



Main Courses

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Best Oven Hash

Ingredients:

- 1 lb. ground beef
- 2 cups coarsely ground cooked potatoes
- 1/4 cup chopped parsley
- 1/2 cup coarsely ground onion
- 1 tsp. salt
- 2 tsp. Worcestershire sauce
- Dash of pepper
- 1 - 6 oz. can (2/3 cup) evaporated milk
- 1/3 cup slightly crushed corn flakes
- 1 Tbsp. melted butter or margarine

Procedure:

Brown the ground beef. Lightly mix beef, potatoes, onion, parsley, salt, pepper, Worcestershire sauce, and milk. Turn into greased 1-quart casserole. Mix corn flakes and butter; sprinkle over top. Bake at 350 degrees for 30 minutes, or until heated through.

Yield:

6 servings

Serving Size & Food Program Meal Component:

One serving is 1.5 oz. meat/meat alternate
1/4 cup vegetable



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Taco Hot Dish

Ingredients:

- 1 pkg. crescent rolls
- 1 - 12 oz. carton sour cream
- 1 cup crushed soda crackers
- 1 egg
- 1 1/2 lbs. ground beef (add onions)
- 1 pkg. taco mix
- 1 cup mozzarella cheese
- 2 cups shredded lettuce
- 2 cups tomatoes, diced
- 1 cup cheddar cheese
- hot sauce
- Doritos

Procedure:

Brown ground beef with onion. Add taco mix. Mix in sour cream and egg. Put crescent rolls in 9" x 13" pan and flatten to cover bottom of pan. Bake for 10 minutes. Top with ground beef mixture and the cheeses. Bake for 25-30 minutes at 350 degrees. Top with shredded lettuce, diced tomatoes, crushed Doritos and hot sauce. Cut pan into 15-3"x 2.6" squares.

Yield:

15 servings

Serving Size:

1 square

Food Program Meal Component:

- 1.5 oz. meat/meat alternate
- 1 bread/bread alternate for 1 to 5 year olds
- 1/8 cup vegetable



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Frank 'N' Noodle Supper

Ingredients:

- 1 - 28 oz. can tomatoes
- 1/2 cup water
- 1 envelope spaghetti sauce mix
- 1 cup chopped celery
- 1 Tbsp. instant minced onion
- 1 1/2 tsp. sugar
- 1 lb. pkg. frankfurters (10 per lb.)
- 2 Tbsp. butter or margarine
- 4 cups medium noodles
- 1/2 cup shredded sharp process American cheese

Procedure:

In sauce pan combine tomatoes, water, spaghetti sauce mix, celery, onion and sugar. Simmer. Cut franks in thirds diagonally; brown in butter. Add the noodles. pour sauce over, moistening all. Cover. Cook over low heat, stirring occasionally, 25 minutes or until done. Sprinkle with cheese.

Yield:

10 servings

Serving Size & Food Program Meal Component:

- Each serving meets 1.5 oz. meat/meat alternate
- 1/4 cup fruit/vegetable
- 1 bread/bread alternate for 1-5 year olds



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Hot Swiss Tuna on Buns

Ingredients:

- 1 - 6.5 oz. can of tuna, drained
- 1 tsp. lemon juice
- 1/2 cup shredded Swiss or cheddar cheese
- 1/4 cup mayonnaise
- 5 hamburger buns
- Optional: Chopped olives or sweet relish

Procedure:

Combine the tuna, mayonnaise, lemon juice, and shredded cheese. Divide mixture among the buns and place them in the microwave on a paper towel, leaving space between the buns. Microwave for 60-90 seconds. Cheese heats quickly in a microwave. Seconds make a big difference. You know it is overcooked when it is rubbery.

Yield:

5 servings. Serving Size: 1 bun.

Serving Size & Food Program Meal Component:

- 1.5 oz. meat/meat alternate
- 1 bread/bread alternate for 1-5 year olds



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German Spuds

Ingredients:

- 8 oz. can undrained sauerkraut
- 16 oz. smoked sausage links, cut into pieces
- 4 baked potatoes
- 1 Tbsp. thousand island salad dressing
- 1 cup caraway cheese, shredded

Procedure:

In a saucepan, heat the sauerkraut and sausages. Drain. Stir in thousand island dressing. Divide mixture among the 4 baked potatoes. Sprinkle with the cheese.

Yield:

8 servings

Serving Size:

1/4 cup potato with generous 1/3 cup sauerkraut mixture

Food Program Meal Component:

- 3/8 cup potato, 1/8 cup sauerkraut (total 1/2 cup fruit/vegetable)
 - 1.5 oz. meat/meat alternate
-



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Turkey Tostadas

Ingredients:

- 2 cups cooked turkey, cubed
- 1/4 cup refried beans
- 1 pkg. (1 1/2 oz.) taco seasoning mix
- 1/2 cup cheddar cheese, shredded
- 7 corn tortillas (enriched)

Procedure:

In a large skillet, over medium heat, combine turkey and taco seasoning with measurement of water recommended on seasoning package. Bring mixture to boil. Reduce heat and simmer 5 minutes, stirring occasionally. Arrange tortillas on a large cookie sheet. Bake at 375 degrees for 5 to 7 minutes, or until tortillas are crispy and lightly browned. Spread each tortilla with a tablespoon of beans. Top with 1/4 cup meat mixture and cheese. Return to oven 2 to 3 minutes, or until cheese is melted. To serve, top with lettuce, tomatoes, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

Yield:

7 tostadas

Serving Size:

1 tostada

Food Program Meal Component:

1.5 oz. meat/meat alternate

1 bread/bread alternate for 1-5 year olds



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Stuffed Hamburger Roll

Ingredients:

- 1 lb. loaf French bread
- 1 1/2 lb. ground beef
- 1/4 cup chopped onion
- 2 - 10.5 oz. cans of cream of mushroom soup
- 1 10 oz. can of crushed pineapple
- 1 cup grated cheese (your choice)

Procedure:

Cut bread in half lengthwise. Scoop out the insides of the bread and break into small pieces. Brown ground beef and onions. Add soup, cheese, pineapple, and pieces of bread. Mix together and put the filling back into the bread. Close and wrap in foil. Bake at 350 degrees for 35 minutes. Cut into slices and serve with a salad.

Yield:

13 servings

Serving Size:

1 slice

Food Program Meal Component:

- 1.5 oz. meat/meat alternate
- 1 bread/bread alternate for 1-5 year olds



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Meatloaf Muffins

Ingredients:

- 1 1/2 lb. ground beef
- 2 tsp. salt
- 1/2 lb. ground pork
- 1/2 tsp. thyme
- 2 cups soft bread crumbs
- 1/4 tsp. pepper
- 1 cup milk
- 1/3 cup brown sugar
- 1 egg, beaten
- 1/2 cup catsup
- 1 tsp. Worcestershire sauce

Procedure:

Grease 12 muffin pan well. Combine and mix lightly the meat, bread crumbs, milk, egg, and Worcestershire sauce. Add a mixture of salt, thyme, and pepper. Divide mixture into 12 portions. Pack meat into muffin tins. Bake at 350 degrees for about 40 minutes. Mix brown sugar and catsup. Set aside. After 20 minutes of cooking, spoon about 2 tsp. of catsup mixture on top of each muffin. Continue baking for 20 minutes.

Yield:

12 muffins

Serving Size:

1 muffin

Food Program Meal Component:

1.5 oz. meat/meat alternate



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Broccoli and Ham Bake

Ingredients:

- 2 pkgs. (10 oz. each) frozen chopped broccoli
- 2 cups cooked cubed ham
- 1/4 cup water
- 3/4 cup shredded cheddar cheese
- 1 medium onion, chopped
- 1/4 cup dairy sour cream
- 1 Tbsp. butter or margarine
- 1/8 tsp. pepper
- 2 tsp. prepared mustard
- 1 - 7 oz. can of cream of mushroom soup
- 1/2 cup cheese flavored croutons

Procedure:

In a two quart casserole, combine the broccoli and water. Cover. Microwave at high 8 to 10 minutes, or until tender, stirring once. Stir in broccoli, soup, ham, 1/2 cup cheese, sour cream, mustard, and pepper. Cover with wax paper. Microwave at high 5-9 minutes, or until heated, stirring twice. Top with croutons and remaining cheese. Microwave, uncovered, at high 1-2 minutes, or until cheese melts. Cut pan into 8 equal portions.

Yield:

8 servings

Food Program Meal Component:

- 1.5 oz. meat/meat alternate
- 1/4 cup fruit/vegetable



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Pizza Burgers

Ingredients:

- 1 lb. ground beef
- 1 - 10.5 oz. can tomato soup
- 1/4 cup oil
- 1/2 lb. mozzarella cheese
- 8 oz. cheddar cheese
- 1/2 tsp. garlic salt
- 3 Tbsp. Italian seasoning
- 18 English muffins, buns, or slices of bread
- 1 medium onion

Procedure:

Brown ground beef and onion. Cool. Add soup, oil, seasonings, and cheese. Mix well. Spread on halves of buns, toasted English muffins, or slices of bread at least 1/2 thick. Bake or broil until cheese is melted and brown.

Yield:

18 servings

Food Program Meal Component:

- Each serving is 1.5 oz. meat/meat alternate
- 1 bread/bread alternate for 1-5 year olds



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Italian Taters

Ingredients:

- 1-14 oz. jar of spaghetti sauce
- 1 - 9 oz. pkg. sliced pepperoni
- 3 medium baked potatoes
- 1/2 cup mozzarella cheese

Procedure:

In a saucepan, heat the spaghetti sauce and pepperoni. Divide the mixture among the 3 baked potatoes. Sprinkle with mozzarella cheese. Variation: 9 oz. of the following meats can be used instead of pepperoni: cooked ham, chicken, or perhaps turkey.

Yield:

- 3 potatoes

Serving Size:

- 1/2 baked potato & 1/2 cup sauce

Food Program Meal Component:

- 1/2 cup fruit/vegetable
- 1.5 oz. meat/meat alternate



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Meat Veggie Sandwich

Ingredients:

- 8 sliced whole grain bread
- 8 oz. thinly sliced cooked turkey, chicken, or beef
- 1 cup sliced onion
- 1 cup tomatoes, thinly sliced
- 2 tsp. margarine
- 2 cups shredded zucchini
- 2 cups sliced fresh mushrooms
- 1 cup shredded carrot
- 4 ounces shredded cheddar or Swiss cheese

Procedure:

Heat oven to 375 degrees. Melt the margarine in a large skillet. Saute the zucchini, mushrooms, carrot, and onion for about one minute. Sprinkle with pepper. On each slice of bread, layer 1/4 of turkey, tomato slices, and vegetable mixture. Sprinkle with cheese. Bake for 15 to 20 minutes or until hot.

Yield:

8 sandwiches

Serving Size:

1 sandwich

Food Program Meal Component:

1.5 meat/meat alternate

1 bread/bread alternate for 1-5 year olds



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Paschetti Pizza

Ingredients:

- 1 - 16 oz. pkg. spaghetti
- 2 eggs
- 1/2 cup milk
- 1/2 tsp. salt
- 4 oz. shredded mozzarella cheese
- 3/4 tsp. garlic powder

Topping:

- 2 - 15 oz. jars spaghetti sauce
- 1 1/2 tsp. garlic powder
- 12 oz. shredded mozzarella cheese
- 1 - 3 1/2 oz. pkg. sliced pepperoni

Procedure:

Break spaghetti into 2-inch pieces. In a large saucepan, cook according to package directions. Drain and cool. Preheat oven to 400 degrees. In a large bowl, beat eggs lightly. Stir in milk, 1 cup of shredded mozzarella cheese, garlic powder, and salt. Add cooked spaghetti and stir until thoroughly combined. Grease a 10.5" x 15.5" jelly roll pan and spread the spaghetti in pan. Bake for 15 minutes. Remove from oven and reduce temperature to 350 degrees. Spread spaghetti sauce evenly over spaghetti. Sprinkle with garlic and the 3 cups mozzarella cheese. Top with pepperoni slices. Return to oven and bake for 30 minutes longer. Let stand at room temperature for 5 minutes before cutting. Cut pan into approx. 3-inch pieces.

Yield:

12 squares

Serving Size:

1 square

Food Program Meal Component:

- 1.5 oz. meat/meat alternate
- 1 bread/bread alternate for 1-5 year olds
- 1/4 cup fruit/vegetable



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Sweet 'N' Sour Meatballs

Ingredients:

2 lbs. ground beef
1 cup milk
1 cup crushed soda crackers
1 Tbsp. onions
Salt and pepper

Sauce:

1/3 cup vinegar
3/4 cup brown sugar
1 cup ketchup
2 Tbsp. onion
Salt and pepper

Procedure:

Mix ingredients and form into 28 balls. Do not brown. Place raw in 9-inch square dish. Combine sauce mixture and pour over meatballs. Bake at 350 degrees for 1 hour.

Yield:

14 servings

Serving Size:

2 meatballs

Food Program Meal Component:

1.5 oz. meat/meat alternate



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Macaroni Pizza

Ingredients:

- 1 lb. ground beef
- 1/2 tsp. garlic powder
- 1 medium onion, finely chopped
- 1/2 cup milk
- 1 - 15 oz. can tomato sauce
- 1 egg
- 1 tsp. salt, divided
- 2 1/4 cups macaroni, cooked and drained
- 1/4 tsp. pepper
- 1/2 tsp. oregano
- 8 oz. mozzarella or cheddar cheese, shredded

Procedure:

Saute ground beef and onion. Drain off fat. Add tomato sauce, 1/2 tsp. salt, and remaining seasonings. Simmer 5 to 10 minutes. Beat together milk, egg, and 1/2 tsp. salt. Blend into macaroni. Place noodle mixture into greased, 10" x 15" pan. Cover with meat mixture. Top with cheese. Bake at 350 degrees for 20 minutes. Let stand 5 to 10 minutes before cutting. Cut pan into 16 equal squares.

Yield:

16 servings

Food Program Meal Component:

- 1.5 oz. meat/meat alternate
- 1 bread/bread alternate for 1-5 year olds



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Hobo's Delight

Ingredients:

- 1 1/2 lbs. ground beef, browned, and drained
- 16 oz. can of pork & beans
- 16 oz. can kidney beans
- 1 pkg. onion soup mix or 1 cup onion
- 1/2 cup brown sugar
- 1 Tbsp. mustard
- 1 Tbsp. butter
- 1/2 cup ketchup
- 2 Tbsp. vinegar

Procedure:

Combine all ingredients in large pot and simmer until heated through. This freezes very well. One good idea is to serve this on aluminum pie tins or in aluminum cans with a hard roll, as the hobos would eat. The childrens' imaginations can run wild.

Yield:

10 servings or 6 cups

Serving Size:

Generous 1/2 cup

Food Program Meal Component:

- 1.5 oz. meat/meat alternate
- 1/4 cup fruit/vegetable



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Mexican Casserole

Ingredients:

- 1 lb. ground beef
- 1 cup onion, chopped
- 10 crushed taco shells
- 1 pkg. taco seasoning mix
- 16 oz. can whole tomatoes, undrained
- 1 cup sour cream
- 1 cup (4 oz.) cheddar cheese, shredded

Procedure:

Crumble the ground beef and onion into a microwave-safe casserole. Microwave on high uncovered, 5 to 6 minutes or until no longer pink, stirring once to break meat into small pieces. Drain. Layer 1 cup crushed taco shells in bottom of 9" x 9" microwave-safe casserole. Cover with ground beef, dry taco seasoning mix, tomatoes cut in quarters, sour cream, and cheese. Top with remaining taco shells. Microwave on high, uncovered, 5 to 6 minutes or until cheese melts and the casserole is heated through, rotating dish once.

Yield:

9 servings

Serving Size:

1 square

Food Program Meal Component:

- 1.5 oz. meat/meat alternate
- 1/8 cup fruit/vegetable
- 1 bread/bread alternate for 1-5 year olds



Roast and Relaxation

Ingredients:

- 1 large Reynolds Oven Cooking Bag
- 2 lb. beef rump roast, boneless
- 1/2 cup enriched flour
- 3 medium carrots
- 2 1/2 cups potatoes, sliced
- 8 oz. can tomato sauce
- 2 medium onions
- 1/2 cup water
- 3 stalks celery, cut in 1- inch slices
- 1 medium red or green pepper, cut in 1-inch strips
- 1 tsp. instant beef bouillon
- 1 tsp. salt
- 1/4 tsp. pepper

Procedure:

Preheat oven to 325 degrees. Shake flour in large cooking bag. Place in 9" x 13" pan. Roll down top of bag. Add tomato sauce, water, instant bouillon, salt, and pepper. Squeeze bag gently to blend. Trim fat from roast. Place roast in bag. Peel and slice carrots and onions; add to bag with celery, peppers, and potatoes. Turn bag gently to coat ingredients with sauce. Close bag with nylon tie. Make 6 half-inch slits in top. Bake 1 3/4 to 2 1/4 hours or until tender. To serve, spoon gravy from bag over roast and vegetables.

Yield:

12 servings

Serving Size:

1/4 cup vegetables, 1.5 oz. sliced roast

Food Program Meal Component:

1.5 oz. meat/meat alternate

1/4 cup fruit/vegetable



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Crockpot Potatoes and Ham

Ingredients:

- 4 cups potatoes, peeled and sliced
- 16 oz. ham or hot dogs
- 1 - 10 1/2 oz. can of cream of mushroom soup
- 1 - 13 oz. can of evaporated milk
- 2 Tbsp. parsley flakes (optional)

Procedure:

Put potatoes into a greased crock pot. Add cut up ham or hotdogs. Combine soup, milk, and parsley flakes and add to crock pot. Cook on high for 2 to 2 1/2 hours, or on low for 7 to 8 hours.

Yield:

Approx. 10 servings

Serving Size:

2/3 cup

Food Program Meal Component:

- 1/4 cup fruit/vegetable
- 1.5 oz. meat/meat alternate



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Three Bean Burger Bake

Ingredients:

- 1 1/4 lb. ground beef
- 1 - 16 ounce can wax beans, drained
- 1 - 16 ounce can green beans, drained
- 1-16 ounce can kidney beans, rinsed and drained
- 4 slices bacon, diced
- 1 tsp. prepared mustard
- 1 tsp. salt
- 1/2 cup brown sugar
- 1 Tbsp. catsup

Procedure:

Fry bacon until brown, then remove from pan. Brown ground beef lightly in bacon fat, and drain off excess fat. Mix beef and bacon with remaining ingredients in a greased 3 quart casserole. Bake, covered, for 55 minutes in a 325 degree oven.

Yield:

9 servings

Food Program Meal Component:

- 1.5 meat/meat alternate
- 1/2 cup fruit/vegetable