie sheet approx 1 inch apart.
10. In preheated oven, bake 5–7 minutes or until the edges are browned lightly.
11. Using a spatula, transfer the cookies to a cooling rack.
12. Store in an airtight container.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

24 Animal Crackers

PORTION SIZES

Toddler	Preschool	School Age	Adult
4 Animal Crackers	4 Animal Crackers	8 Animal Crackers	8 Animal Crackers



LIMA BEAN & RICOTTA SALAD

April 20

National Lima Bean Respect Day

INGREDIENTS

- 2 Cups Cooked Lima Beans (dried or frozen)
- 2 Cups Sweet Potatoes (peeled and diced into ½-inch cubes)
- 2 Tablespoons + ⅓ Cup Olive Oil
- 1 Cup Carrots (peeled and shredded)
- ½ Lemon (roughly chopped with peel on)
- 2 Cloves Garlic
- 3 Tablespoons Fresh Dill (roughly chopped)
- ½ Teaspoon Whole Grain Mustard
- ½ Teaspoon Honey
- Salt and pepper (to taste)
- 3 Tablespoons Fresh Parsley (chopped)
- 4 Ounces Ricotta Cheese

DIRECTIONS

1. Preheat the oven to 400° and line a sheet pan with parchment paper.
2. Prepare the lima beans according to the instructions on the packaging. While the beans are cooking, toss the diced sweet potatoes in 2 tablespoons of olive oil and spread them in an even layer on the prepared baking sheet. Roast for 25-30 minutes, until tender throughout and starting to brown. Remove from the oven and let cool while you continue prepping.
3. To make the dressing, combine the lemon, garlic, dill, mustard, and honey in a mason jar or the bowl of a food processor. Use a stick blender (or food processor) to roughly blend the ingredients, then pour in ⅓ cup of olive oil and continue blending until smooth and creamy.
4. Taste and add lemon, salt, or dill to your preference. The lemon rind and pith will give the vinaigrette a richer texture and the tartness will highlight the fresh dill.
5. Assemble the salad by combining the cooked lima beans, roasted sweet potatoes, and shredded carrots. Add in the chopped parsley and vinaigrette, and toss until the vegetables are well coated.
6. Add the ricotta in large dollops, then garnish with a final drizzle of olive oil and serve!

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅔ Cup	1 Cup	1½ Cups	1½ Cups

BBQ ROASTED CHICKPEAS



April 21

National Chickpea Day

INGREDIENTS

- 15 Ounce Can Chickpeas (very well drained + thoroughly dried)
- 1 Tablespoon Avocado or Olive Oil
- 2 Teaspoons Maple Syrup
- 1½ Teaspoons Smoked Paprika
- 1 Teaspoon Chili Powder
- ¾ Teaspoon Garlic Powder
- ¼ Teaspoon Sea Salt
- ¼ Teaspoon Black Pepper
- ¼ Teaspoon Cayenne Pepper (optional)

DIRECTIONS

1. Preheat oven to 350° and set out a bare (or parchment-lined) baking sheet (or more as needed).
2. Rinse chickpeas well with water and thoroughly drain.
3. Once drained well, spread the chickpeas out on a clean, absorbent towel and use your hands to gently roll and dry the chickpeas. Some of the skins should start coming off. You can opt to peel all of the chickpeas or simply remove the skins that come off.
4. Transfer the chickpeas to a mixing bowl and top with oil. Mix well to combine. DO NOT add the other seasonings at this point, wait to add until after baking.
5. Bake for 45 minutes or until golden brown and dry/crispy to the touch. Turn the pan around and shake the chickpeas around the halfway point for even cooking.
6. Remove your chickpeas from the oven and prepare your BBQ seasoning. In a medium-size mixing bowl, combine the maple syrup, smoked paprika, chili powder, garlic powder, sea salt, black pepper, and cayenne (optional) until a paste forms.
7. Pour in your still-warm chickpeas and toss gently to evenly coat them with the seasoning mixture. Place them back on the cookie sheet to cool fully and so the seasoning can dry/set.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

1⅞ Cups

PORTION SIZES

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



ENGLISH MUFFIN BREAKFAST PIZZA

April 23

National English Muffin Day

INGREDIENTS

- 4 English Muffins (enriched or whole grain-rich; split in half)
- 1 Tablespoon Butter (optional, for toasting)
- 4 Large Eggs (scrambled or fried)
- ½ Cup Pizza or Marinara Sauce (optional)
- 1 Cup Cheddar or Mozzarella Cheese (shredded)
- 4 Slices Cooked Bacon (crumbled)
- ¼ Cup Chopped Bell Peppers (optional)
- Salt and Pepper (to taste)
- Fresh Parsley or Green Onions (chopped; optional)

DIRECTIONS

1. Preheat your oven to 375°. Line a baking sheet with parchment paper or lightly grease it.
2. Place the split English muffins on the prepared baking sheet. Spread with butter if desired. Bake for 5 minutes, or until slightly toasted.
3. Cook the eggs to your liking (scrambled or fried). Season with salt and pepper. Set aside.
4. Spread a thin layer of pizza or marinara sauce on each English muffin half, if using.
5. Top with cooked eggs, shredded cheese, bacon and peppers (if using).
6. Return the topped English muffins to the oven and bake for 8–10 minutes, or until the cheese is melted and bubbly.
7. Sprinkle with fresh parsley or green onions for garnish. Serve warm and enjoy!

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

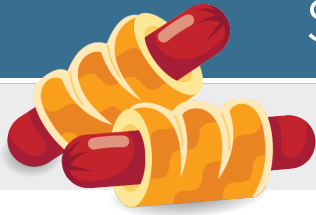
-  Breakfast

YIELD

8 Pizzas

PORTION SIZES

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



SIMPLE PIGS IN A BLANKET

April 24

National Pigs In A Blanket Day

INGREDIENTS

- 8 Ounce Package of Crescent Rolls (enriched or whole grain-rich)
- 8 Hot Dogs (frankfurters), without meat or poultry byproducts, cereals, binders or extenders, 2 oz each

DIRECTIONS

1. Preheat the oven to 375°.
2. Open the crescent rolls and separate them into triangles.
3. Roll the crescent rolls around the hot dogs starting at the wide end of the triangle.
4. Place on an ungreased cookie sheet.
5. Bake for 12-15 minutes until the crescent rolls are slightly golden brown.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Snack

YIELD

8 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Serving	½ Serving	1 Serving	1 Serving



ZUCCHINI CHEDDAR SCONES

April 25

National Zucchini Bread Day

INGREDIENTS

- 2½ Cups + 1 Tablespoon All-Purpose Flour (enriched or whole grain-rich)
- ½ Teaspoon Salt
- 1 Tablespoon Baking Powder
- ½ Teaspoon Baking Soda
- ¼ Cup Granulated Sugar
- 1 Stick (4 ounces) Unsalted Butter (VERY cold and cut into tiny pieces)
- 1 Large Egg (beaten)
- ½ Cup (full-fat) Sour Cream
- ⅔ Cup Zucchini (grated and drained)
- ¾ Cup Sharp Cheddar Cheese (grated)

DIRECTIONS

1. Preheat oven to 400°. Line a large baking sheet with parchment paper or a non-stick baking mat; set aside. In a large bowl mix together 2½ cups of the flour, salt, baking powder, baking soda, and sugar.
2. Cut the butter into small cubes then quickly work it into the mixture (using your fingers) until it resembles a coarse meal.
3. In a small bowl, whisk together the egg and sour cream, then add to flour and butter mixture. In a small bowl combine remaining tablespoon of flour, grated zucchini, and a ½ cup of the cheese; toss to coat, then add to the scone mixture; gently fold them into dough with a spatula until combined.
4. Pour the shaggy dough out onto a clean, floured work surface and shape the dough (you will have to work/knead it quite a bit to get it together) into an 8-inch circle. Cut the dough into 8 wedges and carefully transfer them to the prepared sheet. Sprinkle the top of each scone with a little of the remaining cheese.
5. Bake for 22-24 minutes, or until cooked through and the tops are golden brown. Serve warm!

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

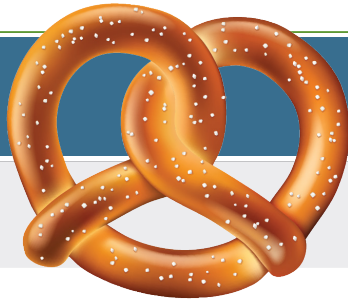
-  Snack

YIELD

8 Scones

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Scone	1 Scone	1½ Scones	1½ Scones



PRETZEL BAGELS WITH CHEESE SPREAD

April 26

National Pretzel Day

INGREDIENTS

- 1 Packet (2¼ Teaspoons) Instant Yeast
- 1 Cup Warm Water (heated to 110°)
- 1 Tablespoon Honey
- 3 Cups Bread Flour (enriched or whole grain-rich)
- 1½ Teaspoons Salt
- 9 Cups Water
- ½ Cup Baking Soda
- Coarse Sea Salt
- 8 Ounces Cream Cheese
- 1 Cup Sharp Cheddar Cheese
- ½ Tablespoon Honey

DIRECTIONS

1. In the bowl of a stand mixer, fitted with the dough hook attachment, add yeast, water, honey, flour and salt. Mix on low speed to combine ingredients, then increase to medium and knead for 8 minutes.
2. Place dough in lightly greased bowl. Spray top of dough with nonstick cooking spray, or a drizzle of olive oil, then place plastic wrap or towel over dough. Allow to rise for 30 minutes in a warm place.
3. While the dough rises, cut out 8 parchment paper squares, big enough for the bagels to fit on. Set aside. Cut a piece of parchment paper to fit your baking sheet. Set aside.
4. Punch down dough and place on floured surface. Divide dough into 8 roughly equal pieces. Place your hand over dough in a cupped shape, and roll dough to form dough into a smooth ball. Using your index finger or thumb, poke a hole in the center of the dough ball. Gently use your fingers to stretch the hole so that it is roughly 1½-2 inches wide. Repeat with remaining dough. Cover dough with kitchen towel or plastic wrap and allow to rise for 15 minutes.
5. Preheat oven to 400°. In a large pot, add 9 cups water and bring to a boil. When ready to use, add baking soda (be careful, it will bubble). Grab the edges of the parchment paper square and flip bagels off of the parchment paper square into the boiling water. Work in batches, placing 2-3 bagels in water at a time. Using a slotted spoon or spatula, flip the bagels after 10-15 seconds, boil on 2nd side for 10 seconds and remove with slotted spoon or spatula. Allow excess water to drip off and place onto prepared baking sheet. Sprinkle each with coarse sea salt. Repeat with remaining bagels.
6. Bake for 12-15 minutes, or until golden brown.
7. Cheddar Cream Cheese Spread: add cream cheese to a skillet over medium heat. Allow to partially melt, then stir in cheddar cheese and honey. Cook until mixture is combined and smooth. Allow to cool before spreading on bagels.

MEAL PATTERN CONTRIBUTION

 Grain
 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

6 Bagels +
16 Ounces Spread

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Bagel + ½ Ounce Spread	¼ Bagel + ½ Ounce Spread	½ Bagel + 1 Ounce Spread	1 Bagel + 2 Ounces Spread

CARROT RAISIN SALAD



April 30

National Raisin Day

INGREDIENTS

- ¼ Cup Mayonnaise
- 1 Tablespoon Honey
- 1 Tablespoon Water
- 1 Teaspoon Lemon Juice
- ¼ Teaspoon Salt
- 4 Cups Shredded Carrot
- 1 Cup Raisins

DIRECTIONS

1. In a large bowl, combine mayo with honey, water, lemon juice, and salt. Whisk everything together until well combined.
2. Add the carrots and the raisins to the sauce, and toss well. Cover with plastic wrap, and refrigerate for 30 minutes or until serving.

MEAL PATTERN CONTRIBUTION

-  Fruit
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

5 Cups

PORTION SIZES

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