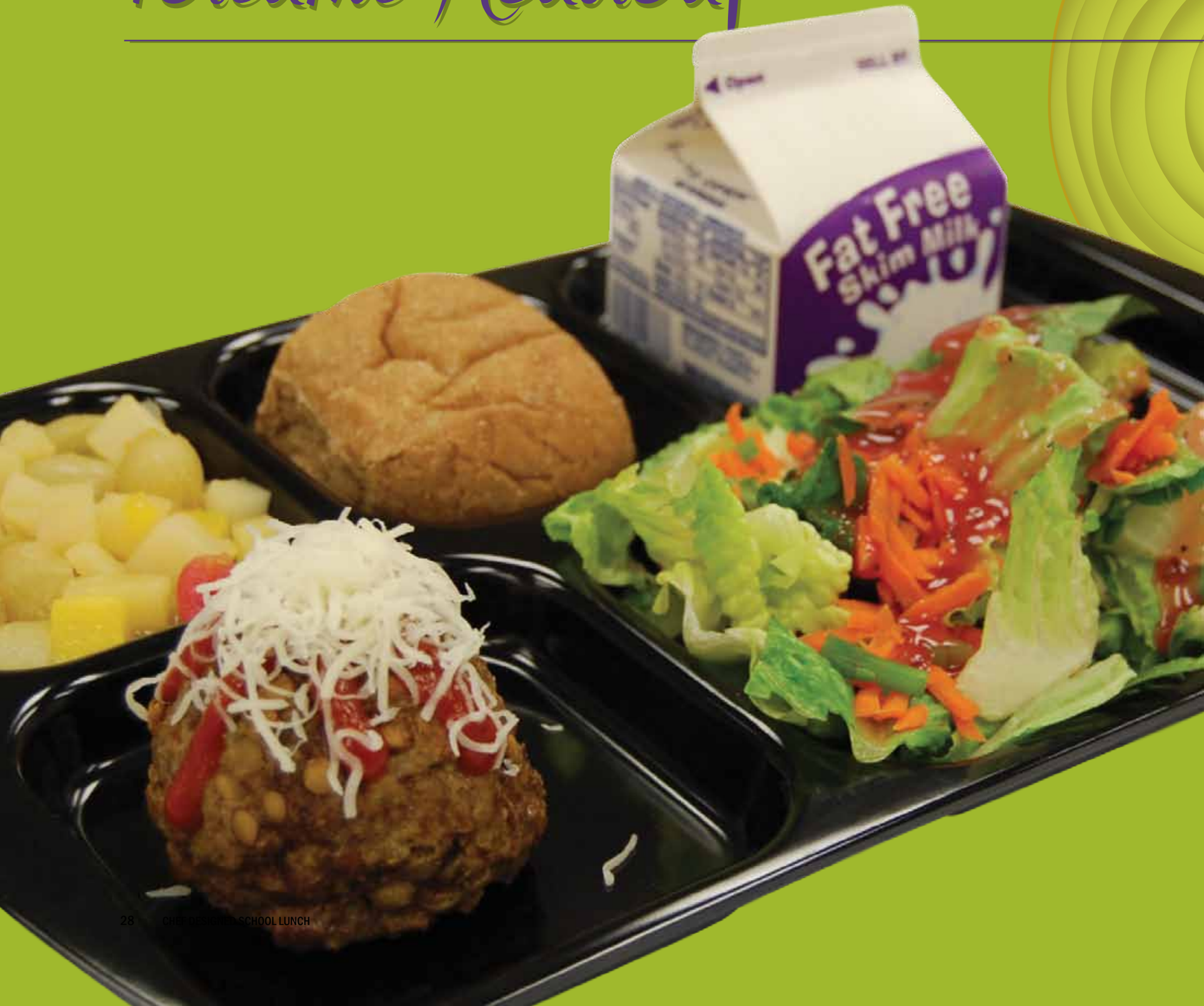
Volcanic Meatloaf



Student Feedback

"I really like the side salad."
— 1st Grade Student

♦♦♦

"This is better than my grandma's meatloaf."
— 2nd Grade Student

♦♦♦

"I really like the strawberry dressing!"
— 3rd Grade Student

♦♦♦

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

♦♦♦

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

♦♦♦

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

CHEF RECOMMENDS

Volcanic Meatloaf

Strawberry Green Salad

Mixed Fruit

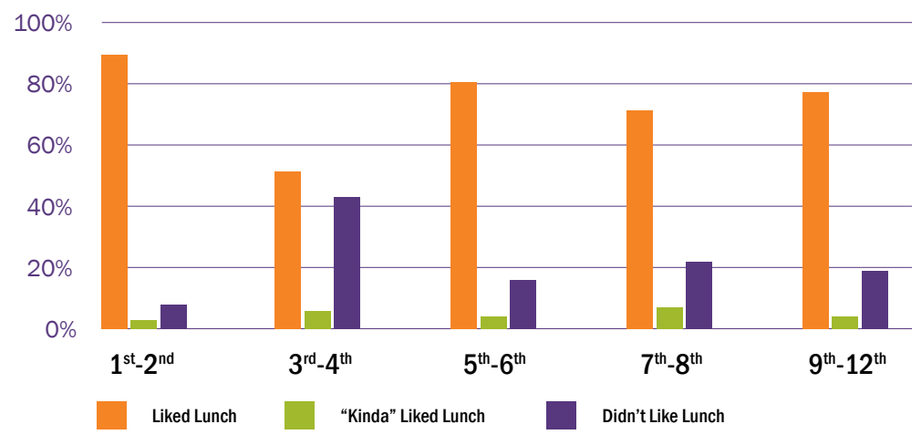
Roll

Low-Fat Milk

Estimated Food Cost

73¢

STUDENT VOTES BY GRADE LEVEL



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

VOLCANIC MEATLOAF

Number of Portions: 100

Portion Size: Grades K-12: 1 meatloaf ball

INGREDIENTS:	K-12 Quantities:
Eggs, frozen	2 ⅔ cups
Mozzarella Cheese	K-8: 1⅝ lbs. 9-12: 3⅛ lbs.
Lentils, uncooked	6 ⅓ cups
Water	12 ⅔ cups
Ground Beef	12 ⅓ lbs.
Skim Milk	6 cups
Oats, quick	6 ⅓ cups
Tomato Paste, low-sodium	1 ½ cups
Yellow Mustard (for meatloaf)	3 cups
Dried Parsley	¾ cup
Granulated Garlic	⅓ cup
Dehydrated Onion, flakes	⅓ cup
Celery Seed	3 tbsp.
Salt	3 tbsp.
Black Pepper	3 tbsp.
Ketchup, low-sodium	6 ¼ cups
Yellow Mustard (condiment)	6 ¼ cups

DIRECTIONS:

Preheat oven to 400°F.

PREPARE INGREDIENTS:
Thaw eggs. Shred mozzarella cheese.

PREPARE LENTILS:
Rinse and drain lentils. In a deep steam table pan, add lentils and water. Seal tight with foil and bake at 400°F for 45 minutes or until lentils are tender.

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

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

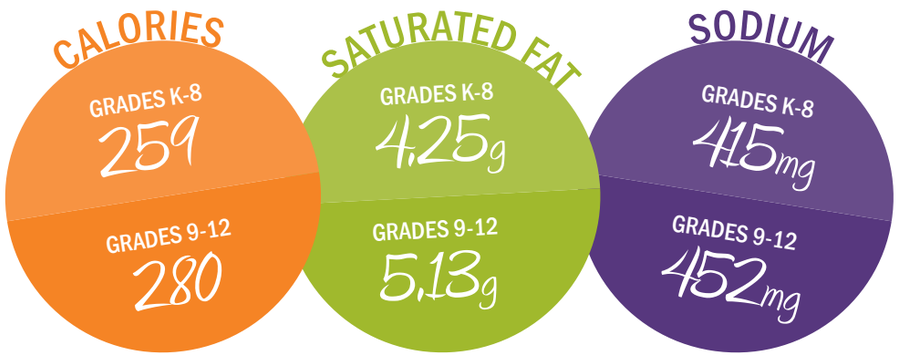
BAKE MEATLOAF:
Add parchment paper to sheet pans. Using a heaping "size 6" scoop, make 100 meatloaf balls (each ball of raw ground beef mixture should weigh approximately 4.5 oz.). Bake meatloaf in ball form; do not flatten. Bake for 35 - 45 minutes at 400°F or until meatloaf reaches 155°F.

ASSEMBLE DISH:
Grades K-8: Top meatloaf with 1 tbsp. ketchup and ¼ oz. shredded cheese. Serve with 1 tbsp. mustard on the side.

Grades 9-12: Top meatloaf with 1 tbsp. ketchup and ½ oz. shredded cheese. Serve with 1 tbsp. mustard on the side.

RECIPE CONTRIBUTIONS

	GRADES K-8	GRADES 9-12
Vegetables Contribution	**.125 cup**	**.125 cup**
Vegetables Total	*.19*	*.19*
Lentils	.19	.19
Grains Contribution	**0 oz. eq.**	**0 oz. eq.**
Grains Total	*.12*	*.12*
Oats	.12	.12
Meats/MA Contribution	**1.75 oz. eq.**	**2 oz. eq.**
Meats/MA Total	*1.96*	*2.20*
Ground Beef	1.45	1.45
Eggs	.25	.25
Cheese	.26	.50



DIRECTIONS:

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

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

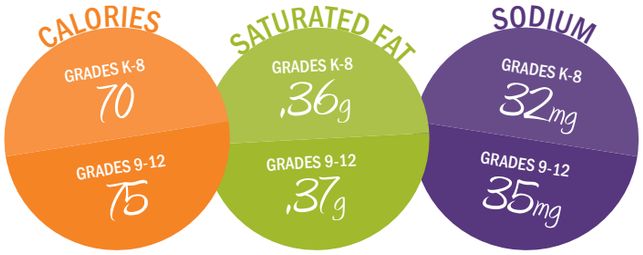
Making the salad dressing the day before provides the best consistency and flavor. Store in refrigerator.

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

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

RECIPE CONTRIBUTIONS

	GRADES K-8	GRADES 9-12
Vegetables Contribution	**.625 cup**	**.875 cup**
Vegetables Total	*.705*	*.965*
Romaine Lettuce	.50	.76
Carrots	.125	.125
Green Onions	.08	.08



Chef Brenda's Tips

- Adding lentils to the ground beef in this meal allows schools to serve a larger portion of meatloaf, which is a more appealing portion size to students. In addition, it is a great way to get the legume requirement added into your menus.
- Portioning the Volcanic Meatloaf into round mounds makes it easier to serve this meal and makes it faster to clean up than normal meatloaf in a pan. Plus, the students love the volcanic shape.
- The strawberry dressing in this meal is excellent and could be used on salads with any meal. Adding fruit to vinegar as a salad dressing is a great flavor combination, and students have loved the new dressing option.

STRAWBERRY GREEN SALAD

Number of Portions: 100

Portion Size: Grades K-8: 1 ⅛ cups
Grades 9-12: 1 ⅝ cups

INGREDIENTS:	K-8 Quantities:	9-12 Quantities:
Strawberries, sliced, frozen	5 cups	5 cups
Romaine Lettuce, whole, fresh	12 ⅞ lbs.	19 ½ lbs.
Green Onions, whole, fresh	2 lbs.	2 lbs.
White Distilled Vinegar	½ cup	½ cup
Vegetable Oil	2 cups	2 cups
Garlic Powder	¼ tbsp.	¼ tbsp.
Salt	¼ tbsp.	¼ tbsp.
Black Pepper	¼ tbsp.	¼ tbsp.
Carrots, shredded, fresh	2 ½ lbs.	2 ½ lbs.