

MENU PLANNING TOOLKIT

created by the
Philadelphia Department of Public Health
Health Promotion Council



www.phila.gov/nutritionstandards

www.foodfitphilly.org

www.hpcpa.org



INTRODUCTION

The answer to that question becomes difficult in a food service setting where there are many priorities to consider. How can we offer food that is healthy, satisfies participants' and clients' preferences and meets their expectations; offers balance and variety; utilizes available labor, equipment, and inventory; fits the season and features seasonal produce; reduces food waste; and stays within budget?



Menu planning is a great way to balance these priorities. A one-week, two-week, or longer menu cycle will allow you to:

1 Order exactly what you need:

Use your menu to plan your purchases.

ADVANTAGE: Manage inventory and reduce waste.

2 Prepare ahead of time:

Thaw frozen items in the refrigerator, or prep items like sauces, soups, dressings and others a day or up to a week in advance.

ADVANTAGE: Take advantage of down time in order to balance labor needs.

3 Meet healthy meal goals:

Look ahead to make sure you include healthy components like fruits, vegetables, whole grains, low-fat dairy, and lean meats into all meals and snacks.

ADVANTAGE: Ensure meals meet nutritional standards, and identify opportunities to try new recipes or plan for substitutions.

This menu planning toolkit is brought to you by the Health Promotion Council, a subsidiary of PHMC, and Get Healthy Philly, part of the Philadelphia Department of Public Health. Culinary staff like you can use this guide to help plan, prepare, and serve healthful meals that make the best use of your food, labor, and equipment resources, meet participants' and clients' expectations and taste preferences, and comply with the [Philadelphia Nutrition Standards](#).



MENU PLANNING 101

Consider these points when planning your menu:

Nutrition	p.3
How to select and prepare foods that meet the <u>Philadelphia Nutrition Standards</u>	
Available Food Inventory and Equipment.	p.5
How to use on-hand food and equipment to make delicious meals and how to manage food inventory	
Variety.	p.6
How to offer meals with different textures and flavors that are delicious and healthy	
Balance.	p.8
How to prepare meals that include all major food groups	
Moderation	p.10
How much to serve and how often	
Seasonality	p.11
How to use the changing seasons to guide your purchases and recipe choices	
Reducing Wasted Food and Labor.	p.12
How to save money by making the most of two precious resources: food and time	
Marketing	p.14
How to use your menu to entice participants to dine at your facility	
Meeting Participant Expectations	p. 15
How to make healthy meals more appealing	
Appendix	p.16
Recipes, food safety, menu templates and more	

NUTRITION

The [Philadelphia Nutrition Standards](#) include guidelines for meals and snacks to ensure that all meals served are healthy and well-balanced. The following are several of the key recommendations.

1 **Serve a minimum of 5 servings of fruits and vegetables per day.**

2 Servings of fruit (1/2 cup each)
3 Servings of vegetables (1/2 cup each)

2 **Serve at least one whole grain-rich food per day, or more frequently when possible.**

Whole grain-rich means a product is made of at least 50% whole grain and has either (A) at least 8 grams of whole grains per serving, or (B) "whole wheat" or "whole grain" listed as the first ingredient.

Utilize whole grain-rich breads, cereals, crackers, and grains such as barley, brown rice, oatmeal, etc.

3 **Ensure water is available at all meals.**

Increase variety by adding ice, or by infusing water with cut up fruits or vegetables like lemons, limes, oranges or cucumbers.

4 **Limit juice to only 100% juice, 6 oz. per serving or less, no more than once per day.**

Serve whole fruits as often as possible instead of juice.

Recommend that juice is not served to children under the age of 5.

5 **Serve processed meats (bacon/sausage etc.) and deli meats no more than 2 times per week.**

For breakfast, stick to fruits, hard boiled eggs, scrambled eggs, or vegetable egg bakes, whole grain cereals and breads, peanut butter, and low fat dairy products (see recipe for [Crustless Vegetable Quiche](#)).

Replace deli meats with homemade chicken and tuna salad or protein and vegetable packed salads for lunch.

6 **Serve a vegetarian entrée at least once per week.**

Meat-free or vegetarian options can save your facility money, provide nutrient-dense foods like vegetables and legumes, and can include delicious comfort foods that your clients will recognize (tacos, anyone?).

Try a [Vegetarian Chili](#) or [African-style Peanut Stew](#). See appendix for recipes.

7 **Serve food in correct portion sizes.**

Serving the recommended portion sizes can help lower sodium intake and keep calories in check.

See [Moderation](#) on pg.10 for portion size guidelines.

NUTRITION (CON'T)

8 **Serve fish at least 2 times per week.**

Fish is a great source of protein and brain-boosting vitamins and minerals.

Choose pollack, hake, whiting, flounder, tilapia, tuna, and salmon. See appendix for recipe ideas like [Crispy Oven Fried Fish](#) or [Savory Fish Cakes](#).

9 **Serve desserts (doughnuts, pastries, cookies, cake, brownies, ice cream, water ice, etc.) no more than 2 times per week.**

Fruit makes an excellent dessert. See appendix for [Fruit & Oat Crumble](#).

image source: www.scott.af.mil/News/Photos/igphoto/2001260159



The [Philadelphia Nutrition Standards](#) include meal preparation and cooking guidelines to improve the healthfulness of the meals you serve.

Cooking Guidelines:

1 **Eliminate deep frying as a method of preparing foods.**

Instead, “oven fry” your favorite recipes at 450°F. See appendix for [Crispy Oven Fried Chicken Tenders](#) recipe.

2 **Reduce salt and increase flavor by using a variety of herbs and spices.**

See appendix for [Salt Free Spice Rubs](#).

3 **Use only trans fat-free oils and margarines when cooking.**

Read labels to make sure there are no hydrogenated or partially hydrogenated oils in the ingredient list.

4 **Cook from scratch whenever possible and utilize bulk, whole, and unprocessed ingredients.**

Food made from scratch with natural ingredients tends to be healthier and more satisfying.

AVAILABLE FOOD INVENTORY AND EQUIPMENT

Before writing a menu, complete a product inventory (see appendix for inventory sheet template) by listing and counting all the items that you have on hand. This should be done at the beginning and end of every month or as needed.

Completing inventory on a regular basis will help you to:

1 Know exactly what products you have on hand and how much.

Use products that you have a lot of in multiple places on the menu or within preparations of menu items to manage inventory and storage space.

Streamline ordering or pick-ups to make sure you have enough, and are not getting excess of an item you may use infrequently or have a large amount in inventory already.

2 Check dates of items and rotate stock.

Utilize products that are nearing their expiration date, and make sure the oldest items are used first (refer to First In, First Out in [Food Waste and Labor](#) section on p.12).

Always date items as they are received to make it easier to use oldest items first.

3 Create a system of checks and balances.

Track how much food you use: subtract your end of month inventory from your beginning of month inventory to see how much you used.

Determine your par level, or the minimum amount you need between replenishment, for each item.

Always write a menu based on what equipment you have available.

Know what types of equipment are needed to complete meal preparation? For example: oven, stove, food processor, etc.

Consider the type of storage needed to accommodate ingredients. For example: freezer space, refrigerator space, dry storage space.



VARIETY

Having variety in the foods you prepare and serve promotes better nutrition and increases the interest of participants and the staff preparing them. Incorporate different colors, flavors, shapes, and textures to your meal to enhance the appearance and taste of your dishes.

Color and flavor

Sprinkle paprika on cooked eggs or add cinnamon on top of oatmeal or other hot cereals.

Shapes – Offer different shaped items for each meal to improve visual appeal

Contrast round items with wedges, strips, or cubes and vice versa.

- Savory sliced turkey with carrot coins, string beans, and roasted potato wedges
- Stir fried beef cubes, fluffy brown rice, and orange slices

Texture – Accompany soft foods with something crispy and crunchy

Prepare baked fish with crispy sautéed cabbage, crunchy apple slices and steamed brown rice.

Daily themes – Add diversity and flavor variety to your menu

You can feature different preparations and menu items for each day, which can help the meal planning process. Consider the following:

Monday	Tuesday	Wednesday	Thursday
Meatless Monday	Taco Tuesday	Baked Chicken	Italian Day
Hearty Vegetarian 3 Bean Chili Cornbread Pineapple Chunks	Fiesta Ground Beef Tacos with Lettuce and Tomato Corn and Black Bean Salad Orange Slices	Tender Herb Roasted Chicken Fluffy Brown Rice Tangy Collard Greens Refreshing Fruit Cocktail	Savory Meatballs Pasta Marinara Fresh Green Salad Chilled Pears
Friday	Saturday	Sunday	TIP: Make 3–4 weeks of meals using this template, then repeat for several months! Make substitutions as needed as different ingredients become available.
Baked Fish / Seafood	Pizza Day	Comfort Food Classics	
Baked Fish with Lemon and Herbs Garlicky Green Beans Rice Pilaf Sliced Peaches	Cheese Pizza Green Salad Fresh Fruit Salad	Classic Meatloaf Fluffy Mashed Potatoes Steamed Sweet Peas Crunchy Apple Slices	

Try adding a vegetarian (meat free) meal in once per week. Here are some great meat alternatives:

Creditable CACFP Vegetarian Meat Alternatives	Amount	Meat or Meat Alt Equivalency
Beans, split peas, or lentils, cooked, any variety (black, pinto, red, butter, etc.)	1/2 cup	2 oz
Hard or sliced cheeses	1 oz	1 oz
Egg	1 egg or 1 oz	1 oz
Peanut or other nut butters*	2 tablespoons	1 oz
Soft cheeses (cottage, ricotta)	2 oz	1 oz
Commercially prepared bean or pea soup (≤ 480mg sodium/serving)	1/2 cup	1 oz
Yogurt (≤ 27g sugar/8oz serving)	1/2 cup	1 oz
Tofu	1/2 cup	1 oz

*Remember to follow serving guidelines for specific age groups

VARIETY (CON'T)

Increase variety by writing or utilizing cycle menus!

A cycle menu is a set of menus planned for a specific number of weeks and each day features a different food combination. Once the entire menu cycle is completed, it is repeated in the same order.

By writing out menus ahead of time and seeing what you are serving throughout the week, you can plan to serve different entrées and side dishes and cut down on too much repetition.

Follow the sample [template](#) on p.9 to make at least 3 weeks of balanced meals. Use for 6 months in the fall/winter and 6 months for spring/summer. Save and repeat!

Cycle menus are useful because they also help food service personnel managers:

1 Organize purchases and manage inventory.

Helps staff to plan ahead, schedule orders and rotate products.

2 Decrease waste and save money.

Sets a concrete plan for product use, allows you to order and prepare ahead of time.

3 Train staff and set expectations.

You can show staff how to prepare an item that may appear several times throughout the menu cycle.

4 Maintain records.

Take notes about what works and what doesn't, and make changes for the next cycle.

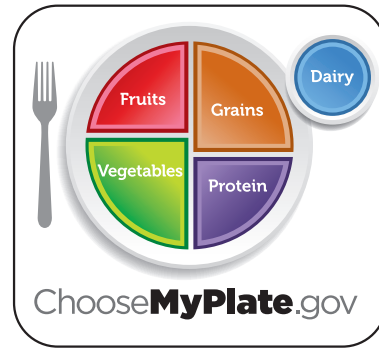
5 Save time.

Eliminate the need to write daily menus or scramble to figure out what you are making for the day. These menus can be used for years and updated as needed.



BALANCE

Balanced meals contain all food groups and contribute many nutrients, vitamins and minerals to the overall diet. Consider MyPlate: Serve a fruit, vegetable, grain or bread and meat component at each meal. Complete with a serving of dairy (or dairy alternate) for a complete, balanced, and nutritious meal.



Consider these options when putting together balanced meals:

Fruit:

- **Fresh fruit** – serve as grab-n-go or cut into bite sized pieces
- **Frozen fruit (with no added sugar)** – thawed and added on top of hot/cold cereal, yogurt, or mixed with other fruit in a fruit salad
- **Canned fruit in 100% juice or water** – served warmed or cold depending on the meal or season



Vegetable:

- **Fresh or frozen vegetables** – roasted or steamed, seasoned with herbs and spices
- **Fresh lettuces and produce** – served raw, lightly dressed with vinaigrettes or yogurt-based dressings
- **Canned vegetables** – drain and rinse, heat, and season with herbs and spices



Grain or Bread/Bread Alternate:

- **Boiled or steamed rice, barley, grits, oats or quinoa**
- **Cooked whole grain pasta**
- **Whole grain breads, rolls, tortillas or crackers**

Meat/Meat Alternate (see [table](#) on p.6) :

- **Lean beef, baked/broiled/grilled chicken, fish, shellfish, or turkey**
- **Vegetarian sources of protein (beans, tofu, peanut butter, or eggs)**



Dairy/Dairy Alternate:

- **Nonfat or 1% milk, cheese, nonfat or 1% yogurt**
- **Add cheese on a sandwich or salad, or chicken salad made with yogurt dressing**

Using a [menu template](#) like the one on p.9 ensures that you are serving balanced meals. Keep in mind the correct portion sizes for each menu item.

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Milk/Water							
Bread/Alternate							
Fruit/Vegetable							
Other							
Lunch							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Vegetable							
Fruit							
Dinner							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Vegetable							
Fruit							
Snack - 2 of the 4 components							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Fruit/Vegetable							

MODERATION

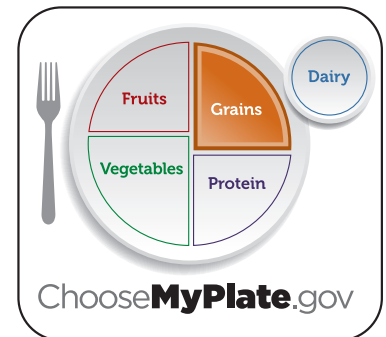
Portion control is essential for healthy meal patterns and for forecasting the amount of food to prepare. Follow these suggested serving amounts based on age and food group.

Breakfast Meal Patterns

	Ages 1 – 2	Ages 3 – 5	Ages 6 – 18	Adults
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, fruit, or both	1/4 cup	1/4 cup	1/2 cup	1/2 cup
Grains	1/2 oz eq*	1/2 oz eq*	1 oz eq*	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

oz eq = ounce equivalents



Lunch and Supper Meal Patterns

	Ages 1 – 2	Ages 3 – 5	Ages 6 – 18	Adults
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 1/2 oz	2 oz	2 oz
Vegetables	3/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruits	3/8 cup	1/4 cup	1/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

*A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents

1 oz Grain Equivalencies
1/2 cup cooked: Pasta, rice, oats, barley, bulgur, grits or any other whole grain
1 slice of sandwich bread
1 small dinner roll or muffin
1/2 English muffin
3 cups popped popcorn
1 small (6") tortilla
1 cup breakfast cereal

Snack Meal Patterns

	Ages 1 – 2	Ages 3 – 5	Ages 6 – 18	Adults
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Meat and meat alternates	1/2 oz	1/2 oz	1 oz	1 oz
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents



All serving sizes are minimum quantities of the required food components. Portion sizes are adapted from the USDA's Child and Adult Care Food Program. For more information please visit <https://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

SEASONALITY

Seasonality impacts the availability of produce, how it tastes, and the types of meals that can be served throughout the year. See appendix for a list of [seasonal produce](#).

Incorporating seasonal produce:

- 1 Saves your facility money.**
 Produce that is in season is generally less expensive.
- 2 Supports the local economy.**
 Pennsylvania and New Jersey have amazing produce farms.
- 3 Tastes better.**
 Items fresh off the vine, stalk, or out of the ground have more flavor.

Consider flavor profiles and cooking themes as the seasons change:

Season	Cooking Themes	Flavor Profiles
Spring/Summer	BBQ Cold dinner Entrée salads Vegetable-heavy stir fry	Zestier Herbs and Spices – Basil, Parsley, Tarragon, Dill, Mint, Coriander, Cumin, Lemon, and Lime
Fall/Winter	Soups/Stews Roasted meats and vegetables Casseroles	Robust Herbs and Spices – Rosemary, Thyme, Sage, Cinnamon, Nutmeg, Chilies, and Paprika

Seasonality can also mean considering the types of foods people like to eat, and cooking conditions in your kitchen:

If your facility is not air conditioned in the summertime, consider preparations that reduce or eliminate oven use, or only require the oven to be on in the morning when it is cooler.

Consider what foods people like to eat in different seasons: cold salads and melons in the summer; soups and stews in the fall and winter.



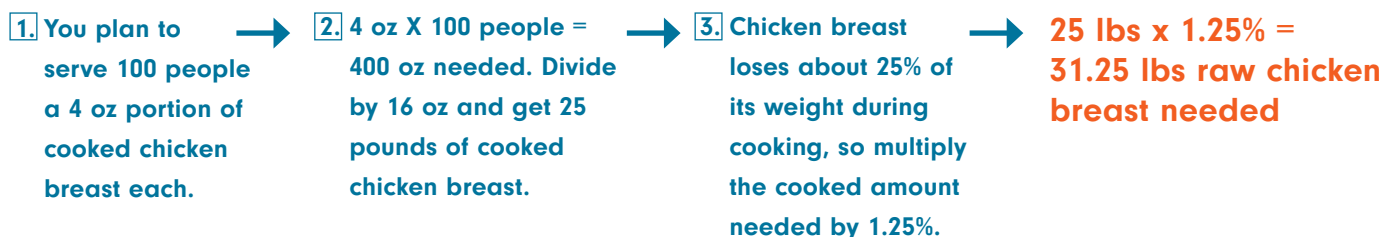
REDUCING WASTED FOOD AND LABOR

Food is a precious resource. Follow these tips to help you avoid wasting food and utilize resources in the most efficient way.

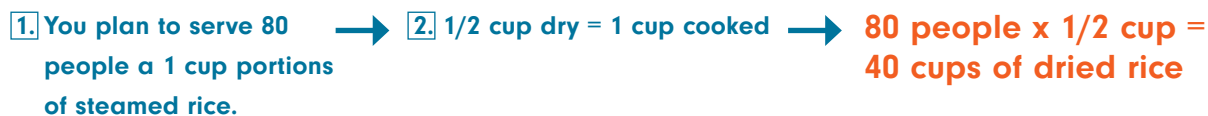
1 Forecasting – “Menu Math”

Forecasting is determining the appropriate amount of food to prepare for a particular meal period. This is essential for a successful kitchen, and saves time, energy, and resources.

Forecasting is based on three things: Serving sizes, the number of people served, and an ingredient’s edible portion. For example:



Remember that different cuts of animal protein have different yield percentages after cooking (also called edible portion or EP)



2 FIFO – “First In, First Out”

Date all incoming items, then rotate the oldest items to the front, using them first, and the newest items to the back.

3 Freeze items for use at a later date that may spoil or not retain their freshness.

Slice peppers, onions, broccoli, squash, or other fresh produce, and place on a sheet tray in a single layer. Freeze for 4-6 hours or until hard, then quickly bag up and save for use in soups, stews, or stir fry.

Milk can be frozen, then used in recipes where it is cooked such as Cinnamon Brown Rice Pudding, French Toast Casserole, and more!

REDUCING WASTED FOOD AND LABOR (CON'T)

4 Use highly perishable items first.

Use items like cucumbers, fresh berries, lettuces, or other foods that have high water content as soon as possible.

5 Conduct and organize inventory.

At the end of each month, go through your refrigerators, freezers, and pantry and incorporate older items into your upcoming menus.

6 Hold foods at proper temperatures.

Make sure refrigerators, freezers and hot holding equipment are working properly by checking their temperatures daily. Monitor temperatures when holding food and heat/cool appropriately so you can reuse.

Remember these operating temperatures for hot and cold equipment.

Equipment	Temperature
Refrigeration	41° F or colder
Freezer	0° F or colder
Steam Tables or Hot Holding Equipment	135° F or higher

Keep hot food hot (135°F or higher) and cold food cold (41°F or colder) during meal service! This will allow for food to be reused if cooled properly. See [appendix](#) for more information.

Source: ServSafe Manager 6th Edition Book. (2014) ServSafe, National Restaurant Association



MARKETING YOUR MENU

Follow these simple steps to help entice diners to eat meals at your facility.

1 Make your meals visible.

Hang weekly menus on the wall or write what is being served for the day on a white board or chalkboard.

2 Consider a "Try This!" location or designate a meal service where clients can taste test new menu items and provide feedback.

3 Use descriptive language and add wording.

Consider the following menu items:

Baked Chicken with Cabbage and Rice

This sounds boring and does not give details on how the items are prepared.

Savory Herb Baked Chicken with Crunchy Cabbage and Fluffy Rice

This offers more information about how the food is prepared and sounds more appealing.



Descriptive Words

Preparation:

Char Broiled
Grilled
Roasted
Baked
Steamed
Seared
Caramelized

Flavor / Ingredient Profile:

Garlicky
Lemony
Sweet and Sour
Spicy
Peppery
Tangy
Refreshing
Smokey
Cheesy
Herb

Texture:

Creamy
Juicy
Crispy / Crunchy
Silky
Chewy
Moist
Fluffy
Light
Tender / Fork Tender

MEETING PARTICIPANT EXPECTATIONS

Change is hard, but doable! Consider these challenges and solutions:

Challenge #1

Often people don't like to eat foods they have not seen before. For example, if they have not eaten kale in the past, they might not want to try it when you serve it.

Solutions:

Introduce new foods slowly, and only one at a time: don't serve a whole meal of "strange" foods.

For example, if you are serving a new preparation of kale, serve it with something clients usually enjoy, like baked chicken or meatloaf, rather than something new or unfamiliar.

If at first you don't succeed, try a different preparation!

Just because participants did not like something once doesn't mean they won't like it prepared a different way. For example, kale can be steamed, sautéed with low-sodium soy sauce, baked into "kale chips", roasted with sweet potatoes, or chopped fine and dressed with oil and vinegar for a tasty salad.

Consider purchasing "I tried it" stickers for children when trying out new or healthy menu items.

- <https://www.learningzonexpress.com/i-tried-it-stickers.html>

Offer samples of new recipes before adding them to the menu rotation.

Give your clients the opportunity to offer feedback whenever possible.

Challenge #2

People prefer comfort food, which tends to be unhealthy.

Solutions:

Prepare classic dishes more healthfully.

- Cut back on added salt, sugar, and fat (oil, butter, or margarine).
- "Oven fry" foods at high temperatures (450°F) so they get crispy.
- Use herbs and spices to enhance flavor.
- Create a "flavor station" where participants add their own salt-free herbs and spices to meals.

Challenge #3

Portion sizes: Many people are used to eating portions that are much larger than what is healthy.

Solution:

Enhancing meals with whole grains and lean proteins creates satisfying meals when offering the correct portions.



COOLING AND REHEATING FOOD FACT SHEET

Cool cooked food in the following way:

Food must be cooled from 135°F to 70°F (57°C to 21°C) within two hours, and from 70°F to 41°F (21°C to 5°C) or lower in the next four hours.

Before cooling food, reduce the quantity or size of the food you are cooling by dividing large food items into smaller portions.

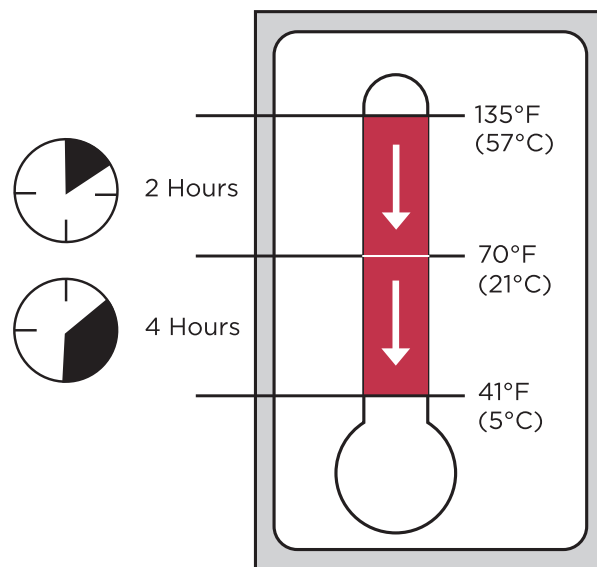
Methods for cooling food:

- Place food in ice-water baths and stir regularly.
- Stir the food with an ice paddle.
- Place food in a blast chiller or a tumble chiller.

When reheating food:

Reheat previously cooked, potentially hazardous food to an internal temperature of 165°F (74°C) for fifteen seconds within two hours. If the food has not reached this temperature within two hours, throw it out.









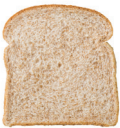



Cooling and reheating are important steps in the preparation of food. During cooling, you must minimize the time food spends in the temperature danger zone. When reheating food, you must make sure it quickly reaches the proper temperature for the right amount of time.



Source: ServSafe Manager 6th Edition Book. (2014) ServSafe, National Restaurant Association

KNOW YOUR SERVINGS

You can use everyday household items to estimate serving size. The following chart shows recommended daily serving sizes based on 2,000 calories a day.

Fruits and Vegetables: 7–10 servings per day		
	1 serving of fruit = the size of a baseball	
	1 serving of canned fruit (1/2 cup) = the size of a cupped hand	
	1 serving of salad (1 cup) = the size of 2 cupped hands	
Grain Products: 5–6 servings per day		
	serving of pasta or cereal (1/2 cup) = the size of a cupped hand	
	1 serving of bread (1 slice) = the size of a compact disc	
	1 serving of whole wheat flakes (1 cup) = the size of a baseball	

KNOW YOUR SERVINGS

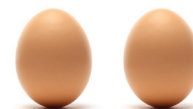
Meat and Protein: 2–3 servings per day



1 serving of chicken (1 chicken breast) = the size of a deck of cards



1 serving of eggs = 2 small eggs or 1 large egg



1 serving of cooked beans (1/2 cup) = the size of a cupped hand



Milk and Dairy: 2–3 servings per day



1 serving of yogurt (3/4 cup) = the size of a fist



1 serving of cheese (1 cup) = the size of 4 dice



1 serving of milk (1 cup) = the size of a baseball



Fats and Oils: 2–3 tablespoons per day



1 serving of soft margarine (1 tsp) = the size of the tip of a thumb



1 serving of peanut butter (2 tbsp) = the size of a thumb



Adapted with permission from the Massachusetts State Agency Food Standards, Massachusetts Department of Public Health.

LOCAL FRESH PRODUCE AVAILABILITY

Foods were chosen if they had a relatively long season and are available in big enough quantities for larger buyers. Talk with your vendors about sourcing these products locally when in season.

PRODUCT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Arugula					Available	Available	Available	Available	Available	Available	Available	Available
Beets	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Blueberries	frozen available year round					Available	Available					
Broccoli						Available				Available	Available	
Brussels sprouts										Available	Available	Available
Cabbage	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Cantaloupe							Available	Available	Available			
Carrots	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Cauliflower										Available	Available	Available
Collard greens				Available	Available	Available	Available	Available	Available	Available	Available	Available
Eggplant							Available	Available	Available	Available		
Green beans								Available				
Kale			Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Lettuce	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Mushrooms	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Onions	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Peaches							Available	Available	Available	Available		
Pears	Available	Available							Available	Available	Available	Available
Peppers, sweet							Available	Available	Available	Available		
Potatoes	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Salad greens	Available	Available		Available	Available	Available	Available	Available	Available	Available	Available	Available
Spinach				Available	Available	Available				Available	Available	Available
Summer squash						Available	Available	Available	Available	Available		
Sweet corn		frozen available year round						Available	Available	Available		
Sweet potatoes	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available	Available
Tomatoes							Available	Available	Available	Available	Available	
Watermelon							Available	Available	Available	Available		

SALT FREE SPICE RUBS

Measure and mix the herbs and spices to make delicious flavor enhancing seasonings without the added sodium. All recipes yield 2 cups.

Cajun

8 Tbsp paprika
4 Tbsp garlic powder
4 Tbsp onion powder
2 Tbsp black pepper
1 Tbsp white pepper
4 tsp cayenne pepper (can use more)
3 Tbsp dried thyme
2 Tbsp dried oregano
2 Tbsp sugar

Italian

1/2 cup dried basil
1/2 cup dried oregano
1/2 cup dried parsley
2 Tbsp garlic powder
1 Tbsp onion powder
1 Tbsp dried thyme
1 Tbsp dried rosemary
1 Tbsp black pepper
1 Tbsp red pepper flakes

South of the Border

6 Tbsp chili powder
4 Tbsp paprika
6 Tbsp sugar
3 Tbsp onion powder
2 Tbsp garlic powder
1 Tbsp cayenne pepper
4 Tbsp cumin
4 Tbsp oregano

Jamaican Jerk

4 Tbsp ground coriander
4 Tbsp ground ginger
4 Tbsp light brown sugar
3 Tbsp onion powder
3 Tbsp garlic powder
2 Tbsp cayenne pepper
1 Tbsp coarse black pepper
2 Tbsp dried thyme
1 Tbsp cinnamon
1 Tbsp allspice
1 Tbsp ground cloves

North African Spice Rub

5 Tbsp ground cinnamon
5 Tbsp ground cumin
5 Tbsp ground turmeric
3 Tbsp ground coriander
4 Tbsp ground ginger
1 Tbsp ground nutmeg
1 Tbsp ground cloves
1 Tbsp cayenne pepper
2 Tbsp garlic powder
2 Tbsp ground celery seed
2 Tbsp ground black pepper

Sweet and Spicy

1/2 cup brown sugar
4 Tbsp garlic powder
4 Tbsp onion powder
2 Tbsp black pepper
3 Tbsp Italian seasoning
4 Tbsp cumin
4 Tbsp chili powder
4 Tbsp paprika

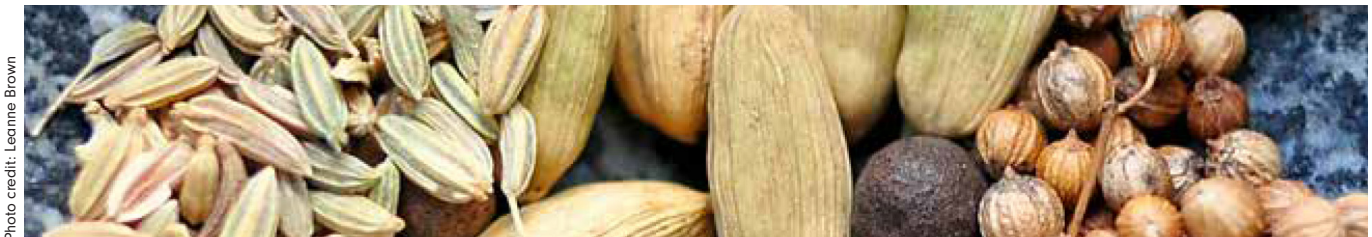


Photo credit: Leanne Brown

Fruit and Oat Crumble



SERVINGS SIZE: ½ cup

COOKING TIME: 45 minutes

INGREDIENTS

24 SERVINGS 48 SERVINGS

PROCEDURE

Sliced peaches (canned), drained*	3 quarts	6 quarts
Cornstarch	¼ cup	½ cup
Lemon Juice	3 tablespoons	1/3 cup
Oats, old fashioned**	2 cups	4 cups
Flour	1 cup	2 cups
Cinnamon	1 ½ teaspoons	1 tablespoon
Brown sugar	1 ½ cups	3 cups
Melted margarine (trans-fat free) ***	½ cup	1 cup

1. Preheat oven to 350F.
2. Lightly grease hotel or baking pan with nonstick spray or vegetable oil.
3. Toss peaches with cornstarch and lemon. Pour into prepared baking pan.
4. Mix together the oats with the flour, cinnamon, brown sugar and melted margarine until small crumbles form.
5. Sprinkle topping over fruit. Bake for 45 minutes or until topping is browned and edges are bubbling.

NOTES

- *Other sliced canned fruit, such as apples or pears can be substituted
 **Quick oats may be substituted
 ***Olive or canola oil can be substituted

NUTRITION INFORMATION

Calories	152	Total Carbohydrates	26g
Total Fat	4g	Dietary Fiber	3g
Sat Fat	0.6g	Sugars	4g
Trans Fat	0g	Protein	3g
Sodium	41mg		

Southwest Style Vegetarian Chili



SERVINGS SIZE: 2 cups

COOKING TIME: 1 hour

INGREDIENTS

24 SERVINGS 48 SERVINGS

PROCEDURE

Canola oil	1 tablespoon	2 tablespoons
Onion, chopped	1 quart	2 quarts
Bell peppers, diced	1 quart	2 quarts
Garlic powder	1 tablespoon	2 tablespoons
Cumin	1 tablespoon	2 tablespoons
Paprika or chili powder	1 tablespoon	2 tablespoons
Oregano (dried)	1 tablespoon	2 tablespoons
Diced tomatoes (canned), in juice	2 quarts	4 quarts
Kidney beans (canned), rinsed and drained	2 quarts	4 quarts
Black beans (canned), rinsed and drained	2 quarts	4 quarts
Corn kernels (canned), rinsed and drained	1 quart	2 quarts
Water	2 quarts	4 quarts
Barbeque sauce	½ cup	1 cup

1. Preheat a large pot over medium high heat. Add oil, onions and peppers. Cook for 4-5 minutes, stirring often until vegetables are lightly browned.
2. Add spices and cook for 1-2 minutes longer, stirring often.
3. Add remaining ingredients, and simmer for one hour, making sure internal temperature reaches at least 135 F for 15 seconds.
4. Hot hold for service at 135 F or above.

NOTES

Serve with cornbread or steamed rice, and a side of fruit for a complete meal

CACFP MEAL PATTERN CONTRIBUTIONS:

Each 2 cup Serving = 2 oz Meat/Meat Alt + 1/2 cup Vegetables

NUTRITION INFORMATION

Calories	170	Sodium	370mg
Total Fat	1.5g	Total Carbohydrates	34g
Sat Fat	0.5g	Dietary Fiber	9g
Trans Fat	0g	Sugars	7g
Cholesterol	0mg	Protein	9g

Vegetarian Peanut Stew

SERVINGS SIZE: 2 cups

COOKING TIME: 45 minutes



INGREDIENTS

24 SERVINGS 48 SERVINGS

Vegetable oil	½ cup	1 cup
Onion, chopped	4 cups	2 quarts
Garlic, chopped	¼ cup	½ cup
Ginger, grated (optional)	¼ cup	½ cup
Curry powder	2 tablespoons	4 tablespoons
Sweet potatoes (canned), drained and rinsed*	3 quarts	1 ½ gallons
Kale, rinsed and chopped	3 quarts	1 ½ gallons
Diced tomatoes (canned)	1 quart	2 quarts
Low sodium vegetable broth**	2 quarts	1 gallon
Water	2 quarts	1 gallon
Peanut butter	3 cups	1 ½ quarts

PROCEDURE

1. Preheat a large heavy bottomed pot over medium heat.
2. Add the oil, onions, garlic, ginger, and curry powder. Cook, stirring occasionally for 2-3 minutes.
3. Add the remaining ingredients and stir to combine. Bring mixture to a boil; reduce heat to medium low and simmer for 20-30 minutes.
5. Serve immediately or hot hold at 135 F or above for service.

NOTES

* Fresh, chopped sweet potatoes may be substituted but will increase cooking time to 1 hour

**Water may be substituted for vegetable broth

Serve with steamed rice or other grain, and fruit for a complete, balanced meal

CACFP MEAL PATTERN CONTRIBUTIONS:

Each 2 cup Serving = 1 oz Meat/Meat Alt + 2 oz Grain + 1/2 cup Vegetables

NUTRITION INFORMATION

Calories	380	Sodium	430mg
Total Fat	21g	Total Carbohydrates	38g
Sat Fat	3g	Dietary Fiber	7g
Trans Fat	0g	Sugars	11g
Cholesterol	0mg	Protein	10g

Crustless Vegetable Quiche



SERVINGS SIZE: $\frac{3}{4}$ cup or 2 x
4 inch piece

COOKING TIME: 25 minutes

INGREDIENTS

24 SERVINGS 48 SERVINGS

Vegetable oil	2 tablespoons	$\frac{1}{4}$ cup
Bell Peppers, diced	2 cups	1 quart
Onions, diced	2 cups	1 quart
Spinach (canned), drained and squeezed dry*	2 cups	1 quart
Eggs, whole or liquid	24 each or 6 cups	48 each or 3 quarts
Low fat milk (1%)	2 cups	1 quart
Dill, dried	1 tablespoon	2 tablespoons
Black Pepper	1 tablespoon	2 tablespoons
Low fat shredded cheese	3 cups	1 $\frac{1}{2}$ quarts

PROCEDURE

1. Preheat oven to 350F. Add oil to a skillet over medium high heat and cook peppers and onions until soft; about 4-5 min. Add the spinach and mix well. Place in the bottom of a lightly greased full hotel pan or divide into standard muffin cups.
2. In a large bowl beat the eggs with milk and spices. Pour over top of vegetable mixture (if using a muffin tin, pour $\frac{1}{3}$ cup egg mixture over top).
3. Sprinkle with cheese and bake for 20-25 minutes or until center reaches 155 F.
4. Let rest for 5 min before serving. If using the hotel pan cooking method, cut into 24, 3 x 4 inch squares per pan.

NOTES

Leftover cooked vegetables may be used in place of the vegetables above.

* Frozen thawed spinach may be substituted

CACFP MEAL PATTERN CONTRIBUTIONS:

Each $\frac{1}{2}$ cup Serving = 2 oz Meat/Meat Alt + $\frac{1}{4}$ cup Vegetables

NUTRITION INFORMATION

Calories	120	Sodium	230mg
Total Fat	6g	Total Carbohydrates	5g
Sat Fat	2.5g	Dietary Fiber	1g
Trans Fat	0g	Sugars	2g
Cholesterol	120mg	Protein	11g

Oven Fried Fish

SERVINGS SIZE: 1 fillet (3 oz)

COOKING TIME: 30 minutes

INGREDIENTS

24 SERVINGS 48 SERVINGS

Fish filets (tilapia, swai, flounder, cod), thawed	24 each or 6 pounds	48 each or 8 pounds
Cornmeal	1 ½ cups	3 cups
Breadcrumbs, unseasoned	1 ½ cups	3 cups
Garlic powder	1 tablespoons	2 tablespoons
Paprika	2 teaspoons	4 teaspoons
Black pepper	1 teaspoon	2 teaspoons
Kosher salt	1 tablespoon	2 tablespoons
Milk, 1%	1 ½ cups	3 cups
Baking spray		

PROCEDURE

1. Preheat oven to 450 F. Pat fish dry with a paper towel. Mix together cornmeal, breadcrumbs, and spices in a shallow dish. Pour milk into another shallow dish.
2. Dip fish into milk, then place into breadcrumbs, gently pressing to coat. Place on a baking rack if available, or a sheet pan sprayed with baking spray. Spray tops of coated fish with baking spray.
3. Place in oven and bake for 12-15 minutes or until fish is fully cooked and reaches an internal temperature of 145F. Serve immediately.



NOTES

Serve over steamed brown rice and with a side of vegetables and fruit for a complete, balanced meal.

CACFP MEAL PATTERN CONTRIBUTIONS:
Each 3 oz Serving = 2 oz Meat/Meat Alt

NUTRITION INFORMATION

Calories	150	Sodium	270mg
Total Fat	2.5g	Total Carbohydrates	11g
Sat Fat	0g	Dietary Fiber	1g
Trans Fat	0g	Sugars	1g
Cholesterol	0mg	Protein	22g

Savory Fish Cakes



SERVINGS SIZE: 1 (4 oz) Cake **COOKING TIME:** 1 hour

INGREDIENTS

24 SERVINGS 48 SERVINGS

Tilapia filets, thawed	5 pounds	10 pounds
Garlic powder	1 tablespoon	2 tablespoons
Black pepper	2 teaspoon	1 tablespoon + 1 teaspoon
Vegetable oil	1 tbsp	2 tbsp
Onion, diced	1 cup (1 each)	1 quart (2 each)
Bell pepper, diced	2 cups (2 each)	1 quart (4 each)
Liquid eggs, or shell eggs	1 cup or 8 each	1 cup or 8 each
Mayonaisse	¼ cup	½ cup
Mustard, Dijon	2 tablespoons	¼ cup
Old Bay seasoning	2 tablespoons	¼ cup
Breadcrumbs, whole wheat	3 cups	1 ½ quarts

PROCEDURE

1. Preheat oven to 350 F. Place fish filets on sheet trays in a single layer and season garlic powder and pepper. Bake for 10-15 minutes or until fish reaches an internal temperature of 145F for 15 seconds.
2. Meanwhile, heat a large skillet over medium high heat. Add the oil and diced peppers and onions. Cook, stirring often, for 3-4 minutes or until vegetables are softened but not browned. Let cool.
3. In a large bowl mix the cooled, cooked peppers and onions with the liquid eggs, mayonnaise, mustard, Old Bay seasoning and bread crumbs until well blended. Set aside.
4. Flake cooled fish and add to the mayonnaise bread crumb mixture. Mix well until all ingredients are incorporated.
5. Refrigerate for at least 20 minutes to allow the mixture to set. Scoop mix using a 4 oz scoop ad form into cakes. Brown on a lightly oiled grill or pan and transfer to baking sheet. Cook in a 375F oven for 10 -15 minutes or until internal temperature reaches 155F for 15 seconds.

NOTES

* Other white fish, such as cod, whiting or flounder, may be substituted
Serve with steamed brown rice or a whole wheat roll, vegetables and a serving of fruit for a complete meal

CACFP MEAL PATTERN CONTRIBUTIONS:
Each 4 oz Serving = 2 oz Meat/Meat Alt

NUTRITION INFORMATION

Calories	160	Sodium	350mg
Total Fat	3g	Total Carbohydrates	13g
Sat Fat	0.5g	Dietary Fiber	1g
Trans Fat	0g	Sugars	1g
Cholesterol	50mg	Protein	18g



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Oven Fried Chicken Tenders



SERVINGS SIZE: 3 oz

COOKING TIME: 40 minutes

INGREDIENTS

24 SERVINGS 48 SERVINGS

PROCEDURE

Chicken breasts (boneless, skinless) or whole chicken tenderloins	6 pounds	12 pounds
Whole eggs, whisked	9 eggs	18 eggs
Prepared mustard	6 tablespoons	¾ cup
Garlic powder	1 teaspoon	2 teaspoons
Bread crumbs, whole wheat if available	4 ½ cups	9 cups
Dried basil	4 tablespoons	1/2 cup
Paprika	2 teaspoons	4 teaspoons
Black pepper	1 teaspoon	2 teaspoons
Nonstick baking spray		

1. Preheat oven to 425F. If using breasts, slice into thin strips about the size of your finger.
2. In a medium bowl, combine the egg, mustard, and garlic. In a different large bowl, combine the bread crumbs, basil, paprika, and pepper.
3. Dip chicken into the egg mixture and gently shake of excess, then roll in bread crumb mixture and gently press to secure crumbs to chicken.
4. Place on baking sheets in a single layer evenly spaced with about ½ inch of room between each tender. Lightly spray with nonstick baking spray
5. Bake for 15-20, or until golden brown and the minimum internal temperature reaches 165 degrees F for at least 15 seconds.

NOTES

Serve with a grain, fruit and vegetable for a complete, balanced meal.

CACFP MEAL PATTERN CONTRIBUTIONS:

Each 3 oz Serving = 2 oz Meat/Meat Alt

NUTRITION INFORMATION

Calories	200	Sodium	290mg
Total Fat	4g	Total Carbohydrates	16g
Sat Fat	0.5g	Dietary Fiber	1g
Trans Fat	0g	Sugars	1g
Cholesterol	135mg	Protein	31g

Cinnamon Brown Rice Pudding

SERVINGS SIZE: 3/4 cup

COOKING TIME: 1 hour



INGREDIENTS

24 SERVINGS 48 SERVINGS

PROCEDURE

Brown rice	1 ½ quarts	3 quarts
Water	1 ½ quarts	3 quarts
Milk, 1%, divided	3 quarts	1 ½ gallon
Brown sugar	1 cup	2 cups
Eggs, beaten (shell or liquid)	6 each or 1 ½ cups	12 each or 3 cups
Cinnamon	2 teaspoons	4 teaspoons
Vanilla (optional)	2 teaspoons	4 teaspoons

1. Add water and rice to a pot, cover and cook over medium heat until all liquid is absorbed (about 45 minutes)
2. Combine cooked rice, 2 quarts of milk, and brown sugar in a clean saucepan. Cook over medium heat until thick and creamy, 15 to 20 minutes.
3. Reduce heat to low. Whisk together the remaining milk with eggs and cinnamon. Whisk into the rice and cook, stirring constantly until internal temperature reaches 155 F.
4. Remove from heat and stir in vanilla extract. Serve warm.

NOTES

Add fresh, frozen, or canned and drained fruits like apples, peaches, or berries to this dish for added delicious flavor and fiber!

CACFP MEAL PATTERN CONTRIBUTIONS:

Each 3/4 cup Serving = 1 oz Grain

NUTRITION INFORMATION

Calories	290	Sodium	95mg
Total Fat	4g	Total Carbohydrates	53g
Sat Fat	1.5g	Dietary Fiber	2g
Trans Fat	0g	Sugars	17g
Cholesterol	55mg	Protein	11g



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French Toast Casserole

SERVINGS SIZE: 1 cup or 5 x
5 inch slice

COOKING TIME: 1 hour



INGREDIENTS

24 SERVINGS 48 SERVINGS

Day old or stale Bread (whole wheat preferred), cubed	6 quarts	12 quarts
Liquid eggs	2 cups	1 quart
Lowfat milk	4 cups	2 quarts
Brown sugar, packed	½ cup	1 cup
Cinnamon	1 tablespoon	2 tablespoons
Vanilla extract (optional)	1 tablepoon	2 tablespoons

PROCEDURE

1. Spray hotel pan or baking tray with nonstick spray or lightly grease with a little vegetable oil.
2. Spread cubed bread in a single layer. Mix together remaining ingredients in a bowl until well blended. Pour over top of cubed bread.
3. Bake in oven until internal temperature reaches 155 F (about 50 minutes). Hot hold for service at 135 F or above

NOTES

Serve with warmed apples or peaches or fruit sauce on top in place of syrup, if desired

Casseroles can be made up to 12 hours ahead of time (you can make the day prior and bake the morning of service)

CACFP MEAL PATTERN CONTRIBUTIONS:

Each 1 cup Serving = 2 oz Grain

NUTRITION INFORMATION

Calories	140	Total Carbohydrates	24g
Total Fat	1.5g	Dietary Fiber	1g
Sat Fat	.5g	Sugars	8g
Trans Fat	0g	Protein	6g
Sodium	180mg		

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Milk/Water							
Bread/Alternate							
Fruit/Vegetable							
Other							
Lunch							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Vegetable							
Fruit							
Dinner							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Vegetable							
Fruit							
Snack - 2 of the 4 components							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Fruit/Vegetable							

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Milk/Water							
Bread/Alternate							
Fruit/Vegetable							
Other							
Lunch							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Vegetable							
Fruit							
Dinner							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Vegetable							
Fruit							
Snack – 2 of the 4 components							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Fruit/Vegetable							

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Milk/Water							
Bread/Alternate							
Fruit/Vegetable							
Other							
Lunch							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Vegetable							
Fruit							
Dinner							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Vegetable							
Fruit							
Snack - 2 of the 4 components							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Fruit/Vegetable							

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Milk/Water							
Bread/Alternate							
Fruit/Vegetable							
Other							
Lunch							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Vegetable							
Fruit							
Dinner							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Vegetable							
Fruit							
Snack – 2 of the 4 components							
Milk/Water							
Bread/Alternate							
Meat/Alternate							
Fruit/Vegetable							