

Scotties are Going Scratch!

After months of careful recipe development, Freeman school district is ready to launch a brand new scratch cooking program! With fresher ingredients and new recipes, school lunch is going to be looking different. We are making this change over time, so starting Fall 2018 about half the menu will be scratch with more items offered prepared from scratch coming next year.

What does this mean?

- School lunch will cost about the same
- Foods offered will be less processed, our skilled cooks will be spending more time in the kitchen making student lunches from scratch
- Less processed means more fresh ingredients will end up in our school lunches
- School lunches will still be made with care, and will include everything needed to power students bodies and brains through the day
- The lunch menus will be looking a little different, with new foods and recipes to try, as well as some familiar lunch classics



Some of the foods on our menu this year from scratch:

- Breakfast Burrito
- Chicken Fajitas
- Corn Fiesta Salad
- Cowboy Caviar—try our recipe at home!
- Pizza

Cowboy Caviar Recipe 🤠

3 TBS vegetable oil
2 TBS lime juice
1/4 cup cider vinegar
1 tsp minced garlic
1/2 tsp ground cumin
1/8 tsp pepper
1 (15 oz) can black beans, drained and rinsed
1 cup frozen corn, thawed and drained
1/2 cup diced tomatoes
1/4 cup chopped green onions

1. Whisk together oil, lime juice, vinegar, and spices. Set aside.
2. Combine beans, corn, tomatoes, and green onions in bowl.
3. Pour dressing over bean mixture, stir, and enjoy!

This can be eaten like a salad all by itself, or as a dip with tortilla chips!