



COWBOY CAVIAR

July 3

National Eat Your Beans Day

INGREDIENTS

Salad Ingredients

- 2 Cups Diced Tomatoes (seeds removed)
- 1½ Cups Diced Avocado
- ⅓ Cup Diced Red Onion
- 15½ Ounce Can Black Beans (rinsed; drained)
- 15 Ounce Can Black Eyed Peas (rinsed; drained)
- 1½ Cups Frozen Corn Kernels (thawed)
- 1 Cup Diced Bell Pepper (any color)
- ¼ Cup Finely Diced Jalapeño (seeds removed)
- ⅓ Cup Chopped Fresh Cilantro



Dressing

- ⅓ Cup Olive Oil
- ¼ Cup Red Wine Vinegar
- 1 Teaspoon Honey
- 1 Clove Garlic (minced)
- ½ Teaspoon Ground Cumin
- ½ Teaspoon Chili Powder
- ½ Teaspoon Salt (or to taste)
- ¼ Teaspoon Black Pepper
- 4 Ounces Tortilla Chips (enriched or whole grain-rich)

DIRECTIONS

1. In a large mixing bowl, combine the diced tomatoes, avocados, red onion, black beans, black eyed peas, thawed corn kernels, diced bell pepper, jalapeño, and freshly chopped cilantro. Gently toss the ingredients together to evenly distribute everything while keeping the avocados intact.
2. In a small bowl or a jar with a lid, add the olive oil, red wine vinegar, honey, minced garlic, ground cumin, chili powder, salt, and black pepper. Whisk vigorously or shake well to emulsify the dressing until fully combined.
3. Pour the prepared dressing over the salad mixture. Using a large spoon or spatula, gently toss everything together until all the ingredients are well coated with the dressing.
4. For best flavor, cover the bowl and refrigerate for at least 30 minutes to allow the flavors to meld.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Grain

MEAL TYPE

-  Snack

YIELD

9 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Ounce Tortilla Chips + ½ Cup Caviar	½ Ounce Tortilla Chips + ½ Cup Caviar	1 Ounce Tortilla Chips + ¾ Cup Caviar	1 Ounce Tortilla Chips + ½ Cup Caviar



CHICKPEA CAESAR SALAD WRAPS

July 4

National Caesar Salad Day




INGREDIENTS

- (2) 15 Ounce Cans Chickpeas (drained; rinsed)
- 1 Teaspoon Garlic Salt
- 1 Teaspoon Onion Powder
- 1 Teaspoon Smoked Paprika
- 1 Teaspoon Black Pepper
- 2 Teaspoons Dried Parsley
- 2 Tablespoons Oil
- 8 Tortilla, Soft, Flour (about 8"; enriched or whole grain-rich)
- 10 Cups Chopped Romaine Lettuce
- 3 Cups Sliced Avocado
- 3 Cups Sliced Tomatoes
- 1½ Cups Caesar Dressing

DIRECTIONS

1. In a bowl, toss chickpeas with garlic salt, onion powder, paprika, pepper, and parsley. Heat oil in a skillet over medium heat. Add chickpeas and cook for about 5 minutes, stirring often, until they are lightly crispy. Remove from heat.
2. In a large bowl, toss the chopped romaine with the Caesar dressing. Divide the dressed romaine evenly between the wraps. Top with chickpeas, sliced avocado, and tomato. Roll each wrap tightly.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

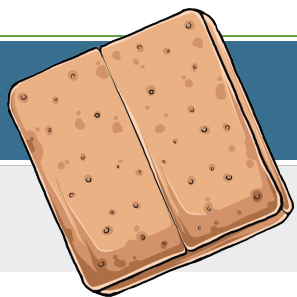
 Lunch/Supper

YIELD

8 Wraps

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Wrap	1 Wrap	1½ Wraps	1½ Wraps



PEANUT BUTTER & JELLY GRAHAM CRACKERS

July 5

National Graham Cracker Day



INGREDIENTS

- 8 Graham Crackers (about 5" by 2 1/2", enriched or whole grain-rich)
- 1/2 Cup Peanut Butter
- 1/2 Cup Jelly (flavor of your choice)

DIRECTIONS

1. Break graham crackers in half, along perforation.
2. On 8 of the graham cracker halves, spread 1 tablespoon of peanut butter.
3. On the remaining 8 halves, spread 1 tablespoon of jelly.
4. Cover each peanut butter cracker with a jelly cracker.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

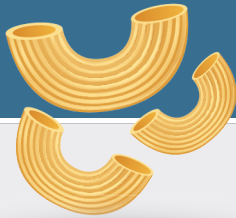
-  Snack

YIELD

8 Sandwiches

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Sandwich	1 Sandwich	2 Sandwiches	2 Sandwiches



CLASSIC HAWAIIAN MACARONI SALAD

July 7

National Macaroni Day

INGREDIENTS

Dressing

- 2 Cups Half-and-Half
- 2 Cups Mayonnaise
- 1½ Tablespoons Grated Yellow Onion
- 1 Tablespoon Dark Brown Sugar
- 2 Teaspoons Pepper
- 1 Teaspoon Salt

Macaroni

- 1 Pound Elbow Macaroni
(enriched or whole grain-rich)
- ¼ Cup Apple Cider Vinegar
- ¼ Cup Sliced Green Onions
- 1 Cup Chopped Celery
- 1 Cup Grated Carrots

DIRECTIONS

1. In a medium bowl whisk together the half-and-half, mayonnaise, grated onion, dark brown sugar, 1 teaspoon of salt, and 2 teaspoons of pepper until smooth. Refrigerate until needed.
2. Cook the macaroni as per the package instructions, except add 5 minutes to the cooking time. Drain the macaroni into a colander and then dump it back into the pot. Add in the apple cider vinegar and stir until the pasta absorbs the vinegar. Cover the pot with a lid and cool for 20 minutes at room temperature.
3. Add half of the dressing and stir to combine. Then, cover the lid and cool for another 20 minutes.
4. Add in the remaining dressing, green onions, celery, and carrots to the pot and stir to combine, and season with salt and pepper if needed.
5. Cool completely to room temperature, about 30 more minutes.
6. Transfer the macaroni salad to a bowl and cover with plastic wrap. Chill in the refrigerator for at least 2 hours before serving.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

12 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	¾ Cup



EASY RASPBERRY OATMEAL

July 8

National Raspberry Day

INGREDIENTS

- 2 Cups Rolled Oats
- 1 Cup Milk
- 1 Cup Water
- 3 Cups Raspberries (divided)
- 2 Tablespoons Pure Maple Syrup

DIRECTIONS

1. Combine the rolled oats, oat milk beverage, and water in a small saucepan.
2. Bring to a gentle simmer over medium heat.
3. Cook, stirring occasionally, until the oats are soft and have absorbed most of the liquid, about 5-7 minutes.
4. In the last couple of minutes of cooking, stir in 2 cups of the raspberries and pure maple syrup.
5. Continue cooking and stirring until the raspberries are well incorporated and give the oatmeal a pink hue.
6. Transfer the hot oatmeal mixture to a bowl or serving bowls.
7. Top with remaining 1 cup raspberries and serve immediately.

MEAL PATTERN CONTRIBUTION



Grain



Fruit

MEAL TYPE



Breakfast

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	1 Cup	1 Cup	1 Cup



LEMON BLUEBERRY MUFFINS

July 11

National Blueberry Muffin Day

INGREDIENTS

- 3 Cups All Purpose Flour
(enriched or whole grain-rich)
- 1½ Cups Sugar
- 1 Teaspoon Salt
- 4 Teaspoons Baking Powder
- ¼ Cup Vegetable Oil
- ½ Cup Unsalted Butter (melted)
- 1 Teaspoon Vanilla Extract
- 2 Teaspoons Lemon Extract
- 1 Cup Whole Milk
- 2 Large Eggs
- Zest of 1 Lemon
- 2 Cups Fresh Blueberries

DIRECTIONS

1. Preheat oven to 400°F.
2. In a mixing bowl, combine dry ingredients.
3. In a stand mixer on low speed with the paddle attachment, add the wet ingredients.
4. Beat on low until all ingredients have been combined and batter is smooth. Do not over mix.
5. Remove mixing bowl from stand mixer and fold in 2 cups fresh blueberries with a flexible spatula. Be careful not to crush them.
6. Spray muffin tin with nonstick spray or use paper/tin foil liners or reusable silicone baking cups.
7. Fill muffin tin ¾ of the way full with batter.
8. Bake for 20-25 minutes or until tops are brown and a toothpick when inserted into the center comes out clean when removed. Allow to cool completely before serving.

MEAL PATTERN CONTRIBUTION



MEAL TYPE

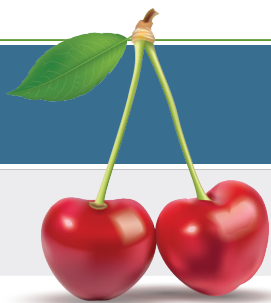


YIELD

20 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	1 Muffins



KALE CHERRY SALAD

July 11

National Rainier Cherry Day

INGREDIENTS

- ½ Cup Sliced Almonds
- 6 Cups Kale (chopped)
- 1 Cup Fresh Cherries
(stemmed, pitted, and halved)
- 1 Cup Blueberries
- ½ Cup Crumbled Feta
- 1 Cup Diced Avocado
- Balsamic Vinaigrette Dressing (to taste)

DIRECTIONS

1. Toast the almonds in a large skillet over medium heat until golden brown and fragrant, stirring often, or about 3-5 minutes.
2. Place the kale, cherries, blueberries, feta cheese, avocado and almonds in a large bowl.
3. Toss with enough dressing to coat.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Fruit

MEAL TYPE

-  Lunch/Supper

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	1 Cup	1 Cup	2 Cups



INSTANT POT BEANS AND FRANKS

July 13

National Beans and Franks Day



INGREDIENTS

- 4 Frankfurters (at least 2 ounces each; that do not contain meat or poultry byproducts, cereals, binders or extenders)
- 16 Ounces Pinto Beans (dry)
- 6 Cups Water
- 6 Slices Bacon
- 1 Small Onion (diced)
- ½ Cup Brown Sugar
- ¾ Cup Molasses
- ¾ Teaspoon Chili Powder
- 1½ Teaspoons Dry Mustard
- ¾ C Ketchup
- ¾ Teaspoon Salt
- ½ Teaspoon Garlic Salt
- 2 Tablespoons White Wine Vinegar
- 2 Tablespoons Worcestershire Sauce

DIRECTIONS

1. Rinse dry pinto beans and put into Instant Pot with water.
2. Close lid and steam valve and push beans button, normal temperature for 60 minutes.
3. Do a natural release, drain liquid, set beans aside.
4. Turn Instant Pot to saute normal and add diced onion and bacon with a little olive oil, cook until onions soften and bacon is ¾ of the way cooked. Turn off.
5. Add other ingredients listed (except for frankfurters and beans in a bowl and whisk together well.
6. Add beans back into your Instant Pot and pour liquid molasses mixture you made on top, fold all ingredients together.
7. Put lid on and close steam valve again and push bean button, normal temperature for 20 minutes.
8. Quick release, add sliced hot dogs, fold in gently and put lid back on for 10 final minutes on bean setting, normal temperature. Serve immediately for best results.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

-  Snack

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	¾ Cup	1 Cup	¾ Cup



July 14

MAC AND CHEESE POUTINE



National French Fry and Mac & Cheese Day



INGREDIENTS

- 4 Cups Potatoes, French Fries, frozen
Straight cut, Regular moisture, Ovenable
- 7¼ Ounce Box Macaroni and Cheese
(enriched or whole grain-rich)
- 1 Cup Cheese Curds
- 2 Cups Brown Gravy
- Salt and Pepper (to taste)

DIRECTIONS

1. Place fries on parchment paper and bake as directed, while making boxed macaroni and cheese according to instructions on the box. Both have about the same cook time, and can be done simultaneously.
2. In an oven safe dish first place a layer of cooked fries then add a generous layer of cooked macaroni and cheese. Add cheese curds onto the pasta then pour gravy on as desired. Salt and pepper as desired
3. If desired, broil in an oven for 5 minutes, to melt the cheese curds and crisp the top.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

9 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	¾ Cup	1½ Cups	2¾ Cups



STRAWBERRY & WAFFLE KEBABS WITH MAPLE-YOGURT DIP

July 14

World Kebab Day

INGREDIENTS

- ¾ Cup Vanilla Greek Yogurt
(ensure it meets sugar limits)
- 1 Tablespoon Maple Syrup
- 6 Mini Frozen Waffles
(at least ½ ounce each)
- 3 Cups Fresh Strawberries

DIRECTIONS

1. In a small bowl, combine yogurt and maple syrup. Whisk until well-blended.
2. Lightly toast waffles for 3–4 minutes. Cut each waffle in half.
3. Build kebabs by putting ¼ cup of strawberries and ½ waffle on a stick.
4. Serve kebabs with yogurt dip.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

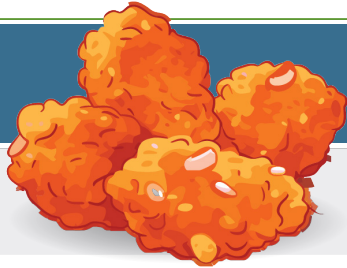
-  Breakfast

YIELD

6 Kebabs

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Kebab	2 Kebabs	2 Kebabs	4 Kebabs



EASY ORANGE CHICKEN AND RICE

July 15

National Orange Chicken Day



INGREDIENTS

- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 3 Cloves Fresh Garlic
- 1-Inch Piece Fresh Ginger
- 1 Cup Freshly Squeezed Orange Juice
- ½ Cup Brown Sugar
- ¼ Cup Low-Sodium Soy Sauce
- 1 Tablespoon Sesame Oil
- Green onions for garnish
- Sesame seeds for garnish
- 4 Cups Cooked Enriched White Rice (for serving)

DIRECTIONS

1. Cut chicken into bite-sized pieces.
2. In a bowl, combine soy sauce, minced garlic, grated ginger, and half of the orange juice. Marinate the chicken for at least 30 minutes.
3. Heat oil in a large skillet over medium-high heat and sauté the marinated chicken until golden brown (about 6-8 minutes).
4. Add remaining orange juice, brown sugar, and sesame oil to the skillet; stir well.
5. Create a slurry with cornstarch and water; add to the pan to thicken the sauce.
6. Garnish with chopped green onions and sesame seeds before serving over rice.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

2 Pounds

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce Chicken + ¼ Cup Rice	2 Ounces Chicken + ¼ Cup Rice	2 Ounces Chicken + ½ Cup Rice	2 Ounces Chicken + 1 Cup Rice



TROPICAL FRUIT SALAD

July 18

National Tropical Fruit Day

INGREDIENTS

- 2 Cups Cubed Watermelon
- 1 Cup Cubed Pineapple
- 2 Cups Cubed Mango
- 1 Cup Cubed Dragon Fruit Flesh
- 1 Tablespoon Mint Leaves
- 2 Tablespoons Plain Yogurt (ensure it meets sugar limits)
- Squeeze of Lime Juice
- Balsamic Reduction or Honey (drizzle on top)

DIRECTIONS

1. Cut all the fresh fruit into cubes of approximately the same size and toss in a medium bowl.
2. Sprinkle with the small mint leaves and top with the yogurt.
3. Squeeze lime juice on top of the yogurt.
4. Finally, drizzle balsamic reduction over the salad to taste.
5. Toss everything to combine before serving.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

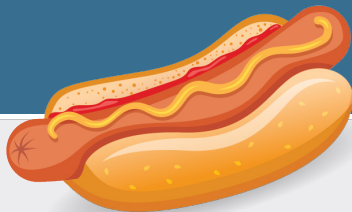
 Breakfast

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	½ Cup	½ Cup



QUESADOGAS

July 19

National Hot Dog Day



INGREDIENTS

- 8 Tortilla, Soft, Flour (about 8"; enriched or whole grain-rich)
- 1 Cup Shredded Cheddar
- 1 Cup Monterey Jack
- 1 Jalapeño (minced)
- 2 Green Onions (finely sliced)
- 1 Teaspoon Chili Powder
- 1 Cup Nacho Cheese (plus more for dipping)
- 4 Frankfurters (at least 2 ounces each; that do not contain meat or poultry byproducts, cereals, binders or extenders)
- 1 Tablespoon Vegetable Oil
- Sour Cream (optional, for drizzling)

DIRECTIONS

1. Top a tortilla with cheddar, Monterey Jack, jalapeño, green onion, and chili powder. Top with another tortilla.
2. Spread the top tortilla with some nacho sauce and set a hot dog at one end. Roll up the tortilla around the hot dog. Repeat with remaining ingredients.
3. In a large skillet over medium-high heat, heat vegetable oil. Add quesadogas and cook until golden and crispy all over, about 3 minutes per side.
4. Drizzle with sour cream if desired. Serve warm with more nacho sauce for dipping.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

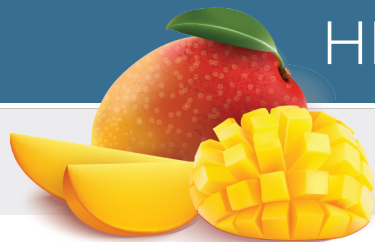
-  Lunch/Supper

YIELD

8 Quesadogas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Quesadoga	½ Quesadoga	¾ Quesadoga	1 Quesadoga



HEALTHY MANGO SORBET

July 22

National Mango Day

INGREDIENTS

- 10 Cups Chopped Mango (frozen)
- 5 Teaspoons Milk

DIRECTIONS

1. Blend or process the mango and milk in a high-speed blender or food processor.
2. Serve immediately or smooth out in an airtight container. Store in the freezer.

MEAL PATTERN CONTRIBUTION



Fruit

MEAL TYPE



Snack

YIELD

10 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup



BREAKFAST PIZZA BAGELS

July 26

National Bagelfest Day

INGREDIENTS

- 3 Bagels (enriched or whole grain-rich, at least 56 grams each; sliced)
- 6 Large Eggs (beaten)
- 1/8 Teaspoon Garlic Powder
- Salt and Pepper (to taste)
- 10 Fully Cooked Bacon Slices (crumbled)
- 1 Cup Shredded Mozzarella Cheese
- 1 Cup Shredded Cheddar Cheese

DIRECTIONS

1. Preheat oven to 415°.
2. Place bagels on an ungreased cookie sheet and set aside.
3. In a medium-sized bowl, whisk together eggs, garlic powder, salt, and pepper.
4. Cook/scramble in a medium nonstick skillet over medium-high heat.
5. Remove eggs from heat and evenly distribute scrambled eggs over bagels.
6. Sprinkle bacon over eggs.
7. Toss together mozzarella and cheddar cheeses, and cover the bacon/eggs with cheese mixture.
8. Bake for 10 minutes. Bagels will be extremely hot right out of the oven, allow them to cool briefly before enjoying.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

6 Breakfast Bagels

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/4 Breakfast Bagel	1/4 Breakfast Bagel	1/2 Breakfast Bagel	1 Breakfast Bagel



BBQ TOFU SANDWICH

July 26

World Tofu Day



INGREDIENTS

- 16 Ounces Extra Firm Tofu
(at least 5 grams of protein per 2.2 ounces)
- ½ Cup Barbecue Sauce
- ¼ Cup Apple Cider Vinegar
- ¼ Cup Water
- 1 Tablespoon Vegetable Oil
- 4 Burger Buns (enriched or whole grain-rich;
at least 56 grams each)
- 1 Cup Tahini Coleslaw
- Lettuce, Pickles, Pimento Cheese
(optional toppings)

DIRECTIONS

1. Press the tofu for 10 minutes. To do this, use a tofu press or place tofu between two plates. Weigh down the top plate with a bag of beans or a can.
2. Cut the block of tofu lengthways into 5 slices. Place the rectangles in a shallow dish or plastic bag for marinating.
3. Stir together the marinade ingredients in a small bowl: barbeque sauce, apple cider vinegar and water. Coat the tofu in the marinade. Let marinate for at least 30 minutes and up to 24 hours.
4. Heat a cast iron or non-stick skillet over medium high heat. Add the oil. Once hot, add the tofu (don't add the marinade). Saute each side for 5 minutes, or until browned and crispy.
5. Divide tofu evenly onto buns. Top with tahini coleslaw and optional burger toppings.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

4 Sandwiches

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Sandwich	1 Sandwich	1¼ Sandwiches	1¼ Sandwiches



LOADED CHEDDAR & BACON CHICKEN FINGERS

July 27

National Chicken Finger Day

INGREDIENTS

- 1 Pound Chicken, Boneless, fresh or frozen, tenderloins, (boneless chicken breast pieces without skin)
- 1 Cup Shredded Cheddar Cheese
- 6 Slices Bacon (cooked and crumbled)
- ½ Cup Panko Breadcrumbs
- ¼ Cup All-Purpose Flour
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- ½ Teaspoon Paprika
- ¼ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 2 Large Eggs (beaten)
- Cooking Spray or Oil (for greasing)

DIRECTIONS

1. Preheat your oven to 400°. Line a baking sheet with parchment paper or lightly grease it with cooking spray.
2. In a shallow bowl, combine the panko breadcrumbs, shredded cheddar cheese, crumbled bacon, garlic powder, onion powder, paprika, salt, and black pepper.
3. Dip each chicken tender into the beaten eggs, allowing any excess to drip off. Then, coat the chicken in the breadcrumb mixture, pressing lightly to ensure it sticks.
4. Place the coated chicken tenders on the prepared baking sheet in a single layer. Lightly spray the tops with cooking spray for extra crispiness.
5. Bake the chicken fingers in the preheated oven for 15-20 minutes, or until they are golden brown and cooked through.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Tenders

PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Tender	1 Tender	1¼ Tenders	1¼ Tenders



BREAKFAST LASAGNA BAKE

July 29

National Lasagna Day

INGREDIENTS

- 8 Potato Products, frozen Hashed patty, Pre-browned, 2.25 oz each
- 1 Pound Pork Sausage, fresh or frozen Bulk, Link, or Patty, Market Style, Raw
- 10 Large Eggs (scrambled)
- 2 Cups Shredded Cheddar Cheese
- 2 Cups Cherry Tomatoes (halved)
- Chives, Salsa or Sour Cream (optional toppings)

DIRECTIONS

1. Preheat oven to 375°. Lightly grease a 9x13-inch baking dish with non-stick cooking spray.
2. Brown the breakfast sausage in a large skillet. Once browned, set aside and drain. Pour off excess grease from the skillet.
3. In a bowl, whisk together the eggs and pour into the greased skillet and scramble the eggs.
4. In the prepared baking dish, place the frozen hashbrowns into a single layer. Spread the browned sausage and scrambled eggs over the top. Top with shredded cheddar cheese and tomatoes. Cover tightly with foil.
5. Bake in the preheated oven for 25 minutes, then remove the foil and bake another 15 minutes. Let cool slightly before serving.
6. Serve as is, or with preferred toppings like chives, salsa or sour cream.

MEAL PATTERN CONTRIBUTION

- Meat/Meat Alternate
- Vegetable

MEAL TYPE

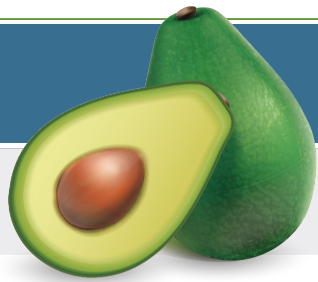
Breakfast

YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	1 Cup	1 Cup	1 Cup



BAKED AVOCADO EGGS

July 31

National Avocado Day



INGREDIENTS

- 5 Large Avocados (ripe but firm - not very soft)
- 10 Eggs
- 1¼ Teaspoons Salt (divided)
- 1¼ Teaspoons Black Pepper (divided)
- 5 Tablespoons Parsley (chopped)

DIRECTIONS

1. Preheat your oven to 450°. Line a baking dish with foil for easy cleanup. Look for a small baking dish that would allow the avocado halves to stand upright.
2. Cut the avocado in half lengthwise and remove the pit. Using a spoon, scoop out a little of the flesh of each avocado half - you want it to be large enough to accommodate a medium egg.
3. Season the avocado halves with half of the kosher salt and black pepper, and place them in the prepared baking dish.
4. Break each egg into a small bowl, then carefully slide the yolk, and as much as will fit from the white, into the center of each avocado half.
5. Bake until the whites are set, for about 15 minutes.
6. Season the avocado egg with the remaining salt and black pepper. Garnish the dish with chopped parsley. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

MEAL TYPE

 Breakfast

YIELD

10 Baked Avocados

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Baked Avocado	1 Baked Avocado	1 Baked Avocado	1 Baked Avocado