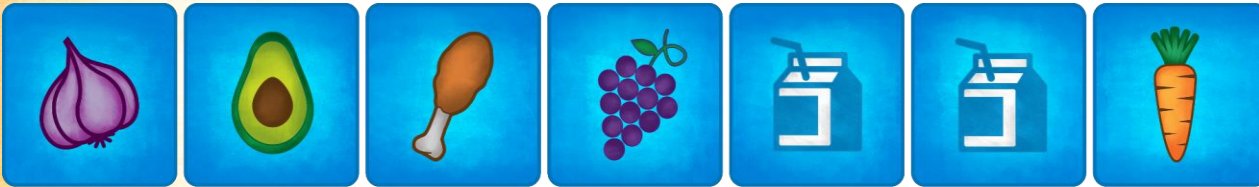


NATIONAL SCHOOL LUNCH WEEK



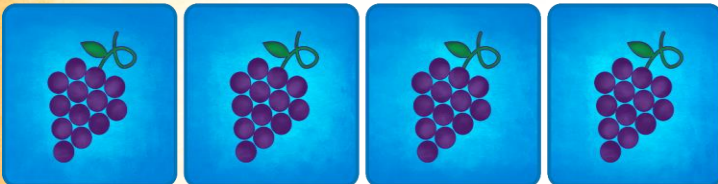
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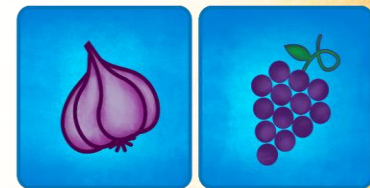
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Recipe Book



SquareMeals.org/NSLW



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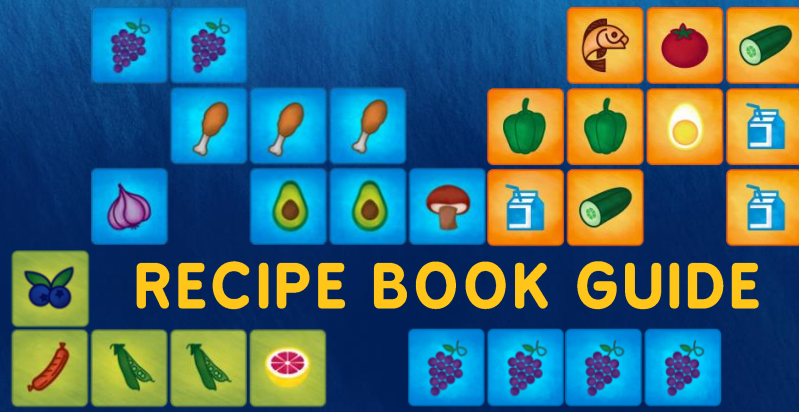
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Updated 10/01/2023
www.SquareMeals.org

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RECIPE BOOK GUIDE

This book contains recipes you can incorporate into your NSLW menu and beyond! On the following pages you will find:

1-Day Menu	Suggested Menu for K-8 and 9-12 with fun, themed names. Recipes available in the Recipe Book pages.
Taste Test Recipe	NSLW 2023 Taste Test Recipe and guidance on how to incorporate taste test activities into your celebration.
Table of Contents	Hyperlinked Table of Contents to help navigate the Recipe Book pages.
NSLW Recipes	On-going catalog containing recipes from previous years and current NSLW 1-day themed menu items.
Recipe Icon Key	Look for the icons in the key below to help you find locally sourced ingredients and nutritious NSLW recipes!

Icon Key

NSLW 2023 Recipes <i>Indicates recipes from the current NSLW themed 1-day menu.</i>		USDA Foods <i>Indicates recipes with ingredients that can be sourced from available USDA Foods List.</i>	
Harvest of the Month <i>Indicates recipes that include the featured Texas Harvest of the Month item for October: Gala Apples</i>		Recipe Notes <i>Additional information about the recipe including component crediting, USDA and/or local food suggestions, recipe tips, and more.</i>	
Taste Test item <i>Indicates the featured Taste Test recipe of the current NSLW year.</i>		Texas /Local Food or Farm Fresh Recipe or Harvest of the Month <i>Indicates ingredients in the recipe that can be grown or produced in Texas. Suggestions are intended to inspire local procurement of Texas-sourced meats, grains, fruits, and vegetables. Also highlights TDA's Cooking for the Seasons book recipes and identifies Texas Harvest of the Month items.</i>	
Recipe Source			

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1-DAY THEMED MENUS



Join other districts around the state by serving National School Lunch Week (NSLW) 2023 themed menus. The suggested 1-Day menu below will be sure to “level up your school lunch” for NSLW! Serve the K-8 or 9-12 menu any day or on Wednesday, October 11th for National Take Your Parents to Lunch Day!

K-8

- Level Up Your Tastebuds Tacos
- Power Up Mushroom Enchiladas
- Carrot Coin XP
- High Score Honeydew Melon
- Beta-Bake*

9-12

- Level Up Your Tastebuds Tacos
- Power Up Veggie Fajita Bowl
- Street Corn HP
- Cucumber Coins
- GG Grapes
- What-a-Game Watermelon
- Beta-Bake*

Serve with a variety of milk each day

All recipes from the suggested 1-Day Themed Menu can be found in the NSLW Recipe Book Table of Contents.

*Try adding this year’s NSLW Taste Test Recipe that showcases the Texas Harvest of the Month for October: Gala Apples!



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TASTE TEST RECIPE

#NSLWBiteSeenAcrossTexas



Conducting a taste test is a fun activity and engaging way to get student feedback. Incorporate this year's NSLW Taste Test Recipe, Beta-Bake into your school lunch celebration!



WHAT IS BETA-BAKE ?

Baked Batatas (Sweet Potatoes) and Apples

Sweet & savory dish seasoned with cinnamon & brown sugar

Features Texas Gala Apples

#NSLWBiteSeenAcrossTexas

Highlights October Harvest of the Month

Introduce this locally sourced treat to students on the lunch line or in the cafeteria in a variety of ways:

- Sliced Gala Apples Taste Test (page 32)
- Baked Batatas and Apples Taste Test (page 33)
- See TDA's Taste Test Toolkit for more ideas!






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with School Lunch



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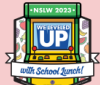

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with School Lunch



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Baked Cheesy Spaghetti Marinara

Ingredients

Spaghetti noodles, dry, WGR	4 lbs plus 11 oz
Olive oil	¾ cup plus 3 Tbsp
Butter, unsalted	¾ cup plus 3 Tbsp
Parmesan cheese	2 ½ cups
Eggs, well beaten	25 each
Cottage cheese, low-fat	12 ½ cups
Mozzarella cheese, shredded	1 lb plus 9 oz
Spaghetti sauce, meatless	2 gal plus 5 ⅓ cup

Directions

1. In a saucepan, cook pasta al dente as directed on the package. Pasta will continue to cook in the oven and on the steam table.
2. In a saucepan over medium heat, heat the pre-made spaghetti sauce, stirring occasionally.
3. Drain spaghetti and add: olive oil, butter, parmesan cheese and eggs. Mix well.
4. Spray 2 - 2" full hotel pans with vegetable spray.
5. Line pan with spaghetti mixture.
6. Spread cottage cheese over spaghetti mixture.
7. Gently spread spaghetti sauce over cottage cheese mixture.
8. Bake at 350°F for 20-30 minutes.
9. Sprinkle with mozzarella cheese and bake for an additional 5 minutes.
10. Serve immediately.

RECIPE GROUP: **M/MA & Grain**

Portion Yield 50 servings

Portion Size 1 cup

HACCP Process 2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt 2 oz eq

Grain 1.5 oz eq

Fruit N/A

Vegetable ¼ cup*

Milk N/A



Source: *Washington State Schools "Scratch Cooking" Recipe Book*



*Vegetable crediting:
 ⅓ cup Red/Orange
 ⅓ cup Other Vegetable
 USDA Food: Mozzarella Cheese





Italian Pasta Salad

Ingredients

Elbow macaroni, dry, WGR	2 lbs plus 20 oz
Turkey breast, diced, thawed	4 lbs plus 12 oz
Pepperoni, turkey, diced, thawed	4 lbs plus 12 oz
Bell pepper, green, diced	2 lbs plus 2 oz
Cucumbers, diced	2 lbs plus 3 oz
Cherry tomatoes, whole	4 lbs plus 12 oz
Parmesan cheese, grated	1 cup
Italian salad dressing	1 qt

Directions

1. Cook macaroni in boiling water until al dente, about 8-9 minutes. Drain and rinse with cool water.
2. In a large bowl, toss turkey, pepperoni, bell peppers, cucumbers, tomatoes, cheese and dressing with macaroni.
3. Chill and hold below 41°F until serving.

RECIPE GROUP: **M/MA & Grain**

Portion Yield 50 servings

Portion Size 1 ½ cups

HACCP Process 2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt 2 oz eq

Grain 1 oz eq

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *Jennie-O K12 Recipes*



*Vegetable crediting: ½ cup Other
 USDA Foods: Macaroni Pasta
 Texas Local: Cucumbers and Bell pepper
 July Harvest of the Month: Cherry Tomatoes





Chicken Spinach Alfredo Bake

Ingredients

Chicken, diced, frozen	2 lbs plus 4 oz
Spinach, chopped, frozen	12 oz
Alfredo sauce, prepared, frozen	1 qt plus 1 cup
Water	1 qt plus 1 cup
Cottage cheese, low-fat	3 cups
Garlic, granulated	½ tsp
Black pepper	¼ tsp
Pasta, rotini, dry, WGR	1 lb plus 8 oz
Cheese, mozzarella, shredded	12 oz
Parsley, dried, flakes	2 tsp

Directions

1. Thaw diced chicken, spinach, and alfredo sauce in the refrigerator overnight.
2. Spray 2-in steam table pan with pan release.
3. Prepare sauce: whisk together alfredo sauce and water in a large bowl.
4. Add the diced chicken, spinach, cottage cheese, garlic, and black pepper. Stir together to combine.
5. Add uncooked rotini noodles to chicken mixture and stir to combine.
6. Pour mixture into prepared pan.
7. Top with shredded mozzarella cheese.
8. Cover pan with aluminum foil – be sure to spray the underside of the foil with pan release to prevent sticking to cheese.
9. Bake covered at 350°F for 50 to 60 minutes.
10. Just prior to serving, sprinkle dried parsley on top.
11. Cover and hold for service.

RECIPE GROUP: *M/MA & Grain*

Portion Yield 24 servings

Portion Size ⅔ cup

HACCP Process 2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt 2 oz eq

Grain 1 oz eq

Fruit N/A

Vegetable N/A

Milk N/A



Source: *Culinary Nutrition Associates*



USDA Foods: Rotini Pasta and Chicken
December Harvest of the Month: Spinach





Whole Grain-Rich Garlic Knots

Ingredients

Salt, table	4 tsp
Granulated sugar	1 cup
Active dry yeast	¼ cup
Water	4 cups
Whole wheat flour	2 lbs
All-Purpose flour	2 lbs
Margarine	½ cup
Garlic powder	2 Tbsp
Garlic, raw, minced	2 Tbsp

Directions

1. Place salt, sugar, yeast and warm water (110° F) in mixing bowl. Let sit for 5 minutes.
2. Place half of the flour on top of the water and turn on the mixer.
3. Gradually add remaining flour until dough pulls away from the edges of the bottom of the bowl. Mix for 6 minutes.
4. Remove dough from mixing bowl onto a lightly floured surface. Cut into 2-inch pieces.
5. Roll into sticks about 5 inches long and tie into a knot.
6. Place knots on a lined sheet pan. Make sure knots do not touch and have space in between to double in size. Proof for 30 – 40 minutes.
7. Melt margarine and combine with garlic powder and minced garlic. Stir until combined.
8. Lightly brush each knot with garlic margarine mixture.
9. Bake for 15-20 minutes or until golden brown.
 - Convection oven: 350°F
 - Conventional oven: 375°F

RECIPE GROUP: *Grain*

Portion Yield 48 rolls

Portion Size 1 each

HACCP Process 2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 2.25 oz. eq.

Fruit N/A

Vegetable N/A

Milk N/A



Source: *TDA Cooking for the Seasons*





Kale Cranberry Salad

Ingredients

Kale, raw, washed	2 ¼ lbs
Olive oil	½ cup
Cider vinegar	½ cup
Orange juice	1 cup
Soy sauce, low-sodium	½ cup
Black pepper, ground	½ tsp
Ginger, peeled, minced	2 tsp
Pumpkin or sunflower seeds	½ cup
Cranberries, dried	1 cup

Directions

1. Remove and discard kale stems which runs through the middle of each leaf.
2. Chop kale into bite size pieces and place into a large mixing bowl.
3. Combine olive oil, cider vinegar, orange juice, soy sauce, black pepper, and minced ginger in a bowl. Whisk to combine.
4. Pour dressing over kale. Toss the kale and dressing to combine, massaging the dressing into the leaves to slightly soften.
5. Just before serving, add pumpkin or sunflower seeds and dried cranberries.

RECIPE GROUP: *Vegetable*

Portion Yield 25 servings

Portion Size 1 cup

HACCP 2 – Same Day

Process Service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *TDA's Cooking for the Seasons*



*Vegetable crediting:
½ cup Dark Green Vegetable
USDA Foods: Dried Cranberries





Roasted Cauliflower

Ingredients

Cauliflower, raw, cut	8 lbs
Olive oil	4 Tbsp
Italian seasoning	1 Tbsp
Garlic powder	2 Tbsp
Salt	2 tsp

Directions

- Preheat oven:
Convection oven: 400° F
Conventional oven: 425° F
- Wash and dry cauliflower thoroughly.
- Cut cauliflower into bite size pieces.
- Toss cauliflower with olive oil and seasonings until thoroughly coated.
- Place cauliflower on a lined baking sheet, do not overlap.
- Toast cauliflower for 20-30 minutes or until browned around the edges. Toss every 5-10 minutes during cooking to prevent burning.

RECIPE GROUP: *Vegetable*

Portion Yield 25 servings

Portion Size ½ cup

HACCP Process 2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *TDA's Cooking for the Seasons*



*Vegetable crediting:
½ cup Other Vegetable





Texas Orange Slices

Ingredients

Oranges, fresh, 136 count, 14 lbs plus 5 ounces
Texas, whole

Directions

1. Slice oranges into quarter sections.
2. Portion 4 pieces in single container cups for quick service .

RECIPE GROUP: *Fruit*

Portion Yield 50 servings

Portion Size 4 pieces

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

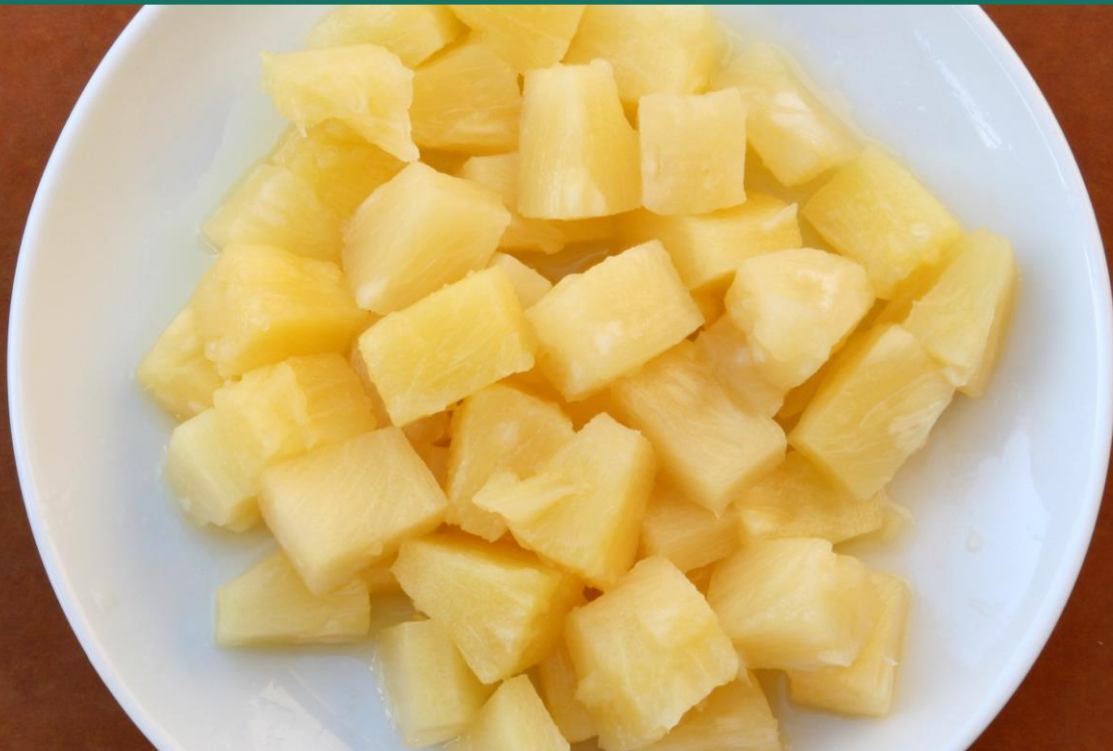
Vegetable N/A

Milk N/A



Source: *Food Buying Guide*





Pineapple Tidbits

Ingredients

Pineapple, canned, tidbits, Three #10 cans
packed in juice or light syrup

Directions

1. Drain liquid from cans.
2. Portion ½ cup servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A



Source: *Food Buying Guide*



Serve pineapple tidbits packed in natural juices and/or no sugar added to keep total added sugar on the menu within meal pattern requirements





Chicken Enchiladas

Ingredients

Chicken strips, unbreaded	13 lbs plus 8 ⅔ oz
Cheese, cheddar, shredded	8 lbs plus 5 ⅓ oz
Beans, black, canned	4 lbs plus 2 ⅔ oz
Cumin, ground	2 Tbsp plus ⅓ tsp
Tortilla, whole-grain rich+	200 each
Onion, yellow, fresh, diced	3 lbs plus 2 oz
Garlic, peeled, minced	5 ⅔ grams
Cilantro, chopped	1 ⅔ bunch
Vegetable oil	6 Tbsp plus ½ tsp
Salt	2 oz plus 6 ½ gram
Pepper, ground	10 ⅓ gram
Cumin	6 Tbsp plus 2 tsp
Paprika	2 oz plus 6 ¼ gram
Chili powder	2 oz plus 6 ½ gram
Oregano, dried	4 ¾ gram
Tomatoes, diced, canned	14 lbs plus 1 ⅔ oz
Water	1 gal plus 1 ¾ cup
Corn starch	5 lbs plus 10 ⅔ oz
Crushed red pepper	10 ½ gram

Directions

1. Preheat oven to 350°F .
2. In a medium bowl, whisk the cornstarch with enough water to form a slurry the consistency of thin gravy.
3. Sautee onions and garlic together in a large pot.
4. Add cilantro, vegetable oil, salt, black pepper, cumin, paprika, chili powder, oregano, tomatoes, and crushed red pepper and bring to a simmer.
5. Blend mix with immersion blender and add slurry. Set aside for later use.
6. Mix chicken, cheese, beans and spice in Hobart with paddle.
7. Scoop 2 oz of filling into each tortilla. Roll tortilla around filing.
8. Spread 16 oz sauce on bottom of hotel pan.
9. Place 24 enchiladas in a pan. Cover with 24 oz of sauce.
10. Cover with parchment and foil.
11. Cook for 20 minutes at 350°F.
12. Uncover and top with cheese and cook for another 10-15 minutes or until internal temperature is 165°F.

RECIPE GROUP: **M/MA & Grain**

Portion Yield 100 servings

Portion Size 2 each

HACCP Process 2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt 3 oz eq

Grain 2 oz eq+

Fruit N/A

Vegetable N/A

Milk N/A

+Grain oz eq may vary based on product used



Source: *The Lunch Box, Chef Ann Foundation*



USDA Foods: Chicken strips, Cheddar Cheese, and canned Black Beans





Cheesy Vegetable Enchiladas

Ingredients

Tortillas, whole-grain rich+	200 each
Sweet potato, whole, raw	39 lbs plus 9 1/3 oz
Peppers, poblano, whole, raw	19 lbs plus 4 1/4 oz
Cheese, cheddar, shredded	16 lbs plus 10 2/3 oz
Salt	2 Tbsp plus 1 tsp
Black beans, canned, low-sodium	14 lbs plus 9 1/3 oz
Enchilada sauce	20 lbs plus 13 1/3 oz

Directions

1. Preheat oven to 350°F.
2. Dice sweet potatoes and steam.
3. Roast, peel, de-seed, and chop poblanos.
4. Drain and rinse canned black beans.
5. Mix sweet potatoes, peppers, and black beans together.
6. Scoop 2 oz of the mixture into each tortilla.
7. Place 16 oz sauce in bottom of a large hotel pan.
8. Roll tortillas around filling and place 24 (3 rows of 8) into each pan.
9. Top with 24 oz of sauce.
10. Cover with parchment and foil.
11. Bake at 350°F for 20 minutes.
12. Uncover and top with cheese, cook another 10 – 15 minute or until cheese is melted.

RECIPE GROUP: *M/MA&Grain*

Portion Yield 100 servings

Portion Size 2 each

HACCP 2 – Same Day

Process Service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain 2 oz eq+

Fruit N/A

Vegetable 5/8 cup

Milk N/A

+Grain oz eq may vary based on product used



Source: *The Lunch Box, Chef Ann Foundation*



*Vegetable crediting:
 1/2 cup Red Orange
 1/4 cup Bean /Pea/Legume
 USDA Foods: Sweet Potato,
 Cheddar Cheese, and Black beans





Spicy Black Beans

Ingredients

Vegetable oil	¼ cup
Yellow or white onion, chopped	1 quart
Garlic, minced	½ cup
Black beans, low-sodium	2 #10 cans
Tomatoes, low-sodium, diced, canned	2 #2 ½ (28 ounce) cans
Jalapeno peppers, minced	½ cup
Cumin, ground	1 Tbsp

Directions

1. Heat oil in a large sauté pan over medium heat until shimmering. Add onions and garlic. Cook, stirring often, until soft and fragrant. Do not brown.
2. When opening canned beans and tomatoes, do not drain.
3. Add black beans, tomatoes, jalapeno peppers and cumin.
4. Simmer over medium heat until heated through and flavors combine, 30-45 minutes over medium heat.

RECIPE GROUP: *Vegetable*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *TDA Cooking for the Seasons*



*Vegetable crediting:
½ cup Bean/Peas/Legumes
USDA Foods: Canned Black beans





Cubed Cantaloupe

Ingredients

Cantaloupe, fresh, whole, 18 count (5-inch diameter, about 30 ounces) 17 pounds plus 8 ounces

Directions

1. Rinse cantaloupes before cutting.
2. Cut cantaloupe into bite sized cubes.
3. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Fruit*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A



Source: *Food Buying Guide*





Fresh Cauliflower Florets

Ingredients

Cauliflower, fresh, florets, 5 pounds plus 8 ounces
Ready-to-use

Directions

1. Wash fresh cauliflower & cut to bite sized pieces if too large.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Vegetable*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit NA

Vegetable ½ cup*

Milk N/A



Source: *Food Buying Guide*



*Vegetable crediting:
½ cup Other Vegetable





Classic Chili

Ingredients

Beef, ground, 80/20	17 lbs plus 8 oz
Onions, diced, frozen	3 cups
Peppers, green, diced	1 qt plus ½ cup
Cumin, ground	1 Tbsp
Southwest blend seasoning, no sodium	1 cup
Chili powder	½ cup
Sauce, tomato, canned, low-sodium	2 qts plus 1 ¾ cup
Water	2 qts plus 2 cups
Tomatoes, crushed, canned	2 qts plus 1 ¾ cups

Directions

1. Brown the ground meat in a saucepan and then drain the excess fat. After draining the ground beef, continue cooking it.
2. Add the onions and bell peppers and sauté until tender about 15-20 min
3. Mix in the cumin, southwest spice blend, and chili powder and continue to cook for 5 minutes.
4. Stir in the tomato sauce, water and crushed tomatoes then bring to a boil.
5. Reduce heat to a simmer and cover the mixture.
6. Simmer slowly, stirring occasionally, for 30-40 minutes, until the mixture is thickened, and the desired temperature is reached.
7. Transfer chili to steamtable pans. Serve it immediately or cover and place in a warmer until ready for service. If aluminum foil is used as a cover, make holes in aluminum foil to allow steam to escape.
8. Portion ½ cup of chili using 4 oz ladle per serving.

RECIPE GROUP: **Meat/MA**

Portion Yield 100 servings

Portion Size ½ cup

HACCP 2 – Same day

Process service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain N/A

Fruit N/A

Vegetable ¼ cup*

Milk N/A



Source: *Mississippi Recipes for Success*



*Vegetable crediting:

½ cup Red/Orange

½ Other

Source Texas/ Local: Beef

USDA Foods: Tomato sauce





Pork Green Chili

Ingredients

Pork legs, frozen 40 lb	26 lbs plus 3 oz
Peppers, chili, green, diced, canned	4 lbs plus 12 ¼ oz
Water	1 qt plus 6 ⅛ oz
Salt	5 Tbsp plus 1 ¼ tsp
Cumin, ground	5 Tbsp plus ⅓ tsp
Tomatillos, canned	4 lbs plus 12 ¼ oz
Black beans, canned, low sodium	4 lbs plus 12 ¼ oz
Tomatoes, diced, canned	4 lbs plus 12 ¼ oz

Directions

1. Trim pork and place to deep hotel pan. Add salt, cumin, and water. Add tomatoes, green chili peppers, and tomatillos. Cover and steam for 4 hours or until pork is tender. Reserve all liquids and ingredients.
2. Shred pork then place 5 lbs of pork and 2 lbs of reserved liquid/tomatillo mixture into hotel pans. Add drained black beans into pans.
3. Serving: Reheat at 350°F for about 30 minutes until 165°F. Serving equals ¾ cup by volume.

RECIPE GROUP: **Meat/MA**

Portion Yield 100 servings

Portion Size ¾ cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain N/A

Fruit N/A

Vegetable N/A

Milk N/A



Source: *The Lunch Box*, Chef Ann Foundation



USDA Foods: Pork legs, black beans, and/or tomato sauce





Protein-Packed Two-Bean Chili

Ingredients

Tomatoes, diced, canned	1 ½ no. 10 cans
Tomato paste	½ no. 10 can
Beans, kidney, canned, drained	2 no. 10 cans
Beans, black, canned, drained	1 no. 10 can
Onions, fresh, chopped	1 lb
Peppers, green, fresh, diced	8 oz
Carrots, shredded	1 lb
Corn, thawed	8 oz
Salt	2 Tbsp
Chili powder	½ cup
Garlic, granulated	1 ½ tsp
Cumin	½ tsp
Water	2 cups

Directions

1. Sauté onions and peppers in a small amount of water until soft and translucent approximately 5-7 minutes.
2. Add tomatoes and tomato paste to onions and peppers. Let mixture simmer until it is heated.
3. Add drained beans, shredded carrots, corn, spices and water. Simmer 1 to 1 ½ hours.
4. Use 8 oz ladle or spoodle, serve 8 oz of chili with preferred grain item.

RECIPE GROUP: *Meat/MA*

Portion Yield 50 servings

Portion Size 1 cup

HACCP 2 – Same day

Process service

MEAL PATTERN COMPONENTS

Meat/Alt 2 oz eq

Grain N/A

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *Food Forward*



*Vegetable crediting:
½ cup Red/Orange Vegetable
Beans count toward MMA

USDA Foods: Tomato paste, canned
beans, frozen corn





Classic Cornbread

Ingredients

Flour, whole wheat	3 cups
Cornmeal, white, whole-grain	2 ½ cups
Sugar	1 cup
Baking powder	¼ cups
Salt	1 ½ tsp
Milk, non-fat	3 ½ cups
Canola oil	½ cups
Optional:	
Bell peppers red, green, fresh, diced	1 ½ cups
Corn, canned, low-sodium, drained, rinsed	1 ½ cups

Directions

1. Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
2. Combine eggs, milk, and oil in a large bowl. Stir well.
3. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. Add optional bell peppers and corn. Do not over mix. For 50 servings, mix 2-3 minutes on medium speed.
4. Pour batter on a sheet pan lightly coated with pan-release spray. For 50 servings pour 4 lbs plus 8 oz (1 qt plus 3 ½ cups) on 1 half sheet pan.
5. Bake until lightly browned.
 - Conventional oven: 400°F for 30-35 minutes
 - Convection oven 350°F for 20-25 minutes.
6. Remove from oven. Cool for 10 minutes.
7. Portion for 50 servings, cut each pan 5 x 10 (50 pieces per pan).

RECIPE GROUP: *Grains*

Portion Yield	50 servings
Portion Size	1 piece (about 2" x 2 ½")
HACCP Process	2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	1 oz eq
Fruit	N/A
Vegetable	N/A
Milk	N/A



Source: *USDA Foods*





Jalapeno Cheddar Cornbread

Ingredients

Cornmeal, yellow, whole-grain	3 lbs plus 7 oz
Flour, whole wheat	10 oz
Sugar	1 ¼ cups
Baking powder	¼ cups plus 1 tsp
Salt	3 tsp
Butter, unsalted, melted	1 lb
Egg, frozen, whole	2 ¾ cups
Milk, 1% low-fat	1 qt
Black-eyed peas, canned, low-sodium, drained	1 no. 10 can
Cheddar cheese, shredded	1 lb plus 4 oz
Jalapenos, raw, diced	½ cup

Directions

1. Preheat oven: Conventional : 400°F; Convection : 375°F
2. Spray a 2" full sized steamtable pan with pan release spray.
3. Combine dry ingredients in a mixing bowl: cornmeal, flour, baking powder, and salt.
4. In a separate bowl, whisk the melted butter, eggs, and milk.
5. Gently stir the black-eyed peas, cheese, and jalapenos into the liquid mixture.
6. Add the liquid mixture to the dry mixture, and gently mix just until combined. Do not overmix or the cornbread will be tough.
7. Pour the mixture into a prepared pan. Each full size 2" pan should have 7.5 lbs of mixture.
8. Bake for approximately 20-25 minutes until golden brown. Allow to sit for at least 15 minutes before cutting into 28 squares per pan, 4x7.

RECIPE GROUP: *Grains*

Portion Yield 56 servings

Portion Size 1 piece

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 1.25 oz eq

Grain 2 oz eq

Fruit N/A

Vegetable N/A

Milk N/A



Source: TDA's Underutilized USDA Foods Recipe Book



*Vegetable crediting:
½ cup Red/Orange Vegetable Beans count toward MMA
USDA Foods: Black-eyed peas, cheddar cheese





Sesame Glazed Carrots

Ingredients

Carrots, baby	10 lbs
Olive oil	2 Tbsp
Garlic powder	1 Tbsp
Soy sauce, low-sodium	½ cup
Brown sugar, packed	2 Tbsp
Sesame oil	1 tsp
Rice wine vinegar	2Tbsp
Buffalo wing sauce	1 Tbsp
Sesame seeds	1 Tbsp

Directions

1. Preheat the oven: Conventional at 400°F; Convection at 375°F
2. Line a sheet pan with parchment paper (2 sheet pans for 50 servings).
3. Toss carrots with olive oil and garlic powder and place in a single layer between 2 sheet pans.
4. Roast carrots in the oven for 20-25 minutes, or until tender.
5. While the carrots are roasting, whisk together soy sauce, brown sugar, sesame oil, rice vinegar and hot sauce. Pour over roasted carrots after they are removed from the oven and stir to combine.
6. Sprinkle with sesame seeds.
7. Place carrots back in the oven and roast for another 10 minutes. Watch carefully so they do not burn.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP 2 – Same day

Process service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



Source: *TDA's Cooking for the Seasons*



*Vegetable crediting:
½ cup Red/Orange
November Harvest of the Month: Carrots





Sliced Peaches

Ingredients

Peaches, canned,
freestone, sliced

Four #10 cans

Directions

1. Drain liquid from cans.
2. Portion ½ cup servings in single container cups for quick service .

RECIPE GROUP: **Fruit**

Portion Yield 54 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A



Source: *Food Buying Guide*



June Harvest of the Month: Peaches
USDA Foods: canned Peaches, extra-light
syrup





Paella

Ingredients

Rice, brown, long grain, regular, dry	6 ¼ lbs
Salt	4 tsp
Turmeric, ground	1 tsp
Garlic, granulated	4 Tbsp
Paprika	4 Tbsp
Thyme, dried	2 Tbsp
Chicken broth, low-sodium	7 ½ qt
Vegetable oil	7 ½ qt
Chicken, diced, cooked, frozen	6 ¼ lbs
Peas, green, frozen	5 ¼ lbs
Peppers and onion blend, frozen	6 ½ lbs

Directions

1. Divide rice evenly into two -2-inch deep, full-size steamtable pans.
2. Combine salt, turmeric, garlic, paprika, and thyme.
3. Divide seasonings evenly into both pans. Stir seasonings into rice.
4. Add 3 ¾ qt of chicken broth and 1 Tbsp of oil to each pan.
5. Add thawed chicken, peas, peppers and onions to each steamtable pan. Thoroughly combine.
6. Preheat oven to 375° F. Cover each steamtable pan and bake for 1 ½ hours until rice has absorbed all liquid. Remove cover and bake an additional 15 minutes.
7. Remove from oven and let sit 15 minutes.

RECIPE GROUP: **M/MA&Grain**

Portion Yield 50 servings

Portion Size 1 cup

HACCP 2 – Same day

Process service

MEAL PATTERN COMPONENTS

Meat/Alt 2 oz eq

Grain 2 oz eq

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *USA Rice*



*Vegetable crediting:

¼ cup Starchy Vegetable

¼ cup Other Vegetable

Source Texas/local: Brown Rice

USDA Foods: Green peas and

Pepper/onion blend



Korean Meatball Rice Bowl

Ingredients

Rice, brown, long grain, regular, dry	6 ¼ lbs
Water	6 ¼ qt
Sugar, brown, packed	1 cup
Soy sauce, less sodium	1 cup
Vinegar, apple cider	2 Tbsp
Gochujang paste	1 ½ Tbsp
Sesame oil	2 Tbsp
Ginger, ground	1 Tbsp
Cornstarch	3 Tbsp
Water	3 Tbsp
Meatballs, turkey plain or savory+	200 each
Sriracha	2 Tbsp
Vinegar, apple cider	1 cup
Garlic, granulated	2 Tbsp
Ginger, ground	2 Tbsp
Sugar, white granulated	2 Tbsp
Pears, diced or sliced, canned, drained	4 cups
Cabbage, shredded	1 ¼ lbs
Carrots, matchstick	1 lb
Radishes, red, thinly sliced	2 lbs
Cucumbers, thinly sliced	2 lbs
Scallions, cut on bias	3 cups plus 2 Tbsp
Sesame seeds	1 cup plus 2 tsp

Directions

- Combine rice and water into a 2-inch steamtable pan. Stir to combine. Cover tightly. For 50 servings, use 2 pans.
- Cook rice.
 - Oven method: Cook in a 350°F oven for 45 to 55 minutes
 - Steamer method: Cook in steamer for 30 to 40 minutes.
- Remove from oven or steamer and let stand for 10 to 15 minutes.
- Remove cover; fluff rice with a fork before serving.
- Combine brown sugar, soy sauce, apple cider vinegar, gochujang paste, sesame oil, ginger, and garlic.
- Bring to a boil. Simmer until sauce thickens slightly.
- Make a slurry by mixing cornstarch and water. Stir into sauce and bring to a boil.
- For meatballs: cook according to package instructions.
- Remove from oven and toss with the Korean BBQ sauce: return to oven for 5 minutes. Remove from oven and hold, covered, in warmer until service.
- Mix sriracha, apple cider vinegar, garlic, ginger, sugar, and pears. As you are mixing, break up pears into small pieces. Stir to combine all ingredients.
- Combine cabbage and shredded carrots in a bowl. Toss the cabbage and carrot mixture with the sauce.
- Cover and place in refrigerator. Let sit for 2 hours or overnight. Use within 7 days.
- To assemble the Korean BBQ Meatball Rice Bowl:
 - Place 1 cup of brown rice in each serving bowl. In one quadrant of the bowl, top with 4 glazed meatballs. Number may vary based on product and MMA needed.
 - In a second quadrant place ¼ cup (#16 scoop) of kimchi.
 - In a third quadrant place ⅛ cup of thinly sliced radishes and ⅛ cup of sliced cucumbers.
 - Garnish with 1 tbsp of thinly sliced scallions and 1 tsp of sesame seeds per bowl.
- Serve immediately.

RECIPE GROUP: **M/MA&Grain**

Portion Yield 50 servings

Portion Size 1 bowl

HACCP 2 – Same day

Process service

MEAL PATTERN COMPONENTS

Meat/Alt 2 oz eq+

Grain 2 oz eq

Fruit N/A

Vegetable ¼ cup*

Milk N/A

+MMA oz eq may vary based on product



Source: Danone North American K12 Resources



*Vegetable crediting:

⅛ cup Red Orange Vegetable

⅛ cup Other Vegetable

Source Texas/local : Brown Rice

November Harvest of the Month: Carrots

USDA Foods: Canned Pears





Fiesta Rice and Beans Bowl

Ingredients

Rice, brown, long grain, regular, dry	3 lbs plus 2 oz
Water	2 ½ qt
Corn, frozen or canned	¾ gal plus ½ cup
Salsa, canned	1 ¼ no. 10 can
Black beans, canned, drained	4 no. 10 cans
Taco seasoning	1 cup
Corn tortilla chips, bulk	2 tsp
Optional garnishes:	
Romaine lettuce, chopped	2 lbs plus 6 oz
Black olives, drained	½ no. 10 can
Jalapenos, sliced, canned	½ no. 10 can
Onion, diced	2 lbs
Cilantro, fresh	Garnish

Directions

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.
Recommended cooking method: steam covered for approx. 15 min.
Alternate cooking methods:
 - Boil water & pour over ice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
 - Heat to a rolling boil. Cook until water is absorbed, ~ 30-40 min. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Combine corn, black beans, salsa, and taco seasoning in tilt skillet or steamer, heating thoroughly, about 10 minutes. Transfer to serving pan and keep warm.
3. Portion one #8 scoop (½ cup) of rice in a bowl and top with two #8 scoops (1 cup) of bean mixture. Garnish with optional lettuce, olives, jalapenos and/or diced onions with a punch of cilantro. Serve with ⅔ cup or 28 grams of tortilla chips on the side.

RECIPE GROUP: *M/MA & Grain*

Portion Yield 50 servings

Portion Size 1 bowl

HACCP 2 – Same day

Process service

MEAL PATTERN COMPONENTS

Meat/Alt 2 oz eq

Grain 2 oz eq

Fruit N/A

Vegetable ⅔ cup*

Milk N/A



Source: *Food Forward*



*Vegetable crediting:

⅓ cup Red Orange

¼ cup Starchy

Source Texas/local: Brown rice, lettuce

USDA Foods: Frozen corn and canned black beans





Garlic Parmesan Green Beans

Ingredients

Green beans, fresh	4 lbs plus 5 oz
Onion, yellow or white, rough chop	1 cup
Parmesan cheese, grated	6 Tbsp
Garlic, minced	1 Tbsp
Salt	1 tsp
Black pepper	½ tsp
Olive oil	3 Tbsp

Directions

1. Remove the dry ends from the green beans.
2. To par-cook green beans, add boiling water for 2-5 minutes or until bright green. Immediately place in an ice bath to stop cooking. Let dry.
3. Preheat oven:
Conventional oven: 400° F
Convection oven 375° F
4. Mix together Parmesan cheese, minced garlic, salt, pepper and olive oil in a large bowl.
5. Toss par-cooked green beans and chopped onions in cheese mixture until evenly coated.
6. Spread onto a sheet pan in a single layer and roast in the preheated oven for 10 minutes or until onions are soft and vegetables start to turn brown.

RECIPE GROUP: *Vegetable*

Portion Yield 25 servings

Portion Size ½ cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *TDA Cooking for the Seasons*



*Vegetable crediting:
½ cup Other Vegetable
Source Texas/local: Green beans





Fresh Cherry Tomatoes

Ingredients

Tomatoes, fresh, cherry, whole without stem 8 pounds plus 5 ounces

Directions

1. Wash cherry tomatoes.
2. Portion in single container cups for quick service.

RECIPE GROUP: *Vegetable*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *Food Buying Guide*



*Vegetable crediting:
 ½ cup Red Orange Vegetable
 Source Texas/local: Cherry Tomatoes
 July Harvest of the Month: Cherry Tomatoes





Fresh Banana

Ingredients

Bananas, fresh, 150 count, 13.9 pounds
7 to 7 7/8 inch, whole

Directions

1. Separate bananas from the bunch for quick service.
2. 1 banana equals 1/2 cup.

RECIPE GROUP: **Fruit**

Portion Yield 50 servings

Portion Size 1 each

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit 1/2 cup

Vegetable N/A

Milk N/A



Source: *Food Buying Guide*



Menu Tip: Order green-tipped bananas to be delivered no more than two days in advance of menu day to maximize freshness and participation!





Veggie and Cheese Flatbread

Ingredients

Flatbread, whole-grain rich+	100 each
Zucchini squash	7 lbs plus 9 ½ oz
Red bell pepper, roasted	6 lbs plus 8 oz
Cheese, mozzarella, shredded	9 lbs plus 6 ⅛ oz
Cheese, feta	3 lbs plus 5 ¼ oz
Parmesan cheese	2 lbs
Sunflower oil	4 oz
Garlic, roasted	3 oz
Salt	1 Tbsp
Black pepper	1 tsp
Basil, fresh	18 ¾ gram

Directions

1. Preheat oven to 350°F.
2. In a small metal container, place garlic and oil and roast for 30 minutes until garlic is soft. Reserve the oil for the cheese mixture.
3. Cut zucchini into half moons and mix together with salt, pepper, garlic, and three-quarter of the basil.
4. Mix mozzarella and drained feta together.
5. Mix sunflower oil and Parmesan cheese thoroughly.
6. Brush each flatbread with oil parmesan mixture.
7. Spread each bread with 2 oz of pre-blended cheese (a blend of mozzarella and feta).
8. Top cheese with ½ cup of vegetable mixture. Bake open faced for 20 minutes at 350°F.
9. Garnish with remaining basil.

RECIPE GROUP: *M/MA & Grain*

Portion Yield 100

Portion Size 1 each

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain 2 oz eq+

Fruit N/A

Vegetable ⅛ cup*

Milk N/A

+Grain oz eq may vary based on product



Source: *The Lunch Box, Chef Ann Foundation*



*Vegetable crediting:
⅛ cup Other Vegetable
August Harvest of the Month: Red Bell Pepper
Source Texas/local: Zucchini squash
USDA Foods: Mozzarella cheese





Spicy Sriracha Tuna Flatbread

Ingredients

Flatbread, whole-grain rich+	20 each
Onion, red raw	2.5 oz
Cilantro, washed	3 Tbsp
Greek yogurt, plain	1 cup
Mayonnaise, low-fat	1 cup
Sriracha	¼ cup
Lemon juice	3 Tbsp
Tuna, in water, low-sodium	43 oz
Mozzarella cheese, shredded	1 lb plus 4 oz

Directions

1. Preheat oven to 400°F.
2. Line sheet pan with parchment paper and spray with pan release.
3. Dice onions into ¼ in pieces.
4. Cut away thick stems of cilantro bunch, then finely chop. Hold refrigerated until ready to use.
5. Combine Greek yogurt, mayonnaise, Sriracha, and lemon juice in a large bowl. Add undrained tuna and crumble into small pieces. Mix gently until all ingredients are combined.
6. Place flatbreads on pan. Top each flatbread with:
 - 2 oz tuna mixture using a packed no. 16 disher. Spread tuna to cover top of flatbread.
 - 1 oz mozzarella cheese using 2 oz spoodle
 - 1 tsp diced red onion
 - ½ tsp chopped cilantro
7. Bake at 400°F for 7-8 minutes.

RECIPE GROUP: *M/MA & Grain*

Portion Yield 20 servings

Portion Size 1 each

HACCP 2 – Same day

Process service

MEAL PATTERN COMPONENTS

Meat/Alt 3 oz eq

Grain 2 oz eq+

Fruit N/A

Vegetable N/A

Milk N/A

+Grain oz eq may vary based on product



Source: *Star-Kist Foodservice K12 Recipes*



USDA Foods: Mozzarella cheese





Southwest Chickpea Salad

Ingredients

Garbanzo beans, canned, low-sodium	1 no. 10 can
Tomatoes, fresh, cored, diced	5 lbs plus 9 oz
Fajita pepper and onion blend, IQF	5 lbs plus 8 oz
Corn, whole kernel, frozen	3 lbs plus 13 oz
Olive oil	1 pint
Lime juice, bottle	1 cup
Cumin, ground	1 Tbsp
Oregano leaves, whole	2 Tbsp
Paprika, smoked	2 Tbsp
Garlic powder	1 Tbsp
Salt	2 Tbsp
Cilantro, fresh	1 qt

Directions

1. Thaw pepper and onion mixture and corn in advance. Drain and discard any liquid. Best practice, chill canned chickpeas overnight.
2. Drain and rinse chickpeas, discard any liquid.
3. In a large mixing bowl, combine drained chickpeas, thawed pepper and onion blend, corn and diced tomatoes.
4. Add olive oil, lime juice, cumin, oregano, smoked paprika, garlic and salt. Toss gently to combine.
5. Wash and roughly chop cilantro. Toss cilantro with chickpea salad as close to serving time as possible.
6. Serving size is ½ cup.

RECIPE GROUP: *Vegetable*

Portion Yield 69 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *TDA Underutilized USDA Foods Recipe Book*



*Vegetable crediting:
½ cup Other Vegetable
USDA Foods: Garbanzo beans,
frozen corn, pepper/onion blend





Fresh Broccoli Florets

Ingredients

Broccoli, fresh, florets, 3 pounds plus 8 ounce
 trimmed, Ready-to-use

Directions

1. Wash fresh broccoli & cut to bite sized pieces.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Vegetable*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *Food Buying Guide*



*Vegetable crediting:
 ½ cup Dark Green Vegetable
 April Harvest of the Month: Broccoli





Baked Pears

Ingredients

Pears, canned, bartletts, sliced, light syrup	2 #10 cans
Margarine, trans fat free	4 oz
Brown sugar, packed	½ cup
Granulated sugar	½ cup
Cinnamon, ground	1 Tbsp plus 1 tsp
Ginger, ground	2 tsp

Directions

1. Preheat oven to 350°F.
2. Spray 12-inch X 20 inch X 2 inch deep full size steam table pan with pan release.
3. Open and drain juice from pears using colander or perforated pans. Place 2 cans of drained pears in the pan.
4. Weigh and melt margarine (may use microwave); pour over pears and toss to combine.
5. Combine brown sugar, granulated sugar, cinnamon, and ginger in mixing bowl.
6. Sprinkle seasoned sugar mixture over pears and toss to combine.
7. Bake for 30 minutes at 350°F.
8. Cover and hold for service.
9. Serve ½ cup using # 8 disher or 4-ounce spoodle.

RECIPE GROUP: **Fruit**

Portion Yield 29 servings

Portion Size ½ cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A



Source: *K12 Culinary*





Sliced Apples

Ingredients

Apple, Gala, fresh, whole, 6 pounds plus 15 ounce
 cored, sliced

Directions

1. Wash apples and remove any stickers.
2. Core and slice apples.
3. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A



Source: *Food Buying Guide*



October Harvest of the Month, Texas/local, and USDA Food: Gala Apples

Try conducting a taste test for this Texas treat during National School Lunch Week. More Gala apple recipe ideas on page 33..





Beta Bake (Baked Batatas and Apples)

Ingredients

Brown sugar, packed	1 ½ cup
Cinnamon, ground	1 Tbsp plus 1 tsp
Salt, table	2 tsp
Nonstick Cooking Spray	2 sprays
Batatas Dulce (sweet potatoes), fresh, peeled, ½" cubed (can sub for frozen)	1 gal plus ½ cup OR 5 lb 12 oz
Apples, fresh, peeled, cored, ½" cubed	1 gal plus 2qt plus 1 cup OR 7 lb 9 oz
Canola Oil	½ cup
Orange Juice	2 cups

Directions

1. Preheat oven to 350°F.
2. Prepare cinnamon-sugar mixture: In an extra-large bowl, combine brown sugar, cinnamon, and salt.
3. Lightly coat steam table pan (12"x 20"x 2½") with nonstick cooking spray. Use 2 pans.
4. Add sweet potatoes, apples, oil, and orange juice to the cinnamon-sugar mixture and toss. Add the mixture to the pans.
5. Cover with foil and bake 50-60 minutes, or until sweet potatoes are tender.


RECIPE GROUP: *Fruit/Vegetable*

Portion Yield	50 servings
Portion Size	½ cup (No.8 scoop)
HACCP Process	Critical Control Point: 140°F for 15 seconds

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	¼ cup
Vegetable	¼ cup Red/Orange
Milk	N/A

★ Source: *Team Nutrition Multicultural Recipe Project*

 Taste test this Local Texas recipe for your NSLW celebration!
October Harvest of the Month: Gala Apples





Level Up Your Tastebuds Tacos

Ingredients

Chimichurri Sauce (recipe on page 35)	1 qt
Ground beef, thawed	8 lbs 12 oz
Fajita onions & pepper blend, IQF	13 lbs
Tortillas, whole grain, 8 in	50 each

Directions

1. Prepare the chimichurri sauce recipe (page 35) up to 3 days in advance, or thaw from frozen.
2. Depending on the batch size, heat either skillet or tilt skillet to medium heat. Add ground beef. Use metal spatulas to break up ground beef using a cutting motion. Brown ground beef until completely cooked.
3. Turn off heat. Add chimichurri sauce to hot ground beef and stir. Transfer beef taco mixture to serving pan.
4. Heat the onion and pepper mixture – steam, sauté, or roast. Transfer to a separate serving pan.
5. To build each taco:
 - (1) 8-inch tortilla
 - 2 oz beef mixture
 - ½ cup onion and pepper blend

RECIPE GROUP: **M/MA & Grain**

Portion Yield 50 servings

Portion Size 1 each

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2 oz eq

Grain* 1.25 oz eq

Fruit N/A

Vegetable ½ cup**

Milk N/A



Source: *TDA USDA Foods Suggestions, Chimichurri Beef and Pepper Tacos*



*Grain component will vary based on product used.

**Contribution is ½ c Other vegetable
Texas/local Source: ground beef





Chimichurri Sauce

Ingredients

Fajita onions & pepper blend, IQF	12 oz
Cilantro, fresh	6 oz
Oregano leaves, whole	1/8 cup
Garlic, raw	1/8 cup
Soy sauce, reduced sodium	1 tbsp
Salt, iodized	1 tsp
Red pepper, crushed	1tsp
Apple cider vinegar	¼ cup
Olive oil	1 pint

Directions

1. Defrost pepper and onion mix and drain.
2. Wash cilantro. Trim if necessary, and rough chop into large pieces.
3. Combine all ingredients in a food processor. Blend until smooth.

RECIPE GROUP: *Vegetable*

Portion Yield	16
Portion Size	¼ cup
HACCP Process	1 – No Cook

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



Source: TDA USDA Foods Suggestions Recipe Book



*Vegetable crediting:
1/8 cup Dark Green 1/8 cup Other





Power Up Mushroom Enchiladas

Ingredients

Onions, raw, chopped	2.5 quarts
Oil, Canola	1 cup
Mushrooms, Portabella, raw, diced	3 quarts
Spice, cumin	1 cup
Chili Powder	½ cup
Bean, black	1 #10 Can
Cheese, cheddar mild	12 pounds
Sour Cream, bulk	1 quart plus 1 cup
Sauce, Enchilada	2 gallons
Tortilla, whole wheat 6"	100 each
Pepper, Chili green fire roasted	2 pounds

Directions

1. Preheat oven to 350°F. Heat oil in a large skillet over medium-high heat. Add chopped onion and mushrooms and sauté until soft, about 5-7 minutes.
2. Remove from heat, stir in cumin and chili powder. Let cool slightly and stir in black beans, green chili, cheese, and sour cream until the filling is well blended.
3. Spread thin layer of enchilada sauce on bottom of 2" hotel pan. Divide mixture evenly between tortillas. Roll tortillas with filling and place the seam side down in a 2" hotel pan. Pour remaining enchilada sauce over top and sprinkle with additional cheese.
4. Bake until bubbling, 20-25 minutes. Let rest 5 min before serving.

RECIPE GROUP: *M/MA & Grain*

Portion Yield	100
Portion Size	1 enchilada
HACCP Process	2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt	2 oz eq
Grain	1 oz eq
Fruit	N/A
Vegetable	N/A
Milk	N/A



Source:
Healthy School Recipes, School District of Greenville County



Texas/local item and March Harvest of the Month: Mushrooms
USDA Foods: Cheddar Cheese





Carrot Coin “XP” Experience Points

Ingredients

Carrots, fresh, peeled, sliced, 8 pounds
ready-to-use

Directions

1. Wash and pat dry pre-sliced carrots.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Vegetable*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No Cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: *Food Buying Guide*



*Crediting: ½ cup Red/Orange Vegetable
November Harvest of the Month: Carrots





High Score Honeydew Melon

Ingredients

Honeydew melon, fresh, whole 20 pounds plus 8 ounces

Directions

1. Rinse honeydew melons before cutting.
2. Cut honeydew into bite sized cubes.
3. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A



Source: *Food Buying Guide*





Power Up Veggie Fajita Bowl

Ingredients

Mushrooms, portobello, fresh slices	12 pounds
Peppers, red bell (sweet), strips/julienne	5 pounds 4 oz
Peppers, green bell, strips/julienne	5 pounds
Onion, yellow, raw, strips/julienne	6 pounds
Beans, pinto, low sodium, canned, drained	5.5 #10 cans
Olive oil/canola blend	½ cup
Black bean garlic sauce	3 cups
Cilantro, finely chopped	2 cups (optional garnish)
Rice, Cilantro Lime, prepared	100 cups

(see recipe on page 40)

Directions

1. Heat oil in sauté pan or tilt skillet on medium-high heat. Briefly sauté julienned onions and peppers until translucent and softened, stir constantly to prevent burning.
2. Add black bean garlic sauce and stir to coat vegetables evenly.
3. Add pinto beans and heat, stirring until warmed. Add mushrooms and cook for 1 minute or until softened, stirring constantly.
4. Garnish with cilantro and serve with Cilantro Lime Rice.
5. Service: (1) cup of Cilantro Lime Rice and (1) cup of Veggie mixture.

RECIPE GROUP: **M/MA & Grain**

Portion Yield 100 servings

Portion Size 2 cups

HACCP Process 2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt 2 oz eq

Grain 2 oz eq

Fruit N/A

Vegetable ½ c other or add'l.

Milk N/A



Source: *Healthy School Recipes, CIA Healthy Kids Collaborative*



March Texas Harvest of the Month and local item: Mushrooms
Swap the rice for 2 oz grain eq of whole grain corn chips (ie nachos)





Cilantro Lime Rice

Ingredients

Brown rice, long grain	4 pounds plus 12 ounces
Water	2 gallons
Salt	1 tbsp plus 1 tsp
Cilantro, finely chopped	6 ounces
Lime juice, bottled	1 cup

Directions

1. Split the quantity of rice evenly between 2 steamtable pans – 2 pounds and 6 ounces will be in each pan.
2. Boil water, adding salt once at a rolling boil. Pour boiling water over rice and cover pans tightly with a lid or foil.
3. Bake in a conventional oven at 350°F for 45 minutes or bake in a convection oven at 325°F for 30 minutes or steam in steamer at 5 pounds of pressure for 25 minutes.
4. Once rice is cooked, stir in cilantro and lime juice to coat evenly.

RECIPE GROUP: *Grains*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 1 oz eq

Fruit N/A

Vegetable N/A

Milk N/A



Source: *TDA Farm Fresh, Cooking for the Seasons*



Serve this dish with the Power Up Veggie Fajita Bowl recipe on p. 39
Local or USDA Foods: brown rice





Street Corn “HP” Health Points

Ingredients

Corn, frozen, whole kernel	10 pounds
Vegetable oil	½ cup
Mayonnaise, low-fat	1 ¼ cup
Jalapeno pepper, minced	½ cup
Chili powder	1 Tbsp
Granulated garlic	1 Tbsp
Lime juice	½ cup
Cotija or feta cheese	10 oz
Cilantro, chopped	1 ¼ cup

Directions

1. Thaw and drain corn.
2. If using oven, preheat oven: convection oven: 350°F or conventional oven: 375°F. If using tilt skillet, preheat to medium-high.
3. In a large bowl, add corn and oil. Toss to coat.
4. If using the oven, spread corn evenly on a sheet pan, do not overcrowd.
5. Roast corn in oven until lightly golden brown, approximately 10 – 15 minutes depending on the equipment.
6. If using a tilt skillet, add oil-coated corn and stir until the corn begins to turn light golden brown.
7. While corn is cooking, add mayonnaise, jalapenos, chili powder, garlic, and lime juice in a bowl and mix. Combine mayonnaise mixture and cooked corn.
8. Garnish with cheese and chopped cilantro.

RECIPE GROUP: *Vegetable*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup*

Milk N/A



Source: TDA Farm Fresh, Cooking for the Seasons



*Vegetable crediting: ½ cup Starchy Local or USDA Foods: Corn, frozen, whole kernel





Cucumber Coins

Ingredients

Cucumbers, fresh, whole 8 pounds plus 4 ounce

Directions

1. Wash and cut cucumbers evenly into ~1/4-inch slices.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: **Vegetable**

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit NA

Vegetable ½ cup*

Milk N/A



Source: *Food Buying Guide*



*Vegetable crediting: ½ cup Other





“GG” Good Game Grapes

Ingredients

Grapes, fresh, seedless, whole, without stem 8 pounds plus 10 ounce

Directions

1. Wash fresh grapes.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A



Source: *Food Buying Guide*





What-A-Game Watermelon

Ingredients

Watermelon, fresh, whole, without rind 16 pounds plus 7 ounce

Directions

- Carefully cube watermelon into bite sized pieces.
- Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: **Fruit**

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A



Source: *Food Buying Guide*



September Texas Harvest of the Month: Watermelon

