



AFTERSCHOOL MEAL GUIDE



AFTERSCHOOL MEAL PROGRAM

Afterschool providers agree that meals and snacks attract children to out-of-school-time programs and help them stay active and engaged in activities while their parents are working. Providing healthy meals and snacks is particularly important given the rapidly increasing prevalence of childhood hunger. By providing healthy food, afterschool programs can play a critical role in preventing hunger and improving overall child health.

The At-Risk Afterschool Meal Program reimburses nutritious meals served in afterschool enrichment programs. Funding is available through the Child and Adult Care Food Program (CACFP) to serve meals and snacks to children aged 18 and younger in low income areas.

Schools, community-based organizations, faith-based organizations, for-profit organizations and local governments that are located in low-income communities may be eligible to receive reimbursement for meals and snacks served to children. At-risk afterschool care programs may participate as an independent afterschool program or through a sponsor. In addition, schools that participate in “expanded learning time” may participate.

To participate, programs must:

- Provide care for children after school or on the weekends, holidays, or school vacations during the regular school year
- Provide organized regularly scheduled education or enrichment activities
- Be located in an area where 50 percent or more of the children are eligible for free or reduced-price lunch
- Keep daily attendance records of program participants
- Keep menus, menu production records, and receipts for the purchase of food and supplies for all snacks and suppers that meet the nutrition requirements
- Record and report the total number of meals and snacks served each day

Federal reimbursement is given for up to one meal and one snack per child every day the program operates, up to seven days a week during the school year only (an at-risk afterschool center may not claim meals or snacks during the summer, unless it is located in the attendance area of a school operating on a year-round calendar). Based on the 2010 USDA meal reimbursement, meals are reimbursed at \$2.99 and snacks at \$0.76 per participant.

The Afterschool Meal Program is administered by the Department of Public Health and Environment Child and Adult Care Food Program (CDPHE-CACFP) and they can be reached at (303) 692-2330. More information can also be found on their website (<http://www.cdphe.state.co.us/ps/cacfp/index.html>).

AFTERSCHOOL MEAL PROGRAM

REIMBURSEMENTS AND COST

REIMBURSEMENTS

Reimbursements are solely determined with “meals times rates,” so a self-sponsored site with 20 projected children will be reimbursed \$2.99 per supper served for a total of \$1,196.00 for four weeks (Monday-Friday) or \$2,392.00 for eight weeks.

Colorado Afterschool Meal Program Reimbursement Rates	
2011 Per Meal Rates (U.S. Dollars)	\$ Dollars
Supper	\$2.99
Snack	\$0.76

COSTS

General costs associated with an Afterschool Meal Program site include food, start-up (kitchen staple items), administration, electricity, water and food delivery materials (plates, cups, utensils). Many times initial costs can be covered through grants, while organizations may donate a building to use for the program including electricity and water.

Food and start-up costs were compiled at a local grocery store and shopping center without sale prices. More savings may be found at outlets, super centers and clearance racks or by purchasing items in bulk.

BUDGET

To begin a budget, it helps to work backwards from the projected reimbursements to the actual costs. As already determined in the reimbursement section above, total budget for 20 children for supper for four weeks at the self-prep rate is \$1,196 and \$2,392 for eight weeks. For the menus provided in this guide for service of 20 children, start-up costs are approximately \$410.69 as shown in Appendix A. These costs may be adjusted for sites that already have stocked kitchens. Food costs will be approximately \$635 - \$645 as shown with the 4-Week Menu Cycle provided in this guide. For each of the two menu cycles provided, cost of food and start-up costs are less than the reimbursement amount, leaving money for staff, more food or other costs.

Don't forget to search for a grant to cover start-up costs!

Approximate Budget for Supper Service to 20 Children				
	4 Weeks		8 Weeks	
	Cooking	Non-Cooking	Cooking	Non-Cooking
Budget	\$1196.00	\$1196.00	\$2392.00	\$2392.00
Start-Up Cost	\$410.69	\$410.69	\$410.69	\$410.69
Food Cost	\$636.89	644.69	\$1273.78	\$1289.38
Funds Remaining	148.42	\$140.62	\$707.53	\$691.93

This budget assumes the building and kitchen are donated and include electricity and water.

MEALS AND FOOD SAFETY

For a meal to be reimbursed, sites must provide meals which meet the USDA Meal Pattern Requirements. Minimally, meals and snacks must contain:

- Breakfast: 8 ounces of milk, ½ cup vegetable and/or fruit, and 1 serving of grains/breads (1 ounce of meat or meat alternate is optional)
- Lunch: 8 ounces of milk, ¾ cup vegetables and/or fruit (two types or more), 1 serving of grains/breads and 2 ounces of a meat or meat alternate.
- Snack (choose 2): 8 ounces of milk, ¾ cup vegetables and/or fruit, 1 serving of grains/breads and 1 ounce of a meat or meat alternate.

In Colorado, an afterschool site kitchen must follow local health codes. Requirements will vary according to the level of food preparation and handling. For more information, contact your local health department or the Colorado Department of Public Health and Environment (CDPHE). County public health agencies in Colorado can be found at the CDPHE Planning and Partnerships website (<http://www.cdphe.state.co.us/opp/locallist.html>).

MENUS: NUTRITION IN THE 4-WEEK CYCLES

Two types of menus (cooking kitchen and non-cooking kitchen) are provided in order to meet the needs of all self-sponsored food sites. All menu items are in compliance with the 2010 Dietary Guidelines for Americans and include low fat dairy, low fat meat, low fat dressings, and low sodium products. These menus also incorporate whole and multi-grains; whole cut deli meat; minimal oil and various ethnic recipes. Food purchases for the recipes include:

- Low-Fat/Skim Milk
- Low-Fat Mayonnaise
- Reduced Fat Ranch
- 100% Juice Packed Peach Halves, Pears and Pineapple
- Low-Sodium Soy Sauce
- Reduced Fat Cheese (all varieties)
- Low-Sodium/Reduced Fat Canned Chili Con Carne
- Reduced Fat Sour Cream
- No Added Sodium/Low-Sodium Canned Black Beans
- Water Packed Tuna
- Low-Sodium Canned Diced Tomatoes
- Reduced Fat/Sodium Peanut Butter
- Nonfat/Low-Fat Yogurt
- Low-Fat Cottage Cheese
- Low-Sodium Canned Corn
- Low-Sodium Canned Refried Beans
- Whole wheat or multi-grain breads, crackers, tortillas and chips
- Whole cut deli meats

MENUS: NUTRITION IN THE 4-WEEK CYCLES

Three Types of Deli Meat: Choose Whole Cuts

1. Whole cuts- a section of cooked, seasoned meat that is sliced
2. Sectioned and formed meat products- pieces of meat held together with additives, meat emulsions and myofibrillar proteins to make a single piece
3. Processed meats- meat that is chopped, seasoned and made into a symmetrical shape

Sectioned or processed meat (cold cuts) may contain:

- * Nitrates associated with cancer
- * Added solutions (water, seasoning, preservatives)
- * Listeria

Tips from the Dietary Guidelines for Americans

- Limit the amount of sodium, added sugars, refined grains and solid fats.
- Limit the amount of 100% juice offered in addition to or in place of whole fruit.
- Vary vegetable choices.
- Make vegetables appealing.
- Make half your grains whole grains.
- Increase low-fat or fat-free dairy products.
- Vary protein choices.

www.cnpp.usda.gov/dgas2010-policydocument.htm

All meals meet the minimum meal component guidelines and remain within the budget of reimbursements. Each meal is relatively simple to prepare from scratch. The menus and corresponding recipes are designed for twenty meals, but can easily be multiplied to suit larger numbers of meals. Meals follow the minimum component amounts for the children age 6-12 meal pattern. Children age 12-18 may need larger portions.

Detailed cost for each meal and each item of the meal is included in the menu in the far right-hand column. Food and start-up costs were compiled at a Denver grocery store and shopping center without sale prices. More savings may be found at outlets, super centers and clearance racks or by purchasing items in bulk. Included prices are subject to differ depending on time, location and store. Paper items, including plates, cups, sporks and napkins are a daily cost of \$3.20 when purchased in bulk for the entire 4-week cycle.

Frequently, seasonal fruit will be included in the menu. On such occasions, it is best to find the most reasonably-priced fruit. The number of pounds of each fruit will vary depending on the type of fruit purchased and whether the serving needed is $\frac{1}{4}$, $\frac{1}{2}$ or $\frac{3}{4}$ cup. Amounts and pounds of produce provided in the menu cycles are estimates only. The USDA Food Buying Guide provides serving sizes and purchase units for fruits and vegetables and is available online at: <http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>.

Refer to Appendix A for start-up items and costs.

Afterschool Meal Pattern Requirements are listed in Appendix B.

Recipes for all entrees can be found in Appendix C.

ALLERGY INFORMATION

Many children face the issue of food allergies, which puts an added stress on families. To help families and organizations more easily detect prevalent allergies, foods in the guide which may contain dairy, eggs or nuts have been identified and labeled. Labels in this guide include food which may contain the allergen or may be produced on machinery or in a facility that has the allergen. Appendix D has a complete list of the three allergies and the foods from the guide associated with each.

In each of the menu cycles, meals and food items with dairy, eggs or nuts have been identified by:

- ^D Dairy
- ^E Eggs
- ^N Nuts

The allergy information in this guide is for support and general informational purposes only and is not intended to constitute medical advice or treatment nor to replace the relationship that exists between a patient and physician.

COOKING VS. NON-COOKING

While a majority of sites without kitchens choose to have a sponsor provide food, it is possible to prepare nutritious meals within the budget limits without cooking. Proper preparation areas are still mandatory, but a range (stove with oven) is not necessary. A refrigerator is required for both the cooking and non-cooking menus used in this guide, as food must be kept at the proper temperature. The non-cooking menu still uses scratch cook recipes, but the work does not require a large or complete kitchen. While a few meals may require preparation a day ahead of the meal, each of the recipes requires minimal steps to prepare.

COOKING MENU 4-WEEK CYCLE

The total food and paper cost for the 4-week cooking menu to serve 20 children lunch or supper is \$636.89. Substitutions can lower the cost to \$629.67 for the entire cycle.

NOTE: All menu items and recipes are suggestions for sponsor consideration and must be served in correct USDA food component requirements.

COOKING MENU 4-WEEK CYCLE

Menu Guide- Cooking Week 1 Serving 20 Children							
Meal	Food supplies and Quantities		Other Supplies	Cost/Meal			
Chicken Burrito ^D				Total: \$34.02 Total (regular tortillas)-\$32.62			
Salad Seasonal Fruit (choice) Milk	<ul style="list-style-type: none"> • Chicken - 3.57 lbs • Taco seasoning - 1 packet • Tortillas -20 • Salsa - 38 oz • Romaine Lettuce - 2 heads (1.5 lbs) 	<ul style="list-style-type: none"> • Tomatoes - 4 large (1lb) • Cucumber - 2 • Onion - 1 • Ranch dressing - ½ bottle • Seasonal fruit - 3 lbs (¼ cup each) • Milk - 1 ¼ gallons 	<ul style="list-style-type: none"> Sauce pan Frying pan Cutting board Spatula Knife Can opener Serving spoon 	<ul style="list-style-type: none"> Boneless Chicken Thighs \$7.10 Seasoning \$0.99 Tortillas \$5.18 Salsa \$2.65 Lettuce \$2.58 	<ul style="list-style-type: none"> Tomatoes \$1.50 Dressing \$0.99 Fruit \$5.37 Milk \$4.46 Paper \$3.20 		
Spaghetti ^{DE}				Total- \$32.91			
Green Beans Pineapple Milk	<ul style="list-style-type: none"> • Spaghetti noodles - 30 oz, uncooked • Ground beef - 3.57 lbs • Spaghetti (marinara) sauce - 80 oz 	<ul style="list-style-type: none"> • Frozen green beans - 64 oz (½ cup each) • Canned pineapple - 40 oz (¼ cup each) • Milk - 1 ¼ gallons 	<ul style="list-style-type: none"> Frying pan Sauce pan Sauce pot Spatula Serving spoons Slotted spoon 	<ul style="list-style-type: none"> Noodles \$3.60 Beef \$9.99 Sauce \$4.78 Green beans \$3.98 	<ul style="list-style-type: none"> Fruit \$2.90 Milk \$4.46 Paper \$3.20 		
Teriyaki Chicken and Rice				Total- \$29.42			
Mixed Vegetables Seasonal Fruit (choice) Milk	<ul style="list-style-type: none"> • Chicken - 3.57 lbs • Teriyaki marinade - 1 bottle (20 oz) • Brown rice - 6 cups, dry (½ cup cooked each) 	<ul style="list-style-type: none"> • Frozen mixed vegetables - 80 oz (½ cup each) • Seasonal fruit - 3 lbs (¼ cup each) • Milk - 1 ¼ gallons 	<ul style="list-style-type: none"> 2 Sauce pots Baking dish Serving spoons 	<ul style="list-style-type: none"> Boneless Chicken Thighs \$7.10 Marinade \$1.79 Rice \$2.52 Vegetables \$4.98 	<ul style="list-style-type: none"> Fruit \$5.37 Milk \$4.46 Paper \$3.20 		
Taco Salad ^D				Total- \$35.62			
Fruit Cocktail Milk	<ul style="list-style-type: none"> • Tortilla rounds - 20 oz (1 oz each, about 9 chips) • Ground beef -1.79 lbs • Taco seasoning - 1 packet • Cheese, shredded - 20 oz • Romaine Lettuce, shredded - 2 heads (1.5lbs) 	<ul style="list-style-type: none"> • Tomatoes, diced - 4 large (1lb) • Olives, whole - 1 can (20 oz), about 4 large olives each • Salsa - 38 oz jar • Canned fruit cocktail, - 45 oz (¼ cup each) • Milk - 1 ¼ gallons 	<ul style="list-style-type: none"> Frying pan Cheese grater (optional) Can opener Knife Cutting board 	<ul style="list-style-type: none"> Chips \$3.39 Beef \$5.00 Seasoning \$0.99 Cheese \$5.30 Lettuce \$2.58 Tomatoes \$3.00 	<ul style="list-style-type: none"> Olives \$2.80 Salsa \$2.65 Fruit \$2.25 Milk \$4.46 Paper \$3.20 		
Turkey and Egg Sandwich ^{DEN}				Total- \$35.42			
Carrots Pears Milk	<ul style="list-style-type: none"> • Bread - 40 slices, about 3 loaves • Deli turkey - 1 lb • Eggs - 10 large • Cheese - 20 oz • Mustard - 1 jar 	<ul style="list-style-type: none"> • Mayonnaise - ¼ jar • Canned pear halves - 45 oz (¼ cup each) • Baby carrots - 50 oz (½ cup each) • Milk - 1 ¼ gallons 	<ul style="list-style-type: none"> Sauce pot 	<ul style="list-style-type: none"> Bread \$4.77 Turkey \$7.99 Eggs \$1.20 Cheese \$5.40 Mustard \$1.29 Mayonnaise \$0.95 	<ul style="list-style-type: none"> Carrots \$3.91 Pears \$2.25 Milk \$4.46 Paper \$3.20 		

Menu Guide- Cooking Week 2
Serving 20 Children

Meal	Food supplies and Quantities	Other Supplies	Cost/Meal
Hamburger^{DE}			Total- \$32.90
Cucumbers Applesauce Milk	<ul style="list-style-type: none"> • Sandwich slims - 20 • Ground beef - 3.57 lbs • Cucumbers - 6 (½ cup each; 6 sticks, ¾-inx3in) • Applesauce - 40 oz (¼ cup each) 	<ul style="list-style-type: none"> • Mustard - ½ jar • Mayonnaise - ¼ jar • Ketchup - ½ jar • Ranch dressing - ½ jar • Milk - 1 ¼ gallons 	Griddle or grill Knife Cutting board ¼ cup serving spoon Sandwich \$5.97 Slims Beef \$9.99 Cucumbers \$4.74 Applesauce \$1.79 Mustard \$0.65 Mayonnaise \$0.95 Ketchup \$0.65 Ranch \$0.50 Milk \$4.46 Paper \$3.20
Enchiladas^D			Total- \$36.96 Total (regular tortillas)-\$35.56
Mixed Vegetables Peaches Milk	<ul style="list-style-type: none"> • Chicken, cooked and shredded - 5 cups (2.5 lbs) • Cheese, shredded - 3 cups (12 oz) • Sour cream - 2 cups • Tortillas - 20 • Onions - 2 • Garlic cloves - 4 • Olive oil - 4 teaspoons 	<ul style="list-style-type: none"> • Canned green chilies, chopped - 2 (4 oz) • Tomatillo salsa - 2 cups • Frozen mixed vegetables - 80 oz (½ cup each) • Canned peach halves - 45 oz (¼ cup each) • Milk - 1 ¼ gallons 	3- 9x13 inch pans Mixing bowl Can opener Serving spoon Spatula Knife Cutting board Sauce pot Grater (optional) Chicken \$4.98 Thighs Cheese \$3.24 Sour cream \$1.62 Tortillas \$5.18 Onions \$1.49 Garlic \$0.50 Chilies \$1.78 Salsa \$2.29 Vegetables \$5.97 Peaches \$2.25 Milk \$4.46 Paper \$3.20
Chinese Broccoli and Chicken			Total- \$30.92
Apple Juice Milk	<ul style="list-style-type: none"> • Whole wheat flour - ½ cup + 2 T • Chicken broth - 4 ½ cups (bouillon) • Sugar - ¼ cup + 1 T • Soy sauce - ¼ cup + 1 T • Chicken - 3.57 lbs • Garlic cloves - 2, minced 	<ul style="list-style-type: none"> • Fresh broccoli - 10 cups (3.5 lbs) • Brown rice - 6 cups, dry (½ cup each) • Apple Juice - 80 oz (4 oz each) • Milk - 1 ¼ gallons 	Mixing bowl Knife Cutting board Skillet or Wok Sauce pot Serving spoon Spatula Chicken \$7.10 Thighs Garlic \$0.50 Soy Sauce \$2.19 Broccoli \$7.16 Rice \$2.52 Apple juice \$3.79 Milk \$4.46 Paper \$3.20
Chicken Sandwich^{DEN}			Total- \$29.76
Carrots Seasonal Fruit (choice) Milk	<ul style="list-style-type: none"> • Chicken (fillet) - 3.57 lbs • Bread - 40 slices, about 3 loaves • Mayonnaise - ¼ jar 	<ul style="list-style-type: none"> • Seasonal fruit - 3 lbs (¼ cup each) • Baby carrots - 50 oz (½ cup each) • Milk - 1 ¼ gallons 	2- 9x13 pans Knife Cutting board Chicken \$7.10 Bread \$4.77 Mayonnaise \$0.95 Fruit \$5.37 Carrots \$3.91 Milk \$4.46 Paper \$3.20
Pizza (order with low-fat cheese or make)^D			Total- \$36.66
Salad w/ Tomatoes, Cucumbers and Eggs ^E Strawberries Milk	<ul style="list-style-type: none"> • Tomato sauce - 2 cans (8 oz each) • Frozen pizza or bread dough (9 oz) - 2 • Basil - ½ tsp, dried • Oregano - ½ tsp, dried • Green pepper - 1 • Cheese, shredded - 20 oz • Romaine Lettuce - 2 heads (1.5 lbs) 	<ul style="list-style-type: none"> • Tomatoes - 4 large (1lb) • Cucumber - 2 large • Hard-boiled eggs - 20 large • Ranch dressing - 1 bottle (20 oz) • Strawberries - 3 pints (¼ cup each) • Milk - 1 ¼ gallons 	2 Large baking sheets Knife Cutting board Can opener Grater (optional) Sauce pot (boil eggs) Sauce \$2.20 Dough \$4.19 Green \$1.99 Pepper Cheese \$5.30 Lettuce \$2.58 Tomatoes \$3.00 Cucumber \$1.79 Eggs \$2.40 Dressing \$0.99 Strawberries \$4.56 Milk \$4.46 Paper \$3.20

Menu Guide- Cooking Week 3
Serving 20 Children

Meal	Food supplies and Quantities	Other Supplies	Cost/Meal	
Chicken Stir Fry			Total- \$28.11	
Oranges Milk	<ul style="list-style-type: none"> • Chicken - 3.57 lbs • Brown rice - 6 cups, dry • Cornstarch - 2/3 cup • Soy sauce - ½ cup • Garlic powder - ¾ tsp • Cooking oil - ½ cup + 3 T • Broccoli florets - 6.5 cups • Celery, sliced - 4 cups (1.28lbs) • Carrots, sliced - 3 + 1/3 cups (1.25lbs) 	<ul style="list-style-type: none"> • Onion, cut into wedges - 2 Water - 3 + ¾ cups • Chicken bouillon granules - 1 T + ¾ tsp • Oranges - 10, cut into fourths (½ orange each) • Milk - 1 ¼ gallons 	Skillet or Wok Spatula Measuring cups Measuring spoons Knife Cutting board Sauce pot or rice cooker Re-sealable plastic bag or bowl with plastic wrap	Chicken \$7.10 Thighs Rice \$2.52 Broccoli \$3.50 Celery \$0.85 Carrots \$0.99 Onion \$1.50 Oranges \$3.99 Milk \$4.46 Paper \$3.20
Cheesy Pasta with Chicken and Spinach ^{DE}			Total- \$33.56	
Apples Milk	<ul style="list-style-type: none"> • Chicken, cooked and cubed - 1.5 lbs • Spiral pasta - 24 oz • Frozen Spinach, thawed, chopped - 15 oz • Eggs - 4 • Olive oil - 1/3 cup + 3 T 	<ul style="list-style-type: none"> • Bread crumbs - 1 cup + 2 T • Tomato basil pasta sauce - 88.5 oz • Cheddar cheese, shredded - 12 oz • Mozzarella cheese, shredded - 12 oz • Apples - 10, cut in half • Milk - 1 ¼ gallons 	2- 9x13 inch pans Sauce pot Knife Cutting board Grater (optional) Measuring cups Measuring spoons Wisk	Chicken \$2.99 Boneless Thighs Pasta \$3.98 Spinach \$3.19 Eggs \$0.48 Bread \$0.99 crumbs Sauce \$4.92 Cheddar \$3.18 Mozzarella \$3.18 Apples (3 lb bag) \$2.99 Milk \$4.46 Paper \$3.20
Turkey Wrap ^{DE}			Total- \$36.32 Total (regular tortillas)-\$34.92	
Applesauce Milk	<ul style="list-style-type: none"> • Tortillas - 20 • Turkey deli meat - 1.25 lbs • Mozzarella cheese - 20 oz • Lettuce, shredded - 1 head • Carrots shredded - 1 lb 	<ul style="list-style-type: none"> • Mayonnaise - ¼ jar • Mustard - ¼ jar • Applesauce - 80 oz • Milk - 1 ¼ gallons 	Knife Cutting board Grater Sauce pan	Tortillas \$5.18 Turkey \$11.19 Cheese \$5.40 Lettuce \$1.29 Carrots \$0.75 Mayonnaise \$0.95 Mustard \$0.32 Applesauce \$3.58 Milk \$4.46 Paper \$3.20
Baked Potato Bar ^{DE}			Total- \$35.43 Total (no sour cream)- \$33.81	
Mixed Vegetables Seasonal Fruit (choice) Milk	<ul style="list-style-type: none"> • Potatoes - 20 • Cheddar cheese, shredded - 12 oz • Frozen broccoli - 34 oz • Canned chili con carne - 3 (15 oz each) • Hardboiled eggs - 10 (½ each) 	<ul style="list-style-type: none"> • Frozen mixed vegetables - 40 oz (¼ cup each) • Seasonal fruit - 3 lbs (¼ cup each) • Butter - 1 small tub • Sour cream - 1 small tub (optional) • Milk - 1 ¼ gallons 	Baking sheet Sauce pot- 3 Grater-optional	Potatoes \$3.59 Cheese \$3.24 Broccoli \$3.40 Chili \$4.77 Eggs \$1.20 Vegetables \$2.99 Fruit \$5.37 Butter \$1.59 Sour cream \$1.62 Milk \$4.46 Paper \$3.20
Quesadilla ^D			Total- \$31.25 Total (regular tortillas)-\$29.85	
French-Style Green Beans Watermelon Milk	<ul style="list-style-type: none"> • Tortillas - 20 • Cheddar cheese, shredded - 20 oz • Black beans - 3.5 cans (15.5 oz) 	<ul style="list-style-type: none"> • Salsa - 1 jar • Green beans, frozen - 30 oz • Watermelon - 1 large (6.5 lb), ½ cup each • Milk - 1 ¼ gallons 	Skillet, 3 Sauce pot Knife Cutting board Strainer Grater (optional) Olive oil	Tortillas \$5.18 Cheese \$5.40 Beans \$2.38 Salsa \$2.65 Green Beans \$1.99 Watermelon \$5.99 Milk \$4.46 Paper \$3.20

Menu Guide- Cooking Week 4
Serving 20 Children

Meal	Food supplies and Quantities	Other Supplies	Cost/Meal	
Scoop-It-Up Tuna & Egg Salad ^{DE}			Total- \$24.12	
Crackers ^D Cucumbers Celery Milk	<ul style="list-style-type: none"> • Canned tuna - 4 cans (6 oz each) • Hardboiled eggs - 10 • Carrots, shredded - 8 small • Mayonnaise - 1 ½ cups • Salt and pepper to taste • Milk- 1 ¼ gallons 	<ul style="list-style-type: none"> • Celery stalks - 20 (¼ cupeach; 3 sticks, ½-inx4-in) • Cucumber - 6 (½ cup each; 6 sticks, ¾-inx3in) • Crackers - 20 oz (1 oz each, about 15-1in crackers) 	Sauce pan Can opener Knife Cutting board Grater Mixing bowl Mixing spoon	Tuna \$2.76 Eggs \$1.20 Carrots \$0.75 Mayonnaise \$0.95 Celery \$2.08 Cucumber \$4.74 Crackers \$3.98 Milk \$4.46 Paper \$3.20
Turkey and Black Bean Pita			Total- \$30.19	
Fruit Cup Milk	<ul style="list-style-type: none"> • Pita - 10 • Ground turkey - 2 lbs • Tomato paste - 12 oz • Black beans - 3.5 cans (52.5 oz) • Jalapeno, diced - 2 small • Onion, diced - 1 cup • Diced tomatoes in juice- 2 cans (15 oz) 	<ul style="list-style-type: none"> • Garlic - 3 cloves, minced • Chili powder - 1 + 1/3 T • Pepper to taste • Salt -free season - 2 tsp • Canned fruit cocktail - 80 oz (½ cup each) • Milk - 1 ¼ gallons 	Skillet Spatula Knife Cutting board Measuring spoons Measuring cups	Pita \$3.99 Turkey \$7.98 Tomato Paste \$0.99 Beans \$2.38 Jalapeno \$0.30 Onion \$0.99 Tomatoes \$1.40 Garlic \$0.50 Fruit \$4.00 Milk \$4.46 Paper \$3.20
Chicken Kebobs-(allow to marinate overnight)			Total- \$33.58	
Brown Rice Pineapple Milk	<ul style="list-style-type: none"> • Chicken thighs (boneless) - 3.57 lbs • Brown rice - 6 cups, dry • Vegetable oil - 1 cup • Soy sauce - 1 cup • Lemon juice - ¾ cup • Worcestershire sauce - 1/3 cup • Mustard - 1/3 cup • Black pepper - 2 tsp 	<ul style="list-style-type: none"> • Garlic - 3 cloves, minced • Green peppers - 1, cubed • Red bell pepper - 1, cubed • Cherry or grape tomatoes -2 pints • Canned pineapple - 80 oz (½ cupeach) • Milk - 1 ¼ gallons 	Saran wrap Mixing bowl Mixing spoon Knife Cutting board	Chicken \$7.10 Thighs \$4.00 Rice \$2.52 Lemon Juice \$1.50 Mustard \$0.52 Garlic \$0.50 Peppers 3.98 Tomatoes \$4.00 Pineapple \$5.80 Milk \$4.46 Paper \$3.20
Chicken Fajita Stir Fry - (allow to marinate overnight)			Total- \$28.25	
Chile Corn Pears Milk	<ul style="list-style-type: none"> • Chicken thighs (boneless) -1.75 lbs, cut into thin strips • Black beans - 3.5 cans (52.5 oz) • Brown rice - 6 cups, dry • Vegetable oil - ¾ cup + 2 T • Lemon juice - ¾ cup + 2 T • Garlic cloves - 8, minced • Chili powder (chicken) - 1 tsp • Pepper - 1 tsp • Green onions - 8, thinly sliced 	<ul style="list-style-type: none"> • Salsa - 38 oz • Frozen corn - 30 oz • Roasted red chilies - 1 small can, finely diced • Chili powder (corn) - 1 tsp • Paprika - ¼ tsp • Onion powder - ¼ tsp • Oil - 1 T • Canned pears - 80 oz (½ cup each) • Milk - 1 ¼ gallons 	Skillet Measuring cups Measuring spoons Knife Cutting board Skillet Spatula Sauce pot Mixing spoon	Chicken \$3.48 Rice \$2.52 Black beans \$2.38 Lemon juice \$1.49 Garlic \$0.50 Onions \$0.50 Salsa \$2.65 Corn \$1.98 Chiles \$0.89 Pears \$4.20 Milk \$4.46 Paper \$3.20
Breakfast for Lunch ^{DE}			Total- \$21.49	
Scrambled Eggs Whole Wheat Pancake Banana Juice Milk	<ul style="list-style-type: none"> • Eggs - 20 • Salt - ¾ tsp (eggs) • Whole wheat flour - 4 cups • Eggs - 4 (pancakes) • Sugar - 4 T • Baking powder - 2 T + 2 tsp • Salt - 1 ¼ tsp (pancakes) • Oil - ½ cup 	<ul style="list-style-type: none"> • Syrup - 1 bottle (24 oz) • Bananas - 10 large, 2.5 lbs (½ cup each) • Apple juice - 80 oz (4 oz each) • Milk - 1 ¾ gallons (total)1 ½ cups (eggs) • 4 cups (pancakes) 	Knife Cutting board Spatula Mixing bowl Measuring cups Measuring spoons Salt Pepper	Eggs \$2.88 Flour \$1.00 Syrup \$3.00 Bananas \$1.38 Juice \$3.79 Milk \$6.24 Paper \$3.20

NON-COOKING SITE MENU 4-WEEK CYCLE

NON-COOKING SITE MENU 4-WEEK CYCLE

The total food and paper cost for the 4-week non-cooking menu to serve 20 children lunch or supper is \$644.69. Substitutions can lower the cost to \$639.97 for the entire cycle.

Menu Guide: Non-Cooking Week 1
Serving 20 Children

Meal	Food supplies and Quantities	Other Supplies	Cost/Meal
Chicken Wrap ^N			Total- \$34.46 Total (regular tortillas)- \$33.06
Carrots Celery with Peanut Butter Milk	<ul style="list-style-type: none"> • Tortillas - 20 • Rotisserie chicken - 1 large • Black beans - 2 cans (15.5 oz) • Red bell peppers - 2 large • Cucumbers - 2 large • Romaine lettuce - 1 head, 8 cups chopped • Olive oil - 1 cup • Apple cider vinegar - 4 T 	<ul style="list-style-type: none"> • Peanut butter- 4 T • Soy sauce- ½ cup • Crushed red pepper - 1 tsp • Sugar- 2 tsp • Baby carrots - 25 oz (¼ cup each) • Celery stalks - 20 (¼ cup each; 3 sticks, ½-inx4-in) • Peanut butter - 10 oz (1 T each) • Milk - 1 ¼ gallons 	Knife Cutting board 2 Forks Measuring cups Measuring spoons Tortillas \$5.18 Chicken \$7.99 Black Beans \$1.36 Peppers \$3.98 Cucumbers \$1.58 Lettuce \$1.29 Peanut Butter \$1.96 Carrots \$2.08 Celery \$1.38 Milk \$4.46 Paper \$3.20
Scoop-It-Up Salmon Salad ^{DE}			Total- \$33.87
Crackers Cucumbers Celery Milk	<ul style="list-style-type: none"> • Canned salmon - 8 cans (7.5 oz) • Carrots, shredded - 8 small • Mayonnaise - 1 ½ cups • Salt and pepper to taste • Milk - 1 ¼ gallons 	<ul style="list-style-type: none"> • Celery stalks - 20 (¼ cup each; 3 sticks, ½-inx4-in) • Cucumber - 6 (½ cup each; 6 sticks, ¾-inx3in) • Crackers - 20 oz (1 oz each, about 15-1in crackers) 	Can opener Knife Cutting board Grater Mixing bowl Mixing spoon Salmon \$13.80 Carrots \$0.75 Mayonnaise \$1.56 Celery \$1.38 Cucumber \$4.74 Crackers \$3.98 Milk \$4.46 Paper \$3.20
Taco Salad with Black Beans ^D			Total- \$31.57
Pears Milk	<ul style="list-style-type: none"> • Tortilla rounds - 20 oz (1 oz each, about 9 chips) • Black beans- 3.5 cans (15.5 oz) • Cheese, shredded- 20 oz • Romaine lettuce, shredded - 1 large head • Salsa -24 oz (extra) 	<ul style="list-style-type: none"> • Tomatoes - 6 large, about 2 lb 5 oz • Olives, sliced - 2 cans (5.75 oz) (optional) • Canned pear halves - 45 oz (¼ cup each) • Milk - 1 ¼ gallons 	Cheese grater (optional) Can opener Knife Cutting board Chips \$3.39 Beans \$2.38 Cheese \$5.40 Lettuce \$1.29 Tomatoes \$3.75 Olives \$2.80 Salsa \$2.65 Pears \$2.25 Milk \$4.46 Paper \$3.20
Tuna Veggie Pita ^{DE}			Total- \$24.47
Apples Oranges Milk	<ul style="list-style-type: none"> • Pitas (6.5 in) - 10 (.9 oz each) • Canned tuna, drained - 8 cans (6 oz) • Carrots, shredded - 9 large or 5 cups, • Onion, finely chopped - 2 small or 2 cups 	<ul style="list-style-type: none"> • Mayonnaise - 1 cup • Plain yogurt - ¾ cup • Lemon pepper - 4 tsp • Dried parsley flakes - 8 tsp • Apples - 5 large (¼ each) • Oranges - 5 large (¼ each) • Milk - 1 ¼ gallons 	Knife Cutting board Mixing bowl Mixing spoon Measuring cup Measuring spoon Pita \$3.99 Tuna \$5.52 Carrots \$0.75 Onion \$1.49 Mayonnaise \$1.01 Yogurt \$0.55 Apples \$1.50 Oranges \$2.00 Milk \$4.46 Paper \$3.20
Veggie and Cheese Bowls ^{DE}			Total- \$36.71 Total (soy beans)-\$36.53
Peaches Milk	<ul style="list-style-type: none"> • Cheddar cheese, cubed - 20 oz • Mozzarella cheese, cubed - 20 oz • Soy beans - 2.75 lbs (Optional: can replace 20 oz cheese) • Cherry tomatoes - 2 pints (3-4 tomatoes each) • Broccoli - 1 lb 	<ul style="list-style-type: none"> • Green bell peppers - 1, cubed • Red bell peppers -1, cubed • Ranch dressing - ½ jar • Crackers- 20 oz (1 oz each; about 15-1in crackers) • Canned peaches - 87 oz (½ cup each) • Milk - 1 ¼ gallons 	Knife Cutting board Cheddar \$5.40 Mozzarella \$5.40 (Soy Beans \$6.30) Tomatoes \$4.00 Bell Peppers \$3.98 Broccoli \$1.79 Ranch \$0.50 Crackers \$3.98 Peaches \$4.00 Milk \$4.46 Paper \$3.20

Menu Guide: Non-Cooking Week 2
Serving 20 Children

Meal	Food supplies and Quantities	Other Supplies	Cost/Meal
Cottage Cheese with Pear Halves ^D			Total- \$24.32
Celery with Peanut Butter Pretzels Fruit Juice Milk	<ul style="list-style-type: none"> • Cottage Cheese - 40 oz (¼ cup each) • Canned pear halves - 45 oz (¼ cup each) • Celery stalks - 20 (¼ cup each; 3 sticks, ½-inx4-in) • Peanut Butter (2 T each), 20 oz 	<ul style="list-style-type: none"> • Pretzels - 20 oz (1 oz each; about 19 pretzels) • Fruit juice - 80 oz (4 oz each) • Milk - 1 ¼ gallon 	Can opener Knife Cutting board Cottage Cheese \$4.78 Pretzels Juice \$2.17 Pears \$2.25 Milk \$4.46 Celery \$1.38 Paper \$3.20 Peanut Butter \$2.92
Ham and Cheese Salad Cup ^{DE}			Total- \$33.34
Dinner Roll Grapes Milk	<ul style="list-style-type: none"> • Black beans - 3 cans (15.5 oz) • Ham steak - 10 oz cut into ½-inch cubes • Cheddar cheese, 10 oz • Mayonnaise - ¾ cup • Mild salsa - 1 cup • Scallions, chopped- 5 • Corn- 3.5 cans (15 oz) 	<ul style="list-style-type: none"> • Cilantro - 3 T chopped • Bibb Lettuce - 2 heads or 5 cups chopped • Dinner roll - 20 • Grapes - 2 lbs (¼ cup each; about 7 large grapes) • Milk - 1 ¼ gallons 	Mixing bowl Mixing spoon Knife Cutting board Measuring cup Measuring spoon Beans \$2.04 Cilantro \$0.50 Ham \$3.74 Lettuce \$2.00 Cheese \$2.70 Rolls \$4.00 Mayonnaise \$0.95 Grapes \$5.38 Salsa \$0.65 Milk \$4.46 Scallions \$0.50 Paper \$3.20 Corn \$3.22
Peanut Butter & Jelly ^{DEN}			Total- \$25.62
Applesauce Carrots Milk	<ul style="list-style-type: none"> • Bread - 40 slices, about 3 loaves • Peanut butter - 40 oz • Jelly - 32 oz 	<ul style="list-style-type: none"> • Applesauce - 80 oz (½ cup each) • Baby carrots - 25 oz (¼ cup each) • Milk - 1 ¼ gallons 	Knife Bread \$4.77 Applesauce \$3.58 Peanut Butter \$5.84 Carrots \$1.95 Jelly \$1.82 Milk \$4.46 Paper \$3.20
Tuna Hoagie ^{DE}			Total- \$32.36
Peaches Milk	<ul style="list-style-type: none"> • Hoagie buns - 10 (½ each) • Cheddar cheese, sliced - 16 oz • Canned tuna - 5 cans (6 oz) • Mayonnaise - ¾ cup • Salt and pepper to taste • Carrots, shredded - 2 cups, about 5 medium • Lettuce, shredded - ½ head 	<ul style="list-style-type: none"> • Olives, sliced - 2 cans (5.75 oz) (optional) • Cherry tomatoes, sliced - 1 pint (2-3 tomatoes each) • Mustard - ½ bottle • Canned peaches - 87 oz (½ cup each) • Milk - 1 ¼ gallons 	Knife Cutting board Buns \$4.58 Tomatoes \$2.00 Cheese \$4.32 Mustard \$0.50 Tuna \$3.45 Mayonnaise \$0.95 Carrots \$0.75 Peaches \$4.35 Lettuce \$1.00 Milk \$4.46 Olives \$2.80 Paper \$3.20
Fruit and Cheese Bowls ^D			Total- \$37.29
Total (soy beans)- \$36.95			
Yogurt Crackers Milk	<ul style="list-style-type: none"> • Cheddar cheese, cubed- 12 oz • Mozzarella cheese, cubed - 12 oz • Soy beans - 1.64 lbs (Optional: can replace 12 oz cheese) • Strawberries - 3 pints (¼ cup each) 	<ul style="list-style-type: none"> • Grapes - 2 lbs (about 7 grapes each) • Oranges, peeled and separated - 5 • Crackers- 20 oz, (1 oz each; about 15 -1in crackers) • Yogurt - 80 oz (½ cup each) • Milk - 1 ¼ gallons 	Knife Cutting board Cheddar \$3.24 Oranges \$2.00 Mozzarella \$3.24 Crackers \$3.98 Strawberries \$5.97 Yogurt \$7.20 Grapes \$4.00 Milk \$4.46 Paper \$3.20

Menu Guide: Non-Cooking Week 3
Serving 20 Children

Meal	Food supplies and Quantities	Other Supplies	Cost/Meal
Turkey Wrap ^{DE}			Total- 35.30 Total (regular tortillas)-\$33.90
Applesauce Milk	<ul style="list-style-type: none"> Tortillas - 20 Turkey deli meat - 1.25 lbs Low-fat mozzarella cheese - 20 oz Romaine lettuce, shredded - 1 head, 	<ul style="list-style-type: none"> Carrots, shredded - 2 cups, about 5 medium Mayonnaise - ¼ jar Mustard - ½ jar Applesauce - 80 oz (½ cup each) Milk - 1 ¼ gallons 	Knife Cutting Board Grater
			Tortillas \$5.18 Mayonnaise \$0.95 Turkey \$9.99 Mustard \$0.50 Cheese \$5.40 Applesauce \$3.58 Lettuce \$1.29 Milk \$4.46 Carrots \$0.75 Paper \$3.20
Chicken Waldorf Pita ^{DE}			Total- \$32.40
Fruit Cocktail Milk	<ul style="list-style-type: none"> Pitas (6.5 in) - 10 (.9 oz each) Chunk chicken, solid packed - 5 cans (9.75 oz) Mayonnaise - 2.5 cups Lemon juice - 2T + 1 ½ tsp Apples, chopped - 2.5 	<ul style="list-style-type: none"> Celery, diced - 0.75 lb, about 1 & 2/3 cup Romaine lettuce, chopped - ½ head, about ½ lb Canned fruit cocktail - 90 oz (½ cup each) Milk - 1 ¼ gallon 	Mixing bowl Mixing spoon Knife Cutting board
			Pitas \$3.99 Lettuce \$0.65 Canned \$11.65 Fruit Cocktail \$4.50 Chicken Milk \$4.46 Mayonnaise \$2.60 Paper \$3.20 Apples \$0.75 Celery \$0.60
Apple Nut 'n Honey Sandwich ^{DEN}			Total- \$29.96
Cottage Cheese with Pineapple Baby Carrots Milk	<ul style="list-style-type: none"> Bread - 40 slices; about 3 loaves Peanut butter - 20 oz (2T each) Apple - 5 large (¼ each) Honey - 20 oz (1 T each) 	<ul style="list-style-type: none"> Cottage cheese - 40 oz (¼ cup each) Canned pineapple - 40 oz (¼ cup each) Baby carrots - 25 oz (¼ cup each) Milk - 1 ¼ gallons 	
			Bread \$4.77 Cottage \$4.78 Peanut \$2.92 Cheese Butter Pineapple \$2.90 Apples \$1.50 Carrots \$1.95 Honey \$3.48 Milk \$4.46 Paper \$3.20
Tuna Salad Sandwich ^{DEN}			Total- \$29.76
Cucumbers Seasonal Fruit (choice) Milk	<ul style="list-style-type: none"> Bread - 40 slices, 3 loaves Canned tuna - 8 cans (6 oz) Carrots, shredded- 8 small Mayonnaise - 1 ½ cups Salt and pepper to taste 	<ul style="list-style-type: none"> Cucumbers - 6 (½ cup each; 6 sticks, ¾ - inx3in) Seasonal fruit - about 3 lbs (¼ cup each) Milk - 1 ¼ gallons 	Knife Cutting board Mixing bowl Mixing spoon
			Bread \$4.77 Cucumber \$4.74 Tuna \$5.52 Fruit \$5.37 Carrots \$0.75 Milk \$4.46 Mayonnaise \$0.95 Paper \$3.20
No-Bake Veggie Pizza ^{DEN}			Total- \$37.71
String Cheese Celery with Peanut Butter Milk	<ul style="list-style-type: none"> No-bake pizza crust (9 oz) - 2 Spinach dip - 2 cups Broccoli - 2 cups, chopped Tomatoes - 2 large, diced String cheese - 20 -1 oz sticks 	<ul style="list-style-type: none"> Celery stalks - 20 (¼ cup each; 3 sticks, ½-inx4-in) Peanut butter - 20 oz Ranch dressing - ½ jar Milk - 1 ¼ gallons 	
			Pizza Crust \$9.00 Celery \$1.38 Spinach Dip \$5.50 Peanut \$2.92 Broccoli \$1.25 Butter Cheese \$8.00 Ranch \$0.50 Stick Milk \$4.46 Tomatoes \$1.50 Paper \$3.20

Menu Guide: Non-Cooking Week 4
Serving 20 Children

Meal	Food supplies and Quantities	Other Supplies	Cost/Meal
Scoop-It-Up Tuna Salad ^{DE}			Total- \$23.40
Crackers Cucumbers Celery Milk	<ul style="list-style-type: none"> • Canned tuna - 8 (6 oz) cans • Carrots - 8 small, shredded • Mayonnaise - 1 + ½ cups • Salt and pepper to taste • Celery stalks - 20, (¼ cup each; about 3 sticks, ½-inx4-in) 	<ul style="list-style-type: none"> • Cucumber -6, (½ cup each, about 6 sticks, ¾-inx3in) • Crackers - 20 oz, (1 oz each; about 15-1in crackers) • Milk - 1 ¼ gallons 	<ul style="list-style-type: none"> Can opener Knife Cutting board Grater Mixing bowl Mixing spoon
			<ul style="list-style-type: none"> Tuna \$5.52 Cucumbers \$3.16 Carrots \$0.75 Crackers \$3.98 Mayonnaise \$0.95 Milk \$4.46 Celery \$1.38 Paper \$3.20
Refried Bean Tostada ^D			Total- \$34.70
Applesauce Milk	<ul style="list-style-type: none"> • Refried beans - 3 cans (16 oz each) (¼ cup each) • Garbanzo beans - 2 cans (15.5 oz each) (1/8 cup each) • Taco Seasoning - 2 packets • Sour cream - 2 cups • Salsa - 2 cups • Romaine lettuce, shredded - 2.5 cups , (1/8 cup each) 	<ul style="list-style-type: none"> • Cheese, Mexican blend shredded - 2.5 cups , (1/8 cup each) • Olives, sliced - 8 oz can (optional) • Tomato, diced - 3 cups, about 1 lb 6 oz (1/8 cup each) • Tostadas - 20 • Applesauce - 80 oz (½ cup each) • Milk - 1 ¼ gallon 	
			<ul style="list-style-type: none"> Refried Beans \$2.91 Lettuce \$1.29 Garbanzo Beans \$3.41 Olives \$1.87 Beans \$2.75 Tomato \$2.75 Seasoning \$1.98 Applesauce \$2.86 Sour cream \$1.62 Tostada \$ 2.75 Salsa \$1.28 Milk \$4.46 Paper \$3.20
Fruit Burritos ^{DN}			Total- \$38.74 Total (regular tortillas)- -\$37.34
Broccoli & Cauliflower String Cheese Milk	<ul style="list-style-type: none"> • Tortillas - 20 • Peanut butter - 20 oz (2 T each) • Bananas - 10, (½ banana each) • Strawberries, halved - 20, (1 berry each) • Peaches, sliced - 5, (¼ peach each) • Blueberries - ½ pint, about 1 & 1/3 cup 	<ul style="list-style-type: none"> • Yogurt - 20 oz (2 T each) • Broccoli & cauliflower - 1 lb broccoli/1lb cauliflower, (¼ cup mix each) • Ranch dressing - ½ jar • String cheese - 20 • Milk - 1 ¼ gallons 	<ul style="list-style-type: none"> Spatula- to spread Knife Cutting board Measuring spoon
			<ul style="list-style-type: none"> Tortillas \$5.18 Yogurt \$1.81 Peanut Butter \$2.92 Broccoli & Cauliflower \$2.69 Bananas \$2.76 Ranch \$0.50 Strawberries \$1.99 String \$8.00 Peaches \$3.23 Cheese \$4.46 Blueberries \$2.00 Milk \$3.20 Paper \$3.20
Chicken Salad Sandwich ^{DE}			Total- \$32.56
Fruit Cocktail Milk	<ul style="list-style-type: none"> • Pitas - 10 • Chunk chicken, solid packed - 5 cans (9.75 oz) • Celery, chopped - 1 ½ cups, about 3-4 stalks • Onion, chopped finely - ¼ cup, about ¼ large • Mayonnaise - ½ cup • Plain yogurt - ½ cup + 2 T 	<ul style="list-style-type: none"> • Pepper - ½ tsp • Tomatoes, sliced -4, about 1.25 lb (2 slices each) • Lettuce leaves - 1 head • Canned fruit cocktail - 90 oz (½ cup each) • Milk - 1 ¼ gallons 	<ul style="list-style-type: none"> Knife Cutting board Mixing bowl Mixing spoon Measuring cup Measuring spoon
			<ul style="list-style-type: none"> Pitas \$3.99 Tomatoes \$1.88 Chicken \$10.12 Lettuce \$1.29 Celery \$0.52 Fruit \$4.50 Onion \$0.75 Milk \$4.46 Mayonnaise \$0.95 Paper \$3.20 Yogurt \$0.90
Turkey Sandwich ^{DE}			Total- \$36.15
Carrots Peaches Milk	<ul style="list-style-type: none"> • Bread - 40 slices, about 3 loaves • Deli turkey -1.25 lbs • Cheese, sliced - 20 oz • Mustard - 1 jar 	<ul style="list-style-type: none"> • Mayonnaise - ¼ jar • Canned peaches - 43.5 oz (¼ cup each) • Baby carrots - 50 oz (½ cup each) • Milk - 1 ¼ gallons 	
			<ul style="list-style-type: none"> Bread \$4.77 Carrots \$3.91 Turkey \$9.99 Peaches \$2.18 Cheese \$5.40 Milk \$4.46 Mustard \$1.29 Paper \$3.20 Mayonnaise \$0.95

Start-Up Costs			
Item	Individual Cost	Quantity	Total Cost
Cleaning Supplies			
Dish Soap	\$1.97	5	\$9.85
Kitchen Cleaner	\$1.97	1	\$1.97
Wash Clothes	\$3.99/6	1	\$3.99
Floor Cleaner	\$4.99	1	\$4.99
Towel	\$3.99/4	1	\$3.99
Cleaning Supplies Total:			\$24.79
Kitchen Supplies			
Cutting Knife	\$16.59/4	1	\$16.59
Cutting Board	\$6.99/2	1	\$6.99
Can Opener		1	\$20.69
Slotted Spoon		2	
Serving Spoon		3	
Spatula (to spread)		1	
Turner (spatula)		2	
Cheese Grater		1	
Measuring Cups		2	
Measuring Spoons		1	
Skillet		2	
Sauce Pan		3	
Mixing Bowl	\$9.99/3	1	\$9.99
9 x 13 Baking Dish	\$4.99	3	\$14.97
Griddle	\$32.99	1	\$32.99
Large Baking Sheet	\$4.99	2	\$9.98
Pot Holders	\$2.99/3	1	\$2.99
Cooler (for milk)	\$38.00	1	\$38.00
Warming Trays	\$49.99	1	\$49.99
Thermometer	\$5.75	1	\$5.75
Kitchen Supplies Total:			\$308.92
Storage (May need to be replenished)			
Plastic Wrap	\$1.99	1	\$1.99
Plastic Containers	\$2.22/4	3	\$6.66
Plastic Baggies	\$1.99	1	\$1.99
Storage Total:			\$10.64

APPENDIX A

Start-Up Costs			
Item	Individual Cost	Quantity	Total Cost
Dry Goods (Need to be replenished)			
Flour	\$2.39	1	\$2.39
Sugar	\$2.25	1	\$2.25
Corn Starch	\$1.59	1	\$1.59
Dry Goods Total:			\$6.97
Liquids (Need to be replenished)			
Olive Oil	\$10.47/48 oz	1	\$10.47
Canola Oil	\$9.07/1.25 gallons	1	\$9.07
Light Soy Sauce	\$2.19	2	\$4.38
Worcestershire Sauce	\$1.79	1	\$1.79
Apple Cider Vinegar	\$3.95/16 oz	1	\$3.95
Honey	\$5.57/32 oz	1	\$5.57
Liquids Total:			\$35.23
Spices (Need to be replenished)			
Basil	\$1.09	1	\$1.09
Oregano	\$1.00	1	\$1.00
Parsley	\$1.57	1	\$1.57
Chili Powder	\$1.00	1	\$1.00
Garlic Powder	\$2.70	1	\$2.70
Onion Powder	\$1.00	1	\$1.00
Lemon Pepper	\$2.95	1	\$2.95
Crushed Red Pepper	\$2.87	1	\$2.87
Paprika	\$1.00	1	\$1.00
Salt	\$0.99	1	\$0.99
Pepper	\$1.00	1	\$1.00
Salt-Free Seasoning	\$2.79	1	\$2.79
Bouillon (Chicken)	\$2.09	1	\$2.09
Bouillon (Beef)	\$2.09	1	\$2.09
Spices Total:			\$24.14
Grand Total:			\$410.69



Afterschool Meal Pattern Requirements* (Adapted from the USDAFNS SFSP 2011 Administrative Guidance for Sponsors)			
	Breakfast	Lunch or Supper	Snack¹ (Choose two of the four)
Milk			
Milk, fluid	1 cup (8 fl oz) ²	1 cup (8 fl oz) ³	1 cup (8 fl oz) ²
Vegetables and/or Fruits			
Vegetable(s) and/or fruit(s),	½ cup	¾ cup total ⁴	¾ cup
Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice	½ cup (4 fl oz)		¾ cup (6 fl oz)
Grains and Breads⁵			
Bread	1 slice	1 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc.	1 serving	1 serving	1 serving
Cold dry cereal	¾ cup or 1 oz ⁶		¾ cup or 1 oz ⁶
Cooked pasta or noodle product	½ cup	½ cup	½ cup
Cooked cereal or cereal grains or an equivalent quantity of any combination of grains/breads	½ cup	½ cup	½ cup
Meat and Meat Alternates (Optional^{**})			
Lean meat or poultry or fish or alternate protein product ⁷	1 oz	2 oz	1 oz
Cheese	1 oz	2 oz	1 oz
Eggs	½ large egg	1 large egg	½ large egg
Cooked dry beans or peas	¼ cup	½ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	2 T	4 tbsp.	2 T
Peanuts or soy nuts or tree nuts or seeds	1 oz	1 oz = 50% ⁸	1 oz
Yogurt, plain or sweetened and flavored	4 oz or ½ cup	8 oz or 1 cup	4 oz or ½ cup
An equivalent quantity of any combination of the above meat/meat alternates			

For the purpose of this table, a cup means a standard measuring cup.

Indicated endnotes can be found on the next page.

* Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this chart.

**A meat/meat alternate is not a required component at breakfast, but is recommended to add a substantial meal.

RECIPES

The recipes provided here must be prepared with proper temperatures and procedures as required by the local health department and the FDA Hazard Analysis & Critical Control Points (HACCP).

Apple Nut 'n Honey Sandwich ^{DEN}	
Ingredients	Directions
<ul style="list-style-type: none"> • 40 slices 100% whole wheat bread^{DEN} • 20 oz peanut butter^N • 5 apples, thinly sliced • 20 oz honey 	<ol style="list-style-type: none"> 1. Place 20 slices of bread on sheet pan. Spread with 2 T peanut butter. 2. Top with ¼ cup apple slices. 3. Spread 1 T honey on remaining slices of bread. 4. Assemble sandwich, cut into halves and serve.
Baked Potatoes ^{DE}	
Ingredients	Directions
<ul style="list-style-type: none"> • 20 baking potatoes • 12 oz cheddar cheese, shredded^D • 34 oz frozen broccoli • 3 – 15 oz cans chili con carne • 10 hardboiled eggs, halved^F • 1 – 12 oz container sour cream (optional)^D 	<ol style="list-style-type: none"> 1. Preheat oven to 350 degrees. 2. Scrub the potato and prick it with a fork to prevent steam from building up during baking process. 3. Bake for 1.5 hours or until tender and internal temperature reaches 139 degrees. 4. Place chili con carne in sauce pan, bring to boil then reduce heat and simmer for 10 minutes until temperature reaches 135 degrees for a minimum of 15 seconds. 5. Heat frozen broccoli with 1.5 cup water until temperature reaches 139 degrees. 6. Slice potato in half and assemble as follows: <ul style="list-style-type: none"> • ¼ cup broccoli • ¼ cup chili con carne • 1 T cheese • 1 T sour cream (optional) 7. Serve with ½ hardboiled egg.
Chicken Burrito ^D	
Ingredients	Directions
<ul style="list-style-type: none"> • 3.57 lbs chicken • 1 packet taco seasoning • 20 whole wheat tortillas • 1 38 oz salsa 	<ol style="list-style-type: none"> 1. Boil chicken in stock pot with water until tender and internal temperature reaches 165 degrees for a minimum of 15 seconds. 2. Drain and shred chicken then return to pot. Add taco seasoning packet with water. Bring to boil, reduce heat and simmer according to package. 3. Place ¼ cup of shredded chicken on tortilla, fold and roll. Serve immediately with 1 ½ T salsa on side if desired.



Chicken Fajita Stir-Fry	
Ingredients	Directions
<ul style="list-style-type: none"> • 1.75 lbs chicken, cut into thin strips • 3.5 – 15 oz cans black beans • ¾ cup + 2 T vegetable oil • ¾ cup + 2 T lemon juice • 8 garlic cloves, minced • 1 tsp chili powder • 1 tsp pepper • 8 green onions, thinly sliced • 38 oz salsa • 6 cups brown rice, dry • 13 ½ cups water 	<ol style="list-style-type: none"> 1. In a large mixing bowl, combine the oil, lemon juice, garlic, chili powder, pepper and green onions. Mix well, and add chicken and black beans. Cover the bowl and marinate in the refrigerator for 4 to 24 hours. 2. Stir-fry mixture in pan until temperature reaches 165 degrees. Serve ½ cup chicken mixture over ½ cup of brown rice with 1 ½ T of salsa. <p>Rice Directions:</p> <ol style="list-style-type: none"> 1. Combine rice and water in a stock pot. Heat to boil; stirring once or twice. 2. Reduce heat; cover and simmer for 40-45 minutes. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. 3. Fluff with fork. Serve ½ cup each.

Chicken Salad Sandwich ^{DE}	
Ingredients	Directions
<ul style="list-style-type: none"> • 10 whole wheat pitas • 5 – 9.75 oz cans solid chunk chicken • 3-4 stalks celery, chopped • ¼ large onion, finely chopped • ½ cup mayonnaise^{DE} • ½ cup + 2 T plain yogurt^D • ½ teaspoon pepper • 4 tomatoes, sliced • 1 head romaine lettuce, chopped 	<ol style="list-style-type: none"> 1. In a medium bowl, combine chicken, celery, and onion. Add mayonnaise, yogurt and pepper. Mix gently to combine. 2. To open pita rounds, place pita halves on a paper towel and microwave on HIGH for 10 seconds. Remove and gently press open. 3. For each sandwich, spoon about ½ cup filling mixture into a pita half. Top with 2 tomatoes slices and ¼ cup lettuce. 4. Serve immediately.

Chicken Sandwich ^{DEN}	
Ingredients	Directions
<ul style="list-style-type: none"> • 3.57 lbs chicken (or 20-3 oz fillets) • 40 slices 100% whole wheat bread^{DEN} • ¼ jar mayonnaise^{DE} 	<ol style="list-style-type: none"> 1. Heat oven to 350 degrees. 2. Place fillets in lightly greased baking dish. 3. Bake until golden brown in conventional oven at 350 degrees for 65 minutes or until internal temperature reaches 165 degrees or higher for a minimum of 15 seconds. 4. Place chicken fillets between 2 slices of whole wheat bread with mayonnaise.

Chicken and Spinach Cheesy Pasta ^{DE}	
Ingredients	Directions
<ul style="list-style-type: none"> • 1.5 lb cooked chicken, cubed • 24 oz whole wheat spiral pasta^E • 1 ½ (10 oz) packages frozen chopped spinach, thawed • 4 eggs^E • 1/3 cup + 3 T olive oil • 1 cup + 2 T bread crumbs^{DE} • 88.5 oz tomato basil pasta sauce^D • 1 ½ (8 oz) packages shredded cheddar cheese^D • 1 ½ (8 oz) packages shredded mozzarella cheese^D 	<ol style="list-style-type: none"> 1. Preheat oven to 350 degrees. 2. Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until al dente; drain. Bring ½ cup water to a boil in a saucepan, and cook the spinach 4 to 6 minutes, until tender. 3. Place the cooked pasta in a medium bowl. In a small bowl, whisk together the eggs and oil. Toss the pasta with the cooked spinach, egg mixture, and bread crumbs. 4. Cover the bottom of two 9x13 inch baking dishes with 1/3 of the pasta sauce. Pour half of the pasta mixture into the baking dish, and cover with another 1/3 of the pasta sauce. Sprinkle with half of the cheddar cheese and half of the mozzarella. Layer with remaining pasta mixture, and top with remaining sauce. Sprinkle with the rest of the cheddar and mozzarella cheeses. 5. Bake 45 minutes at 350 degrees until lightly browned and bubbly, and internal temperature reaches 165 degrees for a minimum of 15 seconds. Serve 1 cup each.

Chicken Stir Fry	
Ingredients	Directions
<ul style="list-style-type: none"> • 3.57 lbs chicken thighs • 2/3 cup cornstarch • ½ cup light soy sauce • ¾ tsp garlic powder • ½ cup + 3 T cooking oil, divided • 6.5 cups broccoli florets • 1.28 lbs or 4 cups celery, sliced • 1.25 lbs or 3 + 1/3 cups carrots, sliced • 2 onions, cut into wedges • 3 ¾ cups water • 1 T + ¾ tsp chicken bouillon granules 	<ol style="list-style-type: none"> 1. Cut chicken into ½-inch strips; place in a re-sealable plastic bag. Add cornstarch and toss to coat. Combine soy sauce, ginger and garlic powder; add to bag and shake well. Refrigerate for 30 minutes. 2. In a large skillet or wok, heat 3 tablespoons of oil; stir-fry chicken until no longer pink, about 3-5 minutes. Remove and keep warm. 3. Add remaining oil; stir- fry broccoli, celery, carrots and onion for 4-5 minutes or until crisp-tender. Add water and bouillon. Return chicken to pan. Cook and stir until thickened and temperature reaches 165 degrees for a minimum of 15 seconds.

Chicken Waldorf Pita ^{DE}	
Ingredients	Directions
<ul style="list-style-type: none"> • 2 ½ cups mayonnaise^{DE} • 2T + 1 ½ tsp lemon juice • 5-9.75 oz cans solid chunk chicken • 2 ½ apples, chopped • 1 & 2/3 cup chopped celery • ½ head romaine lettuce, chopped • 10 whole wheat pitas, sliced in half 	<ol style="list-style-type: none"> 1. Stir the mayonnaise and lemon juice in a large bowl until the mixture is smooth. Add the chicken, apple and celery; stir to coat. 2. Place ½ cup chicken mixture on pita halves; top with 1/8 cup chopped lettuce.

Chicken Wrap ^N

Ingredients	Directions
<ul style="list-style-type: none"> • 20 whole wheat tortillas • 1 large rotisserie chicken • 2 – 15.5 oz cans black beans • 2 large red bell peppers • 2 large cucumbers • 1 ½ heads romaine lettuce, 8 cups chopped • 1 cup olive oil • 4 T apple cider vinegar • 4 T peanut butter^N • ½ cup low sodium soy sauce • 1 tsp crushed red pepper • 2 tsp sugar 	<ol style="list-style-type: none"> 1. Remove and discard the skin from the chicken. 2. Pull the chicken from the bone and shred the meat, with your fingers or 2 forks, into long shreds no more than 1/4 inch wide (this should go quickly; if it seems slow, just use a knife to cut the chicken into long, thin pieces). 3. Put the chicken in a large bowl. 4. Seed the peppers and cut them into long strips (similar to the chicken shreds). 5. Put them in the bowl along with lettuce. 6. In a small bowl, combine oil, vinegar and peanut butter and use a whisk or fork to blend evenly. 7. Add soy sauce, red pepper flakes and sugar. 8. Stir to blend. 9. Stir the dressing into the chicken. 10. Taste and add salt and pepper as desired. 11. Warm the tortillas in a microwave, if possible. 12. Pour ¾ cup filling in a wide strip a little below the center of the tortilla. 13. Fold up one side of tortilla, tuck under chicken and vegetables, fold up bottom, then roll the other side.

Chili Corn

Ingredients	Directions
<ul style="list-style-type: none"> • 30 oz. frozen corn • 1 small can of roasted red chilies, finely diced • ½ tsp chili powder • ¼ tsp ground cumin • ¼ tsp paprika • ¼ tsp onion powder • 1 T oil • salt to taste 	<ol style="list-style-type: none"> 1. Heat oil in a large saucepan over medium heat. 2. Add in corn and let it heat for 5-10 minutes. 3. Sprinkle in seasonings and roasted chilies; cook for an additional 5 minutes until temperature reaches 140 degrees or higher. 4. Salt to taste; serve ¼ cup each.

Chinese Chicken and Broccoli	
Ingredients	Directions
<ul style="list-style-type: none"> • ½ cup + 2 T whole wheat flour • 4 ½ cups chicken broth made with bouillon • ¼ cup + 1 T sugar • ¼ cup + 1 T light soy sauce • 3.57 lbs chicken thighs • 2 cloves garlic, minced • 3.5 lbs or 10 cups broccoli, chopped • 6 cups brown rice, dry • 13 ½ cups water 	<p>Chinese Chicken and Broccoli Directions:</p> <ol style="list-style-type: none"> 1. In a bowl, combine flour, broth, sugar and soy sauce. Stir until sugar and flour are dissolved. 2. In a large skillet or wok over high heat, cook and stir chicken until browned. Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat. Simmer 10 minutes until sauce thickens and internal temperature reaches 165 degrees for a minimum of 15 seconds. 3. Serve 2 oz over rice. <p>Rice Directions:</p> <ol style="list-style-type: none"> 1. Combine rice and water in a stock pot. Heat to boil; stirring once or twice. 2. Reduce heat; cover and simmer for 40-45 minutes. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. 3. Fluff with fork. Serve ½ cup each.

Enchiladas ^D	
Ingredients	Directions
<ul style="list-style-type: none"> • 2 cups sour cream^D • 2 cups tomatillo salsa • 2 small onions, chopped • 4 cloves garlic, minced • 4 tsp olive oil • 2.5 lbs or 5 cups shredded cooked chicken • 12 oz or 3 cups shredded cheese (Mexican style, mozzarella or cheddar)^D • 2 - 4 oz cans chopped green chiles, drained • 20 – 6 inch whole wheat tortillas 	<ol style="list-style-type: none"> 1. Heat oven to 350 degrees. 2. Mix sour cream and salsa until well blended. Cook and stir onions and garlic in hot oil in large skillet on medium heat until vegetables are crisp-tender. Stir in shredded chicken, 1 cup sour cream mixture, chiles and 1 cup cheese. 3. Spoon 2/3 cup chicken mixture down the center of each tortilla; roll up. Place seam-sides down, in lightly greased baking dish. Top with remaining tomatillo sauce and cheese. Cover. 4. Bake 15 to 20 minutes or until internal temperature reaches 165 degrees for a minimum of 15 seconds.

Fruit Burritos ^{DN}	
Ingredients	Directions
<ul style="list-style-type: none"> • 20 whole wheat tortillas • 20 oz peanut butter^N • 10 bananas • 20 strawberries, halved • 5 peaches, sliced • ½ pint blueberries • 20 oz yogurt^D 	<ol style="list-style-type: none"> 1. Spread 2 T peanut butter over each tortilla. 2. Combine mixed fruit in large bowl; place ½ cup fruit mixture down center of each burrito. 3. Top with 2 T yogurt. 4. Fold up one side of tortilla, tuck under fruit, fold up bottom, then roll the other side.



Fruit and Cheese Bowls ^D

Ingredients	Directions
<ul style="list-style-type: none"> • 12 oz cheddar cheese, cubed^D • 12 oz mozzarella cheese, cubed^D • 1.64 lbs soy beans (optional) • 3 pints strawberries • 2 lbs grapes • 5 oranges, peeled and separated 	<ol style="list-style-type: none"> 1. Assemble each bowl as follows: <ul style="list-style-type: none"> • ½ oz cheddar cheese • ½ oz mozzarella cheese OR 1/8 cup soy beans • ¼ cup strawberries • ¼ cup grapes, about 7 • ¼ orange, separated 2. Serve with 1 oz multigrain crackers^D (about 15, 1 inch squares) and ½ cup (4 oz) yogurt each.

Hamburger ^{DE}

Ingredients	Directions
<ul style="list-style-type: none"> • 3.57 lb ground beef • ½ jar mustard • ¼ jar mayonnaise^{DE} • ½ jar ketchup • 20 multi-grain sandwich slims^D 	<ol style="list-style-type: none"> 1. Shape 2.85 oz of ground beef into 20 oval patties. 2. Grill for 3 minutes on each side until internal temperature reaches 155 degrees for a minimum of 15 seconds. 3. Place patty on sandwich slim and serve with condiments as requested.

Ham and Cheese Salad Cup ^{DE}

Ingredients	Directions
<ul style="list-style-type: none"> • 3 – 15.5 oz cans black beans, drained and rinsed • 10 oz ham steak, cut into ½ inch cubes • 10 oz cheddar cheese, cut into ½ inch cubes^D • ¾ cup mayonnaise^{DE} • 1 cup mild salsa • 5 scallions, chopped • 3 – 15 oz cans corn, drained and rinsed • 3 T cilantro, chopped • 2 heads Bibb or Boston Lettuce, chopped 	<ol style="list-style-type: none"> 1. In a large bowl, mix beans, ham, cheese cubes, mayonnaise, salsa, scallions and cilantro. 2. Cover and refrigerate for one hour. 3. Spoon ¾ cup mixture over ¼ cup chopped lettuce.

Kebob Recipe	
Ingredients	Directions
<ul style="list-style-type: none"> • 3.57 lbs chicken, cubed • 1 cup vegetable oil • 1 cup soy sauce • ¾ cup lemon juice • 1/3 cup Worcestershire sauce • 1/3 cup prepared mustard • 2 tsp black pepper • 3 cloves garlic, minced • 1 green bell peppers, cubed • 1 red bell pepper, cubed • 2 pints cherry or grape tomatoes • 6 cups brown rice, dry • 13 ½ cups water 	<p>Kabob Directions:</p> <ol style="list-style-type: none"> 1. In a large mixing bowl, combine the oil, soy sauce, lemon juice, Worcestershire sauce, mustard, ground black pepper and garlic. Mix well, and add chicken. Cover the bowl and marinate in the refrigerator for 4 to 24 hours. 2. Cut vegetables and add to meat. 3. Broil 3 in. from the heat, turning often, until meat reaches internal temperature of 165 degrees and vegetables are tender, about 12-16 minutes. Serve over ½ cup brown rice. <p>Rice Directions:</p> <ol style="list-style-type: none"> 1. Combine rice and water in a stock pot. Heat to boil; stirring once or twice. 2. Reduce heat; cover and simmer for 40-45 minutes. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. 3. Fluff with fork. Serve ½ cup each.
No-Bake Pizza ^{DEN}	
Ingredients	Directions
<ul style="list-style-type: none"> • 2 prepared pizza crusts^D • 2 cups spinach dip^{DEN} • 2 cups broccoli, chopped • 2 tomatoes, chopped 	<ol style="list-style-type: none"> 1. Spread spinach dip evenly over pizza crust, leaving ½ inch along the edge. 2. Place broccoli and tomatoes across top. 3. Cut each pizza into 10 slices and serve.
PB&J ^{DEN}	
Ingredients	Directions
<ul style="list-style-type: none"> • 40 slices 100% whole wheat bread^{DEN} • 40 oz peanut butter^N • 32 oz jelly 	<ol style="list-style-type: none"> 1. Place 20 slices of bread on sheet pan. Spread with 4 T peanut butter and 1 ½ T jelly. 2. Cover with remaining slices of bread. Cut-in half and serve.
Pizza ^D	
Ingredients	Directions
<ul style="list-style-type: none"> • 2 – 12 inch frozen pizza dough^D • 2 – 8 oz cans tomato sauce • 1/2 tsp crushed dried basil leaves • 2 cups shredded mozzarella cheese^D • 1/2 tsp crushed dried oregano • 1 green bell pepper, sliced 	<ol style="list-style-type: none"> 1. Preheat oven to 450°F. Place pizza crust on a large baking sheet. 2. Stir together the tomato sauce, basil, and oregano. Spread tomato sauce evenly over pizza. Sprinkle vegetables evenly over tomato sauce and top with Mozzarella cheese. 3. Bake 15 minutes or until cheese is melted and lightly golden. Hold at 135 degrees or higher.



Quesadilla ^D	
Ingredients	Directions
<ul style="list-style-type: none"> • 20 whole wheat tortillas • 20 oz cheddar cheese, shredded^D • 20 oz black beans • 38 oz salsa 	<ol style="list-style-type: none"> 1. Warm one teaspoon olive oil in frying pan or skillet. Place one tortilla in pan. Spread 2 oz cheese and 2 oz black beans on top. 2. Cover with a second tortilla. 3. When cheese begins to melt, flip. Cook until both tortillas are golden brown. 4. Slice quesadilla into fourths. Serve two slices with 1 & ½ T salsa.

Refried Bean Tostada ^D	
Ingredients	Directions
	<ol style="list-style-type: none"> 1. Mix refried beans with taco seasoning packets. 2. Assemble each tostada as follows: <ul style="list-style-type: none"> • 1 corn tostada • ¼ cup seasoned refried beans • 1/8 cup garbanzo beans • 1/8 cup romaine lettuce • 1/8 cup shredded cheese • sliced olives as desired 3. Serve with 1 T sour cream and salsa as requested.

Scoop-It-Up Salmon Salad ^{DE}	
Ingredients	Directions
<ul style="list-style-type: none"> • 60 oz canned salmon in water (flaked) • 8 small carrots, shredded • 1 ½ cups mayonnaise^{DE} • salt and pepper, to taste • 2 – 10 oz boxes multi-grain crackers^D 	<ol style="list-style-type: none"> 1. Drain salmon. 2. Mix salmon, carrots and mayonnaise in large mixing bowl. Add salt and pepper to taste. 3. Slice celery sticks and cucumbers to be used to scoop up salmon salad. 4. Serve ½ cup salmon mixture with 1 oz multigrain crackers.

Scoop-It-Up Tuna & Egg Salad ^{DE}	
Ingredients	Directions
<ul style="list-style-type: none"> • 24 oz canned tuna in water (solid white or light, drained and flaked) • 10 hardboiled eggs, diced^E • 8 small carrots, shredded • 1 ½ cups mayonnaise^{DE} • salt and pepper, to taste • 2 – 10 oz boxes multi-grain crackers^D 	<ol style="list-style-type: none"> 1. Drain tuna. 2. Mix tuna, carrots, eggs and mayonnaise in large mixing bowl. Add salt and pepper to taste. 3. Give 1 oz multigrain crackers to scoop up tuna salad.

Scrambled Eggs ^{DE}	
Ingredients	Directions
<ul style="list-style-type: none"> • 20 large eggs^E • 1 ½ cups milk^D • ¾ tsp salt 	<ol style="list-style-type: none"> 1. Beat eggs, milk and salt in bowl until blended. 2. Heat large non-stick skillet over medium heat until hot and grease lightly. Pour in egg mixture. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds. 3. Continue cooking - pulling, lifting and folding eggs - until thickened and no visible liquid egg remains. Do not stir constantly. Remove from heat. Serve immediately.

Spaghetti ^{DE}	
Ingredients	Directions
<ul style="list-style-type: none"> • 3.57 lbs ground beef • 80 oz spaghetti (marinara) sauce^D • 30 oz whole wheat spaghetti, dry^E 	<ol style="list-style-type: none"> 1. Brown ground beef, drain and cook for additional 5 minutes. 2. Add canned spaghetti sauce; bring to rapid boil, heating to 155 degrees or higher for at least 15 seconds. 3. Heat water in stock pot to rolling boil. Add spaghetti; stir constantly until water boils again. Cook 10-12 minutes until tender. Drain well. Run cold water over spaghetti to cool slightly. 4. Add spaghetti to meat sauce. Serve 1 cup spaghetti each.

Taco Salad ^D	
Ingredients	Directions
<ul style="list-style-type: none"> • 1.79 lbs ground beef • 1 packet taco seasoning^D • 20 oz cheese, shredded^D • 1.5 lbs or 2 heads romaine lettuce, shredded • 1 lb or 4 large tomatoes, diced • 1 – 20 oz can olives, whole • 38 oz salsa • 20 oz tortilla rounds 	<ol style="list-style-type: none"> 1. Brown ground beef, drain and add taco seasoning packet with water. Bring to boil, reduce heat and simmer according to package. Heat to 155 degrees for 15 seconds. 2. Assemble each salad as follows: <ul style="list-style-type: none"> • ¼ cup shredded lettuce • 1/8 cup diced tomatoes • 4 whole olives • ¼ cup cooked ground beef • 1/8 cup shredded cheese 3. Serve with 1 oz tortilla rounds (about 9 chips) and 1 ½ T salsa.



Teriyaki Chicken and Rice	
Ingredients	Directions
<ul style="list-style-type: none"> • 3.57 lbs chicken • 1 – 20 oz bottle teriyaki marinade • 6 cups brown rice, dry • 13 ½ cups water 	<p>Teriyaki Chicken Directions:</p> <ol style="list-style-type: none"> 1. Place boneless chicken thighs in lightly greased pan. 2. Pour teriyaki marinade over chicken. 3. Bake until golden brown in conventional oven at 350 degrees for 65 minutes or until internal temperature reaches 165 degrees or higher for a minimum of 15 seconds. 4. Chop cooked chicken and serve 2 oz over rice. <p>Rice Directions:</p> <ol style="list-style-type: none"> 1. Combine rice and water in a stock pot. Heat to boil; stirring once or twice. 2. Reduce heat; cover and simmer for 40-45 minutes. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. 3. Fluff with fork. Serve ½ cup each.

Tuna Hoagie ^{DE}	
Ingredients	Directions
<ul style="list-style-type: none"> • 10 multigrain hoagie buns^D • 16 oz cheddar cheese, sliced^D • 30 oz canned tuna, drained • ¾ cup mayonnaise^{DE} • 5 medium carrots, shredded • 2 – 5.75 oz cans sliced olives (optional) • 1 pint cherry tomatoes, sliced • ½ bottle mustard • salt and pepper to taste 	<ol style="list-style-type: none"> 1. Mix tuna, carrots, olives and mayonnaise in large mixing bowl. Add salt and pepper to taste. 2. Slice hoagie rolls in half and spread with mustard. 3. Place ½ cup tuna salad on each bun. Add 1 slice cheddar cheese, 2-3 sliced cherry tomatoes and lettuce as desired. Serve immediately.

Tuna Salad Sandwich ^{DE N}	
Ingredients	Directions
<ul style="list-style-type: none"> • 8 – 6 oz cans tuna in water (solid white or light, drained and flaked) • 8 small carrots, shredded • 1 ½ cups mayonnaise^{DE} • salt and pepper, to taste 	<ol style="list-style-type: none"> 1. Drain tuna. 2. Mix tuna, carrots and mayonnaise in large mixing bowl. Add salt and pepper to taste. 3. Place ½ cup tuna salad between 2 slices whole wheat bread; cut in half and serve.

Tuna Veggie Pitas ^{DE}	
Ingredients	Directions
<ul style="list-style-type: none"> • 10 whole wheat pitas • 48 oz tuna in water (solid white or light, drained and flaked) • 5 cups shredded carrots (9 large) • 2 small onions, finely chopped • 1 cup mayonnaise ^{DE} • ¾ cup plain yogurt ^D • 4 tsp lemon pepper • 8 tsp dried parsley flakes 	<ol style="list-style-type: none"> 1. In a medium bowl, combine tuna, carrots, and onion. Add mayonnaise, lemon pepper, and parsley flakes. Mix gently to combine. 2. To open pita rounds, place pita halves on a paper towel and microwave on HIGH for 10 seconds. Remove and gently press open. 3. For each sandwich, spoon ½ cup filling mixture into a pita half. 4. Serve at once or cover and refrigerate until ready to serve.

Turkey and Black Bean Pita	
Ingredients	Directions
<ul style="list-style-type: none"> • 10 whole wheat pita • 2 lbs ground turkey • 12 oz tomato paste • 3.5 – 15 oz cans black beans • 2 jalapenos, diced • 1 cup onion, diced • 2 – 15 oz cans diced tomatoes in juice • 3 cloves garlic • 1 + 1/3 T chili powder • 2 tsp salt-free season • pepper to taste 	<ol style="list-style-type: none"> 1. Brown ground turkey and drain. Return to pan. 2. Add remaining ingredients and bring to boil. Turn down heat and simmer for 15 minutes or until temperature reaches 165 degrees. Serve ½ cup mixture in ½ whole wheat pita.

Turkey and Egg Sandwich ^{DEN}	
Ingredients	Directions
<ul style="list-style-type: none"> • 40 slices or 3 loaves 100% whole wheat bread ^{DEN} • 1 lb deli turkey • 10 large hard-boiled eggs ^E • 20 oz cheese ^D • 1 jar mustard • ¼ jar mayonnaise ^{DE} 	<ol style="list-style-type: none"> 1. Place 20 slices of bread on sheet pan. Spread with mayonnaise and mustard condiments. 2. Top with 1 oz turkey, 1 oz cheese and ½ boiled egg, sliced. Cover with remaining slices of bread. Cut-in half and serve. 3. OPTION: May serve ½ boiled egg as a side and not on sandwich if preferred.

Turkey Sandwich ^{DE}

Ingredients	Directions
<ul style="list-style-type: none"> • 40 slices 100% whole wheat bread • 1.25 lbs deli turkey • 20 oz cheese, sliced^D • 1 jar mustard • ¼ jar mayonnaise^{DE} 	<ol style="list-style-type: none"> 1. Place 20 slices of bread on sheet pan. Spread with mayonnaise and mustard condiments. 2. Top with 1 oz turkey and 1 oz cheese. Cover with remaining slices of bread. Cut-in half and serve.

Turkey Wrap ^{DE}

Ingredients	Directions
<ul style="list-style-type: none"> • 20 whole wheat tortillas • 1.25 lbs turkey deli meat • 20 oz mozzarella cheese, shredded^D • 1 head romaine lettuce, shredded • 5 medium carrots, shredded • ¼ jar mayonnaise^{DE} • ½ jar mustard 	<ol style="list-style-type: none"> 1. Spread 1 T mayonnaise across tortilla. 2. Place 1 oz turkey, 1 oz cheese, ¼ cup lettuce and 1/8 cup carrots on tortilla. 3. Fold up one side of tortilla, tuck under turkey and veggies, fold up bottom, then roll the other side.

Veggie and Cheese Bowls ^{DE}

Ingredients	Directions
<ul style="list-style-type: none"> • 20 oz cheddar cheese, cubed^D • 20 oz mozzarella cheese, cubed^D • 2.75 lbs soy beans (optional) • 2 pints cherry tomatoes • 1 green bell pepper, cubed • 1 red bell pepper, cubed • 1 lb broccoli, trimmed • ½ bottle ranch dressing^{DE} • 2 – 10 oz boxes multigrain crackers^D 	<ol style="list-style-type: none"> 1. Assemble each salad as follows: <ul style="list-style-type: none"> • 1 oz cheddar cheese • 1 oz mozzarella cheese OR ¼ cup soy beans • 3-4 cherry tomatoes • 1/8 cup broccoli • Red and green bell pepper as desired 2. Serve with 1 oz multigrain crackers and 2 T dressing.

Whole Wheat Pancakes ^{DE}

Ingredients	Directions
<ul style="list-style-type: none"> • 4 cups whole wheat flour • ¼ cup sugar • 2 T + 2 tsp baking powder • 1 ¼ tsp salt • 4 eggs^E • 4 cups milk^D • ½ cup oil • syrup 	<ol style="list-style-type: none"> 1. Mix the flour, sugar, baking powder and salt in one bowl. 2. In another bowl, scramble the eggs; add milk and the ½ cup oil. 3. Mix the dry and wet ingredients together, well enough to eliminate dry spots but no more. Batter will be lumpy. 4. Heat the frying pan to medium temperature and lightly grease. Pour ¼ cup batter. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned; about 2 minutes. Turn and cook until lightly browned on other side; about 1 minute. 5. Serve immediately with syrup as requested.

Possible Allergy-Containing Foods from the Meal Cycles			
Item	Allergens		
	Dairy	Eggs	Nuts
Bread crumbs	•	•	
Cheese	•		
Cottage cheese	•		
Frozen pizza dough	•		
Hard-boiled egg		•	
Mayonnaise	•	•	
Milk	•		
Multigrain dinner roll	•		
Multigrain hoagie bun	•		
Multigrain pita	•		
Multigrain sandwich slim	•		
Peanut butter			•
Prepared pizza crust	•		
Pretzel			•
Ranch dressing	•	•	
Scrambled eggs	•	•	
Sour cream	•		
Spaghetti sauce	•		
Spinach dip	•	•	•
Taco seasoning	•		
Whole grain crackers	•		
Whole wheat bread	•	•	•
Whole wheat pancake	•	•	
Whole wheat pasta		•	
Yogurt	•		

LUNCH (4-Week Cycle Cooking Menu)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meal Pattern Requirements: * Vegetables and/or Fruits (3/4 cup total) * Grains and Breads * Meat and Meat Alternates - Fluid Milk</p>				
<p>Allergy Information: Please refer to the meal guide for allergy information on menu. Always consult a physician in regards to your child's specific dietary needs.</p>				
<p>Additional Information: Estimated food and paper costs are listed per plate.</p>				
1				
4	5	6	7	8
Chicken Burrito** Salad* Seasonal Fruit* Milk Total: \$1.70	Spaghetti*** Green Beans* Pineapple* Milk Total: \$1.65	Teriyaki Chicken & Rice** Mixed Veggies* Seasonal Fruit* Milk Total: \$1.47	Taco Salad*** Fruit Cocktail* Milk Total: \$1.78	Turkey & Egg Sandwich** Carrots* Pears* Milk Total: \$1.77
11	12	13	14	15
Hamburger*** Cucumbers* Applesauce* Milk Total: \$1.65	Enchiladas** Mixed Veggies* Peaches* Milk Total: \$1.81	Chinese Chicken & Broccoli*** Apple Juice* Milk Total: \$1.55	Chicken Sandwich** Carrots* Seasonal Fruit* Milk Total: \$1.49	Pizza** Salad* Strawberries* Milk Total: \$1.83
18	19	20	21	22
Chicken Stir Fry*** Oranges* Milk Total: \$1.41	Cheesy Chicken & Spinach Pasta*** Apples* Milk Total: \$1.68	Turkey Wrap*** Applesauce* Milk Total: \$1.69	Baked Potato Bar** Mixed Veggies* Seasonal Fruit* Milk Total: \$1.73	Quesadilla** Green Beans* Watermelon* Milk Total: \$1.53
25	26	27	28	29
Scoop-It-Up Tuna & Egg Salad* Crackers* Cucumbers & Celery** Milk Total: \$1.21	Turkey & Black Bean Pita*** Fruit Cup* Milk Total: \$1.51	Chicken Kebabs** Brown rice* Pineapple* Milk Total: \$1.68	Chicken Fajita Stir Fry** Chile Corn* Pears* Milk Total: \$1.41	Breakfast for Lunch Scrambled Eggs* Whole Wheat Pancake* Banana* Juice* & Milk Total: \$1.07

LUNCH (4-Week Cycle Non-Cooking Menu)

Monday	Tuesday	Wednesday	Thursday	Friday
Meal Pattern Requirements: * Vegetables and/or Fruits (3/4 cup total) * Grains and Breads * Meat and Meat Alternates - Fluid Milk				
Allergy Information: Please refer to the meal guide for allergy information on menu. Always consult a physician in regards to your child's specific dietary needs.				
Additional Information: Estimated food and paper costs are listed per plate.				
1				
4 Chicken Wrap** Carrots* Celery with Peanut Butter** Milk Total: \$1.69	5 Scoop-It-Up Salmon Salad* Crackers* Cucumbers & Celery** Milk Total: \$1.69	6 Taco Salad with Black Beans*** Pears* Milk Total: \$1.58	7 Tuna Veggie Pita*** Apples* Oranges* Milk Total: \$1.22	8 Veggie & Cheese Bowls*** Peaches* Milk Total: \$1.83
11 Cottage Cheese with Pears** Celery with Peanut Butter** Pretzels* Fruit Juice & Milk Total: \$1.22	12 Ham and Cheese Salad Cup** Dinner Roll* Grapes* Milk Total: \$1.67	13 Peanut Butter and Jelly** Carrots* Applesauce* Milk Total: \$1.28	14 Tuna Hoagie*** Peaches* Milk Total: \$1.62	15 Fruit and Cheese Bowls*** Yogurt* Crackers* Milk Total: \$1.86
18 Turkey Wrap*** Applesauce* Milk Total: \$1.73	19 Chicken Waldorf Pita*** Fruit Cocktail* Milk Total: \$1.62	20 Apple Nut 'n Honey Sandwich** Cottage Cheese and Pineapple** Carrots* Milk Total: \$1.50	21 Tuna Salad Sandwich** Cucumbers* Seasonal Fruit* Milk Total: \$1.49	22 Veggie Pizza** String Cheese* Celery with Peanut Butter** Milk Total: \$1.89
25 Scoop-It-Up Tuna Salad* Crackers* Cucumbers & Celery** Milk Total: \$1.17	26 Refried Bean Tostada*** Applesauce* Milk Total: \$1.74	27 Fruit Burritos*** Broccoli & Cauliflower* String Cheese* Milk Total: \$1.90	28 Chicken Salad Sandwich* Fruit Cocktail* Milk Total: \$1.63	29 Turkey Sandwich** Carrots* Peaches* Milk Total: \$1.81

Friday					
Thursday					
Wednesday					
Tuesday					
Monday					



ENDNOTES

1. Serve two food items. Each food item must be from a different food component. Juice may not be served when milk is served as the only other component.
2. Must be served as a beverage, or on cereal, or use part of it for each purpose.
3. Must be served as a beverage.
4. Serve two or more kinds of vegetable(s) and/or fruit(s) or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
5. All grain/bread items must be enriched or whole-grain, made from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
6. Either volume (cup) or weight (oz.) whichever is less.
7. Must meet the requirements in Appendix A of the SFSP regulations.
8. No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. When determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry or fish.

Hunger Free Colorado is not responsible for any action taken by a reader's interpretation of information in this publication.

RESOURCES

The following federal and state websites were used to gather information:

USDAFNS Food Buying Guide for Child Nutrition Programs:

<http://www.fns.usda.gov/tn/resources/foodbuyingguide.html>

USDA:

<http://www.fns.usda.gov/cnd/care/>

<http://www.fns.usda.gov/cnd/summer/library/HandBooks/NutritionGuide.pdf>

CDPHE:

<http://www.cdphe.state.co.us/ps/cacfp/index.html>





AFTERSCHOOL MEAL GUIDE

