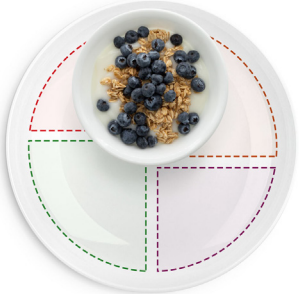
WIC New Jersey

Ide Manje ak Ti Goute pou Timoun Lekòl Matènèl (3-5 An)

Bon abitid alimantè enpòtan nan tout laj. Eseye ofri yon varyete fwi, legim, grenn antye, manje ki gen pwoteyin ak pwodui ki gen lèt(oswa altènativ pwodui ki gen lèt ranfòse). Konsantre sou manje ak bwason ki rich nan eleman nitritif pandan w ap limite sik ajoute, sodyòm ak grès satire. Pataje repa an fanmi epi enplike timoun yo nan preparasyon manje fè lè manje a pi agreyab! Vizite MyPlate pou plis konsèy sou manje ki bon pou sante pou timoun ki nan lekòl matènèl.

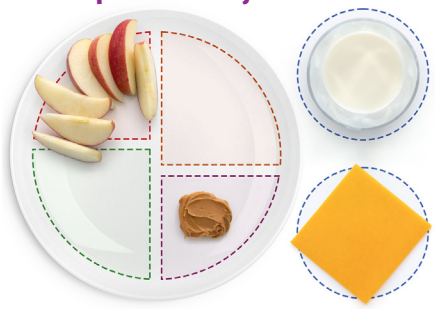
Ide pou Manje maten

Yogout ak granola, mitil ak lèt



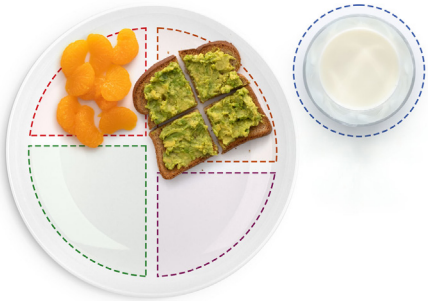
- ½ tas yogout natirèl san grès
- ¼ tas mitiy
- 2 gwo kiyè granola

Tranch pòm ansanm bè ki soti nan fwi nwa epi fwomaj



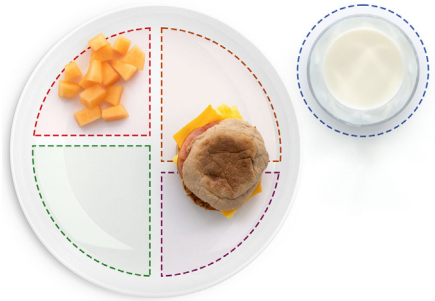
- ½ pòm, koupe an tranch
- 1 gwo kiyè bè ki soti nan fwi nwa (tankou bè manba oubyen bè zanmann)
- 1 tranch fwomaj
- ½ tas lèt

Pen griye ak zaboka ansanm ak zoranj mandarin



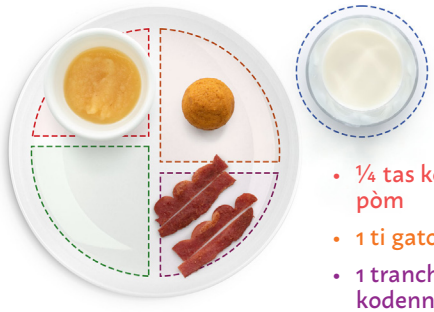
- ¼ tas zoranj mandarin oswa pèch
- ½ zaboka, kale epi kraze
  1 tranch pen ble antye, griye
- ½ tas lèt

Sandwich dejene Kanadyen ak bekonn, ze ak fwomaj ak yon bò melon frans



- ¼ tas melon frans, koupe an fòm kib
- 1 tranch pen ble antye oubyen 1 pen ble antye gato Anglè fèt ak ble, ki griye epi koupe an mwatye
  1 tranch bekonn Kanadyen
  1 ze, kuit
  1 tranch fwomaj cheddar
- ½ tas lèt

Bekonn kodenn, ti gato joumou ak konpòt pòm



- ¼ tas konpòt pòm
- 1 ti gato joumou
- 1 tranch bekonn kodenn, kwit epi koupe an kat
- ½ tas lèt ki pa gen anpil oswa ki san grès

Engredyan Pou Ti Gato Mòfin Ki An Sante

- 3 bannann, kraze
- 1 tas pire joumou
- 2 ze
- 1½ tas farin
- 2 ti kiyè poud bikabonat
- 1 ti kiyè epis pou tat joumou, ou ka itilize kannèl tou

Enstriksyon Pou Ti Gato Mòfin Ki An Sante

Chofe fou ou a 350°F. Melanje tout engredyan yo ansanm nan yon gwo bòl. Vide pat la nan ti bwat muffin nan ak yon kiyè, plen l jis anlè. Kwit pou 15–18 minit nan fou ki deja chofe a. fè l frèt epi distrè w!

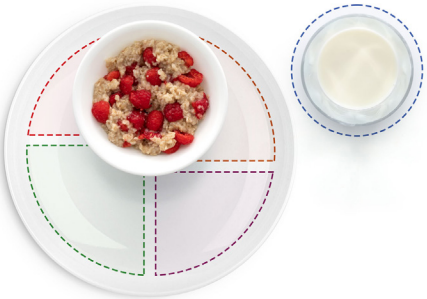
Enstriksyon Pou Stoke Ti Gato Mòfin Ki An Sante

Sere muffin joumou sa yo nan yon veso ki byen fèmen nan tanperati chanm pou jiska 3 jou. Pou konsève yo pi lontan, ou ka konjele muffin yo nan yon sachè frizè sele pou yon maksimòm 3 mwa. Lè w pare pou w jwi yo, tou senpleman deglase yo nan tanperati chanm oswa chofe yo nan mikwo ond lan.

Adapte sou: Gato Joumou ki Bon pou Sante – Real Little Meals

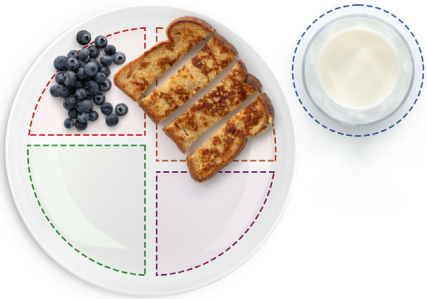
Ide Pou Manje Maten Kontinye

Farin avwàn ak franbwaz



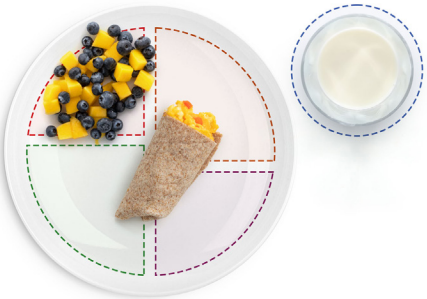
- ¼ tas franbwaz farin avwàn
- 1 gwo kiyè manba (opsyonèl)
- ½ tas lèt

Pen Fransè griye ak bannann epi mitiy



- ¼ tas mitiy
- 1 tranch Pen Fransè griye, koupe an ti bann 1 bannann, melanje nan pat pen Fransè griye a
- ½ tas lèt

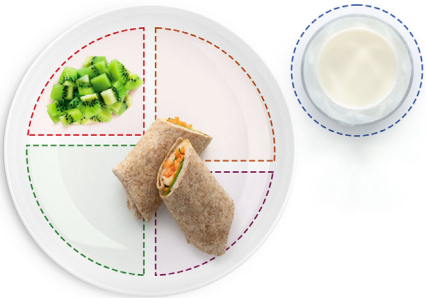
Ti Burrito ansanm ak mango epi mitiy pou Manje maten



- ½ tòtiya ble antye 1 ze, mikse
  ¼ tas fwomaj cheddar graje
  ¼ tas piman wouj, koupe an kib
- ¼ tas mango oswa zoranj
- ¼ tas mitiy
- ½ tas lèt

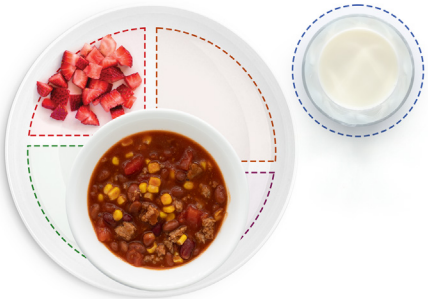
Ide pou Manje midi

Manje midi Vlope ak kiwi



- 3 oz vyann pou manje midi, mens (95% san grès oswa mwens)
  1 tòtiya, ble antye
  ½ tas epina
  ¼ tas kawòt, graje
  1 gwo kiyè sòs ranch, san grès
- ¼ tas kiwi koupe an kib
- ½ tas lèt

Chili ak frèz



- Piman Chili ak pwa, tomat epi mayi
- ¼ tas frèz koupe an kib
- ½ tas lèt

Engredyan Pou Goute Piman Timoun

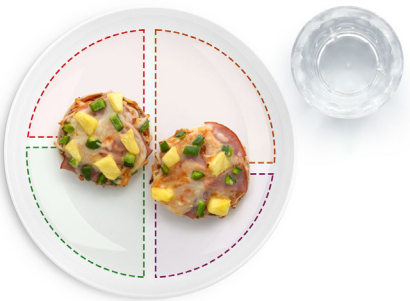
- 1 liv vyann bèf mèg
- ½ tas zonyon koupe an kib
- 1 bwat tomat 14 oz koupe an kib
- 1 bwat sòs tomat 14 oz
- 2 bwat pwa chili dou 14 oz (pa vide dlo a oswa rense)
- 1 bwat pwa wouj fonse 14 oz, rense epi vide
- 1 bwat mayi 14 oz (pa vide dlo a)
- 1 gwo kiyè poud chili
- 1 ti kiyè kimen
- Sèl ak piman pou goute
- Opsyonèl: fwomaj graje, krèm tounen ak chips tòtiya pou dekorasyon

Enstriksyon Pou Goute Piman Timoun

Nan yon gwo chodyè sou yon recho ki gen dife mwayen-wo, dore vyann bèf la. Pandan vyann bèf la ap kwit, prepare lòt engredyan yo. Lè vyann bèf la vin dore, ajoute zonyon ou yo epi kite l kwit pou senk minit ankò jiskaske zonyon yo vin mou.

Yon fwa zonyon yo vin mou, ajoute mayi a, pwa yo, tomat koupe yo, sòs tomat la, poud pwavron an, kimen an, sèl la ak piman an. Chofe jiskaske li bouyi, apresa bese dife a epi kitel toufe jiskaske chili a byen chofe toupatou. Si ou vle, mete fwomaj graje, krèm tounen ak chips tòtiya sou anlè.

Mini Pitza Awayi



- 1 gato Anglè ki fèt ak ble antye, fann an de
  ¼ tas sòs pitza
  ½ tas fwomaj mozzarella, rache
  ¼ tas anana koupe
  ¼ tas bekonn Kanadyen, tranche epi koupe an kat
  ¼ tas pwavron vèt, koupe an ti moso
- Dlo!

Engredyan Pou Mini Pizza Hawaiian

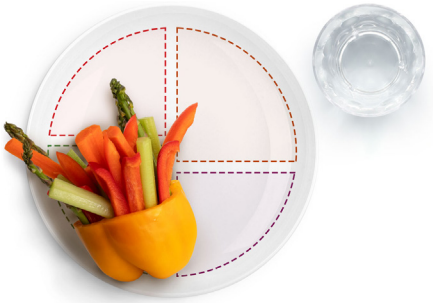
- 4 mòfin Anglè ble antye, fann
- 1 tas sòs pitza
- 1½ tas fwomaj Mozzarella, graje
- 1 bwat ti moso anana (8 oz)
- ¼ tas bekonn Kanadyen, tranche, koupe an kat, (2 oz)
- ½ tas pwavron, koupe an ti moso

Enstriksyon Pou Mini Pizza Hawaiian

Chofe fou a a 400°F. Vide sòs la sou chak mòfin yo menm jan. Kouvri ak bekonn Kanadyen, ti moso anana, fwomaj ak 1 gwo kiyè pwavron. Mete mini pitza yo sou yon fèy boulanjri. Kwit pou 12–15 minit oswa jiskaske fwomaj la fonn. Kite l frèt pou kèk minit anvan ou sèvi.

Ide pou Ti goute

Tas Ti Goute Piman Klòch



- 1 zoranj oswa piman vèt
- 1 piman wouj, san grenn epi koupe an bann epè
- 6 ti kawòt oswa baton kawòt
- 1 branch seleri, koupe an bann epè
- 4 ti branch aspèj, koupe rive nan 4-5 pous longè
- 1 jikama, kale, koupe an bann epè
- ¼ tas sòs rannch, ki pa gen anpil grès
- Dlo!

Engredyan Pou Ti Goute Ki Fèt Ak Piman

- 4 piman, vèt
- ½ tas sòs rannch, ki pa gen anpil grès
- 1 piman, wouj, san grenn epi koupe an ti bann epè
- 12 kawòt, piti
- 2 branch seleri, koupe an bann epè
- 8 branch aspèj, koupe rive nan 4-5 pous longè
- 1 jikama, kale, koupe an bann epè

Enstriksyon Pou Ti Goute Ki Fèt Ak Piman

Koupe tèt piman vèt yo epi retire grenn yo. Mete piman yo nan yon ti asyèt. Vide 2 gwo kiyè sòs salad nan fon chak tas. Mete menm kantite legim nan chak tas goute. Tranpe epi goute!

Salsa legim fre ak chips

- Salsa Legim Fre
- Chips Tòtiya
- ½ tas lèt

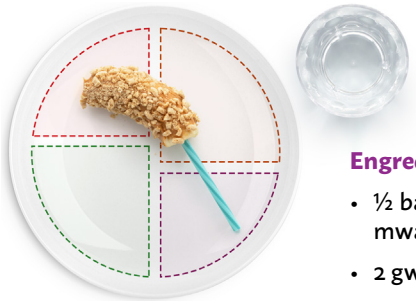
Engredyan Pou Salsa Legim Fre

- ½ tas konkonm, koupe an kib
- ½ tas zonyon wouj, koupe
- 1 piman wouj, san grenn epi koupe an kib
- 1 piman vèt, san grenn epi koupe an kib
- 2 tomat, koupe an kib
- 1 dan lay, koupe an ti moso
- ¼ tas silantro, fre, koupe
- ½ ti kiyè pwav nwa
- 1 ti kiyè sik
- 2 gwo kiyè ji sitwon
- ½ ti kiyè sèl

Enstriksyon Pou Salsa Legim Fre

Ajoute tout engredyan yo nan yon gwo bòl, brase pou melanje. Kouvri epi mete nan frijidè jiskaske ou pare pou sèvi.

Bannann tranpe



- ½ bannann, mwayen
  2 gwo kiyè manba
  ⅛ tas sereyal O's, kraze
  1 baton atizanal
- Dlo!

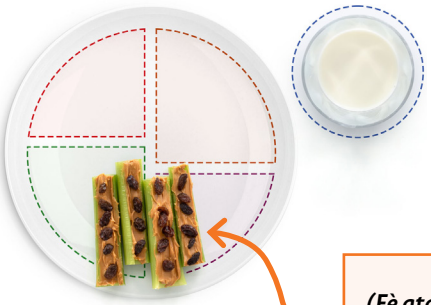
Engredyan Pou Bannann Tranpe

- ½ bannann, mwayen
- 2 gwo kiyè manba
- ⅛ tas sereyal O's, kraze
- 1 baton atizanal

Enstriksyon Pou Bannann Tranpe

Koupe bannann lan an moso mwayen. Mete yon moso bannann sou baton atizanal la. Tranpe bannann lan nan manba a epi woule l nan sereyal kraze a.

Ti bèt sou on Jounal

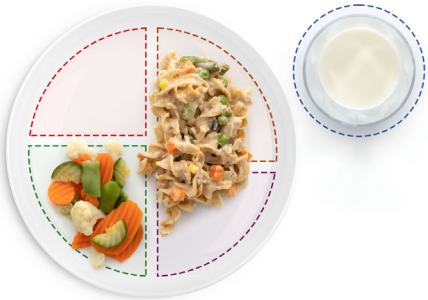


- 2 branch seleri
- 2 gwo kiyè manba
- 2 gwo kiyè rezen sèch
- ½ tas lèt

(Fè atansyon! Timoun piti ka trangle nan ti manje ki di oswa kolan tankou rezen sèch. Toujou siveye pitit ou lè l ap manje pou ede l pa toufe.)

Ide pou Manje Aswè

Kaswòl Poul oswa Ton ak legim melanje



- 1 tas Po Pouri Poul Oswa Ton
- ½ tas legim melanje
- ½ tas lèt

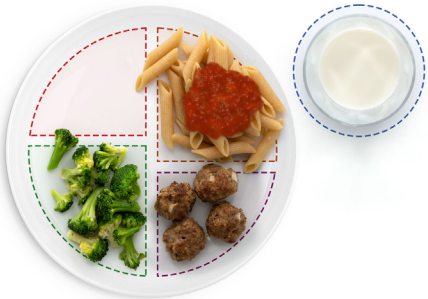
Enstriksyon Pou Po Pouri Poul Oswa Ton

- 1 pake (8 oz) pasta ble antye (chwa pa w)
- 1-2 gwo kiyè farin
- 1 bwat (10,5 oz) soup krèm djondjon ki pa gen anpil sodyòm
- 1 bwat soup vid ki gen lèt ki pa gen anpil grès
- ¼ liv fwomaj (chwa pa w), graje
- 1 sachè legim melanje ki konjele
- 3 tas poul kwit koupe an kib (OSWA 2 bwat ton lejè san dlo)
- Si ou vle: sèl ak pwav

Enstriksyon Pou Po Pouri Poul Oswa Ton

Chofe fou a 350 degre. Kwit pat la nan dlo bouyi jiskaske li byen kwit. Nan yon chodyè apa, chofe farin, soup ak lèt sou dife mwayen pou fè yon sòs blan ki mens (ajoute farin jiskaske li rive nan epesè ou vle a). Ajoute fwomaj nan sòs blan an, fonn li. Nan yon plat pou fou, melanje poul koupe an kib la, pat la ak legim yo. Sezonnen ak sèl ak pwav si ou vle. Vide sòs fwomaj la sou melanj poul la. Kwit pandan 30 minit.

Boulèt Vyann, pat ak sòs espageti epi bwokoli



- 1 tas pat ble antye ak sòs espageti
- 4 ti boulèt vyann
- ½ tas bwokoli kuit
- ½ tas lèt

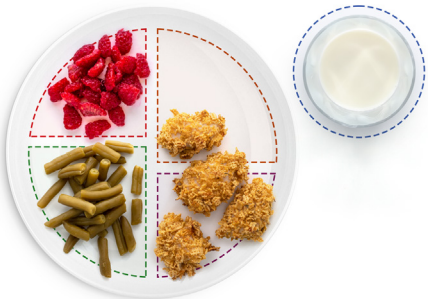
Pi Bon Engredyan Pou Boulet Vyann

- 1 liv vyann bèf mèg
- ½ tas ti moso pen sèk (oswa ti kal biskwit oswa farin avwàn enstantane)
- ¼ tas lèt
- ½ ti kiyè sèl
- ½ ti kiyè sòs Worcestershire
- ¼ ti kiyè pwav
- 1 ti zonyon, koupe (apeprè ¼ tas)
- 1 gwo ze
- Si ou vle: Pou amelyore gou ki bon pou sante a, ajoute ½ tas konkonm graje ak ½ tas kawòt graje nan boulèt vyann yo anvan ou kwit yo nan fou.

Pi Bon Engredyan Pou Boulet Vyann

Chofe fou a rive 400 degre. Nan yon gwo bòl, melanje tout engredyan yo. Bay melanj lan fòm 20 boulet vyann 1,5 pous. Mete nan yon plat boulanjri ki pa grese (13 x 9 pous) oubyen sou yon griyaj nan yon chodyè griye. Kwit pandan 20–25 minit, oswa jiskaske mitan pa woz ankò epi tèmomèt la li 160 degre Farennayt. Bon nan espageti, sèvi sou diri oswa nouy oubyen nan yon sanndwich boulèt vyann!

Nuggets poul, pwa vèt ak franbwaz



- 3-4 Nuggets poul ki fèt lakay
- ½ tas pwa vèt nan bwat
- ¼ tas franbwaz koupe an kib
- ½ tas lèt

Engredyan Nuggets (moso) Poul ki fèt lakay

- 1 liv tete poul san po, san zo
- 1 tas yogout natirèl ki pa gen anpil grès oswa san grès
- 3 tas sereyal Corn Chex, kraze
- 1 ti kiyè tim sèk
- ½ ti kiyè pwav nwa moulen

Enstriksyon Nuggets (moso) Poul ki fèt lakay

Chofe fou a rive 375 degre. Grese yon fèy boulanjri lejèman ak lwil. Koupe poul la an moso 1 pous ak ½ pous chak. Mete poul la nan yon bòl epi kouvri chak ak yogout. Melanje sereyal la, tim lan ak pwav la nan yon bòl. Woule chak moso poul nan sereyal la, epi mete yo nan yon sèl kouch sou fèy boulanjri a. Kwit pou 25 minit, oswa jiskaske tèmomèt vyann ki mete nan sant nuggets yo rive nan 180 degre.

Adapte sou: TexasWIC.org