



SNACKS WITHOUT CRACKERS RECIPES

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Some recipes do not include specific amounts or crediting information. Refer to the CACFP meal pattern and the USDA Food Buying Guide to determine total amounts that must be prepared and served.

GRAINS

Baked Apple Cinnamon Oatmeal

1½ cups fat-free milk or soy milk
½ cup packed brown sugar (or less)
½ cup egg substitute or egg whites
1 tablespoon melted margarine
½ teaspoon cinnamon
2 cups rolled oats (not instant)
1 teaspoon baking powder
1½ cups chopped apples

1. Preheat oven to 350°F. In a small bowl mix milk, brown sugar, egg substitute/whites, margarine and cinnamon.
2. In a large bowl, combine oats and baking powder.
3. Pour wet mixture with oats; add apples & stir to combine.
4. Spoon the mixture into a 8-by-8-inch pan coated with cooking spray and bake for 30 - 40 minutes, until top is firm and a toothpick comes out clean in the center.

Cut into 9 squares. *1 square provides 1 serving of grain for snack.*
1-5 year olds need to be served ½ square.

Baked Tortilla Chips

3 flour tortillas (10-inch, whole wheat) Salt (dash, optional)
Cooking oil spray

1. Preheat oven or toaster oven to 400°F.
2. Lightly grease a baking sheet with the cooking spray.
3. Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
4. Spray tops of tortilla sections with cooking spray and lightly salt.
5. Bake for 10 minutes, until crisp and light brown, watching closely so the chips do not burn.

Serve with vegetable salsa, fruit salsa, yogurt based dip (herb dips).
Serve 3 sections (triangles) to each 1-5 year old and 6 sections (triangles) to each 6+ year old.

Carrot Quinoa Muffins

1 1/2 cups cooked, cooled quinoa (about 3/4 cup uncooked)
2 cups white whole wheat flour
2/3 cup packed dark brown sugar
2 teaspoons ground cinnamon
1 teaspoon ground ginger
1 1/2 teaspoons baking powder
3/4 teaspoon kosher salt
1 large egg
1/2 cup, plus 2 tablespoons low fat buttermilk
1/4 cup plain non-fat Greek yogurt
3 tablespoons canola oil or melted, cooled coconut oil
1 teaspoon pure vanilla extract
1 cup freshly grated carrots, lightly pressed dry
1/2 cup mix-ins: toasted chopped walnuts/pecans, raisins, golden raisins, dried cranberries, chopped dried apricots or other dried fruit

1. If needed, cook quinoa. Quinoa grains should be tender but still separate, rather than mushy and clumped together.
2. When ready to bake, preheat oven to 350° F. Line a muffin tin with paper liners or lightly coat with cooking spray.
3. In a large bowl, whisk together the cooked quinoa, white whole wheat flour, brown sugar, cinnamon, ginger, baking powder, and salt.
4. In a small bowl whisk together the egg, buttermilk, yogurt, oil, and vanilla. Add the milk mixture to the quinoa mixture and stir by hand, just until combined. Gently fold in the carrots and any desired mix-ins. Divide among the muffin cups.
5. Bake 25 to 28 minutes, until a toothpick inserted into the center of a muffin comes out clean. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely.

Makes 12 muffins.

Cheese Muffins

- 1 1/2 cups flour (use whole grain for a WGR item)
- 1 1/2 tablespoons sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 3 cups shredded colby-jack cheese
- 1 cup milk
- 1 egg
- 1/4 cup (1/2 stick) melted butter (I used salted)

1. Whisk together dry ingredients, and then stir in cheese.
2. In separate bowl, whisk egg, milk, & butter together. Pour milk mixture into dry ingredients and stir with a spoon to combine.
3. Bake in greased muffin tins at 375° F for 20-25 minutes.

Makes 12 muffins.

Cheese-Wheat Snacks

- | | |
|-----------------------------------|-------------------------|
| 7½ cups bite sized shredded wheat | Parmesan cheese, grated |
| 5 tablespoons margarine, melted | Salt |

Place shredded wheat in a bowl; pour melted margarine on it. Sprinkle with grated cheese. Add salt to taste. Stir ingredients together and place on a cookie sheet. Bake for 5 minutes at 350°F. Serve warm or cold. Makes 15 (½-cup) servings.

Cheesy Ranch Chex Mix

- 9 cups Corn Chex™, Rice Chex™ or Wheat Chex™, or combination
- 2 cups bite size pretzel twists and 2 cups cheese crackers (bite-size)
- 3 tablespoons butter (or margarine)
- 1 ounce ranch dressing and seasoning mix
- 1/2 cup grated parmesan cheese

1. Preheat oven to 250° F. Line a baking sheet with parchment paper.
2. In a large bowl, combine Chex, pretzels, and Cheez-Its.
3. Melt butter and stir in the ranch seasoning mix. Pour over the cereal mix and stir to combine.
4. Place on prepared baking sheet. Sprinkle with parmesan cheese.
5. Bake for 1 hour, stirring every 15 minutes.
6. Cool completely before serving.

Chocolate Zucchini Muffins

- 3/4 cup coconut sugar or brown sugar
- 1/4 cup vegetable oil
- 2 large eggs
- 1-1/4 cups milk
- 2 teaspoons vanilla extract
- 2 cups white whole wheat flour
- 1/2 cup unsweetened cocoa powder
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup tightly-packed shredded zucchini
- 1 cup semisweet chocolate chips or chunks

1. Preheat oven to 425°F. Lightly grease a 12-cup muffin tin.
2. In large bowl, whisk sugar, oil, eggs, milk, and vanilla until smooth.
3. In medium bowl, combine flour, cocoa, baking powder, and salt. Gently fold flour mixture into liquid mixture until just combined (batter will be thick). Fold in shredded zucchini & chocolate chips.
4. Divide batter between greased muffin cups and smooth tops. Bake muffins at 425°F 5 minutes, then reduce heat to 375°F and continue baking an additional 15 minutes.
5. Cool muffins 5 min before transferring to a wire cooling rack.

Makes 12 muffins.

Corn Bread

- | | |
|----------------------------|-----------------------|
| 1 cup cornmeal | 1 egg |
| 1 cup flour (all purpose) | 1/4 cup vegetable oil |
| 2 tablespoons sugar | 1 cup milk, non-fat |
| 1 tablespoon baking powder | |

1. Heat oven to 425°. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil, and milk to flour mixture. Mix until well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

Additional Corn Bread Flavors:

- **Buttermilk Corn Bread.** Use only 2 teaspoons baking powder and add 1/4 teaspoon baking soda. Substitute 1 cup buttermilk for skim milk.
- **Whole Wheat Corn Bread.** Use 1/2 cup all-purpose flour and 1/2 cup whole-wheat flour.
- **Corny Corn Bread.** Add 1 cup kernels (fresh, frozen, or canned, well drained) with the milk.
- **Cheesy Corn Bread.** Add 1/2 cup shredded cheddar cheese with the milk.
- **Chili Cheese Corn Bread.** Add 1/2 teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and 1/4 cup shredded Monterey jack cheese with the milk.
- **Blueberry Corn Bread.** Fold 1 cup blueberries (fresh, frozen, or canned, well drained) into the batter.
- **Corn Bread Muffins.** Pour batter into prepared muffin cups. Bake 20 minutes at 400 degrees.

Healthy Maple Oatmeal Muffins

1 cup whole wheat flour
3/4 cup old fashioned rolled oats
1/2 cup oat flour (or 1/2 cup plus 2 tablespoons oats finely ground in a food processor)
1 tablespoon baking powder
1 1/2 teaspoons ground cinnamon
1/2 teaspoon kosher salt
1/4 teaspoon ground nutmeg
1 cup plus 2 tablespoons non-fat milk
1/2 cup pure maple syrup
1/4 cup melted and cooled coconut oil (or substitute canola oil or melted and cooled unsalted butter)
2 large eggs, at room temperature
1 teaspoon vanilla extract
1 tablespoon cold unsalted butter, cut into small pieces
3 tablespoons flour
1 tablespoon brown sugar

1. Preheat the oven to 400° F. Lightly grease a standard 12-cup muffin tin or line with paper liners and set aside.

2. In a large bowl, stir together the whole-wheat flour, oats, oat flour, baking powder, cinnamon, salt, and nutmeg.
3. In a separate bowl, whisk together the milk, maple syrup, oil (or butter), eggs, and vanilla. Make a well in the center of the dry ingredients, and then pour the wet ingredients into the center.
4. By hand, stir the batter gently, just until combined (it will be somewhat lumpy). Divide the batter evenly between the prepared muffin cups.
5. For the crumb topping: In a small bowl, quickly rub the butter, flour, brown sugar, and cinnamon together with your fingers until fine crumbs form. Sprinkle over each unbaked muffin.
6. Bake the muffins until golden brown and a toothpick in the center comes out clean, 18-20 minutes. Allow the muffins to cool in the pan for 5 minutes, then gently remove to a wire rack to cool completely.

Makes 12 muffins.

Irish Brown Bread

4 cups whole-wheat pastry flour
2 to 3 Tbsp sugar
1 tsp salt
2 tsp baking powder
1 tsp baking soda
1 1/2 cups buttermilk
2 Tbsp veg oil or melted butter

Mixing: In large bowl, stir together flour, sugar, salt, baking soda and baking powder. Make a well in and pour in the buttermilk and oil or butter. Stir together until blended—some lumps will remain.

Shaping: Turn dough out onto a floured board and knead about 10 times, or until it all holds together. Form it into a large ball and place it on a lightly greased baking sheet. Cut a deep cross in the top.

Baking: Bake bread in a preheated 400°F oven for about 40 min, or until a tester inserted into the center will come out clean.

Lunch Box Zucchini Muffins

2 cups shredded zucchini
1 cup finely chopped red bell pepper
2 eggs, beaten
½ cup cottage cheese
½ cup + 1 tablespoon milk
1/3 cup shredded cheddar cheese, plus more for topping (optional)
2 cups flour, all-purpose or WW (use whole wheat for WGR item)
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon Italian seasoning
½ teaspoon salt and freshly ground black pepper

1. Preheat the oven to 375° F.
2. Squeeze water from zucchini and place in bowl with chopped red bell pepper, eggs, cottage cheese, milk and shredded cheddar.
3. In a separate bowl, whisk together the dry ingredients: flour, baking soda, baking powder, Italian seasoning and salt/pepper.
4. Add the dry mixture to the wet and stir to combine.
5. Fill prepared muffin cups 2/3 full and sprinkle w/ cheddar cheese.
6. Bake for 30-35 minutes until golden brown on top. Remove, let cool for 10 minutes in the pan, then remove and cool.
Makes 12 muffins.

Seminary Muffins

1 egg
1 1/3 cups mashed ripe banana
3/4 cup packed brown sugar
1/3 cup applesauce
1 teaspoon vanilla extract
1 cup all-purpose flour
1/2 teaspoon baking soda
2 teaspoons baking powder
1 1/4 teaspoons salt
1 teaspoon ground cinnamon
1 cup quick cooking oats
1/2 cup each of semisweet chocolate chips and chopped walnuts

1. Preheat oven to 350° F. Lightly grease one 12-cup muffin pan.

2. In a large bowl, combine egg, banana, brown sugar, applesauce and vanilla. In a separate bowl, sift together flour, baking soda, baking powder, salt and cinnamon.
3. Gently stir flour mixture and oatmeal into banana mixture. Fold in chocolate chips & walnuts. Pour batter into prepared muffin cups.
4. Bake in preheated oven or 15 to 20 minutes, or until light brown. Remove muffins from pan and place on a wire rack to let cool.

Makes 12 muffins.

GRAINS AND VEGETABLES

Pesto Minestrone

2 Tb Olive oil
2 lb. Onion diced
2 lb. carrots, diced, fresh or frozen
2 lb. broccoli, fresh or frozen, chopped
1 #10 can tomatoes chopped, reserve juice for soup
1 gallon water
1 gallon chicken broth, low sodium
6 lb. kidney beans, canned, drained and rinsed
2 lb. Enriched macaroni/pasta or whole-wheat macaroni/pasta

Pesto

4 bunches basil, fresh leaves, and 1 quart parsley, washed
¼ cup garlic cloves, peeled
3 Tb parmesan cheese, finely grated
2 Tb olive oil

1. In large stockpot or steam kettle, lightly cook onion in olive oil 5 minutes over medium heat until soft. Do not brown.
2. Add carrots and broccoli. Cook 5 minutes, stirring occasionally.
3. Add tomatoes (with juice), water and chicken broth. Bring to boil.
4. Add beans and pasta. Cook 10 minutes or until pasta is al dente.
5. While pasta is cooking, prepare pesto in blender/ food processor:
 - a. Add fresh basil, parsley, garlic, Parmesan cheese and olive oil.
 - b. Puree until smooth. If too thick, add a few drops of water.
6. Just before serving, remove soup from heat and stir in pesto.

Serve 1 cup. Each 1-cup portion provides 1 grain and ½-cup vegetable.

GRAINS AND FRUIT

Fruit on a Raft (Waffles with Apples)

For 50 servings

50 frozen whole grain waffles (or homemade whole grain waffles)
2 - #10 cans unsweetened apples (peeled and diced)
2 quarts water
2 pounds seedless raisins
3 teaspoons allspice
1 Tablespoon cinnamon
2/3 cup cornstarch and 2/3 cup cold water

1. In 375° F oven, toast waffles until golden on both sides (15 min).
2. While waffles are toasting, heat apples in large pot or steam kettle.
3. Add water, raisins & dry spices to apple mixture & bring to boil.
4. Whisk cornstarch into cold water to make a slurry.
5. Pour slurry into boiling apple mixture stirring constantly to blend well. When mixture thickens remove from heat.
6. Remove waffles from oven and serve with apple mixture.

Serve ½ cup warm apple mixture over ½ waffle for 1-5 year olds

Serve ¾ cup warm apple mixture over 1 waffle for 6+ year olds

VEGETABLES

Baked Avocado Fries

Avocado	½ teaspoon – salt
Lemon and lime	½ teaspoon – lemon pepper
Panko (Japanese breadcrumbs)	Cooking spray

1. Preheat oven to 425°F. Peel/slice avocado into 1/2-inch slices.
2. Juice lemon and lime and combine in small bowl.
3. Combine breadcrumbs, salt and lemon pepper in separate bowl.
4. Dip avocados into juice and press into breadcrumb mixture.
5. Spray baking sheet with cooking spray, lay avocados single layer and bake 12-15 minutes, or until golden brown.

Baked Zucchini 'Chips'

2 medium zucchinis or yellow squash
1 egg
1/2 c bread crumbs, dry
1 tsp Italian seasoning
Salt & pepper, to taste
Sprinkle Parmesan Cheese

1. Preheat oven broiler.
2. Wash and slice zucchini into 1/4" rounds. Place onto greased baking sheet.
3. Lightly beat egg in a small bowl and use a basting brush to coat both sides of the slices with egg wash.
4. Sprinkle bread crumbs over both sides of zucchini. Season with Italian seasoning, salt & pepper to taste.
5. Broil for 5-7 minutes. Turn zucchini. Broil for another 5-7 minutes. Zucchini should be tender. Serve this hot!

Cabbage Salad

5 cups shredded green cabbage
2 cups shredded red cabbage (or more green)
1 cup shredded carrot (or more cabbage)

Dressing:

1/4 cup cider vinegar
2 tbsp oil (vegetable or canola, or light olive oil)
1 1/2 - 2 tbsp white sugar (adjust to taste)
1 tsp dijon mustard
1/2 tsp salt

1. Shake Dressing ingredients in a jar. Start with 1 1/2 tbsp sugar and adjust to taste.
2. Place Salad ingredients in a large bowl.
3. Pour dressing over and toss.

Cactus Salad

3-4 medium cactus leaves cleaned of spines
2-3 fresh medium tomatoes diced
2-3 green onions chopped
1 bunch of cilantro chopped
juice from 1 lime
salt and pepper to taste
¼ teaspoon dried Mexican oregano
2 Tablespoons vegetable oil
¼ cup crumbled Queso Anejo, or queso cotija or Feta

1. Clean the cactus leaves of spines and wash them very well.
2. Slice the leaves thin and put them in a pot with water to cover them. Add ½ teaspoon salt.
3. Cook leaves on medium high heat until tender, for 15-20 min.
4. Meanwhile, chop green onions, tomatoes and cilantro. Set aside.
5. When leaves are cooked, remove them from the stove, drain the water and place the vegetables in cold icy water. When cool, use them for the salad.
6. In a salad bowl, place the cactus leaves, onion, tomatoes, cilantro and dried Mexican oregano.
7. Squeeze the juice of the lime over the salad. Add oil. Taste for salt and pepper and mix everything together.
8. Sprinkle crumbled cheese over and serve.

Creamy Cucumber Dill Salad

1 cup whole milk plain yogurt
2 teaspoons dried dill or 1 tablespoon fresh minced dill
½ teaspoon garlic powder
Juice of 1/2 lemon
2 tablespoons white vinegar
1 teaspoon white sugar
Salt and pepper, to taste
2 large cucumbers, thinly sliced

In a large bowl, whisk together the yogurt, dill, garlic powder, lemon juice, vinegar, sugar, salt and pepper. Add in the cucumbers and toss to coat. Taste for seasoning, adding more salt and pepper if necessary. Refrigerate for at least 10 minutes before serving.

Easy Bruschetta

2 Tablespoons extra-virgin olive oil
1 (14.5 ounce) can Petite Diced Tomatoes, drained
1/3 cup chopped fresh basil
2 teaspoons minced garlic
1/4 teaspoon kosher salt
1/8 teaspoon ground black pepper

Combine olive oil, drained tomatoes, basil, garlic, salt, and pepper in a small bowl. Divide tomato mixture evenly over toasted bread.

For bread: Preheat oven to 350 degrees F. Place French bread slices on a baking sheet. Brush tops with 2 tablespoons olive oil. Bake 12 to 15 minutes or until lightly toasted.

Guacamole Dip

Ripe avocados Tomato, diced
Lemon juice Dash garlic salt to taste
Onion, minced

1. Cut avocado in half and remove pit.
2. Scoop out avocado from each half.
3. Mash avocado in a bowl. Add other ingredients and mix well.

Honey Roasted Asparagus

Asparagus Honey
Olive oil Salt

1. Preheat oven to 375°F.
2. Rinse asparagus and trim stems.
3. Coat baking sheet with olive oil. Spread asparagus spears evenly on baking sheet.
4. Drizzle honey over asparagus and sprinkle with salt.
5. Roast asparagus for approximately 25-30 minutes or until asparagus is tender and lightly browned.

Roasted Cauliflower 'Popcorn'

1 head cauliflower, cut into florets
3 Tablespoons olive oil
½ teaspoon fine sea salt
½ teaspoon freshly ground black pepper
½ teaspoon smoked paprika
1/4 teaspoon chili power
½ teaspoon each onion powder and garlic powder

1. Place oven rack in middle position and preheat oven to 425°F.
2. In large bowl, place cauliflower florets and toss with olive oil until everything is evenly coated.
3. In small bowl, stir together salt, black pepper, smoked paprika, cayenne pepper, onion powder, and garlic powder.
4. Add spice mixture over the cauliflower and mix well to combine.
5. Place the cauliflower florets on a parchment-lined baking sheet.
6. Roast 20-25 minutes or until cauliflower is tender and golden.

Roasted Vegetables

Use any combination of roasting vegetables. Some options are listed below.

1 small butternut squash, cubed (or purchase frozen cubed squash)
2 red bell peppers, seeded and diced
1 sweet potato, peeled and cubed
3 Yukon Gold potatoes, cubed
1 red onion, quartered and pieced

1 tablespoon chopped fresh thyme
2 tablespoons chopped fresh rosemary
1/4 cup olive oil
2 tablespoons balsamic vinegar
Salt and freshly ground black pepper

1. Preheat oven to 475 degrees F.
2. In a large bowl, combine squash, red bell peppers, sweet potato, Yukon Gold potatoes and red onion pieces.
3. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
4. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Sweet Carrot Sticks

Carrots
Unsweetened pineapple juice

Cut raw carrots into sticks. Place in a container and pour in unsweetened pineapple juice to cover. Chill for an hour or more before serving.

VEGETABLE OR MEAT ALTERNATE

Hummus

1 (15 ounce) can cooked chickpeas (drained, save the liquid)
¼ cup tahini (sesame paste)
¼ cup lemon juice
3 large cloves garlic
½ teaspoon salt

1. Place chickpeas, tahini and lemon juice in food processor or bowl. Blend in food processor or mash until mixture reaches consistency of a coarse paste (use as much chickpea liquid as needed).
2. Squeeze through garlic press. Add garlic & salt to bowl & mix.
3. Cover hummus and refrigerate 1 hour.

Roasted Chickpeas

#10 can (105 oz.) chickpeas (garbanzo beans)
¾ teaspoon salt
2 Tablespoons garlic powder

1. Preheat oven to 375° F. Drain and rinse chickpeas, pat dry.
2. Arrange chickpeas on a baking sheet and roast for 30-35 minutes shake pan every 10 minutes. They will be golden brown and crunchy on the inside when done. Watch so they do not burn.
3. In a bowl, combine the salt and garlic powder.
4. Remove chickpeas from the oven when done and spray with cooking spray. Immediately toss with seasoning while hot.
5. Cool before serving.

Serve 1/2 cup to 1-5 year old and 3/4 cup to 6+ year old for vegetable

White Bean Ranch Dip

6 cups Cooked White beans (canned)
1 Quart Greek yogurt
½ gallon low-fat milk
2 cups powdered ranch dressing mix

1. Drain and rinse canned beans, place in bowl.
2. Combine all ingredients in a food processor and blend until smooth and creamy.

VEGETABLE & MEAT ALTERNATE

It's Me Salad

Pear and peach halves
Hard-boiled eggs
Dry cereal, shredded cheese, grated carrot, small tomatoes, carrot and celery sticks

1. Give each child a peach or pear half (or 2) for his/her body and half a hard cooked egg for a head.
2. Hair can be made from dry cereal, shredded cheese, or grated carrot. Use small pieces of tomato for mouths, celery or carrot sticks for arms and legs. Prunes, raisins, or plum halves make good shoes. Let each child come up with his/her own combinations.

Vegetable "Crackers" with m/a topping

Carrots, cucumbers, zucchini, or summer squash
Peanut/nut butter, egg salad, cheese, tuna, shrimp, etc.

1. Choose a vegetable and slice into rounds.
2. Top with choice of meat/meat alternate: peanut/nut butter, egg salad, shrimp, tuna, and cheese.

FRUIT

Honeydew Soup

Honeydew melon and blueberries

Cut melon from rind and into chunks. Puree until smooth in a food processor/blender. Pour into a bowl and stir blueberries into pureed melon. Chill until quite cold.

Roasted Pears

Pears
Lemon juice
Sugar

1. Preheat oven to 425°F.
2. Peel, core and cut pears into ½-inch-thick slices. Toss pear slices with lemon juice in a large bowl; add sugar and toss once again.
3. Transfer to a baking pan large enough to hold the slices in a single layer. Roast, stirring occasionally to prevent scorching, until the pears are tender and golden brown, 25 to 30 minutes.

FRUIT & VEGETABLE

Minty Watermelon Cucumber Salad

Prepare enough of the fruit and vegetable component separately, for each participant, prior to combining.

Cubed seedless watermelon
Cucumbers, halved lengthwise and sliced
Minced fresh mint
1/4 cup balsamic vinegar
1/4 cup olive oil
1/2 teaspoon salt
1/2 teaspoon pepper

In a large bowl, combine watermelon, cucumbers and mint. In a small bowl, whisk remaining ingredients. Pour over salad and toss to coat.

FRUIT & MEAT ALTERNATE

Autumn Apples and Yogurt Dip

Apples cut into thin slices Whole-grain cereal "O"s
Vanilla-flavored yogurt

1. Serve each participant the required amount of sliced apples on plate and yogurt in a bowl/cup, per the CACFP meal pattern.
2. Let each participant dip his or her apple slices in the yogurt and sprinkle with whole-grain cereal.

MEAT ALTERNATE

Cottage Cheese Dip

1 (24 oz.) container of cottage cheese
1 pkg. dry ranch dressing/dip mix
milk, to thin dip if needed

Blend cottage cheese to desired consistency. Stir in dip mix and refrigerate. Serve with raw vegetables.

Cottage Cheese: 1/8 cup = 1 oz. m/ma; 1/4 cup = 2 oz. m/ma

Fruity Dip

32 ounces plain yogurt
4 tablespoon orange juice concentrate
2 teaspoon vanilla
sprinkle of cinnamon

Mix all ingredients in a bowl.

*Serve 2 oz. (1/4 cup) to 1-5 year old at snack for m/ma
Serve 4 oz. (1/2 cup) to 6+ year old at snack for m/ma*

Sheet Pan Eggs

Nonstick spray
24 large eggs

Preheat oven to 400°F. Lightly coat a large rimmed baking sheet with non-stick spray, line with parchment, and spray again. Place eggs in a blender and process until evenly combined; season with salt and pepper. Pour eggs into prepared baking sheet and carefully transfer to oven. Bake until barely set in the middle, 10 - 12 minutes

**CACFP snack minimum amount for an egg is 1/2 egg for all ages*

- Sheet cut into 12 squares = 2 eggs/square
- Sheet cut into 24 squares = 1 egg/square

Split Pea Soup

Makes 25 servings

1/4 cup Margarine or butter	2 Tbsp salt
1/3 cup onions, chopped	1/2 tsp ground black pepper
2 qt water	1/8 tsp dried marjoram
2 3/4 cups dry split green peas	1/2 tsp dried thyme
2 3/4 cup and 2 Tbsp celery, diced	1 dried bay leaf
3 cups carrots, diced	2 cups low fat (1%) milk, hot

1. In a heavy pot, melt margarine or butter. Add onions. Sauté onions until soft and slightly browned, about 2-3 minutes.
2. Add water to onions and bring to a boil.
3. Add peas, celery, carrots, bay leaves, salt, & pepper. Bring to a boil.
4. Reduce heat. Simmer, covered, until peas are soft, about 50 min.
5. Add marjoram, thyme, and hot milk. Stir to blend. CCP: heat to 140 degrees Fahrenheit or higher.
6. Remove bay leaf. CCP: hold for hot service at 140 degrees Fahrenheit or warmer. Portion with a 4 oz ladle (1/2 cup).

1/2 cup provides 1 oz. equivalent of meat alternate, 1/8 cup of vegetable

For all recipes, use the [CACFP Meal Pattern](#) to determine serving sizes and ensure that each participant is served the requirement minimum amount.

Be aware of choking risks and food allergies when preparing and serving meals and snacks. Some of these recipes are not appropriate for young children due to choking risks, and other foods may need to be substituted. Think about the size, shape, and consistency when choosing foods. Food cut in large chunks, small hard foods, and soft and sticky foods should be avoided. Be sure that food is cut in small pieces (no larger than 1/2 inch), grated, or finely chopped. Be sure that children are closely supervised when they are eating.