



CACFP Arizona

Cold Entrée Ideas



Variety is possible! CACFP sites can create unique menus without stovetops, ovens, or a full time cook! This list includes cold entrée ideas for lunch and dinner. Simply add sides and milk to each entrée as needed. Let's get creative!

BBQ Chicken Salad Croissant

Croissant (G), combine Canned Chicken (M) with BBQ sauce (Extra), Tomato/Lettuce/Celery (V).

Turkey, Hummus & Naan

Turkey Slices (M) rolled up, served next to Naan Bread (G), with a side of cucumbers (V) and hummus (Extra) for dipping!

Taco Salad Bowl

Canned Chicken (M) and Beans (V) drained and mixed with taco seasonings, in a bowl with lettuce/tomato (V), tortilla chips (G) crumbled on top. Top with cheese, sour cream, or green onions (Extras).

White Bean & Tuna Pocket

Drain and season white beans (V) and tuna (M). Add diced tomatoes, shredded carrots, and edamame (V) and add mixture to Pita Pocket (G).

Ham and Cheddar Sliders

Mini Dinner Rolls (G), Sliced Honey Ham + Cheddar (M), with Mustard or Spread (Extra).

Apple Crunch Rollup

Spread Peanut Butter (½ M), on a tortilla (G). Top with thinly sliced red and green apples (F). Top with Raisins and Granola (Extras).

Avocado & Egg Rollup

Whole Grain Tortilla (G), Hard Boiled Egg (M), Mustard (Extra), Avocado/Tomato/Cucumber (V).

Chipotle Turkey Pinwheels

Tortilla (G) spread with mild chipotle mayo, sliced turkey (M), sundried tomatoes and spinach (V). Roll and slice into wheels!

Three Bean Chicken Salad Wrap

Garbanzo/Kidney/Northern Beans (V) with Canned Chicken (M), Diced Cucumber, Tomato and Pepper (V). Mix with oil and seasoning. Serve with tortilla chips or dinner rolls (G).

Pesto, Tomato, Mozzarella Ciabatta

Soft Ciabatta Rolls (G), filled with Mozzarella (M), spinach leaves/tomato (V) and pesto spread (Extra). Cut into triangles!

Turkey Cranberry Rolls

Dinner Rolls (G) filled with sliced turkey (M), whole cranberry sauce (F), and Dijon mustard (Extra).

Egg Salad Bagel Sandwich

Top a Bagel (G) with Hard Boiled Egg (M) chopped and mixed with mayo, mustard, celery and seasoning (Extras).

G: Grain M: Meat/Alt. V: Vegetable F: Fruit

MIX IT UP

Include meat variety by selecting beans, meats, eggs, and cheese + grain variety with wraps, rolls, and pita bread!

FLAVOR

Buy or prepare different seasoning, sauces, and spreads, like hummus or chipotle mayo to spice things up!

SEASONAL

Swap out the BBQ Chicken Salad Croissant for Turkey Cranberry Rolls in Fall or change sauces seasonally.

