



A COMPANION BOOKLET TO
The Florida Child Care Food Program
COOKBOOK

Planning Healthy Menus

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Contents



Menu Planning Principles, Steps, and Tips, 2–3

Child Care Food Program Meal Pattern for Children, 4–5

Additional Food Component Requirements, 6

Good Sources of Vitamins A and C, Calcium and Iron, 7–10

Trimming the Fat, 11

Lowfat Menu Substitutions, 12

Food Precautions, 13

Sample Menus, 14–21

Standardized Recipes, 22

Recipe Adjustment, 23

Conversion Charts, 24–25

Measures for Portion Control, 26

Planning Healthy Menus

Proper menu planning is extremely important. Achieving the goal of serving meals that have nutritional value, meet program meal pattern requirements, and taste good to children requires careful menu planning. The following are basic menu planning principles and steps that will help you be successful.

Basic Menu Planning Principles

STRIVE FOR BALANCE.

- Balance flavors in appealing ways.
- Balance higher fat foods with those that have less fat.
- Balance fruits and vegetables at each meal.

EMPHASIZE VARIETY.

- Include a wide variety of foods in your menus.
- Vary the types of main courses you serve.
- Include different forms of foods, and prepare them different ways.
- Include a surprise item or a small amount of a new or unfamiliar food from time to time.

ADD CONTRAST.

- Think about the texture of foods as well as their taste and appearance.
- Avoid having too much of the same type of food in the same meal, for example, too many starches or too many sweets.
- Use a pleasing combination of different sizes and shapes of foods.

THINK ABOUT COLOR.

- Avoid using too many foods of the same color in the same meal.
- Remember that vegetables and fruits are great for adding natural color to side dishes as well as entrees.
- Use colorful foods in combination with those that have little or no color.
- Use spices such as cinnamon and paprika to add color.

CONSIDER EYE APPEAL.

- Children's first opinion of food is based on what they see.
- Visualize how the meal will look on the plate.

CONSIDER REGIONAL AND CULTURAL FOOD PREFERENCES OF THE CHILDREN YOU SERVE.

Successful Menu Planning Steps

SCHEDULE A TIME TO PLAN MENUS AND COLLECT MENU RESOURCES.

- Plan menus well in advance.
- Pull together a variety of menu resources.

THINK ABOUT CHANGES YOU WANT TO MAKE.

- Review current menus, shopping and cooking practices.
- Look at what you have been serving while keeping children's nutritional needs and food preferences in mind.
- Refer to the CCFP meal patterns, Dietary Guidelines and MyPyramid for Kids.

SELECT A TIMEFRAME.

- Consider cycle menus. Plan for a four-week minimum cycle.

SELECT THE MAIN DISH.

- Main dishes should be selected first. They are the central focus of a meal and they form the framework around which you will plan the rest of the meal.
- Be careful when selecting main dishes; if it is not central to the meal or not recognized by the children, it could be poorly accepted.
- If you repeat the same main dish during a 2-week period, consider varying the other foods served with it.
- Make sure commercially processed combination foods (convenience entrees—frozen or canned) have a CN label (Child Nutrition Label) or manufacturer's analysis sheet stating the food component contribution to the meal pattern.

SELECT THE OTHER FOOD ITEMS.

- Include food items that complement the main dish.
- Use plenty of vegetables, fruits, and grains.
- Introduce new foods starting with small amounts.

EVALUATE WHAT YOU HAVE PLANNED BY ASKING YOURSELF SOME OF THESE QUESTIONS:

- Do menus meet the minimum requirements of the CCFP meal pattern?
- Do the food choices have appealing colors and textures?
- Do the menus have foods with different shapes, sizes and colors?
- Do the menus complement each other?
- Have you introduced any new food items?

- Are fresh fruits and vegetables offered on several different days?
- Is a vitamin C rich fruit and/or vegetable included daily?
- Are iron-rich foods included each day?
- Is a vitamin A rich fruit and/or vegetable included at least two times a week?

Other Menu Planning Tips

- When planning the menu, always list components in the same order. This makes it easier to make sure you are not missing any components.
- Try to keep one week's menu in a grid (like the ones shown in this book). It is easier to identify and avoid repetition.
- When planning to serve juice at breakfast or snack, always specify what type of juice. This helps with purchasing and eliminates accidental repetition.
- For all processed combination foods, one of the following is needed:
 - If store bought, a CN label or Manufacturer's Analysis Sheet. Alternatively, you can add one component that is already in the food and is sufficient on it's own to meet the meal pattern.
 - If homemade, a standardized recipe.

- The bread component of a meal may be the dumplings in chicken and dumplings, or noodles or rice served in the meal. An extra roll or slice of bread may not be needed.
- It is very important that children get a variety of fruits and vegetables daily. If you find that your children are not eating their vegetables or fruits, look at the foods being served with them. If a lunch looks like the menu on this page, then you are serving too many extra components. In this menu, there are two extra grains and one extra meat/meat alternate. Try cutting back on the extra food. This will also reduce plate waste.
- A good rule of thumb when making substitutions for vegetables and fruits is to exchange color for color. For example, exchange carrots for sweet potato and broccoli for collards. Double check the Good Food Sources of Vitamin A and C chart in this book (pages 7–10) to make sure you are not eliminating a much needed source of vitamin A or C.
- At snack, a grain component is not required. Milk is not required either. Rather, a snack is two servings of food from two different component groups. A healthy snack could be peaches and lowfat cottage cheese with water, or veggie strips (carrot sticks, bell pepper strips, celery sticks) with dip and milk. Snack is a great opportunity to encourage fruit and vegetable consumption.

CCFP Meal Pattern Food Component:	Menu Item:	Comments:
Meat/Meat Alternate, Grain/Bread	Chicken Nuggets	If store bought, check CN label or manufacturer's analysis sheet
Meat/Meat Alternate, Grain/Bread	Macaroni and Cheese	Extra—also, if store bought, must have CN label or manufacturer's analysis sheet
Vegetable	Broccoli Spears	
Vegetable	Carrots	
Extra	Jell-O™	Extra
Grain/Bread	Roll	
Milk	Milk	

Child Care Food Program Meal Pattern for Children

A significant goal of the Child Care Food Program (CCFP) is to safely serve nutritious meals and snacks that meet program meal pattern requirements and are appetizing to children. To help achieve this goal, there are several policies regarding meals that child care providers must meet when participating in the CCFP. Child care providers must ensure that each meal served to children contains, at a minimum, each of the food components in the amounts indicated for the appropriate age group as stated in the CCFP Meal Pattern for Children.

Child Meal Pattern Food Components:		Age Group and Serving Size:		
		1 and 2 year olds:	3–5 year olds:	6–12 ¹ year olds:
Breakfast (3 components)	MILK ¹¹ Fluid milk	1/2 cup	3/4 cup	1 cup
	VEGETABLES AND FRUITS ¹⁰ Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice ²	1/4 cup 1/4 cup	1/2 cup 1/2 cup	1/2 cup 1/2 cup
	GRAINS/BREADS ^{3, 10} Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁴ or Cooked cereal grains or Cooked pasta or noodle products	1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup
Lunch/Supper (4 components—5 items)	MILK ¹¹ Fluid milk	1/2 cup	3/4 cup	1 cup
	VEGETABLES AND FRUITS ^{8, 10} Vegetable(s) and/or fruit(s), 2 or more	1/4 cup total	1/2 cup total	3/4 cup total
	GRAINS/BREADS ^{3, 10} Bread or Cornbread, biscuits, rolls, muffins, etc. or Cooked pasta or noodle products or Cooked cereal grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1 slice 1 serving 1/2 cup 1/2 cup
	MEAT AND MEAT ALTERNATES ¹⁰ Lean meat or poultry or fish ⁵ or Alternate protein products ⁶ or cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut/seed butters or Peanuts or soynuts or tree nuts or seeds ⁹ or Yogurt, plain or flavored, unsweetened or sweetened	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup 2 Tbsp. 1/2 oz. = 50% 4 oz. or 1/2 cup	1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 3/4 egg 3/8 cup 3 Tbsp. 3/4 oz. = 50% 6 oz. or 3/4 cup	2 oz. 2 oz. 2 oz. 1 egg 1/2 cup 4 Tbsp. 1 oz. = 50% 8 oz. or 1 cup

Note: Milk must be served with each breakfast, lunch and supper meal. Between a child's first and second birthday, whole milk must be served. After the child's second birthday, it is recommended that lowfat or fat free milk be served. To encourage adequate calcium intake, lowfat flavored milk can be served.

CONVERSIONS:

1/2 cup = 4 fl. oz.

3/4 cup = 6 fl. oz.

1 cup = 8 fl. oz.

1 pint = 2 cups

1 quart = 2 pints = 4 cups

1 gallon = 4 quarts = 16 cups

Child Meal Pattern Food Components:

		Age Group and Serving Size:		
		1 and 2 year olds:	3–5 year olds:	6–12 ¹ year olds:
Snack ⁷ (Select 2 different components)	MILK ¹¹ Fluid milk	1/2 cup	1/2 cup	1 cup
	VEGETABLES AND FRUITS ¹⁰ Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice ²	1/2 cup 1/2 cup	1/2 cup 1/2 cup	3/4 cup 3/4 cup
	GRAINS/BREADS ^{3 10} Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁴ or Cooked cereal grains or Cooked pasta or noodle products	1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup
	MEAT AND MEAT ALTERNATES ¹⁰ Lean meat or poultry or fish ⁵ or Alternate protein products ⁶ or cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds or Yogurt, plain or flavored, unsweetened or sweetened	1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 Tbsp. 1/2 oz. 2 oz. or 1/4 cup	1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 Tbsp. 1/2 oz. 2 oz. or 1/4 cup	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup 2 Tbsp. 1 oz. 4 oz. or 1/2 cup

1. Children age 12 and up may be served larger portion sizes based on the greater food needs of older boys and girls, but must be served the minimum quantities specified for children ages 6–12.

2. Vegetable or fruit juice must be full-strength, pasteurized and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C.

3. Bread, pasta or noodle products, and cereal grains, must be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., must be made with whole grain or enriched meal or flour, cereal must be whole grain or enriched or fortified. Prepackaged grain/bread products must have enriched flour or meal or whole grain as the first ingredient.

4. Cold dry cereal can be measured by volume (cup) or weight (ounces) whichever is less.

5. Edible portion as served.

6. Must be equal to at least 80% of the protein quality of milk (casein) determined by the Protein Digestibility Corrected Amino Acid Score (PDCAAS) and must contain at least 18% protein by weight when fully hydrated or formulated.

7. At snack, select at least two different food components. Juice must not be served when milk is served as the only other component.

8. At lunch and supper, serve two or more kinds of vegetables(s) and/or fruit(s) or a combination of both. Full-strength vegetable or fruit juice must not be counted to meet more than one-half of this requirement.

9. At lunch and supper, no more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.

10. Can be an equal amount of any combination of this component. Note: Less than 1/8 cup of fruit or vegetables is not creditable.

11. After the child's first birthday and prior to the second birthday, whole milk must be served. After the child's second birthday, it is strongly encouraged that lowfat or fat free milk be served.

Additional Food Component Requirements

Child care providers must ensure quality meals are served to children and that nutrition education is encouraged. When planning menus, the following requirements must be met:

Vegetable or fruit or juice

- Vegetable or fruit juice must be full-strength, pasteurized and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C.
- Fruit juice must not be served more than once a day.
- Fresh, frozen or canned vegetables and/or fruits (whole) must be served at least twice a week on the breakfast menu and twice a week on the snack menu. Please note: For those centers that claim two snacks and one meal, instead of two meals and one snack, fresh, frozen or canned vegetables and/or fruits must be served at least twice a week at each snack time.
- Good vitamin A sources must be served a minimum of twice a week and must come from vegetables and fruits.
- Good vitamin C sources must be served daily and must come from vegetables and fruits or fruit juice.
- Less than $\frac{1}{8}$ cup of vegetables and fruits may not be counted to meet the vegetable/fruit component.

Grains/breads

- Sweet grain/bread foods must be whole grain or made with enriched flour or meal and may be credited as a bread serving at breakfast and snack only. Prepackaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
- No more than two sweet grain/bread breakfast items and no more than two sweet grain/bread snack items may be served per week (not to exceed four sweet items per week). Please note: Regardless of how many different types of snacks you offer (i.e. morning snack, afternoon snack, and evening snack) your CCFP menu must not contain more than two sweet grain/bread snack items per week.
- Only ready-to-eat breakfast cereals containing 10 grams of sugar or less per serving as stated on the Nutrition Facts label are allowed.

Meat or meat alternate

- Commercially processed combination foods (convenience entrees—frozen or canned) must have a CN label or manufacturer's analysis sheet stating the food component contribution to the meal pattern.
- Cooked dry beans or peas may be counted as a meat alternative or a vegetable, but not as both at the same meal.

Please note that donated foods cannot be used to contribute to the meal pattern requirements

Good Food Sources of Vitamin A, Vitamin C, Calcium, and Iron

Below are good sources of four key nutrients that children need to have included in their diets daily and weekly. These are not the only nutrients that children need by any means, but the foods containing these four nutrients usually contain other essential nutrients that are needed by growing young bodies. A good food source contributes at least 10 percent of the Recommended Daily Allowance (RDA) for a particular nutrient.

Vitamin A: Include At Least Twice a Week			
Meal Component	Good (10–24% of RDA)	Better (25–39% of RDA)	Best (40% or more of RDA)
Fruits	<p>APRICOTS: canned, juice pack, 2 halves; dried, uncooked, 5 halves</p> <p>CHERRIES: red sour, fresh, 1/4 cup pitted</p> <p>MANDARIN ORANGE: sections, 1/4 cup</p> <p>MELON BALLS: (cantaloupe and honeydew) 1/4 cup</p> <p>NECTARINE: 1/2 medium</p> <p>PAPAYA: 1/4 cup</p> <p>PLUMS: canned, juice pack, 1/4 cup</p> <p>PRUNES: dried, cooked, 1/4 cup</p> <p>WATERMELON: 1 cup</p>	<p>APRICOTS: dried, cooked, unsweetened, 1/4 cup</p> <p>CANTALOUPE: diced, 1/4 cup</p>	<p>MANGO: raw, 1/4 medium</p>
Vegetables	<p>BROCCOLI: cooked, 1/4 cup</p> <p>CHICORY GREENS: raw, 1/4 cup</p> <p>COLLARDS: cooked, 1/4 cup</p> <p>ESCAROLE: cooked, 1/4 cup</p> <p>MUSTARD GREENS: cooked, 1/4 cup</p> <p>PLANTAIN: cooked, 1/2 medium</p> <p>ROMAINE LETTUCE: 1/4 cup</p> <p>SWISS CHARD: cooked, 1/4 cup</p> <p>TOMATO: (juice, paste, or puree) 1/4 cup</p>	<p>PUMPKIN: canned, 1/4 cup</p>	<p>BEET GREENS: cooked, 1/4 cup</p> <p>BOK CHOY: cooked, 1/4 cup</p> <p>CARROTS: raw or cooked, 1/4 cup</p> <p>DANDELION GREENS: cooked, 1/4 cup</p> <p>KALE: cooked, 1/4 cup</p> <p>PEAS AND CARROTS: cooked, 1/4 cup</p> <p>PEPPERS: sweet red, raw, 1/2 small</p> <p>SPINACH: cooked, 1/4 cup</p> <p>SQUASH: winter (acorn, butternut, etc.) 1/4 cup</p> <p>SWEET POTATO: 1/2 medium</p> <p>TURNIP GREENS: cooked, 1/4 cup</p>

Good Food Sources of Vitamin A, Vitamin C, Calcium, and Iron

Vitamin C: Include Daily

Meal Component	Good (10–24% of RDA)	Better (25–39% of RDA)	Best (40% or more of RDA)
Fruits	<p>APPLE: raw, 1/2 medium BANANA: 1/2 medium BLUEBERRIES: raw, 1/4 cup KUMQUAT: 1 fruit NECTARINE: 1/2 medium PEACH: fresh, raw, 1/2 medium PEAR: 1/2 medium PINEAPPLE: fresh or canned, 1/4 cup PLUM: raw, 1/2 medium</p>	<p>BLACKBERRIES: raw, 1/4 cup HONEYDEW: 1/2 cup PAPAYA: 1/4 cup PINEAPPLE JUICE: canned, 3/8 cup RASPBERRIES: 1/4 cup WATERMELON: 1/2 cup</p>	<p>CANTALOUPE: 1/4 cup GRAPEFRUIT: 1/4 medium GRAPEFRUIT JUICE: 1/2 cup GRAPEFRUIT-ORANGE JUICE: 1/2 cup GRAPEFRUIT AND ORANGE SECTIONS: 1/4 cup GUAVA: raw 1/4 cup KIWI: 1/2 medium MANDARIN ORANGE SECTIONS: 1/4 cup MANGO: 1/4 medium ORANGE: 3/8 medium ORANGE JUICE: 3/8 cup PEACH: frozen 1/4 cup PINEAPPLE-GRAPEFRUIT JUICE: 3/8 cup PINEAPPLE-ORANGE JUICE: 3/8 cup STRAWBERRIES: 1/4 cup TANGELO: 1/2 medium TANGERINE: 1/2 medium TANGERINE JUICE: 1/2 cup</p>
Vegetables	<p>BEANS: green or yellow, cooked 1/4 cup BEANS: lima, cooked 1/4 cup BEAN SPROUTS: raw or cooked, 1/4 cup CHARD: cooked, 1/4 cup CHICORY: raw, 1/2 cup COLLARDS: cooked, 1/4 cup DANDELION GREENS: raw, 1/4 cup ESCAROLE: raw, 1/2 cup OKRA: cooked, 1/4 cup ONION: raw, 1/2 medium PARSNIPS: cooked, 1/4 cup PEAS: cooked, 1/4 cup RADISHES: raw, 3 large ROMAINE LETTUCE: raw, 1/2 cup SPINACH: cooked, 1/4 cup SQUASH: summer or winter, raw/cooked, 1/4 cup TURNIP GREENS WITH TURNIPS: cooked, 1/4 cup TURNIPS: cooked, 1/4 cup WATERCRESS: raw, 1/4 cup</p>	<p>BOK CHOY: cooked, 1/4 cup CABBAGE: green, raw or cooked, 1/4 cup CHINESE CABBAGE: cooked, 1/4 cup MUSTARD GREENS: cooked, 1/4 cup POTATO: baked or boiled, 1/2 medium RUTABAGA: cooked, 1/4 cup TOMATO: 1/2 medium</p>	<p>ASPARAGUS: cooked, 1/4 cup BROCCOLI: raw or cooked, 1/4 cup BRUSSELS SPROUTS: cooked, 1/4 cup CABBAGE: red, raw or cooked, 1/4 cup CAULIFLOWER: raw or cooked, 1/4 cup CHILI PEPPERS: cooked, 1/4 cup KALE: cooked, 1/4 cup KOHLRABI: cooked, 1/4 cup PEPPERS: green and red, raw/cooked, 1/4 cup PLANTAIN: green or ripe, boiled, 1/2 medium POKE GREENS: cooked, 1/4 cup SNOWPEAS: raw or cooked, 1/4 cup SWEET POTATO: baked, boiled, canned, 1/2 medium TOMATO JUICE: 3/8 cup TOMATO-VEGETABLE JUICE: 3/8 cup</p>

Good Food Sources of Vitamin A, Vitamin C, Calcium, and Iron

Calcium: Include Daily

Meal Component	Good (10–24% of RDA)	Better (25–39% of RDA)	Best (40% or more of RDA)
Meat/Meat Alternates	<p>ALMONDS: unblanched, dry-roasted, 1 oz.</p> <p>COTTAGE CHEESE: lowfat, 1/2 cup</p> <p>MACKEREL: canned, 1 1/2 oz.</p> <p>NATURAL CHEESE: blue, brick, camembert, feta, gouda, monterey jack, mozzarella, muenster, provolone, and Roquefort, 1/2 oz.</p> <p>SALMON: canned with bones, 1 1/2 oz.</p> <p>SARDINES: canned with bones, 1 each</p>	<p>NATURAL CHEESE: gruyere, swiss, parmesan, and romano, 1/2 oz.</p> <p>PROCESSED CHEESE: cheddar or swiss, 3/4 oz.</p> <p>RICOTTA CHEESE: 1/4 cup</p> <p>YOGURT: flavored or with fruit, or plain, 4 oz.</p>	
Vegetables	<p>SPINACH: cooked, 1/4 cup</p>		
Grains/Breads	<p>WAFFLES: bran, cornmeal, and/or fruit, 4 inch square</p>	<p>PANCAKES: plain, fruit, buckwheat, or whole-wheat, 4 inch</p> <p>WAFFLES: plain, 4 inch square</p>	
Milk (Remember, only fluid milk can be credited as a reimbursable meal component)		<p>BUTTERMILK: 1/2 cup</p> <p>CHOCOLATE MILK: 1/2 cup</p> <p>*DRY, NONFAT MILK: reconstituted, 1/2 cup</p> <p>*EVAPORATED: whole or nonfat, diluted, 1/2 cup</p> <p>LOWFAT OR FAT FREE MILK: 1/2 cup</p> <p>WHOLE MILK: 1/2 cup</p>	

*Note: Iron and Calcium from leafy vegetables are not well-absorbed. Non-heme iron (iron from plant sources) is better absorbed if Vitamin C is also eaten.

Good Food Sources of Vitamin A, Vitamin C, Calcium, and Iron

Iron: Include Daily

Meal Component	Good (10–24% of RDA)	Better (25–39% of RDA)	Best (40% or more of RDA)
Meat/Meat Alternates	<p>BEEF BRISKET: 1½ oz. BEEF, GROUND: extra lean, broiled 1½ oz. BEEF, POT ROAST: braised, 1½ oz. BEEF, RIB ROAST: roasted, 1½ oz. BEEF, SHORTRIBS: braised, 1½ oz. BEEF, STEAK: broiled, 1½ oz. BEEF, STEW MEAT: simmered, 1½ oz. CALF LIVER: 1½ oz. LIVERWURST: 1 oz. TURKEY: dark meat, roasted, no skin, 1½ oz. EGG: large, 1 MACKEREL: canned, 1½ oz. MUSSELS: steamed, 1½ oz. SHRIMP: broiled or canned, 1½ oz. TROUT: baked or broiled, 1½ oz. BLACK-EYED PEAS: (cowpeas) ¼ cup CHICKPEAS: (garbanzo beans) ¼ cup KIDNEY BEANS: ¼ cup LENTILS: ¼ cup PINE NUTS: (pignolias) 1 Tbsp. PINTO BEANS: ¼ cup WHITE BEANS: ¼ cup</p>	<p>BEEF LIVER: 1½ oz. CHICKEN OR TURKEY LIVER: 1½ oz.</p>	<p>CLAMS: steamed or canned, 1½ oz. PORK LIVER: 1½ oz.</p>
Fruits	<p>PRUNES: dry, cooked, ¼ cup RAISINS: seedless, ¼ cup</p>		
Vegetables	<p>BEANS, LIMA: cooked, ¼ cup BEANS, BLACK: cooked, ¼ cup BLACK-EYED PEAS: cooked, ¼ cup CHARD: cooked, ¼ cup SPINACH: cooked, ¼ cup</p>		
Grains/Breads	<p>BAGEL: plain, pumpernickel, or whole-wheat, ½ medium MUFFIN, BRAN: ½ medium NOODLES: cooked, ½ cup PITA BREAD: plain or whole-wheat, ½ medium PRETZEL: soft ½ RICE: white, regular, cooked, ⅓ cup</p>	<p>CEREALS: ready-to-eat, enriched, ½ oz. OATMEAL: instant, enriched, ⅓ cup</p>	

Trimming the Fat in Menu Planning

While many of us worry about getting too many calories, we need to be careful that children get enough calories when planning healthy menus. Children are growing rapidly. They need plenty of energy—not only for physical activity, but for proper growth and development as well.

As you plan healthy menus, look for ways to introduce lower fat versions of food and food products in place of higher fat favorites. A little fat goes a long way, but not every menu item needs to be lower in fat. The important thing to remember is that menu changes should happen gradually and be appealing so that children will happily accept them.

One of the easiest ways to reduce fat in children's menus is to serve lowfat or fat free milk. Beginning at age 2, children can be gradually introduced to lower fat milk. If necessary, start with reduced fat (2%) milk, then go to lowfat (1%) milk and by age 3 try introducing fat free (skim) milk.

Keep in mind however, as you lower fat, calories are also being reduced. Replace "lost fat calories" with whole grain foods, vegetables and fruits. Below are ways to gradually reduce fat without losing flavor.

- When adding fats to recipes, select unsaturated fats such as liquid oils (i.e., canola, olive, corn, soybean, etc.).
- Cook rice, grains and beans in defatted broth and add herbs, garlic or onions for more taste.
- Trim fat from raw meat and drain fat from cooked meats.
- De-fat whenever possible. Allow time to let your stews, soups and braised dishes cool so that the fats will rise to the top, congeal, and be easy to spoon off.
- When sautéing, use a nonstick spray made from vegetable oil. Typically, using a vegetable oil spray will add less than 10 fat calories instead of 240 fat calories added using oil.
- When stir-frying, keep the oil in your pan very hot. Foods soak up cold oil more quickly than hot oil.

Meat/Meat Alternates

- Skin poultry before cooking.
- Precook ground meats and drain off fat for any recipe.
- Instead of fried meats:
 - Oven bake chicken with a crisp coating, light sauce or dressing.
 - Bake and broil meat.

- Reduce stock and thicken for gravy with no added fat.
- Serve pre-cooked grilled chicken instead of deep fried patties.
- Reduce ground beef in chili and add more beans.

Grains/Breads

• Substitute an equal amount of fruit puree, such as prune puree, applesauce or canned pumpkin for at least half the oil, margarine or butter in cakes, brownies and muffins. For example, if recipe calls for $\frac{1}{2}$ cup butter, try $\frac{1}{4}$ cup butter and $\frac{1}{4}$ cup applesauce.

- Replace solid fat (shortening, butter) with liquid oil.

SOLID FAT	=	LIQUID OIL
1 Tbsp.	=	$\frac{3}{4}$ Tbsp.
$\frac{1}{3}$ cup	=	4 Tbsp. ($\frac{1}{4}$ cup)
$\frac{1}{2}$ cup	=	6 Tbsp.
$\frac{3}{4}$ cup	=	9 Tbsp.
1 cup	=	$\frac{3}{4}$ cup

- At breakfast:
 - Add fruit to muffins, pancakes and waffles.
 - Make oatmeal exciting by adding fruit and cinnamon.
 - Offer peanut butter on graham crackers rather than a sausage biscuit.
 - Serve cinnamon toast or peanut butter toast instead of sweet rolls and donuts.

Fruits/Vegetables

- Add fresh and dried fruit in recipes (baked goods), cereals and cold salads.
- Avoid overcooking vegetables to preserve texture and color for eye appeal. (Steaming is the best method to cook vegetables.)
- In casseroles, double the vegetables and use half the meat and cheese. (Keep in mind CCFP meal pattern requirements.)
- Avoid adding butter, oil or added fat to vegetables. Season or serve with light sauce or sprinkle with Parmesan or Romano cheese.

Lowfat Menu Substitutions

There are lots of ways to be creative when you're cutting back on fat. Experiment with ways to add flavor and moisture without adding fat. Check ingredient labels and recipes for high fat foods. When possible, choose similar products without high fat ingredients. Below are easy substitutions to trim fat in cooking.

Instead of these high fat foods:	Try these foods that are lower in fat:
Whole milk	1% or less milk—This is the easiest way to reduce fat in menus! Remember, children age 1 to 2 need the fat in whole milk. After age 2, gradually introduce lowfat milk.
Butter, lard and other saturated fats (coconut oil, palm oil)	Corn, cottonseed, olive, rapeseed (canola), safflower, sesame, soybean, or sunflower oil.
Whipped cream	Chilled, whipped evaporated fat free milk or a nondairy whipped topping made from polyunsaturated fat. (Not creditable.)
Sour cream	Plain lowfat yogurt, or 1/2 cup cottage cheese blended with 1 1/2 tsp. lemon juice, or light or fat free sour cream (not creditable).
Cream	Evaporated skim milk (not creditable).
Full-fat cheese	Reduced fat cheeses, part-skim mozzarella.
Ricotta cheese	Lowfat or fat free cottage cheese or nonfat or lowfat ricotta cheese.
Ice cream	Lowfat or nonfat ice cream, or frozen lowfat or nonfat yogurt, frozen fruit juice products. Remember, ice cream and frozen yogurts are not creditable on the CCFP. Frozen fruit juice bars (containing a minimum of 50% full strength juice) are creditable!
Ground beef	Extra lean ground beef, lean ground turkey or chicken.
Bacon (not creditable)	Canadian bacon or lean ham (creditable).
Sausage	Lean ground turkey or 95% fat free sausage.
Whole egg	In baking use two egg whites, or 1/4 cup cholesterol-free liquid egg product, or 1 egg white plus 2 tsp. oil.
One egg yolk	Two egg whites.
Mayonnaise	Lowfat or fat free mayonnaise or whipped salad dressing, or plain lowfat yogurt combined with lowfat cottage cheese.
Salad dressings	Low-calorie commercial dressings, or homemade dressing made with unsaturated oils, water, and vinegar or lemon juice.
Cream soups	Defatted broths, broth-based soups or soups made with fat free or lowfat milk.

Food Precautions

Serving safe food to children participating in the Child Care Food Program is as important as serving well-balanced and appetizing meals. *Food Safety in the Child Care Food Program—Guidance for Child Care Providers* is a workbook that provides basic food safety information and resources to assist the child care provider in preventing foodborne illness at the child care site. Food safety also includes prevention of choking and being aware of food allergies when planning and serving meals to young children. Visit the Child Care Food Program website at www.doh.state.fl.us/ccfp to download the workbook and obtain other valuable food safety information. Just click on Nutrition and Food Safety Information, then Food Safety.

Choking

The majority of childhood choking injuries are associated with food items. Children are at risk from choking on small, round foods such as hot dogs, candies, nuts, grapes, carrots and popcorn. Children ages 4 and under are at greatest risk of choking. Avoid giving the foods in the yellow box to this high risk group (unless you plan to modify the foods).

Severe Food Allergies

It is estimated that one in every 20 children under the age of 3 has food allergies. No one knows exactly why, but it appears that more children are becoming severely allergic to certain foods. The following eight foods account for the majority of allergic reactions: milk, eggs, peanuts, tree nuts (walnuts, almonds, cashews, pistachios, pecans, etc.), wheat, soy, fish, and shellfish. A severe allergic reaction (anaphylaxis) is sudden and potentially fatal. It affects the whole body and can include vomiting, swelling of the face and lips, difficulty breathing, coughing, sneezing and watery eyes, and skin that's bumpy, red and itchy. Symptoms can occur within minutes to two hours after contact with the allergy-causing food. Here are some ways to prevent allergic reactions from occurring at your child care site:

- Have parents document any known food allergies and keep on file.
 - Inform all child care staff of any food allergies.
 - Read ingredient labels to avoid serving the allergy-causing food.
 - Avoid cross contact between allergy-containing foods and allergy-free foods.
- Visit the Food Allergy & Anaphylaxis Network at www.FoodAllergy.org to learn more about food allergies.

<u>AVOID</u>	<u>UNLESS:</u>
<u>Hot dogs</u>	<u>Sliced in quarters lengthwise</u>
<u>Grapes</u>	<u>Sliced in half lengthwise</u>
<u>Raisins</u>	<u>Used in baking or salads</u>
<u>Pretzels</u>	<u>Soft, small pieces</u>
<u>Large chunks of meat</u>	<u>Chopped or shredded finely</u>
<u>Nuts</u>	<u>Chopped very fine</u>
<u>Hard pieces of fruits or vegetables</u>	<u>Shredded</u>
<u>Peanut butter</u>	<u>Spread thinly—never serve off a spoon</u>
<u>Fish with bones</u>	<u>Bones removed</u>
<u>Hard candies, popcorn, marshmallows, chips</u>	<u>AVOID</u>

For more information on child safety, visit the National SAFE KIDS website at www.safekids.org.

Menu Planning Worksheet for Children

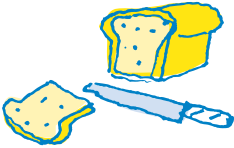
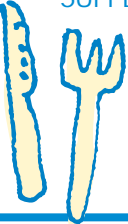

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	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Banana	Pineapple Tidbits	Orange Juice	Apricots	Orange Wedges
	Grains/Breads	Oatmeal	Bagel with Cream Cheese	Kix Cereal	Banana Bread*	Cheese Biscuit*
LUNCH/ SUPPER 	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Pepper <i>Steak</i> *	Chef Salad (egg, cheese, turkey)	Grilled <i>Cheese</i> Sandwich	<i>Chicken</i> and Yellow Rice*	Tator Tot Casserole* (hamburger, cheese)
	Vegetable or Fruit	<i>Spinach</i> Puff*	Chef Salad (lettuce, tomato, cucumber, carrots)	<i>Vegetable</i> Soup*	Peas	<i>Tator Tot</i> Casserole*
	Vegetable or Fruit	Peach Halves	Watermelon	Diced Pears	Sliced Tomatoes	Fruit Cocktail
	Grains/Breads	<i>Spinach</i> Puff*	Saltine Crackers	Grilled <i>Cheese</i> Sandwich	<i>Chicken</i> and Yellow Rice*	Whole Wheat R
SNACK 	Select 2:					
	Milk	Apple Cake*	Graham Cracker Smackers*	Carrot Sticks with Ranch Dip*	Quick Quesadillas*	Jack's Beanstalks*
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Milk	100% Fruit Juice Blend	Milk	Water	Pretzels
	Grains/Breads					

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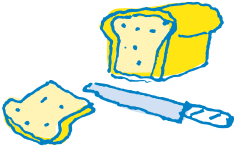
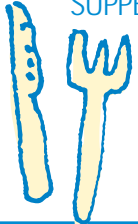

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	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Pear Halves	Pineapple Tidbits	Apple Knockers* (applesauce)	Orange Juice	Diced Peaches
	Grains/Breads	Rise and Shine Raisin Scones*	Toast with Butter	Apple Knockers* (French toast)	Cinnamon Toast Crunch	English Muffin with Jelly
	Milk	Milk	Milk	Milk	Milk	Milk
LUNCH/ SUPPER 	Meat/Meat Alternate	Dirty Rice* (hamburger)	Curry Chicken*	Baked Cheese Grits with Ham*	Meatloaf*	Chicken and Broccoli Alfredo*
	Vegetable or Fruit	Green Beans	Steamed Carrots	Garden Salad	Au Gratin Potatoes*	Chicken and Broccoli Alfredo*
	Vegetable or Fruit	Sliced Tomatoes	Strawberries	Ambrosia* (oranges, mixed fruit)	Spinach	Apple Wedges
	Grains/Breads	Dirty Rice*	Alphabet Bread Sticks**	Baked Cheese Grits with Ham*	Whole Wheat Roll	Garlic Bread
	SNACK 	Select 2:	Cheese Cubes	Oatmeal Cake*	Tuna Boats*	Vegetables with Delicious Dip*
Milk						
Meat/Meat Alternate						
Vegetable/Fruit/Juice		Fruit Cocktail	100% Fruit Juice Blend	Grape Juice	Milk	Milk
Grains/Breads						

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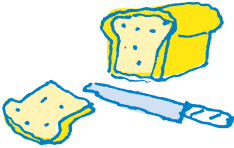
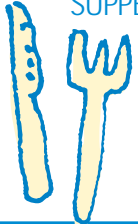

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	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	100% Fruit Juice Blend	Orange Juice	Banana	Orange Wedges	Peach Halves
	Grains/Breads	Cheerios	Cinnamon Toast Crunch	Oatmeal	Toast with Scrambled Eggs	Squash Muffin*
LUNCH/ SUPPER 	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Cuban Sandwich (<i>ham, cheese, turkey, salami</i>)	Ground Beef and Spanish Rice*	Baked <i>Chicken</i> Nuggets*	Beef Stroganoff*	Fish (<i>Grouper</i>)*
	Vegetable or Fruit	Sweet Baked Plantains	Corn and Zucchini Mexicana*	Mashed Potatoes	Peas and Carrots	Broccoli Casserole*
	Vegetable or Fruit	Cantaloupe	Applesauce	Green Beans	Fruit Cocktail	Grapes (sliced for safety)
	Grains/Breads	Cuban <i>Sandwich</i>	Ground Beef and Spanish Rice*	Whole Wheat Roll	Seasoned Noodles	Broccoli Casserole* (<i>rice</i>)
SNACK 	Select 2:					
	Milk	Fresh Pears	Granola Oat Bars*	Cereal Snack Mix*	Dinosaur Eggs*	Saltines
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Strawberry Dip*	Pineapple Tidbits	Apple Juice	Milk	Berry Good Slush*
	Grains/Breads					

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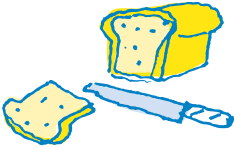
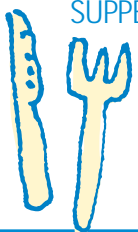

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BREAKFAST 	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	100% Fruit Juice Blend	Grape Juice	Applesauce	Apricots	Orange Wedges
	Grains/Breads	Oatmeal	Kix Cereal	Cinnamon Toast	English Muffin with Butter	Pumpkin Bread*
LUNCH/SUPPER 	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Pork Chops	Cowboy Casserole* (hamburger, cheese)	Fiesta Tamale Pie* (chicken, cheese)	Bubble Pizza* (hamburger, cheese)	Chili Con Carne* (hamburger, beans)
	Vegetable or Fruit	Sweet Potato Sticks*	Green Beans	Pinto Beans*	Cucumber and Onion Salad*	Broccoli
	Vegetable or Fruit	Spinach	Diced Peaches	Melon Cup	Pineapple Tidbits	Apple Wedges
	Grains/Breads	Pasta Parmesan*	Cowboy Casserole* (macaroni)	Fiesta Tamale Pie* (crust)	Bubble Pizza* (crust)	Saltine Crackers
SNACK 	Select 2:					
	Milk	Apple Cheddar Muffins*	Monkey Bar*	Cheese Crackers	Vanilla Wafers	Cottage Cheese
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Milk	Milk	Cool Popsicles*	Banana Mash*	Pear Halves
	Grains/Breads					

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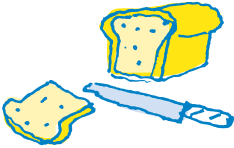
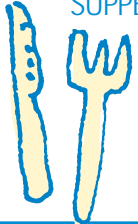

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	Child meal pattern food components:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Banana	Mandarin Oranges	Sliced Peaches	Applesauce	Honeydew Melon
	Grains/Breads	Rice Chex	Pancakes with Syrup	Cheese Grits	Bagel with Jelly	Toast with Scrambled Eggs
LUNCH/SUPPER 	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	<i>Turkey Pita Pocket</i>	<i>Chicken Fricassee*</i>	<i>Chicken Wings*</i>	<i>Spaghetti with Meat Sauce*</i>	<i>Baked Ham*</i>
	Vegetable or Fruit	<i>Chickpea and Vegetable Salad*</i>	Basil Carrots*	Mashed Potatoes	Green Beans	Black Eyed Peas*
	Vegetable or Fruit	Fruit Cocktail	Chicken Fricassee* (peas, potatoes)	Coleslaw	Garden Salad	Collard Greens*
	Grains/Breads	<i>Turkey Pita Pocket</i>	Rice	Texas Toast	<i>Spaghetti with Meat Sauce*</i>	Corn Bread*
SNACK 	Select 2:					
	Milk	Apple Slices	Dinosaur Delight*	Soft Pretzel	Plums	Vegetables and Ranch Dressing
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Peanut Butter Dip*	100% Fruit Juice Blend	Grape Juice	Assorted Crackers	Milk
	Grains/Breads					

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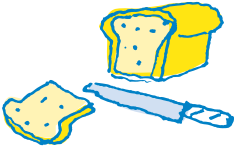
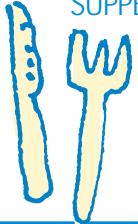

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BREAKFAST 	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Strawberries	Apricots	Cantaloupe	100% Fruit Juice Blend	Pineapple Tidbits
	Grains/Breads	Waffles with Syrup	Toast with Peanut Butter	Biscuit with Jelly	Cheerios	Blueberry Muffin
LUNCH/SUPPER 	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	<i>Egg and Potato Bake*</i>	Black Beans	<i>Chicken Vegetable Soup*</i>	<i>Cheeseburger Pizza*</i>	<i>Tuna and Macaroni Salad*</i>
	Vegetable or Fruit	<i>Egg and Potato Bake*</i>	Garden Salad	Lima Beans	Carrots and Celery	Mixed Vegetables
	Vegetable or Fruit	Fruit Cocktail	Sliced Peaches	Pear Bake*	Apple Wedges	Orange Wedges
	Grains/Breads	Toast with Jelly	Rice	Saltine Crackers	<i>Cheeseburger Pizza* (crust)</i>	<i>Tuna and Macaroni Salad*</i>
SNACK 	Select 2:					
	Milk	Banana Split Pudding*	Bagel Faces*	Wrap-Ups*	Watermelon	Nuts and Bolts Snack Mix*
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Vanilla Wafers	Grape Juice	Milk	Fruited Yogurt	Cheese Slices
	Grains/Bread					

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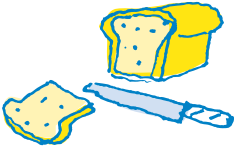
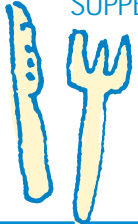

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BREAKFAST 	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Banana	Applesauce	Orange Wedges	Grape Juice	Pineapple Tidbits
	Grains/Breads	Kix Cereal	French Toast Casserole*	English Muffin with Jelly	Rice Krispies	Bran Muffin
LUNCH/SUPPER 	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	<i>Chicken A La King*</i>	<i>Turkey Patty Sandwich*</i>	<i>Spaghetti and Baked Meatballs*</i>	<i>Tuna Noodle Casserole*</i>	<i>Pigs in Blankets*</i>
	Vegetable or Fruit	Green Beans	Peas	Garden Salad	Broccoli	Baked Beans
	Vegetable or Fruit	Sliced Strawberries	Watermelon	Diced Pears	Grapes (sliced for safety)	Corn on the Cob
	Grains/Breads	Rice	<i>Turkey Patty Sandwich*</i>	<i>Spaghetti and Baked Meatballs*</i>	<i>Tuna Noodle Casserole*</i>	<i>Pigs in Blankets*</i>
SNACK 	Select 2:					
	Milk	Fruit Cocktail	Carrots and Vegetable Dip*	Cheese Slice	PB and J Roll*	Fruited Yogurt
	Meat/Meat Alternate					
	Vegetable/Fruit/Juice	Choc-Oat-Chip Cookies*	Assorted Crackers	Apple Wedges	Milk	Graham Crackers
	Grains/Breads					

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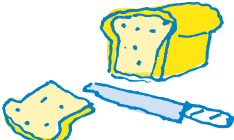
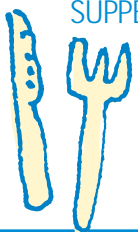

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	Vegetable/Fruit/Juice	Honeydew Melon	Orange Wedges	Banana	Grape Juice	Apricots
	Grains/Breads	Bagel Half with Jelly	Toast with Scrambled Eggs	Cheerios	Zucchini Bread*	Pancakes with Syrup
	Milk	Milk	Milk	Milk	Milk	Milk
LUNCH/ SUPPER 	Meat/Meat Alternate	Macaroni and Cheese with Ham*	Taco Bake* (hamburger, cheese)	Chicken Stir-Fry*	Sloppy Joe on a Bun*	Tuna Patties*
	Vegetable or Fruit	Garden Salad	Corn	Stir-Fry Vegetables	Oven Baked Potato Wedges*	Green Beans
	Vegetable or Fruit	Applesauce	Grapes (sliced for safety)	Peach Halves	Carrot Raisin Salad*	Tropical Fruit Cup*
	Grains/Breads	Macaroni and Cheese with Ham*	Taco Bake* (taco shells)	Rice	Sloppy Joe on a Bun*	Cheese Grits
	Select 2:	Milk	Chickpea Dip*	Pineapple Tidbits	Pizza People*	Cheese Crackers
SNACK 	Meat/Meat Alternate	Pita Bread	Triple Grain Cereal Bars*	100% Fruit Juice Blend	Sliced Pears	Peanut Butter Muffin*
	Vegetable/Fruit/Juice	Pita Bread	Triple Grain Cereal Bars*	100% Fruit Juice Blend	Sliced Pears	Peanut Butter Muffin*
	Grains/Breads	Pita Bread	Triple Grain Cereal Bars*	100% Fruit Juice Blend	Sliced Pears	Peanut Butter Muffin*
	Milk	Pita Bread	Triple Grain Cereal Bars*	100% Fruit Juice Blend	Sliced Pears	Peanut Butter Muffin*

Standardized Recipes

A standardized recipe is one that has been tried, adapted and retried several times—and has been found to produce the same good results and yield every time as long as the exact procedures are followed, the same equipment is used, and the ingredients are of the same quality and in the same quantities.

Advantages of standardized recipes are that they:

- Ensure product quality; the recipe will turn out the same every time.
- Accurately predict the number and size of portions; this eliminates excessive leftovers and waste, thus saving money.
- Help evaluate the nutritional value of the meal and ensure meal requirements are being met.
- Increase employee confidence; recipes that provide clear directions and produce good results eliminate confusion.
- Help to determine what foods and in what quantities are to be purchased.
- Provide a written record that is accessible by anyone when a cook leaves or is out sick.

A standardized recipe, like the one on this page, should always include the number of servings, serving size, list of ingredients, amount of each ingredient, directions and in the case of Child Care Food Program recipes, the meal pattern contribution.

Chicken and Noodles (recipe #D-17)

Number of Portions: 25

Size of Portion: 1 cup

Meal Pattern Contribution: 1 1/2 oz. Meat/Meat Alternate, 1/2 Grain/Bread

Chicken Stock, low sodium	1 gal.
Noodles	1 1/4 lb.
Onions, chopped	1 cup + 2 Tbsp.
Butter	1/4 cup
Flour, all-purpose	1/4 cup + 3 Tbsp.
Powdered Milk, reconstituted, nonfat	3 cups
Black Pepper	3/4 tsp.
Marjoram	3/4 tsp.
Parsley Flakes	1/4 cup
Chicken, cooked, chopped	3 lb. + 3 oz.

Heat chicken stock to boiling. Add noodles and onions. Boil uncovered for 6 minutes. DO NOT DRAIN. In a different pan melt butter or margarine. Add flour and stir until smooth. To the noodles, add flour mixture, milk, pepper, marjoram, parsley flakes, and chicken. Stir to combine. Cook over medium heat, stirring occasionally until thickened, or about 6–8 minutes. Pour into serving pans. Hold in a warm oven 180°–190° F or on a steam table to allow time for the mixture to thicken properly.

Recipe Adjustment

Use these steps to increase or decrease the number of portions a recipe will make:

1. DETERMINE THE TOTAL YIELD OF THE ORIGINAL RECIPE.

$$\frac{\text{original number of portions}}{\text{original portion size}} \times \text{original yield} = \text{original yield}$$

2. DETERMINE THE TOTAL NEW YIELD.

$$\frac{\text{desired number of portions}}{\text{desired portion size}} = \text{total new yield}$$

3. DETERMINE THE "MULTIPLYING FACTOR."

$$\frac{\text{total new yield}}{\text{original yield}} = \text{multiplying factor}$$

4. DETERMINE THE NEW QUANTITY OF EACH INGREDIENT.
(REPEAT THIS STEP FOR EACH INGREDIENT.)

$$\text{original quantity of ingredient} \times \text{multiplying factor} = \text{new quantity}$$

Using the Chicken and Noodles recipe and the recipe adjustment chart, the number of portions can be changed from 25 to 35.

1. DETERMINE THE TOTAL YIELD OF THE ORIGINAL RECIPE.

$$\frac{25}{1 \text{ cup}} \times \text{original yield} = \text{original yield}$$

2. DETERMINE THE TOTAL NEW YIELD.

$$\frac{35}{1 \text{ cup}} = \text{total new yield}$$

3. DETERMINE THE "MULTIPLYING FACTOR."

$$\frac{35}{25} = 1.4$$

4. DETERMINE THE NEW QUANTITY OF EACH INGREDIENT.
(REPEAT THIS STEP FOR EACH INGREDIENT—SEE CHART BELOW.)

$$\frac{\text{chicken stock } 1 \text{ gal}}{\text{original quantity of ingredient}} \times 1.4 = \frac{1 \text{ gal} + 6 \frac{1}{2} \text{ cups}}{\text{new quantity}}$$

Ingredient	Original Quantity of Ingredient		Multiplying factor		New Quantity
Chicken Stock	1 gal.	X	1.4	=	1 gal. + 6 1/2 cups
Noodles	1 lb. + 4 oz.	X	1.4	=	1 lb + 12 oz.
Onions	1 cup + 2 Tbsp.	X	1.4	=	1 1/2 cups
Margarine	1/4 cup	X	1.4	=	1/3 cup
Flour	1/4 cup + 3 Tbsp.	X	1.4	=	1/2 cup + 2 Tbsp.
Powdered Milk	3 cups	X	1.4	=	4 cups + 3 1/2 Tbsp.
Black Pepper	3/4 tsp.	X	1.4	=	1 tsp.
Marjoram	3/4 tsp.	X	1.4	=	1 tsp.
Parsley Flakes	1/4 cup	X	1.4	=	1/3 cup
Chicken	3 lb. + 3 oz.	X	1.4	=	4 1/2 lb.

Conversion Charts

Decimal Weight Equivalents

OUNCES = POUNDS	OUNCES = POUNDS
1 oz. = 0.06 lb.	16 oz. = 1 lb.
2 oz. = 0.12 lb.	32 oz. = 2 lb.
3 oz. = 0.19 lb.	35 oz. = 2.19 lb.
4 oz. = 0.25 lb.	48 oz. = 3 lb.
5 oz. = 0.31 lb.	64 oz. = 4 lb.
6 oz. = 0.38 lb.	71 oz. = 4.44 lb.
7 oz. = 0.44 lb.	80 oz. = 5 lb.
8 oz. = 0.50 lb.	96 oz. = 6 lb.
9 oz. = 0.56 lb.	106 oz. = 6.63 lb.
10 oz. = 0.62 lb.	112 oz. = 7 lb.
11 oz. = 0.69 lb.	128 oz. = 8 lb.
12 oz. = 0.75 lb.	141 oz. = 8.82 lb.
13 oz. = 0.81 lb.	144 oz. = 9 lb.
14 oz. = 0.88 lb.	160 oz. = 10 lb.
15 oz. = 0.94 lb.	

Decimal Equivalents of Commonly Used Fractions

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

Conversion Charts

A Guide to Volume Equivalents for Liquids

1 tablespoon = 3 teaspoons = 0.5 fluid ounces

$\frac{1}{8}$ cup = 2 tablespoons = 1 fluid ounces

$\frac{1}{4}$ cup = 4 tablespoons = 2 fluid ounces

$\frac{1}{3}$ cup = 5 tablespoons + 1 teaspoon = 2.65 fluid ounces

$\frac{3}{8}$ cup = 6 tablespoons = 3 fluid ounces

$\frac{1}{2}$ cup = 8 tablespoons = 4 fluid ounces

$\frac{5}{8}$ cup = 10 tablespoons = 5 fluid ounces

$\frac{2}{3}$ cup = 10 tablespoons + 2 teaspoons = 5.3 fluid ounces

$\frac{3}{4}$ cup = 12 tablespoons = 6 fluid ounces

$\frac{7}{8}$ cup = 14 tablespoons = 7 fluid ounces

1 cup = 16 tablespoons = 8 fluid ounces

$\frac{1}{2}$ pint = 1 cup = 8 fluid ounces

1 pint = 2 cups = 16 fluid ounces

1 quart = 2 pints = 32 fluid ounces

1 quart = 4 cups = 32 fluid ounces

1 gallon = 4 quarts = 128 fluid ounces

1 gallon = 16 cups = 128 fluid ounces

1 peck = 8 quarts (dry)

1 bushel = 4 pecks

Measures for Portion Control

Careful portioning is an important part of any food service operation. It helps to ensure that each serving will be the appropriate size and that a recipe will produce the expected yield.

Most of the recipes in *The Florida Child Care Food Program Cookbook* have been assigned a serving size listed as a portion of a cup. Measuring spoons or cups, scoops or dishers, and ladles of standard sizes are fairly dependable measures for portioning by volume and serving food quickly. Below is portion information on each. Remember, whichever measuring utensil you choose, it must be filled level with the top to maintain equal portioning for each measure.

Measuring-Serving Spoons

Measuring-serving spoons are volume-standardized and are identified for a specific volume measure. Measuring cups work the same way. These utensils are the most common way that child care providers serve children.

Measuring-serving spoons are not labeled “fluid ounce,” although this would be more accurate since they measure volume, not weight. (Remember, the same volume of different foods will not all weigh the same.)

Sizes and Capacities of Measuring-Serving Spoons	
Size of Measuring-Serving Spoon	Approximate Measure
2 oz.	1/4 cup
3 oz.	3/8 cup
4 oz.	1/2 cup
6 oz.	3/4 cup
8 oz.	1 cup

Sizes and Capacities of Scoops (Dishers)	
Number on Scoop (Disher)	Level Measure
6	2/3 cup
8	1/2 cup
10	3/8 cup
12	1/3 cup
16	1/4 cup
20	3 1/3 tablespoons
24	2 2/3 tablespoons
30	2 tablespoons
40	1 2/3 tablespoons
60	3 1/4 tablespoons
100	2 teaspoons

Sizes and Capacities	
Number on Ladle	Level Measure
1 ounce	1/8 cup
2 ounce	1/4 cup
4 ounce	1/2 cup
6 ounce	3/4 cup
8 ounce	1 cup
12 ounce	1 1/2 cup

Scoops, Dishers or Dippers

Scoops (sometimes called dishers or dippers) are useful for portioning specific volumes of foods such as cookies, muffins, meat patties, and some vegetables and salads.

The number on the scoop tells you how many scoopfuls make 1 quart. The higher the number, the smaller the scoop. For example, a Number 24 scoop is smaller than a Number 6 scoop, because it takes more scoopfuls to make one quart.

Ladles

Ladles are useful for serving soups, stews, creamed dishes, sauces, gravies and other similar liquid products.

The higher the number on the ladle, the larger its size. For example, a ladle marked “2 ounce” is twice as large as a ladle marked “1 ounce.” Ladles are not labeled “fluid ounce,” although this would be more accurate since they measure volume, not weight.

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