

IDAHO CACFP
MENU
TOOLKIT



Contents

IDAHO CACFP **MENU** TOOLKIT

INTRODUCTION

3

Introduction to the toolkit
and best practices

STRATEGIES

5

Successful meal
planning strategies

RESOURCES

9

PowerPoints and other
training to help you meal plan

MENUS

11

3 week menu cycles

RECIPES

19

Over 60 recipes to choose from

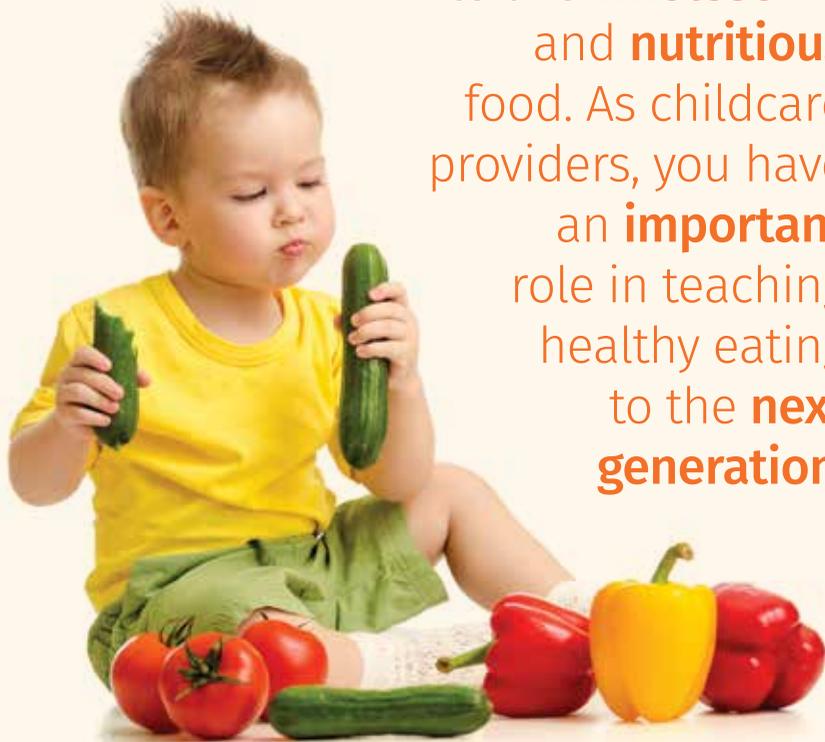
IDAHO CACFP
MENU
TOOLKIT

Introduction

CHILD AND ADULT CARE FOOD PROGRAM (CACFP) Menu Toolkit

Healthy habits start early!

Childhood is the best time to learn to like **wholesome** and **nutritious** food. As childcare providers, you have an **important** role in teaching healthy eating to the **next generation**.



This toolkit includes resources designed to help you make delicious, healthy meals. In it you will find menus, recipes, and best practices that can be altered for all age groups. Each recipe is standardized, meaning it will produce the same results each time it is made. The meals are “kid-friendly” and comply with the USDA meal pattern requirements. To deliver proper nutrition, the menu is built around five basic meal components. The components are milk, fruit, vegetable, grain/bread, and meat/meat alternate. Each component provides different amounts of carbohydrates, protein, essential fatty acids, vitamins, minerals, and fiber. This balanced variety of food nutrients helps children grow and thrive.

In addition to this toolkit, there are other resources available to help you promote wellness at your center. *MyPlate* is a research-based tool that turns nutrition science into practical advice. The strategies from *MyPlate* can be used in homes and childcare centers. Visit MyPlate.gov for advice and tools to promote good nutrition to all ages. In addition to *MyPlate*, the most recent Dietary Guidelines for Americans provide basic guidance on healthful food choices and dietary habits. The guidelines explain how to achieve good health and prevent disease.

All of the toolkit resources are available electronically for easy printing. We hope this toolkit supports healthy habits within your program. Let it be your guide to enhance the nutrition and physical activity education you offer.

BEST PRACTICES

Everything in this toolkit is meant to be user-friendly. All of the menus and recipes were made using current best practices. It is recommended to use best practices to improve your program and serve the most nutritious options. The best practices included in the toolkit include:

Vegetables and Fruit

- Include at least one serving each of dark green vegetables, red or orange vegetables, and legumes per week
- Serve at least one serving of fruit or vegetable with every snack
- Serve fruit juice no more than once per day
- Serve fried and pre-fried vegetables no more than once per week

Grains

- Include at least two servings of whole grain-rich grains per day
- Serve breakfast cereals that contain no more than 6 grams of sugar per serving

Fluid Milk

- Serve only unflavored milk to all children

Meat/Meat Alternate

- Serve only lean meats, legumes, and nuts
- Serve only natural cheese

Processed meats served no more than once per week

- Serve fried and pre-fried meats no more than once per week

IDAHO CACFP

MENU

TOOLKIT

Strategies

SUCCESSFUL MEAL PLANNING Strategies

SERVING TODDLERS

Some foods can be choking hazards for small children. These foods may need to be cut into bite-size pieces. Large food items can also be unappealing to toddlers. Cutting such items into easy-to-manage pieces will make the meal more enjoyable for them. There are many recipes in this toolkit that will need to be cut into smaller pieces. It may also be a good idea to serve some recipes as individual items. The bean taco recipe on page 26 is a good example. We recommend serving the main bean taco ingredients as single items.

Here is how to adapt the bean taco for a toddler:

1. Break up the corn taco shell into chips.
2. Serve the seasoned beans and cheese as a dip on the side.
3. Serve the lettuce and tomatoes on the side.

This will give toddlers the chance to eat their taco ingredients as finger foods.

FAMILY STYLE MEALS

Family style meal service is the preferred method for serving meals in the CACFP. In family style meal service, meal components are offered in serving dishes placed on the table. The children are

encouraged to serve themselves. Caregivers are encouraged to eat at the table with the children. Family style meals reinforce social skills and manners. They also promote child autonomy, or independence.

Family style meals are recommended, but they may not be practical for all centers. If this is the case, pre-plated and cafeteria-style services are also acceptable. To find out more about family style meal service, visit the Idaho State Department of Education, Child Nutrition or the Institute of Child Nutrition's websites.

SLOW COOKER RECIPES

Slow cookers are a valuable tool in the kitchen. They provide an easy alternative to long braising, boiling, and roasting methods. Slow cookers create flavorful aromas. The good smells promote pleasant anticipation of the meal while it cooks. We encourage you to use a slow cooker whenever possible. This toolkit contains several recipes with the option to make them in a slow cooker.

SCALING PORTIONS

Remember to round up your expected number of servings when you are planning meals. Rounding up

ensures you account for any spilled food, children who want seconds, and adult meals. Adults are encouraged to eat with the children. Adults model healthy behavior, teach table manners, help with self-service, and guide mealtime conversation.

CHANGING RECIPE QUANTITIES

The most common method to adjust the number of servings in a recipe is the conversion factor method. Let's look at an example changing the Beef Sloppy Joe on a Roll recipe (on page 29 of the toolkit) from 5 servings to 15 servings.

There are three important steps to adjusting the number of servings in a recipe:

1. **Determine the conversion factor.** A conversion factor helps you increase or decrease the yield of a recipe.

To find the conversion factor (the number you will use to figure out how much of each ingredient you will need), divide the desired yield (*number of servings you want*) by the recipe yield (*number of servings the recipe says it makes*).

Conversion Factor = Desired Yield / Recipe Yield

Example: You want to make 15 servings of the sloppy joe recipe. The recipe says it yields 5 servings. You will divide 15 by 5 to find the conversion factor, which in this case is the number 3.

Desired yield (number of servings you want)	Recipe yield (number of servings the recipe says it makes)	Conversion factor (the number you will use to figure out how much of each ingredient you will need)
15	÷ 5	= 3

2. **Multiply each ingredient by the conversion factor.** Multiplying each ingredient by the conversion factor tells you how much of each ingredient you will need to make your desired yield.

In order to use the conversion factor, you must convert the fractions in your recipe to decimals. The recipes in this toolkit have a recipe fraction to decimal equivalents key to assist you in making this step easy.



$\frac{1}{8} = 0.125$	$\frac{5}{8} = 0.625$
$\frac{1}{4} = 0.250$	$\frac{2}{3} = 0.666$
$\frac{1}{3} = 0.333$	$\frac{3}{4} = 0.750$
$\frac{3}{8} = 0.375$	$\frac{7}{8} = 0.875$
$\frac{1}{2} = 0.500$	

SUCCESSFUL MEAL PLANNING Strategies

Also, it will be important to convert quantities that are in multiple units (i.e., quarts and cups) to one unit (cups) before calculating your new recipe yield. This Idaho CACFP Menu Toolkit provides common recipe measurement equivalents to help you with conversions.

★ Volume Equivalent Key ★

- 60 drops = 1 tsp
- 1 Tbsp = 3 tsp
- 1/8 cup = 2 Tbsp
- 1/4 cup = 4 Tbsp
- 1/3 cup = 5 Tbsp + 1 tsp
- 3/8 cup = 6 Tbsp
- 1/2 cup = 8 Tbsp
- 5/8 cup = 10 Tbsp
- 2/3 cup = 10 Tbsp + 2 tsp
- 3/4 cup = 12 Tbsp
- 7/8 cup = 14 Tbsp
- 1 cup = 16 Tbsp
- 1/2 pint = 1 cup
- 1 pint = 2 cups
- 1 quart = 2 pt
- 1 gallon = 4 qt

Example: The Beef Sloppy Joe on a Roll recipe calls for 13 7/8 ounces of ground beef for 5 servings.

To figure out how much ground beef you will need for 15 servings you will need to start by converting 13 7/8 ounces to decimals by using the recipe fractions to decimal equivalents key located on each recipe in this toolkit.

Ground Beef (fraction)	Ground Beef (decimal)
13 7/8 oz	13.875 oz

Next, multiply the amount of ground beef in decimal form (13.875) needed for 5 servings by the conversion factor of 3 to get the amount needed for 15 servings.

Ground Beef (decimal)	Multiply by conversion factor	Equals total needed for 15 servings
13.875 oz	x 3	41.625 oz

The total amount of ground beef you need is 41.625 ounces. To make this number useful, you will need to convert the number back into a common fraction measurement, which in this case is 2 5/8 pounds or 2 pounds 10 ounces. Let's take a look at how we do this. First, it is important to note that 16 ounces equals 1 pound, as seen in the Weight Equivalent Key.

★ Weight Equivalent Key ★

- 16 oz = 1 lb = 1.000 lb
- 12 oz = 3/4 lb = 0.750 lb
- 8 oz = 1/2 lb = 0.500 lb
- 4 oz = 1/4 lb = 0.250 lb
- 1 oz = 1/16 lb = 0.063 lb



Amount of ground beef needed in ounces for 15 servings	Use the equivalent weights key to convert the ounces into pounds	Next, refer to the fraction to decimal equivalents key and find your decimal value. If there is not an exact decimal value on the key, such as 0.60 in our example below, choose the next highest decimal	Lastly, convert the decimal back to a common fraction by using the fraction to decimal equivalents key
41.625 oz	41.625 oz divided by 16 oz equals 2.60 lbs	2.60 lbs rounded up would be 2.625 lbs	2.625 = 2 5/8 lbs or 2 lbs 10 oz

SUCCESSFUL MEAL PLANNING Strategies

IN REVIEW

$13 \frac{7}{8} \text{ oz} = 13.875 \text{ oz}$

To find the decimal, use the fraction to decimal equivalents key in your recipe.

$13.875 \text{ oz} \times 3 = 41.625 \text{ oz}$

To find the total amount of the ingredient, multiply the amount the recipe calls for by the conversion factor.

$41.625 \text{ oz} = 2 \frac{5}{8} \text{ lbs or } 2 \text{ lbs } 10 \text{ oz}$

To make the total amount of ingredient a useful number, convert it back to a common measure.

Here is how the entire process looks when all the steps are completed:

Beef Sloppy Joe on a Roll

Ingredients	Weight/Volume for Servings of 5 sandwiches	Convert Fractions to Decimals	Conversion Factor	(x) Weight/Volume for Servings of (=) 15 sandwiches	Convert Decimal back to Fraction (common measurements)
Ground Beef, Raw	13 $\frac{7}{8}$ oz	13.875 oz	x 3	41.625 oz	2 $\frac{5}{8}$ lbs or 2 lbs 10 oz

3. **Double check components using the Food Buying Guide for Child Nutrition Programs.** The standardized recipes in this toolkit are scaled for 5 and 25 servings of age-appropriate portion sizes. When scaling recipes, always refer to the Food Buying Guide for Child Nutrition Programs to double check the correct amount of the credited meal component is being used in the recipe.

In the sloppy joe recipe the credited meal component is ground beef. To double check the crediting, go to the Meat/Meat Alternate section of the Food Buying Guide. On page 1-16 under **Beef, Ground, fresh or frozen, no more than 20% fat** you will see that 8.5 pounds of ground beef AP (as purchased) is needed to credit one hundred - 1 ounce Meat/Meat Alternate servings.

Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Beef, Ground, fresh or frozen <i>no more than 20% fat</i>	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat

Example: Double check the crediting for the sloppy joe recipe you scaled for 15 portions. First look at Column 2 to see the Purchase Unit (pounds) and then Column 5 to see the Purchase Units for 100 Servings (8.5 pounds). Next, convert 8.5 pounds to ounces and divide by 100 to see how many ounces are needed for one – 1 ounce serving.

Pounds per 100 servings	Convert to ounces (16 oz per 1 lb)	Number of ounces per 100 servings	Convert to ounces per 1 serving	Ounces per 1 serving
8.5 lbs	X 16	= 136 oz	÷ 100	= 1.36 oz

In the example for the Beef Sloppy Joe on a Roll recipe, the recipe credits 2 ounce meat/meat alternate equivalents. Therefore, each serving needs 2.72 (1.36 x 2) ounces ground beef, as purchased to equal **2 ounce of edible portion (EP)** meat/meat alternate. In the recipe scaled for 15, you need a minimum of 15 servings x 1.36 ounces of raw ground beef.

Amount of 20% Ground Beef needed to equal 2 ounces equivalent M/MA	Total number of servings	Number of ounces needed for 2 ounces equivalent M/MA for 15 servings	Convert Decimal back to Fraction (common measurement)
2.72 oz	X 15	40.8 oz / 16 = 2.55 lbs round up to 2.625 lbs	2 $\frac{5}{8}$ lbs or 2 pounds 10 oz

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MENU
TOOLKIT

Resources

TOOLKIT Resources

We created
in-depth trainings
to assist in the
use of this toolkit.



Trainings cover the new CACFP meal pattern (effective October 1, 2017), CACFP resources, standardized recipes, recipe scaling, how to use the Food Buying Guide, crediting meal components, and CACFP best practices.

Daycare Home Monitor Training

This 4-hour training will teach monitors how to instruct care providers on the Idaho CACFP Menu Toolkit. Monitors will learn how to introduce short training “bursts” into their regular visits with providers. Each training burst will cover the main points of the toolkit and is outlined for monitors to teach in less than 20 minutes. This training will also feature a slow cooker recipe.

Childcare Center Foodservice Training

This 4-hour training will show participants how to use the cycle menu toolkit. Participants will learn through hands-on practice and interactive demonstrations, including a slow cooker recipe. In addition, the training will explain the new CACFP meal pattern, how to use standardized recipes, how to scale a recipe, how to use the Food Buying Guide, and how to credit meal components. Best practices will be included throughout.

Need access to a digital copy of this toolkit?

The Idaho CACFP Menu Toolkit is available online on the Idaho State Department of Education's website: www.sde.idaho.gov/cnp.

IDAHO CACFP

MENU

TOOLKIT

Menus

WEEK
1

Fall/Winter Menu Cycle

OCTOBER - MARCH

MEAL PATTERN	MINIMUM SERVING SIZE BY AGE GROUP				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	1-2	3-5	6-12	13-18	1	2	3	4	5	6	7	
BREAKFAST	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	Kiwi Slices	Applesauce	Peach Slices	Mixed Berries	Pears Slices	Orange Slices	Banana
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Bread	WG Patty Cake Pancake 📄	WG English Muffin	Cream of Wheat	WG Loaded Muffin 📄	WG Toast	Cold Cereal
	Meat/Meat Alternate					Egg Toad-in-the-Hole 📄						
LUNCH	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Mixed Fruit	Cantaloupe Cubes	Strawberries	Mandarin Oranges	Grapes	Pineapple Chunks	Honeydew Cubes
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Green Beans	Green Garden Salad 📄	Cauliflower & Broccoli	Sugar Snap Pea	Corn	Kale Chips 📄	Carrot Sticks
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Roll	WG Noodles	WG Pizza Crust 📄	WG Brown Rice	Whole Corn Taco Shells	WG Roll	WG Bread
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Beef Sloppy Joe on Roll 📄	Chicken Noodle Soup 📄	Cheese Pizza 📄	Baked Flakey Chicken Strips 📄	Bean Taco 📄	Pork Shreds 📄🔄	PB&J Sandwich w/Cheese Stick 📄
SNACK	Milk	½ cup	½ cup	1 cup	1 cup							
	Fruit	½ cup	½ cup	¾ cup	¾ cup	Tangerine Wedges	Strawberries & Bananas			Applesauce	Sunny Salsa	Yogurt Berry Parfait 📄
	Vegetable	½ cup	½ cup	¾ cup	¾ cup			Carrot Sticks	Celery Sticks/Raisins			
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	Trail Mix 📄	Pretzel Sticks			WG Crackers	WG Baked Pita Chips 📄	
	Meat/Meat Alternate	½ oz	½ oz	1 oz	1 oz			Hard Boiled Egg	Peanut Butter			Yogurt in Parfait
	Beverage					Water	Water	Water	Water	Water	Water	Water
SUPPER	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Grapes	Honeydew Cubes	Tropical Fruit	Orange Slices	Apricot Halves	Apple Slices	Mandarin Oranges
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Crispy Slaw 📄	Sweet Potato Fries 📄	Green Garden Salad 📄	Creamy Cole Slaw 📄	Asparagus	Green Beans	Celery Sticks
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Tortilla	WG Roll	Corn Bread 📄	WG Roll	Macaroni Noodles	WG Noodles	WG Roll
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Roasted Fish Wrap 📄	Hamburger Patty w/Cheese On Roll 📄	Turkey Bean Chili 📄🔄	Pork Shreds 📄🔄	Macaroni & Cheese 📄	Chicken Noodle Soup 📄	Beef Sloppy Joe on Roll 📄



MILK: Age 1 serve whole milk
Age 2-18 serve 1% or Fat-free milk



📄 Recipe Provided
🔄 Slow Cooker Recipe

Whole Grain-Rich
Dark Green Veggies
Red Veggies

Orange Veggies
Legumes

WEEK
1

Spring/Summer Menu Cycle

APRIL - SEPTEMBER

	MEAL PATTERN	MINIMUM SERVING SIZE BY AGE GROUP				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1-2	3-5	6-12	13-18	1	2	3	4	5	6	7
BREAKFAST	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	Kiwi Slices	Applesauce	Peaches Slices	Blueberries	Pear Slices	Orange Slices	Banana
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Bread	WG Patty Cake Pancake 📄	WG English Muffin	Cream of Wheat	WG Loaded Muffins 📄	WG Toast	Cold Cereal
	Meat/Meat Alternate					Egg Toad-in-the-Hole 📄						
LUNCH	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Mango Slices	Cantaloupe Cubes	Cherries	Pluot	Raspberries	Pineapple Chunks	Strawberries
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Green Beans	Green Garden Salad 📄	Cauliflower & Broccoli	Sugar Snap Pea	Corn	Kale Chips 📄	Carrot Sticks
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Roll	WG Noodles	WG Pizza Crust 📄	Brown Rice	Whole Corn Taco Shells	WG Roll	WG Bread
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Beef Sloppy Joe on Roll 📄	Chicken Noodle Soup 📄	Cheese Pizza 📄	Baked Flakey Chicken Strips 📄	Bean Taco 📄	Pork Shreds 📄🔄	PB&J Sandwich w/Cheese Stick 📄
SNACK	Milk	½ cup	½ cup	1 cup	1 cup							
	Fruit	½ cup	½ cup	¾ cup	¾ cup	Nectarine Slices	Strawberries & Bananas			Applesauce	Sunny Salsa 📄	Yogurt Berry Parfait 📄
	Vegetable	½ cup	½ cup	¾ cup	¾ cup			Carrot Sticks	Celery Sticks/Raisins			
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	Trail Mix 📄	Pretzel Sticks			WG Crackers	WG Baked Pita Chips 📄	
	Meat/Meat Alternate	½ oz	½ oz	1 oz	1 oz			Hard Boiled Egg	Peanut Butter			Yogurt in Parfait
	Beverage					Water	Water	Water	Water	Water	Water	Water
SUPPER	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Grapes	Honeydew Cubes	Watermelon Wedge	Orange Slices	Plum slices	Apple Slices	Mandarin Oranges
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Crispy Slaw 📄	Sweet Potato Fries 📄	Basic Baked Beans 📄	Creamy Coleslaw 📄	Asparagus	Green Beans	Celery Sticks
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Tortilla	WG Roll	Cornbread 📄	WG Roll	Rotini Noodles	WG Noodles	WG Roll
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Roasted Fish Wrap 📄	Hamburger Patty w/cheese on roll 📄	Spicy BBQ Chicken Drumsticks 📄	Pork Shreds 📄🔄	Tuna and Noodles 📄	Chicken Noodle Soup 📄	Beef Sloppy Joe on Roll 📄



MILK: Age 1 serve whole milk
Age 2-18 serve 1% or Fat-free milk



📄 Recipe Provided
🔄 Slow Cooker Recipe

Whole Grain-Rich
Dark Green Veggies
Red Veggies

Orange Veggies
Legumes

WEEK
2

Fall/Winter Menu Cycle

OCTOBER - MARCH

	MEAL PATTERN	MINIMUM SERVING SIZE BY AGE GROUP				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1-2	3-5	6-12	13-18	1	2	3	4	5	6	7
BREAKFAST	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	Kiwi Slices	Strawberry/Mango Parfait 📄	Honeydew Slices	Banana	Mixed Berries	Pineapple Chunks	Mandarin Oranges
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Fantabulous Frenchtoast 📄	WG Toast	Cold Cereal	WG Tortilla	Oatmeal	Bagel	English Muffin
	Meat/Meat Alternate						Yogurt in Parfait		PB & Banana Wrap 📄			
LUNCH	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Tropical Fruit	Apple Wedges	Grapes	Apricot Halves	Pear Slices	Honeydew Cubes	Strawberries
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Monster Mashed Potatoes 📄	Celery Sticks	Kale Chips 📄	Spinach/Tomato/Cucumbers	Green Beans	Carrot Sticks	Baked Potato
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Roll	WG Bread	Brown Rice	WG Pita Pocket	Rotini Noodles	Whole Corn Tostada Shell	WG Roll
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Beef Meatballs 📄	Tuna Salad Sandwich 📄	Chicken Nuggets 📄	Roasted Turkey Pita Sandwich 📄	Chicken Alfredo with a Twist 📄	Eagle Pizza: Beans 📄	Beef Patty w/cheese on roll 📄
SNACK	Milk	½ cup	½ cup	1 cup	1 cup							
	Fruit	½ cup	½ cup	¾ cup	¾ cup		Grapes	Pineapple Chunks			Raisin & Apple Rings	Asparagus
	Vegetable	½ cup	½ cup	¾ cup	¾ cup	Salsa 📄			Celery Sticks	Veggie Pizza 📄		
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	Whole Corn Tortilla Chips		Trail Mix 📄		WG English Muffin	Cheerios	
	Meat/Meat Alternate	½ oz	½ oz	1 oz	1 oz		Cheddar Cheese		White Bean Dip 📄			Turkey Roast slices
	Beverage					Water	Water	Water	Water	Water	Water	Water
SUPPER	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Mixed Fruit	Applesauce	Orange Slices	Mixed Berries	Cantaloupe Cubes	Grapes	Peach Slices
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Green Garden Salad 📄	Broccoli	Peas	Carrot Sticks	Green Garden Salad 📄	Spaghetti Sauce 📄	Creamy Cole Slaw 📄
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Tortilla	Brown Rice	WG Roll	WG Patty Cake Pancake 📄	WG Bread	WG Spaghetti Noodles	WG Tortilla
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Fiesta Wrap-Bean & Cheese 📄	Sweet & Sour Chicken 📄🔪	Turkey Porcupine Slider 📄	Sausage	Egg Salad Sandwich 📄	Beef Meatballs 📄	Tortilla Chicken Roll Up 📄



MILK: Age 1 serve whole milk
Age 2-18 serve 1% or Fat-free milk



📄 Recipe Provided
🔪 Slow Cooker Recipe

Whole Grain-Rich
Dark Green Veggies
Red Veggies

Orange Veggies
Legumes

WEEK
2

Spring/Summer Menu Cycle

APRIL - SEPTEMBER

	MEAL PATTERN	MINIMUM SERVING SIZE BY AGE GROUP				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1-2	3-5	6-12	13-18	1	2	3	4	5	6	7
BREAKFAST	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	Kiwi Slices	Strawberry/Mango Parfait	Honeydew Slices	Banana	Mixed Berries	Pineapple Chunks	Mandarin Oranges
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Fantabulous Frenchtoast	WG Toast	Cold Cereal	WG Tortilla	Oatmeal	Bagel	English Muffin
	Meat/Meat Alternate						Yogurt in Parfait		PB & Banana Wrap			
LUNCH	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Banana	Apple Wedges	Watermelon Wedges	Nectarine Slices	Pear Slices	Honeydew Cubes	Cherries
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Sugar Snap Peas	Celery Sticks	Kale Chips	Spinach/Tomato/Cucumbers	Green Beans	Carrot Sticks	Baked Potato
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Roll	WG Bread	Brown Rice	WG Pita Pocket	Rotini Noodles	Whole Corn Tostada Shell	WG Roll
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Beef Meatballs	Tuna Salad Sandwich	Chicken Nuggets	Roasted Turkey Pita Sandwich	Chicken Alfredo with a Twist	Eagle Pizza: Beans	Beef Patty w/cheese on roll
SNACK	Milk	½ cup	½ cup	1 cup	1 cup							
	Fruit	½ cup	½ cup	¾ cup	¾ cup		Grapes	Pineapple Chunks			Raisins & Raspberries	Asparagus
	Vegetable	½ cup	½ cup	¾ cup	¾ cup	Salsa			Celery Sticks	Veggie Pizza		
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	Whole Corn Tortilla Chips		Trail Mix		WG English Muffin	Cheerios	
	Meat/Meat Alternate	½ oz	½ oz	1 oz	1 oz		Cheddar Cheese		White Bean Dip			Turkey Roast slices
	Beverage					Water	Water	Water	Water	Water	Water	Water
SUPPER	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Plum Slices	Applesauce	Orange Slices	Pluot	Cantaloupe Cubes	Blueberries	Peach Slices
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Green Garden Salad	Broccoli	Peas	Carrot Sticks	Green Garden Salad	Spaghetti Sauce	Creamy Cole Slaw
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Tortilla	Brown Rice	WG Roll	WG Patty Cake Pancake	WG Bread	WG Spaghetti Noodles	WG Tortilla
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Fiesta Wrap-Bean & Cheese	Basic Baked Chicken	Turkey Porcupine Slider	Sausage	Egg Salad Sandwich	Beef Meatballs	Tortilla Chicken Roll Up

NOTE

MILK: Age 1 serve whole milk
Age 2-18 serve 1% or Fat-free milk

KEY

Recipe Provided
 Slow Cooker Recipe

Whole Grain-Rich
Dark Green Veggies
Red Veggies

Orange Veggies
Legumes

WEEK
3

Fall/Winter Menu Cycle

OCTOBER - MARCH

	MEAL PATTERN	MINIMUM SERVING SIZE BY AGE GROUP				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1-2	3-5	6-12	13-18	1	2	3	4	5	6	7
BREAKFAST	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	Peach Slices	Blueberries	Kiwi Slices	Salsa 📄	Pear slices	Yogurt Berry Parfait 📄	Raisins & Apple Slices
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	Waffles	Cold Cereal	Bagel	WG Tortilla	WG Toast	Cheerios	Oatmeal
	Meat/Meat Alternate								Egg & Cheese Burrito 📄	Peanut Butter	Yogurt in Parfait	
LUNCH	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Mixed Fruit	Mandarin Oranges	Grapes	Honeydew Cubes	Apricot Halves	Pineapple Chunks	Pear Slices
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Beet Slices	Kale Chips 📄	Asparagus	Red Monster Soup 📄	Green Garden Salad 📄	Carrots Diced	Broccoli
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Crackers	WG Bread	WG Toast	WG Bread	WG Tortilla	Brown Rice	WG Dinner Roll
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Lentils of the Southwest 📄	PB&J Sandwich w/Cheese Stick 📄	Hard Boiled Egg	Toasted Cheese Sandwich 📄	Tortilla Chicken Roll Up 📄	Stir-Fry - Rice, Eggs, and Ham 📄	Chicken Nuggets 📄
SNACK	Milk	½ cup	½ cup	1 cup	1 cup	Whole, 1% or Fat-free						
	Fruit	½ cup	½ cup	¾ cup	¾ cup					Frozen Orange Juice Cup	Apples Rings & Raisins	
	Vegetable	½ cup	½ cup	¾ cup	¾ cup	Baked Sweet Potatoes & Apples 📄	Three Bean Salad 📄	Carrot Sticks	Lettuce			Cherry Tomatoes
	Grains/Bread	½ serv	½ serv	1 serv	1 serv		WG Soft Pita			WG Loaded Muffins 📄		
	Meat/Meat Alternate	½ oz	½ oz	1 oz	1 oz			Superhero Hummus 📄	Turkey Roast Wrap		Peanut Butter	Cottage Cheese
	Beverage					Water	Water	Water	Water	Water	Water	Water
SUPPER	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Orange Wedges	Cantaloupe Cubes	Peach Slices	Grapes	Mixed Berries	Honeydew Cubes	Tropical Fruit
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Green Garden Salad 📄	Green Beans	Peas	Broccoli	Vegetables in Stew	Sugar Snap Peas 📄	Green Garden Salad 📄
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Lasagna Noodles	WG Dinner Roll	WG Pizza Crust 📄	Brown Rice	Corn Bread 📄	Whole Corn Taco Shell	WG Roll
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Lasagna w/Ground Beef 📄	Basic Baked Chicken 📄	Cheese Pizza 📄	Tilapia w/Parmesan Crust 📄	Beef Vegetable Stew 📄🔥	Chicken Taco 📄	BBQ Pork on a Roll 📄🔥



MILK: Age 1 serve whole milk
Age 2-18 serve 1% or Fat-free milk



📄 Recipe Provided
🔥 Slow Cooker Recipe

Whole Grain-Rich
Dark Green Veggies
Red Veggies

Orange Veggies
Legumes

Spring/Summer Menu Cycle

APRIL - SEPTEMBER

	MEAL PATTERN	MINIMUM SERVING SIZE BY AGE GROUP				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1-2	3-5	6-12	13-18	1	2	3	4	5	6	7
BREAKFAST	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit/Vegetable	¼ cup	½ cup	½ cup	½ cup	Peach Slices	Blueberries	Kiwi Slices	Salsa 📄	Raspberries	Yogurt Berry Parfait 📄	Raisins & Plum Slices
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	Waffles	Cold Cereal	Bagel	WG Tortilla	WG Toast	Cheerios	Oatmeal
	Meat/Meat Alternate								Egg and Cheese Burrito 📄	Peanut Butter	Yogurt in Parfait	
LUNCH	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Cherries	Honeydew Cubes	Grapes	Mandarin Oranges	Nectarine Slices	Pineapple Chunks	Pear Slices
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Corn	Kale Chips 📄	Asparagus	Cucumber Sticks	Green Garden Salad 📄	Carrots Diced	Broccoli
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	WG Crackers	WG Bread	WG Toast	WG Bread	WG Tortilla	Brown Rice	WG Dinner Roll
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Lentils of the Southwest 📄	PB&J Sandwich w/Cheese Stick 📄	Hard Boiled Egg	Toasted Cheese Sandwich 📄	Tortilla Chicken Roll Up 📄	Stir-Fry - Rice, Eggs, and Ham 📄	Chicken Nuggets 📄
SNACK	Milk	½ cup	½ cup	1 cup	1 cup	Whole, 1% or Fat-free						
	Fruit	½ cup	½ cup	¾ cup	¾ cup					Frozen Orange Juice Cup	Apples Rings & Raisins	
	Vegetable	½ cup	½ cup	¾ cup	¾ cup	Baked Sweet Potatoes & Apples 📄	Three Bean Salad 📄	Carrot Sticks	Lettuce			Cherry Tomatoes
	Grains/Bread	½ serv	½ serv	1 serv	1 serv		WG Soft Pita			WG Loaded Muffins 📄		
	Meat/Meat Alternate	½ oz	½ oz	1 oz	1 oz			Superhero Hummus 📄	Turkey Roast Wrap		Peanut Butter	Cottage Cheese
	Beverage					Water	Water	Water	Water	Water	Water	Water
SUPPER	Milk	½ cup	¾ cup	1 cup	1 cup	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free	Whole, 1% or Fat-free
	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup	Grapes	Cantaloupe Cubes	Peach Slices	Pluot	Mixed Berries	Watermelon Wedges	Mango Slices
	Vegetable	⅛ cup	¼ cup	½ cup	½ cup	Broccoli	Green Beans	Peas	Romaine Salad Greens	Celery Sticks	Sugar Snap Peas	Garden Salad 📄
	Grains/Bread	½ serv	½ serv	1 serv	1 serv	Brown Rice	WG Dinner Roll	WG Pizza Crust 📄	Roll	Noodles	Whole Corn Taco Shell	WG Roll
	Meat/Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	Tilapia w/Parmesan Crust 📄	Basic Baked Chicken 📄	Cheese Pizza 📄	Chicken Caesar Salad 📄	Hamburger Beef Soup 📄	Chicken Taco 📄	BBQ Pork on a Roll 📄🔄

NOTE MILK: Age 1 serve whole milk
Age 2-18 serve 1% or Fat-free milk

KEY 📄 Recipe Provided
🔄 Slow Cooker Recipe

Whole Grain-Rich
Dark Green Veggies
Red Veggies

Orange Veggies
Legumes

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Washington, D.C. 20250-9410;
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- (3) email: program.intake@usda.gov

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IDAHO CACFP

MENU

TOOLKIT

Recipes

Baked Flakey Chicken Strips

Recipe Revised From:
Cooking Matters

HACCP Process:
Same day service

Serving Size:
1 chicken strip

CACFP Crediting

1 chicken strip

Meat/Meat Alt:
1 ½ oz eq

Serving Size per Age Group

Ages 1-2:
1 strip

Ages 3-5:
1 strip

Ages 6-12, 13-18:
2 strips

INGREDIENTS

Chicken breast, boneless, skinless
Cornflake cereal
Whole wheat flour
Salt
Pepper
Egg(s)
Nonfat milk
Cooking spray

DIRECTIONS

5 Servings Yield: 5 strips		25 Servings Yield: 25 strips	
WEIGHT	VOLUME	WEIGHT	VOLUME
10 ¾ oz		3 lbs 4 oz	
	1 cup 1 ½ tsp		1 qt 1 ¼ cups
	1 Tbsp 2 ⅛ tsp		½ cup 1 ½ tsp
	⅛ tsp		1 tsp
	⅛ tsp		½ tsp
	1 medium		3 large
	1 Tbsp 1 ¾ tsp		½ cup
	As needed		As needed

1. Preheat oven to 375°F.
2. Trim any excess fat from chicken breasts and cut into 2.05 oz strips.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt, and pepper.
5. In a third medium bowl, add eggs, and milk. Beat with a fork until combined.
6. Dip each chicken strip into flour, then the egg mixture, then the cornflakes. Each piece should be fully coated with flakes.
7. Coat baking sheet with cooking spray. Place chicken strips on baking sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake until internal temperature reaches 165°F, about 20-25 minutes.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Baked Sweet Potatoes & Apples

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
½ cup

CACFP Crediting

½ cup serving

Vegetable:
½ cup

Serving Size per Age Group

Ages 1-2:
½ cup

Ages 3-5:
½ cup

Ages 6-12, 13-18:
¾ cup

INGREDIENTS

Cooking spray
Sweet potatoes,
cut, canned and drained
Apple slices,
canned and drained
Brown sugar, packed
Cinnamon, ground
Nutmeg, ground
Margarine (no trans-fat) or butter
Water

DIRECTIONS

5 Servings Yield: 2 ½ cups		25 Servings Yield: 12 ½ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
	As needed		As needed
	3 cups		3 qts 3 cups
	¾ cup		3 ¾ cups
	2 Tbsp		½ cup
	⅛ tsp		½ tsp
	⅛ tsp		½ tsp
	2 tsp		3 Tbsp
	1 Tbsp 1 tsp		⅓ cup 2 tsp

- For 5 servings use an 8" x 8" x 2" pan, for 25 servings use a 9" x 13" x 2" pan. Lightly coat the pan with cooking spray.
- Evenly spread the cut sweet potatoes in the pan.
- Dice the apple slices and evenly spread over the sweet potatoes in the pan.
- Combine brown sugar, cinnamon, and nutmeg.
- Sprinkle sugar mixture over apples in pan.
- Dot sugar mixture in pan with margarine or butter.
- Add water to pan.
- Bake until internal temperature reaches 165°F:
Conventional oven: 350°F for 25-30 minutes
Convection oven: 300°F for 15-20 minutes

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Baked Whole Grain Pita Chips

Recipe Revised From:
Friends of Children
& Families

HACCP Process:
No cook

Serving Size:
¼ of pita bread
(2 wedges each)

CACFP Crediting

¼ pita (2 wedges)

Grain:
½ oz eq

Serving Size per Age Group

Ages 1-2:
¼ pita (2 wedges)

Ages 3-5:
¼ pita (2 wedges)

Ages 6-12, 13-18:
½ pita (4 wedges)

INGREDIENTS

Olive oil
Table salt
Black pepper
Garlic powder
Basil, fresh
Oregano, dried, ground
Pita bread, whole grain-rich
(2 oz per 1 pita)

DIRECTIONS

5 Servings Yield: 10 wedges		25 Servings Yield: 50 wedges	
WEIGHT	VOLUME	WEIGHT	VOLUME
	½ cup 1 ½ tsp		3 cups
	¾ tsp		2 tsp
	⅛ tsp		1 tsp
	⅛ tsp		1 tsp
	⅛ tsp		1 tsp
	⅛ tsp		1 tsp
2 ½ oz	1 ¼ each	12 ½ oz	6 ¼ each

1. Preheat oven to 350°F.
2. Place parchment paper on sheet pan.
3. Measure oil into mixing bowl and add in all ingredients, except pita bread. Stir with a fork.
4. Lightly brush the oil and spice mixture onto pita bread.
5. Cut the pita bread into 8 wedges and place them onto the lined sheet pan.
6. Bake for 5 minutes.

Note: Do not over bake or they become too hard.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Barbecued Pork on a Roll

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
½ sandwich

CACFP Crediting

½ sandwich

Meat/Meat Alt:
1 ½ oz eq

Grain:
½ oz eq

Serving Size per Age Group

Ages 1-2:
½ sandwich

Ages 3-5:
½ sandwich

Ages 6-12, 13-18:
1 sandwich (2 halves)

INGREDIENTS

Pork loin boneless roast
Black pepper
Garlic powder
Vegetable oil
Beef broth
Prepared barbecue sauce
Whole grain sandwich rolls, sliced
(at least 1 oz each)

DIRECTIONS

5 Servings Yield: 2 ½ sandwiches		25 Servings Yield: 12 ½ sandwiches	
WEIGHT	VOLUME	WEIGHT	VOLUME
12 ⅞ oz		4 lbs	
	1/16 tsp		¼ tsp
	¼ tsp		1 ¼ tsp
	½ Tbsp		2 ½ Tbsp
	1 ½ cups		1 qt 3 ½ cups
	¼ cup 1 Tbsp		1 ½ cups 1 Tbsp
	2 ½ rolls		12 ½ rolls

- Season pork with pepper and garlic powder.
- Drizzle oil in large stockpot, on medium-high heat. When pan is hot add pork loin and quickly brown on all sides.
- Transfer pork to roasting pan. Add beef broth to roasting pan so it comes up nearly to the top of the pork.
- Bake until internal temperature reaches 145°F:
Conventional oven: 325°F for 3 hours.
Convection oven: 305°F for 2 ½ hours.
- With tongs, remove pork from liquid.
- On a cutting board, using tongs and a fork, gently shred pork.
- Using a #10 scoop (⅔ cup), put pork on bottom ½ of roll.
- Top with 1 Tbsp prepared barbecue sauce and add other ½ of roll to sandwich. Cut sandwich in half.

Slow cooker variation: Follow step #1 and

- Add pork to slow cooker and season with pepper and garlic powder. No oil is needed.
- Add beef broth to come up nearly to the top of pork.
- Cook on high for 4-6 hours.
- Follow steps 5-8 above to prepare sandwiches.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = ¾ lb = 0.750 lb
8 oz = ½ lb = 0.500 lb
4 oz = ¼ lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Basic Baked Beans

NOTES



Basic Baked Beans

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
¼ cup

CACFP Crediting

¼ cup

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
⅛ cup

Ages 3-5:
¼ cup

Ages 6-12, 13-18:
½ cup

INGREDIENTS

Vegetable oil
Fresh onion, chopped
Low-sodium vegetarian baked beans
Mustard, plain yellow
Catsup
Brown sugar, packed

DIRECTIONS

5 Servings Yield: 1 ¼ cups		25 Servings Yield: 1 qt 2 ¼ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
	1 ⅝ tsp		2 Tbsp 2 ⅜ tsp
	½ medium		2 ⅛ medium
13 oz		4 lbs ⅝ oz	
	1 ⅝ tsp		2 Tbsp 2 ⅜ tsp
	1 ⅝ tsp		2 Tbsp 2 ⅜ tsp
	3 Tbsp 1 tsp		1 cup ½ Tbsp

1. In a skillet, heat oil and cook onions until tender.
2. Add in vegetarian baked beans.
3. Add mustard, catsup, and brown sugar. Stir.
4. Heat for 2 to 3 minutes over medium heat until temperature reaches 165°F. Serve.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Basic Baked Chicken

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 thigh piece

CACFP Crediting

1 thigh piece

Meat/Meat Alt:
1 ½ oz eq

Serving Size per Age Group

Ages 1-2:
1 thigh piece

Ages 3-5:
1 thigh piece

Ages 6-12, 13-18:
2 thigh pieces

INGREDIENTS

Chicken thigh, with bone, with skin
(at least 4.0 oz each)

Garlic powder
Black pepper
Salt

DIRECTIONS

5 Servings Yield: 5 thighs		25 Servings Yield: 25 thighs	
WEIGHT	VOLUME	WEIGHT	VOLUME
1 lb 4 oz		6 lbs 4 oz	
	1 tsp		1 Tbsp 2 tsp
	1 tsp		1 Tbsp 2 tsp
	½ tsp		2 ½ tsp

1. Place thawed chicken thighs into pan(s). For 5 servings use an 8" x 8" x 2" pan, for 25 servings use two 9" x 13" x 2" pans.
2. Cover chicken with garlic powder, pepper, and salt.
3. Bake until golden brown and internal temperature of chicken reaches 165° F:
Conventional oven: 425° F for 30 minutes
Convection oven: 325° F for 30 minutes

Note: Be sure that the thermometer is not touching the bone when taking the temperature of the poultry.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Bean Taco

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
2 tacos

CACFP Crediting

2 tacos

Meat/Meat Alt:
3 oz eq

Grain:
1 oz eq

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
1 taco

Ages 3-5:
1 taco

Ages 6-12, 13-18:
2 tacos

INGREDIENTS

Canned pinto beans
Fresh onions, chopped OR
Dehydrated onions
Granulated garlic
Pepper
Canned tomato paste
Water
Chili powder
Ground cumin
Paprika
Onion powder
Reduced fat cheddar cheese, shredded
Fresh tomatoes, diced
Fresh iceberg lettuce, shredded
Whole corn taco shells
(at least 0.5 oz each)

DIRECTIONS

5 Servings Yield: 10 tacos		25 Servings Yield: 50 tacos	
WEIGHT	VOLUME	WEIGHT	VOLUME
1 lb 8 oz		7 lb 8 oz	
½ oz	1 Tbsp OR 2 ⅜ tsp	2 ½ oz	¼ cup 1 Tbsp OR ¼ cup
	⅜ tsp		2 ¼ tsp
	⅛ tsp		1 tsp
1 ⅜ oz	2 ½ Tbsp	7 oz	¾ cup ½ Tbsp
	⅓ cup 1 Tbsp		2 cups
	⅝ tsp		1 Tbsp
	⅜ tsp		2 ¼ tsp
	⅛ tsp		¾ tsp
	⅛ tsp		¾ tsp
10 oz		3 lb 2 oz	
2 ⅛ oz	¼ cup 1 ¼ tsp	10 ½ oz	1 ⅓ cups ½ Tbsp
4 oz	1 ¾ cups ½ Tbsp	1 lb 3 ½ oz	2 qts 1 cup
	10 each		50 each

1. Heat pinto beans in pan on medium heat for 3 minutes. Drain liquid and puree beans to a smooth consistency.
2. Add onions, garlic, pepper, tomato paste, water, and seasonings to pureed beans in pan. Blend well. Bring bean mixture to a boil. Reduce heat and simmer until temperature reaches 165°F, about 25-30 minutes. Stir periodically.
3. Topping: Reserve cheese in bowl for later. Combine tomatoes and lettuce in bowl. Toss lightly and reserve for later.
4. Before serving, fill each taco shell with a #16 scoop (¼ cup) of bean mixture, 3 Tbsp lettuce and tomato mixture, and ½ oz (⅛ cup) shredded cheese.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Beef Meatballs

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
2 Meatballs

CACFP Crediting

2 meatballs

Meat/Meat Alt:
2 oz eq

Grain:
½ oz eq

Serving Size per Age Group

Ages 1-2:
1 meatball

Ages 3-5:
2 meatballs

Ages 6-12, 13-18:
2 meatballs

INGREDIENTS

Canned tomato paste			
Water			
Beef broth			
Frozen whole eggs thawed OR Fresh large egg(s)	7/8 oz	2 Tbsp OR 1 medium	
Rolled oats	1 5/8 oz	1/2 cup 1 1/2 Tbsp	
Instant nonfat dry milk		1 Tbsp 1 1/8 tsp	
Raw ground beef (no more than 20% fat)	12 5/8 oz		
Fresh onions, chopped OR Dehydrated onions	1 oz	2 Tbsp 1 1/8 tsp OR 1 3/4 tsp	
Fresh celery, chopped	1 5/8 oz	1/3 cup 2 tsp	
Dried parsley		5/8 tsp	
Black pepper		1/8 tsp	
Granulated garlic		1/8 tsp	
Dried basil		1/8 tsp	
Dried oregano		1/8 tsp	
Dried marjoram		1/16 tsp	
Dried thyme		1/16 tsp	

DIRECTIONS

- In a mixer with a paddle attachment, combine tomato paste, water, broth, eggs, oats, and dry milk. Mix for 2 minutes on medium speed.
- Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, and thyme to mixer. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
- Portion meatballs with level #20 scoop (1/4 cup) onto rimmed baking sheet. Twenty Five (25) meat balls will fit onto one large baking sheet.
- Bake until meatballs reach 160°F:
Conventional oven: 325°F for 1 hour
Convection oven: 275°F for 50 minutes
- Drain fat from pan(s) and serve meatballs either alone as the main dish, or over pasta or mashed potatoes.

5 Servings Yield: 10 meatballs		25 Servings Yield: 50 meatballs	
WEIGHT	VOLUME	WEIGHT	VOLUME
5/8 oz	1 Tbsp 1 tsp	3 oz	1/3 cup
	1 Tbsp 1 3/4 tsp		1/2 cup
	3 Tbsp 5/8 tsp		1 cup
7/8 oz	2 Tbsp OR 1 medium	4 oz	1/2 cup OR 3 large
1 5/8 oz	1/2 cup 1 1/2 Tbsp	8 oz	3/4 cup 1/2 Tbsp
	1 Tbsp 1 1/8 tsp		3 cups
12 5/8 oz		3 lbs 15 oz	
1 oz	2 Tbsp 1 1/8 tsp OR 1 3/4 tsp	4 1/2 oz	3/4 cup OR 3 Tbsp
1 5/8 oz	1/3 cup 2 tsp	8 oz	1 3/4 cups 2 Tbsp
	5/8 tsp		1 Tbsp
	1/8 tsp		1/2 tsp
	1/8 tsp		3/4 tsp
	1/8 tsp		1/4 tsp
	1/8 tsp		1/4 tsp
	1/16 tsp		1/8 tsp
	1/16 tsp		1/8 tsp

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125	5/8 = 0.625
1/4 = 0.250	2/3 = 0.666
1/3 = 0.333	3/4 = 0.750
3/8 = 0.375	7/8 = 0.875
1/2 = 0.500	

★ Weight Equivalent Key ★

16 oz = 1 lb	= 1.000 lb
12 oz = 3/4 lb	= 0.750 lb
8 oz = 1/2 lb	= 0.500 lb
4 oz = 1/4 lb	= 0.250 lb
1 oz = 1/16 lb	= 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Beef Patty with Cheese on a Roll

NOTES



Beef Patty with Cheese on a Roll

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 sandwich

CACFP Crediting

1 sandwich

Meat/Meat Alt:
2 oz eq

Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
½ sandwich

Ages 3-5:
1 sandwich

Ages 6-12, 13-18:
1 sandwich

INGREDIENTS

Raw ground beef
(no more than 20% fat)

Catsup

Black pepper

Cooking spray

Medium white cheddar cheese

Whole grain-rich roll
(1 oz each)

DIRECTIONS

5 Servings Yield: 5 sandwiches		25 Servings Yield: 25 sandwiches	
WEIGHT	VOLUME	WEIGHT	VOLUME
11 ¼ oz		3 lbs 8 oz	
	1 ⅞ tsp		3 Tbsp ⅜ tsp
	½ tsp		2 ⅜ tsp
	As needed		As needed
2 ½ oz		12 ½ oz	
	5 each		25 each

- Mix ground beef, catsup, and pepper together in a large bowl.
- Form mixture into palm-size patties (2.24 oz each).
- Spray skillet with cooking spray.
- Cook patties on medium-high heat in skillet until brown on both sides and internal temperature reaches 160°F; takes about 10 minutes. Add ½ oz slice of cheese on each patty in skillet and melt. Remove patties from skillet.
- Serve on whole grain rolls.
- If desired, serve with lettuce, sliced tomatoes, red onions, and condiments.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Beef Sloppy Joe on a Roll

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 sandwich

CACFP Crediting

1 sandwich
Meat/Meat Alt:
2 oz eq
Grain:
2 oz eq
Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
½ sandwich

Ages 3-5:
1 sandwich

Ages 6-12, 13-18:
1 sandwich

INGREDIENTS

Raw ground beef
(no more than 20% fat)

Fresh onions OR
Dehydrated onions

Granulated garlic

Canned tomato paste

Catsup

Water

White vinegar

Dry mustard

Black pepper

Brown sugar, packed

Whole grain-rich rolls
(at least 2 oz each)

DIRECTIONS

1. Brown ground beef. Drain.
2. Add onions and garlic to cooked ground beef. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer until temperature reaches 160°F, about 25-30 minutes.
3. Portion with a #12 scoop (⅓ cup) onto the bottom half of each roll. Cover with the top half of the roll and serve.

5 Servings Yield: 5 sandwiches		25 Servings Yield: 25 sandwiches	
WEIGHT	VOLUME	WEIGHT	VOLUME
13 ⅞ oz		4 lb 5 oz	
1 oz	2 Tbsp 2 ⅜ tsp OR 1 Tbsp 1 ⅛ tsp	5 oz	¾ cup 2 Tbsp OR ¼ cup 3 Tbsp
	¼ tsp		½ Tbsp
2 ⅞ oz	¼ cup 1 Tbsp	14 oz	1 ½ cups 1 Tbsp
3 oz	¼ cup 2 ⅜ tsp	15 oz	1 ½ cups
	3 Tbsp ⅝ tsp		1 cup
	1 Tbsp 2 ⅜ tsp		½ cup 1 Tbsp
	⅝ tsp		1 Tbsp
	⅛ tsp		½ tsp
	1 ¾ tsp		3 Tbsp
	5 each		25 each

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Beef Vegetable Stew

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 cup

CACFP Crediting

1 cup

Meat/Meat Alt:
2 oz eq

Vegetable:
½ cup

Serving Size per Age Group

Ages 1-2:
½ cup

Ages 3-5:
¾ cup

Ages 6-12, 13-18:
1 cup

INGREDIENTS

Raw beef stew meat,
trimmed of any fat, 1" cubes

Vegetable oil

Fresh onions OR
Dehydrated onions

Enriched all-purpose flour

Granulated garlic

Paprika

Black pepper

Dried thyme

Water or beef broth

Canned sliced carrots, drained

Canned small whole potatoes, drained

Canned green peas, drained

DIRECTIONS

1. In pan, brown beef cubes in oil. Drain.
2. Add onions, flour, garlic, paprika, pepper, and thyme to beef cubes. Cook 5 minutes.
3. Add water or broth. Bring to a boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.
4. Add carrots, potatoes, and peas. Cook until vegetables are heated through and internal temperature reaches 145°F, approximately 15 minutes.

Slow cooker variation: Add beef cubes, onions, garlic, paprika, pepper, thyme, and beef broth to slow cooker. Cook on high for 6-7 hours. Whisk flour with ¼ cup water in a small bowl until there are no lumps. Add flour mixture to slow cooker. Stir gently to distribute. Add carrots, potatoes, and peas. Cook an additional 30 minutes.

5 Servings Yield: 5 1-cup		25 Servings Yield: 25 1-cup	
WEIGHT	VOLUME	WEIGHT	VOLUME
1 lb ¾ oz		5 lbs 2 oz	
	2 ¾ tsp		¼ cup
1 ⅝ oz	¼ cup ¾ tsp OR 2 Tbsp 1 ⅛ tsp	8 oz	1 ⅓ cups OR ¾ cup
	¼ cup 1 ¼ tsp		1 ¼ cups 2 Tbsp
1 ¼ oz	3/8 tsp	6 oz	2 ¼ tsp
	¼ tsp		½ Tbsp
	⅛ tsp		¾ tsp
	⅛ tsp		½ tsp
	2 ⅓ cups 1 Tbsp		3 qts
7 oz	1 cup	2 lb 3 oz	1 qt 1 cup
5 ⅝ oz	½ cup 1 ½ Tbsp	1 lb 12 oz	3 cups
5 ¼ oz	¾ cup 2 ½ Tbsp	1 lb 10 oz	1 qt ½ cup

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Chicken Alfredo with a Twist

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 cup

CACFP Crediting

1 cup

Meat/Meat Alt:
2¼ oz eq

Grain:
1¼ oz eq

Serving Size per Age Group

Ages 1-2:
½ cup

Ages 3-5:
¾ cup

Ages 6-12, 13-18:
1 cup

INGREDIENTS

Water
Rotini Pasta, whole-grain dry
Cream of chicken soup
(low-fat, reduced sodium), condensed
Fat-free half and half
Ground white pepper
Garlic powder
Parmesan cheese, grated
Frozen, cooked diced chicken,
thawed, ½ pieces

DIRECTIONS

5 Servings Yield: 2 lb ⅝ oz, 1 qt 1 cup		25 Servings Yield: 13 lb, 1 gal 2 qts	
WEIGHT	VOLUME	WEIGHT	VOLUME
	2 qts 1 ½ cups		3 gallons
6 ⅜ oz	2 ¼ cups	2 lbs	2 qts 2 ¾ cups
15 oz	1 ¾ cups 2 Tbsp	4 lb 11 oz	2 qts 1 ½ cups
	1 ⅛ cups 1 Tbsp		1 qt 2 cups
	⅛ tsp		1 tsp
	⅛ tsp		½ tsp
1 ¾ oz	½ cup 1 ½ Tbsp	8.5 oz	3 cups
10 ⅜ oz	2 ⅛ cups	3 lb 4 oz	2 qts 2 ½ cups

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.
3. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken in pan. Cook over medium heat, stirring often until temperature reaches 165°F, about 5-10 minutes.
4. Combine noodles and sauce just before serving.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Chicken Caesar Salad

NOTES



Chicken Caesar Salad

Recipe Revised From:
Idaho State Department
of Education

HACCP Process:
Same day service

Serving Size:
1 salad

CACFP Crediting

1 salad

Meat/Meat Alt:
2 oz eq

Vegetable:
½ cup

Serving Size per Age Group

Ages 1-2:
½ salad

Ages 3-5:
1 salad

Ages 6-12, 13-18:
1 salad

INGREDIENTS

Chicken breast,
boneless, skinless

Salt

Pepper

Cooking Spray

Romaine lettuce, trimmed and cut into
pieces

Parmesan cheese

Caesar salad dressing

Croutons

DIRECTIONS

1. Preheat oven to 375°F.
2. Trim any excess fat for chicken breasts. Cut chicken breasts into strips.
3. Sprinkle chicken strips with salt and pepper.
4. Coat baking sheet with cooking spray. Place chicken strips on baking sheet, evenly spaced. Spray pieces lightly with cooking spray.
5. Bake until internal temperature reaches 165°F, about 20-25 minutes. Dice chicken.
6. Wash and cut romaine lettuce into pieces.
7. In a large bowl just before service, toss lettuce, Parmesan cheese, salad dressing, and croutons.

Note: Salad serving is 1 cup lettuce mixture with 2 ounces of diced chicken served on top.

5 Servings Yield: 5 salads		25 Servings Yield: 25 salads	
WEIGHT	VOLUME	WEIGHT	VOLUME
14 oz		4 lbs 6 oz	
	1/8 tsp		1 tsp
	1/8 tsp		1/2 tsp
As needed		As needed	
10 1/2 oz	1 qt 1 cup	3 lbs 4 oz	6 qt 1 cup
	6 1/2 Tbsp		2 cups
	5/8 cup		3 cups
	1/4 cup 1 Tbsp		1 5/8 cup

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
 1/4 = 0.250 2/3 = 0.666
 1/3 = 0.333 3/4 = 0.750
 3/8 = 0.375 7/8 = 0.875
 1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
 12 oz = 3/4 lb = 0.750 lb
 8 oz = 1/2 lb = 0.500 lb
 4 oz = 1/4 lb = 0.250 lb
 1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
 1 Tbsp = 3 tsp
 1/8 cup = 2 Tbsp
 1/4 cup = 4 Tbsp
 1/3 cup = 5 Tbsp + 1 tsp
 3/8 cup = 6 Tbsp
 1/2 cup = 8 Tbsp
 5/8 cup = 10 Tbsp
 2/3 cup = 10 Tbsp + 2 tsp
 3/4 cup = 12 Tbsp
 7/8 cup = 14 Tbsp
 1 cup = 16 Tbsp
 1/2 pint = 1 cup
 1 pint = 2 cups
 1 quart = 2 pt
 1 gallon = 4 qt

Chicken Noodle Soup

NOTES



A white rectangular area with a dashed border, containing ten horizontal lines for writing notes.

Chicken Noodle Soup

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 cup

CACFP Crediting

1 cup

Meat/Meat Alt:
1 oz eq

Grain:
½ oz eq

Serving Size per Age Group

Ages 1-2:
1 cup

Ages 3-5:
1½ cups

Ages 6-12, 13-18:
2 cups

INGREDIENTS

Chicken stock/broth
Celery, chopped
Carrots, chopped
Onions chopped OR
Dehydrated onions
Dried parsley
Ground pepper
Poultry seasoning
Enriched medium egg noodles
Cooked chicken, chopped

DIRECTIONS

5 Servings Yield: 1 qt 1 cup		25 Servings Yield: 6 qt 1 cup	
WEIGHT	VOLUME	WEIGHT	VOLUME
	1 qt 2 cups		7 qts 2 cups
2 ½ oz	½ cup 1 ½ Tbs	12 oz	3 cups
1 ¼ oz	¼ cup 2 ¼ tsp	6 oz	1 ½ cups
1 ¼ oz	3 Tbsp ½ tsp OR ¼ tsp	6 oz	1 cup OR 1 ½ tsp
	1 ¼ tsp		2 Tbsp
	¼ tsp		½ tsp
	¼ tsp		½ tsp
2 ¼ oz	1 ½ cup 1 Tbsp	11 oz	2 qt
5 ¼ oz		1 lb 10 oz	

1. In a heavy pot, combine stock/broth, celery, carrots, onions, parsley, pepper, and poultry seasoning. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
2. Add noodles and cooked chicken. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender and internal temperature of chicken reaches 165°F.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Chicken Nuggets

NOTES



Chicken Nuggets

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
2 nuggets

CACFP Crediting

2 nuggets

Meat/Meat Alt:
1½ oz eq

Serving Size per Age Group

Ages 1-2:
2 nuggets

Ages 3-5:
2 nuggets

Ages 6-12, 13-18:
3 nuggets

INGREDIENTS

Enriched dry bread crumbs
Salt
Ground pepper
Raw boneless, skinless chicken
Low-fat plain yogurt OR
Low-fat mayonnaise
Cooking spray

DIRECTIONS

1. In a small bowl, combine the bread crumbs, salt, and pepper. Reserve for step 3.
2. In another bowl, coat the chicken with the yogurt OR the low-fat mayonnaise.
3. Cut chicken into 1.1 oz pieces. Roll the chicken pieces in the bread crumb mixture to coat.
4. Place chicken in a single layer on a half-sheet pan (13" x 18" x 1") which has been lightly coated with cooking spray.
5. Bake until internal temperature reaches 165°F:
Conventional oven: 500°F for 13-17 minutes.
Convection oven: 450°F for 12-15 minutes.

5 Servings Yield: 10 nuggets; 7 5/8 oz		25 Servings Yield: 50 nuggets; 2 lb 6 oz	
WEIGHT	VOLUME	WEIGHT	VOLUME
7/8 oz	2 Tbsp 1 1/8 tsp	4 oz	3/4 Cup
	1/4 tsp		1/2 Tbsp
	1/8 tsp		1/2 tsp
11 oz	10 pieces	3 lbs 7 oz	50 pieces
	1 Tbsp 1/8 tsp		1/3 Cup
	As needed		As needed

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = 3/4 lb = 0.750 lb
8 oz = 1/2 lb = 0.500 lb
4 oz = 1/4 lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Chicken Taco

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 taco

CACFP Crediting

1 taco

Meat/Meat Alt:
1½ oz eq

Grain:
½ oz eq

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
1 taco

Ages 3-5:
1 taco

Ages 6-12, 13-18:
2 tacos

INGREDIENTS

Chicken breast, boneless, skinless
Fresh onions, chopped OR
Dehydrated onions
Granulated garlic
Black pepper
Canned tomato paste
Water
Chili powder
Ground cumin
Paprika
Onion powder
Reduced fat cheddar cheese, shredded
Fresh tomatoes, diced
Fresh lettuce, shredded
Whole corn taco shells
(at least 0.5 oz each)

DIRECTIONS

5 Servings Yield: 5 tacos		25 Servings Yield: 25 tacos	
WEIGHT	VOLUME	WEIGHT	VOLUME
7 ¼ oz		2 lb 4 oz	
¼ oz OR 1/16 oz	½ Tbsp OR 1 ¼ tsp	1 ¼ oz OR ¼ oz	2 ½ Tbsp OR ½ cup
	¼ tsp		1 ⅛ tsp
	1/16 tsp		½ tsp
¾ oz	1 ¼ Tbsp	3 ½ oz	¾ cup ¼ Tbsp
	¼ cup ¾ Tbsp		1 ½ cups
	⅓ tsp		½ Tbsp
	¼ tsp		1 ⅛ tsp
	1/16 tsp		¾ tsp
	1/16 tsp		¾ tsp
2 ½ oz	¾ cup	12 ½ oz	3 ¼ cups
1 1/16 oz	2 ¼ Tbsp	5 ¼ oz	¾ cup 1 tsp
2 oz	1 cup	9 ¾ oz	1 qt ½ cup
	5 each		25 each

1. Cook chicken to 165°F and chop.
2. In a pot add onions, garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to a boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.
3. Add in chicken to pot and heat thoroughly.

4. Topping: Reserve cheese in bowl for later. Combine tomatoes and lettuce in bowl. Toss lightly and reserve for later.

Note: Before serving, fill each taco shell with a #30 scoop (2 Tbsp) of meat mixture. Serve each taco with 3 packed Tbsp lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = ¾ lb = 0.750 lb
8 oz = ½ lb = 0.500 lb
4 oz = ¼ lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Cornbread

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 piece

CACFP Crediting

1 piece

Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
½ piece

Ages 3-5:
½ piece

Ages 6-12, 13-18:
1 piece

INGREDIENTS

Whole wheat flour
Yellow cornmeal, enriched
Granulated sugar
Baking powder
Salt
Egg(s)
Milk, nonfat, dry
Vegetable oil
Cooking spray

DIRECTIONS

5 Servings Yield: 5 pieces		25 Servings Yield: 25 pieces	
WEIGHT	VOLUME	WEIGHT	VOLUME
1 ⅝ oz		8 oz	
1 ⅝ oz		8 oz	
½ oz		2 ⅝ oz	
	¾ tsp		1 Tbsp 1 tsp
	⅛ tsp		⅝ tsp
	1 small		2 medium
	¼ cup 1 Tbsp		1 ¾ cups 2 Tbsp
	2 ⅜ tsp		¼ cup
	As needed		As needed

- Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
- Mix eggs, dry milk, and oil in bowl. Add egg mixture to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. Batter will be lumpy. DO NOT OVERMIX.
- For 25 servings, pour batter into 9" x 13" x 2" pan that has been coated with cooking spray.
- For smaller groups, pour batter into muffin tins lined with paper cups that have been lightly coated with cooking spray.
- Bake until lightly browned.
Conventional oven: 400°F for 30-35 minutes
Convection oven: 350°F for 20-25 minutes
Muffins cook for 10 minutes
- Allow corn bread to cool in pan before cutting into 25 pieces (5 x 5).

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Creamy Cole Slaw

NOTES



Creamy Cole Slaw

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
1/4 cup

CACFP Crediting

1/4 cup

Vegetable:
1/4 cup

Serving Size per Age Group

Ages 1-2:
1/8 cup

Ages 3-5:
1/4 cup

Ages 6-12, 13-18:
1/2 cup

INGREDIENTS

Fresh cabbage, coarsely chopped
Fresh carrots, finely shredded
Reduced calorie salad dressing OR
Low-fat mayonnaise
Sugar
Celery seed
Dry mustard
White vinegar

DIRECTIONS

5 Servings Yield: 1 1/4 cups		25 Servings Yield: 1 Qt 2 1/4 cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
6 oz	2 1/2 cups	1 lb 13 1/2 oz	3 qt
5/8 oz	2 Tbsp 2 3/8 tsp	3 oz	3/4 cup 2 Tbsp
1 1/2 oz	2 Tbsp 2 3/8 tsp	7 oz	3/4 cup 2 Tbsp
	5/8 tsp		1 Tbsp
	1/8 tsp		1 tsp
	1/16 tsp		1/2 tsp
	5/8 tsp		1 Tbsp

- Place cabbage and carrots in a large bowl and toss lightly to mix.
- Dressing: In a separate bowl, combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.
- Pour dressing over vegetables. Mix thoroughly.
- Cover. Cool and refrigerate at 40°F or colder, until ready to serve.
- Mix lightly before serving.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = 3/4 lb = 0.750 lb
8 oz = 1/2 lb = 0.500 lb
4 oz = 1/4 lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Eagle Pizza

NOTES



Eagle Pizza

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 tostada

CACFP Crediting

1 tostada

Meat/Meat Alt:
1½ oz eq

Grain:
½ oz eq

Vegetable:
½ cup

Serving Size per Age Group

Ages 1-2:
1 tostada

Ages 3-5:
1 tostada

Ages 6-12, 13-18:
2 tostadas

INGREDIENTS

Fresh spinach, julienne sliced
 Fresh romaine lettuce, julienne sliced
 Salt-free chili-lime seasoning blend OR
 Salt-free taco seasoning blend
 Canned low-sodium refried pinto beans
 Fresh green bell peppers, diced
 Fresh onions, diced
 Canned low-sodium corn, drained, rinsed
 Cooking spray
 Whole Corn Tostada shells, round (0.5 oz each)
 Reduced-fat Mexican cheese blend, shredded
 Fresh carrots shredded
 Low-sodium mild salsa
 Fat-free sour cream

DIRECTIONS

5 Servings Yield: 5 tostadas		25 Servings Yield: 25 tostadas	
WEIGHT	VOLUME	WEIGHT	VOLUME
½ oz	⅓ cup 1 Tbsp	2 ½ oz	2 cups
⅞ oz	⅓ cup 1 Tbsp	4 oz	2 cups
	1 ¾ tsp		3 Tbsp
12 ½ oz	1 ⅓ cups 1 tsp	3 lb 14 oz	1 qt 2 ¾ cups
3 ¼ oz	½ cup 1 ½ Tbsp	1 lb	3 cups
3 ¼ oz	½ cup 2 Tbsp	1 lb	3 cups 2 Tbsp
5 ½ oz	¾ cup	1 lb 11 oz	3 ¾ cups
	As needed		As needed
	5 shells		25 shells
2 ⅞ oz		14 ¼ oz	
2 ½ oz	¾ cup	12 oz	3 ¾ cups
2 ½ oz	¼ cup 2 ⅜ tsp	12 oz	1 ½ cups
2 ½ oz	¼ cup 2 ⅜ tsp	12 oz	1 ½ cups

- Combine spinach and lettuce in a bowl. Set aside.
- Mix salt-free seasoning and beans together in bowl. Set aside.
- Sauté green peppers, onions, and corn together for 3-4 minutes in a pan coated with cooking spray.
- Portion beans with a #16 (¼ cup) scoop on each tostada shell. Spread evenly.
- Top with ⅓ cup vegetable mixture. Sprinkle with 2 Tbsp cheese.
- Place tostadas on a sheet pan (18" x 26" x 1") lightly coated with cooking spray.
- Bake until cheese is melted and internal temperature reaches 165°F:
 Conventional oven:
 350°F for about 5 minutes
 Convection oven:
 350°F for about 3 minutes
- Top each tostada with:
 1 Tbsp 1 tsp spinach/lettuce mixture
 2 Tbsp carrots
 1 Tbsp salsa
 1 Tbsp sour cream

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Egg and Cheese Burrito

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 burrito with
½ cup salsa

CACFP Crediting

1 burrito with
½ cup salsa

Meat/Meat Alt:
2 oz eq

Grain:
1 oz eq

Vegetable:
½ cup

Serving Size per Age Group

Ages 1-2:
½ burrito w/ ¼ cup salsa

Ages 3-5:
1 burrito w/ ½ cup salsa

Ages 6-12, 13-18:
1 burrito w/ ½ cup salsa

INGREDIENTS

Eggs
Nonfat milk
Salt
Cooking spray
Butter (optional)
Whole wheat tortilla
(at least 1 oz each)
Cheddar cheese, shredded
Salsa (recipe in toolkit)

DIRECTIONS

5 Servings Yield: 5 burritos		25 Servings Yield: 25 burritos	
WEIGHT	VOLUME	WEIGHT	VOLUME
	5 large		25 large
	⅓ cup 1 Tbsp		2 cups
	⅛ tsp		¾ tsp
	As needed		As needed
	1 ⅝ tsp		2 Tbsp 2 tsp
	5		25
1 ⅝ oz		8 oz	
	2 ½ cup		3 qt 2 cups

1. Beat eggs thoroughly. Add milk and salt. Mix until well blended. For 25 servings use a (13" x 9" x 2") baking dish and for 5 servings use a (8" x 8") baking dish. Lightly coat baking dish with cooking spray and pour in egg mixture.
2. Bake until internal temperature reaches 160° F:
Conventional oven: 350° F for 15 minutes. Stir once after 10 minutes.
Convection oven: 300° F for 10 minutes.
DO NOT OVERCOOK.
3. Remove from oven. Stir well. Eggs will be cooked completely but still have a slight moist appearance. Add the optional butter to the pan and stir. Sprinkle cheese over the top of the eggs.
4. Place #20 scoop (3 ⅓ Tbs) of eggs onto whole wheat tortilla and fold burrito style.
5. Serve burrito with ½ cup salsa on the side for dipping.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Egg Salad Sandwich

NOTES



Egg Salad Sandwich

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
1 sandwich

CACFP Crediting

1 sandwich

Meat/Meat Alt:
2 oz eq

Grain:
2 oz eq

Serving Size per Age Group

Ages 1-2:
½ sandwich

Ages 3-5:
1 sandwich

Ages 6-12, 13-18:
1 sandwich

INGREDIENTS

Large eggs, hard-boiled, peeled, chilled
Onions chopped
Celery chopped
Black pepper
Dry mustard
Low-fat mayonnaise OR
Reduced calorie salad dressing
Sweet pickle relish undrained
Whole grain bread
(1 oz per slice)

DIRECTIONS

5 Servings Yield: 5 Sandwiches		25 Servings Yield: 25 Sandwiches	
WEIGHT	VOLUME	WEIGHT	VOLUME
	5 large		25 large
7/8 oz		4 oz	
1 1/2 oz		7 1/4 oz	
	1/8 tsp		3/4 tsp
	1/8 tsp		3/4 tsp
	2 Tbsp 2 3/8 tsp		3/4 cup 2 Tbsp
	1 Tbsp 1 3/4 tsp		1/2 cup
	10 slices		50 slices

1. Finely chop eggs.
2. In bowl, combine eggs, onions, celery, pepper, dry mustard, mayonnaise OR salad dressing, and pickle relish. Mix lightly until well blended.
3. Cover. Refrigerate until ready to use.
4. Portion with a #12 scoop (1/3 cup) or a 1/3 cup measuring cup on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half.
5. Cover and refrigerate until ready to serve. (Note: Hold sandwich at 40°F or colder.)

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = 3/4 lb = 0.750 lb
8 oz = 1/2 lb = 0.500 lb
4 oz = 1/4 lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Egg Toad-in-the-Hole

NOTES



Egg Toad-in-the-Hole

Recipe Revised From:
Incredible Edible Egg

HACCP Process:
Same day service

Serving Size:
1 toad & 1 cutout

CACFP Crediting

1 toad & 1 cutout

Meat/Meat Alt:
1 oz eq

Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
½ toad & ½ cutout

Ages 3-5:
½ toad & ½ cutout

Ages 6-12, 13-18:
1 toad & 1 cutout

INGREDIENTS

Whole wheat bread
(at least 1 oz per slice)

Cooking spray

Eggs

Salt

Pepper

5 Servings Yield: 5 toads		25 Servings Yield: 25 toads	
WEIGHT	VOLUME	WEIGHT	VOLUME
	5 slices		25 slices
	As needed		As needed
	5 large		25 large
	¾ tsp		2 tsp
	⅛ tsp		½ tsp

DIRECTIONS

1. Cut out center of each bread slice using either a round glass or a round shaped cookie cutter (you can also use fun shaped cookie cutters). Reserve cut-outs.
2. Coat large nonstick skillet or griddle with cooking spray.
3. Place bread slice and cut-outs in the skillet/griddle over medium-low heat and break egg into the center of each bread slice.
4. Season eggs lightly with salt and pepper.
5. Break up the egg yolk and let it cook until it is no longer runny.
6. Cook until bread is golden brown, about 5 minutes.
7. Turn bread pieces and egg over and do the same on the other side. Cook until egg reaches 160°F.
8. Serve immediately with the cut-outs.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

English Muffin Veggie Pizza

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
2 halves

CACFP Crediting

2 halves

Meat/Meat Alt:
1 oz eq

Grain:
1 oz eq

Vegetable:
½ cup

Serving Size per Age Group

Ages 1-2:
2 halves

Ages 3-5:
2 halves

Ages 6-12, 13-18:
3 halves

INGREDIENTS

Broccoli
Whole grain-rich English muffins
(at least 1 oz each)
Mozzarella Cheese, shredded
Carrots, raw, shredded
Pizza sauce
Parmesan cheese, grated

DIRECTIONS

5 Servings Yield: 5 slices		25 Servings Yield: 25 slices	
WEIGHT	VOLUME	WEIGHT	VOLUME
9 ⅝ oz	1 ¼ cups	3 lbs	1 qt 2 ¼ cups
	5 muffins		25 muffins
5 oz		1 lb 9 oz	
	⅓ cup 2 Tbsp		2 ⅓ cups
	1 ¼ cups		1 qt 2 ¼ cups
	1 ¼ tsp		2 Tbsp ¼ tsp

1. Cut broccoli into florets.
2. Bring water to boil in a saucepan with water. Cook broccoli for 5 minutes.
3. Drain the water from the saucepan. Let the broccoli cool and drain well. Chop broccoli.
4. Cut English muffins in half. Toast the muffin halves.
5. Shred the mozzarella cheese.
6. Peel the carrots and shred.
7. Spoon 2 Tbsp pizza sauce over each English muffin half.
8. Sprinkle ½ oz shredded mozzarella cheese on top of each half.
9. Put 2 Tbsp broccoli and 1 tsp shredded carrots on top of each half.
10. Sprinkle each half with 1 tsp grated Parmesan cheese.
11. Toast in oven for 1-2 minutes, until the cheese melts.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Fantabulous French Toast

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 slice

CACFP Crediting

1 slice

Meat/Meat Alt:
½ oz eq

Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
½ slice

Ages 3-5:
½ slice

Ages 6-12, 13-18:
1 slice

INGREDIENTS

Eggs, raw, fresh
Nonfat milk
Vanilla extract
Cooking spray
Whole wheat bread
(at least 1 oz per slice)

DIRECTIONS

5 Servings Yield: 5 slices		25 Servings Yield: 25 slices	
WEIGHT	VOLUME	WEIGHT	VOLUME
	2 large		8 large
	⅓ cup 3 ¾ tsp		2 cups 1 Tbsp
	⅜ tsp		2 ⅛ tsp
	As needed		As needed
	5 slices		25 slices

1. Preheat the griddle over medium heat, or set an electric frying pan at 375°F.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork, or whisk, until well combined.
3. Grease the griddle or pan with a thin layer of oil or cooking spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side. Cook until temperature reaches 160°F.
6. Serve with syrup and/or fruit slices.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Fiesta Wrap

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 wrap

CACFP Crediting

1 wrap

Meat/Meat Alt:
1 ½ oz eq

Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
1 wrap

Ages 3-5:
1 wrap

Ages 6-12, 13-18:
2 wraps

INGREDIENTS

Quinoa, dry	1 ⅓ oz
Water	⅓ cup 1 Tbsp
Canned low-sodium black beans, drained, rinsed	1 lb 1 ¼ oz
Fresh carrots, shredded	1 ⅞ oz
Reduced-fat white cheddar cheese, shredded	1 ½ oz
Fresh red bell peppers, diced	1 ⅞ oz
Fresh red onions, diced	1 ⅞ oz
Chili powder	⅝ tsp
Ground cumin	⅞ tsp
Lime juice	⅞ tsp
Whole-wheat 6" tortillas (at least 1 oz each)	5 tortillas
Vegetable oil	2 ⅜ tsp

DIRECTIONS

- If quinoa is not pre-rinsed, rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
- Combine quinoa and water in a covered stock pot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff with a fork and set aside.
- Place half of the black beans in a large bowl and lightly hand mash, using gloved hands. Add remaining whole beans.
- Filling: Add to beans; quinoa, carrots, cheese, red peppers, onions, chili powder, cumin, and lime juice. Mix thoroughly.
- Using a #6 scoop (⅔ cup), spread filling on bottom third of tortilla. Roll burrito style and seal.
- Brush or spray filled wraps lightly with oil and place seam side down on sheet pan.
- Bake until golden brown and internal temperature reaches 165°F:
Conventional oven: 325°F for 15 minutes
Convection oven: 300°F for 10 minutes.
- If desired, serve with fresh diced tomatoes, corn salsa, or red salsa.

5 Servings Yield: 5 wraps

WEIGHT	VOLUME
1 ⅓ oz	3 tbsp ⅝ tsp
	⅓ cup 1 Tbsp
1 lb 1 ¼ oz	1 ½ cups 1 ½ Tbsp
1 ⅞ oz	¼ cup ¾ tsp
1 ½ oz	3 Tbsp ⅝ tsp
1 ⅞ oz	3 Tbsp ⅝ tsp
1 ⅞ oz	3 Tbsp ⅝ tsp
	⅝ tsp
	⅞ tsp
	⅞ tsp
	5 tortillas
	2 ⅜ tsp

25 Servings Yield: 25 wraps

WEIGHT	VOLUME
6 ½ oz	1 cup
	2 cups
5 lb 6 oz	2 qt
5 ½ oz	1 ⅓ cups
7 ½ oz	1 cup
5 ½ oz	1 cup
5 ½ oz	1 cup
	1 Tbsp
	1 ½ Tbsp
	1 ½ Tbsp
	25 tortillas
	¼ cup

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125	5/8 = 0.625
1/4 = 0.250	2/3 = 0.666
1/3 = 0.333	3/4 = 0.750
3/8 = 0.375	7/8 = 0.875
1/2 = 0.500	

★ Weight Equivalent Key ★

16 oz = 1 lb	= 1.000 lb
12 oz = ¾ lb	= 0.750 lb
8 oz = ½ lb	= 0.500 lb
4 oz = ¼ lb	= 0.250 lb
1 oz = 1/16 lb	= 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Green Garden Salad

Recipe Revised From:
Idaho State Department
of Education

HACCP Process:
No cook

Serving Size:
½ cup

CACFP Crediting

¼ cup

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
¼ cup

Ages 3-5:
½ cup

Ages 6-12, 13-18:
1 cup

INGREDIENTS

Fresh spinach, julienne sliced
Fresh romaine lettuce, julienne sliced
Fresh carrots shredded

DIRECTIONS

5 Servings Yield: 2 ½ cups		25 Servings Yield: 12 ½ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
3 ozs		15 ozs	
2 ⅝ ozs		13 ozs	
¾ oz		2 ozs	

1. Combine julienne sliced spinach, romaine lettuce, and shredded carrots in a bowl.
2. Toss together and serve with salad dressing.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
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 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
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 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
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 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Hamburger Beef Soup

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
½ cup

CACFP Crediting

½ cup

Meat/Meat Alt:
1 oz eq

Grain:
½ oz eq

Serving Size per Age Group

Ages 1-2:
½ cup

Ages 3-5:
¾ cup

Ages 6-12, 13-18:
1 cup

INGREDIENTS

Beef broth
Fresh celery, chopped
Fresh carrots, chopped
Fresh onions, chopped OR
Dehydrated onions
Dried parsley
Black pepper
Dried sage
Enriched medium noodles, uncooked
Ground beef
(no more than 20% fat)

DIRECTIONS

5 Servings Yield: 2 ½ cups		25 Servings Yield: 12 ½ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
	2 ⅓ cups		3 qt
	1 Tbsp		1 ½ cups
	2 ⅔ tsp		¾ cup
	2 Tbsp		½ cup OR
	1 ⅛ tsp		¼ Tbsp
	1 Tbsp		1 Tbsp
	1 ¾ tsp OR		¼ tsp
	⅛ tsp		¼ tsp
	⅝ tsp		¼ tsp
	⅙ tsp		¼ tsp
	⅙ tsp		¼ tsp
1 ⅛ oz	12 ⅞ cups	5 ½ oz	1 qt
6 ⅞ oz		2 lb 2 oz	

1. In a heavy stock pot, combine beef broth, celery, carrots, onions, parsley, pepper, and sage. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
2. Brown ground beef. Drain fat.
3. Add noodles and ground beef to pot. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender and temperature reaches 165°F.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Kale Chips

Recipe Revised From:
Friends of Children and Families

HACCP Process:
Same day service

Serving Size:
¼ cup

CACFP Crediting

¼ cup

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
⅓ cup

Ages 3-5:
¼ cup

Ages 6-12, 13-18:
½ cup

INGREDIENTS

Fresh Kale
Canola oil
Salt

DIRECTIONS

5 Servings Yield: 1 ¼ cups		25 Servings Yield: 1 Qt 2 ¼ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
4 ⅞ oz		1.5 lbs	
	⅝ tsp		1 Tbsp
	⅛ tsp		1 tsp

1. Position racks in upper third and center of oven, preheat to 400°F.
2. Wash and trim kale into 2 inch portions (the size of a regular potato chip).
3. If kale is wet, thoroughly air dry, transfer to a large bowl. Drizzle the kale with oil. Using your hands, massage the oil onto the kale leaves to evenly coat. Fill two large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. If the kale won't all fit, make the chips in batches. Lightly salt.
4. Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.

Conventional Oven: 400°F for 8-12 minutes

Convection Oven: 375°F for 6-10 minutes

If prepared 1-2 days in advance, store in an airtight container at room temperature no more than 2 days.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Lasagna with Ground Beef

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
2 pieces

CACFP Crediting

2 pieces

Meat/Meat Alt:
1 ½ oz eq

Grain:
½ oz eq

Vegetable:
3/8 cup

Serving Size per Age Group

Ages 1-2:
2 pieces

Ages 3-5:
2 pieces

Ages 6-12, 13-18:
3 pieces

INGREDIENTS

Raw ground beef (no more than 20% fat)
Fresh onions, chopped OR
Dehydrated onions
Granulated garlic
Black pepper
Dried parsley
Canned diced tomatoes, with juice
Canned tomato paste
Water
Dried basil
Dried oregano
Dried marjoram
Dried thyme
Cooking spray
Enriched lasagna noodles, uncooked
(at least 0.78 oz each)
Cheddar cheese, shredded
Mozzarella cheese, shredded

5 Servings Yield: 10 pieces		25 Servings Yield: 50 pieces	
WEIGHT	VOLUME	WEIGHT	VOLUME
4 ¼ oz		1 lb 5 ¼ oz	
¼ lb ¾ oz OR ¾ oz	⅝ cup	1 lb 2 oz OR 3 ½ oz	2 cups
	⅜ tsp		2 tsp
	⅛ tsp		½ tsp
	¾ tsp		1 Tbsp 1 tsp
5 ⅝ oz	½ cups 2 ½ Tbsp	28 oz can	3 ¼ cup
2 ⅝ oz		12 oz can	
	¾ cup 3 Tbsp		1 qt ¾ cup
	¾ tsp		1 Tbsp 1 tsp
	¾ tsp		1 Tbsp 1 tsp
	⅛ tsp		1 tsp
	⅛ tsp		½ tsp
	As needed		As needed
3 ⅝ oz		1 lb 2 oz	
2 oz		10 oz	
3 oz		15 oz	

DIRECTIONS

- Brown ground beef. Drain. Continue with remaining preparation immediately. Add onions and garlic.
- Add pepper, parsley, canned tomatoes, tomato paste, water, and seasonings. Heat to boil uncovered. Remove from heat.
- For 25 servings; assemble ingredients into two 9" x 13" x 2" pans. Lightly spray pans with cooking spray.
- 1st layer: 2 cups of sauce
2nd layer: uncooked noodles placed lengthwise
3rd layer: 1 ¾ cups sauce
4th layer: 2 ½ oz cheese blend
5th layer: uncooked noodles placed lengthwise
6th layer: 1 ¾ cups sauce
7th layer: 2 ½ oz cheese blend
- For 5 servings use 8" x 8" pan and layer ingredients proportionately.
- Tightly cover pan(s) and bake until internal temperature reaches 165°F: Conventional oven: 350°F for 1 ¼ - 1 ½ hours
Convection oven: 325°F for 45 minutes
- Remove pan(s) from oven. Uncover. Let stand for 15 minutes before serving.
- Cut each large pan 5 x 5 to make 25 pieces. For square pan cut 2 x 5 to make 10 pieces.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = ¾ lb = 0.750 lb
8 oz = ½ lb = 0.500 lb
4 oz = ¼ lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Lentils of the Southwest

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1/4 cup

CACFP Crediting

1/4 cup

Meat/Meat Alt:
1 oz eq

Serving Size per Age Group

Ages 1-2:
1/4 cup

Ages 3-5:
3/8 cup

Ages 6-12, 13-18:
1/2 cup

INGREDIENTS

Lentils, brown or green, dry

Water

Fresh onions, diced

Fresh garlic, minced

Extra virgin olive oil

Ground cumin

Ground red chili pepper

Chili powder

Water

Canned low-sodium diced tomatoes OR

Fresh tomatoes diced

Salt

Fresh cilantro, finely chopped

5 Servings Yield: 1 1/4 cups		25 Servings Yield: 6 1/4 cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
3 oz	1/3 cup 2 Tbsp	15 oz	2 1/4 cups
	3/4 cup 1 1/2 Tbsp		1 qt 1/4 cup
7/8 oz	2 Tbsp 2 3/8 tsp	4 oz	3/4 cup 2 Tbsp
	5/8 tsp		1 Tbsp
	5/8 tsp		1 Tbsp
	3/4 tsp		1 Tbsp 1 tsp
	5/8 tsp		1 Tbsp
	1/4 tsp		1 1/2 tsp
	1/4 cup		1 1/2 cups
2 1/2 oz	1/4 cup 2 3/8 tsp of either	12 oz of either	1 1/2 cups of either
	1/4 tsp		1 1/2 tsp
	1/4 cup 2 3/8 tsp		1 1/2 cups

DIRECTIONS

1. Rinse lentils and sort out any unwanted materials. Drain well.
2. Combine lentils and water in a stockpot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
4. Combine onions and garlic with cooked lentils. Add water.
5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes and until temperature reaches 165°F.
6. Stir in cilantro before serving.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
 1/4 = 0.250 2/3 = 0.666
 1/3 = 0.333 3/4 = 0.750
 3/8 = 0.375 7/8 = 0.875
 1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
 12 oz = 3/4 lb = 0.750 lb
 8 oz = 1/2 lb = 0.500 lb
 4 oz = 1/4 lb = 0.250 lb
 1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
 1 Tbsp = 3 tsp
 1/8 cup = 2 Tbsp
 1/4 cup = 4 Tbsp
 1/3 cup = 5 Tbsp + 1 tsp
 3/8 cup = 6 Tbsp
 1/2 cup = 8 Tbsp
 5/8 cup = 10 Tbsp
 2/3 cup = 10 Tbsp + 2 tsp
 3/4 cup = 12 Tbsp
 7/8 cup = 14 Tbsp
 1 cup = 16 Tbsp
 1/2 pint = 1 cup
 1 pint = 2 cups
 1 quart = 2 pt
 1 gallon = 4 qt

Loaded Whole Grain Muffins

Recipe Revised From:
Friends of Children and Families

HACCP Process:
Same day service

Serving Size:
1 muffin

CACFP Crediting

1 muffin

Grain:
½ oz eq

Serving Size per Age Group

Ages 1-2:
1 muffin

Ages 3-5:
1 muffin

Ages 6-12, 13-18:
2 muffins

INGREDIENTS

Enriched all-purpose flour
Whole wheat pastry flour
Instant nonfat dry milk
Baking powder
Granulated sugar
Brown sugar, packed
Ground cinnamon
Salt
Fresh egg
Vanilla extract
Water
Vegetable oil
Raisins, packed
Fresh carrots, grated
Fresh zucchini, grated
Canned crushed pineapple
Cooking spray

DIRECTIONS

5 Servings Yield: 5 - 0.5 oz muffins		25 Servings Yield: 25 - 0.5 oz muffins	
WEIGHT	VOLUME	WEIGHT	VOLUME
	3 Tbsp		¾ cup 3 Tbsp
	3 ⅝ Tbsp		1 cup 2 Tbsp
	2 ⅛ tsp		3 Tbsp 2 tsp
	¾ tsp		1 Tbsp ¾ tsp
	½ Tbsp		2 Tbsp 1 ½ tsp
	½ Tbsp		2 Tbsp, 1 ½ tsp
	⅛ tsp		¾ tsp
	⅛ tsp		½ tsp
	1 small		1 large
	⅛ tsp		¾ tsp
	2 Tbsp 1 ⅛ tsp		¾ cup
	2 ⅛ tsp		3 Tbsp 2 tsp
	1 Tbsp ¾ tsp		⅓ cup 1 Tbsp
	2 Tbsp		½ cup 2 Tbsp
	2 Tbsp		½ cup 2 Tbsp
	1 Tbsp		¼ cup 1 Tbsp
	As needed		As needed

- Combine flour, dry milk, baking powder, sugar, brown sugar, cinnamon, and salt in a mixing bowl. Mix on low speed for 5 minutes.
- In a separate bowl, combine eggs, vanilla, water and oil. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, about 15-20 seconds. Fold in raisins, carrots, zucchini, and pineapple.
- DO NOT OVERMIX. Batter will be lumpy.
- For muffin pans: portion batter with ⅛ cup (2 Tbsp) into muffin pans that have been lightly coated with cooking spray or paper lined.
- Bake:
Conventional oven: 400°F for 18-20 minutes
Convection oven: 350°F for 12-15 minutes

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Macaroni and Cheese

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 piece

CACFP Crediting

1 piece
Meat/Meat Alt:
1 ½ oz eq
Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
1 piece
Ages 3-5:
1 piece
Ages 6-12, 13-18:
1 ½ pieces

INGREDIENTS

	Water	
	Salt	
	Enriched elbow macaroni	
	Margarine or butter	
	All-purpose flour	
	Salt	
	Dry mustard	
	Black pepper	
	Paprika	
	Low-fat 1% milk	
	Worcestershire sauce	
	Reduced fat cheddar cheese, shredded	
	Parmesan cheese, grated	
	Cooking spray	
	Enriched soft white bread crumbs	
	Reduced fat cheddar cheese, shredded	

DIRECTIONS

1. Add salt to boiling water.
2. Slowly add macaroni until water returns to a boil. Cook uncovered until firm-tender, about 8 minutes. DO NOT OVERCOOK.
3. Drain and rinse with cold water.
4. Melt margarine or butter in a stock pot or sauce pan.
5. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted margarine

5 Servings Yield: 5 pieces		25 Servings Yield: 25 pieces	
WEIGHT	VOLUME	WEIGHT	VOLUME
	2 qts		2 ½ gallons
	½ tsp		2 ½ tsp
4 ¼ oz	1 cup	1 lb 5 oz	1 qt 1 cup
1 ¼ oz	2 ½ Tbsp	6 oz	¾ cup
1 ¼ oz	¼ cup ½ Tbsp	6 oz	1 ¼ cups 2 Tbsp
	½ tsp		2 ½ tsp
	¼ tsp		½ Tbsp
	⅛ tsp		½ tsp
	¼ tsp		½ Tbsp
	2 cups		2 qt 2 cups
	⅛ tsp		1 tsp
4 oz	1 ½ cups	1 lb 12 oz	1 qt 3 cups
¾ oz	2 ½ Tbsp	2 oz	¾ cup
	As needed		As needed
⅝ oz	3 Tbsp ⅝ tsp	3 oz	1 cup
1 ⅝ oz	⅓ cup 1 Tbsp	8 oz	2 cups

- or butter. Cook for 2 minutes over medium heat, stirring continuously. DO NOT BROWN.
6. In a stockpot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
 7. Add Worcestershire sauce, cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
 8. Combine macaroni and sauce. Mix well. Place in a (5 servings: loaf pan; 25 servings:

- 12" x 20" x 2 ½") pan which has been sprayed with cooking spray. Cover with foil.
9. Bake until internal temperature reaches 165°F: Conventional oven: 350°F for 15-25 minutes Convection oven: 325°F for 10-20 minutes-depending on size of pan.
 10. Combine bread crumbs and shredded cheese in a bowl. Sprinkle evenly over pan.
 11. Bake an additional 5 minutes.
 12. Cut large pan 5 x 5 for 25 pieces and loaf pan into 5 pieces.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Monster Mashed Potatoes

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
½ cup

CACFP Crediting

½ cup

Vegetable:
½ cup

Serving Size per Age Group

Ages 1-2:
⅓ cup

Ages 3-5:
¼ cup

Ages 6-12, 13-18:
½ cup

INGREDIENTS

Fresh Yukon Gold or red potatoes,
unpeeled, cut into 2" cubes

Low-fat 1% milk

Margarine, trans fat-free

Salt

Black pepper

DIRECTIONS

5 Servings Yield: 2 ½ cups		25 Servings Yield: 12 ½ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
1 lb 3 ¼ ozs	5 cups	6 lbs	1 gal 2 qt 1 cup
	⅓ cup 1 Tbsp		2 cups
1 ¼ oz	2 Tbsp 1 ⅛ tsp	6 oz	¾ cup
	⅜ tsp		2 tsp
	⅛ tsp		½ tsp

1. Boil potatoes in a stockpot for 30-40 minutes until tender. Drain well.
2. Heat milk in a separate pot over medium heat. Stir occasionally.
3. Add margarine, salt, and pepper. Mix well. DO NOT BOIL.
4. Place the potatoes in a mixer (batch as needed). Using a wire whisk attachment, mix on low speed. Slowly add milk mixture until potatoes are smooth and free of lumps.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Patty Cake Pancakes

NOTES



Patty Cake Pancakes

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 (4 inch) pancake

CACFP Crediting

1 pancake

Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
½ pancake

Ages 3-5:
½ pancake

Ages 6-12, 13-18:
1 pancake

INGREDIENTS

Whole grain all-purpose flour
Baking powder
Salt
Instant nonfat dry milk
Granulated sugar
Fresh eggs
Water
Vegetable oil

DIRECTIONS

5 Servings Yield: 5 pancakes		25 Servings Yield: 25 pancakes	
WEIGHT	VOLUME	WEIGHT	VOLUME
3 ¼ oz	⅝ cup	1 lb	3 ¼ cups
	1 ⅛ tsp		2 Tbsp
	⅛ tsp		¾ tsp
	1 Tbsp 1 ¾ tsp		½ cup
	1 ⅝ tsp		2 Tbsp 2 tsp
	1 large		5 large
	½ cup 1 ¼ tsp		2 ½ cups 2 Tbsp
	1 Tbsp 1 ¾ tsp		½ cup

- Blend flour, baking powder, salt, dry milk, and sugar in a mixer for 3 minutes on low speed.
- In a separate bowl, combine eggs, water, and oil. Add to dry ingredients. Blend for 1 minute on low speed. Scrape down sides of bowl.
- Blend for 1 minute on low speed. Batter will be lumpy. DO NOT OVERMIX.
- Lightly coat griddle or heavy frying pan with cooking spray. Portion batter with a level #20 scoop (3 ⅓ Tbsp) onto the griddle or heavy frying pan, which has been heated to 375°F.
- Cook until surface of pancake is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute.
- Serve immediately or reheat in covered pan:
Conventional Oven: 350°F for 10-15 minutes
Convection Oven: 300°F for 8-10 minutes

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

PB&J Sandwich with Cheese Stick

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
1 sandwich (4 squares)
and 1 cheese stick

CACFP Crediting

1 sandwich and
1 cheese stick

Meat/Meat Alt:
2 oz eq

Grain:
2 oz eq

Serving Size per Age Group

Ages 1-2:
½ sandwich and
½ cheese stick

Ages 3-5:
½ sandwich and
1 cheese stick

Ages 6-12, 13-18:
1 sandwich and
1 cheese stick

INGREDIENTS

Whole wheat bread
(at least 1 oz per slice)

Peanut butter

Low sugar jelly

Reduced fat cheese stick
(at least 1 oz per stick)

DIRECTIONS

5 Servings Yield: 5 Sandwiches 5 Sticks		25 Servings Yield: 25 Sandwiches 25 Sticks	
WEIGHT	VOLUME	WEIGHT	VOLUME
	10 slices		50 slices
	½ cup 2 Tbsp		3 ⅛ cups
	3 Tbsp 1 tsp		1 cup ½ Tbsp
5 oz	5 each	1 lb 9 oz	25 each

1. Spread ⅛ cup (2 Tbsp) of peanut butter and 2 tsp of jam or jelly on one slice of bread.
2. Top with the 2nd slice and cut the sandwich into 4 squares.
3. Serve the sandwich squares with the appropriate cheese stick serving.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Peanut Butter and Banana Wrap

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
1 wrap

CACFP Crediting

1 wrap

Meat/Meat Alt:
1 oz eq

Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
½ wrap

Ages 3-5:
½ wrap

Ages 6-12, 13-18:
1 wrap

INGREDIENTS

Whole wheat 6" tortilla
(at least 1 oz each)

Peanut butter

Honey

Granola or crunchy cereal

Banana

DIRECTIONS

1. Lay tortillas on a plate.
2. In bowl, mix peanut butter and honey together and spread 2 Tbsp 1 tsp evenly on each tortilla.
3. Sprinkle 1 Tbsp cereal over peanut butter and honey mixture. (Skip this step for 1-2 year olds.)
4. Peel, chop bananas, and place ½ cup chopped bananas on each tortilla.
5. Roll the tortilla and serve.

5 Servings Yield: 5 wraps		25 Servings Yield: 25 wraps	
WEIGHT	VOLUME	WEIGHT	VOLUME
	5 tortillas		25 tortillas
	½ cup 2 Tbsp		3 cups 2 Tbsp
	1 Tbsp 2 tsp		½ cup 1 tsp
	¼ cup 1 Tbsp		1 ½ cups 1 Tbsp
	5 regular		25 regular

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Pizza Crust Whole Grain Dough

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
See pizza with cheese
topping recipe

CACFP Crediting

1 piece

Grain:
2 oz eq

Serving Size per Age Group

Ages 1-2:
See pizza recipe

Ages 3-5:
See pizza recipe

Ages 6-12, 13-18:
See pizza recipe

INGREDIENTS

All-purpose enriched flour
Whole wheat flour
Salt
Granulated sugar
Yeast
Water
Vegetable oil

5 Servings Yield: 1 - 10 oz ball (5 pieces cooked)		25 Servings Yield: 2 - 1 lb 4 oz ball and 1 - 10 oz ball (25 pieces cooked)	
WEIGHT	VOLUME	WEIGHT	VOLUME
2 ½ oz	⅔ cup	12 ½ oz	3 cups 2 Tbsp
3 ⅛ oz	¾ cup	15 ⅔ oz	3 ¾ cups
	⅛ tsp		¾ tsp
	⅝ tsp		1 Tbsp ½ tsp
	¾ tsp		1 Tbsp ¾ tsp
	½ cup		2 ½ cups
	1 ⅝ tsp		2 Tbsp 2 tsp

DIRECTIONS

For best results, have all ingredients and utensils at room temperature.

- Place flours, salt, sugar, and dry yeast in a large mixer bowl. Mix with dough hook for 30 seconds on low speed.
- Combine warm water and oil. Add liquids to the dry ingredients. Mix on low speed for 6 minutes.
- Shape dough into ball(s): For 5 servings make one - 10 oz dough ball, for 25 servings make two - 1 lb 4 oz balls and one - 10 oz ball. Let rest for 20 minutes.
- Proceed to Pizza with Cheese Topping Recipe.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Pizza with Cheese Topping

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 piece

CACFP Crediting

1 piece

Meat/Meat Alt:
2 oz eq

Grain:
2 oz eq

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
½ piece of pizza

Ages 3-5:
1 piece of pizza

Ages 6-12, 13-18:
1 piece of pizza

INGREDIENTS

Pizza crust dough, whole grain-rich
(at least 2 oz per slice)

Cornmeal, enriched

Cooking spray

Fresh onions, chopped

Fresh garlic, minced

Black pepper

Canned tomato paste

Water

Salt

Dried basil

Dried oregano

Dried marjoram

Dried thyme

Reduced-fat mozzarella cheese, shredded

DIRECTIONS

1. For pizza dough, use Pizza Crust Whole Grain Dough recipe (included with the Toolkit) or purchase whole grain-rich pizza dough (at least 2 oz grain equivalent per slice).
2. Lightly coat a half sheet pan(s) (13" x 18" x 1") with cooking spray. Sprinkle the half sheet pan with 2 Tbsp (½ oz) of cornmeal. For 5 servings, use only ½ of the half sheet pan for the pizza.

5 Servings Yield: 5 pieces		25 Servings Yield: 25 pieces	
WEIGHT	VOLUME	WEIGHT	VOLUME
10 oz	1 – 10 oz ball	3 lbs 2 oz	2 - 1 lb 4 oz balls and 1 – 10 oz ball
¼ oz	1 Tbsp	1 ¼ oz	¼ cup 1 Tbsp
	As needed		As needed
½ oz	1 Tbsp 1 ⅛ tsp	2 ½ oz	¼ cup 3 Tbsp
	¼ tsp		1 ¼ tsp
	⅛ tsp		½ tsp
2 ⅞ oz	¼ cup 1 Tbsp	14 oz	1 ½ cups 1 Tbsp
	⅔ cup 1 ⅝ tsp		3 ½ cups
	⅛ tsp		1 tsp
	⅛ tsp		1 tsp
	⅛ tsp		1 tsp
	⅙ tsp		¼ tsp
	⅙ tsp		¼ tsp
10 oz		3 lbs 2 oz	

3. Place the 1 lb 4 oz dough ball in the center of the half sheet pan. Flatten the dough by rolling or spreading the dough ⅛" thick to the rim of the pan. Keep edge thicker than the center.
4. In a sauce pan, combine onions, garlic, pepper, tomato paste, water, salt, basil, oregano, marjoram, and thyme. Simmer for 15 minutes.
5. Sprinkle 6 oz (1 ½ cups) shredded cheese evenly over each half sheet pan of dough.
6. Spread 2 cups 2 Tbsp tomato mixture over cheese in each half sheet pan.

7. Sprinkle 14 oz (3 ½ cups) shredded cheese evenly over tomato mixture in each half sheet pan.
- Note:** All ingredients MUST reach the edges of the pizza dough so that all slices, including the edge pieces, contain the correct amount of M/MA and vegetable components.
8. Bake until crust is lightly browned, at 450°F for 9-12 minutes.
9. Cut each ½ sheet pan 2 x 5 (10 pieces per pan).

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Porcupine Sliders

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 slider

CACFP Crediting

1 slider

Meat/Meat Alt:
2 oz eq

Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
½ slider

Ages 3-5:
1 slider

Ages 6-12, 13-18:
1 slider

INGREDIENTS

Water
Brown rice, long grain, regular, dry
Canola oil
Fresh onions, diced
Fresh celery, diced
Fresh garlic, minced
Raw ground turkey, lean
Liquid, whole egg
Dried cranberries, chopped
Fresh baby spinach, chopped
Worcestershire sauce
Salt
Black pepper
White pepper
Cooking spray
Whole grain-rich roll (at least 1 oz each)

DIRECTIONS

- Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed. Fluff with a fork. Cover and refrigerate until ready to use.
- Heat oil in pan. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate.

5 Servings Yield: 5 sliders		25 Servings Yield: 25 sliders	
WEIGHT	VOLUME	WEIGHT	VOLUME
	1/3 cup 3/4 tsp		1 3/4 cups
1 oz	2 Tbsp + 1 1/8 tsp	4 3/4 oz	3/4 cup
	5/8 tsp		1 Tbsp
5/8 oz	2 Tbsp	3 oz	1/2 cup 2 Tbsp
1 1/2 oz	1/4 cup + 2 3/8 tsp	7 oz	1 1/2 cups
1/4 oz	1 1/8 tsp	1 1/4 oz	2 Tbsp
11 1/4 ozs	1 1/2 cups	3 lb 7 3/4 oz	1 qt 3 cups
	1/4 cup		1 1/4 cups
1 1/4 oz	1/4 cup	6 oz	1 1/4 cups
1 oz	3/4 cup + 1/2 Tbsp	5 oz	1 qt
	5/8 tsp		1 Tbsp
	1/4 tsp		1/2 Tbsp
	3/8 tsp		2 tsp
	1/16 tsp		1/4 tsp
	As needed		As needed
	5 rolls		25 rolls

- In a mixing bowl combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, cooked brown rice, and onion mixture. Mix well.
- Portion into patties using a #8 scoop (1/2 cup). Line baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on sheet pan.
- Bake until internal temperature reaches 165°F:
Conventional oven: 350°F for 18 minutes
Convection oven: 325°F for 14 minutes
DO NOT OVERCOOK.
- Serve on whole-grain rolls.
- If desired, serve with lettuce, sliced tomato, red onions, and condiments.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = 3/4 lb = 0.750 lb
8 oz = 1/2 lb = 0.500 lb
4 oz = 1/4 lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Pork Shreds

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
½ sandwich

CACFP Crediting

½ sandwich

Meat/Meat Alt:
1 ½ oz eq

Grain:
½ oz eq

Serving Size per Age Group

Ages 1-2:
½ sandwich

Ages 3-5:
½ sandwich

Ages 6-12, 13-18:
1 sandwich (2 halves)

INGREDIENTS

Pork loin, boneless, fillet
Black pepper
Garlic powder
Vegetable oil
Beef broth
Whole wheat rolls (at least 1 oz each)

DIRECTIONS

5 Servings Yield: 5 – ½ sandwiches		25 Servings Yield: 25 – ½ sandwiches	
WEIGHT	VOLUME	WEIGHT	VOLUME
12 ¾ oz		3 lbs 15 ¾ oz	
	⅙ tsp		¼ tsp
	¼ tsp		1 ¼ tsp
	½ Tbsp		2 ½ Tbsp
	1 ½ cups		1 qt 3 ½ cups
	2 ½ rolls		12 ½ rolls

- Season pork with pepper and garlic powder.
- Drizzle oil in large stockpot on medium-high heat.
- Add pork loin and quickly brown on all sides.
- Transfer pork to a pan. For 5 servings use an 8" x 8" pan, for 25 servings use a 13" x 9" x 2" pan. Add beef broth to pan so it comes up nearly to the top of the pork, but not covering the pork.
- Bake until internal temperature reaches ≥145 °F:
Conventional oven: 325°F for 3 hours
Convection oven: 305°F for 2 ½ hours
- If using a slow cooker follow steps 5-7.

Slow Cooker Variation:
Follow step #1 and then

- Add pork to slow cooker. Oil is not needed.
- Add beef broth so that it comes up nearly to the top of the pork.
- Cook on high for 4-6 hours.
- With tongs, remove pork from liquid.
- On a cutting board, using tongs and a fork, gently shred pork.
- Using a #16 scoop (¼ cup), put pork on bottom ½ of the roll. Place top half on top of pork shreds and cut sandwich in half.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Red Monster Soup

Recipe Revised From:
USDA – CACFP Menu
Planning Guide

HACCP Process:
Same day service

Serving Size:
¾ cup

CACFP Crediting

¾ cup

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
½ cup

Ages 3-5:
¾ cup

Ages 6-12, 13-18:
1 ½ cups

INGREDIENTS

Fresh onions, chopped
Olive oil
Fresh carrots, chopped
Fresh tomatoes, chopped
Bay leaves
Dried parsley
Dried thyme
Chicken broth
Granulated sugar
Low-fat, plain, yogurt
Black pepper

DIRECTIONS

5 Servings Yield: 3 ¾ cups		25 Servings Yield: 18 ¾ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
	1/3 cup 1 Tbsp ¾ tsp		2 cups 1 Tbsp
	2 1/2 tsp		1/4 cup 1/2 tsp
	3/8 cup 3/4 tsp		2 cups 1 Tbsp
	3/4 cup 1 Tbsp		1 qt 1/8 cup
	1 leaf		4 1/4 leaves
	3/8 tsp		2 1/8 tsp
	3/8 tsp		2 1/8 tsp
	2 1/2 cups		3 qt 1/2 cup
	3/8 tsp		2 1/8 tsp
	1 3/4 cups 1 1/2 Tbsp		2 qt 1 1/4 cups
	3/8 tsp		2 1/8 tsp

1. In a stockpot, sauté onions in olive oil over medium heat until clear (about 3-5 minutes).
2. Add carrots, tomatoes, bay leaves, parsley, thyme, and broth.
3. Simmer for 25 minutes.
4. Stir in sugar, yogurt, and pepper.
5. Remove bay leaf prior to serving.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = ¾ lb = 0.750 lb
8 oz = ½ lb = 0.500 lb
4 oz = ¼ lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Roasted Fish Crispy Slaw Wrap

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 wrap

CACFP Crediting

1 wrap

Meat/Meat Alt:
2 ¾ oz eq

Grain:
1 ½ oz eq

Vegetable:
1 ⅜ cup

Serving Size per Age Group

Ages 1-2:
½ wrap

Ages 3-5:
1 wrap (2 halves)

Ages 6-12, 13-18:
1 wrap (2 halves)

INGREDIENTS

- Fresh red cabbage, shredded
- Fresh white cabbage, shredded
- Fresh carrots, shredded
- Fresh bok choy, julienne sliced
- Fresh cilantro, chopped
- Light balsamic vinaigrette dressing
- Tilapia fillets, frozen, thawed (4 oz portions)
- Cooking spray
- Extra virgin olive oil
- Salt-free chili-lime seasoning blend
- Fresh romaine lettuce, julienne sliced
- Whole-grain 8" tortillas (1.7 oz each)
- Fresh avocados, sliced to ¼"
- Fresh limes, cut into quarters

DIRECTIONS

1. In a bowl combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw. Cover and place in refrigerator until ready to use.

5 Servings Yield: 5 wraps		25 Servings Yield: 25 wraps	
WEIGHT	VOLUME	WEIGHT	VOLUME
5 oz	1 ⅔ cups ½ Tbsp	1 lb 9 oz	2 qt ½ cup
5 oz	1 ⅔ cups ½ Tbsp	1 lb 9 oz	2 qt ½ cup
5 oz	1 cup	1 lb 9 oz	1 qt 1 cup
2 ½ oz	½ cup	12 oz	2 ½ cups
	1 Tbsp 1 ¾ tsp		½ cup
	⅓ cup 2 Tbsp		2 ⅓ cups
1 lb 4 oz	5 pieces	6 lb 4 oz	25 pieces
	As needed		As needed
	2 ⅜ tsp		¼ cup
2 ⅝ oz	1 Tbsp	13 oz	¼ cup 1 Tbsp
	1 ¼ cups		1 qt 2 ¼ cups
	5 tortillas		25 tortillas
1 ½ oz	5 slices	7 ½ oz	25 slices
1 oz	5 quarters	5 oz	25 quarters (about 7 limes)

2. Place Tilapia portions on sheet pan lined with parchment paper and lightly sprayed with cooking spray.
3. Brush oil on Tilapia and sprinkle with salt-free seasoning.
4. Roast until internal temperature reaches 145°F:
Conventional oven: 375°F for 12 minutes
Convection oven: 375°F for 9 minutes

Note: When done, fish will flake easily with a fork.

To assemble wraps:

5. Place ¼ cup lettuce on tortilla.
6. Cut fish in half and place both pieces on top of lettuce.
7. Add 1 cup of slaw and one slice of avocado. Squeeze lime on top of filling.
8. Roll in the form of a burrito and seal.
9. Cut diagonally in half and serve.

★ Recipe Fraction to Decimal Equivalents ★

- 1/8 = 0.125 5/8 = 0.625
- 1/4 = 0.250 2/3 = 0.666
- 1/3 = 0.333 3/4 = 0.750
- 3/8 = 0.375 7/8 = 0.875
- 1/2 = 0.500

★ Weight Equivalent Key ★

- 16 oz = 1 lb = 1.000 lb
- 12 oz = ¾ lb = 0.750 lb
- 8 oz = ½ lb = 0.500 lb
- 4 oz = ¼ lb = 0.250 lb
- 1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

- 60 drops = 1 tsp
- 1 Tbsp = 3 tsp
- 1/8 cup = 2 Tbsp
- 1/4 cup = 4 Tbsp
- 1/3 cup = 5 Tbsp + 1 tsp
- 3/8 cup = 6 Tbsp
- 1/2 cup = 8 Tbsp
- 5/8 cup = 10 Tbsp
- 2/3 cup = 10 Tbsp + 2 tsp
- 3/4 cup = 12 Tbsp
- 7/8 cup = 14 Tbsp
- 1 cup = 16 Tbsp
- 1/2 pint = 1 cup
- 1 pint = 2 cups
- 1 quart = 2 pt
- 1 gallon = 4 qt

Roasted Turkey Pita Sandwich

NOTES



Roasted Turkey Pita Sandwich

Recipe Revised From:
Kraft.com

HACCP Process:
No cook

Serving Size:
1 pita sandwich
(2 halves)

CACFP Crediting

1 pita sandwich

Meat/Meat Alt:
3 oz eq

Grain:
1 oz eq

Vegetable:
½ cup

Serving Size per Age Group

Ages 1-2:
½ pita sandwich

Ages 3-5:
½ pita sandwich

Ages 6-12, 13-18:
1 pita sandwich

INGREDIENTS

Whole grain or Whole grain-rich pita pocket
(small, 4") (at least 1 oz per pita)

Ranch dressing
Roasted turkey (sliced)
Fresh tomato
Fresh cucumber
Fresh baby spinach

DIRECTIONS

5 Servings Yield: 5 pita sandwiches		25 Servings Yield: 25 pita sandwiches	
WEIGHT	VOLUME	WEIGHT	VOLUME
	5 pitas		25 pitas
	½ cup 2 Tbsp		3 ⅛ cups
1 lb 6 ½ oz		7 lbs 1 oz	
	4 medium		20 medium
	2 medium		10 medium
	2 ½ cups		3 qts ½ cup

1. Cut pita pockets in half and spread 1 Tbsp of ranch dressing in each ½ pocket.
2. Slice cooked turkey roast and add 2 ¼ oz turkey in each ½ pocket.
3. Slice tomato in ¼" slices and add 2 slices to each ½ pocket.
4. Slice cucumber into ¼" slices and add 2 slices into each ½ pocket.
5. Add ¼ cup baby spinach into each ½ pocket.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$

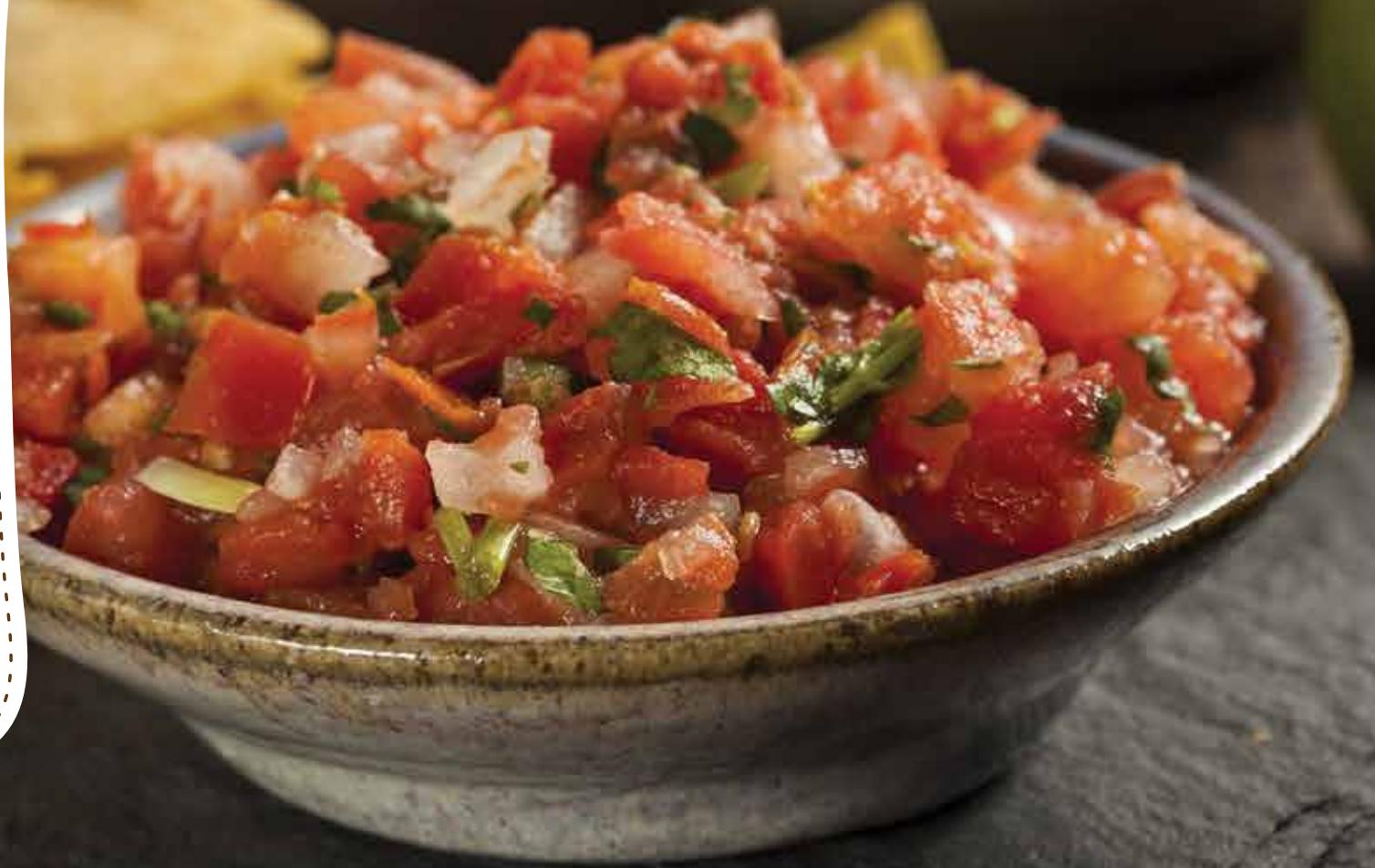


★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Salsa

NOTES



Salsa

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
¼ cup

CACFP Crediting

¼ cup

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
Snack: ½ cup
Breakfast: ¼ cup
Lunch/Supper: ⅓ cup

Ages 3-5:
Snack: ½ cup
Breakfast: ½ cup
Lunch/Supper: ¼ cup

Ages 6-12, 13-18:
Snack: ¾ cup
Breakfast: ½ cup
Lunch/Supper: ½ cup

INGREDIENTS

Canned diced tomatoes, with juice
Fresh onions, chopped OR
Dehydrated onions
Canned tomato paste
Water
Garlic powder
Dried oregano
Ground cumin
Salt
Sugar
Canned diced tomatoes, with juice

DIRECTIONS

5 Servings Yield: 1 ¼ cups		25 Servings Yield: : 1 qt 2 ¼ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
4 ¼ oz	½ cup ¼ tsp	1 lb 5 oz	2 ½ cups ½ Tbsp
	2 ⅜ tsp OR 1 ⅛ tsp		¼ cup OR 2 Tbsp
1 ¼ oz	2 Tbsp	6 oz	½ cup 2 Tbsp
	3 Tbsp 1 ¾ tsp		1 ⅛ cups
	⅛ tsp		½ tsp
	⅛ tsp		1 tsp
	⅛ tsp		½ tsp
	⅛ tsp		1 tsp
	1 ⅛ tsp		2 Tbsp
2 ⅞ oz	⅓ cup ¼ tsp	14 oz	1 ½ cups 3 Tbsp

1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a food processor or blender. Puree until smooth.
2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended.
3. Refrigerate until ready to serve. Cool and hold at 40°F or colder.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Spaghetti Sauce

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
¼ cup

CACFP Crediting

¼ cup

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
⅓ cup

Ages 3-5:
¼ cup

Ages 6-12, 13-18:
½ cup

INGREDIENTS

Vegetable oil
Fresh onions, chopped OR
Dehydrated onions
Tomato paste, canned
Tomatoes, diced in juice, canned
Water
Black pepper ground
Parsley, dried
Garlic, granulated
Basil, dried
Oregano, dried
Marjoram, dried
Thyme, dried

DIRECTIONS

5 Servings Yield: 1 ¼ cups		25 Servings Yield: : 1 qt 2 ¼ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
	1 tsp		1 Tbsp 2 tsp
1 ⅛ oz	⅛ cup 2 tsp OR 1 ½ Tbsp	5 ½ oz	⅞ cup OR ¾ cup 1 Tbsp
3 oz	1 ½ Tbsp	14 ½ oz	1 ½ cups
8 oz	⅞ cup 1 Tbsp	2 lb 8 oz	4 ¾ cups
	⅛ cup 1 ½ tsp		¾ cups
	⅛ tsp		¼ tsp
	1 tsp		1 Tbsp 1 ½ tsp
	¾ tsp		3 ½ tsp
	⅛ tsp		½ tsp
	⅛ tsp		½ tsp
	pinch		¼ tsp
	pinch		pinch

1. Heat oil in sauce pan. Add onions and cook approximately 5 minutes.
2. Add tomato paste, tomatoes, water, pepper, parsley, garlic, and seasonings. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes. Heat to 140°F or higher.
3. Serve over meatballs and pasta.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Spicy Barbecue Chicken Drumsticks

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 drumstick

CACFP Crediting

1 drumstick

Meat/Meat Alt:
1 ¾ oz eq

Serving Size per Age Group

Ages 1-2:
1 drumstick

Ages 3-5:
1 drumstick

Ages 6-12, 13-18:
2 drumsticks

INGREDIENTS

Canned tomato paste
Catsup
Honey
Molasses
Worcestershire sauce
White vinegar
Cayenne pepper
Black pepper
Onion powder
Garlic clove (minced)
Dried ginger
Chicken drumsticks, with bone and skin
(at least 3.7 oz each)

5 Servings Yield: 5 drumsticks		25 Servings Yield: : 25 drumsticks	
WEIGHT	VOLUME	WEIGHT	VOLUME
	¼ cup		1 ¼ cups
	¾ tsp		1 Tbsp 1 tsp
	1 ⅝ tsp		2 Tbsp 2 ¼ tsp
	¾ tsp		1 Tbsp 1 tsp
	¾ tsp		1 Tbsp 1 tsp
	1 Tbsp ⅛ tsp		⅓ cup
	⅝ tsp		1 Tbsp
	⅛ tsp		½ tsp
	⅛ tsp		1 tsp
	1 ⅝ cloves		8 cloves
	⅛ tsp		½ tsp
1 lb 4 oz	5 drumsticks	6 lbs	25 drumsticks

DIRECTIONS

1. Combine all ingredients except chicken in saucepan.
2. Simmer for 15 minutes.
3. Place chicken on a platter and brush with half the sauce mixture.
4. Cover with plastic wrap and marinate in refrigerator for 1 hour.
5. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
6. Remove from broiler and add remaining sauce to chicken.
7. Cover with aluminum foil and bake at 350°F until internal temperature reaches 165°F, about 30 minutes. Note: Be sure that the thermometer is not touching the bone when taking the temperature of the poultry.

Note: For concerns about choking, use boneless, skinless chicken pieces instead.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Stir-Fry Rice, Eggs, and Ham

NOTES



Stir-Fry Rice, Eggs, and Ham

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 cup

CACFP Crediting

1 cup

Meat/Meat Alt:
1 ¼ oz eq

Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
1 cup

Ages 3-5:
1 ¼ cups

Ages 6-12, 13-18:
1 ¾ cups

INGREDIENTS

Water
Brown rice, long-grain, regular, dry
Salt
Fresh eggs
Water
Cooking spray
Vegetable oil
Extra-lean turkey ham, diced into ¼" cubes
Fresh green onions, diced
Fresh spinach, chopped OR
Frozen chopped spinach, thawed, & drained
Sesame OR Vegetable oil
Low-sodium soy sauce

5 Servings Yield: 1 qt 1 cup		25 Servings Yield: 6 qts 1 cup	
WEIGHT	VOLUME	WEIGHT	VOLUME
	2 ½ cups 1 ½ Tbsp		3 qt 1 cup
9 oz	1 ⅓ cups 1 Tbsp	2 lb 13 oz	1 qt 3 cups
	¼ tsp		1 ¼ tsp
	3 small		12 large
	1 Tbsp		¼ cup
	As needed		As needed
	1 Tbsp		¼ cup 1 Tbsp
2 ⅜ oz	6 ½ Tbsp	12 oz	2 cups
1 oz	⅓ cup 1 Tbsp	5 oz	2 cups
5 oz OR 8 oz	½ cup 1 ½ Tbsp OR 3 ⅛ cups 1 Tbsp	1 ½ lb OR 2 lb 8 oz	3 cups OR 1 gal
	¾ tsp		1 Tbsp 1 tsp
	⅝ tsp		1 Tbsp

DIRECTIONS

1. Boil water for rice and add salt. Prepare rice according to package directions.
2. Whisk eggs and water.
3. Lightly coat large frying pan or skillet with cooking spray. Cook half of egg mixture, chop and set aside for later.
4. Reserve remaining egg mixture for later.
5. Sauté ham in vegetable oil over high heat for 2 minutes or until ham begins to brown.
6. Reduce heat to medium. Mix in brown rice.
7. Add remaining uncooked egg mixture. Stir frequently for about 5 minutes or until cooked.
8. Mix in onions, spinach, cooked chopped eggs, oil, and soy sauce.
9. Cook to 165°F and serve.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Sunny Salsa

Recipe Revised From:
USDA CACFP Menu
Planning Guide

HACCP Process:
No cook

Serving Size:
¾ cup

CACFP Crediting

¾ cup

Fruit:
½ cup

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
Snack: ¾ cup

Ages 3-5:
Snack: ¾ cup

Ages 6-12, 13-18:
Snack: 1 cup

INGREDIENTS

Canned mandarin oranges, drained, chopped
Pineapple chunks, fresh or canned
Fresh onions, chopped
Fresh green bell pepper, chopped
Chives (optional)

DIRECTIONS

5 Servings Yield: 3 ¾ cups		25 Servings Yield: : 18 ¾ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
	1 ¼ cup		1 qt 2 ¼ cups
	1 ¼ cup		1 qt 2 ¼ cups
	½ cup 2 Tbsp		3 cups 2 Tbsp
	½ cup 2 Tbsp		3 cups 2 Tbsp
	2 ½ tsp		¼ cup ½ tsp

1. Chop mandarin oranges, pineapple, onions, and pepper into small pieces.
2. In a large bowl, combine all ingredients. Cover and refrigerate until service.
3. The optional chives can be added before serving.
4. Cool and hold at 40°F or colder.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Superhero Hummus

NOTES



Superhero Hummus

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
¼ cup

CACFP Crediting

¼ cup

Meat/Meat Alt:
1 oz eq

Serving Size per Age Group

Ages 1-2:
⅓ cup

Ages 3-5:
½ cup

Ages 6-12, 13-18:
¾ cup

INGREDIENTS

Minced garlic
Fresh lemon
Canned garbanzo beans
Water
Low-fat plain yogurt
Olive oil
Salt
Black pepper

DIRECTIONS

5 Servings Yield: 1 ¼ cups		25 Servings Yield: : 1 qt 2 ¼ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
	½ clove		2 ½ cloves
	½ lemon		2 ½ lemons
8 ¼ ozs		2 lbs 9 oz	
	¼ cup		1 ¼ cups
	1 Tbsp		¼ cup 1 Tbsp
	1 Tbsp		¼ cup 1 Tbsp
	½ tsp		2 ½ tsp
	⅛ tsp		⅝ tsp

1. Peel and mince garlic.
2. Rinse lemons and cut in half. In a small bowl squeeze juice. Discard seeds.
3. In a colander, drain and rinse beans.
4. Add garlic, lemon juice, beans, and remaining ingredients to blender or a food processor. Blend until creamy scraping sides of blender or processor until mixed well. Place in bowl, cover, and cool and store at 40°F or colder until service.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Sweet Potato Fries

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
¼ cup
(6-8 fries per serving)

CACFP Crediting

¼ cup

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
⅓ cup

Ages 3-5:
¼ cup

Ages 6-12, 13-18:
½ cup

INGREDIENTS

Raw sweet potatoes
Paprika
Salt
Black pepper
Canola oil
Cooking spray

DIRECTIONS

5 Servings Yield: 1 ¼ cups		25 Servings Yield: : 1 qt 2 ¼ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
12 ⅞ oz		4 lbs	
	1 ⅛ tsp		2 Tbsp
	⅜ tsp		2 tsp
	⅛ tsp		½ tsp
	2 ⅜ tsp		¼ cup
	As needed		As needed

1. Preheat oven to 450°F.
2. Scrub and rinse sweet potatoes.
3. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½" x ¼" x 2".
4. In a large bowl, mix paprika, salt, and black pepper. Add oil. Blend with a fork until there are no lumps.
5. Add sweet potato strips to bowl. Toss until they are well coated.
6. Line baking sheet pans with aluminum foil and lightly coat foil with cooking spray.
7. Place sweet potatoes in a single layer in the pans.
8. Bake for 15 minutes. Turn fries over and bake an additional 10-15 minutes, or until fries are tender.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Sweet-and-Sour Chicken

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
3/8 cup

CACFP Crediting

3/8 cup

Meat/Meat Alt:
1 1/2 oz eq

Serving Size per Age Group

Ages 1-2:
1/4 cup

Ages 3-5:
3/8 cup

Ages 6-12, 13-18:
1/2 cup

INGREDIENTS

Raw chicken breasts, boneless, skinless
Vegetable oil
Sweet-and-sour sauce: soy sauce
Vegetable oil
Lemon juice
White vinegar
Sugar
Dry mustard
Granulated garlic
Pineapple juice
Canned peaches, drained and pureed OR
Bottled commercial sweet-and-sour sauce
Pineapple juice
Cornstarch
Water

5 Servings Yield: 1 1/4 cups		25 Servings Yield: : 1 qt 2 1/4 cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
10 3/8 oz		3 lbs 4 oz	
1 1/4 tsp		2 Tbs 1/4 tsp	
	1 1/8 tsp		2 Tbsp
	1 1/8 tsp		2 Tbsp
	5/8 tsp		1 Tbsp
	2 Tbsp 1 1/8 tsp		3/4 cup
	2 Tbsp 1 1/8 tsp	6 oz	3/4 cup
	1/8 tsp		1 tsp
	1/8 tsp		1 tsp
	3 Tbsp 5/8 tsp		1 cup
7/8 oz OR 4 oz	1 5/8 Tbsp OR 1/4 cup 2 1/2 Tbsp	4 oz OR 1 lb 4 oz	1/2 cup OR 2 cups
	3 Tbsp 5/8 oz		1 cup
	1 1/8 tsp		2 Tbsp
	2 Tbsp 1 1/8 tsp		3/4 cup

DIRECTIONS

- Dice raw chicken. Add oil to pan and lightly brown diced chicken.
- For 25 servings add chicken to two 9" x 13 x 2" pans, for 5 servings add chicken to one 8" x 8" pan.
- For the sweet-and-sour sauce: In a sauce pan, combine soy sauce, oil, lemon juice, vinegar, sugar, dry mustard, garlic, 1st portion of pineapple juice, and pureed peaches. OR

Purchase a commercial sweet-and-sour sauce. Simmer sauce for 15 minutes.

- Add 2nd portion of pineapple juice.
- Dissolve cornstarch in cold water. Add to simmering liquid and stir until thickened.
- Pour sauce over chicken in pan(s). Cover with aluminum foil.
- Bake until golden brown and chicken reaches internal temperature of 165°F:
Conventional oven: 350°F for 15 minutes
Convection oven: 325°F for 15 minutes

Uncover and bake an additional 15 minutes. Baste every 5 minutes for a glazed appearance.

Slow Cooker Variation:

- Follow step 1 above. Add cooked chicken to slow cooker.
- Add remaining ingredients to slow cooker except cornstarch and water. Cook on high for 4-6 hours.
- Dissolve cornstarch in cold water and add to sauce, stir well until thoroughly mixed into sauce.
- Cook for an additional 15 minutes before serving.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = 3/4 lb = 0.750 lb
8 oz = 1/2 lb = 0.500 lb
4 oz = 1/4 lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Three Bean Salad

NOTES



Three Bean Salad

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
¼ cup

CACFP Crediting

¼ cup

Vegetable:
¼ cup

Serving Size per Age Group

Ages 1-2:
½ cup

Ages 3-5:
½ cup

Ages 6-12, 13-18:
¾ cup

INGREDIENTS

Beans, kidney, canned
Beans, wax, canned
Beans, green, canned
Onions, raw, chopped OR
Dehydrated onions
Green bell pepper (optional)
Vegetable oil
Distilled vinegar
Granulated sugar
Dried basil
Black pepper
Granulated garlic

DIRECTIONS

5 Servings Yield: 1 ¼ cups		25 Servings Yield: : 1 qt 2 ¼ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
1 ⅞ oz	¼ cup 2 ⅜ tsp	9 oz	1 ½ cups
1 ½ oz	¼ cup 2 ⅜ tsp	7 ½ oz	1 ½ cups
3 ¾ oz	¾ cup	1 lb 2 ¾ oz	3 ¾ cups
⅓ oz	2 ⅜ tsp	1 ½ oz	¼ cup
	⅜ tsp		2 ¼ tsp
⅔ oz	2 Tbsp	3 ¼ oz	½ cup 2 Tbsp
	1 Tbsp ⅛ tsp		⅓ cup
	1 Tbsp ⅛ tsp		⅓ cup
	1 tsp		1 Tbsp 2 tsp
	¼ tsp		½ Tbsp
	¼ tsp		½ tsp
	⅛ tsp		½ tsp

1. Rinse kidney beans in cold water and drain well.
2. In a bowl combine kidney beans, wax beans, green beans, onions, and green pepper (optional).
3. In a bowl combine vegetable oil, vinegar, sugar, basil, pepper, and garlic. Mix well. Pour dressing over beans. Toss lightly to combine and coat evenly.
4. Cool and hold at 40°F or colder until ready to serve.
5. Mix lightly before serving.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Tilapia with Parmesan Crust

Recipe Revised From:
EICAP

HACCP Process:
Same day service

Serving Size:
1 fillet
(1.25 oz cooked)

CACFP Crediting

1 fillet

Meat/Meat Alt:
1.25 oz eq

Serving Size per Age Group

Ages 1-2:
1 fillet

Ages 3-5:
1 ¼ fillets

Ages 6-12, 13-18:
2 fillets

INGREDIENTS

Parmesan cheese, grated
Paprika
Raw parsley, chopped
Salt
Black pepper
Cooking spray
Olive oil
Tilapia, raw (2 oz fillets)

DIRECTIONS

5 Servings Yield: 5 fillets		25 Servings Yield: : 25 fillets	
WEIGHT	VOLUME	WEIGHT	VOLUME
	½ cup		2 ½ cups
	¾ tsp		1 Tbsp ¾ tsp
	½ Tbsp		2 ½ Tbsp
	⅙ tsp		¼ tsp
	⅙ tsp		⅛ tsp
	As needed		As needed
	1 ¼ tsp		2 Tbsp ¼ tsp
10 ozs	5 fillets	3 lbs 2 ozs	25 fillets

1. Preheat oven to 400°F.
2. In a bowl mix Parmesan cheese, paprika, parsley, salt, and pepper.
3. Place tilapia portions on sheet pan lined with foil and lightly sprayed with cooking spray.
4. Drizzle tilapia fillets with olive oil and dredge in Parmesan cheese mixture.
5. Place fillets onto the prepared baking sheet.
6. Bake until internal temperature reaches 145°F, about 10-12 minutes.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Toasted Cheese Sandwich

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 sandwich

CACFP Crediting

1 sandwich

Meat/Meat Alt:
2 oz eq

Grain:
2 oz eq

Serving Size per Age Group

Ages 1-2:
½ sandwich

Ages 3-5:
1 sandwich

Ages 6-12, 13-18:
1 sandwich

INGREDIENTS

Margarine or butter, melted
Whole wheat bread (at least 1 oz per slice)
Reduced fat cheddar cheese (2 oz slices)

DIRECTIONS

5 Servings Yield: 5 sandwiches		25 Servings Yield: : 25 sandwiches	
WEIGHT	VOLUME	WEIGHT	VOLUME
5/8 oz	1 ¼ Tbsp	3 ozs	¼ cup 2 Tbsp
	10 slices		50 slices
10 oz	5 slices	3 lbs 2 oz	25 slices

1. Brush 1 Tbsp margarine or butter on half sheet pans. For 25 servings use three half sheet pans, for 5 servings use one baking sheet pan. Reserve remaining butter for later.
2. Place half of sliced bread on pan(s).
3. Top each slice of bread with 1 (2 oz) slice of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine or butter.
6. Bake until lightly browned:
Conventional oven: 400°F for 15-20 minutes
Convection oven: 350°F for 10-15 minutes
DO NOT OVER BAKE.
7. If desired, cut each sandwich in half diagonally. Serve immediately.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = ¾ lb = 0.750 lb
8 oz = ½ lb = 0.500 lb
4 oz = ¼ lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Tortilla Chicken Roll-up

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 roll-up

CACFP Crediting

1 roll-up

Meat/Meat Alt:
1 ½ oz eq

Grain:
1 oz eq

Serving Size per Age Group

Ages 1-2:
1 roll-up

Ages 3-5:
1 roll-up

Ages 6-12, 13-18:
1 ½ roll-ups

INGREDIENTS

Cooked chicken breast boneless, skinless
Salsa (recipe in tool kit) or may purchase
Fresh onions OR Dehydrated onions
Fresh red bell pepper, seeded, minced
(optional)
Reduced-fat Monterey Jack cheese,
shredded
Whole grain-rich tortilla, 6" (at least 1 oz each)

DIRECTIONS

5 Servings Yield: 5 roll-ups		25 Servings Yield: 25 roll-ups	
WEIGHT	VOLUME	WEIGHT	VOLUME
7 ¼ oz		2 lbs 4 oz	
	¼ cup 1 Tbsp		1 ½ cups 1 Tbsp
	1 tsp		1 Tbsp 2 ¼ tsp
	⅛ tsp OR 1 Tbsp 2 tsp		¾ tsp OR ½ cup 1 tsp
2 ½ oz	½ cup 2 ½ Tbsp	12 ½ oz	3 ¼ cup
	5 tortillas		25 tortillas

1. Chop cooked chicken breasts.
2. In a bowl, combine chicken (or turkey can be used as well), salsa, onions, and red pepper (optional).
3. Sprinkle 1 oz (¼ cup) shredded cheese on each tortilla.
4. Spread 3 ½ ozs (½ cup) of chicken (or turkey) mixture on tortilla.
5. Roll tortilla like a jelly-roll.
6. Bake until internal temperature reaches 165°F:
Conventional oven: 375°F for 20 minutes
Convection oven: 325°F for 20 minutes

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Trail Mix

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
½ cup

CACFP Crediting

½ cup
Grain:
½ oz eq

Serving Size per Age Group

Ages 1-2:
½ cup

Ages 3-5:
½ cup

Ages 6-12, 13-18:
1 cup

INGREDIENTS

Toasted O's cereal
Crispy whole wheat cereal squares
Raisins, packed
Mini pretzels
Chocolate chips

DIRECTIONS

5 Servings Yield: 2 ½ cups		25 Servings Yield: 12 ½ cups	
WEIGHT	VOLUME	WEIGHT	VOLUME
	1/3 cup 2 Tbsp		2 1/3 cups
	3/4 cup 1/2 Tbsp		1 qt
	3 Tbsp 1 3/4 tsp		1 1/8 cups
	1/2 cup 2 Tbsp		3 1/8 cups
	3 Tbsp 1 3/4 tsp		1 1/8 cups

1. In a large bowl, mix all ingredients together.
2. With a ½ cup measuring cup, portion into individual cups, bowls, or zip-top snack bags.
3. Place in an air-tight container or zip-top plastic bag. Store in a cool, dry place until served.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = ¾ lb = 0.750 lb
8 oz = ½ lb = 0.500 lb
4 oz = ¼ lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Tuna and Noodles

NOTES



Tuna and Noodles

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 cup

CACFP Crediting

1 cup

Meat/Meat Alt:
2 oz eq

Grain:
1 ¼ oz eq

Serving Size per Age Group

Ages 1-2:
½ cup

Ages 3-5:
¾ cup

Ages 6-12, 13-18:
1 cup

INGREDIENTS

	Water		
	Enriched egg noodles, dry		
	Margarine or butter		
	Fresh celery, chopped		
	Fresh onions, chopped OR Dehydrated onions		
	Enriched all-purpose flour		
	Instant nonfat dry milk, reconstituted, hot		
	Chicken broth, hot		
	Black pepper		
	Dried parsley		
	Salt		
	Canned chunk style tuna, water packed, drained and flaked		
	Frozen lemon juice concentrate, reconstituted		

DIRECTIONS

5 Servings Yield: 1 qt 1 cup		25 Servings Yield: : 6 qt 1 cup	
WEIGHT	VOLUME	WEIGHT	VOLUME
	3 ⅞ cups 1 Tbsp		1 gal
4 ozs		1 lb 4 oz	
7/8 oz	4 7/8 Tbsp	4 ozs	1 ½ cups
1 5/8 ozs	4 7/8 Tbsp	8 ozs	1 ½ cups
1 3/8 ozs OR 1/4 oz	4 Tbsp	7 ozs OR 1 1/4 oz	1 ¼ cups
7/8 oz		4 ozs	
	1 ½ cups 1 ½ Tbsp		2 qts
	1 ½ cups 1 ½ Tbsp		2 qts
	1/8 tsp		¾ tsp
	2 3/8 tsp		¼ cup
	1/8 tsp		½ tsp
10 ¼ oz	2 cans (6 oz)	3 lbs 3 oz	9 5/8 cans (6 oz)
	1 Tbsp 1/8 tsp		1/3 cup

- Heat water to boil.
- Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Reserve for step 6.
- Melt margarine or butter in pan. Add celery and onions. Cook over medium heat for 5-6 minutes.
- Add flour and stir until smooth.
- Add milk, chicken broth, pepper, parsley, and salt. Cook over medium heat, stirring occasionally until thickened, about 8-10 minutes.
- Add cooked noodles, tuna, and lemon juice. Stir gently to combine. Cook over medium heat until internal temperature reaches 165°F, about 6-8 minutes.
- Hold for 30 minutes on 180-190°F to allow sufficient time for mixture to set up properly.
- Portion with an 8 oz ladle (1 cup).

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125	5/8 = 0.625
1/4 = 0.250	2/3 = 0.666
1/3 = 0.333	3/4 = 0.750
3/8 = 0.375	7/8 = 0.875
1/2 = 0.500	

★ Weight Equivalent Key ★

16 oz = 1 lb	= 1.000 lb
12 oz = ¾ lb	= 0.750 lb
8 oz = ½ lb	= 0.500 lb
4 oz = ¼ lb	= 0.250 lb
1 oz = 1/16 lb	= 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
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1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Tuna Salad Sandwich

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
1 sandwich
(4 squares)

CACFP Crediting

1 sandwich

Meat/Meat Alt:
2 oz eq

Grain:
2 oz eq

Serving Size per Age Group

Ages 1-2:
½ sandwich
(2 squares)

Ages 3-5:
¾ sandwich
(3 squares)

Ages 6-12, 13-18:
1 sandwich
(4 squares)

INGREDIENTS

Canned chunk style,
water packed tuna, chilled

Fresh onions, chopped

Fresh celery, chilled, chopped

Sweet pickle relish, undrained

Dry mustard

Reduced calorie salad dressing OR
Low-fat mayonnaise

Whole grain bread (at least 1 oz per slice)

DIRECTIONS

5 Servings Yield: 5 sandwiches		25 Servings Yield: : 25 sandwiches	
WEIGHT	VOLUME	WEIGHT	VOLUME
10 oz	2 cans (6 oz)	3 lbs 2 oz	9 ⅝ cans (6 oz)
1 ⅝ oz	2 Tbsp 2 ⅜ tsp	8 oz	¾ cup 2 Tbsp
3 ¼ oz	¾ cup ½ Tbsp	1 lb	1 qt
⅞ oz	1 Tbsp 1 ¾ tsp	4 ⅜ oz	½ cup
	⅛ tsp		¾ tsp
4 ⅓ oz	½ cup 2 ⅜ tsp OR ½ cup 2 ⅜ tsp	1 lb 5 ½ oz	2 ¾ cups OR 2 ¾ cups
	10 slices		50 slices

1. Drain tuna and flake with a fork.
2. Combine tuna, onions, celery, pickle relish, dry mustard, and salad dressing or mayonnaise in bowl. Mix lightly until well blended.
3. Cover and refrigerate until ready to use.
4. Portion with a #8 scoop (½ cup) on 1 slice of bread. Spread evenly over bread and top with second slice of bread. Cut each sandwich into 4 squares. Cover. Cool and hold at 40°F or colder, until ready to serve.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

$60 \text{ drops} = 1 \text{ tsp}$
 $1 \text{ Tbsp} = 3 \text{ tsp}$
 $\frac{1}{8} \text{ cup} = 2 \text{ Tbsp}$
 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Turkey Chili

NOTES



Turkey Chili

Recipe Revised From:
USDA

HACCP Process:
Same day service

Serving Size:
1 cup

CACFP Crediting

1 cup
Meat/Meat Alt:
2 ½ oz eq

Serving Size per Age Group

Ages 1-2:
½ cup

Ages 3-5:
¾ cup

Ages 6-12, 13-18:
1 cup

INGREDIENTS

Fresh onion, diced
Fresh carrot, diced
Fresh green bell pepper, diced
Fresh garlic, minced
Canned low-sodium red or white kidney beans
Olive oil
Ground turkey, raw
Canned low-sodium diced tomatoes
Water
Chili powder
Ground cumin
Salt
Optional Ingredients: Lime, cut into wedges
Low-fat plain yogurt

DIRECTIONS

5 Servings Yield: 1 qt 1 cup		25 Servings Yield: : 6 qt 1 cup	
WEIGHT	VOLUME	WEIGHT	VOLUME
	⅔ medium		4 ¼ medium
	1 ⅓ medium		8 ⅓ medium
	⅔ large		4 ¼ large
	1 tsp		2 Tbsp ¼ tsp
10 ⅓ ozs		4 lbs	
	2 tsp		¼ cup ½ tsp
10 ⅓ ozs		4 lbs	
1 lb 3 ½ ozs	⅞ cup	7 lbs 9 oz	4 ¼ cups
	2/3 cup ⅞ tsp		1 qt ¼ cup
	2 Tbsp		¾ cup ½ Tbsp
	2 tsp		¼ cup ½ tsp
	½ tsp		1 Tbsp ⅞ tsp
	1		5
	¼ cup 1 Tbsp		1 cup 9 Tbsp

- Rinse and peel onion and carrots. Peel garlic.
 - Rinse bell pepper. Remove core and seeds.
 - Dice onion, carrots, and bell pepper. Mince garlic.
 - If using lime, rinse now. Cut into wedges.
 - In a colander, drain and rinse beans.
 - In a stock pot over medium-high heat, heat oil. Add turkey and brown.
 - Add onion, carrots, bell pepper, and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
 - Add beans, tomatoes, water, chili powder, and cumin to pot. Season with salt.
 - Lower heat to medium. Cook until all flavors have blended and internal temperatures reach 165°F, about 15 minutes.
 - If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 Tbsp yogurt.
- Slow Cooker Variation:**
Follow steps 1-5 and turn slow cooker on high. Add raw ground turkey to the heated cooker. Continue with steps 7-8, adding only ½ of the water. Cook on high for 4 hours.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = ¾ lb = 0.750 lb
8 oz = ½ lb = 0.500 lb
4 oz = ¼ lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
1/4 cup = 4 Tbsp
1/3 cup = 5 Tbsp + 1 tsp
3/8 cup = 6 Tbsp
1/2 cup = 8 Tbsp
5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

White Bean Dip

NOTES



White Bean Dip

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
1/8 cup

CACFP Crediting

1/8 cup

Meat/Meat Alt:
1/4 oz eq

Serving Size per Age Group

Ages 1-2:
1/4 cup

Ages 3-5:
1/4 cup

Ages 6-12, 13-18:
1/2 cup

INGREDIENTS

Canned garbanzo beans, drained
Granulated garlic
Lemon juice
Vegetable oil
Low-sodium soy sauce
Black pepper
Dried parsley
Water

DIRECTIONS

5 Servings Yield: 5/8 cup		25 Servings Yield: 3 1/8 cup	
WEIGHT	VOLUME	WEIGHT	VOLUME
4 3/8 ozs	2/3 cup 1 5/8 tsp	1 lb 6 ozs	3 1/2 cups
	1/8 tsp		1 tsp
	1/4 tsp		1/2 Tbsp
	1 1/8 tsp		2 Tbsp
	1/8 tsp		1/2 tsp
	1/16 tsp		1/8 tsp
	1 1/8 tsp		2 Tbsp
	2 3/8 tsp		1/4 cup

1. Mash or blend all ingredients, either by hand in a bowl with a whisk or by using a food processor.
2. Cool and hold at 40°F or colder until ready to serve.
3. Serve with vegetable sticks.

★ Recipe Fraction to Decimal Equivalents ★

1/8 = 0.125 5/8 = 0.625
1/4 = 0.250 2/3 = 0.666
1/3 = 0.333 3/4 = 0.750
3/8 = 0.375 7/8 = 0.875
1/2 = 0.500

★ Weight Equivalent Key ★

16 oz = 1 lb = 1.000 lb
12 oz = 3/4 lb = 0.750 lb
8 oz = 1/2 lb = 0.500 lb
4 oz = 1/4 lb = 0.250 lb
1 oz = 1/16 lb = 0.063 lb



★ Volume Equivalent Key ★

60 drops = 1 tsp
1 Tbsp = 3 tsp
1/8 cup = 2 Tbsp
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1/3 cup = 5 Tbsp + 1 tsp
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5/8 cup = 10 Tbsp
2/3 cup = 10 Tbsp + 2 tsp
3/4 cup = 12 Tbsp
7/8 cup = 14 Tbsp
1 cup = 16 Tbsp
1/2 pint = 1 cup
1 pint = 2 cups
1 quart = 2 pt
1 gallon = 4 qt

Yogurt Berry Parfait

NOTES



Yogurt Berry Parfait

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
1 parfait

CACFP Crediting

1 parfait

Meat/Meat Alt:
1 oz eq

Fruit:
½ cup

Serving Size per Age Group

Ages 1-2:
Breakfast: ½ parfait
Snack: 1 parfait

Ages 3-5:
Breakfast: 1 parfait
Snack: 1 parfait

Ages 6-12, 13-18:
Breakfast: 1 parfait
Snack: 1 ½ parfaits

INGREDIENTS

Fresh bananas, sliced
Fresh blueberries
Fresh strawberries, sliced
Nonfat plain or Vanilla yogurt
(no more than 23 grams of sugar per 6 oz)

DIRECTIONS

1. Mix bananas, blueberries, and strawberries in bowl.
2. Line up the glasses/cups to be used.
3. Spoon ¼ cup of yogurt into each glass.
4. Top yogurt with ¼ cup of fruit.
5. Repeat layers one more time.

5 Servings Yield: 5 parfaits		25 Servings Yield: : 25 parfaits	
WEIGHT	VOLUME	WEIGHT	VOLUME
	1 ¼ cups		1 qt 2 ¼ cups
	½ cup 2 Tbsp		3 cups 2 Tbsp
	½ cup 2 Tbsp		3 cups 2 Tbsp
	2 ½ cups		3 qts ½ cup

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

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 $1 \text{ Tbsp} = 3 \text{ tsp}$
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 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Yogurt Parfait Strawberry Mango

Recipe Revised From:
USDA

HACCP Process:
No cook

Serving Size:
1 parfait

CACFP Crediting

1 parfait

Meat/Meat Alt:
1 oz eq

Fruit:
½ cup

Serving Size per Age Group

Ages 1-2:
Breakfast: ½ parfait
Snack: 1 parfait

Ages 3-5:
Breakfast: 1 parfait
Snack: 1 parfait

Ages 6-12, 13-18:
Breakfast: 1 parfait
Snack: 1 ½ parfaits

INGREDIENTS

Fresh or thawed frozen fruit, strawberries, peaches or mango, sliced
Nonfat plain yogurt (no more than 23 grams of sugar per 6 oz)

DIRECTIONS

5 Servings Yield: 5 parfaits		25 Servings Yield: 25 parfaits	
WEIGHT	VOLUME	WEIGHT	VOLUME
	3 ⅓ cups 1 tsp		1 gal ¾ cup
	2 ½ cups		3 qts ½ cup

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼" thick slices and mix together in a bowl.
2. Line up the glasses/cups to be used.
3. Spoon ¼ cup yogurt into each glass.
4. Top with ¼ cup sliced fruit.
5. Repeat layers one more time.

★ Recipe Fraction to Decimal Equivalents ★

$\frac{1}{8} = 0.125$ $\frac{5}{8} = 0.625$
 $\frac{1}{4} = 0.250$ $\frac{2}{3} = 0.666$
 $\frac{1}{3} = 0.333$ $\frac{3}{4} = 0.750$
 $\frac{3}{8} = 0.375$ $\frac{7}{8} = 0.875$
 $\frac{1}{2} = 0.500$

★ Weight Equivalent Key ★

$16 \text{ oz} = 1 \text{ lb} = 1.000 \text{ lb}$
 $12 \text{ oz} = \frac{3}{4} \text{ lb} = 0.750 \text{ lb}$
 $8 \text{ oz} = \frac{1}{2} \text{ lb} = 0.500 \text{ lb}$
 $4 \text{ oz} = \frac{1}{4} \text{ lb} = 0.250 \text{ lb}$
 $1 \text{ oz} = \frac{1}{16} \text{ lb} = 0.063 \text{ lb}$



★ Volume Equivalent Key ★

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 $1 \text{ Tbsp} = 3 \text{ tsp}$
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 $\frac{1}{4} \text{ cup} = 4 \text{ Tbsp}$
 $\frac{1}{3} \text{ cup} = 5 \text{ Tbsp} + 1 \text{ tsp}$
 $\frac{3}{8} \text{ cup} = 6 \text{ Tbsp}$
 $\frac{1}{2} \text{ cup} = 8 \text{ Tbsp}$
 $\frac{5}{8} \text{ cup} = 10 \text{ Tbsp}$
 $\frac{2}{3} \text{ cup} = 10 \text{ Tbsp} + 2 \text{ tsp}$
 $\frac{3}{4} \text{ cup} = 12 \text{ Tbsp}$
 $\frac{7}{8} \text{ cup} = 14 \text{ Tbsp}$
 $1 \text{ cup} = 16 \text{ Tbsp}$
 $\frac{1}{2} \text{ pint} = 1 \text{ cup}$
 $1 \text{ pint} = 2 \text{ cups}$
 $1 \text{ quart} = 2 \text{ pt}$
 $1 \text{ gallon} = 4 \text{ qt}$

Recipe Index

b	Baked Flakey Chicken Strips.....20	f	Fantabulous French Toast.....43	p	Pizza with Cheese Topping.....57	t	Tuna Salad Sandwich77
	Baked Sweet Potatoes & Apples.....21		Fiesta Wrap.....44		Porcupine Sliders.....58		Turkey Chili78
	Baked Whole Grain Pita Chips22	g	Green Garden Salad.....45		Pork Shreds59	w	White Bean Dip79
	Barbecued Pork on a Roll.....23			r	Red Monster Soup60	y	Yogurt Berry Parfait.....80
	Basic Baked Beans24	h	Hamburger Beef Soup.....46		Roasted Fish Crispy Slaw Wrap.....61		Yogurt Parfait Strawberry Mango.....81
	Basic Baked Chicken.....25	k	Kale Chips47		Roasted Turkey Pita Sandwich.....62		
	Bean Taco.....26			s	Salsa.....63		
	Beef Meatballs27	l	Lasagna with Ground Beef48		Spaghetti Sauce.....64		
	Beef Patty with Cheese on a Roll.....28		Lentils of the Southwest49		Spicy Barbecue Chicken Drumsticks..65		
	Beef Sloppy Joe on Roll29	m	Loaded Whole Grain Muffins.....50		Stir-Fry Rice, Eggs, and Ham.....66		
	Beef Vegetable Stew30				Sunny Salsa67		
					Superhero Hummus.....68		
c	Chicken Alfredo with a Twist.....31				Sweet Potato Fries.....69		
	Chicken Caesar Salad32				Sweet-and-Sour Chicken70		
	Chicken Noodle Soup.....33	i	Lasagna with Ground Beef48				
	Chicken Nuggets.....34		Lentils of the Southwest49				
	Chicken Taco35		Loaded Whole Grain Muffins.....50				
	Cornbread36	m	Macaroni and Cheese.....51				
	Creamy Cole Slaw.....37		Monster Mashed Potatoes52				
e	Eagle Pizza38	p	Patty Cake Pancakes53	t	Three Bean Salad.....71		
	Egg and Cheese Burrito39		PB&J Sandwich with Cheese Stick.....54		Tilapia with Parmesan Crust.....72		
	Egg Salad Sandwich.....40		Peanut Butter and Banana Wrap.....55		Toasted Cheese Sandwich.....73		
	Egg Toad-in-the-Hole.....41		Pizza Crust Whole Grain Dough.....56		Tortilla Chicken Roll-up74		
	English Muffin Veggie Pizza.....42				Trail Mix.....75		
					Tuna and Noodles.....76		

Note: Recipe photographs are representations only. Results may vary.