The Buzz

January 2026

SFCS Food Program

TACO 'BOUT BEANS — JANUARY 6TH: NATIONAL BEAN DAY

It's a great opportunity to bring a fun theme into your menus and activities while staying aligned with the CACFP meal pattern.

Black Bean Tacos

Ingredients:

Black Beans	WG Taco Shells
Onions	Shredded
Garlic Powder	Cheese
Tomato Paste	Lettuce
Water	Diced Tomatoes

1. **Prepare the Bean Mixture:** Heat the beans in a pan, then drain and puree them to a smooth consistency for easier consumption by young children.
2. **Season the Mixture:** Add the onions, garlic powder, pepper, tomato paste, water, and other desired seasonings to the pureed beans. Blend well.
3. **Simmer:** Bring the bean mixture to a boil, then reduce the heat and simmer for 25-30 minutes, stirring periodically, until the temperature reaches 165°F.
4. **Prepare Toppings:** In separate bowls, prepare and set aside the shredded cheese, lettuce, and diced tomatoes.
5. **Assemble Tacos:** Before serving, fill each taco shell with the warm bean mixture. Top with the lettuce, tomato mixture, and shredded cheese.
6. **Serve:** Serve immediately, allowing kids to build their own tacos can also be an engaging option.

Bean Relay

Equipment: 1 plastic spoon/ team, dried beans, 2 cups/team

How to Play: After each team is lined up, give the first person in each line a plastic spoon. When the game is started, the first person races over to the marked bean cup. They then grab one bean and place it upon the spoon and run back to the start. They give the spoon with the bean to the next person in line. The next person then runs over to the marked empty cup and drops the bean into it. They then run back to the line and give the empty spoon to the next person in line. Repeat the process until all the beans (you determine the #) have been removed and placed into the other cup.

Lunch / Dinner serve all		
	Meat/Meat Alternate	Black Beans
	Grain	Whole Grain Taco Shell
	Vegetable	Tomato (Tomato & Cucumber Salad)
	Fruit or Vegetable	Pineapple
	Milk	Whole Milk (> 1 Year) 1% Milk (2+ years)

*****REMINDER... You can only claim two ingredients from a combination food.*****

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