

Serving Sizes: based on CACFP meal pattern guidelines

1 serving of vegetables or fruit = 1/2 cup

1 serving of dairy = 1/2 oz (ages 2-3) **or** 1 oz (ages 4-6)

1 serving of protein (eggs) = 1/2 egg (ages 2-3) **or** 1 egg (ages 4-6)



1 count = about 1 pound

Broccoli



Store in the refrigerator raw or cooked for about 3 days, and wash when ready to use. Broccoli can be frozen after steaming or blanching.

Servings:

1 pound = about 8 servings (including stalks)

10 pound case = about 80 servings

Ways to Use

Raw: Chop and serve raw broccoli with a dip or hummus

Boil or steam: Boil or steam chopped broccoli on the stovetop

Blanch: Boil chopped broccoli for about 3 minutes, then place in ice water to cool quickly. Drain well, pat dry, and freeze for longer storage.

Sauté or roast: Cook chopped broccoli on stovetop with oil or roast in the oven [450°F for ~20min]

Use the stalks: Peel, chop, and cook broccoli stalks in these same ways or blend into soup

TRY: In stir-fry, in pasta, in soup, as a side, with a dip



1 pound

Cheddar Cheese Curds



Servings:

1 pound = 32 servings for ages 2-3 **or** 16 servings for ages 4-6

About

Taste: Cheese curds have a mild flavor and are ready to eat (no preparation required). Available in Plain and Garlic & Chives.

Size: About 1-inch x 1-inch cubes

TRY: As the protein in snack or as a special tasting experiment



1 bunch



1 pound

Hearty Greens



Chard, Kale, Collards, and Mustard Greens

Store in the refrigerator raw or cooked for about 5 days, and wash when ready to use. Hearty greens can be frozen after blanching.

Servings:

1 bunch = about 8 servings raw (3 cooked)

12 bunch case = about 96 servings raw (36 cooked)

Ways to Use

Raw: Chop greens and serve in salad. Want less bitter taste? Soak in cold water or add vinegar or sugar to a dressing.

Blend: Add to smoothies with fresh or frozen fruit

Blanch: Cook chopped greens in boiling water for about 3 minutes, then place in ice water to cool quickly. Drain well, pat dry, and freeze for longer storage.

Sauté: Cook chopped greens on the stovetop with oil

TRY: Add to soups, pastas, and salads, or serve as a cooked side



30-egg flat

Chicken Eggs



Store eggs in the refrigerator for 3-5 weeks

Servings:

1 dozen = 24 servings for ages 2-3 **or** 12 servings for ages 4-6

30-egg flat = 60 servings for ages 2-3 **or** 30 servings for ages 4-6

Product Options:

1 dozen eggs in a carton = 12 eggs

5 dozen eggs in cartons = 60 eggs

15 dozen eggs = 180 eggs = 6 of the pictured 30-egg flats

TRY: Make breakfast for lunch/dinner with scrambled eggs, serve hard-boiled eggs as an easy snack, or use eggs when baking



1 count



1 pound

Cabbage



Red, Green, Savoy, and Napa

Store in the refrigerator raw for about 1-2 weeks, and wash when ready to use. Cabbage can be chopped and frozen raw or after blanching.

Servings:

1 pound = about 8 servings

20 pound case = about 160 servings

Ways to Use

Raw: Add raw cabbage to a salad, sandwich, or coleslaw

Roast: Chop into wedges and cook on a baking sheet in the oven [400°F for ~30min]

Steam or braise: Soften chopped cabbage by steaming. To braise, sauté chopped cabbage for a few minutes, add liquid, then cover pot and cook until tender.

Sauté: Cook chopped cabbage on stovetop with oil

TRY: Add to soup and stir-fry, eat as a side with sausage or beef, or make a creamy or vinaigrette coleslaw



1 pound



5 pounds

Satina Potatoes



Potatoes available in many different varieties

Store in a cool, dry, dark place for 1-2 weeks (does not require refrigeration). If potatoes begin to sprout, use quickly and cut the sprouts out before cooking. Potatoes can be frozen after blanching.

Servings:

1 pound = about 4 servings

5 pounds (pictured) = about 20 servings

20 pound case = about 80 servings

Ways to Use

Bake: Bake whole or chopped. Potatoes do not need to be peeled [400°F for ~30min if chopped or 350°F for ~60min if whole]

Boil: Boil whole or chopped [~10min for chopped or ~25 min for whole]

TRY: Add to soup, make potato salad, mash potatoes, or slice and bake into fries



1 pound



5 pounds

Carrots



Trim the green tops off carrots as soon as possible, and store in the refrigerator for 3-5 days. If longer storage is needed, place carrots in a cool water bath in the refrigerator for about 2 weeks. Carrots can be frozen after blanching.

Servings:

1 pound = about 7 servings
5 pounds (pictured) = about 35 servings
10 pound case = about 70 servings

Ways to Use

Raw: Eat raw with a dip, chopped in salad, or tossed into coleslaw

Roast: Roast chopped or whole carrots in the oven [400°F for ~30min]

Boil or steam: Boil or steam carrots on the stovetop

Pickle: Place sliced, blanched carrots in a jar with vinegar and water [1 cup vinegar + 1 cup water + 1 tsp salt + 2 tsp sugar for ~12 hours]

Use the tops: When young and tender, add carrot tops to salads or make carrot top pesto



1 pound



6 pints

Cherry Tomatoes



Tomatoes available in many different varieties

Store at room temperature out of direct sunlight. Tomatoes can be frozen raw and whole but will be mushy when thawed (great for using in soups, sauces, and stews).

Servings:

1 pound = about 5 servings
6 pints (pictured) = about 5 pounds = about 25 servings

Ways to Use

Raw: Slice or use whole cherry tomatoes in a salad or sandwich, or serve with cheese or a dip

Roast: Roast sliced or whole cherry tomatoes in the oven [450°F for ~20min]

Sauté: Cook tomatoes on the stovetop

Jar/Can: Make a fresh or cooked salsa. Can whole or diced tomatoes.

TRY: Make your own tomato sauce, blend into tomato soup, make salsa, or add to pizzas and pastas



1 count

Butternut Squash



Winter squash available in many different varieties

Store in a cool, dry, dark place for up to 2 months (does not require refrigeration). Butternut squash can be frozen raw (after peeling and chopping) or cooked (chopped or mashed).

Servings:

1 pound = about 3 servings

30 pound case = about 90 servings

Ways to Use

Roast: Can be roasted in the oven whole, halved, or peeled, seeded, and chopped [400°F for ~60min if whole or ~40min if halved or chopped]

Steam bake: Halve and place in oven with a little water in the pan, cover with foil and bake [350°F for ~80min]

Boil: Peel, seed, chop, and boil squash

TRY: Add to a grain salad, add to soup (chunks or blended), mash like potatoes, or add to pasta



1 pound



1 count

Cauliflower



Store in the refrigerator raw or cooked for 1-2 weeks, and wash when ready to use. Cauliflower can be chopped and frozen after blanching.

Servings:

1 pound = about 8 servings

10 pound case = about 80 servings

Ways to Use

Raw: Chop and serve with a dip or hummus

Roast: Roast chopped cauliflower in the oven [450°F for ~20min]

Boil or steam: Soften the chopped cauliflower by cooking in boiling water or a steamer

Sauté: Cook chopped cauliflower on stovetop with oil

TRY: Grate cauliflower to make hash browns or rice, mash cauliflower after boiling (like mashed potatoes), or blend cooked cauliflower into a smooth soup



1 pound



1 count



1 pound

Beets



Red, Gold, and Chioggia

Store raw beets in the refrigerator for 1-2 weeks and cooked beets for 3-5 days. Beets can be frozen after cooking.

Servings:

1 pound = about 6 servings

10 pound case = about 60 servings

Ways to Use

Raw: Slice or grate beets and add to a salad or coleslaw

Boil or steam: Boil or steam on the stovetop

Roast: Roast beets whole or chopped in the oven [400°F for ~40min if whole]

Pickle: Boil beets then put slices in jars. Boil 1 cup vinegar + 1 cup water + 1 tsp salt + 1/2 cup sugar. Add liquid to jars. Refrigerate and wait at least 1 hour before eating

Use the leaves: Beet leaves are similar to hearty greens like chard



1 count



1 pound

Slicing Cucumbers



Store in the refrigerator for 3-5 days, and wash when ready to use

Servings:

1 pound = about 8 servings

10 pound case = about 80 servings

Ways to Use

Raw: Slice cucumbers and eat with a dip or add to a salad

Blend: Make a slushy with peeled cucumbers and frozen fruit

TRY: In a cucumber salad, add to spring rolls, make a tzatziki sauce, or pickle cucumbers as an activity with kids



Summer Squash

Green, Yellow, Round Zucchini and Patty Pan Squash

Store summer squash whole and dry in the refrigerator for 3-5 days. Squash can be chopped and frozen after blanching.

Servings:

1 pound = about 6 servings

10 pound case (pictured) = about 60 servings

25 pound case = about 150 servings

Ways to Use

Raw: Eat grated or thinly sliced summer squash in a salad or chopped with a dip

Roast: Roast sliced or cubed summer squash in the oven [400°F for ~20min]

Sauté: Cook summer squash on the stovetop with oil

Bake: Use grated summer squash in baked goods like zucchini bread or muffins

TRY: Add to soups and pastas, make zucchini noodles with sauce, or bake zucchini "fries"



1 pound



1 pound



1 pound



10 pound case



1 pound



5 pounds



1 pound



5 pounds

Cherries & Stone Fruit



Red & Rainier Cherries, Apricots, Peaches and Plums

Store in the refrigerator for up to 1 week. Cherries and stone fruit can be frozen raw, but we recommend removing stems and pits beforehand. Fruit will be mushy when thawed (best for pureeing or recipes with short cooking time, like pancakes).

Servings:

1 pound = about 5-6 servings

5 pound case = about 25-30 servings

Ways to Use

Raw: Pits can be a choking hazard for infants and young children. Cherries have a higher risk than other stone fruit due to their small size and should not be served whole. De-pitting and cutting stone fruit into smaller pieces or mashing it can help prevent choking.

Blend: Make a smoothie or sorbet with frozen fruit

Jar/Can: Can whole or cut stone fruits, or make a jam

Bake: Fresh and frozen stone fruit can be used interchangeably in most baked good recipes

TRY: Add stone fruit to green salads or add chunks of peaches or apricots to skewers with meat and vegetables



1 bunch



1 pound

Hakurei Turnips



Also known as Japanese or Salad Turnips

Store turnip roots in the refrigerator for up to 2 weeks and turnips greens for 3-5 days, and wash when ready to use. Cooked turnips can be stored in the refrigerator for 3-5 days. Turnips can be chopped and frozen raw or after cooking.

Servings:

1 pound turnips = about 8 servings raw (5 cooked)

12 bunch case = about 96 servings raw (60 cooked)

Ways to Use

Raw: Eat thinly sliced turnips raw with a dip or add to a salad

Roast: Chop turnips into wedges and roast in the oven [400°F for ~30min]

Boil or steam: Boil or steam turnips on the stovetop

Use the leaves: When young and tender, turnip greens can be cooked like kale or collards. They have a peppery taste like mustard greens.



1 pound

Salad Mix



Store in the refrigerator in a sealed bag for up to 5 days. Salad mix is best used quickly.

Servings:

1 pound = about 10-12 servings

5 pound case = about 50-60 servings

Ways to Use

Raw: Serve with a variety of fun dressings, add fresh fruit for color, or use in a sandwich or wrap

TRY: Examine and taste the different kinds of leaves as a sensory activity with kids