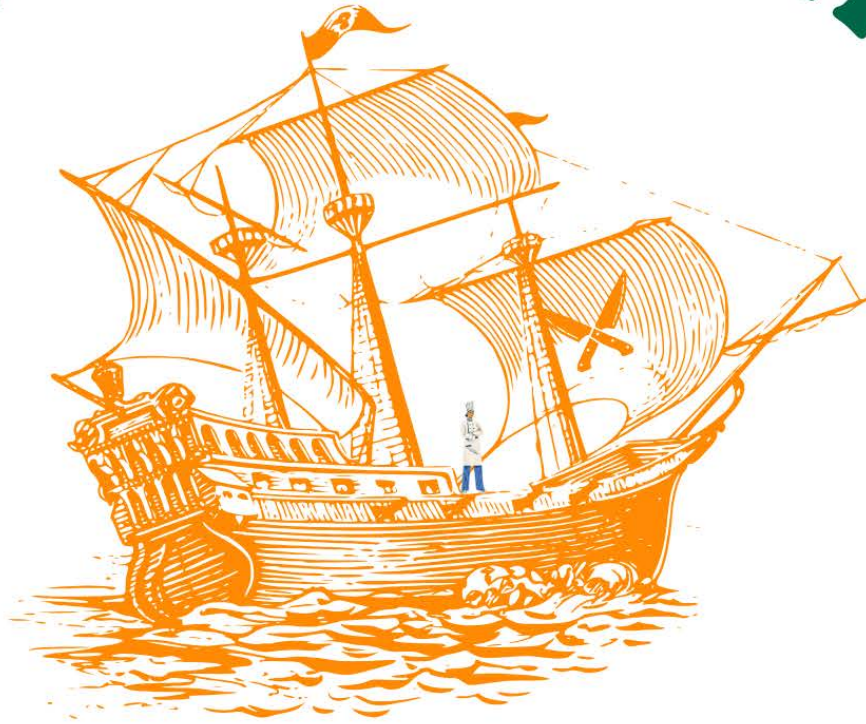


SEAS THE MENU



CROWD-FAVORITE SCHOOL LUNCH RECIPES



Culinary Institute
of America

HEALTHY
KIDS
COLLABORATIVE

About the CIA's Healthy Kids Collaborative:

The Culinary Institute of America's [Healthy Kids Collaborative](#) is a year-round, invitational initiative designed to both accelerate innovation and deepen technical and professional expertise in K-12 school food. It is a unique and focused multi-year collaboration between school nutrition professionals, school chefs, suppliers, and other stakeholders to create and promote culinary-driven, healthier foods for kids.

About the Cooking for Healthy Kids Training:

[Cooking for Healthy Kids](#) is a joint educational project of The Culinary Institute of America (CIA) and the membership of the CIA's Healthy Kids Collaborative (HKC)—a network of thought-leading school nutrition professionals, chefs, suppliers, and other stakeholders—who have been working together to advance culinary-driven, healthy, flavorful foods for kids since its inception in 2015. *Cooking for Healthy Kids* was created to provide enhanced culinary training to school nutrition professionals across the country who serve school meals under the USDA program. This five-day training curriculum, based on the model created and implemented within the Indiana Department of Education by HKC Chair Catharine Powers, MS, RDN, LD of Culinary Nutrition Associates, LLC, will jumpstart the critical culinary education that school nutrition professionals need and serve as a model for a successful national program of culinary training and related professional development for the K-12 sector.

About the CIA Consulting Group:

Together with CIA's [Strategic Initiatives Group](#), [CIA Consulting](#) works with industry to leverage the college's leadership in health and wellness, world cuisines and flavors, sustainability and food ethics, and professional excellence.

For more recipes like those found here, check out the Healthy Kids Collaborative [recipe collection](#).

BUFFALO CAULIFLOWER BITES

SERVING SIZE: ½ CUP

ONE PORTION PROVIDES: ½ CUP VEGETABLE

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Cauliflower, fresh (1 medium head is about 6 cups)	11 lb, 4 oz	2 ¼ lb	<ol style="list-style-type: none"> 1. Preheat the oven to 400 °F. 2. Prepare the cauliflower into florets. 3. Whisk the butter, hot sauce and lemon juice. 4. Toss the cauliflower in the hot sauce mixture until well coated. 5. Spread the cauliflower onto a sheet tray and roast until beginning to brown and tender, about 20 minutes.
Butter, melted	½ cup	2 tbsp	
Hot sauce (such as Frank's)	2 cups	½ cup	
Lemon juice	¼ cup	1 tbsp	

NUTRIENTS PER SERVING							
Calories	43 kcal	Total Fat	2.2 g	Vitamin A	325.6 mg	Iron	0.5 mg
Protein	2 g	Saturated Fat	1.3 g	Vitamin C	56.4 mg	Sodium	283.7 mg
Carbohydrate	5.3 g	Cholesterol	4.9 g	Calcium	23.8 mg	Dietary Fiber	2.1 g

ZUCCHINI FRIES

ONE PORTION PROVIDES: ½ cup other vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Squash, summer, fresh	10 lb	2 lb	1. Preheat oven to 400 F. 2. Wash and cut zucchini into sticks, 3 inches by 1 inch.
Flour, all-purpose, enriched	2 ½ cups	½ cup	3. In the first bowl, combine flour, salt, and pepper.
Salt, kosher	5/8 tsp	1/8 tsp	
Black pepper	5/8 tsp	1/8 tsp	
Eggs, large	5 large	2 large	4. In a second bowl, whisk eggs well with 3 tablespoons of water.
Water	1 cup	3 tbsp	
Breadcrumbs, panko	1 quart, 1 cup	1 cup	5. In a third bowl, combine breadcrumbs, cheese, and Italian seasoning in a bowl. Mix well.
Parmesan, cheese, grated	2 ½ cups	½ cup	
Italian seasoning	5 tbsp	1 tbsp	6.
<p>7. Breading:</p> <ul style="list-style-type: none"> • Set up a breading station by lining up your bowls in order of flour, egg, bread crumb mixture. Line a sheet pan with parchment paper. • Begin breading process by dipping zucchini stick in flour. Remove flour and shake off excess flour. Drop zucchini stick in egg and cover with egg. Remove from egg and place zucchini stick in bread crumb mixture. Toss in mixture to coat. • Once zucchini stick is nicely coated with breading, place on sheet pan. • Repeat breading process with remaining zucchini sticks. Spacing about 1/2 inch apart on sheet tray. <p>8. Bake zucchini sticks for 15-20 minutes (rotating halfway through), until outside is crispy, and zucchini is cooked.</p> <p>Serve immediately. (These do not hold well and need to be batch cooked)</p>			

NUTRIENTS PER SERVING							
Calories	120	Total Fat (g)	2.9	Vitamin A (IU)	64	Calcium (mg)	107
Protein(g)	6.3	Saturated Fat (g)	1.4	Vitamin C (mg)	0	Sodium (mg)	243
Carbohydrate (g)	14.9	Cholesterol (mg)	25	Iron (mg)	1.04	Dietary Fiber (g)	1.63

SOURCE: adapted from Windham Raymond School Department, Windham, Maine

ROASTED RATATOUILLE

SERVING SIZE: ½ CUP

ONE PORTION PROVIDES: ½ cup vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Squash, summer, (zucchini) fresh, sliced into ¼ inch thick half-moons	3 ½ lb	12 oz	<ol style="list-style-type: none"> Pre-heat convection oven to 375° (400° for conventional oven). Prepare vegetables. Place vegetables on parchment paper lined sheet trays in a single layer. Do not overcrowd the sheet pans. May need to use multiple sheet trays.
Squash, summer, (yellow) fresh, sliced into ¼ inch thick half-moons	3 ½ lb	12 oz	
Onion, red, fresh, thinly sliced	1 ¼ lb	2 oz	
Peppers, sweet, green, fresh, thinly sliced	1 lb	2 oz	
Peppers, sweet, red, fresh, thinly sliced	1 lb	2 oz	
Tomatoes, cherry	1 ½ lb	2 ½ oz	
Oil, canola	½ cup	2 tbsp	<ol style="list-style-type: none"> Mix oil, salt, pepper, garlic, Italian seasoning, and red pepper flakes. Pour oil mixture over vegetables and toss until evenly coated. Roast until tomatoes pop and other vegetables start to caramelize (brown), approximately 15 minutes. Continue roasting for 5-10 minutes, if necessary, until vegetables are tender. Place in 2-inch full pan and hold at 135° F until time of service. Serve immediately, hold or chill according to HACCP SOP.
Salt, kosher	1 ½ tsp	½ tsp	
Black pepper	1 ½ tsp	¼ tsp	
Garlic, granulated	1 tbsp	1 tsp	
Italian seasoning blend	1 tbsp	1 tsp	
Red pepper flakes, optional	1 tsp	1/8 tsp	

NUTRIENTS PER SERVING							
Calories	40	Total Fat (g)	2.4	Vitamin A (IU)	516	Calcium (mg)	14
Protein(g)	.9	Saturated Fat (g)	.2	Vitamin C (mg)	30	Sodium (mg)	75
Carbohydrate (g)	4.5	Cholesterol (mg)	0	Iron (mg)	.3	Dietary Fiber (g)	1.2

SOURCE: Rebecca Polson, Spartanburg County School District Six

BLT PASTA SALAD

SERVING SIZE: ½ CUP

ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, 1/8 CUP VEGETABLE

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Rotini, whole grain, dry	2 ¾ lb	9 oz	1. Cook pasta until done and chill immediately to stop cooking. Keep cold until ready to make salad. (Best if done the day before) 2. Add remaining ingredients and mix well. Hold cold and serve chilled.
Spinach, raw	8 oz (About 5 cups)	1 cup	
Tomato, cherry, quartered	2 lb (About 6 cups)	1 ¼ cup	
Bacon, cooked, diced	8 oz	1 ½ oz	
Ranch dressing	12 oz	1/3 cup	

NUTRIENTS PER SERVING							
Calories (kcal)	116	Total Fat (g)	3.8	Vitamin A (RE)	466	Iron (mg)	.9
Protein (g)	5.4	Saturated Fat (g)	1.1	Vitamin C (mg)	4.2	Sodium (mg)	170
Carbohydrate (g)	16.0	Cholesterol (mg)	8	Calcium (mg)	34.7	Dietary Fiber (g)	1.9

SOURCE: Windham Raymond School Department, Windham, Maine

SWEET CHILI ASIAN NOODLE BOWL

SERVING SIZE: 1 BOWL

ONE PORTION PROVIDES: 2 OZ. M/MA, 2 OZ. GRAIN. ½ CUP VEGETABLE

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Spaghetti, whole grain	5 ¾ lb	1 lb, 3 oz	1. Cook spaghetti in boiling water until al dente. Drain immediately.
Sweet Thai Chili Sauce	6 ¼ cups	1 lb, 4 oz	2. Toss the noodles with the sweet Thai chili sauce.
Broccoli florets	1 lb	4 oz	3. Lightly steam vegetables in batches until vegetables are hot and tender but not overcooked.
Edamame	2 ½ lb	8 oz	
Carrots, matchstick	1 ¼ lb	4 oz	
Red pepper, julienne	1 ¾ lb	6 oz	
Crispy Tofu (recipe follows)	13 lb 12 oz	2 lb, 12 oz	4. Place 1 cup of the dressed noodles into the center of the container. Place ¼ cup each of the blanched broccoli florets, edamame, matchstick carrots, and red pepper strips. 5. Top with crispy tofu.

NUTRIENTS PER SERVING							
Calories (kcal)	420	Total Fat (g)	8	Vitamin A (RE)		Iron (mg)	4
Protein (g)	21	Saturated Fat (g)	1	Vitamin C (mg)		Sodium (mg)	320
Carbohydrate (g)	60	Cholesterol (mg)	0	Calcium (mg)	191	Dietary Fiber (g)	2

SOURCE: Chef Samantha Cowens Gasbarro, Healthy School Recipes

CRISPY TOFU

SERVING SIZE: 4.5 ounces

ONE PORTION PROVIDES: 2 oz. eq. meat/meat alternates

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Tofu, firm	13 lb, 12 oz	2 lb, 12 oz	1. Place tofu in 2" perforated pan, over a 4" inch full pan. Place another 2" full pan on top of tofu. Place a weight (1 #10 can) in the middle of the top full pan. This will press the tofu, to help drain off excess water, while the bottom pan will catch the excess liquid. 2. Discard excess liquid. This step can be done overnight in the cooler. 3. Once tofu has been pressed, cut into 3/4-inch cubes.
Sesame oil (or blended oil)	1 cup	¼ cup	4. Combine sesame oil (or blend) and soy sauce. Pour over pressed tofu and toss.
Soy sauce, low sodium	1 cup	¼ cup	
Corn starch	1 cup	¼ cup	5. Add cornstarch and toss.
			6. Line a sheet pan with parchment paper. Place cornstarch coated tofu on sheet pans. Do not overcrowd. 7. Place in 400-degree preheated oven and bake for 25 to 30 minutes. Halfway through shake tofu and rotate pan for even cooking. 8. Hold tofu on sheet pan in warmer at 135 or higher until time of service. This will keep tofu crispy.

NUTRIENTS PER SERVING							
Calories (kcal)	160	Total Fat (g)	10	Vitamin A (RE)		Iron (mg)	2
Protein (g)	12	Saturated Fat (g)	1	Vitamin C (mg)		Sodium (mg)	190
Carbohydrate (g)	5	Cholesterol (mg)	0	Calcium (mg)	156	Dietary Fiber (g)	

SOURCE: Chef Rebecca Polson, Minneapolis Public Schools, and The John Stalker Institute

CUBANO SANDWICH

SERVING SIZE: 1 SANDWICH

ONE PORTION PROVIDES: 2 oz. Grain 2 oz. MMA 1/8 cup Vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Hoagie roll, whole grain 5 inch, 2 oz. grain	50 each	10 each	1. Preheat oven to 350 °F. 2. Line sheet pan, and spray generously with non-stick spray. 3. Lay out hoagie buns on sheet pan.
Mustard, yellow	3 1/8 cups	3 Tbsp + 1 tsp	4. Spread 1 teaspoon mustard on the inside surface of the bottom of each roll.
Ham, sliced, .61 oz. slices	4 lb 100 slices	13 oz 20 slices	5. Place 2 slices of ham on each bottom bun.
Pork, pulled, cooked	3 lb 2 oz	10 oz	6. Place 1 ounce of pork on top of ham.
Pickles, low sodium	1 gallon drained, 200 pickle slices	3 cups drained, 40 pickle slices	7. Place 4 pickle slices on top of pork.
Cheese, Swiss .5 oz. slice (cut in half)	1 lb 9 oz 50 slices	5 oz 10 slices	8. Add 2 half slices of cheese on top of pickles, covering the length of the sandwich. 9. Fold over or place top bun on sandwich. 10. Place another sheet of parchment on top of sandwiches and place 2-3 sheet pans on top of parchment paper to press down and compress sandwiches. 11. Bake until lightly browned and filling reaches safe internal temperature (approximately 10-12 minutes). 12. Cut sandwich in half diagonally and serve.

GRILLED VEGETABLE PANINI

SERVING SIZE: 1 sandwich

ONE PORTION PROVIDES: 2 ounces equivalent meat/meat alternate, 2 servings of grains/breads, ¼ cup vegetable

INGREDIENTS	10 SERVINGS	DIRECTIONS
Zucchini, sliced	1 lb	1. Toss zucchini and red pepper in olive oil, spread in a single layer on a sheet pan, and bake in a 350 °F oven for 10 minutes until lightly browned.
Peppers, red, canned, strips	4 oz	
Oil, olive	4 tbsp	
Bread, whole wheat (at least 0.9 ounces each)	20 slices	2. Lightly brush or spray one side of each piece of bread with olive oil.
Cheese, provolone, reduced fat, sliced	20 oz (1-oz slices)	3. Place one slice of bread, oil side down, on the sheet pan (18" x 26" x 1"). Place 1 slice of cheese on top of bread. 4. Spread cheese with pesto and then layer with roasted zucchini and red pepper strips. Top with slice of cheese. 5. Cover with a second slice of bread, olive oil side out. 6. Cover with 3 sheet pans to press sandwiches. 7. Bake until lightly browned: Conventional oven at 400 °F for 8-10 minutes OR convection oven at 375 °F for 8-10 minutes until golden brown. 8. Cut each sandwich in half.
Pesto	3 tbsp	

Nutrients Per Serving					
Calories	378	Saturated Fat	8.22 g	Iron	2.26 mg
Protein	23.42 g	Cholesterol	32 mg	Calcium	536 mg
Carbohydrates	27.26 g	Vitamin A	628 IU	Sodium	953 mg
Total Fat	19.80 g	Vitamin C	21.08 mg	Dietary Fiber	4.58 g

Adapted from Toasted Cheese Sandwich, F-07, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005) *USDA recipes for schools*. Original recipe with nutrient analysis can be found at http://www.theicn.org/USDA_recipes/school_recipes/F-07.pdf

BUFFALO CHICKEN CALZONE

SERVING SIZE: 1 CALZONE

ONE PORTION PROVIDES: 2 oz. eq. whole grain, 3 oz. eq. m/ma.

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
5" whole grain rich sheeted pizza dough	50 each	10 each	1. Remove 8 frozen doughs from the case and place doughs 2" to 3" apart on oiled parchment pan liners on sheet pans. It is VERY important to cover the pan of dough with plastic to prevent dough from drying out during thawing. 2. Place the covered dough in the cooler to thaw 18-24 hours or overnight. The next morning, allow covered thawed dough to rise at room temperature 2-3 hours until it is light and fluffy.
Chicken fajita strips, diced	9 ½ lb	30 oz	3. Thaw 1 ½ lbs. chicken fajita strips and dice, then toss with Buffalo wing hot sauce.
Buffalo wing hot sauce	3 cups	5/8 cup	
Ranch dressing	3 cups	5/8 cup	4. Spread 1 tablespoon of ranch dressing over the dough.
Pepper jack cheese	1 lb 9 oz	5 oz	5. Top with 3 ounces of the seasoned fajita strips and ½ ounce shredded pepper jack cheese.
Water			6. Spray or brush the edges the dough round with water then fold the dough over the filling and crimp the edges with a fork. 7. Brush the top of the dough with oil and vent with a fork. Add a little cheese to the top of the calzone. 8. Place in a 325°F Convection Oven. Bake until center reaches 165°F, cheese is melted, and crust is golden brown. 12-15 min

NUTRIENTS PER SERVING							
Calories	350	Total Fat (g)	9.0	Vitamin A (IU)	1115	Iron (mg)	2.8
Protein (g)	37.4	Saturated Fat (g)	3.3	Vitamin C (mg)	10.8	Sodium (mg)	724
Carbohydrate (g)	32.1	Cholesterol (mg)	90	Calcium (mg)	133	Dietary Fiber (g)	3.1

SOURCE: Rich's, <https://www.richsk12.com/pizzas-calzones>

BEEF TAMALES PIE OR PORK TAMALES PIE

SERVING SIZE: 1 PIECE (2"x5")

ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, ¾ CUP VEGETABLE, 1 OZ. EQ. GRAIN

INGREDIENTS	50 SERVINGS	10 SERVING	DIRECTIONS
Beef, ground, raw (no more than 15% fat) Or raw ground pork	7 ½ lb	1 ½ pounds	1. Brown ground beef or ground pork. Drain. 2. To drained beef, add onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Mix well. Bring to boil. Reduce heat and simmer for 20-25 minutes. CCP: Heat to 155°F for at least 15 seconds. 3. Pour mixture into a one-half steamtable pan (12" x 10" x 2 ½") – for 10 portions.
Onions, chopped	14 oz (2 ½ cups)	3 oz (½ cup)	
Garlic, granulated	2 tbsp	1 ½ tsp	
Black pepper, ground	1 ½ tsp	¼ tsp	
Canned tomato paste	1 lb 12 oz (3 cups)	6 oz (¾ cup)	
Tomatoes, canned diced, with juice	3 ¼ lb	10 oz	
Water	1 quart 1 cup	1 cup	
Seasonings Chili powder	¼ cup	1 tbsp	
Cumin, ground	3 tbsp	1 tsp	
Paprika	1 tbsp	¾ tsp	
Granulated onion	1 tbsp	¾ tsp	
Flour, all-purpose, enriched	1 lb (3 ¾ cup)	3 oz (¾ cups)	4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed. If preparing a small batch, use whisk.
Cornmeal, whole grain	1 lb (3 ¾ cup)	3 oz (¾ cups)	
Sugar, granulated	3 ½ oz (½ cup)	2 tbsp	
Baking powder	2 1/3 tbsp	1 ½ tsp	
Salt, kosher	¾ tsp	¼ tsp	
Eggs, large	4 each	1 each	5. In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. Batter will be lumpy. 6. Pour batter over meat mixture in each pan and spread into corners of pan.
Milk, low-fat, 1 %	3 ¾ cups	¾ cups	
Oil, vegetable	½ cup	2 tbsp	

Cheese, Cheddar, shredded	1 pound 10 ounces	5 ounces (¾ cup)	<p>7. Bake: Conventional oven: 400 °F for 30-35 minutes. Convection oven: 350 °F for 25-30 minutes. CCP: Heat to 165 °F or higher for at least 15 seconds.</p> <p>8. Sprinkle cheese over cornbread. CCP: Hold for hot service at 135 °F or higher.</p> <p>9. Cut 2 x 5. If desired, serve with taco sauce.</p>
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NUTRIENTS PER SERVING							
Calories	281	Total Fat		Vitamin A	1008 IU	Iron	2.9 mg
Protein	18.6 g	Saturated Fat	5.2 g	Vitamin C	12 mg	Sodium	430 mg
Carbohydrate	23.4g	Cholesterol	58 mg	Calcium	228 mg	Dietary Fiber	2.4 g

SOURCE: Adapted from Beef Tamale Pie, D-15, U.S. Department of Agriculture, Food and Nutrition Service & National Food Service Management Institute (2005). *USDA recipes for schools*. Original recipe with nutrient analysis can be found at http://www.theicn.org/USDA_recipes/school_recipes/D-15.pdf

GRITS BOWL WITH POPCORN SHRIMP

SERVING SIZE: 1 BOWL; 1 ¼ cups cheesy grits with 10 popcorn shrimp.

ONE PORTION PROVIDES: 2 oz. M/MA, 2 oz. eq. grains

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
CHEESY GRITS			
Grits, cooked	50 cups	10 cups	1. Cook grits according to manufacturer's instructions. Hot hold, covered.
Bell Pepper & Onions, frozen, thawed	5 cups	1 cup	2. Arrange the thawed bell peppers and onions in a single layer in a hotel pan lined with parchment paper. Lightly spray with butter mist and sprinkle with salt and pepper. 3. Bake at 350°F for 20 minutes.
Bacon, cooked, chopped	25 slices	5 slices	4. Sprinkle the chopped bacon on top and return to the oven for an additional 5-7 minutes. Hot hold, uncovered.
Granulated garlic	2 tbsp	1 ½ tsp	5. In a large mixing bowl, combine the grits, bell pepper-bacon mixture, granulated garlic, onion powder, salt, pepper, cayenne pepper sauce and cheese. Hot hold grits, covered, until assembly. NOTE: Grits do not need to be batch cooked. They will hot hold well, covered, throughout service.
Onion powder	2 tbsp	1 ½ tsp	
Salt	1 tbsp	½ tsp	
Black pepper	½ tbsp	¼ tsp	
Cayenne pepper sauce	⅓ cup	1 tbsp	
Cheddar cheese, shredded	12 ½ cups	2 ½ cups	
CAJUN SHRIMP			
Popcorn Shrimp	6 ¼ lb	20 ounces	To cook Shrimp: Lay frozen Shrimp, in an even layer, on parchment lined baking sheets. Keep shrimp frozen until baked.
Cajun seasoning	4 tbsp	2 ½ tsp	NOTE: If the Shrimp are overlapping on the baking sheets the breading will not crisp well during baking. To Serve: Using the two-cell black container, portion 1¼-cup Cheesy Grits on one side. On the other side, portion 1/5 ounces (10) breaded Cajun Shrimp. Garnish with sliced scallions.

SOURCE: Chef Rachel Petraglia

BUTTERNUT SQUASH PARFAIT

SERVING SIZE: 1 PARFAIT

ONE PORTION PROVIDES: 1 OZ. MEAT/MEAT ALTERNATE, 1/4 CUP RED/ORANGE VEGETABLE, 1/4 CUP FRUIT, 1 OZ. GRAIN EQUIVALENT

INGREDIENTS	60 SERVINGS	10 SERVINGS	DIRECTIONS
Butternut squash, <i>frozen</i>	20 lb (approx. 8 fresh squash)	3 lb, 6 oz (approx. 1 ½ fresh squash)	1. Preheat oven to 425° F. 2. Distribute squash evenly onto three baking sheets. Toss each sheet with 2 tablespoons olive oil and 2 tablespoons maple syrup.
Olive oil	3/8 cup	1 tbsp	
Maple syrup	3/8 cup	1 tbsp	
Salt	2 tsp	½ tsp	3. Sprinkle each sheet evenly with salt and cinnamon. Evenly coat by tossing squash together. Bake for 30 minutes then set aside.
Cinnamon, <i>ground</i>	2 tbsp	1 tsp	
Cranberries, <i>dried</i>	7-1/2 cups	1 ¼ cup	4. In one 8-fluid ounce cup, add 4 ounces, or ½ cup, of yogurt. 5. Add 1 ounce of granola on top of yogurt. 6. Top granola with ½ cup squash and 1/8 cup cranberry.
Yogurt, <i>vanilla, non-fat</i>	15 lb	2 ½ lb	
Granola, <i>whole grain-rich</i>	4 lb	11 oz	

Source: Reprinted/ excerpted from American Indian Traditional Foods in USDA School Meals Programs with permission from the Wisconsin Department of Public Instruction, 125 South Webster Street, Madison WI 53703, 1-800-243-8782.

PEANUT BUTTER VANILLA YOGURT DIP

SERVING SIZE: #10 scoop (about 6 ½ tablespoons or 2/5 cup) per portion

ONE PORTION PROVIDES: 2 oz. eq. m/ma

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Peanut butter, creamy	5 ¼ lb	1 lb	1. Combine peanut butter and with one-half of yogurt and mix well. Add remaining yogurt and mix well. 2. Portion into ½ cup containers. 3. Keep cold for service. For large batches, use a mixer.
Yogurt, vanilla	3 quarts ½ cup	2 ½ cups	

VARIATIONS:

Chocolate:	Add cocoa powder (1 cup of cocoa powder to 50 portions) to dip mixture
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SERVING NOTES:

Serve dip with a #10 scoop (about 6 ½ tablespoons or 2/5 cup) per portion

Serving size	#10 scoop	Yield, volume	20 ½ cups
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NUTRIENTS PER SERVING (peanut butter vanilla yogurt dip)							
Calories	340	Total Fat (gm)	25	Vitamin A (IU)	252	Iron (mg)	1
Protein (gm)	12	Saturated Fat (gm)	5	Vitamin C (mg)	0	Sodium (mg)	230
Carbohydrate (gm)	21	Cholesterol (mg)	2.5	Calcium (mg)	74	Dietary Fiber (gm)	2.3

SOURCE: National Peanut Board

BLUEBERRY OAT BARS

SERVING SIZE: 1 bar

ONE PORTION PROVIDES: 1 oz. eq. grain, ¼ cup fruit

INGREDIENTS	50 BARS	25 BARS	DIRECTIONS
Rolled oats	3 quarts ½ cup	1 ½ quart	<ol style="list-style-type: none"> 1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray. 2. In a mixer with a flat paddle attachment, mix oats, flour, sugar, and cold butter until large clumps form. Clumps should be the size of peas with no big chunks of butter. If mixing a small batch, you can mix by hand. 3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
Flour, all-purpose, enriched	1 quart 2 ¼ cups	3 cups	
Sugar, brown, packed	3 1/8 cup	1 ½ cup	
Butter, unsalted, cold	2 lb 6 oz	1 lb 3 oz	
Blueberries, frozen, not thawed	1 ½ gallon 1 cup	3 quarts ½ cup	<ol style="list-style-type: none"> 4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil until thickened. 5. Pour blueberry mixture over crust. 6. Sprinkle remaining crumb mixture on top of blueberry and crust. 7. Bake in oven for 35-45 minutes. (Checking at 20 minutes). 8. Let cool completely before cutting into bars.
Sugar, brown	1 ½ cup	¾ cup	
Lemon juice	¾ cup	3/8 cup	
Cornstarch	¼ cup	2 tbsp	

NUTRIENTS PER SERVING							
Calories	481	Total Fat (g)	20	Vitamin A (IU)	643	Calcium (mg)	47
Protein(g)	8.5	Saturated Fat (g)	12.7	Vitamin C (mg)	3.4	Sodium (mg)	10
Carbohydrate (g)	68	Cholesterol (mg)	46	Iron (mg)	3	Dietary Fiber (g)	6.7

SOURCE: Windham Raymond School Department, Windham, Maine