

Soups & Salads



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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 ¾ 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

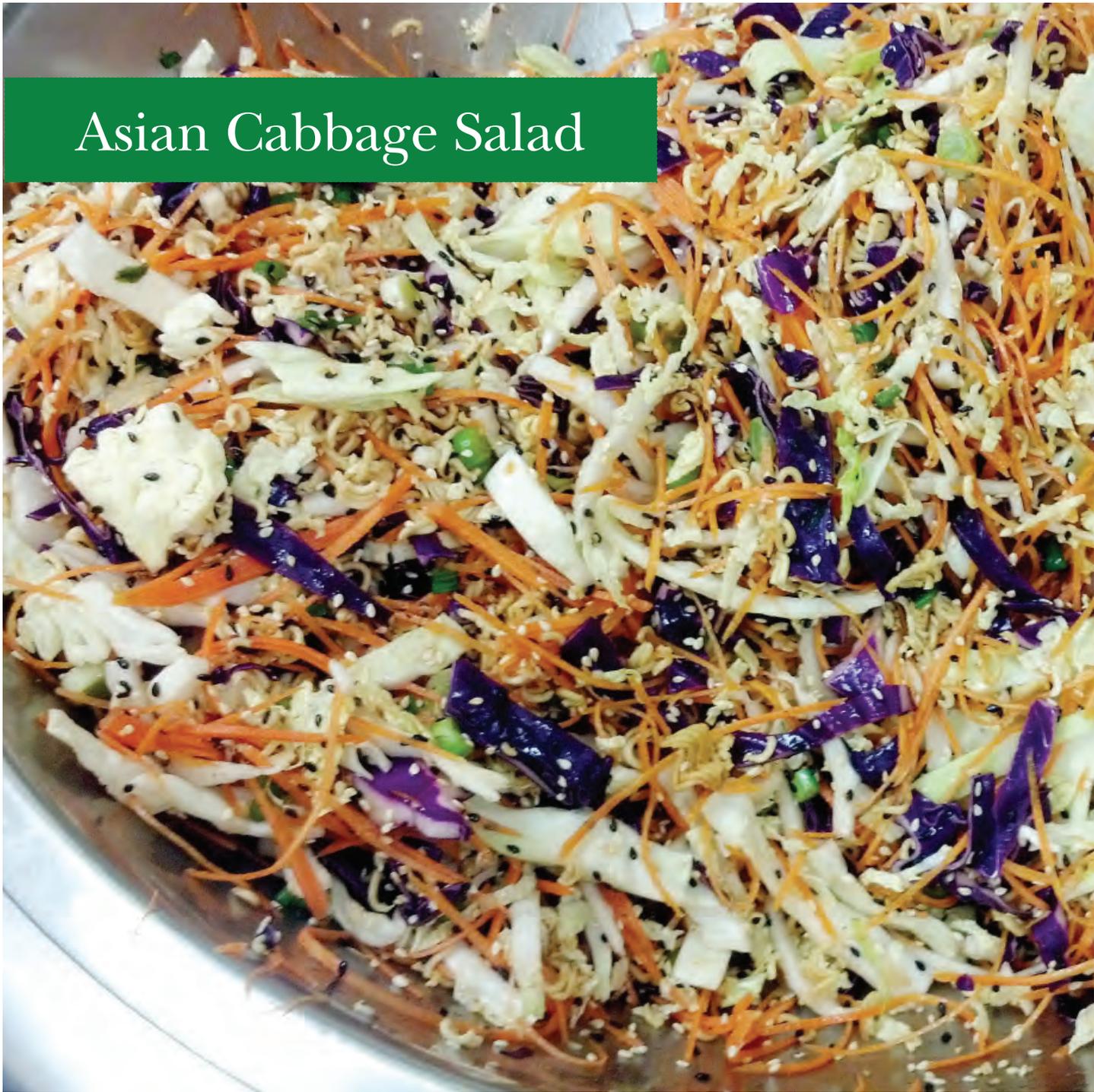
Apple Celeriac Slaw • 50 servings (½ cup)

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		
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	



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.

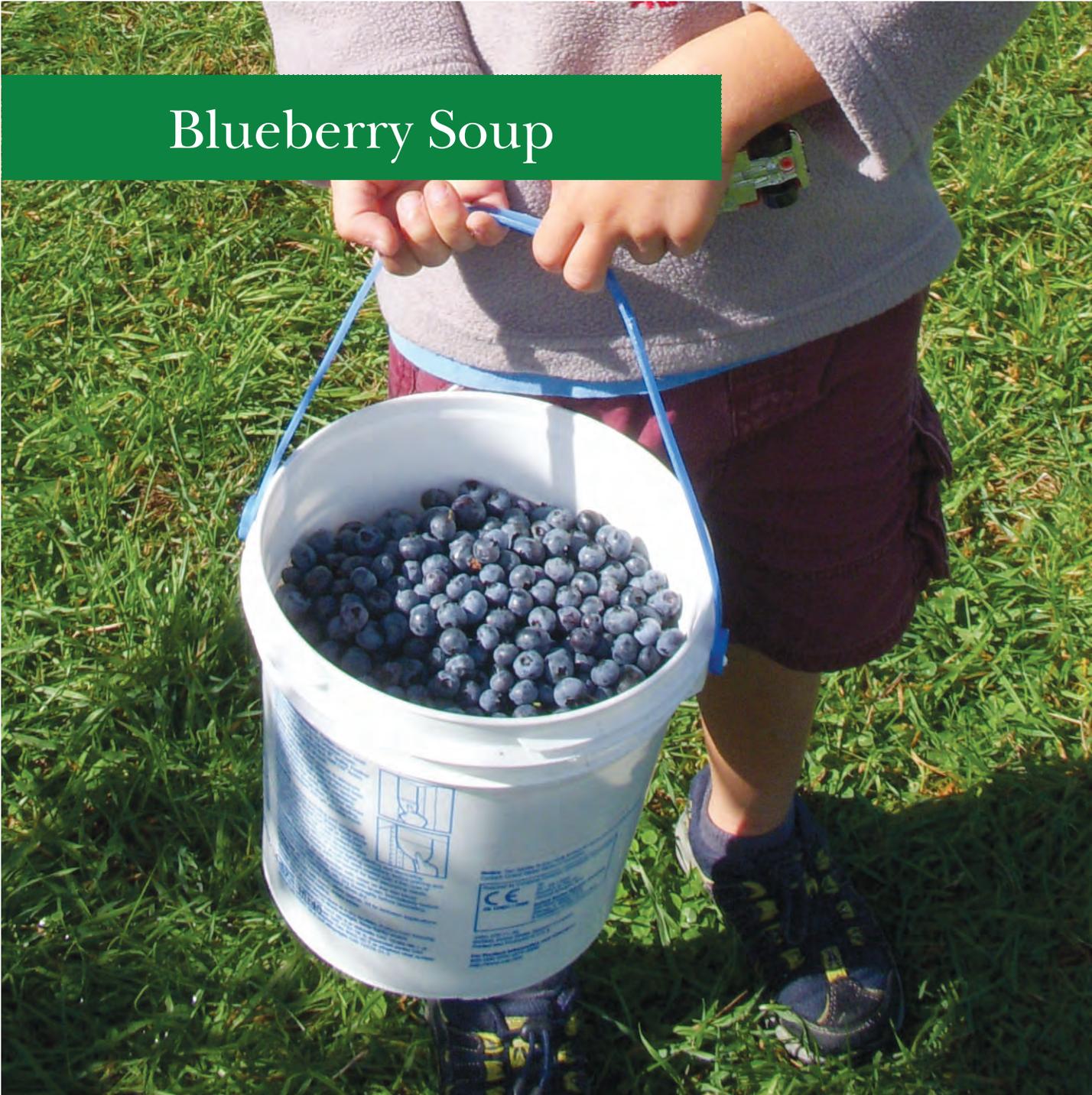
Recipe HACCP Process: #1 No Cook

“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	NOTES
			<p>1 Preheat convection oven to 350°F or conventional oven to 375°F. Line a sheet pan with parchment paper.</p>	 <p><i>You can use just 1 or 2 types of cabbage — you'll need 5½ qt of shredded cabbage total.</i></p>
Ramen noodles		6 pkgs	<p>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.</p>	
Sunflower seeds		½ cup		
Vegetable oil		2 Tblsp		
Green cabbage	3 lb 8 oz	1 small	<p>3 Quarter and core cabbage. Slice the cabbage quarters in a food processor fitted with a slicing blade. Transfer to a large bowl.</p>	
Red cabbage	2 lb 10 oz	1 small		
Napa cabbage	2 lb 8 oz	1 small		
Carrots	1 lb	6 medium	<p>4 Trim and peel carrots. Shred in a food processor fitted with a shredding blade. Add to the cabbage.</p>	
Scallions		8 small	<p>5 Trim scallions and finely dice. Add to the vegetables and toss to combine.</p>	
Rice vinegar		⅔ cup	<p>6 Whisk vinegar, sugar, soy sauce, sesame oil and pepper in a small bowl until the sugar is dissolved.</p>	
Granulated sugar		½ cup		
Low-sodium soy sauce		¼ cup		
Sesame oil		1 tsp		
Ground black pepper		½ tsp		
			<p>7 Just before serving, toss the salad with the dressing and ramen mixture.</p>	



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.”

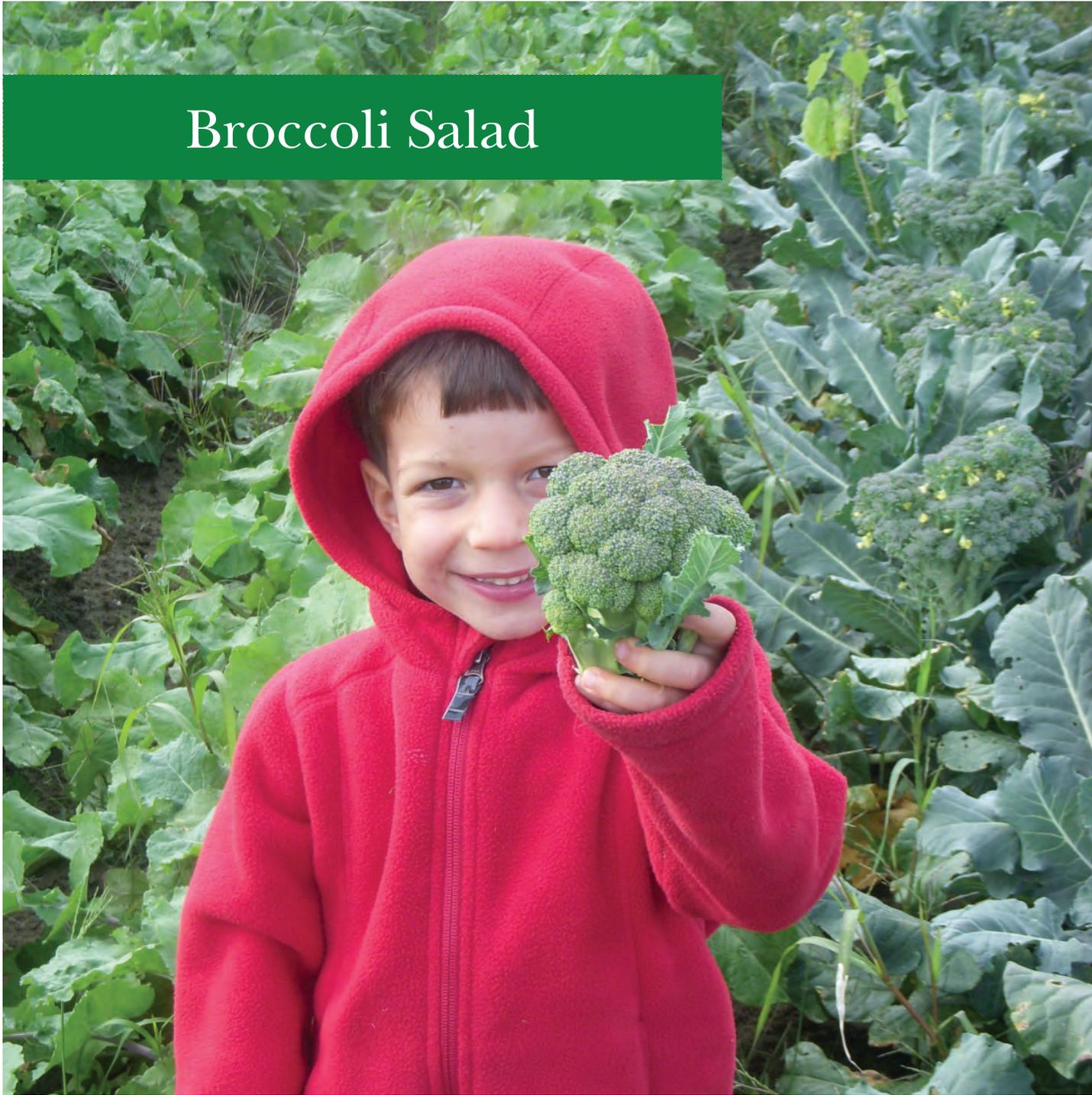
— MARIA GARRIDO

Blueberry Soup • 56 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Blueberries, fresh or frozen (thawed)		1 gal	❶ 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



Fall

Winter

Spring

Summer

Cherry Tomato & Corn Salad

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.

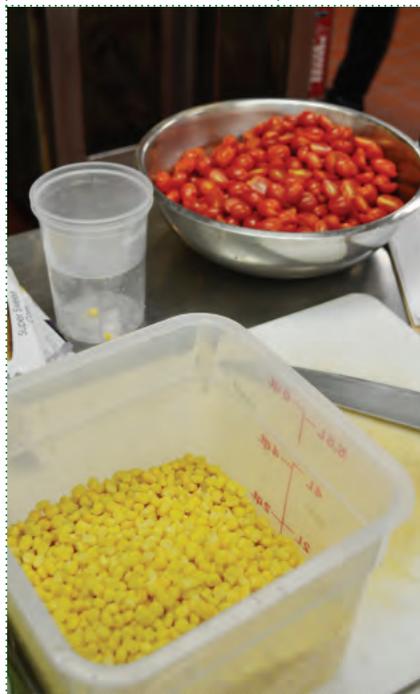
Recipe HACCP Process: #2 Same Day Service

“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	<ol style="list-style-type: none"> 1 Bring a large pot of water to a boil. Cook corn until just tender, about 8 minutes. Drain and let cool. 2 Meanwhile, finely chop basil leaves. 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.
Fresh basil	8 oz		
Cherry or grape tomatoes		6 pints	
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, $\frac{3}{4}$ 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 $\frac{3}{4}$ cup fruit.

Recipe HACCP Process: #1 No Cook

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

— KATHY ALEXANDER

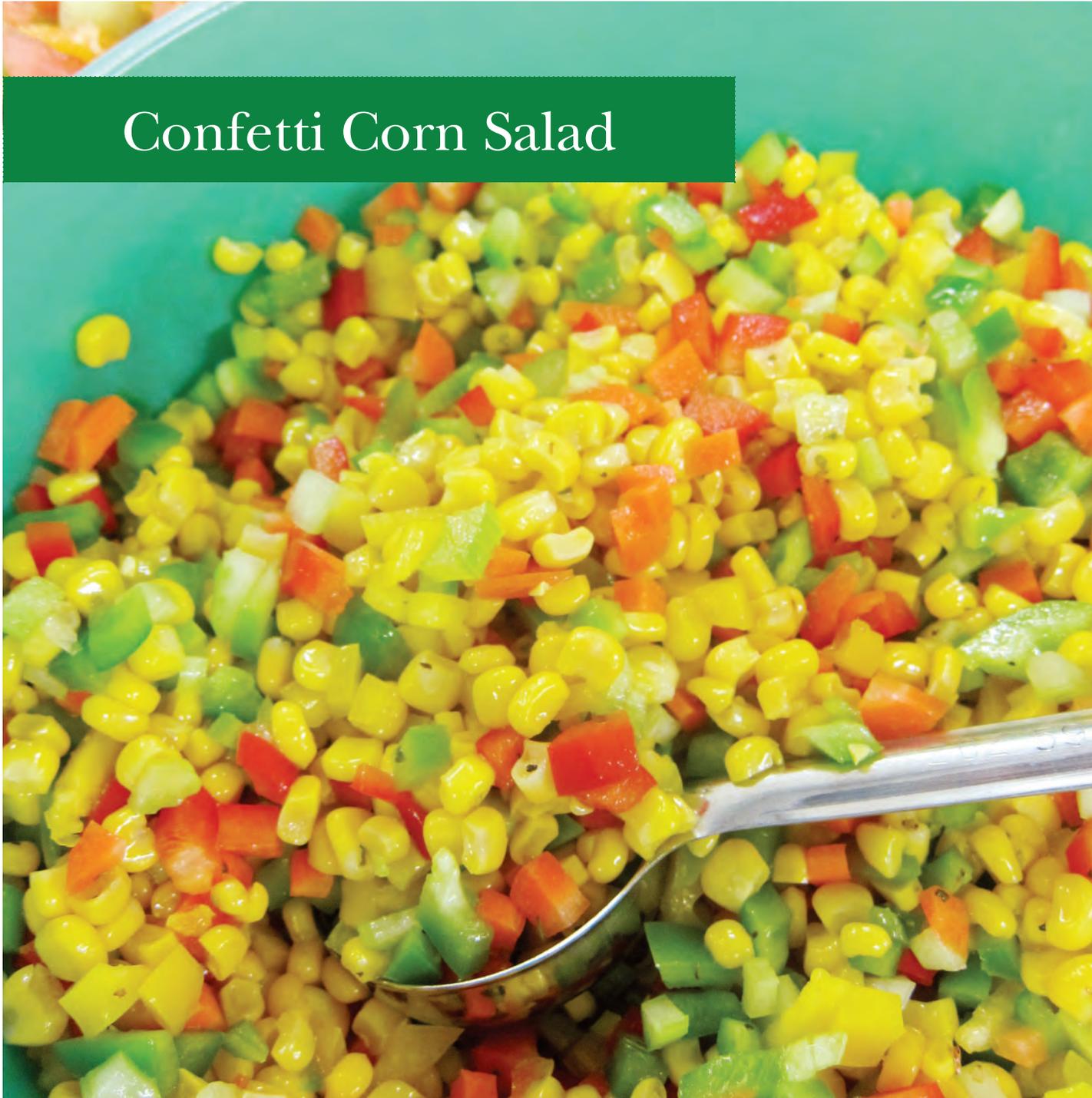
Cinnamon Nachos with Fruit Salad

- 50 servings (1 tortilla + $\frac{3}{4}$ 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		$\frac{3}{4}$ 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 $\frac{1}{2}$ 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		$\frac{1}{2}$ cup + 2 Tblsp	
Mixed fruit salad		2 gal + 1 qt + $1\frac{1}{2}$ cups	③ Serve each tortilla with $\frac{3}{4}$ 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 ¼ cup other vegetable.

Recipe HACCP Process: #1 No Cook

Confetti Corn Salad • 48 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Bell peppers		8 medium	<ol style="list-style-type: none"> 1 Stem, core and seed peppers. Cut into ¼-inch dice. 2 Trim celery and cut into ¼-inch dice. 3 Trim and peel carrots. Cut into ¼-inch dice. 4 Whisk vinegar, oil, sugar, water, oregano, salt and orange zest in a small bowl until well combined. 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.
Celery stalks		6 large	
Carrots		4 medium	
Cider vinegar		1 cup	
Canola oil or vegetable oil		½ cup + 2 Tbsp	
Brown sugar		6 Tbsp 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	

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

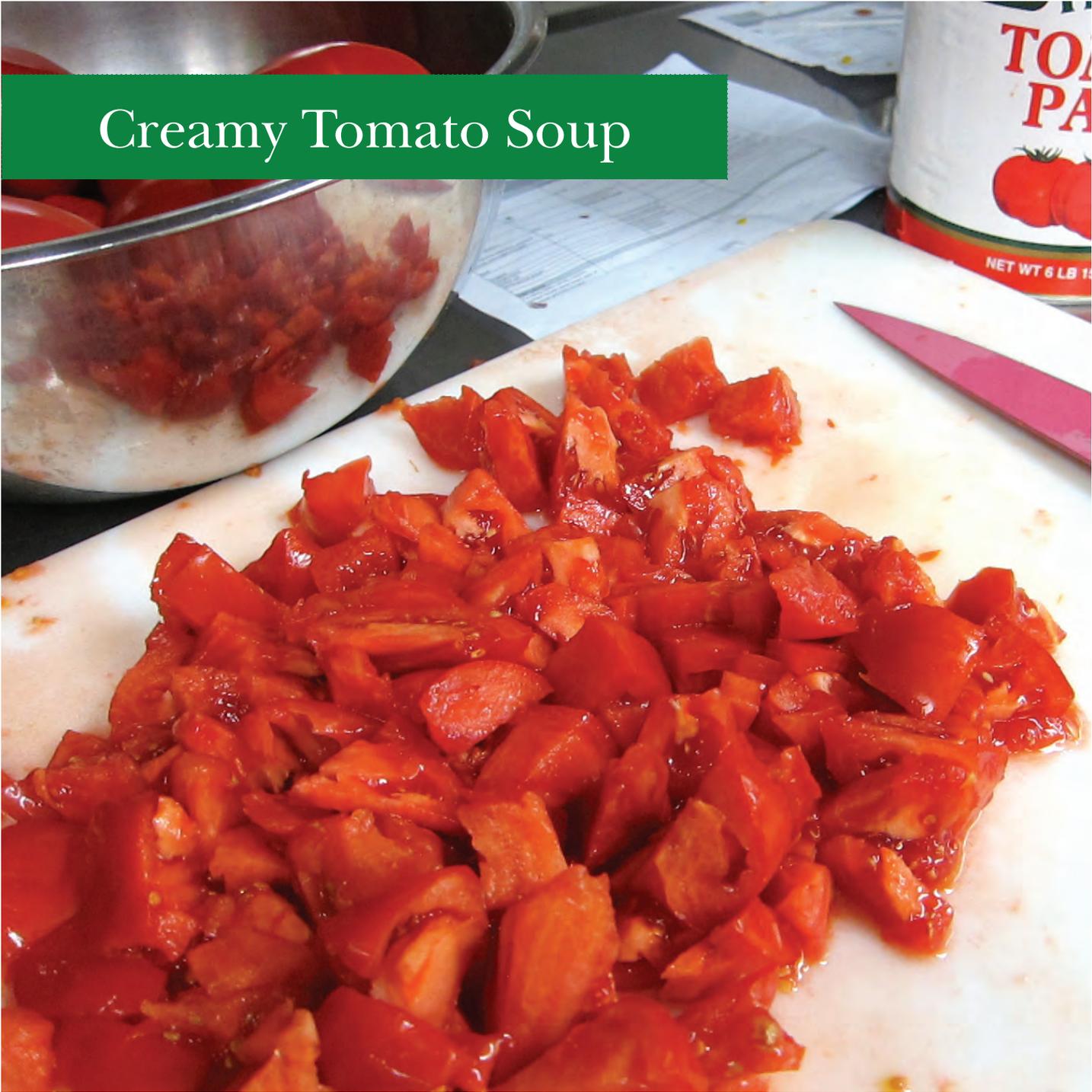
EQUIVALENTS: 1 cup provides $\frac{3}{8}$ cup starchy vegetable and $\frac{1}{8}$ cup other vegetable.

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	NOTES
Red potatoes	7 lb 8 oz		① Roughly chop potatoes. Place in a large bowl and cover with cold water.	<p>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.</p> <p>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.</p> <p>Use 1 qt of roasted cauliflower in place of the raw cauliflower if you'd like.</p>
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		



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	NOTES
Spanish onions		3 large	① Trim, peel and chop onions.	<ul style="list-style-type: none"> If you use unsalted butter, adjust the salt accordingly. If you choose not to purée the soup, a 1 cup serving provides $\frac{3}{8}$ cup red/orange vegetable and $\frac{1}{8}$ cup beans/legumes or .5 oz equiv meat/meat alternate (but not both).
Celery		2 bunches	② Trim and chop celery.	
Garlic		9 cloves	③ Trim, peel and chop garlic.	
Salted butter		$\frac{1}{2}$ 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		$\frac{1}{4}$ cup		
Dried thyme leaves		2 tsp		
Bay leaves		3 each		
Water		3 quarts		
Diced tomatoes, canned		2 #10 cans	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.	
Great Northern beans, canned, rinsed and drained		1 #10 can		
Table salt		1 Tbsp		
Ground black pepper		2 tsp		



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



Gingered Cabbage Salad • 40 servings ($\frac{3}{4}$ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Red cabbage	4 lb		<ol style="list-style-type: none"> 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. 	<p><i>You can use all red or all green cabbage if that's what you have on hand.</i></p>
Green cabbage	2 lb			
Apples		4 each	<ol style="list-style-type: none"> 2 Core and peel apples; cut into 6 wedges. Thinly slice the apple wedges. Toss with lemon juice in a small bowl. 	
Lemon juice		$\frac{1}{4}$ cup		
Olive oil		$\frac{1}{2}$ cup	<ol style="list-style-type: none"> 3 Whisk oil, vinegar, ginger, honey, mustard, garlic, salt and pepper in a small bowl until well combined. 	
Cider vinegar		$\frac{1}{2}$ cup		
Minced, peeled, fresh ginger		1 Tblsp		
Honey		1 Tblsp		
Dijon mustard		1 Tblsp		
Minced garlic		$1\frac{1}{2}$ tsp		
Kosher salt		1 tsp		
Ground black pepper		$\frac{1}{4}$ tsp		
Dried cranberries		2 cups	<ol style="list-style-type: none"> 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, ⅓ 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.	<ul style="list-style-type: none"> • 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		
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

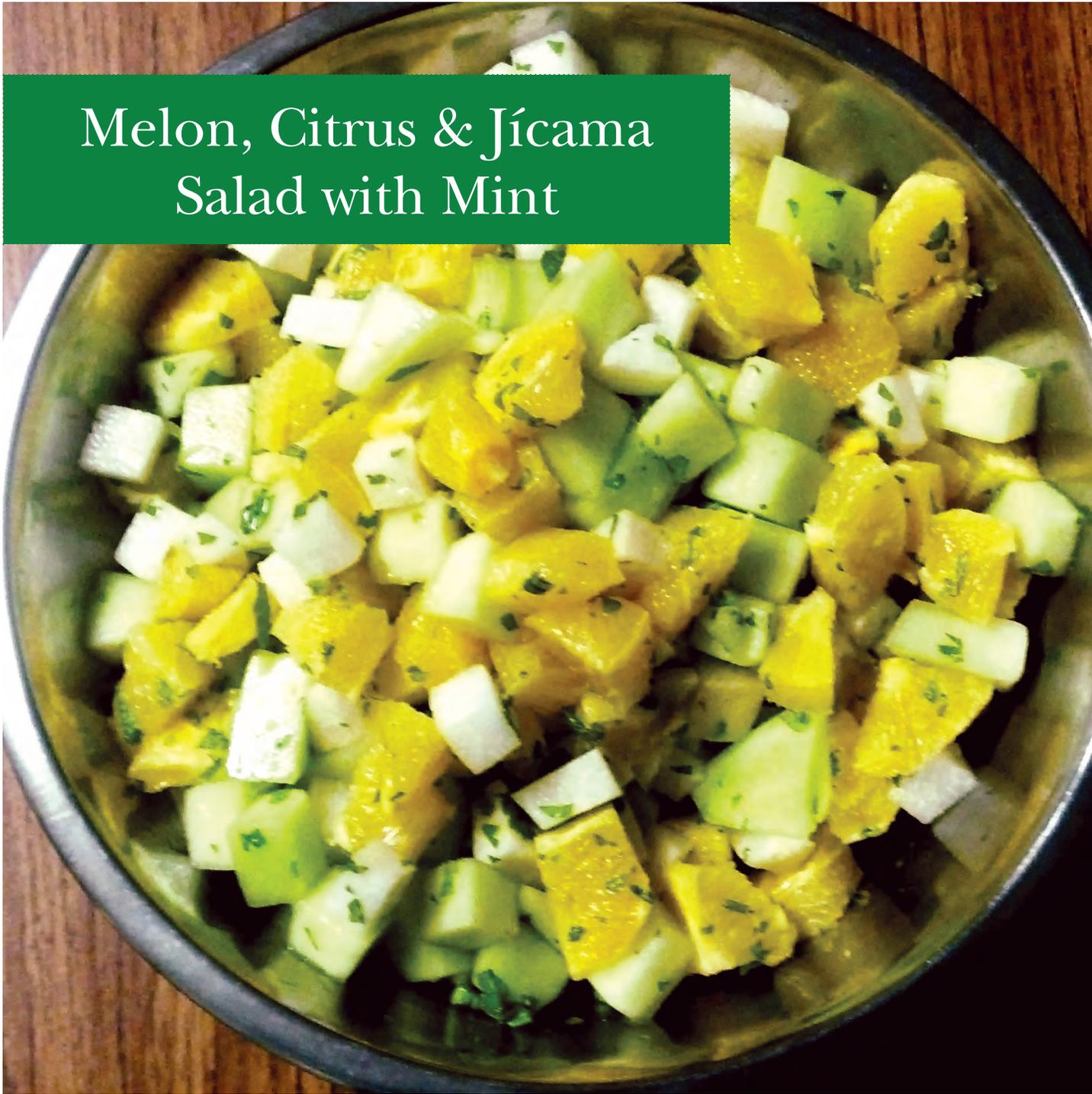


Magenta Root Slaw • 64 servings (¼ cup)

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 Tbsp	
Kosher salt		1 tsp	

NOTES





Melon, Citrus & Jicama 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
<ul style="list-style-type: none"> • 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

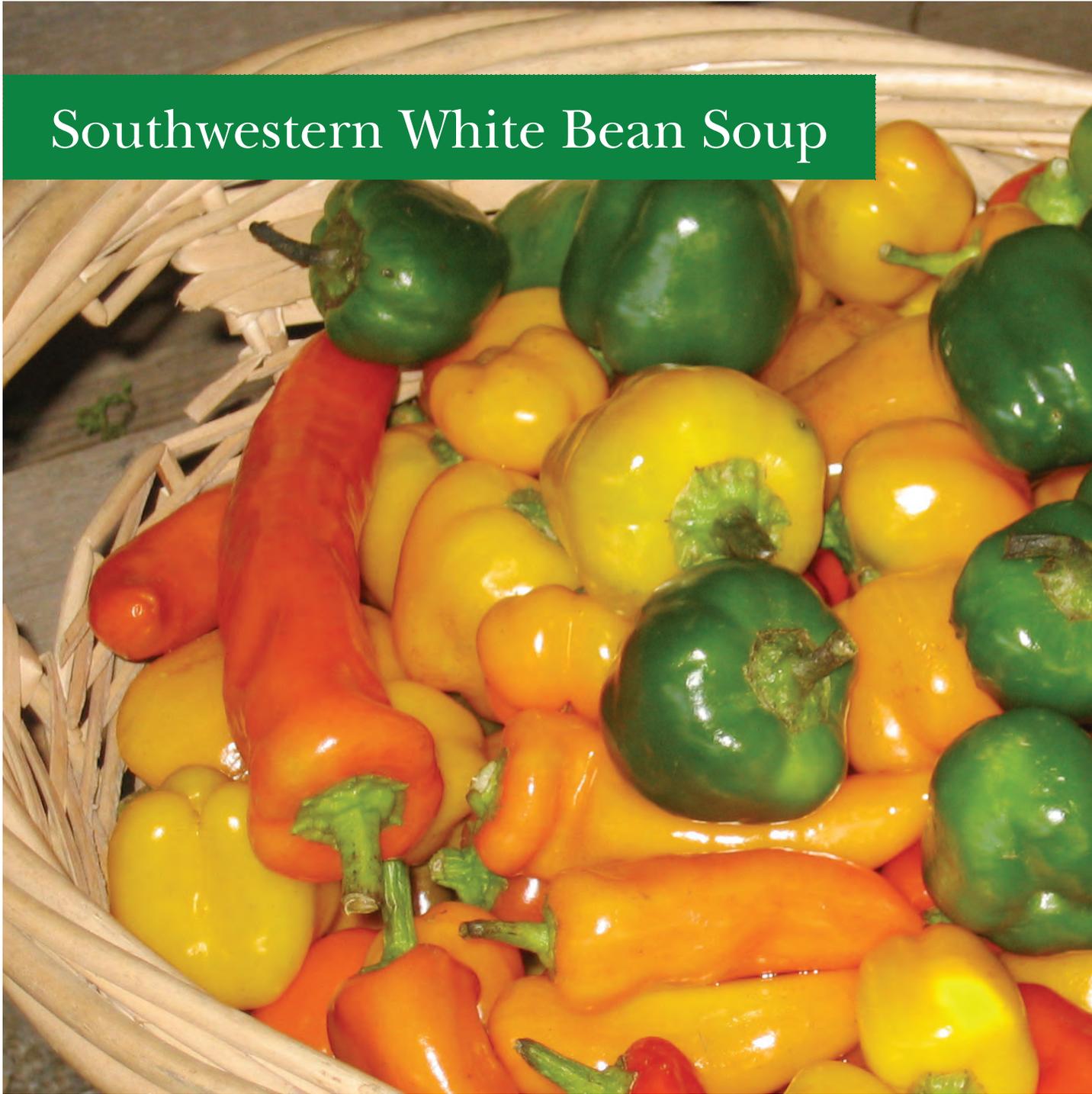
EQUIVALENTS: 1 cup provides $\frac{1}{4}$ cup red/orange vegetable, $\frac{3}{8}$ cup other vegetable and $\frac{1}{4}$ cup beans/legumes or 1 oz equiv meat/meat alternate (but not both).

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 $\frac{3}{4}$ cup red/orange vegetable, $\frac{3}{8}$ cup additional vegetable, and $\frac{1}{4}$ 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	NOTES
Onions		5 large	<p>1 Trim and peel onions. Cut into small dice.</p> <p>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.)</p> <p>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.</p> <p>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.</p> <p>5 Add water, beans, tomatoes, corn and ¼ cup salt. Simmer for 1 hour.</p>	<ul style="list-style-type: none"> • Serve with sour cream and salsa if desired. • You may also purée the soup.
Bell peppers (any color)		6 large		
Carrots		6 large		
Vegetable oil		1 cup		
Kosher salt		½ cup, divided		
Ground cumin		¼ cup		
Ground coriander		¼ cup		
Paprika		¼ cup		
Water		1 gal + 3 quarts + 2 cups		
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		



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.

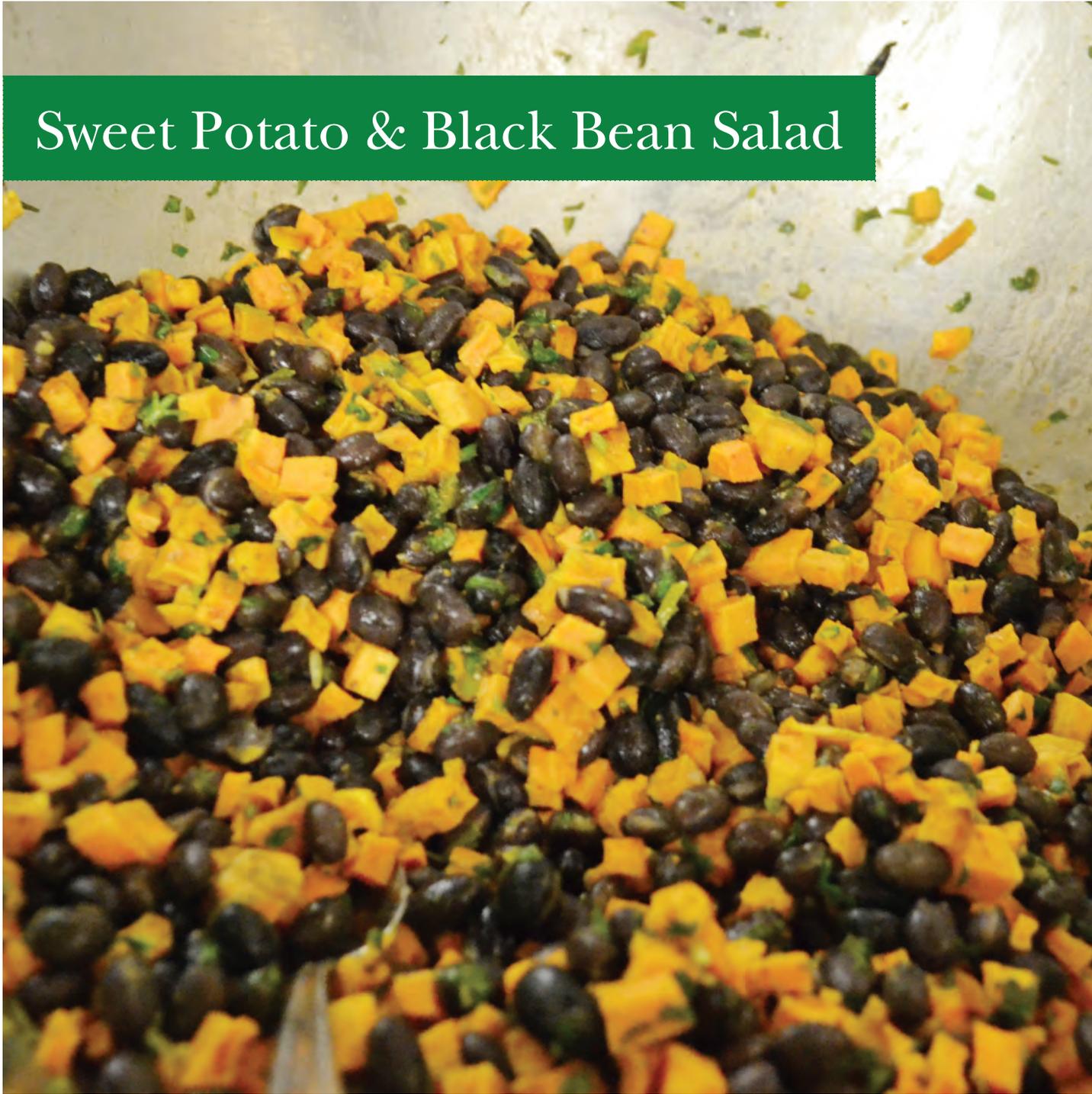
Recipe HACCP Process: #1 No Cook

“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	1 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.	<i>Refrigerate the dressing (Step 6) for up to 1 week.</i>
Cucumbers	3 lb		2 Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick.	
Fresh strawberries	3 lb 4 oz		3 Hull strawberries and cut into ¼-inch thick slices.	
Romaine lettuce	2 lb 4 oz		4 Trim romaine and cut into 1-inch pieces.	
Baby spinach	2 lb 12 oz	2 gal + 2 qt	5 Mix spinach and romaine in a large bowl.	
Balsamic vinegar		½ cup	6 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		
			7 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	NOTES
			<p>❶ Preheat convection oven to 400°F or conventional oven to 425°F.</p>	<ul style="list-style-type: none"> • <i>This recipe also works well with a combination of basil and cilantro or with lemon zest and juice (use equal amounts).</i> • <i>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!</i> • <i>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.</i>
Sweet potatoes	2 lb 4 oz		<p>❷ Peel sweet potatoes (if desired) and cut into ¼-inch dice.</p>	
Limes		1½ medium	<p>❸ Zest and juice limes.</p>	
Vegetable oil		2 Tblsp	<p>❹ 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.</p>	
Ground cumin		2 tsp, divided		
Ground coriander		2 tsp, divided		
Kosher salt		1 tsp, divided		
Fresh cilantro		½ bunch	<p>❺ 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.</p>	
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		<p>❻ Toss the cooled sweet potatoes, black beans and dressing in a large bowl. Serve chilled.</p>



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 ¾ cup other vegetable, ⅓ 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

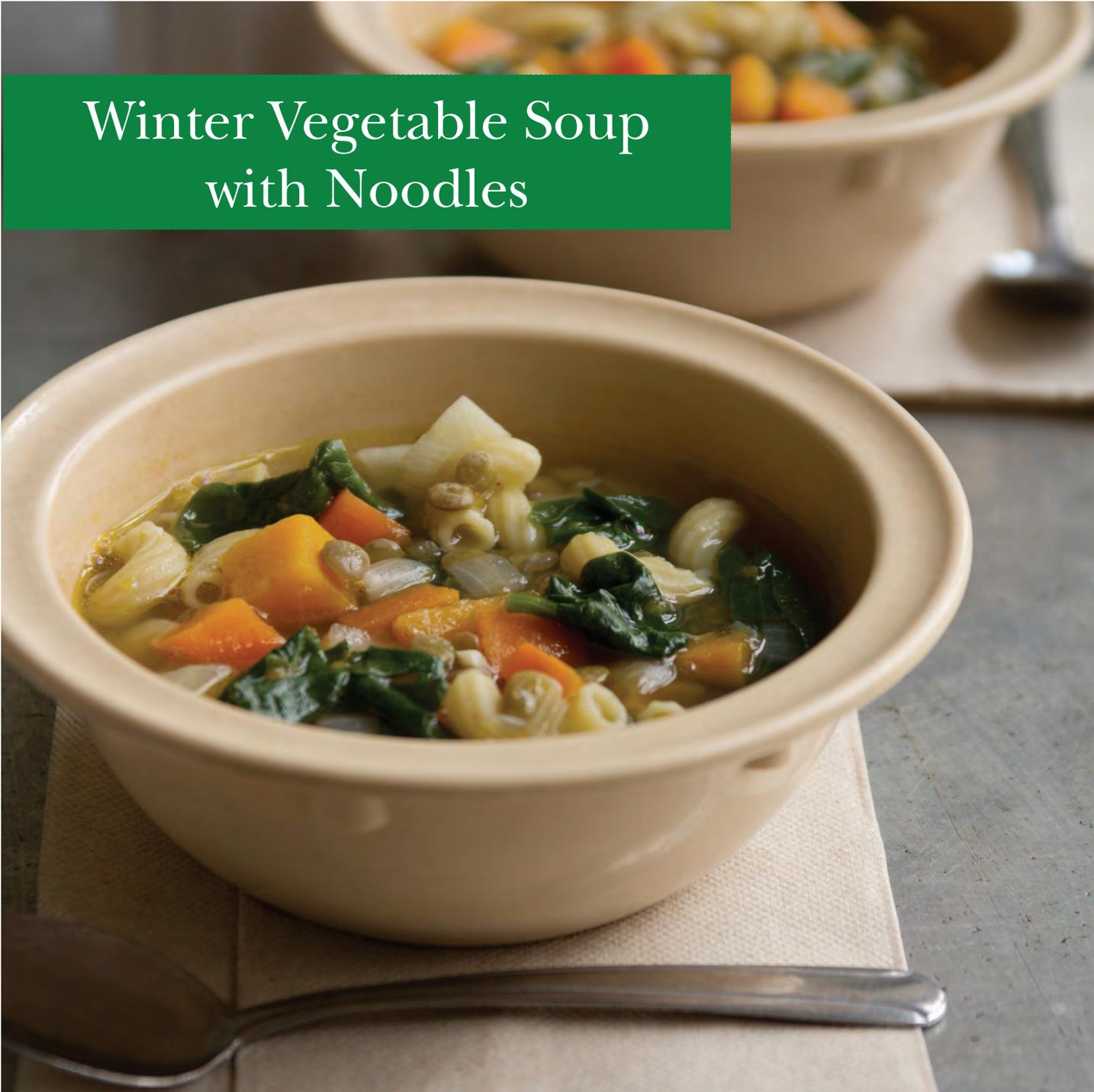
“Buying from farmers is a win, win, win, win.”

— ALISON FORREST

Three Sisters Soup • 50 servings ($\frac{3}{4}$ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Butternut squash or sweet potatoes	2 lb		<p>❶ If using squash, trim, peel, quarter and seed. Cut squash (or sweet potatoes) into $\frac{1}{2}$-inch dice.</p> <p>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.</p> <p>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.</p>	
Olive oil		$\frac{1}{4}$ cup		
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		
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 1/8 cup red/orange vegetable, 1/4 cup dark green vegetable, and 1/8 cup bean/legumes or .5 oz equiv meat/meat alternate (but not both) and .5 oz equiv WGR grain.

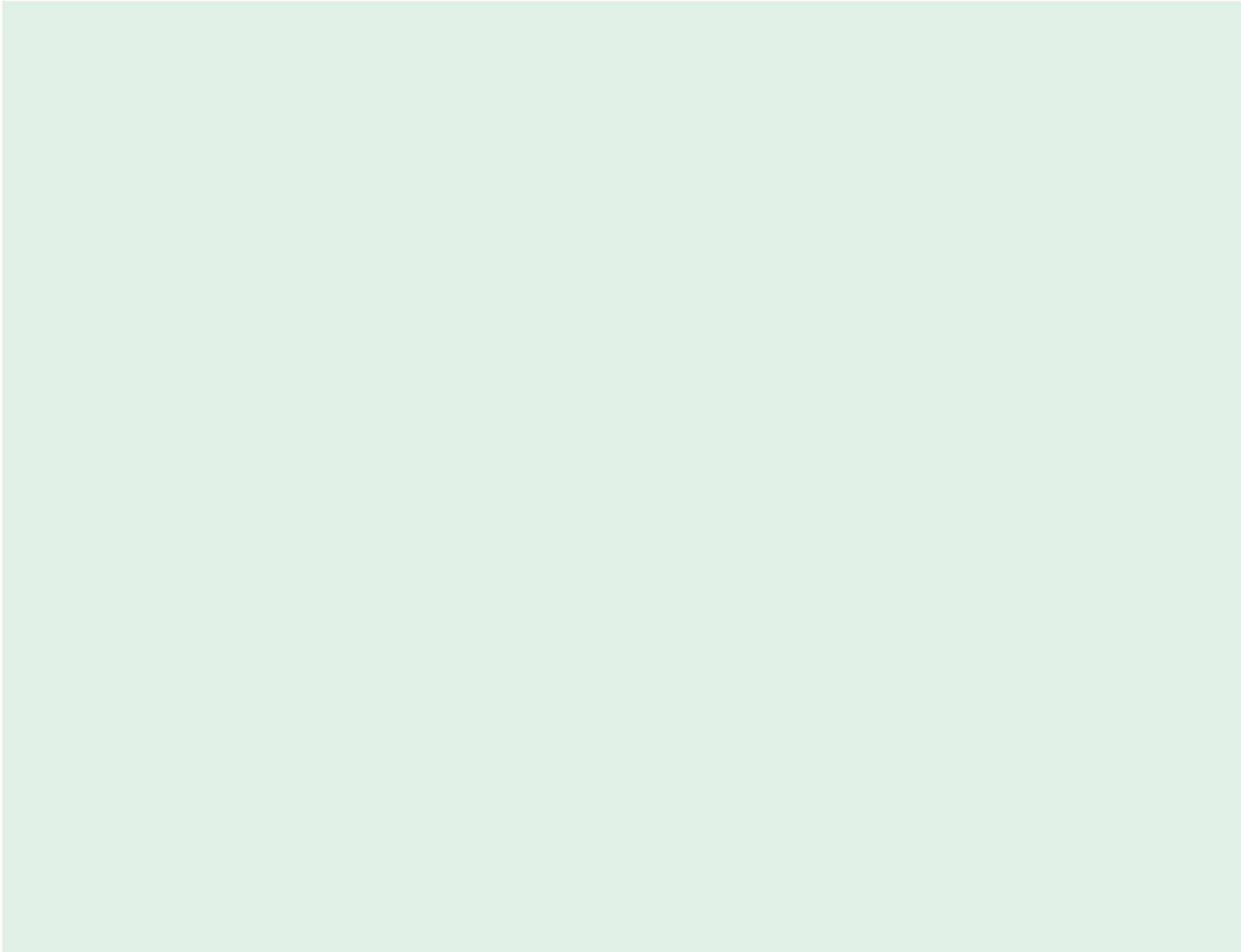
Recipe HACCP Process: #2 Same Day Service

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

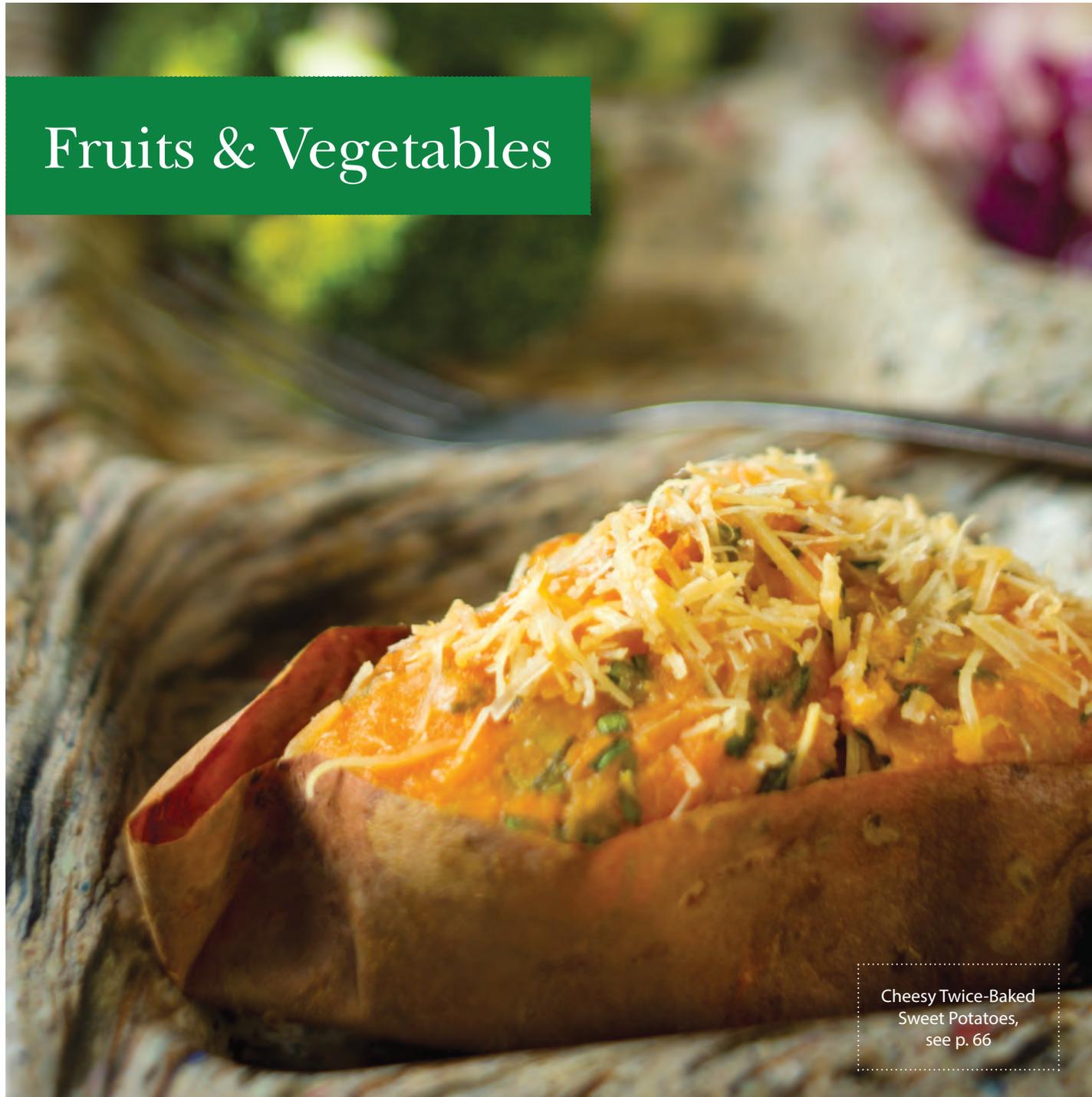
— KAREN RUSSO

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

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Kale, collard greens or Swiss chard	4 lb		➊ Remove tough ribs from kale (or collard greens or Swiss chard). Cut into ½-inch pieces.	<ul style="list-style-type: none"> • 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 ➆.
Carrots	2 lb		➋ Trim and peel carrots and onions. Cut into ½-inch dice.	
Onions		2 large		
Vegetable oil		⅓ cup	➌ Heat oil in a large stockpot over medium heat. Add the onion, garlic and 1 Tbsp 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 Tbsp		
Kosher salt		2 Tbsp + 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	➍ 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	➎ 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 Tbsp	➏ When the vegetables are tender, add 2½ gal water, 1 Tbsp salt, chicken base and pepper to the pot. Bring to a simmer and cook for 20 minutes.	
Ground black pepper		2 tsp		
➐ Add the greens and cook until just tender, about 5 minutes. Add the drained lentils.				
➑ 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.				



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

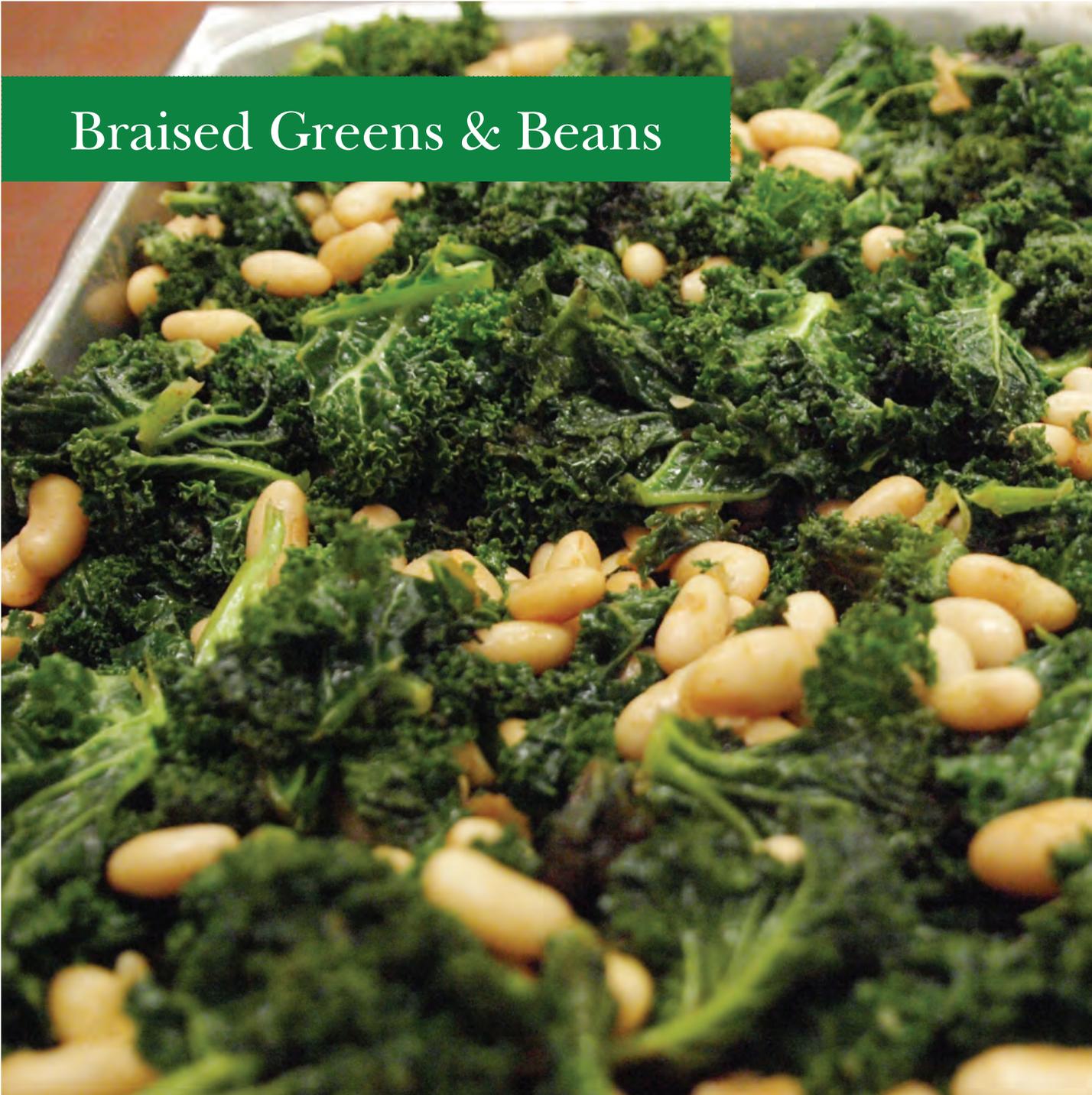
EQUIVALENTS: 1 burger provides $\frac{3}{8}$ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

Beet Burgers • 40 burgers

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Water		2⅔ cups	① 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.	<ul style="list-style-type: none"> • <i>Wear gloves while forming the burgers.</i> • <i>Serve on whole-wheat buns.</i>
Brown rice		1⅓ cups		
Olive oil		¼ cup	② 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		
			③ Preheat convection oven to 350°F. Line 3 sheet pans with parchment paper.	
Eggs		8 large		
Grated peeled beets		2 qt	④ 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 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		
				⑤ Bake until the burgers are browned and the vegetables are tender, 30 to 35 minutes.





Braised Greens & Beans

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: $\frac{3}{8}$ 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: $\frac{3}{8}$ cup provides $\frac{1}{4}$ cup dark green vegetable and $\frac{1}{8}$ 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 ($\frac{3}{8}$ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
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.	<ul style="list-style-type: none"> Use diced onions in place of the green onions if you'd prefer.
Green onions		3 bunches	2 Trim green onions and cut into 2-inch pieces.	
Olive oil		$\frac{1}{4}$ 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		



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 ($\frac{3}{4}$ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<p>1 Preheat convection oven to 350°F or conventional oven to 375°F. Coat a full 2-inch hotel pan with cooking spray.</p>	<ul style="list-style-type: none"> • 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.
Carrots	7 lb 8 oz		<p>2 Trim, peel and slice carrots.</p>	
			<p>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).</p>	
Eggs		11 large	<p>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.</p>	
Granulated sugar or maple syrup		1 $\frac{3}{4}$ cups		
Unsalted butter, melted	8 oz			
Enriched all-purpose flour		$\frac{2}{3}$ cup		
Baking powder		1 $\frac{1}{2}$ tsp		
Vanilla extract		1 $\frac{1}{2}$ tsp		
			<p>5 Bake until the top is set and lightly browned, 30 to 35 minutes.</p>	



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 $\frac{1}{4}$ 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
			① 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		② 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	③ 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)	
			④ 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

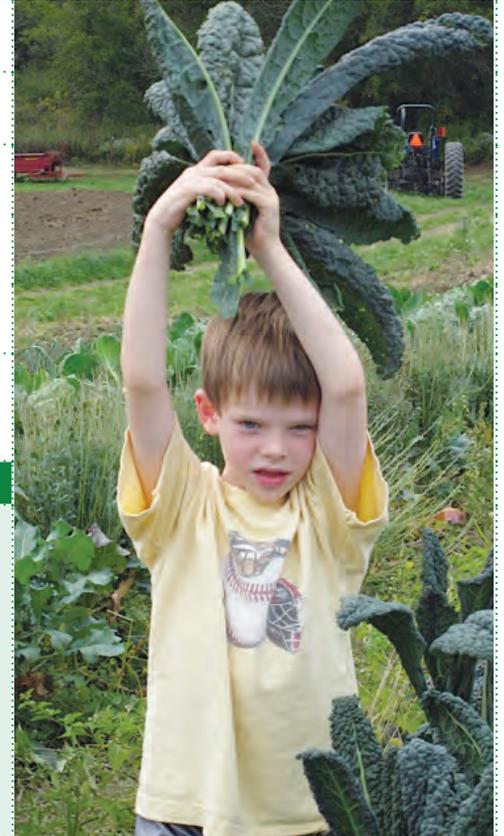
Calories	41 kcal
Protein	0.57 g
Carbohydrate	10.62 g
Total Fat	0.13 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Vitamin A	518.40 IU
Vitamin C	30.11 mg
Iron	0.28 mg
Calcium	12.55 mg
Sodium	3.26 mg
Dietary Fiber	1.21 g

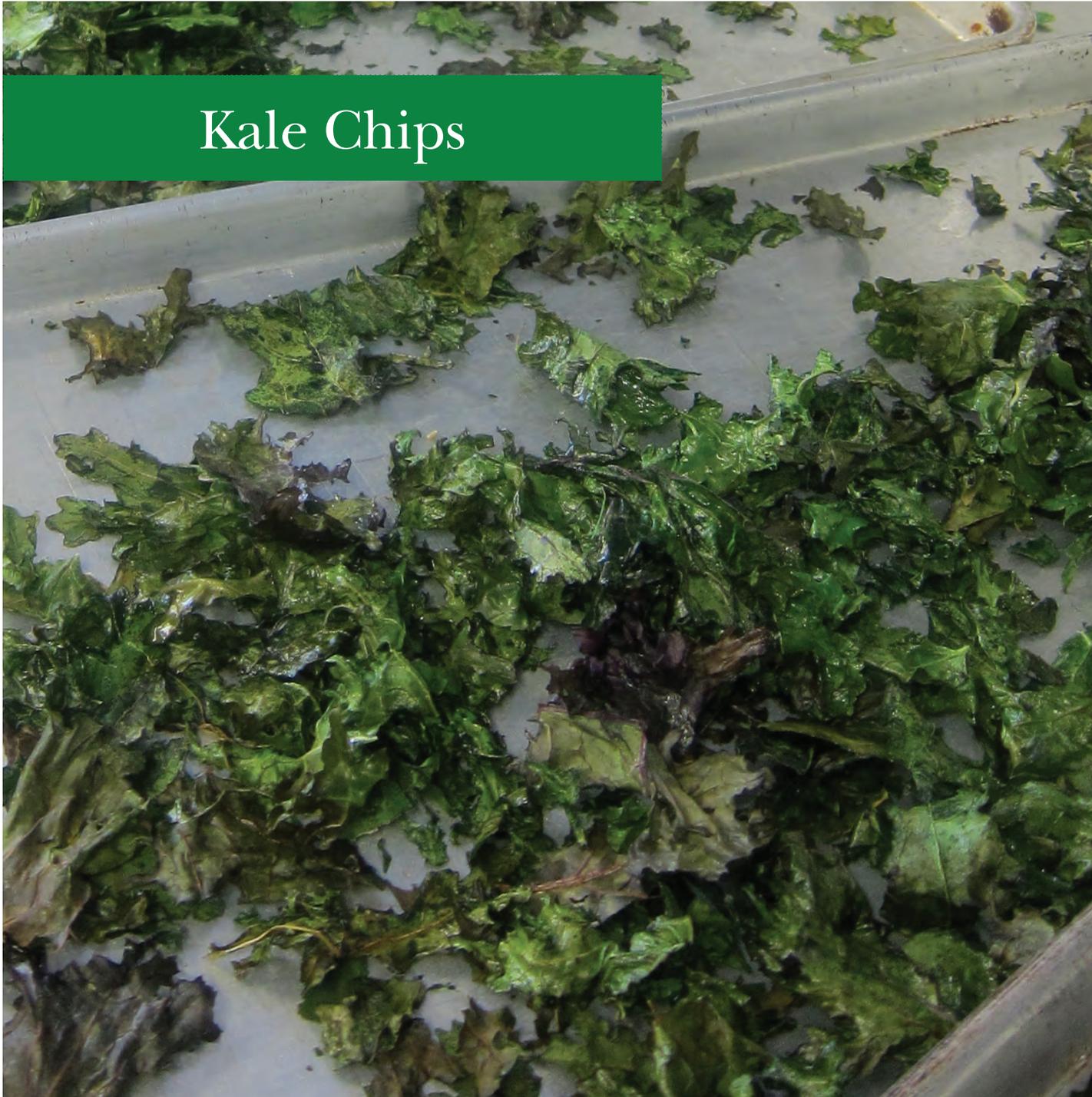
EQUIVALENTS: ¼ cup provides ¼ cup fruit.

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			
<p><i>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.</i></p>			





Kale Chips

Fall Winter Spring Summer

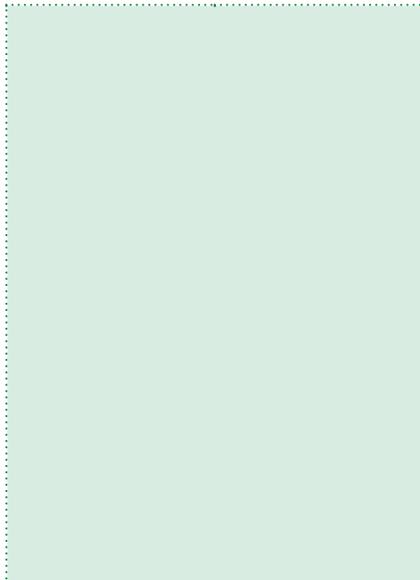
NUTRITION INFORMATION

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 1/3 cup dark green vegetable.

Recipe HACCP Process: #2 Same Day Service



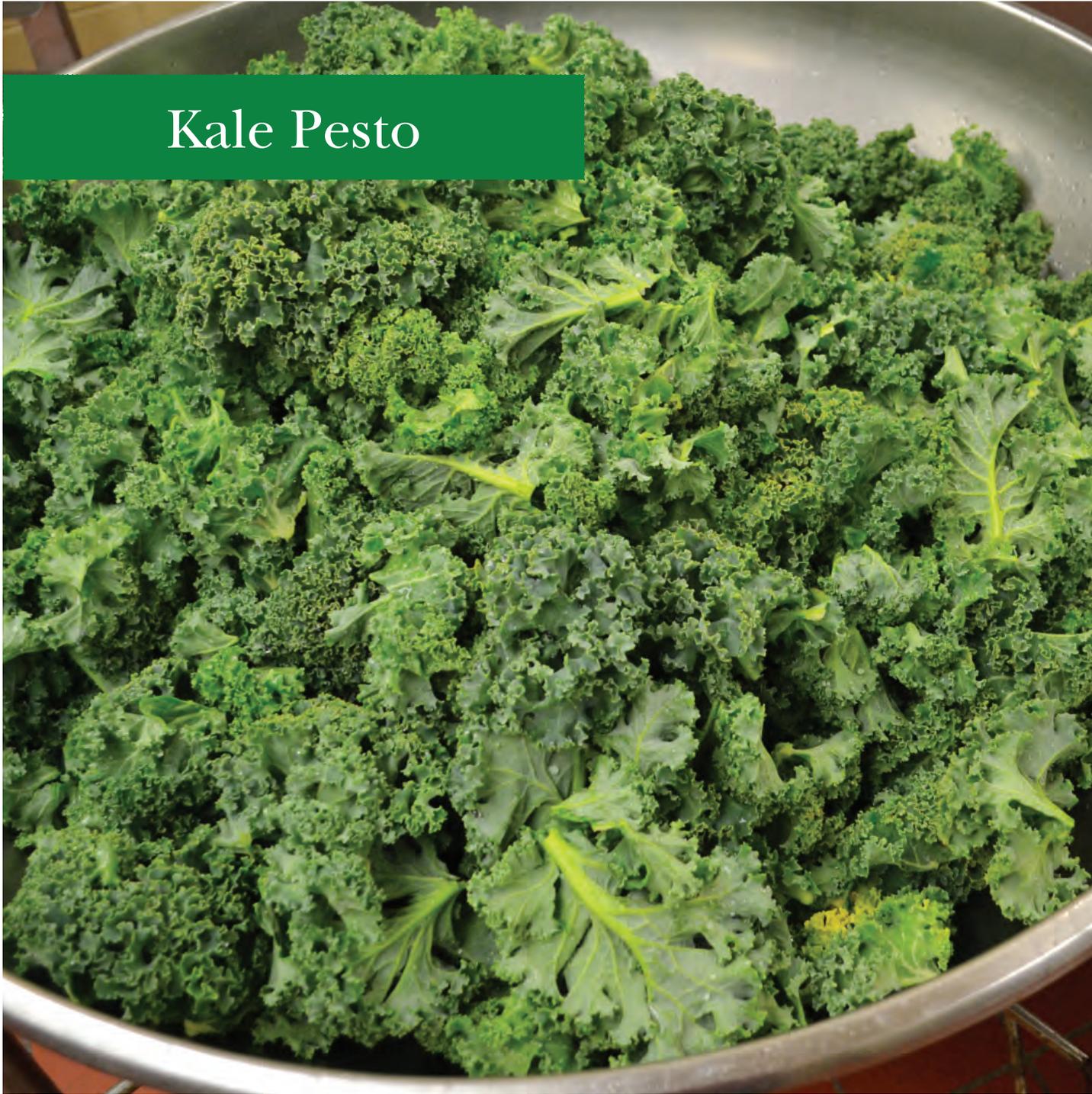
Kale Chips • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			<ol style="list-style-type: none"> 1 Preheat convection oven to 400°F or conventional oven to 425°F.
Kale	11 lb 8 oz		<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 3 Add oil and salt and mix by hand to coat the leaves evenly with the oil.
Kosher salt		4 tsp	
			<ol style="list-style-type: none"> 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 $\frac{1}{8}$ 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)	<p>❶ Remove thick stems from kale and tear into 2-inch pieces.</p> <p>❷ 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.</p>
Olive oil		1½ cups	
Grated Parmesan cheese		½ cup	
Lemon juice		2 Tblsp	
Chopped garlic		1 Tblsp	
Kosher salt		1 Tblsp	
Ground black pepper		½ tsp	
NOTES			



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

Kitchen Sink Pasta Sauce • 74 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions	5 lb		① Trim, peel and roughly chop onions.	<ul style="list-style-type: none"> • 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 WHELOCK

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 cauliflower 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

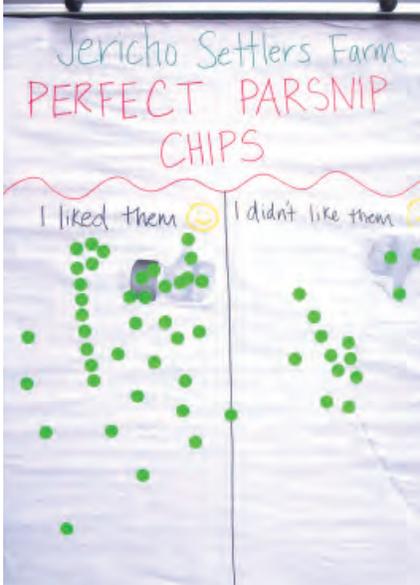
NUTRITION INFORMATION

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

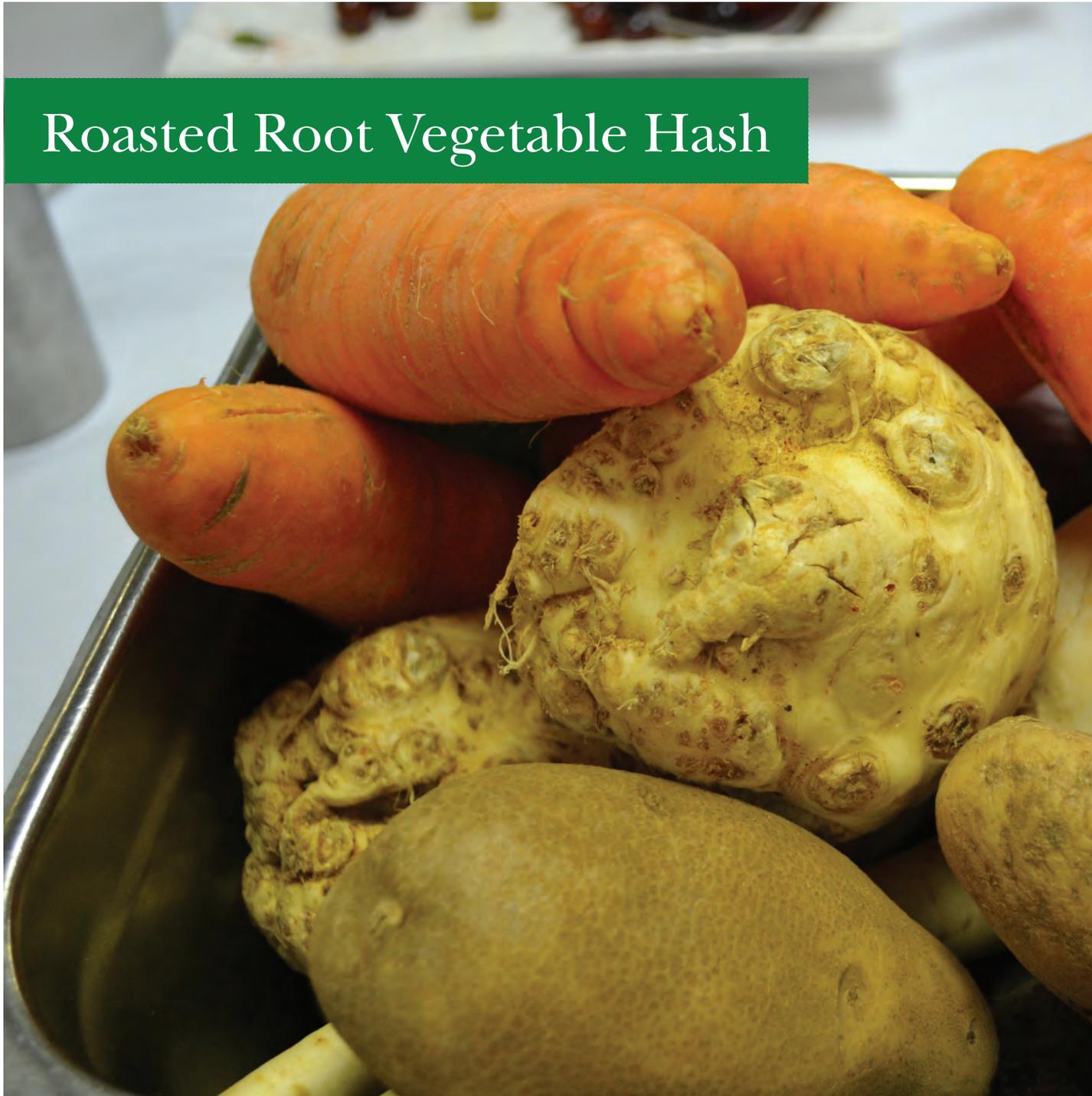


Roasted Parsnip Chips • 50 servings (½ cup)

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 Tbsp	
Ground black pepper		1 Tbsp	
			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		<p>❶ Trim and peel beets, carrots and other root vegetables. Cut into ½-inch dice.</p>	<p><i>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:</i></p> <ul style="list-style-type: none"> • 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	<p>❻ Meanwhile, mix coriander, cumin, onion powder, paprika, garlic powder and salt in a small bowl.</p>	
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

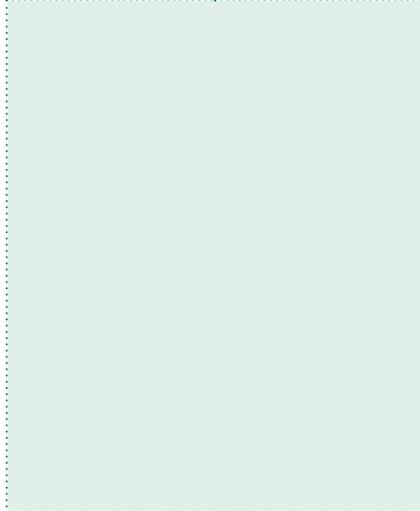
NUTRITION INFORMATION

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 ⅓ cup starchy vegetable (but not both) and ⅝ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service



Root Vegetable Gratin • 50 servings (¾ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<p>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.</p>	<p><i>Use a Robo Coupe to quickly prep the vegetables.</i></p>
Russet potatoes	5 lb		<p>2 Cut potatoes into ⅛-inch slices using a food processor fitted with a slicing blade or by hand.</p>	
Sweet potatoes	5 lb		<p>3 Peel sweet potatoes. Cut into ⅛-inch slices using a food processor fitted with a slicing blade or by hand.</p>	
Butternut and/or acorn squash	5 lb		<p>4 Peel, quarter and seed squash. Cut into ⅛-inch slices using a food processor fitted with a slicing blade or by hand.</p>	
Vegetable oil		¼ cup, divided	<p>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.</p>	
Water		2 Tbsp		
Table salt		1½ Tbsp		
Enriched all-purpose flour		1½ cups	<p>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.</p>	
Milk, low-fat		1 gal		
Breadcrumbs, fresh or dried	7 oz	2 cups	<p>7 Combine breadcrumbs and cheese in a small bowl.</p>	
Grated Parmesan cheese		1 cup		
<p>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.</p>				
<p>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.</p>				



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
			<p>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.</p>	<p><i>You can substitute 2 qt of prepared spaghetti or marinara sauce for the home-made sauce in this recipe.</i></p>
Spaghetti squash	30 lb		<p>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.)</p>	
Onions		6 small	<p>❸ Meanwhile trim, peel and finely dice onions.</p>	
Garlic		8 cloves	<p>❹ Trim, peel and chop garlic.</p>	
Olive oil		⅔ cup	<p>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.</p>	
Diced tomatoes, canned (drained)		1 #10 can	<p>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.</p>	
Dried oregano leaves		2 tsp		
Dried basil leaves		1 Tblsp + 1 tsp		
Kosher salt		2 tsp		
			<p>❼ Reduce oven temperature to 350°F (convection) or 375°F (conventional).</p>	
Shredded part-skim Mozzarella cheese		2 quart	<p>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.</p>	





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

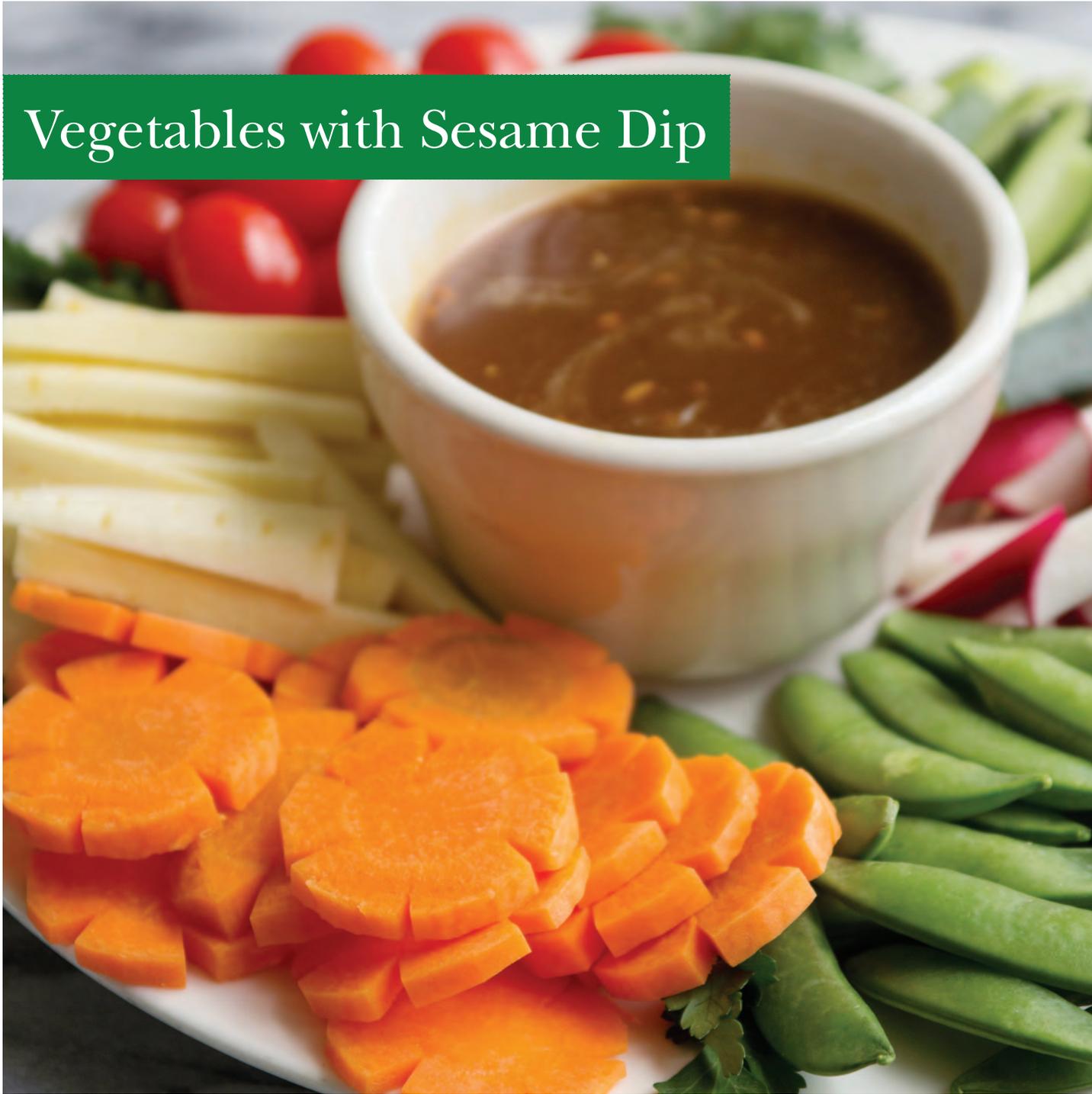
"Frequent and varied opportunities for students to taste new foods can have a strong impact on participation down the road, and can have the added benefit of getting school staff involved."

— KATHY ALEXANDER

Sweet Potato Hummus • 58 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<p>1 Preheat convection oven to 400°F or conventional oven to 425°F. Line a full sheet pan with parchment paper.</p>	<ul style="list-style-type: none"> • 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.
Sweet potatoes	9 lb		<p>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.</p>	
Chickpeas, canned, rinsed and drained		1 #10 can	<p>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.</p>	
Orange juice		1½ cups	<p>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).</p>	
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		





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 Tbsp dip)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Snap peas	16 lb	25 cups	<ol style="list-style-type: none"> Remove strings from snap peas. 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.
Honey		1 cup	
Low-sodium tamari or soy sauce		1 cup	
Ground ginger		2 Tbsp	
Canola oil		½ cup	
Sesame oil		½ cup	
Lemon juice		¼ cup	
Lemon zest		1 tsp	



NOTES

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

Fall

Winter

Spring

Summer

Warm Lentils & Spinach

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		
				



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

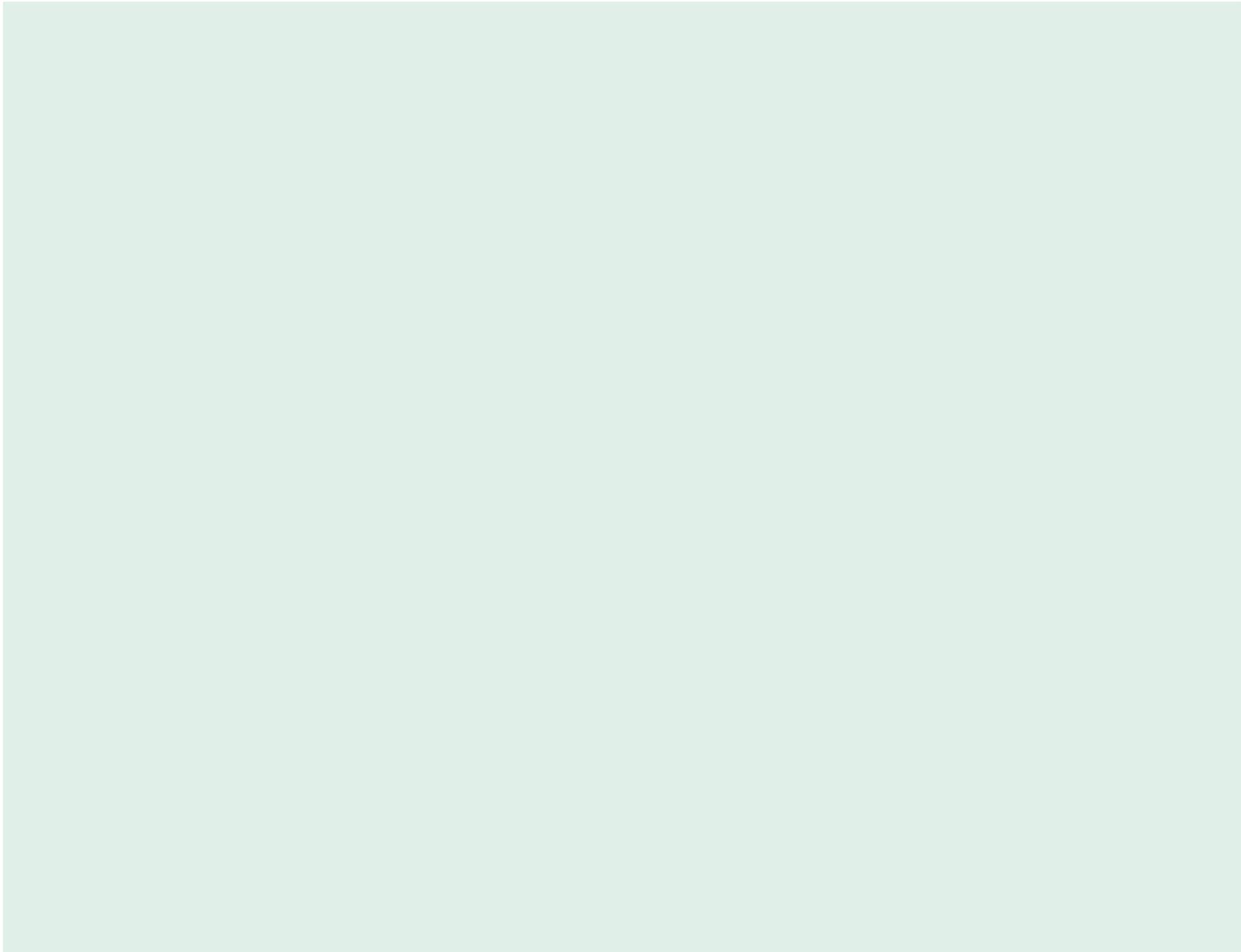
Zucchini Parmesan • 50 servings (½ cup)

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 ¾-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,
see p. 114

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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.

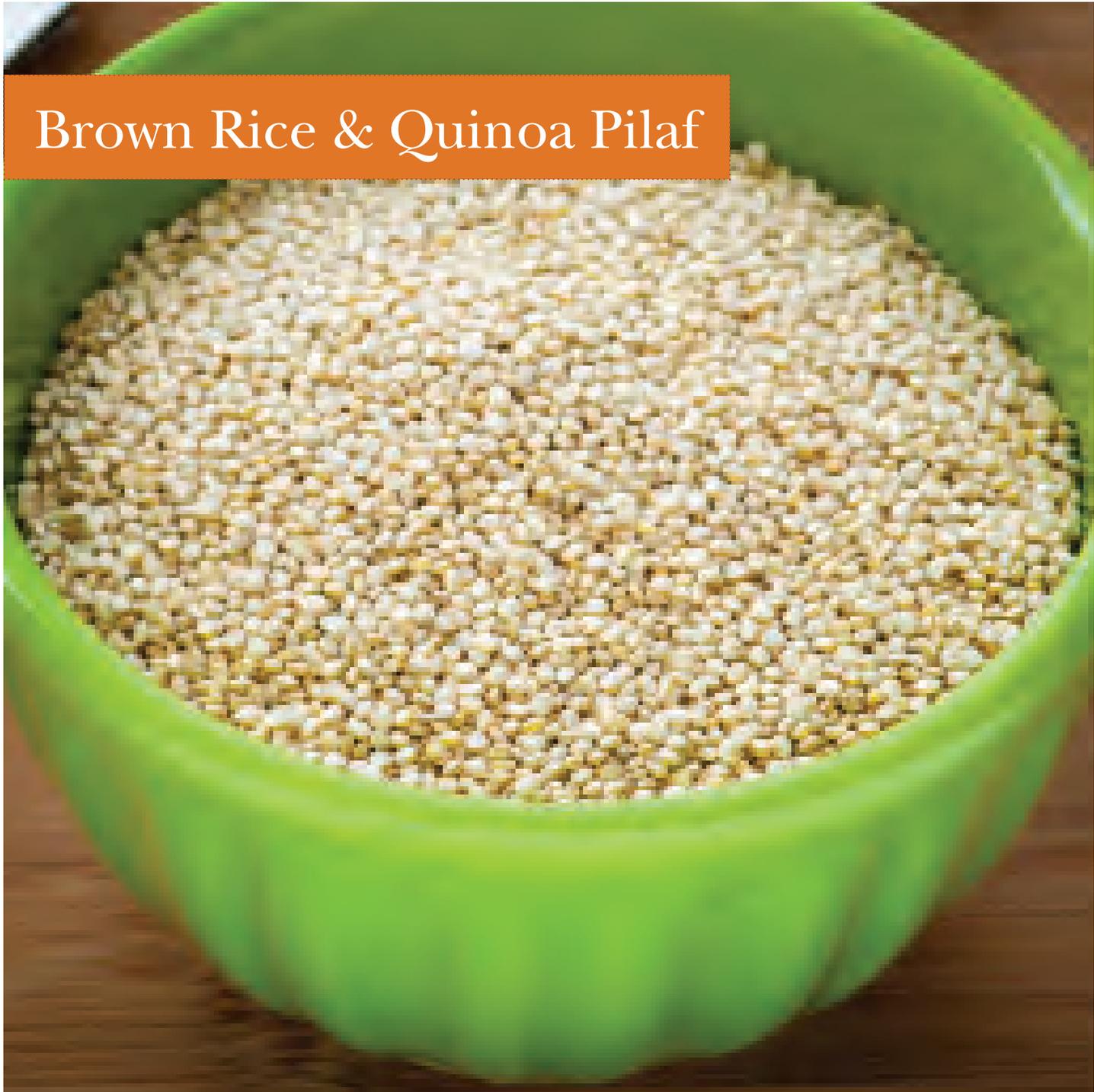
Recipe HACCP Process: #2 Same Day Service

“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 Tbsp salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. Drain and rinse with cold water.	<i>Use a combination of arugula and basil or all basil to make the pesto.</i>
Table salt		3 Tbsp + 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		
Sliced sundried tomatoes (not packed in oil, ¼-inch slices)		1 qt		
Finely chopped red onions		2 cups		
Ground black pepper		1 Tbsp + 1 tsp	⑤ Combine the drained pasta, pesto, beans, tomatoes, onions, the remaining 1 Tbsp plus 1 tsp salt and pepper in a large bowl. Toss to combine.	



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
			<p>1 Preheat convection oven to 350°F.</p>	
Onion	10 oz	1 large	<p>2 Peel onion and finely chop in a food processor fitted with a steel blade (or by hand).</p>	
Water		3 qt	<p>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.</p>	
Brown rice		1½ qt		
Kosher salt		1 Tblsp + 1 tsp, divided		
Quinoa, rinsed and drained		3 cups	<p>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.</p>	
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	<p>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.</p>	



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 Tbsp	
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 1/8 cup red/orange vegetable (or 1/8 cup starchy vegetable if using parsnips).

Recipe HACCP Process: #2 Same Day Service

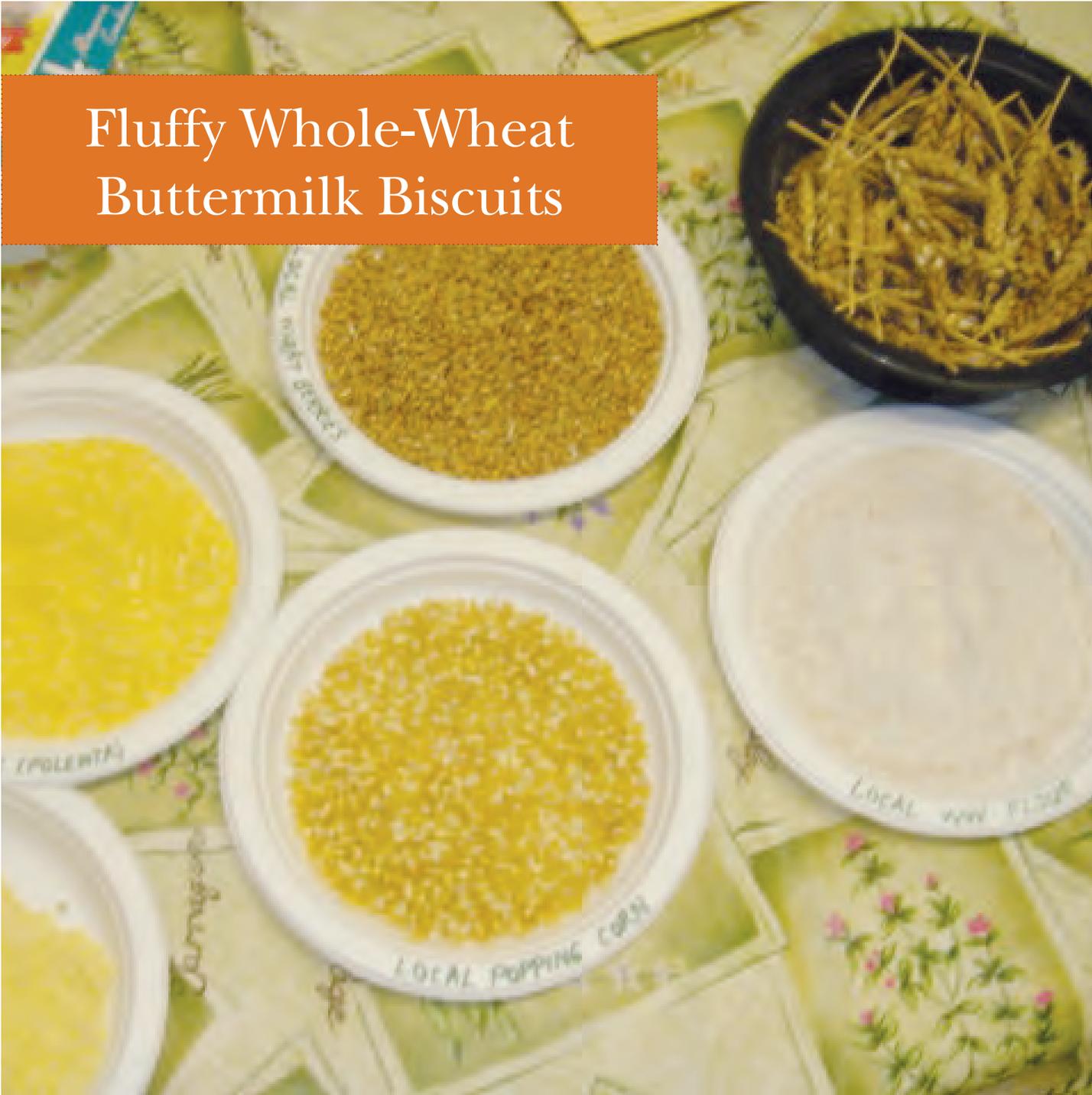
“Of all the muffin recipes we tried, this was my favorite!

So moist and filling.”

— AMY GIFFORD

Carrot & Quinoa Muffins • 48 servings (1 muffin)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Water		2⅔ cups	<p>❶ 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.</p>	<ul style="list-style-type: none"> • Try this recipe with an equal amount of parsnips in place of the carrots plus 2 tsp ground coriander. <p>Make ahead:</p> <ul style="list-style-type: none"> • 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.
Quinoa, rinsed and drained		1⅓ cup		
			<p>❷ 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.</p>	
Whole-wheat flour	1 lb	3 cups	<p>❸ Sift whole-wheat flour, all-purpose flour, baking soda, cinnamon and salt in a large bowl.</p>	
Enriched all-purpose flour	1 lb	3 cups		
Baking powder		¼ cup		
Ground cinnamon		3 Tbsp		
Kosher salt		1 Tbsp		
Eggs		8 large		
Vegetable oil		2 cups	<p>❹ 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.)</p>	
Brown sugar		2 cups (packed)		
Low-fat yogurt, plain or vanilla		2 cups		
Zest of 2 oranges				
Grated carrots		1 qt + 1½ cups	<p>❺ Stir carrots and the cooked quinoa into the batter until they are just incorporated.</p>	
			<p>❻ Fill the prepared muffin tins with the batter. Bake until a knife comes out clean when inserted in the center, 20 to 25 minutes.</p>	



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
			<p>1 Preheat convection oven to 325°F or conventional oven to 400°F. Line 2 full sheet pans with parchment paper.</p>	
Whole-wheat flour	1 lb 12 oz	1 quart + 1½ cups	<p>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).</p>	
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 Tbsp		
Butter, unsalted, cold, cut into pieces	1 lb	2 cups		
Buttermilk		1 quart		
Eggs		4 large		
			<p>3 Using a #20 scoop, portion biscuits onto the prepared pans. Bake until golden brown, 20 to 25 minutes.</p>	

Fruit & Bran Muffins

Fall Winter Spring Summer

NUTRITION INFORMATION

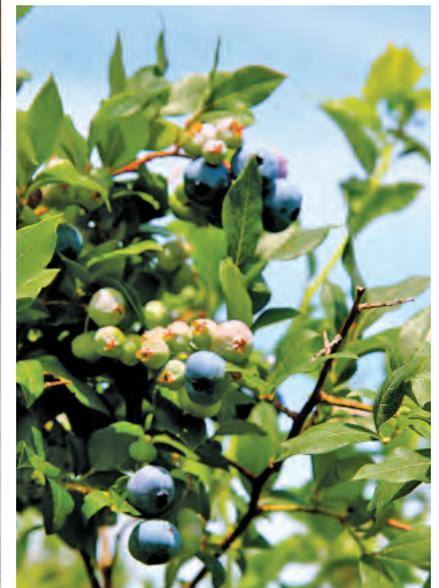
SERVING SIZE: 1 muffin

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 1/8 cup fruit.

Recipe HACCP Process: #2 Same Day Service



Fruit & Bran Muffins • 36 servings (1 muffin)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Bran cereal		1½ qt	❶ Combine cereal and milk in a large bowl; let stand for 15 minutes.	<ul style="list-style-type: none"> • 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.
Lowfat milk or lowfat buttermilk		1 qt		
Whole-wheat flour		1 qt	❷ 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	❸ Fold in blueberries, cover and refrigerate at least 1 hour or overnight.	
			❹ 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.	
			❺ Scoop about 3 Tblsp batter into each prepared muffin tin. Bake until the muffin tops spring back lightly when tapped, 15 to 20 minutes.	

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 1/8 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 WHELOCK

Oatmeal Pancakes

Fall

Winter

Spring

Summer

NUTRITION INFORMATION

SERVING SIZE: 1 oz pancake +
1 Tbsp 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

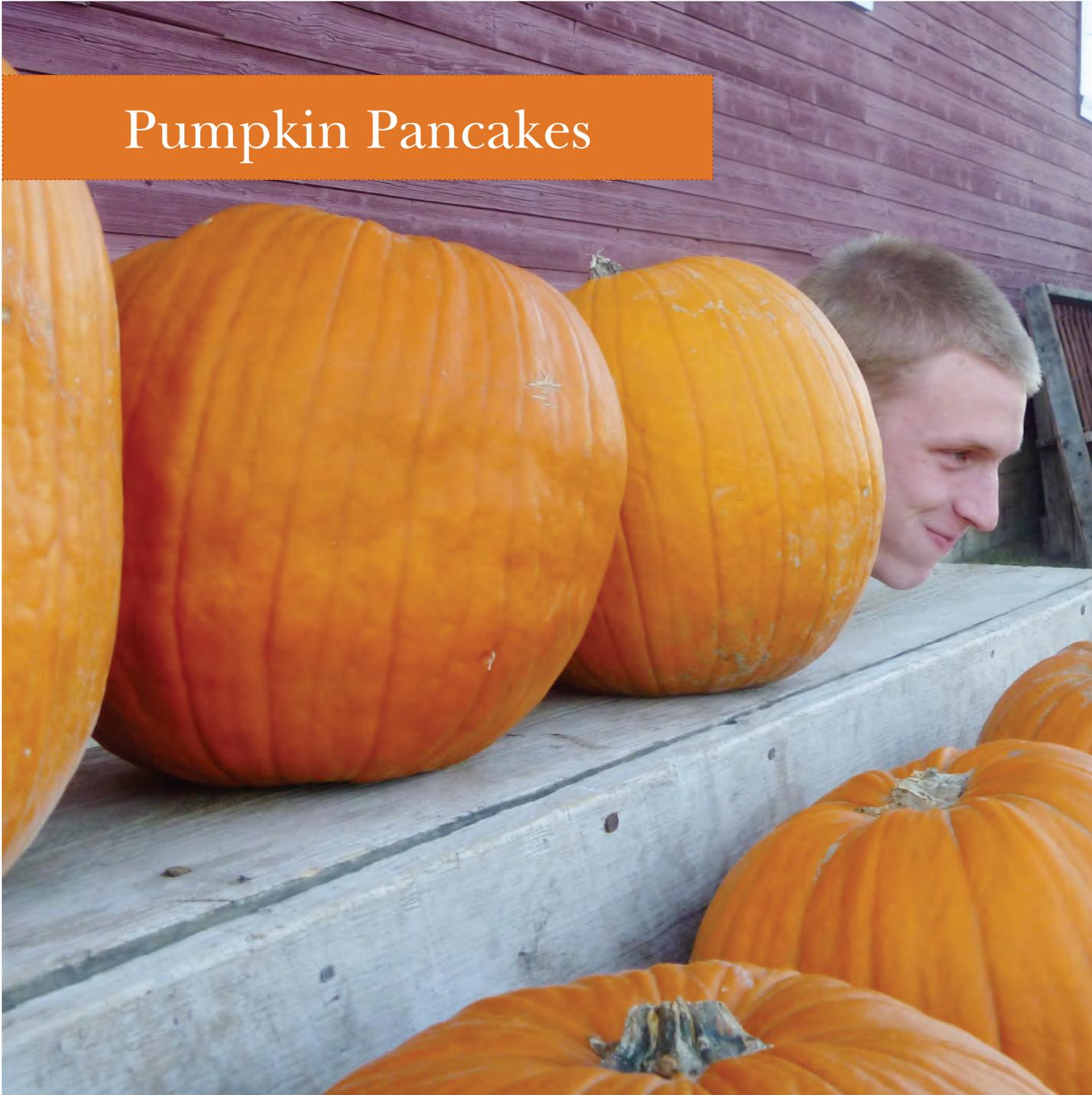
"Farmers love that we're buying from them and are very receptive. Many love coming to schools to talk with students."

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

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Rolled oats		2 qt, divided	<ol style="list-style-type: none"> 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. Whisk together the ground oats, whole oats, flour, sugar, baking powder, cinnamon, salt and baking soda in a large bowl. 	<p>Make ahead tips:</p> <ul style="list-style-type: none"> 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.
Whole wheat flour		2 cups		
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	<ol style="list-style-type: none"> Beat eggs in another large bowl until well blended. Whisk in buttermilk and oil; mix well. 	
Buttermilk		2 quarts		
Vegetable oil		1 cup		
<ol style="list-style-type: none"> 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.) 				
<ol style="list-style-type: none"> Meanwhile, preheat griddle to medium-low. 				
<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> Serve the pancakes with maple syrup. 	

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	<p>① Whisk together whole-wheat flour, all-purpose flour, brown sugar, baking powder and salt in a large mixing bowl.</p>	
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	<p>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.</p>	
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	<p>③ Mix the wet ingredients into the dry ingredients, stirring thoroughly to blend.</p>	
Vegetable oil		2 cups		<p>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.</p>



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
			<p>1 Preheat convection oven to 350°F or conventional oven to 375°F. Coat a full sheet pan with cooking spray.</p>	
Whole-wheat flour	1 lb 6 oz	1 qt + ½ cup	<p>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.</p>	
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		
			<p>3 Bake until a toothpick inserted in the center comes out clean, 15 to 25 minutes.</p>	





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, ⅓ cup red/orange vegetable, ⅓ 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.	<ul style="list-style-type: none"> • Cook quinoa up to 1 day in advance. Prep and/or cook the butternut squash up to 1 day in advance. • Make with low-sodium vegetable broth for a vegetarian dish. • Serve on salad bar or the line.
Butternut squash	5 lb		2 Peel squash. Cut in half and scrape out seeds. Cut into ½-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.	
Ground cumin		¼ cup		
Granulated garlic		¼ cup		
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: 5/8 cup

Amount per Serving

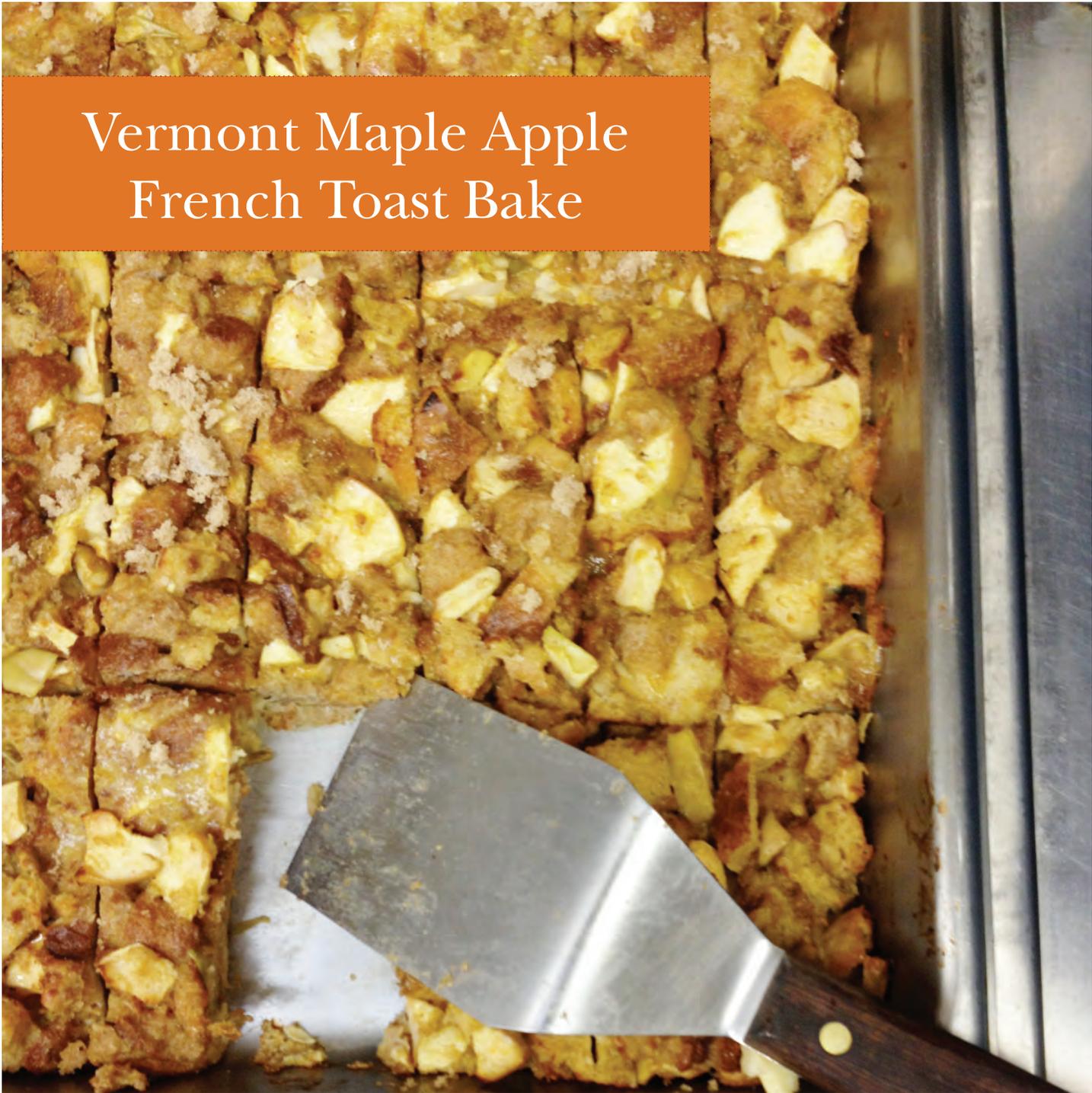
Calories	93 kcal
Protein	2.62 g
Carbohydrate	15.68 g
Total Fat	2.86 g
Saturated Fat	0.41 g
Cholesterol	0 mg
Vitamin A	393.47 IU
Vitamin C	6.15 mg
Iron	0.76 mg
Calcium	18.32 mg
Sodium	104.83 mg
Dietary Fiber	3.84 g

EQUIVALENTS: 5/8 cup provides 1 oz equiv WGR grain and 1/8 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.	<p><i>Diced cucumbers would be a nice addition to this salad.</i></p> <p><i>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).</i></p>
Scallions		3 bunches	② Trim scallions. Roughly chop 1 bunch and cut 2 bunches into ½-inch pieces.	
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	<p>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.</p>	
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	<p>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.</p>	
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 1/8 cup fruit.

Recipe HACCP Process: #2 Same Day Service



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

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<ol style="list-style-type: none"> 1 Coat two 2-inch full hotel pans with cooking spray. 	<ul style="list-style-type: none"> • 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.
Apples	3 lb		<ol style="list-style-type: none"> 2 Core apples and cut each into 8 wedges. 	
Whole-wheat or whole-grain bread	4 lb		<ol style="list-style-type: none"> 3 Cut bread into 1-inch cubes. 	
Eggs		50 large or 1 gal liquid eggs	<ol style="list-style-type: none"> 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		
			<ol style="list-style-type: none"> 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. 	
			<ol style="list-style-type: none"> 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. 	
			<ol style="list-style-type: none"> 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. 	



Wheat Berry Salad

Fall Winter Spring Summer

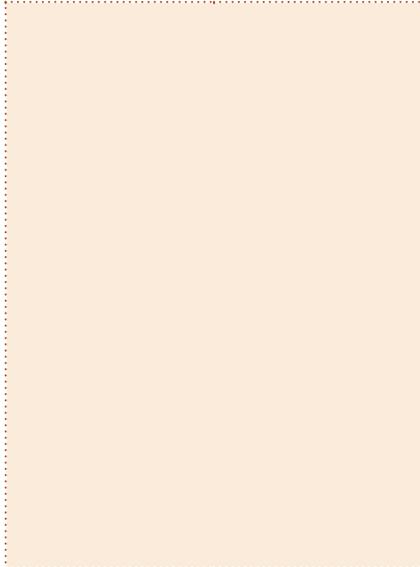
NUTRITION INFORMATION

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	WEIGHT	MEASURE	METHOD
Soft winter wheat berries	2 lb	1 qt + ½ cup	<ol style="list-style-type: none"> 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	
			<ol style="list-style-type: none"> 2 Meanwhile, peel sweet potatoes and cut into ¾-inch dice.
			<ol style="list-style-type: none"> 3 Preheat convection oven to 350°F or conventional oven to 375°F.
Olive oil		2 Tbsp	<ol style="list-style-type: none"> 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	
Kosher salt		1 Tbsp	<ol style="list-style-type: none"> 5 Combine the cooled wheat berries, roasted sweet potatoes, cranberries, salt and pepper in a large bowl and toss to combine.
Ground black pepper		2 tsp	

NOTES

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



Fall Winter Spring Summer

NUTRITION INFORMATION

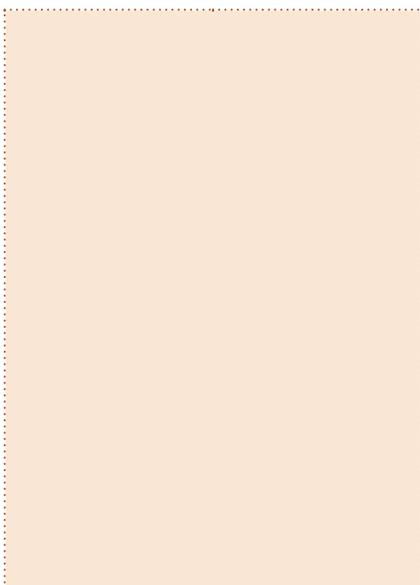
SERVING SIZE: 1 piece

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

Whole-Grain Cornbread • 36 servings (1 piece)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<p>1 Preheat convection oven to 325°F or conventional oven to 350°F. Grease a half sheet pan.</p>	<ul style="list-style-type: none"> • <i>This recipe doubles easily. Serve leftovers at breakfast the next day.</i> • <i>If you use unsalted butter, add another ¼ tsp of salt.</i>
Whole-grain cornmeal		3 cups	<p>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.</p>	
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		
			<p>3 Pour into the prepared pan and spread evenly. Bake until golden brown, 20 to 25 minutes. Cut into 36 pieces.</p>	





Whole Wheat Pizza Dough

Fall Winter Spring Summer

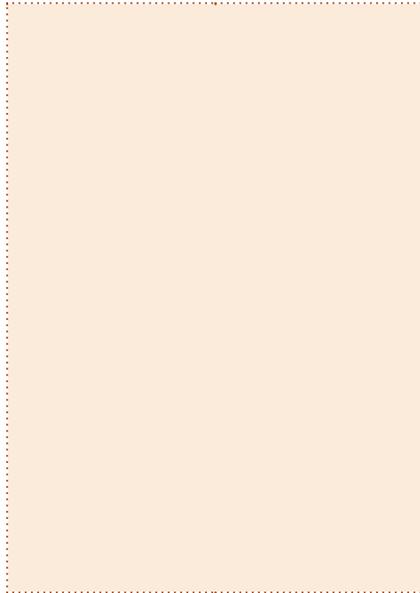
NUTRITION INFORMATION

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

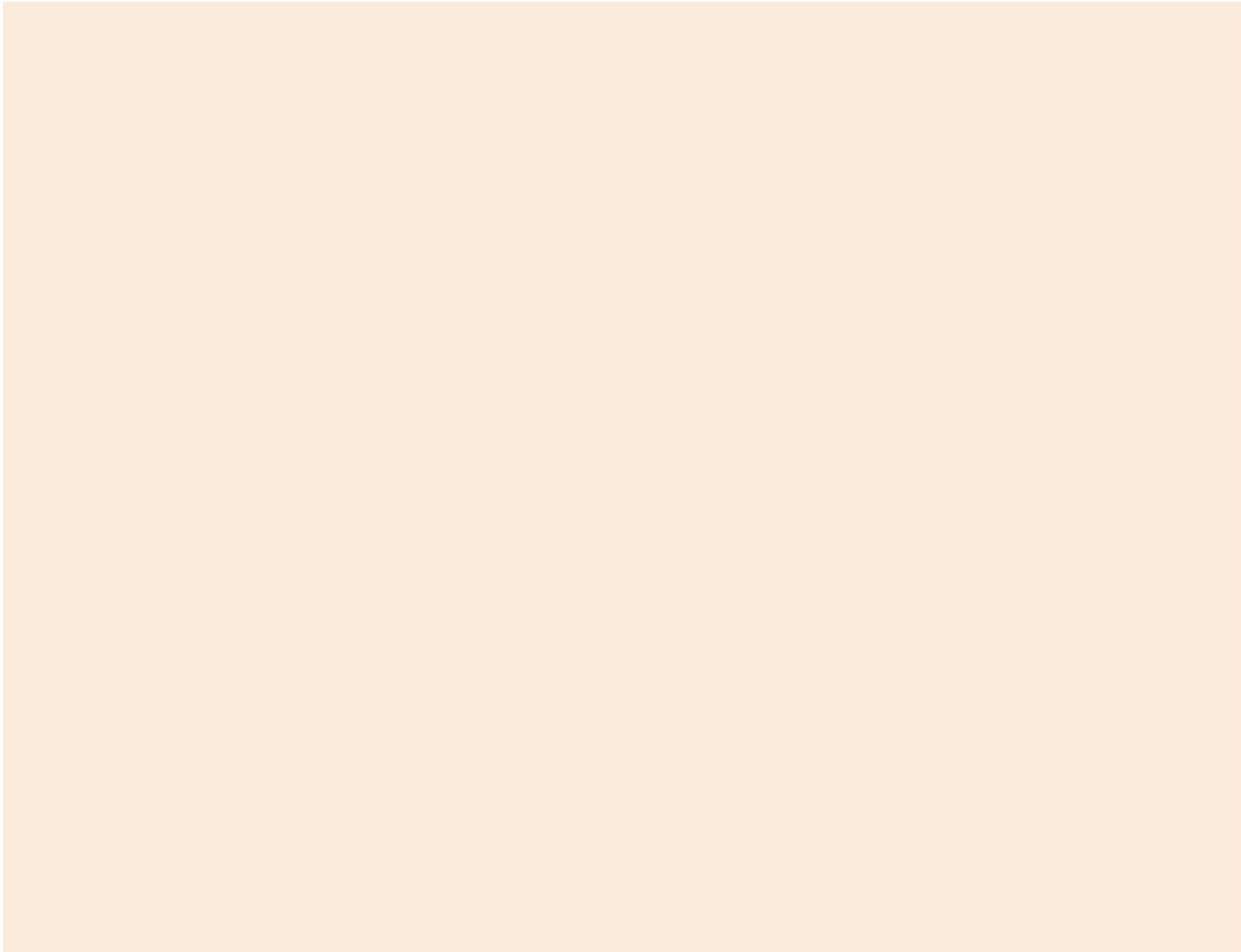
EQUIVALENTS: 1 piece provides 1.75 oz WGR grain.

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 Tbsp + 1 tsp	
<p>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.</p>			
<p>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.)</p>			
<p>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.)</p>			
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.
<p>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.</p>			



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		① Trim and peel onion. Cut into medium dice	
Canola oil		¼ cup	② 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		③ 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	④ Bring water and 3 Tbsp 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 Tbsp, divided		
Whole-wheat penne pasta	3 lb 4 oz			
Olive oil		¼ cup		
			⑤ 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 Tbsp 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.	
			⑥ 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		⑦ 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	⑧ Mix breadcrumbs and Parmesan in a small bowl. Sprinkle each pan evenly with half of the mixture.	
Grated Parmesan cheese		1 cup	⑨ 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

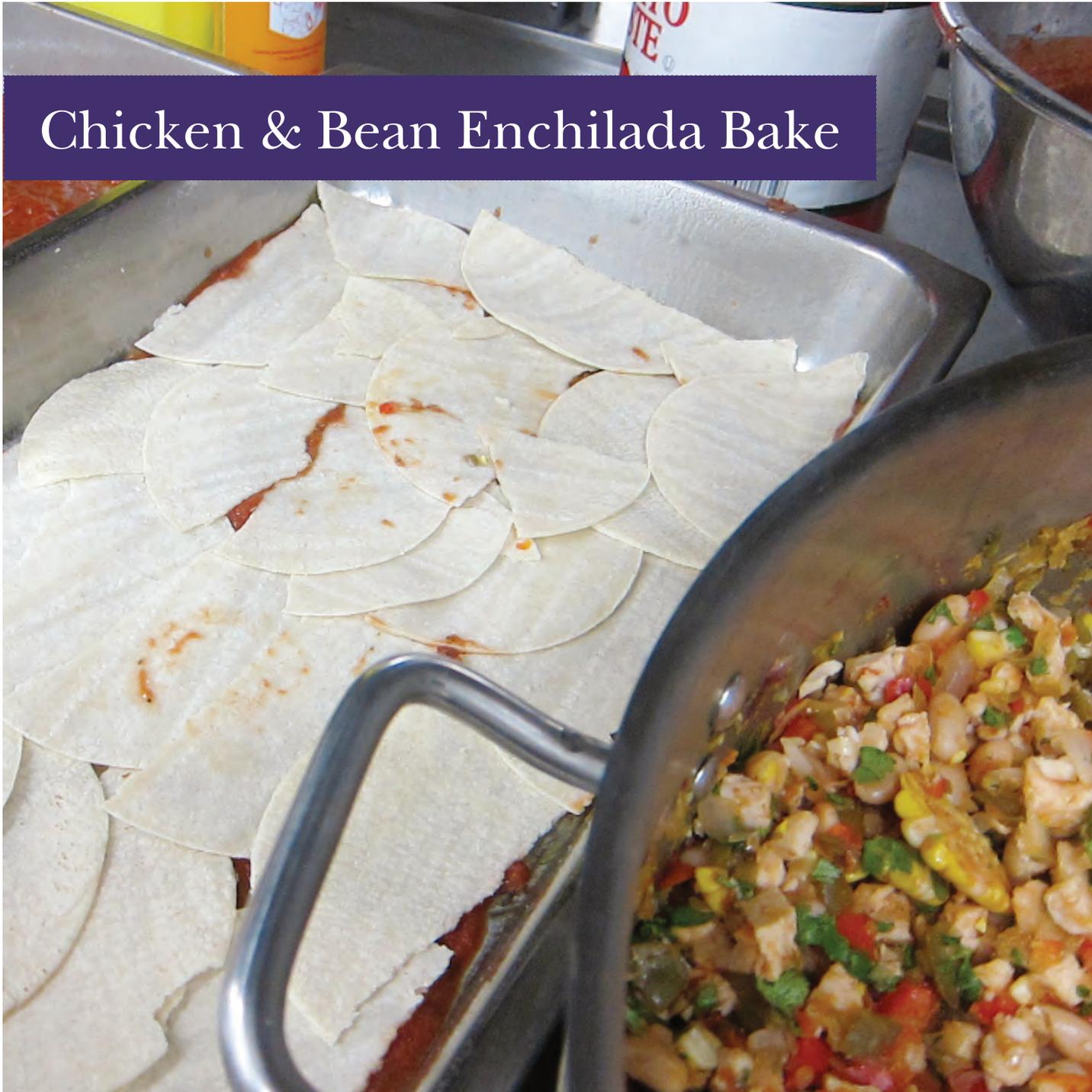
Amount per Serving	
Calories	309 kcal
Protein	19.97 g
Carbohydrate	37.23 g
Total Fat	9.78 g
Saturated Fat	3.72 g
Cholesterol	40.60 mg
Vitamin A	115.55 IU
Vitamin C	0.63 mg
Iron	2.87 mg
Calcium	139.78 mg
Sodium	199.95 mg
Dietary Fiber	4.06 g

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	① Trim and peel onions. Cut into ¼-inch dice.	<ul style="list-style-type: none"> You can add 6 quarts cooked broccoli florets to this dish if you'd like. Prepare through Step ③; cover and refrigerate up to 1 day in advance. Shred cheese up to 1 day in advance.
Vegetable oil		¼ cup	② 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.	
Kosher salt		2 Tblsp, divided	Add garlic and cook, stirring, until fragrant, about 1 minute more.	
Minced garlic		¼ cup		
Ground beef, 80% lean	5 lb		③ 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	④ Meanwhile, bring water and 1 Tblsp salt to a boil in a large stock-pot. 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			
			⑤ 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	⑥ 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	⑦ 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		
			⑧ 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.

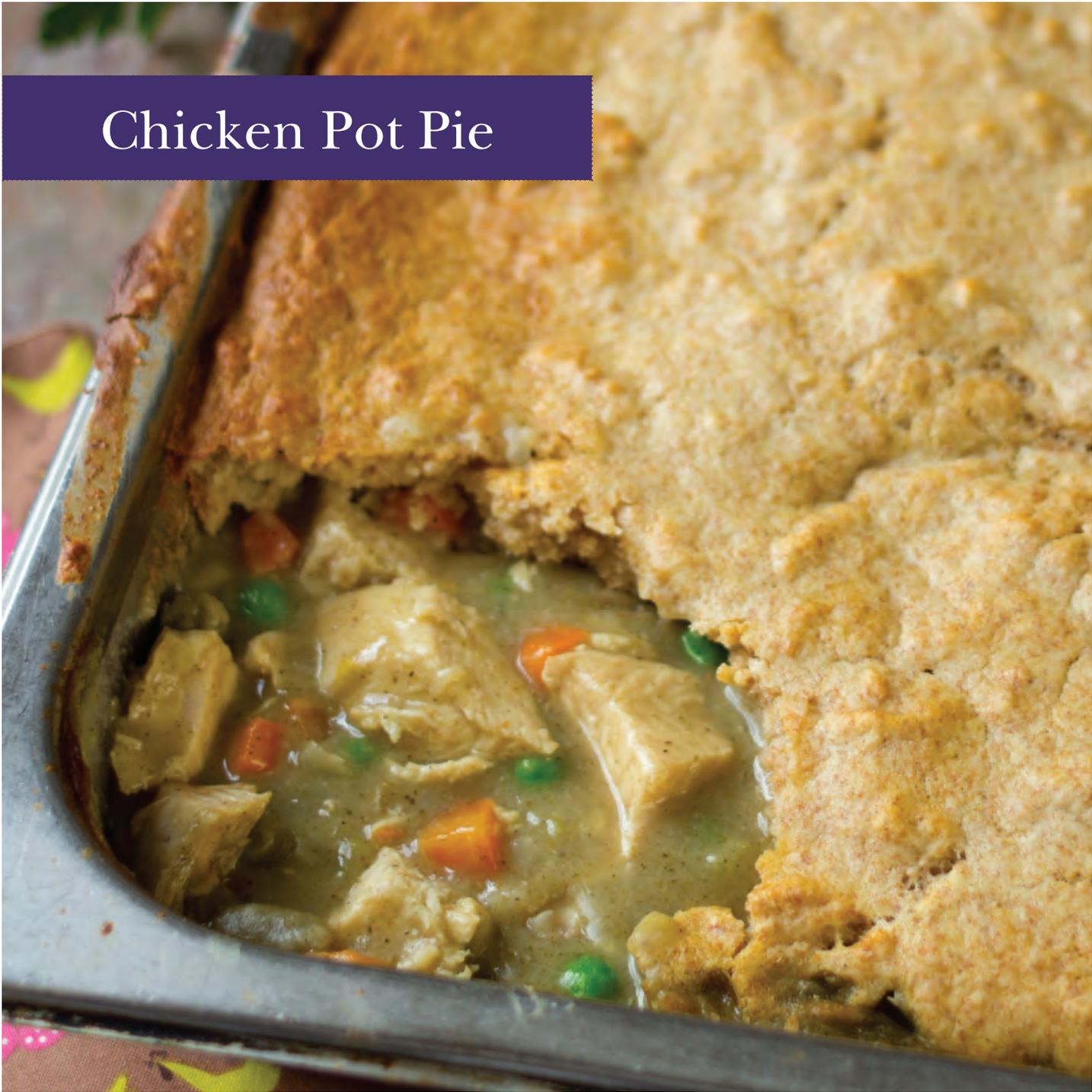
Recipe HACCP Process: #2 Same Day Service

“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		① Trim and peel onions. Cut into ½-inch dice.	<ul style="list-style-type: none"> 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		② Stem, core and seed peppers. Cut into ½-inch dice.	
Vegetable oil		¼ cup	③ 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		
			④ 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	⑤ 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	⑥ 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		
			⑦ 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.

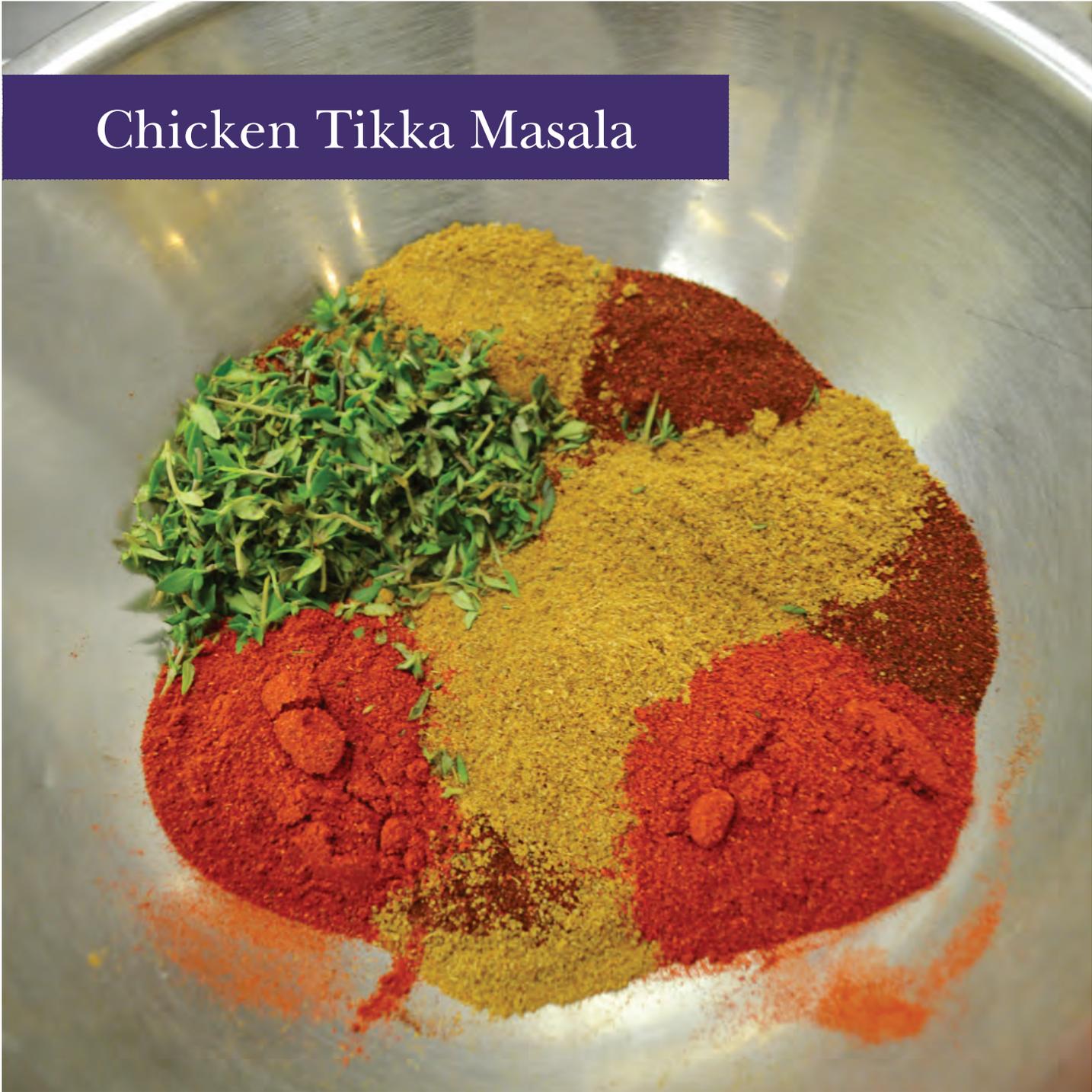
Recipe HACCP Process: #2 Same Day Service

NOTES

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

Chicken Pot Pie • 48 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
<p>1 Preheat convection oven to 325°F or conventional oven to 350°F. Coat two 2-inch full hotel pans with cooking spray.</p>			
To make the stew:			
Onions or leeks	1 lb 8 oz		2 Trim and peel onion (or trim and clean leeks). Cut into ¼-inch dice.
Carrots	1 lb		3 Trim and peel carrots. Cut into ¼-inch dice.
Celery or celeriac	1 lb		4 Trim celery (or trim and peel celeriac). Cut into ¼-inch dice.
Vegetable oil		⅔ cup	5 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	6 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	7 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	8 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	
7 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.

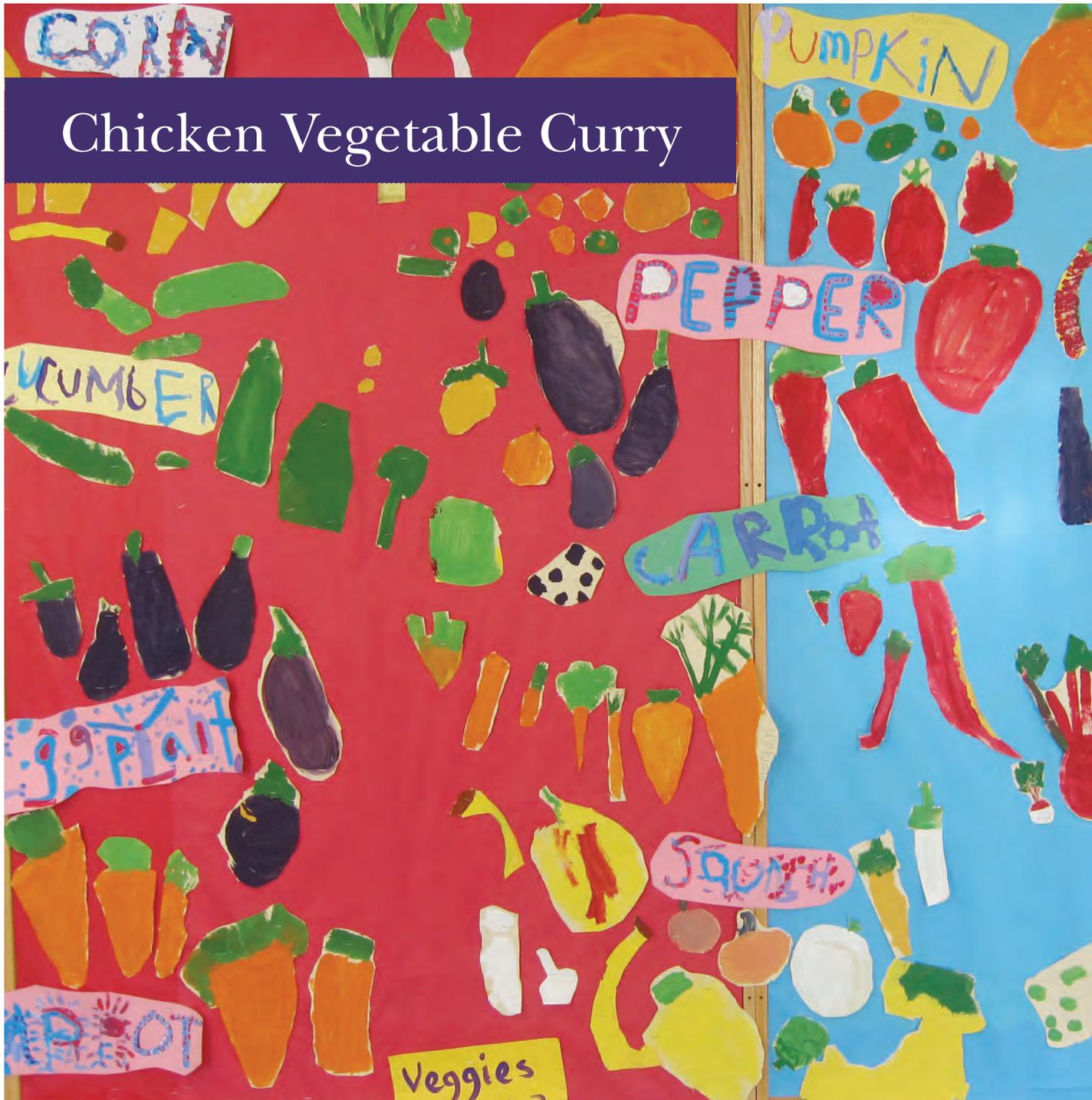
Recipe HACCP Process: #2 Same Day Service

“There is nothing like the reward of having a student 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
			<p>① Preheat convection oven to 350°F or conventional oven to 375°F.</p>	<ul style="list-style-type: none"> You can use USDA fajita strips in place of the cooked chicken. Adjust heat depending on your audience and/or serve hot sauce on the side. Serve over brown basmati rice or with naan or pita bread. This can be made with tofu or another type of protein (although not traditionally beef). Prepare sauce (Step ②) up to 1 day in advance.
Diced tomatoes, canned, low-sodium (undrained)		1 #10 can	<p>② 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.</p>	
Tomato sauce		1 qt + 2¼ cups		
Ground cumin		¼ cup		
Curry powder		¼ cup		
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		<p>③ Divide chicken between two 2-inch full hotel pans. Divide the sauce between the two pans. Stir to coat the chicken with the sauce.</p>	
			<p>④ Cover and bake until the internal temperature reaches 165°F, 30 to 45 minutes.</p>	



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, 3/4 cup red/orange vegetable, 1/4 cup starchy vegetable, and 1/3 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	NOTES
Boneless, skinless chicken breast	10 lb		① Trim fat from chicken and cut into ½-inch cubes.	<ul style="list-style-type: none"> • 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 out 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.
Lite coconut milk		3 14-oz cans	② 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 Tbsp		
			③ 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	④ Trim, peel and chop onions.	
Green bell peppers	6 lb		⑤ Stem, core, seed and chop peppers.	
Sweet potatoes	5 lb 8 oz		⑥ Dice sweet potatoes and potatoes.	
Potatoes	5 lb			
Vegetable oil		⅓ cup	⑦ 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		
			⑧ 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.	



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, 1/8 cup red/orange vegetable and 3/8 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	<ol style="list-style-type: none"> 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. 	<i>OPTIONAL: Add Parmesan cheese right before serving.</i>
Kosher salt		1 Tblsp		
Whole-wheat spaghetti	5 lb		<ol style="list-style-type: none"> 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. 	
Unsalted butter	1 lb	2 cups		
Olive oil		1 cup		
Crushed garlic cloves		5 Tblsp		
Ground black pepper		1 tsp		
Chickpeas, canned, rinsed and drained		2 #10 cans	<ol style="list-style-type: none"> Add the drained pasta, tomatoes and basil; toss to combine. Serve hot or cold. 	
Diced tomatoes, fresh or canned (drained)	2 lb	2 qt		
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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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		
				<ol style="list-style-type: none"> 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.
			<ol style="list-style-type: none"> Bake until internal temperature reaches 165°F, about 1 hour. 	
			<ol style="list-style-type: none"> 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	<p>① Mix breadcrumbs, salt, pepper, poultry seasoning, granulated garlic, oregano, onion powder and garlic powder in a large bowl and set aside.</p>	<ul style="list-style-type: none"> • <i>Serve in a Caesar salad wrap, alone with marinara sauce for dipping, or over whole-wheat pasta tossed with marinara sauce.</i> • <i>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!</i>
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		② Drain tofu and cut into 50 2-oz slices, about 2” x 4”. Pat the tofu slices dry with paper towels.	
Eggs		4 large	<p>③ Beat eggs in a medium mixing bowl. Mix in ranch dressing. Put flour in a shallow dish.</p>	
Prepared ranch dressing		1 qt		
Enriched all-purpose flour		2 cups		
			④ Preheat convection oven to 300°F. Coat 2 full sheet pans with cooking spray.	
			⑤ 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.	
			⑥ 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.	
			⑦ 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



NUTRITION INFORMATION

SERVING SIZE: 3 pieces

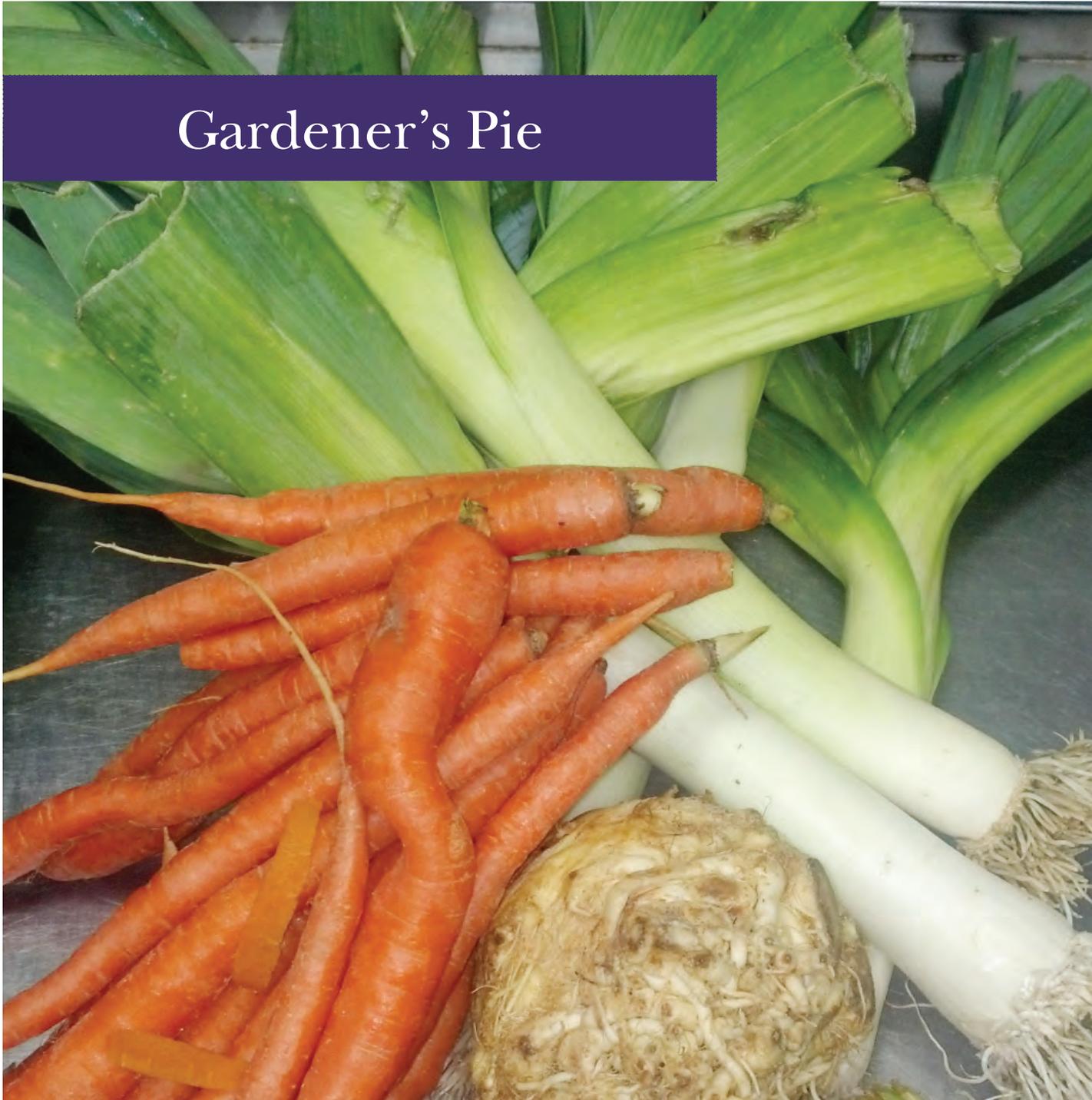
Amount per Serving	
Calories	204 kcal
Protein	8.32 g
Carbohydrate	27.51 g
Total Fat	7.26 g
Saturated Fat	1.06 g
Cholesterol	18.60 mg
Vitamin A	171.84 IU
Vitamin C	3.18 mg
Iron	2.67 mg
Calcium	62.22 mg
Sodium	671.41 mg
Dietary Fiber	6.27 g

EQUIVALENTS: 3 pieces provide .25 oz equiv grain/bread and 1.5 oz equiv meat/meat alternate or 3/8 cup beans/legumes (but not both).

Recipe HACCP Process: #2 Same Day Service

Falafel Nuggets • 50 servings (3 pieces)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Vegetable oil	2½ oz	¾ cup + 3 Tblsp, divided	① Preheat convection oven to 350°F. Grease 3 full sheet pans with ¼ cup oil each.	<ul style="list-style-type: none"> • 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.
Spanish onion	1 lb		② Trim and peel onion. Cut into 1-inch pieces.	
Chopped celery (¼-inch pieces)		2 cups	③ 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	④ 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	⑤ 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	⑥ 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	⑦ 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		
⑧ 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.				



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 $\frac{1}{8}$ cup other vegetable 1.5 oz equiv WGR grain and $\frac{1}{8}$ cup beans/legumes or .5 oz equiv meat/meat alternate (but not both).

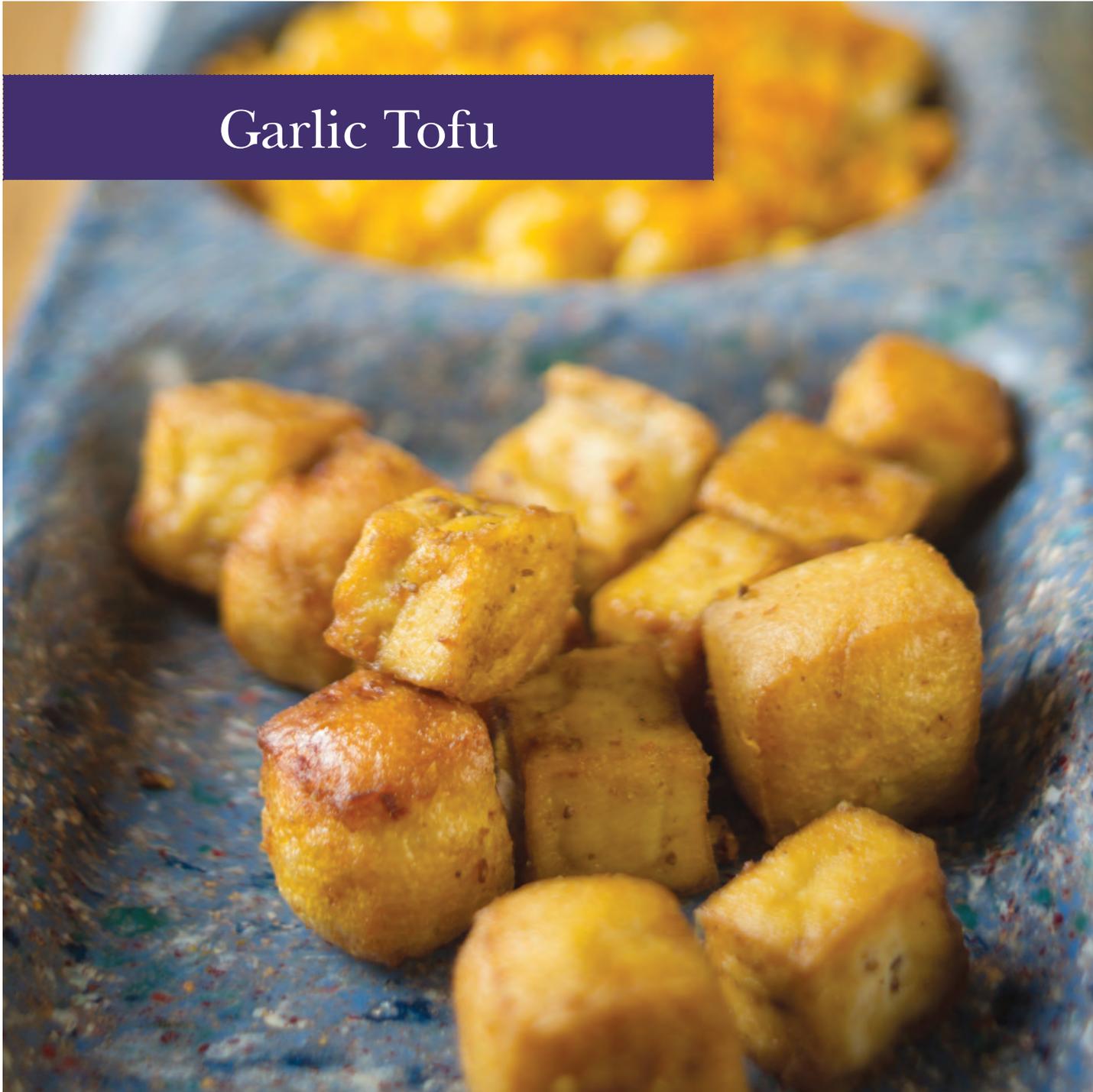
Recipe HACCP Process: #2 Same Day Service

“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
<p>1 Preheat convection oven to 325°F or conventional oven to 350°F. Coat two 2-inch full hotel pans with cooking spray.</p>			
To make the stew:			
Onions or leeks	1 lb 8 oz		2 Trim and peel onions (or trim and peel leeks). Cut into ¼-inch dice.
Carrots	1 lb		3 Trim and peel carrots. Cut into ¼-inch dice.
Celery or celeriac	1 lb		4 Trim celery (or trim and peel celeriac). Cut into ¼-inch dice.
Vegetable oil	4 oz	¾ cup	5 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	6 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	7 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	
Buttermilk		3 qt	8 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.
9 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
			<ol style="list-style-type: none"> 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		<ol style="list-style-type: none"> Drain tofu. Cut into ½-inch cubes. 	
Garlic		24 cloves	<ol style="list-style-type: none"> Trim, peel and mince garlic. 	
Soy sauce or tamari sauce		½ cup	<ol style="list-style-type: none"> 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 Tbsp		
Ground black pepper		½ tsp		
			<ol style="list-style-type: none"> 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

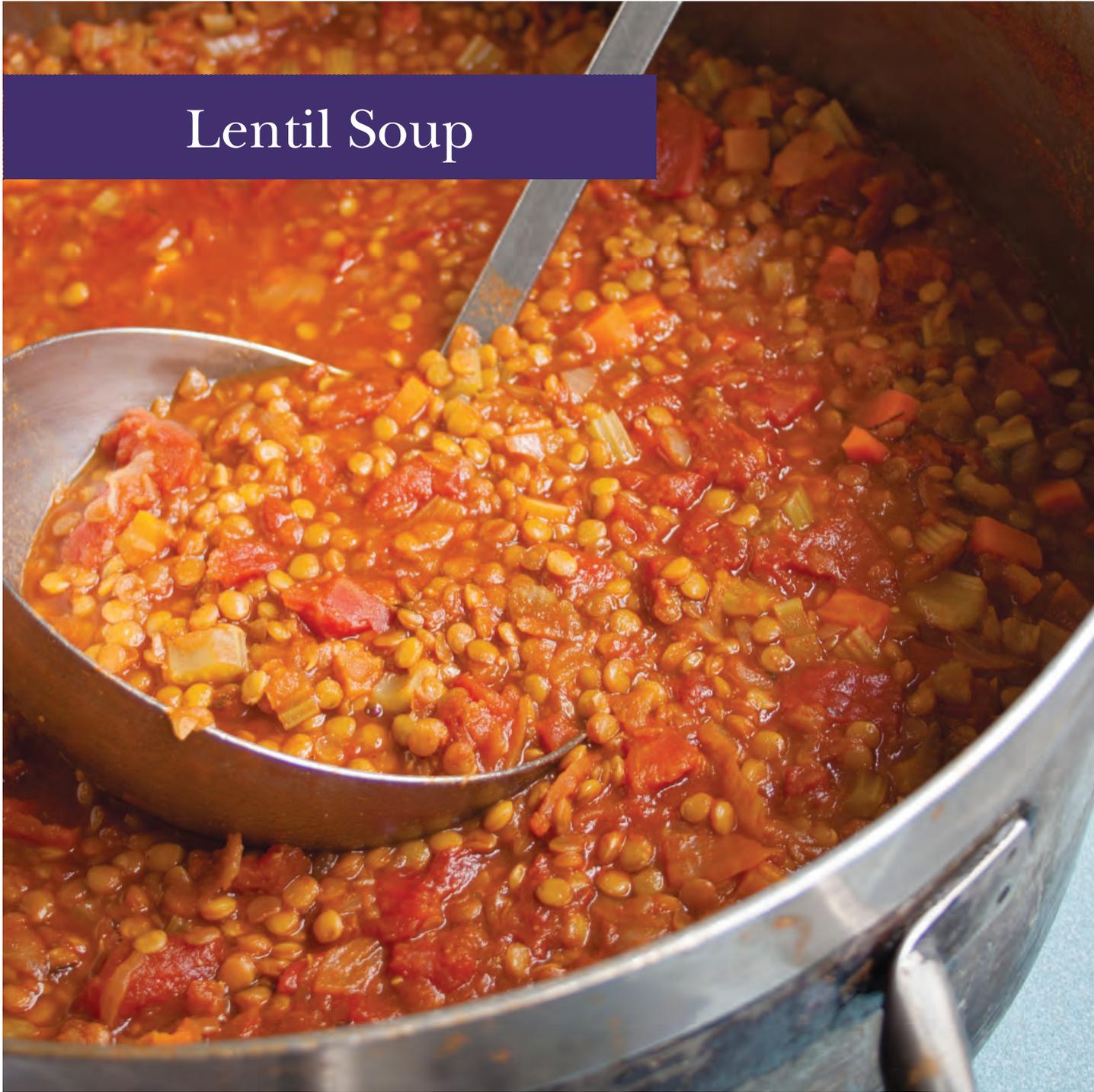
EQUIVALENTS: 1 cup provides 2 oz equiv meat/meat alternate, $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable and $\frac{5}{8}$ cup beans/legumes.

Recipe HACCP Process: #2 Same Day Service

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

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Top round	10 lb		1 Trim and cube top round.	<i>Use whatever combination of potatoes and root vegetables that you have on hand. You'll need 14 lb total.</i>
Carrots	3 lb		2 Trim and peel carrots and cut into medium dice.	
Green beans, fresh or frozen	3 lb		3 Trim green beans and cut into ¾-inch pieces.	
Onions	3 lb		4 Trim and peel onions. Cut into medium dice.	
Red Bliss or Yukon Gold potatoes	3 lb		5 Peel potatoes and sweet potatoes. Cut into medium dice.	
Sweet potatoes	2 lb			
Celeriac	1 lb		6 Trim and peel celeriac, rutabaga and turnips. Cut into medium dice.	
Rutabaga	1 lb			
Turnips	1 lb			
Unsalted butter	1 lb		7 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	8 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	<p>① 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.</p>	
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	<p>② Mix in carrots and celery. Cook until the lentils and vegetables are tender, about 20 minutes. Stir in salt.</p>	
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	NOTES
			<ol style="list-style-type: none"> Preheat convection oven to 400°F or conventional oven to 425°F. Line 2 baking sheets with parchment paper. 	<ul style="list-style-type: none"> 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.
Chopped kale (or chard or spinach)		1 cup (packed)	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> Process oats in a food processor fitted with a steel blade until they resemble coarse crumbs, about 10 seconds. 	
Eggs		2 large	<ol style="list-style-type: none"> 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		
			<ol style="list-style-type: none"> 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. 	





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 2 oz equiv meat/meat alternate.

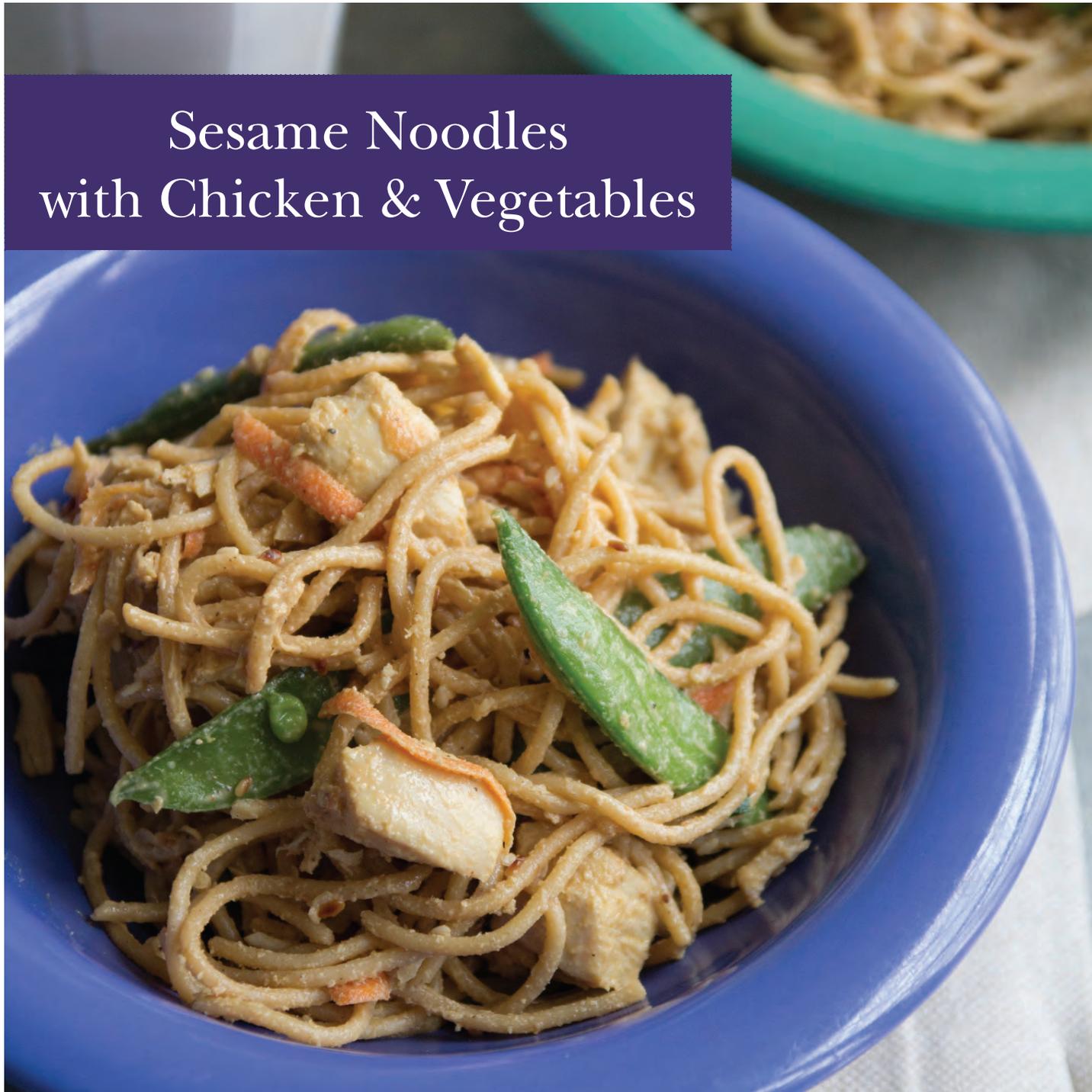
Recipe HACCP Process: #1 No Cook

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 Tbsp 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	NOTES
Green onions		1 bunch	① Trim and slice green onions.	<ul style="list-style-type: none"> • 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.
Red bell pepper		1 medium	② Stem, core and seed peppers; thinly slice.	
Tahini		3 cups	③ 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 Tbsp		
Ground black pepper		2 Tbsp		
Hot sauce		2 Tbsp		
Cayenne pepper		2 tsp		
Sesame oil		2 cups		
Diced cooked chicken	8 lb		④ Put chicken in a 4-inch full hotel pan. Cover and heat in a steamer until it reaches 165°F, about 20 minutes.	
			⑤ Place a bowl of ice water and long-handled strainer next to stove.	
Water		10 gal	⑥ Bring 5 gal of water and 1 Tbsp 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 Tbsp		
Snap or snow peas	5 lb 8 oz		⑦ Cook pasta in the other stockpot, stirring occasionally, until tender, 10 to 12 minutes. Drain.	
Whole-wheat spaghetti	3 lb			
Grated carrots		1 cup	⑧ 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		

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.	<ul style="list-style-type: none"> You can use 6 lb 4 oz cooked meat in place of the raw. If you use leaner beef, add oil to cook as necessary.
Sweet bell peppers (any color)	1 lb		② Stem, core and seed peppers. Cut into 1-inch pieces.	
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

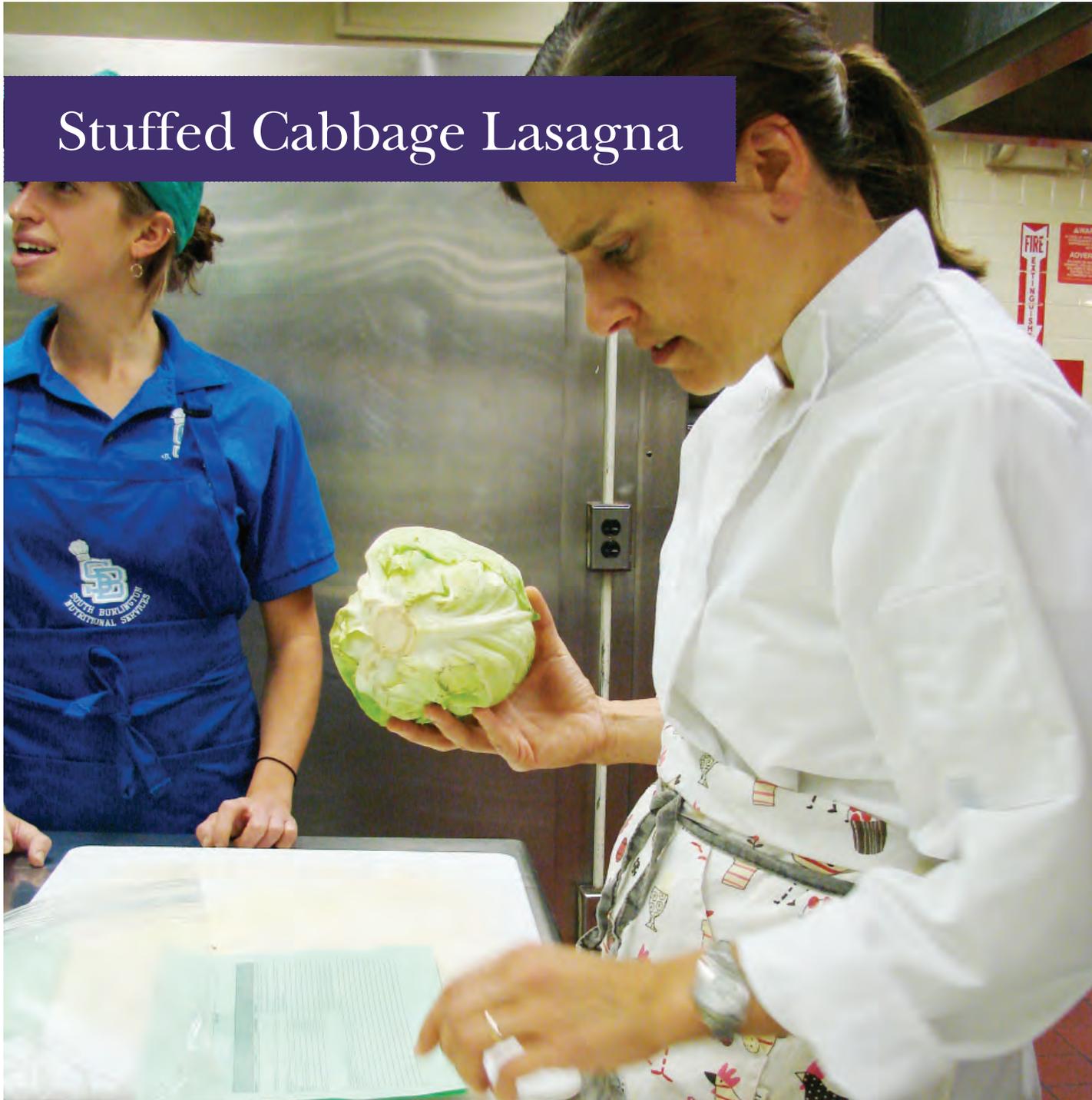
“A table of sixth graders said the Sloppy Lentil Joes were the best Sloppy Joes they’d ever had, only to find out they were made with lentils!

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	NOTES
Onions	2 lb		① Trim and peel onions. Cut into 1-inch pieces.	<ul style="list-style-type: none"> 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 Tbsp plus 2 tsp each of ground cumin, ground coriander, dried oregano leaves and chili powder along with the other spices in Step ④. Use anchovy-free Worcestershire sauce for a vegetarian dish.
Sweet bell peppers (any color)	1 lb		② Stem, core and seed peppers. Cut into 1-inch pieces.	
Celery	11½ oz		③ Trim celery and cut into 1-inch pieces.	
Garlic cloves	4 oz		④ Trim and peel garlic.	
Water		1 gal + 3 cups	⑤ 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 + 3¾ cups		
Mushrooms, white button	1 lb		⑥ 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.)	
			⑦ Finely chop the garlic in the food processor (or by hand).	
Tomato paste	1 lb 4 oz	2 cups	⑧ 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 Tbsp + ½ tsp		
Ground black pepper		1 Tbsp + ½ tsp		
Kosher salt		1 Tbsp		
Whole-grain buns (2 oz equiv each)		50 each	⑨ Serve ½ cup portions on each bun.	



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.

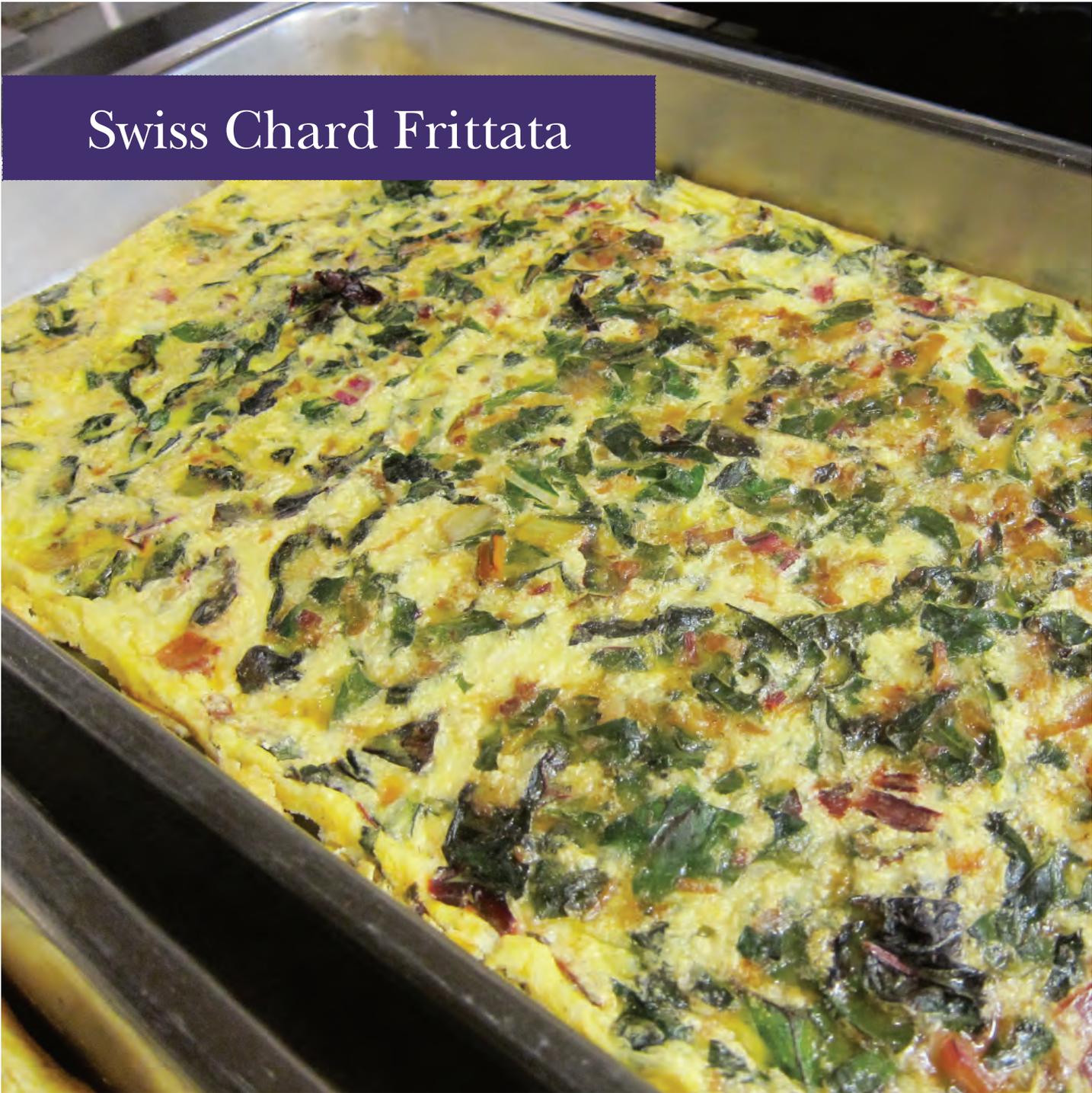
Recipe HACCP Process: #2 Same Day Service

“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	① Quarter and core cabbage; cut into wedges. Steam in a steamer at 200°F until very tender, about 30 minutes.	<i>If using leaner ground beef, add oil to cook as necessary.</i>
Water		1½ qt	② 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		③ 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		
			④ Cut the steamed cabbage into ½-inch strips and break apart.	
			⑤ Preheat convection oven to 325°F or conventional oven to 350°F.	
Tomato sauce		1 #10 can	⑥ 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.	
				⑦ 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
			<p>① 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.</p>	
Bacon		8 slices	<p>② Cook bacon, turning occasionally, in a large skillet over medium heat until crispy, about 10 minutes. Drain on paper towel and cut into 1/8-inch pieces.</p>	
Swiss chard	1 lb		<p>③ Rinse chard but do not dry. Trim tough stem ends and discard. Cut leaves and stems into rough 1-inch pieces. Set aside.</p>	
Canola oil or vegetable oil		1/4 cup	<p>④ 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.</p>	
Chopped onions		2 cups		
			<p>⑤ Stir in the chard. Cook, stirring occasionally, until the chard begins to wilt, 8 to 10 minutes. Remove from the heat and set aside.</p>	
Eggs		50 large	<p>⑥ Whisk eggs in a large bowl. Add garlic and salt. Whisk until well combined. Stir in 2 cups cheese.</p>	
Granulated garlic		2 tsp		
Kosher salt		2 tsp		
Shredded reduced-fat Cheddar cheese		2 1/4 cups, divided	<p>⑦ 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 Tbsp cheese.</p>	
			<p>⑧ 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.</p>	





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 1/8 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
			① Preheat convection oven to 350°F or conventional oven to 375°F.
Butternut squash	6 lb		② 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	③ 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	
Nonfat milk		1½ quart	④ 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.
Vegetable stock		1 quart + 1 cup	
Table salt		2 tsp, divided	
Ground dried sage		2 tsp	
Ground nutmeg		1 tsp	⑤ Stir sage and nutmeg into the sauce. Purée with an immersion blender (or in batches in a blender or food processor) until smooth.
			To make the fillings:
Cottage cheese, nonfat	2 lb 8 oz	1 qt + ¾ cup	⑥ 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
			<p>7 Combine the remaining 1 lb mozzarella and 1 cup Parmesan in a medium bowl. Set aside.</p>
			<p>8 Reduce oven temperature to 325°F (convection) or 350°F (conventional). Coat two 2-inch full hotel pans with cooking spray.</p>
			<p>To assemble each lasagna:</p>
Pasta sheets (4½ oz each)		12 sheets	<p>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.</p>
			<p>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.</p>

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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