


Pamm's House

Commonly Served Foods



Nutrition is an important part of my program. I follow the meal patterns set by the Federal Child and Adult Care Food Program. Within these guidelines, I work hard at limiting sugar, white flour, food coloring, and processed foods. I spend a lot of time cooking from scratch for the children and choosing wholesome foods to serve them. Here's a list of the food I serve most often.

Fruits & Vegetables	Proteins & Entrées	Grains
<u>Fresh Fruit</u> Banana Apples Oranges Mandarin Oranges <u>Fresh Vegetables</u> Sweet Potatoes Potatoes Squash <u>Frozen Vegetables</u> Broccoli Carrots Corn Peas Mixed Vegetables Green Beans	Eggs Cheese-All Kinds Pork or Turkey Sausage Homemade Meatballs-All Kinds Homemade Chicken Nuggets Fish Sticks** Homemade Burritos Cheeseburger Muffins Pizza Muffins Homemade Pizzas Homemade Mac-N-Cheese Tuna Chicken Turkey Vienna Sausages* 	Homemade Breads-All Kinds Homemade Pancakes Homemade Biscuits Homemade Muffins Tortillas Rice Orzo Pasta-All Kinds Couscous Wheat Saltines Wheat Ritz Wheat Crackers Oyster Crackers Graham Crackers* Animal Crackers* Life Cereal Multi-Grain Cheerios Air-Popped Popcorn (for those old enough)

*Generally served only once per week

**Generally served only once per month

I'm adding new recipes all the time and may add new foods to our menu. I share my recipes on my food blog, Leftovers On Purpose: <http://leftoversonpurpose.blogspot.com/>

