



Breads

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Oven French Toast

Ingredients:

- 1/4 cup melted butter
- 1/3 cup sugar
- 1/4 tsp. cinnamon
- 4 eggs
- 2/3 cup orange juice
- 8 slices enriched bread

Procedure:

Mix all ingredients except the bread. Dip bread slices into mixture. Place on a greased cookie sheet. After all slices have been dipped, pour remaining liquid over bread slices. Bake about 25 minutes at 350 degrees.

Yield:

8 slices

Serving Size:

1 slice

Food Program Meal Component:

1 bread/bread alternate for 1 to 5 year olds



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Savory Cheese Muffins

Ingredients:

- 2 1/4 cups enriched flour
- 3 Tbsp. grated Parmesan cheese
- 3 Tbsp. grated cheddar cheese
- 3/4 tsp. dill weed
- 2 tsp. baking powder
- 1 egg, beaten
- 1/8 tsp. garlic powder
- 1 cup milk
- 1/4 cup vegetable oil
- Pinch of salt

Procedure:

Preheat oven to 400 degrees. In a bowl, combine the flour, cheese, baking powder, dill weed, salt, and garlic powder. Make a hole in the middle and add milk, oil, and egg. Stir just until dry ingredients are moistened. Spoon batter into muffin cups, filling 3/4 full. Bake 18 to 20 minutes. Top each muffin with a teaspoon of grated Cheddar cheese.

Yield:

20 muffins

Serving Size:

1 muffin

Food Program Meal Component:

Bread/bread alternate requirement for 1 to 5 years olds at any meal

Credit:

365 Foods Kids Love To Eat by Sheila Ellison and Judith Gray



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Dixieland Colby Biscuits

Ingredients:

- 3 cups enriched flour
- 2 Tbsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 3/4 cup butter
- 1 1/4 cups milk
- 2 1/2 cups Colby cheese

Procedure:

In a large bowl combine the flour, baking powder, baking soda, and salt. Cut butter into flour mixture and mix until coated. Stir cheese into flour mixture and mix until coated. Pour in milk, a little at a time, mixing gently after each addition, until mixture is moist and just holds together. Do not overmix. Roll dough out on lightly floured surface to a half-inch-plus thickness. With a two-inch biscuit cutter, cut biscuits. Place on ungreased cookie sheet and bake at 425 degrees for 8 to 10 minutes or until golden brown. Serve warm.

Yield:

25 biscuits

Serving Size:

1 biscuit

Food Program Meal Component:

1 bread alternate for a 1 to 5 year old

Credit:

American School Food Service



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Peachy Popover Pancakes

Pancake Ingredients:

- 1/4 cup margarine or butter
- 4 eggs
- 1 cup enriched flour
- 1 cup milk
- 1 tsp. cinnamon

Peach Filling Ingredients:

- 16 oz. can peach slices in juice
- 1/4 cup water
- 2 tsp. cornstarch
- 1/4 cup brown sugar, firmly packed
- 1/2 tsp. almond extract
- 1 tsp. margarine or butter
- 2/3 cup cashews and almonds
- Powdered sugar, if desired

Pancake Procedure:

Heat oven to 425 degrees. Place margarine in 10" pan or oven proof skillet. Heat in oven at least 5 minutes until margarine is melted and pan is hot. In a medium bowl, beat eggs with wire whisk or rotary beater. Add flour, milk, and cinnamon. Beat just until smooth. Immediately pour over melted margarine in hot pan. Bake at 425 degrees for about 20 minutes, or until deep golden brown and sides are puffy. Spoon peach filling into center and sprinkle with powdered sugar, if desired. Cut into wedges to serve.

Peach Filling Procedure:

Drain peaches. Reserve juice. In a medium saucepan, combine cornstarch with water. Stir in reserved juice and sugar. Cook, stirring constantly, until thickened and bubbling. Stir in margarine, almond extract, peach slices, and nuts. Cut pan into 7 equal portions.

Yield:

7 slices

Serving Size:

1 slice

Food Program Meal Component:

- 1/4 cup fruit/vegetable
- 1 bread/bread alternate for 1 to 5 year olds



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Cheese Pretzels

Ingredients:

- 1 cup warm water
- 1 package dry yeast
- 1/4 tsp. salt
- 1 Tbsp. sugar
- 3 cups enriched flour
- 3/4 cup grated cheese (cheddar, American, or Parmesan)

Procedure:

Soften yeast in water. Mix in remaining ingredients, adding cheese last. Knead well and divide into 18 equal portions. Roll small amounts into worm shapes and form pretzels, alphabet letters, numbers, etc. Place on a cookie sheet. Brush with beaten egg and sprinkle lightly with salt. Bake at 425 degrees for 15 minutes.

Yield:

18 pretzels

Serving Size:

1 pretzel

Food Program Meal Component:

1 bread/bread alternate for 1 to 5 year olds



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Carrot Bread

Ingredients:

- 1 1/2 cups grated carrots
- 1/2 to 3/4 cup sugar
- 2 eggs
- 1/2 tsp. salt
- 1/2 cup oil
- 1/2 tsp. cinnamon
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 1/2 cup enriched flour
- Optional: 1/2 cup nuts, chopped and 1/2 cup raisins

Procedure:

Preheat oven to 350 degrees. Mix all ingredients together, except flour. Beat well. Gently add flour to mixture, stirring just until blended. Pour into greased or wax-papered loaf pan. Bake for about 60 minutes, or until toothpick inserted near the center comes out clean. Cut loaf into 11 slices.

Yield:

1 loaf

Serving Size:

1 slice

Food Program Meal Component:

1 bread/bread alternate for 1 to 5 year olds



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Pumpkin Bread

Ingredients:

- 1 1/2 cups whole wheat flour
- 1/2 tsp. baking soda
- 2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. ground cloves
- 3 Tbsp. dry milk, powder
- 1/3 cup water
- 1 egg
- 3 Tbsp. oil
- 2 Tbsp. molasses
- 1 tsp. vinegar
- 2/3 cup canned pumpkin

Procedure:

Stir dry ingredients together. Beat liquid ingredients and pumpkin together. Fold dry ingredients into liquid ingredients. Mix well until smooth. Pour into greased 9" x 5" x 3" loaf pan. Bake at 350 degrees for 45 to 60 minutes. When cooled, slice into 9 slices and then in half.

Yield:

18 slices

Serving Size:

1 slice

Food Program Meal Component:

1 bread/bread alternate for 1 to 5 year olds



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Hot Poppy Seed Bread

Ingredients:

- 1 lb. loaf of enriched French bread
- 2 Tbsp. poppy seeds
- 1/4 cup chopped onions
- 16 slices of Swiss cheese

Procedure:

Slice the French bread like usual, but only 3/4 of the way down, do not cut all the way through. Set aside. Melt the margarine over low heat. Add the poppy seeds and the chopped onion. Put one slice of Swiss cheese in each slice of bread. Pour margarine mix over cheese and bread. Wrap loaf in foil and bake at 300 degrees for 10 minutes.

Yield:

16 slices

Serving Size:

1 slice

Food Program Meal Component:

1 bread/bread alternate for 1 to 5 year olds



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Aloha Loaf

Ingredients:

- 4 cups enriched flour
- 1/2 cup margarine
- 2 tsp. baking powder
- 1/2 cup shortening
- 1 tsp. baking soda
- 2 cups sugar
- 3/4 tsp. salt
- 4 eggs
- 1 - 15 oz. can of crushed pineapple
- 1 cup mashed ripe banana
- 1 cup coconut

Procedure:

Cream sugar and shortening. Add eggs and mashed banana. Mix the dry ingredients together. Add pineapple (juice and all), and coconut. Mix well and pour into 2 greased pans. Bake at 350 degrees for 70 minutes. Slice each loaf into 15 slices.

Yield:

30 slices

Serving Size:

1 slice

Food Program Meal Component:

1 bread/bread alternate for 1 to 5 year olds



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Ahhh-Some Apple Muffins

Main Ingredients:

- 1 egg
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1/2 cup applesauce
- 1 1/2 cup all-purpose enriched flour
- 2 tsp. baking powder
- 1/2 cup sugar
- 1/2 tsp salt
- 1/2 tsp. cinnamon

Topping Ingredients:

- 1/2 tsp. cinnamon
- 2 Tbsp. sugar

Procedure:

Beat egg, stir in milk, oil, and applesauce. Mix next 5 ingredients just until flour is moistened. Batter should be lumpy. Fill greased or paper-lined muffin cups 2/3 full. Mix together topping and sprinkle on top of muffins. Bake at 400 degrees for 20 to 25 minutes.

Yield:

12 muffins

Serving Size:

1 muffin

Food Program Meal Component:

Bread/bread alternate



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Three-Grain Peanut Bread

Ingredients:

- 1 cup enriched flour
- 1/2 cup oatmeal, quick
- 1/2 cup enriched cornmeal
- 1/2 cup sugar
- 1/2 cup nonfat dry milk, powder
- 2/3 cup smooth peanut butter
- 1 Tbsp. salt
- 1 1/2 cups water
- 1 egg

Procedure:

Preheat oven to 325 degrees. Combine dry ingredients in a large bowl. Cut in peanut butter using two knives until mixture is crumbly. In a small bowl, beat egg and water together. Add to dry ingredients and mix well. Spread mixture into a greased loaf pan. Bake at 325 degrees for 70 minutes. Cool for 10 minutes and remove from pan. Cut into 20 slices.

Yield:

- 1 loaf

Serving Size:

- 1 slice

Food Program Meal Component:

- 1 bread/bread alternate for 1-5 year olds



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Cranberry Orange Bread

Ingredients:

- 2 cups sifted enriched flour
- 1/2 tsp. salt
- 3/4 cup sugar
- 1/2 tsp. soda
- 1 1/2 tsp. baking powder
- 1 beaten egg
- 2 Tbsp. salad oil
- 1 tsp. grated orange peel
- 3/4 cup orange juice
- 1 cup coarsely chopped fresh cranberries

Procedure:

Sift together the dry ingredients. Combine the egg, salad oil, orange peel, and juice, and add to dry ingredients. Stir just until moistened. Fold in cranberries. Bake in a 9" x 5" x 3" inch pan at 350 degrees for 60 minutes.

Yield:

14 slices

Serving Size:

1 slice

Food Program Meal Component:

1 bread/bread alternate for 1 to 5 year olds



Fruit 'N' Cereal Brunch Cake

Main Ingredients:

- 1 cup Total cereal
- 3/4 cup orange juice
- 1 egg
- 1 cup bananas, thinly sliced
- 1 1/2 cups enriched flour
- 3/4 cup sugar
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 cup raisins (if desired)

Streusel Topping:

- 1/2 cup packed brown sugar
- 1/2 cup chopped nuts
- 1/4 cup enriched flour
- 1/2 tsp. cinnamon
- 1/4 cup margarine or butter, softened

Procedure:

Mix all ingredients until crumbly. Heat oven to 350 degrees. Grease square pan, 8" x 8" x 2". Mix cereal and orange juice in large bowl. Let stand about 2 minutes, or until soft. Mix in oil, egg, and bananas. Stir in remaining ingredients except the Streusel topping. Pour into pan. Bake about 45 minutes, or until top springs back when touched lightly. Sprinkle Streusel topping evenly over the warm cake. Set oven control to broil. Broil cake with top about 5 inches from heat, for about 1 minute, or until bubbly. (Watch carefully to avoid burning). Cut pan into 16 2" x 2" squares.

Yield:

16 squares

Serving Size:

1 square

Food Program Meal Component:

1 bread/bread alternate for 1 to 5 year olds, at breakfast and snack only



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Pineapple Bread Pudding

Ingredients:

- 4 slices enriched raisin bread, diced
- 4 medium eggs
- 1 cup skim milk
- 1 tsp. vanilla extract
- 1/8 tsp. nutmeg
- 2 cups canned crushed pineapple, packed in juice

Procedure:

Heat oven to 375 degrees. In a medium bowl, combine all ingredients except 1 cup of the pineapple. Divide the mixture evenly into four 10 oz. custard cups. Set in a baking pan filled with 1 inch of boiling water. Bake uncovered about 45 minutes, or until a knife inserted in center comes out clean. Divide remaining pineapple evenly and serve over each portion.

Yield:

- 4 custard cups

Serving Size:

- 1 custard cup

Food Program Meal Component:

- 1 bread/bread alternate for 1 to 5 year olds
- 1/2 cup fruit for 1 to 5 year olds at snack only

Credit:

Minnesota Licensed Family Child Care Association



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Snickerdoodles

Ingredients:

- 1 1/2 cup sugar
- 2 eggs
- 1/2 cup margarine or butter, softened
- 1/2 cup shortening
- 2 tsp. cream of tartar
- 2 3/4 cup enriched flour
- 1/4 tsp. salt
- 1 tsp. baking soda
- 2 tsp. cinnamon
- 2 Tbsp. sugar

Procedure:

Heat oven to 400 degrees. Mix sugar, margarine, shortening, and eggs together. Stir in flour, cream of tartar, baking soda, and salt. Shape dough by rounded teaspoonfuls into balls. Mix 2 Tbsp. sugar and the cinnamon. Roll balls into mixture to coat. Place about 2" apart on ungreased cookie sheet. Bake until set, 8 to 10 minutes. Immediately remove from cookie sheet.

Yield:

Approx. 6 dozen

Serving Size:

2 cookies for 1 to 5 year olds

Food Program Meal Component:

1 bread/bread alternate for 1 to 5 year olds at snack only

Note: Cookies/bars are limited to twice per week service



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Magic Crescent Puffs

Ingredients:

- 2 cans (8 count) enriched crescent rolls
- 16 large marshmallows
- 1/4 cup melted butter
- 1/4 cup sugar
- 2 tsp. cinnamon

Procedure:

Preheat oven to 325 degrees. Mix sugar and cinnamon together. Separate the rolls. Dip marshmallows into butter, then into sugar mixture. Place marshmallow on wide end of roll, tuck ends around marshmallow, roll up, seal seams with butter. Place in a cupcake liner in a muffin pan. Bake until golden brown. Serve while warm.

Yield:

16 muffins

Serving Size:

1 muffin

Food Program Meal Component:

Bread alternate at snack only



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Chocolate Peanut Pizza

Ingredients:

- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/2 cup peanut butter
- 1/2 cup butter
- 1/2 tsp. vanilla
- 1 egg
- 1 1/2 cups enriched flour
- 1 cup chocolate chips
- 2 cups miniature marshmallows

Procedure:

Heat oven to 375 degrees. Combine sugars, peanut butter, butter, vanilla, and egg. Spoon flour into measuring cup lightly, level off. Stir into peanut butter mixture. Press into 9" x 13" pan. Bake 10 minutes. Remove from the oven and sprinkle miniature marshmallows and chips over. Bake 5 to 8 minutes, until marshmallows puff and get lightly browned.

Yield:

18 squares

Serving Size:

1 square

Food Program Meal Component:

1 bread/bread alternate for 1-5 year olds at snack only

Note: Cookies/bars are limited to twice per week service



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Butterscotch Rolls

Ingredients:

- 1 - 15 oz. frozen package enriched dinner buns
- 1 - 3 1/2 oz. package cook 'n' serve butterscotch pudding mix
- Butter

Procedure:

Grease a bundt pan with butter. Sprinkle with 1/2 package dry pudding mix. Place rolls in pan. Sprinkle with the remaining mix. Let rise in a warm place. Bake at 350 degrees until brown (about 15 to 20 minutes).

Yield:

12 rolls

Serving Size:

1 roll

Food Program Meal Component:

1 bread alternate at breakfast and snack only



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Sun's Up French Toast

Ingredients:

- 2 large eggs
- 1/4 cup fluid milk
- 1/4 tsp. nutmeg
- 1/4 cup honey
- 6 slices whole wheat bread

Procedure:

Combine the eggs, milk, and honey in a medium bowl. Dip the bread slices into the mixture. Fry the bread slices in a lightly greased skillet over medium heat, until golden brown. Turn to brown the other side.

Yield:

12 servings

Serving Size:

1/2 slice

Food Program Meal Component:

1 bread/bread alternate



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Bran Muffins

Ingredients:

- 2 cups All-Bran cereal
- 4 cups Raisin Bran cereal
- 2 cups boiling water
- 5 cups flour
- 1 cup oil
- 5 tsp. baking soda
- 3 cups sugar
- 2 tsp. salt
- 4 eggs, well-beaten
- 3 3/4 cups buttermilk

Procedure:

Mix the All-Bran in the boiling water. Set aside. In a large bowl, mix the oil and sugar. Add the remaining ingredients to the sugar and oil mixture. Mix well. Add to the All-Bran mixture. Add additional raisins if desired. Bake at 400 degrees for 15 to 20 minutes. (The batter keeps well in a refrigerator for at least one month, so fresh warm muffins can be enjoyed with only 20 minutes notice!)

Yield:

114 to 116 muffins

Serving Size:

1 muffin

Food Program Meal Component:

1 bread/bread alternate at any meal