

CACFP Cycle Menu



Sample Menu with General Mills CACFP Creditable Products

Recipe Included. Ingredients shown in **bold** are included in the linked recipe.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Fruit Pancake Taco	Fruit Pizza English Muffin	Gluten-Free Blueberry Chex™ Parfait	Baked Crunchy French Toast Fingers	Cheerios™ Banana Quesadillas
	Fluid Milk ¹	Milk	Milk	Milk	Milk	Milk
	Fruits/Vegetables	Assorted Fresh Fruit	Sliced Strawberries	Blueberries	Assorted Fresh Fruit	Banana
	Grains/Meats and Meat Alternates ²	Bisquick™ Original Pancake Baking Mix	Whole Grain English Muffin (WGR)	Yogurt³	Whole Grain Bread (WGR)	Whole Wheat Tortillas (WGR)
LUNCH/SUPPER		Tomato Soup and Grilled Cheese	Beef Empanadas	Easy Bean and Cheese Tortilla Bowls	Biscuit Hamburger or Cheeseburger	Oven-Fried Ranch Chicken Tenders
	Fluid Milk ¹	Milk	Milk	Milk	Milk	Milk
	Fruits	Sliced Grapes	Diced Mango	**	Apple Slices	Diced Pineapple
	Vegetables	Annie's Organic Tomato Soup*	Tomatoes	Tomatoes, Shredded Lettuce and Sliced Bell Peppers	Carrot Sticks	Sliced Bell Peppers
	Grains	Whole Grain Bread (WGR)	Pillsbury™ Buttermilk Biscuits	Old El Paso™ Flour Soft Tortilla Bowls	Pillsbury™ Buttermilk Biscuits	Brown Rice
	Meats/Meat Alternates	American Cheese	Ground Beef	Old El Paso™ Refried Beans and Shredded Cheese	Hamburger Patty, Sliced Cheese	Chicken
SNACK		Apple Cinnamon Crunch Burritos	Yogurt with Granola	Pail Mix	Whole Grain Crackers and Cheese Stick	Easy Biscuit Pizza Snacks
	Fluid Milk ¹	--	--	Milk	--	--
	Fruits	--	--	--	--	--
	Vegetables	--	--	--	--	--
	Grains	Old El Paso™ Flour Tortilla	Nature Valley™ Cinnamon Reduced Sugar Granola	Assorted General Mills Cereals (WGR)	Whole Grain Crackers (WGR)	Pillsbury™ Grandst™ Flaky Layers Original Biscuits
	Meats/Meat Alternates	Nut Butter	Low-Fat Yogurt³	--	Cheese Stick	Mozzarella Cheese

1 Serve only unflavored whole milk to children age 1. Serve unflavored whole, reduced-fat (2%), low-fat (1%) or fat-free milk to children ages 2-5. Serve unflavored or flavored whole, reduced-fat (2%), low-fat (1%) or fat-free milk to children age 6 and up and adults.

2 Meats and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

3 Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

Always check with your State Agency to make sure foods are creditable in your state.

Substitutions:

* Substitute Progresso™ Vegetable Classics Hearty Tomato Soup.

** The fruits component at lunch and supper may be substituted by a second, different vegetable.

Find more child care resources at the [Bell Institute of Health and Nutrition](https://www.bellinstitute.org/).



Fruit Pancake Taco

Total Time

20 MINUTES

Servings

6

Age Group

3-5

Serving Size

1 PANCAKE TACO

INGREDIENTS

- 1 cup Bisquick™ Original Pancake Baking Mix
- 1/2 cup milk
- 1 tablespoon vegetable oil
- 1 egg
- 2 tablespoons strawberry cream cheese spread (from 7.5-oz container)
- 3 3/4 cups assorted fruit, such as sliced bananas, blueberries, raspberries, and chopped strawberries
- 1/3 cup Blueberry Chex™ Cereal

Tips:

- There are so many ways to enjoy these pancake tacos! Try spreading with yogurt, jam, or nut butter to change things up, or switch the topping by using Cinnamon Chex™ instead of Blueberry Chex™.
- If not eating immediately, transfer the pancakes to a cooling rack and keep warm in a 200°F oven. For a quick reheat, you can also use a toaster or microwave.

Crediting:

Enriched Grains: 1 oz eq (each Pancake should weigh approximately 40 grams), Fruits: 1/2 Cup.

DIRECTIONS

1. Heat griddle or skillet over medium-high heat or electric griddle to 375°F. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
2. In medium bowl, beat Bisquick™ mix, milk, oil, and egg with whisk until blended
3. Brush griddle with vegetable oil or shortening. For each pancake, pour 1/4 cup batter onto hot griddle. Cook 1 to 2 minutes or until puffed and bubbles begin to form on top. Turn; cook other side until golden brown. Remove from griddle to serving plate. Repeat with remaining batter
4. To serve, spread 1 teaspoon cream cheese spread on each pancake. Top with 2 tablespoon fresh fruit and 1 tablespoon cereal. Fold pancakes in half, and serve like tacos. Serve with remaining 1/2 cup fruit on the side.





Fruit Pizza English Muffin

Total Time

25 MINUTES

Servings

12

Age Group

3-5

Serving Size

1 FRUIT PIZZA
(1/2 MUFFIN)

INGREDIENTS

- 6 whole-grain English muffins, split, 56 g each
- 3/4 cup strawberry cream cheese spread (from 7.5 oz container)
- 6 cups sliced fresh strawberries
- 2 cups Blueberry Chex™ Cereal

DIRECTIONS

1. Toast English muffins as desired.
2. Spread one tablespoon cream cheese spread on each muffin half. Top with two tablespoons of strawberries and two heaping tablespoons of cereal.
3. Serve with 3/8 cup of strawberries on the side.

FLAVOR TWISTS

- Swap out strawberries for sliced bananas.
- Try topping English muffins with Cinnamon Chex™ Cereal instead of Blueberry Chex™ Cereal.

Crediting:

Grains: 1 oz eq, Fruits: 1/2 cup.





Gluten-Free Blueberry Chex™ Parfait

Total Time
25 MINUTES

Servings
8

Age Group
3-5

Serving Size
1 PARFAIT CUP

INGREDIENTS

- 4 cups low-fat yogurt
- 4 cups blueberries
- 2 cups Blueberry Chex™ Cereal

DIRECTIONS

1. Scoop 4 oz (1/2 cup) of yogurt into the bottom of 8 individual cups.
2. Place 1/4 cup of blueberries on top of yogurt.
3. Top each parfait with 1/4 cup of Blueberry Chex™ Cereal; serve chilled; portion an additional 1/4 cup of blueberries on the side with each serving.

Tips:

- Yogurt must contain no more than 12 grams of added sugars per 6 ounces.
- Switch out Blueberry Chex™ for Strawberry Vanilla Chex™ for a fun flavor variation.

Crediting:

Meats/Meat Alternates: 1 oz eq, Fruits: 1/2 cup.

« RETURN TO CYCLE MENU



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Baked Crunchy French Toast Fingers

Total Time
35 MINUTES

Servings
12

Age Group
3-5

Serving Size
1 FRENCH TOAST FINGER
(1/2 SLICE BREAD)

INGREDIENTS

- 3 1/2** cups Blueberry Chex™ Cereal or Strawberry Vanilla Chex™ Cereal
- 6** slices whole-grain bread, 28 g each
- 3** large eggs, slightly beaten
- 1** cup milk
- 1** teaspoon vanilla
- 1/8** teaspoon salt
- 6** cups assorted fresh fruit, such as sliced bananas, blueberries, raspberries, and chopped strawberries

Crediting:

Grains: 1/2 oz eq, Fruits: 1/2 cup.

DIRECTIONS

- 1.** Heat oven to 425°F. Line 15x10x1-inch baking pan with foil; spray foil with cooking spray.
- 2.** Place cereal in large resealable plastic food-storage bag; seal bag. Using rolling pin or flat bottom of measuring cup, finely crush the cereal. Place crushed cereal in pie plate or shallow dish.
- 3.** Cut each slice of bread in half lengthwise to make strips. Place the bread strips in 13x9-inch (3-quart) glass baking dish.
- 4.** In medium bowl, beat eggs, milk, vanilla, and salt with whisk until well mixed. Pour egg mixture slowly and evenly over bread strips. Let soak 2 minutes, pressing gently halfway through with back of metal spatula to ensure strips are fully soaked.
- 5.** Remove bread strips from egg mixture one at a time, and carefully dip into crushed cereal, turning to coat both sides (pressing in with hands if needed). Arrange coated strips in pan.
- 6.** Bake 10 to 12 minutes or until bottoms are golden brown. Carefully flip each strip, then bake 4 to 6 minutes longer or until golden brown.
- 7.** To serve: Place 1 French toast “finger” on plate, top with 1/4 cup fruit and serve another 1/4 cup fruit on the side.





Cheerios[™] Banana Quesadilla

Total Time
10 MINUTES

Servings
2

Age Group
3-5

Serving Size
2 TRIANGLES

INGREDIENTS

- 2 whole-wheat flour tortillas (8-9 inch)
- 2 tablespoons peanut butter
- 1/2 cup Cheerios[™] Cereal
- 2 medium bananas, thinly sliced (1 cup)
- 2 teaspoons honey

DIRECTIONS

1. Over each tortilla, spread 1 tablespoon peanut butter. Over half of each peanut butter-topped tortilla, sprinkle 1/4 cup of the cereal. Arrange 1 sliced banana over cereal and drizzle with 1 teaspoon honey.
2. Fold tortillas over filling, then cut each in half, making 4 triangles.

Tip:

Try swapping original Cheerios[™] for Strawberry Vanilla or Blueberry Cheerios[™] for a fun flavor variation.

Crediting:

Grains: 1 oz eq, Meats/Meat Alternates: 1 oz eq, Fruits: 1/2 cup.





Beef Empanadas

Total Time
65 MINUTES

Servings
22

Age Group
3-5

Serving Size
1 EMPANADA

INGREDIENTS

- 1 1/2** cups onions, finely chopped (8 oz)
- 2** tablespoons olive oil
- 2** tablespoons garlic, fresh, minced (1 oz)
- 1** tablespoon cumin, ground
- 1** tablespoon oregano leaves, dried
- 6** cups ground beef, 80/20 (3 lb)
- 1/2** cup raisins, chopped (2.50 oz)
- 1/2** cup pimiento stuffed olives, finely chopped (2.50 oz)
- 1 1/2** cups diced tomatoes, canned (14 oz)
- 2** teaspoons kosher salt
- 1** teaspoon black pepper
- 11** Pillsbury™ Grands! Butter Tastin' Biscuits, Gold Medal™ All-Purpose Flour, for dusting
- 2** large eggs
- 2** tablespoons, water cold approx. 50°F

DIRECTIONS

FILLING

- 1.** Add onions and olive oil to skillet over medium heat; stir frequently and cook until softened, about 10 minutes.
- 2.** Add garlic, cumin and oregano; continue cooking for 1 minute, stirring frequently.
- 3.** Add ground beef and cook through; add raisins, olives, tomatoes, salt and pepper.
- 4.** Cook until mixture is reduced, but still moist and has reached a temperature of 165°F, about 5 minutes. Keep warm until needed.

ASSEMBLY

- 1.** Thaw biscuit pucks, covered for 20 minutes at room temperature or overnight in refrigerator.
- 2.** Cut each biscuit in half and roll out on generously floured surface until size is approx. 4-inches in diameter.
- 3.** Fill half with 1/2 cup filling; brush edges with water and fold over to seal.
- 4.** Crimp edges with fork and place on parchment-lined baking sheet.
- 5.** Brush empanadas with egg wash, bake as directed and serve warm.

BAKING

Convection oven: bake at 350°F for 8-12 minutes.

Standard oven: bake at 400°F for 12-16 minutes.

Crediting:

Grains: 1 oz eq, Meats/Meat Alternates: 1.5 oz eq.





Easy Bean and Cheese Tortilla Bowls

Total Time

15 MINUTES

Servings

8

Age Group

3-5

Serving Size

1 TORTILLA BOWL

INGREDIENTS

- 1 can (16 oz) Old El Paso™ Refried beans, heated as directed on can
- 1 package (6.7 oz) Old El Paso™ Flour Soft Tortilla Bowls (8 count), heated as directed on package
- 1 cup shredded cheese or Mexican cheese blend

Toppings as Desired

- Shredded lettuce
- Sour cream
- Salsa
- Guacamole

DIRECTIONS

1. Spread 1/4 cup beans in bottom of each tortilla bowl. Top beans with 2 tablespoons shredded cheese.
2. If desired, add additional toppings such as shredded lettuce, sour cream, salsa and guacamole. Serve immediately.

Crediting:

Grains: 3/4 oz eq, Meats/Meat Alternates: 1.5 oz eq.





Oven-Fried Ranch Chicken Tenders

Total Time
35 MINUTES

Servings
6

Age Group
3-5

Serving Size
2 CHICKEN TENDERS
(0.75 OZ EACH)

INGREDIENTS

- 1/3** cup Gold Medal™ All-Purpose Flour
- 2** large eggs
- 1** tablespoon water
- 3** cups Corn Chex™ Cereal
- 1** (1 oz) package dry ranch salad dressing and seasoning mix
- 1** (14 oz) package boneless skinless chicken breast tenders
- 1/4** cup butter, melted

DIRECTIONS

- 1.** Heat oven to 425°F. Line large-rimmed baking pan with foil; spray with cooking spray.
- 2.** In shallow dish, place flour. In another shallow dish, beat eggs and water. In 1-gallon resealable food-storage plastic bag, finely crush cereal with rolling pin or the bottom of a measuring cup. Add dressing mix (dry) to cereal in bag; shake to mix. Pour into another shallow dish. Working 1 at a time, coat chicken with flour, dip into egg mixture then roll onto cereal mixture. Place in baking pan. Repeat with remaining chicken. Press any remaining cereal coating mixture on tops of chicken. Drizzle melted butter over tops of chicken. Discard flour and egg mixture.
- 3.** Bake 12 to 15 minutes or until golden brown and chicken reaches 165°F internal temperature. Let stand 5 minutes before serving.

Crediting:

Meats/Meat Alternates: 1.5 oz eq.





Apple Cinnamon Crunch Burritos

Total Time
15 MINUTES

Servings
12

Age Group
3-5

Serving Size
1/2 BURRITO

INGREDIENTS

- 3/4** cup nut butter
- 6** Old El Paso™ flour tortillas, (8-inch, 39 g each)
- 1** cup Cinnamon Chex™ Cereal, coarsely crushed
- 1 1/2** cups chopped unpeeled apples (2 medium)

DIRECTIONS

- 1.** To assemble, warm tortillas as directed on package. Spread two tablespoons of the nut butter over each tortilla, leaving 1/2-inch border around the edge.
- 2.** Sprinkle two tablespoons cereal over nut butter on each. Place 1/4 cup chopped apples in 4-inch line just below center of each tortilla, leaving two-inches border on both sides.
- 3.** Roll up each tortilla tightly. Fold bottom of tortilla over filling, then fold in sides to enclose. Continue rolling to seal.
- 4.** To serve, cut each burrito in half crosswise. Immediately, serve with additional fresh fruit on the side.

Crediting:

Grains: 3/4 oz eq, Meats/Meat Alternates: 1/2 oz eq.





Pail Mix

Total Time
5 MINUTES

Servings
5

Age Group
3-5

Serving Size
1 CUP

INGREDIENTS

- 1 cup Cheerios™ Cereal
- 1 cup Multi Grain Cheerios™ Cereal
- 1 cup Cheerios™ Veggie Blends Cereal
- 1 cup Corn Chex™ Cereal
- 1 cup Rice Chex™ Cereal

DIRECTIONS

1. Combine cereals and serve in individual "pails" or cups.

Tip:

Add whole-grain pretzels, whole-grain animal crackers and/or dried fruit pieces to create a variety of Pail Mixes.

Crediting:

Grains: 1 oz eq.





Easy Biscuit Pizza Snack

Total Time

35 MINUTES

Servings

16

Age Group

3-5

Serving Size

1 PIZZA SNACK

INGREDIENTS

- 1** can (16.3 oz) refrigerated Pillsbury™ Grands!™ Flaky Layers Original Biscuits (8 Count)
- 1/3** cups pizza sauce
- 8** sticks (1 oz each) mozzarella sticks, unwrapped, each cut crosswise
- 1** cup mini pepperoni slices (from 5 oz package)

DIRECTIONS

- 1.** Heat oven to 375°F. Line 2 large cookie sheets with cooking parchment paper or lightly grease with cooking spray or cooking oil.
- 2.** Separate Dough into 8 biscuits. Separate each biscuit in half; place on cookie sheets. Flatten biscuit layer for even thickness, if needed.
- 3.** Spread each biscuit layer with 1 teaspoon pizza sauce. Peel each string cheese half into 3 long strips, and place on top of sauce. Top each with 1 tablespoon pepperoni.
- 4.** Place both cookie sheets in oven. Bake for 6 minutes. Rotate sheets to different racks and turn from front to back. Bake 6 to 8 minutes longer until bottoms are deep golden brown and cheese is melted. Let stand 5 minutes before serving.

Crediting:

Grains: 1 oz eq, Meats/Meat Alternatives: 1/2 oz eq.

