

February Newsletter



PATCH Office's
will be closed on
President's Day
Monday,
February 20th



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February 4th - National Soup Day

February 4 is National Soup Day, and we've got a hearty soup recipe from team nutrition to warm your keiki. This recipe features beans, which can be credited as a vegetable or as a meat/meat alternate.

A Pan with a Plan

Using Sheet Pans for CACFP Recipes

Looking for recipes with quick preparation and minimal cleanup? Using a sheet pan is a wonderful way to serve up #CACFPCreditable meals without a lot of hassle. For many sheet pan recipes, all you need is one 9x13 sheet pan, a large bowl for mixing, some cups for measuring, and your oven!

We want to show you two great methods for using sheet pan recipes in the CACFP. The first is probably what you think of when you hear "sheet pan recipes," which is preparing your meat/meat alternate alongside roasted vegetables. This is an especially great method if you want to replace the fruit component with a second, different vegetable. But sheet pans can also be a great method for baking!



What did the tater tot say to the french fry?



Sheet Pan Tips & Tricks

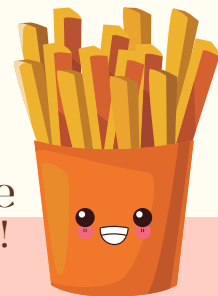
Select ingredients that have a similar cooking time, so nothing will be under/overcooked.

If you use a recipe that combines everything in one bowl, make sure you add a little extra of each component to ensure participants get the minimum requirement of each serving.

Explore new flavor profiles with seasonings and herbs! Lean meats and veggies are a wonderful blank canvas for experimentation.



You are one hot potato!



Sheet Pancakes



- 2 cups whole wheat pancake mix
- 2 cups milk
- 2 tbsp oil
- 2 eggs
- 8 cups mixed berries

Preheat the oven to 425° F. Prepare the pancake batter as directed on the box. Mix 4 cups of the mixed berries into the batter. Pour onto greased sheet pan and bake for 12-15 minutes, until a toothpick comes out clean. Makes 16 servings. Serve with 3/4 cup milk and 1/4 cup mixed berries.