



National CACFP Week

Adult Recipe Book

March 2023

National Child and Adult Care Food Program Week

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National CACFP Week is celebrated annually on the third week of March to raise awareness of how the Child and Adult Care Food Program (CACFP) works to combat hunger. In North Carolina, there are over 600 Institutions actively participating in the Program.

National CACFP Week recognizes all CACFP partners providing healthy meals to their participants. These nutritious foods contribute to the wellness, growth and development of young children and support quality of life for adults. The recipes found in this book are great examples of the nourishing and delicious meals and snacks you may serve!

Five Day Sample Menu

March is also National Nutrition Month® which is meant to encourage healthy eating habits. This sample menu features cultural recipes with healthy ingredients that support both CACFP Week and National Nutrition Month®.

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*	Southwest Tofu Scramble Quinoa (WG) Tofu Bell Peppers ^{NC} , Onion ^{NC} , Spinach ^{NC} Milk	Blueberry Muffin Grapes Milk	Oatmeal (WG) Blackberries ^{NC} Milk	Bagel with Cream Cheese Grapefruit Milk	Brand ABC Bran Flakes (WG) Banana Milk
Lunch/Supper	Pasta (WG) Turkey Meatball Collards ^{NC} Roasted Asparagus ^{NC} Milk	Chinese Style Vegetables with Tofu Brown Rice (WG) Tofu Broccoli ^{NC} , Yellow Squash ^{NC} , Red Bell Peppers ^{NC} , Carrots ^{NC} Strawberries ^{NC} Milk	Brown Rice (WG) Roasted Chicken Sweet Potatoes ^{NC} Spinach ^{NC} Milk	Beef Vegetable Soup Roll (WG) Beef Tomatoes, Celery, Onion ^{NC} , Carrots ^{NC} , Corn, Peas, Green Beans Pears Milk	Tuna Salad Sandwich Roll (WG) Tuna, Egg Onion ^{NC} , Celery, Romaine Lettuce ^{NC} , Tomatoes ^{NC} Apple Slices ^{NC} Milk
Snack	Strawberry Smoothie Bowl Strawberries ^{NC} Greek yogurt	Apple Slices ^{NC} Peanut Butter	Tabbouleh Quinoa (WG), Bulgur Wheat (WG) Tomatoes ^{NC} , Cucumbers ^{NC} , Onions ^{NC} , Bell Pepper, ^{NC} Herbs ^{NC}	Cheese Stick Turkey Deli Slices	Cottage Cheese Pineapple Bits

*Meat or Meat Alternate can be served in place of grain up to 3 times per week at breakfast.

NC = NC Grown Produce



[Serving Adults in the CACFP](#)
[Adult Meal Pattern Link](#)
[NC CACFP Seasonal Menus](#)

Visit [What's in Season?](#) to see
 which fruits and vegetables are
 in season in NC!

Recipes adapted from: [Institute of Child Nutrition \(ICN\) Child Nutrition Recipe Box](#) and [USDA CACFP Recipes](#)

Southwest Tofu Scramble



Instructions

1. Rinse quinoa in a fine mesh strainer until water runs clear.
2. Combine quinoa and water in a large covered stock pot. Bring to a boil. Then reduce heat to low and simmer uncovered for 10-15 minutes until water is completely absorbed. Fluff.
3. Press firm tofu for at least 30 minutes, drain and cut into small cubes.
4. Preheat oil in a large stock pot, add cubed tofu. Heat uncovered over medium heat for 3 minutes, stirring occasionally.
5. Add garlic, cumin, red pepper flakes, salt, pepper, curry powder, turmeric, bell peppers, onions, and spinach. Heat uncovered over medium heat for 1-2 minutes, stirring constantly.
6. Mix with the quinoa and serve 2 cups (two servings from a 8 oz ladle).

Ingredients

Quinoa	3 lb 2 oz or 2 qt
Water	2 qt 2 cups
Olive Oil	3 Tbsp
Tofu, firm, drained	7 lb
Garlic, minced	3 Tbsp
Cumin, ground	1½ Tbsp
Crushed red pepper flakes	2 tsp
Salt	2 tsp
Ground black pepper	½ tsp
Curry powder	2 Tbsp
Ground turmeric	2 Tbsp ½ tsp
Red bell peppers, fresh, diced	1 lb 12 oz
Green onions, fresh, diced, top and bottoms	1 lb
Spinach, fresh, diced	1 lb

CACFP Crediting Information: 2 cups provides ½ cup vegetable, 2 oz equivalent meat alternate, and 2 oz equivalent grains.

Recipe Yield: 25 servings

Chinese Style Vegetables with Tofu



Instructions

1. Heat large non-stick skillet and spray with a pan release spray.
2. Add broccoli. Sauté over medium-high heat for 2-3 minutes.
3. Add squash. Sauté over medium-high heat for 3-4 minutes.
4. Fold in bell peppers. Sauté over medium-high heat for 2-3 minutes.
5. Add carrots, tofu, water, soy sauce, garlic powder, black or white pepper, ginger, and Asian spice. Simmer uncovered over medium-high heat for 2-3 minutes.
6. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
7. See Stir Fry Sauce – USDA Recipe for CACFP for ingredients and directions.
8. Add stir fry sauce to vegetables and tofu in stock pot. Heat uncovered over low heat for 30 seconds, stirring constantly.
9. Pour about 10 lb (1 gal 1 qt) vegetable mixture into a steam table pan (12" x 20" x 4").
10. Critical Control Point: Hold for hot service at 140 °F or higher.
11. Serve 1 cup (portion with 8 oz spoodle).

Ingredients

Fresh broccoli crowns, cut into small pieces	1 lb or 2 qt
Fresh yellow squash, diced	1 lb 4 oz or 1 qt 1 cup
Fresh red bell peppers, julienned	1 lb or 1 qt
Fresh carrots, sliced	1 lb 4 oz or 1 qt 2 cups
Tofu	7 lb or 1 gal
Water	½ cup
Low sodium soy sauce	½ cup
Garlic powder	2 tsp
Ground black or white pepper	½ tsp
Fresh ginger, minced	¼ cup
Asian spice powder	2 tsp
Stir Fry Sauce USDA Recipe for CACFP	3 lb 1½ oz or 1 qt 1¾ cups

CACFP Crediting Information: 1 cup provides ½ cup vegetable, and 2 oz equivalent meat alternate.

Recipe Yield: 25 servings

[Recipe Link](#)

Beef Vegetable Soup



Instructions

1. Place ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
3. Remove meat from heat. Drain in a colander.
4. Return meat to heat.
5. Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, salt-free seasoning, garlic powder, parsley and ancho chili powder to stock pot. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.
6. Add corn, peas and carrots, and green beans.
7. Cover and simmer over medium heat for 15 minutes or until vegetables are tender.
8. Critical Control Point: Heat to 165 °F or higher for 15 seconds.
9. Pour about 11 lb 14 oz (1 gal 1 qt 2 cups) soup into a half-steam table pan (12¾" x 10½" x 6"). For 25 servings, use 1 pan.
10. Critical Control Point: Hold for hot service at 140 °F or higher.
11. Serve 1 cup

Mexican Seasoning Recipe:

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Ingredients

Raw ground beef (no more than 10% fat)	3 lb 4 oz or 1 qt 3 cups
Low-sodium beef broth	2 qt
Canned no-salt-added diced tomatoes, undrained	3 lb 3 oz or 1 qt 2 cups (approx. ½ No. 10 can)
Fresh celery, chopped	5 oz or 1½ cups
Fresh onions, chopped	8 oz or 1¾ cups
Salt	2 tsp
Ground black or white pepper	½ tsp
Onion powder	1 Tbsp
Salt-free seasoning	1 Tbsp
Garlic powder	3 Tbsp
Dried parsley	⅞ cup
Ancho chili powder OR Mexican seasoning (See Recipe)	3 Tbsp
Frozen corn	9 oz or 2 cups
Frozen peas and carrots	1 lb 3 oz or 1 qt
Frozen green beans	7 oz or 2 cups

CACFP Crediting Information: 1 cup provides ½ cup vegetable and 2 oz equivalent meat.

Recipe Yield: 25 servings

[Recipe Link](#)

Tuna Salad Sandwich



Instructions

1. Drain and flake tuna.
2. Combine tuna, onions, celery, dry mustard, eggs, mayonnaise, parsley, garlic powder, and onion powder in a large bowl. Stir well.
3. Cut rolls open and place on baking sheet. Place lettuce leave on the bottom half of each roll. Place a tomato slice on top of the lettuce.
4. Portion $\frac{1}{4}$ cup on top of each tomato. Cover with the top of roll.
5. Serve two sandwiches per person if serving as part of a lunch/supper meal. If serving as a snack, one sandwich will meet the CACFP Adult Meal Pattern for the grain and meat/meat alternate components.

Ingredients

Tuna, canned, chunk, water packed	3 lb or 2 qt $1\frac{1}{2}$ cups
Onions, fresh, chopped	8 oz or $1\frac{1}{2}$ cups 1 Tbsp
Celery, fresh, chopped	12 oz or $2\frac{1}{3}$ cups
Mustard, dried	$\frac{3}{4}$ tsp
Eggs, hard boiled, peeled, chopped	5 $\frac{1}{3}$ oz or $\frac{3}{4}$ cup
Mayonnaise, low-fat	1 lb or $1\frac{1}{2}$ cups
Parsley	1 Tbsp
Garlic powder	1 Tbsp
Onion powder	1 Tbsp
Romaine Lettuce, fresh rinsed, dried	9 oz or 25 each (about 3" x 3")
Tomatoes, fresh, sliced	2 lb 8 oz or 25 each (about $\frac{1}{4}$ inch slice)
Whole-grain rolls, mini, 2-1 oz each	50 each

CACFP Crediting Information: Two sandwiches provides $\frac{1}{2}$ cup vegetable, 2 oz equivalent meat, and 2 oz equivalent grains.

Recipe Yield: 25 servings

Strawberry Smoothie Bowl



Instructions

1. Place yogurt in a large mixing bowl. Place bowl of yogurt in refrigerator, setting aside for step 4.
2. Pour strawberries into a high-speed blender.
3. Puree strawberries for 1-2 minutes on medium speed until strawberries have a smooth consistency. DO NOT OVERMIX.
4. Pour 7 lb (3 qt) strawberry puree over yogurt. Stir well.
5. Add agave syrup and vanilla extract. Stir well.
6. Pour about 10½ lb (1 gal 1 qt) smoothie mixture into a deep half steam table pan (12¾" x 10½" x 6"). Use 1 pan.
7. Critical Control Point: Cool to 40 °F or lower within 4 hours.
8. Place 8 oz serving bowls on a sheet pan (18" x 26" x 1"). Use 2 pans (13 bowls on 1 pan and 12 bowls on 1 pan).
9. Using a 6 oz spoodle, portion about 6½ oz strawberry smoothie into each bowl.
10. Critical Control Point: Hold at 40 °F or below.
11. Serve 1 smoothie bowl (portion with 6 oz spoodle).

*If using fresh strawberries, purchase 5 lbs for 25 servings and freeze in advance. To freeze fresh strawberries: clean the berries, remove strawberry tops, place a single layer of strawberries on a cookie sheet, and freeze. When the berries are firm, remove from cookie sheet and place in a freezer bag. Seal bag and return to freezer until ready to use.

Ingredients

Low-fat Greek Yogurt	3 lb 2 oz or 1 qt 3½ cups
Sliced Frozen	7 ¼ lb
Agave syrup	½ cup
Vanilla extract	¼ cup

CACFP Crediting Information: One smoothie bowl (6 oz serving bowl) provides ½ cup fruit and 1 oz equivalent meat alternate.

Recipe Yield: 25 servings

Tabbouleh



Instructions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
2. Combine quinoa, bulgur wheat, water, and salt in a large covered stock pot.
3. Bring to a boil. Reduce heat to low. Simmer uncovered for 10-15 minutes until water is completely absorbed. Note: When done, quinoa will be soft, and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff.
4. Refrigerate and set aside for step 7. Critical Control Point: Cool to 40 °F or lower within 4 hours.
5. Combine tomatoes, cucumbers, parsley, onions, bell peppers, mint, and cumin in a large bowl. Toss well.
6. Add cooled quinoa and bulgur wheat.
7. Add lemon juice and olive oil. Stir well.
8. Transfer 13 lb 2 oz (1 gal 3 qt) Tabbouleh to a steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan.
9. Serve 1 cup.

Ingredients

Quinoa, dry	1 lb 3 oz or 3½ cups
Bulgur wheat, dry	1 lb 4 oz or 3¼ cups
Water	1 gal
Salt	2½ tsp
Fresh tomatoes, unpeeled, diced	2 lb 12 oz or 2 qt
Fresh cucumbers, peeled, seeded, diced	1 lb 6 oz or 1 qt
Fresh parsley, chopped	1½ oz or 2 cups
Fresh onions, diced	8 oz or 1½ cups
Fresh red bell peppers, diced	5 oz or 1 cup
Fresh mint, chopped	¼ cup
Ground cumin	1 tsp
Lemon Juice	1¼ cups
Olive oil	⅓ cup

CACFP Crediting Information: 1 cup provides ½ cup vegetable and 1 oz equivalent grains.

Recipe Yield: 25 servings



**North Carolina Department of Health and Human Services
Division of Child and Family Well-Being
Community Nutrition Services Section
Child and Adult Care Food Program (CACFP)**

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