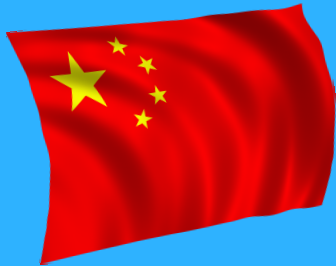


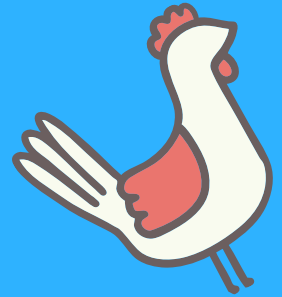
# International Sample Menu



## Monday

China

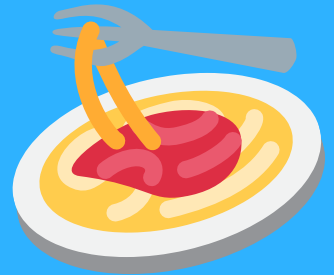
Sesame Chicken Served  
with Brown Rice, Broccoli, Tangerine,  
and Milk



## Tuesday

Italy

Meaty Meatballs with Spaghetti Served  
with a Peach, Salad, and Milk



## Wednesday

India

Chicken Masala Wrap Served  
with Cauliflower, an Orange and Milk



## Thursday

Mexico

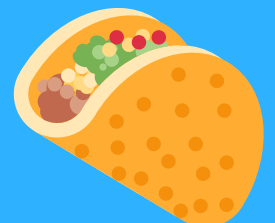
Ground Beef Tacos Served  
with a Banana, Salad, and Milk



## Friday

Greece

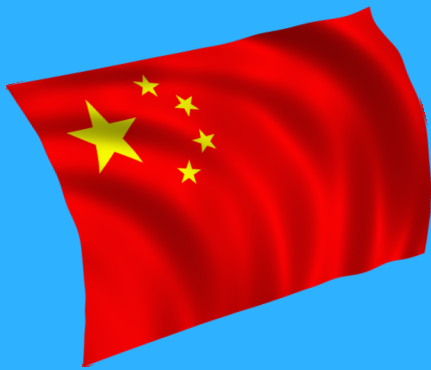
Gyros Served  
with Watermelon and  
Milk



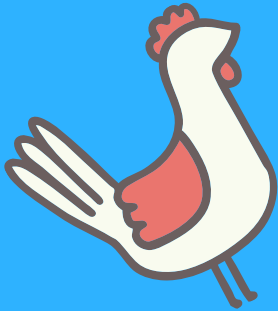
# RECIPES

## Overview

Each recipe is for 10 servings and is creditable under the Child and Adult Care Food Program (CACFP). Multiply the ingredients as needed based on the number of participants you serve.



## China: Sesame Chicken w/ Brown Rice



5 cups brown rice  
1/2 cup honey  
4 tablespoons sesame seeds  
4 tablespoons gluten-free Tamari  
or soy sauce  
2 garlic cloves, minced  
2 egg whites  
4 tablespoons cornstarch  
20 oz small chicken breasts, cut  
into 2" pieces  
salt & pepper  
2 tablespoons vegetable oil  
4 green onions, chopped  
5 cups broccoli florets

### CACFP Creditable Ingredients:

-Milk = Fat-Free or  
1% Fluid Milk (8 oz per  
serving)  
-Vegetable = Broccoli  
(1/2 cup per serving)  
-Fruit = Tangerines  
(1/4 cup per serving)  
-Grains/Bread = Brown  
Rice  
(1/2 cup per serving)  
-Meat/Meat Alternate =  
Chicken  
(2 oz. per serving)

### Directions:

1. Cook brown rice.
2. In a separate small bowl, mix honey, sesame seeds, Tamari or soy sauce, and garlic together.
3. In another large bowl, whisk egg whites and cornstarch together until smooth.
4. Season the chicken with salt and pepper, then dip in egg white mixture and evenly coat it.
5. In a saucepan, steam broccoli until crisp and set aside.
6. Heat oil in a large skillet over medium heat, carefully add chicken. Cook for 3-4 minutes on each side or until thoroughly cooked.
7. Toss and combine the prepared chicken with the prepared sauce and green onions.
8. Add broccoli to mixture and place the mixture in a bowl with brown rice.

### Serve with:

1/4 cup of tangerines and fat-free or 1% fluid milk to complete the meal

## Italy: Meaty Meatballs with Spaghetti



20 oz Whole Wheat Spaghetti  
2 garlic cloves  
1/2 cup chopped - parsley, fresh  
20 oz ground beef  
1/4 cup - flaxseed, ground  
1 teaspoon - basil, dried  
1 teaspoon - salt  
1/2 teaspoon black pepper, ground  
1 teaspoon oregano, dried  
2 tablespoons - olive oil  
5 cups marinara sauce

### CACFP Creditable

#### Ingredients:

- Milk = Fat-Free  
or 1% Fluid Milk  
(8 oz. per serving)
- Vegetable = mixed  
green salad  
(1 cup per serving)
- Fruit = Peach  
(1/4 cup per  
serving)
- Grains/Bread =  
Whole Wheat  
Spaghetti  
(1/2 cup per  
serving)
- Meat/Meat  
Alternate  
= Meatballs  
(2 oz per serving)

1. Cook the spaghetti as directed on package; drain and set aside.
2. Mince the garlic and chop parsley.
3. Combine the beef with the flaxseed, basil, salt, pepper, oregano, garlic, and parsley. Mix well and shape into 20 meatballs.
4. Heat oil in a large skillet over medium. Cook meatballs for 6-8 minutes or until browned and no longer pink inside.
5. Pour marinara sauce into skillet and simmer for 8-10 minutes.
6. Serve two meatballs and sauce on a bed of pasta.

### Served with:

1/4 cup of peaches, 1/2 cup of mixed green salad, and fat-free or 1% fluid milk





## India: Chicken Masala Wrap

1 tablespoon vegetable oil

### Chicken Masala Sauce Ingredients:

2 red, yellow, green, or orange bell peppers (seeded and sliced,)

1 medium tomato (chopped)

1 sweet onion (sliced)

1/2 teaspoon ginger paste (or 1 teaspoon freshly grated ginger)

1/3 tablespoon garlic paste (or 1 clove garlic, minced)

1/8 teaspoon crushed red pepper (or paprika)

1/4 teaspoon ground cumin

1/8 teaspoon ground cinnamon

1/8 teaspoon ground turmeric

1 teaspoon salt

1/4 teaspoon freshly ground black pepper

Note: Similar sauce can also be purchased pre-made

4 tablespoons water

20 oz skinless chicken breasts (thinly sliced)

1 cup plain nonfat yogurt

1/3 medium cucumber (peeled and grated)

1 cup chopped lettuce

10 whole wheat tortillas or flatbread (warmed)

5 cups of cauliflower

### Directions

1. In a medium sauté pan over moderate heat, warm the oil. Add the bell peppers, tomato, onion, ginger, garlic, crushed red pepper, cumin, cinnamon, turmeric, 1/2 teaspoon salt, and 1/8 teaspoon pepper and cook until slightly tender, about 10 minutes.
2. Add 3 tablespoons water and chicken, continue to cook for several more minutes.
3. In a medium bowl, make the raita (cucumber-yogurt sauce/dip) by stirring together the yogurt, cucumber, and the remaining 1 tablespoon water. Sprinkle with the remaining 1/2 teaspoon salt and 1/8 teaspoon pepper and garnish with fresh mint leaves (optional).
4. Place 1/4 cup of water and cauliflower in a pot, cover, let steam for 5 minutes
- 5.. To serve: Place lettuce and a scoop of chicken masala mixture in the center of each tortilla or roll. Add a spoonful of the raita to each wrap, or serve it on the side, serve 1/2 cup of cauliflower on the side.

### Serve with:

1/4 cup of orange slices and fat-free or 1% fluid milk to complete the meal





## Mexico: Ground Beef Tacos

For the taco seasoning:

1 1/2 tablespoon chili powder

1 1/2 teaspoon cumin

1/2 teaspoon salt

1/2 teaspoon oregano

1/2 teaspoon smoked paprika

1/2 teaspoon cayenne

Note: Similar seasoning can also be purchased pre-made as "Taco Seasoning"

CACFP Creditable

Ingredients:

-Milk = Fat-Free or 1%  
Fluid Milk

(8 oz per serving)

-Vegetable = Mixed  
Green Salad

(1 cup per serving)

-Fruit = Bananas

(1/4 cup per serving)

-Grains/Bread =

Multi-grain Tortillas

(1 per serving size)

-Meat/Meat Alternate =  
Beef

(2 oz per serving)

For the filling:

2 tablespoons olive oil

1/2 white onion, chopped

2 garlic cloves, minced

20 oz of lean ground beef

1/2 cup of water

To assemble:

10 multi-grain tortillas

1 1/2 cups romaine lettuce, shredded

1 1/2 cups cheddar cheese

1 1/2 cup diced tomatoes

Directions:

1. Mix the taco seasoning ingredients together and set aside.
2. In a large skillet over medium heat, add the olive oil. When the oil is hot, add the onion and sauté for about 4-5 minutes, or until soft. Add the garlic and continue to sauté until fragrant, for about 2 minutes.
3. Add the ground beef along with water and cook, breaking up the meat into smaller chunks, until it is cooked through, about 5 minutes.
4. Stir in the taco seasoning, cook for about 30 seconds. Turn the heat to low and simmer for about 10 minutes, stirring occasionally.
5. Warm the tortillas in a dry skillet over medium heat, about 30 seconds on each side.
6. Fill each tortilla with the beef mixture and top with lettuce, tomatoes, and cheddar cheese.

Serve with:

1/4 cup of bananas, 1/2 cup of mixed green salad, and fat-free or 1% fluid milk to complete the meal



## Greece: Gyros

64 oz ground turkey  
40 ounces of frozen spinach, thawed and squeezed dry

### Gyro Seasoning:

4 tablespoons grill seasoning  
2 tablespoons ground cumin  
1 tablespoon chili powder  
4 tablespoons coriander  
1 tablespoon dried oregano  
1 teaspoon ground cinnamon

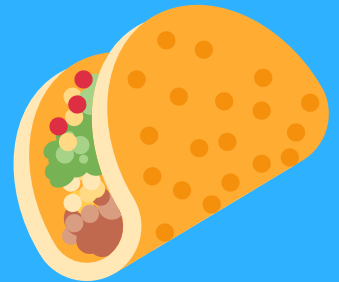
Note: Similar seasoning can also be purchased pre-made as "Gyro Seasoning"

### Tzatziki sauce ingredients:

4 cups plain greek yogurt  
4 cucumbers, peeled and grated  
4 garlic cloves  
3 juices from lemon  
1 tablespoon cumin

Note: Similar sauce can be purchased pre-made as "Tzatziki sauce"

10 whole wheat pitas  
4 cups tomatoes, sliced  
4 cups cucumbers, sliced  
4 cups onions, sliced  
4 cups lettuce



### Directions:

1. Mix the turkey, spinach, and the seasonings together into a bowl and form a loaf.
2. Bake the loaf at 425 degrees for 30 minutes.
3. Then mix the ingredients for the Tzatziki (sauce made from yogurt, garlic, and cucumbers) into a bowl.
4. Wrap the pitas in foil and place them in the oven for a few minutes to warm them up.
5. Once done, slice up the loaf.
6. Place the turkey loaf in the middle of the pita, top it off with tomatoes, cucumbers, onions, and a little bit of crunchy green lettuce. Add Tzatziki on top or on the side as a dip.

### Serve with:

1/4 cup of watermelon slices and fat-free or 1% fluid milk to complete the meal

### CACFP Creditable

#### Ingredients:

-Milk = Fat-Free or 1%  
Fluid Milk

(8 oz per serving)

-Vegetable = Spinach  
(1/2 cup per serving)

-Fruit = Watermelon  
(1/4 cup per serving)

-Grains/Bread = Whole  
Wheat Pitas

(1 per serving size)

-Meat/Meat Alternate =  
Turkey

(2 oz per serving)

Recipe adapted from:

<https://www.superhealthykids.com/healthy-greek-gyros/>