Celebrating the Cooks of Early Childhood Programs

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Ter Ree Castelo, Child Development Center at Yuma Proving Ground (YPG)
Arizona
13 years as cook

**Banana Bread**

- 5 cups thawed bananas and juice
- 2 tsp. vanilla
- 1-1/2 cups margarine, soft
- 5 cups flour
- 2 cups sugar
- 6 eggs
- 2 tsp. baking powder
- 2 tsp baking soda

Mix thawed bananas and juice, sugar, eggs, vanilla, margarine. Add flour, baking powder, and baking soda. Spread on greased sheet pan. Bake at 350 degrees for 30-40 minutes until done.

Gwen Thomas, Benning Army Military Base
1 year with School-Age Services

**Breakfast Burrito**

Sausage, egg, and cheese wrapped into a soft tortilla.
Serve with pears and milk.

Angelito Cayanan, Child Development Center of Children’s Hospital Los Angeles
Los Angeles, California
12 years of service

Angelito’s menus incorporate many cultures. He serves only turkey and chicken — no pork or beef. There are two vegetarian meals each week; on the days when meat is served, he provides special meals for the children who are strictly vegetarian.

**Angelito’s Chicken Adobo**

- 10 pieces chicken legs
- 1/2 c. soy sauce
- 1/4 c. fresh onion, minced finely
- 4 cloves garlic, minced
- 1/2 tsp. Black pepper

Combine all ingredients and cook 15-20 minutes or until chicken is tender.

James Zaccari The Children’s Center of New Milford
New Milford, Connecticut

**Chicken and Broccoli Penne**

- 5 lbs. boneless, skinless chicken breasts
- 5 lbs. frozen broccoli florets
- 1/2 c. butter
- 1 c. olive oil
- 1 medium onion
- 2 cloves garlic
- 8 lbs. Penne pasta
- fresh basil
- Parmesan cheese

Boil chicken for 20-30 minutes (or until cooked). Dice chicken into squares. Set aside and keep warm in the oven. Steam broccoli (do not boil) to keep it green, approximately 5-8 minutes. Finely chop one medium onion and two cloves of garlic. Melt 1/2 c. butter until it’s just a little bubbly and starting to foam; skim the fat off with a spoon. Add olive oil, onion, garlic, and sauté for 10 minutes. Turn off and let sit. Cook pasta. Wash and finely chop the fresh basil. Turn oil/butter mixture back on and continue to sauté. When pasta is done, drain, add chicken, broccoli, and butter/oil. Mix together well and sprinkle fresh basil and a little Parmesan cheese to taste!
Sampling of recipe submissions

Shirley Shankle, Winter Park Day Nursery, Winter Park, Florida
3 years as cook

**Chicken Quesadillas**

1 lb. cooked, diced chicken meat
2 cups Mexican shredded cheese
1 onion finely diced
1 cup salsa
12 – 8” flour tortillas

Spoon 2 T. cheese and 2 T. chicken mixture on half moon of tortillas. Fold tortilla over to enclose filling and cut into three triangles. Spray sheet pan with non-stick spray and cook tortillas until cheese is melted and bubbly (about 15 minutes). Serve 2 triangles per child.

Charolette Cashion, Children’s Courtyard
3 years as kitchen manager

**Enchiladas**

Roll diced, cooked chicken and cheese into a tortilla. Over low heat cook 1/4 c. butter, 2 T. flour, and 2 c. chicken broth to make a roux. Add 1 c. sour cream and 1 small can diced green chilies. Pour onto enchiladas and bake 15 minutes at 350 degrees. Cover enchiladas with Monterrey Jack Cheese and bake 10 minutes more.

Debbi Goyer, Southern Oregon Head Start/Early Head Start
Central Point, Oregon
12 years of service

**Chicken Strips** (serves 25)

3/4 c. bread crumbs
1/2 tsp. salt
1/2 tsp. pepper
4 lbs. boneless, skinless chicken breast cut into strips
1/3 c. mayonnaise

In medium bowl combine bread crumbs, salt, and pepper. In another bowl, coat chicken with mayonnaise. Toss strips in bread crumbs to coat. Place portions in a single layer on lightly greased sheet pan. Bake at 500 degrees for 20-22 minutes (until no sign of pink remains).

Vanessa Gibbs, UMKC Edgar L. and Rheta A. Berkley Child and Family Development Center, University of Missouri-Kansas City
Kansas City, Missouri
12 years as book

**Vanessa’s Famous Cinnamon Rolls**

Biscuit Mix (follow recipe)
Margarine, melted
Brown sugar and Cinnamon

Roll dough out and put margarine on dough. Add brown sugar and cinnamon. Roll up and cut in small slices about 1” thick. Put on pan and cook according to directions.

Vickie Polk, Kilgore College Early Childhood Center, Kilgore, Texas
12 years of service

**Ms. Polk’s Meatloaf**

5 lbs. ground beef
1 c. onion
1 c. bell pepper
1 T. salt
6 eggs
4 c. cracker meal

Chop onions and bell pepper very small using a food processor. Mix all ingredients well. Divide into 2 large, long loaves in a shallow baking pan. Bake for approximately 1 hour at 350 degrees (or until cooked thoroughly). Spread catsup on top during the last 15 minutes of baking. Cut into small squares for serving.
John Hernandez, Los Angeles Air Force Base Child Development Program  
11 years of service

**Italian Pasta Salad** (Serve cold)

- Bow tie pasta
- Tri color bell peppers
- Celery
- Italian dressing
- Chicken breasts
- Parmesan cheese

Cook chicken in olive oil, garlic, salt, pepper, oregano, basil. Chop and let it cool in the refrigerator. Cook pasta with chicken bouillon cubes as this enhances the flavor. Cool in the refrigerator. Chop peppers and celery into bite size pieces. Combine all items and top with olives and Parmesan cheese.

Janet Barron-Jung, Bright Horizons Family Center at Oak Hill, Oak Hill, Texas  
6 years of service

**Pita Bread Pizza**

- 8 pita breads
- 1 c. pizza sauce
- 2 c. shredded mozzarella cheese

Place breads on baking sheet. Spoon a large tablespoon of sauce onto each bread and spread to the edges. Sprinkle cheese on top. Bake for 15 minutes at 350 degrees. Enjoy!

Edith Hall, Child Development Center, Illinois  
11 years as cook

**Porcupine Balls (Meatballs with Rice)**

- 15 lbs. ground beef
- 3 T. black pepper
- 3-3/4 cup rice
- 1 cup Worcestershire Sauce
- 3 T. onion powder
- 4 cans tomato juice
- 3 T. granulated garlic

Combine ground beef, rice, onion powder, garlic, and pepper in large bowl; mix thoroughly. Form into balls. Place on cookie sheets and cover with foil. Bake at 350 degrees for 1 hour.

Mix tomato juice and Worcestershire Sauce in large pan. After 1 hour add Porcupine Balls to the juice mixture. Simmer until time to serve.

Robyn Israel Cox, Seattle, Washington  
Cook and Director

Robyn serves an all vegetarian menu and has switched from regular milk to organic milk.

**Quesadillas with Mango Salsa**

- Whole wheat tortillas
- Cheese (Monterrey Jack or Cheddar)

Place shredded cheese into tortillas and bake at 350 degrees until cheese has melted (about 5-6 minutes). Serve with an accompaniment of cut up mangos, tomatoes, and canned black beans. Children can even make the salsa in their classrooms prior to snack.

Petrona Ramos, CentroNiña, Washington, DC  
12 years as cook

**Arroz Con Leche**  
(Rice with Milk)

- 1/2 c. rice
- 1 1/2 c. water
- 1 slice lemon rind
- 1 cinnamon stick
- 1 can evaporated milk plus milk to measure 4 cups
- 1 c. sugar
- 1/4 tsp. Salt
- 1 tsp. vanilla powder

Wash rice and add water, lemon rind, and cinnamon stick. Cook until rice is very tender. Add both milks, salt, and sugar. Let it cook on slow to medium heat until thickened, approximately 1 hour. Stir often especially during last 1/2 hour so that it won’t stick to the bottom of the pan. Add vanilla. Pour into bowl when ready and sprinkle cinnamon over pudding. Refrigerate.
Edna Banco, Malmstrom Air Force Military Base
28 years of service

**Stromboli** *(Serves 180)*

- 18 – 16 oz. frozen bread dough, thawed
- 6 lbs. sliced ham
- 1 - #10 can spaghetti sauce (optional)

5 lbs. shredded mozzarella cheese
6 lbs. sliced turkey

Roll out thawed bread dough into a 10” x 16” rectangle, 1/4” thick.

On narrow (lengthwise) half of bread dough, layer mixture of meats and cheese.
Fold the other half of bread dough over the meat and cheese mixture. Seal edges of dough. Place on a lightly greased cookie sheet. Bake at 400 degrees for 20-25 minutes until the bread is baked. Heat spaghetti sauce. Cut each Stromboli into 10 pieces. Put sauce on each child’s plate to dip the Stromboli.

Cindy Campbell, The World Schools, Nashua, New Hampshire
10 years as cook/nutritionist

**Tacos for Kids** *(Serves 300)*

- 40 lbs. lean ground beef, browned
- 24 tomatoes, diced
- 5 heads of lettuce, shredded

15 lbs. cheese, shredded
2 gallons salsa
300 tortillas, 8”

Don’t let any ingredients touch each other. Let the children build their own tortillas choose which ingredient goes on first and which do not go at all. Those who don’t like tortillas can just put items on plates. Serve with rice and pineapple and keep the dustpan and brush handy!

Laird Hurst, Roman Way Child Development Center, Butzbach, Germany
3 years of service

**Tomato and Cucumber Salad**

- 2 cucumbers
- 4 tomatoes
- Italian salad dressing
- Celery salt

Pepper
Seasoned salt
Garlic powder
Onion powder

Peel and dice the cucumbers, dice the tomatoes, and put all into a bowl. Add enough salad dressing to coat pieces. Season with the seasonings listed above to your own taste and mix well. Chill and serve!

Mary Pulido, Hi-Hello Child Care Center, Freeport, New York
20 years of service

**Stuffed Zucchini Boats**

- 6 zucchini
- 2 lbs. lean ground beef
- 8 oz. tomato sauce
- 1/2 tsp. chopped garlic (dry)
- 1 tsp. chopped onion (dry)
- 6 oz. grated Parmesan cheese
- 1/2 tsp. Salt

Brown ground beef in pan, drain excess fat. Add garlic, onion, salt, and tomato sauce. (If fresh spices are used, sauté them with the beef.)

Wash zucchini and cut them in half lengthwise. Scoop out the seeds with a spoon making a boat. Fill with ground beef mixture. Place in a baking pan. Drizzle with tomato sauce. Bake at 350 degrees for 15-20 minutes. Sprinkle with grated cheese and bake an additional 5 minutes. Makes 12 pieces.

Variation: add cooked rice to the beef mixture makes a heartier filling.

Angela Money, Sheltering Arms for Kids
10 years of service

**Happy Hippo’s Honey Hermits**

- 1/2 c. peanut butter
- 1/4 c. powdered milk
- 2 T. honey

Mix ingredients in a bowl. Make into balls and roll in crisp rice cereal. Happy eating!