

Recipes For Healthy Kids with USDA Recipe information and CACFP crediting (Aug 2013)

The recipes in the *Recipes for Healthy Kids* cookbooks include crediting information that meets the National School Lunch and Breakfast Program meal patterns. When using the recipes for the Child and Adult Care Food Program, refer to the following guide for the proper crediting information.

Recipe Name	Recipe Component	Recipe Category	USDA Recipe Number	CACFP Crediting
Whole Grains				
<i>Aztec Grain Salad</i>	Fruit-Vegetable-Grains/Bread	Grains/Breads	B-24r	1 cup provides 1/8 cup vegetable, 3/8 cup fruit, and 1 serving grains/bread.
<i>Chic' Penne</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-53r	1-1/2 cups provides 1 oz meat/meat alternate, 1/8 cup vegetable, and 1-3/4 servings grains/bread.
<i>Chicken Alfredo with a Twist</i>	Meat/Meat Alternate-Grains/Bread	Main Dishes	D-54r	1 cup provides 2-1/4 oz meat/meat alternate and 1-1/4 servings grains/bread.
<i>Chicken Curry Casserole</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-55r	3/4 cup provides 1-1/4 oz meat/meat alternate, 1/4 cup vegetable, and 3/4 serving grains/bread.
<i>Mediterranean Quinoa Salad</i>	Vegetable-Grains/Bread	Grains/Breads	B-25r	3/4 cup provides 1/8 cup vegetable and 1 serving grains/bread.
<i>Oodles of Noodles</i>	Vegetable-Grains/Bread	Grains/Breads	B-26r	1 cup provides 1/4 cup vegetable and 2 servings grains/bread.
<i>Peppy Quinoa</i>	Vegetable-Grains/Bread	Grains/Breads	B-27r	1/2 cup provides 1/8 cup vegetable and 1-1/4 servings grains/bread.

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<i>Porcupine Sliders</i>	Meat/Meat Alternate-Grains/Bread	Sandwiches	F-10r	1 slider provides 2 oz meat/meat alternate and 1 serving grains/bread.
<i>Rainbow Rice</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-56r	1 cup provides 2 oz meat/meat alternate, 1/4 cup vegetable, and 1 serving grains/bread.
<i>Stir Fried Green Rice, Eggs, and Ham (Turkey Ham)</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-57r	1 cup provides 1/2 oz meat/meat alternate, 1/8 cup vegetable, and 1-1/2 servings grains/bread.
Dark Green and Orange Vegetables				
<i>Bok Choy Wrappers</i>	Meat/Meat Alternate-Fruit-Vegetable-Grains/Bread	Sandwiches	F-11r	Two wraps provide 1 oz meat/meat alternate, 3/4 cup vegetable, 1/8 cup fruit, and 1-1/2 servings grains/bread. One wrap provides 1/2 oz meat/meat alternate, 3/8 cup vegetable, and 3/4 serving grains/bread.
<i>Central Valley Harvest Bake</i>	Vegetable-Grains/Bread	Vegetables	I-20r	1/2 cup provides 1/2 cup vegetable and 1/4 serving grains/bread.
<i>Crunchy Hawaiian Chicken Wrap</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Sandwiches	F-12r	1 wrap (two halves) provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1-3/4 servings grains/bread. 1/2 wrap (one half) provides 1 oz meat/meat alternate, 1/4 cup vegetable, and 3/4 serving grains/bread.
<i>Harvest Delight</i>	Fruit-Vegetable	Vegetables	I-21r	1/2 cup provides 1/2 cup vegetable and 1/8 cup fruit.

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Dark Green and Orange Vegetables				
<i>Roasted Fish Crispy Slaw Wrap</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Sandwiches	F-13r	1 wrap (two halves) provides 2-3/4 oz meat/meat alternate, 1-3/8 cup vegetable, and 1-1/2 serving grains/bread. 1/2 wrap (one half) provides 1-1/4 oz meat/meat alternate, 5/8 cup vegetable, and 3/4 serving grains/bread.
<i>Smokin' Powerhouse Chili</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-58r	1 cup chili and 1/4 cup quinoa provides 1/2 oz meat/meat alternate, 3/4 cup vegetable, and 1/2 serving grains/bread.
<i>Squish Squash Lasagna</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-59r	1 piece provides 1/2 meat/meat alternate, 3/4 cup vegetable, and 3/4 serving grains/bread.
<i>Stir-Fry Fajita Chicken, Squash, and Corn</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-60r	3/4 cup stir-fry mixture over 1/2 cup brown rice provides 1-1/4 oz meat/meat alternate, 3/4 cup vegetable, and 1 serving grains/bread.
<i>Sweet Potato and Black Bean Stew</i>	Meat/Meat Alternate-Vegetable	Soups	H-08r	1 cup provides 3 oz meat/meat alternate and 1/2 cup vegetable.
<i>Tasty Tots</i>	Vegetable	Vegetables	I-23r	6 tots provide 3/4 cup vegetable.
Dry Beans/Legumes				
<i>Confetti Soup</i>	Meat/Meat Alternate-Vegetable	Soups	H-09r	1 cup provides 1-1/2 oz meat/meat alternate and 1/4 cup vegetable.
<i>Eagle Pizza</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-61r	1 tostada pizza provides 1-1/4 oz meat/meat alternate, 3/4 cup vegetable, and 1/2 serving grains/bread.

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Dry Beans/Legumes				
<i>Fiesta Mexican Lasagna</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-62r	1 piece provides 1 oz meat/meat alternate, 3/4 cup vegetable and 3/4 serving grains/bread.
<i>Fiesta Wrap</i>	Meat/Meat Alternate-Grains/Bread	Sandwiches	F-14r	1 wrap provides 1 oz meat/meat alternate and 1 serving grains/bread.
<i>Harvest Stew</i>	Meat/Meat Alternate-Vegetable	Soups	H-10r	3/4 cup provides 1-1/2 oz meat/meat alternate and 3/8 cup vegetable.
<i>Lentils of the Southwest</i>	Meat/Meat Alternate-Vegetable	Vegetables	I-24r	1/4 cup provides 1 oz meat/meat alternate <u>OR</u> 1/4 cup vegetable.
<i>Purple Power Bean Wrap</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Sandwiches	F-15r	1 wrap provides 1/2 oz meat/meat alternate, 5/8 cup vegetable, and 1-3/4 serving grains/bread. 1/2 wrap (one half) provides 3/8 cup vegetable, and 3/4 serving grains/bread.
<i>Spanish Chickpea Stew</i>	Meat/Meat Alternate-Fruit-Vegetable	Soups	H-11r	1 cup provides 1-1/2 oz meat/meat alternate, 3/8 cup vegetable, and 1/4 cup fruit.
<i>Tuscan Smoked Turkey and Bean Soup</i>	Meat/Meat Alternate-Vegetable	Soups	H-12r	1 cup provides 1-1/2 oz meat/meat alternate and 1/4 cup vegetable.
<i>Vegetable Chili Boat</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-63r	3/4 cup provides 3/4 oz meat/meat alternate, 3/8 cup vegetable, and 1/4 serving grains/bread.