

Kent Regional 4C

SEASONAL

RECIPES



*Enjoy using the following recipes
as you plan your monthly menus.*

* The Seasonal Recipes are designed to correspond with the Pre-Printed Menus. Please note that you can substitute food components. Cross off the listed food and write in what you actually served.

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AGGRESSION COOKIES

Ingredients:

3 Cups Oatmeal
1 ½ Cups Flour
1 ½ Teaspoon Baking Powder
1 ½ Cups Brown Sugar
1 ½ Cups (3 sticks) Margarine

Directions:

Dump all ingredients into a large bowl. Mash it! Pound it! Let the children squeeze and mix it with their hands. The more squeezes, the better the cookies. Roll dough into small balls. Flatten the balls on an ungreased cookie sheet. Bake 10-12 minutes at 350 degrees.

ANTS ON A LOG

Ingredients:

Celery Stalks
Peanut Butter
Raisins

Directions:

Wash celery stalks and cut in half. Spread peanut butter on celery. Decorate with raisins.

APPLE DUMPLINGS

Ingredients:

2 Granny Smith Apples (any other firm apple would work)
2 Tubes of Crescent Rolls
½ Cup Butter or Margarine
1 Cup White Sugar
Vanilla
Cinnamon
1 Can Mountain Dew (secret ingredient)

Directions:

Cut apples into 8 pieces, cored and peeled

Wrap 1 crescent roll around each section of apple and put them in a greased glass baking dish. Melt together butter and sugar. When gently boiling, mix in a little vanilla and cinnamon to taste. Pour over apple dumplings. Pour 1 can Mountain Dew over apple dumplings. Bake at 350 for 25-30 minutes.

APPLE PIZZA

Ingredients:

Refrigerated Pizza Crust
Apples (thinly sliced)
Cinnamon
Sugar
Cheddar Cheese (grated)

Directions:

Roll out pizza crust. Generously place apple slices close together covering the whole pizza crust except the edges for a crust. Sprinkle with cinnamon and sugar to taste. Lightly sprinkle on finely grated cheddar cheese to taste. Bake using crust directions or until edges are golden brown.

APPLE SMILES

Ingredients:

Red Unpeeled Apple (cored and sliced, 2 slices for each apple smile)
Peanut Butter
Puffed Rice Cereal
Raisins

Directions:

Slice the apples into ¼ inch slices. Pat apple dry on napkin so peanut butter will stick. Spread one side of the apple slice with peanut butter. Top with another slice, peanut butter side down and squeeze gently. Place 4-5 pieces of puffed rice cereal (these are the teeth) into the peanut butter between the skins of the apple slices (these are the lips).

BAKED BANANAS

Ingredients:

2 Bananas
½ Cup Mini Marshmallows
2 Tablespoons Brown Sugar
1 Cup Corn Flake Cereal
½ Teaspoon Ground Cinnamon

Directions:

Spray a small rectangular baking dish with non stick spray. Peel bananas and cut in half length wise. Place bananas in dish cut sides up. Sprinkle bananas with marshmallows and sugar, then over evenly with cereal and sprinkle with cinnamon. Bake for ten minutes or until bananas are heated through and marshmallows have melted. Serve immediately.

BANANA PANCAKES



Ingredients:

1 Cup Pancake Mix
1 Banana

Directions:

Peel and mash bananas. In a medium mixing bowl combine pancake mix (follow directions on box for mix) and bananas. Pour mix onto griddle and cook on medium heat until edges are dry, flip pancake and cook other side.

BEANNY BURRITOS

Ingredients:

1 Package Flour Tortillas
1 Can Vegetarian Refried Beans
1 (12 oz.) Package Shredded Cheddar Cheese
1 Jar of Salsa

Directions:

Spray one side of each tortilla with cooking spray. Spoon refried beans, cheese and salsa into each tortilla. Fold like a burrito. Lay on a plate. Microwave for about one minute or until hot. Top with salsa or any other toppings you like.

BERRY CRUMBLE

Ingredients:

Yogurt
Fresh Fruit or Berries
Granola Cereal

Directions:

Put yogurt in a bowl. Top evenly with fruit and granola. Add more yogurt on top of that. Sprinkle with granola on top.

BICYCLE

Ingredients:

Pretzel Sticks
Grapes or Strawberries
Orange Slices (not wedges)
Twisted Pretzels
Raisins

Directions:

Arrange straight pretzel sticks to make a bicycle frame. For handlebars break off an "M" shape from the twisted pretzels. For a seat cut grape or strawberry into quarters and use one as a seat. Cut two orange slices for the wheels. Make a small cut in the orange slices and insert the bike frame. Add raisins for pedals.

BIRD NEST

Ingredients:

6 Cups of Rice Krispies
3 Tablespoons of Margarine or Butter
1 (10 oz.) Package of Marshmallows
Blueberries
Grapes
Yogurt

Directions:

Melt margarine in a large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Rice Krispies cereal. Stir until well coated. Shape into individual bird's nests.
Put a couple spoons full of yogurt into the bottom of each nest and fill with grapes and blueberries for the eggs.

BREADSTICK PIZZA

Ingredients:

Soft Breadsticks
Tomato Sauce
Pepperoni
Ham
Mozzarella Cheese

Directions:

Bake breadsticks according to directions on packaging. Top with tomato sauce, cheese and pizza toppings of your choice. Put back in oven until cheese is good and melty.

BUMSTEADS

Ingredients:

¼ Pound Cheddar Cheese (grated)
2 Tablespoons Chopped Sweet Pickle
2 Tablespoons Chopped Onion
½ Cup Mayonnaise
3 Hard Boiled Eggs
1 Cup Turkey

Directions:

Mix all ingredients and stuff into 6-8 hotdog buns. Wrap in aluminum foil. Place on a baking sheet. Bake at 325 degrees for 25 minutes. CAUTION WILL BE HOT!

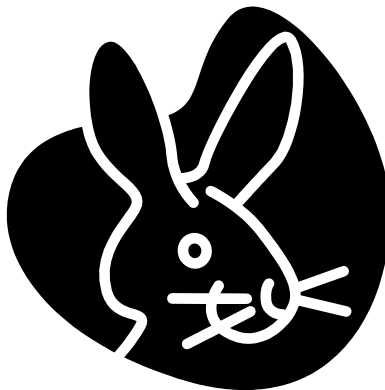
BUNNY BUNS

Ingredients:

2 Tubes Refrigerated Flaky Biscuits
Raisins
Maraschino Cherries
Slivered Almonds
½ Cup Powdered Sugar
2-4 Tablespoons of Maraschino Cherry Juice

Directions:

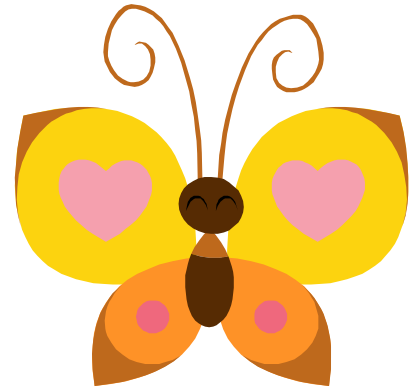
Separate dough into 20 biscuits. Place 10 on ungreased cookie sheet. Cut remaining biscuits in half across the top. Lengthen halves slightly to form ears. Press ear pieces lightly next to bunny heads. Press in raisins for the eyes, cherry for the nose and almonds for the whiskers. Bake at 400 for 8-10 minutes or until lightly brown. Cool slightly. Mix together the powdered sugar and maraschino cherry juice for icing and frost ears.



BUTTERFLY BITES

Ingredients:

Celery sticks (approx. 3 inches long)
Small pretzel rods
Large 3-loop pretzels
Peanut Butter
Raisins



Directions:

Fill celery sticks with peanut butter. Gently push 2 pretzels in the peanut butter, 1 pretzel on each of the celery's lengthwise-side. Use raisins for the eyes, nose, and mouth. Break pretzel rods into small pieces and push them into the peanut butter, sticking out the top of the celery like antennas.

CARAMEL APPLESAUCE

Ingredients:

6 Medium Apples
3 Tablespoons Butter or Margarine
½ Cup Brown Sugar
½ Cup Water
¼ Teaspoon Nutmeg

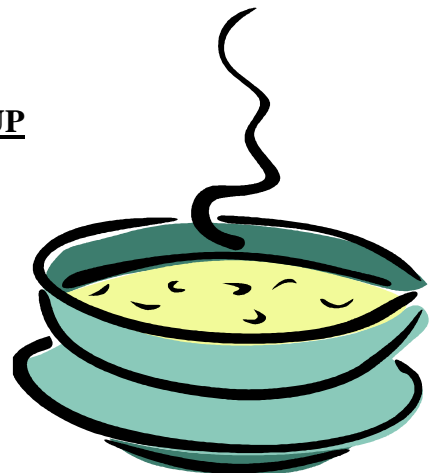
Directions:

Wash, remove skin and core 6 apples. Cut each apple into quarters on cutting board. Cut each quarter into 4 slices. Heat 3 tablespoons butter and ½ cup brown sugar in saucepan over low heat until butter melts. Remove the sauce pan from heat. Stir in the apple slices and mix gently until slices are coated with the butter and brown sugar. Add ½ cup water and ¼ teaspoon nutmeg. As the apples cook down add more liquid. Return to Heat. Heat to a boil over medium-high heat, stirring occasionally. Reduce heat. Cover and simmer over low heat about 20 minutes or until apples are tender when pierced with a fork. Stir once or twice. Serve warm or cold.

CHICKEN RICE AND VEGETABLE SOUP

Ingredients:

2 Cans Reduced Sodium Chicken Broth
3 Medium Carrots (Chopped)
1 Large Stalk Celery (Chopped)
¾ Cup Uncooked Rice
2 Cups Cooked Chicken (Chopped)
2 Tablespoons Grated Parmesan Cheese
10 oz. Frozen Peas



Directions:

In large saucepan bring broth to a boil. Stir in carrots, celery and rice. Reduce heat to medium-low, cover and cook 15 minutes, stirring occasionally or until rice is almost tender. Stir in chicken and peas and cook uncovered 5 minutes or until rice is tender. Stir in parmesan cheese and serve.

CHICKEN SALAD

Ingredients:

2 Cups of Chicken (cooked and cubed)
2 Tablespoons of Lemon Juice
1 Cup Chopped Celery
1 Cup Seedless Grapes or Chopped Apples
2 Hard Boiled Eggs (peeled and chopped)
¼ Cup Blanched Almonds (optional- not for young children)
½ Cup of Mayonnaise

Directions:

Sprinkle chicken with lemon juice and let stand in refrigerator for several hours or overnight, to blend flavors. Add the rest of the ingredients, mix together. Serve on bread.

CHOCOLATE BUNCH FRENCH TOAST

Ingredients:

1 Cup Milk
2-3 Tablespoons Chocolate Powder or Syrup
2 Large Eggs
2 Teaspoons Butter
8 Slices White or French Bread
Powdered Sugar (optional)
Sweetened Whipped Cream (optional)
Fresh Raspberries (optional)

Directions:

Whisk together milk, chocolate power or syrup and eggs in medium bowl. Melt butter in large nonstick skillet over medium heat. Dip bread into chocolate/egg mixture to coat evenly. Cook bread on each side for about three minutes or until cooked through. Dust with powdered sugar. Garnish with whipped cream, chocolate and raspberries.

CHRISTMAS TREE CONES

Ingredients:

Ice Cream Sugar Cones
Green Frosting (Vanilla frosting with a little green food die added)
Chocolate Chips
M & M's
Gumdrops
Nuts
Cereal (Cheerios, Fruit Loops etc.)
Skittles
Mini Marshmallows
Dried Fruit
Raisins



Directions:

Give each child a sugar cone with the pointed end up. Have the children cover the cone with green frosting (for younger children you can do this part for them). Let the children use the candy and toppings to decorate their Christmas Trees.

CORN PUDDING

Ingredients:

1 (12 oz.) Can Whole Kernel Corn
2 (17 oz.) Cans Cream Style Corn
5 Eggs
½ Cup Sugar
4 Tablespoons Cornstarch
1 ½ Teaspoons Season Salt
½ Teaspoon Dry Mustard
1 Teaspoon Minced Onion
½ Cup Milk
½ Cup Melted Butter

Directions:

Combine the whole kernel corn, cream style corn, eggs, sugar, cornstarch, salt, dry mustard, minced onion. Stir in milk and melted butter. Pour into greased 3 quart casserole dish. Bake at 400 degrees for one hour, stirring once.

CUCUMBER CROCODILE

Ingredients:

1 Cucumber
1 Small Can of Pineapple Chunks (drained)
8 oz. Cubed Cheddar Cheese
2 Stuffed Olives
2 Carrots
Toothpicks

Directions:

Make a slit in the flat end of a washed cucumber for a mouth. Make eyes out of the olives stuck onto toothpicks. Make two holes in each end of the cucumber and stick short pieces of carrots in them for the legs. Put cubes of cheese and chunks of pineapple on toothpicks and stick them all along the crocodile like scales.



ENGLISH MUFFIN PIZZA

Ingredients:

English Muffins

Pizza Sauce

Shredded Mozzarella Cheese

Pizza Toppings of Your Choice (Pepperoni, Sausage, Ham, Pineapple, etc.)

Directions:

Cut English muffins in half. Spread a spoonful of pizza sauce on each muffin half. Add cheese and pizza toppings. Place in toaster oven or oven until cheese begins to melt. Or microwave for 30-40 seconds.

FARM HOUSE BBQ

Ingredients:

1 Tube Refrigerated Buttermilk Biscuits

1 Pound Ground Beef (browned and drained)

½ Cup Ketchup

3 Tablespoons Brown Sugar

1 Tablespoon Cider Vinegar

½ Tablespoon Chili Powder

1 Cup Cheddar Cheese

Directions:

Separate the dough into 10 biscuits and flatten each into a 5 inch circle. Press each into the bottom and up the sides of a greased muffin tin, set aside. In a skillet brown ground beef and drain. Add the ketchup, brown sugar, vinegar, and chili powder to the ground beef. Heat through. Place mixture in muffin tin. Top with cheese. Bake at 350 for about 15 minutes or until the cheese melts.

FISHIN HOLE

Ingredients:

2 Large Boxes of Blue Raspberry Jell-O

White Grape Juice

1 Can Pineapple Tidbits (drained)

Gummy Fish

Whipped Cream (optional)

Directions:

Prepare Jell-O to package directions, substituting juice for water. Add fish and fruit. Pour into a 9x13 inch pan. Chill until firm. If desired create waves with whipped cream.

FRIENDLY DOG SALAD

Ingredients:

Lettuce Leaf
1 Can Pear Halves
Prunes
1 Can Mandarin Orange Segments (drained)
1 Jar Maraschino Cherries
Raisins

Directions:

Wash 1 lettuce leaf and pat dry. Place on plate. Place the pear half cut side down on the lettuce leaf. Cut the prune lengthwise in half and take out the pit. Place one of the prune halves at the large end of the pear half for the ear. Scoop out a tiny hole in the pear half for the eye. Place one raisin in the hole. Cut the maraschino cherry in half. Place on half at the top of the narrow end of the pear half for the nose. Use the mandarin orange segments for the collar.

FROZEN BANANAS

Ingredients:

Bananas
Skewers (optional)
Yogurt
Peanut butter
Melted chocolate
Wheat germ
Nuts, finely chopped
Applesauce
Coconut
Any other yummy toppings you can imagine!

Directions:

Cut bananas in half crosswise. Insert skewer in the thicker end. Place bananas on a tray and place in freezer. When frozen, move to a plastic bag, you can keep them frozen until you are ready to use them. Allow bananas to thaw slightly before eating them. Put toppings in small bowls. Dip bananas into the wet toppings first so the other toppings will stick, then dip them in the crumbly toppings second. Enjoy!

GONE FISHING

Ingredients:

Goldfish Crackers
Peanut Butter
Pretzel Sticks

Directions:

Put some of the goldfish crackers in a bowl. Dip one end of the pretzel sticks in peanut butter. Use pretzel sticks to “catch” the fish in the bowl.

GRANOLA

Ingredients:

3 Cups Oatmeal
1/3 Cup Sunflower Seeds
1/3 Cup Almond Slivers
½ Cup Chopped Pecans
1 Cup Shredded Coconut
½ Cup Honey
¼ Cup Oil

Directions:

Combine oatmeal, sunflower seeds, almond slivers, pecans, coconut. Mix honey and oil together and pour over the previous mixture. Pour into a cookie sheet (with sides) bake at 300 degrees for 45 minutes or until brown.

HAM AND CHEESE LOGS

Ingredients:

Ham Chunks
Cheese Chunks
Pineapple Chunks (drained)
Mini Pretzel Sticks
Pickle Chunks
Olives

Directions:

Use pretzel sticks as skewers and thread the desired ingredients onto them.

HOLIDAY SALAD

Ingredients:

½ Cup Miracle Whip Free (Non Fat) Dressing
1/8 Teaspoon Ground Cinnamon
3 Cups Chopped Red and Green Apples
1 Cup Thinly Sliced Celery
1 Cup Halved Red Grapes
2 Tablespoons Chopped Toasted Walnuts (optional- not for young children)

Directions:

Mix all ingredients except walnuts, refrigerate. Sprinkle with walnuts just before serving.

HOLIDAY WREATH

Ingredients:

30 Large Marshmallows
½ Cup Butter
1 Tablespoon Vanilla Extract
Green Food Coloring
3 ½ Cups Cornflakes
Red Hot Candies
Red Shoestring Licorice

Directions:

In a heavy saucepan combine marshmallows, butter, vanilla and 20-22 drops of green food coloring. Cook and stir over low heat until smooth. Remove from heat, add cornflakes and stir well. Drop spoonfuls onto greased foil, forming a nine inch wreath. Decorate with red dots. Form a bow with licorice and place on wreath.

HOT DOG MUMMY

Ingredients:

Hot Dogs
Tortilla Shells

Directions:

Cut the tortilla shells into narrow strips. Wrap the hot dog with the tortilla strips to be the mummy wrapping. Microwave 30-60 seconds.

JACK-O-LANTERNS

Ingredients:

1 (8oz.) Package Cream Cheese
1 Carrot (finely grated)
Ritz Crackers (or other yellow crackers)
Sunflower Seeds
Raisins
Parsley

Directions:

Mix cream cheese and carrot (use a food processor if available). Spread carrot-cream cheese mixture on crackers. Make Jack-O-Lantern faces with raisins, sun flower seeds and parsley.

JOHNNY APPLESEED'S APPLE PIZZA

Ingredients:

Plain Pastry Dough (using two cups of flour)
7 Medium Tart Apples
¼ Cup Sugar
1 Teaspoon Cinnamon
¼ Teaspoon Nutmeg
¾ Cup Flour
½ Cup Brown Sugar
½ Cup Butter

Directions:

Cut a circle of foil 15 inches or the size of the pizza pan. Roll pastry on foil, trim edge, and place on pizza pan or cookie sheet. Slice apples. Beginning ¾ of an inch from the edge of the pan, overlap apple slices making 2-3 circles. Combine spices. Sprinkle over apples. Combine flour and brown sugar, cut in butter until crumbly. Sprinkle on top. Bake at 450 degrees for 20 minutes. Cut into 10-12 wedges.



LEPRECHAUN COOKIES

Ingredients:

½ Cup Vegetable Shortening
1 Egg
2 Cups Enriched Flour
1 Teaspoon Each of Ground Ginger, Ground Cloves and Ground Cinnamon
1 Cup Sugar
¼ Cup Molasses
1 Tablespoon Baking Soda
Raisins

Directions:

Mix shortening, sugar, egg and molasses in a bowl. Stir in flour, baking soda and spices. Shape dough into 24 walnut size balls. Place 2 inches apart on a baking sheet. Use raisins to make eyes, nose and mouth on each. Bake 350 degrees for 8-10 minutes.

MEATLOAF

Ingredients:

2 Eggs (beaten)
2 Pounds Lean Ground Beef
1 Package (6 oz) Stove Top Stuffing Mix for Chicken
1 Cup Water
½ Cup Barbecue Sauce

Directions:

In small bowl beat eggs lightly with a fork. This makes it easy to incorporate them into the mixture, so you won't have to over mix. Place lean ground beef, stuffing mix, water, beaten eggs, and ¼ cup of barbecue sauce in large bowl. Mix all ingredients with just until blended. Shape mixture into an oval loaf in a 13x9 inch baking pan. Using a large baking pan makes it easier to pour out and discard excess fat. Top meatloaf with remaining ¼ cup of barbecue sauce. Bake at 375 degrees for one hour or until cooked through.

MONKEY BREAD SANDWICH

Ingredients:

2 Slices Raisin Bread
1 Tablespoon Peanut Butter
Banana Halves

Directions:

Spread peanut butter on 1 slice of bread. Slice banana and arrange on top of peanut butter. Top with remaining slice of bread. Cut sandwich into squares or triangles.

MONKEY MILKSHAKE

Ingredients:

1 Cup Strawberries
1 Banana
1 Cup Milk
2 Teaspoons Vanilla
3 Ice Cubes

Directions:

Combine all ingredients in blender. Blend until smooth and fluffy.

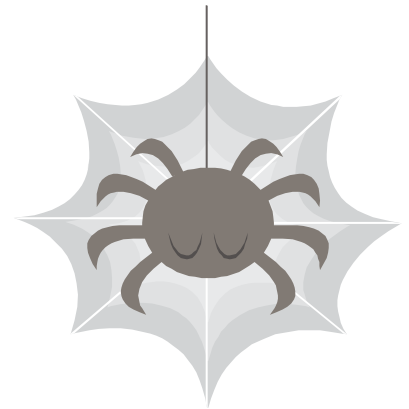
OREO SPIDERS

Ingredients:

Oreo Cookies
Black Licorice

Directions:

Put four pieces of black licorice together on a plate. Place Oreo cookie on top of the licorice in the center with four pieces of black licorice sticking out on each side. Spread the “legs” around to give the look you are looking for.



PEANUT BUTTER AND FRUIT BURRITOS

Ingredients:

Flour Tortilla
Peanut Butter
Crushed Berries
Applesauce or Thin Apple Slices

Directions:

Spread peanut butter on tortilla to within one inch of edges. Arrange fruit in small bowls for children to choose for their burrito. Spread fruit inside and roll it up.

PICKY PLATTER

Ingredients:

Cheese
Crackers
Grapes
Apples
Bananas
Any Other Snack Foods You Have



Directions:

Lay out three to five different food choices on a platter for children. Have children choose three different foods they would like to eat, one of those being something they may not have tried in the past or may not think they would like. This is a good way to get children to try new foods.

POTATO WEDGES

Ingredients:

Potatoes
Vegetable Oil
Salt
Pepper
Parmesan Cheese
Shredded Cheese

Directions:

Scrub potatoes, and cut each lengthwise into six or eight wedges. Give each child some wedges in a baggie. Add a little vegetable oil, close baggies and have children shake the baggies until potatoes are coated. Have children add their seasonings, close baggies and shake again. Lay out wedges in a single layer on foil. Top with shredded cheese. Place foil on a cookie sheet and bake at 450 for eight minutes, then turn over and bake for seven to ten minutes more.

POT PIE

Ingredients:

Frozen or Homemade Pie Crust
Cubed Chicken or Turkey
Gravy
Potatoes
Carrots
Celery
Corn
Peas
Mushrooms

Directions:

Thaw pie crust if using frozen. Cook and cube chicken or turkey. Cook vegetables (if necessary). Lightly grease pie pan. Roll out pie crust, place in pan. Fill pie crust with ingredients of your choice. Lay pie crust on top of the pan, and pinch around the sides to close. Poke holes into top of pie to minimize the amount of stuffing that escapes out the sides. Bake at 350 degrees for approximately 30 minutes.

PUFF PIZZA

Ingredients:

2 Tubes of Biscuits
Tomato Sauce
Mozzarella Cheese
Pizza Topping of Your Choice

Directions:

Cut Biscuits into quarters, place on the bottom of a 9 X 13 inch pan. Pour tomato sauce on top of biscuits (as much as you like). Sprinkle toppings on top of tomato sauce and then cover with cheese (as little or as much as you like). Bake in oven at 350 degrees for 20 minutes, or until the biscuits are completely done in the middle.



PUPPY CHOW

Ingredients:

1 Cup Chocolate Chips
¼ Cup Creamy Peanut Butter
¼ Cup Margarine
6 Cups Rice Chex Cereal
1 Cup Powdered Sugar

Directions:

In a large dish melt the chocolate chips, peanut butter and margarine. Stir in the Rice Chex Cereal. Coat well. Pour the coated cereal in a large plastic bag. Add the powdered sugar to the bag and shake to coat.

RAINBOW

Ingredients:

You can use any of the following to make the colors;

Red: Strawberries, Tomato, Cherries, Raspberries

Orange: Carrots, Papaya, Oranges, Tangerines

Yellow: Banana, Lemon, Apple

Green: Kiwi, Lettuce, Green Grapes, Lime, Apple

Blue: Blueberries

Purple: Purple Cabbage, Red Grapes

Directions:

Cut the fruits and vegetables into bite size pieces. Arrange in an arc to make a rainbow, being certain to put the colors in the correct order.



RAINBOW PIZZA

Ingredients:

1 (15 oz.) Can of Pineapple Chunks (drained)
3 Sliced Bananas Dipped in Orange or Lemon Juice
10 Washed, Capped, Sliced Strawberries
2 Kiwi
1 (10 ½ oz.) Can Mandarin Oranges (drained)
Any Other Fruits of Choice
1 (8 oz.) Lite Cream Cheese
1 (8 oz.) Whipped Cream
¼ Cup Powdered Sugar
1 Package Refrigerated Sugar Cookie Dough

Directions:

Spread cookie dough evenly on a pizza pan. Bake at 350 degrees for about 5 minutes. Let cool. Mix whipped cream, cream cheese, and powdered sugar together to make filling. Spread on crust when cool. Decorate with fruit.

RED WHITE AND BLUE SKYSCRAPERS

Ingredients:

1 (8 oz.) Package Reduced Fat Cream Cheese
½ Cup Chocolate or Strawberry Flavored Syrup
20 Honey Graham or Chocolate Graham Crackers Squares
1 Banana (slices into 20 pieces)
10 Strawberries
30 Blueberries

Directions:

Combine cream cheese and chocolate or strawberry syrup in medium bowl; stir until smooth. Spread cream cheese mixture evenly over tops of all graham crackers. Place two slices of banana on top of ten frosted crackers. Place remaining frosted crackers over bananas, frosting side up. Slice strawberries into five pieces each. Arrange over frosting in a star pattern. Place a dollop of cream cheese mixture in center of strawberries, then place three blueberries on top.



ROUND CRACKER SAILBOAT

Ingredients:

Apple Slices
Peanut Butter
Ritz Crackers
Cheese Cubes
Tooth Picks

Directions:

Put peanut butter on one side of Ritz cracker. Place apple slice skin side down on the peanut butter. Push tooth pick into apple slice to make the pole of the sail boat, push cheese cube onto the tooth pick to make the sail.

SAFARI CHEX

Ingredients:

2 Tablespoons Margarine
1 Tablespoon Brown Sugar
1 Tablespoon Maple Syrup
1 Teaspoon Cinnamon
¼ Teaspoon Ground Ginger
3 Cups Chex Cereal
1 ½ Cups Animal Crackers
½ Cup Peanuts (optional – not recommended for younger children)

Directions:

In a 13x9 inch pan melt margarine in the oven. Stir in brown sugar, syrup cinnamon and ginger. Add Chex cereal, animal crackers and peanuts; stir until all pieces are coated. Bake at 250 for 20-25 minutes stirring twice. Spread onto wax paper to cool. Store in an airtight container.

SANDWICH KABOBS

Ingredients:

Bread or Dinner Rolls
Lunch Meat
Cheese Cubes
Lettuce
Cherry Tomatoes
Small or Chopped up Pickles

Directions:

Cut bread or dinner rolls into quarters and lunch meat into chunks. Give each child one or two kabob sticks. Allow the children to make their own sandwiches by putting ingredients on their kabob sticks.

SHEPHERD'S PIE

Ingredients:

2 Pounds Ground Beef (browned and drained)
2 Cans Corn (drained)
4-6 Servings of Instant Mashed Potatoes (prepared to package directions)
1 (12 oz.) Package of Cheddar Cheese

Directions:

In a 9x13 inch pan layer the ground beef, corn, mashed potatoes, and cheese. Bake at 350 until heated through thoroughly.

SHIPWRECK DINNER

Ingredients:

1 Pound Extra Lean Ground Beef
1 Package Mac & Cheese Dinner
1 Can Stewed Tomatoes (un-drained)
1 Cup Frozen Green Peas
1 Cup Milk
1 Cup Shredded Mozzarella Cheese

Directions:

Brown meat in large skillet on medium heat; drain. Stir in macaroni noodles, cheese sauce mix, tomatoes, peas and milk. Bring to a boil. Reduce heat to medium-low; cover. Simmer twelve minutes or until macaroni is tender. Sprinkle with cheese. Let stand five minutes or until cheese is melted.

S'MORES

Ingredients:

Graham Crackers
Marshmallows (big ones)
Chocolate Bars

Directions:

Place graham cracker on baking sheet. Put one square of chocolate on each cracker. Place a marshmallow on each piece of chocolate. Bake at 350 degrees for four to six minutes, or until marshmallow begins to melt and chocolate softens. Remove from oven and put another graham cracker on top to make a sandwich. Can also be made in the microwave, follow same directions only placing s'mores on a plate and microwaving for 20-30 seconds or until marshmallow begins to melt. Caution marshmallow will be hot!

SNOWMAN PANCAKES

Ingredients:

Pancake Batter
Blueberries
Strawberries
Marshmallows
Chocolate Chips
Powdered Sugar

Directions:

Mix pancakes by directions on the box. Pour batter out on griddle in three small circles one on top of the other to make a snow man shape (keep circles small so it's easy to flip without breaking). Heat pancakes till they are fully cooked then place on plates and let children decorate their snowmen. They can use the blueberries, strawberries, marshmallows, chocolate chips or anything else you can think of to decorate them with. After they are done decorating their snow men sprinkle with powdered sugar for snow.

SNOWMAN SOUP

Ingredients:

4 Cups Milk
16 Teaspoons Hot Chocolate Powder
Mini Marshmallows (to taste)

Directions:

Heat milk. Stir in chocolate powder. Add marshmallows.



SOUTHWESTERN SNOWFLAKES

Ingredients:

4 Tortillas
¼ Cup Melted Butter
¼ Cup Powdered Sugar

Directions:

Use cookie cutters to cut small shapes from the tortillas. Place on an ungreased cookie sheet. Brush tops with melted butter. Bake at 350 for 5-7 minutes, or until lightly brown and crisp. Sprinkle with powdered sugar.



STUFFED EGGS

Ingredients:

4 Hard Boiled Eggs
½ Pound Ham (cooked and diced)
4 Tablespoons Dijon Mustard
¼ Cup Monterey Jack Cheese
1/8 Teaspoon Pepper
4 Tablespoons Sour Cream

Directions:

Peel the eggs and cut them in half lengthwise. Remove and save the yolks. Cut a small slice off the round part of each egg so that the egg will sit flat on the plate. Mix the ham, egg yolks, sour cream, mustard, cheese and pepper. Stir thoroughly. Stuff each egg half with the ham mixture.

SUNSHINE POPS

Ingredients:

1 (12 oz.) Can of Frozen Orange Juice Concentrate
1 Banana

Directions:

Make the orange juice according to can directions. Pour half of the orange juice and a peeled banana into blender. Blend well. Pour mixture into small paper cups. Cover with small pieces of foil. Put popsicle sticks through the foil into the cups. Freeze for 3-4 hours or overnight.

SUPER-EASY CHICKEN ENCHILADA

Ingredients:

1 Tablespoon Oil
1 Pound Boneless Chicken Breast Halves (cubed)
1 Can Fat Free Reduced Sodium Chicken Broth
¼ Cup Ranch Dressing
2 Tablespoons Flour
6 Flour Tortillas (cut into small pieces)
1 Cup Shredded Four Cheese
½ Cup Salsa

Directions:

Heat oil in large skillet on medium heat. Add chicken; cook for seven minutes, stirring occasionally. Mix broth, dressing and flour until well blended; gradually add to skillet, stirring constantly. Add tortillas; stir to combine. Bring to a boil. Reduce heat to medium low simmer three minutes. Sprinkle with cheese; cover. Simmer three to five minutes or until cheese is melted. Top with salsa.

TATER TOT CASSEROLE

Ingredients:

1 ½ Pounds Ground Beef (browned and drained)
¼ Cup Onion (chopped)
2 (10 ½ oz.) Cans Cream of Mushroom Soup
1 Pound Frozen Tater Tots
2 (16 oz.) Cans Green Beans (drained)

Directions:

Press the cooked ground beef into the bottom of a 9x13 inch pan. Sprinkle onion over the meat. Alternate layers of soup and green beans, ending with soup. Place the tater tops on top. Bake at 350 for one hour.

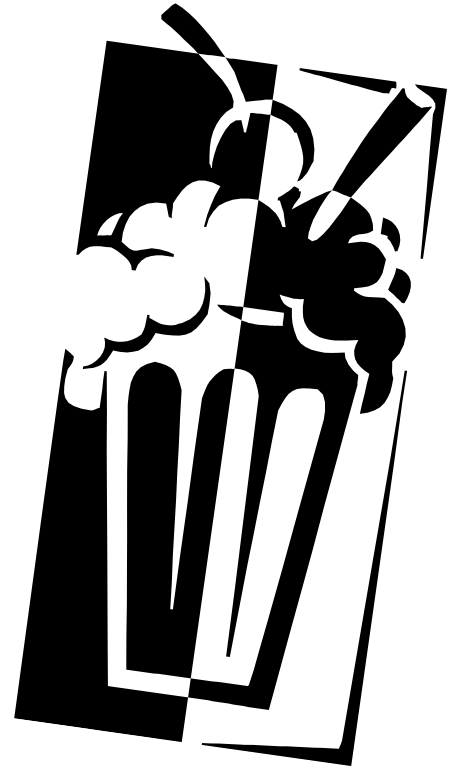
TRIPLE FRUIT SHAKE

Ingredients:

1 Cup of Strawberries
1 Banana
¼ Cup Unsweetened Apple Juice

Directions:

Place one cup strawberries, cleaned and sliced; one banana, sliced; and 1/4 cup unsweetened apple juice in a container with a tight-fitting lid. Freeze for four hours. When ready to serve, place the frozen mixture into a blender or food processor and blend until thick and creamy.



TUNA SALAD CONES

Ingredients:

2 ½ oz. Uncooked Macaroni
½ Cup of Mayonnaise or Salad Dressing
½ Cup of Frozen Peas (thawed and drained)
4 oz. Shredded Cheddar Cheese
1 Can Water Packed Tuna (drained and flaked)
1/8 Teaspoon Salt
Dash of Pepper
6 Flat Bottomed Ice Cream Cones

Directions:

Cook macaroni according to package directions. Drain and rinse with cold water. In medium bowl combine all ingredients except cones. Cover and refrigerate for one hour to blend flavors. To serve fill each cone with a generous 1/3 cup of tuna salad.

TURKEY BISCUIT STEW

Ingredients:

¼ Cup Margarine
1/3 Cup Flour
½ Teaspoon Salt
Dash of Pepper
1 Can Condensed Chicken Broth
¾ Cup Milk
2 Cups Turkey (cooked and cubed)
1/3 Cup Chopped Onion
½ Cup Cooked Peas
½ Cup Cooked Whole Baby Carrots
1 Can Refrigerated Biscuits
Poppy Seeds

Directions:

In an oven-proof skillet melt margarine mix in flour, salt and pepper. Add chicken broth and milk. Heat, stirring constantly until thick. Add turkey, onion, peas, and carrots. Simmer until hot and bubbly. Separate biscuits and arrange on top of turkey mixture. Sprinkle with poppy seeds. Bake at 375 degrees for 20-25 minutes or until biscuits are brown.



VALENTINE HEART DELIGHT

Ingredients:

1 Package Cherry Jell-O
Cherry Juice
Conversation Hearts
Whip Cream

Directions:

Prepare the Jell-O to package directions substituting cherry juice for the water. Pour into a muffin tin refrigerator to finish setting. When ready to serve run a little warm water over the bottom for a few seconds to loosen Jell-O. Serve with whip cream and another candy on top.

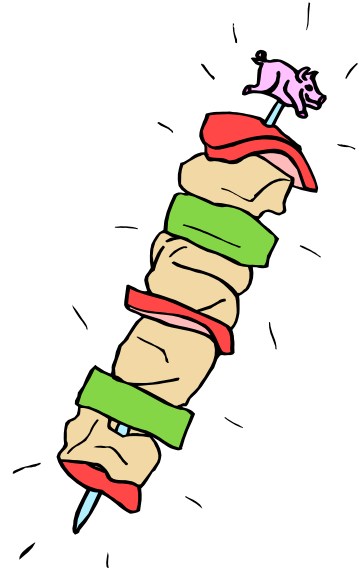
VEGETABLE KABOBS

Ingredients:

Wooden Skewers
Radishes
Cucumbers
Cherry Tomatoes
Broccoli
Cauliflower
Mushrooms
Pea Pods
Zucchini
Squash
Sweet Peppers

Directions:

Create kabobs by threading the vegetables onto wooden skewers.



VEGGIE ROLL-UPS

Ingredients:

1 Tube Cream Cheese with Herbs
3 Flour Tortillas
1 Cup Finely Chopped Assorted Fresh Veggies

Directions:

Spread cream cheese on tortillas. Sprinkle with vegetables. Roll up, wrap each in plastic wrap, and refrigerate for at least one hour. Cut into one inch pieces and serve.

WATERMELON SALAD

Ingredients:

Lettuce Leaves
Watermelons
Creamed Cottage Cheese
Blueberries

Directions:

Wash lettuce leaves and pat dry. Place lettuce on plate; arrange watermelon like points of a star. Fill in center with cottage cheese. Sprinkle blueberries on top of cottage cheese.

WITCHES BREW

Ingredients:

1 Can Unsweetened Frozen Orange Juice Concentrate
1 Can (46 oz.) Cherry Juice
1 Liter Club Soda
Orange Slices
1 Jar of Maraschino Cherries

Directions:

Mix orange juice, cherry juice and club soda and chill. Add orange slices and Maraschino Cherries if desired.



YOGURT AND FRUIT PARFAIT

Ingredients:

Yogurt
Fruit Cocktail
Banana Slices
Granola Bits

Directions:

Combine yogurt, fruit cocktail, and banana slices. Top with granola bits. Serve immediately.



Non Infant

Grains/Breads

Not all grains count for Breakfast, Lunch, Supper and Snacks.
Grains labeled B only count at Breakfast and those labeled Sn only count at Snack (those with both count for both).

Bagels	Corn Muffins	Oat Bran
Banana Bread	Couscous	Oatmeal
Bagel Chips	Crackers	Pancakes
Barley	Crepes	Pie Crust (Sn)
Biscuits	Crisp (Sn)	Pita Bread
Bread	Croissants	Pizza Crust
Bread Pudding (Sn)	Croutons	Pop Tarts (B, Sn)
Bread Sticks	Doughnuts (B, Sn)	Pretzels
Bread Stuffing	Dumplings	Quick Bread
Bulgur	Egg Roll	Ravioli
Buns	English Muffins	Rice
Carrot Bread	Enriched Corn Grits	Rice Cakes
Cereal Bars (B, Sn)	French Bread	Rice Pudding (Sn)
Cereal	French Toast	Scones
Cheese Puffs	Granola Bars (B, Sn)	Taco Chips/Shells
Chow Mein Noodles	Hushpuppies	Toast
Cinnamon Roll (B, Sn)	Ice Cream Cones (Sn)	Tortilla Chips
Coffee Cake (B, Sn)	Macaroni	Waffles
Cookies (Sn)	Millet	Wonton Wraps
Cornbread	Muffins	
Corn Chips	Nachos	
	Noodles	





Non Infant

Fruits & Veggies

For Breakfast Pick One

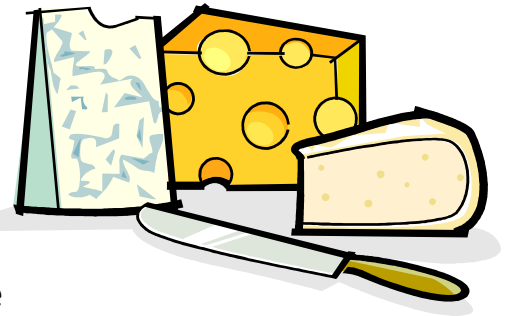
For Lunch and Supper Pick Two

- | | | |
|---|-------------------|----------------|
| Apple Cider | French Fries | Pineapple |
| Apple Fritters <small>(Homemade)</small> | Fruit Pie Filling | Potatoes |
| Apricots | Grapes | Pumpkin |
| Asparagus | Green Beans | Raisins |
| Bananas | Hash-Browns | Salsa |
| Bean Sprouts | Jell-O with Fruit | Sorbet |
| Beans | Kiwi | Spinach |
| Blueberries | Lefsa | Sprouts |
| Broccoli | Melon | Squash |
| Cauliflower | Nectarine | Strawberries |
| Coleslaw | Olives | Tator Tots |
| Corn | Onion Rings | Tomatoes |
| Cranberries | Oranges | Tomato Sauce |
| Cucumbers | Peaches | V-8 100% Juice |
| Dried Fruit <small>(Except Bananas)</small> | Peas | Watermelon |
| | Pickles | Zucchini |



Non Infant
Protein

For Supper and Lunches Pick One



Bacon (Turkey or Canadian)

Beans (Not Green or Yellow)

Beef

Bologna

Cheese

Cottage Cheese

Chicken

Chicken Nuggets

Corn Dogs

Eggs

Fish

Fish Sticks

Ham

Hamburger

Hot Dogs

Legumes

Liver

Lunch Meat

Nuts

Peanut Butter

Peas (Dried)

Pepperoni

Polish Sausage

Pork

Sausage

Seeds

Soy Burgers

Soy Butter

Tuna

Turkey Burger

Yogurt

