

Me-Wuk

Cookbook

Revised February 16, 2009

Universal Health Precautions

Information About Preparing Food

1. Wash hands thoroughly with soap and water.
2. Clean all surfaces with diluted bleach before beginning food preparation.
3. Wear gloves when preparing any food that will not be cooked or is not being cooked. Do NOT wear gloves when near heat.
4. Use the knife cutting gloves when cutting food.
5. Prepare ALL food. If you believe it is too much or too little, immediately seek feedback from lab instructor. All the food must be prepared in order to decide if we are purchasing too much or too little of any food items.
6. Always set up food for the five lunch tables. If there is food left over, place in another serving bowl and put out on kitchen counter during lunchtime so everyone is aware that there are extra food items.
7. Serve food at the appropriate temperature. Please do not cook food too early or it will be cold for the children's lunch.
8. Only warm foods in the microwave oven in glass; plastic is NOT used in the microwave.
9. When possible, have the children help prepare the food upon arrival at 8:50 a.m.
10. Each team washes their own dishes that were involved in preparing their part of the meal.
11. The team that prepares the main meal also puts all of the food and beverages on the food serving trays and puts each tray on the lunch tables at the end of clean up time – immediately before children begin to wash hands.

Cooking/Bleaching/Trainer Information

All information is stored on the clipboard hanging in the planning room. The trainer's job is to ensure that the food/beverages for snack and lunch are prepared along with the appropriate counter tops and tables being bleached before food is prepared and/or served.

It is NOT the responsibility of the trainer to prepare or set up the food and beverages. The trainer will train each team member.

Bleaching Tables:

The team cooking the main meal will bleach the planning room table.

The team preparing the vegetable will bleach the counters around the stove and sink in the planning room.

The team preparing the milk/water pitchers will bleach the wood counters in the kitchen area in the preschool.

The team preparing the snack will bleach the indoor and outdoor tables that will be utilized for serving snack.

Almond Butter and Jelly Sandwiches

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:
 - a. Utensils needed for food preparation: cutting board, butter knife, cutting gloves, five serving plates, plastic wrap
 - b. Utensils needed for food serving trays: five child sized tongs or five tissue for serving food
2. Ingredients:
 - a. Almond Butter and Jelly
3. Preparation of Sandwiches:
 - a. Spread a thin layer of almond butter on one slice of bread and then spread a thin layer of jelly on another slice of bread.
 - b. Cut sandwiches into four squares.
 - c. **Serving Size:** Each child/teacher serves three sandwich squares. Place 18 squares on each plate, which is enough for six people at a table.
 - d. Cover plates immediately with plastic wrap, so that sandwiches are still soft when served.
 - e. Place plates in airtight food container.
4. Washing utensils
 - a. immediately after preparing sandwiches wash butter knife and cutting board
5. Serving Food to Children:
 - a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Bologna (turkey or chicken), Cheese, and Wheat Crackers

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:

- b. Utensils needed for food preparation: cutting board, butter knife, cutting gloves, five serving plates, plastic wrap
- c. Utensils needed for food serving trays: five child sized tongs or five tissue for serving cracker sandwiches
- d.

2. Ingredients:

- a. Bologna, Cheese, Wheat Crackers

3. Preparation of Cracker Sandwiches:

- a. Cut bologna and cheese into four pieces so it fits crackers.
- b. Add one slice of bologna and one slice of cheese between two crackers.
- c. **Serving Size:** Each child/teacher serves three sandwich squares. Place 18 squares on each plate, which is enough for six people at a table.
- d. Cover plates immediately with plastic wrap, so that sandwiches are still soft when served.
- e. Place plates in refrigerator.

4. Washing utensils

- a. immediately after preparing sandwiches wash butter knife and cutting board

5. Serving Food to Children:

- a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Cheese Pizza

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:
 - e. Utensils needed for food preparation: two cooking trays, cutting board, pizza cutter, cutting gloves, five serving plates, plastic wrap
 - f. Utensils needed for food serving trays: five child sized tongs or five tissue for serving food

2. Ingredients:
 - a. Frozen Pizzas

3. Preparation of Pizza:
 - a. Upon arrival, cut frozen pizzas into slices and place on cooking sheets; cover with plastic and place in refrigerator.
 - b. Preheat oven to temperature noted on box before cooking.
 - c. At designated time, take off plastic and throw in garbage and cook pizza.
 - d. **Serving Size:** Each child/teacher serves two slices of pizza. Place 12 pieces of pizza on each plate, which is enough for six people at a table.
 - e. Cover plates immediately with plastic wrap, so that pizza slices are still hot when served.
 - f. Place plates in airtight food container.

4. Washing utensils
 - a. immediately after preparing food wash all pans, utensils, etc. needed to prepare food.

5. Serving Food to Children:
 - a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Chicken Nuggets/Ranch Dressing

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:

- g. Utensils needed for food preparation: two cooking trays, cutting board, tongs or spatula, five serving plates, five small cereal sized bowls, plastic wrap
- h. Utensils needed for food serving trays: five child sized tongs and five small spoons

2. Ingredients:

- a. Frozen Pizzas, Ranch Dressing

3. Preparation of Chicken Nuggets:

- a. Upon arrival, place frozen chicken nuggets on cooking sheets; cover with plastic and place in refrigerator.
- b. Preheat oven to temperature noted on box before cooking.
- c. At designated time, take off plastic and throw in garbage and cook chicken.
- d. **Serving Size:** Each child/teacher serves five chicken nuggets. Place 30 chicken nuggets on each plate, which is enough for six people at a table.
- e. Cover plates immediately with plastic wrap, so that chicken is still hot when served.
- f. Place plates in airtight food container.

4. Preparation of Ranch Dressing.

- a. Upon arrival, fill five small bowls with Ranch Dressing; cover with plastic wrap and place in refrigerator.

5. Washing utensils

- a. immediately after preparing food wash all pans, utensils, etc. needed to prepare food.

6. Serving Food to Children:

- a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Fruit Preparation

(Wash hands thoroughly with soap and water before preparing food)

Types: Apples, Applesauce. Bananas, Blueberries with Yogurt , Cantaloupe, Grapes, Honey Dew Melons, Oranges, Peaches, Pineapple, Raisins, Strawberries

1. Utensils:

- b. Utensils needed for food preparation: Colander, cutting board, fruit cutting knife, cutting gloves, five serving bowls, plastic wrap
- c. Utensils needed for food serving trays: five child sized tongs or five child sized spoons to serve fruit

2. Ingredient:

- a. Fruit noted on menu

3. Preparation of Fruit:

- a. Each fruit will be prepared a little differently.
- b. Fruit can be slippery, so please wear the cutting gloves to ensure that you don't cut your fingers while preparing fruit.
- c. Wash all fruit before preparing including oranges, melons, watermelon, etc.
- d. Oranges: Cut into slices. It is o.k. to leave on skin. Show children how to peel off rind or they can leave it out and just eat to the rind/peel. It is a wonderful way to strengthen the small muscles in the fingers and to develop fine motor/eye-hand coordination.
- e. Fill all five bowls with fruit and cover with plastic and place in refrigerator in the kitchen. If there is extra, place in a sixth bowl and put out on counter during lunchtime so everyone is aware that there is more fruit available. This is important as we allow children to eat unlimited amounts of fruits.
- f. The team that serves the main meal will put the fruit on the serving tray right before lunch is served.
- g. Please wash all dishes that you have used to prepare this part of the meal.

4. Service Size:

- a. Unlimited (if you believe the child is eating too much, please locate lab instructor to hold discussion at time there is a concern, rather than waiting until lunch is finished.)

Grilled Cheese Sandwiches

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:

- a. Utensils needed for food preparation: two cooking trays, cutting board, butter knife, cutting gloves, five serving plates, plastic wrap
- b. Utensils needed for food serving trays: five child sized tongs

2. Ingredients:

- a. Two loaves of whole wheat sandwich bread, cheese

3. Preparation of Sandwiches:

- a. Place on slice of cheese between two pieces of bread.
- b. Cut sandwiches into four squares before cooking; cover with plastic wrap and place in refrigerator.
- c. Preheat over to 300 degrees and then cook sandwiches for approximately 25 minutes until bread is golden brown and cheese is melted.
- d. **Serving Size:** Each child/teacher serves three sandwich squares. Place 18 squares on each plate, which is enough for six people at a table.
- e. Cover plates immediately with plastic wrap, so that sandwiches are still soft when served.
- f. Place plates in airtight food container.

4. Washing utensils

- a. immediately after preparing sandwiches wash butter knife and cutting board

5. Serving Food to Children:

The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Macaroni and Cheese with pureed Yellow Squash

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:
 - a. Utensils needed for food preparation: Pot/lid, blender, large plastic or wooden pasta spoon, colander, cutting board, vegetable knife, cutting gloves, five serving bowls
 - b. Utensils needed for food serving trays: five child sized spoons to serve macaroni
2. Ingredients:
 - a. Wheat pasta noodles, cheese, milk, yellow squash
3. Preparation of Macaroni:
 - a. Fill pot about half full with water and bring to a boil.
 - b. Boil pasta noodles for no more than 8 minutes.
 - c. Drain pasta into the colander and rinse with cool water.
 - d. Immediately place pasta, cheese, and milk back into pot and warm cheese, pureed yellow squash. and milk so that noodles don't stick together.
 - e. Heat noodles and cheese and then place into the five serving bowls.
 - f. **Serving Size:** Three-fourths cup of macaroni per person or one large spoonful of macaroni.
 - g. Cover bowls immediately with plastic wrap, so that macaroni is hot when served.
 - h. Place bowls in airtight food container.
4. VEGETABLE TEAM: Preparation of Pureed Yellow Squash:
 - a. Wash the squash and cut off the top and bottom of the squash and throw away. Cut each squash in half, place in blender with about a half cup of milk and blend until pureed.
 - b. Place blender container near macaroni, so that main meal team can add to meat.
5. Washing utensils
 - a. immediately after preparing food, wash all pots, utensils, knives, cutting board, colander, etc.
6. Serving Food to Children:
 - a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Meatloaf (Summer's Recipe) with Pureed Green Pepper with Ketchup

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:
 - a. Utensils needed for food preparation: Two glass casserole dishes, blender, large mixing bowl, large plastic or wooden stirring spoon, colander, cutting board, vegetable knife, cutting gloves, five serving plates and five small bowls
 - b. Utensils needed for food serving trays: five child sized spatulas and five small spoons
2. Ingredients:
 - a. Two pounds turkey meat, 3 eggs, 5 slices of sandwich bread
3. Preparation of Meatloaf:
 - a. Mix together turkey meat, pureed vegetable (from Vegetable Team), eggs, and bread; rip bread into bite-sized pieces.
 - b. Separate into two casserole dishes and bake in oven for an hour at 350 degrees until meat is cooked and all the pink is gone
 - c. Turn down heat and keep warm until ready to serve.
 - d. **Serving size:** Two squares of meatloaf
 - e. Cover bowls immediately with plastic wrap, so that meatloaf is hot when served.
 - f. Place bowls into airtight food container.
4. Preparation of Ketchup:
 - a. Pour ketchup into five small bowls and cover with plastic. Place into refrigerator. Children can dip meatloaf into ketchup.
5. VEGETABLE TEAM: Preparation of Pureed Green Pepper:
 - a. Wash the vegetables, clean out seeds, and cut each into four pieces.
 - b. Place into blender with about ½ cup milk and puree.
 - c. Add to meatloaf mixture in mixing bowl.
6. Washing utensils
 - a. immediately after preparing food, wash all pots, utensils, knives, cutting board, colander, etc.
7. Serving Food to Children:
 - a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Nachos (Chips with Cheese, Pureed Tomatoes) and Beans

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:
 - c. Utensils needed for food preparation: Slow cooker for cheese, blender, large plastic or wooden stirring spoon, colander, cutting board, vegetable knife, cutting gloves, five serving bowls
 - d. Utensils needed for food serving trays: five child sized tongs, five spoons
2. Ingredients:
 - a. Tortilla chips, cheese, pinto beans, yellow squash
3. Preparation of Cheese:
 - a. Place cheese and milk into slow cooker to heat; turn up on high heat and then turn down once heated thoroughly and keep warm. Add enough milk to make cheese creamy.
 - b. The vegetable team will stir in the yellow squash.
 - c. Right before lunch as children are washing hands, mix cheese and chips. If it is mixed too early, the chips will be too soggy.
 - d. **Serving size:** Approximately 6 chips per person; need a bowl with at least 36 chips covered in cheese for each table.
 - e. Cover bowls immediately with plastic wrap, so that cheese is hot when served.
 - f. Place bowls onto serving trays and serve immediately.
4. Preparation of Beans:
 - a. Upon arrival, rinse bag of beans in colander.
 - b. Place beans into a pot of boiling water and allow to boil for approximately one hour; please watch closely so that water does not boil out of beans.
 - c. Once beans are soft, they can be served whole or mashed. Place into five serving bowls, cover immediately with plastic and put into airtight food container.
 - d. **Serving size:** Unlimited
5. VEGETABLE TEAM: Preparation of Pureed Tomatoes:
 - a. Wash the tomatoes and cut out the top and bottom where stem is located and throw away in garbage. Cut tomatoes in half and then puree in blender.
 - b. Once pureed, immediately stir into the cheese that is being heated in the slow cooker.
6. Washing utensils
 - a. immediately after preparing food, wash all pots, utensils, knives, cutting board, colander, etc.
7. Serving Food to Children:
 - a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Potatoes/French Fries-Baked with Ketchup

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:

- a. Utensils needed for food preparation: two cooking trays, cutting board, knife, tongs, five serving bowls/fries, five small cereal sized bowls/ketchup, plastic wrap
- b. Utensils needed for food serving trays: five child sized tongs/potatoes and five small spoons/ketchup

2. Ingredients:

- b. Potatoes, Ketchup

3. Preparation of French Fries:

- c. Upon arrival, scrub the skin of the potatoes and leave on skin
- d. Cut potatoes into long strips that look like French Fries.
- e. Place foil on baking sheets, place potatoes on tray, and cook immediately as they will turn brown if left uncooked.
- f. Preheat oven to 350 degrees and cook for approximately 45 minutes until they are more crisp than soft.
- g. **Serving Size:** Unlimited
- h. Cover plates immediately with plastic wrap, so that potatoes are still hot when served.
- i. Place plates in airtight food container.

4. Preparation of Ketchup:

- a. Upon arrival, fill five small bowls with Ketchup; cover with plastic wrap and place in refrigerator.

5. Washing utensils

- a. immediately after preparing food wash all pans, utensils, etc. needed to prepare food.

6. Serving Food to Children:

- b. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Pumpkin/Baked with whipped cream

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:

- a. Utensils needed for food preparation: two glass casserole dishes, large mixing bowl, large mixing spoon, five serving plates, plastic wrap
- b. Utensils needed for food serving trays: five child sized spatulas

2. Ingredients:

- a. Can of pumpkin pie mix, eggs, cinnamon, can whipped cream

3. Preparation of Baked Pumpkin (no pie shell):

- a. Upon arrival, get all ingredients ready (see recipe on can of pumpkin pie filling) and bring to activity table as children will help mix the ingredients in the bowl.
- b. Preheat oven to temperature noted on can before cooking.
- c. Begin to cook immediately as it takes approximately one hour to cook.
- d. **Serving Size:** Unlimited
- e. Cover plates immediately with plastic wrap and place in refrigerator.

4. Preparation of Whip Cream

- a. One teacher walks around and puts whip cream only on the plates of children that have taken the baked pumpkin. If a child doesn't take the baked pumpkin encourage them to put a piece on his/her plate and then tell them they don't have to eat pumpkin to get whipped cream. Children CANNOT have seconds on whipped cream. They get one swirl of whip cream for each serving of baked pumpkin.

5. Washing utensils

- a. immediately after preparing food wash all pans, utensils, etc. needed to prepare food.

6. Serving Food to Children:

The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Quesadillas

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:

- e. Utensils needed for food preparation: two cooking trays, cutting board, butter knife, cutting gloves, five serving plates, plastic wrap
- f. Utensils needed for food serving trays: five child sized tongs

2. Ingredients:

- a. Whole wheat tortillas, grated low fat cheese

3. Preparation of Quesadillas:

- a. Place grated cheese between two tortillas and cut in half.
- b. Place tortillas on cooking trays, cover with plastic and place in refrigerator.
- c. Preheat over to 300 degrees and then cook quesadillas for approximately 25 minutes until cheese is melted.
- d. **Serving Size:** Each child/teacher serves one quesadilla. Place 6 squares on each plate, which is enough for six people at a table.
- e. Cover plates immediately with plastic wrap, so that quesadillas are still soft when served.
- f. Place plates in airtight food container to keep warm.

4. Washing utensils

- a. immediately after preparing sandwiches wash butter knife and cutting board

5. Serving Food to Children:

The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Scrambled Eggs with Pureed Spinach

(Wash hands thoroughly with soap and water before preparing food)
(Bring out book-Dr. Seuss, *Green Eggs and Ham*) Read to children while eating lunch

1. Utensils:

- a. Utensils needed for food preparation: Pot, blender, large plastic or wooden stirring spoon, colander, cutting board, vegetable knife, cutting gloves, five serving bowls
- b. Utensils needed for food serving trays: five child sized spoons

2. Ingredients:

- c. 30 eggs, spinach, soy milk

3. Preparation of Eggs:

- a. Have children break eggs during morning arrival. As soon as they are done, place eggs, ½ cup soymilk, and pureed spinach in a pot and cook and scramble. Keep in pot with lead and reheat as children are cleaning up.
- b. **Serving size:** One large spoonful of scrambled eggs.
- c. Cover bowls immediately with plastic wrap, so that eggs are hot when served.
- d. Place bowls onto serving trays and serve immediately.

4. VEGETABLE TEAM: Preparation of Pureed Spinach:

- a. Wash the spinach and then puree in blender with one-cup soymilk.
- b. Once pureed, immediately stir into the eggs while the eggs are being cooked and scrambled.

5. Washing utensils

- a. immediately after preparing food, wash all pots, utensils, knives, cutting board, colander, etc.

6. Serving Food to Children:

- a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Sloppy Joes (turkey meat) with pureed tomatoes

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:
 - i. Utensils needed for food preparation: Pot/lid, blender, large plastic or wooden spoon, colander, cutting board, vegetable knife, cutting gloves, five serving plates, plastic wrap
 - j. Utensils needed for food serving trays: five tissues
2. Ingredients:
 - a. Ground turkey, Sloppy Joe mix, hamburger buns
3. Preparation of Sloppy Joe meat/mix
 - a. Brown ground turkey in pan; pour cooked meat into colander and rinse with water to remove all extra fat.
 - b. Return meat to pan and add pureed tomatoes and Sloppy Joe mix. Follow instructions on package for mix.
 - c. Heat sauce and meat thoroughly and then place on hamburger buns. Cut buns into four parts.
 - d. **Serving Portion:** Three quarters for each person; place 18 small portions on each plate.
 - e. Cover bowls immediately with plastic wrap, so that meat/buns are hot when served.
 - f. Place bowls in airtight food container.
4. VEGETABLE TEAM: Preparation of Pureed Tomatoes:
 - a. Wash the tomatoes and cut out the top and bottom stem area and throw away. Cut each tomato in half and blend until pureed.
 - b. Place blender container near meat, so that main meal team can add to meat.
5. Washing utensils
 - a. immediately after preparing food, wash all pots, utensils, knives, cutting board, colander, etc. The main meal team washes the dishes they used and the vegetable team washes the blender and the other utensils used to prepare the vegetable.
6. Serving Food to Children:

The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Spaghetti with Pureed Spinach, String Cheese

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:
 - a. Utensils needed for food preparation: Pot/lid, blender, large plastic or wooden pasta spoon, colander, cutting board, vegetable knife, cutting gloves, five serving bowls, five plastic "French fry" containers, plastic wrap
 - b. Utensils needed for food serving trays: five child sized spoons to serve spaghetti and five tongs to serve string cheese
2. Ingredients:
 - a. Wheat pasta noodles, tomato sauce, broccoli, string cheese
3. Preparation of Spaghetti:
 - a. Fill pot about half full with water and bring to a boil.
 - b. Break pasta noodles into thirds and boil for no more than 8 minutes.
 - c. Drain pasta into the colander and rinse with cool water.
 - d. Immediately place pasta and pureed broccoli back into pot and stir in tomato sauce so that noodles don't stick together.
 - e. Heat sauce and then place spaghetti into the five serving bowls; you will find a blender with the pureed vegetable that has been prepared by another team. Add this to the sauce and heat thoroughly so vegetable is cooked.
 - f. **Serving Portion:** Three fourths a cup of spaghetti per person or one large spoonful of spaghetti.
 - g. Cover bowls immediately with plastic wrap, so that spaghetti is hot when served.
 - h. Place bowls in airtight food container.
4. Preparation of String Cheese:
 - a. Partially open the top of each string cheese but leave in original plastic wrap; you do NOT need to cut string cheese in half as each person gets one whole string cheese.
 - b. **Serving Portion:** One string cheese per child/teacher. Put 6 string cheese sticks in each plastic "French fry" bowl and cover with plastic wrap.
 - c. Place in refrigerator in kitchen.
 - d. Please promptly wash all dishes, pots/pans, cutting boards, knives, etc. that were utilized to prepare this part of the meal. Put cutting gloves and potholders in the wash each and every day.
5. VEGETABLE TEAM: Preparation of Pureed Spinach:
 - a. Wash the spinach and rinse in colander. Place a large handful of spinach with some of the spaghetti sauce into the blender and blend until pureed.
 - b. Place blender container near spaghetti, so that main meal team can add to spaghetti.
6. Washing utensils
 - a. immediately after preparing food, wash all pots, utensils, knives, cutting board, colander, etc. Main meal team and vegetable team wash utensils needed to prepare their part of meal.
2. Serving Food to Children:
 - a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Stone Soup

(Wash hands thoroughly with soap and water before preparing food)

(Bring out book-*Stone Soup*) Read to children while they are eating lunch

1. Utensils:

- d. Utensils needed for food preparation: Pot, blender, large plastic or wooden stirring spoon, colander, cutting board, vegetable knife, cutting gloves, five serving bowls
- e. Utensils needed for food serving trays: five child sized spoons

2. Ingredients:

- f. Three chicken breasts, assorted vegetables, chicken broth, pasta noodles

3. Preparation of Soup:

- a. Cut chicken breasts into bite size pieces and bring to a boil with pasta noodles. Do not boil for more than 8 minutes or pasta will be mushy.
- b. Rinse vegetables and then cut into bite sized pieces and add to boiling soup.
- c. Turn down heat and keep warm until ready to serve.
- d. **Serving size:** Unlimited.
- e. Cover bowls immediately with plastic wrap, so that soup is hot when served.
- f. Place bowls into airtight food container.

4. VEGETABLE TEAM: Preparation of Assorted Vegetables:

- a. Wash the vegetables. If this is our Stone Soup Luncheon, have the children help to cut up vegetables during morning arrival.
- b. Add cut up vegetables to the boiling soup mixture.

5. Washing utensils

- a. immediately after preparing food, wash all pots, utensils, knives, cutting board, colander, etc.

6. Serving Food to Children:

- a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Taco Salad with Pureed Tomatoes, Cheese, Chips

(Wash hands thoroughly with soap and water before preparing food)

2. Utensils:

- g. Utensils needed for food preparation: blender, large mixing bowl, large plastic or wooden stirring spoon, colander, cutting board, vegetable knife, cutting gloves, five serving bowls
- h. Utensils needed for food serving trays: five child sized tongs/salad, five spoons/dressing

2. Ingredients:

- b. Lettuce, tomatoes, low fat grated cheese, tortilla chips, ranch dressing

3. Preparation of Salad

- a. Toss together in large mixing bowl lettuce, grated cheese, and pureed tomatoes that are mixed in the salad dressing; break chips into bite size pieces and add to tossed salad as children are cleaning up outside so that chips are not too soggy.
- b. Divide into five bowls, cover with plastic, and place onto serving trays.
- c. **Serving Portion:** Unlimited

4. VEGETABLE TEAM: Preparation of Pureed Tomatoes:

- a. Wash the tomatoes and cut out the top and bottom where stem is located and throw away in garbage. Cut tomatoes in half and then puree in blender with ranch dressing.
- b. Once pureed, immediately stir into the large mixing bowl of salad before it is divided into five smaller bowls.

5. Washing utensils

- a. immediately after preparing food, wash all pots, utensils, knives, cutting board, colander, etc.

6. Serving Food to Children:

- a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Tacos (no meat) with Corn Tortillas, Pureed Zucchini and Cotija Cheese

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:

- i. Utensils needed for food preparation: blender, large plastic or wooden stirring spoon, colander, cutting board, vegetable knife, cutting gloves, five serving bowls
- j. Utensils needed for food serving trays: five child sized tongs/tortillas, five child sized spoons/beans, five spoons/cotija cheese

2. Ingredients:

- b. Corn tortillas, cotija cheese, pinto beans, zucchini

3. Preparation of Tortillas

- c. Place tortillas into microwave as children are washing hands, so they are hot when served.
- d. **Serving Portion:** One tortilla per person; wrap six tortillas into a clean kitchen towel and place on serving tray.
- e. Place bowls onto serving trays and serve immediately.

4. Preparation of Beans:

- f. Upon arrival, rinse bag of beans in colander.
- g. Place beans into a pot of boiling water and allow to boil for approximately one hour; please watch closely so that water does not boil out of beans. Once beans are soft, turn down to keep warm.
- h. Once beans are soft, they can be served whole or mashed. Place into five serving bowls, cover immediately with plastic and put into airtight food container.
- i. **Serving Size:** Unlimited

5. Preparation of Cheese:

- j. Take the one bag of cheese and split between the five bowls.
- k. Cover immediately with plastic and place in refrigerator.
- l. **Serving Size:** Each person can have three teaspoonfuls of cheese for their taco.

6. VEGETABLE TEAM: Preparation of Pureed Tomatoes:

- m. Wash the tomatoes and cut out the top and bottom where stem is located and throw away in garbage. Cut tomatoes in half and then puree in blender.
- n. Once pureed, immediately stir into the cheese that is being heated in the slow cooker.

7. Washing utensils

- a. immediately after preparing food, wash all pots, utensils, knives, cutting board, colander, etc.

8. Serving Food to Children:

- a. The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.

Vegetable Preparation

(Wash hands thoroughly with soap and water before preparing food)

Types: Broccoli, Celery, etc.

Pureed Vegetables: Some vegetables will be pureed into a liquid state and then added to the main dish or a side dish. It is a way to introduce vegetables in children's foods.

1. Utensils:

- b. Utensils needed for food preparation: Colander, cutting board, vegetable cutting knife, cutting gloves, possibly the blender to puree the vegetables, five serving bowls, five small bowls if serving ranch dressing, plastic wrap
- c. Utensils needed for food serving trays: five child sized tongs or five child sized spoons to serve vegetable, five small spoons for serving ranch dressing

2. Ingredient:

- d. Vegetable noted on menu; add ranch dressing when the vegetable is not cooked. For example serve ranch dressing with carrots, broccoli, zucchini, etc.

3. Preparation of Vegetable:

- e. Each vegetable will be prepared a little differently.
- f. Vegetables can be slippery, so please wear the cutting gloves to ensure that you don't cut your fingers while preparing the vegetable.
 - i. Pureed for different main meals-here is an example. Go directly to main meal to see directions for specific pureed vegetable:
 - 1. Cut into 2-3 inch sized pieces.
 - 2. Rinse vegetable in colander.
 - 3. Put about one cup of tomato sauce or soy milk or water or salad dressing in blender and slowly add about a cup of vegetable at a time and blend until pureed.
 - 4. Leave vegetable on counter next to stove, so team cooking main meal can add vegetable to the main meal.
- g. Fill all five serving bowls with vegetable and five small bowls with ranch dressing if serving a raw or uncooked vegetable. Cover all bowls with plastic wrap. If vegetable is raw place in refrigerator in the kitchen or in the food warmer if the vegetable is cooked. If there is extra, place in a sixth bowl and put out on counter during lunchtime so everyone is aware that there are more vegetables available. This is important as we allow children to eat unlimited amounts of vegetables.
- h. The team that serves the main meal will put the vegetable on the serving tray right before lunch is served.
- i. Please wash all dishes that you have used to prepare this part of the meal.

4. Serving Size:

- j. Unlimited (if you believe the child is eating too much, please locate lab instructor to hold discussion at time there is a concern, rather than waiting until lunch is finished.)

Zucchini Bread

(Wash hands thoroughly with soap and water before preparing food)

1. Utensils:

- a. Utensils needed for food preparation: two glass casserole dishes, large mixing bowl, large mixing spoon, five serving plates, plastic wrap
- b. Utensils needed for food serving trays: five child sized tongs

2. Ingredients:

- a. Zucchini, baking powder, baking soda, wheat flour, sugar or applesauce, eggs, etc.
- a. See receipt hanging up in kitchen

3. Preparation of Zucchini Bread:

- b. Upon arrival, get all ingredients ready (see recipe hanging in kitchen for ingredients) and bring to activity table as children will help mix the ingredients in the bowl.
- c. Place in glass casserole dishes.
- b. Preheat oven to temperature noted on can before cooking.
- a. Begin to cook immediately as it takes approximately one hour to cook.
- b. **Serving Size:** Unlimited, start with two squares per child.
- c. Cover plates immediately with plastic wrap and place in airtight food container to keep warm.

4. Washing utensils

- a. immediately after preparing food wash all pans, utensils, etc. needed to prepare food.

5. Serving Food to Children:

The team that has prepared this main meal is responsible for putting all the food/beverage items on the serving trays as the children finish cleaning up outside and before they start washing their hands. Once food/beverage is on the food trays, take each tray to a lunch table.