



August 4, 2020

Eggs Eight Ways

Eggs are an excellent source of protein and a favorite CACFP Meat Alternate at meal time. Serve them scrambled, hard boiled, over easy, baked, soft boiled, or in an omelette or egg salad. If you haven't tried poached eggs yet, try this classic.

- 1/2 English muffin, toasted
- 1 slice Canadian ham, warmed
- 1 slice tomato
- 1 poached egg
- 1 tablespoon sauce (1 egg yolk, 1/4 c greek yogurt, 1 tbsp lemon juice; mix and heat together while stirring on stovetop until thick)



Recipes

Taco Tuesdays!

Tacos are a favorite food you can easily customize.

- Pulled pork or beef
- Corn or flour tortillas
- Sliced cabbage
- BBQ sauce



Recipes

Baked Eggplant Sticks

- 10 ounce Eggplant * 1/2 cup Italian seasoned breadcrumbs * 2 tablespoons Parmesan cheese, grated * 2 large egg whites, whipped

Cut off the eggplant ends and cut in half lengthwise. Cut 1/4 inch slices and then from those, cut 1/4 inch sticks. Mix breadcrumbs and cheese in a bowl. In another, whip the egg whites. Dip the eggplant sticks into the egg whites and then roll in the breadcrumb mixture. Lay on large baking sheet lined with parchment paper and bake in 450 degree oven for 10 minutes. Turn over and bake another 5 minutes.

Makes 32 sticks. Six sticks equals 1/2 cup baked eggplant. Snack Crediting: 5 Vegetable Servings for ages 3-5



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CACFP Creditable Snack Suggestions

Biscuits with Canadian ham
Steamed broccoli with melted cheddar
Oatmeal with apple chunks
Cottage cheese with sliced strawberries
Tomato juice and whole wheat crackers
Scrambled eggs on English muffin

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Smashed Avocado Toast

CACFP Creditable Snack Suggestions

Fruit salsa and pita chips
Peaches and graham crackers
Watermelon and jicama sticks
Melted cheddar cheese on WGR toast
Mashed potato pancakes and applesauce
Pretzel sticks and cheese cubes
Smashed avocado on WGR toast

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Healthy Snack Activity Page

Looking for a few new activity pages for your child care provider, center, or afterschool program? Check out these fun pages matching pasta shapes and coloring the rainbow!

[Get Activity Sheets](#)

CACFP is an indicator of quality child care.

It's Snack Time!

Color only the healthy snack choices. Circle your two favorites.



Strawberry S'mores

- 2 strawberries
- 1 graham cracker broken in half
- 2 tablespoons, low-fat vanilla yogurt*

Give each child their own portions and have them layer the yogurt and strawberries in between the graham cracker. Eat, enjoy, repeat! Make any combination berry s'more you desire such as raspberries with lemon yogurt or blueberries with peach yogurt. *Yogurt must meet CACFP sugar limits.



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