

VDA/MOW HOT & COLD CYCLE Summer MENU 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOT	<p>7/28, 8/25, 9/22</p> <p>3 oz Meatloaf & Gravy 2 oz WG Roll ½ c Collard Greens https://whatscooking.fns.usda.gov/quantities/child-nutrition-cnp/collard-greens ½ c Whipped Potatoes ½ c Cantaloupe 1 c Milk</p> <p>Veg: Vegetarian Black Bean Burger w Ketchup</p>	<p>7/1, 7/29, 8/26, 9/23</p> <p>1 Rosemary Chicken Breast 3 oz M/M 2 oz WG Biscuit ½ c Steamed Greens ½ c Grilled Summer Squash ½ c Roasted Potatoes 1 c Milk</p> <p>Vegetarian: 3 oz Chixless Patty</p>	<p>7/2, 7/30, 8/27, 9/24</p> <p>1 Stuffed Pepper 3 oz m/ma, ½ c Green Pepper ½ c WG Rice (3.125 oz) 1 oz WG Biscuit w Margarine ½ c Green Beans ½ c Melon Salad 1 c Milk</p> <p>Vegetarian: ¾ c Soy Protein in Pepper http://michiganbean.org/vegetable-stuffed-peppers/</p>	<p>7/3, 7/31, 8/28, 9/25</p> <p>2 (3 oz m/ma) Oven Baked Chicken Leg 1 WG Wheat Roll (2 oz) ½ c Lima Beans ½ c Glazed Carrots ½ c Watermelon 1 c Milk</p> <p>Veg: 3 Chickenless Nuggets* w Ketchup</p>	<p>7/4, 8/1, 8/29, 9/26</p> <p>1 ¼ c Beef Turkey Stroganoff (3.33 oz m/ma, 1/3 c Vegetables) https://whatscooking.fns.usda.gov/quantities/child-nutrition-cnp/ground-turkey-and-beef-stroganoff-usda-recipe-card/ 1 c WG Noodles (5 oz Grain) 2/3 c Broccoli 1 Orange in Wedges 1 c Milk</p> <p>Veg: 1 c Bean Stroganoff 3 oz meat alternate</p>	<p>7/5, 8/2, 8/30, 9/27</p> <p>2 Eagle Pizza 2 ½ oz m/ma & 1 ½ c vegetable https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/eagle-pizza-4 On 2 WG Tostada Shells 1 oz WG 1 c Carrots ½ c Apple Slices 4-6 slices 1 c Milk</p> <p>Vegetarian: Same</p>	<p>7/6, 8/3, 8/31, 9/28</p> <p>3 oz Chicken Breast with ¼ c Stuffing 1 oz 1 oz WG Roll w Margarine ½ c Spring Peas ½ c Cauliflower ½ c Apricot 1 c Milk</p> <p>Vegetarian: 3 oz Chix strips</p>
COLD	<p>3 oz Grilled Sliced Chicken Mustard 1 WG Roll 2 oz ½ c Tomato Salad w Garlic Oil https://www.marthastewart.com/313255/recipe/tomato-salad-with-garlic-oil ½ c Potato Salad ½ c Pears 1 c Milk</p> <p>Vegetarian: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</p>	<p>1 Powerhouse Wrap ¾ c Black Beans 3 oz m/ma, 2 WW Tortilla (6 in 2.6 oz) 1 c Tossed Green Salad w Italian ½ c Melon Salad ½ c Broccoli Salad 1 c Milk</p> <p>Vegetarian: Same</p>	<p>3 oz Marinated Tuna https://www.marthastewart.com/787310/marinated-tuna-baguette 2 oz WW Baguette Roll 1 c Field Greens w Italian ½ c Fruit Salad ½ c Tropical Bean Salad https://whatscooking.fns.usda.gov/recipes/print/11349 1 c Milk</p> <p>Vegetarian: Same</p>	<p>3 oz Egg Salad 2 oz WG Roll ¾ c Spinach Strawberry Salad w Balsamic Vinaigrette ½ c Sweet & Tart Cucumber Salad https://www.tasteofhome.com/recipes/sweet-tart-cucumber-salad/ 1 Banana 1 c Milk</p> <p>Vegetarian: ½ c Cucumber, ½ c Hummus & 1 oz Provalone</p>	<p>1 c Fruited Yogurt (2oz m/ma) 1 oz String Cheese 1 oz m/ma 2 oz WG Blueberry Muffin ½ c Honeydew ½ c Peaches ½ c Zucchini Tomato Salad 1 c Milk</p> <p>Vegetarian: Same</p>	<p>2 oz Roast Beef Mayo 1 oz Provolone Cheese 2 oz WG Roll ½ c Lettuce ¼ c Tomato mayo ½ c Pickled Beets ½ c Waldorf Salad 1 c Milk</p> <p>Vegetarian: ½ c Hummus 1 oz Provalone</p>	<p>2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato mayo ½ c Black Bean Salad ½ c German Potato Salad 1 c Milk</p> <p>Vegetarian: 3 oz Egg Salad</p>
HOT	<p>7/7, 8/4, 9/1, 9/29</p> <p>1 ¼ c Beef Pot Pie 3 oz m/ma, ½ c Carrots, onions peas 2 oz WG Biscuit w Margarine ½ c Butter Beans ¾ c Hot Cherry Crisp 1 c Milk</p> <p>Vegetarian: 3 oz Soy Protein Stew</p>	<p>7/8, 8/5, 9/2, 9/30</p> <p>3 Cheese Stuffed Shells with Marinara ¾ c cheese 3 oz m/ma, ½ c WG noodles 2.5 oz 1 oz WG French Bread ½ c Zucchini 1 c Mixed Greens Salad w Italian 1 Orange in Wedges 1 c Milk</p> <p>Vegetarian: Same</p>	<p>7/9, 8/6, 9/3</p> <p>2 Baked Cod Ole 3 oz m/ma https://whatscooking.fns.usda.gov/quantities/child-nutrition-cnp/baked-cod-ole ½ c WG Turmeric Cous Cous 2.8 oz 1 oz WG Roll 2/3 c Salsa ½ c Black Beans ½ c Honeydew 1 c Milk</p> <p>Vegetarian: Same</p>	<p>7/10, 8/7, 9/4</p> <p>3 oz Stir Fried Fajita Chicken Squash & Corn https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/stir-fry-fajita-chicken-squash-and-corn 1 c WG Rice 6.25 oz ½ c Japanese Vegetables 1 Banana 1 c Milk</p> <p>Vegetarian: 3 oz Chicks Strips</p>	<p>7/11, 8/8, 9/5</p> <p>4 oz "Country" Fried Steak & Country Gravy 2 oz WG Biscuit w margarine ½ c Collard Greens ½ c Vegetarian Baked Beans ½ c Cantaloupe 1 c Milk</p> <p>Vegetarian: 3 oz Veggie Patty</p>	<p>7/12, 8/9, 9/6</p> <p>1 ½ c Vegetarian Chili 4 oz m/ma ½ c vegetable 2 oz WG Combread ½ c Red Bliss Potatoes ½ c Pears 1 c Milk</p> <p>Veg: Same</p>	<p>7/13, 8/10, 9/7</p> <p>Stuffed Pepper 3 oz m/ma, ½ c Green Pepper ½ c WG Rice 3.125 OZ 1 oz WG Roll w Margarine ½ c Sautéed Summer Squash ½ c Mandarin Orange 1 c Milk</p> <p>Veg: ¾ c Soy Protein in Pepper http://michiganbean.org/vegetable-stuffed-peppers/</p>
COLD	<p>Chef Salad https://www.foodnetwork.com/recipes/food-network-kitchen/chefs-salad-recipe-2011625 5 oz Protein 1 oz Swiss Cheese, 2 Eggs wedged 2 oz WG Bread 1 c Mixed Greens Lettuce w Herb Vinaigrette ½ c Cherry Tomato & Cuke ½ c Pineapple 1 c Milk</p> <p>Veg: Same</p>	<p>2 oz Turkey 1 oz Cheese mayo 2 WW Bread 2 oz ½ c Cole Slaw ½ c Mediterranean Chickpea Salad ½ c Strawberries and Blueberries 1 c Milk</p> <p>Vegetarian: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</p>	<p>Chicken Caesar Salad 3 oz Chicken Strips 2 oz WG Apple Muffin 1 c Caesar Field Greens Salad ½ c Green & Red Pepper Strips ½ c Fresh Fruit Salad 1 c Milk</p> <p>Vegetarian: 3 oz Chix Strips</p>	<p>2 oz Roast Beef 1 oz Cheese 2 WG Bread 2 oz mayo ½ c Tricolor Vegetable Salad https://www.marthastewart.com/852383/tricolor-salad ½ c Italian Tomato Salad ½ c Fresh Fruit Salad 1 c Milk</p> <p>Vegetarian: 1 Black Bean Powerhouse</p>	<p>½ c Cottage Cheese 2 oz m/ma 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Honeydew ¾ c Fruited Jello Salad 1 Fresh Nectarine ½ c 1 c Milk</p> <p>Vegetarian: Same</p>	<p>3 oz Pastrami mustard 2 oz WW Bread ½ c Lettuce ¼ c Tomato mustard ½ c Peaches ½ c Potato Salad ½ c Fresh Melon Salad 1 c Milk</p> <p>Vegetarian: 3 oz assorted cheese slices</p>	<p>3 oz Smoked Turkey mustard 2 Sl WG Bread 2 oz 1 c Green Leaf Salad w Ranch ½ c Cucumber Salad ½ c Apricots 1 c Milk</p> <p>Vegetarian: 3 oz Assorted Cheese Slices</p>

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOT	<p>7/14, 8/11, 9/8</p> <p>1 ¼ c Beef & Macaroni Casserole 4 oz m/ma, ½ c WG noodles 3.5 oz</p> <p>1 oz WG Roll w Margarine</p> <p>½ c Broccoli</p> <p>½ c Carrots</p> <p>1 Apple in slices</p> <p>1 c Milk</p> <p>Vegetarian: 3 oz Soy Protein & Macaroni</p>	<p>7/15, 8/12, 9/9</p> <p>1 Bean Burrito Bowl + ½ oz Monterey Jack 2 oz MMA 1 oz WG Rice</p> <p>https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/bean-burrito-bowl-usda-recipe-cacfp</p> <p>1 oz WG Corn Muffin,</p> <p>½ c Pico De Gallo,</p> <p>1 c Spinach Salad</p> <p>Raspberry Vinaigrette</p> <p>1 Orange in Wedges</p> <p>1 c milk</p> <p>Vegetarian: Same</p>	<p>7/16, 8/13, 9/10</p> <p>1 Stuffed Cabbage 4 oz m/ma, ½ c Cabbage</p> <p>½ c WG Rice 3.125 oz</p> <p>1 oz WG Roll w Margarine</p> <p>½ c Summer Squash</p> <p>½ c Pineapple</p> <p>1 c Milk</p> <p>Vegetarian: 1 Vegetarian Cabbage Roll</p>	<p>7/17, 8/14, 9/11</p> <p>2 Oven Fried Chicken Legs 3 oz</p> <p>2 oz WG Biscuits w Margarine</p> <p>½ c Collards</p> <p>½ c 3 Way Mixed Vegetables</p> <p>¾ c Cherry Cobbler</p> <p>1 c Milk</p> <p>Vegetarian: 3 oz Chicks Tenders</p>	<p>7/18, 8/15, 9/12</p> <p>1 ¼ c Macaroni & Cheese 1 ½ oz m/ma, 1 c WG noodles 7.1 oz</p> <p>½ c Vegetarian Baked Beans 2 oz m/ma</p> <p>½ c Cucumber Salad</p> <p>½ c Stewed Tomatoes</p> <p>1 Fresh Peaches ½ c</p> <p>1 c Milk</p> <p>Vegetarian: Same</p>	<p>7/19, 8/16, 9/13</p> <p>1 Roasted Fish Slaw Wrap 2 ¾ oz m/ma, ¼ c Green Veg, 1 c Vegetable</p> <p>https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/roasted-fish-crispy-slaw-wrap</p> <p>10 in WG Tortilla 2.25 oz grain</p> <p>½ c Mango Cole Slaw</p> <p>½ c Watermelon</p> <p>1 c Milk</p> <p>Vegetarian: Same</p>	<p>7/20, 8/17, 9/14</p> <p>3 oz Barbecue Chicken Breast</p> <p>½ c WG Macaroni Salad 2 oz</p> <p>1 oz WG WG Roll</p> <p>½ c Corn</p> <p>½ c Marinated Green Bean Salad</p> <p>½ c Apricots</p> <p>1 c Milk</p> <p>Vegetarian: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</p>
COLD	<p>1 c Yogurt 2 oz m/ma</p> <p>1 oz String Cheese 1 oz m/ma</p> <p>2 oz WG Blueberry Muffin</p> <p>½ c Cucumber Salad</p> <p>1 c Fresh Fruit Salad</p> <p>1 c Milk</p> <p>Vegetarian: Same</p>	<p>3 oz Marinated Chicken</p> <p>2 Sl WG Bread 2 oz</p> <p>½ c Lettuce ¼ c Tomato</p> <p>½ c Oil & Vinegar Cole Slaw</p> <p>½ c Cantaloupe</p> <p>1 c Milk</p> <p>Vegetarian: 3 oz Tuna</p>	<p>½ c Cottage Cheese 2 oz m/ma</p> <p>1 oz String Cheese 1 oz m/ma</p> <p>2 oz WG Apple Muffin</p> <p>½ c Honeydew</p> <p>¾ c Fruited Jello Salad</p> <p>½ c Strawberries</p> <p>1 c Milk</p> <p>Vegetarian: Same</p>	<p>½ c Tuna Salad 2 oz m/ma in a Tomato</p> <p>½ c WG Pasta Salad</p> <p>6 WG Wheat Crackers 1 oz grain</p> <p>½ c Lemony Lentil Chickpea Salad</p> <p>½ c Melon Salad</p> <p>1 c Milk</p> <p>Vegetarian: Same</p>	<p>3 oz Roast Beef mayo</p> <p>2 oz WW Roll</p> <p>½ c Broccoli Salad</p> <p>½ c Cole Slaw</p> <p>½ c Mandarin Oranges</p> <p>1 c Milk</p> <p>Vegetarian: ½ c Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette</p>	<p>3 oz Asian Chicken Salad</p> <p>2 oz WG Corn Muffin</p> <p>1 c Field Greens w Ranch</p> <p>½ c Red Bean Salad</p> <p>½ c Honeydew</p> <p>1 c Milk</p> <p>Vegetarian: 3 oz Chicks Strips</p>	<p>2 Black Bean Lettuce Wraps 2.25 oz MMA (Black Beans ½ c) 1 c Vegetable (bell pepper, onion, corn, carrots lettuce) https://www.snapdct.org/black-bean-lettuce-wraps.html</p> <p>½ c WG Rice (3.125 oz)</p> <p>1 WG WG Soft Breadstick (1.2 oz)</p> <p>½ c Cantaloupe</p> <p>1 c Milk</p> <p>Vegetarian: Same</p>
HOT	<p>7/21, 8/18, 9/15</p> <p>Oven Roasted Haddock w Crema Sauce Lemon 2 oz MMA</p> <p>https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/oven-roasted-tilapia-crema-sauce-usda-recipe-cacfp</p> <p>½ c Chow-Chow Cole Slaw</p> <p>½ c WG Rice Pilaf (3.125 oz)</p> <p>1oz WG Roll</p> <p>½ c Green Beans</p> <p>½ c Strawberries</p> <p>1 c Milk</p> <p>Vegetarian: Same</p>	<p>7/22, 8/19, 9/16</p> <p>Chili Stuffed Baked Potato</p> <p>1 c Chili con Carne 4 oz m/ma, ½ c vegetable</p> <p>2 oz WG Corn Muffin w Margarine</p> <p>½ c Baked Potato Cup</p> <p>½ c Cinnamon Baked Apple compote</p> <p>1 c Milk</p> <p>Vegetarian: Vegetarian Chili</p>	<p>7/23, 8/20, 9/17</p> <p>3 oz Chicken in Orange Sauce</p> <p>1 c WG Rice (6.25 oz)</p> <p>½ c Steamed Greens</p> <p>½ c Sweet Potato</p> <p>½ c Pears</p> <p>1 c Milk</p> <p>Vegetarian: 3 oz Chix Strips in Orange Sauce</p> <p>https://www.thespruceeats.com/vegan-orange-glazed-tofu-chicken-3378147</p>	<p>7/24, 8/21, 9/18</p> <p>1 ½ c Cowboy Stew (4 oz m/ma, 2/3 c vegetable)</p> <p>https://healthymeals.fns.usda.gov/sites/default/files/uploads/3%20Winter%20Cycle%20Menu.pdf</p> <p>2 oz Cornbread</p> <p>½ c Tasty Tots</p> <p>https://whatscooking.fns.usda.gov/recipe/child-nutrition-cnp/tasty-tots</p> <p>½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)</p> <p>1 c Milk</p> <p>Veg: Vegetarian Cowboy stew remove turkey and double beans</p>	<p>7/25, 8/22, 9/19</p> <p>2 Cheese Manicotti (5.5oz) w Tomato Basil Sauce</p> <p>3 oz m/ma 4 oz WG grain per food label</p> <p>1 c Ratatouille</p> <p>½ c Watermelon</p> <p>1 c Milk</p> <p>Veg: Same</p>	<p>7/26, 8/23, 9/20</p> <p>3 oz Barbecue Beef (3/8 c) #10 scoop 3 oz m/ma</p> <p>1 (2oz) Potato Roll</p> <p>½ c Brussels Sprouts</p> <p>½ c Cole Slaw</p> <p>¾ c Peach Cobbler</p> <p>1 c Milk</p> <p>Vegetarian: 3 oz BBQ Vegetarian Patty</p>	<p>7/27, 8/24, 9/21</p> <p>3 oz Chicken Supreme</p> <p>½ c WG Noodles 2.5 oz</p> <p>1 oz WG Roll w Margarine</p> <p>½ c Zucchini</p> <p>½ c Butter Beans</p> <p>½ c Pineapple</p> <p>1 c Milk</p> <p>Vegetarian: 3 oz Chickless Patty</p>
COLD	<p>3 oz Cold Cuts & Cheese Mustard</p> <p>2 oz WG Flatbread</p> <p>½ c Lettuce ¼ c Tomato</p> <p>Mustard</p> <p>½ c Potato Salad</p> <p>½ c Melon Salad</p> <p>1 c Milk</p> <p>Vegetarian: 3 oz Assorted Cheese Slice</p>	<p>1 Crunchy Hawaiian Chicken Wrap 2 m/ma ½ c vegetables</p> <p>https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/crunchy-hawaiian-chicken-wrap</p> <p>1 WW Tortilla 2 oz</p> <p>½ c Cucumber Salad</p> <p>1 Banana</p> <p>1 c Milk</p> <p>Vegetarian: 3 oz Egg Salad</p>	<p>Middle Eastern Cold Plate</p> <p>½ c Hummus 2 oz m/ma 1 oz Cheese 1 oz m/ma</p> <p>1 oz WG Pita Bread</p> <p>1 c Tabbouleh 1 oz WG grain ½ c Veg</p> <p>https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/tabbouleh</p> <p>½ c Lentil Salad</p> <p>https://www.allrecipes.com/recipe/14260/mediterranean-lentil-salad/print/7/recipeType=Recipe&servings=8&isMetric=false</p> <p>1 Banana</p> <p>1 c Milk</p> <p>Vegetarian: Same</p>	<p>Roast Beef Salad</p> <p>3 oz Beef</p> <p>2 oz WG Roll</p> <p>1 c Chopped Kale</p> <p>½ c Salad Vegetables</p> <p>½ c Applesauce</p> <p>1 c Milk</p> <p>Vegetarian: 1 Powerhouse Wrap</p>	<p>Hawaiian Pasta Salad</p> <p>https://www.thedailymeal.com/recipes/hawaiian-pasta-salad-pineapple-dressing-recipe</p> <p>3 oz Smoked Turkey</p> <p>2 oz WG Rotini</p> <p>½ c Pineapple & Red Pepper</p> <p>½ c Potato Salad</p> <p>½ c Mandarin Oranges</p> <p>1 c Milk</p> <p>Vegetarian: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</p>	<p>3 oz Tuna Salad</p> <p>2 oz WW English Muffin</p> <p>1 c Spinach Salad w Balsamic Vinaigrette</p> <p>½ c Beet Salad</p> <p>https://www.allrecipes.com/recipe/214756/ukrainian-salat-vinaigrette-beet-salad/?src=VD_Summary</p> <p>½ c Tropical Fruit Salad</p> <p>1 c Milk</p> <p>Vegetarian: ½ c Hummus 1 oz Provolone</p>	<p>2 Asian Beef Spring Roll 3 oz m/ma, 2 oz WW Flour tortilla</p> <p>½ c Seasoned Green Bean Salad</p> <p>½ c Grapes</p> <p>½ c Pears</p> <p>1 c Milk</p> <p>Vegetarian: 1 Black Bean Powerhouse</p>

Lemony Lentil Chickpea Salad <https://cookieandkate.com/lemony-lentil-and-chickpea-salad-with-radish-and-herbs/print/23550/>

INGREDIENTS

Lentils (cook your own, using the ingredients below, or use one 17-ounce package of steamed French lentils instead)

- 2 cups dried black beluga lentils or French green lentils
- 2 large garlic cloves, halved lengthwise
- 2 tablespoons olive oil

Lemon dressing

- 1/4 cup fresh lemon juice (about 2 medium lemons' worth)
- 2 tablespoons olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon honey or maple syrup
- 1 clove garlic, pressed or minced
- 1/4 teaspoon fine-grain sea salt
- Freshly ground black pepper, to taste

Salad

- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 1/2 cups cooked chickpeas
- 1 big bunch of radishes, sliced thin and roughly chopped
- 1/4 cup chopped fresh, leafy herbs, chopped (combination of mint and dill recommended)
- Optional garnishes: sliced avocado, crumbled feta or goat cheese, handful of fresh leafy greens

INSTRUCTIONS

1. To cook the lentils: Pick over the lentils to remove any bits of debris. Rinse the lentils under running water in a mesh colander. In a medium pot, combine the lentils, halved garlic cloves, olive oil and 4 cups water. Bring the water to a boil, then reduce heat to a gentle simmer and cook until the lentils are cooked through and tender, which will take somewhere between 20 to 35 minutes. Drain the lentils and discard the garlic cloves.
2. To make the dressing: Whisk together the ingredients in a small bowl. If you're using pre-steamed lentils instead of cooking your own, add an extra clove of minced garlic and an extra tablespoon of olive oil.

- In a large serving bowl, combine the lentils, chickpeas, chopped radishes and herbs. Drizzle in the dressing and toss to combine. Serve with avocado, crumbled cheese or fresh greens if you'd like

Improving Nutrition



Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Turkey breast, ground	1/2 lb	1 lb	2 lbs	4 lbs
Baked beans, canned, undrained	1 cup	2 cups	4 cups	8 cups
Kidney beans, canned, drained	1/2 cup	1 cup	2 cups	4 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Brown sugar	6 Tbsp	3/4 cup	1-1/2 cups	3 cups
Tomato, diced, canned	1/2 cup	1 cup	2 cups	4 cups
Mustard, dry	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Celery, chopped	1/2 cup	1 cup	2 cups	4 cups
Cider vinegar	1 tsp	2 tsp	4 tsp	8 tsp

Directions:

- Brown turkey over medium heat.
- In slow cooker, combine all ingredients. Stir to combine.
- Cover and cook for 1 hour on high.

Food For Thought This dish, made with baked beans, kidney beans and ground turkey, is a great protein source for kids. Adding vegetables into the mix makes it a complete meal!

CACFP Crediting For 3-5 year olds; Lunch/Supper. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

Nutrition Facts

Serving size: 3/4 cup (161g)
Servings Per Recipe: 24

Amount Per Serving		
Calories	190	Cal. from Fat 37
		% Daily Value*
Total Fat	4g	8%
Saturated Fat	1g	4%
Cholesterol	30mg	10%
Sodium	332mg	15%
Total Carbohydrate	28g	8%
Dietary Fiber	4g	15%
Sugars	15g	
Protein	11g	
Vitamin A	0%	Vitamin C 8%
Calcium	8%	Iron 10%

Recipe adapted from Neufeld, N. Henry, S, Lawrence, and D. *Kid Shape Cafe*. Nashville (TN): Rutledge Hill Press; 2005.



Mediterranean Lentil Salad



Prep
10 m

Cook
20 m

Ready In
30 m

Recipe By: jen

"This is a delicious lentil salad, that keeps very well in the refrigerator."

Ingredients

1 cup dry brown lentils	2 tablespoons lemon juice
1 cup diced carrots	1/2 cup diced celery
1 cup red onion, diced	1/4 cup chopped parsley
2 cloves garlic, minced	1 teaspoon salt
1 bay leaf	1/4 teaspoon ground black pepper
1/2 teaspoon dried thyme	1/4 cup olive oil

Directions

- 1 In a saucepan combine lentils, carrots, onion, garlic, bay leaf, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.
- 2 Drain lentils and vegetables and remove bay leaf. Add olive oil, lemon juice, celery, parsley, salt and pepper. Toss to mix and serve at room temperature.

Marinated Tuna with Baguette



The secret to this salad is using good-quality tuna. Look for brands that are packed in a jar with oil (we like Ortiz). *Source: Martha Stewart Living, August 2011*

TOTAL TIME PREP 35 mins 5 mins SERVINGS 4

INGREDIENTS

- 1 lemon

1/2 cup extra-virgin olive oil

- 1/4 cup sherry vinegar
- 1 small red onion, halved and thinly sliced
- 2 ounces brine-packed Picholine olives, drained (1/2 cup)
- 3 tablespoons fresh oregano, leaves torn if large
- 2 jars (7.8 ounces each) oil-packed tuna, drained

- Coarse salt and freshly ground pepper
- 1 baguette

DIRECTIONS



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1. Remove lemon zest in strips using a vegetable peeler, and slice lengthwise into thin strips; reserve lemon for another use.
2. Combine zest strips with oil, vinegar, onion, olives, and oregano in a shallow dish. Mix in tuna, and season with salt and pepper. Refrigerate for 30 minutes. Serve marinated tuna with baguette.