

17
New
Recipes

3RD EDITION

The
DELICIOUS &
NUTRITIOUS
Cookbook

A Recipe Book for School Nutrition Pros
Wholesome meals, fueling healthy lives



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Delicious & Nutritious
Recipe Book for School Nutrition Pros

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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In This Edition

Happy Fall Y'all! We are thrilled to release the next set of recipes in our collection for your innovation and inspiration. 'Tis the season for all things pumpkin spice and smells - why stop at candles and lattes? Inspire some comfort with a pumpkin inspired soup option for the win! Did someone say "Gochuchang Drizzle Sauce"? Keep it spicy and on trend with this easy to make sauce that you will find to be a welcomed and versatile addition to your serving lines. Our resource pages keep growing, as does our desire to help you customize your menus, your staff development, and your support systems! It takes a village and we are so happy you are part of ours!

Cheers, Team Pisanick

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 Field's Sweet Milk, a whole orange, a container of shredded cheese, and some tortilla chips. In the background, other children are visible in a cafeteria setting.

*creating
wholesome
menus*



SECTION 1

Classic Comforts



TURKEY & BEAN PUMPKIN SOUP

INGREDIENT LIST

- 1/2 C Olive Oil
- 3 C Onion, diced
- 1 qt, 1 C Carrots, diced
- 1 qt, 1 C Celery, diced
- 2 Tbsp Garlic, minced
- 1 1/2 Tbsp Coriander
- 1 1/2 Tbsp Paprika
- 2 tsp Cumin
- 1 Tbsp Thyme
- 1 Tbsp Rosemary
- 1 qt, 1 C Pumpkin Puree
- 1 qt, 2 C Cannellini Beans, drained
- 4 lbs Turkey Taco Filling, thawed
- 2 qt, 2 C Chicken Broth, low sodium



DIRECTIONS

1. In a large pot on stovetop, or in steam kettle, heat oil and sauté the diced onions, carrots, and celery until softened.
2. Add garlic and all the spices. Stir to combine.
3. Stir in pumpkin puree, drained beans, thawed turkey filling and broth. Bring to a simmer. Partially cover and cook 25 minutes, or until temperature of 165 degrees F is reached.
4. Serve 1 1/2 C.

- Meal Component: 2 oz Meat/Meat Alternate, 1/4 C Red/Orange Veg, 1/4 C Bean/Legume, 1/4 C Other
- Allergens: None
- Attributes: Gluten Free
- Yield: 20 Servings

CHEESY POTATO CASSEROLE

New!

Allergens: Milk, Wheat, Soy Attributes: Vegetarian Yield: 45

INGREDIENTS

- 8 lbs Hash Brown Potatoes, frozen, shredded or cubed
- 2 C Onion, diced
- 2 qt Sour Cream, low fat
- 2 qt Cheddar Cheese, shredded
- 1 qt, 1 C Cream of Mushroom Soup, condensed
- 1 tsp Pepper
- 2 C Margarine
- 2 qt, 2 C Corn Flakes Cereal

DIRECTIONS

1. Place potatoes to thaw in fridge overnight.
2. Preheat oven to 350°F .
3. Melt the margarine.
4. Combine potatoes, diced onion, sour cream, cheese, cream of mushroom soup, half of the amount of melted margarine and pepper in a bowl. Mix well.
5. Spoon mixture into a 2" deep full hotel pan that has been sprayed with non-stick cooking spray.
6. Add corn flakes to a large zip lock bag and crush gently with your hands or a rolling pin.
7. Add remaining melted margarine to the crushed corn flakes and combine well. Sprinkle mixture over potatoes.
8. Bake uncovered at 350°F for 40-50 minutes.
9. Serve 1/2 C

Meal Component: 1/2 C Starchy Veg, 0.5 oz Meat/Meat Alternate



FRUIT COBBLER



INGREDIENTS

- 1 qt, 2 C Peaches, diced
- 1 qt, 2 C Blueberries, fresh or frozen
- 1/2 C Cornstarch
- 1/4 C Sugar
- 1/2 Tbsp Cinnamon
- 24 Biscuit, whole grain, dough
- 1/4 C Sugar
- 1/2 Tbsp Cinnamon



DIRECTIONS

1. Drain peaches if using canned.
2. Lightly spray a full size steamtable pan with non-stick spray.
3. Stir cornstarch together with $\frac{1}{4}$ C sugar and $\frac{1}{2}$ Tbsp cinnamon. Stir into peaches.
4. Top peaches with blueberries and stir to lightly combine.
5. Place the biscuit dough pieces on top of the fruit in a 6 x 4 rows.
6. Stir $\frac{1}{4}$ C sugar and $\frac{1}{2}$ Tbsp cinnamon together and sprinkle evenly over biscuits and fruit.
7. Bake.
 - Convection oven at 325 degrees F for 19-24 minutes.
 - Standard oven 400 degrees F for 25-30 minutes.
8. Serve 1/2 C fruit with biscuit topper.

- Meal Component: 1/2 C Fruit, 1.75 oz Whole Grain
- Allergens: Milk, Soy, Egg, Wheat
- Yield: 24

Pisanick Tip: Use any fruit, or fruit combination, of choice.



LENTIL SLOPPY JANE (JOE)

MEAL COMPONENT: 2 OZ MEAT/MEAT ALTERNATE, 1/2 C RED/ORANGE VEG, 1/4 C VEG.

ALLERGENS: SOY, WHEAT

ATTRIBUTES: VEGAN

YIELD: 20 SERVINGS



To simplify this recipe consider using your favorite sloppy Joe sauce in place of homemade BBQ sauce.

INGREDIENTS

- 3/4 C Olive Oil
- 1 1/2 C Onion, chopped
- 3 C Green Pepper, diced
- 2 C Celery, diced
- 7 cloves Garlic, minced

SEASONINGS:

- 2 Tbsp Onion Powder
- 2 Tbsp Garlic Powder
- 3/4 C Dried Minced Onion
- 2 Tbsp Paprika
- 1 tsp Cumin
- 1/4 C Chili Powder
- 1 Tbsp Dry Mustard
- 1 1/2 tsp Pepper
- 7 (15oz) cans Lentils, drained and rinsed
- 20 Hamburger Buns

BBQ SAUCE:

- 1 15oz can Tomato Sauce
- 1 Tbsp Soy Sauce
- 2 tsp Apple Cider Vinegar
- 1/4 C Water
- 1/2 tsp Liquid Smoke
- 3 Tbsp Maple Syrup or Honey
- 1 Tbsp Molasses

DIRECTIONS

1. Add oil to a large Dutch oven, skillet, or a large hotel pan. Add onion, green pepper and celery. Sauté over medium heat, about 5-7 minutes.
2. Add the minced garlic and sauté 30 seconds. Add the dry spices and sauté again for another 30 seconds.
3. Add BBQ sauce ingredients (water, soy sauce, molasses, apple cider vinegar, maple syrup, tomato sauce) and lentils. Note: If using dry lentils, add 3 C vegetable broth, in addition to dry lentils. Simmer and stir occasionally, until lentils are tender. About 15 minutes for canned lentils, or 25-30 minutes for dry lentils, stir occasionally.
4. Serve 2/3 C on Bun

TIKTOK TURKEY BACON TORTILLA WRAP

40 SERVINGS

INGREDIENTS

- 40 Whole Grain Tortillas
- 7 lbs, 8 oz Turkey slices
- 40 slices Cheddar Cheese
- 2 1/2 qt Romaine Lettuce, shredded
- 80 slices Bacon

DIRECTIONS

1. Preheat oven to 350°F.
2. Place tortilla onto cutting board. Cut from the center to the bottom edge of the tortilla.
3. Place tortillas on sheet pan.
4. Place a different ingredient (3 oz turkey, 1 slice cheese slice, 1/4 C lettuce, 2 slices bacon) on each quarter of the tortilla.
5. Starting at the tortilla slit, fold each quarter on top of each other.
6. Spray folded tortilla wraps with non-stick spray on each side.
7. Bake in oven for 15-20 minutes, or until golden brown, flipping half way through.



Meal Component: 2 oz Meat/Meat Alternate, 2 oz Whole Grain, 1/8 C Dark Green Veg
Allergens: Milk, Wheat

BAKED FETA PASTA

This recipe became famous on TikTok and now has many variations. You can substitute spinach for basil or add in additional vegetables such as broccoli.

INGREDIENTS

- 3 lb, 2 oz Pasta, whole grain, dry
- 3 gal, 2 C Water
- 6 lb, 4 oz Grape Tomatoes
- 3 lb, 3 oz Feta Cheese, brick
- 3/4 C Olive Oil
- 1 Tbsp Chili Flakes
- 1/3 C Garlic, minced
- 1 tsp Black Pepper
- 1 1/2 C Basil, fresh, chopped

DIRECTIONS

1. Preheat oven to 400°F.
2. Cook pasta in water to al dente. Reserve 2 cups of the pasta liquid
3. Place tomatoes and cheese on baking sheet. Divide cheese into 3 pieces and place in middle of tomatoes.
4. Drizzle tomatoes and cheese with olive oil and sprinkle with chili flakes and pepper.
5. Bake in oven for 15 minutes until the cheese has started to melt and the tomatoes are softened. When finished baking, mash the tomatoes and cheese together. Add in crushed garlic.
6. Combine the pasta and tomatoes. If seems dry, may need to loosen by adding a small amount of the reserved pasta water. Top with chopped basil.
7. Serve 1 C.

Meal Components: 2 oz Meat/Meat Alternate, 2 oz Whole Grains, 1/2 C Red/Orange Veg Allergens: Milk, Wheat Attributes: Vegetarian
Yield: 25 Servings





COOKIE DOUGH HUMMUS

Who wouldn't love to get a serving of beans by eating cookie dough!!!
Use as a dip with graham crackers or apples.

INGREDIENTS

- 2 qt, 3 1/4 C (1, #10 can) Chickpeas, drained
- 1 3/4 C, 2 Tbsp Almond or Sunflower or Peanut Butter
- 1 1/3 C, 1 Tbsp Oats, dry
- 1/4 C, 1 Tbsp Vanilla Extract
- 2 tsp Salt
- 2 1/2 C Chocolate Chips

PREPARATION

1. Drain chickpeas.
2. Put oats into food processor and blend into 'flour'.
3. Add all other ingredients into food processor (except chocolate chips) and process till creamy.
4. Fold in chocolate chips.
5. Chill in refrigerator.
6. Serve 1/4 C.

NOTES

Meal Component: 1/4 C Bean/Legume, 0.25 oz Meat/Meat Alternate

Allergens: Tree Nuts, Milk, Soy (allergens dependent on type of 'butter' and chocolate chips used).

Attributes: Vegetarian

Yield: 45

BIG MAC RICE BOWL



MEAL COMPONENTS: 2.5 OZ MEAT/MEAT ALTERNATE, 2 OZ WHOLE GRAIN, 1/4 C DARK GREEN VEG, 1/4 C RED/ORANGE VEG
ALLERGENS: MILK, EGG YIELD: 20

Students love choice and the ability to customize their meals. Use this recipe as a build a meal concept. Students can build a burger bowl, salad or even have toppings on fries!

INGREDIENTS

- 1 qt, 1 C Brown Rice, dry
 - 2 qt, 2 C Water
 - 2 1/2 lbs Beef Crumbles
 - 2 1/2 C Cheddar Cheese, shredded
 - 2 qt, 2 C Romaine Lettuce, shredded
 - 1 1/4 C Bacon Crumbles
 - 2 2/3 C Dill Pickle Chips
 - 1 1/4 C Red Onion, diced
 - 1 1/2 pt Grape Tomatoes
- DRESSING:
- 1 C Mayonnaise
 - 1 C Ketchup
 - 1 C Dill Pickle Chips, drained, chopped

DIRECTIONS

1. Prepare dressing by mixing all ingredients together.
2. Mix dry rice with water and cook.
3. Heat the beef crumbles.
4. Offer students opportunity to customize their own bowl with choices of:
 - 1 C Rice
 - 2 oz Beef Crumbles
 - 2 Tbsp Cheese
 - 1/2 C Lettuce
 - 1 Tbsp Bacon Crumbles
 - 1 Tbsp Diced Onion
 - 3 Dill Pickle Chips
 - 3 Grape Tomatoes
 - 1 oz Dressing

Note: Meal components dependent on topping choices. Data provided assumes all toppings selected.

BIG MAC SALAD BOWL



Meal Components: 2.5 oz Meat/Meat Alternate, 1 C Dark Green Veg,
1/4 C Red/Orange Veg Yield: 20 Allergens: Milk, Egg

INGREDIENT LIST

- 2 gal, 2 qt Romaine Lettuce, chopped
- 2 1/2 lbs Beef Crumbles
- 2 1/2 C Cheddar Cheese, shredded
- 1 1/4 C Bacon Crumbles
- 2 2/3 C Dill Pickle Chips
- 1 1/4 C Red Onion, diced
- 1 1/2 pt Grape Tomatoes

DRESSING:

- 1 C Mayonnaise
- 1 C Ketchup
- 1 C Dill Pickle Chips, drained, chopped

PREPARATION

1. Prepare dressing by mixing all ingredients together.
2. Heat the beef crumbles.
3. Offer students opportunity to customize their own salad with choices of:
 - 2 C Lettuce
 - 2 oz Beef Crumbles
 - 2 Tbsp Cheese
 - 1 Tbsp Bacon Crumbles
 - 1 Tbsp Diced Onion
 - 3 Dill Pickle Chips
 - 3 Grape Tomatoes
 - 1 oz Dressing

Students love choice and the ability to customize their meals. Use this recipe as a build a meal concept. Students can build a burger bowl, salad or even have toppings on fries!

Note: Meal components dependent on topping choices. Data provided assumes all toppings selected.

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 1/4 C Black Beans, drained
- 2 qt, 3 1/4 C Tomatoes, chopped
- 2 qt, 3 1/4 C Green Bell Pepper, chopped
- 2 3/4 C, 1 Tbsp Jalapeno Peppers, sliced, canned, drained
- 1 qt, 1 3/4 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

Pictorial Demo - Turkey & Bean Pumpkin Soup

[MORE INFORMATION](#)



RESOURCE #2

Pictorial Demo - Fruit Cobbler

[MORE INFORMATION](#)



RESOURCE #3

'Meatless Monday' resource for more vegetarian inspiration

[MORE INFORMATION](#)



RESOURCE #4

Video Demo - Cheesy Potato Casserole

[MORE INFORMATION](#)

Tools & Resources



RESOURCE #1

Industry Insight: USDA Toolkit on How to Use Beans

[MORE INFORMATION](#)



RESOURCE #2

Pictorial Demo - Big Mac Bowls (Salad and Rice)

[MORE INFORMATION](#)



RESOURCE #3

Video Demo - TikTok Turkey Bacon Tortilla Wrap

[MORE INFORMATION](#)



RESOURCE #4

The original Tiktok baked feta pasta viral video!

[MORE INFORMATION](#)

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 woman with dark hair is shown in profile, eating a meal. She is holding a spoon to her mouth. The table is set with a white tablecloth and several dishes, including a bowl of salad and a plate with a bread roll. The background is slightly blurred, suggesting an indoor dining setting.

Empowering
staff with
great
menus &
education

SECTION 2

Global Trends





LEBANESE LENTIL SALAD

New!



This versatile salad can be used as a side salad or as a main entree salad.



Substitute with any vegetables you like (cucumbers would work well in place of peppers). Top with feta cheese.

INGREDIENTS

- 2 C Lentils, dry
- 2 qt Water
- 1 qt Tomato, diced
- 2 1/2 C Parsley, diced
- 1 1/2 C Red Onion, diced
- 1 1/2 C Red Peppers, diced
- 1/4 C Mint, diced
- 1 Tbsp Garlic, minced
- 1/2 C Olive Oil
- 1/2 C Lemon Juice
- 2 tsp Cinnamon
- 2 tsp Allspice
- 2 tsp Salt
- 1/2 tsp Black Pepper

DIRECTIONS

1. Rinse lentils before using to remove any dust or debris. In a pot bring water and lentils to a boil. Turn down heat, cover and let simmer on med-low to low heat for 20-25 minutes, or until just tender. Strain and rinse with cold water until lentils are nice and cold.
2. While lentils are simmering, dice all the vegetables and place in a bowl.
3. Add lentils to bowl with vegetables. Mix in olive oil, lemon juice, cinnamon, allspice, salt and pepper.
4. Let the flavors meld together for at least 10 minutes. Chill until ready to serve.
5. Serve 1/2 C

NOTES

Meal Components: 1/4 C Beans/Legumes, 1/4 C Vegetables OR 1 oz Meat/Meat Alternate, 1/4 C Vegetables

Allergens: None

Attributes: Vegan

Yield: 20 Servings



ARROZ CON QUESO



MEAL COMPONENTS: 0.75 OZ MEAT/MEAT ALTERNATE,
 0.75 OZ WHOLE GRAINS, 1/8 C RED/ORANGE VEG,
 1/8 C BEAN/LEGUME, 1/8 C OTHER VEG
 ALLERGENS: MILK YIELD: 50 SERVINGS
 ATTRIBUTES: VEGETARIAN, GLUTEN FREE

Offer additional toppings such as: sour cream, cilantro, salsa, and guacamole. This would pair well with a cheesy breadstick for a complete meal.

INGREDIENTS

- 1 qt, 1 C Rice, brown parboiled
- 2 1/2 qt Hot Water
- 3 C Yellow Onion, chopped
- 2 1/2 C Red Bell Peppers, diced
- 2 Tbsp Garlic, minced
- 12 oz Canned Green Chilies
- 1 1/2 qt Yogurt, low fat, plain
- 1 qt, 1 C Milk, low fat
- 2 tsp Salt
- 1 1/2 qt Black Beans, canned, drained, rinsed
- 1/4 C Chili Powder
- 2 qt Cheddar Cheese, low-fat, shredded
- 2 qt Monterey Jack Cheese. low fat, shredded
- 1 qt Corn, frozen, thawed
- 1 qt Diced Tomatoes, canned

DIRECTIONS

1. Mix rice with water and cook until tender.
2. In a large bowl, combine onion, bell pepper, garlic, chilies, yogurt, milk, salt, black beans, chili powder, and half the quantity of both cheeses.
3. Combine above vegetable mixture with prepared rice and divide between 2 steam table pans.
4. Bake.
 - Conventional Oven: 350 degrees F for 40 minutes.
 - Convection Oven: 325 degrees F for 35 minutes.
5. Remove pans from oven and add diced tomatoes and corn. Mix to combine.
6. Top each pan with remaining cheese. Bake for 5 more minutes
7. Serve 3/4 C.



SESAME GINGER CUCUMBER SALAD



Meal Component: 1/2 C Other Veg
Allergens: None (contains sesame)
Attributes: Vegan
Yield: 50 Servings

INGREDIENTS

- 3/4 C, 1 1/2 tsp Rice Vinegar
- 1/2 C, 1 tsp Soy Sauce
- 1/3 C Olive Oil
- 1/4 C Ginger, fresh, minced
- 1/4 C Sesame Oil
- 2 Tbsp Honey
- 1/2 tsp Sriracha Chili Sauce
- 9 lbs, 6 oz Cucumbers
(suggest seedless English cucumbers; if using cucumbers with seeds simply peel and remove seeds)
- 2 Tbsp Sesame Seeds, preferably toasted
- 12 Green Onions, thinly sliced

DIRECTIONS

1. For dressing, mix together vinegar, soy sauce, olive oil, ginger, sesame oil and honey.
2. Cut cucumber per your preference, such as:
 - Thinly slice cucumbers or cut crosswise into 3-inch sections and then into julienned strips make small sticks.
 - Cut into 1/4" coins with knife or mandoline.
 - Make into 'noodles' with spiralizer or vegetable peeler.
3. To serve, toss cucumbers with sesame seeds and dressing. Sprinkle with green onions.



GOCHUJANG DRIZZLE SAUCE

20 SERVINGS

INGREDIENTS

- 1/2 C Gochujang Chile Paste
- 1 C Honey
- 1/2 C Sesame Oil
- 1/2 C Vinegar, white or rice

DIRECTIONS

Whisk all ingredients together to combine.

SUGGESTED USES

- As a dip for chicken wings.
- Drizzled over roasted cauliflower, Brussels sprouts, or broccoli.
- As a condiment on a pulled pork sandwich for a new twist.
- Drizzle over a rice bowl with protein and roasted vegetables for some zing.
- Mix with ketchup or BBQ sauce for a some spicy flare.



Gochujang is known as Korean ketchup. When combined with the other ingredients in the recipe, it makes for a delicious sauce that can be used to drizzle over vegetables or rice bowls, used as a dipping sauce for wings or as a condiment in place of ketchup for a new flavor twist.

Our version is lower in sodium than most commercial bottled options.

Allergens: Wheat, Soy
Attributes: Vegetarian, Gluten Free

KOREAN SPICY CUCUMBER SALAD



MEAL COMPONENT: 1/2 C OTHER VEG
ALLERGENS: NONE
ATTRIBUTES: VEGAN, GLUTEN FREE
YIELD: 20

INGREDIENTS

- 3 1/4 lb Cucumbers*
- 1 Tbsp Salt
- 3 Tbsp Korean Chili Flakes (Gochugaru)**
- 1/4 C Scallions, chopped
- 2 1/2 tsp Garlic, minced
- 1 Tbsp, 2 tsp Rice Vinegar (or any clear vinegar)
- 1 Tbsp Sugar
- 1 Tbsp, 2 tsp Sesame Seeds
- 1 Tbsp, 2 tsp Sesame Oil

*Use pickling cucumbers (aka Kirby), Persian, English or Japanese cucumbers.

** Traditional Chili Flakes can be substituted, if desired.

DIRECTIONS

1. Thinly slice the cucumbers to ~1/4"
2. Toss cucumbers gently with salt and set aside in a colander for about 15 minutes to drain liquid from cucumbers. Avoid squeezing them because they will bruise.
3. Add all the other ingredients to the cucumbers and mix well to combine.
4. Serve 1/2 C. Can be held in refrigerator for 3-4 days.



HARISSA CHICKEN FLATBREAD

If your looking to add on-trend flavor profiles to your menus, Harissa is a must. This spicy and smoky seasoning comes from Tunisia and is common in Middle Eastern and North African cooking.

INGREDIENTS

- 20 Flatbread, whole grain (2 oz WG equivalent)
- 1 1/4 C BBQ Sauce
- 1 lb, 14 oz Chicken Strips, commodity
- 1 lb, 4 oz Feta Cheese, crumbled
- 1/2 C Carrots, shredded
- 1/2 C Water

HARISSA SEASONING

- 1 1/4 tsp Ground Coriander
- 2/3 tsp Ground Cumin
- 1 tsp Smoked Hot Paprika
- 1/2 tsp Salt
- 1/2 tsp Garlic Powder
- 1/4 tsp Cayenne Pepper

DIRECTIONS

1. Prepare Harissa seasoning
2. Place chicken in steam table pan and sprinkle seasoning on chicken. Add water and heat chicken until chicken reaches temperate of
3. Place flatbread on baking sheet and spread 2 Tbsp of BBQ sauce on each flatbread.
4. Top each flatbread with 1.5 oz. chicken and 1 oz crumbled cheese.
5. Bake for 12-18 minutes in 400°F oven.
6. If desired, sprinkle with a bit more Harissa spice to add a little more heat.
7. Garnish with 1 Tbsp shredded carrots.
8. Serve 1 flatbread

NOTES

Meal Component: 2 oz Meat/Meat Alternate, 2 oz Whole Grain

Allergens: Milk, Soy, Wheat

Yield: 20

ENSALADA RUSA (DOMINICAN POTATO SALAD)



Meal Component: 1/4 C Starchy Veg,
1/8 C Red/Orange Veg, 0.5 oz
Meat/Meat Alternate
Allergens: Egg
Attributes: Vegetarian, Gluten Free
Yield: 30

INGREDIENT LIST

- 3 lb Yukon Potatoes (or any other waxy potato)
- 1 lb, 8 oz Carrots, diced
- 9 Eggs, hard boiled, diced
- 1 Tbsp Salt
- 3 C Apple, chopped, any variety
- 1 1/2 C Red Onion, minced
- 1/3 C Vinegar, white or apple cider
- 1 1/2 C Corn, frozen, thawed, optional
- 1 1/2 C Peas, frozen, thawed, optional
- 1 1/2 C Mayonnaise

PREPARATION

1. Wash, peel and dice potatoes and carrots. Place in a pot and add enough water to cover. Add 1 tsp of salt to water. Boil carrots and potatoes for about 10-15 minutes or until tender.
2. Wash, peel and dice apple. Set aside.
3. Dice eggs. Set aside.
4. Mince onion. Add vinegar and let rest for 10 minutes. Drain off vinegar and discard, leaving just pickled onion.
5. Mix potatoes, carrots, eggs, apple, onion, corn, peas and remaining salt. Add mayonnaise and stir well to combine.
6. Serve 1/2 C.

Ensalada rusa is a classic potato salad served throughout Latin America. Some versions have a small amount of diced beet mixed in to add flavor and turn the salad a light pink color. Potatoes and carrots can be boiled ahead and chilled to save time.

HELADO DE POTECITO

FROZEN STRAWBERRY & MANGO CUPS

- Mango gives this recipe the Dominican flavor profile, however the mango can be paired with other fruits such as blueberries.
- To keep recipe cost down we used less mango than strawberries.

INGREDIENTS

- 1 gal., 2 qt
Strawberries, fresh or frozen
- 2 qt Mango, cubed, fresh or frozen
- 1/3 C Vanilla Extract
- 32, 8 oz Plastic Cups

DIRECTIONS

1. Puree strawberries with a food processor, blender or immersion blender. Set aside.
2. Puree mangos and vanilla extract with a food processor, blender or immersion blender. Set aside.
3. Pour 2 oz of mango puree in cup and then top with 6 oz of strawberry puree.
4. Freeze until mostly hard. Serve immediately.



Meal Component: 1 C Fruit

Allergens: None

Attributes: Vegan, Gluten Free

Yield: 32

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

Industry Insight:
Additional Plant
Forward Recipes

[MORE INFORMATION](#)



RESOURCE #2

Pictorial Demo - Arroz
con Queso

[MORE INFORMATION](#)



RESOURCE #3

Pictorial Demo -
Sesame Ginger
Cucumber Salad

[MORE INFORMATION](#)



RESOURCE #4

Industry Insight:
Gochujang Flavor
Profile

[MORE INFORMATION](#)

Tools & Resources



RESOURCE #1

Industry Insight:
Popular student food
trends for 2022

[MORE INFORMATION](#)



RESOURCE #2

Video Demo - Korean
Spicy Cucumber
Salad

[MORE INFORMATION](#)



RESOURCE #3

Pictorial Demo -
Ensalada Rusa
Dominican Potato Salad

[MORE INFORMATION](#)



RESOURCE #4

Pictorial Demo -
Frozen Strawberry &
Mango Cups

[MORE INFORMATION](#)

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



GREEK ZOODLE SALAD

INGREDIENTS

- 5-7 Zucchini, spiralized (or 7 C spiralized)
- 2 1/4 C Cucumber, seeds removed and diced
- 2 1/4 C Tomato, chopped
- 1/2 C Red Onion, diced
- 1 C Black Olives
- 1 3/4 C Feta Cheese, crumbled

GREEK SALAD DRESSING:

- 3/4 C Olive Oil
- 1/2 C Red Wine Vinegar
- 2 Tbsp Lemon Juice
- 2 tsp Garlic, minced
- 2 tsp Dijon Mustard
- 3/4 tsp Salt
- 1 Tbsp Oregano Leaf, dried
- 1/3 tsp Pepper

DIRECTIONS

1. Wash and prep all produce.
2. Prepare dressing, by whisking all dressing ingredients together.
3. Make salad by combining all veggies, cheese, and dressing in bowl and tossing thoroughly.
4. Serve 1/2 C.

Meal Component: 1/2 C Other Veg

Allergens: Milk

Attributes: Gluten Free, Vegetarian

Yield: 20 Servings



APPLE CRISP



INGREDIENT LIST

- 27 lbs Apples
- 3 qt Applesauce
- 1/4 C Corn Starch
- 1 qt, 3/4 C Whole Wheat Flour
- 1 qt, 1 C Old Fashioned Oats
- 1 3/4 C Brown Sugar
- 2 C Butter, unsalted

DIRECTIONS

1. Wash and peel apples into bite-size pieces.
2. In bowl, mix together apples, applesauce and corn starch.
Spread into steam table pan.
3. In another bowl, mix together oats, flour and brown sugar.
4. Melt butter. Pour butter into dry mixture and stir to make a crumble.
5. Place crumble on top of apples.
6. Bake covered in oven at 350 degrees F for about 30 minutes.
Remove cover and finish baking uncovered for about 10 minutes until topping is crisp.
7. Use a 4 oz spoodle for serving.

TIP: Apples such as Honeycrisp, Braeburn, Winesap, Pink Lady, Granny Smith, Golden Delicious, Fuji, Jonagold, and Jonathan all work well for baking and are good options for this recipe.

Meal Component: 1/2 C Fruit Allergens: Milk, Wheat Yield: 100 Servings



CUCUMBER MELON SALAD

✓ ATTRIBUTES:
VEGAN, GLUTEN
FREE

✓ YIELD: 50
SERVINGS

INGREDIENTS

- 7 lbs Cucumbers
- 12 lbs, 8 oz
Cantaloupe or
Honeydew
- 1 lb, 9 oz Red Onion
- 1 1/2 C Pepitas or
Sunflower Seeds
- 3 C Fresh Basil
Leaves
- 1 1/2 C Olive Oil
- 1 C, 2 Tbsp Red
Wine Vinegar
- 1 Tbsp Salt
- 1 2/3 tsp Pepper

DIRECTIONS

1. Prep the produce:
 - a. peel and dice the cucumber
 - b. cube the cantaloupe
 - c. thinly slice red onion
 - d. chop basil
2. Combine the cucumbers, cantaloupe, red onion, pepitas or sunflower seeds and basil in a large bowl.
3. Whisk together the olive oil, vinegar, salt and pepper.
4. Pour the dressing over the salad and toss to combine.
5. Serve 1 C.

NOTE: If making ahead of time, dress the salad just before serving.

Meal Component:
1/2 C Other Veg,
3/8 C Fruit
Allergens: None





BAKED OATMEAL



Meal Component:
1 oz Whole Grain, 1/4 C Fruit
Allergens: Milk
Attributes: Vegetarian
Yield: 32 Servings (1 full sheetpan)

INGREDIENT LIST

- 3 qt Old Fashioned Oats
- 2 Tbsp Cinnamon
- 1 1/2 tsp Baking Powder
- 1 tsp Salt
- 1 qt, 2 C Milk
- 1 qt, 2 C Yogurt
- 2/3 C Honey
- 2 Oranges, fresh
- 2 tsp Vanilla Extract
- 1 qt Strawberries, sliced
- 1 qt Blueberries

DIRECTIONS

1. Preheat your oven 350°F.
2. Spray a full sheet pan with non-stick spray.
3. In a large bowl add the oats, cinnamon, baking powder, salt, milk, yogurt, honey, vanilla and zest from orange(s). Mix with a fork until well combined. Gently mix the fruit into the batter.
4. Spread batter onto the sheet pan. Bake for 30-40 minutes or until the oatmeal is bubbling. Cool slightly before serving. Cut pan in 8 x 4 for 32 servings.

Store any leftovers covered and in the refrigerator for up to 3 days.

Pisanick Tip:
Take this up a notch by topping with our berry compote recipe.

MIXED BERRY COMPOTE

New!

INGREDIENT LIST

- 6 Oranges
- 1 gal, 2/3 C Mixed Berries of Choice (such as raspberries, blueberries, blackberries, or sliced strawberries)
- 1 Tbsp Sugar



DIRECTIONS

1. Preheat the oven to 350°F.
2. Place berries and sugar in a steamtable pan.
3. Zest the oranges onto the berries.
4. Gently combine the berries, sugar and zest.
5. Bake for 15–20 minutes, or until the berries are slightly softened.
6. Serve 1/2 C.

MEAL COMPONENT:
1/2 C FRUIT
ALLERGENS: NONE
ATTRIBUTES: VEGAN, GLUTEN
FREE
YIELD: 50 SERVINGS

Pisanick Tip:
This is delicious served over oatmeal, pancakes, waffles or with yogurt.

GREEN GODDESS CABBAGE SALAD



INGREDIENT LIST

- 3 qt Cabbage, green, small diced
- 1/2 C Green Onion, diced
- 2 C Cucumber, seedless, diced
- 1/4 C Chives, chopped
- 1/2 C Parsley
- 1/2 C Basil
- 1 C Spinach, fresh
- 1 Shallot (optional)
- 2 Garlic Cloves
- 1/2 C Parmesan Cheese, grated 1/4 C Olive Oil
- 2 Lemons, juiced
- 2 Tbsp Rice Wine Vinegar
- 1 tsp Salt

PREPARATION

1. Combine diced cabbage, green onion, cucumbers and chives in a large mixing bowl.
2. Add the parsley, basil, spinach, shallot (if using), garlic, parmesan cheese, olive oil, juice from lemons, rice wine vinegar and salt in a blender or food processor. Blend for 2 minutes, or until the herbs and spinach have broken down and the mixture is combined.
3. Add the dressing to the chopped cabbage bowl and toss to combine.
4. Serve 1/2 C.

Meal Component: 1/2 C Other Veg

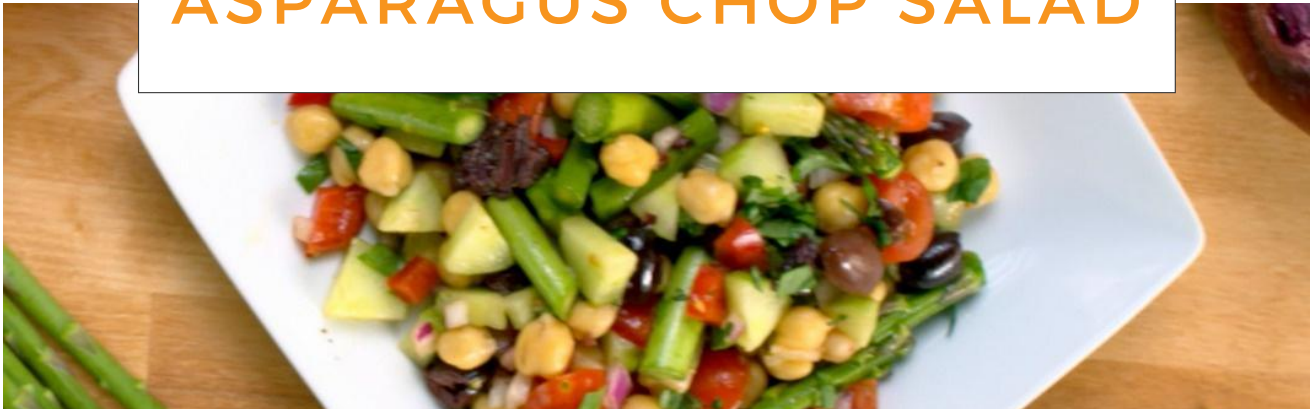
Allergens: Milk

Attributes: Vegetarian, Gluten Free

Yield: 28

This recipe became famous on TikTok. The original was made with nuts and nutritional yeast, however we substituted with parmesan cheese to make a school friendly version.

ASPARAGUS CHOP SALAD



Meal Component: 1/4 C Other Veg, 1/8 C Red/Orange Veg, 1/8 C Beans/Legumes
Allergens: No Allergens
Attributes: Vegan, Gluten Free
Yield: 20 Servings

INGREDIENTS

- 3 C Asparagus, chopped into 2" pieces
 - 2 1/2 C Garbanzo Beans, drained
 - 1 1/2 C Cucumber, diced
 - 1/4 C Red Onion, chopped
 - 1 1/2 C Grape Tomatoes, sliced in half
 - 1 C Red Pepper, diced
 - 1/3 C Olives, Kalamata, pitted, chopped
 - 2 Tbsp Basil, fresh, chopped
- FOR DRESSING:
- 3 1/3 Tbsp Balsamic Vinegar
 - 3 1/2 Tbsp Olive Oil
 - 2 tsp Sugar
 - 2 tsp Lemon Juice
 - 1/2 tsp Salt
 - 1/4 tsp Pepper

DIRECTIONS

1. Prep vegetables and and combine together in large bowl.
2. Prepare dressing by whisking all dressing ingredients together.
3. Toss vegetables with dressing. Let the salad chill in the refrigerator until ready to serve, give it at least an hour. Add chopped basil before serving.
4. Serve 1/2 C.

BALSAMIC ROASTED BRUSSELS SPROUTS WITH APPLES

No Allergens Attributes: Gluten Free, Vegan
Meal Components: 1/2 C Other Veg Yield: 20 servings

INGREDIENTS

- 4 lb Brussels Sprouts, cleaned and cut in half
- 8 Apples, sliced
- 1/4 C Olive Oil
- 1 Tbsp Kosher Salt
- 1/2 tsp Black Pepper
- 1 C Balsamic Vinegar

DIRECTIONS

1. Heat oven to 425°F.
2. Toss brussels and apples with olive oil, salt, and pepper. Brussels sprouts should be lightly coated in oil, but not soaked. Spread mixture on sheet pan and roast in the oven for 20-40 minutes, until lightly caramelized.
3. To make the balsamic reduction, heat balsamic vinegar in a pan over medium heat until the sauce starts to bubble. Reduce heat to low until the vinegar is a thick, syrup consistency.
4. Drizzle the balsamic reduction over cooked Brussels sprouts. Leftover vinegar can be stored in the fridge for up to 1 month.
5. Serve 1/2 C.



STRAWBERRY CUCUMBER BASIL SALAD

No Allergens Attributes: Gluten Free, Vegan
Meal Components: 1/4 C Fruit, 1/4 C Other Veg Yield: 20 servings

INGREDIENTS

- 5 C Strawberries, sliced
- 5 C Cucumber, peeled, diced, seeds removed
- 1/4 C Basil, fresh, chopped

FOR DRESSING:

- 1/3 C Balsamic Vinegar
- 3 Tbsp Sugar
- 1 tsp Salt
- 1/4 tsp Pepper

DIRECTIONS

1. Place strawberries, basil, balsamic and sugar in a large bowl and toss gently to coat.
2. Combine cucumbers, salt and pepper with strawberry and basil mixture and toss gently to coat.
3. Serve immediately. Serve 1/2 C



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
- 1/4 C Olive Oil
- 1 Tbsp Ground Cinnamon
- 1 #10 can or 3 qt Garbanzo Beans
- 1/4 C Vanilla Extract
- 1/4 C Lemon Juice
- 1/4 C Maple Syrup
- 1/2 C Cinnamon Maple Sprinkle
- 1/2 tsp Salt
- 1/3 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 1/4 C and sprinkle top with 1/2 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
- 1/2 C, 2 Tbsp Mayonnaise
- 3 Tbsp, 1 tsp Honey
- 1 Tbsp, 2 tsp Dijon Mustard
- 1 Tbsp, 2 tsp Apple Cider Vinegar
- 3/4 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

Video Demo - Greek Zoodle Salad

[MORE INFORMATION](#)



RESOURCE #2

Video Demo - Apple Crisp

[MORE INFORMATION](#)



RESOURCE #3

Pictorial Demo - Cucumber Melon Salad

[MORE INFORMATION](#)



RESOURCE #4

Pictorial Demos

[BAKED OATMEAL](#)

[BERRY COMPOTE](#)

Tools & Resources



RESOURCE #1

Video Demo -
Asparagus Chop
Salad

[MORE INFORMATION](#)



RESOURCE #2

Video Demo -
Strawberry Cucumber
Basil Salad

[MORE INFORMATION](#)



RESOURCE #3

Video Demo - Balsamic
Roasted Brussels
Sprouts with Apples

[MORE INFORMATION](#)



RESOURCE #4

Industry Insight: Use
this tool to view
seasonal produce

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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 in profile, eating a piece of food. Another child's face is partially visible in the background. The image is overlaid with a semi-transparent dark grey filter.

*quality
menus,
made with
quality
ingredients*

SECTION 4

Simply Fresh





VEGGI FRITTATA



INGREDIENT LIST

- 3 C Assorted Raw Vegetables or Precooked Vegetables*, finely chopped
- 3 lb Liquid Eggs (or 27 whole eggs)
- 1 1/2 C Milk, 1%
- 2 tsp Salt
- 1 tsp Pepper
- 2 C Cheddar Cheese, shredded

Meal Component: 2 oz Meat/Meat Alternate,
1/8 C Vegetables

Allergens: Egg, Milk

Attributes: Vegetarian, Gluten Free

Yield: 24 (1 full steamtable pan)

PREPARATION

1. If using fresh vegetables: Preheat oven to 400° F. Dice vegetables into small pieces. Place vegetables in a 2" deep full steamtable pan and drizzle with a bit of vegetable oil. Bake in oven until vegetables are tender.

If using precooked vegetables: Dice vegetables into small pieces. Place vegetables evenly in the bottom of a 2" deep full steamtable pan.

2. To bake the frittata turn oven down to 350° F.

3. Whisk eggs together with milk. Add salt and pepper. Pour eggs over vegetables.

4. Place pan in oven and bake 12-18 minutes, or until eggs are firm. During the last few minutes of baking evenly sprinkle cheese on top to melt.

5. Cut pan in 6x4 to yield 24 slices.

Consider serving with salsa or hot sauce.

This is a super simple recipe that can be utilized as a great way to minimized waste of fresh vegetables that are nearing the end of their prime, or as a way to repurpose excess precooked vegetables. *Use whatever vegetables you like; broccoli, spinach, peppers, and mushrooms work well.



FRIED CAULIFLOWER RICE WITH HAM

Meal Component: 2 oz Meat/Meat Alternate, 0.5 oz Whole Grain, 3/8 C Vegetables
Allergens: Wheat, Egg, Soy Yield: 50 servings

INGREDIENT LIST

- 3 C Brown Rice
- 1 qt, 1 C Water
- 2 qt, 2 1/2 C Cauliflower, riced (about 4 lbs whole cauliflower)
- 1 qt, 3 1/4 C Liquid Egg Mix (or prepared, frozen eggs)
- 1/4 C Vegetable Oil (Sesame Oil also works well)
- 2 Tbsp Garlic, minced
- 2 C Onion, diced
- 2 qt, 2 1/2 C Peas and Carrots, frozen, thawed
- 5 lb, 3oz Turkey Ham, diced
- 1/2 C Soy Sauce



DIRECTIONS

1. If using fresh heads of cauliflower (preferred), wash the cauliflower and cut into chunks (including the cores). Place into a food processor and pulse until the cauliflower resembles the texture of rice. Work in batches, if necessary. Could substitute frozen riced cauliflower, if desired.
2. Cook rice in water. Set aside.
3. Lightly coat a large non-stick pan or tilt skillet with pan release spray and heat to medium/high. Pour eggs in pan and cook. Remove cooked eggs from pan and set aside. If using frozen prepared eggs cook according to package instructions.
4. Heat oil in same pan and sauté garlic and onions for 1-2 minutes. Add cauliflower and sauté for another 3- 5 minutes, or until cauliflower is softened. Stir often.
5. In steamtable pans, mix together prepared rice, sauteed cauliflower, prepared egg, diced turkey ham, thawed peas and carrots, and soy sauce. Toss gently to combine.
6. Place in steamer or 350°F oven and heat to temperature.
7. Serve 1 C.

This recipe is versatile and could be made without added ham and used as a side dish. It is a great way to add more vegetables into recipes. Use fresh cauliflower when in season or pre-riced cauliflower is an option.

ORZO WITH PEPPERS AND SPINACH



Meal Component: 0.75 oz Grain, 1/4 C Red/Orange Veg, 1/8 C Other Veg
Yield: 50 Allergens: Milk, Wheat Attributes: Vegetarian

INGREDIENT LIST

- 3 lb, 2 oz Orzo Pasta, dry
- 2 lbs Orange Peppers
- 2 lbs Red Peppers
- 2 lbs Yellow Peppers
- 12.5 oz Spinach
- 1/3 C Garlic Cloves
- 1 Tbsp Italian Seasoning
- 1 1/2 C Olive Oil
- 1/3 C Lemon Juice, preferably squeezed from fresh lemon
- 3 C, 2 Tbsp Parmesan Cheese, grated
- 1 2/3 tsp Salt
- 1 2/3 tsp Pepper

PREPARATION

1. Prepare orzo according to package instructions. Cook to al dente and set aside.
2. Prep the produce:
 - dice the peppers
 - mince the garlic
 - chop the spinach
3. Add peppers, garlic, spinach. Italian seasoning, olive oil, lemon juice, Parmesan cheese, salt and pepper to orzo pasta. Stir to combine.
4. Serve 3/4 C.

Don't have a variety of pepper colors?...don't worry!
This recipe also can be made with just one or two colors of peppers, or even different vegetables could be substituted.



CILANTRO LIME HUMMUS

✓ ATTRIBUTES:
VEGAN, GLUTEN
FREE

✓ YIELD: 45
SERVINGS

INGREDIENTS

- 1 (#10) Can Garbanzo Beans, drained
- 1/12 C Lime Juice
- 2/3 C Tahini Paste
- 1/4 C Garlic, minced
- 3/4 C Olive Oil
- 1/2 C Cilantro
- 1 Tbsp Salt

DIRECTIONS

1. Drain garbanzo beans and set aside liquid.
2. Combine beans with remaining ingredients in food processor or blender. Blend for 3-5 minutes on low, until thoroughly mixed and smooth. If need a smoother texture can add some of the reserved bean liquid.
3. Serve immediately or cover and refrigerate.
4. Serve 1/4 C.

Meal Component:
1/4 C Beans/Legumes
Allergens: None



PINEAPPLE FRIED RICE

Meal Component: 1oz Whole Grain, 1/4 C Fruit, 1/4 C Veg
Allergens: Soy Attributes: Vegetarian, Gluten Free

40 SERVINGS

INGREDIENTS

- 1 qt, 1 C Brown Rice, dry
- 2 qt, 2 C Water
- 3 3/4 C Peas
- 3 1/2 C Red Peppers, diced
- 1 1/4 C Red Onion, diced
- 2 1/2 C Purple Cabbage, chopped
- 2 qt, 2 C Pineapple Chunks, drained
- 2 1/2 Tbsp Garlic Clove, minced
- 1 1/4 C Soy Sauce
- 1/4 C Honey
- 2 1/2 tsp Garlic Powder
- 2 1/2 tsp Ground Ginger
- 1 Tbsp Crushed Red Pepper Flakes

DIRECTIONS

1. Preheat oven to 400°F.
2. Mix dry rice with water and cook.
3. Place drained pineapple, diced red pepper, diced red onion, chopped cabbage, and minced garlic on a sheet pan. Bake in oven until vegetable become tender, but not soft, and pineapple becomes caramelized.
4. Prepare sauce by mixing together soy sauce, honey, garlic powder, red chili flakes, and ground ginger. Set aside.
5. In steam table pan add cooked rice, peas, roasted vegetables and pineapple. Toss with stir fry sauce to mix thoroughly.
6. Serve 1 C.

Can be made vegan if honey is substituted with maple syrup.

Can serve with fresh green onions and/or chopped cilantro.
Pairs perfectly with your favorite protein.



PIZZA PIZZAZZ PASTA SHAKER SALAD



ALLERGENS:
MILK, WHEAT



YIELD: 50
SERVINGS



INGREDIENTS

- 6 lb, 4oz Rotini Pasta, whole grain, dry
- 6 gal, 1 qt Water
- 3 Tbsp, 1 tsp Salt Free Italian Seasoning
- 1 gal, 2 1/4 C Marinara Sauce
- 1 gal, 2 qt, 1 C Grape Tomatoes
- 3 qt, 1/2 C Red Peppers, diced
- 3 qt, 1/2 C Green Peppers, diced
- 2 lbs Turkey Pepperoni
- 4 lbs, 11oz Mozzarella Cheese, shredded
- 1 qt, 2 1/4 C Italian Dressing

PREPARATION

1. Prepare pasta in water until al dente.

Drain. Rinse with cold water to chill.

2. Toss pasta with Italian seasoning.

3. To prepare shaker salad, in a 16oz clear cup, layer the following:

- 2 Tbsp marinara sauce into bottom of each cup
- 1 C pasta
- 1/2 C (~6) grape tomatoes
- 1/4 C red peppers
- 1/4 C green peppers
- 8 turkey pepperoni slices
- 1 1/2 oz. mozzarella cheese

(note: if not using creditable pepperoni will need to increase to 2 oz. cheese per serving)

4. Place 1 oz. dressing in soufflé cup with lid and place inside domed lid, or serve separately.

5. Cover and keep refrigerated until service.

NOTES

Meal Component: 2 oz Meat/Meat Alternate, 2 oz Whole Grain, 3/4 C Red/Orange Veg, 1/4 C Other Veg

VEGGIE BARLEY SALAD

INGREDIENT LIST

- 3 C Dry Barley (about 10 C cooked)
- 5 C Spinach, chopped
- 3 C Grape Tomatoes, chopped in half
- 3 C Carrots, shredded
- 1 C Red Pepper, chopped



DRESSING INGREDIENTS:

- 2/3 C Olive Oil
- 2/3 C Orange Juice
- 1/3 C Apple Cider Vinegar
- 3 Tbsp Honey
- 2 tsp Salt
- 1/2 tsp Pepper

DIRECTIONS

1. Prepare barley. Cool and transfer to a large bowl.
2. To the bowl of barley add the tomatoes, shredded carrots, diced red pepper, and chopped spinach. Stir gently to combine.
3. In a small bowl, whisk together the orange juice, olive oil, vinegar, honey, salt, and pepper. Pour the vinaigrette over the barley salad and combine. Refrigerate overnight for best results.
4. Serve 1 C

Meal Component: 1 oz Whole Grain, 1/4 C Red/Orange Veg, 1/8 C Dark Green Veg

Allergens: None

Yield: 20 Servings

TIKTOK COPYCAT CHIPOTLE CORN SALSA

INGREDIENT LIST

- 2 qt, 2 C Corn, fresh or frozen
- 1 1/4 C Cilantro, finely minced
- 1 1/4 C Red Onion, finely minced
- 1/2 C, 2 Tbsp Jalapeno Pepper, finely minced
- 1/4 C, 1 Tbsp Lemon Juice, fresh
- 1/4 C, 1 Tbsp Lime Juice, fresh
- 2 1/2 tsp Salt

DIRECTIONS

- 1.If using fresh corn, cut corn off cob.
- 2.Combine the cilantro, onion, jalapeno, lemon and lime juice and mix well.
- 3.Add the corn and salt to the onion mixture. Mix all ingredients together.
- 4.Chill for 30 minutes.
- 5.Serve 1/2 C



Meal Component: 1/2 C Starchy Veg
Allergens: None
Attributes: Vegan, Gluten Free
Yield: 20

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

Pictorial Demo -
Veggi Fritatta

[MORE INFORMATION](#)



RESOURCE #2

Video Demo - Fried
Cauliflower Rice with
Ham

[MORE INFORMATION](#)



RESOURCE #3

Video Demo - Cilantro
Lime Hummus

[MORE INFORMATION](#)



RESOURCE #4

Pictorial Demo - Orzo
with Peppers and
Spinach

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Tools & Resources



RESOURCE #1
Video Demo - Veggie
Barley Salad

[MORE INFORMATION](#)



RESOURCE #2
Pictorial Demo -
Pizza Pizzazz Pasta
Shaker Salad

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RESOURCE #3
Video Demo -
Pineapple Fried Rice

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RESOURCE #4
Industry Insight:
TikTok influence on
eating

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Tools & Resources



RESOURCE #1

Video Demo -
Butternut Squash
w/Paprika

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RESOURCE #2

Pictorial Demo -
Carrot Fries
w/Buffalo Yogurt Dip

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RESOURCE #3

Video Demo -
Cilantro Lime
Coleslaw

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RESOURCE #4

Pictorial Demo -
Harvest Rice w/Orange
Maple Vinaigrette

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