

The meals and recipes found in this book are designed to:

- Utilize a wide variety of USDA Foods (USDA Commodities)
- Meet the USDA Meal Pattern (implemented July 1, 2012) for Grades K-8 and 9-12
- Provide a two-week cycle menu that utilizes four to nine different USDA Foods per meal to minimize school food costs
- Appeal to students' preferences and tastes while incorporating a wide variety of fruits, vegetables, whole-grains, lean meats, and low-fat dairy foods


## The Recipe Development Process

All of the meals in this Chef Designed School Lunch book were developed by a Culinary Chef and Registered Dietitian. Chef Brenda Thompson used her combination of culinary chef expertise and nutrition knowledge to create healthy meals that incorporate new flavors and a variety of great tastes.


## Chef Brenda

Idaho Child Nutrition Programs Contractor Chef Brenda Thompson is a Culinary Chef and Registered Dietitian with many years of experience in Child Nutrition Programs. Brenda has a passion for creating heathy foods that are not only high in nutrients but also taste good, Brenda's culinary expertise is a great asset to Idaho Child Nutrition Programs.

## Idaho Schools' Feedback

Since the online release of the Chef Recipes featured in this book, hundreds of Idaho schools have implemented the new recipes into their school lunch programs. Schools that have implemented the recipes have shared numerous positive stories with the State Agency. Below are some quotes shared by school foodservice directors and staff on the new recipes.


## The Recipe Evaluation Process

Each Chef Meal was thoroughly tested and evaluated by both school foodservice staff and students to ensure that the meals and recipes would be successful in a wide variety of schools and have student appeal.

## EVERY MEAL WAS TESTED IN A SCHOOL KITCHEN WITH MINIMAL EQUIPMENT AND STAFF

## TEST KITCHEN DETAILS:

- Prepared ~ 500 meals per day
- Transported ~ 200 meals per day (all chef meals were transported)
- Kitchen equipment available: two convection ovens, a tilt skillet, warmers/proof boxes, mixer, and a dishwasher
- Kitchen staff members provided feedback on several aspects of each meal. This information was used to adapt the recipes to better fit school kitchens and to finalize the list of recipes for the two-week cycle menu. Below are the results of the foodservice employees' feedback on each meal.



## Voting Results and Verbal Input Was Gathered from Every Student

- Every meal was tested with students in grades first through twelfth
- Two types of student feedback were gathered during the testing of each meal: Anonymous Voting and Verbal Feedback


## ANONYMOUS VOTING

Each student voted whether they "liked lunch" or "didn't like lunch" on an anonymous sticker chart. The votes were gathered by grade group. This data is provided in each meal's section in this book.

## VERBAL FEEDBACK

Verbal feedback and suggestions for improvement were gathered from EVERY student at the pilot test site. The final menus and recipes were then adjusted based on their collective comments and suggestions for improvement.


## Two-Week Cycle Menu

The Chef Meals in this book have been organized in a two-week cycle menu that meets the USDA Meal Pattern for Grades K-8 and 9-12. Districts may choose to follow this cycle menu or incorporate individual meals and/or recipes into their own menus. Many districts have already chosen to implement one chef meal each week and market it to students. For example, a "Chef Tuesday" special to get students excited about the meals.


## Marketing Your Chef Menus

Take advantage of the fact that the meals and recipes featured in this book have been designed by a Chef; this opens up a new marketing opportunity for your school lunch program. Students get very excited about chefs. Chefs are well-respected in the food industry and even, at times, have celebrity status. Studies have shown that when schools incorporate a chef initiative there is greater student whole-grain selection and vegetable consumption (Cohen, et al, 2012).

When you serve a meal from this book, market it to your students as a Chef Designed Lunch. Idaho CNP has provided marketing sheets for each entrée featured in this book. These marketing sheets are available to print from the CNP website at www.sde.idaho.gov/site/cnp/chef/.

STUDY REFERENCE: Juliana F.W. Cohen, Liesbeth A. Smit Ellen Parker, S. Bryn Austin, A. Lindsay Frazier, Christina D. Economos, Eric B. Rimm, Long-Term Impact of a Chef on
School Lunch Consumption: Findings from a 2 -Year Pilot School Lunch Consumption: Findings from a a-Year Pilot
Study in Boston Middle Schools, Journal of the Academy of Study in Boston Middle Schools, Journal of the Academy of
Nutrition and Dietetics, Volume 112, Issue 6, June 2012, Nutrition and Di
Pages 927-933.



MANDARIN CHICKEN RICEBOWL


CHEF DESIGNED!


CILANIRO PORK SALAD WRAP

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MOZZARELACRUSTED POLLOCK


FSH TACOS

## $\overbrace{\text { SCHOOL }}^{\text {SMARITIT }}$

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SOUTHWEST BURRITO


This institution is an equal opportunity provider:



## How to Use this Book

This book features ten unique reimbursable meals. Each meal is featured in a four-page layout. Important aspects of each section are highlighted below.


## STUDENT FEEDBACK

Provides a variety of quotes about the meal from students at


## CHEF RECOMMENDS

Lists the food items in the
chef recommended
reimbursable meal.

## ESTIMATED FOOD COST

An estimated cost of the food ingredients for each individual elementary meal based on the average food costs at the pilot school. Price assumes each student takes every component of the meal. Food cost were minimized by incorporating multiple USDA Foods into each meal.


> Student votes by grade level




STUDENT VOTES BY GRADE LEVEL
A chart showing the percentage of students by
grade who voted that they "liked," "kinda liked,"
or "didn't like" the meal.

## SERVING SIZES AND MEAL CONTRIBUTION

A breakdown of the meal serving sizes for Grades K-8 and 9-12, as well as the entire meal contribution by grade group.


## RECIPE FORMAT:

Based on schools' requests for recipes that are simple and clear to read, the recipes in this book have been formatted to provide clear steps and instructions.

## INGREDIENT LISTS:

Ingredient amounts are listed for either Grades K-12 or K-8 and 9-12. Ingredients are listed as if all 100 students are taking all components of a meal. Adjust amounts based on your school's experience and historical production records if you use Offer vs. Serve.

Ingredients are listed in the "as purchased" form. For example, the ingredient list will tell you to purchase whole, fresh lettuce and then the directions will direct you to chop the lettuce. If your school prefers to purchase value-added items that already have some of the processing or chopping done, you will need to adjust the ingredient amounts to reflect the change in purchased product.

For example, the chart below shows the difference in amount of romaine lettuce needed, according to the USDA's Food Buying Guide, when you purchase whole lettuce versus pre-cut, ready-to-use lettuce:

|  | Servings | Serving Size | Quantity Needed |
| :--- | :---: | :---: | :---: |
| Romaine Lettuce, whole, fresh | 100 | 1 cup | 12.78 lbs. |
| Romaine Lettuce, chopped, ready-to-use | 100 | 1 cup | 8.17 lbs |

## RECIPE DIRECTIONS:

Each set of recipe directions are broken out into clear, separate steps, including a step titled "Prepare Ingredients". This step includes tasks such as pre-heating the oven, thawing ingredients, or draining canned items, as well as steps that can be done the day ahead to save time, such as chopping produce.

Each recipe task is vital to the success of the recipes; the separate titled steps in the recipes are to help ensure all steps are followed. It is important that kitchen staff read and follow each step as directed to preserve the quality of the chef designed recipe.

## CONTRIBUTIONS/NUTRITIONAL INFORMATION:

Each recipe contribution is provided by ingredient so schools can see the breakdown of individual color groups and food items. The recipe's calories, saturated fat, and sodium are also provided with each recipe.

NOTE: It is important for each district to adapt the recipes and calculate components that reflect the exact product used by their schools. Products can vary greatly from brand to brand and year to year, including USDA Foods items. All of the recipes use SY 2011/2012 USDA Foods specs, so recipes will need to be adapted as product specs change. Product reformulation often results in a change in contributions from ingredients. It is each district's responsibility to adjust recipes, ingredient amounts, recipe contributions, and nutrition facts to reflect the current products used.

All of the recipes provided in this book are also available to download and print from the Idaho CNP website at: www.sde.idaho.gov/site/cnp/chef/. Directors can email Heidi Martin at hcmartin@sde.idaho.gov to request the recipes in NutriKids files that can be uploaded directly into the district's NutriKids database.



## THAI CHICKEN AND BASIL BARLEY



## MANDARIN CHICKEN RICE BOWL




CILANTRO PORK
SALAD WRAP



FISH TACOS


BREAKFAST BURRITO


## Cheeseburger Salad Urrap



## Student Feedback

"It has lots of lettuce and regetables
AND it tastes good!"
1st Grade Student
"It tastes like a hamburger, mixed with a taco, mixed with a salad. This is my new farorite food." - 2nd Grade Student
"I liked this because it was different than a normal hamburger."

- The Grade Student - ${ }^{\prime}$.
"I ate more reggies today than I normally do because they tasted so good"
- 8th Grade Student
"Lore the onions. I could smell them cooking throughout the whole school"
- High School Student
"This is the best, heatthiest hamburger I have ever had"
- High School Student


## CHEF RECOMMENDS

Cheeseburger Salad Wrap
Applesauce
Baked Beans ad
Low-Fat Milk

Estimated Food Cost

## STUDENT VOTES BY GRADE LEVEL



## CHEESEBURGER SALAD WRAP

## Number of Portions: 100

Portion Size: Grades K-12: 1 wrap

| INGREDIENTS: |  | K-8 <br> Quantities: | $9-12$ <br> Quantities: |
| :---: | :---: | :---: | :---: |
| Romaine Lettuce, whole, fresh | © | 13 lbs. | 13 lbs. |
| Onions, whole, fresh (in beef) |  | 6 lbs. | 6 lbs. |
| Tomatoes, whole, fresh |  | 13 ¼ lbs. | 13 ¼ lbs. |
| Onions, whole, fresh (for toppings) | ( | $23 / 4 \mathrm{lbs}$. | $23 / 4 \mathrm{lbs}$. |
| Mozzarella Cheese |  | $31 / 8 \mathrm{lbs}$. | $31 / 8 \mathrm{lbs}$. |
| Whole Grain Tortilla |  | $\begin{gathered} 100 \\ \text { Tortillas (49g) } \end{gathered}$ | $\begin{gathered} 100 \\ \text { Tortillas (56g) } \end{gathered}$ |
| Ground Beef |  | $103 / 4 \mathrm{lbs}$. | 12 3/4 lbs. |
| Tomato Paste, low-sodium |  | $3 / 4$ cup | $11 / 8$ cups |
| Yellow Mustard (in beef) | E | 1/2 cup | $3 / 4$ cup |
| Garlic Powder | $8$ | 4 tbsp. | 5 tbsp. |
| Water | E10 | 13/4 cups | 13/4 cups |
| Dill Pickle Slices | Ein | $3 \text { 5/8 }$ quarts | $3 \text { 5/8 }$ quarts |
| Ketchup, low-sodium | E1 | $61 / 4$ cups | $61 / 4$ cups |
| Yellow Mustard (for toppings) | $\sum$ | $61 / 4$ cups | $61 / 4$ cups |

Available through USDA Foods

## Sering Tip:



Place the romaine lettuce on the wrap furst, before the meat and other toppings, to ensure every sudent's wrap includes the nutritious dark green regetable,

## Chef Brenda's Tips


2. This Cheeseburger Salad Wrap is meant to be served as an open-faced salad wrap. It has too many toppings to be wrapped up in the 8 " tortilla.

■ Consider offering spicy options if your students like spicy food. For example, use hot sauce or pepper jack cheese to spice things up.

U Don't be afraid to use the onions in this recipe. The students complimented on the smell of homemade food that came from the onions cooking in the meat and the pilot school ran out of onions several times because the students liked to have the fresh onions as a topping.

## BBQRoasted Chicken



## Student Feedback

"I don't like chicken that much,
but I like this chicken."

- 1st Grade Student
"I love everything about this meall"
- 2nd Grade student
"This is so fun to eatt".
- 3rd Grade Student
"I wish we could have this meal every day." - Uth Grade Student
"This meal smells really good when you walk into the cafeteria."
- Tth Grade Student
"I would like to have the option of a spicier sauce, like hot wings."
- ttigh School Student


## CHEF RECOMMENS



BBQ Roasted Chicken Pizza Green Beans Blueberries a Ranch Potato Wediges ad Roll
Low-Fat Milk

## STUDENT VOTES BY GRADE LEVEL



## BBQ ROASTED CHICKEN

## Number of Portions: 100

Portion Size: Grades K-12: 1 breast or 1 thigh or 1 drum \& wing combination

| INGREDIENTS: |  | $\begin{gathered} \text { K-12 } \\ \text { Quantities: } \end{gathered}$ |
| :---: | :---: | :---: |
| Roasted Chicken | (1) | $321 / 2 \mathrm{lbs}$. |
| Ketchup, low-sodium | $\sum$ | $\begin{gathered} 2 \\ \# 10 \text { cans } \end{gathered}$ |
| Cider Vinegar | E | 1 quart |
| Mustard Powder | 0 | 5 tbsp. |
| Onion Powder | E | $1 / 4$ cup |
| Brown Sugar | E | 5 cups, unpacked |
| Celery Seed | E | $1 / 4$ cup |
| Black Pepper | $\cos$ | 2 tsp. |
| Cornstarch | 䛔 | $11 / 4$ cups |

## DIRECTIONS:

Preheat oven to $375^{\circ} \mathrm{F}$.
PREPARE INGREDIENTS:
Thaw chicken.

## PREPARE BBQ SAUCE:

Combine all ingredients, except chicken, in a deep steam table pan. Cover and cook at $375^{\circ} \mathrm{F}$ in oven until heated. BBQ sauce is best if made one day ahead of time. Store in refrigerator.

## PREPARE CHICKEN:

Follow manufacturer's instructions to heat chicken. During the last 7 minutes of baking, brush or spread BBQ sauce onto the full surface of each chicken piece. Chicken is done when internal temperature reaches $165^{\circ} \mathrm{F}$.



## DIRECTIONS:

PREPARE INGREDIENTS:
Drain cans of diced tomatoes.

## COOK DISH:

Mix undrained green beans, drained tomatoes, and oregano together, and bring to a boil. Reduce heat and simmer for 5 minutes. Serve using a slotted spoon to remove juices.



## Chef Brenda's Tips

[] Many of the students asked for spicier foods; with this meal, the high school students asked for hot wings. You could adapt this recipe to make it hotter by adding a hot sauce to the BBQ sauce recipe.

3 Don't be afraid to use raw chicken. This recipe works for either pre-cooked roasted chicken or raw chicken, you just have to adapt the cooking time. Raw drumsticks are very inexpensive to purchase and work great for this recipe.
[] It is very important to add low-sodium seasonings to your canned vegetables. They will taste better and students will be more likely to eat them. Mixing vegetables like green beans and tomatoes changes the flavor profile and adds more variety to your meals.

## Thai Chicken \& Basil Barley



## Student Feedback

"I like the way all the different foods
are mixed together."

- 3rd Grade Student
"I like that this meal is so heathu." - 4th Grade Student
"This is a really fulling meal" - 5th Grade Student
"This meal was out of this world!"
- 6th Grade Student
"I like how the barley is chewu.
It's better than rice,"
- sth Grade Student
"I like this. It is a different tupe of Asian dish than the normal teriuaki flavor."
- High School Student


## CHEF RECOMMENS

Thai Chicken \& Basil Barley

## Asian Fresh Vegetables

## Sliced Pears 4

## Low-Fat Milk

## STUDENT VOTES BY GRADE LEVEL



## THAI CHICKEN \& BASIL BARLEY

Number of Portions: 100
Portion Size: See Instructions

| INGREDIENTS: | K-8 <br> Quantities: | $9-12$ <br> Quantities: |  |
| :--- | :---: | :---: | :---: |
| Pearled Barley, <br> (cooked amount) | 0 | $61 / 4$ <br> gallons | 8 <br> gallons |
| Dried Basil | $1 / 2$ cup | $3 / 4$ cup |  |
| Chicken, diced, fully <br> cooked | $121 / 2 \mathrm{lbs}$. | $183 / 4 \mathrm{lbs}$. |  |
| Thai Style Chili Sauce | 3/4 | 1 <br> gallon | gallon |

## DIRECTIONS:

## PREPARE BARLEY:

Preheat oven to $400^{\circ} \mathrm{F}$. Rinse the barley before cooking. Mix the barley, basil, and the amount of water the manufacturer's instructions call for in a deep steam table pan(s). Cover tightly with foil. Cook for 1 hour or until barley is tender. Caution: Stand away from the cooked barley when removing the foil to prevent burns from the steam.

NOTE: Barley quantity in recipe is for amount of cooked barley needed. Use your barley package label to determine the correct amount of raw barley to prepare.

## PREPARE CHICKEN:

Follow manufacturer's instructions to heat chicken.

## PREPARE SAUCE:

Heat Thai chili sauce according to package directions.

## ASSEMBLE DISH:

Grades K-8: Place 1 cup basil-barley on the tray and top with 2 oz . chicken and approximately 2 tbsp. Thai chili sauce.

Grades 9-12: Place $1 \frac{1}{4}$ cup basil-barley on the tray and top with 3 oz . chicken and approximately $21 / 2$ tbsp. Thai chili sauce.

## ADDITIONAL SERVING OPTION:

Using a Chinese to-go box or other container, place basil-barley in container and layer with vegetables, chicken, and Thai chili sauce.



## DIRECTIONS:

## PREPARE INGREDIENTS:

Thaw carrots and peas. Slice bok choy into medium strips.

## PREPARATION OPTION \#1:

Toss all vegetables together and steam for 5 minutes. Remove when carrots are hot and other vegetables are "al dente" (tender, but still a little firm).

## PREPARATION OPTION \#2:

Bring water in kettle or tilt skillet to a boil. Put all vegetables into boiling water for 5 minutes. Remove when carrots are hot and other vegetables are "al dente" (tender, but still a little firm).


## Fish Tacos



## Student Feedback

"This is my favorite chef meal"

- 2nd Grade Student
"Pr you try it with the sauce, it is soooo good"
- 3rd Grade Student
"Ithe these fish sticks better than chicken nuggets."
- 4th Grade Student
"I don't the fish, but I the these fish tacos,"
- 5th Grade Student
"This is different than what we normally get in school lanch. 1 itke "it."
- 6th Grade Student
"The bean and broccoli salad is delicious".
- ttigh School Student


## CHEF RECOMMENDS



Fish Tacos
Bean and Broccoli Salad
Orange Slices
Low-Fat Milk

Estimated Food Cost
$\$ 1.12$

## STUDENT VOTES BY GRADE LEVEL



## FISH TACOS

Number of Portions: 100
Portion Size: Grades K-8: 1 taco Grades 9-12: 2 tacos

## INGREDIENTS: <br> Green Chili Peppers, <br> canned

| Green Cabbage, shredded, fresh | - | 2 lbs. | 3 3/4 lbs. |
| :---: | :---: | :---: | :---: |
| Red Cabbage, shredded, fresh | © | $21 / 4 \mathrm{lbs}$. | $41 / 2 \mathrm{lbs}$. |
| Limes, 2" diameter | $\bigcirc$ | 10 fruit | 20 fruit |
| Tomatoes, whole, fresh | - | $131 / 4 \mathrm{lbs}$. | $261 / 3 \mathrm{lbs}$. |
| Green Onions, whole, fresh | - | $12 / 3 \mathrm{lbs}$. | $31 / 3 \mathrm{lbs}$. |
| Plain Yogurt, low-fat | [那 | 1 quart | 2 quarts |
| Mayonnaise, light | (E) | 1 quart | 2 quarts |
| Lime Juice | [䧍 | $1 / 2$ cup | 1 cup |
| Cumin | 08 | $21 / 2 \mathrm{tbsp}$. | 5 tbsp . |
| Dried Oregano, leaves | 08 | $21 / 2 \mathrm{tbsp}$. | 5 tbsp. |
| Garlic Powder | 0 | $21 / 2 \mathrm{tbsp}$. | 5 tbsp . |
| Salt | 0 | 1 tsp. | 2 tsp. |
| Corn Tortillas |  | $\begin{gathered} 100 \\ \text { Tortillas } \\ (28 \mathrm{~g}) \end{gathered}$ | $\begin{aligned} & 200 \\ & \text { Tortillas } \\ & (28 \mathrm{~g}) \end{aligned}$ |


| Pollock Sticks | 300 sticks | 400 sticks |
| :--- | :---: | :---: |
| Salsa, low-sodium | $1 / 2$ <br>  | 1 |

## DIRECTIONS:

Preheat oven.

## PREPARE INGREDIENTS:

Drain green chili peppers. Toss shredded green and red cabbage together in a large bowl. Slice each lime into 10 slices. Dice tomatoes. Slice green onions.

## PREPARE FISH SAUCE:

In a large bowl or mixer, mix yogurt, mayonnaise, lime juice, green chilies, cumin, oregano, garlic powder, and salt.

TIP: Sauce will have the best flavor if made the day before. Store in refrigerator.

## WARM TORTILLAS:

Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in
the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.

## COOK FISH STICKS:

Follow manufacturer's instructions. Fish is done when it flakes apart easily and internal temperature reaches $155^{\circ} \mathrm{F}$.

## ASSEMBLE DISH:

Grades K-8: In each tortilla, add 3 fish sticks, $1 / 4$ cup cabbage mix, $1 / 4$ cup diced tomatoes, 1 tbsp. sliced onions, and $13 / 4$ tbsp. sauce. Garnish with 1 lime slice and 1 tbsp. salsa. Serve 1 taco.

Grades 9-12: In each tortilla, add 2 fish sticks, $1 / 4$ cup cabbage mix, $1 / 4$ cup diced tomatoes, 1 tbsp. sliced onions, and $13 / 4$ tbsp. sauce. Garnish with 1 lime slice and 1 tbsp. salsa. Serve 2 tacos.

| 0 |  | GRADES K-8 | GRADES 9-12 |
| :---: | :---: | :---: | :---: |
| $\bigcirc$ | Vegetables Contribution | . 625 cup | 1.25 cup |
|  | Vegetables Total | . 64 | 1.29 |
| $\bigcirc$ | Green Cabbage | . 13 | . 27 |
| 0 | Red Cabbage | . 14 | . 27 |
| 0 | Tomatoes | . 25 | . 50 |
| - | Green Onions | . 06 | . 125 |
| - | Salsa | . 06 | . 123 |
| $\bigcirc$ | Grains Contribution | 2 oz. eq. | 3.5 oz. eq. |
| $\bigcirc$ | Grains Total | 2.125 | 3.5 |
|  | Fish Sticks | 1.125 | 1.5 |
| - | Tortillas | 1 | 2 |
| $\bigcirc$ | Meats/MA Contribution | 1.5 oz. eq. | 2 oz. eq. |
| L- | Meats/MA Total | 1.5 | 2 |
| $\bigcirc$ | Fish Sticks | 1.5 | 2 |



## DIRECTIONS:

## PREPARE INGREDIENTS:

Slice green onions. Drain and rinse beans. Place beans in the cooler to chill.

## PREPARE SAUCE:

In a mixer, add mayonnaise, salsa, milk, cumin, chili powder garlic powder, parsley, salt, pepper, and red pepper flakes. Mix with whip attachment until all ingredients are well incorporated. Scrape sides of bowl halfway through mixing.

## PREPARE DISH:

Toss broccoli florets, pinto beans, shredded carrots, sliced green onions, and sauce in a large bowl. Mix well. Serve chilled.



Chef Brenda's Tips
These fish tacos can also be made with a non-breaded fish. Just rub taco seasoning on a non-breaded fish wedge for an even healthier fish taco.

The sauce is an important part of the fish tacos, so please make sure the students know to add it to their tacos. Students at the pilot school liked the fish tacos much more when they added the sauce.

Cold bean salads are delicious. Marinating the beans in the seasonings, herbs, and spices before mixing in other ingredients is a great way to add more flavor to the low-sodium beans.

Flavors are best if the salad is made one day ahead of time. If preparing ahead of time, the beans do not need to be chilled prior to mixing with the sauce.

## BEAN AND BROCCOLI SALAD

Number of Portions: 100
Portion Size: Grades K-12: $1 / 2$ cup


## Volcanic Meatloaf



## Student Feedback

"I really like the side salad."

- 1st Grade Student
"This is better than my grandma's meatloaf." - 2nd Grade Student
"I really like the straw berry dressing!" - 3rd Grade Student
"The flaror is soooo good."
- 6 th Grade Student
"I liked everuthing about this meal"
- ttigh School Student
"I really like the flarors in this meal"
- tigh School Student


## CHEF RECOMMENS



Volcanic Meatioaf
Strawberry Green Salad Mixed Fruit a

Roll
Estimated Food Cost

## Low-Fat Milk

## STUDENT VOTES BY GRADE LEVEL



## VOLCANIC MEATLOAF

Number of Portions: 100
Portion Size: Grades K-12: 1 meatloaf ball

| INGREDIENTS: |  | $\begin{gathered} \text { K-12 } \\ \text { Quantities: } \end{gathered}$ |
| :---: | :---: | :---: |
| Eggs, frozen |  | $22 / 3$ cups |
| Mozzarella Cheese |  | $\frac{\mathrm{K}-8: 15 / 8 \mathrm{lbs} .}{\text { 9-12: }{ }^{1 / 8 / 8 \mathrm{lbs}} .}$ |
| Lentils, uncooked | Ein | $61 / 3$ cups |
| Water | El | $\begin{aligned} & 12 \text { 2/3 } \\ & \text { cups } \end{aligned}$ |
| Ground Beef | (c) | $12 \frac{1}{3} \mathrm{lbs}$. |
| Skim Milk | Ein | 6 cups |
| Oats, quick |  | $61 / 3$ cups |
| Tomato Paste, low-sodium | Ein | $11 / 2$ cups |
| Yellow Mustard (for meatloaf) | Ein | 3 cups |
| Dried Parsley | E戈 | $3 / 4$ cup |
| Granulated Garlic | Ein | $1 / 3$ cup |
| Dehydrated Onion, flakes | E建 | 1/3 cup |
| Celery Seed | 0 | 3 tbsp. |
| Salt | 0 | 3 tbsp. |
| Black Pepper | 0 | 3 tbsp . |
| Ketchup, low-sodium | Ein | $61 / 4$ cups |
| Yellow Mustard (condiment) | Ein | $61 / 4$ cups |

## DIRECTIONS:

Preheat oven to $400^{\circ} \mathrm{F}$

## PREPARE INGREDIENTS:

Thaw eggs. Shred mozzarella cheese.

## PREPARE LENTILS:

Rinse and drain lentils. In a deep steam table pan, add lentils and water. Seal tight with foil and bake at $400^{\circ} \mathrm{F}$ for 45 minutes or until lentils are tender.

## PREPARE MEATLOAF:

In a large mixer, add ground beef, milk, eggs, oats, tomato paste, mustard (for meatloaf), parsley, granulated garlic, dehydrated onions, celery seed, salt, and pepper. Mix until all ingredients are incorporated. Do not overmix.

## ADD LENTILS:

Add cooked lentils to the ground beef mixture and mix lightly. Lentils should stay whole and
should be seen throughout ground beef mixture (lentils must be identifiable to count as a vegetable.)

## BAKE MEATLOAF:

Add parchment paper to sheet pans. Using a heaping "size 6" scoop, make 100 meatloaf balls (each ball of raw ground beef mixture should weigh approximately 4.5 oz .). Bake meatloaf in ball form; do not flatten. Bake for 35-45 minutes at $400^{\circ} \mathrm{F}$ or until meatloaf reaches $155^{\circ} \mathrm{F}$.

## ASSEMBLE DISH:

Grades K-8: Top meatloaf with 1 tbsp. ketchup and $1 / 4 \mathrm{oz}$. shredded cheese. Serve with 1 tbsp . mustard on the side.

Grades 9-12: Top meatloaf with 1 tbsp. ketchup and $1 / 2 \mathrm{oz}$. shredded cheese. Serve with 1 tbsp . mustard on the side.

| $\frac{0}{Z}$ |  | GRADES K-8 | GRADES 9-12 |
| :---: | :---: | :---: | :---: |
| O | Vegetables Contribution | . 125 cup | . 125 cup |
|  | Vegetables Total | . 19 | . 19 |
| $\square$ | Lentils | . 19 | . 19 |
|  | Grains Contribution | 0 oz. eq. | 0 oz. eq. |
|  | Grains Total | . 12 | . 12 |
| Z | Oats | . 12 | . 12 |
| $\bigcirc$ | Meats/MA Contribution | 1.75 oz. eq. | 2 oz. eq. |
| $\bigcirc$ | Meats/MA Total | 1.96 | 2.20 |
| -1] | Ground Beef | 1.45 | 1.45 |
| - | Eggs | . 25 | . 25 |
|  | Cheese | . 26 | . 50 |



## DIRECTIONS:

## PREPARE INGREDIENTS:

Thaw strawberries halfway. Chop lettuce into bite-sized pieces and slice green onions.

## PREPARE DRESSING:

In a blender, mix partially frozen strawberries and juice, vinegar, vegetable oil, garlic powder, salt, and pepper.

Making the salad dressing the day before provides the best consistency and flavor. Store in refrigerator.

NOTE: This recipe calls for USDA Foods strawberries, which are sweetened. A sweetener will need to be added to this recipe for best flavor if using unsweetened frozen strawberries or any other fruit without added sugar.

## PREPARE SALAD:

Toss lettuce pieces, sliced green onions, and shredded carrots in a large bowl. Do not toss salad with dressing until just before serving, as salad will wilt and become soggy if dressing is added too early.



## Chef Brenda’s Tips



Adding lentils to the ground beef in this meal allows schools to serve a larger portion of meatloaf, which is a more appealing portion size to students. In addition, it is a great way to get the legume requirement added into your menus.

Portioning the Volcanic Meatloaf into round mounds makes it easier to serve this meal and makes it faster to clean up than normal meatloaf in a pan. Plus, the students love the volcanic shape.

2 The strawberry dressing in this meal is excellent and could be used on salads with any meal. Adding fruit to vinegar as a salad dressing is a great flavor combination, and students have loved the new dressing option.

## STRAWBERRY GREEN SALAD

Number of Portions: 100
Portion Size: Grades K-8: $11 / 8$ cups Grades 9-12: 1 /8 cups

| INGREDIENTS: |  | K-8 Quantities: | $\begin{gathered} 9-12 \\ \text { Quantities: } \end{gathered}$ |
| :---: | :---: | :---: | :---: |
| Strawberries, sliced, frozen | E | 5 cups | 5 cups |
| Romaine Lettuce, whole, fresh | © | $12 \mathrm{t} / 8 \mathrm{lbs}$. | $191 / 2 \mathrm{lbs}$. |
| Green Onions, whole, fresh | ¢ | 2 lbs. | 2 lbs. |
| White Distilled Vinegar | E | $1 / 2$ cup | $1 / 2$ cup |
| Vegetable Oil ${ }^{\text {che }}$ | E | 2 cups | 2 cups |
| Garlic Powder | $\infty$ | $1 / 4 \mathrm{tbsp}$. | $1 / 4 \mathrm{tbsp}$. |
| Salt | - | $1 / 4 \mathrm{tbsp}$. | $1 / 4 \mathrm{tbsp}$. |
| Black Pepper | -8 | $1 / 4 \mathrm{tbsp}$. | $1 / 4 \mathrm{tbsp}$. |
| Carrots, shredded, fresh | © | $21 / 2 \mathrm{lbs}$. | $21 / 2 \mathrm{lbs}$. |



## Southwest Burrito



## Student Feedback

"1want to have this erery dadi"

- ist Grade Student
"This is one of the best che meals yet,"
- 3rd Grade Student
"This burrito is better than a
pulled pork sandwich."
- 4th Grade Student
"This meal is so good. Don't change anything."
- 5th Grade Student
"This is a lot better than I thought it would be," - 8th Grade Student
"This is the best meal I have had in school" - High School Student


## CHEF RECOMMENDS

Southwest Burrito Corn 4

Watermelon
Low-Fat Milk


Estimated

## STUDENT VOTES BY GRADE LEVEL



## SOUTHWEST BURRITO

Number of Portions: 100
Portion Size: Grades K-12: 1 burrito

| INGREDIENTS: |  | $\mathrm{K}-12$ <br> Quantities: |
| :---: | :---: | :---: |
| Green Bell Peppers, whole, fresh |  | $101 / 3 \mathrm{lbs}$. |
| Onions, whole, fresh | (1) | $51 / 2 \mathrm{lbs}$. |
| Mozzarella Cheese | © | $31 / 8 \mathrm{lbs}$. |
| Whole Grain Tortilla |  | $\begin{gathered} 100 \text { Tortillas } \\ (\mathrm{K}-8: 49 \mathrm{~g}) \\ (9-12: 56 \mathrm{~g}) \end{gathered}$ |
| Pinto Beans, low-sodium | $\boxminus$ | $\begin{gathered} 1 \text { 1/2 } \\ \# 10 \text { cans } \end{gathered}$ |
| Garlic Powder | E | 1/3 cup |
| Cumin | E | 1/4 cup |
| BBQ Pulled Pork |  | 18 3/4 lbs. |
| Chili Powder | E | 1/4 cup |
| Parboiled Brown Rice (cooked amount) | E | 12 cups |
| Salsa, low-sodium | E | $61 / 4$ cups |

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DIRECTIONS:

## PREPARE INGREDIENTS:

Cut green peppers into strips and dice onions into small pieces. Shred mozzarella cheese.

## WARM TORTILLAS:

Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.

## PREPARE BEAN/VEGETABLE MIXTURE:

Mix undrained pinto beans, garlic powder, diced peppers, diced onions, and cumin and bring to a boil. Simmer for 20 minutes, stirring often. Drain.

## PREPARE PORK:

Follow manufacturer's instructions to heat pork. Pork is done when it reaches $145^{\circ} \mathrm{F}$.

## PREPARE RICE:

Add chili powder to rice and cook rice according to manufacturer's instruction.

NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.

For tender rice, do not add salt to rice during cooking, even when the package directions call for it.

## ASSEMBLE BURRITO:

Place tortillas on individual foil sheets. Top with 3 oz . meat in sauce, 2 tbsp . beans, $13 / 4$ tbsp. rice, and $1 / 2 \mathrm{oz}$. of cheese. Serve salsa on the side.

NOTE: Due to moisture and cooking time, meat serving size weight will vary. It is recommended that schools weigh total cooked meat mixture and divide by the number of servings to determine accurate portion sizes.



## Sering Tip:

Make sure you spread the meat out in the tortilla so that each ingredient is in each bite of the burito. The pulled pork sticks together and will clump in one end of the burrito if you are not carefal.


## Chef Brenda's Tips


_Creating a production line when wrapping burritos makes the wrapping process easy. The more you do it, the faster you and your staff will become. This was one of the easiest chef meals to make.
$\square$ Add mild, medium, or hot canned green chilies in place of green peppers for a spicier burrito option. Pick the spice range that fits your students' tastes.

## Mozzarella Crusted Pollock



## Student Feedback

"Iore this fish""

- 1st Grade Student
"W want more school lunches like this."
- 4th Grade Student
"This is like eating at a fancy restaurant." - 5th Grade Student
"I have never liked fish, but this is really good." - Tth Grade Student
"This might be the best school lunch ever made." - High School Student
"I can't wait to eat., This meal smells so good," - tigh School Student


## CHEF RECOMMENDS

Mozzarella Crusted Pollock
Vegetable Pasta Salad
Sweet Potato Sticks
Apple Crisp
Low-Fat Milk

## STUDENT VOTES BY GRADE LEVEL



## MOZZARELLA CRUSTED POLLOCK

Number of Portions: 100
Portion Size: Grades K-12: 2.6 oz. wedge

| INGREDIENTS: |  | K-12 Quantities: |
| :---: | :---: | :---: |
| Green Onions, whole, fresh | $0$ | 1/4 lb. |
| Mozzarella Cheese | (c) | 1 lb . |
| Mayonnaise, light | E | $21 / 2$ cups |
| Garlic Powder | 08 | 1114 tbsp. |
| Dried Oregano | $\infty$ | 2 tbsp . |
| Dried Basil | $\cos$ | 2 tbsp . |
| Salt | 0 | 1/2 tbsp. |
| Black Pepper | $\infty$ | $1 / 2 \mathrm{tbsp}$. |
| Pollock Wedges |  | $\begin{gathered} 100 \\ \text { wedges } \end{gathered}$ |



## DIRECTIONS:

## PRE-HEAT OVENS:

Conventional Oven: Pre-heat to $425^{\circ} \mathrm{F}$.
Convection Oven: Pre-heat to $375^{\circ} \mathrm{F}$.

## PREPARE INGREDIENTS:

Chop green onions. Shred mozzarella cheese.

## PREPARE MOZZARELLA TOPPING:

In a mixer, using the paddle attachment, mix mayonnaise, onions, mozzarella, garlic powder, oregano, basil, salt and pepper.

TIP: Sauce is best if made one day ahead of time. Store in refrigerator.

## PREPARE FISH:

Do not thaw. Spread $1 \frac{1}{4}$ tbsp. of mozzarella topping across the top of each frozen pollock piece.

## BAKE FISH:

Place parchment paper on a shallow metal baking sheet. Place fish portions on pan, leaving space between pieces.

Conventional Oven: Bake at $425^{\circ} \mathrm{F}$ for $20-25$ minutes.

Convection Oven: Bake at $375^{\circ} \mathrm{F}$ for $15-20$ minutes.

Fish is done when it flakes apart easily and internal temperature reaches $155^{\circ} \mathrm{F}$.


## DIRECTIONS

## PREPARE INGREDIENTS:

Dice tomatoes.
COOK PASTA:
Cook pasta according to package directions until "al dente" (tender, but still a little firm) and cool. DO NOT OVERCOOK PASTA.

## PREPARE DRESSING:

In a mixer, using a whisk attachment, combine mayonnaise, yogurt, parsley, onion powder, garlic powder, lemon juice, salt, and dill weed.


## ASSEMBLE DISH:

Toss dill-ranch dressing, pasta,
broccoli florets, and diced tomatoes in a large mixing bowl.
Serve chilled.



Rather than serving the fish with a tartar sauce, this recipe bakes a sauce on top to add flavor and texture. A cheese sauce adds great flavor and binds well when baked. It also adds a nice golden brown color to the fish. This is a very quick and easy item to add to the fish, and it really improves the quality of the meal.
n Be sure to watch the fish so you do not overcook it. The fish does not take long to cook, even from a frozen state. If the fish is overcooked, it dries out and affects the quality of the meal.

3 The USDA pasta is delicious as long as it is not overcooked. Cook the pasta until it is "al dente" (tender, but still a little firm). When the pasta has reached the desired texture, rinse with cold water to stop the cooking.
$\square$ Making the pasta one day ahead of time is highly recommended so that it is chilled well. This also provides the best flavor for the salad.

## VEGETABLE PASTA SALAD

Number of Portions: 100
Portion Size: Grades K-12: 7/8 cup

| INGREDIENTS: |  | K-12 Quantities: |
| :---: | :---: | :---: |
| Tomatoes, whole, raw | (1) | $65 / 8 \mathrm{lbs}$. |
| Whole Grain Rotini |  | 6 lbs. |
| Mayonnaise, light | (2) | 1 gallon |
| Plain Yogurt, low-fat | 既 | 2 cups |
| Dried Parsley | T | 1 cup |
| Onion Powder | $\cos$ | $21 / 2 \mathrm{tbsp}$. |
| Garlic Powder | 樓 | $1 / 4$ cup |
| Lemon Juice | I | $1 / 4$ cup |
| Salt | 0 | 2 tbsp . |
| Dried Dill Weed | (E) | $1 / 2$ cup |
| Broccoli, florets, fresh | - | $31 / 2 \mathrm{lbs}$. |



## Mandarin Chicken Rice Bowl

$\sigma_{0 \text { on }}$


## Student Feedback

"The regetables taste like my grandma made them. They are so good."

- 1st Grade Student
"I tried green beans for the furst time today, and I liked them!"
- 2nd Grade Student
"I like the mix of the different regetables."
- 5th Grade Student
"I really like the rice and the chicken together."
- Th Grade Student
"I like the whole meal. It tastes fresh."
- High School Student
"This is better than $\qquad$ (popular Chinese fast food chain)."
- High School Student


## CHEF RECOMMEND



Mandarin Chicken Rice Bowl
Stir Fry Vegetables
Sliced Pears

## Low-Fat Milk

Estimated
Food Cost
$\$ 1,37$

## STUDENT VOTES BY GRADE LEVEL



## MANDARIN CHICKEN RICE BOWL

Number of Portions: 100
Portion Size: Grades K-12: See instructions

| INGREDIENTS: |
| :--- |
| Ham, cooked, <br> frozen <br> Quantities: |
| Carrots, low-sodiumQuantities: |
| Green Beans, <br> low-sodium |
| Green Onions, whole, <br> fresh |
| Celery, whole, fresh |

## DIRECTIONS:

## PREPARE INGREDIENTS:

Thaw ham. Drain canned carrots and canned green beans. Chop green onions and celery. Dice and brown ham. Heat scrambled eggs in oven, following manufacturer's instructions, and set aside in warmer until needed.

## COOK CHICKEN:

Prepare chicken and sauce separately. Follow manufacturer's instructions for chicken.

NOTE: The chicken quantity listed in the ingredients is the weight of the chicken and the sauce together. The chicken portion without sauce is Grades K-8: 15.4 lbs . and Grades 9-12: 22 lbs.

## COOK SAUCE:

In a large sauce pan thin sauce with water. For every bag of sauce add $1 \frac{1}{2}$ cups of water.

Heat to $165^{\circ}$ F. Sauce should have a nectar-like consistency.

## PREPARE FRIED RICE:

Cook rice according to package directions.

NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.

For tender rice, do not add salt to rice during cooking, even when the package directions call for it.

To cooked rice add eggs, ham, onions, frozen peas, celery, salt and soy sauce. Stir well. Cover and place in steam table. Add water if needed to keep moist.

## PREPARE VEGETABLES:

Option 1: Toss snow peas, green beans, carrots, and red cabbage together and steam for 5-7 minutes or until tender.

Option 2: Toss snow peas, green beans, carrots, and red cabbage together. Bring water in kettle to a boil and cook for 5 minutes. Remove when carrots are hot and other vegetables are "al dente" (tender, but still a little firm).

## ASSEMBLE DISH:

Grades K-8: Serve heaping $1 / 2$ cup fried rice and $3 / 4$ cup steamed veggies. Top with 2.5 oz . chicken without sauce and 1.4 oz . sauce.

Grades 9-12: Serve heaping $3 / 4$ cup fried rice and 1 cup steamed veggies. Top with 3.5 oz. chicken without sauce and 2 oz . sauce.

Serve items individually on trays or use a Chinese to-go box and layer fried rice, steamed veggies, chicken, and sauce.

|  |  | GRADES K-8 | GRADES 9-12 |
| :---: | :---: | :---: | :---: |
| $Z$ | Vegetables Contribution | . 75 cup | 1 cup |
| $\bigcirc$ | Vegetables Total | . 846 | 1.11 |
|  | Peas | . 04 | . 04 |
| $\square$ | Green Onions | . 04 | . 04 |
| $\square$ | Snow Peas | . 128 | . 128 |
| ¢ | Green Beans | . 26 | . 26 |
| 0 | Carrots | . 25 | . 51 |
| - | Cabbage | . 128 | . 128 |
| O | Grains Contribution | 1.25 oz. eq. | 2 oz. eq. |
| 0 | Grains Total | 1.44 | 2.13 |
| O | Tangerine Chicken | . 44 | . 63 |
| 나 | Rice | 1 | 1.5 |
| C | Meats/MA Contribution | 2 oz. eq. | $3 \mathrm{oz}$. eq. |
| $\bigcirc$ | Meats/MA Total | 2.24 | 3 |
| 0 | Tangerine Chicken | 1.76 | 2.52 |
| - | Ham | . 24 | . 24 |
|  | Eggs | . 24 | . 24 |



## Chef Brenda's Tips

$\square$ To add more flavor to the rice and vegetables without increasing the sodium in the meal, we decided to thin out the sauce with water, giving the sauce a better consistency. This also allowed schools to use the sauce over the chicken, rice, and veggies, thereby adding flavor to the entire meal.

This recipe uses frozen, canned, and fresh vegetables together. This is a great way to cut costs and utilize USDA Foods, while keeping the meal fresh.
[] Cook vegetables right before serving. Keep steam tables on low temperature and do not let vegetables sit in warmers for a long period of time. If steam table is too hot, color of vegetables will turn dull and vegetables will overcook.

## Cilantro Pork Salad Urrap



## Student Feedback

"Ireally the the green sauce." - 1st Grade Student
"The meat is really good in this wrap." - 3rd Grade Student
"This is the furst time I hare erer
Theed a salad Give me morer"

- 4th Grade student
"This is the best lanch I have had in ages,"
- 5th Grade Student
"This tateses like it cane from a
really good restaurantt."
- sth Grade Student
"This has a great combination of flarors."
- High School Student


## CHEF RECOMMENS

Cilantro Pork Salad Wrap
Carrot Sticks
Sliced Strawberries
Low-Fat Milk
Estimated

## STUDENT VOTES BY GRADE LEVEL



## CILANTRO PORK SALAD WRAP

Number of Portions: 100
Portion Size: Grades K-12: 1 wrap

| INGREDIENTS: |  | $\begin{gathered} \text { K-12 } \\ \text { Quantities: } \end{gathered}$ |
| :---: | :---: | :---: |
| Diced Tomatoes, low-sodium | $\theta$ | 1 \#10 can |
| Romaine Lettuce, whole, fresh | © | $61 / 2 \mathrm{lbs}$. |
| Mozzarella Cheese | © | $\begin{gathered} \mathrm{K}-8 \\ 13 / 4 \mathrm{lbs} . \\ \hline 9-12 \\ 31 / 2 \mathrm{lbs} . \end{gathered}$ |
| Whole Grain Tortilla |  | $\begin{gathered} 100 \\ \text { Tortillas } \\ (\mathrm{K}-12: 49 \mathrm{~g}) \end{gathered}$ |
| Cumin (for rice) | [逃 | $1 / 4$ cup |
| Parboiled Brown Rice (cooked amount) | E | $\begin{aligned} & 121 / 2 \\ & \text { cups } \end{aligned}$ |
| Pinto Beans, low-sodium | $\because$ | $\begin{gathered} 1 \frac{1}{2} \\ \# 10 \text { cans } \end{gathered}$ |
| Cumin (for beans) | 河 | 1/4 cup |
| Seasoned Pork* | © | $\begin{gathered} 16 \mathrm{lbs} . \\ +13 \mathrm{oz} . \end{gathered}$ |
| Cilantro, fresh | E | 1 cup |
| Vegetable Oil | E | 1 quart |
| Lime Juice | Ein | 3 cups |
| Orange Juice | E | 3 cups |
| Salt | $\cdots$ | 1 tbsp . |
| Garlic Powder | - | 2 tbsp . |
| Salsa, low-sodium | $\theta$ | 1 \#10 can |

[^0]
## DIRECTIONS:

## PREPARE INGREDIENTS:

Drain tomatoes. Chop lettuce into bite-sized pieces. Shred mozzarella cheese.

## WARM TORTILLAS:

Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.

## COOK RICE:

Add cumin (for rice) and cook rice according to package directions.

NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.

For tender rice, do not add salt to rice during cooking, even when the package directions call for it.

## PREPARE BEANS:

In a large stock pot, bring undrained pinto beans, drained diced tomatoes, and cumin (for beans) to a boil. Reduce heat and simmer for

20 minutes. Drain juices before adding to salad wraps.

NOTE: This mixture is bland by itself but it is delicious when topped with the cilantro dressing.

## PREPARE PORK:

Follow manufacturer's instructions to heat pork. Pork is done when it reaches $145^{\circ} \mathrm{F}$.

## PREPARE DRESSING:

In a blender or food processor, puree cilantro (stems included), vegetable oil, lime juice, orange juice, salt, and garlic powder.

NOTE: Dressing can be made the day before. Store in refrigerator.

## ASSEMBLE DISH:

Grades K-8: Place warm tortilla on tray. Top with $1 / 2$ cup lettuce, 2.69 oz. pork, $1 / 8$ cup rice, $1 / 8$ cup beans, 2 tbsp. salsa, $1 / 4 \mathrm{oz}$. cheese, and $11 / 2$ tbsp. dressing.

Grades 9-12: Place warm tortilla on tray. Top with $1 / 2$ cup lettuce, 2.69 oz. pork, $1 / 8$ cup rice, $1 / 8$ cup beans, 2 tbsp. salsa, $1 / 2 \mathrm{oz}$. cheese, and $11 / 2$ tbsp. dressing.


## Serving Tip:

Place the romaine lettuce on the wrap first, before the meat and other toppings, to ensure every student's wrap includes the nutritious dark green vegetable,

## Chef Brenda’s Tips


2. If the pork is packaged in very chunky pieces, we suggest breaking apart the meat for better taste, appeal, and texture. You can use your mixer to break the pork apart.
3. The pork has a neutral flavor on its own, so this recipe calls for a strong sauce to balance out the pork and make a delicious flavor profile. The sauce is an essential part of this recipe, however we recommend controlling the serving size as too much sauce can ruin the flavor of a wrap.

## Breakfast Burrito



## Student Feedback

"I didn't know that Niked breakfast burritos," 2nd Grade Student
"Treally tike the potatoes in the burrito." - 4th Grade Student
"like haring breakfast burritos for lunch." - 5th Grade Student
"I like that the burrito is wrapped so I can take it to eat with my friends."

- 8th Grade Student
"I like the combination of foods in the burrito." - High School Student
> "I could eat these every day for breakfast and lunch." - tigh School Student


## CHEF RECOMMENDS

Breakfast Burrito
Seasoned Black Beans
Orange Wedges

## Low-Fat Milk

Estimated Food Cost
674

## STUDENT VOTES BY GRADE LEVEL



## BREAKFAST BURRITO

Number of Portions: 100
Portion Size: Grades K-12: 1 burrito
SNGREDIENTS:

## DIRECTIONS:

Preheat oven to $400^{\circ} \mathrm{F}$

## PREPARE INGREDIENTS:

Shred mozzarella cheese. Thaw scrambled eggs completely and sprinkle with salt (for eggs), pepper, and garlic powder.

## COOK INGREDIENTS:

Follow manufacturer's instructions to cook pork sausage patties. Cut each sausage patty in half.
Place potato wedges on lined sheet pans and sprinkle with salt (for potatoes). Bake per manufacturer's instructions.

## WARM TORTILLAS:

Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.

## ASSEMBLE BURRITOS:

Place tortillas on individual foil sheets. Place 2 half-pieces of sausage, $1 / 2$ oz. scrambled eggs, $1 / 4$ cup potatoes, and $1 / 2$ oz. of cheese in the center of each tortilla and wrap. Wrap the foil around the burrito. Line wrapped burritos on a baking sheet and heat for $15-20$ minutes at $400^{\circ} \mathrm{F}$.

Serve each burrito with 2 tbsp. of salsa.


## DIRECTIONS:

PREPARE INGREDIENTS:
Dice onions and drain tomatoes.
PREPARE AND COOK BEAN MIXTURE:
Heat oil and sauté onions until opaque. Add undrained beans, drained tomatoes, undrained peppers, cumin, and garlic powder. Simmer for 20 minutes, stirring often. Serve with a slotted spoon to remove juices.


## SEASONED BLACK BEANS

## Number of Portions: 100

Portion Size: Grades K-8: $1 / 2$ cup
Grades 9-12: 3/4 cup

| INGREDIENTS: |  | $\begin{gathered} \text { K-12 } \\ \text { Quantities: } \end{gathered}$ |
| :---: | :---: | :---: |
| Onions, whole, fresh | (1) | 2 lbs. |
| Diced Tomatoes, low-sodium | $\because$ | $\stackrel{2}{\# 10 \text { cans }}$ |
| Vegetable Oil | (E) | $1 / 4$ cup |
| Black Beans, low-sodium | $\sum$ | $\mathrm{K}-8: 3^{3 / 4}$ \#10 cans <br> 9-12: $7^{1 / 2}$ <br> \#10 cans |
| Canned Green Chili Peppers, mild |  | $511 / 2 \mathrm{oz}$. |
| Cumin | [洧 | 1 cup |
| Garlic Powder | E戈 | $1 / 2$ cup |



## Chef Brenda's Tips


$\square$ Explore the many opportunities for different kinds of breakfast burritos. Try a variety of meats in the burrito to see what your students like best.

U The students really liked having the potatoes in the burrito. Potatoes are very common in breakfast burritos.

U When cooking the seasoned beans, simmering the beans with the seasonings and other ingredients adds great flavor to the beans. More flavor and less juice is preferable.

## USDA FOODS: HEALTHY CHOICES. AMERICAN GROWN.



Source: USDA Foods: Healthy Choices for Our Schools Fact Sheet, May 2011

## SERVING UP NUTRITIOUS OPTIONS

The USDA Foods program helps improve the nutritional value of school meals by offering more fruits, vegetables, and whole grains than ever before. Not only do these healthy foods taste good, but they are also lower in sugar, salt, and fat.

USDA FOODS


FRUITS AND VEGETABLES: Over \$326 million in canned, fresh, frozen, and dried fruits and vegetables was purchased for schools through the USDA Foods program and the Department of Defense Fresh Fruit and Vegetable Program in Fiscal Year 2010.

WHOLE GRAINS: USDA offers many whole-grain options including quick-cooking brown rice, rolled oats, wholegrain dry kernel corn, wholewheat flour, and whole-grain pancakes, pastas, and tortillas.

SUGAR:
USDA canned fruits are packed in extra light sucrose syrup or slightly sweetened fruit juice, and all applesauce is unsweetened.

FAT:
Low-fat meats and lean poultry products, as well as fat-free potato wedges, are available to schools. Shortening and butter were eliminated long ago from school purchasing options.

## THE RIGHT CHOICE FOR OUR SCHOOLS

To help ensure that America's children receive the healthy food they deserve, the USDA Foods program:

- Makes up approximately 15 to 20 percent of the food served in each school lunch
- Provides a variety of healthy food choices, including fruits, vegetables, meat, fish, poultry, dairy, and grains
- Includes a selection of more than 180 nutritious food items-fresh, frozen, packaged, canned, dried, and bulk
- Meets rigorous food safety standards set by Federal regulatory agencies

The improved nutritional value of USDA Foods will help support USDA's strengthened school meal standards and continue to reflect current nutrition science and the Dietary Guidelines for Americans.

For more information on USDA Foods resources to help plan healthy and tasty meals, visit www.fns.usda.gov/ USDAFoods .

SODIUM:
USDA has reduced the sodium in all its canned beans and vegetables to 140 mg per serving. This greatly exceeds the Food and Drug Administration's "healthy" labeling standard for sodium ( 480 mg per serving) and is in line with the 2010 Dietary Guidelines for Americans recommendation to reduce salt intake. Frozen vegetables with no added salt are also available.


## THANK YOU LIBERTY CHARTER SCHOOL STAFF AND STUDENTS

We would like to thank the foodservice staff, administration, and students at Liberty Charter School for allowing us to pilot these Chef Designed School Meals at their schools for three months. Their input during the piloting of these recipes was a vital part of this project's success.


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[^0]:    NOTE: Recipe uses SY 11/12 USDA Foods pork. The product has since been
    reformulated. Any neutrally seasoned pork without a sauce can be substituted

