

Spring 2022 Edition

# Delicious & Nutritious

Recipe Book for School Nutrition Pros

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Wholesome meals,  
fueling healthy lives



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Recipe Book for School Nutrition Pros

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## *Disclaimer*

Note that the recipes crediting, allergen, and nutritional statements are subject to change if ingredient quantities or specific products are modified.

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# ABOUT THIS BOOK

IT'S NOT NUTRITION IF THEY WON'T EAT IT

Welcome, friends. We are glad you're here. We hope you find this resource helpful and inspiring to your menu creation goals. We get it...scratch recipes can seem intimidating to launch. You may be wondering: Do I have the right equipment? How can I train and inspire my staff to embrace scratch cooking? How can I encourage a "work smarter, not harder" approach for my team's success?

We want to assure you that we aim to make this journey as turnkey and easy as possible. This recipe set will draw from four areas of innovation: Classic Comforts, Global Trends, Monthly Harvest, and Simply Fresh.

Our goal is to provide a smarter lunchroom experience for your team in the back of the house - choice matters! We encourage you to immerse yourself in the possibilities of advancing your menu with these tried and tested recipes that colleagues have vetted, and students have loved! To our old friends and new friends alike, we welcome you to a community that values each other and our work in making wholesome meals for healthy lives! Happy Cooking!

*Maureen Pisanick*

MAUREEN PISANICK



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## Core Values

Our mission is achieved with:

- A grateful heart performing meaningful work that helps others!
- Tenacious leadership.
- Fervent purpose and faith in the vision - school nutrition 2.0!
- Commitment to balance - imparting effective, quality strategies for school nutrition programs to embrace making the cafeteria an extension of the classroom.

A young girl with blonde hair is smiling and holding a slice of orange on her nose. She is sitting at a wooden table with a white school lunch tray. The tray contains a carton of Marvelfield Sweetened Condensed Milk, a whole orange, a container of shredded cheese, and a pile of tortilla chips. In the background, other children are visible in a cafeteria setting.

*creating  
wholesome  
menus*



# SECTION 1

## *Classic Comforts*

# Meat Lovers Pizza Bake

Allergens: Milk, Wheat, Soy

Yield: 60

## INGREDIENTS

- 3 qt, 3 C Pizza Sauce
- 3 qt Mozzarella Cheese, shredded
- 1 lb, 8 oz Sausage Crumbles
- 1 lb, 8 oz Pepperoni
- 3 lb, 12 oz Meatballs
- 1/2 C Olive Oil
- 3 lb, 12 oz Elbow Macaroni, whole grain, dry
- 3 gal, 3 qt Water

## DIRECTIONS

1. Thaw meatballs, pepperoni, and sausage crumbles.
2. Cook pasta in water. Drain and set aside.
3. Spray 4" full steamtable pan with nonstick spray.
4. In a large bowl combine pasta, pizza sauce, meatballs, and sausage crumbles.
5. In the steamtable pan, spread half of the pasta mixture. Top evenly with half of the quantity of cheese and half the pepperoni. Layer again with remaining pasta mixture. Top with remaining cheese and place remaining pepperoni on top.
6. Cover and bake at 350 degrees F for 35 minutes, or until internal temperature reaches 165° F or higher for at least 15 seconds.
7. Serve 3/4 C (ensuring each portion gets meatballs and pepperoni).

Meal Components: 2 oz Meat/Meat Alternate, 1 oz Whole Grain, 1/4 C Red/Orange Veg (crediting varies based on meats used)





# HOMEMADE BUFFALO CHICKEN DIP

40 SERVINGS

## INGREDIENTS

- 3 lb. Diced Chicken
- 3 lb. Cream Cheese
- 2 ½ qt. Cheddar Cheese, shredded
- 3 C Ranch Dressing
- 1 1/2 C Cayenne Hot Sauce

## DIRECTIONS

1. Thaw chicken.
2. Soften cream cheese or whip until smooth and easy to mix.
3. Mix chicken, cream cheese, cheddar cheese, ranch dressing and hot sauce together. Stir to combine.
4. Can be served cold or hot. For hot service put into steam table pan and bake in covered pan at 350 degrees F until reaches temperature of 165 degrees F or higher for at least 15 seconds.
5. Portion 1/2 cup (#8 scoop).



Serve cold as a Bistro Box with tortilla chips/pita/crackers and veggies as dippers.



Serve as a hot dip with tortilla chips and celery.



Serve cold in a whole grain wrap with option to add lettuce, onions, celery, tomatoes.

Meal Component: 2oz Meat/Meat Alternate  
Allergens: Eggs, Milk  
Attributes: Gluten Free

# CHICKEN ENCHILADA SOUP



Soup often tastes better when made the day before service to allow development of flavor.



Consider adding other toppings such as: diced avocado, sour cream, tortilla strips/chips, cilantro.

## INGREDIENTS

- 1/4 C Olive Oil
- 1/4 C Garlic, minced
- 2 C Onion, chopped
- 1 qt, 2 3/4 C Chicken Broth
- 3 C Black Beans, drained, rinsed
- 1 qt, 1/2 C Enchilada Sauce
- 1 qt, 3 C Fire Roasted Tomatoes, diced, canned
- 3 C Corn
- 2 1/2 lbs Diced Chicken, commodity
- 3 Tbsp Cumin
- 1 tsp Salt
- 2 1/2 C Cheddar Cheese, shredded

## DIRECTIONS

1. In large pot on stovetop, or in steam kettle, heat oil and saute garlic and onions until softened.
2. To garlic and onions, add remaining ingredients (except cheese). Stir and heat to 165° F or higher for at least 15 seconds. Simmer for at least 30 minutes to enhance flavors.
3. Serve 1 1/2 C and top with 2 Tbsp cheese.

## NOTES

Meal Component: 2 oz Meat/Meat Alternate, 1/4 C Red/Orange Veg, 1/8 C Starchy Veg, 1/8 C

Bean/Legume

Allergens: Milk

Attributes: Gluten Free

Yield: 20 Servings

# CHEESY NACHO FIESTA BOWL



- Could substitute diced green onions or diced red onions for jalapenos.
- Consider additional toppings such as sour cream, diced avocado, or fresh cilantro.

## INGREDIENTS

- 3qt, 1 ¼ C Cheddar Cheese Sauce,
- 1 qt Milk, fat free
- 3 lb 10 oz Beef Taco Filling
- 2 qt, 3 ¼ C Black Beans, drained
- 2 qt, 3 ¼ C Tomatoes, chopped
- 2 qt, 3 ¼ C Green Bell Pepper, chopped
- 2 ¾ C, 1 Tbsp Jalapeno Peppers, sliced, canned, drained
- 1 qt, 1 ¾ C Cheddar Cheese, shredded
- 45 bags Tortilla chips, whole grain (2oz WG per bag)

## DIRECTIONS

1. Combine cheese sauce and milk in pot or soup kettle. Cook, stirring often, over medium heat for 15 minutes or until simmering.
2. Cook taco meat according to package directions.
3. Drain and rinse beans. Add beans to beef.
4. Hold cheese and beef/bean mixture for hot service.
5. Prep tomatoes, bell peppers and jalapenos for cold service.
6. For each serving:
  - Ladle 1/2 C cheese sauce into each bowl
  - Top with:
    - 2 oz ground bean/beef mixture,
    - 1/4 C tomatoes,
    - 1/4 C bell peppers,
    - 1 Tbsp jalapenos,
    - 2 Tbsp shredded cheddar cheese
7. Serve each bowl with bag of tortilla chips.

Meal component: 2oz Meat/Meat Alternate, 2oz Whole Grain, 1/4 C Red/Orange Veg, 1/4 C Beans/Peas  
Allergens: Milk, Soy - Yield: 45 Servings

# Tools & Resources



## RESOURCE #1

Video Demo -  
Homemade Buffalo  
Chicken Dip

[MORE INFORMATION](#)



## RESOURCE #2

Industry Insight: American  
Dairy Association recipes  
for using dairy

[MORE INFORMATION](#)



## RESOURCE #3

Video Demo -  
Chicken Enchilada  
Soup

[MORE INFORMATION](#)



## RESOURCE #4

Pictorial Demo - Meat  
Lovers Pizza Bake

[MORE INFORMATION](#)

A young girl with dark hair is shown in profile, eating a meal. She is holding a spoon to her mouth. The meal consists of a bowl of salad and a bowl of soup. The background is a window with vertical blinds. The text is overlaid in a white, cursive font.

Empowering  
staff with  
great  
menus &  
education

# SECTION 2

## Global Trends



# HOMEMADE CHICKEN & BEAN TAQUITOS

## INGREDIENT LIST

- 100 Whole Grain Tortillas (1oz WG per tortilla)
- 7 lbs, 3 oz Diced Chicken, commodity, thawed
- 1/4 C Salt Free Taco Seasoning
- 1 gal, 2 qt, 1 C Refried Beans
- 3 qt, 1/2 C Cheddar Cheese, Shredded

## DIRECTIONS

1. Preheat the oven to 400°F.
2. Season thawed chicken with taco seasoning.
3. Spread 1/4 C strip of refried beans near the edge of the tortilla. Top with 1.2 oz of chicken and sprinkle 2 Tbsp of cheese per tortilla. Don't overstuff.
4. Tuck and roll into thin taquitos and carefully transfer each to the baking sheet. If necessary, you can use toothpicks to hold them in place.
5. Spray very generously with cooking spray and bake 20 minutes, or until golden brown and crispy around the edges.
6. Serve 2 taquitos, with salsa if desired.



Meal Components: 3 oz Meat/Meat Alternate, 2 oz Whole Grains, 1/2 C Beans/Legumes  
Allergens: Milk, Wheat  
Serving Size: 2 taquitos  
Yield: 50

# MEXICAN PASTA SALAD WITH AVOCADO DRESSING

Meal Components: 1oz Whole Grain, ¼ C Vegetables      Vegetarian  
Allergens: Eggs, Milk, Wheat      Yield: 20 Servings

## INGREDIENTS

### FOR SALAD:

- 2 ½ qt Rotini, whole grain, prepared
- 1 1/2 C Grape Tomatoes, cut in half
- 1 1/4 C Black Beans, canned, drained
- 1 1/2 C Corn
- 3/4 C Cheddar Cheese, shredded
- 1/3 C Red Onion, diced
- 1/4 C Cilantro, chopped

### FOR DRESSING:

- 1 1/2 Avocado
- 1/2 C Mayonnaise
- 1/2 C Lime Juice
- 2 Cloves Garlic, grated
- 1 tsp Salt
- 2/3 tsp Cumin

## DIRECTIONS

1. Cook pasta in water to al dente. Rinse with cold water. Set aside.
2. Prepare avocado dressing by mashing avocado well and mix together with mayonnaise, lime juice, grated garlic, salt and cumin. Chill until ready to add to pasta salad.
3. Place chilled pasta in large bowl. Add drained black beans, corn, diced red onion, chopped cilantro, grape tomatoes cut in half, and cheese.
4. Add avocado dressing. Mix gently to combine.
5. Chill for at least 1 hour.
6. Serve 3/4 C.





# PUERTO RICAN STYLE KIDNEY BEANS

MEAL COMPONENTS:  $\frac{3}{8}$  C BEANS/LEGUMES,  $\frac{1}{4}$  C RED/ORANGE VEG,  $\frac{1}{8}$  C OTHER VEG ALLERGENS: MILK ATTRIBUTES: VEGETARIAN YIELD: 50 SERVINGS

## INGREDIENTS

### SOFRITO:

- 2 C Onions, fresh, chopped
- 1 1/2 C Red Peppers, chopped
- 2 C Green Peppers, chopped
- 1 1/2 C Cilantro, fresh, chopped
- 6 Cloves Garlic
- 3 C Diced Canned Tomatoes with Juice
- 1 1/2 tsp Salt

### BEANS:

- 1 lb. Potatoes, fresh
- 1 Tbsp Vegetable Oil
- 1 1/2 Tbsp Cumin
- 1 1/2 Tbsp Paprika
- 2 #10 Cans or 1 gal, 1 1/2 qt Red Kidney Beans, drained
- 1 qt Vegetable Broth
- 2 C Tomato Paste
- 2 tsp Salt

## DIRECTIONS

### PREPARE SOFRITO:

1. Clean and chop onions and peppers.
2. Wash and roughly chop the cilantro.
3. Place onions, pepper, garlic, cilantro, tomatoes and salt in a large container. Puree using immersion blender. Could also puree using food processor if immersion blender not available.
4. Transfer to container and store in refrigerator for up to 7 days, or freeze.

### PREPARE BEANS:

1. Scrub and dice the potatoes into small cubes. Make sure broth and other ingredients are close by so they can be added to slow the cooking of the sofrito once it is fragrant.
2. Heat the oil over medium heat in a large saucepan. Add the prepared sofrito, cumin, and paprika. Saute, stirring occasionally, about 2 minutes. Do not brown
3. Add the drained beans, broth, potatoes, tomato paste, and salt and bring to a boil.
4. Reduce the heat, cover and simmer gently for about 20-25 minutes, or more, until potatoes are tender. Sauce should be thick.
5. Serve 1/2 C. Pairs well over rice.

# MEXICAN STREET CORN ELOTE

Meal Component: 1/2 C Starchy Veg, 0.25 oz Meat/Meat Alternate  
Allergens: Milk Yield: 50 Servings

50 SERVINGS

## INGREDIENTS

- 1 gal, 2 qt, 1 C Corn
- 2 C Olive Oil
- 4 Jalapeno Pepper, minced
- 4 Garlic Cloves, minced
- 3 C Yogurt, Nonfat Plain Greek
- 1/4 C Chili Powder
- 1 Tbsp Salt
- 3 C Cotija Cheese
- 5 Limes
- 1 1/2 C Cilantro, fresh, chopped
- 1 C Scallions, chopped

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Defrost and drain the frozen corn kernels.
3. Mince the garlic and jalapeno peppers. Chop the cilantro and scallions.
4. Toss corn, minced garlic and jalapenos with the oil and spread out on sheet pans. Roast for about 10 minutes, or until corn starts to brown. Toss with a spatula to promote even browning, place back in oven for another 5 minutes.
5. While corn is in the oven, mix the Greek yogurt with the chili powder and salt.
6. When the corn is done roasting, place corn in bowl and mix with the yogurt. Gently mix in cheese, cilantro, scallions, and juice from limes.
7. Keep warm for service.
8. Serve 2/3 C.

Red onion could be substituted for scallions. Queso fresco cheese could be substituted for cotija cheese.



# Tools & Resources



## RESOURCE #1

Pictorial Demo -  
Mexican Street Corn  
(Elote)

[MORE INFORMATION](#)



## RESOURCE #2

Industry Insight: Uses  
for dried beans in  
school lunches

[MORE INFORMATION](#)



## RESOURCE #3

Pictorial Demo -  
Homemade Chicken  
& Bean Taquitos

[MORE INFORMATION](#)



## RESOURCE #4

Pictorial Demo -  
Mexican Pasta Salad  
w/Avocado Dressing

[MORE INFORMATION](#)



*committed  
to high  
quality  
nutrition*



# SECTION 3

## Monthly Harvest

# SWEET POTATO HUMMUS

Hummus pairs well as dip for graham crackers, apple slices, and veggies.

Allergens: Tree Nuts   Attributes: Gluten Free, Vegan  
Meal Components: ¼ C Beans Legumes   Yield: 45 servings

## INGREDIENT LIST

- 1 lb. or 4 Medium Sweet Potato
- ¼ C Olive Oil
- 1 Tbsp Ground Cinnamon
- 1 #10 can or 3 qt Garbanzo Beans
- ¼ C Vanilla Extract
- ¼ C Lemon Juice
- ¼ C Maple Syrup
- ½ C Cinnamon Maple Sprinkle
- ½ tsp Salt
- ⅓ C Coconut Milk, Light, *Optional*



## DIRECTIONS

1. Scrub and wash sweet potatoes. Peel and dice into cubes. Place on baking sheet, toss with half of olive oil and half of cinnamon. Roast at 350 degrees, for about 30 minutes, or until tender. Cool. NOTE: Potatoes could be baked ahead and chilled to save time.
2. Drain and rinse beans.
3. Mix beans with roasted sweet potato (should have about 3.5 cups sweet potato) in food processor.
4. To puree bean mixture, blend in vanilla, lemon juice, maple syrup, remaining olive oil and cinnamon, and salt and blend. Add coconut milk, if desired (or water could be substituted), and blend until a creamy consistency.
5. Serve ¼ C and sprinkle top with ½ tsp Cinnamon Maple Sprinkles

If you choose to make without coconut milk, it would be free of Tree Nut allergen.

# THAI SPAGHETTI SHAKER SALAD



ALLERGENS:  
SOY, WHEAT



YIELD: 20  
SERVINGS



## INGREDIENTS

- 2 ½ qt Spaghetti Noodles, whole grain, prepared
- 2 lb. 10 oz Chicken, diced
- 1 qt, 1 C Cabbage, shredded
- 1 qt, 1 C Carrots, shredded
- 1 qt, 1 C Cucumber, diced
- 1/4 C Vegetable Oil
- 1/4 C Soy Sauce
- 3 C Chili Sauce

## PREPARATION

1. Prepare pasta to al dente. Rinse with cold water and chill. Set aside.
2. Shred cabbage and carrots, and dice cucumbers. Place all vegetables in large bowl.
3. Add chicken and pasta to vegetables.
4. Prepare dressing by mixing together oil, soy sauce and chili sauce.
5. Gently combine dressing with vegetables, pasta and chicken.
6. For recommended grab-n-go presentation, serve 1 1/2 C as shaker salad in cup with lid.

## NOTES

Meal Component: 2 oz Meat/Meat Alternate\*, 1oz Whole Grain, 1/2 C Other Veg, 1/4 C Red/Orange Veg.

\*Crediting may vary based on chicken used

# KALE APPLE SALAD



Meal Components: ½ C Dark Green Veggies Yield: 20  
Allergens: Milk, Egg, Tree Nuts

## INGREDIENT LIST

- 2 lb, 4oz Kale, trimmed with stem, ready to use
- 6 Apples
- 3 C Carrots, shredded
- ½ C, 2 Tbsp Mayonnaise
- 3 Tbsp, 1 tsp Honey
- 1 Tbsp, 2 tsp Apple Cider Vinegar
- ¾ tsp Celery Seed
- Almonds, slivered or shaved, *optional*

## PREPARATION

1. Finely chop or tear kale into small pieces.
2. Chop apples.
3. If using fresh carrots, peel and shred with food processor.
4. Prepare Honey Mustard Dressing
  - Whisk together mayonnaise, honey, Dijon mustard, apple cider vinegar and celery seed. Alternatively, put all ingredients into a jar with lid and shake thoroughly to combine.
5. To prepare salad
  - Toss kale, apples, carrots, and honey mustard dressing in a large bowl.
  - Sprinkle almonds over the top of the salad, if desired.
6. Serve 1 C.

This recipe works as either a side salad or entree salad. Top with chicken, or for a vegetarian option, top with chickpeas and seeds. If brussels sprouts are also in season, use part shaved brussels sprouts for the kale.



# PUMPKIN & BROCCOLI MAC 'N CHEESE



ALLERGENS:  
MILK, WHEAT



YIELD: 56  
SERVINGS

## INGREDIENTS

- 1 gal Pureed Pumpkin
- 1/3 C Garlic, minced
- 1 C Butter, unsalted
- 2 qt 1% Milk
- 2 qt Cheddar Cheese, shredded
- 1 gal Broccoli Florets, fresh or frozen
- 4 lbs Elbow Macaroni, whole grain
- 4 gal Water
- 2 Tbsp, 2 tsp Salt
- 1/4 C Cinnamon (+ more if desired)

## DIRECTIONS

1. Combine pumpkin, minced garlic, butter, milk, cheese, salt and cinnamon into a large pot or steam kettle.
2. Bring mixture to a boil, then simmer.
3. Cook pasta in water. Drain..
4. Boil or steam broccoli until tender. Drain broccoli.
5. Combine sauce, noodles, and broccoli in large bowl or pot.
6. Top with additional cinnamon, if desired.
7. Serve 1 C.

Meal Component: 1/2  
oz Meat/Meat  
Alternate, 1oz Whole  
Grain, 1/4 C Red  
Orange Veg, 1/4 C  
Dark Green Veg.



# Tools & Resources



## RESOURCE #1

Pictorial Demo -  
Pumpkin Mac-n-  
Cheese w/Broccoli

[MORE INFORMATION](#)



## RESOURCE #2

Video Demo -  
Sweet Potato  
Hummus

[MORE INFORMATION](#)



## RESOURCE #3

Industry Insight:  
Knife skills for  
nutrition pros

[MORE INFORMATION](#)



## RESOURCE #4

Pictorial Demo -  
Thai Spaghetti  
Shaker Salad

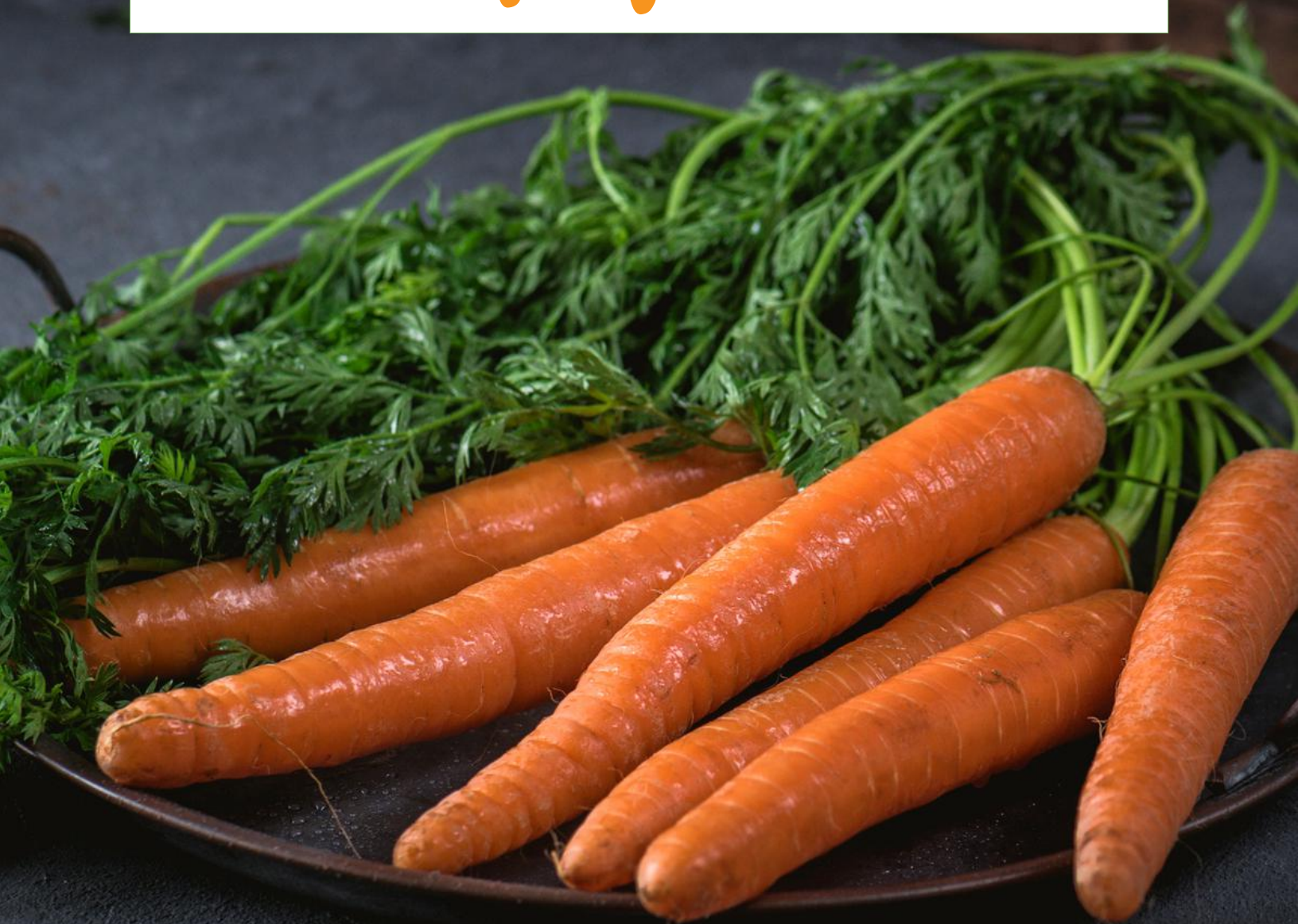
[MORE INFORMATION](#)

A young child with curly hair is shown eating a meal. The child is looking down at their food, which includes a piece of bread and some green vegetables. The background is slightly blurred, showing a white plate and a red object. The text is overlaid in a white, cursive font.

quality  
menus,  
made with  
quality  
ingredients

# SECTION 4

## *Simply Fresh*



# HARVEST RICE WITH ORANGE MAPLE VINAIGRETTE



SERVING SIZE: ½ C YIELD: 30  
MEAL COMPONENTS: ½ OZ WHOLE GRAIN, ⅛ C  
RED/ORANGE VEG, ⅛ C FRUIT  
ALLERGENS: NONE ATTRIBUTES: GLUTEN FREE

This salad works well served as a warm, or cold, side dish. Consider substituting pepitas for sunflower seeds.

## INGREDIENTS

- 1 1/2 C Brown Rice, dry
  - 2 1/2 C Water
  - 1 qt Carrots, peeled, diced
  - 1 qt, 1 C Apples, chopped
  - 1 C Dried Cranberries
  - 1/4 C Sunflower Seeds
  - 1 1/2 tsp Kosher Salt
  - 1/2 C Olive Oil
- FOR ORANGE MAPLE VINAIGRETTE:
- 1/3 C Olive Oil
  - 1 Tbsp, 1 tsp Apple Cider Vinegar
  - 2 Tbsp, 2 tsp Orange Juice
  - 2/3 tsp Dijon Mustard
  - 2 Tbsp, 2 tsp Maple Syrup
  - 1/3 tsp Kosher Salt
  - 1/4 tsp Black Pepper

## DIRECTIONS

1. Mix dry rice with water and cook.
2. Lightly coat apples and carrots in oil and toss in a large bowl.
3. Preheat oven to 400 degrees F.
4. Spread carrots and apples out into a single layer on a baking sheet. Bake for 10 minutes or until golden.
5. While carrots and apples are baking, combine all vinaigrette ingredients together in a bowl and whisk together to combine. Set aside.
6. Into rice add the carrots, apples, cranberries, sesame seeds, salt, and dressing. Stir to combine.



SERVING SIZE:  
2.8 OZ



YIELD: 50

## RANCH CARROT FRIES WITH BUFFALO YOGURT DIP

### INGREDIENTS

- 10 lb Carrots, raw
- 1 C Olive Oil
- 3 1/2 Tbsp Cornstarch
- 1/2 C Dry Ranch Salad Dressing Mix
- Non-Stick Cooking Spray

### FOR DIP:

- 3 qt 1/2 C Plain Greek Yogurt
- 3/4 C Buffalo Wing Hot Sauce
- 1/3 C Garlic Powder

### DIRECTIONS

1. Wash and peel the carrots. Slice into sticks.
2. Preheat an oven to 400°F. In a large bowl, combine the carrots together with the olive oil, cornstarch and ranch seasoning mix. Toss until well coated.
3. Spray a sheet pan with cooking spray, and spread carrots out in a single layer. Bake for 25 to 30 minutes or until crispy. Bake for 35 minutes for extra crispy fries. Serve hot.
4. Serve 1/2 C fries with 2 Tbsp Buffalo dip.

Meal Components: 1/2 C Red Orange Veg  
Allergens: Milk

# ROASTED BUTTERNUT SQUASH WITH SMOKED PAPRIKA

1/2 C RED/ORANGE VEG

NO ALLERGENS

20 SERVINGS

## INGREDIENTS

- 5 lb. Butternut Squash, fresh
- 1/2 C Olive Oil
- 1 1/4 tsp Kosher Salt
- 1/2 tsp Pepper
- 2 1/2 tsp Paprika
- 1/2 C Pepitas

## DIRECTIONS

1. Heat oven to 425 degrees F.
2. Prep butternut squash. Peel and chop into 1" cubes. Place cubes on baking sheet.
3. Toss butternut squash cubes with oil, salt, pepper and smoked paprika.
4. Roast in oven for 20-30 minutes, until soft.
5. Remove from oven and toss with pepitas. Serve warm.
6. Serve 1/2 C.

# CILANTRO LIME SLAW

1/2 C DARK GREEN VEG

NO ALLERGENS

20 SERVINGS

## INGREDIENTS

- 2 qt, 2 C Super Slaw Mix\*
- 3/4 C Canola or Olive Oil
- 1/4 C Apple Cider Vinegar
- 2 Tbsp or Juice from 1 lime
- 2 Tbsp Honey
- 1 Tbsp Garlic, minced
- 1/3 C Cilantro, chopped
- 1 tsp Crushed Red Pepper Flakes

## DIRECTIONS

1. Mince garlic and finely chop cilantro.
2. To make dressing, whisk together all ingredients, except slaw mix.
3. Combine prepared dressing with slaw mix and toss to combine.
4. Serve 1/2 C

\*We suggest using a slaw mix that combines cabbage with other vegetables such as kale, brussels sprouts, broccoli, carrots.





# Tools & Resources



## RESOURCE #1

Video Demo -  
Butternut Squash  
w/Paprika

[MORE INFORMATION](#)



## RESOURCE #2

Pictorial Demo -  
Carrot Fries  
w/Buffalo Yogurt Dip

[MORE INFORMATION](#)



## RESOURCE #3

Video Demo -  
Cilantro Lime  
Coleslaw

[MORE INFORMATION](#)



## RESOURCE #4

Pictorial Demo -  
Harvest Rice w/Orange  
Maple Vinaigrette

[MORE INFORMATION](#)

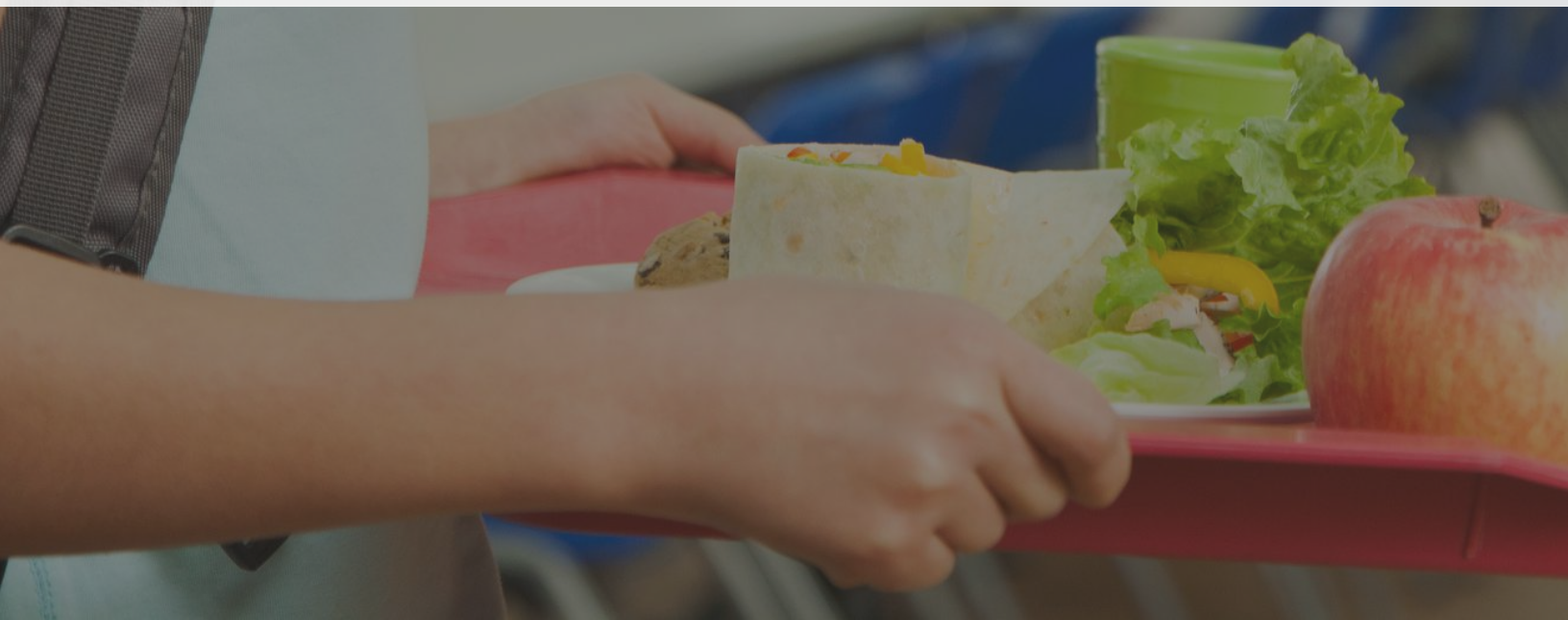


# Call to Action

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Like what you see but still need a little nudge? Our style of immersive professional development can help get the foundation of skills and teamwork to help make your vision become a reality! Our Food for Thought training combines a hybrid professional development experience with tools and tips that combine “hands on” with distance or in person strategies, as well as “at your own pace” learning that enables you to customize and create your team's success! Concerned about compliance? We’ve got you! Our team hosts a USDA approved recipe software program that gives ultimate support and flexibility to solve the puzzle of daily and weekly goals for our menu innovation.

Reach out to us at [support@ppllc.info](mailto:support@ppllc.info) to learn more.





THANK YOU!

Our company is a premier consulting, training, and service provider to regional child nutrition programs providing wholesome menus that fuel healthy lives

Our dietitians and school nutrition specialists create child nutrition programs that deliver quality menus, uphold food transparency, and embrace the philosophy that nutrition literacy empowers school communities to value meals that nourish, making the cafeteria an extension of the classroom!



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