



Frozen Candy Cup

Ingredients:

- 8 ounces plain yogurt
- 1 cup whole, unsweetened strawberries.

Procedure:

- Whip yogurt and berries in blender. Place paper cupcake holders in muffin tin.
- Fill cups with 1/2 cup mixture.

Yield:

- 4 "muffins"

Serving Size:

- 1/2 cup

Food Program Meal Component:

- 1/4 cup (2 ounces) meat/meat alternate for snack only.
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Fruitti Tutti

Ingredients:

- 1 cup plain yogurt
- 3 Tbsp. raspberry jam or preserves
- 1 tsp. grated lemon rind
- 1/4 tsp. cinnamon

Procedure:

Mix together.

Yield:

Approx. 1 cup

Serving Size:

4 - 1/4 cup servings

Food Program Meal Component:

2 oz. meat/meat alternate at snack only



Sunshine Shake

Ingredients:

- 2 cups orange juice
- 1 tsp. vanilla
- 3/4 cup medium banana (mashed)
- 1 cup canned, crushed pineapple (drained)

Procedure:

Combine all ingredients in blender until smooth. Serve over ice.

Yield:

7 servings

Serving Size:

1/2 cup

Food Program Meal Component:

1/2 cup fruit/vegetable



Banana Muffins

Ingredients:

- 2 1/4 cup flour
- 1 tsp. vanilla
- 3 eggs
- 1/2 cup butter
- 1 cup sugar
- 1 cup mashed banana
- 2 1/2 tsp. baking powder
- 1/2 cup buttermilk
- 1/4 tsp. cinnamon
- 1/2 tsp. baking soda

Procedure:

Cream the sugar and butter together. Add eggs. Mix all dry ingredients together. Mix all liquid ingredients together. Then mix dry and liquid ingredients alternately to the creamed mixture until moistened evenly. Pour into 12 greased or paper-lined muffin tins. Bake at 350 degrees for 20 to 30 minutes.

Yield:

12 muffins

Serving Size:

1/2 muffin at any meal

Food Program Meal Component:

1 bread/bread alternate



Applesauce Bars

Ingredients:

- 1/2 cup margarine
- 1 cup thick applesauce
- 2 1/4 cup sifted flour
- 1 cup brown sugar
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 2 eggs
- 1 tsp. soda
- 1 cup raisins
- 1/s tsp. salt

Procedure:

Preaheat oven to 350 degrees. Mix the butter, applesauce, brown sugar, and eggs. Add dry ingredients. Spread in a greased 9" x 13" pan. Sprinkle top of batter with 1/2 cup of nuts if desired. Bake for 20 minutes.

Yield:

30 servings

Food Program Meal Component:

1 bread/bread alternate

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



Fruited Jello

Ingredients:

- 1 - 3 oz. package raspberry gelatin
- 1 - 16 oz. package frozen raspberries
- 1 - 8 oz. container non-dairy whipped cream

Procedure:

Dissolve gelatin in a bowl with 1 cup boiling water. Add frozen fruit. Chill until firmly set. Mix the container of whipped cream into the jello using an electric mixer.

Yield:

7 servings

Food Program Meal Component:

1/4 cup fruit/vegetable



Toffee Squares

Ingredients:

- 1 cup margarine
- 2 cups enriched flour
- 1 cup brown sugar, packed
- 1 egg
- 1 tsp. vanilla
- 6 oz. chocolate chips
- 1/2 cup nuts

Procedure:

Preheat oven to 350 degrees. Mix the first five ingredients together until smooth. Spread on a 9" x 13" pan. Bake 15 minutes. Sprinkle the chocolate chips on top. Bake another two minutes. Spread out the melted chocolate chips and sprinkle with nuts.

Yield:

30 servings

Food Program Meal Component:

1 bread/bread alternate at snack only



Fruited Yogurt

Ingredients:

- 16 oz. vanilla yogurt
- 2 - 16 oz. cans drained peaches
- 4 Tbsp. apple juice concentrate
- 2 Tbsp. orange juice concentrate
- A dash of cinnamon (optional)

Procedure:

- Blend all ingredients together on medium, until well-mixed and fruit is pureed.
- Keeps well for two weeks in the refrigerator.

Yield:

- 8 servings

Food Program Meal Component:

- 1/2 cup fruit/vegetable
 - 1 meat/meat alternate at snack only
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Fried Rolls

Ingredients:

- 1 lb. loaf of thawed, frozen enriched bread dough
- Sugar or favorite jam

Procedure:

Turn your deep-fryer on high. Cover the bottom with at least two inches of grease. Cut the thawed bread dough into 32 small (approx. 1/2 inch) pieces and fry in the deep-fryer until golden brown on both sides. Cool and dip in sugar, or spread with jam.

Yield:

32 rolls

Serving Size:

1 roll

Food Program Meal Component:

1 bread/bread alternate



Peanut Butter Oatmeal Cookies

Ingredients:

- 1/2 cup butter or margarine
- 1 tsp. vanilla
- 1 egg
- 1/2 cup peanut butter
- 1/4 tsp. soda
- 1 cup quick-cooking rolled oats
- 1/2 cup sugar
- 1 1/4 cup all-purpose enriched flour
- 1/2 cup firmly-packed brown sugar
- 3/4 tsp. baking powder

Procedure:

Preheat oven to 375 degrees. Cream the peanut butter, butter/margarine, and sugars. Add the remaining ingredients and mix until creamy. Drop by teaspoonfuls onto a greased cookie sheet. Flatten in crisscross style with a floured fork. Bake for 8 to 10 minutes. Cool on racks.

Yield:

2 dozen cookies

Serving Size:

1 cookie

Food Program Meal Component:

1 bread/bread alternate

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



Quick Coffee Cake

Ingredients:

- 2 - 7 1/2 oz. cans enriched Country Style Biscuits
- 1/4 cup melted butter
- 1/2 cup sugar
- 2 tsp. cinnamon
- 1/4 cup chopped nuts (optional)

Procedure:

Grease a 9" x 9" pan. dip biscuits in melted butter, then in the cinnamon and sugar mixture, coating the entire biscuit. Place in pan, slightly overlapping each other. Pour any remaining butter over top. Sprinkle nuts on top (if used). Bake at 375 degrees for 25 to 30 minutes. Let stand 5 minutes before serving.

Yield:

20 servings

Serving Size:

1 biscuit

Food Program Meal Component:

1 bread/bread alternate



Applesauce Oat Muffins

Ingredients:

- 2 cups Cheerios cereal, crushed (which equals about 1 cup)
- 1 1/4 cup enriched flour
- 1/3 cup brown sugar, packed
- 1 tsp. cinnamon
- 1 tsp. baking powder
- 3/4 tsp. baking soda
- 3/4 cup applesauce
- 1/3 cup milk
- 1/2 cup raisins
- 3 Tbsp. vegetable oil
- 1 egg white

Procedure:

Preheat oven to 400 degrees. Grease bottoms only of 12 medium muffin cups. Mix cereal, flour, brown sugar, cinnamon, baking powder, and baking soda in a large bowl. Stir in the remaining ingredients, just until moistened. Divide batter among the muffin cups. Bake until golden brown, 18 to 22 minutes.

Yield:

12 muffins

Serving Size:

1 muffin

Food Program Meal Component:

1 bread/bread alternate



Homemade Ice Cream

Ingredients:

- 1 cup milk
- 1 cup whipping cream
- 1/2 cup sugar
- 1/2 tsp. vanilla
- 3/4 cup rock salt

Procedure:

Put all ingredients in a one pound can having a tight plastic lid. Place this sealed can inside a larger 3 pound coffee can which also has a tight lid. Pack the larger can's interior with crushed ice surrounding the smaller can. Pour the rock salt evenly over the ice. Fasten the lid on the larger can. Roll the sealed can back and forth on the table, floor, or sidewalk for 10 minutes. (The children will love helping with this!!!) Stir and roll more if needed, until the ice cream is thick.

Food Program Meal Component:

None. Note: Ice cream is an "extra" on the Food Program. It does not meet any of the Food Program requirements.



CCNI Pineapple Sherbet

Ingredients:

2 - 20 oz. cans unsweetened pineapple chunks, drained

Procedure:

Freeze and then slightly thaw the pineapple chunks. Puree the slightly thawed chunks in a blender or food processor until smooth, thick, and creamy (about two minutes). Serve immediately.

Yield:

7 servings

Serving Size:

1/2 cup at snack

Food Program Meal Component:

1/2 cup fruit/vegetable



Frozen Graham Sandwich

Ingredients:

- 2 cups non-fat or low-fat yogurt, any flavor
- 32 graham crackers

Procedure:

Freeze the yogurt. When ready to make the sandwiches, set out the yogurt and thaw until slightly softened. Sandwich two tablespoons of the yogurt between two of the graham crackers. Repeat, to make a total of 16 sandwiches. Roll the sides of the sandwiches in colored sprinkles, if desired. Freeze until firm, which takes about two hours. Individually wrap the sandwiches to store in freezer for up to two weeks.

Yield:

16 servings

Serving Size:

1 sandwich

Food Program Meal Component:

1 bread/bread alternate at snack



Fruit Snack Pop

Ingredients:

- 4 envelopes unflavored gelatin
- 1/2 cup cold water
- 1 1.2 cup boiling water
- 2 - 6 oz. cans frozen fruit concentrate, unthawed (except pineapple)

Procedure:

In a medium bowl, sprinkle the unflavored gelatin over the cold water. Let stand one minute. Add the boiling water and stir until gelatin is completely dissolved. Stir in the fruit concentrate. Pour 1/2 generous cup into 6 paper cups, insert ice cream sticks, and freeze.

Yield:

6 servings

Serving Size:

1 pop

Food Program Meal Component:

1 cup fruit/vegetable (juice)



Fruit-Filled Melon

Ingredients:

- 1 egg, slightly beaten
- 1 1/2 Tbsp. honey
- 1 tsp. grated orange rind
- 1/3 cup orange juice
- 1/3 cup yogurt
- 2 small cantaloupe (27 size)
- 1 cup sliced fresh strawberries
- 1 cup fresh blueberries

Procedure:

Prepare a honey dressing by stirring together the egg, honey, orange rind, and orange juice in a small pan over low heat. Stir constantly until thickened, for 6 to 8 minutes. Remove from heat. Refrigerate (covered) until well-chilled. Fold into the yogurt. Cut the cantaloupe into quarters. Scoop out seeds. Fold the strawberries and blueberries into the honey dressing. Divide this fruit mixture equally among the cantaloupe quarters.

Yield:

8 quarters

Serving Size:

1 quarter

Food Program Meal Component:

3/4 cup fruit/vegetable



CCNI Quick Apple Pie

Ingredients:

- 1 - 16 oz. can applesauce
- 6 slices of bread
- Cinnamon

Procedure:

Spoon the applesauce onto the bread slices and sprinkle with cinnamon. (Quick Apple Pie can be enjoyed cold or hot!)

Yield:

12 servings

Serving Size:

1/2 slice bread

Food Program Meal Component:

1 bread/bread alternate



Peanut Butter Snack Pop

Ingredients:

- 1 envelope unflavored gelatin
- 1 cup chocolate milk
- 1 cup boiling water
- 1 cup peanut butter

Procedure:

In a medium bowl, mix the gelatin with the boiling water and stir until gelatin is completely dissolved. With a wire whip or rotary beater, blend in the peanut butter. Stir in the milk. Pour equally into 8 paper cups. Insert ice cream sticks and freeze.

Yield:

8 servings

Serving Size:

1 pop

Food Program Meal Component:

1 meat/meat alternate (2 Tbsp.) at snack only



Bumpy Crunchy Cookies

Ingredients:

- 1 large egg
- 1 cup enriched flour, sifted
- 1/2 cup apple juice
- 1/2 tsp. baking soda
- 1 cup carrots, shredded
- 1 cup Krispie rice cereal
- 2 cups regular rolled oats
- 1 tsp vanilla
- 1 - 6 oz. package chocolate chips
- 3/4 cup brown sugar, packed
- 3/4 cup vegetable shortening

Procedure:

Cream the shortening and sugar together in a mixing bowl. Add the egg, apple juice, and vanilla. Mix until smooth. Sift the flour and soda together in a small bowl. Add the sifted ingredients to the creamed mixture. Mix thoroughly. Stir in the remaining ingredients and blend. Drop the dough by teaspoonfuls onto greased baking sheets. Bake at 350 degrees for 15 minutes.

Yield:

39 servings

Food Program Meal Component:

1 bread/bread alternate at snack only

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