

## Pizza Requirements

The monitors would like to remind you of the requirements for serving a credible meal that contains pizza.

Pizza may be credited for up to three different components (one meat/meat alternate, one grain/bread, one fruit/vegetable), provided that sufficient quantities of each component are used. Please keep the following in mind.

Pizza crust, homemade or commercial, is credible so long as it meets the general requirement for grain/bread. The primary ingredient by weight (first ingredient on the label's ingredient list, or the heaviest ingredient in the recipe) must be whole grain and/or enriched flour/meal.

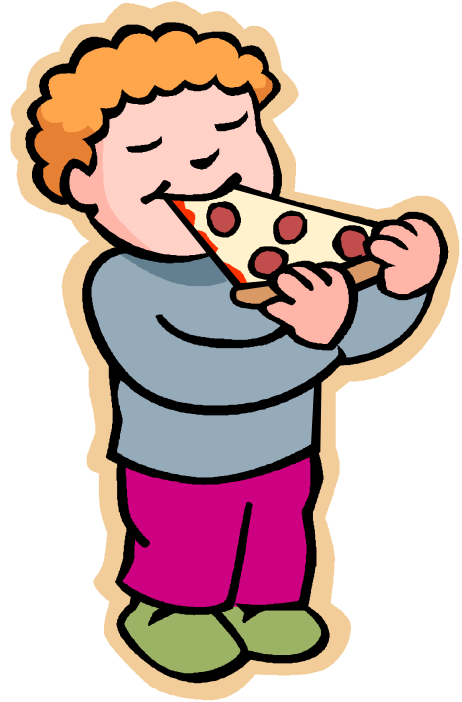
**Homemade Pizza:** If the meat/meat alternate is included in a sufficient quantity to meet the total required amount, homemade pizza can be credited.

*Please indicate homemade on the menu.*

A homemade pizza may be counted as one fruit/vegetable component. In order to do this, the pizza should include pizza sauce **AND** vegetable or fruit toppings **OR** at least 1/8 cup (2 tablespoons) per serving of pizza sauce.

**Commercial Pizza:** The amount of sauce on a commercial pizza is not sufficient to count as a vegetable.

Like other combination items such as commercially prepared beef stew, burritos, chili mac, meat stew, pot pies, ravioli, etc., commercially prepared pizza is not creditable as a meat / meat alternate. You will need to add your own meat, such as additional cheese, ground beef, Canadian bacon or the like.



## Pizza Round - By Cherry Carl

Sung to Row Your Boat

Roll, roll, roll the dough.  
Toss it in the air!  
Pepperoni, cheese and sauce,  
There's enough to share!

## Pizza Song

Sung to Twinkle, Twinkle, Little Star

Pizza, pizza, it's a treat.  
Pizza, pizza, it's fun to eat.  
Ooey-gooley cheese so yummy.  
Crunchy crust goes in my tummy.  
Pizza, pizza, it's a treat.  
Pizza, pizza, is fun to eat!

**Tip:** Next time you have the children make English muffin pizzas, cut the cheese slices into shapes and let them make faces or other designs with them.

**Tip:** Cheese in cooked foods, such as pizza, will not have a texture appropriate for infants

**Tip:** Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza

**Tip:** Out of pizza sauce? Use tomato paste for a nice, rich flavor straight from the can. You can sprinkle with basil and oregano if you'd like.

**Art idea:** Have children paint circles with red paint. Cut. Glue red circles onto precut cardboard circles that are slightly larger than the red circles. Topping suggestions: Yellow yarn pieces for cheese, green sequins for peppers, black buttons for olives, red felt circles for pepperoni and smaller brown felt circles for sausage.

## A Pizza

Sung to A Tisket, A Tasket

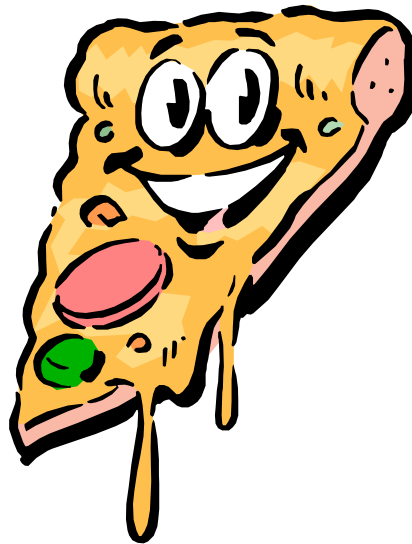
A pizza, a pizza,  
I'll make a yummy pizza.  
With lots of cheese and peppers too,  
I'll make a pizza just for you!

## Pizza Pie

Sung to Pea Porridge Hot

Pizza pie hot,  
Pizza pie cold.  
Pizza pie in the box,  
Nine days old.

Some like it hot.  
Some like it cold.  
Some like it in the box,  
Nine days old!



## I Wish I Were a Pepperoni Pizza

Sung to I Wish I Were An Oscar Meyer Weiner

Oh, I wish I were a pepperoni pizza.  
That is what I'd truly like to be.  
But if I were a pepperoni pizza,  
There would soon be nothing left of me!

## Books that feature pizza:

"Hi, Pizza Man!" by Virginia Walter  
"The Little Red Hen Makes a Pizza"  
by Philemon Sturges  
"Little Nino's Pizzeria" by Karen Barbour

**Music:** Try listening to some authentic Italian songs like "That's Amore" by Dean Martin - "When the moon hits your eye like a big pizza pie, that's amore!"



## Bread Machine Pizza Dough

You need to measure accurately for this recipe, taking care not to 'pack' the flour.

$\frac{3}{4}$  teaspoon salt  
2 cups whole wheat flour\*  
2 cups all purpose flour  
2 teaspoons yeast  
1 and  $\frac{3}{8}$  warm water\*\*  
2 tablespoons olive oil (add oil to water before adding to dry ingredients)

Bake at 400° for approximately 18 minutes, checking pizza after 14 minutes. Cooking time can vary depending on number and thickness of toppings.

\* Whole wheat flour: If your family is not used to the wonderful taste and texture of whole wheat, I would suggest you start by using a half cup of whole flour to 3  $\frac{1}{2}$  cups all purpose flour and gradually increasing the amount until you've reached the full 2 cups. Alternately, you may prefer the taste and texture of oat flour.

\*\* Yes, I know. There's no 1  $\frac{3}{8}$  mark on your liquid measuring cup. Just use your best judgment, and if you must error, error on the side of having slightly too much water. Enjoy!

### Other crust ideas:

Whole wheat bagels  
Refrigerated crescent rolls  
Boboli  
English muffins  
Tostadas  
Pita bread  
Tortillas  
Rhodes frozen rolls  
Bisquick biscuits  
Frozen shredded potatoes  
(credit as a fruit/vegetable)

**Topping ideas:** lean turkey sausage, marinated zucchini, meatballs, sloppy joe meat with corn, feta and spinach, bell peppers, mushrooms, onions, tomatoes, GARLIC!, pepperoni, sausage, taco meat, ham, Canadian bacon, sun-dried tomatoes and sausage, BBQ chicken with pineapple and bell pepper, egg and pineapple for breakfast, and apples and cheddar. Experiment!

## Mexican Pizza

Enriched flour tortillas 6  
(0.9 ounces each)

Canned tomato paste  $\frac{1}{4}$  cup

Salsa 1 cup

Refried beans 2 15 oz cans

Reduced fat mozzarella cheese, shredded  $1\frac{1}{2}$  cups

Place 4 tortillas in a single layer on each half-sheet pan (13" x 18" x 1"), which has been lightly coated with pan release spray. In a bowl, combine tomato paste and salsa. Spread each tortilla with  $\frac{1}{2}$  cup of refried beans,  $\frac{2}{3}$  Tbsp of the salsa mixture, and  $\frac{1}{4}$  cup of cheese. Bake until thoroughly heated and cheese is melted: Bake at 375°F for 9 minutes. Cut each pizza into 4 pieces. Number of servings: 12

Serving size: 2 pieces ( $\frac{1}{2}$  pizza) provide the equivalent of  $1\frac{1}{2}$  oz of cooked lean meat,  $\frac{1}{8}$  cup of vegetable, and the equivalent of  $\frac{1}{2}$  slice of bread.



**Servings:**  
Serves 12

**Nutrition Information:**  
Protein: 11g; Fat: 5.69g; Carbohydrate: 21g; Fiber: 3g; Sodium: 504mg; Cholesterol: 9mg; Calories: 175.