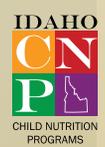




CATER

Designed School Lunch



CHSEF

Designed School Lunch

Designed by Luis Calás • 2013

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

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



The Recipe Development Process

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

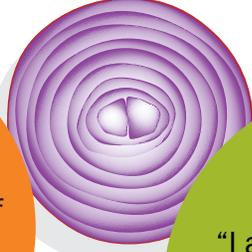


Chef Brenda

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

Idaho Schools' Feedback

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



"The students love these new meals. Chef Brenda is our Hero!"

"I appreciate the new ideas for using our USDA Foods products."

"I love these recipes. I not only use them at school, but I am also cooking some of them at home."

"Finally, a way to serve fish that the students will eat!"

"I really thought the chef recipes would be difficult, but they are not. We can easily make these in our school kitchens."

"Our schools just tried our first chef recipe today. Our staff was nervous at first, but the meal went great and the students were excited to try the new chef meal."

"Thank you, thank you, thank you. Please keep great recipes from Chef Brenda coming."



"I am surprised how easy some of these recipes are while having such great flavors, and they are healthy too!"

"I am surprised how well the students accept the higher quantity of vegetables when they are combined with these great recipes."



"When I first heard about the chef recipes, I thought they would be too expensive to make and include ingredients we didn't have. These recipes are very reasonable to make in school lunch."

The Recipe Evaluation Process

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

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

TEST KITCHEN DETAILS:

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

Comment Scale

1	2	3	4	5
Less Difficult or Less Time		Similar to Standard School Meals		More Difficult or More Time

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

Voting Results and Verbal Input Was Gathered from Every Student

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

ANONYMOUS VOTING

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

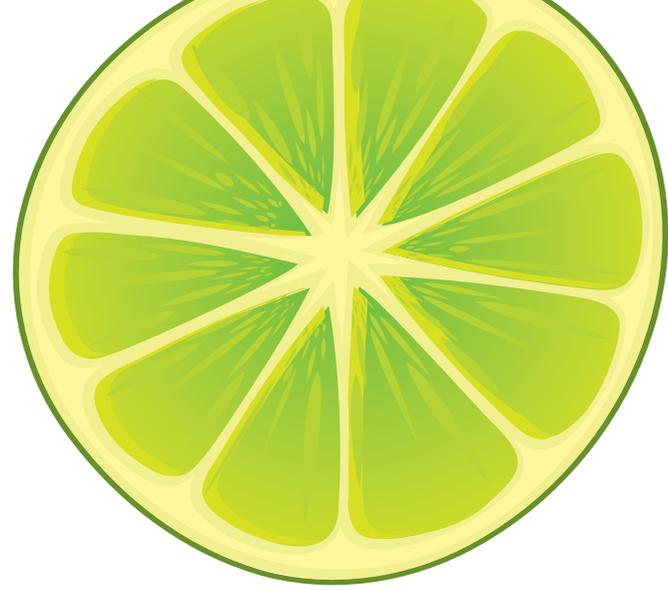
VERBAL FEEDBACK

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



Two-Week Cycle Menu

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



Week 1

Monday

CHEESEBURGER SALAD WRAP*

Applesauce
Baked Beans
Milk



Tuesday

BBQ ROASTED CHICKEN*

Pizza Green Beans*
Blueberries
Ranch Potato Wedges
Roll
Milk



Wednesday

THAI CHICKEN AND BASIL BARLEY*

Asian Fresh Vegetables*
Sliced Pears
Milk



Thursday

FISH TACOS*

Bean and Broccoli Salad*
Orange Slices
Milk



Friday

VOLCANIC MEATLOAF*

Strawberry Green Salad*
Mixed Fruit
Roll
Milk



Week 2

SOUTHWEST BURRITO*

Corn
Watermelon
Milk



MOZZARELLA CRUSTED POLLOCK*

Vegetable Pasta Salad*
Sweet Potato Sticks
Apple Crisp
Milk



MANDARIN CHICKEN RICE BOWL*

Stir Fry Vegetables*
Sliced Pears
Milk



CILANTRO PORK SALAD WRAP*

Carrot Sticks
Sliced Strawberries
Milk



BREAKFAST BURRITO*

Seasoned Black Beans*
Orange Wedges
Milk



*Menu item with Chef Designed recipe.

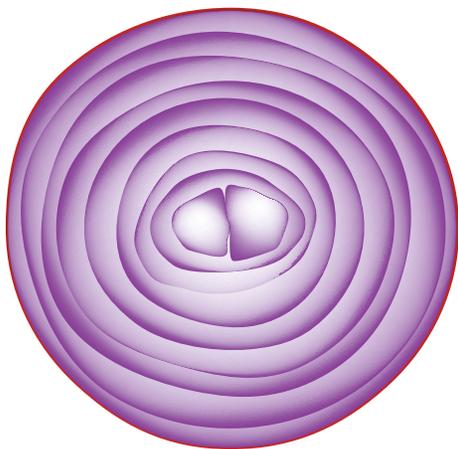


Marketing Your Chef Menus

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

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

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



TODAY'S SCHOOL LUNCH IS CHEF DESIGNED!



MANDARIN CHICKEN RICE BOWL



This institution is an equal opportunity provider.

TODAY'S SCHOOL LUNCH IS CHEF DESIGNED!



THAI CHICKEN & BASIL BARLEY



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TODAY'S SCHOOL LUNCH IS CHEF DESIGNED!



CILANTRO PORK SALAD WRAP



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MOZZARELLA CRUSTED POLLOCK



This institution is an equal opportunity provider.

TODAY'S SCHOOL LUNCH IS CHEF DESIGNED!



FISH TACOS



This institution is an equal opportunity provider.

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SOUTHWEST BURRITO



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TODAY'S SCHOOL LUNCH IS CHEF DESIGNED!

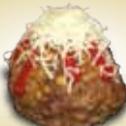


CHEESEBURGER WRAP



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TODAY'S SCHOOL LUNCH IS CHEF DESIGNED!



VOLCANIC MEATLOAF



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BBQ ROASTED CHICKEN



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TODAY'S SCHOOL LUNCH IS CHEF DESIGNED!



BREAKFAST BURRITO



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How to Use this Book

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

1

STUDENT FEEDBACK

Provides a variety of quotes about the meal from students at the pilot site.

2

CHEF RECOMMENDS

Lists the food items in the chef recommended reimbursable meal.

3

ESTIMATED FOOD COST

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

Cheeseburger Salad Wrap

1 Student Feedback

"It has been a good and enjoyable experience."

"It tastes like a hamburger, mixed with a taco, mixed with a salad. This is my new favorite food."
— 2nd Grade Student

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

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

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

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

2 CHEF RECOMMENDS

Cheeseburger Salad Wrap

Applesauce

Baked Beans

Low-Fat Milk

3 Estimated Food Cost: 93¢

4 STUDENT VOTES BY GRADE LEVEL

Grade Level	Liked Lunch	"Kinda" Liked Lunch	Didn't Like Lunch
1 st -2 nd	~90%	~5%	~5%
3 rd -4 th	~85%	~10%	~5%
5 th -6 th	~80%	~15%	~5%
7 th -8 th	~75%	~20%	~5%
9 th -12 th	~70%	~25%	~5%

5 Meal Contribution

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

4

STUDENT VOTES BY GRADE LEVEL

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

5

SERVING SIZES AND MEAL CONTRIBUTION

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



6

INGREDIENT LIST

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

7

RECIPE DIRECTIONS

Recipe directions are broken down into clear, individual steps.

8

RECIPE CONTRIBUTIONS

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

CHEESEBURGER SALAD WRAP

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

INGREDIENTS:	K-8 Quantities:	9-12 Quantities:
Romaine Lettuce, whole, fresh	13 lbs.	13 lbs.
Onions, whole, fresh (in beef)	6 lbs.	6 lbs.
Tomatoes, whole, fresh	13 1/4 lbs.	13 1/4 lbs.
Onions, whole, (for toppings)	2 1/4 lbs.	2 1/4 lbs.
Mozzarella Cheese 🚚	3 1/4 lbs.	3 1/4 lbs.
Whole Grain Tortilla	100 Tortillas (8 1/2")	100 Tortillas (8 1/2")
Ground Beef 🚚	10 1/4 lbs.	12 1/4 lbs.
Tomato Paste, low sodium	1/2 cup	1 1/4 cups
Yellow Mustard	1/2 cup	1/2 cup
Garlic Powder	4 tbsp.	5 tbsp.
Water	1 1/2 cups	1 1/2 cups
Dill Pickle Slices	3 1/2 quarts	3 1/2 quarts
Ketchup, low sodium	6 1/2 cups	6 1/2 cups
Mustard	6 1/2 cups	6 1/2 cups

🚚 Available through USDA Foods

DIRECTIONS:

PREPARE INGREDIENTS:
Chop romaine lettuce into bite-sized pieces. Dice onions for ground beef mixture. Dice tomatoes and onions to be used for toppings. Shred mozzarella cheese.

ASSEMBLE DISH:
Grades K-8: Place 1 cup lettuce pieces, 2.1 oz. meat mixture, and 1/2 oz. shredded cheese on each tortilla.
Grades 9-12: Place 1 cup lettuce pieces, 2.5 oz. meat mixture, and 1/2 oz. shredded cheese on each tortilla.

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

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

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

RECIPE CONTRIBUTIONS

	GRADES K-8	GRADES 9-12
Vegetables Contribution	1.1 cup	1.1 cup
Vegetables Total	1.1	1.1
Onions	.20	.20
Tomato Paste	.01	.01
Romaine Lettuce	.51	.51
Tomatoes	.25	.25
Pickles	.13	.13
Grains Contribution	2.00 eq.	2.00 eq.
Grains Total	2.00	2.00
Tortilla	1.75	2.00
Meats/MA Contribution	1.75 oz. eq.	2.00 eq.
Meats/MA Total	1.75	2.00
Ground Beef	1.25	1.50
Cheese	.50	.50

CALORIES

GRADES K-8	349
GRADES 9-12	454

SATURATED FAT

GRADES K-8	5.03g
GRADES 9-12	7.04g

SODIUM

GRADES K-8	898mg
GRADES 9-12	1080mg

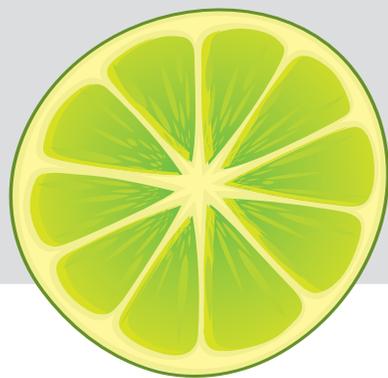
Serving Tip: Place the romaine lettuce on the wrap first, before the meat and other toppings, to ensure every student's wrap includes the nutritious dark green vegetable.

Chef Brenda's Tips

- ❑ This Cheeseburger Salad Wrap is meant to be served as an open-faced salad wrap. It has too many toppings to be wrapped up in the 8" tortilla.
- ❑ Consider offering a hot sauce or pepper jack cheese if your students like spicy food. Use hot sauce or pepper jack cheese to mix things up.
- ❑ Don't be afraid to use the onions in this recipe. The students complimented on the smell of homemade food that came from the onions cooking in the meat and the pilot school ran out of onions several times because the students liked to have the fresh onions as a topping.

RECIPE NUTRITION FACTS
Provides the recipe calories, saturated fat, and sodium by grade grouping.

CHEF BRENDA'S TIPS
Provides tips and suggestions for the meal from Chef Brenda.



9

RECIPE NUTRITION FACTS
Provides the recipe calories, saturated fat, and sodium by grade grouping.

10

CHEF BRENDA'S TIPS
Provides tips and suggestions for the meal from Chef Brenda.

RECIPE FORMAT:

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

INGREDIENT LISTS:

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

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

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

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

RECIPE DIRECTIONS:

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

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

CONTRIBUTIONS/NUTRITIONAL INFORMATION:

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

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

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

CHEESEBURGER
SALAD WRAP

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BBQ ROASTED CHICKEN

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THAI CHICKEN AND
BASIL BARLEY

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FISH TACOS

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MEALS

VOLCANIC MEATLOAF

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MOZZARELLA CRUSTED
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MANDARIN CHICKEN
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CILANTRO PORK
SALAD WRAP

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BREAKFAST BURRITO

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