

Appendix A

Recipes

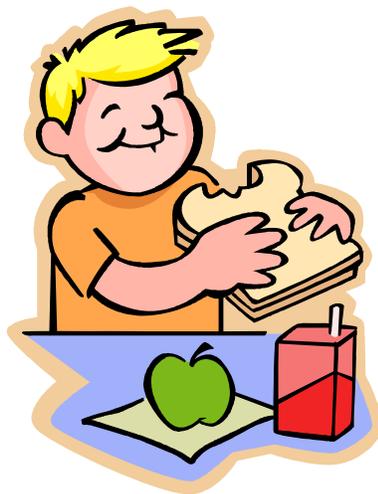
There are 66 recipes included in this section. The recipes are organized alphabetically by recipe name.

Recipes are coded with the corresponding week, day and meal of the menu cycle. Each recipe provides a nutrition and physical activity tip, found at the bottom of the recipe. We encourage you to share these tips with the children, parents, and families.

Montana child care providers generously shared their favorite “tried and true” recipes. Recipes from Montana providers are noted on the recipe source, located at the bottom of each recipe.

Here are some ways to make this menu cycle and the recipes even more flexible and useful:

- Looking for a quick snack in a pinch? Try something from the breakfast menus! Many of the breakfast meals in this cycle menu can also be served as a credible snack. All breakfast meals have milk, fruit or vegetable, and bread components. Using 2 of the 3 food components will create a credible snack.
- The lunch meals/recipes in this cycle menu can also be served as a credible supper meal.



Recipes

A

Apple Cheese Biscuits
Apple Cheese Squares
Apple Smiles

B

Baby Carrots & Raisins
Baked Apples
Baked Beans
Baked French Toast Strips
Baked Spaghetti
Banana Bread
Banana Crunch Pop
BBQ Cups
Bean and Cheese Burrito
Black Bean Dip
Broccoli Salad
Brown Rice Pilaf
Busy Day Hamburger Stew

C

Chicken Enchilada Casserole
Chicken Pita Sandwich
Chili Corn Chip Bake
Cool Creamy Vegetable Dip
Corn Flake Baked Chicken
 Breast
Cottage Cheese Dip
Crockpot Cheeseburger
 Sandwich
Cucumber Yogurt Dip

E

Easy Winter Fruit Salad

F

Finger Pancakes
Fruit Jigglers

G

Gone Fishin'
Granola

H

Ham and Cheddar Roll-ups
Healthy Bran Muffins
Hens on the Nest
Homemade Biscuits
Hummus Dip

I

Individual Pizzas

J

Junior Trail Mix

L

Lime Marinated Chicken
 Breasts
Lowfat and Yummy Dressing

M

Macaroni & Cheese with Ham

N

Navy Bean and Ham Soup
Nuts and Bolts

O

Orange-Pineapple Gelatin
Oven French Toast

P

Pancakes
Peach Crisp
Perfect Cornbread
Perfect Peanut Butter Dip
Porcupine Meatballs
Pork Stir Fry
Pumpkin Bread
Pumpkin Pancakes
Pumpkin Patch Muffins

S

Soft Pretzels
Spinach Salad
Sunny Carrot Salad
Sunshine Tacos

T

Taco Chex Mix
Tasty Lemon Fish
Tater Tot Casserole
Tuna Boats
Turkey Tetrazzini

V

Vegetable Chili
Vegetable Soup
Volcano Potatoes

W

Whole Grain Banana Muffins

Y

Yogurt/Cereal/Fruit Parfait