



Cheesy Cheddar Drop Biscuits

Looking for new grain options? Try these savory drop biscuits. They are great for breakfast, but you can also serve them at lunch, supper, or snack time.

AGES: 3–18 years
PREP TIME: 1 hour
COOK TIME: 15 minutes

CACFP CREDITING INFORMATION
 ¼ oz eq meat alternate
 1 oz eq grains 

SOURCE
 Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds. 2 Preheat oven to 400 °F.
Nonstick cooking spray		2 sprays		4 sprays	<ol style="list-style-type: none"> 3 Line a sheet pan (18" x 26" x 1") with parchment paper and spray with nonstick cooking spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Flour, all purpose, enriched	8½ oz	2 cups	1 lb 1 oz	1 qt	<ol style="list-style-type: none"> 4 In a large bowl, combine all-purpose flour, pastry flour, baking powder, sugar, and salt. Mix.
Pastry flour, whole-wheat	8½ oz	2 cups	1 lb 1 oz	1 qt	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Baking powder		1 Tbsp + 1¼ tsp		2 Tbsp + 2½ tsp	
Sugar, granulated	1¾ oz	¼ cup	3½ oz	½ cup	
Salt, table		½ tsp		1 tsp	
Margarine, <i>trans</i> fat-free, chilled	1½ oz	3 Tbsp	3 oz	¼ cup + 2 Tbsp	5 Using a fork or pastry cutter, mash margarine into dry ingredients. Add yogurt and mash into dry ingredients until the flour turns into a fine crumble.
Greek yogurt, non-fat, plain	1 lb	2 cups	2 lb	1 qt	
Cheese, cheddar, reduced-fat, shredded	6¼ oz	1½ cups + 1 Tbsp	12½ oz	3 cups + 2 Tbsp	6 Using a fork or pastry cutter, lightly mash cheese into the dough. Add milk. Stir until ingredients are well-blended. Dough will be very sticky.
Milk, fat-free (skim)	8 fl oz	1 cup	16 fl oz	2 cups	7 Using a ¼ cup (#16 scoop) measuring cup, drop dough onto to sheet pan. Lightly spray the top of biscuits with nonstick cooking spray.
					8 Bake biscuits for 13–15 minutes or until golden brown.
					9 Remove from the oven and cool on a rack.
					10 Serve 1 biscuit.




NUTRITION INFORMATION

1 Cheesy Cheddar Drop Biscuit

Nutrients	Amount
Calories	129
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Total Fat	3 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	181 mg
Total Carbohydrate	20 g
Dietary Fiber	2 g
Total Sugars	4 g
Includes Added Sugars	N/A
Protein	6 g
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Vitamin D	N/A
Calcium	97 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains milk (yogurt, cheddar cheese, and margarine) and wheat (flour).** Margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meals as Teaching Moments: The cheese in the biscuit may not be easy for kids to recognize (visible) as a meat alternate component of a meal. Serving this biscuit in combination with another meat/meat alternate, such as lower sodium ham or an egg, may help kids learn about meats/meat alternates as part of a balanced meal.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 2 lb 8 oz	Weight: 5 lb
Yield: 25 biscuits	Yield: 50 biscuits

