CHEF
Designed School Lunch
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 really thought the chef recipes would be difficult, but they are not. We can easily make these in our school kitchens.”

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

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

“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.”

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

“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!”

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

“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.

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEESEBURGER SALAD WRAP*</td>
<td>BBQ ROASTED CHICKEN*</td>
<td>THAI CHICKEN AND BASIL BARLEY*</td>
<td>FISH TACOS*</td>
<td>VOLCANIC MEATLOAF*</td>
</tr>
<tr>
<td>Applesauce</td>
<td>Pizza Green Beans*</td>
<td>Asian Fresh Vegetables*</td>
<td>Bean and Broccoli Salad*</td>
<td>Strawberry Green Salad*</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>Blueberries</td>
<td>Sliced Pears</td>
<td>Orange Slices</td>
<td>Mixed Fruit</td>
</tr>
<tr>
<td></td>
<td>Ranch Potato Wedges</td>
<td></td>
<td></td>
<td>Roll</td>
</tr>
<tr>
<td></td>
<td>Roll</td>
<td></td>
<td></td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SOUTHWEST BURRITO*</td>
<td>MOZZARELLA CRUSTED POLLOCK*</td>
<td>MANDARIN CHICKEN RICE BOWL*</td>
<td>CILANTRO PORK SALAD WRAP*</td>
<td>BREAKFAST BURRITO*</td>
</tr>
<tr>
<td>Corn</td>
<td>Vegetable Pasta Salad*</td>
<td>Stir Fry Vegetables*</td>
<td>Carrot Sticks</td>
<td>Seasoned Black Beans*</td>
</tr>
<tr>
<td>Watermelon</td>
<td>Sweet Potato Sticks</td>
<td>Sliced Pears</td>
<td>Sliced Strawberries</td>
<td>Orange Wedges</td>
</tr>
<tr>
<td>Milk</td>
<td>Apple Crisp</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>

*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/.

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.

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.
CHEESEBURGER SALAD WRAP
Portion Size: 1 wrap
Number of Portions: 100
INGREDIENT LIST
- Provides ingredient quantities for Grades K-12 or K-8 and 9-12.
- Provides a visual of how each ingredient should be measured.
- A USDA Foods truck symbol [Food] indicates ingredients that can be obtained through the USDA Foods Distribution Program.

INGREDIENTS
- Moist ground beef
- Water
- Onions
- Mozzarella cheese
- Tortillas
- Romaine lettuce
- Dill pickle slices
- Mustard
- Tomato paste
- Garlic powder
- Tomatoes

RECIPE DIRECTIONS
Recipe directions are broken down into clear, individual steps.

PREPARE GROUND BEEF MIXTURE:
Brown ground beef, drain, and rinse. Add diced onions, tomato paste, mustard, garlic powder, and diced tomatoes to the mixture. Stir until juices are cooked out.

PREPARE INGREDIENTS:
Chop romaine lettuce into bite-sized pieces. Dice onions for ground beef mixture. Dice tomatoes for ground beef mixture. Place pickles and mustard on the rolls for easy dispensing.

ASSEMBLE DISH:
Grades K-8: Place 1 cup lettuce pieces, 2.1 oz. tortillas, 2 tbsp. ketchup and 1 tbsp. mustard, 1 tbsp. diced onions, 2 tbsp. pickle slices, 1 oz. pepper jack cheese on each tortilla.
Grades 9-12: Place 1 cup lettuce pieces, 2.5 oz. tortillas, 1 oz. pepper jack cheese on each tortilla.

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.
**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:

<table>
<thead>
<tr>
<th></th>
<th>Servings</th>
<th>Serving Size</th>
<th>Quantity Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Romaine Lettuce, whole, fresh</td>
<td>100</td>
<td>1 cup</td>
<td>12.78 lbs.</td>
</tr>
<tr>
<td>Romaine Lettuce, chopped, ready-to-use</td>
<td>100</td>
<td>1 cup</td>
<td>8.17 lbs.</td>
</tr>
</tbody>
</table>

**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
Student Feedback

"It has lots of lettuce and vegetables AND it tastes good!"
— 1st Grade Student

"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 ate 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

Chef Recommends
Cheeseburger Salad Wrap
Applesauce
Baked Beans
Low-Fat Milk

Estimated Food Cost
93¢

Student Votes by Grade Level

Meal Contribution

K-8 Serving Size

Cheeseburger Salad Wrap
1 wrap
Applesauce
½ cup
Baked Beans
½ cup
Milk
1 cup

1.75 M/MA
1.75 Grains
.5 cup Fruit
1.5 cup Vegetable

9-12 Serving Size

Cheeseburger Salad Wrap
1 wrap
Applesauce
1 cup
Baked Beans
½ cup
Milk
1 cup

2 M/MA
2 Grains
1 cup Fruit
1.5 cup Vegetable

Idaho Child Nutrition Programs
CHEESEBURGER SALAD WRAP

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

### INGREDIENTS:

<table>
<thead>
<tr>
<th>Item</th>
<th>K-8 Quantities</th>
<th>9-12 Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Romaine Lettuce, whole, fresh</td>
<td>13 lbs.</td>
<td>13 lbs.</td>
</tr>
<tr>
<td>Onions, whole, fresh (in beef)</td>
<td>6 lbs.</td>
<td>6 lbs.</td>
</tr>
<tr>
<td>Tomatoes, whole, fresh</td>
<td>13 ¼ lbs.</td>
<td>13 ¼ lbs.</td>
</tr>
<tr>
<td>Onions, whole, fresh (for toppings)</td>
<td>2 ¾ lbs.</td>
<td>2 ¾ lbs.</td>
</tr>
<tr>
<td>Mozzarella Cheese</td>
<td>3 ½ lbs.</td>
<td>3 ½ lbs.</td>
</tr>
<tr>
<td>Whole Grain Tortilla</td>
<td>100 Tortillas (49g)</td>
<td>100 Tortillas (56g)</td>
</tr>
<tr>
<td>Ground Beef</td>
<td>10 ¾ lbs.</td>
<td>12 ¾ lbs.</td>
</tr>
<tr>
<td>Tomato Paste, low-sodium</td>
<td>¾ cup</td>
<td>1 ⅛ cups</td>
</tr>
<tr>
<td>Yellow Mustard (in beef)</td>
<td>½ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Garlic Powder</td>
<td>4 tbsp.</td>
<td>5 tbsp.</td>
</tr>
<tr>
<td>Water</td>
<td>1¾ cups</td>
<td>1¾ cups</td>
</tr>
<tr>
<td>Dill Pickle Slices</td>
<td>3 ⅞ quarts</td>
<td>3 ⅞ quarts</td>
</tr>
<tr>
<td>Ketchup, low-sodium</td>
<td>6 ¼ cups</td>
<td>6 ¼ cups</td>
</tr>
<tr>
<td>Yellow Mustard (for toppings)</td>
<td>6 ¼ cups</td>
<td>6 ¼ cups</td>
</tr>
</tbody>
</table>

= 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.

**WARM TORTILLAS:**  
Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top 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.

**ASSEMBLE DISH:**  
Grades K-8: Place 1 cup lettuce pieces, 2.1 oz. meat mixture, and ½ oz. shredded cheese on each tortilla.

Grades 9-12: Place 1 cup lettuce pieces, 2.5 oz. meat mixture, and ½ oz. shredded cheese on each tortilla.

**NOTE:** Due to moisture and cooking time, meat serving size weight will vary. It is recommended that schools weigh total cooked meat mixture and divide by the number of servings to determine accurate portion sizes.

**TOPPINGS:**  
Toppings are planned in the following serving sizes for each student: ¼ 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.
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 spicy options if your students like spicy food. For example, use hot sauce or pepper jack cheese to spice 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.

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.
BBQ Roasted Chicken
STUDENT VOTES BY GRADE LEVEL

Student Feedback

“I don’t like chicken that much, but I like this chicken.”
— 1st Grade Student

“I love everything about this meal!”
— 2nd Grade Student

“This is so fun to eat!”
— 3rd Grade Student

“I wish we could have this meal every day.”
— 4th Grade Student

“This meal smells really good when you walk into the cafeteria.”
— 7th Grade Student

“I would like to have the option of a spicier sauce, like hot wings.”
— High School Student

CHEF RECOMMENDS

BBQ Roasted Chicken
Pizza Green Beans
Blueberries
Ranch Potato Wedges
Roll
Low-Fat Milk

Meal Contribution

<table>
<thead>
<tr>
<th>K-8 Serving Size</th>
<th>9-12 Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Roasted Chicken</td>
<td>1 breast, 1 thigh, or 1 drum/1 wing</td>
</tr>
<tr>
<td></td>
<td>1 breast, 1 thigh, or 1 drum/1 wing</td>
</tr>
<tr>
<td>Pizza Green Beans</td>
<td>3/4 cup</td>
</tr>
<tr>
<td></td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>1 cup</td>
</tr>
<tr>
<td>Ranch Potato Wedges</td>
<td>1/2 cup</td>
</tr>
<tr>
<td></td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Roll</td>
<td>1.5 oz.</td>
</tr>
<tr>
<td></td>
<td>2 oz.</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td>2 M/MA</td>
</tr>
<tr>
<td></td>
<td>2 M/MA</td>
</tr>
<tr>
<td></td>
<td>1.5 Grains</td>
</tr>
<tr>
<td></td>
<td>2 Grains</td>
</tr>
<tr>
<td></td>
<td>.5 cup Fruit</td>
</tr>
<tr>
<td></td>
<td>1 cup Fruit</td>
</tr>
<tr>
<td></td>
<td>1.25 cup Vegetable</td>
</tr>
<tr>
<td></td>
<td>1.25 cup Vegetable</td>
</tr>
</tbody>
</table>

Estimated Food Cost 97¢

IDAHO CHILD NUTRITION PROGRAMS
Directions:
Preheat oven to 375°F.

Prepare Ingredients:
Thaw chicken.

Prepare BBQ Sauce:
Combine all ingredients, except chicken, in a deep steam table pan. Cover and cook at 375°F in oven until heated. BBQ sauce is best if made one day ahead of time. Store in refrigerator.

Prepare Chicken:
Follow manufacturer’s instructions to heat chicken. During the last 7 minutes of baking, brush or spread BBQ sauce onto the full surface of each chicken piece. Chicken is done when internal temperature reaches 165°F.
DIRECTIONS:

PREPARE INGREDIENTS:
Drain cans of diced tomatoes.

COOK DISH:
Mix undrained green beans, drained tomatoes, and oregano together, and bring to a boil. Reduce heat and simmer for 5 minutes. Serve using a slotted spoon to remove juices.

PIZZA GREEN BEANS

Number of Portions: 100
Portion Size: Grades K-12: ¾ cup

INGREDIENTS:

<table>
<thead>
<tr>
<th>K-12 Quantities</th>
<th>Grades K-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diced Tomatoes, low-sodium</td>
<td>2 #10 cans</td>
</tr>
<tr>
<td>Green Beans, low-sodium</td>
<td>4 ½ #10 cans</td>
</tr>
<tr>
<td>Dried Oregano</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Chef Brenda’s Tips

- Many of the students asked for spicier foods; with this meal, the high school students asked for hot wings. You could adapt this recipe to make it hotter by adding a hot sauce to the BBQ sauce recipe.

- Don’t be afraid to use raw chicken. This recipe works for either pre-cooked roasted chicken or raw chicken, you just have to adapt the cooking time. Raw drumsticks are very inexpensive to purchase and work great for this recipe.

- It is very important to add low-sodium seasonings to your canned vegetables. They will taste better and students will be more likely to eat them. Mixing vegetables like green beans and tomatoes changes the flavor profile and adds more variety to your meals.
Thai Chicken & Basil Barley
Student Feedback

“I like the way all the different foods are mixed together.”
— 3rd Grade Student

“I like that this meal is so healthy.”
— 4th Grade Student

“This is a really filling meal.”
— 5th Grade Student

“This meal was out of this world!”
— 6th Grade Student

“I like how the barley is chewy. It’s better than rice.”
— 8th Grade Student

“I like this. It is a different type of Asian dish than the normal teriyaki flavor.”
— High School Student

Chef Recommends

Thai Chicken & Basil Barley
Asian Fresh Vegetables
Sliced Pears
Low-Fat Milk

Student Votes by Grade Level

Meal Contribution

K-8 Serving Size

Thai Chicken and Basil Barley
2 oz. chicken
1 cup barley
2 tbsp. sauce

Asian Fresh Vegetables
1 cup

Sliced Pears
½ cup

Milk
1 cup

9-12 Serving Size

Thai Chicken and Basil Barley
3 oz. chicken
1.25 cup barley
2.5 tbsp. sauce

Asian Fresh Vegetables
1 cup

Sliced Pears
1 cup

Milk
1 cup

Meal Contribution

2 M/MA
2 Grains
.5 cup Fruit
1 cup Vegetable

3 M/MA
2.5 Grains
1 cup Fruit
1 cup Vegetable

Estimated Food Cost
78¢
THAI CHICKEN & BASIL BARLEY

Number of Portions: 100
Portion Size: See Instructions

INGREDIENTS:

<table>
<thead>
<tr>
<th></th>
<th>K-8 Quantities:</th>
<th>9-12 Quantities:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearled Barley, (cooked amount)</td>
<td>6 ¼ gallons</td>
<td>8 gallons</td>
</tr>
<tr>
<td>Dried Basil</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Chicken, diced, fully cooked</td>
<td>12 ½ lbs.</td>
<td>18 ¾ lbs.</td>
</tr>
<tr>
<td>Thai Style Chili Sauce</td>
<td>¾ gallon</td>
<td>1 gallon</td>
</tr>
</tbody>
</table>

DIRECTIONS:

PREPARE BARLEY:
Preheat oven to 400°F. Rinse the barley before cooking. Mix the barley, basil, and the amount of water the manufacturer’s instructions call for in a deep steam table pan(s). Cover tightly with foil. Cook for 1 hour or until barley is tender. Caution: Stand away from the cooked barley when removing the foil to prevent burns from the steam.

NOTE: Barley quantity in recipe is for amount of cooked barley needed. Use your barley package label to determine the correct amount of raw barley to prepare.

PREPARE CHICKEN:
Follow manufacturer’s instructions to heat chicken.

PREPARE SAUCE:
Heat Thai chili sauce according to package directions.

ASSEMBLE DISH:
Grades K-8: Place 1 cup basil-barley on the tray and top with 2 oz. chicken and approximately 2 tbsp. Thai chili sauce.

Grades 9-12: Place 1 ¼ cup basil-barley on the tray and top with 3 oz. chicken and approximately 2 ½ tbsp. Thai chili sauce.

ADDITIONAL SERVING OPTION:
Using a Chinese to-go box or other container, place basil-barley in container and layer with vegetables, chicken, and Thai chili sauce.

INGREDIENTS:

Grades K-8

<table>
<thead>
<tr>
<th>Grains Total Contribution</th>
<th>2 oz. eq.</th>
<th>2.5 oz. eq.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains Total</td>
<td>2</td>
<td>2.56</td>
</tr>
<tr>
<td>Barley</td>
<td>2</td>
<td>2.56</td>
</tr>
</tbody>
</table>

Meats/MA Contribution

<table>
<thead>
<tr>
<th>Meats/MA Total</th>
<th>2 oz. eq.</th>
<th>3 oz. eq.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

CALORIES

Grades K-8

366

Grades 9-12

492

SATURATED FAT

Grades K-8

1.77g

Grades 9-12

2.46g

SODIUM

Grades K-8

309mg

Grades 9-12

416mg
**Chef Brenda’s Tips**

- For tender barley, do not add salt when cooking, even if the cooking directions call for salt. Salt pulls water out of the grain.

- Using frozen and canned vegetables with fresh vegetables is a great way to cut costs and utilize USDA Foods. When preparing vegetables, it is important that they do not get overcooked. Overcooking vegetables decreases the quality of texture and flavor. Fresh and canned vegetables are usually cooked within 1-5 minutes. It is best to start cooking the frozen vegetables first and then add in the fresh and canned vegetables.

- Some great pre-made, low-sodium sauces are available on the market. Schools can use any sauce their students like best.

- Cook the vegetables right before serving. For best quality, keep steam tables on low temperature and do not let vegetables sit in warmers for a long period of time.

---

**PREPARE INGREDIENTS:**
Thaw carrots and peas. Slice bok choy into medium strips.

**PREPARATION OPTION #1:**
Toss all vegetables together and steam for 5 minutes. Remove when carrots are hot and other vegetables are “al dente” (tender, but still a little firm).

**PREPARATION OPTION #2:**
Bring water in kettle or tilt skillet to a boil. Put all vegetables into boiling water for 5 minutes. Remove when carrots are hot and other vegetables are “al dente” (tender, but still a little firm).

---

**ASIAN FRESH VEGETABLES**

**Number of Portions:** 100

**Portion Size:** Grade K-12: 1 cup

**INGREDIENTS:**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots, sliced, frozen</td>
<td>10 1/2 lbs.</td>
</tr>
<tr>
<td>Peas, frozen</td>
<td>5 1/4 lbs.</td>
</tr>
<tr>
<td>Bok Choy, whole, fresh</td>
<td>7 lbs.</td>
</tr>
<tr>
<td>Broccoli, florets, fresh</td>
<td>3 1/2 lbs.</td>
</tr>
<tr>
<td>Green Peppers, whole, fresh</td>
<td>3 1/2 lbs.</td>
</tr>
</tbody>
</table>

---

**RECIPE CONTRIBUTIONS**

**Vegetables Contribution**

<table>
<thead>
<tr>
<th>Vegetables Contribution</th>
<th>1 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables Total</td>
<td>1.01</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>.252</td>
</tr>
<tr>
<td>Peas</td>
<td>.125</td>
</tr>
<tr>
<td>Broccoli</td>
<td>.25</td>
</tr>
<tr>
<td>Carrots</td>
<td>.25</td>
</tr>
<tr>
<td>Green Peppers</td>
<td>.129</td>
</tr>
</tbody>
</table>

---

**Vegetables Contribution:**

- **Bok Choy:** .252
- **Peas:** .125
- **Broccoli:** .25
- **Carrots:** .25
- **Green Peppers:** .129

---

**CALORIES**

- **Grades K-12:** 49

**SODIUM**

- **Grades K-12:** 72 mg
Fish Tacos
Student Feedback

*“This is my favorite chef meal!”*
- 2nd Grade Student

*“If you try it with the sauce, it is soooo good.”*
- 3rd Grade Student

*I like these fish sticks better than chicken nuggets.*
- 4th Grade Student

*I don’t like fish, but I like these fish tacos.*
- 5th Grade Student

*This is different than what we normally get in school lunch. I like it.*
- 6th Grade Student

*The bean and broccoli salad is delicious!*
- High School Student

Chef Recommends

Fish Tacos
Bean and Broccoli Salad
Orange Slices
Low-Fat Milk

STUDENT VOTES BY GRADE LEVEL

<table>
<thead>
<tr>
<th>1st-2nd</th>
<th>3rd-4th</th>
<th>5th-6th</th>
<th>7th-8th</th>
<th>9th-12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liked Lunch</td>
<td>&quot;Kinda&quot; Liked Lunch</td>
<td>Didn’t Like Lunch</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meal Contribution

<table>
<thead>
<tr>
<th>Fish Tacos</th>
<th>K-8 Serving Size</th>
<th>9-12 Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 taco (3 fish sticks per taco)</td>
<td>2 tacos (2 fish sticks per taco)</td>
<td></td>
</tr>
<tr>
<td>Bean and Broccoli Salad</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Orange Slices</td>
<td>½ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Estimated Food Cost

$1.12

IDAHO CHILD NUTRITION PROGRAMS
**FISH TACOS**

**Number of Portions:** 100

**Portion Size:** Grades K-8: 1 taco
Grades 9-12: 2 tacos

**INGREDIENTS:**

<table>
<thead>
<tr>
<th>K-8 Quantities</th>
<th>9-12 Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Chili Peppers, canned</td>
<td>2 cups</td>
</tr>
<tr>
<td>Green Cabbage, shredded, fresh</td>
<td>2 lbs.</td>
</tr>
<tr>
<td>Red Cabbage, shredded, fresh</td>
<td>2 ⅛ lbs.</td>
</tr>
<tr>
<td>Limes, 2” diameter</td>
<td>10 fruit</td>
</tr>
<tr>
<td>Tomatoes, whole, fresh</td>
<td>13 ¼ lbs.</td>
</tr>
<tr>
<td>Green Onions, whole, fresh</td>
<td>1 ⅛ lbs.</td>
</tr>
<tr>
<td>Plain Yogurt, low-fat</td>
<td>1 quart</td>
</tr>
<tr>
<td>Mayonnaise, light</td>
<td>1 quart</td>
</tr>
<tr>
<td>Lime Juice</td>
<td>½ cup</td>
</tr>
<tr>
<td>Cumin</td>
<td>2 ½ tbsp.</td>
</tr>
<tr>
<td>Dried Oregano, leaves</td>
<td>2 ½ tbsp.</td>
</tr>
<tr>
<td>Garlic Powder</td>
<td>2 ½ tbsp.</td>
</tr>
<tr>
<td>Salt</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Corn Tortillas</td>
<td>100 Tortillas (28g)</td>
</tr>
<tr>
<td>Pollock Sticks</td>
<td>300 sticks</td>
</tr>
<tr>
<td>Salsa, low-sodium</td>
<td>½ #10 can</td>
</tr>
</tbody>
</table>

**Prepare Ingredients:**

Drain green chili peppers. Toss shredded green and red cabbage together in a large bowl. Slice each lime into 10 slices. Dice tomatoes. Slice green onions.

**Prepare Fish Sauce:**

In a large bowl or mixer, mix yogurt, mayonnaise, lime juice, green chilies, cumin, oregano, garlic powder, and salt.

**Tip:** Sauce will have the best flavor if made the day before. Store in refrigerator.

**Warm Tortillas:**

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

**Cook Fish Sticks:**

Follow manufacturer’s instructions. Fish is done when it flakes apart easily and internal temperature reaches 155°F.

**Assemble Dish:**

**Grades K-8:** In each tortilla, add 3 fish sticks, ¼ cup cabbage mix, ¼ cup diced tomatoes, 1 tbsp. sliced onions, and 1 ¾ tbsp. sauce. Garnish with 1 lime slice and 1 tbsp. salsa. Serve 1 taco.

**Grades 9-12:** In each tortilla, add 2 fish sticks, ¼ cup cabbage mix, ¼ cup diced tomatoes, 1 tbsp. sliced onions, and 1 ¾ tbsp. sauce. Garnish with 1 lime slice and 1 tbsp. salsa. Serve 2 tacos.

---

**Directions:**

Preheat oven.

**DIRECTIONS:**

1. **Prepare Ingredients:**
   - Drain green chili peppers.
   - Toss shredded green and red cabbage together in a large bowl.
   - Slice each lime into 10 slices.
   - Dice tomatoes.
   - Slice green onions.

2. **Prepare Fish Sauce:**
   - In a large bowl or mixer, mix yogurt, mayonnaise, lime juice, green chilies, cumin, oregano, garlic powder, and salt.

3. **Tip:** Sauce will have the best flavor if made the day before. Store in refrigerator.

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

5. **Cook Fish Sticks:**
   - Follow manufacturer’s instructions. Fish is done when it flakes apart easily and internal temperature reaches 155°F.

6. **Assemble Dish:**
   - **Grades K-8:** In each tortilla, add 3 fish sticks, ¼ cup cabbage mix, ¼ cup diced tomatoes, 1 tbsp. sliced onions, and 1 ¾ tbsp. sauce. Garnish with 1 lime slice and 1 tbsp. salsa. Serve 1 taco.
   - **Grades 9-12:** In each tortilla, add 2 fish sticks, ¼ cup cabbage mix, ¼ cup diced tomatoes, 1 tbsp. sliced onions, and 1 ¾ tbsp. sauce. Garnish with 1 lime slice and 1 tbsp. salsa. Serve 2 tacos.
Chef Brenda’s Tips

- These fish tacos can also be made with a non-breaded fish. Just rub taco seasoning on a non-breaded fish wedge for an even healthier fish taco.

- The sauce is an important part of the fish tacos, so please make sure the students know to add it to their tacos. Students at the pilot school liked the fish tacos much more when they added the sauce.

- Cold bean salads are delicious. Marinating the beans in the seasonings, herbs, and spices before mixing in other ingredients is a great way to add more flavor to the low-sodium beans.

- Flavors are best if the salad is made one day ahead of time. If preparing ahead of time, the beans do not need to be chilled prior to mixing with the sauce.

<table>
<thead>
<tr>
<th>Vegetables Contribution</th>
<th>Grades K-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>.25</td>
</tr>
<tr>
<td>Beans</td>
<td>.14</td>
</tr>
<tr>
<td>Carrots</td>
<td>.125</td>
</tr>
<tr>
<td>Green Onion</td>
<td>.04</td>
</tr>
<tr>
<td>Vegetables Total</td>
<td>.55</td>
</tr>
</tbody>
</table>

**BEAN AND BROCCOLI SALAD**

**Number of Portions:** 100  
**Portion Size:** Grades K-12: ½ cup

**INGREDIENTS:**

- Green Onions, whole, fresh
- Pinto Beans, low-sodium
- Mayonnaise, light
- Salsa, low-sodium
- 1% Milk
- Cumin
- Chili Powder
- Garlic Powder
- Dried Parsley
- Salt
- Black Pepper
- Red Pepper Flakes
- Broccoli, florets, fresh
- Carrots, shredded, fresh

**RECIPE CONTRIBUTIONS**

- Idaho Child Nutrition Programs: 27

**CALORIES**

- Grades K-12: 87

**SATURATED FAT**

- Grades K-12: 0.75g

**SODIUM**

- Grades K-12: 205mg

**DIRECTIONS:**

**PREPARE INGREDIENTS:**
Slice green onions. Drain and rinse beans. Place beans in the cooler to chill.

**PREPARE SAUCE:**
In a mixer, add mayonnaise, salsa, milk, cumin, chili powder, garlic powder, parsley, salt, pepper, and red pepper flakes. Mix with whip attachment until all ingredients are well incorporated. Scrape sides of bowl halfway through mixing.

**PREPARE DISH:**
Toss broccoli florets, pinto beans, shredded carrots, sliced green onions, and sauce in a large bowl. Mix well. Serve chilled.

**PREPARE INGREDIENTS:**
Slice green onions. Drain and rinse beans. Place beans in the cooler to chill.

**PREPARE SAUCE:**
In a mixer, add mayonnaise, salsa, milk, cumin, chili powder, garlic powder, parsley, salt, pepper, and red pepper flakes. Mix with whip attachment until all ingredients are well incorporated. Scrape sides of bowl halfway through mixing.

**PREPARE DISH:**
Toss broccoli florets, pinto beans, shredded carrots, sliced green onions, and sauce in a large bowl. Mix well. Serve chilled.
Volcanic Meatloaf
STUDENT VOTES BY GRADE LEVEL

1st-2nd | 3rd-4th | 5th-6th | 7th-8th | 9th-12th
---|---|---|---|---

**Liked Lunch**
- 1st Grade: 80%
- 3rd Grade: 60%
- 5th Grade: 80%
- 7th Grade: 80%
- 9th Grade: 60%

**"Kinda" Liked Lunch**
- 1st Grade: 15%
- 3rd Grade: 20%
- 5th Grade: 15%
- 7th Grade: 15%
- 9th Grade: 15%

**Didn't Like Lunch**
- 1st Grade: 15%
- 3rd Grade: 20%
- 5th Grade: 15%
- 7th Grade: 15%
- 9th Grade: 15%

---

**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

**Meal Contribution**

K-8 Serving Size
- Volcanic Meatloaf: 1 meatloaf ball
- Strawberry Green Salad: 1.125 cup
- Mixed Fruit: .5 cup
- Roll: 1.5 oz.
- Milk: 1 cup

9-12 Serving Size
- Volcanic Meatloaf: 1 meatloaf ball
- Strawberry Green Salad: 1.625 cup
- Mixed Fruit: 1 cup
- Roll: 2 oz.
- Milk: 1 cup

**Meal Contribution**

1.75 M/MA
1.5 Grains
.5 cup Fruit
.75 cup Vegetable

**Estimated Food Cost**

$73.00
VOLCANIC MEATLOAF

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

INGREDIENTS:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>K-12 Quantities:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, frozen</td>
<td>2 3/4 cups</td>
</tr>
<tr>
<td>Mozzarella Cheese</td>
<td>K-8: 1 1/8 lbs.</td>
</tr>
<tr>
<td></td>
<td>9-12: 3 3/4 lbs.</td>
</tr>
<tr>
<td>Lentils, uncooked</td>
<td>6 1/4 cups</td>
</tr>
<tr>
<td>Water</td>
<td>12 1/2 cups</td>
</tr>
<tr>
<td>Ground Beef</td>
<td>12 1/4 lbs.</td>
</tr>
<tr>
<td>Skim Milk</td>
<td>6 cups</td>
</tr>
<tr>
<td>Oats, quick</td>
<td>6 1/4 cups</td>
</tr>
<tr>
<td>Tomato Paste, low-sodium</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Yellow Mustard (for meatloaf)</td>
<td>3 cups</td>
</tr>
<tr>
<td>Dried Parsley</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Granulated Garlic</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Dehydrated Onion, flakes</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Celery Seed</td>
<td>3 tbsp.</td>
</tr>
<tr>
<td>Salt</td>
<td>3 tbsp.</td>
</tr>
<tr>
<td>Black Pepper</td>
<td>3 tbsp.</td>
</tr>
<tr>
<td>Ketchup, low-sodium</td>
<td>6 1/4 cups</td>
</tr>
<tr>
<td>Yellow Mustard (condiment)</td>
<td>6 1/4 cups</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>GRADES K-8</th>
<th>GRADES 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables Contribution</td>
<td>.125 cup</td>
</tr>
<tr>
<td>Vegetables Total</td>
<td>.19</td>
</tr>
<tr>
<td>Lentils</td>
<td>.19</td>
</tr>
<tr>
<td>Grains Contribution</td>
<td>0 oz. eq.</td>
</tr>
<tr>
<td>Grains Total</td>
<td>.12</td>
</tr>
<tr>
<td>Oats</td>
<td>.12</td>
</tr>
<tr>
<td>Meats/MA Contribution</td>
<td>1.75 oz. eq.</td>
</tr>
<tr>
<td>Meats/MA Total</td>
<td>1.96</td>
</tr>
<tr>
<td>Ground Beef</td>
<td>1.45</td>
</tr>
<tr>
<td>Eggs</td>
<td>.25</td>
</tr>
<tr>
<td>Cheese</td>
<td>.26</td>
</tr>
</tbody>
</table>

CALORIES

| GRADES K-8 | 259 |
| GRADES 9-12 | 280 |

SODIUM

| GRADES K-8 | 415mg |
| GRADES 9-12 | 452mg |
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.
Southwest Burrito

Southwest Burrito
Student Feedback

“I want to have this every day!”
— 1st Grade Student

“This is one of the best chef meals yet.”
— 3rd Grade Student

“This burrito is better than a pulled pork sandwich.”
— 4th Grade Student

“This meal is so good, Don’t change anything.”
— 5th Grade Student

“This is a lot better than I thought it would be.”
— 8th Grade Student

“This is the best meal I have had in school.”
— High School Student

CHEF RECOMMENDS

Southwest Burrito
Corn 🍳
Watermelon
Low-Fat Milk

Chef Recommends

“I want to have this every day!”
— 1st Grade Student

“This is one of the best chef meals yet.”
— 3rd Grade Student

“This burrito is better than a pulled pork sandwich.”
— 4th Grade Student

“This meal is so good, Don’t change anything.”
— 5th Grade Student

“This is a lot better than I thought it would be.”
— 8th Grade Student

“This is the best meal I have had in school.”
— High School Student

Meal Contribution

IDaho Child Nutrition Programs

Estimated Food Cost

97¢
**SOUTHWEST BURRITO**

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

**INGREDIENTS:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>K-12 Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Bell Peppers, whole, fresh</td>
<td>10 ½ lbs.</td>
</tr>
<tr>
<td>Onions, whole, fresh</td>
<td>5 ½ lbs.</td>
</tr>
<tr>
<td>Mozzarella Cheese</td>
<td>3 ⅛ lbs.</td>
</tr>
<tr>
<td>Whole Grain Tortilla</td>
<td>100 Tortillas (K-8: 49g) (9-12: 56g)</td>
</tr>
<tr>
<td>Pinto Beans, low-sodium</td>
<td>1 ½ #10 cans</td>
</tr>
<tr>
<td>Garlic Powder</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Cumin</td>
<td>¼ cup</td>
</tr>
<tr>
<td>BBQ Pulled Pork</td>
<td>18 ¾ lbs.</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Parboiled Brown Rice (cooked amount)</td>
<td>12 cups</td>
</tr>
<tr>
<td>Salsa, low-sodium</td>
<td>6 ¼ cups</td>
</tr>
</tbody>
</table>

**PREPARE INGREDIENTS:**

Cut green peppers into strips and dice onions into small pieces. Shred mozzarella cheese.

**WARM TORTILLAS:**

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

**PREPARE BEAN/VEGETABLE MIXTURE:**

Mix undrained pinto beans, garlic powder, diced peppers, diced onions, and cumin and bring to a boil. Simmer for 20 minutes, stirring often. Drain.

**PREPARE RICE:**

Add chili powder to rice and cook rice according to manufacturer’s instruction.

NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.

For tender rice, do not add salt to rice during cooking, even when the package directions call for it.

**PREPARE PORK:**

Follow manufacturer’s instructions to heat pork. Pork is done when it reaches 145 °F.

**PREPARE BURRITO:**

Place tortillas on individual foil sheets. Top with 3 oz. meat in sauce, 2 tbsp. beans, 1 ¾ tbsp. rice, and ½ oz. of cheese. Serve salsa on the side.

NOTE: Due to moisture and cooking time, meat serving size weight will vary. It is recommended that schools weigh total cooked meat mixture and divide by the number of servings to determine accurate portion sizes.

**DIRECTIONS:**

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Cut green peppers into strips and dice onions into small pieces. Shred mozzarella cheese.

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

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NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.

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**PREPARE RICE:**

Add chili powder to rice and cook rice according to manufacturer’s instruction.

NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.

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**DIRECTIONS:**

**PREPARE INGREDIENTS:**

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NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.

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**PREPARE BURRITO:**

Place tortillas on individual foil sheets. Top with 3 oz. meat in sauce, 2 tbsp. beans, 1 ¾ tbsp. rice, and ½ oz. of cheese. Serve salsa on the side.

NOTE: Due to moisture and cooking time, meat serving size weight will vary. It is recommended that schools weigh total cooked meat mixture and divide by the number of servings to determine accurate portion sizes.
Serving Tip:

Make sure you spread the meat out in the tortilla so that each ingredient is in each bite of the burrito. The pulled pork sticks together and will clump in one end of the burrito if you are not careful.

Chef Brenda’s Tips

- Creating a production line when wrapping burritos makes the wrapping process easy. The more you do it, the faster you and your staff will become. This was one of the easiest chef meals to make.

- Add mild, medium, or hot canned green chilies in place of green peppers for a spicier burrito option. Pick the spice range that fits your students’ tastes.
Mozzarella Crusted Pollock
Student Feedback

"I love this fish!"
— 1st Grade Student

"I want more school lunches like this."
— 4th Grade Student

"This is like eating at a fancy restaurant."
— 5th Grade Student

"I have never liked fish, but this is really good."
— 7th Grade Student

"This might be the best school lunch ever made."
— High School Student

"I can’t wait to eat. This meal smells so good."
— High School Student

CHEF RECOMMENDS

Mozzarella Crusted Pollock
Vegetable Pasta Salad
Sweet Potato Sticks
Apple Crisp
Low-Fat Milk

Estimated Food Cost
94¢

STUDENT VOTES BY GRADE LEVEL

Student Feedback

"I love this fish!"
— 1st Grade Student

"I want more school lunches like this."
— 4th Grade Student

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"I have never liked fish, but this is really good."
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"I can’t wait to eat. This meal smells so good."
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CHEF RECOMMENDS

Mozzarella Crusted Pollock
Vegetable Pasta Salad
Sweet Potato Sticks
Apple Crisp
Low-Fat Milk

Estimated Food Cost
94¢

STUDENT VOTES BY GRADE LEVEL

K-8 Serving Size

<table>
<thead>
<tr>
<th>Item</th>
<th>K-8 Serving Size</th>
<th>9-12 Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mozzarella Crusted Pollock</td>
<td>1 Pollock Wedge</td>
<td>1 Pollock Wedge</td>
</tr>
<tr>
<td>Vegetable Pasta Salad</td>
<td>⅛ cup</td>
<td>⅛ cup</td>
</tr>
<tr>
<td>Sweet Potato Sticks</td>
<td>⅝ cup</td>
<td>⅞ cup</td>
</tr>
<tr>
<td>Apple Crisp</td>
<td>1 piece</td>
<td>1 piece + ½ cup mixed fruit</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Meal Contribution

K-8 Serving Size

<table>
<thead>
<tr>
<th>Mozzarella Crusted Pollock</th>
<th>2 M/MA 2 Grains  .5 cup Fruit .875 cup Vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable Pasta Salad</td>
<td>2 M/MA 2 Grains 1 cup Fruit 1.125 cup Vegetable</td>
</tr>
<tr>
<td>Sweet Potato Sticks</td>
<td>2 M/MA 2 Grains 1 cup Fruit 1.125 cup Vegetable</td>
</tr>
<tr>
<td>Apple Crisp</td>
<td>2 M/MA 2 Grains 1 cup Fruit 1.125 cup Vegetable</td>
</tr>
<tr>
<td>Milk</td>
<td>2 M/MA 2 Grains 1 cup Fruit 1.125 cup Vegetable</td>
</tr>
</tbody>
</table>
MOZZARELLA CRUSTED POLLOCK

Number of Portions: 100
Portion Size: Grades K-12: 2.6 oz. wedge

INGREDIENTS:

<table>
<thead>
<tr>
<th>K-12 Quantities:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Green Onions, whole, fresh</td>
<td>¼ lb.</td>
</tr>
<tr>
<td>Mozzarella Cheese</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Mayonnaise, light</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>Garlic Powder</td>
<td>1 ¼ tbsp.</td>
</tr>
<tr>
<td>Dried Oregano</td>
<td>2 tbsp.</td>
</tr>
<tr>
<td>Dried Basil</td>
<td>2 tbsp.</td>
</tr>
<tr>
<td>Salt</td>
<td>½ tbsp.</td>
</tr>
<tr>
<td>Black Pepper</td>
<td>½ tbsp.</td>
</tr>
<tr>
<td>Pollock Wedges</td>
<td>100 wedges</td>
</tr>
</tbody>
</table>

PREPARE INGREDIENTS:
Chop green onions. Shred mozzarella cheese.

PREPARE MOZZARELLA TOPPING:
In a mixer, using the paddle attachment, mix mayonnaise, onions, mozzarella, garlic powder, oregano, basil, salt and pepper.

TIP: Sauce is best if made one day ahead of time. Store in refrigerator.

PREPARE FISH:
Do not thaw. Spread 1 ¼ tbsp. of mozzarella topping across the top of each frozen pollock piece.

BAKE FISH:
Place parchment paper on a shallow metal baking sheet. Place fish portions on pan, leaving space between pieces.

Conventional Oven: Bake at 425°F for 20-25 minutes.

Convection Oven: Bake at 375°F for 15-20 minutes.

Fish is done when it flakes apart easily and internal temperature reaches 155°F.

DIRECTIONS:

PRE-HEAT OVENS:
Conventional Oven: Pre-heat to 425 °F.
Convection Oven: Pre-heat to 375 °F.

Meats/MA Contribution

<table>
<thead>
<tr>
<th>2 oz. eq.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Graded K-12</td>
<td></td>
</tr>
<tr>
<td>Meats/MA Total</td>
<td></td>
</tr>
<tr>
<td>Pollock</td>
<td>2</td>
</tr>
<tr>
<td>Cheese</td>
<td>.16</td>
</tr>
</tbody>
</table>

CALORIES

<table>
<thead>
<tr>
<th>Grades K-12</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>95</td>
</tr>
</tbody>
</table>

SODIUM

<table>
<thead>
<tr>
<th>Grades K-12</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>158mg</td>
</tr>
</tbody>
</table>

SATURATED FAT

<table>
<thead>
<tr>
<th>Grades K-12</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>.98g</td>
</tr>
</tbody>
</table>
Chef Brenda’s Tips

- Rather than serving the fish with a tartar sauce, this recipe bakes a sauce on top to add flavor and texture. A cheese sauce adds great flavor and binds well when baked. It also adds a nice golden brown color to the fish. This is a very quick and easy item to add to the fish, and it really improves the quality of the meal.

- Be sure to watch the fish so you do not overcook it. The fish does not take long to cook, even from a frozen state. If the fish is overcooked, it dries out and affects the quality of the meal.

- The USDA pasta is delicious as long as it is not overcooked. Cook the pasta until it is “al dente” (tender, but still a little firm). When the pasta has reached the desired texture, rinse with cold water to stop the cooking.

- Making the pasta one day ahead of time is highly recommended so that it is chilled well. This also provides the best flavor for the salad.
Mandarin Chicken Rice Bowl
Student Feedback

"The vegetables taste like my grandma made them. They are so good."
— 1st Grade Student

"I tried green beans for the first time today, and I liked them."
— 2nd Grade Student

"I like the mix of the different vegetables."
— 5th Grade Student

"I really like the rice and the chicken together."
— 7th Grade Student

"I like the whole meal. It tastes fresh."
— High School Student

"This is better than _______ (popular Chinese fast food chain)."
— High School Student

CHEF RECOMMENDS

Mandarin Chicken Rice Bowl
Stir Fry Vegetables
Sliced Pears
Low-Fat Milk

Estimated Food Cost
$1.37

STUDENT VOTES BY GRADE LEVEL

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Liked Lunch</th>
<th>&quot;Kinda&quot; Liked Lunch</th>
<th>Didn’t Like Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st-2nd</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd-4th</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5th-6th</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7th-8th</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9th-12th</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meal Contribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-8 Serving Size</td>
</tr>
<tr>
<td>Mandarin Chicken Rice Bowl</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Stir Fry Vegetables</td>
</tr>
<tr>
<td>Sliced Pears</td>
</tr>
<tr>
<td>Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>9-12 Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandarin Chicken Rice Bowl</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Stir Fry Vegetables</td>
</tr>
<tr>
<td>Sliced Pears</td>
</tr>
<tr>
<td>Milk</td>
</tr>
</tbody>
</table>

IDAHO CHILD NUTRITION PROGRAMS
MANDARIN CHICKEN RICE BOWL

Number of Portions: 100
Portion Size: Grades K-12: See instructions

INGREDIENTS:

<table>
<thead>
<tr>
<th>INGREDIENT</th>
<th>K-8 Quantities</th>
<th>9-12 Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham, cooked, frozen</td>
<td>1 ½ lbs.</td>
<td>1 ½ lbs.</td>
</tr>
<tr>
<td>Carrots, low-sodium</td>
<td>2 ¾ #10 cans</td>
<td>5 ½ #10 cans</td>
</tr>
<tr>
<td>Green Beans, low-sodium</td>
<td>2 ¼ #10 cans</td>
<td>2 ¼ #10 cans</td>
</tr>
<tr>
<td>Green Onions, whole, fresh</td>
<td>1 lb.</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Celery, whole, fresh</td>
<td>½ lb.</td>
<td>½ lb.</td>
</tr>
<tr>
<td>Eggs, scrambled, frozen</td>
<td>1 ½ lbs.</td>
<td>1 ½ lbs.</td>
</tr>
<tr>
<td>Tangerine Chicken, with sauce</td>
<td>22 lbs.</td>
<td>31 ½ lbs.</td>
</tr>
<tr>
<td>Water</td>
<td>4 ½ cups</td>
<td>6 ¾ cups</td>
</tr>
<tr>
<td>Parboiled Brown Rice (cooked amount)</td>
<td>3 ⅛ gallons</td>
<td>4 gallons + 11 cups</td>
</tr>
<tr>
<td>Peas, frozen</td>
<td>4 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>1 tbsp.</td>
<td>1 tbsp.</td>
</tr>
<tr>
<td>Soy Sauce, low-sodium</td>
<td>2 ½ cups</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>Snow Peas, whole, fresh</td>
<td>4 ½ lbs.</td>
<td>4 ½ lbs.</td>
</tr>
<tr>
<td>Red Cabbage, shredded, fresh</td>
<td>2 ¼ lbs.</td>
<td>2 ¼ lbs.</td>
</tr>
</tbody>
</table>

DIRECTIONS:

PREPARING INGREDIENTS:
Thaw ham. Drain canned carrots and canned green beans. Chop green onions and celery. Dice and brown ham. Heat scrambled eggs in oven, following manufacturer’s instructions, and set aside in warmer until needed.

COOK CHICKEN:
Prepare chicken and sauce separately. Follow manufacturer’s instructions for chicken.

NOTE: The chicken quantity listed in the ingredients is the weight of the chicken and the sauce together. The chicken portion without sauce is Grades K-8: 15.4 lbs. and Grades 9-12: 22 lbs.

COOK SAUCE:
In a large sauce pan thin sauce with water. For every bag of sauce add 1 ½ cups of water. Heat to 165°F. Sauce should have a nectar-like consistency.

prepare fried rice:
Cook rice according to package directions.

NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.

For tender rice, do not add salt to rice during cooking, even when the package directions call for it.

To cooked rice add eggs, ham, onions, frozen peas, celery, salt and soy sauce. Stir well. Cover and place in steam table. Add water if needed to keep moist.

PREPARE VEGETABLES:
Option 1: Toss snow peas, green beans, carrots, and red cabbage together and steam for 5-7 minutes or until tender.

Option 2: Toss snow peas, green beans, carrots, and red cabbage together. Bring water in kettle to a boil and cook for 5 minutes. Remove when carrots are hot and other vegetables are “al dente” (tender, but still a little firm).

ASSEMBLE DISH:
Grades K-8: Serve heaping ½ cup fried rice and ¾ cup steamed veggies. Top with 2.5 oz. chicken without sauce and 1.4 oz. sauce.

Grades 9-12: Serve heaping ¾ cup fried rice and 1 cup steamed veggies. Top with 3.5 oz. chicken without sauce and 2 oz. sauce.

Serve items individually on trays or use a Chinese to-go box and layer fried rice, steamed veggies, chicken, and sauce.
Chef Brenda’s Tips

- To add more flavor to the rice and vegetables without increasing the sodium in the meal, we decided to thin out the sauce with water, giving the sauce a better consistency. This also allowed schools to use the sauce over the chicken, rice, and veggies, thereby adding flavor to the entire meal.

- This recipe uses frozen, canned, and fresh vegetables together. This is a great way to cut costs and utilize USDA Foods, while keeping the meal fresh.

- Cook vegetables right before serving. Keep steam tables on low temperature and do not let vegetables sit in warmers for a long period of time. If steam table is too hot, color of vegetables will turn dull and vegetables will overcook.
Cilantro Pork Salad Wrap
**CHEF RECOMMENDS**

- Cilantro Pork Salad Wrap
- Carrot Sticks
- Sliced Strawberries
- Low-Fat Milk

---

**Student Feedback**

- "I really like the green sauce."
  - 1st Grade Student

- "The meat is really good in this wrap."
  - 3rd Grade Student

- "This is the first time I have ever liked a salad. Give me more!"
  - 4th Grade Student

- "This is the best lunch I have had in ages."
  - 5th Grade Student

- "This tastes like it came from a really good restaurant."
  - 8th Grade Student

- "This has a great combination of flavors."
  - High School Student

---

**STUDENT VOTES BY GRADE LEVEL**

![Graph showing student vote distribution by grade level]

**Meal Contribution**

- **K-8 Serving Size**
  - Cilantro Pork Salad Wrap: 1 wrap
  - Carrot Sticks: ½ cup
  - Sliced Strawberries: ½ cup
  - Milk: 1 cup
  - 1.75 M/MA
  - 2 Grains
  - .5 cup Fruit
  - 1.125 cup Vegetable

- **9-12 Serving Size**
  - Cilantro Pork Salad Wrap: 1 wrap
  - Carrot Sticks: ½ cup
  - Sliced Strawberries: 1 cup
  - Milk: 1 cup
  - 2 M/MA
  - 2 Grains
  - 1 cup Fruit
  - 1.125 cup Vegetable

---

**Estimated Food Cost**

- **$87**
CILANTRO PORK SALAD WRAP

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

INGREDIENTS:

<table>
<thead>
<tr>
<th>K-12 Quantities</th>
<th>K-8 Quantities</th>
<th>9-12 Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>110 cans</td>
<td>1 #10 can</td>
<td></td>
</tr>
<tr>
<td>6 1/2 lbs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/4 lbs.</td>
<td>1/2</td>
<td></td>
</tr>
<tr>
<td>3 1/2 lbs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>100 Tortillas</td>
<td>1/2</td>
<td></td>
</tr>
<tr>
<td>(K-12: 49g)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 1/2 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/2 #10 cans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 lbs. + 13 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 quart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 cups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tbsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tbsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 #10 can</td>
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</tbody>
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DIRECTIONS:

PREPARE INGREDIENTS:
Drain tomatoes. Chop lettuce into bite-sized pieces. Shred mozzarella cheese.

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

COOK RICE:
Add cumin (for rice) and cook rice according to package directions.

NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare. For tender rice, do not add salt to rice during cooking, even when the package directions call for it.

PREPARE BEANS:
In a large stock pot, bring undrained pinto beans, drained diced tomatoes, and cumin (for beans) to a boil. Reduce heat and simmer for 20 minutes. Drain juices before adding to salad wraps.

NOTE: This mixture is bland by itself but it is delicious when topped with the cilantro dressing.

PREPARE PORK:
Follow manufacturer’s instructions to heat pork. Pork is done when it reaches 145º F.

PREPARE DRESSING:
In a blender or food processor, puree cilantro (stems included), vegetable oil, lime juice, orange juice, salt, and garlic powder.

NOTE: Dressing can be made the day before. Store in refrigerator.

ASSEMBLE DISH:
Grades K-8: Place warm tortilla on tray. Top with ½ cup lettuce, 2.69 oz. pork, ⅛ cup rice, ⅛ cup beans, 2 tbsp. salsa, ¼ oz. cheese, and 1 ½ tbsp. dressing.

Grades 9-12: Place warm tortilla on tray. Top with ½ cup lettuce, 2.69 oz. pork, ⅛ cup rice, ⅛ cup beans, 2 tbsp. salsa, ½ oz. cheese, and 1 ½ tbsp. dressing.

*NOTE: Recipe uses SY 11/12 USDA Foods pork. The product has since been reformulated. Any neutrally seasoned pork without a sauce can be substituted.
Chef Brenda’s Tips

- If the pork is packaged in very chunky pieces, we suggest breaking apart the meat for better taste, appeal, and texture. You can use your mixer to break the pork apart.

- The pork has a neutral flavor on its own, so this recipe calls for a strong sauce to balance out the pork and make a delicious flavor profile. The sauce is an essential part of this recipe, however we recommend controlling the serving size as too much sauce can ruin the flavor of a wrap.

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.
Breakfast Burrito
Student Feedback

"I didn’t know that I liked breakfast burritos.”
— 2nd Grade Student

"I really like the potatoes in the burrito!”
— 4th Grade Student

"I like having breakfast burritos for lunch.”
— 5th Grade Student

"I like that the burrito is wrapped so I can take it
to eat with my friends.”
— 8th Grade Student

"I like the combination of foods in the burrito.”
— High School Student

"I could eat these every day for
breakfast and lunch!”
— High School Student

CHIEF RECOMMENDS

Breakfast Burrito
Seasoned Black Beans
Orange Wedges
Low-Fat Milk

STUDENT VOTES BY GRADE LEVEL

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Liked Lunch</th>
<th>&quot;Kinda&quot; Liked Lunch</th>
<th>Didn’t Like Lunch</th>
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<tbody>
<tr>
<td>1st-2nd</td>
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<td></td>
</tr>
<tr>
<td>3rd-4th</td>
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<td></td>
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<tr>
<td>5th-6th</td>
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<td></td>
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<tr>
<td>7th-8th</td>
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<td></td>
<td></td>
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<tr>
<td>9th-12th</td>
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K-8 Serving Size

<table>
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<th>K-8 Serving Size</th>
<th>9-12 Serving Size</th>
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<tbody>
<tr>
<td>Breakfast Burrito</td>
<td>1 Burrito</td>
<td>1 Burrito</td>
</tr>
<tr>
<td>Seasoned Black Beans</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Orange Wedges</td>
<td>½ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Milk</td>
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<td>1 cup</td>
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Meal Contribution

<table>
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<th>Meal Item</th>
<th>K-8 Serving Size</th>
<th>9-12 Serving Size</th>
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<tr>
<td></td>
<td>2 M/MA</td>
<td>2 M/MA</td>
</tr>
<tr>
<td></td>
<td>1.75 Grains</td>
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</tr>
<tr>
<td></td>
<td>.5 cup Fruit</td>
<td>1 cup Fruit</td>
</tr>
<tr>
<td></td>
<td>.75 cup Vegetable</td>
<td>1 cup Vegetable</td>
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</table>
DIRECTIONS:
Preheat oven to 400°F.

PREPARE INGREDIENTS:
Shred mozzarella cheese. Thaw scrambled eggs completely and sprinkle with salt (for eggs), pepper, and garlic powder.

COOK INGREDIENTS:
Follow manufacturer’s instructions to cook pork sausage patties. Cut each sausage patty in half.

Place potato wedges on lined sheet pans and sprinkle with salt (for potatoes). Bake per manufacturer’s instructions.

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

ASSEMBLE BURRITOS:
Place tortillas on individual foil sheets. Place 2 half-pieces of sausage, ½ oz. scrambled eggs, ¼ cup potatoes, and ½ oz. of cheese in the center of each tortilla and wrap. Wrap the foil around the burrito. Line wrapped burritos on a baking sheet and heat for 15-20 minutes at 400°F.

Serve each burrito with 2 tbsp. of salsa.
Chef Brenda’s Tips

☐ Explore the many opportunities for different kinds of breakfast burritos. Try a variety of meats in the burrito to see what your students like best.

☐ The students really liked having the potatoes in the burrito. Potatoes are very common in breakfast burritos.

☐ When cooking the seasoned beans, simmering the beans with the seasonings and other ingredients adds great flavor to the beans. More flavor and less juice is preferable.
USDA FOODS: HEALTHY CHOICES. AMERICAN GROWN.

Source: USDA Foods: Healthy Choices for Our Schools Fact Sheet, May 2011

SERVING UP NUTRITIOUS OPTIONS
The USDA Foods program helps improve the nutritional value of school meals by offering more fruits, vegetables, and whole grains than ever before. Not only do these healthy foods taste good, but they are also lower in sugar, salt, and fat.

FRUITS AND VEGETABLES:
Over $326 million in canned, fresh, frozen, and dried fruits and vegetables was purchased for schools through the USDA Foods program and the Department of Defense Fresh Fruit and Vegetable Program in Fiscal Year 2010.

WHOLE GRAINS:
USDA offers many whole-grain options including quick-cooking brown rice, rolled oats, whole-grain dry kernel corn, whole-wheat flour, and whole-grain pancakes, pastas, and tortillas.

SUGAR:
USDA canned fruits are packed in extra light sucrose syrup or slightly sweetened fruit juice, and all applesauce is unsweetened.

FAT:
Low-fat meats and lean poultry products, as well as fat-free potato wedges, are available to schools. Shortening and butter were eliminated long ago from school purchasing options.

SODIUM:
USDA has reduced the sodium in all its canned beans and vegetables to 140mg per serving. This greatly exceeds the Food and Drug Administration’s “healthy” labeling standard for sodium (480mg per serving) and is in line with the 2010 Dietary Guidelines for Americans recommendation to reduce salt intake. Frozen vegetables with no added salt are also available.

THE RIGHT CHOICE FOR OUR SCHOOLS
To help ensure that America’s children receive the healthy food they deserve, the USDA Foods program:

• Makes up approximately 15 to 20 percent of the food served in each school lunch
• Provides a variety of healthy food choices, including fruits, vegetables, meat, fish, poultry, dairy, and grains
• Includes a selection of more than 180 nutritious food items—fresh, frozen, packaged, canned, dried, and bulk
• Meets rigorous food safety standards set by Federal regulatory agencies

The improved nutritional value of USDA Foods will help support USDA’s strengthened school meal standards and continue to reflect current nutrition science and the Dietary Guidelines for Americans.

For more information on USDA Foods resources to help plan healthy and tasty meals, visit www.fns.usda.gov/USDAFoods.
THANK YOU LIBERTY CHARTER SCHOOL STAFF AND STUDENTS

We would like to thank the foodservice staff, administration, and students at Liberty Charter School for allowing us to pilot these Chef Designed School Meals at their schools for three months. Their input during the piloting of these recipes was a vital part of this project’s success.
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