Fresh from Vermont

New School Cuisine

Nutritious and Seasonal Recipes for School Cooks by School Cooks

Project partners and funders:

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Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

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Child Nutrition Programs is a resource supporting improvement in nutrition environments. The State Board and Agency of Education provide leadership, support and oversight to ensure that the Vermont public education system enables each student to be successful.

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Vermont Food Education Every Day is a partnership of Food Works at Two Rivers Center, The Northeast Organic Farming Association of Vermont (NOFA-VT), and Shelburne Farms. VT FEED works with schools and communities to raise awareness about healthy food, the role of Vermont farms and farmers, and good nutrition. VT FEED acts as a catalyst for rebuilding healthy food systems and cultivates links between classrooms, cafeterias, local farms, and communities.

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Recipes featured on the cover:
Crispy Baked Chicken, p. 152
Spaghetti Squash Bake, p. 90
Green Bean, Cranberry & Sunflower Seed Salad, p. 40

Cover photo by Katie Webster

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From Our Kitchens to Yours

The idea of creating a compilation of recipes from schools across Vermont has been stewing for many years. Each time the opportunity arises to meet with fellow Lunch Ladies (child nutrition professionals) at conferences, meetings, site visits and workshops, the event invariably yields one or two new ideas and the promise of having recipes sent via email. The sharing of recipes, simply put, unifies our profession and bonds us together with a single mission: ***to cook food that will nourish children's bodies and minds.***

The predominant goal of every school child nutrition program is to prepare food that students will like—food they will gobble up with delight because it looks good, smells good, feels good in their mouths and bursts with flavor. The challenges inherent in the pursuit of this goal come from the proverbial "picky eater"—the student who arrives to kindergarten with a note pinned to his/her shirt proclaiming, "only eats white food." It is these students who we want to win over with the recipes contained in this compilation. The final ingredients added to each recipe and written in invisible ink are dedication, tenacity, patience and kindness. These ingredients infuse the recipes with the hope that we can change lives by helping our students understand food, enjoy food and choose foods that support lifelong health.

This collection of recipes is also designed to highlight the widespread commitment in Vermont school meals programs to make food from scratch and to use locally sourced ingredients whenever possible. Behind each of the recipes is a relationship between community farmers and a school meals professional, partnerships that are grown for the purpose of getting fresh food into children in all of our communities. You will find ingredients such as beets, arugula and kale in these recipes, as surprising as they may seem in a school meals cookbook. These ingredients represent the transformation in our thinking about what foods are appropriate for children. In this cookbook, all food is appropriate for children. It is the preparation and presentation of the food that will ultimately make it "kid-friendly."

The many cooks who contributed to this book by working tirelessly developing, testing and editing these recipes strongly believe in this standard. These recipes represent their best ways to bridge the gap between what we think children will eat and the foods that nourish their bodies and minds. It is our hope that these recipes become part of other schools' food culture and moreover, that they inspire and invigorate the shining stars in all the nation's school kitchens to keep cooking with love and hope for a healthier generation.

Brooke Gannon
CHILD NUTRITION TEAM
VT AGENCY OF EDUCATION

Abbie Nelson
DIRECTOR, VT FEED

Amy Gifford
PROJECT COORDINATOR
GREEN MOUNTAIN HEALTHY KIDS CHALLENGE

Kathy Alexander
DIRECTOR, ANESU FOOD SERVICE COOPERATIVE

Laurie Colgan
DIRECTOR, CHILD NUTRITION PROGRAMS
VT AGENCY OF EDUCATION

How This Book Came to Be

While the Farm to School (FTS) movement is picking up steam in many parts of the country, state government agencies, non-profit organizations and business associations in Vermont have been advocating for FTS programs for twelve years. By collaborating with child nutrition personnel and the state agencies that regulate school meals, Vermont's movement aligned itself with school nutrition programs early on, working towards providing all children with access to healthy, balanced meals at school. These partners recognized that child nutrition staff in Vermont were cooking from scratch, often with local ingredients. So when the 2012 Dietary Guidelines were introduced, we saw an opportunity to share their creativity with others. The result is this book, created by school cooks, for school cooks.

"My favorite part about participating in this project is that it made me feel like I wasn't alone in my job—there are a lot of other great food service professionals who are producing high quality food in their kitchens too. It made me feel proud that so many students across the state have such great school food."

— CHRISTA GOWEN

What does that mean?

- It is a practical resource for child nutrition programs: Each recipe is in USDA format, yields school-sized quantities, includes a nutritional analysis and contains information on the specific food components that credit towards meeting the USDA meal pattern.
- It is more than a cookbook—it is evidence of the integral part Vermont farms and farmers play in our schools.
- It is intended to be fun, helpful and inspiring, to reflect the beautiful food being served in schools and the relationships school food personnel are forming in their school communities.

How did we accomplish this? Little did we know that recipes for magazines and cookbooks are often tested for accuracy and flavor three to seven times! Given our project timeline and that we were dependent on child nutrition staff, we limited ourselves to three testing cycles. First, a team of 14 school cooks donated their time to be part of this project. They received recipe standardization training, conducted recipe tests at their schools and submitted 78 kid-tested recipes from their repertoire that highlighted local vegetables, fruit, meat and grains. Next, student chefs in the Serving Learning Class at New England Culinary Institute (NECI; see box, p. 3) conducted the second round of recipe testing. Finally, the fourteen school cooks participated in a two-day recipe "test-a-thon" in the NECI cafeteria.

It has been inspiring to see so many talented people working together to bring healthy food that tastes great to Vermont's school children! We hope you receive as much enjoyment from reading and preparing the recipes in this cookbook as we have from creating it for you!

Special Thanks

It took more than a village to produce this book and we are forever grateful to the following people and organizations that made it possible:

- **The child nutrition directors and managers** who volunteered their time, kitchens, expertise and recipes (see "Meet the Chefs," p. 8)
- **New England Culinary Institute (NECI)** and its **Vice President of Culinary Operations Jean-Louis Gerin** for their professionalism and for generously sharing their expertise, space, staff, and students
- **Patti Cook, Carolyn Tesini** and **Katie Webster,** who taught the child nutrition staff how to standardize recipes, edited their recipes and took beautiful pictures of their food
- **Kathy Alexander, Heidi Chapman-Renaud, Erika Dolan, Alison Forrest, Maria Garrido, Amy Gifford, Christa Gowen, Karyl Kent, Abbie Nelson, Mollie Silver** and **Carolyn Tesini** for additional photography
- **Dani Bois** and **Luann Poirier,** who spent countless hours formatting the recipes for this cookbook
- **Holly Brough,** who brought our vision to life, creatively meshing the book's practical purpose with beautiful design.

None of this work would have been possible without the additional generous support of these funding partners:

- New England Dairy and Food Council
- Vermont Agency of Agriculture, Food and Markets
- Vermont Department of Health
- Cabot Creamery

NECI's Service-learning Class: Students in the third year of NECI's Bachelor's Program in Culinary Arts are required to take a Service-learning class. This course is designed to encourage students to think critically about the hospitality industry, the world in which they live, and to get involved in the broader community. Students in the Winter 2013 class were studying food justice and healthy eating issues along with the challenges child nutrition staff face in producing healthy meals on a limited budget. They were thrilled to help produce a cookbook that would address these issues. The students placed the food orders, costed and tested the recipes, worked on presentation, and provided detailed feedback on each dish. Special thanks to chef instructors Virkler and Birmingham for integrating this project into their class.

And in gratitude to the NECI team who made the March test-a-thon run smoothly:

Chef Bill Greene

Chef Jeff Andre

Seth Hannigan, Steward

How to Use This Cookbook

Soups & Salads

Fruits &Vegetables

Grains

Meat & Meat Alternate

Organization

This cookbook is organized by meal component. You'll notice that each recipe indicates the season for which it is most appropriate based on the type of dish and the fruits and vegetables used. This allows you to plan for using local products when available. Of course produce can often be obtained out of season so all the recipes can be used at any time. If you use seasonal produce, you create opportunities to connect the food you are serving in the school cafeteria with the farms where it is grown and the farmers who grow it.

Ingredients

The recipes in this book were developed by school chefs for school chefs. Most of the ingredients used are not uncommon in school kitchens. In addition, the recipes feature foods required by the latest USDA Meal Pattern for School Meals, including meats and meat alternates, fruits, a variety of whole grains, and vegetables in the required categories:

- Red/Orange
- Dark Green
- Starchy
- Beans and Legumes
- Other (e.g., beets, onions, green peppers)
- Additional (any vegetable subgroup that helps meet the weekly requirement)

Nutrient Analysis & Meal Pattern Crediting

Each recipe in the cookbook includes nutrient information and USDA meal pattern contributions. *Nutrikids Nutrition Analysis* software was used to determine nutrition information. USDA meal pattern contributions were determined using the USDA Food Buying Guide. Each recipe is credited as written. In some cases, the recipe by itself will not meet the full required contribution towards the meal pattern, and you will need to supplement with other recipes and foods on the menu.

Follow instructions closely so that your dish will cook evenly and have the most appealing appearance.

Recipe Prep

As with any cookbook it is very important to read each recipe very carefully from beginning to end before you prepare it. Be sure to note any preparation directions that are included in the ingredient lists. Sometimes a recipe calls for a measure of prepped product (e.g., "2 quarts of grated beets"). Others call for an as-purchased quantity, with prep instructions given in the recipe's method.

In order to ensure that the recipe produces the intended results it is important to follow these

preparation directions as written. When a "¼-inch dice" or "julienne" cut is called for in a recipe, follow those instructions as closely as possible and be sure that all cuts are consistent. Incorrect sizes or inconsistent cuts will result in a product that not only has a less appealing appearance but also cooks unevenly resulting in an inferior product.

Make These Recipes Your Own

Of course as any good cook knows recipes change over time as you substitute ingredients or adjust quantities to meet particular palettes. Or perhaps your kitchen does not have the recommended equipment, requiring you to modify the suggested cooking technique. Don't be afraid to make these recipes your own. You'll notice that each recipe has a "Notes" section where you can add your own unique twist or tip that makes the recipe work in your kitchen or for your students. Scribble away, including as much detail as possible so you can duplicate a well-loved recipe again and again — that's called standardization!

Measurements

The recipes contained in this book were tested between two and five times to ensure as much accuracy and consistency as possible. While cooking is in many ways an art, it is also very much a science. The chemical reactions that occur when you cook are dependent on accurate measurement and attention to technique. Recipes in this book will call for mixing a batter "just until combined" or cooking onions until they are "melting" into the oil. These and other similar directions are included to ensure that when you make the dish it turns out as intended. Further, having the right tools, including both dry and liquid measures, will help ensure that a recipe turns out as it should.

HACCP and the Flow of Food

HACCP (Hazard Analysis and Critical Control Point) procedures are among the many considerations and concerns of food service employees and managers. Nourishing students goes hand in hand with maintaining food safety and management routines and practices in school nutrition operations in order to control risk factors associated with food-borne illness.

In this cookbook we identify the appropriate HACCP food preparation process for each recipe as written (if you follow any of the make ahead notes, the recipe may fall into another HACCP process). These three processes relate to the number of times the food in a given preparation passes through the temperature danger zone of 41°F to 135°F. During each of these processes, there are critical control points that school nutrition staff must be aware of and manage properly to maintain food safety.

Process 1: Food Preparation with NO COOK STEP
The flow associated with these recipes is: (a) Receive the food; (b) Store the food; (c) Prepare the food; (d) Hold the food; (e) Serve the food. There is no cook step in this process to destroy pathogens so it is important that care is taken during each step to ensure that fresh food is kept safe with proper washing techniques and proper time and temperature control measures, like proper cold holding.

Process 2: Preparation for Same Day Service
In this flow of food preparation there is one trip through the temperature danger zone. Food is received, stored, prepared, cooked and held. Most recipes in this cookbook fall into this category.

Process 3: Complex Food Preparation
When food passes through the temperature danger zone two or more times, it falls into this process category. This happens when food is cooked, cooled, reheated and then held at a hot temperature. In complex food preparation, temperatures must be taken and recorded each time the food passes through the temperature danger zone. This process will apply when part of a recipe is prepared a day ahead.

Using these three categories simplifies the control of risk factors by focusing on the preparation process rather than on a specific food item. School Nutrition operations are required to have staff well trained in Food Safety and Sanitation practices and the food safety considerations in each of these HACCP processes.

Washing Fresh Produce before Serving

The increasing use of fresh and local produce in school food service programs also requires a new level of expertise in ensuring fresh food safety. Above all, fresh produce should be thoroughly washed upon arrival in a school kitchen. Produce such as fresh lettuce, kale, and chard, as well whole fruits and vegetables, should never be immersed in standing water. This practice can simply spread bacteria. Rather, produce must always be washed under cool running water. Tomatoes should be washed in running water that is approximately 10 degrees warmer than the inside of the fruit and they should never be washed in cold water. When washing fruits or vegetables that have rough skins (such as cantaloupe or celeriac), it is important to scrub the skin with a vegetable brush to remove bacteria from in between crevices in the skin. This should be done before cutting through the skin so that no bacteria is carried to the flesh during the preparation process. Products labeled "prewashed" such as baby spinach and other greens should *not* be washed again as this can introduce bacteria. These products can be served directly out of the package.

The USDA Food and Nutrition Service link below contains many useful materials related to the safe handling of fresh produce in school kitchens and classrooms. These material can be posted in your school kitchens and used as training tools to ensure that fresh produce is always handled safely.
.fns.usda.gov/food-safety/produce-safety-resources

Don't Forget to Have Fun!

Above all it has always been the intent of the authors and contributors to this cookbook that our readers have fun preparing and serving some of our favorite foods to students in school. We hope knowing that others have successfully served Roasted Parsnip Chips (p. 82) and Crispy Baked Tofu (p. 154) will give you the confidence to try these dishes yourself. We also hope that you add your own twists and flavors to the recipes we've created.

Meet the Chefs • *The creative Vermont cooks behind the recipes*

Katherine Alexander

Director, Addison Northeast Supervisory Union (ANESU) Food Service Cooperative

[See Project Team, p. 14, for bio.]

Emily Betz

Food Service Manager, Robinson Elementary School, ANESU Food Service Cooperative

Emily graduated from New England Culinary Institute in 1997 and has cooked in Vermont and New Orleans. She opened Bistro Sauce, a Shelburne restaurant serving locally grown and raised food, in 2005, and ran it until fall of 2010. After hearing about all of the wonderful things Alison Forrest was doing at Brewster Pierce, Emily wanted to do the same in her town. She got her chance in 2011. She has thoroughly enjoyed the experience and loves introducing the kids to the great world of food.

Kortnee Bush

Cook, Burlington School Food Project Burlington School District

Kortnee is a cook at Edmunds School in Burlington, Vermont. She is concurrently developing a program to teach New Americans to cook in commercial kitchens under a grant she received from the Association of Africans Living in Vermont. Kortnee lived in New York City for six years where she worked for Eli Zabar and Mary Cleaver and attended the French Culinary Institute. Kortnee grew up in a catering kitchen in Chicago where her family has been in the hospitality business for over 40 years.

Erika Dolan

Director of Food Service, Waterbury-Duxbury School District

Erika prioritizes the health and well-being of students by cooking fresh whole foods everyday at Crossett Brook Middle School and Thatcher Brook Primary Schools. With passion and creativity she integrates local products into her menus, creating a strong farm to school program in her district. Erika is also Vice President of the School Nutrition Association of Vermont. She provides education, support and networking for school nutrition professionals across the state. Originally from Brazil, Erika now lives with her husband and daughter in an Earthship in Vermont.

Alison Forrest

Food Service Director,
Huntington School District

Growing up a child of the 1960s in Menlo Park, California, Alison worked in food co-ops with her parents and ate chard from the backyard. Alison's foodservice career has included everything from making ice cream in Ben and Jerry's first scoop shop to baking at the Daily Bread Bakery in Richmond before landing in the cafeteria at Brewster Pierce Elementary School in 1987. Alison arrived with a bag of whole-wheat pastry flour under one arm and added spinach to the vegetarian lasagna (It didn't go over well). Over the years, she's mentored many cooks and is feeding a second generation of Huntington residents. When she's not feeding kids or her family, Alison weaves and teaches weaving, dances whenever possible and rides Amtrak.

Maria Garrido

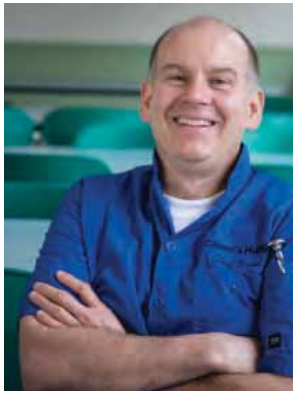
Production & Catering Coordinator,
Burlington School Food Project,
Burlington School District

Maria spent fifteen years as a research librarian before switching gears to attend New England Culinary Institute. Her previous food service experience includes catering at the Inn at Round Barn Farm and The Essex and as a camp cook with the Healthy City Youth Farm. She joined the Burlington School Food Project as a Production Coordinator in 2009. She's excited about the new menu guidelines and is looking forward to meeting the challenge with new recipes to introduce kids to more fresh fruits, vegetables and culinary adventures!

Christa Gowen

Food Service Manager,
Beeman Elementary School,
ANESU Service Cooperative

Christa is a second-generation Lunch Lady who works for the Addison Northeast Supervisory Union Food Service Cooperative, managing the food service program at Beeman Elementary School in New Haven. She has a degree in Nutrition and Food Science from the University of Vermont and has taught cooking classes to both children and adults. Her favorite local foods are kale and blueberries. When she's not cooking, she can be found knitting or gardening at her home in Starksboro.



David Horner

Food Service Director,
Chittenden East Supervisory Union

David oversees the food service program for nine schools as the Food Service Director for Chittenden East Supervisory Union. He's been the executive chef for more than one Fortune 500 company and was a chef-

instructor at New England Culinary Institute. In his spare time he is a farmer, beekeeper and homesteader.

Karyl Kent

Food Service Manager, Richmond Elementary School, Chittenden East Supervisory Union

Karyl started working as a dishwasher at the age of sixteen and has worked in food service ever since. She's enjoyed learning to cook Mexican, Indian and Carribbean foods, as well as fine pastry, bread baking and everything in between. She started her school food service career in 2008. Karyl also owns her own catering business and teaches cooking and nutrition classes during the summer. She enjoys bringing her experience to the school and sharing new flavors and foods with her students.

Karen J. Russo

District Child Nutrition Director, Orange Southwest Supervisory Union

Fourteen years ago, long before it was a fad, Karen began preparing seasonal recipes in K–12 kitchens. She has been creating strong local food partnerships since 2004. She works with farmers who are the parents of students in her school district, small Mom and Pop farm stands, large commercial producers plus a commercial butcher that processes the local beef her district purchases every fall. One of the elementary schools in Karen's district is starting a school garden next year that will provide produce for the school lunch program.

Liz Scharf

School Cook and Local Foods Coordinator, Rumney Memorial School K–6, Washington Central Supervisory Union

Liz began cooking at Rumney Elementary School in Middlesex, Vermont, when her children started attending school there eight years ago. She conducts weekly taste tests, known fondly by the students as "healthy snack Friday," featuring seasonal Vermont-grown and -produced foods and creates monthly menus using fresh local foods from area farmers. Liz also partners with the Middlesex Food Shelf to host an annual community dinner to raise money for local food purchases for the school as well as funds to help support the food shelf. She holds a degree in English from the University of Vermont.

Mollie Silver

Farm to School Coordinator, South Burlington School District

Before Mollie started her food service career, she grew vegetables on a small farm to sell at markets and to restaurants. She wanted to share the intimate farm to table connection in a

public school setting. With support from a non-profit organization, Mollie began working with teachers to provide kids with lessons and hands-on learning opportunities about food. She also started substituting in school kitchens to learn how school meals were prepared and what barriers existed for institutions to source local produce. Soon after, Mollie was hired by the school district as the Farm to School Coordinator. For three years she has worked with administration, faculty, staff and the community to develop educational initiatives for students in grades K–12, including school gardens, farm field trips and cafeteria taste tests. These opportunities help raise awareness of where our food comes from and why this knowledge is vital to our personal health and the health of the environment.

Gay Truax

Nutritional Director,
Salisbury Community School District,
Addison Central Supervisory Union

Through her catering business, Gay provided fun, creative, diverse and often ethnic meals to private schools, receiving enthusiastic feedback. She quickly learned that with the right presentation, you could get kids to eat anything. Gay then worked as a professional baker and began to meet local food producers. These experiences combined with her passion for child nutrition made her think about how school meals could incorporate affordable, teachable food experiences that could change the way students ate. Gay's local school did not have a meals program but was thinking about starting one. She took a leap of faith and hasn't looked back. On the contrary Gay looks forward to each year and the new opportunities that can be created in the school meals program.

Linda Wheelock

Food Service Manager,
South Royalton School,
Orange Windsor Supervisory Union

Born and raised in Illinois, Linda's grandparents operated a Hereford cattle farm and won Ford Motor achievement awards for their innovations in farming. Digging in the soil, preserving foods, and growing their own food was a normal way of life for her. From the time she was old enough to stand on a chair, her mother couldn't keep Linda away from the stove and that love for cooking has never gone away. Linda moved to Vermont in 2003 where she has found her niche working in school food service.

Project Team Members • *The behind-the-scenes team*

Katherine Alexander

Katherine is the Director of the Addison Northeast Supervisory Union Food Service Cooperative in Addison County. She started in this position three years ago after working for ten years in a school kitchen serving 200 students as the Food Service Program Manager. Katherine believes that food services in public schools are an extension of a student's educational day. The success of these programs depends upon seeing every aspect of the program in light of its impact on each student's health and ability to learn. The importance of whole foods, prepared from scratch, and connections to local farms and foods cannot be underestimated in creating the healthy school communities in which students thrive. Katherine is the past President of the School Nutrition Association of Vermont, a board member of Hunger Free Vermont and a former graduate student at the University of Massachusetts Amherst School of Public Health & Health Sciences.

Chef Jim Birmingham

Originally from East Granby, Connecticut, Chef Jim earned the prestigious *Grand Diplome de Cordon Blue* in London. He has been an instructor at New England Culinary Institute (NECI) since September 2006. Presently Chef Jim teaches in the Bachelor of Arts program and has developed the Sanitation and Science Connection course for first year students. He also teaches the Service-learning class, which encourages students to think critically about the hospitality industry, the world in which they live and to get involved in the broader community (see p. 3). Chef Jim lives in Waterbury Village with his wife and two sons. He is an avid open water swimmer, completing swims as long as 10 miles.

Dr. Patti Cook

Patti (and, yes, she loves her last name) made her first soufflé at seven and has been reading about and cooking food ever since. She earned a Master's of Science and Doctorate of Education at the University of Vermont and has spent the last 25 years in the food world and in teaching. She has served as Dean of Faculty at NECI and a college faculty member at Champlain College and Community College of Vermont. She enjoyed more than two years at *EatingWell* magazine and currently teaches healthy cooking at the Visiting Nurse Association; is a Culinary Coach at Mansfield Hall; teaches college communications classes; and is developing an app, website and blog for new cooks called *wordstocookby.com*.

Brooke Gannon

Brooke, a Vermont native, loves vibrant and fresh foods, gardening, cooking, teaching and learning. She has a degree from the University of Vermont in Dietetics and Food Science and is trained as a Master Gardener. Brooke is a member of the Child Nutrition Team at the Agency of Education and is excited to be part of all the great changes taking place in school nutrition programs. She hopes to help schools reconnect their students to the earth by serving what it provides, teaching about where it comes from, and empowering students to make choices that will benefit their future.

Amy Gifford

Amy has spent the past thirteen years working to transform school food. As an Education Specialist with the National Gardening Association she developed curriculum, published educational guides and traveled the country leading professional development programs on school gardening. As a farm to school coordinator and consultant she has worked with multiple schools, sourcing local food and fostering educational opportunities for students. As Project Coordinator of the Green Mountain Healthy Kids Challenge, Amy has spent the past year collaborating with schools and child care centers to identify promising practices in nutrition, nutrition education and physical activity. Amy is passionate about connecting people, especially kids, to their food and tirelessly seeks opportunities to plant, harvest, cook and eat with as many people as possible.

Abbie Nelson

Abbie is Education Coordinator and Director of Vermont Food Education Every Day (VT FEED) for Northeast Organic Farming Association of Vermont (NOFA-VT), a twelve year-old statewide farm-to-school project of NOFA-VT, Food Works and Shelburne Farms. Abbie serves as a statewide school food system consultant and trainer involved in all aspects of local purchasing and professional development with school food service. She works tirelessly with statewide partners to advance access to local foods in schools and other institutions.

Carolyn Malcoun Tesini

Carolyn is a food writer, recipe developer and consultant. She served as a food editor at *EatingWell* for several years before starting her freelance career. Carolyn's recipes and stories have been published in *EatingWell, Fine Cooking,*

Cooking Light, Vegetarian Times and *DRAFT Magazine*. She's also developed recipes for *Parents.com* and *SnackPicks.com* and served as a recipe consultant for Cooking Matters, a program of Share Our Strength, which teaches low-income children and adults how to cook healthy, affordable meals. She lives in Brunswick, Maine, with her husband, daughter and two dogs, where she enjoys gardening, hiking and brewing beer in her spare time.

Chef Lyndon Virkler

Chef Lyndon is the Chair of the Culinary Arts Department at NECI where he teaches culinary arts classes and leads faculty training and development. He has taught at NECI for 25 years and is the 2012 recipient of the Francis Voigt Teaching Excellence Award. He and colleague Darryl Benjamin are writing a textbook, *Real World Farm to Table*, scheduled to be released by Wiley Publishing in spring 2014. Chef Lyndon has been active in issues related to food and agriculture. Early in his career at NECI, he participated in a number of forums that led to the foundation of the Vermont Fresh Network and the Vermont chapter of Chefs Collaborative. He is an avid home gardener and composter, lives in Waitsfield with his wife Joanne and has two grown daughters.

Katie Webster

Katie is a professional recipe developer, food stylist and blogger specializing in healthy, seasonal cuisine. Over the past decade her recipes have been featured in *EatingWell* magazine and eleven EatingWell cookbooks, *Parents* and *Fitness* magazines and on her blog, *HealthySeasonalRecipes.com*. Katie is an avid gardener, exercise fanatic and a certified group fitness instructor. In her free time, she can be found volunteering in the kitchen at her daughters' elementary school, taking photographs and spending time with her husband and two green-bean-eating daughters in Richmond.

10 Tips for Rolling Out a New Recipe at Your School

Menus drive school meals programs. They drive cost, participation and, perhaps most importantly, the menus drive the way in which the school meals program contributes to a student's overall experience in school each day. To that end, having new menu items and including foods that are unfamiliar to students demonstrates a commitment to both nutrition and education.

> "Go into your kitchens with a new set of eyes every once in a while. It's easy to get stuck in a rut and serve the same things day after day."
>
> — KORTNEE BUSH

Trying a new recipe can be both terrifying and exhilarating at the same time. There are so many unknowns which can make adding a new item to the menu challenging. Using new ingredients, new cooking techniques or new equipment can be nerve wracking and may upset the established work flow in a school kitchen.

For this reason you should approach innovation with a plan and a positive attitude drizzled with a perfect blend of realism and optimism. Preparing a new recipe generally takes extra time at first and it may use ingredients that you don't normally keep on hand. Furthermore, students may not like it right away. While it may seem easier to stick to what is familiar, this approach does not accomplish a key goal of all child nutrition programs: education. New recipes and new foods should be considered the curriculum of the school meals program. Keeping this curriculum fresh, new and dynamic supports that goal, maintains a commitment to staff development and growth, and is just plain fun!

When recipes jump out at you as you look through this cookbook, remember that you will need to make them a number of times before it becomes part of the regular menu. Here are 10 tips for success:

1 Engage adults

Take the time to make sure that kitchen and school staff understand the goal and importance of trying new recipes and introducing new foods to students. The job of food education can be shared when everyone is in the loop and supports efforts to be adventurous. Often when a new food is presented to students there are adults who also benefit from trying the food for the first time. Making this practice a part of the school meals program on an ongoing basis supports learning at all levels and creates opportunities for adults to be role models for students.

2 Have realistic expectations

When testing a new recipe for the first time, your aim should simply be to get students to try it, knowing that many may not like it. This tip is intended to avoid the disappointing trap of creating a wonderful dish that just a few students tell you they actually liked. Here is a good rule: if just one student tries a new dish and (better yet) likes it you have succeeded in your mission—*exposure* to new food!

3 Teach students that tastes change

When students try a new dish ask, "Did you like it today?" This emphasizes the idea that tastes change with time. The knowledge that it takes 10 to 15 (or more!) tastes for someone to like a food is often not conveyed. It is important that students who try new foods hear that the goal is trying the food, not necessarily liking the food. Students need us to help them understand that trying is learning.

4 Start small

The first time using a recipe, make a small batch to perfect the prep work and cooking techniques. Prepare 25 to 50 servings and divide the finished product into smaller portions for a taste test opportunity.

5 Audience and location are key

A parsnip chip taste test cart, ready for testing!

Product placement is a marketing technique that is widely used in the food service industry to help sell foods. School meals programs can benefit from paying attention to product placement on the serving line as well as within the school. Conducting taste-testing opportunities for students in a variety of locations and settings can make a big difference in whether or not students come to like the dish.

- **Taste test with specific student groups.** Designate different groups of students in your school to be official taste testers. This could be a classroom, an after school group, one table in the cafeteria, the student council, the student food and nutrition committee, the student compost/recycling committee or the garden club. Test recipes with different groups. Let them know ahead of time and they will be more serious about giving you feedback. These students can later promote the recipes when it is time to offer a taste test to a larger group or put the item on the menu.

"Our taste tests demonstrate that kids are often more willing to try something when presented in a special environment like the classroom or as part of a food or activity fair."

—MARIA GARRIDO

- **Taste tests on the serving line.** Serve a taste-test sized portion of the new item on the serving line as an extra. Since the maximum restrictions on proteins and grains are no longer a concern, these extra items will not impact the day's meal pattern, especially if served in a small quantity. The new item should not be the food that is relied on to meet a specific food component requirement. For example, try the Carrot Soufflé (p. 64) but also offer baby carrots as the red/orange component. Students can choose one or the other or both. Having the new dish paired with a familiar dish provides a safety net for students to rely on. In other words, they can feel comfortable trying a new food knowing that they won't go hungry because a favorite

food is also available. Not all students will want to try the Carrot Soufflé at first but after seeing it, smelling it and hearing about it several times, more students will try it.

- **Taste test in the cafeteria.** Set up a taste-test table in the cafeteria or dedicate a section of the fresh fruit and veggie bar to taste tests. This empowers students to make their own decisions about what to put on their plates and in their mouths. Providing autonomy and choice allows the students to learn without pressure or judgment.

6 Pair new recipes with favorites

It is always a good idea to pair new recipes with your students' favorite menu items. For example try Southwestern White Bean Soup (p. 48) with grilled cheese sandwiches, steamed broccoli and grapes. Make sure that the new item does not overwhelm the day's menu but rounds it out and makes sense. See Sample Menus (p. 200) for more ideas.

7 Advertise

Letting students know ahead of time that a new recipe will be offered can make all the difference. Communicate about new recipes through:

- School newsletters
- Posters in the cafeteria announcing upcoming taste tests or menu items
- Labels on the serving line or on the fresh fruit and veggie bar
- Morning announcements
- Flyers sent to classrooms or sent home

Ask students who have tasted and liked the new recipes to make posters, provide quotes for flyers, design signs for the serving lines, make morning announcements and create skits, poems, songs or raps about trying new foods.

8 Communicate with school meals staff

The staff serving the new recipe should know everything about it: what is in the recipe, how it is prepared, what it tastes like and its nutritional value. This is critical information when promoting and serving new foods. Provide regular opportunities for the school meals staff to test new food items and recipes, talk about why they are being offered to students, demonstrate and provide language that can be used to sell the food on the line, and engage staff in recipe development and testing as much as possible. School meals staff need more opportunities to see themselves as food teachers. Continuous dialogue and ongoing learning provides the tools for them to succeed in that role.

Give school meals staff regular opportunities to test new food items and recipes and to see themselves as food *teachers.*

9 Use production records

After conducting multiple taste tests you may decide to put the recipe on your menu. It is important to put it on the menu several times before judging whether to continue serving it. The menu production record is the perfect tool for tracking student acceptance of a recipe. Use this tool to plan when to put new items on the menu. Pair new foods with foods that are always well liked. Keep good notes about all aspects of making and serving the dish in order to accurately evaluate student acceptance of recipes by using data instead of anecdotal evidence alone. Write this data on the recipe itself for easy access to information and for planning. Plan to try a recipe for a year before you decide whether to keep it in your repertoire.

Examples of notes on menu production that will help evaluate a recipe:

- Recipe yield
- Number of students who tried the recipe
- Any event that would skew data, such as a field trip
- Student comments
- How the recipe was presented and served

10 Be creative

One of the goals of this cookbook is to inspire creativity and enjoyment of food. Like restaurants, our school meals programs need to be infused with new ideas to stay fresh and current. Each of these recipes from the hills of Vermont all started as an idea and grew into a trusted recipe. The authors hope that these recipes will be fun to try and will result in increased creativity and openness to a wide variety of food for students throughout the country.

"I participated in this project because I want to be part of the solution. I want to help educate other food service directors that getting kids to eat healthy, scratch cooking is possible."

—DAVE HORNER

Soups & Salads

Green Bean, Cranberry & Sunflower Seed Salad, see p. 40

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Apple Celeriac Slaw

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	123 kcal
Protein	1.06 g
Carbohydrate	16.28 g
Total Fat	6.35 g
Saturated Fat	0.89 g
Cholesterol	0 mg
Vitamin A	2193.19 IU
Vitamin C	4.82 mg
Iron	0.39 mg
Calcium	22.48 mg
Sodium	204.42 mg
Dietary Fiber	2.18 g

EQUIVALENTS: ½ cup provides ⅜ cup fruit, ⅛ cup red/orange vegetable and ¼ cup other vegetable.

Recipe HACCP Process: #1 No Cook

"I love introducing people, especially children, to new foods and flavors. It's extremely rewarding to witness the development of their palates while helping to create healthy eating habits."

— KORTNEE BUSH

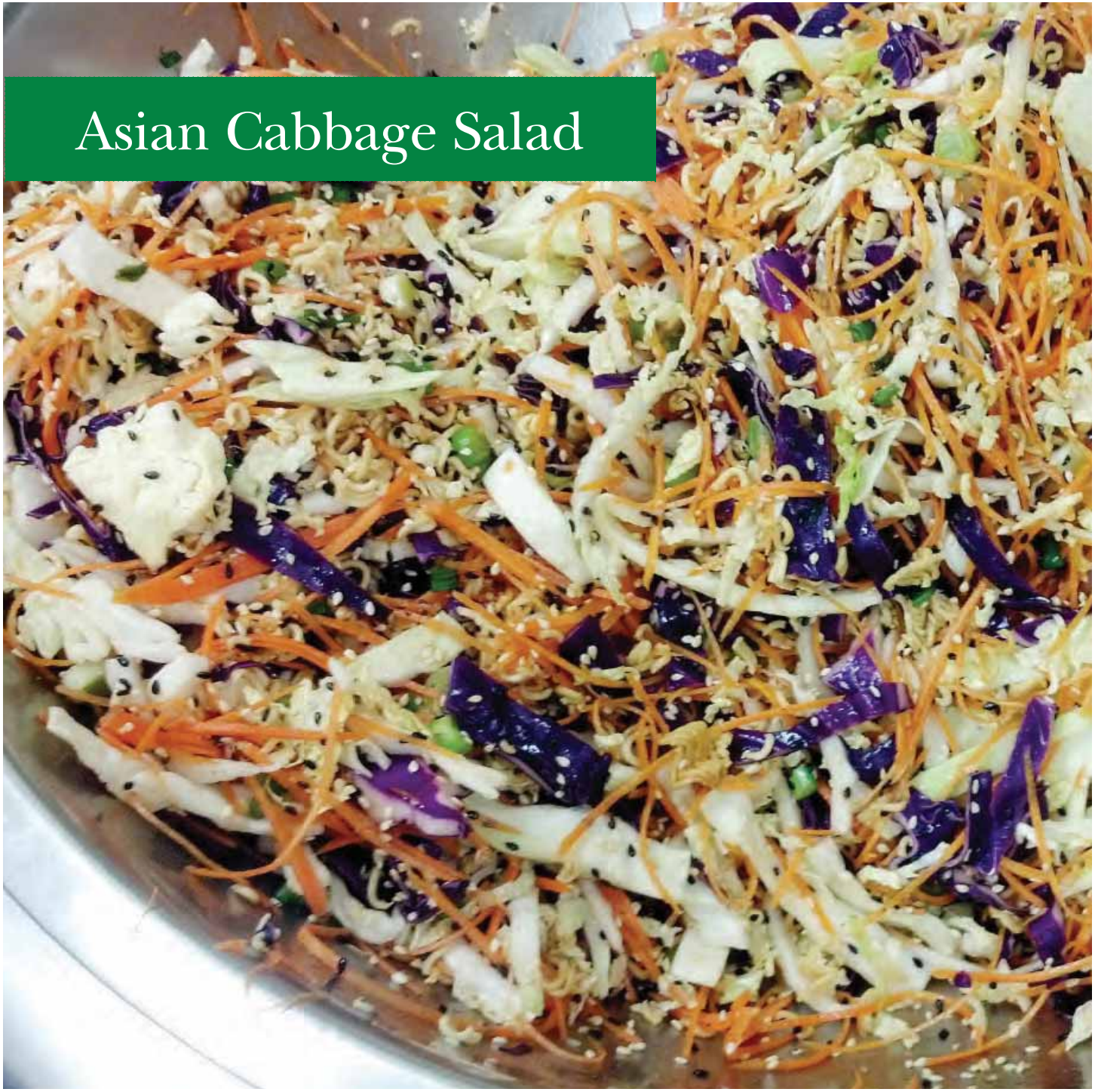
Apple Celeriac Slaw • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Water		1 gal	1 Combine water and lemon juice in a large bowl.
Lemon juice		1 cup	
Apples	5 lb 4 oz		2 Core apples and shred in food processor or by hand. Transfer to the lemon water.
Celeriac	3 lb 8 oz		3 Trim and peel celeriac; shred in food processor or by hand. Transfer to the lemon water.
Carrots	2 lb		4 Trim, peel, and shred carrots in food processor or by hand.
Reduced-calorie mayonnaise		1 qt	5 Whisk mayonnaise, vinegar, sugar, salt and pepper in a large bowl.
Rice vinegar		1½ cups	
Granulated sugar		1 cup	
Table salt		½ tsp	
Ground black pepper		to taste	
			6 Drain the apples and celeriac. Squeeze out as much of the lemon water as possible and add to the dressing along with the carrots; mix well. Chill before serving.

NOTES

- *You can use cider vinegar in place of the rice vinegar — use an equal amount and increase the sugar to 1½ cups.*
- *Refrigerate the dressing for up to 2 days in advance. Refrigerate the dressed slaw for up to 1 day. (Drain, if desired, before serving.)*

Asian Cabbage Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	61 kcal
Protein	1.78 g
Carbohydrate	9.28 g
Total Fat	2.38 g
Saturated Fat	0.33 g
Cholesterol	0 mg
Vitamin A	2843.51 IU
Vitamin C	36.10 mg
Iron	0.77 mg
Calcium	52.66 mg
Sodium	93.32 mg
Dietary Fiber	2.07 g

EQUIVALENTS: ½ cup provides ½ cup other vegetable.

Recipe HACCP Process: #1 No Cook

"I really like it because it has a nice mixture of sweet, sour, and crunch!"

— 5TH GRADER

Asian Cabbage Salad • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 350°F or conventional oven to 375°F. Line a sheet pan with parchment paper.
Ramen noodles		6 pkgs	2 Discard flavor packs from ramen noodles. Crumble noodles into a medium bowl. Add sunflower seeds and vegetable oil to the ramen noodles and stir to coat. Spread the mixture evenly on the prepared pan. Bake until browned, stirring once or twice, 3 to 5 minutes. Set aside to cool.
Sunflower seeds		½ cup	
Vegetable oil		2 Tblsp	
Green cabbage	3 lb 8 oz	1 small	3 Quarter and core cabbage. Slice the cabbage quarters in a food processor fitted with a slicing blade. Transfer to a large bowl.
Red cabbage	2 lb 10 oz	1 small	
Napa cabbage	2 lb 8 oz	1 small	
Carrots	1 lb	6 medium	4 Trim and peel carrots. Shred in a food processor fitted with a shredding blade. Add to the cabbage.
Scallions		8 small	5 Trim scallions and finely dice. Add to the vegetables and toss to combine.
Rice vinegar		⅔ cup	6 Whisk vinegar, sugar, soy sauce, sesame oil and pepper in a small bowl until the sugar is dissolved.
Granulated sugar		½ cup	
Low-sodium soy sauce		¼ cup	
Sesame oil		1 tsp	
Ground black pepper		½ tsp	
			7 Just before serving, toss the salad with the dressing and ramen mixture.

NOTES

You can use just 1 or 2 types of cabbage — you'll need 5½ qt of shredded cabbage total.

Blueberry Soup

Fall Winter Spring **Summer**

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	104 kcal
Protein	2.25 g
Carbohydrate	23.02 g
Total Fat	0.82 g
Saturated Fat	0.35 g
Cholesterol	1.94 mg
Vitamin A	93.89 IU
Vitamin C	22.11 mg
Iron	0.16 mg
Calcium	67.65 mg
Sodium	23.65 mg
Dietary Fiber	1.28 g

EQUIVALENTS: ½ cup provides ½ cup fruit.

Recipe HACCP Process: #1 No Cook

"Building relationships with local farmers and producers strengthens the community in which we operate. Connecting kids to the source of their food helps to lay the foundation for a lifetime of healthy eating."

— MARIA GARRIDO

Blueberry Soup • 56 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Blueberries, fresh or frozen (thawed)		1 gal	1 Purée blueberries in a food processor fitted with a steel blade (in batches if necessary). Transfer to a large bowl and whisk in orange juice, yogurt and sugar. Chill for 2 to 3 hours before serving.
Orange juice		3 qt	
Plain low-fat yogurt	4 lb		
Granulated sugar		2⅔ cups	

NOTES

Broccoli Salad

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	130 kcal
Protein	2.18 g
Carbohydrate	17.86 g
Total Fat	6.50 g
Saturated Fat	0.89 g
Cholesterol	0 mg
Vitamin A	339.15 IU
Vitamin C	49.06 mg
Iron	0.69 mg
Calcium	33.69 mg
Sodium	156.80 mg
Dietary Fiber	2 g

EQUIVALENTS: ½ cup provides ⅜ cup dark green vegetable and ⅛ cup fruit.

Recipe HACCP Process: #1 No Cook

"For young students, keep it plain, don't mix too much together. Serve raw vegetables next to cooked. Go into classrooms and talk about whole plants and what part of the plant we're eating. Do taste tests in classrooms. Let kids pick it from the farm or garden."

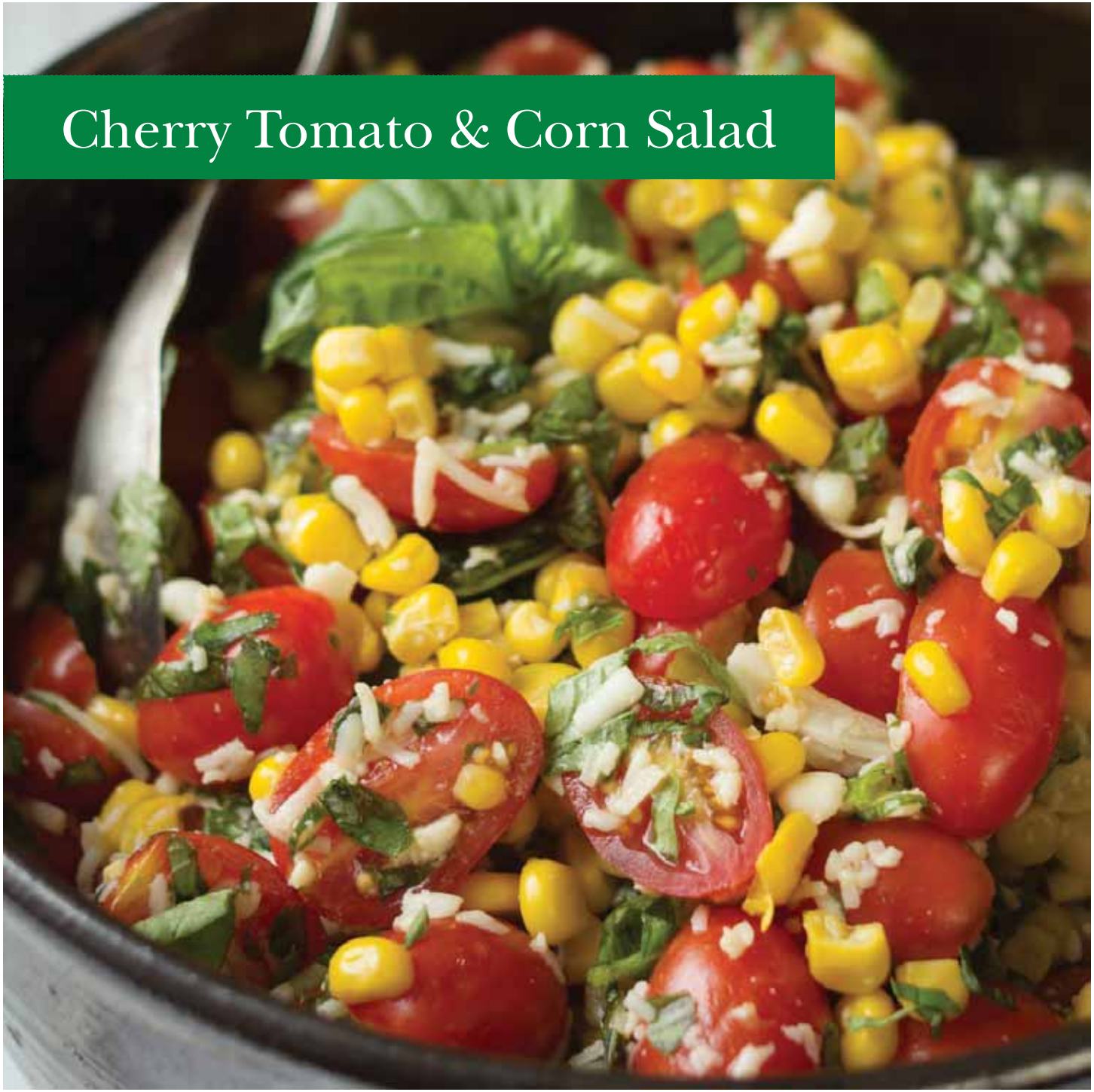
— ALISON FORREST

Broccoli Salad • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Broccoli	6 lb		1 Trim broccoli and cut into bite-sized pieces.
Red onion		1 medium	2 Trim and peel onion. Cut into small dice.
Reduced-fat mayonnaise	1 lb	1 qt	3 Whisk mayonnaise, vinegar and sugar in a large bowl. Stir in the broccoli, onion and raisins.
Cider vinegar		½ cup	
Granulated sugar		¼ cup	
Raisins	1 lb 8 oz	1 qt + ½ cup	

NOTES

Cherry Tomato & Corn Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	67 kcal
Protein	3.75 g
Carbohydrate	10.08 g
Total Fat	2.11 g
Saturated Fat	0.92 g
Cholesterol	3.81 mg
Vitamin A	725.73 IU
Vitamin C	9.51 mg
Iron	0.50 mg
Calcium	65.15 mg
Sodium	87.25 mg
Dietary Fiber	1.44 g

EQUIVALENTS: ½ cup provides ⅛ cup starchy vegetable and ¼ cup red/orange vegetable.

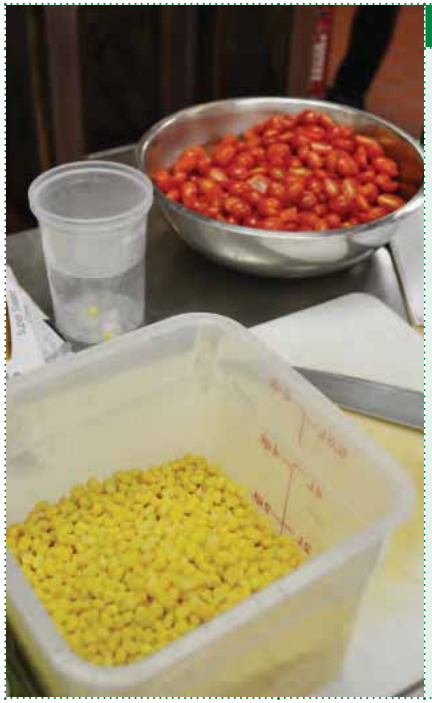
Recipe HACCP Process: #2 Same Day Service

"Students do notice the difference in taste between a store-bought tomato and a tomato from the farmer down the road."

— KARYL KENT

Cherry Tomato & Corn Salad • 48 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Corn, husked		20 medium ears	1 Bring a large pot of water to a boil. Cook corn until just tender, about 8 minutes. Drain and let cool.
Fresh basil	8 oz		2 Meanwhile, finely chop basil leaves.
Cherry or grape tomatoes		6 pints	3 To cut corn off the cobs, stand each ear on its flat end on a cutting board. Cut off the kernels with a sharp knife. Put in a large bowl. Add tomatoes, basil, cheese, oil, lemon juice and salt. Toss to combine and serve immediately.
Shredded part-skim mozzarella cheese		3 cups	
Olive oil		¼ cup	
Juice of 1 lemon			
Kosher salt		1 tsp	



NOTES

- *You can use 10 cups thawed frozen corn kernels in place of the fresh corn. Cook in boiling water until bright yellow, 1 to 2 minutes.*
- *Cut the tomatoes in half if your kids would prefer them that way.*
- *Refrigerate cooked corn kernels for up to 2 days.*

Cinnamon Nachos with Fruit Salad

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 tortilla, ¾ cup fruit

Amount per Serving	
Calories	248 kcal
Protein	4.70 g
Carbohydrate	53.65 g
Total Fat	2.65 g
Saturated Fat	0.52 g
Cholesterol	0 mg
Vitamin A	815.41 IU
Vitamin C	4.78 mg
Iron	1.68 mg
Calcium	128.90 mg
Sodium	351.53 mg
Dietary Fiber	5.72 g

EQUIVALENTS: 1 serving provides 1.5 oz equiv WGR grain and ¾ cup fruit.

Recipe HACCP Process: #1 No Cook

"School breakfast gives students the healthy start they need to learn all day."

— KATHY ALEXANDER

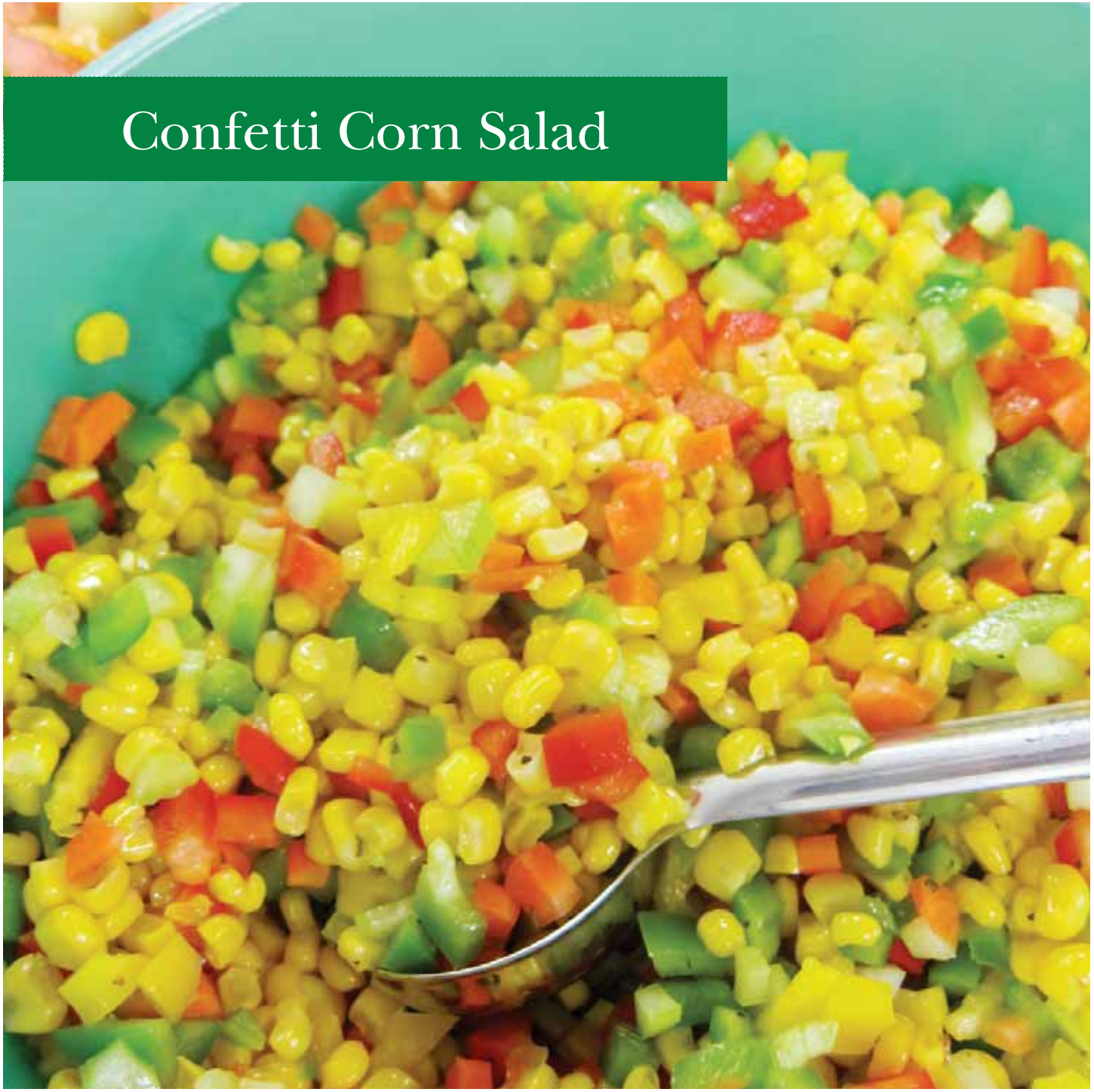
Cinnamon Nachos with Fruit Salad

- 50 servings (1 tortilla + ¾ cup fruit salad)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Whole-wheat tortillas (8-inch)		50 each	1 Preheat convection oven to 325°F or conventional oven to 350°F. Line 4 sheet pans with parchment paper.
Granulated sugar		¾ cup + 3 Tblsp	2 Mix sugar and cinnamon in a small bowl. Arrange tortillas on the prepared baking sheets. Spray or brush with water. Sprinkle each with ½ teaspoon of the cinnamon sugar. Cut each tortilla into 8 wedges with a pizza cutter or knife. Bake until crisp, about 11 minutes (watch carefully to prevent burning).
Ground cinnamon		½ cup + 2 Tblsp	
Mixed fruit salad		2 gal + 1 qt + 1½ cups	3 Serve each tortilla with ¾ cup fruit salad.

NOTES

Confetti Corn Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	80 kcal
Protein	1.61 g
Carbohydrate	12.95 g
Total Fat	3.13 g
Saturated Fat	0.48 g
Cholesterol	0 mg
Vitamin A	1514.24 IU
Vitamin C	27.37 mg
Iron	0.33 mg
Calcium	11.16 mg
Sodium	46.31 mg
Dietary Fiber	1.85 g

EQUIVALENTS: ½ cup provides ¼ cup starchy vegetable and ⅛ cup other vegetable.

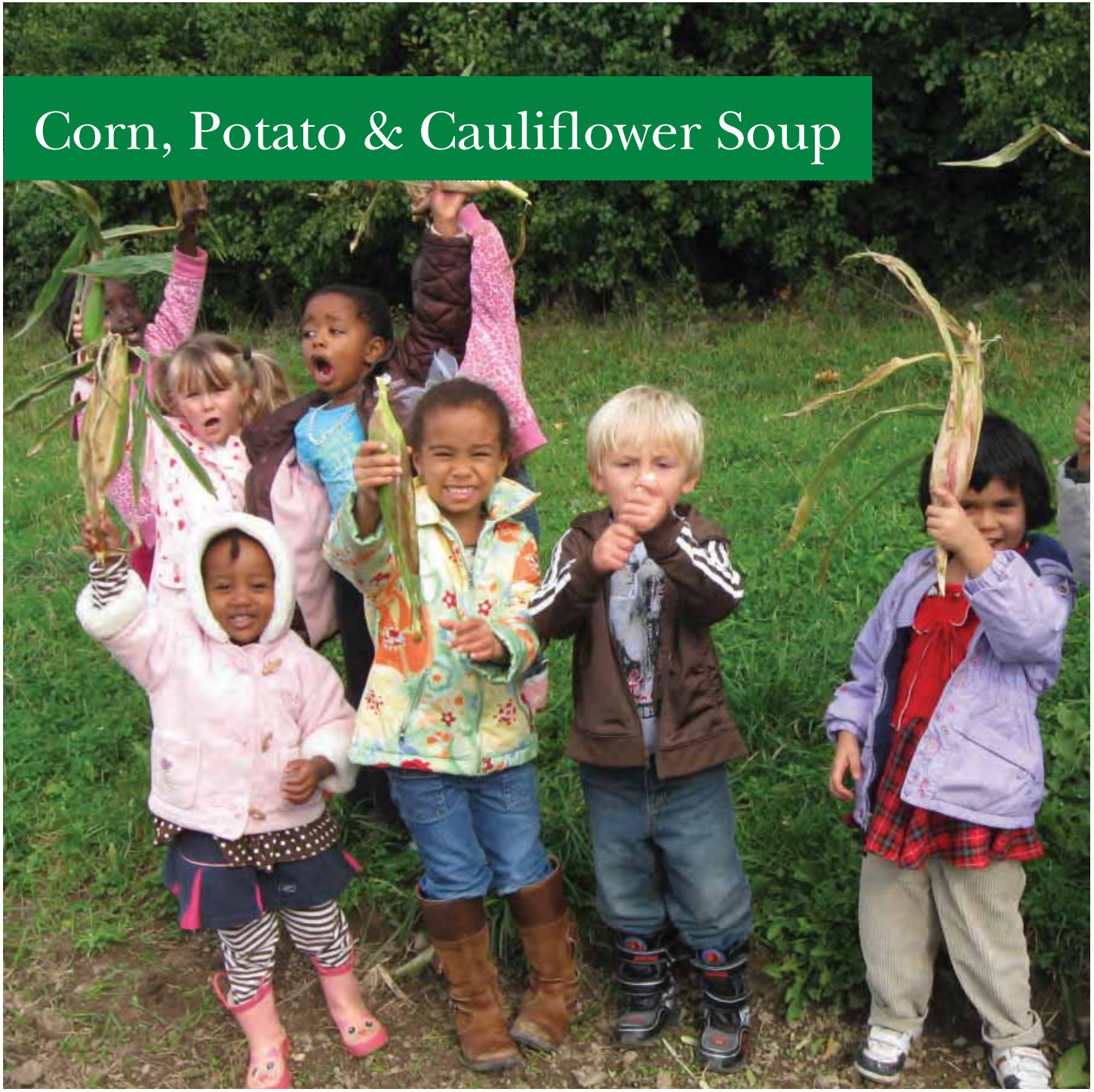
Recipe HACCP Process: #1 No Cook

Confetti Corn Salad • 48 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Bell peppers		8 medium	1 Stem, core and seed peppers. Cut into ¼-inch dice.
Celery stalks		6 large	2 Trim celery and cut into ¼-inch dice.
Carrots		4 medium	3 Trim and peel carrots. Cut into ¼-inch dice.
Cider vinegar		1 cup	4 Whisk vinegar, oil, sugar, water, oregano, salt and orange zest in a small bowl until well combined.
Canola oil or vegetable oil		½ cup + 2 Tblsp	
Brown sugar		6 Tblsp packed)	
Water		¼ cup	
Ground dried oregano		2 tsp	
Kosher salt		1 tsp	
Freshly grated orange zest		½ tsp	
Sweet corn kernels, fresh or frozen (thawed)	5 lb	2 gal	5 Mix the peppers, celery, carrots and corn in a large bowl. Drizzle with the dressing and toss to coat. Let stand for 15 minutes to 1 hour before serving to allow flavors to combine.

NOTES

Corn, Potato & Cauliflower Soup



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	105 kcal
Protein	2.50 g
Carbohydrate	16.43 g
Total Fat	3.76 g
Saturated Fat	0.61 g
Cholesterol	0.41 mg
Vitamin A	54.72 IU
Vitamin C	20.09 mg
Iron	0.73 mg
Calcium	29.56 mg
Sodium	406.42 mg
Dietary Fiber	2.14 g

EQUIVALENTS: 1 cup provides ⅜ cup starchy vegetable and ⅛ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

"The kids really do care; they just need a little information."

— GAY TRUAX

Corn, Potato & Cauliflower Soup • 48 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Red potatoes	7 lb 8 oz		1 Roughly chop potatoes. Place in a large bowl and cover with cold water.
Onions		3 medium	2 Trim, peel and dice onions.
Garlic		3 cloves	3 Trim, peel and chop garlic.
Olive oil		¾ cup	4 Cook the onions, oil and 2 tablespoons salt in a large stockpot over low heat, stirring occasionally, until the onions are very soft, about 20 minutes.
Kosher salt		¼ cup, divided	
Chopped cauliflower		1 qt	5 Add cauliflower, corn, garlic and sage (or thyme, if using) to the pot and stir to coat. Cook, stirring occasionally, for 10 minutes.
Corn kernels, fresh or frozen		1 qt	
Chopped fresh sage or thyme *(optional)*		¼ cup	
Water, corn stock *(see Notes)* or a mixture of the two		2 qt + 1 cup	6 Drain the potatoes and add to the pot along with water (or corn stock) and the remaining 2 tablespoons salt to the pot. Bring to a boil and cook, stirring occasionally, until the potatoes are fork tender, about 20 minutes. Stir in milk and pepper. Keep warm on the stove.
Milk, low-fat		2 cups	
Ground black pepper		1 tsp	

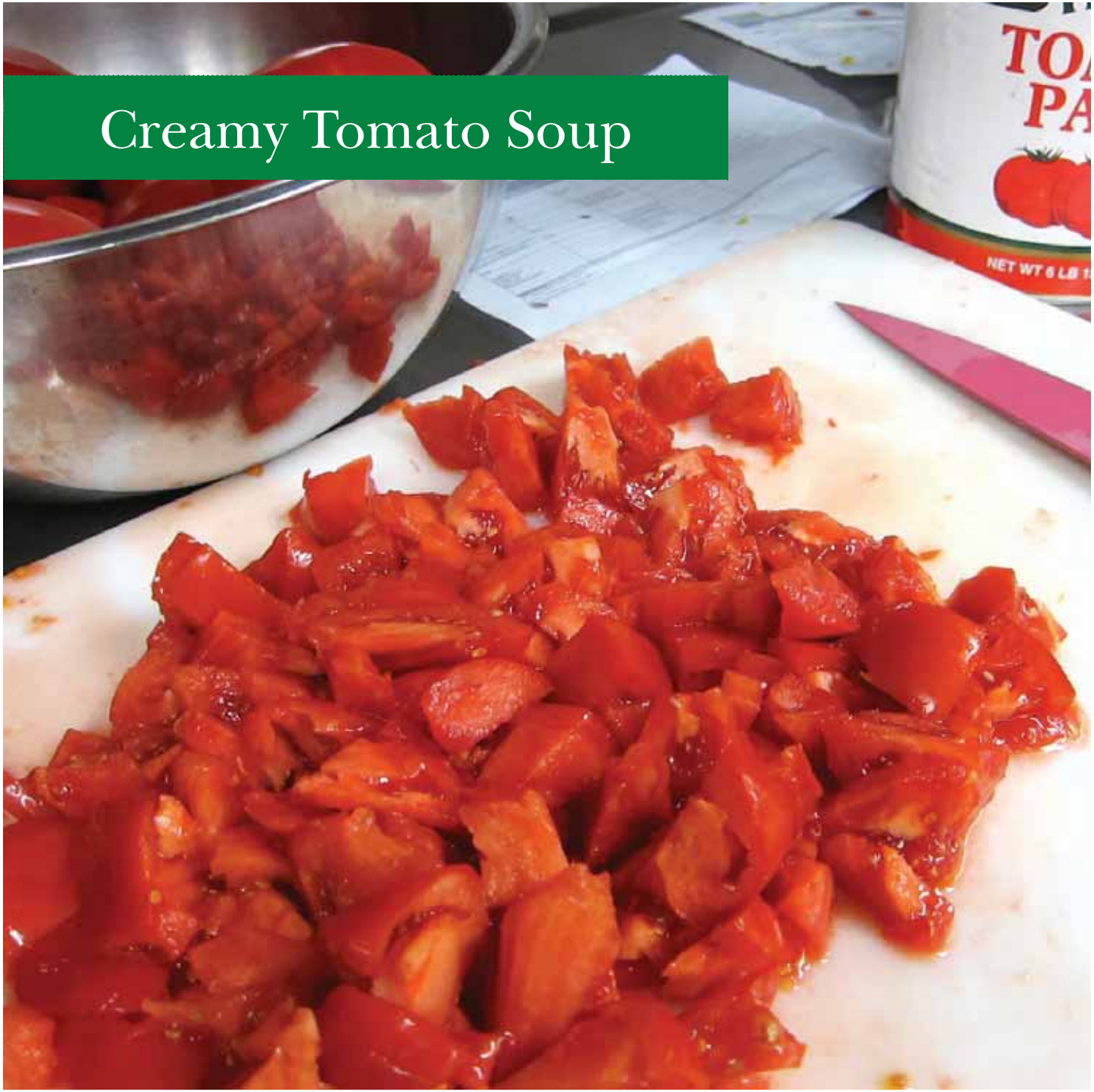
NOTES

To make corn stock, *place about 18 corn cobs (with the corn kernels removed), 4 roughly chopped onions, ½ bunch roughly chopped celery and 3 roughly chopped carrots in a stock pot. Cover with water and bring to a boil. Reduce to a simmer and cook for 1 hour. Strain, cool and freeze, or use right away.*

You can omit the corn and make Potato-Cauliflower Soup instead: Increase cauliflower to 2 qt and add 2 cups peeled grated white root vegetables (such as parsnips and/or turnips) in place of the corn.

Use 1 qt of roasted cauliflower in place of the raw cauliflower if you'd like.

Creamy Tomato Soup



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	93 kcal
Protein	3.80 g
Carbohydrate	14.51 g
Total Fat	2.97 g
Saturated Fat	1.19 g
Cholesterol	4.07 mg
Vitamin A	1039.69 IU
Vitamin C	14.96 mg
Iron	1.30 mg
Calcium	60.14 mg
Sodium	301.17 mg
Dietary Fiber	3.42 g

EQUIVALENTS: 1 puréed serving provides ½ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

"We owe it to our community to encourage healthy eating habits in our children and to educate about how our food choices affect our personal and environmental health."

— MOLLIE SILVER

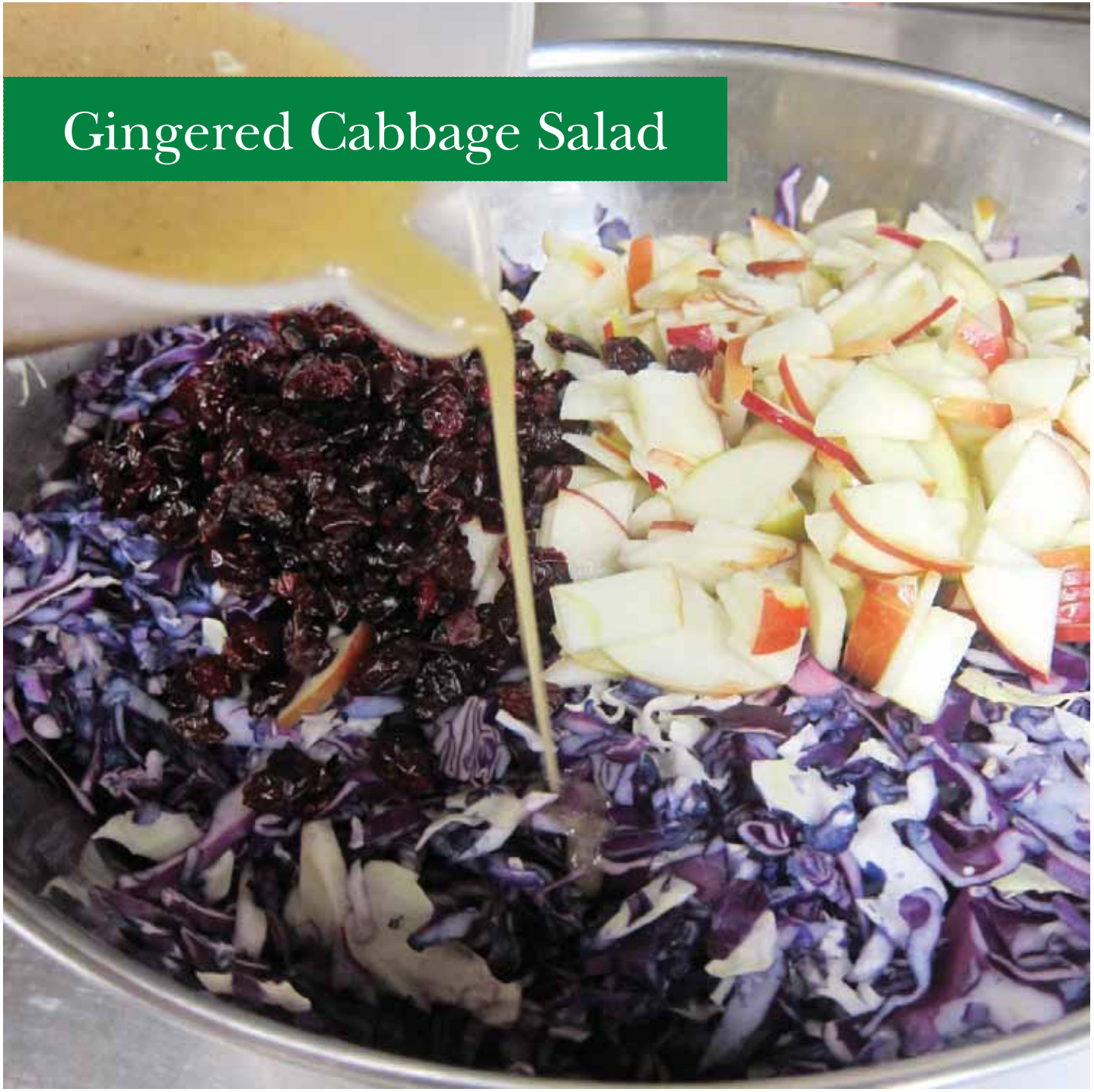
Creamy Tomato Soup • 60 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Spanish onions		3 large	1 Trim, peel and chop onions.
Celery		2 bunches	2 Trim and chop celery.
Garlic		9 cloves	3 Trim, peel and chop garlic.
Salted butter		½ cup	4 Heat butter and oil in a large stockpot over medium-low heat. Add the onions and cook, stirring occasionally, for 5 minutes. Add the celery and cook, stirring occasionally, for 5 minutes. Add the garlic and cook, stirring occasionally, until the vegetables are softened, about 5 minutes more. Stir in thyme and bay leaves.
Olive oil		¼ cup	
Dried thyme leaves		2 tsp	
Bay leaves		3 each	
Water		3 quarts	5 Add water and bring to a simmer over high heat. Add tomatoes with their juice and return to a simmer, adjusting heat to maintain a simmer. Stir in beans and cook for 10 minutes. Remove and discard the bay leaves. Purée with an immersion blender. Stir in salt and pepper and return to a simmer before serving.
Diced tomatoes, canned		2 #10 cans	
Great Northern beans, canned, rinsed and drained		1 #10 can	
Table salt		1 Tblsp	
Ground black pepper		2 tsp	

NOTES

- *If you use unsalted butter, adjust the salt accordingly.*
- *If you choose not to purée the soup, a 1 cup serving provides ⅜ cup red/orange vegetable and ⅛ cup beans/legumes or .5 oz equiv meat/meat alternate (but not both).*

Gingered Cabbage Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	95 kcal
Protein	1.56 g
Carbohydrate	12.97 g
Total Fat	4.74 g
Saturated Fat	0.60 g
Cholesterol	0 mg
Vitamin A	307.83 IU
Vitamin C	31.05 mg
Iron	0.72 mg
Calcium	32.21 mg
Sodium	58.27 mg
Dietary Fiber	2.66 g

EQUIVALENTS: ¾ cup provides ¾ cup other vegetable.

Recipe HACCP Process: #1 No Cook

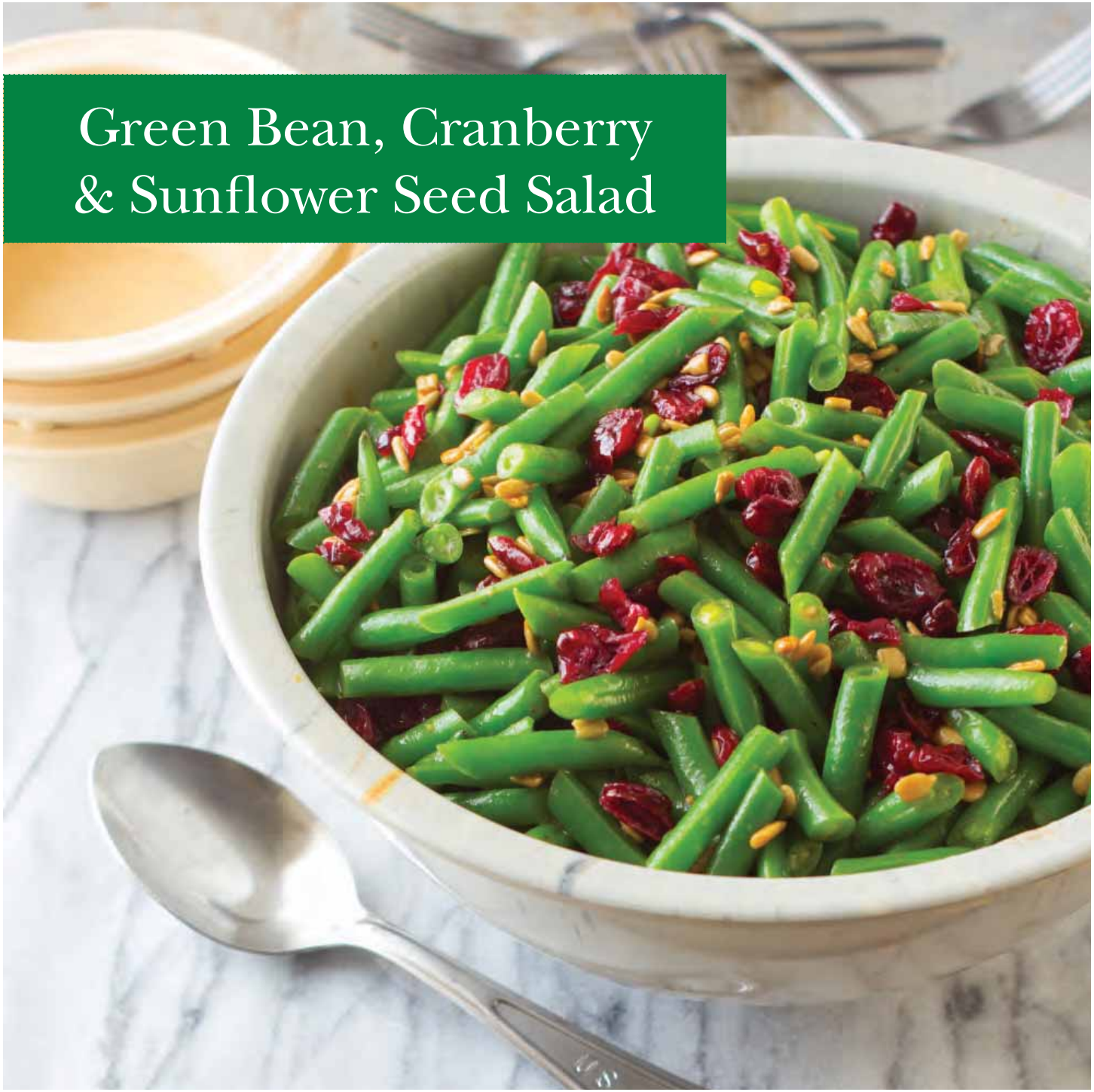
"Yes, it is more work to use local foods, but that little bit of extra work is more than fair for such great product that gives back to the community."

— CHRISTA GOWEN

Gingered Cabbage Salad • 40 servings (¾ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Red cabbage	4 lb		1 Cut cabbage into 6 wedges each and remove core. Shred cabbage in a food processor fitted with a shredding disc, emptying it into a large bowl as it fills. Set aside.	*You can use all red or all green cabbage if that's what you have on hand.*
Green cabbage	2 lb			
Apples		4 each	2 Core and peel apples; cut into 6 wedges. Thinly slice the apple wedges. Toss with lemon juice in a small bowl.	
Lemon juice		¼ cup		
Olive oil		½ cup	3 Whisk oil, vinegar, ginger, honey, mustard, garlic, salt and pepper in a small bowl until well combined.	
Cider vinegar		½ cup		
Minced, peeled, fresh ginger		1 Tblsp		
Honey		1 Tblsp		
Dijon mustard		1 Tblsp		
Minced garlic		1½ tsp		
Kosher salt		1 tsp		
Ground black pepper		¼ tsp		
Dried cranberries		2 cups	4 Add the apples and lemon juice to the cabbage. Drizzle with the dressing and toss to coat. Add cranberries and toss again. Sprinkle with sunflower seeds. Cover and let stand for 15 minutes before serving. If preparing more than 30 minutes before service, refrigerate.	
Sunflower seeds		1 cup		

Green Bean, Cranberry & Sunflower Seed Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	180 kcal
Protein	2.39 g
Carbohydrate	14.74 g
Total Fat	13.08 g
Saturated Fat	1.79 g
Cholesterol	0 mg
Vitamin A	251.81 IU
Vitamin C	2.04 mg
Iron	0.86 mg
Calcium	34.26 mg
Sodium	447.55 mg
Dietary Fiber	2.70 g

EQUIVALENTS: ½ cup provides ¼ cup other vegetable, ⅛ cup fruit, and .25 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

"When a student who never wants to try something new finally does and discovers that he or she likes it... Wow, that's rewarding."

— GAY TRUAX

Green Bean, Cranberry & Sunflower Seed Salad

- 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Fresh green beans	5 lb		1 Trim green beans and cut into 1-inch pieces.	• *Use another type of vinegar if you wish.* • *Trimming green beans can take some time so enlist student helpers and make it a teachable farm to school moment.* • *Use kitchen shears to trim the stem ends of the green beans.*
Garlic		3 cloves	2 Peel garlic.	
Vegetable oil		2 cups	3 Process the garlic, oil, vinegar, mustard, 1 tsp salt and pepper in a food processor or with an immersion blender until smooth and creamy. Set aside.	
Balsamic vinegar		½ cup		
Dijon mustard		¼ cup		
Kosher salt		1 tsp + ¼ cup, divided		
Ground black pepper		1 tsp		
			4 Place a bowl of ice water and long-handled strainer next to the stove.	
Water		3 gal	5 Bring water and ¼ cup salt to a boil in a large pot. Cook the green beans until crisp-tender, 2 to 3 minutes. Remove with the strainer and plunge into the ice water. Let sit for 5 minutes, then drain and transfer to a large bowl.	
Dried cranberries	1 lb 9 oz	1 qt + 1 cup	6 Add cranberries, sunflower seeds and the dressing to the green beans.	
Sunflower seeds, toasted	15 oz	2½ cups		

Magenta Root Slaw

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¼ cup

Amount per Serving	
Calories	36 kcal
Protein	0.52 g
Carbohydrate	8.90 g
Total Fat	0.10 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Vitamin A	2833.36 IU
Vitamin C	5.04 mg
Iron	0.25 mg
Calcium	19.47 mg
Sodium	45.28 mg
Dietary Fiber	1.56 g

EQUIVALENTS: ¼ cup provides ¼ cup additional vegetable.

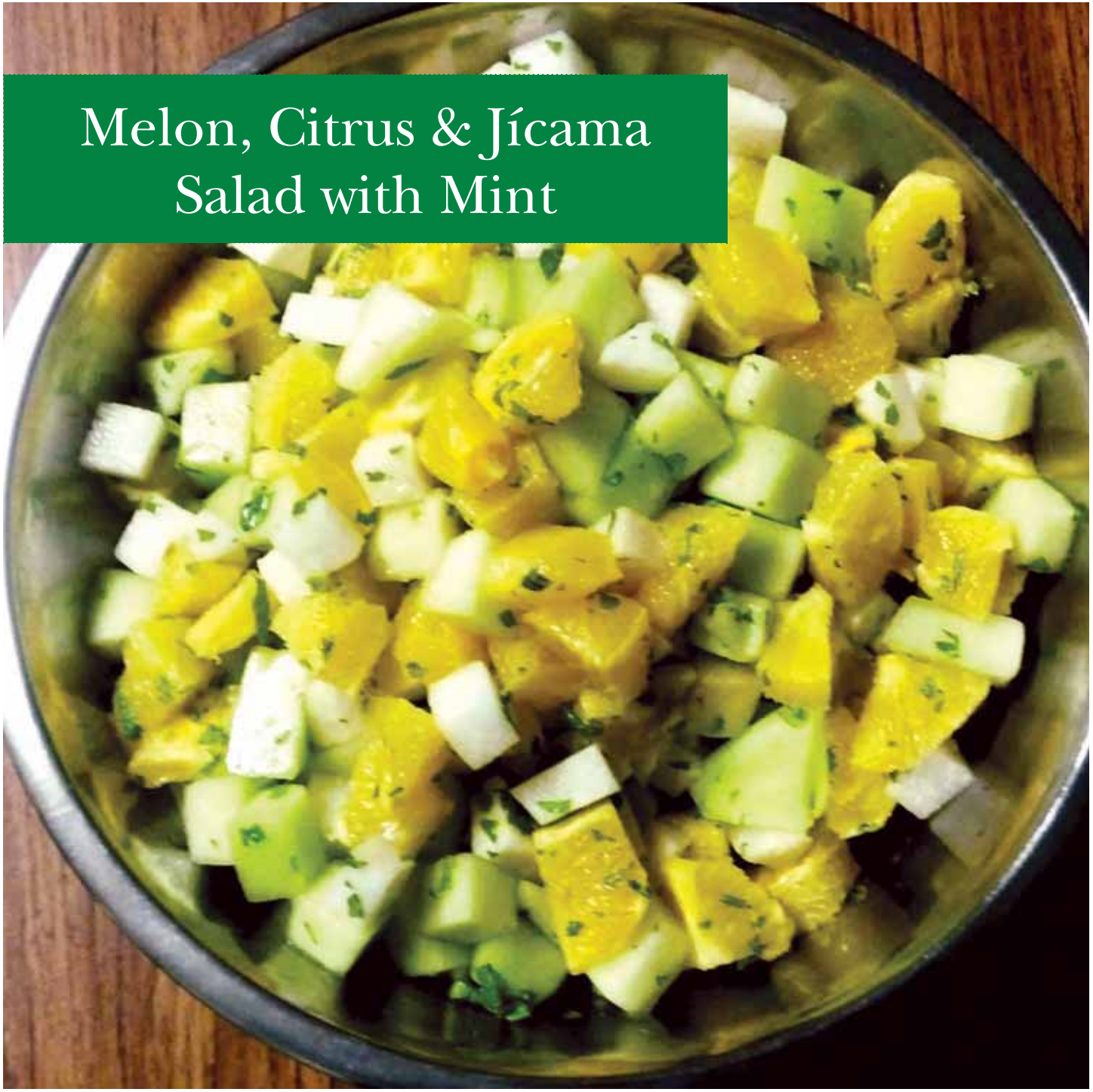
Recipe HACCP Process: #1 No Cook

Magenta Root Slaw • 64 servings (¼ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Fresh ginger	2 oz		1 Peel and chop ginger. Pulse in a food processor fitted with a steel blade until ground.
Carrots	2 lb 6 oz		2 Trim and peel carrots, beets and parsnips. Shred in a food processor fitted with a shredding disc, or by hand.
Beets	2 lb 4 oz		
Parsnips	2 lb 4 oz		
Honey		¾ cup	3 Whisk together honey, lemon juice and salt in a large bowl. Add the shredded vegetables and toss to combine.
Lemon juice (fresh or bottled)		9 Tblsp	
Kosher salt		1 tsp	

NOTES

Melon, Citrus & Jícama Salad with Mint



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	57 kcal
Protein	1.09 g
Carbohydrate	14.05 g
Total Fat	0.17 g
Saturated Fat	0.04 g
Cholesterol	0 mg
Vitamin A	326.53 IU
Vitamin C	44.50 mg
Iron	0.34 mg
Calcium	31.37 mg
Sodium	11.53 mg
Dietary Fiber	2.13 g

EQUIVALENTS: ½ cup provides ½ cup fruit/vegetable.

Recipe HACCP Process: #1 No Cook

"School cafeterias serve as classrooms. The lessons that can be taught in the lunch line are as important as other school subjects — one could argue even more important."

— KORTNEE BUSH

Melon, Citrus & Jícama Salad with Mint • 54 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Honeydew melon	7 lb	2 each	1 Peel, seed and cut melon into ½-inch cubes.
Oranges	8 lb 2 oz	24 each	2 Peel and cut oranges into ½-inch cubes.
Jícama	2 lb 3 oz	2 medium	3 Peel and cut jícama into ½-inch cubes.
Fresh mint		1 small bunch	4 Remove mint leaves from stems and mince.
Lime juice	7 oz	1 cup	5 Combine the melon, oranges, jícama, mint and lime juice in a large bowl. Chill for 30 minutes before serving.

NOTES

- *Any variety of melon will work in this salad.*
- *Try peeled diced kohlrabi in place of the jícama.*

Minestrone

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	137 kcal
Protein	7.79 g
Carbohydrate	22.34 g
Total Fat	2.20 g
Saturated Fat	0.30 g
Cholesterol	2.52 mg
Vitamin A	3409.29 IU
Vitamin C	10.09 mg
Iron	1.89 mg
Calcium	57.88 mg
Sodium	404.92 mg
Dietary Fiber	4.20 g

EQUIVALENTS: 1 cup provides ¼ cup red/orange vegetable, ⅜ cup other vegetable and ¼ cup beans/legumes *or* 1 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

Minestrone • 48 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions		3 large	1 Trim and peel onions. Cut into medium dice.	
Cabbage	3 lb	1 medium	2 Trim and core cabbage. Cut into medium dice.	
Carrots	2 lb		3 Trim and peel carrots. Cut into medium dice.	
Celery	1 lb 8 oz		4 Trim celery and zucchini. Cut into medium dice.	
Zucchini	1 lb 8 oz			
Garlic		4 cloves	5 Trim and peel garlic. Mince.	
Canola oil or vegetable oil		¼ cup	6 Heat oil in a large soup pot over medium heat. Add the onions and garlic and cook, stirring occasionally, for 5 to 10 minutes. Add the carrots and celery. Cook, stirring occasionally, for 10 minutes. Add the cabbage and zucchini and cook for 5 minutes. Stir in parsley, basil, marjoram, oregano and pepper. Cook for 1 minute more.	
Finely chopped fresh parsley		2 Tblsp		
Dried basil leaves		2 tsp		
Dried marjoram leaves		2 tsp		
Dried oregano leaves		2 tsp		
Ground black pepper		1 tsp		
Low-sodium chicken broth		2 gal	7 Add broth and tomato paste. Bring to a boil. Add beans and stir to combine. Bring to a simmer and cook for 10 minutes.	
Tomato paste		1¾ cups		
White kidney beans (cannellini) or red kidney beans, canned, rinsed and drained		1 #10 can		
Whole-wheat macaroni	1 lb		8 Return the soup to a boil. Add macaroni and cook until tender, about 10 minutes. Stir in salt. Keep warm until ready to serve.	
Kosher salt		2 tsp		

Southwestern White Bean Soup

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	188 kcal
Protein	8.90 g
Carbohydrate	29.78 g
Total Fat	5.14 g
Saturated Fat	0.42 g
Cholesterol	0 mg
Vitamin A	2444.75 IU
Vitamin C	28.36 mg
Iron	2.97 mg
Calcium	104.89 mg
Sodium	613.60 mg
Dietary Fiber	8.58 g

EQUIVALENTS: 1 cup provides ¾ cup red/orange vegetable, ⅜ cup additional vegetable, and ¼ cup beans/legumes *or* 1.25 oz equiv meat/meat alternate (but not both). 1 puréed serving provides 1 cup additional vegetable.

Recipe HACCP Process: #2 Same Day Service

Southwestern White Bean Soup • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Onions		5 large	1 Trim and peel onions. Cut into small dice.
Bell peppers (any color)		6 large	2 Stem, core and seed peppers. Trim and peel carrots. Shred the peppers and carrots in a food processor fitted with a shredding disc (or cut into small dice.)
Carrots		6 large	
Vegetable oil		1 cup	3 Cook the onions, oil and ¼ cup salt in a stock pot over low heat, stirring occasionally, until the onions are very soft and melting into the oil, 15 to 20 minutes. Stir in cumin, coriander and paprika; cook, stirring, for 1 minute.
Kosher salt		½ cup, divided	
Ground cumin		¼ cup	
Ground coriander		¼ cup	
Paprika		¼ cup	
			4 Stir the peppers and carrots into the onions. Cook, stirring occasionally, until the liquid from the peppers has evaporated and the vegetables are beginning to brown on the bottom of the pot, about 10 minutes.
Water		1 gal + 3 quarts + 2 cups	5 Add water, beans, tomatoes, corn and ¼ cup salt. Simmer for 1 hour.
White beans, canned, rinsed and drained		2 #10 cans	
Diced or whole tomatoes, canned (drained)		3 #10 cans (1½ gal, drained measure)	
Frozen corn		1 qt	

NOTES

- *Serve with sour cream and salsa if desired.*
- *You may also purée the soup.*

Strawberry Spinach Salad

Fall Winter **Spring** **Summer**

NUTRITION INFORMATION

SERVING SIZE: 1¼ cups

Amount per Serving	
Calories	134 kcal
Protein	3.72 g
Carbohydrate	8.56 g
Total Fat	10.43 g
Saturated Fat	1.20 g
Cholesterol	0 mg
Vitamin A	4146.15 IU
Vitamin C	26.19 mg
Iron	1.68 mg
Calcium	51.98 mg
Sodium	58.74 mg
Dietary Fiber	2.76 g

EQUIVALENTS: 1¼ cups provides ½ cup dark green vegetable, ⅛ cup other vegetable and ⅛ cup fruit.

Recipe HACCP Process: #1 No Cook

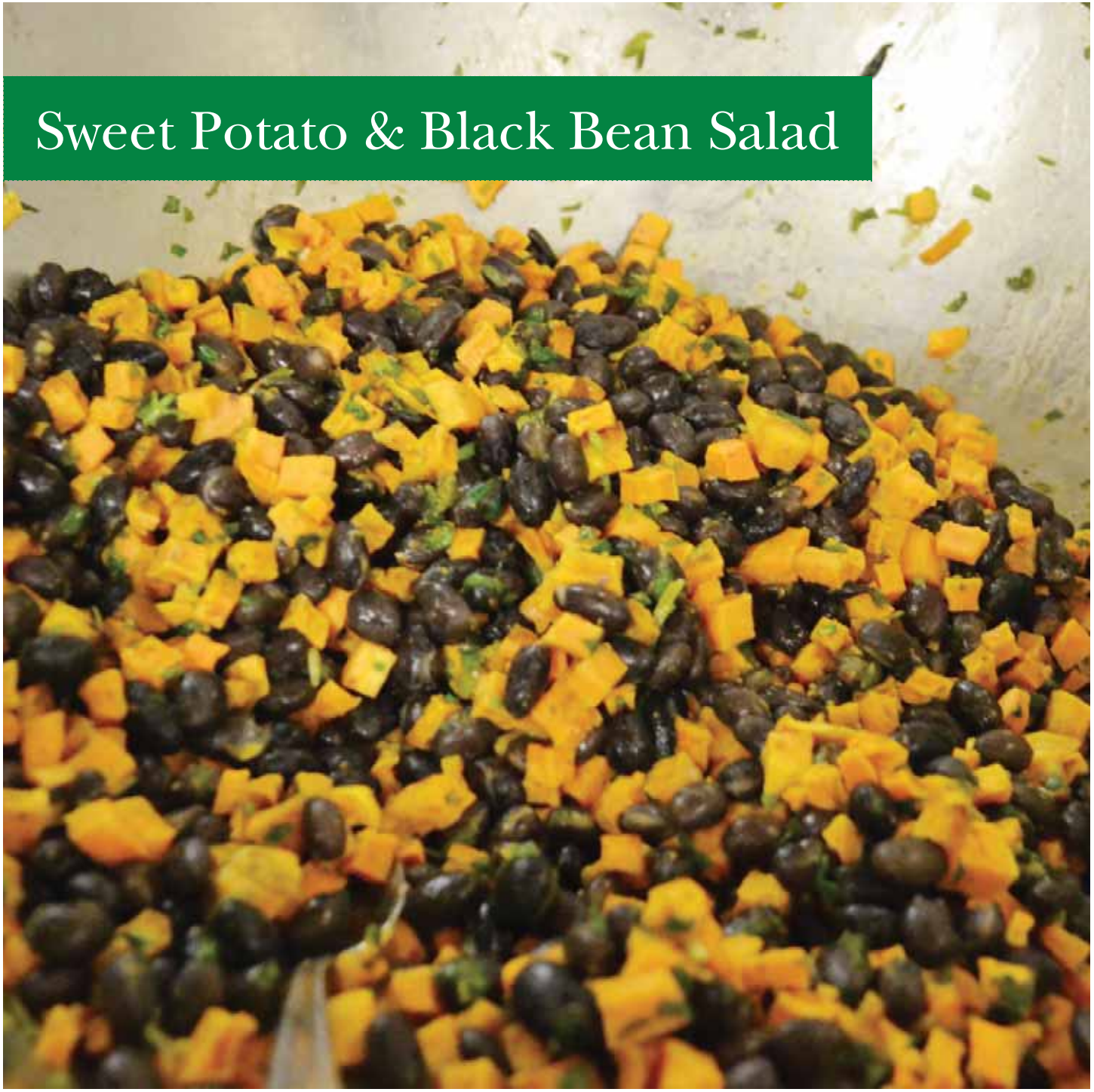
"The students are much more willing to try foods when they have met the farmer growing them or have seen where it was grown."

— GAY TRUAX

Strawberry Spinach Salad • 50 servings (1¼ cups)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Sunflower or pumpkin seeds	1¼ lb	1 qt	❶ Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool.	*Refrigerate the dressing (Step ❻) for up to 1 week.*
Cucumbers	3 lb		❷ Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick.	
Fresh strawberries	3 lb 4 oz		❸ Hull strawberries and cut into ¼-inch thick slices.	
Romaine lettuce	2 lb 4 oz		❹ Trim romaine and cut into 1-inch pieces.	
Baby spinach	2 lb 12 oz	2 gal + 2 qt	❺ Mix spinach and romaine in a large bowl.	
Balsamic vinegar		½ cup	❻ Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.	
Maple syrup		6 Tblsp		
Dijon mustard		1 Tblsp		
Garlic powder		1½ tsp		
Kosher salt		1 tsp		
Ground black pepper		1 tsp		
Vegetable oil or olive oil		1 cup		
			❼ Add the strawberries, cucumbers and the toasted seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.	

Sweet Potato & Black Bean Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¼ cup

Amount per Serving	
Calories	62 kcal
Protein	2.25 g
Carbohydrate	10.33 g
Total Fat	1.43 g
Saturated Fat	0.22 g
Cholesterol	0 mg
Vitamin A	3450.69 IU
Vitamin C	1.97 mg
Iron	0.81 mg
Calcium	19.81 mg
Sodium	166.04 mg
Dietary Fiber	2.89 g

EQUIVALENTS: ¼ cup provides ⅛ cup red/orange vegetable and ⅛ cup beans/legumes.

Recipe HACCP Process: #2 Same Day Service

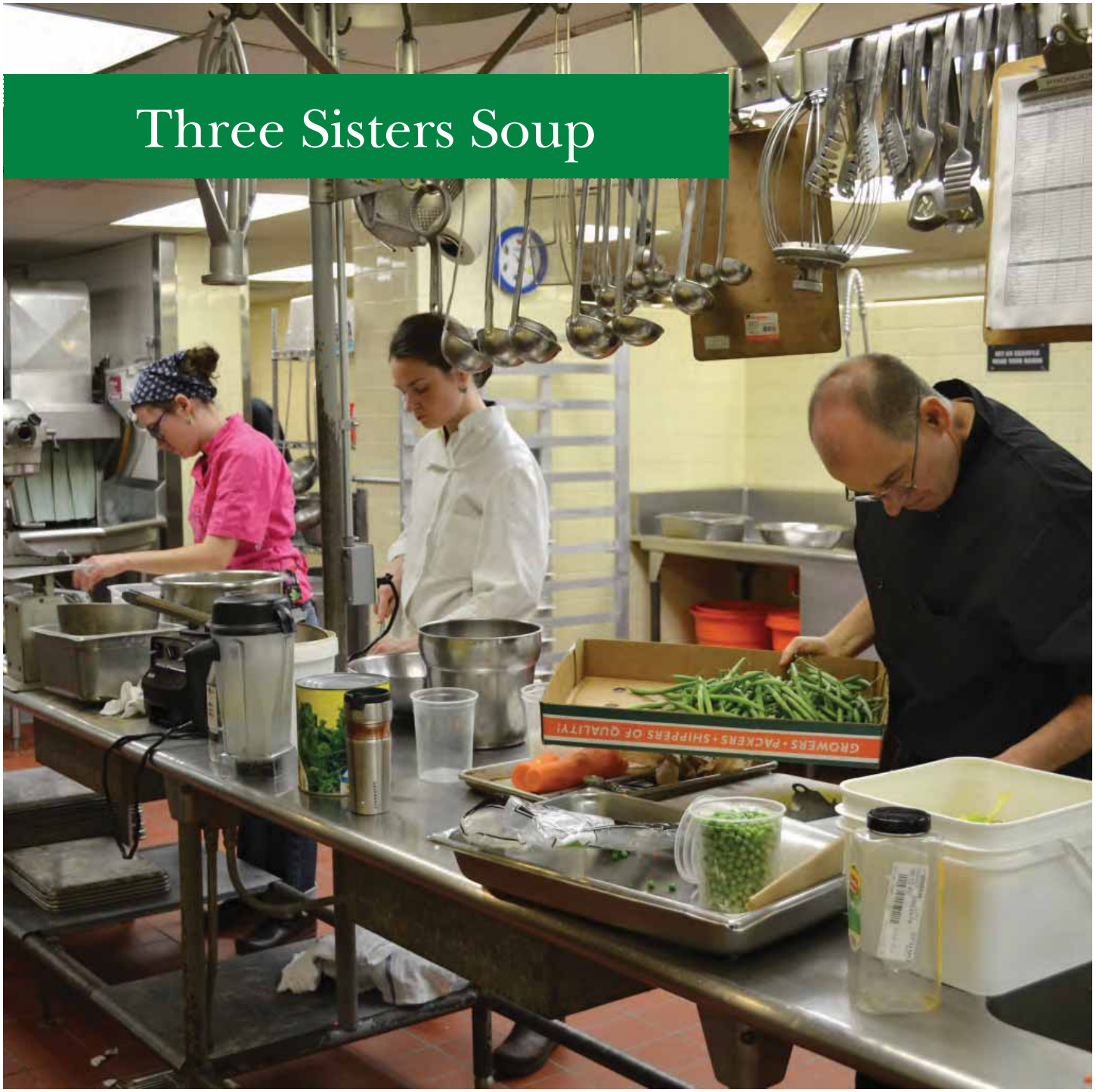
Sweet Potato & Black Bean Salad • 42 servings (¼ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 400°F or conventional oven to 425°F.
Sweet potatoes	2 lb 4 oz		2 Peel sweet potatoes (if desired) and cut into ¼-inch dice.
Limes		1½ medium	3 Zest and juice limes.
Vegetable oil		2 Tblsp	4 Toss sweet potatoes, vegetable oil, 1 tsp cumin, 1 tsp coriander and ½ tsp salt in a large bowl. Spread in a single layer on a sheet pan. Roast, stirring once, until fork tender and beginning to brown, 10 to 15 minutes. Let cool.
Ground cumin		2 tsp, divided	
Ground coriander		2 tsp, divided	
Kosher salt		1 tsp, divided	
Fresh cilantro		½ bunch	5 Meanwhile, remove tough stems from cilantro and discard. Pulse the cilantro in a food processor fitted with a steel blade until chopped, about 10 seconds. Add the lime zest and juice, vinegar, honey, the remaining 1 tsp cumin, 1 tsp coriander and ½ tsp salt and pulse for about 10 seconds more. Add olive oil and pulse until the dressing is mostly smooth.
Rice wine vinegar or white wine vinegar		2 Tblsp	
Honey		1½ tsp	
Olive oil		2 Tblsp	
Black beans, canned, rinsed and drained		1 qt + 1¼ cups	6 Toss the cooled sweet potatoes, black beans and dressing in a large bowl. Serve chilled.

NOTES

- *This recipe also works well with a combination of basil and cilantro or with lemon zest and juice (use equal amounts).*
- *The easiest way to get the most juice from limes (or any citrus) is to roll the fruit back and forth on the counter a couple of times, applying even downward pressure with the palm of your hand. This will break some of the cells containing the juice and make it easier to squeeze it out!*
- *Quickly and easily remove the large stems of cilantro by holding the bunch in your hands so that the point where the bottom of the leaves connects to the long stems is between your fists. Twist the bunch to separate. Compost the stems and toss the leaves in the food processor.*

Three Sisters Soup



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¾ cup

Amount per Serving	
Calories	134 kcal
Protein	7.11 g
Carbohydrate	24.08 g
Total Fat	1.86 g
Saturated Fat	0.28 g
Cholesterol	1.21 mg
Vitamin A	1316.75 IU
Vitamin C	7.56 mg
Iron	1.68 mg
Calcium	54.87 mg
Sodium	344.33 mg
Dietary Fiber	4.99 g

EQUIVALENTS: ¾ cup provides ⅜ cup other vegetable, ⅛ cup starchy vegetable, and ¼ cup beans/legumes *or* 1 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

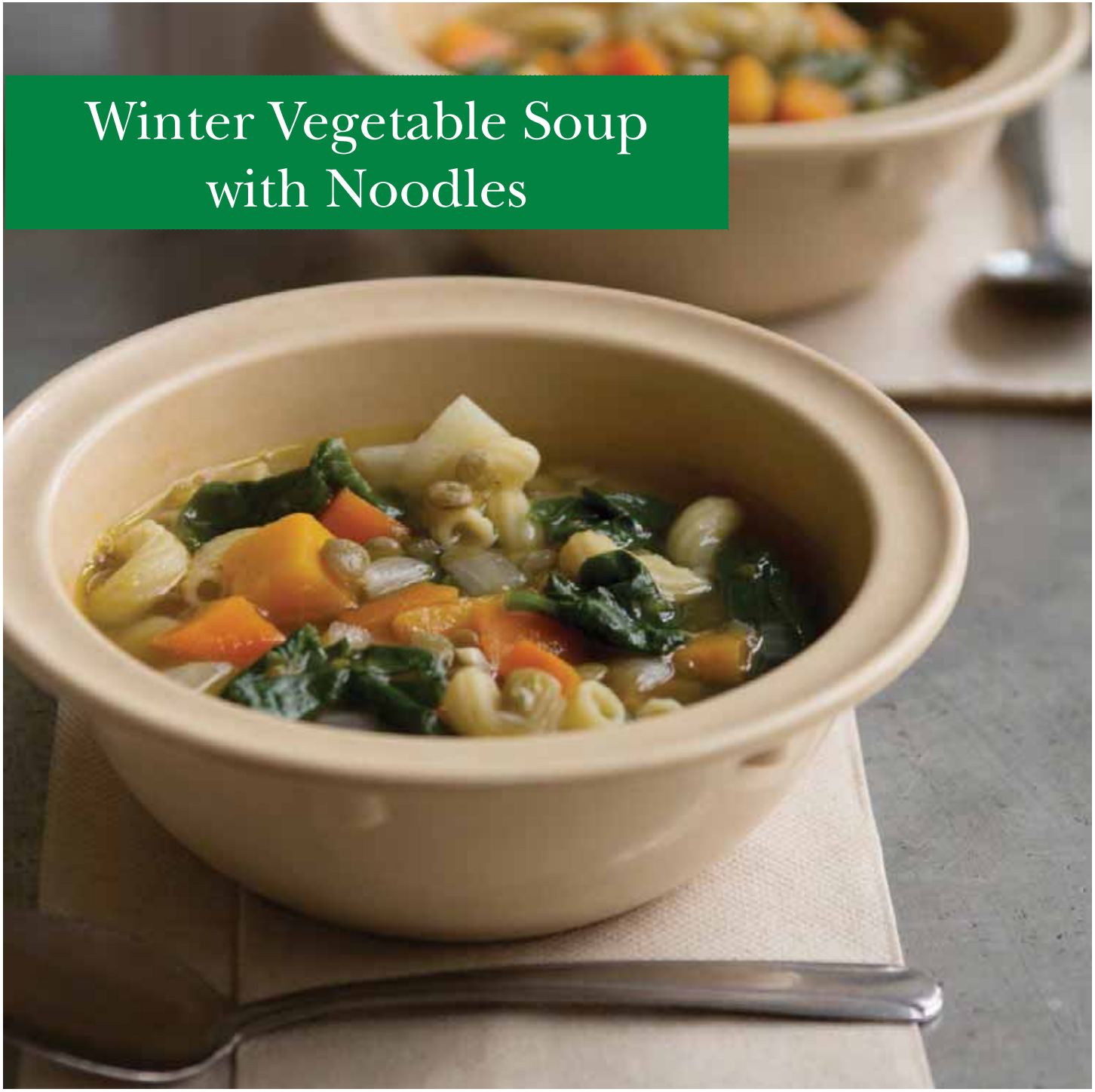
"Buying from farmers is a win, win, win, win."

— ALISON FORREST

Three Sisters Soup • 50 servings (¾ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Butternut squash or sweet potatoes	2 lb		❶ If using squash, trim, peel, quarter and seed. Cut squash (or sweet potatoes) into ½-inch dice.	
Olive oil		¼ cup	❷ Heat oil in large stockpot over medium heat. Add onions, celery and carrots and cook, stirring occasionally, until tender, about 5 minutes. Add garlic and cook, stirring, for 1 minute more. Add broth, the squash (or sweet potatoes), 1 Tblsp salt, coriander, cumin, thyme and pepper. Bring to slow boil. Cover and simmer, stirring occasionally, until the vegetables are tender, 30 to 45 minutes.	
Chopped onions (small dice)		1½ qt		
Chopped celery (small dice)		1 qt		
Chopped carrots (small dice)		2 cups		
Minced garlic		2 Tblsp		
Low-sodium chicken broth		1 gal		
Table salt		2 Tblsp, divided		
Ground coriander		1 tsp		
Ground cumin		1 tsp		
Dried thyme leaves		1 tsp		
Ground black pepper		1 tsp		
Corn kernels, fresh or frozen		2 qt	❸ Add corn, green beans, Great Northern beans, salsa and the remaining 1 Tblsp salt. Return to a simmer and cook until the green beans are tender, about 5 minutes more.	
Chopped trimmed green beans (1-inch pieces)		1 qt		
Great Northern beans, canned, rinsed and drained		3 qt		
Low-sodium salsa		2 cups		

Winter Vegetable Soup with Noodles



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	129 kcal
Protein	5.36 g
Carbohydrate	21.91 g
Total Fat	2.66 g
Saturated Fat	0.42 g
Cholesterol	10.21 mg
Vitamin A	8767.74 IU
Vitamin C	46.70 mg
Iron	2.13 mg
Calcium	82.83 mg
Sodium	652.59 mg
Dietary Fiber	4.52 g

EQUIVALENTS: 1 cup provides ⅛ cup red/orange vegetable, ¼ cup dark green vegetable, and ⅛ cup bean/legumes *or* .5 oz equiv meat/meat alternate (but not both) and .5 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

"Take the time to walk around during lunch and see what students are eating and not eating. Then tweak the recipe with student feedback."

— KAREN RUSSO

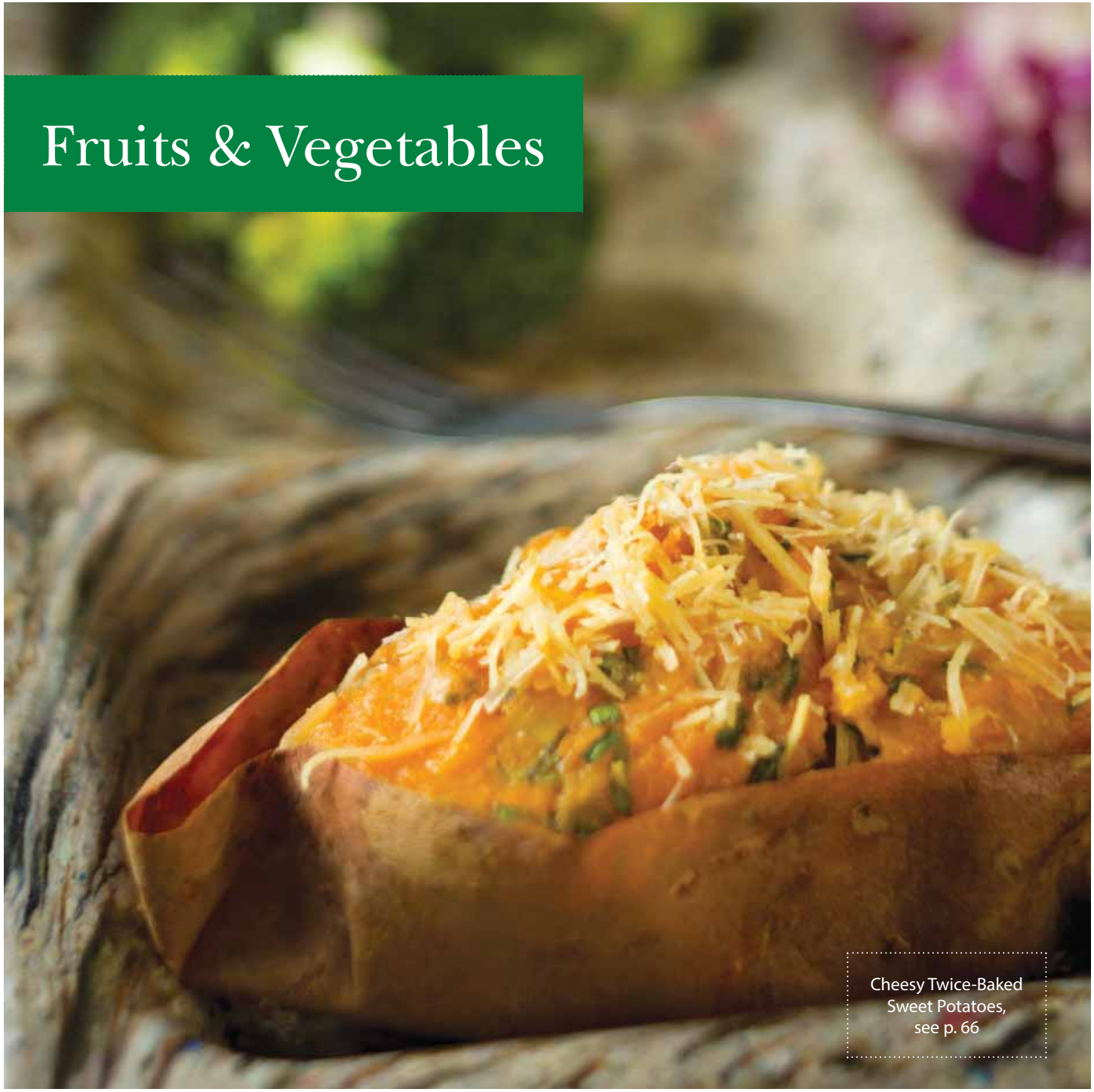
Winter Vegetable Soup with Noodles • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Kale, collard greens or Swiss chard	4 lb		1 Remove tough ribs from kale (or collard greens or Swiss chard). Cut into ½-inch pieces.
Carrots	2 lb		2 Trim and peel carrots and onions. Cut into ½-inch dice.
Onions		2 large	
Vegetable oil		⅓ cup	3 Heat oil in a large stockpot over medium heat. Add the onion, garlic and 1 Tblsp salt. Cook, stirring occasionally, until browned, 10 to 15 minutes. Add the carrots, squash and turnips. Reduce heat to medium-low and cook, stirring occasionally, until tender, 10 to 15 minutes.
Chopped garlic		3 Tblsp	
Kosher salt		2 Tblsp + 1 tsp, divided	
Diced, peeled, seeded butternut squash (½-inch pieces)		1 qt	
Diced peeled turnips (½-inch pieces)		2 cups	
Water		5 gal + 3 qt, divided	4 Meanwhile, bring 3 gallons water to a boil in a large pot. Cook pasta until tender, about 10 minutes. Drain and set aside.
Whole-wheat egg noodles		1 gal	
Dry green lentils		2 cups	5 Bring 1 qt water, lentils and 1 tsp salt to a boil in a large saucepan. Reduce heat to a simmer and cook until tender, about 30 minutes. Drain and set aside.
Chicken base		5 Tblsp	6 When the vegetables are tender, add 2½ gal water, 1 Tblsp salt, chicken base and pepper to the pot. Bring to a simmer and cook for 20 minutes.
Ground black pepper		2 tsp	
7 Add the greens and cook until just tender, about 5 minutes. Add the drained lentils.			
8 To serve, add the cooked noodles right to individual serving bowls and ladle soup over the top, or stir the cooked noodles into the pot of soup.			

NOTES

- *Use another type of root vegetable in place of the turnips if you prefer.*
- *You can make this vegetarian by omitting the chicken base and using 2½ gal vegetable broth in step 6.*

Fruits & Vegetables



Cheesy Twice-Baked Sweet Potatoes, see p. 66

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Beet Burgers

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 burger

Amount per Serving	
Calories	204 kcal
Protein	9.34 g
Carbohydrate	17.53 g
Total Fat	11.45 g
Saturated Fat	3 g
Cholesterol	46 mg
Vitamin A	3978.96 IU
Vitamin C	5.86 mg
Iron	2.26 mg
Calcium	228.54 mg
Sodium	361.97 mg
Dietary Fiber	3.74 g

EQUIVALENTS: 1 burger provides ⅜ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

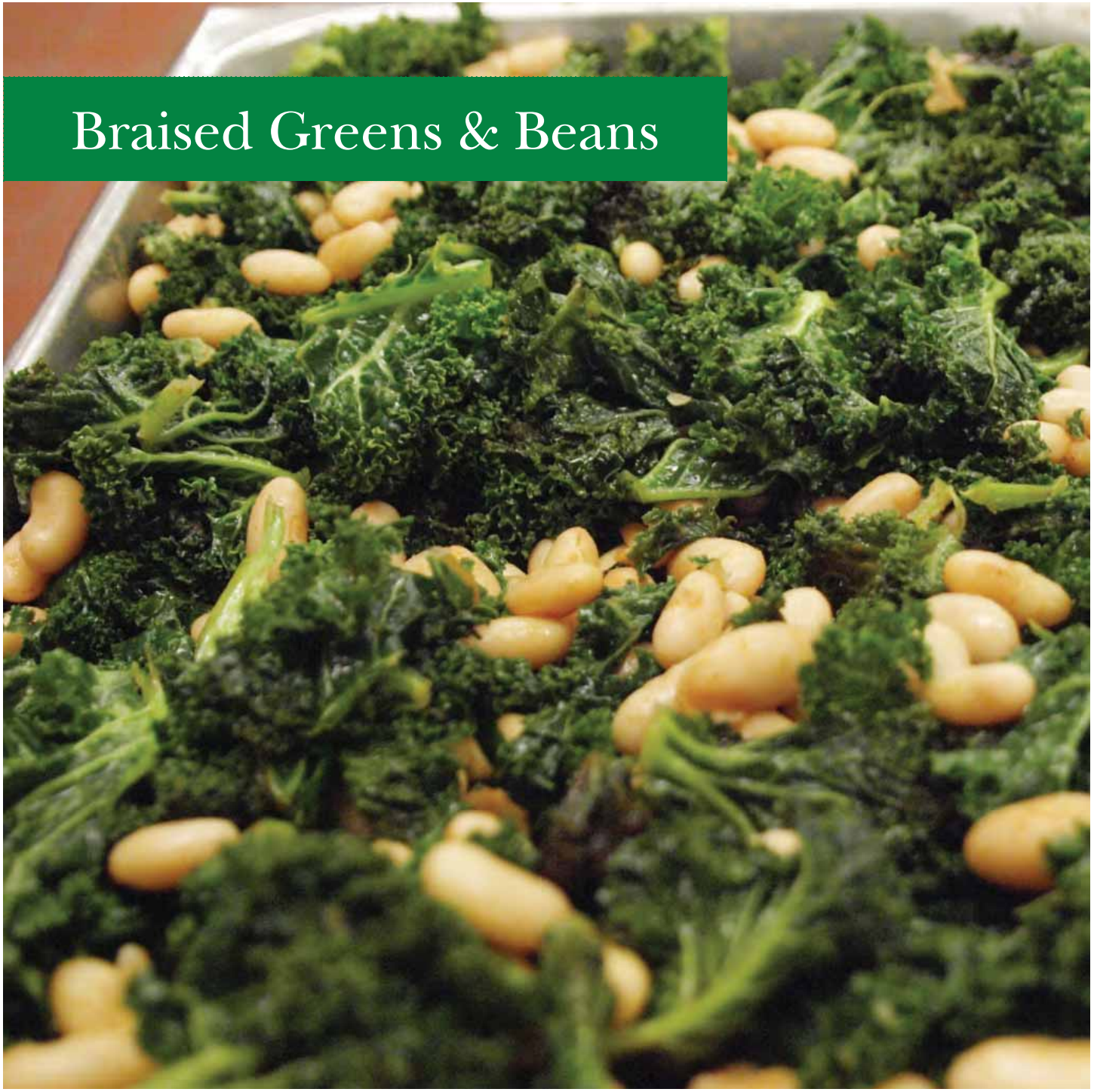
Beet Burgers • 40 burgers

INGREDIENTS	WEIGHT	MEASURE	METHOD
Water		2⅔ cups	❶ Bring water to a boil in a large saucepan over high heat. Add rice, reduce heat to low, cover and cook until the rice is tender, about 40 minutes. Set aside to cool.
Brown rice		1⅓ cups	
Olive oil		¼ cup	❷ Meanwhile, heat oil in a medium skillet or rondeaux over high heat. Add onions and cook, stirring occasionally, until golden, 8 to 12 minutes. Set aside to cool.
Diced onions		1 qt	
			❸ Preheat convection oven to 350°F. Line 3 sheet pans with parchment paper.
Eggs		8 large	❹ Whisk eggs in a large bowl. Stir in the cooled rice, beets, carrots, sunflower seeds and sesame seeds. Fold in the onions, parsley, tamari sauce (or soy sauce), cheese, flour and salt. (Add a little more flour if the mixture seems too sticky.) Using a #12 scoop or ⅓-cup measure, make 40 burgers and place on the prepared pans.
Grated peeled beets		2 qt	
Grated peeled carrots		2 qt	
Sunflower seeds, toasted		1 qt	
Sesame seeds, toasted		2 cups	
Chopped fresh parsley		1 cup	
Tamari or soy sauce		3 Tblsp	
Grated Parmesan cheese		1 qt	
Whole-wheat flour		1½ cups	
Kosher salt		2 tsp	
			❺ Bake until the burgers are browned and the vegetables are tender, 30 to 35 minutes.

NOTES

- *Wear gloves while forming the burgers.*
- *Serve on whole-wheat buns.*

Braised Greens & Beans



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ⅜ cup

Amount per Serving	
Calories	78 kcal
Protein	4.33 g
Carbohydrate	13.05 g
Total Fat	1.67 g
Saturated Fat	0.25 g
Cholesterol	0 mg
Vitamin A	7785.64 IU
Vitamin C	61.83 mg
Iron	1.62 mg
Calcium	93.84 mg
Sodium	93.09 mg
Dietary Fiber	2.99 g

EQUIVALENTS: ⅜ cup provides ¼ cup dark green vegetable and ⅛ cup beans/legumes *or* .5 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

"I would like to think that the work that I do on a daily basis is helping to shape future generations to make better food choices and to think more critically about where their food is coming from and how it is processed."

— KORTNEE BUSH

Braised Greens & Beans • 48 servings (3/8 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Dark leafy greens, such as kale or Swiss chard	5 lb 4 oz	9 large bunches	1 Remove tough stems from greens and coarsely chop.
Green onions		3 bunches	2 Trim green onions and cut into 2-inch pieces.
Olive oil		¼ cup	3 Heat oil in 10-qt brazier over medium heat. Add the onions and cook, stirring constantly, until softened and starting to brown, 3 to 5 minutes. Add the greens and water. Cook, stirring frequently, until wilted, 3 to 5 minutes.
Water		1 cup	
Great Northern beans, canned, rinsed and drained		1½ qt	4 Add beans, chili powder, garlic powder, onion powder, cumin, salt and pepper. Cook, stirring often, until beans are heated through, about 5 minutes. (Add water as necessary to achieve the desired doneness of the kale.) Stir in vinegar just before serving.
Chili powder		1 Tblsp + 1 tsp	
Granulated garlic		1 Tblsp + 1 tsp	
Onion powder		1 Tblsp + 1 tsp	
Ground cumin		2 tsp	
Kosher salt		2 tsp	
Ground black pepper		1 tsp	
Balsamic vinegar		3 Tblsp	

NOTES

- *Use diced onions in place of the green onions if you'd prefer.*

Carrot Soufflé

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¾ cup

Amount per Serving	
Calories	112 kcal
Protein	2.23 g
Carbohydrate	15.40 g
Total Fat	4.91 g
Saturated Fat	2.70 g
Cholesterol	50.67 g
Vitamin A	11610.75 IU
Vitamin C	4.01 mg
Iron	0.49 mg
Calcium	41.39 mg
Sodium	87.11 mg
Dietary Fiber	1.95 g

EQUIVALENTS: ¾ cup provides ¼ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

"I consider buying from local farms my 'normal' and hope that all schools can move in that direction."

— EMILY BETZ

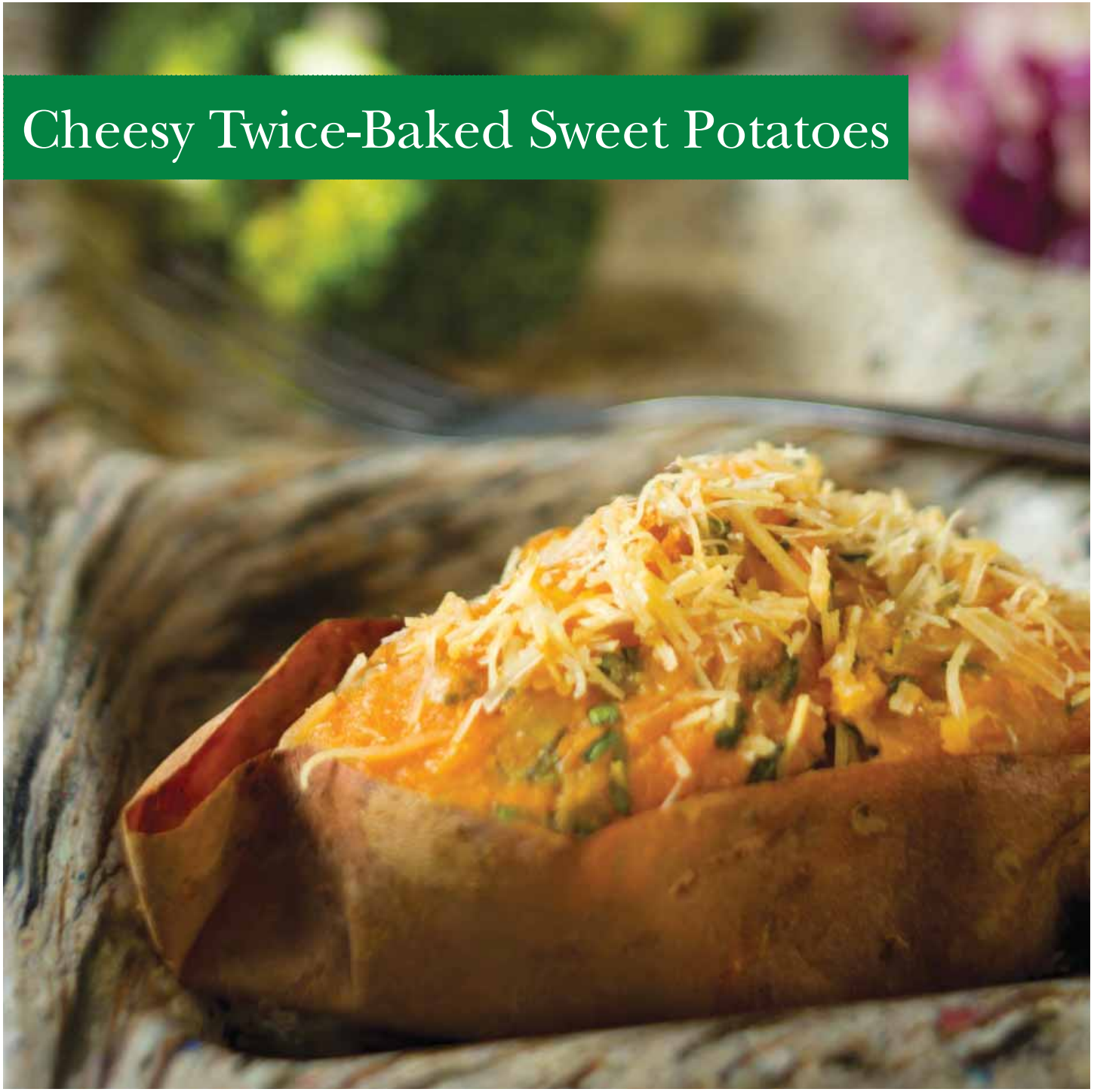
Carrot Soufflé • 50 servings (¾ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 350°F or conventional oven to 375°F. Coat a full 2-inch hotel pan with cooking spray.
Carrots	7 lb 8 oz		2 Trim, peel and slice carrots.
			3 Cover the carrots with water in a large pot and bring to a boil over high heat. Cook until tender, about 15 minutes. Drain well. Transfer to a large bowl and mash (or purée in batches in a food processor until smooth).
Eggs		11 large	4 Beat eggs in a mixing bowl. Add the eggs, sugar (or maple syrup), butter, flour, baking powder and vanilla to the carrots; mix well. Transfer to the prepared pan.
Granulated sugar or maple syrup		1¾ cups	
Unsalted butter, melted	8 oz		
Enriched all-purpose flour		⅔ cup	
Baking powder		1½ tsp	
Vanilla extract		1½ tsp	
			5 Bake until the top is set and lightly browned, 30 to 35 minutes.

NOTES

- *This recipe is a great use for USDA frozen sliced carrots.*
- *You could substitute mashed pumpkin or squash for the carrots.*
- *This recipe doubles easily.*
- *You can also chill this, cut it into shapes and serve cold.*

Cheesy Twice-Baked Sweet Potatoes



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	88 kcal
Protein	3.39 g
Carbohydrate	15.44 g
Total Fat	1.51 g
Saturated Fat	0.93 g
Cholesterol	4.88 mg
Vitamin A	10359.37 IU
Vitamin C	1.79 mg
Iron	0.47 mg
Calcium	95.16 mg
Sodium	156.46 mg
Dietary Fiber	2.20 g

EQUIVALENTS: 1 piece provides ¼ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

"Often parents and teachers ask us for recipes because their kids want to eat the food we cook at home."

— ALISON FORREST

Cheesy Twice-Baked Sweet Potatoes • 50 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 400°F or conventional oven to 425°F.
Sweet potatoes	8 lb		2 Prick each sweet potato 3 times with a fork. Place on a full sheet pan and bake until tender, about 1 hour. Let cool.
Chives	1.5 oz		3 Chop chives.
			4 Cut the potatoes in half lengthwise and scoop out the flesh, leaving approximately ½ inch of flesh and skin. Transfer the flesh to a large bowl.
Shredded reduced-fat Cheddar cheese	10 oz		5 Add Cheddar cheese, sour cream, the chives, salt and pepper to the potato flesh and mash to combine. Fill the potato skins with this mixture. Sprinkle with Parmesan cheese.
Fat-free sour cream	7 oz		
Kosher salt		1½ tsp	
Ground black pepper		1½ tsp	
Shredded Parmesan cheese		¾ cup	
			6 Bake the stuffed potatoes until hot and the cheese is browned, about 20 minutes.
			7 Cut the sweet potatoes into halves or thirds to reach 50 servings.

NOTES

Prepare Steps 2 and 4 up to 1 day in advance; refrigerate.

Delicata Smiles

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	74 kcal
Protein	1.21 g
Carbohydrate	13.79 g
Total Fat	2.35 g
Saturated Fat	0.37 g
Cholesterol	0 mg
Vitamin A	1736.17 IU
Vitamin C	15.62 mg
Iron	0.76 mg
Calcium	38 mg
Sodium	5.90 mg
Dietary Fiber	1.91 g

EQUIVALENTS: ½ cup provides ½ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

"I would like to think that the work that we are doing is reshaping the thought process."

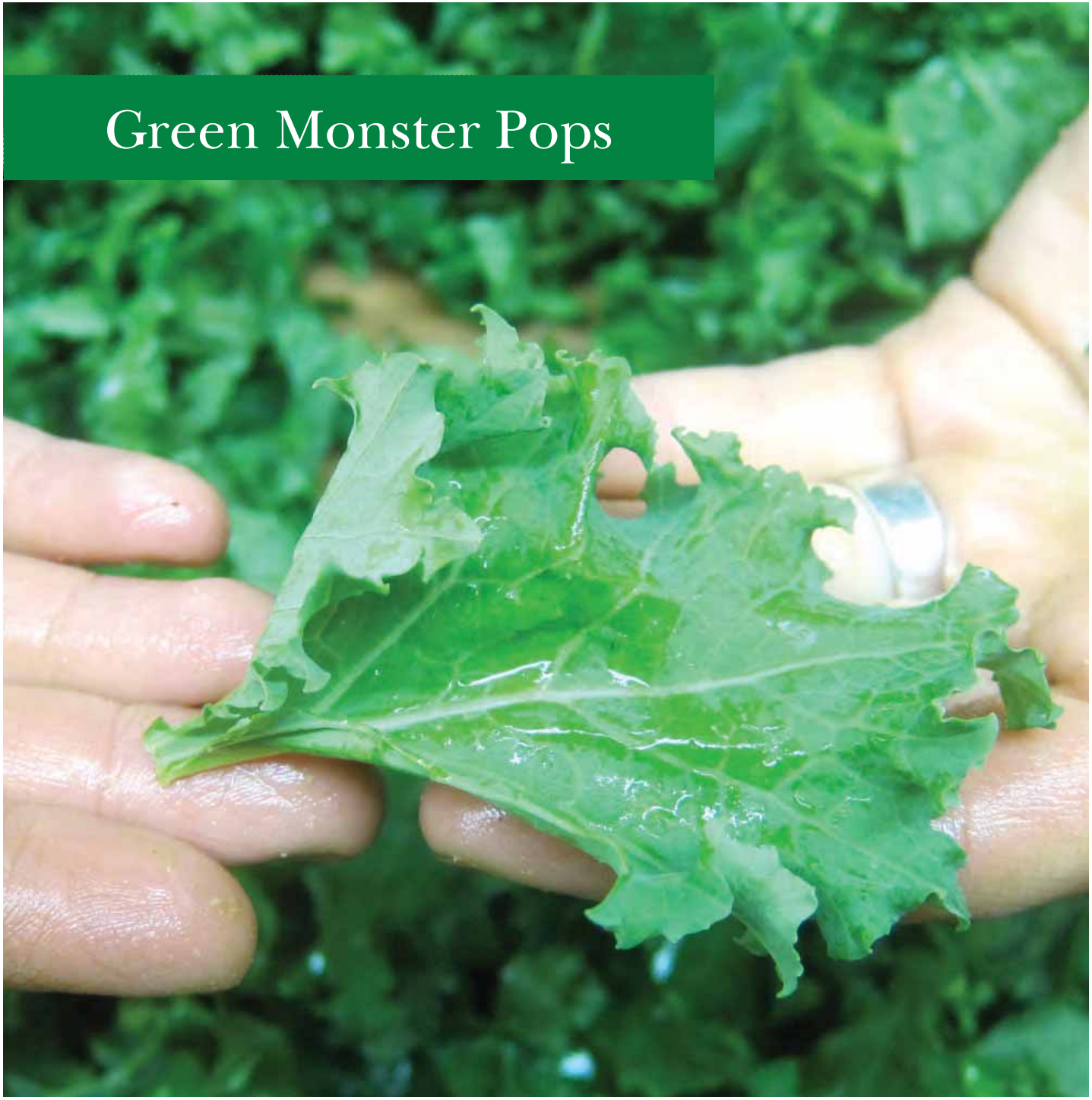
— KORTNEE BUSH

Delicata Smiles • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			❶ Preheat convection oven to 350°F or conventional oven to 400°F. Coat 3 half sheet pans or 1 full sheet pan and 1 half sheet pan with cooking spray.
Delicata squash	14 lb		❷ Cut off ends of squash. Stand each on one flat end and cut in half lengthwise. Remove seeds and stringy flesh with a metal spoon. Place the squash halves cut side down on cutting board and cut into ¼-inch slices ("smiles").
Vegetable oil		½ cup	❸ Arrange the squash smiles on the prepared baking sheets. Brush with oil. Sprinkle with sugar, distributing as evenly as possible.
Brown sugar		⅔ cup (packed)	
			❹ Bake until the sugar is just melted and the smiles are just golden, about 12 to 15 minutes in a convection oven or 20 minutes in a conventional oven.

NOTES

Green Monster Pops



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¼ cup

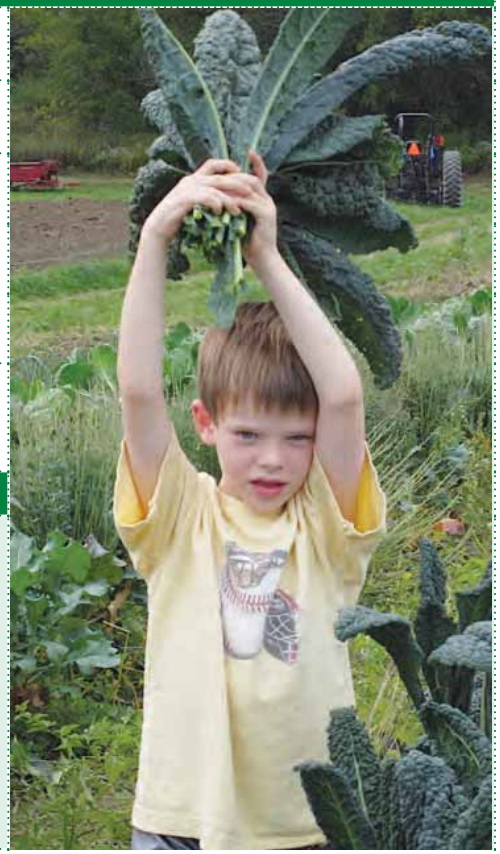
Amount per Serving	
Calories	41 kcal
Protein	0.57 g
Carbohydrate	10.62 g
Total Fat	0.13 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Vitamin A	518.40 IU
Vitamin C	30.11 mg
Iron	0.28 mg
Calcium	12.55 mg
Sodium	3.26 mg
Dietary Fiber	1.21 g

EQUIVALENTS: ¼ cup provides ¼ cup fruit.

Recipe HACCP Process: #1 No Cook

Green Monster Pops • 50 servings (¼ cup)

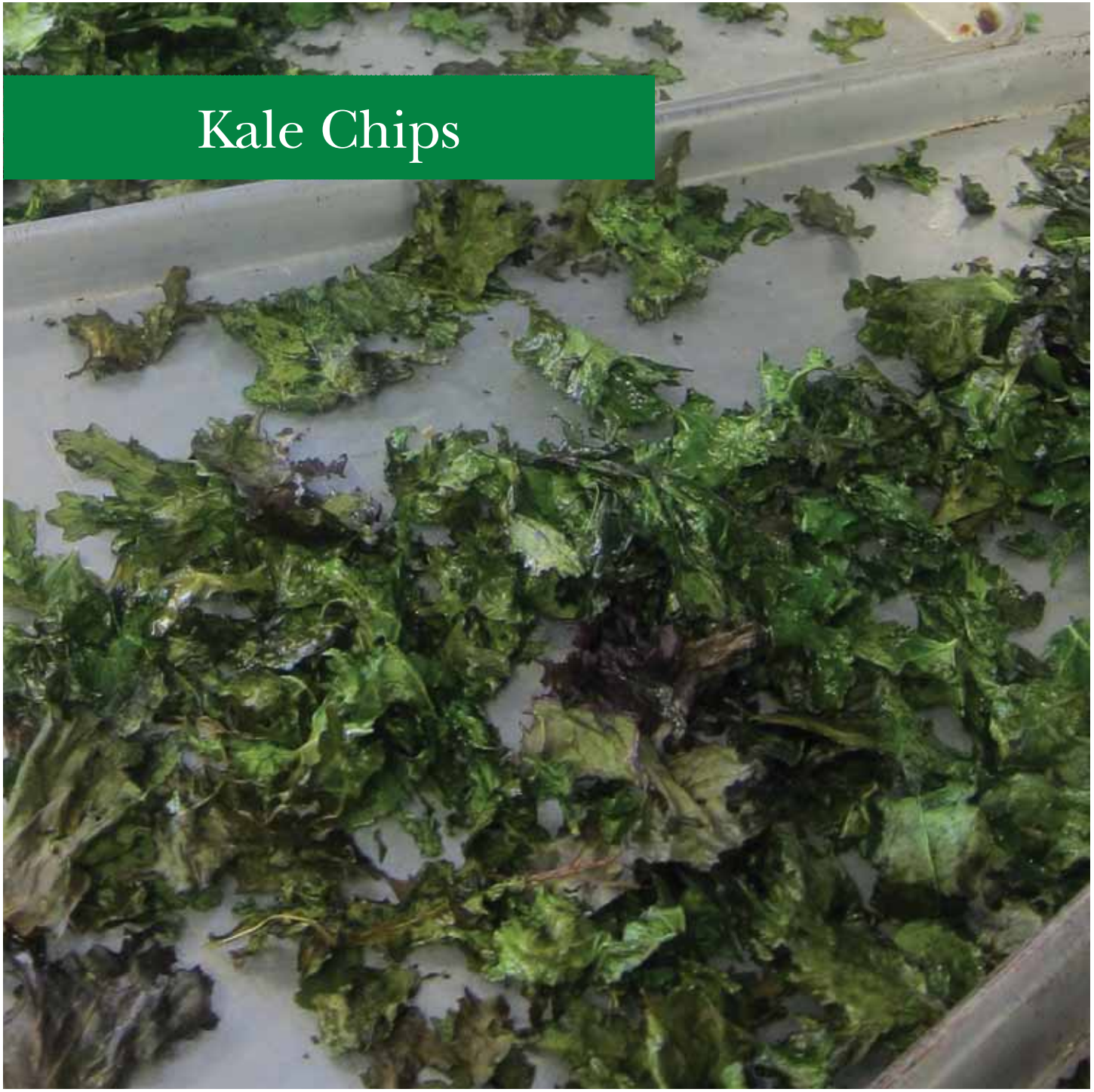
INGREDIENTS	WEIGHT	MEASURE	METHOD
Pineapple		3 medium	1 Peel pineapple. Cut into quarters and cut out core. Chop.
Bananas		6 medium	2 Peel bananas.
Chopped spinach		3 cups	3 Purée spinach, kale, the bananas and pineapple in a blender. Add water and purée again.
Chopped kale		1½ cups	
Water		2 cups	
			4 Pour into small Dixie cups and insert treat sticks. Freeze until solid, at least 4 hours.



NOTES

If washing the kale ahead of time to store for later use, place the dried kale in a large plastic bag with several dry paper towels. The towels will help absorb any extra moisture in the bag, keeping the kale relatively dry.

Kale Chips



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	71 kcal
Protein	3.44 g
Carbohydrate	10.44 g
Total Fat	2.89 g
Saturated Fat	0.39 g
Cholesterol	0 mg
Vitamin A	16041.19 IU
Vitamin C	125.19 mg
Iron	1.79 mg
Calcium	140.86 mg
Sodium	169.70 mg
Dietary Fiber	2.09 g

EQUIVALENTS: 1 cup provides ⅓ cup dark green vegetable.

Recipe HACCP Process: #2 Same Day Service

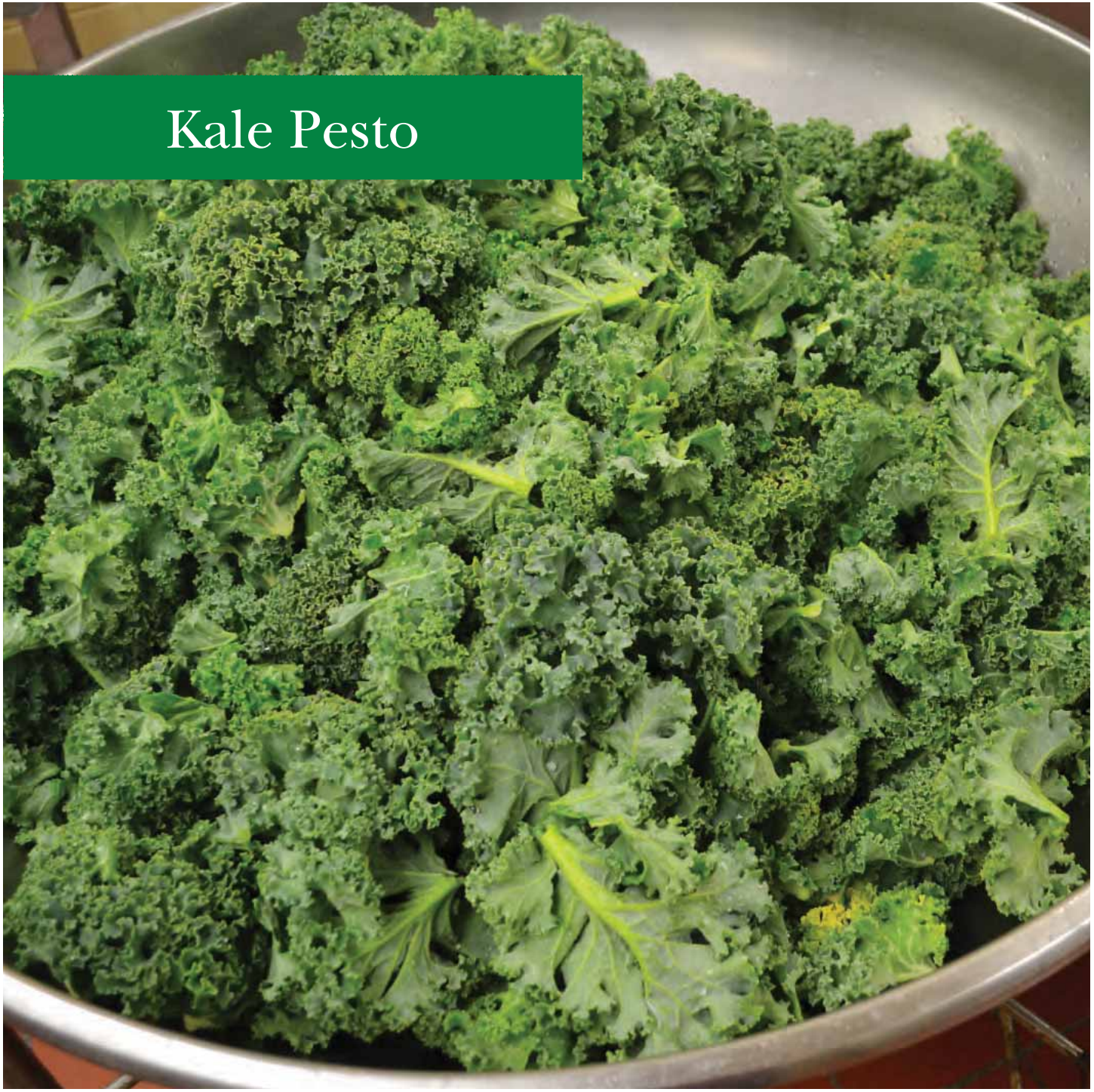
Kale Chips • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 400°F or conventional oven to 425°F.
Kale	11 lb 8 oz		2 Wash kale and dry very well (use a salad spinner if you have one). Holding the kale upside down by the stem with one hand, use your other hand to rip the leaves down and away from the stem into a very large bowl. Tear any large pieces into 2- to 3-inch pieces.
Olive oil		½ cup	3 Add oil and salt and mix by hand to coat the leaves evenly with the oil.
Kosher salt		4 tsp	
			4 Using about 6 qt (unpacked) per pan, arrange the kale on 4 full sheet pans, spreading the leaves out so they lie as flat as possible on the sheet, leaving an inch or so in between the pieces. Bake with the oven door slightly ajar (this allows steam to escape) until the kale is crispy and bright green, about 10 minutes. (If the kale turns olive green, they have cooked too long). Don't cook more than 4 sheet pans at a time, or the oven will get too steamy. Let cool for 2 minutes then transfer to a serving dish. Repeat with the remaining kale.

NOTES

- *This recipe works with curly kale, but Lacinato or "dinosaur" kale has a sweeter, milder flavor.*
- *If washing the kale ahead of time to store for later use, place the dried kale in a large plastic bag with several dry paper towels. The towels will help absorb any extra moisture in the bag, keeping the kale relatively dry.*
- *These are really best eaten the day they are made, but if you have to make them a day ahead, cover them loosely with plastic wrap and "re-crisp" in the oven for approximately 1 minute, leaving the fan off (if using a convection oven).*
- *Kale chips are a great project for students to help with — they can wash and rip the kale up and help mix in the oil and salt.*

Kale Pesto



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 Tblsp

Amount per Serving	
Calories	61 kcal
Protein	1.14 g
Carbohydrate	2.64 g
Total Fat	5.46 g
Saturated Fat	0.86 g
Cholesterol	0.69 mg
Vitamin A	3870.12 IU
Vitamin C	30.38 mg
Iron	0.47 mg
Calcium	42.98 mg
Sodium	96.01 mg
Dietary Fiber	0.51 g

EQUIVALENTS: 1 Tblsp provides ⅛ cup dark green vegetable.

Recipe HACCP Process: #1 No Cook

"I grew up eating and preparing whole foods, raised my own children this way, and now want to give my students every opportunity to experience the better nutrition and variety that whole, fresh foods offer."

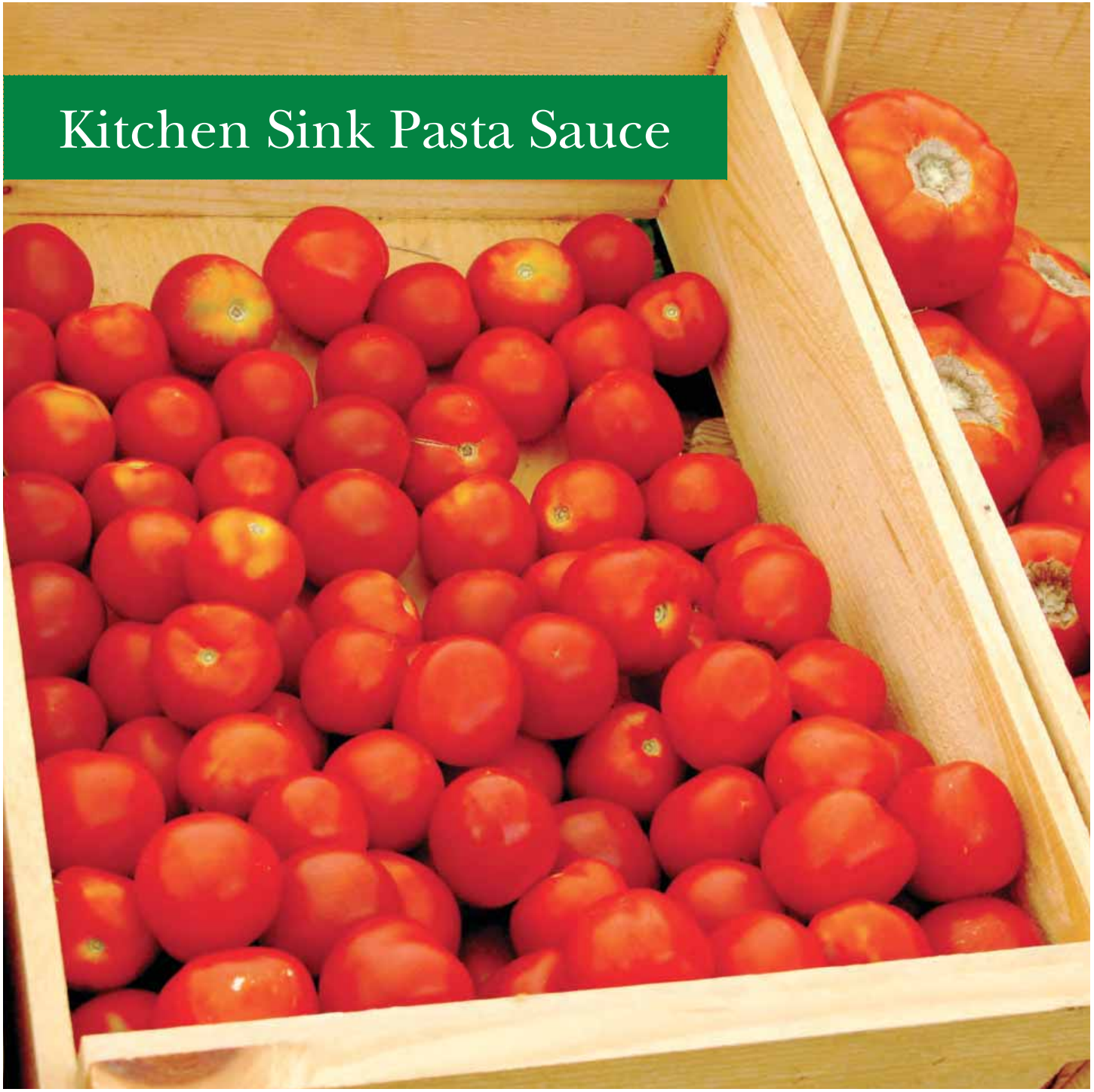
— LINDA WHEELOCK

Kale Pesto • 64 servings (1 Tblsp)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Kale	2 lb	1 gal (packed)	1 Remove thick stems from kale and tear into 2-inch pieces.
Olive oil		1½ cups	2 Fit a food processor with a steel blade. Make pesto in batches by filling the food processor ½ full with kale. Add a drizzle of oil. Process until smooth, adding a little more oil as needed. Transfer to a large bowl. Repeat with the remaining kale and oil. When you get to the last batch, add cheese, lemon juice, garlic, salt and pepper. Add to the bowl and stir well to blend flavors.
Grated Parmesan cheese		½ cup	
Lemon juice		2 Tblsp	
Chopped garlic		1 Tblsp	
Kosher salt		1 Tblsp	
Ground black pepper		½ tsp	

NOTES

Kitchen Sink Pasta Sauce



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	67 kcal
Protein	2.28 g
Carbohydrate	12.29 g
Total Fat	1.83 g
Saturated Fat	0.28 g
Cholesterol	0 mg
Vitamin A	3639.79 IU
Vitamin C	15.77 mg
Iron	1.06 mg
Calcium	37.01 mg
Sodium	175.50 mg
Dietary Fiber	3.10 mg

EQUIVALENTS: ½ cup provides ½ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

"When kids are with me at lunch time, I believe it's my job to nourish them to the best of my abilities in every sense of the word — their bellies, their minds, and their spirits."

— CHRISTA GOWEN

Kitchen Sink Pasta Sauce • 74 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions	5 lb		1 Trim, peel and roughly chop onions.	• *Try celery, beets, carrots, zucchini, summer squash, green beans, peas or whatever you have on hand.* • *If you don't have an immersion blender, chop the vegetables into smaller pieces and purée in batches in a food processor or regular blender.*
Miscellaneous vegetables	5 lb		2 Trim, peel (if desired) and roughly chop miscellaneous vegetables.	
Garlic		20 cloves, ½ cup minced or 2 tsp garlic powder	3 If using fresh garlic, trim and peel garlic.	
Olive oil		½ cup	4 Heat oil in 20 qt brazier or tilt skillet over medium heat. Add the onions and cook, stirring occasionally, until tender, 3 to 5 minutes. Add the garlic and cook, stirring, for 1 minute.	
Fresh Roma tomatoes	13 lb		5 Add the miscellaneous vegetables, tomatoes, basil and oregano. Bring to low boil. Cook, stirring every 15 to 20 minutes, until the vegetables are tender and falling apart, about 1 hour.	
Basil		¼ cup dried leaves or ¾ cup finely chopped fresh		
Oregano		2 Tblsp dried leaves or 6 Tblsp finely chopped fresh		
			6 Purée the sauce with an immersion blender to break up large pieces.	
Tomato paste		½ #10 can (1½ qt)	7 Add tomato paste and stir to combine. Stir in salt and pepper. Bring to a simmer and cook, stirring often to prevent burning, until thickened, 30 to 45 minutes.	
Kosher salt		2 Tblsp		
Ground white pepper		1 Tblsp		
			8 If the sauce is too thick, thin with water to the desired consistency. Pour into 6-inch full hotel pan and keep warm on serving line.	

Ratatouille

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	41 kcal
Protein	0.92 g
Carbohydrate	4.55 g
Total Fat	2.37 g
Saturated Fat	0.34 g
Cholesterol	0 mg
Vitamin A	273.20 IU
Vitamin C	14.13 mg
Iron	0.29 mg
Calcium	16.16 mg
Sodium	391.45 mg
Dietary Fiber	1.57 g

EQUIVALENTS: ½ cup provides ½ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

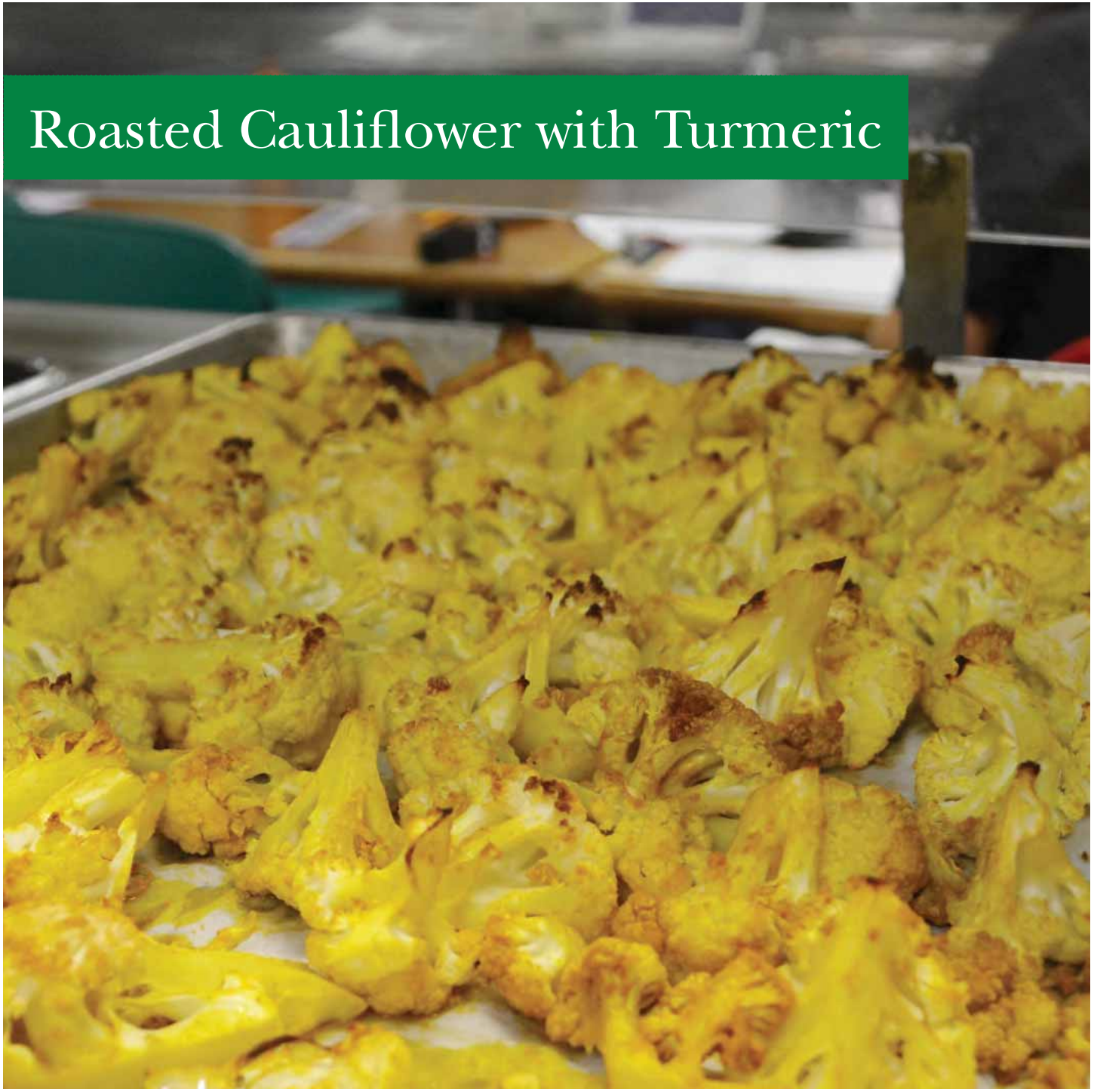
"It is always positive to purchase locally because it establishes a connection between school and community, and is an investment in our local economy."

— LINDA WHEELOCK

Ratatouille • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Eggplant	2 lb 8 oz		1 Trim and peel eggplant. Cut into 1-inch cubes.	*You can use canned bell pepper strips in place of the fresh. Rinse and drain, then add them in Step 10.*
Zucchini	1 lb 8 oz		2 Trim zucchini and cut into ½-inch cubes.	
Onions	1 lb 4 oz		3 Trim and peel onions. Cut into ¼-inch dice.	
Summer squash	1 lb		4 Trim summer squash and cut into ½-inch cubes.	
Red bell pepper	8 oz		5 Stem, core and seed peppers. Cut into ⅛-inch thick strips.	
Green bell pepper	8 oz			
Kosher salt	1 oz		6 Put the eggplant in a colander. Sprinkle with kosher salt. Let stand for 30 minutes. Rinse and drain thoroughly.	
Olive oil	4 oz		7 Heat oil in large skillet or steam kettle. Add the onions, eggplant and garlic. Cook, stirring occasionally, until tender, 10 to 12 minutes.	
Chopped garlic	2½ oz			
			8 Preheat convection oven to 350°F or conventional oven to 375°F.	
			9 Add the zucchini, squash and peppers to the pan. Cook, stirring occasionally, until most of the liquid is evaporated, 5 to 10 minutes.	
Diced tomatoes, canned (undrained)	1 lb 8 oz		10 Stir in tomatoes and their juice, salt, pepper, crushed red pepper, basil and oregano. Cook for 5 minutes.	
Table salt		1 Tblsp		
Ground black pepper		1½ tsp		
Crushed red pepper		¼ tsp		
Dried basil leaves	1 oz			
Dried oregano leaves		1 tsp		
			11 Divide between two 2-inch full hotel pans. Bake for 20 minutes.	

Roasted Cauliflower with Turmeric



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	67 kcal
Protein	2.14 g
Carbohydrate	5.63 g
Total Fat	4.69 g
Saturated Fat	0.69 g
Cholesterol	0 mg
Vitamin A	3.73 IU
Vitamin C	52.51 mg
Iron	0.58 mg
Calcium	25.78 mg
Sodium	126.50 mg
Dietary Fiber	2.30 g

EQUIVALENTS: ½ cup provides ½ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

"Did you know that caullflower comes in several colors: purple, green, orange and yellow? Serve a cauliflower rainbow!"

Roasted Cauliflower with Turmeric • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 400°F. Line 3 sheet pans with parchment paper.
Cauliflower	12 lb		2 Trim cauliflower and cut or break into 2-inch florets.
Olive oil		½ cup	3 Whisk olive oil, sesame oil, turmeric and salt in a large bowl. Add the cauliflower and toss to coat.
Sesame oil		½ cup	
Ground turmeric		3 Tblsp	
Kosher salt		1 Tblsp	
			4 Divide the cauliflower among the prepared sheet pans and spread in a single layer. Roast until golden, 18 to 20 minutes.

NOTES

- *Any combination of oil will work, including vegetable oil. You'll want 1 cup total.*
- *Wear rubber gloves so the turmeric doesn't stain your hands.*

Roasted Parsnip Chips

Fall Winter Spring Summer

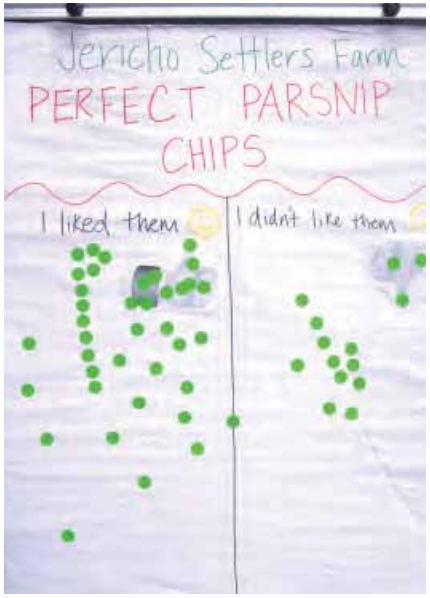
NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	109 kcal
Protein	1.04 g
Carbohydrate	7.43 g
Total Fat	8.84 g
Saturated Fat	1.34 g
Cholesterol	0 mg
Vitamin A	0.70 IU
Vitamin C	16.84 mg
Iron	0.28 mg
Calcium	48.55 mg
Sodium	164.72 mg
Dietary Fiber	2.94 g

EQUIVALENTS: ½ cup provides ½ cup starchy vegetable.

Recipe HACCP Process: #2 Same Day Service

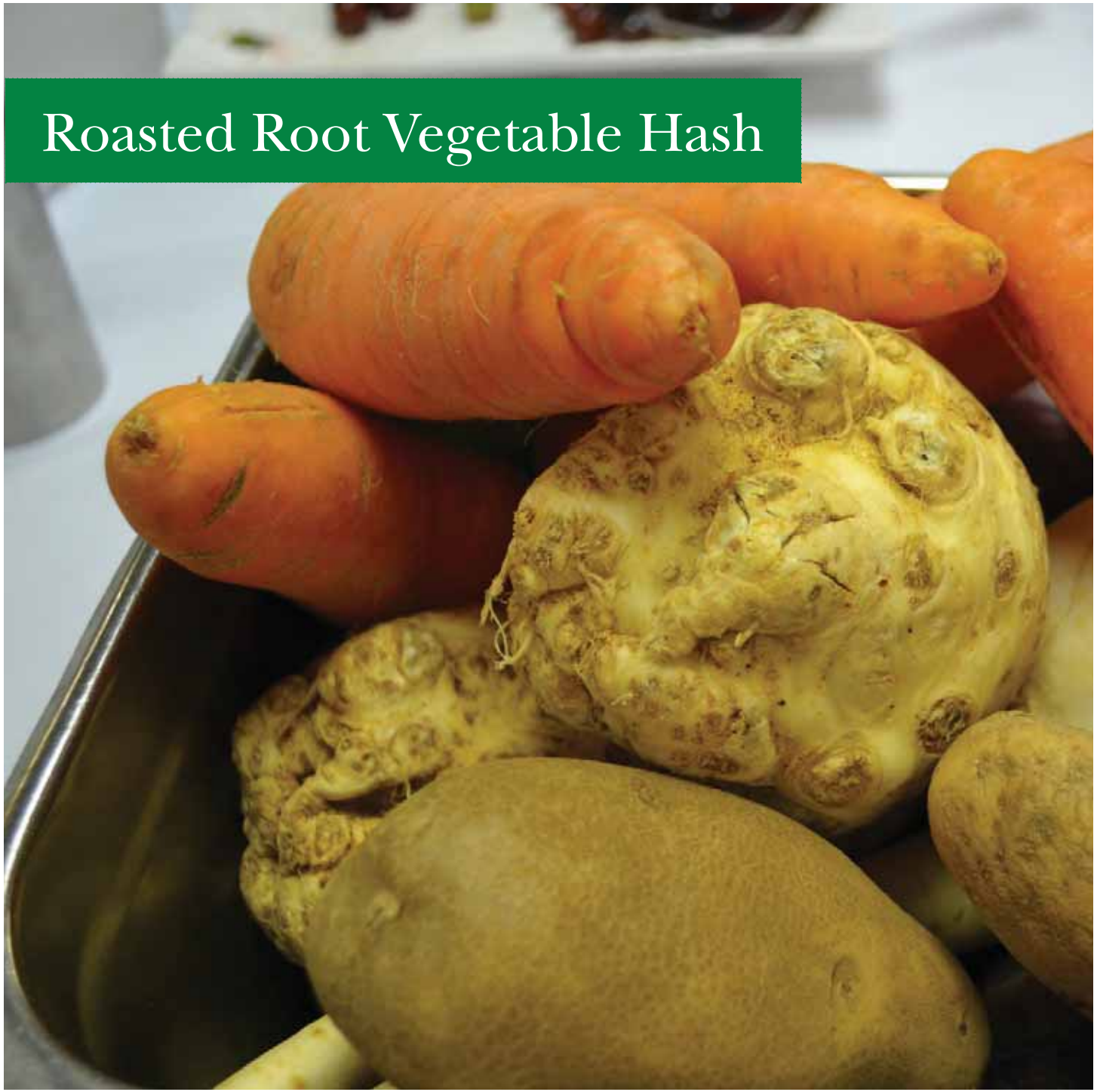


Roasted Parsnip Chips • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 375°F.
Parsnips	16 lb		2 Peel parsnips and slice in a food processor fitted with a #6 slicing blade or cut ¼-inch thick with a knife. Toss in a large bowl with oil, salt and pepper. Divide among 4 full sheet pans and spread evenly.
Vegetable oil		2 cups	
Table salt		1 Tblsp	
Ground black pepper		1 Tblsp	
			3 Bake for 15 minutes. Turn the parsnips then reposition the pans in the oven by turning end to end. Bake until golden brown, about 15 minutes more. Serve hot as chips or cold in the salad bar.

NOTES

Roasted Root Vegetable Hash



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	105 kcal
Protein	1.86 g
Carbohydrate	15.38 g
Total Fat	4.53 g
Saturated Fat	0.68 g
Cholesterol	0 mg
Vitamin A	6870.30 IU
Vitamin C	11.66 mg
Iron	1 mg
Calcium	39.35 mg
Sodium	170.29
Dietary Fiber	3.18

EQUIVALENTS: ½ cup provides ½ cup additional vegetable.

Recipe HACCP Process: #2 Same Day Service

"Mary Ann Webb at Currier Memorial School prepares recipes with after school program students. If they like a recipe, they present it at each classroom, and if it's a success, it is put on the lunch menu. These students have taken ownership of the process."

— BROOKE GANNON

Roasted Root Vegetable Hash • 52 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Beets	2 lb 8 oz		❶ Trim and peel beets, carrots and other root vegetables. Cut into ½-inch dice.	*Make a big batch of Beeman House Seasoning Blend to keep on hand. Store in an airtight container at room temperature. Use the following amounts:* • *½ cup paprika* • *½ cup onion powder* • *1 cup ground cumin* • *1 cup ground coriander* • *¼ cup salt* • *¼ cup garlic powder*
Carrots	2 lb 8 oz			
Other root vegetables (turnips, rutabaga, celeriac and/or parsnips)	2 lb 8 oz total			
Potatoes	2 lb 8 oz		❷ Cut potatoes and sweet potatoes into ½-inch dice.	
Sweet potatoes	2 lb 8 oz			
Yellow onions	1 lb	2 medium	❸ Trim and peel onions. Cut into ¼-inch dice.	
			❹ Preheat convection oven to 425°F.	
Water		3 qt	❺ Bring water to a boil in a 4 quart stockpot. Add beets and cook until you can just pierce them with a fork (but they are not fully tender), 12 to 15 minutes. Drain and transfer to a large bowl.	
Ground coriander		5 Tblsp + 1 tsp	❻ Meanwhile, mix coriander, cumin, onion powder, paprika, garlic powder and salt in a small bowl.	
Ground cumin		5 Tblsp + 1 tsp		
Onion powder		2 Tblsp + 1 tsp		
Paprika		2 Tblsp + 1 tsp		
Garlic powder		1 Tblsp + ½ tsp		
Kosher salt		1 Tblsp + ½ tsp		
Vegetable oil		1 cup	❼ Add the carrots, potatoes, sweet potatoes, other root vegetables, onions and oil to the beets. Sprinkle with the spice mixture and stir to coat. Divide between 2 full sheet pans and spread evenly. Roast, stirring once, until the vegetables are fork tender and beginning to brown and crisp on the edges, 40 to 45 minutes.	

Root Vegetable Gratin

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¾ cup

Amount per Serving	
Calories	225 kcal
Protein	6.46 g
Carbohydrate	34.69 g
Total Fat	7.22 g
Saturated Fat	1.77 g
Cholesterol	5.66 mg
Vitamin A	853.45 IU
Vitamin C	15.92 mg
Iron	1.33 mg
Calcium	154.71 mg
Sodium	317.00 mg
Dietary Fiber	3.43 g

EQUIVALENTS: ¾ cup provides .25 oz equiv grain/bread, ⅝ cup additional vegetable *or* ⅛ cup starchy vegetable (but not both) and ⅜ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

Root Vegetable Gratin • 50 servings (¾ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 350°F or conventional oven to 375°F. Line 4 full sheet pans with parchment paper. Coat two 2-inch full hotel pans with cooking spray.	*Use a Robo Coupe to quickly prep the vegetables.*
Russet potatoes	5 lb		2 Cut potatoes into ⅛-inch slices using a food processor fitted with a slicing blade or by hand.	
Sweet potatoes	5 lb		3 Peel sweet potatoes. Cut into ⅛-inch slices using a food processor fitted with a slicing blade or by hand.	
Butternut and/or acorn squash	5 lb		4 Peel, quarter and seed squash. Cut into ⅛-inch slices using a food processor fitted with a slicing blade or by hand.	
Vegetable oil		¼ cup, divided	5 Toss the potatoes, sweet potatoes and squash with ¼ cup oil, water and salt. Divide between the prepared sheet pans and spread in an even layer. Bake until the vegetables are tender, 10 to 15 minutes. Let cool to room temperature.	
Water		2 Tblsp		
Table salt		1½ Tblsp		
Enriched all-purpose flour		1½ cups	6 Heat the remaining 1 cup oil in a 7-qt saucepan over medium heat until slightly bubbling. Whisking constantly, gradually sprinkle flour over the oil and whisk until smooth. Cook, whisking constantly, for 5 minutes. Do not let burn. Whisking constantly, slowly add milk. Cook until slightly thickened, about 15 minutes.	
Milk, low-fat		1 gal		
Breadcrumbs, fresh or dried	7 oz	2 cups	7 Combine breadcrumbs and cheese in a small bowl.	
Grated Parmesan cheese		1 cup		
8 Layer the vegetables in the prepared hotel pans. Pour half of the sauce evenly over each pan of vegetables. Sprinkle each with half of the breadcrumb mixture.				
9 Bake until golden brown and a knife easily cuts through the layers, about 30 minutes. Let cool slightly and use a 6-oz spoodle or #6 disher to serve.				

Sesame-Roasted Green Beans

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¾ cup

Amount per Serving	
Calories	74 kcal
Protein	2.89 g
Carbohydrate	10.16 g
Total Fat	3.55 g
Saturated Fat	0.52 g
Cholesterol	0 mg
Vitamin A	939.89 IU
Vitamin C	16.60 mg
Iron	1.76 mg
Calcium	73.41 mg
Sodium	195.68 mg
Dietary Fiber	4.03 g

EQUIVALENTS: ¾ cup provides ¾ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

"Save money by bulk purchasing fresh produce during the harvest season, then blanching and freezing it to use during the winter."

— ABBIE NELSON

Sesame-Roasted Green Beans • 50 servings (¾ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 300°F or conventional oven to 325°F.
Green beans	15 lb		2 Trim green beans. Divide among 6 full sheet pans and spread in a single layer. Drizzle each pan of vegetables with 4 tsp oil and sprinkle with 1 tsp salt and ½ tsp pepper. Toss to coat. Bake for 15 minutes. Stir 4 tsp sesame seeds into each pan of vegetables and bake until the vegetables are starting to brown, 4 to 5 minutes more.
Olive oil or vegetable oil		½ cup	
Kosher salt		2 Tblsp	
Ground black pepper		1 Tblsp	
Sesame seeds, toasted		½ cup	

NOTES

- *You can also use asparagus or broccoli florets in place of the green beans.*
- *This recipe is best when asparagus or green beans are fresh and in season.*

Spaghetti Squash Bake

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	188 kcal
Protein	7.87 g
Carbohydrate	27.55 g
Total Fat	7.02 g
Saturated Fat	2.46 g
Cholesterol	9.76 mg
Vitamin A	4198.70 IU
Vitamin C	39.51 mg
Iron	1.95 mg
Calcium	224.93 mg
Sodium	253.02 mg
Dietary Fiber	4.83 g

EQUIVALENTS: ½ cup provides ½ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

Spaghetti Squash Bake • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			❶ Preheat convection oven to 400°F or conventional oven to 425°F. Line a full sheet pan with parchment paper. Coat two 2-inch full hotel pans with cooking spray.	*You can substitute 2 qt of prepared spaghetti or marinara sauce for the home-made sauce in this recipe.*
Spaghetti squash	30 lb		❷ Cut ends off spaghetti squash. Stand on one flat end and then cut spaghetti squash in half lengthwise. Remove seeds by gently scooping them out along with the strings that surround the seeds. (Do not remove the flesh of the squash.) Place each half cut side down on the prepared sheet pan. Bake until very tender when pierced with a fork and skin is beginning to brown slightly, about 45 minutes. Let cool then use a fork to scrape the squash out into strings. Divide between the prepared hotel pans (don't mash it, you want it to remain stringy.)	
Onions		6 small	❸ Meanwhile trim, peel and finely dice onions.	
Garlic		8 cloves	❹ Trim, peel and chop garlic.	
Olive oil		⅔ cup	❺ Heat oil in a large saucepan. Add the onions and cook over low heat until tender but not browned, 10 to 15 minutes. Add the garlic and continue to cook for 5 minutes more.	
Diced tomatoes, canned (drained)		1 #10 can	❻ Put tomatoes in a food processor fitted with a steel blade and pulse for about 30 seconds. (Alternatively, mash tomatoes in a large bowl with a potato masher.) Add the tomatoes to the pot with oregano, basil and salt. Bring to a steady simmer and cook until reduced to 2 qt, 20 to 30 minutes.	
Dried oregano leaves		2 tsp		
Dried basil leaves		1 Tblsp + 1 tsp		
Kosher salt		2 tsp		
			❼ Reduce oven temperature to 350°F (convection) or 375°F (conventional).	
Shredded part-skim Mozzarella cheese		2 quart	❼ Top each pan of squash with 1 qt sauce, spreading evenly over the top. Sprinkle each with 1 qt cheese. Bake until the cheese is melted and the sauce is bubbling, about 20 minutes. Serve hot or warm.	

Sweet Potato Hummus

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	158 kcal
Protein	4.89 g
Carbohydrate	28.75 g
Total Fat	2.93 g
Saturated Fat	0.41 g
Cholesterol	0 mg
Vitamin A	10092.98 IU
Vitamin C	7.41 mg
Iron	1.71 mg
Calcium	52.69 mg
Sodium	418.82 mg
Dietary Fiber	5.15 g

EQUIVALENTS: ½ cup provides ⅛ cup red/orange vegetable and ⅛ cup beans/legumes *or* .5 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #1 No Cook

"Frequent and varied opportunities for students to taste new foods can have a strong impact on participation down the road, and can have the added benefit of getting school staff involved."

— KATHY ALEXANDER

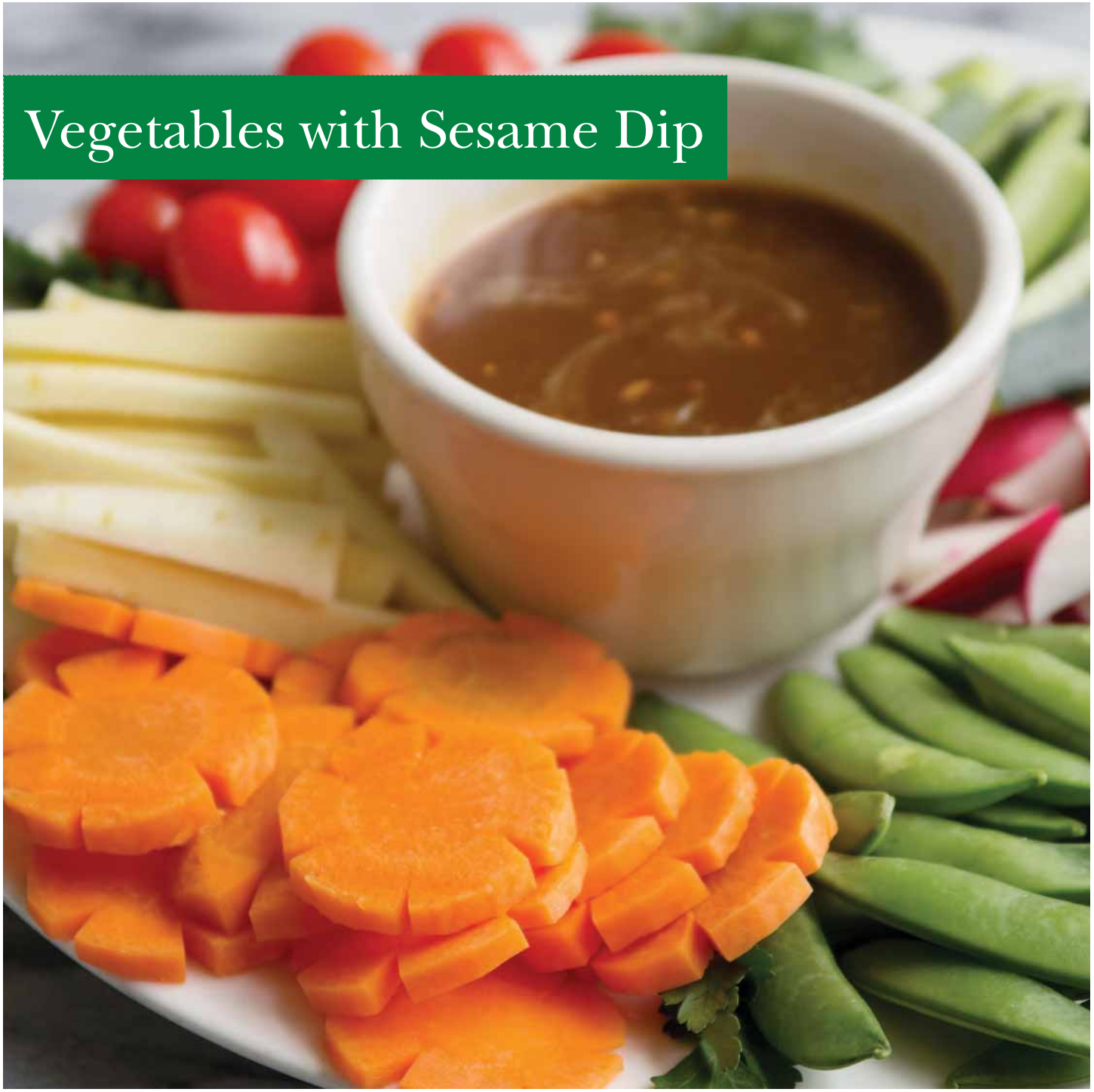
Sweet Potato Hummus • 58 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 400°F or conventional oven to 425°F. Line a full sheet pan with parchment paper.
Sweet potatoes	9 lb		2 Cut sweet potatoes in half and place cut side down on the prepared sheet pan. Bake until tender, about 45 minutes. Let cool slightly and peel. Place in a large stand mixer bowl.
Chickpeas, canned, rinsed and drained		1 #10 can	3 Purée chickpeas in batches in a food processor fitted with a steel blade until they are the consistency of a thick paste. Add to the sweet potatoes.
Orange juice		1½ cups	4 Add tahini (or sunbutter), orange juice, soy sauce, cumin, coriander, ginger, mustard, garlic powder and salt. Mix with a paddle attachment on medium speed until well blended, scraping down the sides of the bowl occasionally. Stir in parsley (if using).
Tahini or sunbutter		¾ cup	
Soy sauce		⅓ cup	
Ground cumin		3 Tblsp	
Ground coriander		3 Tblsp	
Ground ginger		3 Tblsp	
Ground mustard seed		3 Tblsp	
Garlic powder		3 Tblsp	
Table salt		1 Tblsp	
Chopped fresh parsley *(optional)*		1 cup	

NOTES

- *Offer as a condiment for falafel or as a substitute for hummus on the salad bar.*
- *For a chunkier result, add the whole chickpeas to the mixing bowl with the sweet potatoes.*
- *This recipe is easily cut in half.*

Vegetables with Sesame Dip



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup + 1 Tblsp dip

Amount per Serving	
Calories	64 kcal
Protein	1.44 g
Carbohydrate	8.32 g
Total Fat	3.01 g
Saturated Fat	0.33 g
Cholesterol	0 mg
Vitamin A	48.86 IU
Vitamin C	19.46 mg
Iron	0.88 mg
Calcium	19.41 mg
Sodium	3.41 mg
Dietary Fiber	0.84 g

EQUIVALENTS: ½ cup provides ½ cup other vegetable.

Recipe HACCP Process: #1 No Cook

"Involving students in food production, delivery, preparation and/or service is a transformative experience and proves to be very influential in how they think about food choices."

— MOLLIE SILVER

Vegetables with Sesame Dip • 50 servings (½ cup vegetables + 1 Tblsp dip)

INGREDIENTS	WEIGHT	MEASURE
Snap peas	16 lb	25 cups
Honey		1 cup
Low-sodium tamari or soy sauce		1 cup
Ground ginger		2 Tblsp
Canola oil		⅓ cup
Sesame oil		⅓ cup
Lemon juice		¼ cup
Lemon zest		1 tsp

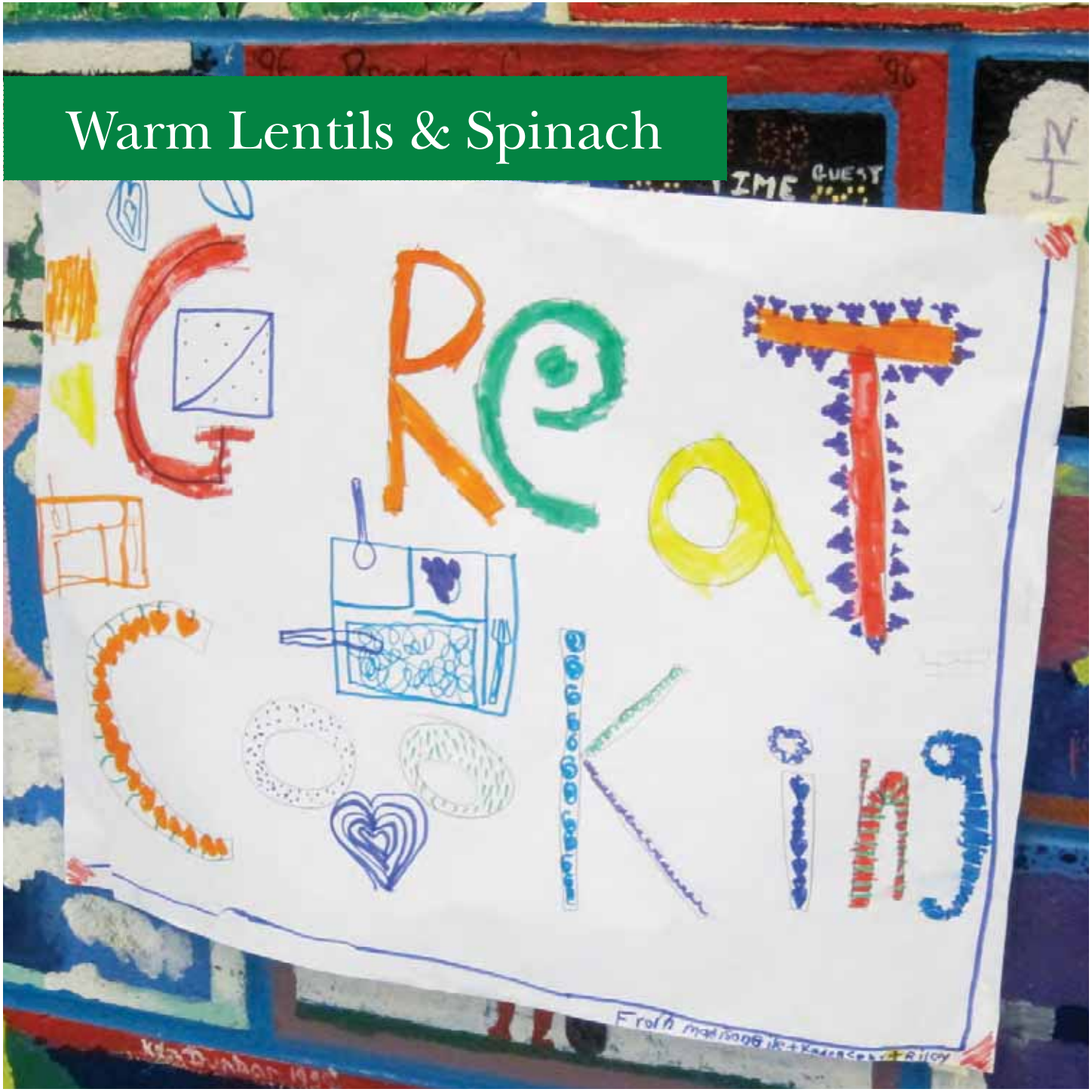
METHOD

1. Remove strings from snap peas.
2. Process honey, tamari (or soy sauce), ginger, canola oil, sesame oil, lemon juice and zest in a food processor fitted with a steel blade until smooth. Serve with the snap peas.

NOTES

Use other cut up vegetables in place of the snap peas. You'll need 25 cups.

Warm Lentils & Spinach



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	195 kcal
Protein	14.14 g
Carbohydrate	26.71 g
Total Fat	4.63 g
Saturated Fat	0.60 g
Cholesterol	1.82 mg
Vitamin A	13629.56 IU
Vitamin C	43.73 mg
Iron	6.72 mg
Calcium	172.21 mg
Sodium	543.81 mg
Dietary Fiber	13.18 g

EQUIVALENTS: ½ cup provides ⅛ cup dark green vegetable and ⅜ cup beans/legumes *or* 1.5 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

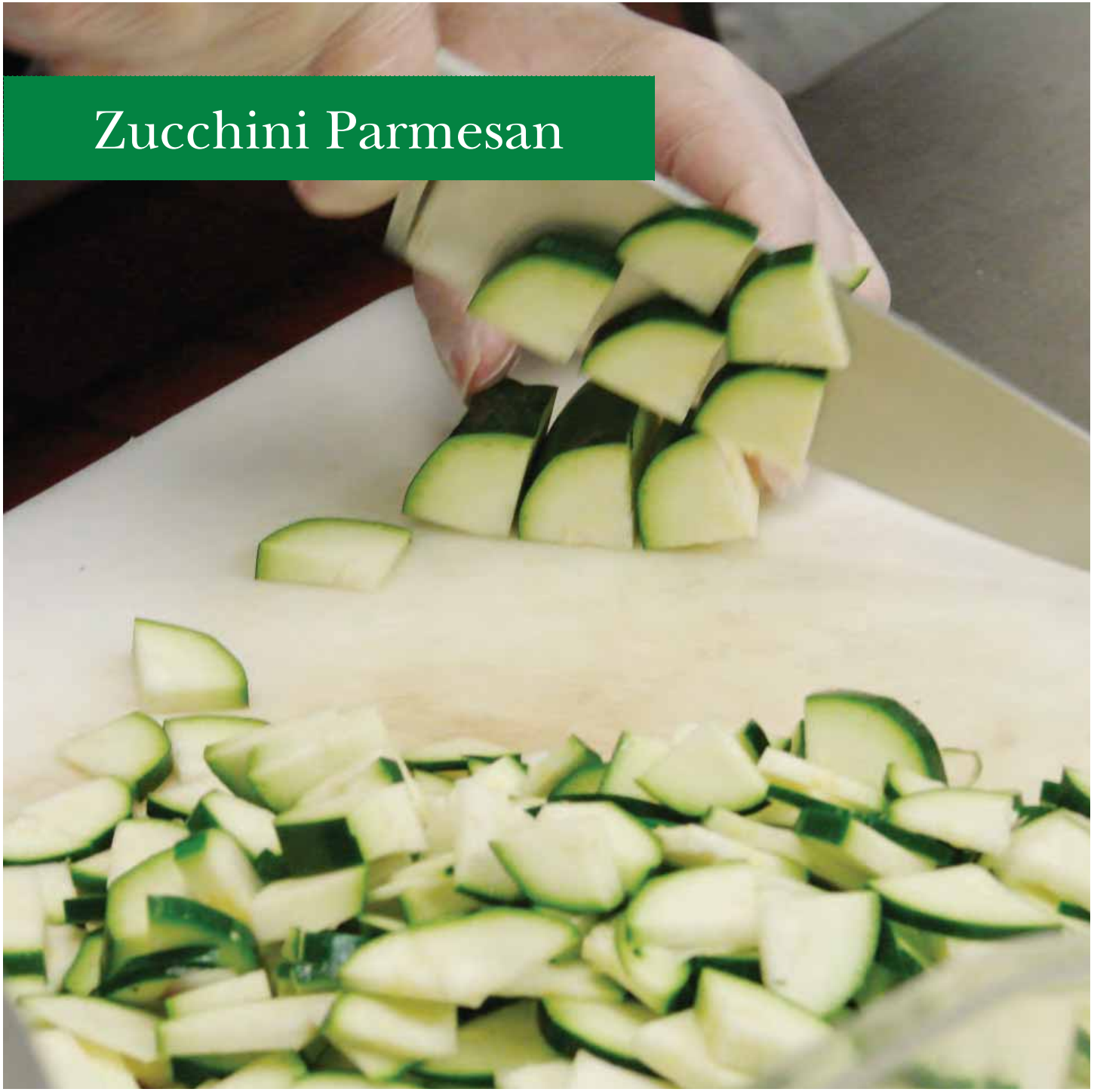
"We have introduced legumes into our menu over the past three years. It has been a challenge for some students, but this year there has been a slight increase in children trying beans. Baby steps!"

— KAREN RUSSO

Warm Lentils & Spinach • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Fresh spinach	16 lb		1 Trim spinach stems and chop.	*Substitute 8 pounds of frozen chopped spinach for the fresh if you'd like. Add about halfway through the cooking time in Step 2.*
Olive oil		¾ cup	2 Heat oil in 20-qt brazier or stock pot over medium heat. Add onions and cook, stirring frequently, until tender, 3 to 5 minutes. Add garlic, and cook, stirring, for 1 minute. Add the spinach, broth, lentils, salt and cumin; bring to slow boil. Cover and simmer, stirring frequently until the lentils are tender, 30 to 45 minutes.	
Chopped onions (small dice)		1 qt		
Minced garlic		⅔ cup		
Low-sodium chicken broth		1½ gal		
Dried brown lentils	3 lb 8 oz	1½ qt		
Kosher salt		¼ cup		
Ground cumin		¼ cup		
			3 Pour into 4-inch full hotel pan and hold for service.	

Zucchini Parmesan



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	119 kcal
Protein	8.02 g
Carbohydrate	10.79 g
Total Fat	4.51 g
Saturated Fat	2.15 g
Cholesterol	11.77 mg
Vitamin A	640.09 IU
Vitamin C	3.14 mg
Iron	0.86 mg
Calcium	192.76 mg
Sodium	531.62 mg
Dietary Fiber	2.86 g

EQUIVALENTS: ½ cup provides ½ cup other vegetable, ¼ cup red/orange vegetable and .25 oz equiv meat/ meat alternate.

Recipe HACCP Process: #2 Same Day Service

"It looks familiar, like lasagna, so kids will try it!"

— LINDA WHEELOCK

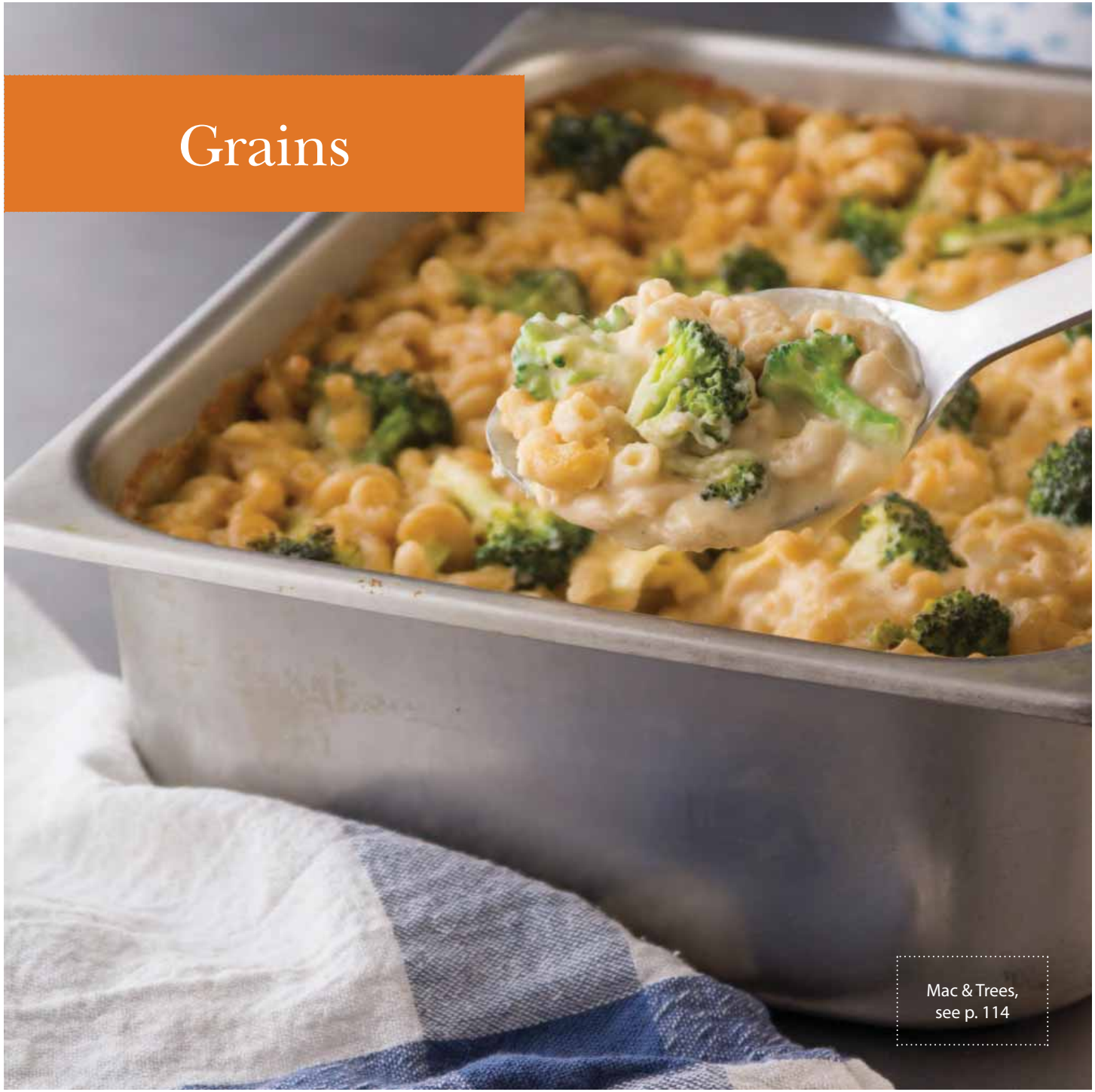
Zucchini Parmesan • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 350°F. Coat two 2-inch full hotel pans with cooking spray.
Zucchini	12 lb		2 Trim zucchini and cut into ⅜-inch slices in a food processor fitted with a 10mm slicing blade (or by hand).
Onions	2 lb		3 Trim, peel and slice onions.
Garlic		8 cloves	4 Trim, peel and thinly slice garlic.
Prepared marinara, spaghetti or tomato sauce		1 gal	5 Dividing ingredients evenly between the two pans, layer half the zucchini, all of the onion and garlic, then the remaining zucchini. Divide sauce between the pans. Cover and bake until just tender, about 20 minutes.
Shredded part-skim mozzarella cheese	1 lb		6 Uncover and sprinkle with mozzarella and Parmesan cheeses. Bake, uncovered, until the cheese is melted and bubbly, 5 to 10 minutes more.
Grated Parmesan cheese		1 qt	

NOTES

Try the marinara sauce from Spaghetti Squash Bake (p. 90) or Kitchen Sink Pasta Sauce (p. 76) in this recipe.

Grains



Mac & Trees,
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Arugula Lemon Pesto Pasta Salad

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	286 kcal
Protein	13.18 g
Carbohydrate	41.19 g
Total Fat	9.37 g
Saturated Fat	2.32 g
Cholesterol	7.04 mg
Vitamin A	224.39 IU
Vitamin C	5.87 mg
Iron	2.84 mg
Calcium	155.51 mg
Sodium	326.74 mg
Dietary Fiber	6.78 g

EQUIVALENTS: 1 cup provides ¼ cup dark green vegetable, ¼ cup other vegetable and 1.5 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

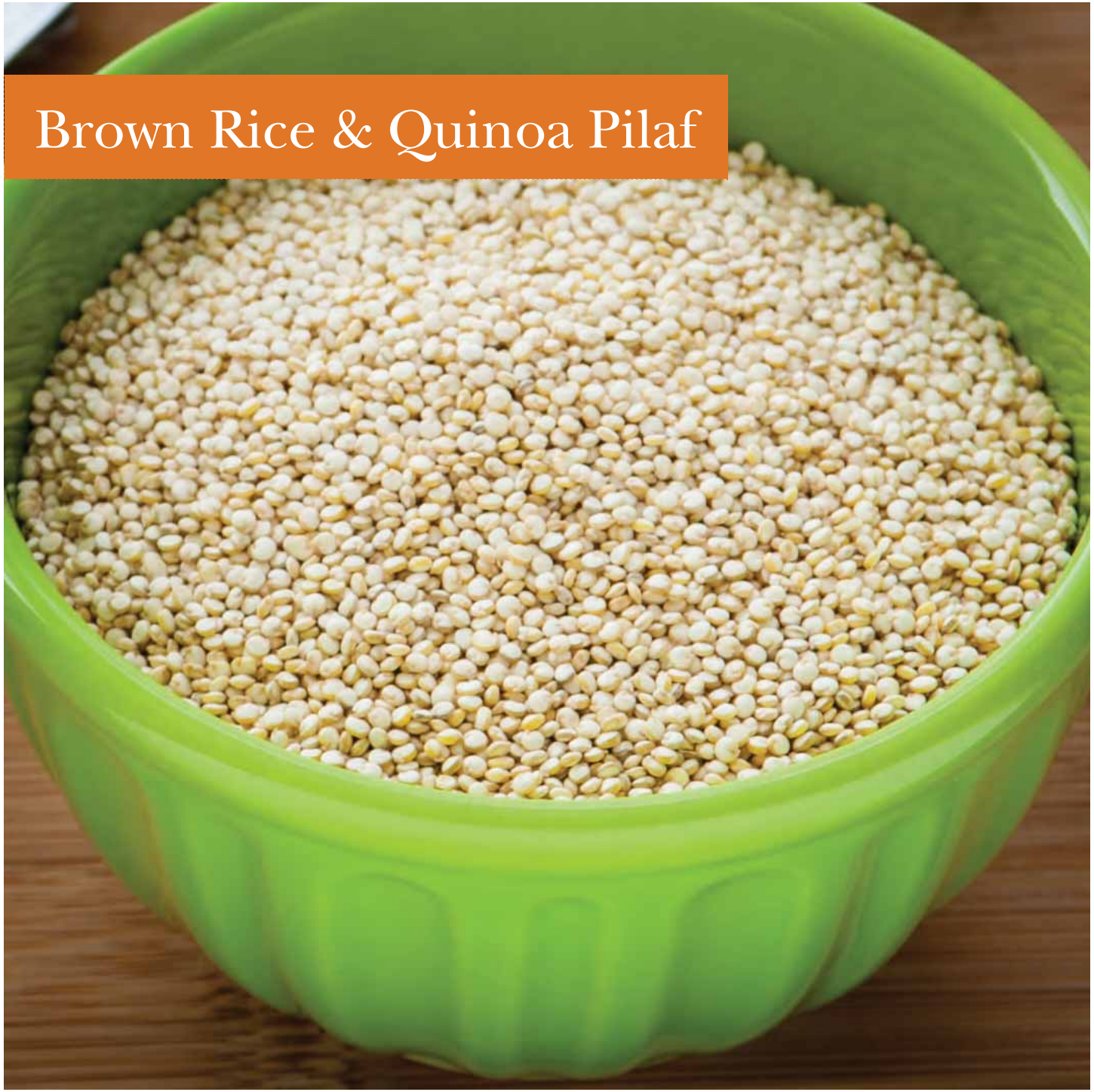
"By using USDA Food items with local foods, we can use the savings to balance the potentially higher cost of local foods."

— KATHY ALEXANDER

Arugula Lemon Pesto Pasta Salad • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Water		6 gal	1 Bring water and 2 Tblsp salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. Drain and rinse with cold water.	*Use a combination of arugula and basil or all basil to make the pesto.*
Table salt		3 Tblsp + 1 tsp, divided		
Whole wheat rotini or penne pasta	4 lb			
Garlic		24 cloves	2 Trim and peel garlic cloves.	
Lemons		4 medium	3 Zest and juice lemons.	
Fresh arugula or spinach leaves		3 qt (packed)	4 Purée arugula (or spinach), garlic, sunflower seeds, Parmesan and the lemon zest in a food processor fitted with a steel blade until smooth. While the motor is running, add oil and the lemon juice. Process until combined.	
Sunflower seeds		1 qt		
Grated Parmesan cheese		1 qt		
Olive oil		1 cup		
White beans, canned, rinsed and drained		2 qt	5 Combine the drained pasta, pesto, beans, tomatoes, onions, the remaining 1 Tblsp plus 1 tsp salt and pepper in a large bowl. Toss to combine.	
Sliced sundried tomatoes (not packed in oil, ¼-inch slices)		1 qt		
Finely chopped red onions		2 cups		
Ground black pepper		1 Tblsp + 1 tsp		

Brown Rice & Quinoa Pilaf



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	263 kcal
Protein	12.52 g
Carbohydrate	37.83 g
Total Fat	6.76 g
Saturated Fat	3.24 g
Cholesterol	14.64 mg
Vitamin A	164.19 IU
Vitamin C	0.74 mg
Iron	1.49 mg
Calcium	249.82 mg
Sodium	374.16 mg
Dietary Fiber	2.62 g

EQUIVALENTS: ½ cup provides 1 oz equiv WGR grain and .75 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

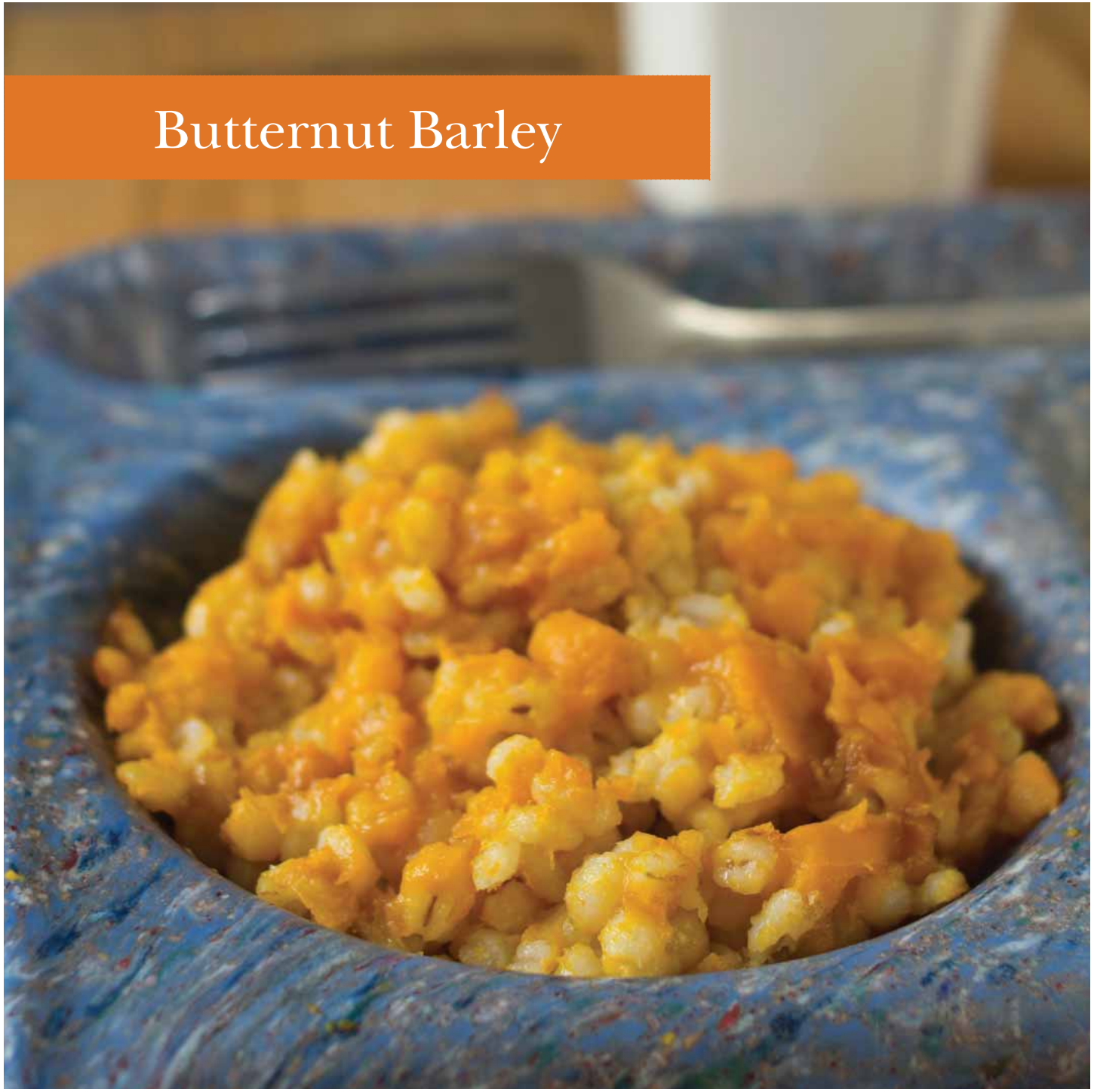
"Quinoa is a grain-like crop that is native to South America. It is high in protein, and it also comes in brown and black!"

— ABBIE NELSON

Brown Rice & Quinoa Pilaf • 36 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 350°F.	
Onion	10 oz	1 large	2 Peel onion and finely chop in a food processor fitted with a steel blade (or by hand).	
Water		3 qt	3 Combine water, rice and 1 Tblsp salt in a full hotel pan. Cover with parchment paper then foil. Bake until the liquid is absorbed and rice is cooked, 50 to 60 minutes.	
Brown rice		1½ qt		
Kosher salt		1 Tblsp + 1 tsp, divided		
Quinoa, rinsed and drained		3 cups	4 Meanwhile, coat a full 2-inch hotel pan with cooking spray. Add quinoa, broth, the onion, garlic, thyme, the remaining 1 tsp salt and pepper; stir to combine. Cover with parchment paper then foil. Bake until the liquid is absorbed and the quinoa is fluffy, 30 to 35 minutes.	
Low-sodium chicken broth or vegetable broth		1½ qt		
Minced garlic		3 Tblsp		
Dried thyme leaves		2 tsp		
Ground black pepper		½ tsp		
Shredded reduced-fat Cheddar cheese		1 qt	5 Stir the quinoa into the rice. Sprinkle with cheese and bake until it's melted, about 5 minutes. Serve immediately, or hold at 135°F in a steam table until ready to serve.	

Butternut Barley



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	88 kcal
Protein	2.21 g
Carbohydrate	17.49 g
Total Fat	1.41 g
Saturated Fat	0.78 g
Cholesterol	3.05 mg
Vitamin A	349.88 IU
Vitamin C	2.79 mg
Iron	0.64 mg
Calcium	13.69 mg
Sodium	92.64 mg
Dietary Fiber	3.46 g

EQUIVALENTS: ½ cup provides 1 oz equiv grain/bread.

Recipe HACCP Process: #2 Same Day Service

Butternut Barley • 30 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 350°F.
Butternut squash	1 lb 8 oz		2 Cut squash in half lengthwise and place cut side down on a half sheet pan. Bake until soft, 30 to 35 minutes. When cool, scoop out flesh and purée in a food processor.
Boiling water		1 qt + 3½ cups	3 Combine the squash purée, water, barley, butter and salt in 2-inch deep full hotel pan. Mix until well combined. Cover tightly with plastic wrap then foil. (You want the pan to be airtight to keep in the moisture.)
Pearled barley	1 lb 8 oz	3 cups	
Salted butter		3 Tblsp	
Kosher salt		1½ tsp	
			4 Bake for 1 hour. Uncover and stir. It should be creamy and barley should be soft but not mushy. If it seems too watery, recover and bake for 20 minutes more.

NOTES

- *Refrigerate roasted squash for up to 3 days or freeze for up to 3 months.*
- *If you already have roasted squash, skip Step 2 and use 1½ cups in Step 3.*

Carrot & Quinoa Muffins

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 muffin

Amount per Serving	
Calories	217 kcal
Protein	4.45 g
Carbohydrate	26.82 g
Total Fat	10.67 g
Saturated Fat	1.57 g
Cholesterol	31.61 mg
Vitamin A	2127.08 IU
Vitamin C	0.84 mg
Iron	1.25 mg
Calcium	46.98 mg
Sodium	317.82 mg
Dietary Fiber	2.18 g

EQUIVALENTS: 1 muffin provides 1 oz equiv WGR grain and ⅛ cup red/orange vegetable (or ⅛ cup starchy vegetable if using parsnips).

Recipe HACCP Process: #2 Same Day Service

"Of all the muffin recipes we tried, this was my favorite! So moist and filling."

— AMY GIFFORD

Carrot & Quinoa Muffins • 48 servings (1 muffin)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Water		2⅔ cups	1 Bring water to a boil in a large saucepan. Add quinoa, reduce heat to a simmer and cook until tender, 15 to 20 minutes. Spread on a sheet pan and let cool.	• *Try this recipe with an equal amount of parsnips in place of the carrots plus 2 tsp ground coriander.*
Quinoa, rinsed and drained		1⅓ cup		
			2 Preheat convection oven to 375°F or conventional oven to 400°F. Line 48 muffin tins with muffin tin liners. Coat the muffin tin liners with cooking spray.	***Make ahead:*** • *Refrigerate cooked quinoa up to 3 days in advance.* • *Refrigerate shredded carrots up to 1 day in advance.* • *Mix dry ingredients and store at room temperature for up to 3 days.* • *Mix wet ingredients and refrigerate for up to 1 day.*
Whole-wheat flour	1 lb	3 cups	3 Sift whole-wheat flour, all-purpose flour, baking soda, cinnamon and salt in a large bowl.	
Enriched all-purpose flour	1 lb	3 cups		
Baking powder		¼ cup		
Ground cinnamon		3 Tblsp		
Kosher salt		1 Tblsp		
Eggs		8 large	4 Whisk eggs in another large bowl. Add oil, sugar, yogurt and orange zest; whisk until smooth. Fold the dry ingredients into the wet ingredients and stir to just combine (be careful not to overmix the batter.)	
Vegetable oil		2 cups		
Brown sugar		2 cups (packed)		
Low-fat yogurt, plain or vanilla		2 cups		
Zest of 2 oranges				
Grated carrots		1 qt + 1½ cups	5 Stir carrots and the cooked quinoa into the batter until they are just incorporated.	
			6 Fill the prepared muffin tins with the batter. Bake until a knife comes out clean when inserted in the center, 20 to 25 minutes.	

Fluffy Whole-Wheat Buttermilk Biscuits

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 biscuit

Amount per Serving	
Calories	174 kcal
Protein	4.33 g
Carbohydrate	21.73 g
Total Fat	8.10 g
Saturated Fat	4.85 g
Cholesterol	34.38 mg
Vitamin A	249.52 IU
Vitamin C	0.19 mg
Iron	1.14 mg
Calcium	34.84 mg
Sodium	347.87 mg
Dietary Fiber	1.93 g

EQUIVALENTS: 1 biscuit provides 1.25 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

"Many schools stress the importance of healthy meals and snacks, even providing fresh fruits and whole grains during test weeks. Make sure this is encouraged and supported year-round when the students are learning all of the great things that they will be tested on."

— BROOKE GANNON

Fluffy Whole-Wheat Buttermilk Biscuits • 50 servings (1 biscuit)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 325°F or conventional oven to 400°F. Line 2 full sheet pans with parchment paper.	
Whole-wheat flour	1 lb 12 oz	1 quart + 1½ cups	2 Whisk together whole-wheat flour, all-purpose flour, sugar, baking powder and salt in a large bowl. Cut butter into the dry ingredients until it's the size of small peas. Stir in buttermilk and eggs just until incorporated (do not over mix).	
Enriched all-purpose flour	1 lb 12 oz	1 quart + ¾ cup		
Granulated sugar	4 oz	½ cup		
Baking powder	2 oz	¼ cup		
Table salt		1 Tblsp		
Butter, unsalted, cold, cut into pieces	1 lb	2 cups		
Buttermilk		1 quart		
Eggs		4 large		
			3 Using a #20 scoop, portion biscuits onto the prepared pans. Bake until golden brown, 20 to 25 minutes.	

Fruit & Bran Muffins

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 muffin

Amount per Serving	
Calories	164 kcal
Protein	3.61 g
Carbohydrate	36.29 g
Total Fat	1.24 g
Saturated Fat	0.42 g
Cholesterol	22.02 mg
Vitamin A	264.52 IU
Vitamin C	15.23 mg
Iron	4.80 mg
Calcium	59.97 mg
Sodium	381.97 mg
Dietary Fiber	3.34 g

EQUIVALENTS: 1 muffin provides 1.5 oz equiv WGR grain and ⅛ cup fruit.

Recipe HACCP Process: #2 Same Day Service

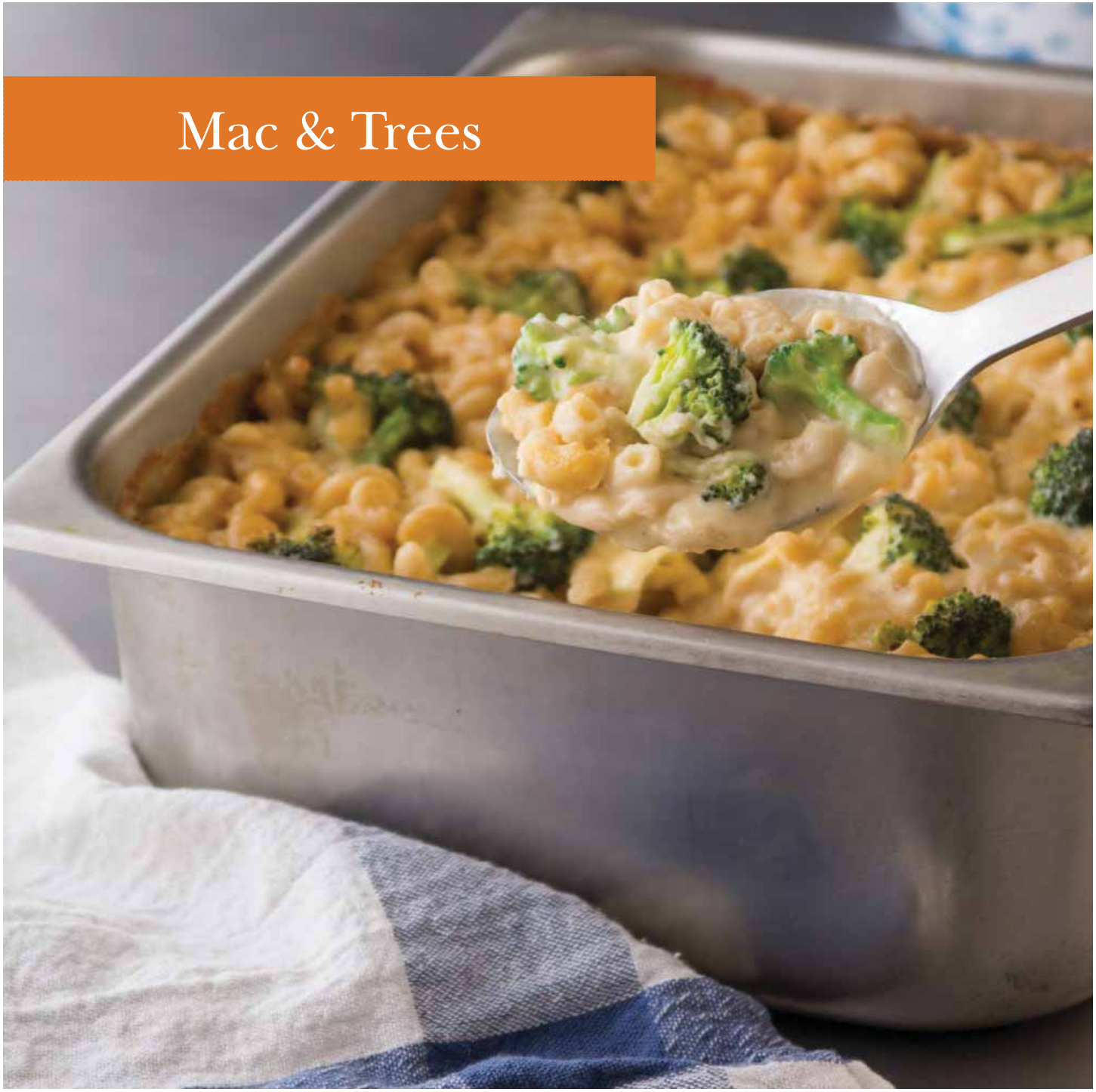
Fruit & Bran Muffins • 36 servings (1 muffin)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Bran cereal		1½ qt	1 Combine cereal and milk in a large bowl; let stand for 15 minutes.
Lowfat milk or lowfat butter-milk		1 qt	
Whole-wheat flour		1 qt	2 Add flour, sugar, applesauce, eggs, baking soda, baking powder, vanilla and salt. Mix until just combined.
Brown sugar		2⅔ cups (packed)	
Applesauce		2 cups	
Eggs		4 large	
Baking soda		1 Tblsp + 1 tsp	
Baking powder		1 Tblsp + 1 tsp	
Vanilla extract		2 tsp	
Kosher salt		2 tsp	
Fresh blueberries		1 qt + ⅓ cup	3 Fold in blueberries, cover and refrigerate at least 1 hour or overnight.
			4 Preheat convection oven to 375°F or conventional oven to 400°F. Coat 36 muffin tin cups with cooking spray or use muffin tin liners.
			5 Scoop about 3 Tblsp batter into each prepared muffin tin. Bake until the muffin tops spring back lightly when tapped, 15 to 20 minutes.

NOTES

- *To make Tropical Bran Muffins, substitute banana purée for the applesauce and small diced fresh banana for the blueberries. Mix in coconut flakes to taste if you'd like.*
- *You can use frozen blueberries in this recipe. Thaw and drain excess liquid and add to the batter just before you're ready to scoop and bake.*
- *You can make the batter up to 1 day in advance.*
- *You can use reconstituted dry milk in place of low-fat milk.*

Mac & Trees



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	353 kcal
Protein	22.39 g
Carbohydrate	30.66 g
Total Fat	16.55 g
Saturated Fat	10.25 g
Cholesterol	49.04 mg
Vitamin A	897.66 IU
Vitamin C	20.30 mg
Iron	1.52 mg
Calcium	614.95 mg
Sodium	856.21 mg
Dietary Fiber	3.27 g

EQUIVALENTS: 1 cup provides 1.5 oz equiv meat/meat alternate, 1 oz equiv WGR grain and ⅛ cup dark green vegetable.

Recipe HACCP Process: #2 Same Day Service

NOTES

USDA frozen broccoli works well in this recipe, add to pasta water, just before draining to thaw.

Mac & Trees • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 325°F or conventional oven to 350°F.
Broccoli	2 lb 8 oz		2 Trim broccoli and cut into ½-inch pieces.
Water		2 gal	3 Bring water and 5 tsp salt to a boil in a large stockpot. Cook pasta for 5 minutes. Add the broccoli and cook until the pasta is slightly underdone, about 2 minutes more. Drain and transfer to a large bowl.
Kosher salt		3 Tblsp + 1 tsp, divided	
Whole-wheat macaroni	2 lb 10 oz	2 qt + 1½ cups	
Low fat-milk		1 gal + 1 qt	4 Warm milk in a large pot over low heat.
Enriched all-purpose flour	12 oz	2¼ cups	5 Whisk together flour, the remaining 5 tsp salt, mustard, paprika and pepper in a large bowl.
Ground mustard seed		1 Tblsp	
Paprika		1 Tblsp	
Ground black pepper		1 tsp	
Salted butter	12 oz	1½ cups	6 Melt butter in a large stockpot over low heat. Increase heat to medium. Whisk in the flour mixture and cook, whisking constantly, for 2 minutes. Do not brown. Slowly whisk the warm milk into the flour mixture, whisking constantly. Cook, stirring, until the sauce is smooth and slightly thickened, about 7 minutes.
Garlic powder		2 Tblsp	7 Stir in garlic powder, onion powder, Worcestershire sauce, Cheddar and Parmesan. Cook, stirring, until the cheeses are melted, about 5 minutes. Remove from the heat.
Onion powder		2 Tblsp	
Worcestershire sauce		2 Tblsp	
Shredded reduced-fat Cheddar cheese	5 lb 4 oz		
Grated Parmesan cheese		1½ cups	
			8 Pour the sauce over the pasta and broccoli stir to combine. Divide between two 4-inch full hotel pans. Spray underside of sheets of foil with cooking spray and tightly cover the pans.
			9 Bake in a convection oven for 25 minutes or conventional oven for 30 minutes.

"If your pots are anything like mine, which is to say, not the greatest, save the lids off some #10 cans to use as heat diffusers (make sure they are unleaded cans). Place 2 to 3 lids on the burner under your pot when cooking anything that has a tendency to stick — like a white sauce. The lids will help distribute the heat more evenly and save scrubbing in the end." — LINDA WHEELOCK

Oatmeal Pancakes

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 oz pancake + 1 Tblsp maple syrup

Amount per Serving	
Calories	187 kcal
Protein	5.05 g
Carbohydrate	27.36 g
Total Fat	6.39 g
Saturated Fat	1.29 g
Cholesterol	31.33 mg
Vitamin A	62.68 IU
Vitamin C	0.40 mg
Iron	0.93 mg
Calcium	80.80 mg
Sodium	539.65 mg
Dietary Fiber	1.97 g

EQUIVALENTS: 1 pancake provides 1 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

"Farmers love that we're buying from them and are very receptive. Many love coming to schools to talk with students."

Oatmeal Pancakes • 50 servings (1 oz pancake & 1 Tblsp maple syrup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Rolled oats		2 qt, divided	1 Grind 1 qt plus 2 cups rolled oats in a food processor fitted with a steel blade until the mixture resembles coarse flour, 1 to 2 minutes.
Whole wheat flour		2 cups	2 Whisk together the ground oats, whole oats, flour, sugar, baking powder, cinnamon, salt and baking soda in a large bowl.
Granulated sugar		2½ Tblsp	
Baking powder		1 Tblsp + 2 tsp	
Ground cinnamon		1 Tblsp + 1 tsp	
Kosher salt		4 tsp	
Baking soda		1 Tblsp	
Eggs		8 large	3 Beat eggs in another large bowl until well blended. Whisk in buttermilk and oil; mix well.
Buttermilk		2 quarts	
Vegetable oil		1 cup	
4 Fold the wet ingredients into the dry ingredients and mix until the batter looks lumpy and wet. (Don't overmix.) There should be some lumps that are ½-inch or less. Let the batter rest for 15 minutes. (The batter will look less wet as it sits and as the oats absorb more of the moisture.)			
5 Meanwhile, preheat griddle to medium-low.			
6 Make sure your griddle is hot enough by sprinkling a few drops of water on it. The water should instantly bubble up and steam off. When it is ready, coat liberally with cooking spray and make a test pancake using a 2-oz ladle. Flip the pancake when the top side begins to bubble and the edges look dry, 1 to 2 minutes. Cook until the other side is brown and the inside is fully cooked, about 1 minute more. If your test pancake sticks to the griddle, increase heat slightly and use more spray. If the pancake burns, reduce the heat. Cook the pancakes as you did the test pancake until all of the batter is used, adjusting heat as necessary.			
Pure Vermont maple syrup		3 cups + 2 Tblsp	7 Serve the pancakes with maple syrup.

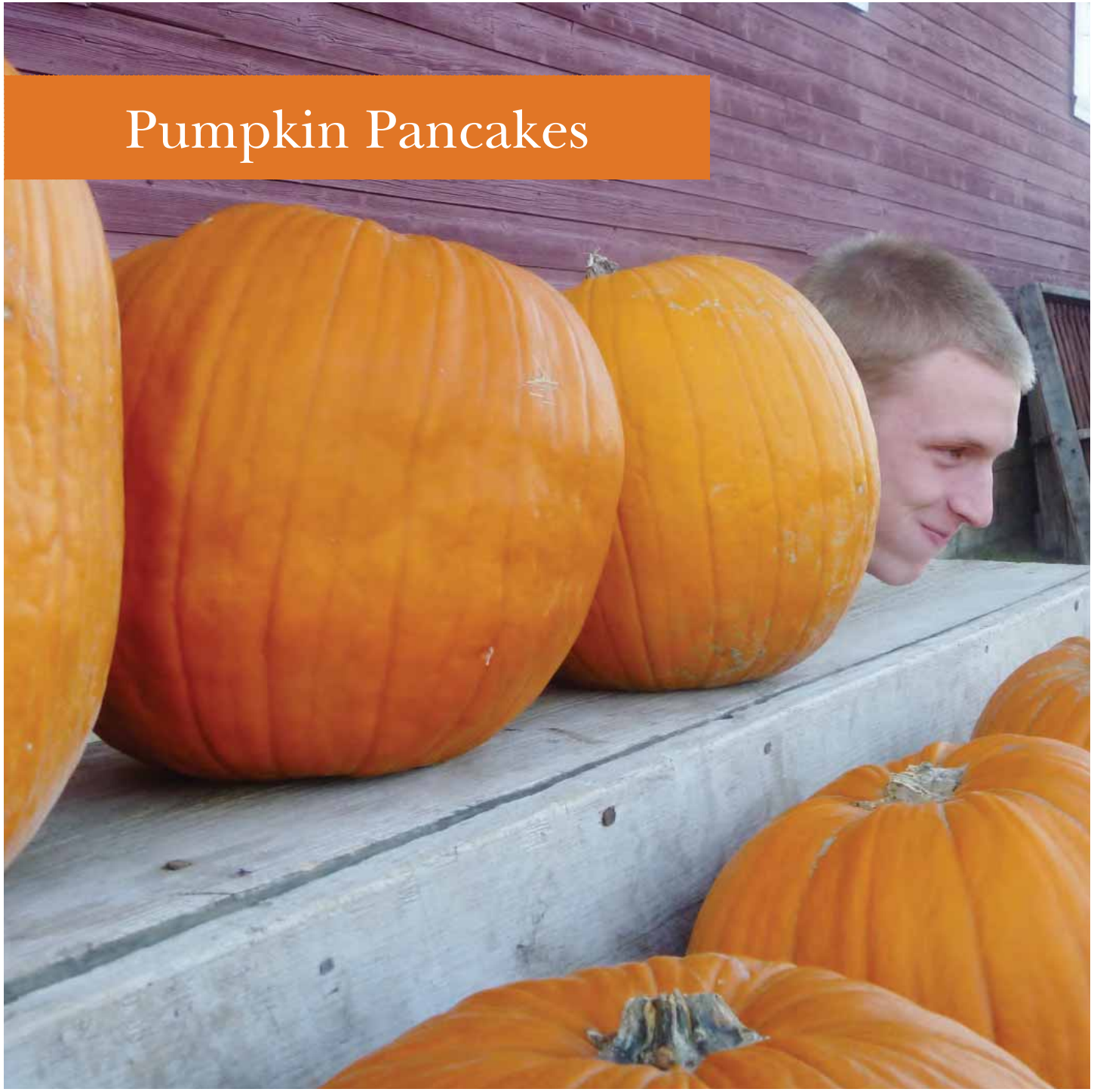
NOTES

Make ahead tips:

- *Mix dry ingredients and store in an airtight container for up to 3 days. Mix wet ingredients and refrigerate in an airtight container for up to 1 day.*
- *Make extra oat flour and store it in the freezer to add to muffins and quick breads.*

Roger Brown of Slopeside Syrup visits Richmond Elementary School.

Pumpkin Pancakes



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 2 pancakes

Amount per Serving	
Calories	240 kcal
Protein	8.34 g
Carbohydrate	28.68 g
Total Fat	10.84 g
Saturated Fat	2.04 g
Cholesterol	61.38 g
Vitamin A	4673.42 IU
Vitamin C	1.26 mg
Iron	1.82 mg
Calcium	104.96 mg
Sodium	819.80 mg
Dietary Fiber	3.14 g

EQUIVALENTS: 2 pancakes provide 1.5 oz equiv WGR grain and .75 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

"Principals reported a decrease in stomach aches, headaches, and even behavioral problems when the students are consuming a healthy school breakfast."

— BROOKE GANNON

Pumpkin Pancakes • 50 servings (2 pancakes)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Whole wheat flour		1½ quart	1 Whisk together whole-wheat flour, all-purpose flour, brown sugar, baking powder and salt in a large mixing bowl.	
Enriched all-purpose flour		1 quart		
Brown sugar		1 cup (lightly packed)		
Baking powder		⅔ cup		
Kosher salt		2 Tblsp + 2 tsp		
Nonfat cottage cheese		1 quart	2 Blend cottage cheese in food processor fitted with a steel blade until smooth. Transfer to a large bowl. Add milk, eggs, pumpkin, cinnamon, ginger and nutmeg; whisk until combined.	
Nonfat milk		2 quarts + 2⅔ cups		
Eggs		16 large		
Pumpkin purée		1½ quarts		
Ground cinnamon		2 Tblsp + 2 tsp		
Ground ginger		1 Tblsp + 1 tsp		
Ground nutmeg		4 tsp		
			3 Mix the wet ingredients into the dry ingredients, stirring thoroughly to blend.	
Vegetable oil		2 cups	4 Heat griddle to medium-high. Brush the griddle with some oil. Using a 3-oz scoop, pour batter onto the griddle. Cook until bubbles form on top, 3 to 5 minutes. Turn and cook until browned on the other side, about 3 minutes more. Repeat with remaining batter and oil.	

Pumpkin Squares

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	251 kcal
Protein	3.47 g
Carbohydrate	29.18 g
Total Fat	14.10 g
Saturated Fat	2.37 g
Cholesterol	43.40 g
Vitamin A	3241.78 IU
Vitamin C	0.86 mg
Iron	1.10 mg
Calcium	17.61 mg
Sodium	195.76 mg
Dietary Fiber	1.92 g

EQUIVALENTS: 1 piece provides 1.25 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

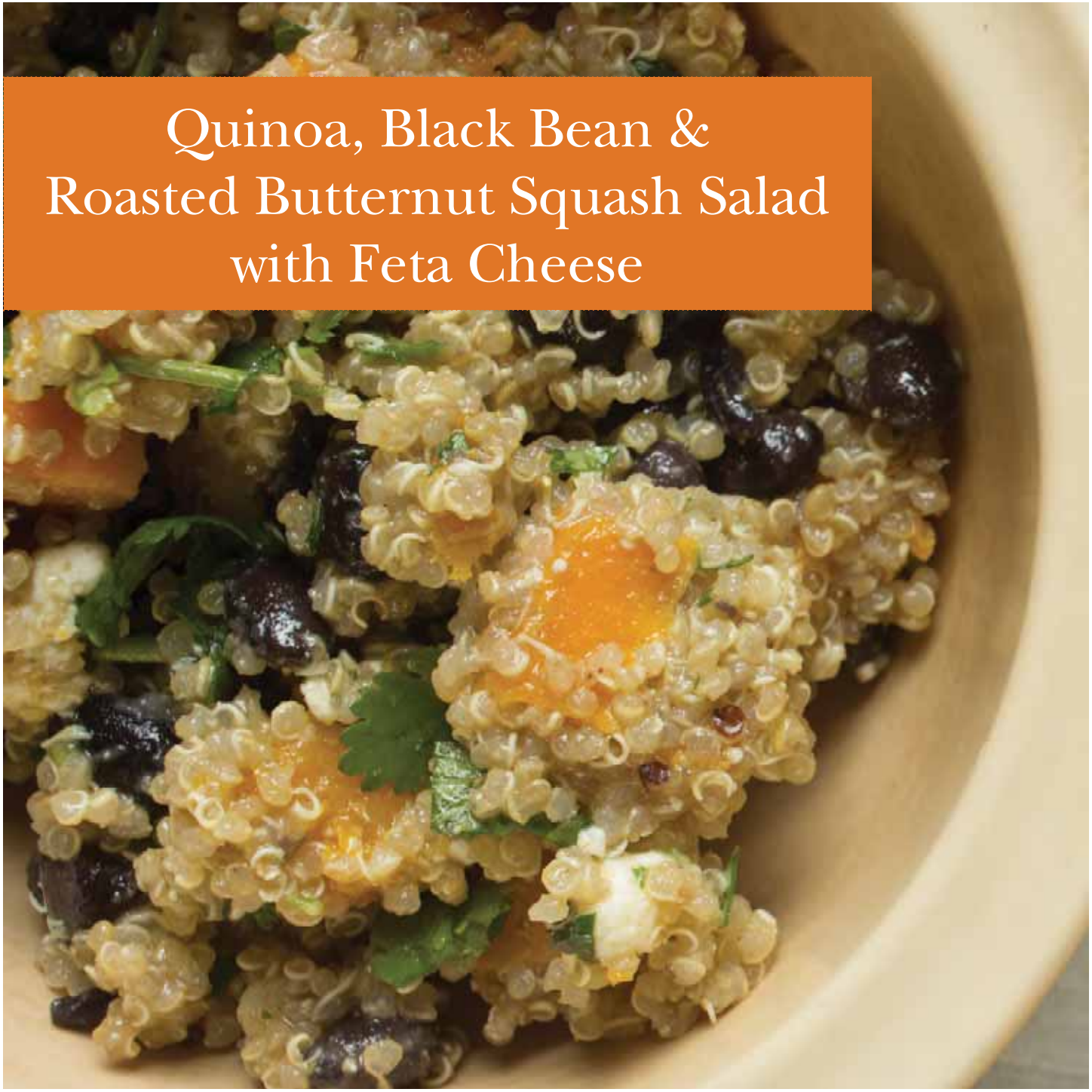
"It doesn't get any more local than students harvesting produce in the school garden and hauling it to the cafeteria."

— AMY GIFFORD

Pumpkin Squares • 60 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 350°F or conventional oven to 375°F. Coat a full sheet pan with cooking spray.	
Whole-wheat flour	1 lb 6 oz	1 qt + ½ cup	2 Whisk together whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt in a large bowl. Whisk together eggs, sugar, oil and pumpkin in another large bowl. Add dry ingredients to the wet ingredients and mix well. (Do not overmix.) Scrape mixture onto the prepared sheet pan and spread evenly.	
Enriched all-purpose flour	13 oz	2½ cups		
Baking powder		2 Tblsp		
Ground cinnamon		2 Tblsp		
Baking soda		1 Tblsp		
Kosher salt		1½ tsp		
Eggs		14 large (or equivalent liquid eggs)		
Pumpkin purée		½ #10 can (1 qt + 1 cup)		
Granulated sugar		1 qt + 1 cup		
Vegetable oil		3½ cups		
			3 Bake until a toothpick inserted in the center comes out clean, 15 to 25 minutes.	

Quinoa, Black Bean & Roasted Butternut Squash Salad with Feta Cheese



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	206 kcal
Protein	5.98 g
Carbohydrate	28.85 g
Total Fat	7.83 g
Saturated Fat	2.01 g
Cholesterol	7.18 mg
Vitamin A	558.51 IU
Vitamin C	5.88 mg
Iron	1.86 mg
Calcium	70.13 mg
Sodium	261.68 mg
Dietary Fiber	3.86 g

EQUIVALENTS: ½ cup provides .25 oz equiv WGR grain, ⅛ cup red/orange vegetable, ⅛ cup beans/legumes and .25 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

"Using beans and alternative proteins not only stretches food dollars, but also supports our goal of expanding students' knowledge of different food groups and tastes."

— KATHY ALEXANDER

Quinoa, Black Bean & Roasted Butternut Squash Salad with Feta Cheese • 60 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 375°F or conventional oven to 400°F.	• *Cook quinoa up to 1 day in advance. Prep and/or cook the butternut squash up to 1 day in advance.*
Butternut squash	5 lb		2 Peel squash. Cut in half and scrape out seeds. Cut into ⅓-inch cubes.	
Olive oil		6 Tblsp	3 Toss the squash, olive oil, cumin, garlic and ½ tsp each salt and pepper in a large bowl. Spread evenly on a full sheet pan. Bake for 25 minutes; stir gently. Bake until the squash is softened and beginning to brown, 10 to 15 minutes more. Chill.	• *Make with low-sodium vegetable broth for a vegetarian dish.*
Ground cumin		¼ cup		
Granulated garlic		¼ cup		• *Serve on salad bar or the line.*
Table salt		1 tsp, divided		
Ground black pepper		1 tsp, divided		
Low-sodium chicken broth		2 qt	4 Bring broth to boil in a 10-quart brazier. Stir in quinoa. Reduce heat to low, cover and cook until the liquid is absorbed, about 20 minutes. Chill.	
Quinoa, rinsed and drained		1 qt		
Canola oil		1 cup	5 Process oil, vinegar, lemon juice, maple syrup and the remaining ½ tsp each salt and pepper in a blender until smooth and creamy.	
Cider vinegar		¼ cup		
Lemon juice		2 Tblsp		
Maple syrup		2 Tblsp		
Black beans, canned, rinsed and drained		1 qt + 3½ cups	6 Mix the cooled squash, quinoa, black beans, feta cheese and cilantro in a large bowl. Drizzle with dressing and stir gently to combine.	
Crumbled feta cheese		3 cups		
Chopped fresh cilantro		1½ cups		

Spinach, Leek & Brown Rice Pie

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	332 kcal
Protein	19.80 g
Carbohydrate	28.87 g
Total Fat	15.35 g
Saturated Fat	8.57 g
Cholesterol	133.19 mg
Vitamin A	1490.09 IU
Vitamin C	5.34 mg
Iron	2.16 mg
Calcium	410.82 mg
Sodium	549.54 mg
Dietary Fiber	1.85 g

EQUIVALENTS: ½ cup provides 1 oz equiv WGR grain, ¼ cup other vegetable and 3 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

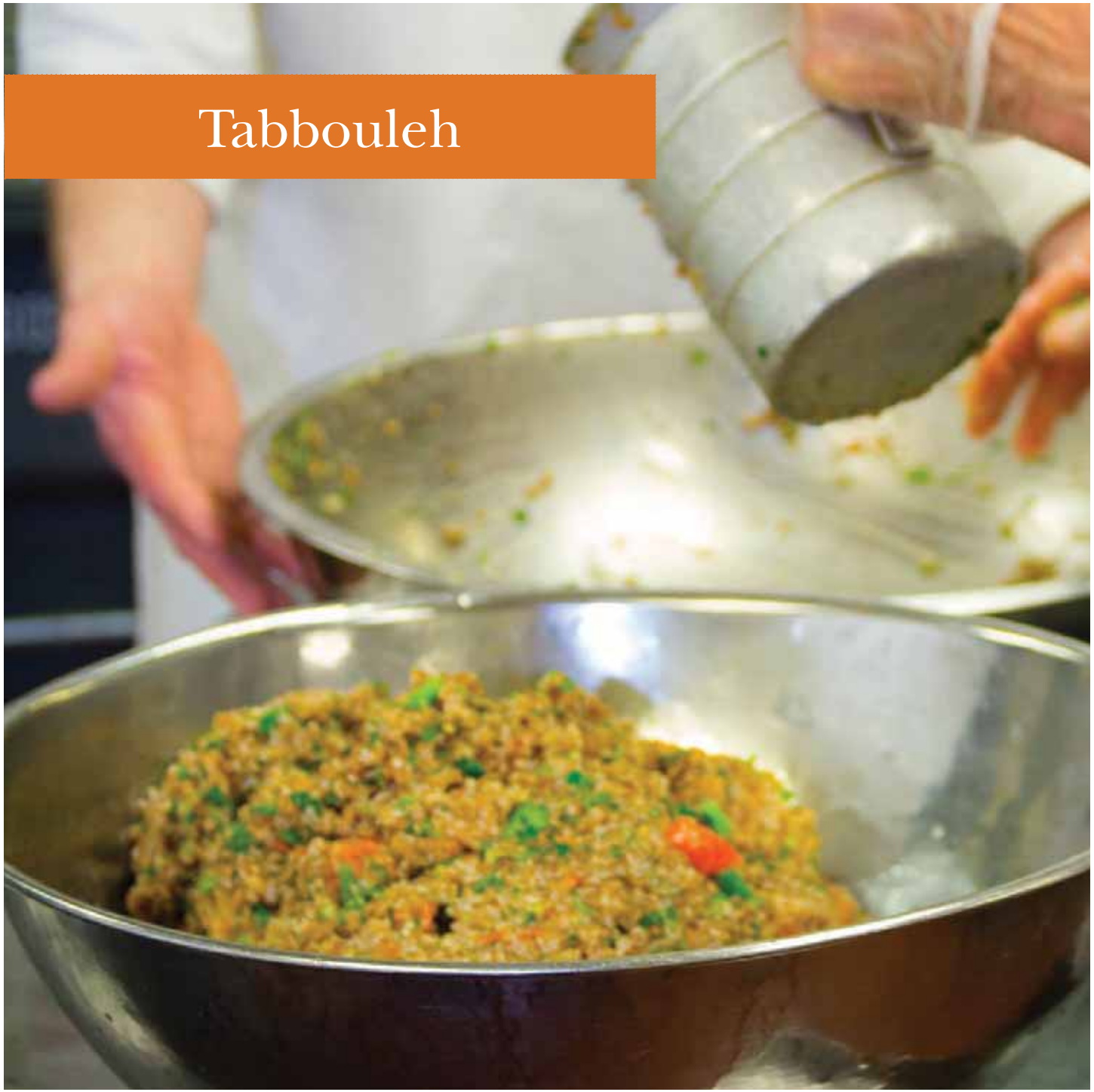
"Leeks are a fun alternative to onions. They add color and are often available locally in Vermont until December."

— ABBIE NELSON

Spinach, Leek & Brown Rice Pie • 48 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Water		3 qt	1 Bring water to a boil in a large pot. Add rice, cover, reduce heat to low and cook until tender, about 40 minutes. Spread on a sheet pan and let cool.	
Brown rice	2 lb 12 oz	1 qt + 2⅔ cups		
Fresh spinach leaves		1 qt + 2¼ cups	2 Bring a large saucepan of water to a boil. Add spinach and cook until tender, about 1 minute. Cool and squeeze out excess liquid. Chop into ½-inch pieces.	
Unsalted butter or vegetable oil		1½ cups	3 Melt butter (or heat oil) in a large skillet over medium heat. Add leeks (or onions) and garlic. Cook, stirring occasionally, until translucent, about 10 minutes. Remove from the heat. Stir in the spinach and thyme. Set aside.	
Sliced or diced leeks or onions (¼-inch pieces)	3 lb			
Finely chopped garlic		¾ cup		
Dried thyme leaves		¼ cup		
			4 Preheat convection oven to 300°F or conventional oven to 325°F. Coat two 2-inch hotel pans with cooking spray.	
Nonfat cottage cheese		1 qt + 2¼ cups	5 Purée cottage cheese in a food processor fitted with a steel blade until smooth. Add 3 qt Cheddar cheese, milk, eggs and Parmesan cheese and blend until smooth. Transfer to a large bowl. Stir in salt and pepper. Add the rice and the spinach mixture; stir to combine.	
Shredded reduced-fat Cheddar cheese		3 qt + 2 cups, divided		
Low-fat milk		1 qt + 2¼ cups		
Eggs		25 large		
Grated Parmesan cheese		¾ cup		
Kosher salt		1½ Tblsp		
Ground black pepper		¼ cup		
			6 Divide the mixture between the prepared pans. Sprinkle each pan with 1 cup of the remaining Cheddar cheese. Bake until light brown, 32 to 35 minutes.	

Tabbouleh



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ⅝ cup

Amount per Serving	
Calories	93 kcal
Protein	2.62 g
Carbohydrate	15.68 g
Total Fat	2.86 g
Saturated Fat	0.41 g
Cholesterol	0 mg
Vitamin A	393.47 IU
Vitamin C	6.15 mg
Iron	0.76 mg
Calcium	18.32 mg
Sodium	104.83 mg
Dietary Fiber	3.84 g

EQUIVALENTS: ⅝ cup provides 1 oz equiv WGR grain and ⅛ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

Tabbouleh • 64 servings (5/8 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Roma tomatoes		14 medium	1 Core tomatoes. Roughly chop 2 tomatoes and cut 12 into ½-inch dice.	*Diced cucumbers would be a nice addition to this salad.*
Scallions		3 bunches	2 Trim scallions. Roughly chop 1 bunch and cut 2 bunches into ½-inch pieces.	*You can use larger slicing tomatoes in place of the Roma. You'll need 7 tomatoes. Roughly chop 1 for the dressing (Step 6) and cut the remaining 6 into ½-inch dice for the salad (Step 7).*
Fresh mint		1 bunch	3 Remove stems from mint leaves.	
Fresh parsley		1 bunch	4 Remove tough stems from parsley. Finely chop half of the parsley.	
Water		3 qt	5 Bring water, marjoram, garlic powder, onion powder and 2 tsp each salt and pepper to a boil in a large saucepan over high heat. Add bulgur. Cover and reduce heat to a simmer. Cook until most of the liquid is absorbed, about 15 minutes. Remove from the heat; let stand covered for 15 minutes more. Spread the cooked bulgur on a sheet pan to cool.	
Dried marjoram leaves		2 Tblsp		
Garlic powder		2 Tblsp		
Onion powder		2 Tblsp		
Kosher salt		4 tsp, divided		
Ground black pepper		4 tsp, divided		
Bulgur		2 qt		
Lemon juice		¾ cup	6 Purée the roughly chopped tomatoes and scallions along with unchopped parsley, mint leaves, lemon juice, sugar, the remaining salt and pepper and oil in a blender; blend well.	
Granulated sugar		1 Tblsp		
Olive oil		¾ cup		
			7 Combine the cooked bulgur, the dressing, the diced tomatoes, scallions and parsley in a large bowl. Mix well by hand, breaking up any clumps. Serve cold.	

Vermont Maple Apple French Toast Bake

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	220 kcal
Protein	12.39 g
Carbohydrate	28.09 g
Total Fat	6.56 g
Saturated Fat	2.11 g
Cholesterol	195.02 mg
Vitamin A	348.44 IU
Vitamin C	1.31 mg
Iron	1.90 mg
Calcium	115.46 mg
Sodium	314.41 mg
Dietary Fiber	3.41 g

EQUIVALENTS: 1 serving provides 1.25 oz equiv grain/bread, 2 oz equiv meat/meat alternate and ⅛ cup fruit.

Recipe HACCP Process: #2 Same Day Service

Vermont Maple Apple French Toast Bake • 48 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Coat two 2-inch full hotel pans with cooking spray.
Apples	3 lb		2 Core apples and cut each into 8 wedges.
Whole-wheat or whole-grain bread	4 lb		3 Cut bread into 1-inch cubes.
Eggs		50 large or 1 gal liquid eggs	4 Lightly beat eggs in a large bowl. Add milk, 1 cup maple syrup (or brown sugar), cinnamon, nutmeg and salt; whisk to combine. Stir in the apple slices, then fold in the bread.
Lowfat milk		1 qt + 1 cup	
Maple syrup (grade A or B) or brown sugar		1½ cups, divided	
Ground cinnamon		4 tsp	
Ground nutmeg		2 tsp	
Table salt		1 tsp	

5 Divide mixture evenly between the prepared pans. Lightly coat sheets of parchment paper with cooking spray and place on top of the French toast. Cover with foil. Refrigerate 6 to 8 hours or overnight.

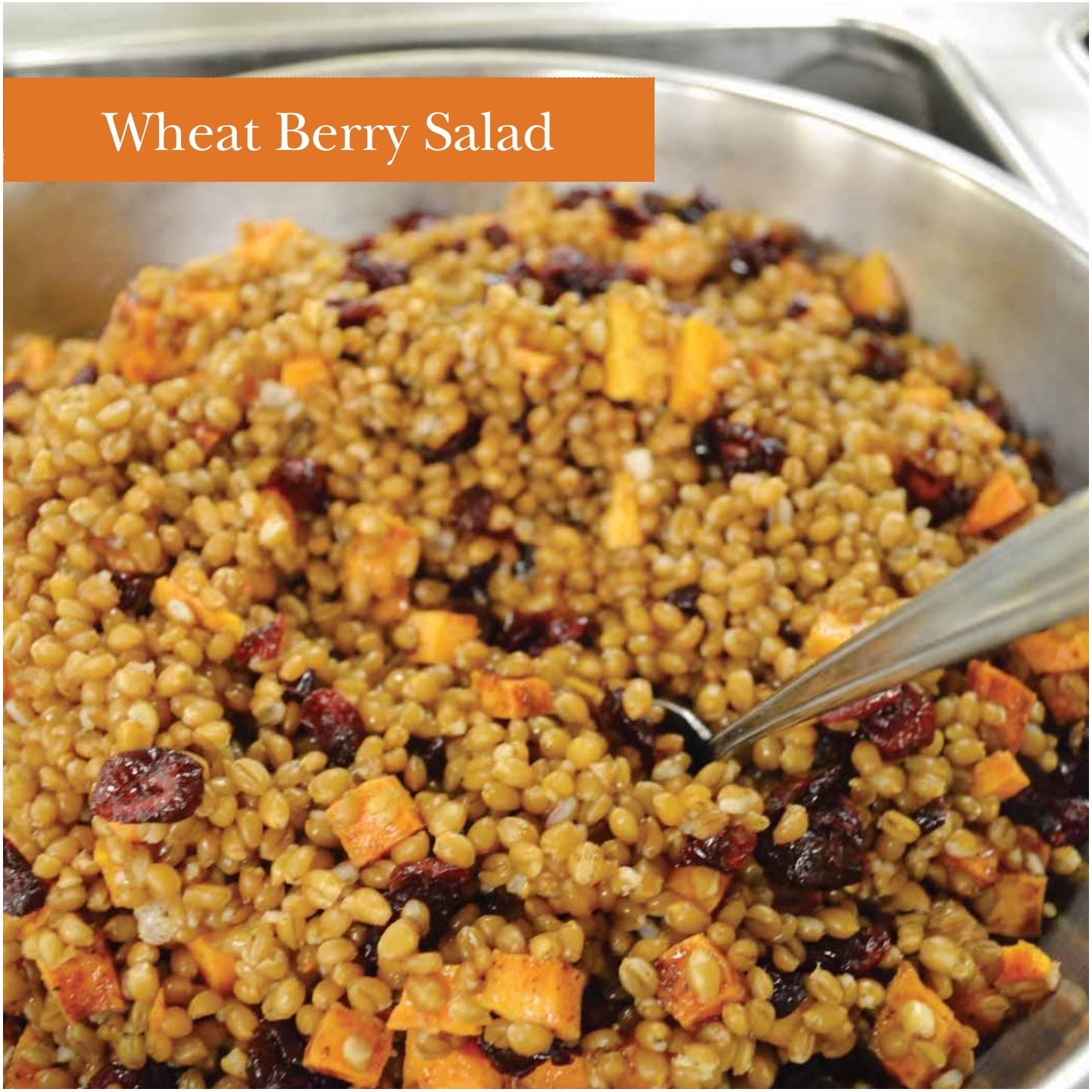
6 Before baking, let the French toast stand at room temperature for 30 minutes. Preheat convection oven to 325°F or conventional oven to 350°F.

7 Bake for 30 minutes. Remove foil and parchment and rotate the pans end to end. If using brown sugar, sprinkle each pan with ¼ cup. (If using maple syrup, drizzle each pan with ¼ cup *after* baking.) Bake, uncovered, until set on top and the internal temperature reaches 165°F, about 20 minutes more. Let stand for 10 minutes. Cut each pan into 24 pieces.

NOTES

- *Cube leftover bread, even English muffins, and freeze. Make the recipe when you have 1 gallon.*
- *You can use frozen commodity apples (thaw before adding to the recipe) or one #10 can of prepared apple filling.*
- *You can add 2 lb reduced-fat cream cheese, cut into ½-inch cubes. Fold it in with the bread in Step 4.*
- *Slightly frozen bread is easier to cube.*
- *Stir in 1½ quarts of raisins and the recipe will credit for an additional ¼ cup Fruit per serving.*

Wheat Berry Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	118 kcal
Protein	2.70 g
Carbohydrate	25.75 g
Total Fat	0.78 g
Saturated Fat	0.09 g
Cholesterol	0 mg
Vitamin A	24.45 IU
Vitamin C	2.91 mg
Iron	0.76 mg
Calcium	6.72 mg
Sodium	258.68 mg
Dietary Fiber	3.83 g

EQUIVALENTS: ½ cup provides .25 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

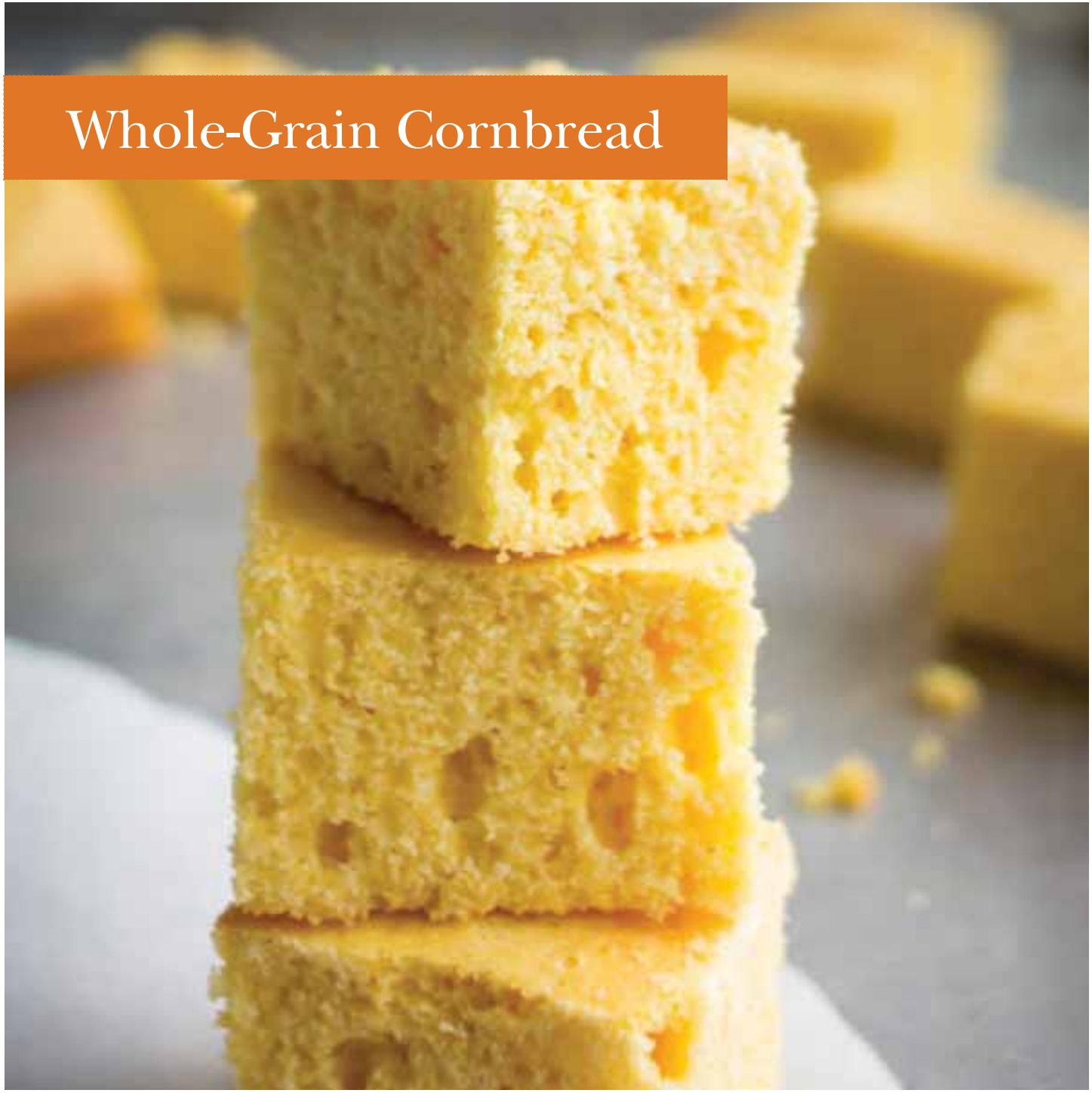
Wheat Berry Salad • 50 servings (½ cup)

INGREDIENTS		MEASURE	METHOD
Soft winter wheat berries	2 lb	1 qt + ½ cup	1 Bring a large pot of water to a boil. Add wheat berries and cook until tender and starting to split, about 40 minutes. Drain and set aside to cool.
Sweet potatoes	2 lb 6 oz	2 medium	2 Meanwhile, peel sweet potatoes and cut into ⅜-inch dice.
			3 Preheat convection oven to 350°F or conventional oven to 375°F.
Olive oil		2 Tblsp	4 Toss the sweet potatoes, oil, cinnamon, brown sugar and nutmeg in a medium bowl. Spread evenly on a half sheet pan and cook until tender and browned, about 20 minutes. Set aside to cool.
Ground cinnamon		2 tsp	
Brown sugar		½ cup (packed)	
Ground nutmeg		Pinch	
Dried cranberries		3 cups	5 Combine the cooled wheat berries, roasted sweet potatoes, cranberries, salt and pepper in a large bowl and toss to combine.
Kosher salt		1 Tblsp	
Ground black pepper		2 tsp	

NOTES

You could substitute brown rice or barley for the wheat berries.

Whole-Grain Cornbread



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	146 kcal
Protein	3.72 g
Carbohydrate	24.40 g
Total Fat	3.97 g
Saturated Fat	0.66 g
Cholesterol	21.08 mg
Vitamin A	100.90 IU
Vitamin C	0 mg
Iron	1.08 mg
Calcium	32.00 mg
Sodium	210.64 mg
Dietary Fiber	1.75 g

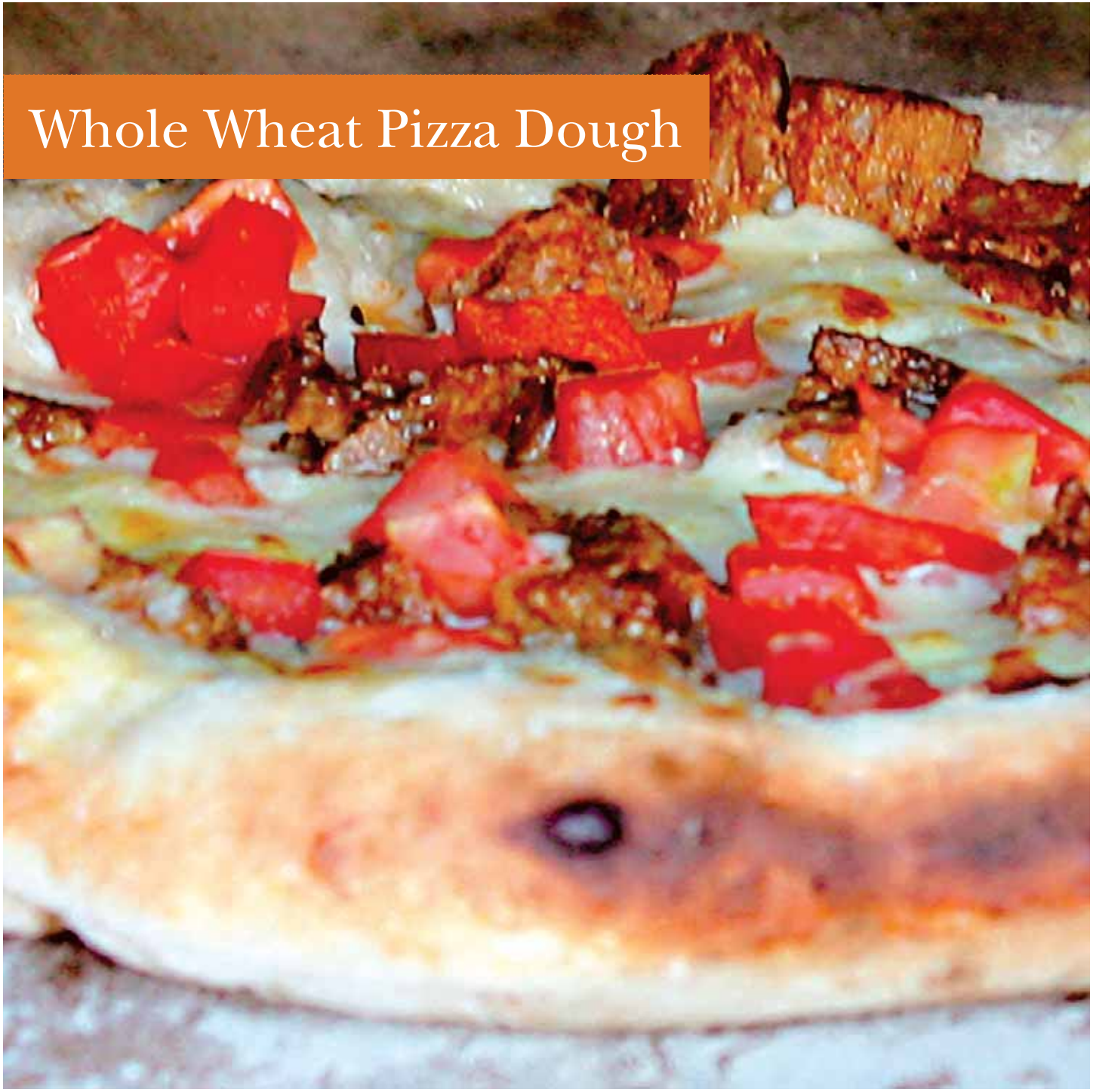
EQUIVALENTS: 1 piece provides 1.25 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

Whole-Grain Cornbread • 36 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 325°F or conventional oven to 350°F. Grease a half sheet pan.	• *This recipe doubles easily. Serve leftovers at breakfast the next day.*
Whole-grain cornmeal		3 cups	2 Whisk together cornmeal, flour, sugar, salt and baking powder in a large bowl. Whisk together eggs, milk and melted butter (or olive oil) in another large bowl. Add the dry ingredients to the wet ingredients and stir just until combined.	• *If you use unsalted butter, add another ¼ tsp of salt.*
Whole-wheat pastry flour		3 cups		
Sugar, granulated		1 cup		
Table salt		1½ tsp		
Baking powder		1½ Tblsp		
Eggs		4 large		
Milk, skim		3 cups		
Melted salted butter or olive oil		½ cup		
			3 Pour into the prepared pan and spread evenly. Bake until golden brown, 20 to 25 minutes. Cut into 36 pieces.	

Whole Wheat Pizza Dough



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	140 kcal
Protein	4.32 g
Carbohydrate	27.05 g
Total Fat	1.98 g
Saturated Fat	0.28 g
Cholesterol	0 mg
Vitamin A	8.47 IU
Vitamin C	0.59 mg
Iron	1.50 mg
Calcium	9.02 mg
Sodium	220.85 mg
Dietary Fiber	2.81 g

EQUIVALENTS: 1 piece provides 1.75 oz WGR grain.

Recipe HACCP Process: #2 Same Day Service

Whole Wheat Pizza Dough • 50 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Warm (not hot) water		1 qt + ¼ cup	1 Stir together water and yeast in a large mixing bowl until dissolved. Add honey; let stand 5 minutes.
Dry yeast	.75 oz		
Honey	1 oz		
Olive oil		⅓ cup	2 Add oil, whole-wheat flour and all-purpose flour to the yeast mixture then add salt.
Whole-wheat flour	2 lb	1 qt + 3½ cups	
Enriched all-purpose flour	1 lb 8 oz	1 qt + 1½ cups	
Kosher salt		2 Tblsp + 1 tsp	

3 Using a dough hook on a standing mixer, knead the dough on the lowest speed for 10 minutes. Watch the dough carefully in the first few minutes to make sure that it comes together in a ball and is soft but not too sticky. It should be stuck just on the bottom of the mixing bowl but pull away from the sides. If it is very sticky then add flour, sa cup at a time, until it's the right consistency.

4 Oil a large bowl and transfer the dough to the bowl. Cover loosely with a large plastic bag and let rise until doubled in bulk, about 1 hour. (Press your finger into the dough—if it leaves an imprint the dough is ready.)

5 Transfer the dough to a floured surface. Portion dough into 3 balls: two 2 lb 6 oz balls and one 1 lb 3 oz ball. Place on a floured surface and cover with the plastic bag. Let rise for 30 minutes. (Press your finger into the dough—if it leaves an imprint the dough is ready.)

Cornmeal for sprinkling			6 Preheat convection oven to 450°F or conventional oven to 475°F. Coat 2 full sheet pans and 1 half sheet pan with cooking spray. Sprinkle with cornmeal.

7 Roll and stretch each ball of dough into a rectangle and place on the prepared sheet pans. Top as desired. Bake until the crust is light brown, 15 to 18 minutes. Cut each full sheet pan into 20 pieces and half sheet pan into 10 pieces.

Meat & Meat Alternate

Sloppy Farmer Joes, see p. 172

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Cheesy Kale Bake

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	238 kcal
Protein	13.38 g
Carbohydrate	30.70 g
Total Fat	7.58 g
Saturated Fat	2.75 g
Cholesterol	12 mg
Vitamin A	8501.90 IU
Vitamin C	68 mg
Iron	2.51 mg
Calcium	278.10 mg
Sodium	344.91 mg
Dietary Fiber	4.08 g

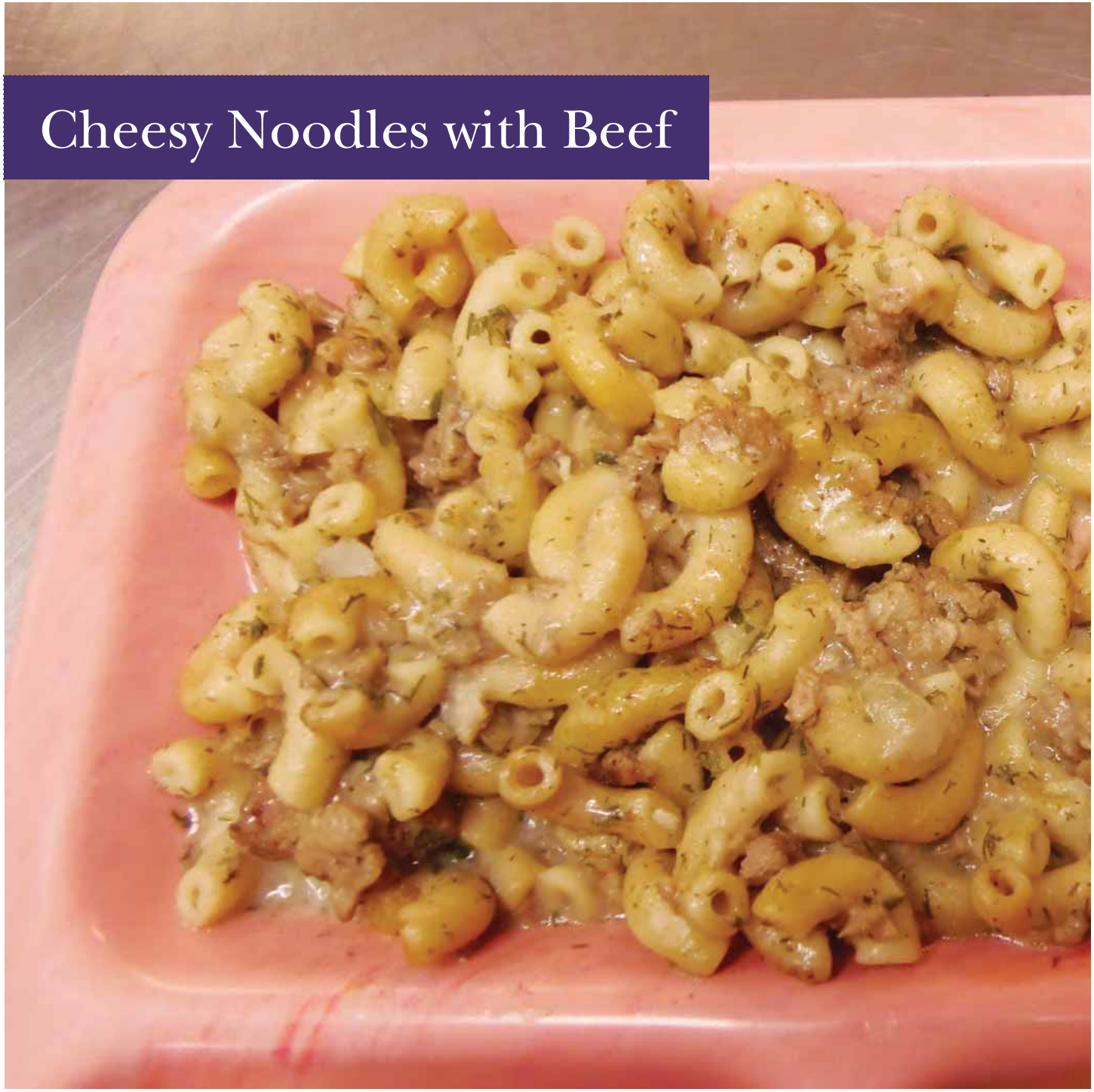
EQUIVALENTS: 1 cup provides .5 oz equiv meat/meat alternate; 1 oz equiv WGR grain and ¼ cup dark green vegetable.

Recipe HACCP Process: #2 Same Day Service

Cheesy Kale Bake • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions	4 lb		❶ Trim and peel onion. Cut into medium dice	
Canola oil		¼ cup	❷ Heat canola oil in a 20-qt brazier over medium-low heat. Add the onions and cook, stirring occasionally, until golden brown, about 45 minutes. (Do not skip this step as the almost-melted onions are key to this recipe.)	
Kale	6 lb		❸ Meanwhile, wash kale under cold running water. Drain in a colander but do not dry. Remove and discard thick stems. Cut leaves into ½-inch pieces.	
Water		3 gal + 3 qt	❹ Bring water and 3 Tblsp salt to a boil in a large pot. Cook pasta until just tender, about 8 minutes. (Do not overcook.) Drain and rinse with cool water. Return to the pot and toss with olive oil.	
Kosher salt		4½ Tblsp, divided		
Whole-wheat penne pasta	3 lb 4 oz			
Olive oil		¼ cup		
			❺ Working in batches, add the chopped kale to the onions. Stir and toss the kale until it wilts and shrinks before adding more. Stir in 1½ Tblsp salt. Cook over medium heat, stirring and tossing, until the kale is wilted and tender but still bright green, 5 to 7 minutes. Transfer to a large bowl and let cool.	
			❻ Preheat convection oven to 350°F or conventional oven to 375°F. Coat two 2-inch full hotel pans with cooking spray.	
Shredded reduced-fat Cheddar cheese	2 lb		❼ Add the pasta to the kale mixture and toss to combine. Add Cheddar cheese and continue to toss until the mixture is well combined. Divide between the prepared pans and spread evenly.	
Breadcrumbs, soft, whole-wheat		1 cup	❽ Mix breadcrumbs and Parmesan in a small bowl. Sprinkle each pan evenly with half of the mixture.	
Grated Parmesan cheese		1 cup	❾ Bake until brown and the internal temperature reaches 140°F, 20 to 25 minutes. Serve immediately.	

Cheesy Noodles with Beef



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	309 kcal
Protein	19.97 g
Carbohydrate	37.23 g
Total Fat	9.78 g
Saturated Fat	3.72 g
Cholesterol	40.60 mg
Vitamin A	115.55 IU
Vitamin C	0.63 mg
Iron	2.87 mg
Calcium	139.78 mg
Sodium	199.95 mg
Dietary Fiber	4.06 g

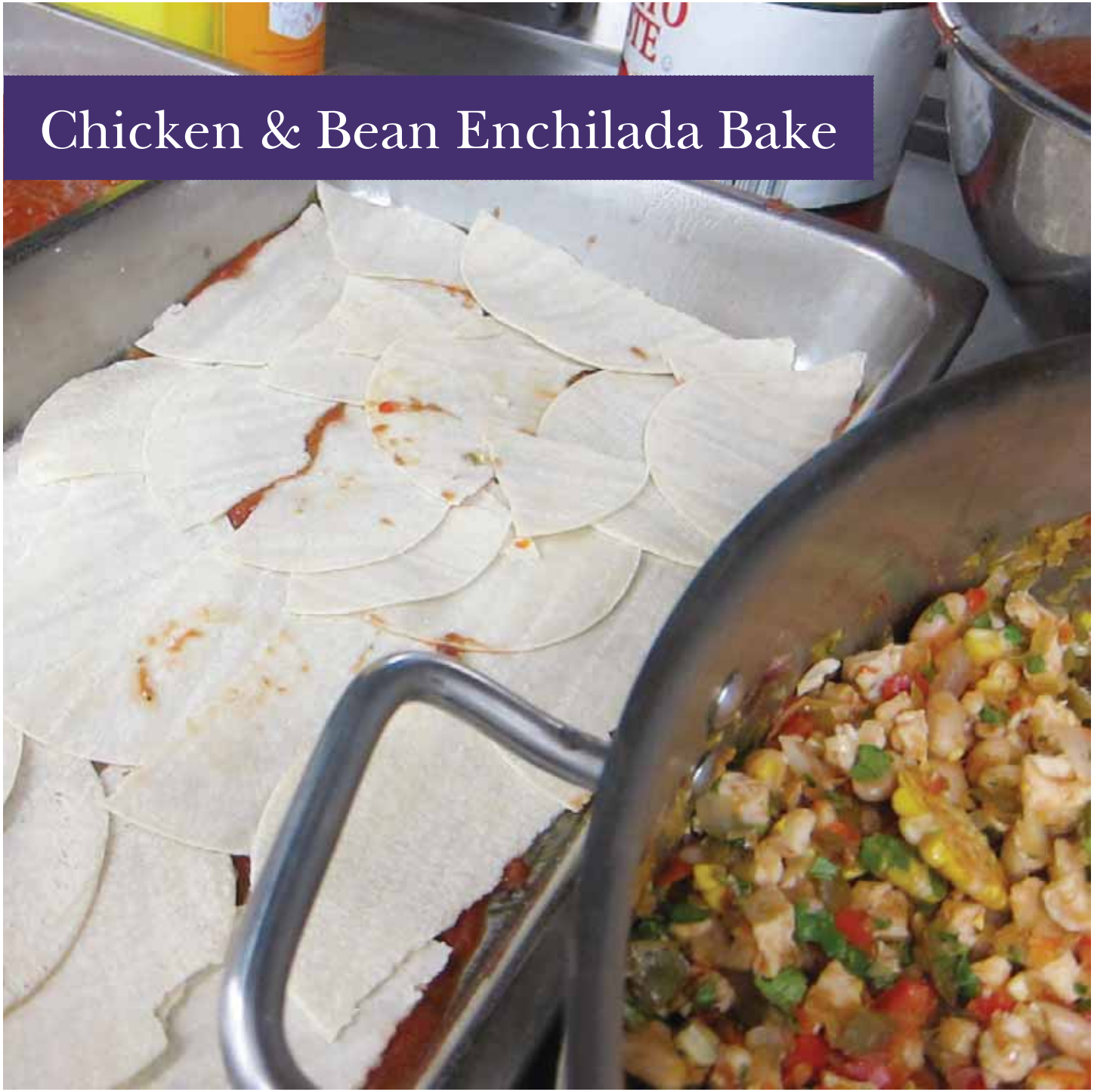
EQUIVALENTS: 1 cup provides 1.25 oz equiv meat/meat alternate and 2 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

Cheesy Noodles with Beef • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	
Onions		2 medium	❶ Trim and peel onions. Cut into ¼-inch dice.	• *You can add 6 quarts cooked broccoli florets to this dish if you'd like.* • *Prepare through Step ❸; cover and refrigerate up to 1 day in advance.* • *Shred cheese up to 1 day in advance.*
Vegetable oil		¼ cup	❷ Cook the onions, oil and 1 tsp salt in a large skillet over low heat, stirring occasionally, until the onions are very soft, 35 to 40 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more.	
Kosher salt		2 Tblsp, divided		
Minced garlic		¼ cup		
Ground beef, 80% lean	5 lb		❸ Add half of the beef to the onion mixture and sprinkle with half of the celery salt. Cook over medium-high heat, crumbling with a spoon or spatula, until the beef is no longer pink and is beginning to brown, about 30 minutes. Drain and transfer to a large bowl. Repeat with the remaining beef and celery salt.	
Celery salt		1 Tblsp		
Water		1 gal + 1 qt	❹ Meanwhile, bring water and 1 Tblsp salt to a boil in a large stockpot. Add macaroni and stir well. Cook until the macaroni is slightly undercooked, about 6 minutes. Drain the macaroni and rinse with cool water. Set aside.	
Whole-wheat elbow macaroni	5 lb			
			❺ Preheat convection oven to 375°F or conventional oven to 400°F. Coat one 4-inch full hotel pan with cooking spray.	
Low-sodium chicken broth		2 qt, divided	❻ Heat 1 qt broth and milk in a 4-qt saucepan over medium-high heat until boiling, 1 to 2 minutes. Stir in the remaining 2 tsp salt, dill, parsley, thyme, mustard powder and pepper.	
Lowfat milk		1 qt		
Dried dill leaves		3 Tblsp		
Dried parsley leaves		3 Tblsp		
Dried ground thyme		2 Tblsp		
Ground mustard seed		1½ Tblsp		
Ground black pepper		1 Tblsp		
Cornstarch		6 Tblsp	❼ Whisk cornstarch and the remaining 1 qt broth in a medium bowl. Slowly whisk into the boiling milk mixture. Whisking constantly, return to a boil and cook until slightly thickened, 2 to 3 minutes. Remove from the heat and stir in cheese.	
Shredded reduced-fat Cheddar cheese	1 lb	1 qt + 1 cup		
			❽ Combine the drained macaroni, ground beef mixture and sauce in the prepared hotel pan. Stir well to combine and cover tightly with foil. Bake until the internal temperature reaches 165°F, 40 to 50 minutes.	

Chicken & Bean Enchilada Bake



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	333 kcal
Protein	22.29 g
Carbohydrate	39.48 g
Total Fat	10.26 g
Saturated Fat	4.36 g
Cholesterol	41.37 mg
Vitamin A	1267.05 IU
Vitamin C	24.83 mg
Iron	4.75 mg
Calcium	340.62 mg
Sodium	492.08 mg
Dietary Fiber	7.32 g

EQUIVALENTS: 1 piece provides ½ cup red/orange vegetable, ½ cup other vegetable, 1.5 oz equiv WGR grain and 2 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

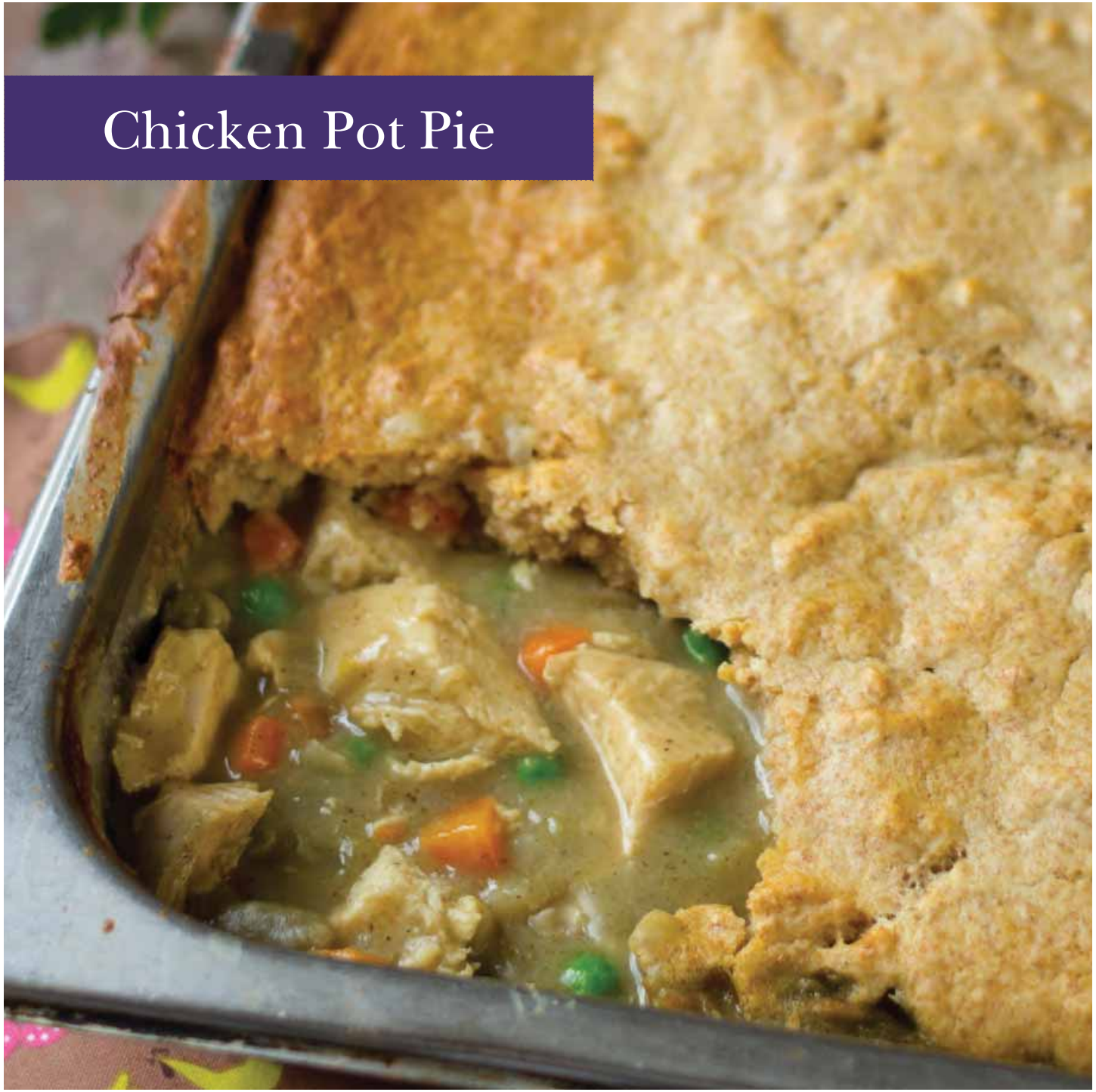
"Whenever we can forge relationships with local farmers, we strengthen our connection to the community as well as enhance the students' knowledge of the community in which they live."

— MARIA GARRIDO

Chicken & Bean Enchilada Bake • 48 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions	2 lb 4 oz		❶ Trim and peel onions. Cut into ½-inch dice.	• *You can use taco shells (broken in half) or tortilla chips in place of the corn tortillas.* • *Use Kitchen Sink Pasta Sauce (p. 76) in this recipe if you'd like.*
Bell peppers	1 lb 4 oz		❷ Stem, core and seed peppers. Cut into ½-inch dice.	
Vegetable oil		¼ cup	❸ Heat oil in a large stockpot over medium heat. Add the onions, bell peppers, zucchini and corn. Cover and cook, stirring occasionally, until the vegetables soften and begin to brown, about 20 minutes. Stir in chicken, beans, 1 qt salsa, cilantro and chilies. Set aside.	
Diced zucchini (½-inch pieces)		1 qt		
Corn kernels, fresh or frozen (thawed)		1 qt		
Diced cooked chicken	3 lb			
White, black or kidney beans, canned, rinsed and drained	3 lb	1 qt + ¾ cup (½ #10 can)		
Low-sodium salsa		1 gal, divided		
Chopped fresh cilantro		½ cup		
Green chilies, canned, chopped		1 qt		
			❹ Preheat convection oven to 300°F or conventional oven to 325°F. Coat two 2-inch full hotel pans with cooking spray.	
Tomato sauce		3 qt	❺ Combine tomato sauce and the remaining 3 qt salsa in a large bowl. Stir in cumin, coriander, oregano and basil.	
Ground cumin		¼ cup		
Ground coriander		¼ cup		
Dried oregano leaves		¼ cup		
Dried basil leaves		¼ cup		
Shredded reduced-fat Cheddar cheese	3 lb	1 gal, divided	❻ Assemble each pan as follows: Layer 2 cups sauce, 12 tortillas, ¼ of chicken mixture, 2½ cups cheese, 12 tortillas, ¼ chicken mixture, 3 cups sauce, 2½ cups cheese, 12 tortillas, 5 cups sauce and 3 cups cheese. Repeat in the other pan.	
Corn tortillas (6-inch)		72 tortillas		
			❼ Coat two pieces of foil with cooking spray. Cover the pans, sprayed side down, and bake for 30 minutes. Uncover and bake 5 minutes more. Let stand for 5 minutes then cut each pan into 24 pieces.	

Chicken Pot Pie



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	359 kcal
Protein	25.56 g
Carbohydrate	33.47 g
Total Fat	15.68 g
Saturated Fat	6.56 g
Cholesterol	91.55 mg
Vitamin A	2114.91 IU
Vitamin C	3.73 mg
Iron	4 mg
Calcium	103 mg
Sodium	538.22 mg
Dietary Fiber	3.72 g

EQUIVALENTS: 1 cup provides 2 oz equiv meat/meat alternate, 1.75 oz equiv WGR grain, and ¼ cup additional vegetable.

Recipe HACCP Process: #2 Same Day Service

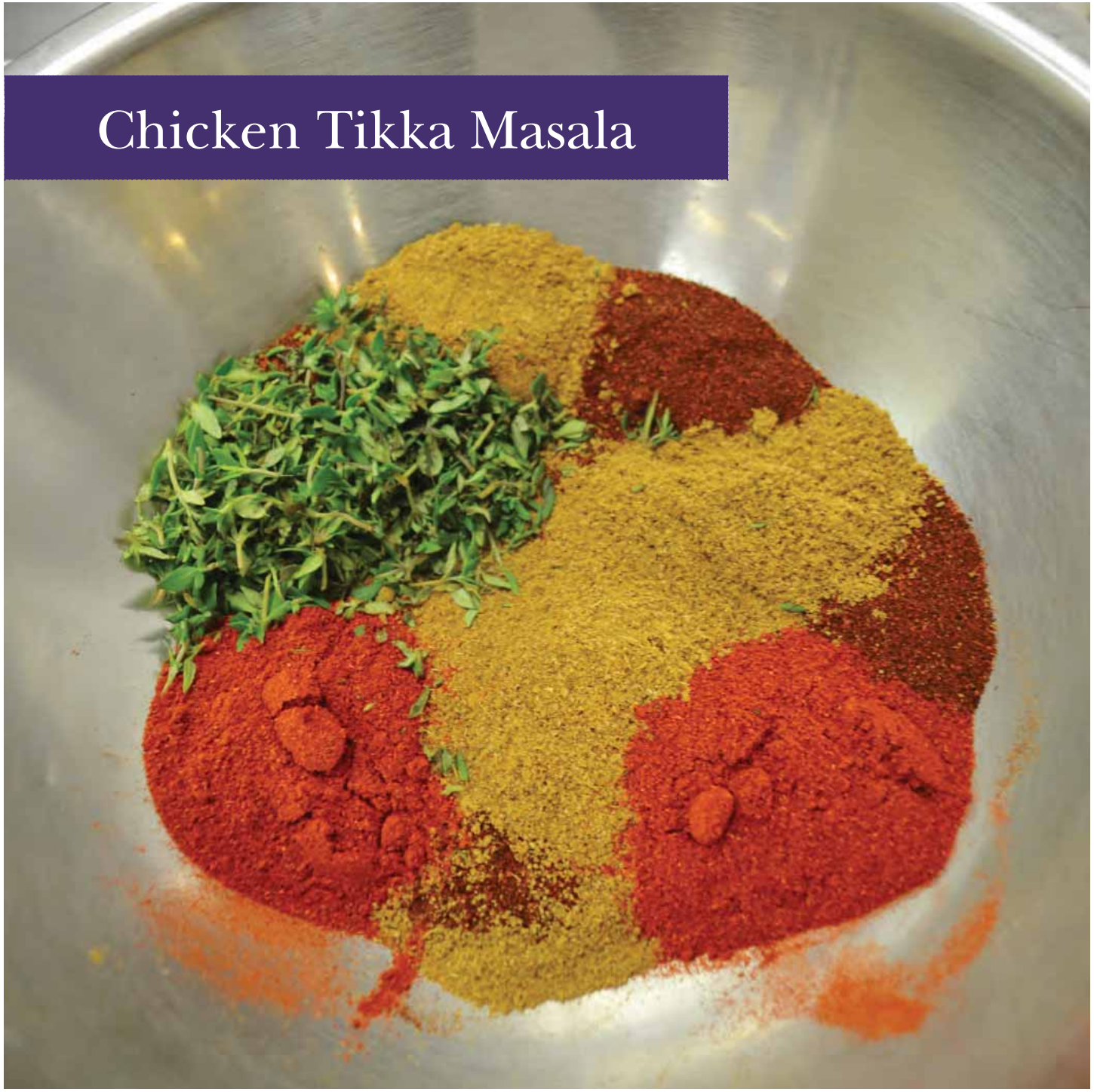
NOTES

This recipe makes great use of USDA frozen diced chicken meat.

Chicken Pot Pie • 48 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
❶ Preheat convection oven to 325°F or conventional oven to 350°F. Coat two 2-inch full hotel pans with cooking spray.			
			To make the stew:
Onions or leeks	1 lb 8 oz		❷ Trim and peel onion (or trim and clean leeks). Cut into ¼-inch dice.
Carrots	1 lb		❸ Trim and peel carrots. Cut into ¼-inch dice.
Celery or celeriac	1 lb		❹ Trim celery (or trim and peel celeriac). Cut into ¼-inch dice.
Vegetable oil		⅔ cup	❺ Heat oil in large stockpot over medium heat. Add the onions (or leeks), carrots and celery (or celeriac). Cook, covered, stirring occasionally, until the vegetables are starting to soften, 10 to 12 minutes.
Enriched all-purpose flour		1½ cups	❻ Sprinkle with 1½ cups all-purpose flour; stir to coat. Gradually stir in broth. Cook, stirring, until thickened, 10 to 15 minutes. Stir in poultry seasoning, garlic powder and onion powder. Stir in chicken, corn, green beans and peas. Divide between the prepared pans.
Low-sodium chicken broth		1 gal	
Poultry seasoning		¼ cup	
Garlic powder		2 Tblsp	
Onion powder		2 Tblsp	
Frozen diced chicken meat	6 lb		
Corn kernels, fresh or frozen		2 cups	
Green beans, fresh or frozen		2 cups	
Peas, frozen		2 cups	
			To make the biscuit topping:
Whole-wheat flour	1 lb 12 oz	1 qt + 2 cups	❼ Using the whip attachment on a stand mixer, mix together whole-wheat flour, 1 qt plus ½ cup all-purpose flour, sugar, baking powder and salt in a 5-gal mixing bowl. Add butter and cut in until the size of small peas.
Enriched all-purpose flour	1 lb 4 oz	1 qt + ½ cup	
Granulated sugar		6 Tblsp	
Baking powder		¼ cup	
Kosher salt		2 Tblsp	
Butter, unsalted, cold, cubed	1 lb	2 cups	
Eggs		4 large	❽ Remove whip and replace with paddle. Add eggs and buttermilk. Blend until all dry ingredients are just incorporated. (Do not overmix.) Pour half of the batter over each pan and spread to smooth the top.
Buttermilk		3 qt	
❼ Bake until the topping is golden brown and the gravy is bubbling at the sides of the pan, 1 to 1¼ hours. Cut each pan into 24 squares.			

Chicken Tikka Masala



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	148 kcal
Protein	18.01 g
Carbohydrate	7.31 g
Total Fat	4.87 g
Saturated Fat	1.41 g
Cholesterol	51.83 mg
Vitamin A	811.71 IU
Vitamin C	7.31 mg
Iron	2.09 mg
Calcium	70.82 mg
Sodium	212.10 mg
Dietary Fiber	1.45 g

EQUIVALENTS: ½ cup provides 2 oz equiv meat/meat alternate and ¼ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

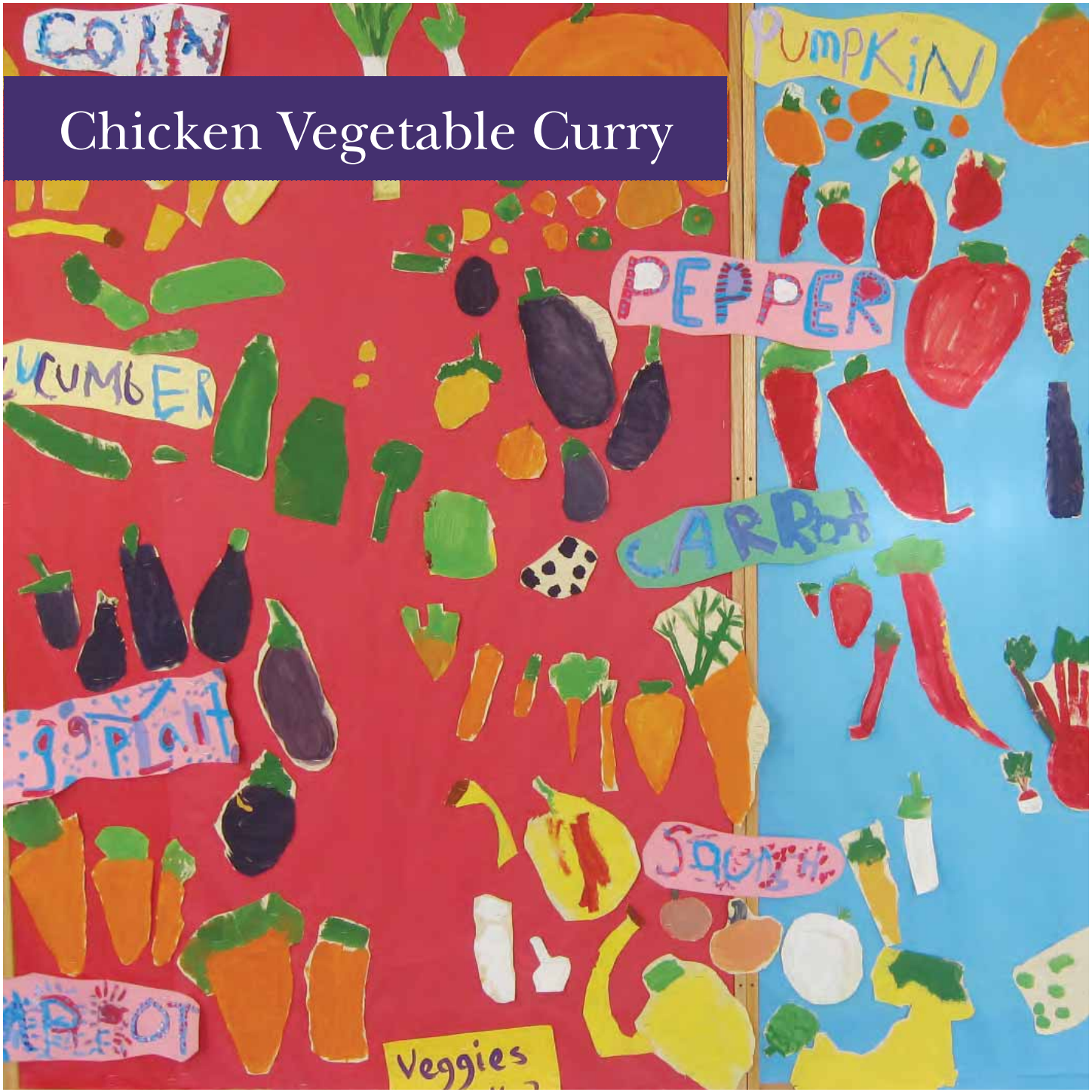
"There is nothing like the reward of having a sudent try a new food and new tastes. Whether they like the food or not, they are learning and that is the goal."

— KATHY ALEXANDER

Chicken Tikka Masala • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			❶ Preheat convection oven to 350°F or conventional oven to 375°F.	• *You can use USDA fajita strips in place of the cooked chicken.*
Diced tomatoes, canned, low-sodium (undrained)		1 #10 can	❷ Bring tomatoes and their juice, tomato sauce, cumin, curry powder, paprika, turmeric, onion powder, pepper, garlic, salt, cinnamon and cayenne to a simmer in a large rondeaux over medium heat. Simmer for 15 minutes. Remove from the heat. Stir in yogurt until smooth.	• *Adjust heat depending on your audience and/or serve hot sauce on the side.*
Tomato sauce		1 qt + 2¼ cups		• *Serve over brown basmati rice or with naan or pita bread.*
Ground cumin		¼ cup		• *This can be made with tofu or another type of protein (although not traditionally beef).*
Curry powder		¼ cup		• *Prepare sauce (Step ❷) up to 1 day in advance.*
Paprika		2 Tblsp		
Ground turmeric		2 Tblsp		
Onion powder		1 Tblsp		
Ground black pepper		1 Tblsp		
Garlic		1 tsp powder or 1 Tblsp minced		
Kosher salt		1½ tsp		
Ground cinnamon		1 tsp		
Ground cayenne pepper *(optional)*		1 tsp		
Yogurt, plain, low-fat	2 lb	1 quart		
Sliced cooked chicken (1- to 2-inch slices)	6 lb 4 oz		❸ Divide chicken between two 2-inch full hotel pans. Divide the sauce between the two pans. Stir to coat the chicken with the sauce.	
			❹ Cover and bake until the internal temperature reaches 165°F, 30 to 45 minutes.	

Chicken Vegetable Curry



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	165 kcal
Protein	14.80 g
Carbohydrate	10.74 g
Total Fat	6.88 g
Saturated Fat	4.17 g
Cholesterol	34.15 mg
Vitamin A	43.75 IU
Vitamin C	17.22 mg
Iron	1.53 mg
Calcium	30.55 mg
Sodium	101.15 mg
Dietary Fiber	1.75 g

1 cup provides 1 oz equiv meat/meat alternate, ¾ cup red/orange vegetable, ¼ cup starchy vegetable, and ⅓ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

NOTES

- *Use your favorite colorful combination of vegetables if you prefer. Adjust cooking times accordingly.*
- *This recipe is a great way to use up leftover chicken and vegetables.*

Chicken Vegetable Curry • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Boneless, skinless chicken breast	10 lb		❶ Trim fat from chicken and cut into ½-inch cubes.
Lite coconut milk		3 14-oz cans	❷ Combine coconut milk, curry powder, onion powder, garlic powder, pepper and salt in a large bowl; stir to blend.
Curry powder		½ cup	
Onion powder		2 tsp	
Garlic powder		½ tsp	
Ground black pepper		½ tsp	
Kosher salt		2 Tblsp	
			❸ Place chicken in a 4-inch full hotel pan. Add the marinade and mix to coat evenly. Cover and marinate in the refrigerator overnight.
Onions	2 lb 8 oz	4 large	❹ Trim, peel and chop onions.
Green bell peppers	6 lb		❺ Stem, core, seed and chop peppers.
Sweet potatoes	5 lb 8 oz		❻ Dice sweet potatoes and potatoes.
Potatoes	5 lb		
Vegetable oil		⅓ cup	❼ Divide oil between two 5 gal stockpots and heat over medium. Add half of the onions and green peppers to each pot and cook, stirring occasionally, until the onions are translucent, about 15 minutes. Add half the sweet potatoes, potatoes and canned tomatoes and their juice to each pot and stir to combine.
Diced tomatoes, canned (undrained)		2 #10 cans (6 qt)	
Chopped green onions		¾ cup	❽ Add half the chicken and marinade to each pot. Add water, if necessary, to maintain the consistency of a thick stew. Cover and simmer until the potatoes are just tender and stew reaches an internal temperature of 165°F, about 30 minutes. Transfer each pot to a 2-inch full hotel pan. Garnish each pan with scallions just before serving.

NOTES

- ***Make ahead:*** *Refrigerate cooked onions and peppers up to 1 day in advance. Par cook the potatoes up to 1 day in advance to cut down on cooking time.*
- *Serve over steamed brown or basmati rice or with pita or naan bread.*
- *You can substitute some lowfat milk for the coconut milk if you'd like—don't swap our more than half as you want the coconut flavor.*
- *You can substitute 6 lbs 8 oz precooked frozen diced chicken or turkey for the raw chicken. If using precooked meat, don't marinate it—just add it during the last 10 to 15 minutes of cooking.*
- *Older kids may like hot sauce and/or crushed red pepper to kick up the heat.*
- *Plain Indian curry powder from Reinhart has strong curry flavor without any heat.*
- *You can experiment with different vegetables if you'd like. Broccoli, green beans, kale, chard and cabbage are all good options.*

Chickpeas & Pasta

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	274 kcal
Protein	8.74 g
Carbohydrate	30.05 g
Total Fat	14.27 g
Saturated Fat	5.54 g
Cholesterol	19.50 mg
Vitamin A	530.90 IU
Vitamin C	4.38 mg
Iron	2.25 mg
Calcium	83.47 mg
Sodium	452.24 mg
Dietary Fiber	7.61 g

EQUIVALENTS: 1 cup provides 1 oz equiv WGR grain, ⅛ cup red/orange vegetable and ⅜ cup beans/legumes *or* 1.5 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

Chickpeas & Pasta • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Water		1 gal + 1 qt	❶ Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. Drain and set aside.	*OPTIONAL: Add Parmesan cheese right before serving.*
Kosher salt		1 Tblsp		
Whole-wheat spaghetti	5 lb			
Unsalted butter	1 lb	2 cups	❷ Heat butter and oil in a large stockpot over medium heat. Add garlic and pepper and cook, stirring, for 1 minute. Add chickpeas and cook, stirring occasionally, until heated through, 10 to 15 minutes.	
Olive oil		1 cup		
Crushed garlic cloves		5 Tblsp		
Ground black pepper		1 tsp		
Chickpeas, canned, rinsed and drained		2 #10 cans		
Diced tomatoes, fresh or canned (drained)	2 lb	2 qt	❸ Add the drained pasta, tomatoes and basil; toss to combine. Serve hot or cold.	
Finely chopped fresh basil		1 cup		

Crispy Baked Chicken

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 drumstick

Amount per Serving	
Calories	206 kcal
Protein	17.62 g
Carbohydrate	9.62 g
Total Fat	10.58 g
Saturated Fat	2.55 g
Cholesterol	95.52 mg
Vitamin A	78.34 IU
Vitamin C	0.33 mg
Iron	1.12 mg
Calcium	31.07 mg
Sodium	255.65 mg
Dietary Fiber	1.19 g

EQUIVALENTS: 1 drumstick provides 1.5 oz equiv meat/meat alternate and .25 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

"My parents inspired me to prepare and eat real, whole foods. I have simply never stopped."

— ALISON FORREST

Crispy Baked Chicken • 50 servings (1 drumstick)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Prepared ranch dressing		3 cups	❶ Whisk together dressing and eggs in a 5-quart bowl. Add chicken and turn to coat. Cover and refrigerate at least 3 hours or overnight.	
Eggs		4 large		
Chicken drumsticks, 3 oz each	9 lb 6 oz	50 total		
Vegetable oil		¼ cup	❷ Preheat convection oven to 350°F or conventional oven to 375°F. Coat a full sheet pan and a half sheet pan with oil.	
Whole-wheat panko breadcrumbs	1 lb 2 oz	2 qt	❸ Mix breadcrumbs, garlic powder, onion powder, poultry seasoning, salt and pepper in a 4-inch full hotel pan.	
Garlic powder		2 Tblsp		
Onion powder		2 Tblsp		
Poultry seasoning		2 Tblsp		
Kosher salt		2 tsp		
Ground black pepper		2 tsp		
			❹ Remove the chicken from the marinade, letting excess drip off. Coat in the breadcrumb mixture, then place on the prepared sheet pan, allowing at least ½-inch between each piece.	
			❺ Bake until internal temperature reaches 165°F, about 1 hour.	
			❻ Hold in a dry warming box or warming pan, loosely covered so steam can escape (steam will make chicken soggy), for up to 2 hours.	

Crispy Baked Tofu

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	157 kcal
Protein	9.36 g
Carbohydrate	19.15 g
Total Fat	5.23 g
Saturated Fat	1.26 g
Cholesterol	18.25 mg
Vitamin A	84.86 IU
Vitamin C	1.04 mg
Iron	2.34 mg
Calcium	188.09 mg
Sodium	518.56 mg
Dietary Fiber	1.74 g

EQUIVALENTS: 1 piece provides 1 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

"These would be really good instead of the breaded chicken in the Chicken Caesar Wraps."

Crispy Baked Tofu • 50 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Dry breadcrumbs, whole-wheat		2 qt + 1 cup	❶ Mix breadcrumbs, salt, pepper, poultry seasoning, granulated garlic, oregano, onion powder and garlic powder in a large bowl and set aside.	• *Serve in a Caesar salad wrap, alone with marinara sauce for dipping, or over whole-wheat pasta tossed with marinara sauce.* • *If your kids are terrified of tofu, try calling them "vegetarian fish sticks." That's how one Vermont cook got her kids to try them, and they loved them!*
Kosher salt		1 Tblsp		
Ground black pepper		1 Tblsp		
Poultry seasoning		1 Tblsp		
Granulated garlic		1 Tblsp		
Dried oregano leaves		1½ tsp		
Onion powder		1½ tsp		
Garlic powder		1½ tsp		
Tofu, firm or extra-firm	7 lb		❷ Drain tofu and cut into 50 2-oz slices, about 2" x 4". Pat the tofu slices dry with paper towels.	
Eggs		4 large	❸ Beat eggs in a medium mixing bowl. Mix in ranch dressing. Put flour in a shallow dish.	
Prepared ranch dressing		1 qt		
Enriched all-purpose flour		2 cups		

❹ Preheat convection oven to 300°F. Coat 2 full sheet pans with cooking spray.

❺ Set up on an assembly line with the tofu slices, the egg mixture, a bowl of about 2 cups of the breadcrumb mixture and a prepared sheet pan.

❻ Dip each tofu slice in the flour, then the egg mixture then in the breadcrumbs. Make sure the breadcrumbs coat the entire piece of tofu. Repeat with the remaining tofu, adding more of the breadcrumb mixture to your bowl as needed. Place on the prepared baking sheets.

❼ Bake the tofu for 20 minutes. Increase oven temperature to 325°F and bake until the edges of the tofu are browned and crispy and the internal temperature reaches at least 165°F, about 15 minutes more.

Falafel Nuggets

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 3 pieces

Amount per Serving	
Calories	204 kcal
Protein	8.32 g
Carbohydrate	27.51 g
Total Fat	7.26 g
Saturated Fat	1.06 g
Cholesterol	18.60 mg
Vitamin A	171.84 IU
Vitamin C	3.18 mg
Iron	2.67 mg
Calcium	62.22 mg
Sodium	671.41 mg
Dietary Fiber	6.27 g

EQUIVALENTS: 3 pieces provide .25 oz equiv grain/bread and 1.5 oz equiv meat/meat alternate *or* ⅜ cup beans/legumes (but not both).

Recipe HACCP Process: #2 Same Day Service

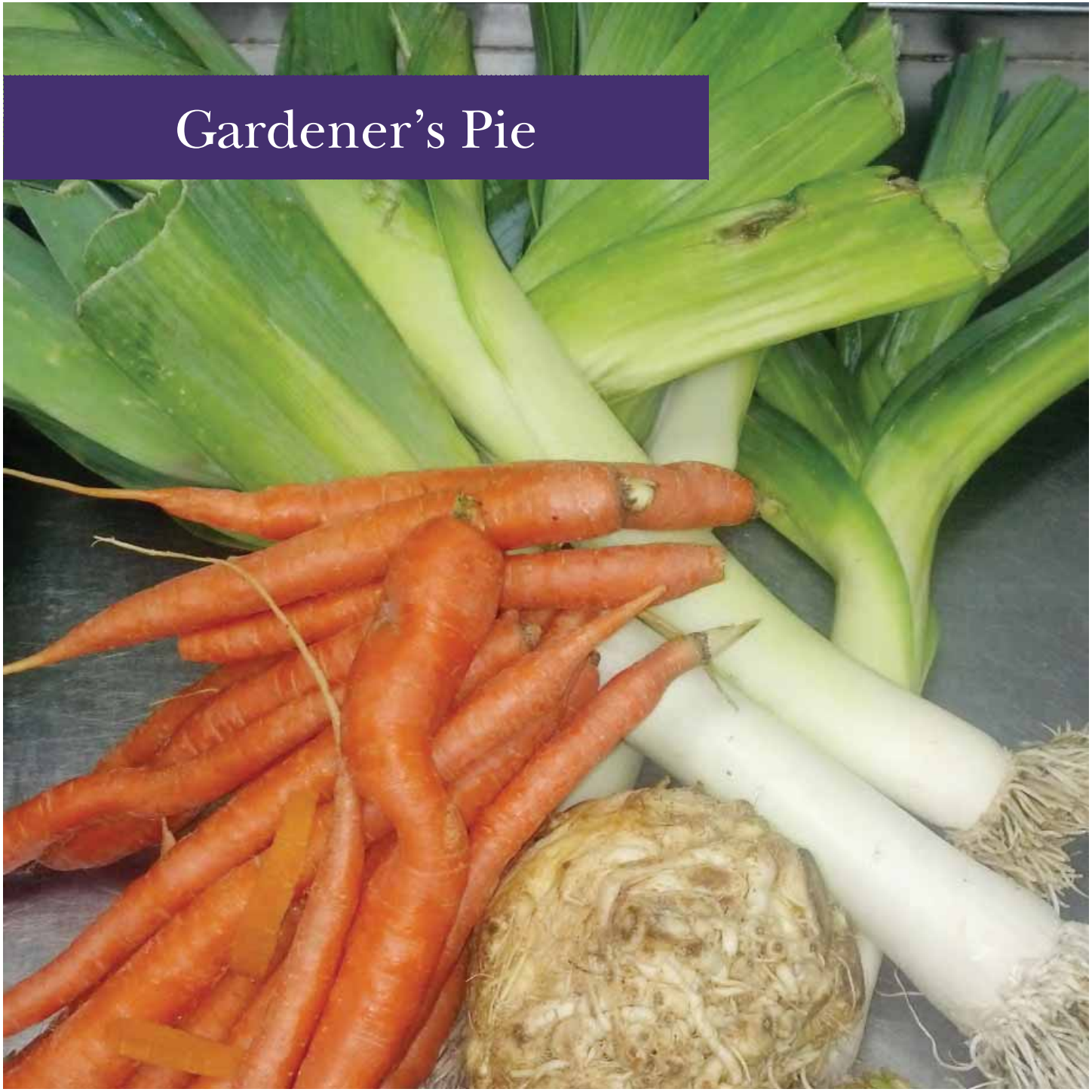
Falafel Nuggets • 50 servings (3 pieces)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Vegetable oil	2½ oz	¾ cup + 3 Tblsp, divided	❶ Preheat convection oven to 350°F. Grease 3 full sheet pans with ¼ cup oil each.
Spanish onion	1 lb		❷ Trim and peel onion. Cut into 1-inch pieces.
Chopped celery (¼-inch pieces)		2 cups	❸ Heat the remaining 3 tablespoons oil in a large skillet over low heat. Add the onions and cook, stirring occasionally, until beginning to melt into the oil, about 30 minutes. Add celery; increase heat to medium. Cook, stirring occasionally, until the celery is softened, 8 to 10 minutes. Transfer to a large bowl.
Fresh parsley leaves	4 oz	1 cup	❹ Pulse parsley in a food processor fitted with a steel blade until finely chopped. Add to the vegetable mixture.
Chickpeas, canned, rinsed and drained		2 #10 cans	❺ Working in batches of 4 to 6 cups, pulse chickpeas in the food processor until coarsely chopped (6 to 8 pulses per batch). Add to the vegetables.
Eggs	8 oz	5 large	❻ Whisk eggs, lemon juice and soy sauce in a small bowl.
Lemon juice	3 oz	¼ cup	
Low-sodium soy sauce		¼ cup	
Enriched all-purpose flour	14 oz	1 quart + ½ cup	❼ Add flour, baking powder, coriander, cumin, garlic powder, onion powder, salt and pepper to the chickpea mixture. Stir to thoroughly combine. Add the egg mixture and stir to combine. (Mixture will be the consistency of a thick dough.)
Baking powder	1 oz	¼ cup	
Ground coriander	1 oz	¼ cup	
Ground cumin	1 oz	¼ cup	
Garlic powder	½ oz	2 Tblsp	
Onion powder	½ oz	2 Tblsp	
Kosher salt	1 oz	1 Tblsp	
Ground black pepper	½ oz	1 Tblsp	
❽ Using a #30 scoop, place balls of falafel onto the prepared sheet pans. Bake until the bottoms are browned and crisp, 18 to 20 minutes. Flip the falafel and flatten with the back of a 2-oz spoodle. Bake until browned and crisp on the other side, 10 to 12 minutes more. Hold in a warming box for up to 2 hours before serving.			

NOTES

- *Serve with applesauce, Ranch dressing, applesauce spiced with garam masala, chutney or ketchup.*
- *The back of a red handled, 2-oz spoodle works great for flattening the nuggets out, as the final diameter should be about as big as the spoodle bottom.*
- *You will know it's time to flip and flatten the nuggets when they easily pull away from the sheet pan. If you try to move them and they still seem stuck, put them back in the oven for another 1 to 2 minutes and then try again.*
- *You can use other vegetables, such as cabbage and cauliflower, in the recipe too. Just cook until tender before processing and adding to the chickpeas.*

Gardener's Pie



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	335 kcal
Protein	12.62 g
Carbohydrate	46.05 g
Total Fat	12.04 g
Saturated Fat	5.87 g
Cholesterol	39.55 mg
Vitamin A	2114.92 IU
Vitamin C	4.50 mg
Iron	2.77 mg
Calcium	133.08 mg
Sodium	516.20 mg
Dietary Fiber	6.43 g

EQUIVALENTS: 1 cup provides ⅛ cup other vegetable 1.5 oz equiv WGR grain and ⅛ cup beans/legumes *or* .5 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

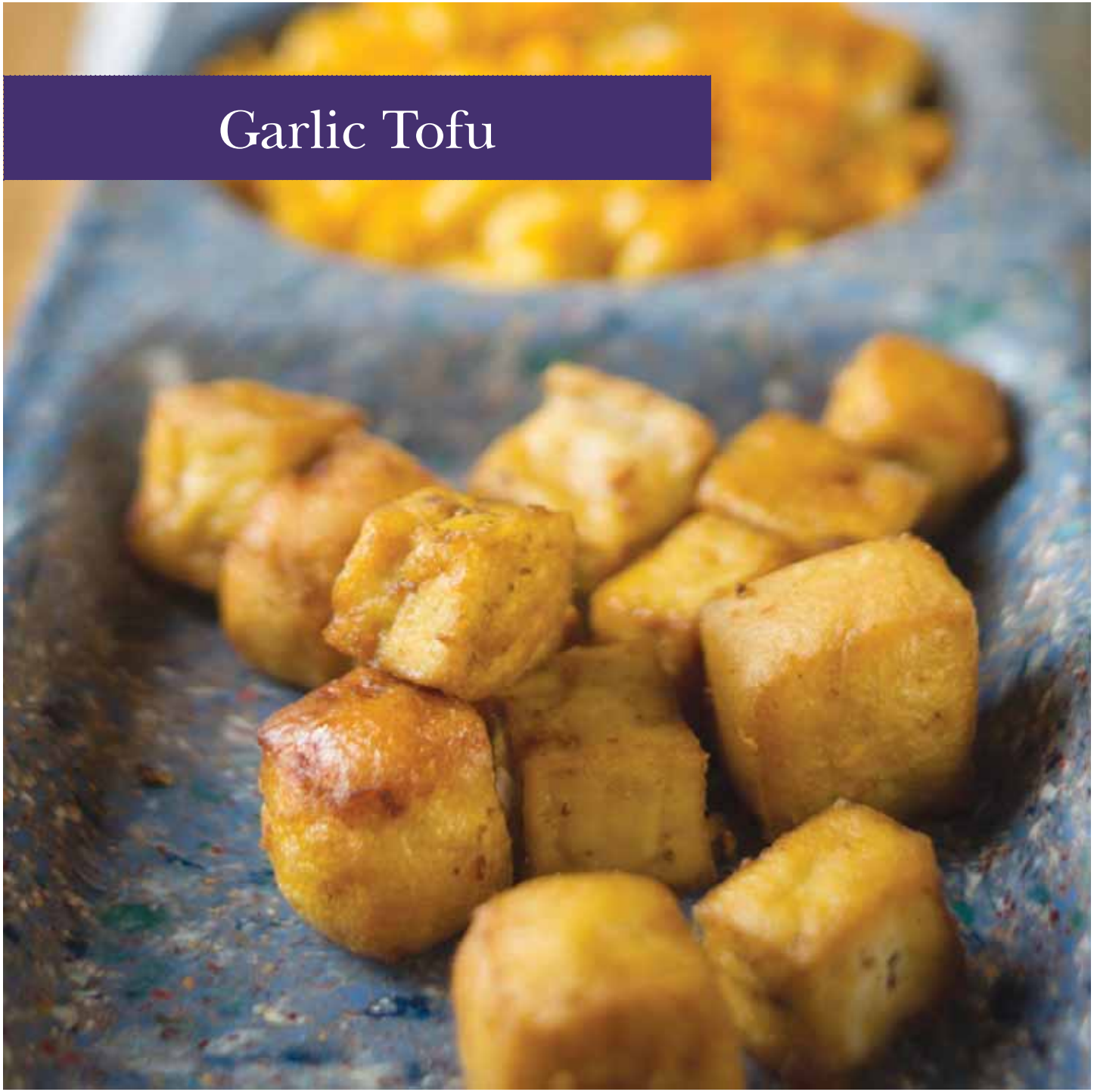
"Cooking with local food is a great way to increase support for your food service program. Families love the idea of locally sourced food. It also tastes fresher when it's in season!"

— LIZ SCHARF

Gardener's Pie • 48 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
❶ Preheat convection oven to 325°F or conventional oven to 350°F. Coat two 2-inch full hotel pans with cooking spray.			
			To make the stew:
Onions or leeks	1 lb 8 oz		❷ Trim and peel onions (or trim and peel leeks). Cut into ¼-inch dice.
Carrots	1 lb		❸ Trim and peel carrots. Cut into ¼-inch dice.
Celery or celeriac	1 lb		❹ Trim celery (or trim and peel celeriac). Cut into ¼-inch dice.
Vegetable oil	4 oz	⅔ cup	❺ Heat oil in large stockpot over medium heat. Add onions (or leeks), carrots and celery (or celeriac). Cook, covered, stirring occasionally, until the vegetables are starting to soften, 10 to 12 minutes.
Enriched all-purpose flour	8 oz	1½ cups	❻ Sprinkle with 1½ cups flour; stir to coat. Gradually stir in broth. Cook, stirring, until thickened, 10 to 15 minutes. Stir in poultry seasoning, garlic powder and onion powder. Stir in beans, corn, green beans and peas. Divide between the prepared pans.
Low-sodium vegetable broth		1 gal	
Poultry seasoning		¼ cup	
Garlic powder		2 Tblsp	
Onion powder		2 Tblsp	
White beans, canned, rinsed and drained		1 #10 can	
Corn kernels, fresh or frozen		2 cups	
Green beans, fresh or frozen		2 cups	
Peas, frozen		2 cups	
			To make the biscuit topping:
Whole wheat flour	1 lb 12 oz	1½ qt	❼ Using the whip attachment on a stand mixer, mix together whole wheat flour, 1 qt plus ½ cup all-purpose flour, sugar, baking powder and salt in a 5-gallon mixing bowl. Add butter and mix in until the size of small peas.
Enriched all-purpose flour	1 lb 4 oz	1 qt + ½ cup	
Granulated sugar		6 Tblsp	
Baking powder		¼ cup	
Kosher salt		2 Tblsp	
Butter, unsalted, cold, cubed	1 lb	2 cups	
Eggs		4 large	❽ Remove whip and replace with paddle. Add eggs and buttermilk. Blend just until all dry ingredients are incorporated. (Do not overmix.) Pour half of the batter over each pan and spread to smooth the top.
Buttermilk		3 qt	
❾ Bake until the topping is golden brown and the gravy is bubbling at the sides of the pan, 1 to 1¼ hours. Let cool for 15 minutes. Cut each pan into 24 squares.			

Garlic Tofu



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¼ cup

Amount per Serving	
Calories	58 kcal
Protein	5.42 g
Carbohydrate	1.75 g
Total Fat	3.79 g
Saturated Fat	0.70 g
Cholesterol	0 mg
Vitamin A	3.45 IU
Vitamin C	0.60 mg
Iron	1.12 mg
Calcium	132.70 mg
Sodium	54.31 mg
Dietary Fiber	0.63 g

EQUIVALENTS: ¼ cup provides 1 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

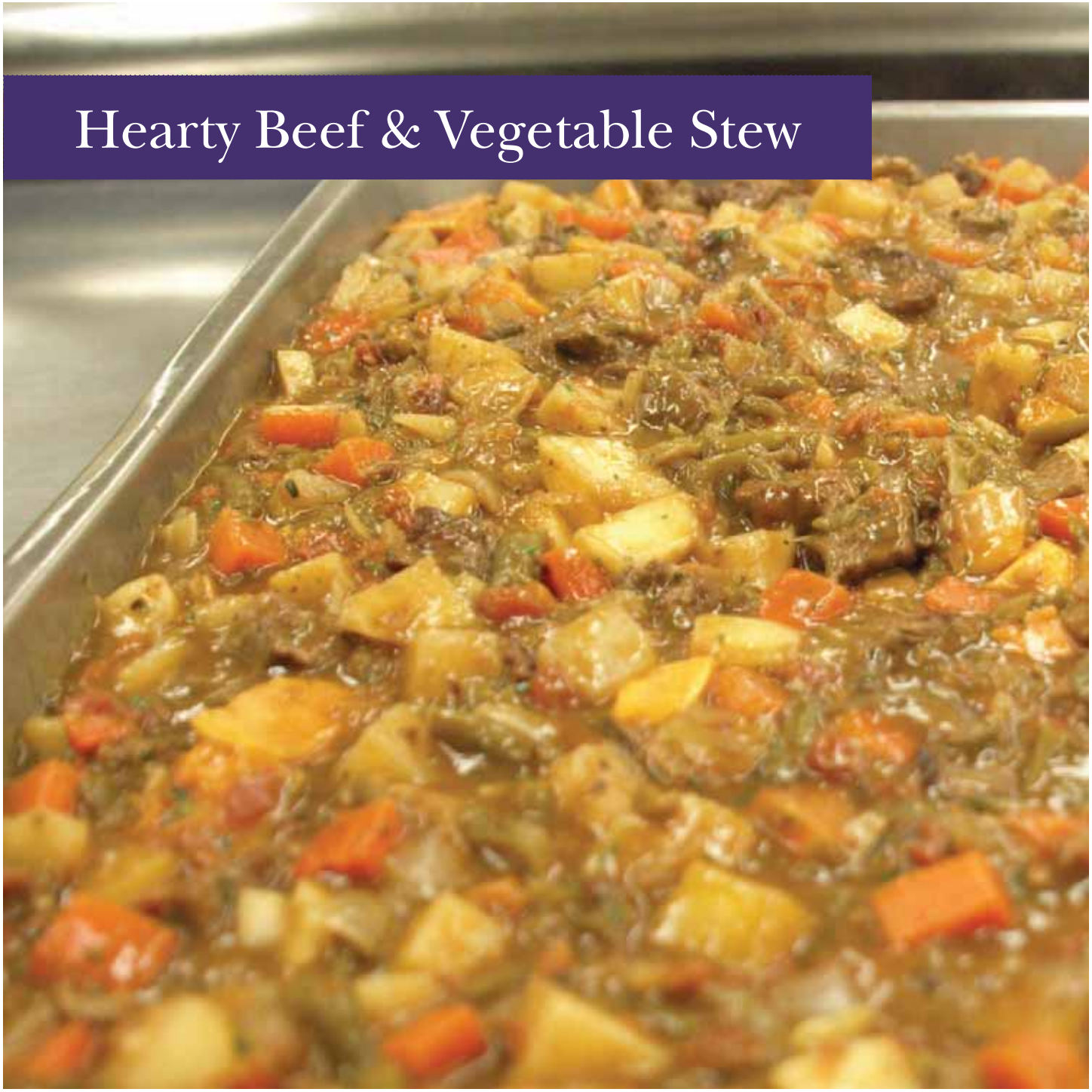
"I've never had tofu before and I love this recipe!"

— STUDENT

Garlic Tofu • 50 servings (¼ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			❶ Preheat convection oven to 350°F or conventional oven to 375°F. Coat 2 full sheet pans with cooking spray.	
Tofu, firm or extra-firm	7 lb		❷ Drain tofu. Cut into ½-inch cubes.	
Garlic		24 cloves	❸ Trim, peel and mince garlic.	
Soy sauce or tamari sauce		½ cup	❹ Combine the tofu, garlic, soy sauce, oil, cumin and pepper in a large bowl. Stir gently to combine. Divide between the prepared sheet pans and spread in an even layer. Drizzle with any remaining liquid.	
Olive oil		¼ cup		
Ground cumin		2 Tblsp		
Ground black pepper		½ tsp		
			❺ Bake, stirring once halfway through, until the tofu is brown and crispy, 25 to 30 minutes. Serve hot or cold.	

Hearty Beef & Vegetable Stew



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	394 kcal
Protein	24.24 g
Carbohydrate	29.28 g
Total Fat	19.78 g
Saturated Fat	9.27 g
Cholesterol	79.08 mg
Vitamin A	5395.09 IU
Vitamin C	21.52 mg
Iron	4.32 mg
Calcium	70.13 mg
Sodium	596.94 mg
Dietary Fiber	4.89 g

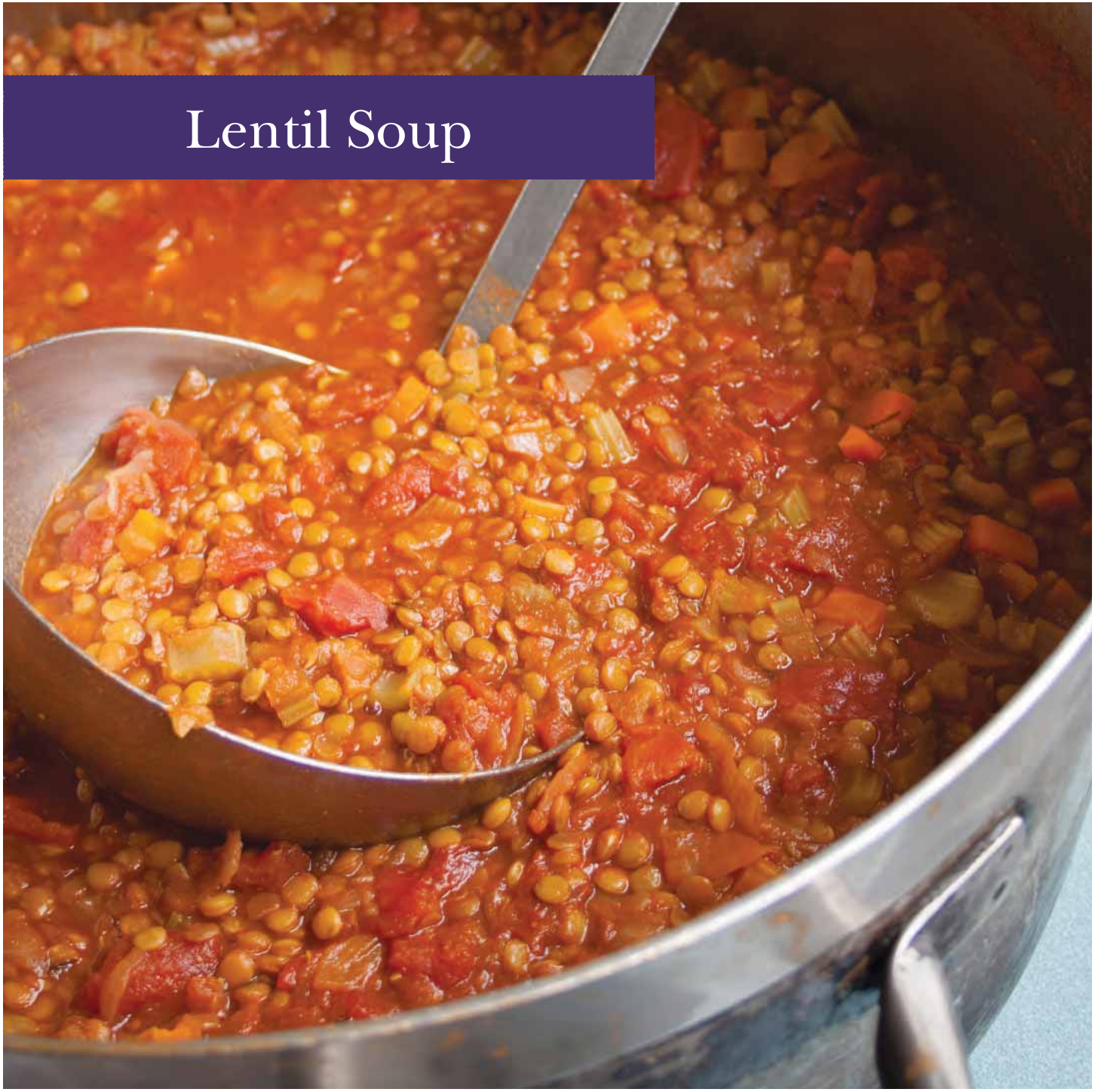
EQUIVALENTS: 1 cup provides 2 oz equiv meat/meat alternate, ⅜ cup red/orange vegetable, ⅛ cup starchy vegetable and ⅝ cup beans/legumes.

Recipe HACCP Process: #2 Same Day Service

Hearty Beef & Vegetable Stew • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Top round	10 lb		❶ Trim and cube top round.	*Use whatever combination of potatoes and root vegetables that you have on hand. You'll need 14 lb total.*
Carrots	3 lb		❷ Trim and peel carrots and cut into medium dice.	
Green beans, fresh or frozen	3 lb		❸ Trim green beans and cut into ¾-inch pieces.	
Onions	3 lb		❹ Trim and peel onions. Cut into medium dice.	
Red Bliss or Yukon Gold potatoes	3 lb		❺ Peel potatoes and sweet potatoes. Cut into medium dice.	
Sweet potatoes	2 lb			
Celeriac	1 lb		❻ Trim and peel celeriac, rutabaga and turnips. Cut into medium dice.	
Rutabaga	1 lb			
Turnips	1 lb			
Unsalted butter	1 lb		❼ Melt butter in a steam kettle over medium heat. Add the beef and cook, stirring occasionally, until no longer pink on the outside, 10 to 15 minutes.	
Minced garlic		2 Tblsp	❽ Stir in garlic. Sprinkle with flour and stir to coat. Cook, stirring occasionally, for 5 minutes. Stir in tomatoes and stock (or broth). Add the carrots, green beans, onions, potatoes, sweet potatoes, celeriac, rutabaga and turnips. Reduce heat to a simmer and cook, stirring occasionally, until the meat is tender, about 1 hour. Stir in basil, parsley, thyme, salt and pepper.	
Enriched all-purpose flour	1 lb			
Diced tomatoes, canned (undrained)		1 #10 can		
Low-sodium beef broth or stock		2 gallons		
Dried basil leaves		¼ cup		
Dried parsley leaves		¼ cup		
Dried thyme leaves		¼ cup		
Kosher salt		¼ cup		
Ground black pepper		to taste		

Lentil Soup



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	98 kcal
Protein	6.80 g
Carbohydrate	15.90 g
Total Fat	1.59 g
Saturated Fat	0.17 g
Cholesterol	2.42 mg
Vitamin A	2470.18 IU
Vitamin C	10.25 mg
Iron	2.23 mg
Calcium	35.52 mg
Sodium	482.64 mg
Dietary Fiber	4.47 g

EQUIVALENTS: 1 cup provides ½ cup beans/legumes *or* 2 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

"Informing students as to what they are eating and allowing them to really taste the product makes them feel part of the recipe development, and they stand a better chance of taking and eating it for lunch."

— KAREN RUSSO

Lentil Soup • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Vegetable oil		2 Tblsp	❶ Heat oil in a large stockpot over medium heat. Add onions and garlic. Cook, stirring often, until soft, about 6 minutes. Stir in broth, crushed tomatoes, lentils and tomato paste. Add chili powder, cumin, thyme and paprika; stir to combine. Bring to a boil, reduce heat to low, cover and simmer for 30 minutes.	
Diced onions (¼-inch pieces)		2 quarts		
Finely chopped garlic		¼ cup		
Low-sodium vegetable or chicken broth		2 gal		
Crushed tomatoes, canned	6 lb 6 oz	1 #10 can		
Dried brown lentils	3 lb 8 oz			
Tomato paste		1 12-oz can		
Chili powder		5 Tblsp		
Ground cumin		3 Tblsp		
Thyme		2 Tblsp chopped fresh or 2 tsp dried leaves		
Paprika		2 Tblsp		
Diced peeled carrots (¼-inch pieces)		1 quart	❷ Mix in carrots and celery. Cook until the lentils and vegetables are tender, about 20 minutes. Stir in salt.	
Diced celery (¼-inch pieces)		1 quart		
Kosher salt		2 Tblsp		

Meatballs

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 meatball

Amount per Serving	
Calories	128 kcal
Protein	11.18 g
Carbohydrate	4.80 g
Total Fat	6.77 g
Saturated Fat	2.65 g
Cholesterol	42.47 mg
Vitamin A	259.47 IU
Vitamin C	2.20 mg
Iron	1.21 mg
Calcium	31.05 mg
Sodium	244.30 mg
Dietary Fiber	0.65 g

EQUIVALENTS: 1 meatball provides 1 oz equiv of meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

"Two thumbs up!"

— ELEMENTARY STUDENT

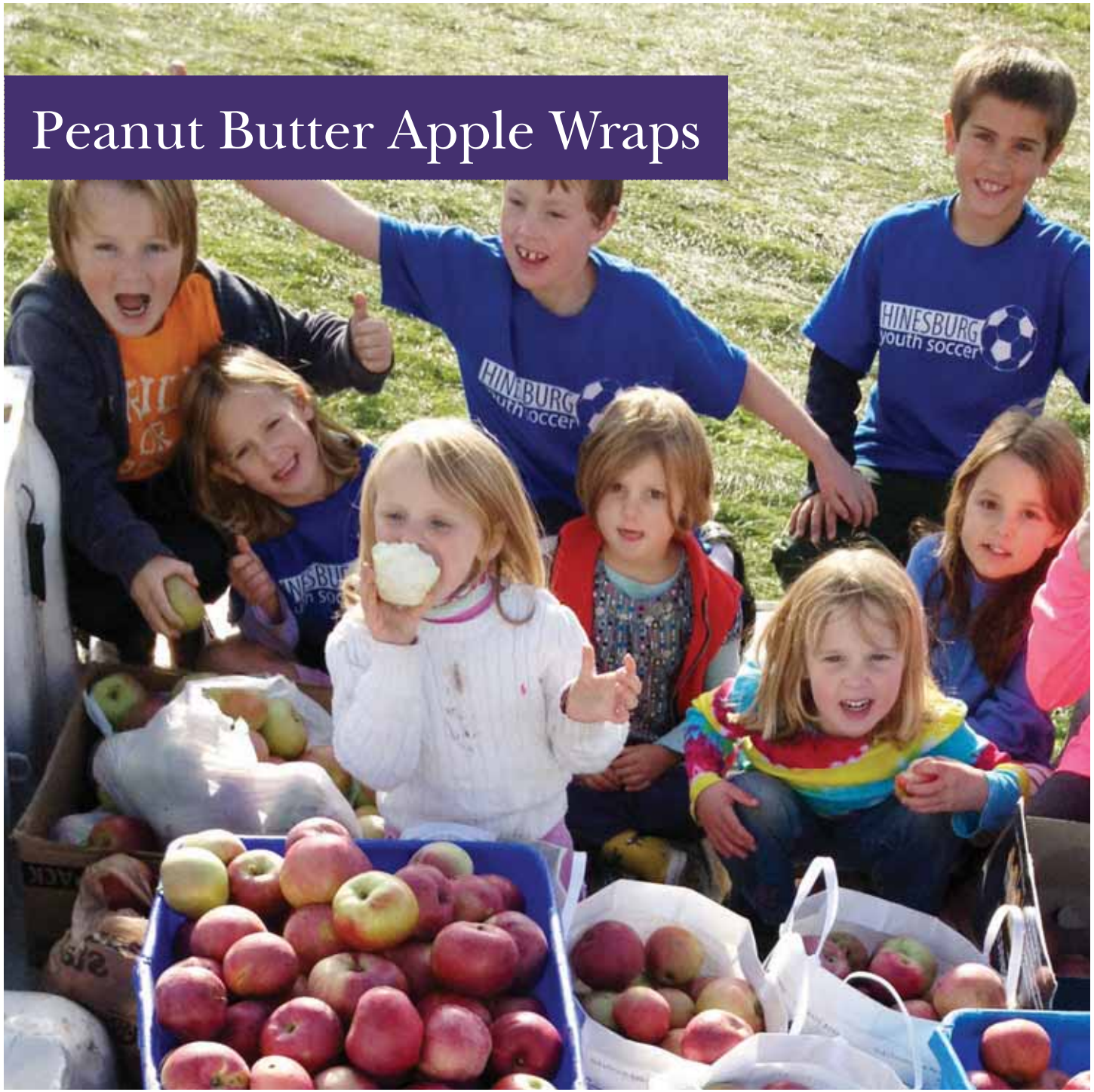
Meatballs • 50 servings (1 meatball)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			❶ Preheat convection oven to 400°F or conventional oven to 425°F. Line 2 baking sheets with parchment paper.
Chopped kale (or chard or spinach)		1 cup (packed)	❷ Cook kale (or chard or spinach) in a medium saucepan of boiling water until just tender, 1 to 3 minutes. Drain well.
Rolled oats	8 oz	1½ cups	❸ Process oats in a food processor fitted with a steel blade until they resemble coarse crumbs, about 10 seconds.
Eggs		2 large	❹ Beat eggs in a large bowl. Add the ground oats, beef, the greens, milk, ketchup, cheese, tomato paste, onion powder, poultry seasoning, Worcestershire sauce, salt and pepper. Mix together with your hands until well incorporated (don't over-mix).
Ground beef, 80% lean	5 lb		
Low-fat milk		1 cup	
Ketchup		½ cup	
Grated Parmesan cheese		½ cup	
Tomato paste		¼ cup	
Onion powder		¼ cup	
Poultry seasoning		2 Tblsp	
Worcestershire sauce		2 Tblsp	
Kosher salt		2 tsp	
Ground black pepper		1 tsp	
			❺ Portion the meatballs using a 1-oz scoop and place on the prepared baking sheets. Bake until they reach an internal temperature of 165°F, 10 to 12 minutes.

NOTES

- *This recipe is easily doubled or tripled. Freeze the cooled cooked meatballs on trays then transfer to airtight containers. Freeze for up to 3 months.*
- *Serve with marinara sauce on whole wheat hot dog buns with melted mozzarella cheese or over pasta.*

Peanut Butter Apple Wraps



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 wrap

Amount per Serving	
Calories	341 kcal
Protein	11.99 g
Carbohydrate	35.27 g
Total Fat	18.56 g
Saturated Fat	3.59 g
Cholesterol	0 mg
Vitamin A	33.75 IU
Vitamin C	2.88 mg
Iron	1.61 mg
Calcium	114.65 mg
Sodium	493.24 mg
Dietary Fiber	6.38 g

EQUIVALENTS: 1 wrap provides 1 oz equiv WGR grain, ½ cup fruit and 1 oz equiv meat/meat alternate.

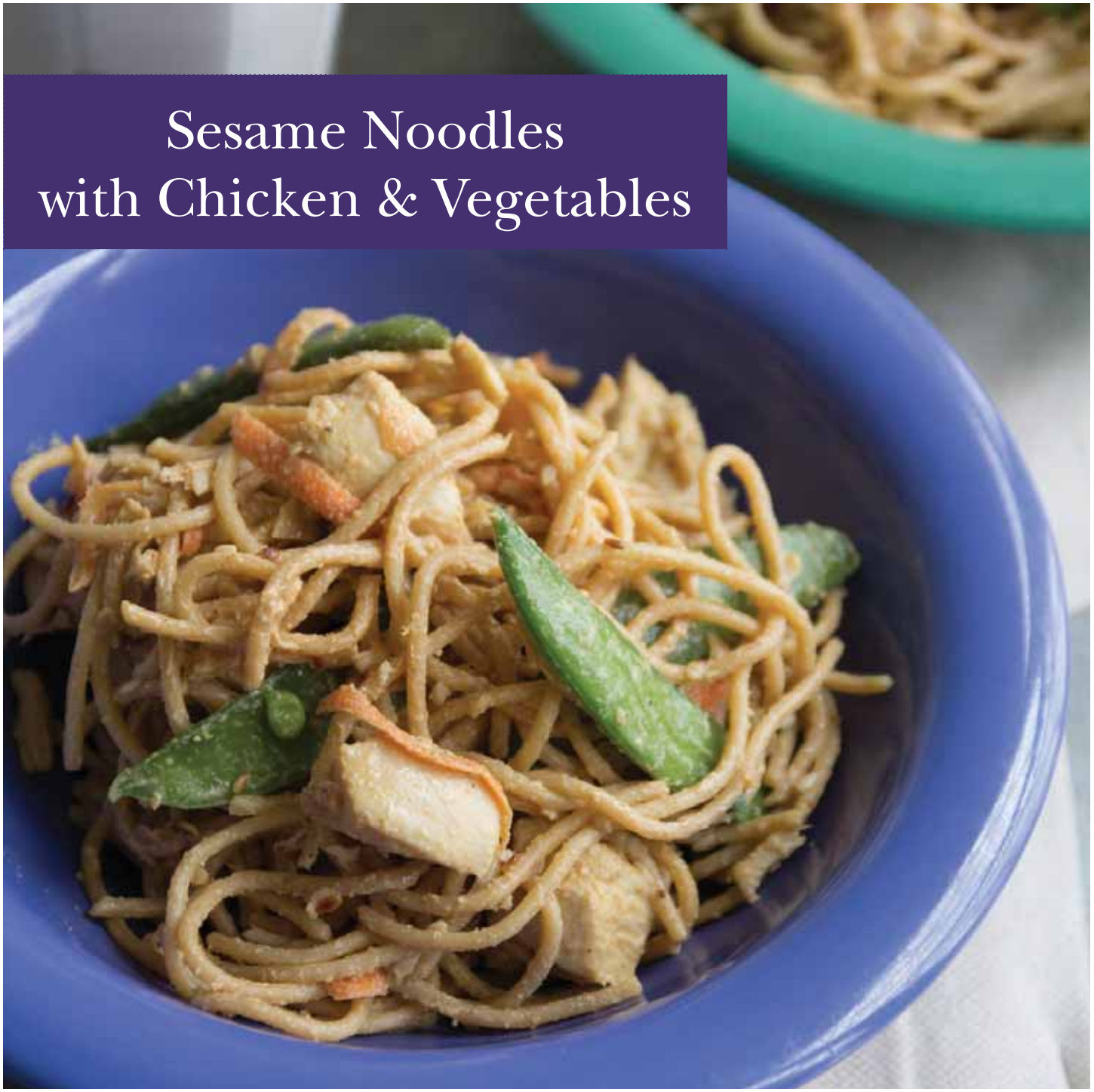
Recipe HACCP Process: #1 No Cook

Peanut Butter Apple Wraps • 50 servings (1 wrap)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Whole-wheat tortillas (6-inch)		50 each	1 Spread each tortilla with 2 Tblsp peanut butter or sunbutter and sprinkle with ½ cup apple. Roll up and cut in half on the diagonal.
Natural peanut butter or sunbutter		1 qt + 2¼ cups	
Diced apples		1 gal + 2 qt + 1 cup	

NOTES

Sesame Noodles with Chicken & Vegetables



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	367 kcal
Protein	24.87 g
Carbohydrate	24.61 g
Total Fat	19.59 g
Saturated Fat	3.40 g
Cholesterol	54.13 mg
Vitamin A	974.19 IU
Vitamin C	31.15 mg
Iron	3.39 mg
Calcium	89.31 mg
Sodium	418.39 mg
Dietary Fiber	4.41 g

EQUIVALENTS: 1 cup provides 2 oz equiv meat/meat alternate, ¼ cup other vegetable and .75 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

"Sometimes after a student gives positive feedback about a recipe, they'll say, 'OK, Mrs. T, what's in it, whole grains again?'"

— GAY TRUAX

Sesame Noodles with Chicken & Vegetables • 60 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Green onions		1 bunch	❶ Trim and slice green onions.
Red bell pepper		1 medium	❷ Stem, core and seed peppers; thinly slice.
Tahini		3 cups	❸ Blend tahini, soy sauce, rice vinegar garlic, ginger, pepper, hot sauce and cayenne in a food processor fitted with a steel blade, a blender or with an immersion blender. While the motor is running, slowly add oil. Taste and adjust seasoning if desired. Refrigerate.
Low-sodium soy sauce		2½ cups	
Rice vinegar		2½ cups	
Chopped garlic		¼ cup	
Ground ginger		2 Tblsp	
Ground black pepper		2 Tblsp	
Hot sauce		2 Tblsp	
Cayenne pepper		2 tsp	
Sesame oil		2 cups	
Diced cooked chicken	8 lb		❹ Put chicken in a 4-inch full hotel pan. Cover and heat in a steamer until it reaches 165°F, about 20 minutes.
			❺ Place a bowl of ice water and long-handled strainer next to stove.
Water		10 gal	❻ Bring 5 gal of water and 1 Tblsp salt to a boil in each of 2 large stockpots. Add peas to one stockpot; stir. Cook for 4 minutes. Remove with the strainer and plunge into the ice water. Let stand for 5 minutes; drain and set aside.
Kosher salt		2 Tblsp	
Snap or snow peas	5 lb 8 oz		
Whole-wheat spaghetti	3 lb		❼ Cook pasta in the other stockpot, stirring occasionally, until tender, 10 to 12 minutes. Drain.
Grated carrots		1 cup	❽ Divide the cooked pasta between two 2-inch full hotel pans. Pour half the dressing over the pasta and toss until well combined. Sprinkle each pan with half the peas, carrots, green onions, bell pepper and chicken. Drizzle each pan with the remaining dressing and sprinkle with sesame seeds. Serve warm or cold.
Sesame seeds, toasted		½ cup	

NOTES

- *Be careful not to overcook the peas.*
- *Use other green vegetables according to the season, such as kale, chard or broccoli.*
- *Refrigerate dressing for up to 1 week. Refrigerate the cooked pasta, vegetables and chicken up to 1 day. Warm dressing to thin, toss and garnish the recipe just before serving.*

Sloppy Farmer Joes

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 sandwich

Amount per Serving	
Calories	338 kcal
Protein	21.64 g
Carbohydrate	31.62 g
Total Fat	14.02 g
Saturated Fat	4.76 g
Cholesterol	57.63 mg
Vitamin A	435.25 IU
Vitamin C	12.20 mg
Iron	7.02 mg
Calcium	70.47 mg
Sodium	796.30 mg
Dietary Fiber	3.47 g

EQUIVALENTS: 1 sandwich provides 2 oz equiv meat/meat alternate, ¼ cup other vegetable and 2 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

"Awesome!

Because they are sloppy

meat, and my name's Joe!"

— STUDENT

Sloppy Farmer Joes • 50 servings (1 sandwich)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions	2 lb		1 Trim and peel onions. Cut into 1-inch pieces.	• *You can use 6 lb 4 oz cooked meat in place of the raw.*
Sweet bell peppers (any color)	1 lb		2 Stem, core and seed peppers. Cut into 1-inch pieces.	• *If you use leaner beef, add oil to cook as necessary.*
Celery	1 lb		3 Trim celery and cut into 1-inch pieces.	
Ground beef, 80% lean	8 lb 8 oz		4 Cook beef and water in 30-gal steam kettle or tilt skillet on high heat, stirring occasionally to break up the meat, until no longer pink, 25 to 30 minutes. Drain the cooked beef. Set aside.	
Water		2 cups		
Mushrooms, white button	1 lb 8 oz		5 Meanwhile, in batches, pulse the onions, peppers, celery and mushrooms in a food processor fitted with a steel blade until chopped into ¼-inch pieces, 6 to 8 pulses per batch. (Alternatively, do this step by hand).	
Vegetable oil	1.75 oz	¼ cup	6 Add the chopped vegetables and oil to the kettle or tilt skillet. Cook, covered, over high heat, stirring occasionally, until soft, about 10 minutes.	
Low-sodium tomato sauce	3 lb 4 oz	1 qt + 1 cup	7 Reduce heat to low. Stir in tomato sauce, vinegar, tomato paste, sugar, Worcestershire sauce, garlic powder, onion powder, mustard, pepper and salt. Add the beef and stir well to combine. Cook until heated through, 10 to 20 minutes.	
Cider vinegar	1 lb	2 cups		
Tomato paste	12 oz	1½ cups		
Brown sugar	8 oz	1 cup (packed)		
Worcestershire sauce	4 oz	½ cup		
Garlic powder		¼ cup		
Onion powder		¼ cup		
Ground mustard seed		2 Tblsp		
Ground black pepper		2 Tblsp		
Kosher salt		1 Tblsp		
			8 Transfer to a large mixing bowl. Stir the mixture in standing mixer fitted with paddle attachment until crumbled and thoroughly combined, 5 to 10 minutes on low speed.	
Whole-grain buns (2 oz equiv each)		50 each	9 Serve 3-ounce portions on buns.	

Sloppy Lentil Joes

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 sandwich

Amount per Serving	
Calories	313 kcal
Protein	1555 g
Carbohydrate	55.83 g
Total Fat	3.93 g
Saturated Fat	0.88 g
Cholesterol	0 mg
Vitamin A	341.14 IU
Vitamin C	11.72 mg
Iron	5.41 mg
Calcium	95.83 mg
Sodium	779.47 mg
Dietary Fiber	13.81 g

EQUIVALENTS: 1 sandwich provides 2 oz equiv of meat/meat alternate *or* ½ cup beans/legumes (but not both), ⅛ cup red/orange vegetable and 2 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

"A table of sixth graders said the Sloppy Lentil Joes were the best Sloppy Joes they'd ever had, only to find out they were made with lentils! This posed an excellent learning opportunity to teach about legumes and why they are important to our diet. "

— MOLLIE SILVER

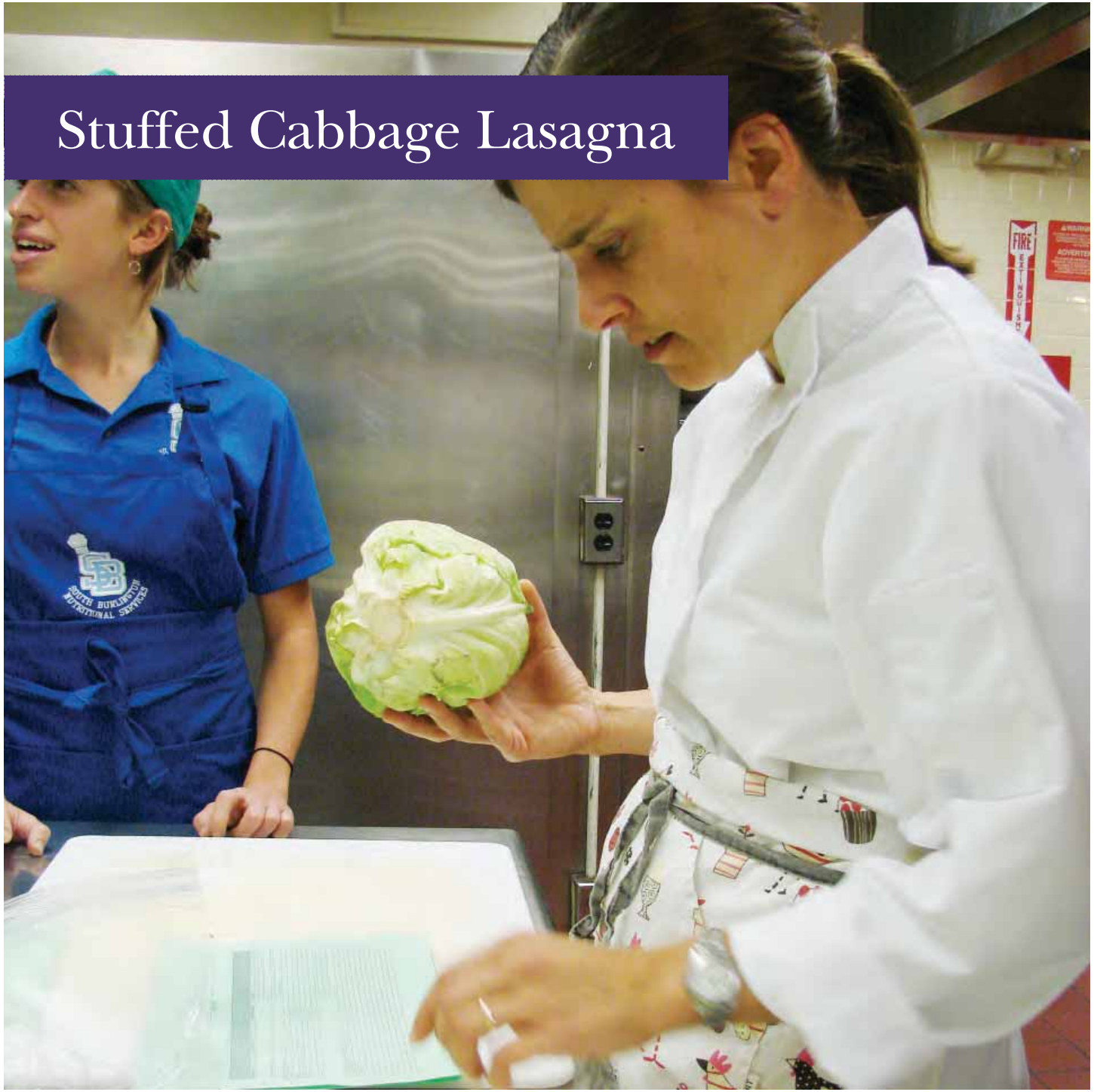
Sloppy Lentil Joes • 50 servings (1 sandwich)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Onions	2 lb		❶ Trim and peel onions. Cut into 1-inch pieces.
Sweet bell peppers (any color)	1 lb		❷ Stem, core and seed peppers. Cut into 1-inch pieces.
Celery	11½ oz		❸ Trim celery and cut into 1-inch pieces.
Garlic cloves	4 oz		❹ Trim and peel garlic.
Water		1 gal + 3 cups	❺ Bring water to a boil in large 3-gal stockpot over high heat. Add lentils and cook until just tender, 25 to 30 minutes.
Dried brown lentils	3 lb 12 oz	1 qt + 3⅔ cups	
Mushrooms, white button	1 lb		❻ Meanwhile, in batches, pulse the onions, peppers, celery and mushrooms in a food processor fitted with a metal blade until chopped into ¼-inch pieces, 6 to 8 pulses. (Alternatively, do this step by hand.)
			❼ Finely chop the garlic in the food processor (or by hand).
Tomato paste	1 lb 4 oz	2 cups	❽ When lentils are done, reduce heat to low and stir in the chopped vegetables, garlic, tomato paste, brown sugar, Worcestershire sauce, vinegar, paprika, mustard, pepper and salt. Bring to a simmer, covered, over medium-low heat. Cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes.
Brown sugar		1 cup (packed)	
Worcestershire sauce		½ cup	
Cider vinegar		½ cup	
Smoked paprika		4 tsp	
Ground mustard seed		1 Tblsp + ½ tsp	
Ground black pepper		1 Tblsp + ½ tsp	
Kosher salt		1 Tblsp	
Whole-grain buns (2 oz equiv each)		50 each	❾ Serve ½ cup portions on each bun.

NOTES

- *You can use maple syrup or white sugar in place of the brown sugar and white vinegar for cider vinegar.*
- *To turn this into taco filling, add 2 Tblsp plus 2 tsp each of ground cumin, ground coriander, dried oregano leaves and chili powder along with the other spices in Step ❹.*
- *Use anchovy-free Worcestershire sauce for a vegetarian dish.*

Stuffed Cabbage Lasagna



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	175 kcal
Protein	11.29 g
Carbohydrate	18 g
Total Fat	6.30 g
Saturated Fat	2.41 g
Cholesterol	33.90 mg
Vitamin A	718.48 IU
Vitamin C	21.91 mg
Iron	2.14 mg
Calcium	37.68 mg
Sodium	380.56 mg
Dietary Fiber	2.89 g

EQUIVALENTS: 1 cup provides 1 oz equiv meat/meat alternate, ¼ cup other vegetable and ¼ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

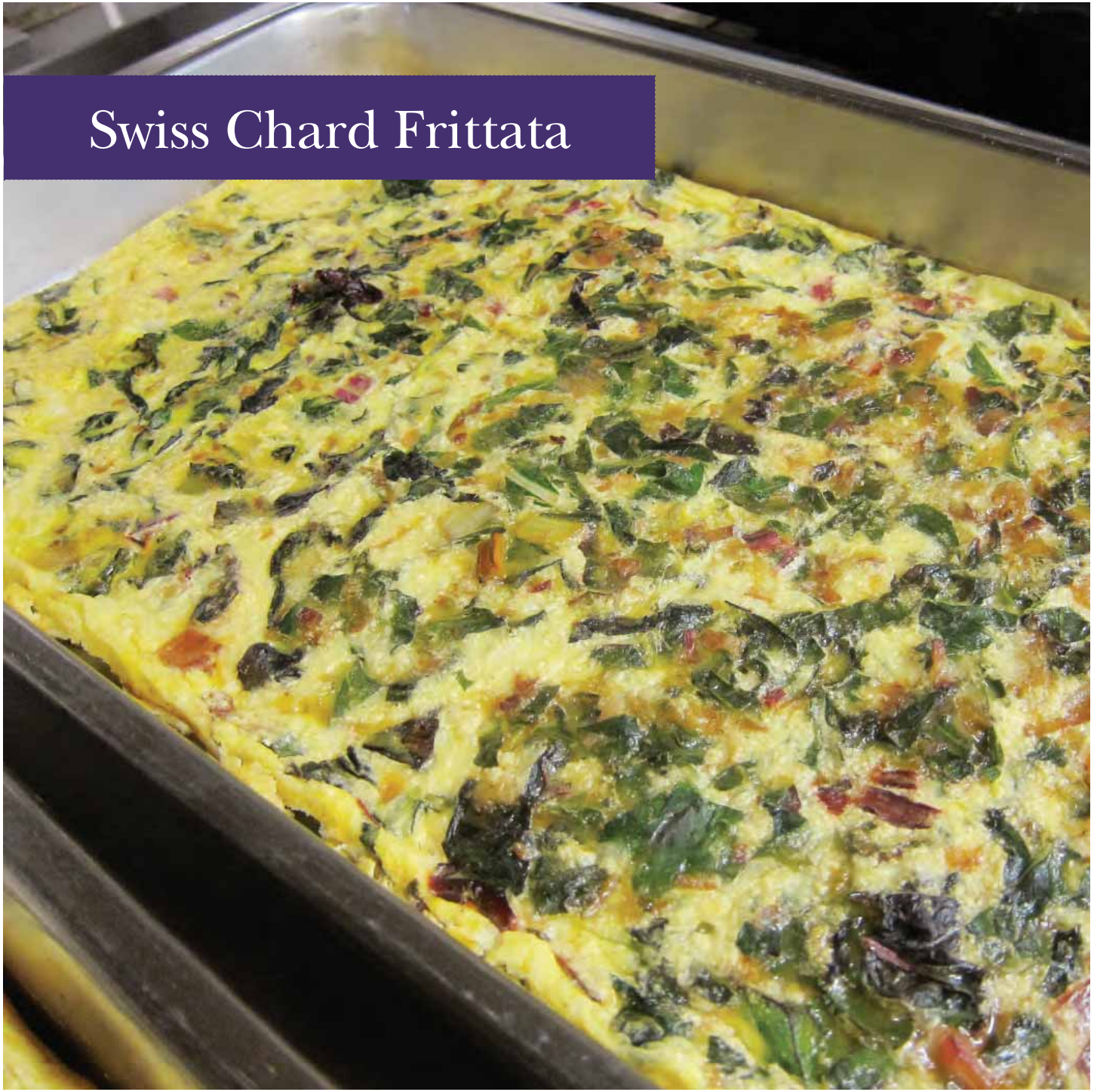
"Taste testing is not only a great way to try out new recipes; it can show your students that you are listening and that their opinions matter. It can really empower them to speak up and understand that they are a key part of the school meals program."

— BROOKE GANNON

Stuffed Cabbage Lasagna • 50 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Cabbage	5 lb	2 heads	❶ Quarter and core cabbage; cut into wedges. Steam in a steamer at 200°F until very tender, about 30 minutes.	*If using leaner ground beef, add oil to cook as necessary.*
Water		1½ qt	❷ Meanwhile, bring water and 1 tsp of salt to a boil. Stir in rice, reduce heat to low and cook for 25 minutes (the rice will be underdone).	
Kosher salt		2 Tblsp + 1 tsp, divided		
Brown rice		3 cups		
Ground beef, 80% lean	5 lb		❸ Cook beef in a large pot crumbling with a spoon or spatula, until browned, about 15 minutes. Drain. Stir in garlic powder, onion powder, pepper and the remaining 2 Tblsp salt. Stir in the rice and diced tomatoes.	
Garlic powder		2 Tblsp		
Onion powder		2 Tblsp		
Ground black pepper		2 Tblsp		
Diced tomatoes, canned (undrained)		1½ qt		
			❹ Cut the steamed cabbage into ½-inch strips and break apart.	
			❺ Preheat convection oven to 325°F or conventional oven to 350°F.	
Tomato sauce		1 #10 can	❻ Assemble the lasagnas in two 2-inch full hotel pans using the following amounts for each pan: Spread 1 cup sauce on the bottom of the pan. Top with about 2½ quarts cabbage, 2 cups meat mixture, 1 cup sauce, about 2½ quarts cabbage, 2 cups meat mixture, 1 cup sauce, about 2½ quarts cabbage and 1 cup sauce.	
			❼ Bake, uncovered, until the sauce is bubbling and the top is starting to brown, about 25 minutes.	

Swiss Chard Frittata



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	128 kcal
Protein	10.11 g
Carbohydrate	1.65 g
Total Fat	8.73 g
Saturated Fat	3.29 g
Cholesterol	201.42 mg
Vitamin A	926.46 IU
Vitamin C	0.51 mg
Iron	1.11 mg
Calcium	131.99 mg
Sodium	268.30 mg
Dietary Fiber	0.28 mg

EQUIVALENTS: 1 serving provides 2 oz equiv of meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

Swiss Chard Frittata • 48 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			❶ Preheat convection oven to 325°F or conventional oven to 350°F. Coat bottom and sides of two 2-inch full hotel pans with cooking spray.	
Bacon		8 slices	❷ Cook bacon, turning occasionally, in a large skillet over medium heat until crispy, about 10 minutes. Drain on paper towel and cut into ⅛-inch pieces.	
Swiss chard	1 lb		❸ Rinse chard but do not dry. Trim tough stem ends and discard. Cut leaves and stems into rough 1-inch pieces. Set aside.	
Canola oil or vegetable oil		¼ cup	❹ Heat oil in a 16-inch skillet over low heat. Add the bacon and onions. Cook, stirring occasionally, until the onions are translucent, 8 to 10 minutes.	
Chopped onions		2 cups		
			❺ Stir in the chard. Cook, stirring occasionally, until the chard begins to wilt, 8 to 10 minutes. Remove from the heat and set aside.	
Eggs		50 large	❻ Whisk eggs in a large bowl. Add garlic and salt. Whisk until well combined. Stir in 2 cups cheese.	
Granulated garlic		2 tsp		
Kosher salt		2 tsp		
Shredded reduced-fat Cheddar cheese		2¼ cups, divided	❼ Divide the egg mixture evenly between the prepared pans. Evenly distribute half the chard on top of the egg mixture in each pan. Sprinkle each pan with 2 Tblsp cheese.	
			❽ Bake until a knife inserted in the center comes out clean and the top is beginning to brown, 20 to 25 minutes. Cut each pan into 24 squares.	

Butternut Squash Lasagna

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	289 kcal
Protein	14.76 g
Carbohydrate	37.97 g
Total Fat	8.80 g
Saturated Fat	4.18 g
Cholesterol	36.53 mg
Vitamin A	1017.69 IU
Vitamin C	8.67 mg
Iron	1.92 mg
Calcium	249.89 mg
Sodium	505.40 mg
Dietary Fiber	2.42 g

EQUIVALENTS: 1 serving provides ⅛ cup red/orange vegetable, .75 oz equiv meat/meat alternate and .25 oz equiv grain.

Recipe HACCP Process: #2 Same Day Service

Butternut Squash Lasagna • 48 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			❶ Preheat convection oven to 350°F or conventional oven to 375°F.
Butternut squash	6 lb		❷ Cut squash in half lengthwise and scoop out the seeds. Place cut side down on a full sheet pan. Bake until soft, 30 to 40 minutes. When cool, scoop out flesh and purée in a food processor.
			To make the sauce:
Salted butter		½ cup	❸ Heat butter and oil in a large saucepan over medium-high heat. Add onions, celery and parsnips. Cook, stirring occasionally, until beginning to brown and soften, 10 to 15 minutes.
Vegetable oil		½ cup	
Diced onions (½-inch pieces)		2 cups	
Diced celery (½-inch pieces)		1 cup	
Peeled, diced parsnips (½-inch pieces)		1 cup	
Enriched all-purpose flour		2 cups	❹ Reduce heat to medium. Sprinkle the vegetables with flour and stir to coat. Stir in milk and stock. Cook, stirring, until thickened, about 10 minutes. Stir in 1 tsp salt. Remove from the heat.
Nonfat milk		1½ quart	
Vegetable stock		1 quart + 1 cup	
Table salt		2 tsp, divided	
Ground dried sage		2 tsp	❺ Stir sage and nutmeg into the sauce. Purée with an immersion blender (or in batches in a blender or food processor) until smooth.
Ground nutmeg		1 tsp	
			To make the fillings:
Cottage cheese, nonfat	2 lb 8 oz	1 qt + ¾ cup	❻ Stir together the puréed squash, cottage cheese, eggs, 9 oz mozzarella, 1½ cups Parmesan, five-spice powder, coriander and 1 tsp salt in large mixing bowl. (It's OK if there are lumps of squash.)
Eggs		5 large	
Shredded part-skim mozzarella cheese	1 lb 9 oz, divided		
Grated Parmesan cheese		2½ cups, divided	
Chinese five-spice powder		1½ Tblsp	
Ground coriander		1½ Tblsp	

recipe continues on next page.

Butternut Squash Lasagna • continued

INGREDIENTS	WEIGHT	MEASURE	METHOD
			7 Combine the remaining 1 lb mozzarella and 1 cup Parmesan in a medium bowl. Set aside.
			8 Reduce oven temperature to 325°F (convection) or 350°F (conventional). Coat two 2-inch full hotel pans with cooking spray.
			To assemble each lasagna:
Pasta sheets (4½ oz each)		12 sheets	9 Spread 1 cup sauce in the bottom of a prepared pan. Top with 2 pasta sheets. Dollop 2½ cups of the squash mixture on the pasta sheets. Drizzle with 1 cup sauce. Repeat with 2 pasta sheets, 2½ cups squash mixture and 1 cup sauce. Top with 2 pasta sheets, 1 qt of sauce and sprinkle with half of the cheese mixture. Repeat in the second prepared pan.
			10 Coat 2 pieces of foil with cooking spray. Cover each lasagna, sprayed side down, with the foil. Bake until the sauce is bubbling, 40 to 50 minutes. Let cool 15 minutes before cutting each pan into 24 pieces.

NOTES

If you already have roasted butternut squash on hand, skip Step 2 and add 1½ quarts purée in Step 6.

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10 Reasons to Buy Local Food • *adapted from Growing For Market Newsletter*

Child nutrition programs are supporting local farmers and producers all over the country. Buying local supports your community, the local economy and keeps our land open. Here are ten reasons why.

1 Local food tastes and looks better.

Crops are picked at peak ripeness, and farmstead products like cheeses are handcrafted for best flavor. Livestock products are processed in nearby facilities and typically the farmer has a direct relationship with processors and can oversee quality, unlike farmers whose animals are processed in large industrial facilities.

2 Local food is better for you.

The shorter the time between the farm and your school cafeteria, the less likely that nutrients will be lost. Food imported from far away is older and has traveled on trucks or planes and sat in warehouses before it gets to you.

3 Local food preserves genetic diversity.

In the modern agricultural system, plant varieties are chosen for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there is limited genetic diversity in large-scale production. Smaller local farms, in contrast, often grow many different varieties of crops to provide a long harvest season, an array of colors and the best flavors. Livestock diversity is also higher where there are many small farms rather than few large farms.

4 Local food is safe.

There's a unique kind of assurance that comes from looking a farmer in the eye at a farmers' market or driving by the fields where your food comes from. Local farmers aren't anonymous, and they take their responsibility to the consumer seriously.

5 Local food supports local families.

The wholesale prices that farmers get for their products are low, often near the cost of production. Local farmers who sell direct to consumers cut out the middleman and get full retail price for their food, which helps farm families stay on the land.

6 Local food builds community.

When you buy directly from a farmer, you're engaging in a time-honored connection between eater and grower. Knowing farmers gives you insight into the seasons, the land and your food. In many cases, it gives you access to a place where your children and grandchildren can go to learn about nature and agriculture.

7 Local food preserves open space.

When you buy locally grown food, you're indirectly preserving our working landscape. Farmers who get paid more for their products by marketing locally

are less likely to sell farmland for development. That landscape is an essential ingredient to other economic activity in the state, such as tourism and recreation.

8 Local food keeps taxes down.

According to several studies by the American Farmland Trust, farms contribute more in taxes than they require in services, whereas most development contributes less in taxes than the cost of required services. Cows don't go to school; tomatoes don't dial 911.

9 Local food benefits the environment and wildlife.

Well-managed farms provide ecosystem services: they conserve fertile soil, protect water sources and sequester carbon from the atmosphere. The farm environment is a patchwork of fields, meadows, woods, ponds and buildings that provide habitat for wildlife in our communities.

10 Local food is an investment in the future.

By supporting local farmers today, you are helping to ensure that there will be farms in your community tomorrow. That is a matter of importance for food security, especially in light of an uncertain energy future and our current reliance on fossil fuels to produce, package, distribute and store food.

"It is my hope that local/regional purchasing will become a reliable expectation for institutional food systems in the near future."

— MOLLIE SILVER

14 Tips for a Successful Farm to School Program

Buying directly from local farmers can be more work than purchasing from your distributor, but it can be educational and rewarding as well. You will learn more about where the food you serve comes from and how it is grown or produced. You may even benefit from extra products when in abundance. Here are some tips to get you started.

1 Set up business appointments with farmers.

Try contacting farmers in the early morning or evening, as many farmers are working in their fields or marketing their crops during the day. Throughout Vermont's fruit and vegetable growing season, you can also connect with farmers at farmers' markets, roadside stands, U-pick farms and even with neighbors who may plant more than they need. Don't be shy about following up on the connections you make. You may end up calling right when they're wondering what to do about their bumper crop of kale!

2 Visit farmers at their farms.

Observing local farm businesses in action will give you a better idea about food safety, availability, pricing and logistics and will demonstrate your sincere interest in their products. Farm visits also give you the chance to speak directly to a farmer about what you want and need in the unique context of your farm to school program. You can then develop menus that accommodate what grows seasonally in your region.

3 Request free samples.

When you meet a farmer interested in working with you, ask if he or she can provide free samples so you can see if it will meet your school's needs and requirements.

4 Start small and have partners.

Rather than buying a large variety of products or setting up relationships with a slew of farmers all at once, start with one or two farms and three to six products that you are familiar with and use regularly. Once you start incorporating them into your menu, make sure that your local products do not go unnoticed! Partner with teachers and parents to help advertise them in school newsletters, on menus and on posters in the cafeteria.

5 Talk to farmers as early in the season as possible so they can plan accordingly.

Hold meetings in the winter when farmers are planning what to plant the following season. Compile a list by school season of approximately how much product you order and when. This allows them to plan accordingly and you may also get a discount because it is an assured sale. A farmer may also plant a crop that he doesn't usually grow if he knows that you'd like it and would be a market for it. And don't forget about storage crops. Their growing season may be short, but many farmers grow and store winter vegetables you can purchase in cold-weather months. Some may even grow greens in greenhouses during the winter.

6 Develop a purchasing strategy that offers a variety of ways farmers can accommodate you.

Consider the labor and product costs associated with local purchasing to make sure your program is sustainable in the long run. Since not all farmers have experience selling to schools, be clear about how you would like products packed and what size packaging you can transport and store. To develop a reputation as a reliable customer, commit to a realistic purchasing volume and develop a realistic delivery schedule that suits your and the growers' needs.

7 Be aware of farm liability insurance coverage.

Most farmers carry it but it's a good idea to check before entering into contracts that may require it.

8 Request products that are difficult to obtain from long-distance shippers.

There are certain foods, particularly produce, that may not be on your distributors' trucks because they are unusual (like ground cherries) or difficult to transport (like small plums). Be sure to ask your farmers if they have interesting or unusual products that you can try out in your program.

9 Invite local farmers to have lunch at your school and sample the foods you prepare.

Seeing what you are doing may inspire them to participate in your program.

10 Work with farmers to devise a system for making substitutions.

Sometimes the weather does not cooperate and planned produce is unavailable—be sure to discuss this possibility with your farmer and how they plan to accommodate you. Often they can substitute another variety of produce, however, it is good to have a back up of frozen vegetables just in case.

11 Clearly establish a payment schedule.

Farmers are often accustomed to presenting an invoice and receiving payment upon delivery. School districts often have a payment cycle of 30 to 90 days. Discuss this with the farmer in advance so you're both on the same page.

12 Look for growers who show a real willingness to work with you—and be willing to work with them.

The school food procurement system does not naturally lend itself to buying directly from farmers. In developing a system that works for farmers and schools, both sides will have issues and concerns. Being open to dialogue and negotiation is the first step toward building lasting, viable partnerships.

13 Ask farmers to develop a weekly availability sheet.

Having up-to-date information about availability, the size of food items, quality descriptions, estimated quantity and price per unit will make it easier for you to make good purchasing decisions.

14 Keep talking.

As you develop your farm to school relationships a school food committee can be your biggest advocate. Let them help facilitate taste tests of new foods, market your program and new recipes, and support you in the changes you want to make. Keep farmers in the loop when there are upcoming meetings discussing the farm to school program and invite them to participate.

9 Ways to Make Local Food Affordable

Common themes emerge when discussing the costs of school food. It is critical to account for actual food costs in relation to labor and benefit costs, participation rates and reimbursements. In addition, budgeting becomes an important tool when planning for purchasing changes. Hidden costs and benefits can be left out of a pure economic analysis, but must be considered when documenting or planning for purchasing changes in a school food program. Calculations of local purchasing costs must include ease or difficulty in ordering, distribution costs, preparation time, and the complexities of procurement and distribution strategies.

"My school district has a food buying cooperative so we have better buying power than if we were doing this alone. We negotiate purchasing contracts in the winter for the following growing season. This both helps the farmer secure a market for their produce and helps us because we are able to plan and anticipate local foods for the following school year."

— CHRISTA GOWEN

When local food becomes a treasured part of the school environment, it is simply invaluable in helping students make healthier food choices. Countless experiences nationwide demonstrate that connecting schools with local farms and sourcing more food locally contribute to this positive shift. Serving fresh, healthy meals on a tight budget is the universal mission of food service staff. With school food program budgets expected to break even or generate a profit, the task is particularly challenging. So how do schools purchase locally when local food products can be more expensive?

1 Use USDA commodity foods to your advantage.

Combining local foods with commodity allotments has worked well in some schools. For example, add seasonal vegetables to rice pilaf made with USDA brown rice. Make tacos with local beef, USDA shredded cheese, beans and salsa.

2 Start slowly.

Begin by sourcing a few products that you know your program can afford. Pick a food that you can use consistently, such as broccoli or salad greens. Or cook a meal once a week or month that features local foods. Make sure to publicize these meals and invite your school officials to taste them.

3 Look for competitively priced foods.

While local products can sometimes cost more, you may be surprised to find that many others are competitively priced. Compare costs for storage crops like potatoes, carrots and squash. Often there is less waste from local produce because it is fresher, which saves money.

4 Bring community members into local food plans.

Beyond your school staff, administration and parents, invite community members such as local farmers, restaurants and other businesses and organizations to enjoy your local meals and be part of your farm to school program. Involving them takes more time, but will help them appreciate and understand the costs and nutrition requirements of your program. They can also help you raise money.

5 Try storage.

Purchasing, processing and storing produce in bulk at the height of the growing season will save money in the long run because all produce is priced to

move at that time. Decades ago every school had a root cellar at its disposal. If you have storage room, take advantage of that space. Or see if a farmer you partner with can store produce for you. Root crops can last through the winter if kept in a cool, dark place. Other options include freezing and processing local foods. Fresh berries can be frozen at the peak of the season. Other vegetables, like cauliflower and squash, can be roasted and frozen for future use.

6 Take advantage of low prices on bumper crops.

During the harvest season, farmers and gardeners often have tomatoes, zucchini and corn up to their ears. Some may even donate produce if you offer to organize volunteers to pick it for them, particularly if a big storm is coming that may damage their crops. With a little community help in processing the product, you can save money and enjoy those vegetables later in the year. One school had many bushels of fresh sweet corn delivered one day. It had one of its classes peel the corn during lunch, then had volunteers come in after school to cut the corn off the cobs and freeze it for later use.

7 Get volunteer food prep help.

Fresh fruits and vegetables require labor to clean and prepare. Getting consistent volunteers can be a challenge. However, you may be able to find high school or college students who want to earn extra credit or perform community service. Post a sign in student areas looking for kitchen volunteers. You can also partner with a few teachers who may be interested in getting their students in the kitchen for special projects. Is there a culinary vocational training program at your school or nearby with students who could help on a regular basis? Or perhaps there is a health class talking about nutrients in fruits and vegetables or a social studies class learning about the cuisine of a particular country.

8 Buy seconds. Ask a local farmer if they sell seconds—produce that has a blemish or is dented or broken—at reduced prices. Food that is going to be cut up and cooked doesn't need to be picture perfect, think vegetables for chili or broccoli for a stir-fry.

"When a local farmer offers a 'deal' on surplus produce I recommend asking more questions like, 'What will happen to the produce if we don't take it?' If it is destined for the compost pile because of overstock rather than quality, then you have some wiggle room to negotiate the price to a more affordable price point."

— LINDA WHEELOCK

9 Entice teachers and staff to buy adult meals.

If you sell more adult meals, you will have more money for your program. Try offering a back-to-school free lunch at the beginning of the school year to entice teachers to try the new foods you are serving. Conduct a teacher survey with choices of dishes they can request, or provide teachers with grab-and-go premade salads or sandwiches that they can order the same day.

Incorporating USDA Foods Into Scratch Cooking

Many of the recipes in this book use ingredients that are available through the USDA Foods Program. Some staples, such as diced tomatoes, flours, oil and cheddar cheese, are widely utilized. In addition, recipes highlight foods required by the USDA meal pattern and that are available through the USDA Foods Program—specifically legumes (kidney beans, black beans, garbanzo beans and white beans), dark leafy greens (broccoli) and red/orange vegetables (tomatoes, sweet potato and pumpkin) in fresh, canned and frozen form.

While fresh and local products are most desirable, availability and price can be limiting factors. The USDA Foods Program offers a wide array of ingredients that can be used to produce high-quality, homemade recipes like those contained in this cookbook. Many schools use USDA foods for processing (sending the item to a food processor to transform it into a "ready to eat" product). We emphasize using these foods to enhance and support scratch cooking opportunities.

Using these foods wisely in your school meals program can free up funds to purchase fresh, local foods that are not available as commodities. Creating meals in schools is a balancing act. In order to meet the nutritional and financial challenges, all available resources are needed. Balancing the benefits of these resources will allow you to get the most out of all of them.

The USDA Foods Program offers a wide variety of ingredients — like black beans — that can be used to produce high quality, homemade dishes, like this sweet potato black bean salad.

"Look at your ingredients and think of transforming that boring can of commodity beans into something beautiful."

— KORTNEE BUSH

Scaling & Adapting Recipes for School Meals

Inspiration for new recipes can come from many sources but is most likely to come from outside the school food service environment. It may come from a recipe you've tried at home or enjoyed in a restaurant. Perhaps from something you've seen on television or in a cookbook or food blog. A recipe that works for a family meal or in a restaurant may not translate directly into a school meal, which has to be prepared and cooked in large quantities and may be served in a variety of ways such as self-service buffet-style, pre-packaged à la carte or individually plated. The goal of scaling and adapting is to develop a standardized recipe that anyone can follow, and that will ensure quality while meeting the nutritional, production and cost requirements for school food service.

Scaling recipes requires basic math skills and knowledge of common weights and measures. Adapting recipes to your specific kitchen environment requires knowledge of ingredient availability and cost (including local and seasonal options), equipment availability and how the food might be served. There are several methods of scaling recipes, including using special computer software. However, the easiest way to scale a recipe is to take the individual ingredient amounts and multiply them by a number that will yield the amount of servings you plan to serve. This is called the Factor Method and can be used with any recipe.

The Factor Method

Step ❶ - Determine the factor to be used.
Step ❷ - Multiply each ingredient quantity by the factor.
Step ❸ - Change the new ingredient amounts to more manageable or common measurements.

To determine the factor, use the following formula:

Desired Yield ÷ Current Yield = FACTOR

Example: A given recipe for Broccoli Salad yields 50 servings. You need 150 servings.

Desired yield = 150 servings
Current yield = 50 servings

150 ÷ 50 = **3** (FACTOR)

Broccoli Salad • Yield: 50 ½-cup servings

INGREDIENT	AMOUNT	MEASURE	METHOD
Mayonnaise, reduced-fat	1	qt	Whisk mayonnaise, vinegar and sugar in a large bowl.
Cider vinegar	½	cup	
Granulated sugar	¼	cup	
Broccoli, cut into bite-sized pieces	6	lb	Stir in broccoli, raisins and diced onion.
Raisins	1.5	qt	
Red onion, small dice	1	medium	
			Refrigerate until ready to serve.

This recipe yields 50 servings. To scale this recipe up to 150 servings, multiply each ingredient amount by a factor of 3.

Broccoli Salad • New Yield: 150 ½-cup servings

INGREDIENT	ORIGINAL AMOUNT	NEW AMOUNT (3X)	MEASURE	METHOD
Mayonnaise, reduced-fat	1	3	qt	Whisk mayonnaise, vinegar and sugar in a large bowl.
Cider vinegar	½	1½	cup	
Granulated sugar	¼	¾	cup	
Broccoli, cut into bite-sized pieces	6	18	lb	Stir in broccoli, raisins and diced onion.
Raisins	1.5	4.5	qt	
Red onion, small dice	1	3	medium	
				Refrigerate until ready to serve.

It's important to note that when dealing with large-volume recipes, scaling and adapting may not produce a foolproof recipe on the first try. It will give you a baseline recipe that you can test for feasibility in your school. While most recipes are still reliable when doubled, anything more than that should be tested before you create a final recipe.

When scaling recipes, there are a few things to remember:

- Scaling a recipe up to feed more people may change the time it takes to prepare it and the equipment used to cook and serve it. It could even affect the space you need to store the raw ingredients or finished product. It's helpful to be aware of these potential issues before adding a new recipe to your menu. For example, the size pot you would prepare soup for 50 in is quite a bit smaller than one in which you would prepare soup for 150. The cooking times may also be different so give yourself a little extra time when scaling up a recipe for the first time.

- Some ingredients don't scale proportionally, especially salt and spices. When testing a scaled-up recipe, you may want to add half the amount of salt and spices to start, taste and adjust the seasoning as needed. Once you have added an ingredient, you can't take it out, so taste early and often.

- You may also find that if you triple a recipe, you may not need to triple the amount of sauce or dressing. Using the Broccoli Salad as an example, the scaled-up recipe calls for 3 quarts of mayonnaise. You may want to mix the dressing in a separate bowl from the salad, then gradually mix in the dressing to taste. Any leftover dressing can be tossed with another salad.

- If you substitute an ingredient, think about how it would change how you prepare the recipe and how the final recipe tastes. Eighteen pounds of broccoli florets isn't the same as 18 pounds of whole broccoli heads. Prepping whole broccoli heads will take longer than using already cut-up broccoli florets. Another substitution might be using balsamic vinegar instead of cider vinegar, which would affect the flavor, appearance and cost. Balsamic vinegar is sweeter than cider

vinegar, with other distinctive flavors, so you may find you don't need to use as much sugar. It's also more expensive and considerably darker in color, which will affect how the salad looks.

- Keep detailed notes during your recipe test, especially if you add or change any ingredients or amounts. Note how ingredients look, smell, taste or feel during various stages of the process.

- The newly-scaled recipe now gives you an idea of how much product to purchase and what kind of equipment you might need to use. It also helps you to determine, before you spend any money or time, if the recipe might need to be altered in some way to be successful in your kitchen environment.

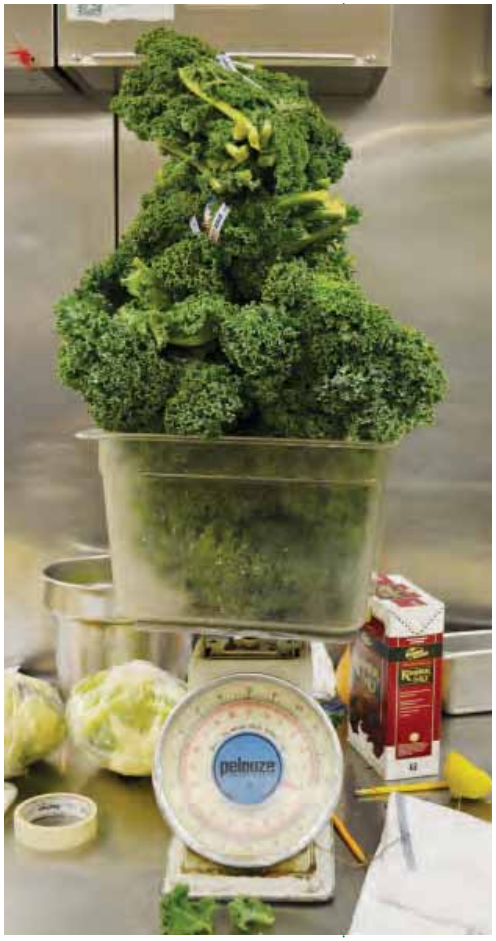
After scaling a recipe, it should be analyzed for the following situations to see if any changes need to be made:

- **Ingredient substitutions**
  Note the type of ingredients used in the recipe: raw, cooked, dried, frozen, canned, etc. How would changing the type of ingredient change the process?

- **Equipment availability**
  - How much food will be prepared (in volume) and can it be done with the equipment available?
  - Consider your serving environment and make sure you have the equipment needed to hold and serve the new recipe.

- **Alternative techniques**
  - What type of instruction is given? Are the instructions or techniques compatible with your kitchen environment? For example, pan-frying chicken breasts for 150 servings should be done in a large tilt-skillet or on a griddle. If that equipment isn't available, an alternative technique might be to bake them on sheet pans in a convection oven.
  - Can a technique or instruction be altered without negative effects on taste or quality?

- **Production time & procedures**
  - How much time does it take to prepare the ingredients? If the recipe calls for ten pounds of diced potatoes, consider the time it takes to wash and cut enough potatoes to give you ten pounds of diced product. An alternative might be to use a food processor or to purchase already diced, raw potatoes.
  - How much time does it take to cook the recipe? If the recipe is for lunch, can it be completed in the hours before lunch service? Can it be separated into a multi-day process where some ingredients are prepared or cooked the day before?



Weighing ingredients carefully helps make recipes fool proof!

- **Skill-level requirements**
- Are the techniques "common knowledge" or easy to explain?
- If changes are made, do they affect the skill-level needed to prepare the recipe?
- Are the instructions specific enough for anyone to understand, regardless of culinary or food service background?

- **Cost**

Changing the ingredients, techniques, process, etc. can have an up or down effect on the cost of a recipe. For example, dried beans are usually less expensive than canned beans, but they require additional time and skill (soaking, cooking, cooling, etc.) to use in a recipe. On the other hand, canned beans are consistent in taste and texture and are ready-to-use. Depending on your environment, either could be the more cost-effective choice.

Looking at the Broccoli Salad recipe in the example, ask yourself the following questions:

- Is broccoli available to you given the current season and the cost? Can it be omitted or can another ingredient be substituted for it without sacrificing quality?

- 150 4-ounce portions equals 75 cups or approximately 4.6 gallons. Do you have the equipment—mixing bowls, stirrers, pitchers, serving bowls, scoops, etc.—large enough to make and serve this amount?

- The recipe calls for broccoli cut into bite-sized pieces and diced onions. Will this be done with a food processor, by hand or purchased already cut?

- The recipe calls for reduced-fat mayonnaise, cider vinegar and granulated sugar. What would you need to adjust to use non-fat yogurt, balsamic vinegar or honey?

The recipes in this book focus on using seasonal ingredients and are scaled to provide about 50 servings. Many schools serve more than 50 students or may need to adjust the serving size depending on grade-specific nutritional requirements. These recipes may need to be scaled up and adjusted to meet your kitchen's needs. These tips will help make this process smoother. Any recipe can be adapted to feed more kids without sacrificing quality or taste.

"There is a lot more to writing a recipe than scribbling down the ingredients on a piece of paper, and expecting the general public to understand what to do with those ingredients."

— LINDA WHEELOCK

Why You Should Use *Mise en Place*

Mise en place (pronounced "*meez on plas*") is a French phrase which roughly means "put in place." It is a preparation technique widely used in professional kitchens to save time and often extend the life of products. *Mise en place* can benefit your program by increasing efficiency and saving time, maintaining quality and consistency in food production, decreasing errors when executing recipes and consequently decreasing waste as well. *Mise en place* is simply the organizing, arranging and preparation of ingredients in a recipe prior to preparing the recipe. The steps are as follows:

1 Read the entire recipe

2 Gather all the necessary ingredients in one place.

3 Assemble all the necessary equipment (cutting boards, sharpened knives, whisks, bowls, spatulas, measuring tools, etc.) in one place and preheat ovens as necessary.

4 Prep and measure each ingredient one at a time. Wash all vegetables and fruits, prep produce and meat, measure dry and liquid ingredients using the appropriate measuring tools. Place each ingredient in an individual bowl or container—do not combine ingredients.

5 Begin combining prepped and measured ingredients according to recipe directions. Do not begin this process until all ingredients are in their prepped state and equipment is ready and available. For example, when making muffins, before combining ingredients make sure you have: two bowls (one for wet ingredients and one for dry ingredients); muffin tins prepped with paper liners in each cup; the proper scoop for portioning muffins into the cups; and the oven preheated. Once this is all ready, start combining pre-measured ingredients.

Mise on place for Gingered Cabbage Salad (see recipe p. 38)

6 Clean as you go.

7 Start cooking!

Steps 1 through 4 can often be done in part or in total one or more days ahead of time as many ingredients can be held in their prepped state. Read through recipes a day or two in advance to make sure that the ingredients you need are available. *Mise en place* is more than just a term, it is a concept and a practice that requires some measure of discipline. Over time, however, this technique will yield all the stated benefits and infuse your program with a high standard of professionalism and quality.

Vermont Harvest Calendar

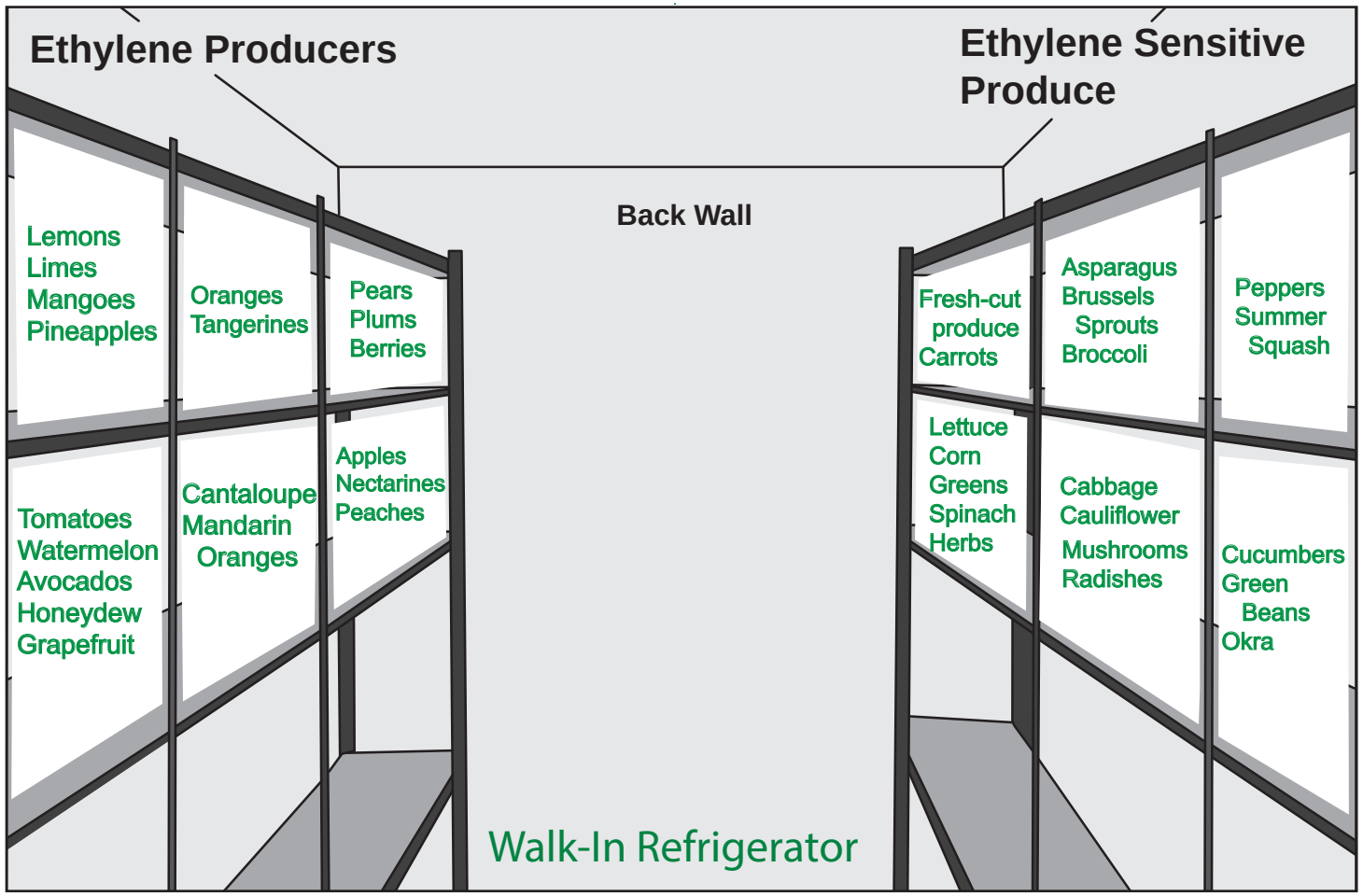
Eat with the seasons! This calendar presents the diverse array of farm products that are available throughout the seasons at local farmers markets, farm stands and retail stores. Eating food when it's in season means flavor and nutritional value are at their peak and cost is often at its lowest. Find out when your favorite fruits and veggies are freshest and which products are in season now.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Apples	Apples	Apples	Apples	Asparagus	Asparagus	Beans	Apples	Apples	Apples	Apples	Apples
Beets	Beets	Beets	Carrots	Greens	Chard	Beets	Beans	Beans	Beans	Beets	Beets
Cabbage	Cabbage	Carrots	Parsnips	Parsnips	Greens	Broccoli	Beets	Beets	Beets	Broccoli	Brussels Sprouts
Carrots	Carrots	Onions	Potatoes	Radishes	Peas	Carrots	Blackberries	Blueberries	Blueberries	Brussels Sprouts	Cabbage
Celeriac	Onions	Parsnips	Turnips	Rhubarb	Radishes	Cauliflower	Blueberries	Broccoli	Broccoli	Cabbage	Carrots
Garlic	Parsnips	Potatoes		Scallions	Rhubarb	Fennel	Broccoli	Brussels Sprouts	Brussels Sprouts	Carrots	Celeriac
Parsnips	Potatoes	Rutabaga		Spinach	Scallions	Greens	Cabbage	Cabbage	Cabbage	Cauliflower	Garlic
Potatoes	Rutabaga	Turnips			Spinach	Kale	Carrots	Carrots	Carrots	Celeriac	Kale
Rutabaga	Turnips	Winter Squash			Strawberries	Lettuce	Cauliflower	Cauliflower	Cauliflower	Celery	Onions
Turnips	Winter Squash					Melons	Celery	Celery	Celeriac	Chard	Parsnips
Winter Squash						Peas	Chard	Chard	Celery	Kale	Potatoes
						Potatoes	Corn	Corn	Chard	Leeks	Pumpkins
						Radishes	Cucumbers	Cucumbers	Cucumbers	Onions	Radishes
						Raspberries	Eggplant	Eggplant	Eggplant	Parsnips	Rutabaga
						Rhubarb	Fennel	Fennel	Greens	Potatoes	Turnips
						Scallions	Garlic	Greens	Kale	Pumpkins	Watermelon
						Spinach	Greens	Kale	Leeks	Radishes	Winter Squash
						Summer Squash	Kale	Leeks	Lettuce	Rutabaga	
						Tomatoes	Leeks	Lettuce	Onions	Turnips	
						Turnips	Lettuce	Onions	Parsnips	Watermelon	
							Melons	Parsnips	Peppers	Winter Squash	
							Onions	Peppers	Potatoes		
							Peas	Potatoes	Pumpkins		
							Peppers	Pumpkins	Radishes		
							Potatoes	Radishes	Rutabaga		
							Radishes	Raspberries	Scallions		
							Raspberries	Scallions	Spinach		
							Rhubarb	Spinach	Summer Squash		
							Scallions	Summer Squash	Turnips		
							Spinach	Tomatoes	Watermelon		
							Summer Squash	Turnips	Winter Squash		
							Tomatoes	Watermelon			
							Turnips	Winter Squash			

Source: VT FEED, Green Mountain Farm-to-School, and Vermont Department of Education. VT FEED is a partnership of Shelburne Farms, NOFA-VT, and Food Works at Two Rivers Center. ***Fruit or vegetable comes into season this month.***

Proper Produce Storage • *from the National Food Management Institute*

Proper storage is essential to keep foods fresh as long as possible, particularly when it comes to fruits and vegetables. Refrigerators should maintain a temperature of 41°F or less, but temperatures inside a refrigerator can range from colder (32°F) to warmer (41°F), depending on the location. Colder temperatures are found in the back and warmer temperatures in the front, near the door. Some kinds of produce should be stored at warmer temperatures near the door for best quality. Location of fruits and vegetables is important because fruits, in general, produce ethylene gas, which fosters natural ripening, but it also can cause most vegetables and a few non-ethylene producing fruits to deteriorate more quickly and develop undesirable characteristics. Ideally, ethylene-producing fruits should be stored in the refrigerator as far from ethylene-sensitive fruits and vegetables as possible.



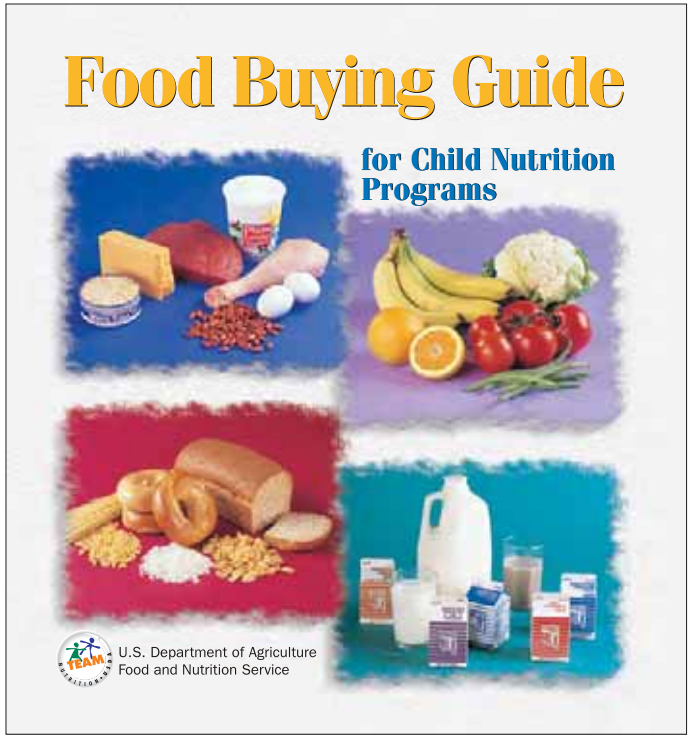
These items should not be refrigerated. Store ideally between 60°F and 70°F:

- Bananas
- Sweet potatoes
- Potatoes
- Dry onions

The Nutrient Analysis behind Our Recipes

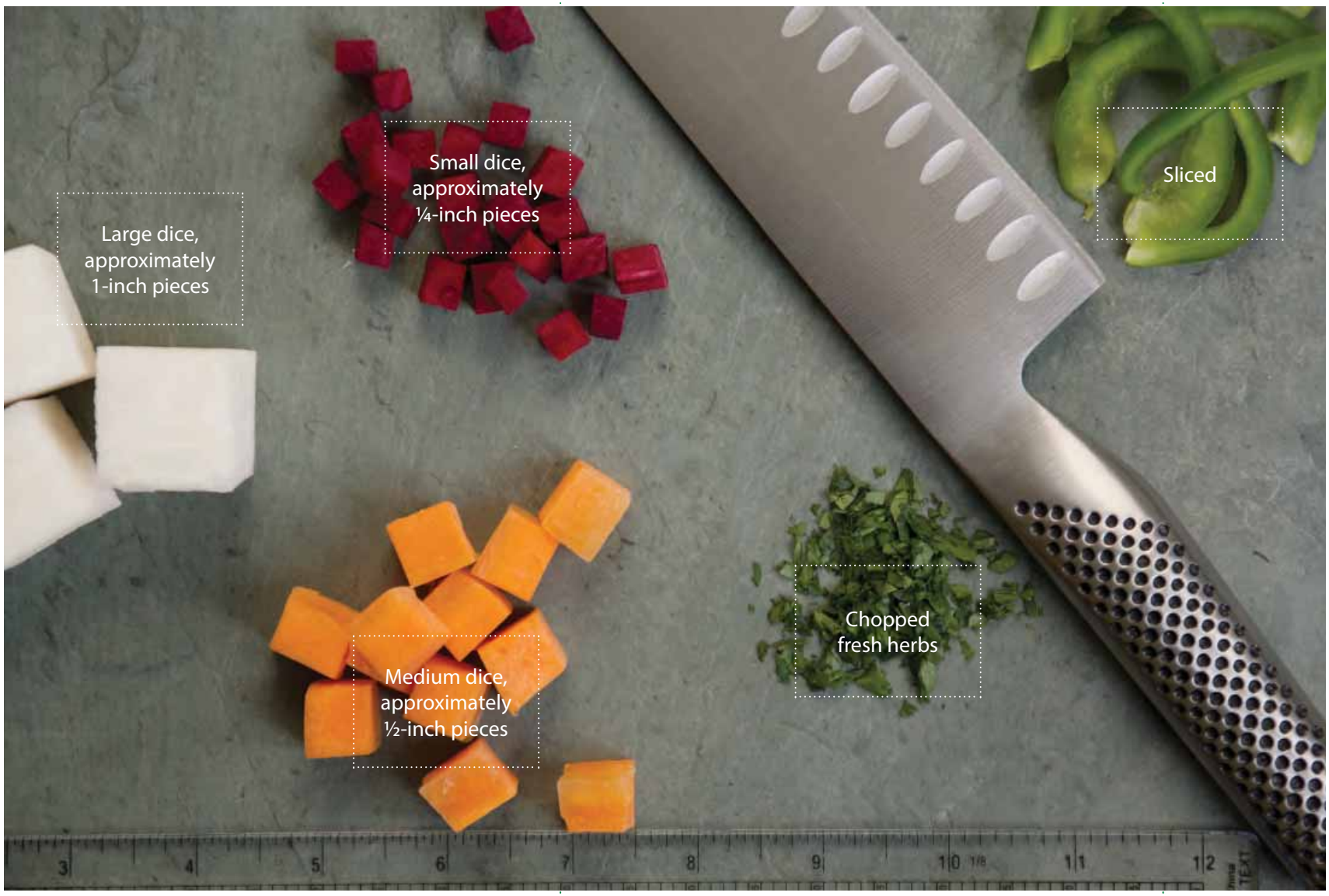
Recipes were analyzed using *Nutrikids Nutritional Analysis* software. The USDA's *Food Buying Guide* was used to determine key nutrients and their contributions toward the USDA meal pattern components. School nutritionists are now responsible for not only knowing how a meal contributes toward the five different components of the meal pattern (Fruits, Vegetables, Grains, Meat/Meat Alternate, Milk) but also how many calories, grams of saturated fat and milligrams of sodium are in that meal.

When the meal pattern was first released there was great concern that schools would be inclined to move toward more packaged foods and away from scratch cooking because it's much easier to look at a nutrition fact label or a Child Nutrition label to determine the nutrients and crediting than it is to put all the ingredients into a nutrient analyzer and convert all the raw ingredients into chopped, shredded, peeled and cooked ingredients to determine the serving size. Our goal for this cookbook was not only to provide you with kid-tested, school-chef-created, local, seasonal recipes, but also to do this time-consuming work for you so you can spend your time doing what's most important — feeding kids!



Guide to Knife Cuts

When preparing your ingredients for cooking, it's important to read the recipe and note how they should be cut. It not only can affect the cooking time, but the look and taste of the finished product. Onion cut into 1-inch pieces takes much longer to cook than minced onion. Here is a visual description of common knife cuts found in this cookbook.



Sample Menus, Grades K–8

* = Cookbook recipes *Additional menu items were added to meet requirements*	Cheesy Noodles with Beef* Delicata Smiles* Baked Beans Braised Greens & Beans* Kiwi Wedges Milk	Falafel Nuggets * WW Pita Pocket Cucumber Yogurt Sauce Confetti Corn Salad* Creamy Tomato Soup* Tossed Green Salad Melon Medley Milk	Chicken Vegetable Curry* Fluffy Whole Wheat Buttermilk Biscuit* Sesame Roasted Green Beans* Apple Slices Milk	Peanut Butter Apple Wraps* Lentil Soup* Kale Chips* Cucumber Slices with Ranch Banana Milk	Oatmeal Pancakes (2)* with Maple Syrup Honey Glazed Ham Slice Cheesy Twice-Baked Sweet Potato* Spinach Salad with Strawberries* Pineapple Slices Milk
MEAT/MEAT ALT 9.25 oz eq	**Cheesy Noodles w/Beef:** Beef: 1.25 oz Baked Beans: 1 oz	**Falafel Nuggets:** Chick Peas: 1.5 oz ⅓ cup Yogurt Sauce: .5 oz	**Chicken Vegetable Curry:** Chicken: 1 oz	**Peanut Butter Apple Wraps:** Peanut Butter: 2 oz	Ham Slice: 2 oz
BREAD/GRAIN †= WGR Grain 8.5 oz eq	**Cheesy Noodles w/Beef:** Noodles: 2 oz eq†	**Falafel Nuggets:** .25 oz eq WW Pita Pocket: 2 oz eq†	**Fluffy Whole Wheat Buttermilk Biscuit:** 1.25 oz eq†	**Peanut Butter Apple Wraps:** 6" WW Wrap: 1 oz eq†	**Oatmeal Pancakes (2):** 2 oz eq†
VEGETABLE					
Red/Orange, 1⅜ cup		**Creamy Tomato Soup:** ⅜ cup	**Chicken Vegetable Curry:** Tomato: ½ cup Sweet Potato: ¼ cup		**Cheesy Twice-Baked Sweet Potato:** ¼ cup
Dark Green, 1 cup	**Braised Greens & Beans:** ¼ cup	1 cup Romaine lettuce: ½ cup		**Kale Chips:** ¼ cup	**Spinach Salad with Strawberries:** ½ cup
Starchy, ½ cup		**Confetti Corn Salad:** Corn: ¼ cup	Potatoes: ¼ cup		
Beans, Peas, Legumes ⅝ cup	**Braised Greens & Beans:** ⅛ cup			**Lentil Soup:** ½ cup	
Other, 1⅝ cups	**Delicata Smiles**: ½ cup	Cucumber: ⅛ cup	**Chicken Vegetable Curry:** ⅓ cup **Sesame Roasted Green Beans:** ½ cup	Cucumber Slices: ½ cup	
FRUIT	Kiwi Wedges: ½ cup	Melon Medley: ½ cup	Apple Slices: ½ cup	Banana: ½ cup **Peanut Butter Apple Wraps:** ⅓ cup	Pineapple Slices: ½ cup
MILK	8 oz	8 oz	8 oz	8 oz	8 oz

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Artwork by Bonnie Acker