



# SNACKS THAT COUNT: RECIPES FOR NUTRITIOUS SNACKS



Child Care

## TABLE OF CONTENTS

Introduction . . . . .	2
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### CRUNCHY, SMOOTH, TASTY (MEAT/MEAT ALTERNATES)

Easy Pizza . . . . .	6
Big Round Nachos . . . . .	7
Tuna Salad . . . . .	8
Chicken Salad . . . . .	9
Chili Bean Dip and Carrot Sticks . . . . .	10
Delicious Cottage Cheese Dip . . . . .	11
Cheesy Critters . . . . .	12
Ants on a Log . . . . .	13
Peanut Butter and Apple Triangles . . . . .	14
Homemade Peanut Butter . . . . .	15
Tuna Treats . . . . .	16

### SWEET, CRUNCHY, JUICY (VEGETABLE AND FRUIT)

Banana Surprise . . . . .	20
Fruitsicles . . . . .	21
Apple Salad . . . . .	22
Berry Banana Cooler . . . . .	23

Banana Smoothie . . . . .	24
Apple Smiles . . . . .	25
Fruit Kabobs and Yogurt Dip . . . . .	26
Homemade Applesauce . . . . .	27
Octopus Bubbles . . . . .	28
Peter Cottontail Salad . . . . .	29

### SPICY, SQUARE, SWEET (GRAINS)

Spiced Apple and Raisin Snack Mix . . . . .	32
Cereal Munch Mix . . . . .	33
Tortillas . . . . .	34
Banana Nut Bread . . . . .	35
Surprise Crescent . . . . .	36
Oatmeal Apple Muffin . . . . .	37

### COLD AND REFRESHING (MILK)

Special Notes . . . . .	40
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# INTRODUCTION

Children learn best by doing. Allowing children to take an active part in food preparation increases:

Knowledge of math, science and reading

Improves social skills and manners

Understanding of where food comes from

The likelihood to taste and enjoy all foods

Understanding and improving the child care environment

## TIPS FOR COOKING WITH CHILDREN

Be prepared. Have all ingredients laid out with needed equipment.

Use plastic utensils to guard against breakage.

Use aprons or towels tied around the waist to keep children clean.

Take a moment to explain the ground rules and project.

Start the activity by everyone washing his or her hands.

Demonstrate how to use a knife properly and always supervise.

Do not include a cooking activity that is “deep fried.”

If using stove top burners, ovens, or other equipment that will be hot, demonstrate how to use potholders and stay clear of the heat.

Place electrical cords where children cannot trip over them.



## RECIPES

These recipes satisfy the snack components and creditable food/beverage items of the CACFP, for children one through five years of age. Refer to the USDA Food Buying Guide (FBG) for Child Nutrition Program and the Crediting Handbook for the Child and Adult Care Food Program to serve the correct amount per service for each age group and requirement specifications for creditability.

### KEY



Involve Children in Preparation



Good Source of Iron



Low in Fat





**CRUNCHY, SMOOTH, TASTY**

**( MEAT/MEAT ALTERNATE )**



## EASY PIZZA

### INGREDIENTS

- 4 each English muffins, split in half,  
(13 gm or 0.5 oz)
- 1/2 cup tomato sauce
- 1 teaspoon oregano
- 4 ounces mozzarella cheese

### EQUIPMENT

- Knives
- Measuring spoons
- Baking sheets
- Oven or toaster oven

### DIRECTIONS

1. Split English muffins in half
2. Spread 1/2 tablespoon tomato sauce on each half
3. Sprinkle each half with a pinch of oregano
4. Top with 1/2 ounce mozzarella cheese
5. Place on baking sheet and bake about 10 minutes at 425°
6. Cool completely before serving to children
7. Serve one-half muffin per child

### VARIATION

Try mushrooms, green peppers, or other vegetable toppings.

SERVES 8

Recipe = 1/2 Grains  
1/2 ounce Meat/Meat Alternate

# BIG ROUND NACHOS

## INGREDIENTS

- 8 each tostado shells  
(whole grain or enriched)  
(13 gm or 0.5 oz)
- 2 ounces cheddar cheese or low fat  
cheese
- 1/2 cup refried beans

## EQUIPMENT

- Cheese grater
- Knives
- Spoons
- Bowl
- Baking sheet
- Oven or toaster oven

## DIRECTIONS

1. Grate cheese and set aside
2. Gently spread each tostado shell with  
1 tablespoon refried beans
3. Place on baking sheet and top with grated  
cheese (1/4 ounce on each tostado)
4. Heat at 400° until cheese melts
5. Serve one tostado per child

## VARIATION

Use soft flour tortillas in place of tostado shells. Roll cheese and beans in tortilla; wrap tortilla in foil and heat in 350° oven until cheese melts, about 8 minutes.

SERVES 8

Recipe = 1/2 Grains

1/2 ounce Meat/Meat Alternate





## TUNA SALAD

### INGREDIENTS

4 ounces tuna, packed in water  
1/3 cup celery, finely chopped  
1/4 cup reduced fat mayonnaise  
or salad dressing  
2-3 tablespoons pickle relish  
1/2 teaspoon onion  
4 slices whole grain bread (or 32 saltine  
crackers, or 24 pieces melba toast)

### EQUIPMENT

Mixing bowls  
Knives  
Chopping board  
Measuring cups

### DIRECTIONS

1. Mix tuna, celery, mayonnaise, pickle relish, and onion together in large mixing bowl
2. Serve 1-1/2 tablespoons on any of the grains/breads component food items listed in the ingredient list
3. Serve 3 pieces of melba toast (or 4 crackers, or 1/2 slice whole grain bread) per child

### BREAD

25 gm or .9 oz. = 1 serving  
13 gm or .5 oz. = 1/2 serving

### CRACKERS & MELBA TOAST

20 gm or .7 oz. = 1 serving  
10 gm or .4 oz. = 1/2 serving

SERVES 8

Recipe = 1/2 Grains  
1/2 ounce Meat/Meat Alternate

# CHICKEN SALAD

## INGREDIENTS

- 4 ounces chicken, cooked, deboned and cubed
- 2 teaspoons lemon juice
- 1/4 cup celery, chopped
- 1/4 cup seedless grapes, halved (or apple, chopped)
- 1 large egg, cooked, peeled and chopped
- 1/4 cup almonds, slivered or blanched
- 1/4 cup mayonnaise (reduced fat)
- 4 slices whole grain bread (or 32 saltine crackers, or 24 pieces melba toast)

## EQUIPMENT

- Mixing bowls
- Knives
- Chopping board
- Measuring cups and spoons

## DIRECTIONS

1. Mix ingredients together in large mixing bowl
2. Serve 1-1/2 tablespoons on any of the grains/breads component food items listed in the ingredient list
3. Serve 1/2 slice whole grain bread (or 4 crackers, or 3 pieces of melba toast) per child

## BREAD

- 25 gm or .9 oz. = 1 serving
- 13 gm or .5 oz. = 1/2 serving

## CRACKERS & MELBA TOAST

- 20 gm or .7 oz. = 1 serving
- 10 gm or .4 oz. = 1/2 serving

SERVES 8

Recipe = 1/2 Grains

1/2 ounce Meat/Meat Alternate







## CHILI BEAN DIP AND CARROT STICKS

### INGREDIENTS

- 1 cup kidney or pinto beans, cooked
- 1 teaspoon vinegar or lemon juice
- 1/4 - 1/2 teaspoon chili powder
- 1/4 - 1/2 teaspoon cumin
- 1 teaspoon onion, diced
- 1 pound carrot sticks

### EQUIPMENT

- Mixing bowl
- Measuring cups and spoons
- Potato masher

### DIRECTIONS

1. Place beans in a bowl, and mash with a potato masher or fork
2. Add lemon juice or vinegar and spices and mix well
3. Serve 2 tablespoons of dip with 1/2 cup carrot sticks per child

SERVES 8

Recipe = 1/2 ounce Meat/Meat Alternate  
1/2 cup Vegetable

# DELICIOUS COTTAGE CHEESE DIP

## INGREDIENTS

- 8 ounces cottage cheese (low fat)
- 3 tablespoons plain yogurt (low fat)
- 2 tablespoons cheddar cheese
- 1 tablespoon dill weed
- 2 teaspoons Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon celery seed (optional)

## EQUIPMENT

- Mixing bowl
- Measuring cups and spoons
- Mixing spoon

## DIRECTIONS

1. Mix cottage cheese with yogurt and cheddar cheese
2. Add spices and stir until mixed well
3. Serve 1 ounce with another snack component (such as a grains/breads or vegetable) per child

SERVES 8

Recipe = 1/2 ounce Meat/Meat Alternate





## CHEESY CRITTERS

### INGREDIENTS

- 8 slices whole wheat bread
- 8 each natural cheese (1 ounce slices)

### EQUIPMENT

- Cookie cutters (any shape)

### DIRECTIONS

1. Cut cheese with various cookie cutter shapes and place on bread
2. Toast or eat as is!
3. Serve one slice per child

### BREAD

- 25 gm or .9 oz. = 1 serving
- 13 gm or .5 oz. = 1/2 serving

### CRACKERS & MELBA TOAST

- 20 gm or .7 oz. = 1 serving
- 10 gm or .4 oz. = 1/2 serving

SERVES 8

Recipe = 1 Grains

1 ounce Meat/Meat Alternate

# ANTS ON A LOG

## INGREDIENTS

- 1/2 cup peanut butter (creamy)
- 8 stalks celery (about 4-6 inches long)  
(.75 pound)
- 2 cups raisins

## EQUIPMENT

- Knives
- Spoons

## DIRECTIONS

1. Spread 1 tablespoon of peanut butter on each celery stalk
2. Place 1/4 cup of raisins on top of peanut butter
3. Serve one celery stick per child

SERVES 8

Recipe = 1/2 ounce Meat/Meat Alternate  
1/8 cup Vegetable





## PEANUT BUTTER AND APPLE TRIANGLES

### INGREDIENTS

4 slices whole wheat bread  
(25 gm or .9 oz. = 1 serving;  
13 gm or .5 oz. = 1/2 serving)  
1/2 cup peanut butter, creamy  
1/2 cup apple, chopped

### EQUIPMENT

Knives  
Cutting board  
Spatula

### DIRECTIONS

1. Cut each slice of bread diagonally to form triangles
2. Mix peanut butter and apples together
3. Spread 1 tablespoon of mixture on each bread triangle
4. Top with another bread triangle
5. Serve one triangle per child

SERVES 8

Recipe = 1/2 Grains  
1/2 ounce Meat/Meat Alternate  
1/8 cup Fruit

# HOMEMADE PEANUT BUTTER

## INGREDIENTS

8 ounces peanuts, roasted unsalted  
(or roast raw peanuts at 300°  
for 40 minutes)  
2 tablespoons vegetable oil  
1/4 teaspoon salt  
4 slices whole grain bread (or 32 saltine  
crackers, or 24 pieces of melba toast)

## EQUIPMENT

Blender or food processor  
Spatula  
Spoons  
Measuring spoons

## DIRECTIONS

1. Hull roasted peanuts
2. Put 1 cup peanuts in blender or food processor
3. Add oil and salt, and grind until smooth
4. Place 1 tablespoon of homemade peanut butter on any of the grains/breads component food items listed in the ingredient list
5. Serve 1/2 slice whole grain bread (or 4 crackers, or 3 pieces of melba toast) per child

## BREAD

25 gm or .9 oz. = 1 serving  
13 gm or .5 oz. = 1/2 serving

## CRACKERS & MELBA TOAST

20 gm or .7 oz. = 1 serving  
10 gm or .4 oz. = 1/2 serving

SERVES 8

Recipe = 1/2 Grains

1/2 ounce Meat/Meat Alternate





## TUNA TREATS

### INGREDIENTS

- 8 ounces tuna (water packed)
- 1 large egg
- 1 slice dry whole grain bread, crumbled (or 1/4 cup bread crumbs)
- 1/2 cup peas, frozen
- 1/3 - 1/2 cup grated cheese

### EQUIPMENT

- Mixing bowl
- Measuring cup
- Muffin tins

### DIRECTIONS

1. Spray muffin tins with non-stick spray
2. Mix ingredients; use a #8 scoop/disher and place into 8 muffin tins
3. Sprinkle with grated cheese
4. Bake at 350° for 15 to 20 minutes
5. Serve one muffin per child

SERVES 8

Recipe = 1 ounce Meat/Meat Alternate











# SWEET, CRUNCHY, JUICY

( VEGETABLE AND FRUIT )



## BANANA SURPRISE

### INGREDIENTS

8 each bananas (petite whole; 3 lb)  
16 squares graham crackers  
1/2 cup creamy peanut butter

### EQUIPMENT

Popsicle sticks (8 each)  
Bags (zip-lock type) (8 each)  
Cutting board  
Knife  
Cookie sheet  
Freezer compartment

### VARIATION

Substitute 2 tablespoons of honey and 2 tablespoons of orange juice for the peanut butter, then dip in crushed cereal instead of graham crackers.

### BREAD

25 gm or .9 oz. = 1 serving  
13 gm or .5 oz. = 1/2 serving

### CRACKERS & MELBA TOAST

20 gm or .7 oz. = 1 serving  
10 gm or .4 oz. = 1/2 serving

### DIRECTIONS

1. Place 2 squares graham crackers in zip-lock bag and seal
2. Crush the graham crackers in the bag by kneading the bag in your hands and pressing on a flat surface
3. Cut bananas in half
4. Insert a popsicle stick into each cut side of the banana
5. Spread a thin coating of peanut butter onto each banana, then dip banana into the graham cracker crumbs
6. Remove banana popsicle from bag and put on a cookie sheet and place in the freezer
7. Freeze and eat
8. Two banana pops per child

SERVES 8

Recipe = 1/2 cup Fruit

# FRUITSICLES

## INGREDIENTS

- 3 cups 100% fruit juice  
(apple, orange, grape, etc.)
- 1 cup canned fruit in natural juices  
(cocktail, pears, peaches, apricots, etc.)

## EQUIPMENT

- Measuring cups
- Food mill or grinder, blender, food processor
- Disposable 5-ounce cups  
(5-ounce size, 8 each)
- Popsicle sticks (8 each)
- Plastic wrap

## DIRECTIONS

1. Pour juice and canned fruit into blender, food mill, or processor
2. Mix juice and fruit together and pour 4 ounces (1/2 cup) into paper cups
3. Cover with plastic wrap, slit a hole in center of wrap, and insert popsicle stick into hole
4. Freeze until hard
5. Tear away cup to eat
6. Serve one paper cup per child

SERVES 8

Recipe = 1/2 cup Fruit (juice)





## APPLE SALAD

### INGREDIENTS

- 2 cups celery, diced
- 2 cups apple, diced
- 1/2 cup raisins
- 1/3 cup mayonnaise (reduced fat)  
mixed with 1 tablespoon milk
- Romaine lettuce leaves (dark leafy green)

### EQUIPMENT

- Mixing bowls
- Measuring cups
- Knives
- Cutting board
- Spoons

### DIRECTIONS

1. Mix all ingredients together in mixing bowl
2. Serve 1/2 cup on lettuce leaf, one per child

SERVES 8

Recipe = 1/4 cup Fruit

# BERRY BANANA COOLER

## INGREDIENTS

- 1 10 oz. pkg frozen strawberries, partially thawed
- 1-1/2 cups orange juice
- 1-1/2 cups lemonade
- 2 medium (.5 lb) bananas (ripe), cut into chunks

## EQUIPMENT

- Measuring cups
- Knife
- Cutting board
- Blender or food processor
- Paper cups (6-ounce size, 8 each)

## DIRECTIONS

1. Place all ingredients in a blender or processor and blend until smooth
2. Pour mixture into 6 ounce cups
3. Serve one paper cup per child

SERVES 8

Recipe = 1/2 cup Fruit (juice)







## BANANA SMOOTHIE

### INGREDIENTS

4 cups orange juice, chilled  
4 each bananas, petite whole, 1.5 lb  
1/2 teaspoon vanilla extract

### EQUIPMENT

Measuring cups  
Measuring spoons  
Blender or food processor  
Paper cups (6-ounce size, 8 each)

### DIRECTIONS

1. Place all ingredients in a blender or processor and blend until smooth
2. Pour 4 ounces of banana smoothie in each cup
3. Serve one paper cup per child

SERVES 8

Recipe = 1/2 cup Fruit (juice)

# APPLE SMILES

## INGREDIENTS

8 each red apples  
(about 2-1/2 inches in diameter, 2.25 lb)  
8 tablespoons peanut butter  
Miniature marshmallows

## EQUIPMENT

Cutting board  
Knives

## DIRECTIONS

1. Wash apples, slice in half and remove cores
2. Slice each apple into 8 slices
3. Spread peanut butter on one side of each slice of apple
4. Place three or four marshmallows (teeth) on top of the peanut butter
5. Top with another apple slice, (peanut butter side down), and press slightly together to complete the smile
6. Serve one apple per child

SERVES 8

Recipe = 1/4 cup Fruit  
1/2 ounce Meat/Meat Alternate





## FRUIT KABOBS AND YOGURT DIP

### INGREDIENTS

4 cups fresh, frozen, or canned fruit in natural juice (apple, bananas, cantaloupe, cherries, grapes, honeydew melon, peaches, pineapple, strawberries, watermelon)

8 ounces yogurt, plain or vanilla (low fat)

2 tablespoons frozen orange juice concentrate

1/2 teaspoon cinnamon

### EQUIPMENT

Knives

Cutting boards

Toothpicks or skewers

Mixing spoons

Measuring spoons

Mixing bowls

### DIRECTIONS

1. Clean fresh fruits and remove seeds, pits, etc.
2. Cut fruit into 1/2 inch squares or use a melon baller
3. Arrange fruits attractively on a platter
4. Choose at least five pieces of fruit and place on skewer or toothpicks (may need more than one)
5. Mix yogurt, orange juice and cinnamon
6. Serve one fruit kabob with 1 ounce of yogurt dip

### VARIATIONS

Try other flavorings instead of cinnamon in the yogurt such as vanilla, nutmeg, and coconut extract.

SERVES 8

Recipe = 1/2 cup Fruit  
1/2 ounce Meat/Meat Alternate

# HOMEMADE APPLESAUCE

## INGREDIENTS

- 8 each apples  
(about 2-1/2 inches in diameter, 2.25 lb)
- 3 tablespoons honey
- 2 teaspoons cinnamon

## EQUIPMENT

- Knives
- Cutting board
- Measuring spoon
- Mixing spoon

## DIRECTIONS

1. Peel the apples and chop into small chunks
2. Place apples in sauce pan and cook in 1/2 inch of water
3. Add honey, boil and stir
4. Cook until apples are tender, about 15 minutes
5. Stir apples to create a chunky applesauce or put in a blender and puree for smooth applesauce
6. Pour 1/2 cup applesauce into bowls or cups and sprinkle with cinnamon
7. Serve 1/2 cup per child

SERVES 8

Recipe = 1/2 cup Fruit





## OCTOPUS BUBBLES

### INGREDIENTS

4 cups 100% fruit juice  
(pineapple or white grape fruit juice)  
2 cups club soda

### EQUIPMENT

Glasses or cups

### DIRECTIONS

1. Pour 4 ounces (1/2 cup) chilled juice into a glass
2. Top off with a splash of club soda
3. Serve one glass per child

SERVES 8

Recipe = 1/2 cup Fruit (juice)

# PETER COTTONTAIL SALAD

## INGREDIENTS

8 each romaine lettuce leaves  
(dark leafy green) 1/4 pound  
16 each pear halves natural juice —  
No. 2 – 1/2 can (29 oz) + No. 303 can (15  
oz)  
32 each cloves or raisins  
32 each almonds (optional) or olive halves  
1 cup cottage cheese

## EQUIPMENT

Melon baller or spoon

## DIRECTIONS

1. Place a pear half (round side up) on a leaf of lettuce (core side down)
2. Add 2 cloves (or raisins) for eyes and 2 almonds (or olive halves) for ears
3. Place 1 ounce of cottage cheese (at the end of the pear half) for the tail
4. Serve one rabbit for 1/4 cup fruit and two rabbits for 1/2 cup fruit serving

SERVES 8

Recipe = 1/4 cup Fruit  
1/2 ounce Meat/Meat Alternate









# SPICY, SQUARE, SWEET

( GRAINS )



## SPICED APPLE AND RAISIN SNACK MIX

### INGREDIENTS

- 4 cups whole grain oat squares cereal
- 4 cups cinnamon square cereal
- 3 cups dried apple chunks, firmly packed,  
1/2 lb = about 2.6 cups
- 1-1/2 cups raisins
- 1-2 teaspoons cinnamon

### EQUIPMENT

- Mixing bowl
- Measuring cups and spoons
- Mixing spoons
- Zip-lock bags

### DIRECTIONS

1. Place dried apple chunks into zip-lock bag and add cinnamon
2. Close bag and shake to mix cinnamon and dried apples
3. Mix remaining ingredients and dried apples together
4. Store tightly covered in refrigerator up to 5 days
5. Serve one cup per child

SERVES 10

Recipe = 3/4 cup cereal = 1 Grains  
1/4 cup Fruit

# CEREAL MUNCH MIX

## INGREDIENTS

8 cups alphabet, toasted oat circles,  
or toasted rice squares cereal  
1/2 cup nuts, finely chopped  
1 cup dried apple slices  
1 cup dried apricots, chopped  
1 cup raisins  
1/2 cup mini chocolate chips

## EQUIPMENT

Measuring cups and spoons  
Knives  
Chopping board  
Mixing spoons

## DIRECTIONS

1. Combine all ingredients in a bowl
2. Toss lightly to mix
3. Serve one cup per child

SERVES 8

Recipe = 3/4 cup cereal = 1 Grains  
1/4 cup Fruit



## TORTILLAS

### INGREDIENTS

- 1 cup enriched flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 tablespoon shortening
- 1/3 cup warm milk

### EQUIPMENT

- Measuring cups and spoons
- Mixing bowl
- Mixing spoon
- Skillet (preferably cast iron)

### DIRECTIONS

1. Mix flour, salt, baking powder and shortening
2. Slowly add warm milk to flour mixture and knead 4 to 5 minutes
3. Form 6 to 7 one ounce balls of dough
4. Flatten or roll to 1/4 inch thick
5. Place on lightly greased hot skillet (may use non-stick spray)
6. Turn from side to side until lightly brown
7. Serve one tortilla per child

SERVES 6-7 TORTILLAS  
Recipe = 1 Grains

# BANANA NUT BREAD

## INGREDIENTS

4 each bananas (petite whole; 1.5 lb)  
1/2 cup brown sugar  
1 large egg  
1-1/2 cups whole wheat flour  
3/4 cup enriched flour  
1-1/2 teaspoons baking soda  
1 teaspoon vanilla  
1 cup nuts, chopped  
1/4 cup margarine, melted  
2 tablespoons milk

## EQUIPMENT

Mixing bowl  
Mixing spoon  
Measuring cups and spoons  
Loaf pan (8-1/2" x 4-1/2" x 2-1/2")  
Knife  
Cutting board

## DIRECTIONS

1. Mix all ingredients in the order listed
2. Mix well
3. Pour into greased and floured bread loaf pan
4. Bake at 350° for 40-45 minutes
5. Cut eight one inch slices
6. Serve one slice per child

SERVES 8  
Recipe = 1 Grains



## SURPRISE CRESCENT

### INGREDIENTS

- 1 package refrigerated crescent rolls  
(12/container) (25 gm or .9 oz. = 1 serving;  
13 gm or .5 oz. = 1/2 serving)
- 1/2 cup raisins or other dried fruit such as  
apricots, etc.
- 1/2 cup dry cereal or granola
- 1/2 cup nuts, finely chopped

### EQUIPMENT

- Cutting board
- Knife
- Measuring cups
- Cookie sheet

### DIRECTIONS

1. Separate triangles of dough and lay onto  
cutting board
2. Combine raisins, dry cereal, and nuts to make  
a filling
3. Scoop 1-1/2 tablespoons of the filling mixture  
onto triangles
4. Roll up and place on lightly greased baking  
sheet
5. Bake according to directions on crescent roll  
package
6. Serve one crescent roll per child

SERVES 12  
Recipe = 1 Grains

# OATMEAL APPLE MUFFIN

## INGREDIENTS

3/4 cup rolled oats (quick cooking)  
3/4 cup + 2 tablespoons milk  
1 large egg  
2 tablespoons oil  
2 tablespoons molasses  
3/4 cup apple, grated  
1-1/4 cups enriched flour  
1 tablespoon baking powder  
1/2 teaspoon cinnamon  
Dash salt

## EQUIPMENT

Mixing bowl  
Measuring cups and spoons  
Mixing spoons  
Grater  
Muffin tin

## DIRECTIONS

1. Preheat oven to 400°
2. Grease 12 muffin tins or use muffin liners
3. Place oats in a mixing bowl and pour milk over oats and let soak 15 minutes
4. Add egg, oil, molasses, and apple
5. Mix until lumpy
6. Fill muffin tin 3/4 full and bake for 20 minutes
7. Serve one muffin per child

SERVES 12  
Recipe = 1 Grains







# COLD AND REFRESHING

## ( MILK )

### CACFP MEAL PATTERN REQUIRES:

Fluid pasteurized milk is the only creditable milk item for the milk component in child care. Milk is required at breakfast and lunch/supper in child care. Children ages 12 months through 23 months must be served whole unflavored milk. Children age 2 years through 5 years must be served fluid pasteurized nonfat (skim) or low-fat (1%) unflavored milk. Children 6 years and older may be offered low-fat or nonfat flavored milk. Milk will contain vitamins A and D that is consistent with state and local standards. At the snack meal, milk is optional as one of the two components for a reimbursable meal.

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Office of the Assistant Secretary for Civil Rights

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## NOTES



TEXAS DEPARTMENT OF AGRICULTURE  
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Food and Nutrition Division  
Child and Adult Care Food Program

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[www.SquareMeals.org](http://www.SquareMeals.org)