



VEGETARIAN LUNCH / DINNER IDEAS!

THE FOLLOWING BREAKFASTS ARE ALL CREDIBLE
ON THE CHILD CARE FOOD PROGRAM:

Black Bean/Fresh Corn Tacos (Beans, Corn, Avocado, Tortilla), Pineapple, Milk
Cheese Pizza (Homemade or with Extra Cheese), Bell Peppers, Peaches, Milk
Egg Salad Sandwich on Whole Wheat Bread, Carrots, Honeydew, Milk
Meatless Spaghetti (TomSauce & Noodles), Mozzarella Cheese, Green Beans, Milk
Spicy Chili Beans, Brown Rice, Peas, Strawberries, Milk
Bean and Rice Burritos, Green Salad, Fruit Cocktail, Milk
Pasta Salad (Macaroni Noodles, Cheddar Cheese, Mixed Vegetables), Kiwi, Milk
Split Pea Soup, Sliced Tomatoes, HM Apple Pie, Crackers, Milk
Cheese Enchiladas (Cheddar & Tortillas), Green Salad, Oranges, Milk
PB & J Sandwich, Yogurt, Strawberries, Cucumber Slices, Milk
Scrambled Eggs, Potatoes, Banana Slices, Toast, Milk
Meatless Lasagna with Spinach and Tomato Sauce, Apple, Milk
Bean and Cheese Burritos, Blueberries, Salsa, Milk
Garden Veggie Patties (Morningstar Farms), Bun, Let & Tom, Potato Wedges, Milk
Macaroni & Cheese (Homemade or with Extra Cheese), Grapes, Broccoli, Milk



Washington Apple Turkey Gyro

1 tablespoon vegetable oil
1 cup sliced onion
1 cup thinly sliced sweet red pepper
1 cup thinly sliced sweet green pepper
2 tablespoons lemon juice
1/2 pound cooked turkey breast, cut into thin strips
1 Golden Delicious apple, cored and finely chopped
6 pocket pita bread, warmed
1/2 cup plain yogurt

Servings:
Serves 6

Nutrition Information:
Protein: 23g; Fat: 5g; Carbohydrate: 27g;
Fiber: 3g; Sodium: 258mg; Cholesterol:
30mg; Calories: 253.

- 1) In large skillet, heat oil over medium heat. Add onion, peppers, and lemon juice and cook until tender-crisp. Stir in turkey and apple; cook until turkey is heated through. Remove from heat.
- 2) Fill each pita with some of mixture; drizzle with yogurt. Serve warm.

From the Washington Apples website at <http://www.bestapples.com/>.



Math or Science Activity – Learning About Fractions

Learn about fractions by using fruit. Read the book *Apple Fractions* by Jerry Pallotta.

Select an apple and demonstrate cutting into several equal parts (2 friends share the apple if they each have $\frac{1}{2}$).



You may also demonstrate fractions using juice. Pour 1 cup of juice into a glass measuring cup. Pour $\frac{1}{2}$ of the juice into each of 2 glasses. Each glass now contains $\frac{1}{2}$ cup. Talk with the children about the 2 glasses of juice when put together equal 1 cup of juice. Pour the two $\frac{1}{2}$ cups back together to visually demonstrate that they equal one cup. Invite the children to drink a half cup of juice as part of a CACFP snack.

Taste different varieties of apples. Peel, core and cook apples to make applesauce.

Eat as part of a CACFP snack.

A Little Apple Seed

Sung to "Itsy, Bitsy Spider"

Once a little apple seed
Was planted in the ground.
Down came the raindrops,
Falling all around.
Out came the big sun,
Bright as bright could be.
And that little apple seed grew up
To be an apple tree.

Apples, Apples

Sung to "Twinkle, Twinkle, Little Star"

Apples juicy, apples round;
On the tree or on the ground.
Apples yellow, apples red,
Apple pie and juice and bread!
Apples crunchy, apples sweet;
Apples are so good to eat!

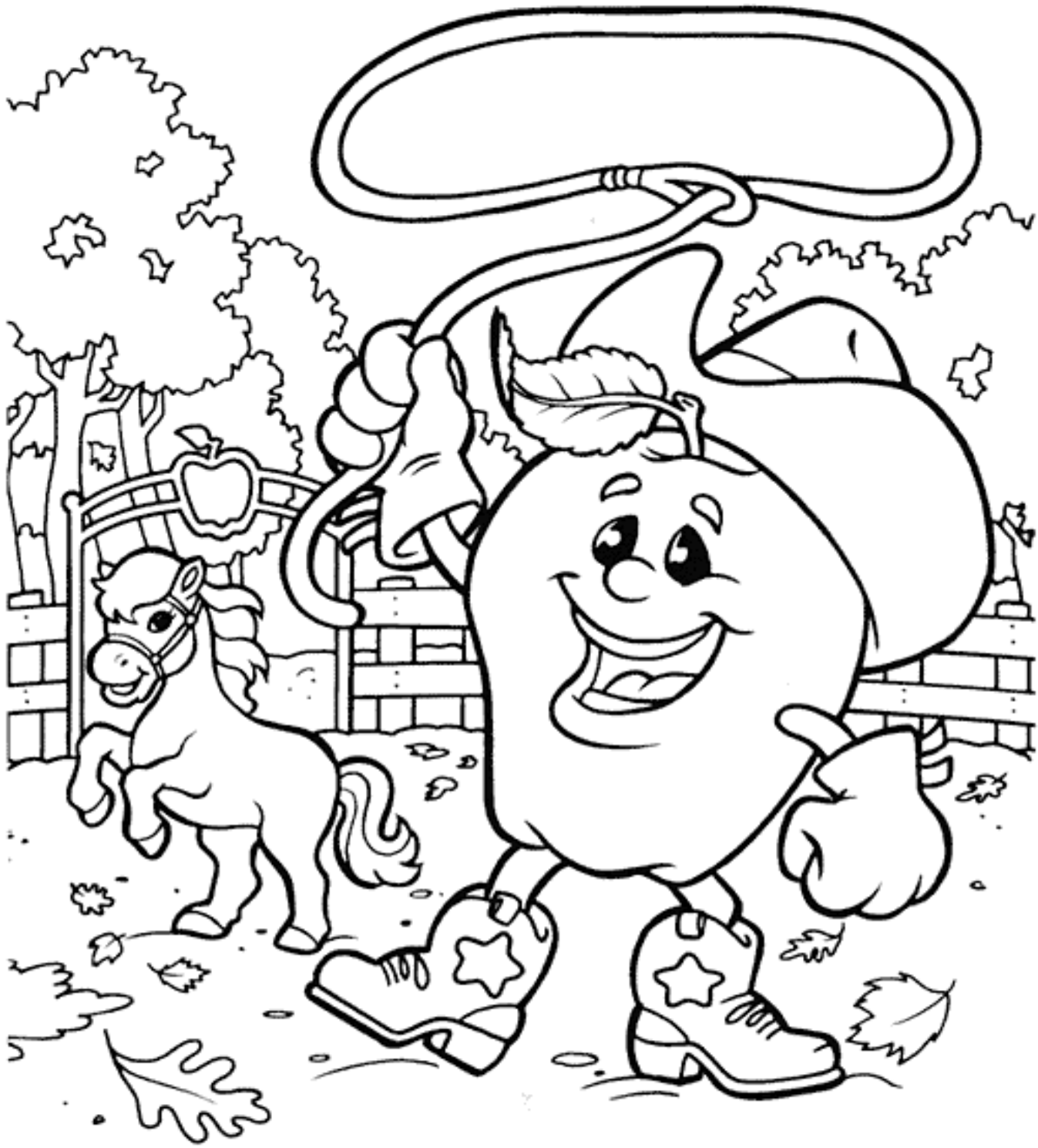
I'm a Little Apple

I'm a little apple short and round
I make a crunchy, munchy sound.
If you bite into me you will see.
I'm delicious as can be.

Two Red Apples

Sung to "This Old Man"

Way up high, in a tree (raise hands
over head)
Two red apples smiled at me (smile)
So I shook that tree as har-r-d
as I could
(Pretend to shake tree)
Down came the apples, Ummm, they
were good!!!! (Rub tummy)



Rodeo Red

(AKA Red Delicious)

They don't call him Rodeo Red for nothing! When this buckaroo hits the rodeo circuit, he's in cowboy heaven. Roping, riding, barrel racing and winning trophies and friends galore. No wonder he's America's favorite apple.