



Designed by Luis Calás • 2013

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

State 1

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 healthy 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.

L 2 3 4 5 ess Difficult Less Time Similar to Standard School Meals	Cheeseburger Wrap	BBQ Roasted Chicken	Thai Chicken and Basil Barley	Fish Tacos	Volcanic Meatloaf	Southwest Burrito	Mozzarella Crusted Pollock	Mandarin Chicken Rice Bowl	Cilantro Pork Wrap	Breakfast Burrito
Effort Required to Prepare Meal	3	1	4	4	2	3	3	3	3	1
Time it Took to Prepare Meal	3	1	4	3	4	3	3	3	2	1
Effort Required to Cook Meal	2	1	3	3	2	2	2	3	3	1
Effort Required to Serve Meal	4	3	3	2	3	3	3	2	4	1
Effort Required to Transport Meal	3	4	3	2	2	1	3	3	3	2
Did This Meal Require Any Special Equipment or Kitchen Skills?	No	No	No	No	Blender/food processor to make dressing	No	No	No	Blender/food processor to make dressing	No
General Comments/Suggestions	The kids really liked adding their own "hamburger" toppings. Surprisingly, they went through a lot of onions, and they normally don't like onions.	This was one of the easiest meals to make. The only obstacle was our limited oven space.	Cutting the fresh vegetables took a little extra time. First time preparing bok choy.	Label the fish taco sauce so kids know what to put it on.	Add the salad dressing in batches right before service so the lettuce doesn't get soggy.	One of the easiest meals. Students really like the burrito wrapped in foil. It is worth the extra time and they are so quick to serve.	The fish cooks very quickly. Keep an eye on it so you do not over- cook it and dry it out.	Pre-cut the veggies the day before or purchase pre- cut to save time.	May need to control the portion of the sauce: pre-portion or serve on the line.	Very easy meal. The only time consuming part is rolling each burrito, but that goes pretty quickly
Would You Make This Meal Again?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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.





Week 1

Week 2

6 CHEF DESIGNED SCHOOL LUNCH

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 2Year Pilot Study in Boston Middle Schools, Journal of the Academy of Nutrition and Dietetics, Volume 112, Issue 6, June 2012, Pages 927-933.





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 the pilot site.



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.

INGREDIENT LIST

- Provides ingredient quantities for Grades K-12 or K-8 and 9-12.
- · Measurement symbols, such as a cup, provide a visual of how each ingredient should be measured.
- A USDA Foods truck symbol [🚚] indicates ingredients that can be obtained through the USDA Foods Distribution Program.

individual steps.

RECIPE DIRECTIONS Recipe directions are broken down into clear,



RECIPE CONTRIBUTIONS

This chart shows a breakdown of how specific ingredients contribute to recipe components. Numbers are for the individual recipe by itself, rather than the whole meal contributions, which are provided on the previous page.



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.





Fat Free Skim Milk

Open

SELL BY

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 favorite food." — 2nd Grade Student

"I liked this because it was different than a normal hamburger." — 7th Grade Student

...

...

"I ate more veggies today than I normally do because they tasted so good." — 8th Grade Student

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"Love the onions, I could smell them cooking throughout the whole school," — High School Student •••

"This is the best, healthiest hamburger I have ever had." — High School Student

CHEF RECOMMENDS Cheeseburger Salad Wrap Applesauce a Baked Beans a Low-Fat Milk

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Cheeseburger Salad Wrap	1 wrap	1 wrap
Applesauce	½ cup	1 cup
Baked Beans	½ cup	½ cup
Milk	1 cup	1 cup
Meal Contribution	1.75 M/MA 1.75 Grains .5 cup Fruit 1.5 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1.5 cup Vegetable

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CHEESEBURGER SALAD WRAP

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

INGREDIENTS:		K-8 Quantities:	9-12 Quantities:
Romaine Lettuce, whole, fresh	0	13 lbs.	13 lbs.
Onions, whole, fresh (in beef)	0	6 lbs.	6 lbs.
Tomatoes, whole, fresh	0	13 ¼ lbs.	13 ¼ lbs.
Onions, whole, fresh (for toppings)	0	2 ¾ lbs.	2 ¾ lbs.
Mozzarella Cheese 🛲	0	3 1⁄8 lbs.	3 ¹ / ₈ lbs.
Whole Grain Tortilla		100 Tortillas (49g)	100 Tortillas (56g)
Ground Beef 🛲	0	10 ¾ lbs.	12 ¾ lbs.
Tomato Paste, Iow-sodium 🛲	T	³ ⁄4 cup	1 ½ cups
Yellow Mustard (in beef)	T	½ cup	³ ⁄4 cup
Garlic Powder	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	4 tbsp.	5 tbsp.
Water	T	1¾ cups	1¾ cups
Dill Pickle Slices	T	3 ^₅ ⁄⁄8 quarts	3 ^₅ ⁄⁄8 quarts
Ketchup, low-sodium	T	6 ¼ cups	6 ¼ cups
Yellow Mustard (for toppings)	T	6 ¼ cups	6 ¼ cups

= Available through USDA Foods

DIRECTIONS:

PREPARE INGREDIENTS:

Chop romaine lettuce into bite-sized pieces. Dice onions for ground beef mixture. Dice tomatoes and onions to be used for toppings. 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 GROUND BEEF MIXTURE:

Brown ground beef, drain, and rinse. Add diced onions, tomato paste, mustard, garlic powder, and water. Mix well. Simmer for 10 minutes or until juices are cooked out.

ASSEMBLE DISH:

Grades K-8: Place 1 cup lettuce pieces, 2.1 oz. meat mixture, and 1/2 oz. shredded cheese on each tortilla.

Grades 9-12: Place 1 cup lettuce pieces, 2.5 oz. meat mixture, and $\frac{1}{2}$ oz, shredded cheese on each tortilla.

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.

TOPPINGS:

Toppings are planned in the following serving sizes for each student: ¹/₄ cup diced tomatoes, 1 tbsp. diced onions, 2 tbsp. pickle slices, 1 tbsp. ketchup and 1 tbsp. mustard. Schools that offer toppings on a self-serve bar will need to adjust planned topping ingredient quantities according to student use.

	GRADES K-8	GRADES 9-12
Vegetables Contribution	1 cup	1 cup
Vegetables Total	1.1	1.1
Onions	.20	.20
Tomato Paste	.01	.01
Romaine Lettuce	.51	.51
Tomatoes	.25	.25
Pickles	.13	.13
Grains Contribution	1.75 oz. eq.	2 oz. eq.
Grains Total	1.75	2
Tortilla	1.75	2
Meats/MA Contribution	1.75 oz. eq.	2 oz. eq.
Meats/MA Total	1.76	2
Ground Beef	1.26	1.50
Cheese	.50	.50



CHEF DESIGNED SCHOOL LUNCH

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.







- 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.
- 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.

BBQ Roasted Chicken

Fat Free

Open

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Student Feedback

"I don't like chicken that much, but I like this chicken," — 1st Grade Stude<mark>n</mark>t

"I love everything about this meal." — 2nd Grade Student

"This is so fun to eat!" — 3rd Grade Student

* * *

"I wish we could have this meal every day," — 4th Grade Student

"This meal smells really good when you walk into the cafeteria." — 7th Grade Student

"I would like to have the option of a spicier sauce, like hot wings," — High School Student

CHEF RECOMMENDS

BBQ Roasted Chicken Pizza Green Beans Blueberries 4 Ranch Potato Wedges 4 Roll Low-Fat Milk

Estimated Food Cost

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
BBQ Roasted Chicken	1 breast, 1 thigh, or 1 drum/1 wing	1 breast, 1 thigh, or 1 drum/1 wing
Pizza Green Beans	³ ⁄4 cup	³ ⁄4 cup
Blueberries	½ cup	1 cup
Ranch Potato Wedges	½ cup	¹∕₂ cup
Roll	1.5 oz.	2 oz.
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 1.5 Grains .5 cup Fruit 1.25 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1.25 cup Vegetable

BBQ ROASTED CHICKEN

Number of Portions: 100

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

INGREDIENTS:		K-12 Quantities:
Roasted Chicken 🛲	0	32 ½ lbs.
Ketchup, low-sodium		2 #10 cans
Cider Vinegar	T	1 quart
Mustard Powder		5 tbsp.
Onion Powder	T	¼ cup
Brown Sugar	T	5 cups, unpacked
Celery Seed	T	¼ cup
Black Pepper		2 tsp.
Cornstarch	T	1 ¼ cups

DIRECTIONS:

Preheat oven to 375°F.

PREPARE INGREDIENTS: Thaw chicken.

PREPARE BBQ SAUCE:

Combine all ingredients, except chicken, in a deep steam table pan. Cover and cook at 375°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°F.



GRADES K-12 273 GRADES K-12 3,53g

SODIUM GRADES K-12 824mg



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.



PIZZA GREEN BEANS

Number of Portions: 100 Portion Size: Grades K-12: 34 cup

INGREDIENTS:		K-12 Quantities:
Diced Tomatoes, low-sodium 🚝		2 #10 cans
Green Beans, Iow-sodium 🚑		4 ½ #10 cans
Dried Oregano	T	1 cup





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.
- 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 healthy." — 4th Grade Student

"This is a really filling meal." — 5th Grade Student

* * *

"This meal was out of this world!" — 6th Grade Student

"I like how the barley is chewy, It's better than rice," — 8th Grade Student

"I like this, It is a different type of Asian dish than the normal teriyaki flavor," — High School Student

CHEF RECOMMENDS Thai Chicken & Basil Barley Asian Fresh Vegetables Sliced Pears A Low-Fat Milk

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Thai Chicken and Basil Barley	2 oz. chicken 1 cup barley 2 tbsp. sauce	3 oz. chicken 1.25 cup barley 2.5 tbsp. sauce
Asian Fresh Vegetables	1 cup	1 cup
Sliced Pears	½ cup	1 cup
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 2 Grains .5 cup Fruit 1 cup Vegetable	3 M/MA 2.5 Grains 1 cup Fruit 1 cup Vegetable

THAI CHICKEN & BASIL BARLEY

Number of Portions: 100

Portion Size: See Instructions

INGREDIENTS:		K-8 Quantities:	9-12 Quantities:
Pearled Barley, (cooked amount)	Ô	6 ¼ gallons	8 gallons
Dried Basil	T	½ cup	³ ⁄4 cup
Chicken, diced, fully cooked 🚝	Ō	12 ½ lbs.	18 ¾ lbs.
Thai Style Chili Sauce	Ø	³⁄₄ gallon	1 gallon

DIRECTIONS:

PREPARE BARLEY:

Preheat oven to 400°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:

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

<u>Grades 9-12</u>: Place 1 $\frac{1}{4}$ cup basil-barley on the tray and top with 3 oz. chicken and approximately 2 $\frac{1}{2}$ 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).

	GRADES K-12
Vegetables Contribution	1 cup
Vegetables Total	1.01
Bok Choy	.252
Peas	.125
Broccoli	.25
Carrots	.25
Green Peppers	.129
-34	

SATURATED

GRADES K-12

CALORIES

GRADES K-12

SODIUM

GRADES K-12

ASIAN FRESH VEGETABLES

Number of Portions: 100 Portion Size: Grade K-12: 1 cup

INGREDIENTS:		K-12 Quantities:
Carrots, sliced, frozen 🚐	٥	10 ½ lbs.
Peas, frozen 🛲	0	5 ¼ lbs.
Bok Choy, whole, fresh	0	7 lbs.
Broccoli, florets, fresh	0	3 ½ lbs.
Green Peppers, whole, fresh	0	3 ½ lbs.

Chef Brenda's Tips



- For tender barley, do not add salt when cooking, even if the cooking directions call for salt. Salt pulls water out of the grain.
- Using frozen and canned vegetables with fresh vegetables is a great way to cut costs and utilize USDA Foods. When preparing vegetables, it is important that they do not get overcooked.
 Overcooking vegetables decreases the quality of texture and flavor. Fresh and canned vegetables are usually cooked within 1-5 minutes. It is best to start cooking the frozen vegetables first and then add in the fresh and canned vegetables.
- Some great pre-made, low-sodium sauces are available on the market. Schools can use any sauce their students like best.
- Cook the vegetables right before serving. For best quality, keep steam tables on low temperature and do not let vegetables sit in warmers for a long period of time.



< Open

Fat Free Skim Milk

> HALF PINT (236 mL)

SELL BY



Student Feedback

"This is my favorite chef meal!" — 2nd Grade Student

"If you try it with the sauce, it is soooo good." — 3rd Grade Student

"I like these fish sticks better than chicken nuggets." — 4th Grade Student

*** * ***

"I don't like fish, but I like these fish tacos," — 5th Grade Student

*** * ***

"This is different than what we normally get in school lunch. I like it." — 6th Grade Student

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"The bean and broccoli salad is delicious!" — High 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



	K-8 Serving Size	9-12 Serving Size
Fish Tacos	1 taco (3 fish sticks per taco)	2 tacos (2 fish sticks per taco)
Bean and Broccoli Salad	½ cup	½ cup
Orange Slices	½ cup	1 cup
Milk	1 cup	1 cup
Meal Contribution	1.5 M/MA 2 Grains .5 cup Fruit 1.125 cup Vegetable	2 M/MA 3.5 Grains 1 cup Fruit 1.75 cup Vegetable

FISH TACOS

Number of Portions: 100

Portion Size: Grades K-8: 1 taco

Grades 9-12: 2 tacos

INGREDIENTS:		K-8 Quantities:	9-12 Quantities:
Green Chili Peppers, canned	T	2 cups	1 quart
Green Cabbage, shredded, fresh	0	2 lbs.	3 ¾ lbs.
Red Cabbage, shredded, fresh	Ō	2 ¼ lbs.	4 ½ lbs.
Limes, 2" diameter		10 fruit	20 fruit
Tomatoes, whole, fresh	6	13 ¼ lbs.	26 ¼ lbs.
Green Onions, whole, fresh	6	1 ²⁄3 lbs.	3 ⅓ lbs.
Plain Yogurt, low-fat	T	1 quart	2 quarts
Mayonnaise, light 🚚	T	1 quart	2 quarts
Lime Juice	T	½ cup	1 cup
Cumin	-4	2 1⁄2 tbsp.	5 tbsp.
Dried Oregano, leaves	-4	2 ½ tbsp.	5 tbsp.
Garlic Powder	-~~	2 ½ tbsp.	5 tbsp.
Salt	-1	1 tsp.	2 tsp.
Corn Tortillas		100 Tortillas (28g)	200 Tortillas (28g)
Pollock Sticks 🛲	0	300 sticks	400 sticks
Salsa, low-sodium 🚚		½ #10 can	1 #10 can

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:

RECIPE CONTRIBUTIONS

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°F.

ASSEMBLE DISH:

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

<u>Grades 9-12:</u> In each tortilla, add <u>2 fish sticks</u>, ¹/₄ cup cabbage mix, ¹/₄ cup diced tomatoes, 1 tbsp. sliced onions, and 1 ³/₄ tbsp. sauce. Garnish with 1 lime slice and 1 tbsp. salsa. Serve 2 tacos.

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



Vegetables Contribution	.5 cup
Vegetables Total	.55
Broccoli	.25
Beans	.14
Carrots	.125
Green Onion	.04
A COLOR	



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.
- \bigcirc 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.
- \bigcirc 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

INGREDIENTS:		K-12 Quantities:
Green Onions, whole, fresh	σ	1 lb.
Pinto Beans, Iow-sodium 🛲		1½ #10 cans
Mayonnaise, light 🚚	T	4 cups
Salsa, low-sodium 🚝	T	1 cup
1% Milk	T	½ cup
Cumin	T	¼ cup
Chili Powder	-~~	1 ½ tbsp.
Garlic Powder	-~~	1 ½ tbsp.
Dried Parsley	T	½ cup
Salt		1 tbsp.
Black Pepper		1 tbsp.
Red Pepper Flakes	4	½ tbsp.
Broccoli, florets, fresh	0	3 ½ lbs.
Carrots, shredded, fresh		2 ½ lbs.



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 strawberry dressing!" — 3rd Grade Student

"The flavor is soooo good," — 6th Grade Student

"I liked everything about this meal." — High School Student

"I really like the flavors in this meal." — High School Student

CHEF RECOMMENDS

Volcanic Meatloaf Strawberry Green Salad Mixed Fruit A Roll

STUDENT VOTES BY GRADE LEVEL

Low-Fat Milk

Estimated Food Cost

100% 80% 60% 40% 20% 0% 1st-2nd 3rd-4th 5th-6th 7th-8th 9th-12th Liked Lunch Kinda" Liked Lunch Didn't Like Lunch

9-12 Serving Size K-8 Serving Size Volcanic Meatloaf 1 meatloaf ball 1 meatloaf ball Strawberry Green Salad 1.125 cup 1.625 cup **Mixed Fruit** .5 cup 1 cup Roll 1.5 oz. 2 oz. Milk 1 cup 1 cup 1.75 M/MA 2 M/MA**Meal Contribution** 1.5 Grains 2 Grains .5 cup Fruit 1 cup Fruit .75 cup Vegetable 1 cup Vegetable

VOLCANIC MEATLOAF

Number of Portions: 100

Portion Size: Grades K-12: 1 meatloaf ball

Eggs, frozen Image: 2 2/3 cd Mozzarella Cheese Image: 2 2/3 cd Mozzarella Cheese Image: 2 2/3 cd Lentils, uncooked Image: 2 2/3 cd Water Image: 2 2/3 cd Water Image: 2 2/3 cd Ground Beef Image: 2 2/3 cd Skim Milk Image: 2 2/3 cd Oats, quick Image: 2 2/3 cd Tomato Paste, low-sodium Image: 2 2/3 cd Yellow Mustard (for meatloaf) Image: 2 2/3 cd	ups
Mozzarella Cheese Image: Che	ups
Water 12 ? Ground Beef 3 Skim Milk 12 ½ Oats, quick 16 ½ cm Tomato Paste, low-sodium 11 ½ cm Yellow Mustard (for meatloaf) 3 cm	/3
Water Image: cup: cup: cup: cup: cup: cup: cup: cup	
Skim Milk Image: Constraint of the second	
Oats, quick Image: Constraint of the second secon	lbs.
Tomato Paste, low-sodium Image: 1 ½ cr Yellow Mustard (for meatloaf) Image: 3 cup	os
Yellow Mustard (for meatloaf) 13 cu	ups
	ups
Dried Develop	os
Dried Parsley	ıp
Granulated Garlic	Jp
Dehydrated Onion, flakes	h
Celery Seed 3 tbs	
Salt 🍕 3 tbs	p.
Black Pepper 🌱 3 tbs	
Ketchup, low-sodium 16 1/4 cm	
Yellow Mustard (condiment)	;p.

DIRECTIONS:

Preheat oven to 400°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°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:

RECIPE CONTRIBUTIONS

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°F or until meatloaf reaches 155°F.

ASSEMBLE DISH:

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

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

	GRADES K-8	GRADES 9-12
Vegetables Contribution	.125 cup	.125 cup
Vegetables Total	.19	.19
Lentils	.19	.19
Grains Contribution	0 oz. eq.	0 oz. eq.
Grains Total	.12	.12
Oats	.12	.12
Meats/MA Contribution	1.75 oz. eq.	2 oz. eq.
Meats/MA Total	1.96	2.20
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.
- 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	≺-8: 1 ¹	∕ ₈ cups	
Grades S	9-12: 1	. ⅔ cups	
INGREDIENTS:		K-8 Quantities:	9-12 Quantities:
Strawberries, sliced, frozen 🚚	T	5 cups	5 cups
Romaine Lettuce, whole, fresh	0	12 7⁄8 lbs.	19 ½ lbs.
Green Onions, whole, fresh	0	2 lbs.	2 lbs.
White Distilled Vinegar	T	½ cup	½ cup
Vegetable Oil 🚝	T	2 cups	2 cups
Garlic Powder	4	¼ tbsp.	¼ tbsp.
Salt	4	¼ tbsp.	¼ tbsp.
Black Pepper	-	¼ tbsp.	¼ tbsp.
Carrots, shredded, fresh	0	2 ½ lbs.	2 1/2 lbs.





Open

Fat Free Skim Milk

> HALF PINT (236 mL)

SELL BY



Student Feedback

"I want to have this every day?" — 1st Grade Student

"This is one of the best chef 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 🛲

Watermelon

Low-Fat Milk

Estimated Food Cost

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Southwest Burrito	1 Burrito	1 Burrito
Corn	½ cup	¹∕₂ cup
Watermelon	½ cup	1 cup
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 1.75 Grains .5 cup Fruit 1 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1 cup Vegetable

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SOUTHWEST BURRITO

Number of Portions: 100

Portion Size: Grades K-12: 1 burrito

INGREDIENTS:		K-12 Quantities:
Green Bell Peppers, whole, fresh		10 ¼ lbs.
Onions, whole, fresh	Ō	5 ½ lbs.
Mozzarella Cheese 🚝	0	3 1⁄8 lbs.
Whole Grain Tortilla		100 Tortillas (K-8 : 49g) (9-12 : 56g)
Pinto Beans, Iow-sodium 🛲		1 ½ #10 cans
Garlic Powder	T	⅓ cup
Cumin	T	¼ cup
BBQ Pulled Pork 🛲	δ	18 ¾ lbs.
Chili Powder	T	¼ cup
Parboiled Brown Rice (cooked amount) 🚝	T	12 cups
Salsa, Iow-sodium 🚚	T	6 ¼ cups

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 $145\,^{\circ}$ 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 <u>cooked</u> 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, $1\frac{3}{4}$ tbsp. rice, and $\frac{1}{2}$ 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.

	GRADES K-8	GRADES 9-12
Vegetables Contribution	.5 cup	.5 cup
Vegetables Total	.57	.57
Pinto Beans	.135	.135
Green Peppers	.25	.25
Onions	.128	.128
Salsa	.06	.06
Grains Contribution	1.75 oz. eq.	2 oz. eq.
Grains Total	1.87	2.12
Tortilla	1.75	2
Rice	.12	.12
Meats/MA Contribution	2 oz. eq.	2 oz. eq.
Meats/MA Total	2	2
BBQ Pork	1.5	1.5
Cheese	.5	.5


Serving Tip:

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





- 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.
- 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



"I love this fish!" — 1st Grade Student

"I 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." — 7th 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," — High School Student

CHEF RECOMMENDS

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

Estimated Food Cost

94¢

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Mozzarella Crusted Pollock	1 Pollock Wedge	1 Pollock Wedge
Vegetable Pasta Salad	7∕8 cup	% cup
Sweet Potato Sticks	½ cup	³ ⁄4 cup
Apple Crisp	1 piece	1 piece + ½ cup mixed fruit
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 2 Grains .5 cup Fruit .875 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1.125 cup Vegetable

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	¼ lb.
Mozzarella Cheese 🚚	0	1 lb.
Mayonnaise, light 🚝	T	2 ½ cups
Garlic Powder	-	1 ¼ tbsp.
Dried Oregano	-~~	2 tbsp.
Dried Basil	-~~	2 tbsp.
Salt	-	½ tbsp.
Black Pepper	-	½ tbsp.
Pollock Wedges 🛲		100 wedges

DIRECTIONS:

PRE-HEAT OVENS:

<u>Conventional Oven</u>: Pre-heat to 425°F. <u>Convection Oven</u>: Pre-heat to 375°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 ¼ 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.

<u>Conventional Oven</u>: Bake at 425°F for 20-25 minutes.

<u>Convection Oven</u>: Bake at 375 ° F for 15-20 minutes.

Fish is done when it flakes apart easily and internal temperature reaches 155°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.



Ś		GRADES K-12
ō	Vegetables Contribution	.375 cup
	Vegetables Total	.376
5	Broccoli	.25
m	Tomatoes	.126
RECIPE CONTRIBUTIONS	Grains Contribution	1 oz. eq.
_	Grains Total	1.02
õ	Rotini	1.02
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Chef Brenda's Tips

- 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.
- 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.
- 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.
- 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		6 % lbs.
Whole Grain Rotini 🛲		6 lbs.
Mayonnaise, light 🛲	Ō	1 gallon
Plain Yogurt, low-fat	T	2 cups
Dried Parsley	T	1 cup
Onion Powder	4	2 ½ tbsp.
Garlic Powder	T	¼ cup
Lemon Juice	T	¼ cup
Salt	4	2 tbsp.
Dried Dill Weed	T	½ cup
Broccoli, florets, fresh	0	3 ½ lbs.



Mandarin Chicken Rice Bowl

Fat Free skim Milk

ALF PINT (236 mL)

Open

IEF DESIGNED SCHOOL LUNCH

"The vegetables taste like my grandma made them, They are so good," — 1st Grade Student

"I tried green beans for the first time today, and I liked them!" — 2nd Grade Student

"I like the mix of the different vegetables." — 5th Grade Student

"I really like the rice and the chicken together," — 7th Grade Student

"I like the whole meal, It tastes fresh." — High School Student

"This is better than _____ (popular Chinese fast food chain)," — High School Student

CHEF RECOMMENDS Mandarin Chicken Rice Bow Stir Fry Vegetables Sliced Pears A Low-Fat Milk

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Mandarin Chicken Rice Bowl	2.5 oz. chicken .5 cup rice 1.4 oz. sauce	3.5 oz. chicken .75 cup rice 2 oz. sauce
Stir Fry Vegetables	.75 cup	1 cup
Sliced Pears	.5 cup	1 cup
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 1.25 Grains .5 cup Fruit .75 cup Vegetable	3 M/MA 2 Grains 1 cup Fruit 1 cup Vegetable

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MANDARIN CHICKEN RICE BOWL

Number of Portions: 100

Portion Size: Grades K-12: See instructions





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:

CONTRIBUTIONS

ECIPE (

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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 °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:

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

<u>Option 2</u>: 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:

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

<u>Grades 9-12</u>: Serve heaping $\frac{3}{4}$ 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
Vegetables Contribution	.75 cup	1 cup
Vegetables Total	.846	1.11
Peas	.04	.04
Green Onions	.04	.04
Snow Peas	.128	.128
Green Beans	.26	.26
Carrots	.25	.51
Cabbage	.128	.128
Grains Contribution	1.25 oz. eq.	2 oz. eq.
Grains Total	1.44	2.13
Tangerine Chicken	.44	.63
Rice	1	1.5
Meats/MA Contribution	2 oz. eq.	3 oz. eq.
Meats/MA Total	2.24	3
Tangerine Chicken	1.76	2.52
Ham	.24	.24
Eggs	.24	.24







- 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 Wrap

Fat Free Skim Milk

NUFAS

"I really like the green sauce." — 1st Grade Student

*** * ***

"The meat is really good in this wrap," — 3rd Grade Student

"This is the first time I have ever liked a salad, Give me more!" — 4th Grade Student

* * *

"This is the best lunch I have had in ages." — 5th Grade Student

*** * ***

"This tastes like it came from a really good restaurant," — 8th Grade Student

*** * ***

"This has a great combination of flavors." — High School Student

CHEF RECOMMENDS Cilantro Pork Salad Wrap Carrot Sticks Sliced Strawberries A Low-Fat Milk

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Cilantro Pork Salad Wrap	1 wrap	1 wrap
Carrot Sticks	½ cup	¹∕₂ cup
Sliced Strawberries	½ cup	1 cup
Milk	1 cup	1 cup
Meal Contribution	1.75 M/MA 2 Grains .5 cup Fruit 1.125 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1.125 cup Vegetable

CILANTRO PORK SALAD WRAP

Number of Portions: 100

Portion Size: Grades K-12: 1 wrap

INGREDIENTS:		K-12 Quantities:
Diced Tomatoes, low-sodium 🚚		1 #10 can
Romaine Lettuce, whole, fresh		6 ½ lbs.
Mozzarella Cheese 🛲	0	K-8 1 ³ ⁄ ₄ lbs. 9-12
Whole Grain Tortilla		3 ½ lbs. 100 Tortillas (K-12 :49g)
Cumin (for rice)	T	¼ cup
Parboiled Brown Rice (cooked amount) <i>—</i>	T	12 ½ cups
Pinto Beans, Iow-sodium 🚑		1 ½ #10 cans
Cumin (for beans)	T	¼ cup
Seasoned Pork* 🚝	6	16 lbs. + 13 oz.
Cilantro, fresh	T	1 cup
Vegetable Oil 🛲	T	1 quart
Lime Juice	T	3 cups
Orange Juice 🛲	T	3 cups
Salt	-4	1 tbsp.
Garlic Powder	-~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	2 tbsp.
Salsa, Iow-sodium 🚑		1 #10 can

* 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.

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° 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:

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

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

	GRADES K-8	GRADES 9-12
Vegetables Contribution	.625 cup	.625 cup
Vegetables Total	.633	.633
Pinto Beans	.14	.14
Tomatoes	.123	.123
Romaine Lettuce	.25	.25
Salsa	.12	.12
Grains Contribution	2 oz. eq.	2 oz. eq.
Grains Total	2	2
Tortilla	1.75	1.75
Rice	.25	.25
Meats/MA Contribution	1.75 oz. eq.	2 oz. eq.
Meats/MA Total	1.78	2.06
Cuban Pork	1.5	1.5
Cheese	.28	.56
CALORIES	SATURATED	SODIUM
GRADES K-8	GRADES K-8	GRADES K-8
478	4,21g	867mg
GRADES 9-12	GRADES 9-12	GRADES 9-12
503	🔨 5,21a 🛆	879

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.







- 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.
- 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.



SELL BY OPO

ALF PINT 1236 mL

Eat Free m Milko



"I didn't know that Niked breakfast burritos." – 2nd Grade Student

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"Freally like the potatoes in the burrito!" — 4th Grade Student

"Hike having 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

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"I like the combination of foods in the burrito," — High School Student

"I could eat these every day for breakfast and lunch!" — High School Student

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STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Breakfast Burrito	1 Burrito	1 Burrito
Seasoned Black Beans	½ cup	³ ⁄4 cup
Orange Wedges	½ cup	1 cup
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 1.75 Grains .5 cup Fruit .75 cup Vegetable	2 M/MA 2 Grains 1 cup Fruit 1 cup Vegetable

BREAKFAST BURRITO

Number of Portions: 100

Portion Size: Grades K-12: 1 burrito

INGREDIENTS:	K-12 Quantities:
Mozzarella Cheese 🖛 🧧	3 1⁄8 lbs.
Scrambled Eggs, frozen 🖛 🧧	3 1⁄8 lbs.
Salt (for eggs)	1 tsp.
Black Pepper	1 tsp.
Garlic Powder	1 tsp.
Pork Sausage Patties 🛲 🛛 🐻	7 1⁄8 lbs.
Potato Wedges 🖛 🛛 🐻	8 ½ lbs.
Salt (for potatoes)	1 tbsp.
Whole Grain Tortilla	100 Tortillas K-8: 49g
	9-12: 56g
Salsa, low-sodium 🚝	1 #10 can



50

DIRECTIONS:

Preheat oven to 400°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, $\frac{1}{2}$ oz. scrambled eggs, $\frac{1}{4}$ cup potatoes, and $\frac{1}{2}$ 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°F.

Serve each burrito with 2 tbsp. of salsa.

	GRADES K-8	GRADES 9-12
Vegetables Contribution	.25 cup	.25 cup
Vegetables Total	.37	.37
Potatoes	.25	.25
Salsa	.12	.12
Grains Contribution	1.75 oz. eq.	2 oz. eq.
Grains Total	1.75	2
Tortilla	1.75	2
Meats/MA Contribution	2 oz. eq.	2 oz. eq.
Meats/MA Total	2	2
Pork Sausage	1	1
Cheese	.5	.5
Eggs	.5	.5
GRADES K-8	ANRATED .	SODIUM GRADES K-8
CALCON	GAL EA.	C N
CRADES K-8	GRADES K-8	GRADES K-8
334	5,45g	(3_{m_0})
		TBmg
	GRADES 9-12	GRADES 9-12 943mg
GRADES 9-12	GRADESS	QUE 9-12
	696_{-}	-942

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: ½ cup		
Grades 9-12: ³ / ₄ cup)	
INGREDIENTS:		K-12 Quantities:
Onions, whole, fresh	0	2 lbs.
Diced Tomatoes, low-sodium 🛲		2 #10 cans
Vegetable Oil 🛲	T	¼ cup
Black Beans, Iow-sodium 🚑		K-8: 3 ³ ⁄ ₄ #10 cans
		9-12: 7 ½ #10 cans
Canned Green Chili Peppers, mild	0	51 ½ oz.
Cumin	T	1 cup
Garlic Powder	T	½ cup



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



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.

SODIUM:

USDA has reduced the sodium in all its canned beans and vegetables to 140mg per serving. This greatly exceeds the Food and Drug Administration's "healthy" labeling standard for sodium (480mg 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.

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.



HEALTHY FOODS

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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