

A Pan with a Plan

Using Sheet Pans for CACFP Recipes

Looking for recipes with quick preparation and minimal cleanup? Using a sheet pan is a wonderful way to serve up #CACFPcreditable meals without a lot of hassle. For many sheet pan recipes, all you need is one 9x13 sheet pan, a large bowl for mixing, some cups for measuring, and your oven!

We want to show you two great methods for using sheet pan recipes in the CACFP. The first is probably what you think of when you hear “sheet pan recipes,” which is preparing your meat/meat alternate alongside roasted vegetables. This is an especially great method if you want to replace the fruit component with a second, different vegetable. But sheet pans can also be a great method for baking!

Try These Recipes!

Each recipe makes eight servings for ages 3-5 unless noted.



Veggies First!

- 1.5 lbs chicken breast in 1" cubes
- 2 cups butternut squash in 1/2" cubes
- 2 cups small broccoli florets
- 1/2 medium onion, sliced
- 3 tbsp olive oil
- Seasonings to taste

Preheat the oven to 450° F. Combine all ingredients in a large bowl and spread out on a baking sheet. Cook for 20 minutes, gently tossing halfway through. Serve 1 cup with 1/2 oz eq. grain and 3/4 cup milk.



Sheet Pancakes

- 2 cups whole wheat pancake mix
- 2 cups milk
- 2 tbsp oil
- 2 eggs
- 8 cups mixed berries

Preheat the oven to 425° F. Prepare the pancake batter as directed on the box. Mix 4 cups of the mixed berries into the batter. Pour onto greased sheet pan and bake for 12-15 minutes, until a toothpick comes out clean. Makes 16 servings. Serve with 3/4 cup milk and 1/4 cup mixed berries.



Sesame Tofu & Veggies

- 2 (14 oz) blocks of tofu, drained and pressed
- 2 1/2 cups baby carrots
- 2 1/2 cups green beans, trimmed
- 2 tbsp corn starch
- 2 tbsp sesame oil, separated
- 4 tbsp soy sauce
- 3 cloves garlic, minced
- 2 tbsp ginger, minced
- 2 tbsp maple syrup

Preheat the oven to 425° F. Cut each block of tofu into four smaller blocks, and then cut each block into eight cubes. Toss the tofu in corn starch and 1 tbsp sesame oil and lay out on the sheet pan. Place the vegetables on the pan in separate sections. Whisk together the remaining 1 tbsp sesame oil, soy sauce, garlic, ginger and maple syrup, then drizzle over all ingredients, tossing gently in the pan to coat. Cook for 20-25 minutes, flipping the tofu halfway and tossing the vegetables once more. Serve 8 tofu cubes with 1/4 cup of each vegetable, along with 1/4 cup cooked rice and 3/4 cup milk.



Crescent Roll Pizza

- 1 (8 oz) tube crescent roll dough sheet
- 1/2 (28 oz) can crushed tomatoes
- 10 oz mozzarella, shredded
- 3 oz turkey pepperoni
- 1 cup green pepper, diced
- Seasoning to taste

Preheat the oven to 375° F. Lightly grease the pan and roll the dough sheet onto it. Bake for 10 minutes and remove. Spread crushed tomatoes over the dough, leaving room for a crust and sprinkle on desired seasonings. Top with cheese, pepperoni and green peppers. Bake for 10-12 more minutes, then cut into eight slices. Serve one slice with 1/4 cup fruit and 3/4 cup milk.