

# Virginia Standardized Recipe Development Manual



OFFICE OF  
SCHOOL NUTRITION PROGRAMS  
VIRGINIA DEPARTMENT OF EDUCATION

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## **Acknowledgments and Publication Information**

This manual was developed through a United States Department of Agriculture (USDA) Team Nutrition Training Grant (TNTG) by a Recipe Development Team comprised of Virginia Department of Education, Office of School Nutrition Programs (VDOE-SNP) team members, culinary experts, and Virginia school nutrition directors and staff. Each recipe included in this manual features one or more Virginia Harvest of the Month (VA HOM) produce items and was taste tested by students and cafeteria staff across four regionally diverse Virginia school divisions. Recipes were adjusted and retested according to student and staff feedback and were standardized once an approval rate of 85 percent or above (i.e., 85 percent or more of students taste testers recommended that the recipe be featured on school menus) was obtained. Following standardization, recipes were featured on school menus in participating divisions and promoted through VA HOM marketing materials and nutrition education lessons.

The instructions and recommendations included in this manual are based on the process that the Recipe Development Team followed for the TNTG.

# Funding and Nondiscrimination Statements

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

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# Introduction

## *Impact of School Meals*

School meals play a significant role in the health and wellbeing of school-aged children and teens. Good nutrition is also strongly correlated with positive student outcomes. Student participation in the U.S. Department of Agriculture's (USDA) school meals programs is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. For students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments in schools, including foods served in the school cafeteria. The USDA school meals programs help ensure that children receive nutritious meals and snacks that promote health and educational readiness (Centers for Disease Control and Prevention, 2023; Cohen, Hecht, McLoughlin, Turner, and Schwartz, 2021; School Nutrition Association, 2023).

## *Objectives*

The objectives of this manual are to:

- build state agency capacity for standardized recipe development featuring local agricultural products (LAPs) in accordance with USDA guidelines,
- encourage school divisions to feature the recipes on school menus,
- engage students and the school community in the development process to ensure recipe appeal, and
- provide nutrition education on LAPs.



# How to Use This Manual

This manual features seven [Virginia Harvest of the Month](#) (VA HOM) recipes. Each recipe includes important elements highlighted below.



## Ingredient List And Recipe Directions

Each recipe lists ingredient quantities for 50 and 100 portions. Recipe directions are broken down into clear, individual steps.

Measurement symbols, such as a scale, provide a visual of how each ingredient should be measured.

USDA Foods and Virginia Foods icons are used to indicate ingredients that can be obtained through those sources.



## Chef Tips

Chefs have provided tips to help clarify details, proper procedure, and technique for each recipe. Where appropriate, tips for advance preparation are also provided.



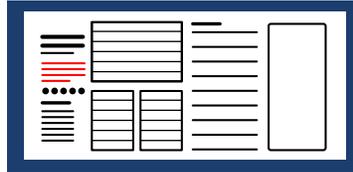
## Estimated Prep And Cook Time

An estimated time for prepping and cooking each recipe is provided based on average times. Actual prep and cook times will vary depending on kitchen resources and staff experience.



## Special Diets

An icon is used to indicate special diets, including gluten-free, dairy-free, pork-free, and vegetarian. Special diets may vary among your recipes depending on the specific products used. Always check the ingredients lists of your products to verify special diets and allergens for your recipes. The nine major allergens are wheat, egg, milk, soy, fish, shellfish, peanut, tree nut, and sesame.



## Recipe Description

In addition to the title of the recipe, a more detailed description is also provided to use in marketing materials.



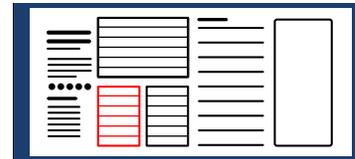
## Meal Pattern Recipe Contributions

Breakdowns on how specific ingredients contribute to meal patterns are provided. The credit amounts are based on the products used during testing.



## Prepared Recipe Image

A photograph depicting the fully prepared dish is provided.



## Recipe Nutrition Facts

A nutrient analysis is provided based on the products used during testing. Nutrient facts may vary when a different product is used.

## Icon Legend



Measure By Weight



Measure By Volume



Virginia Foods



USDA Foods



Time Saver



Chef's Tip



Gluten Free



Dairy Free



Pork Free



Vegetarian



Grains



Meat/Meat Alternative



Dairy



Fruit



Vegetables



Food Safety

# Elements of a Standardized Recipe

A standardized recipe is one that has been tried, adapted, and retried several times for use by a given food service operation and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity of ingredients.

Using standardized recipes provides an array of benefits, such as:

- consistent food quality;
- predictable yield;
- customer satisfaction;
- consistent nutrient content;
- efficient purchasing;
- food cost control;
- inventory control;
- labor cost control;
- employee satisfaction;
- reduced record keeping; and
- successful completion of federal administrative reviews.

Standardized recipes should include the following elements:

1. Title
  2. Serving Size
  3. Consistent Yield: 50 and 100 servings
  4. Equipment and Utensils
  5. Ingredient List
    - a. Ingredients should be listed in the order they are used
    - b. Weight/volume for each ingredient
    - c. Include symbols/icons for measurement, USDA Foods, and Virginia foods.
  6. Preparation instructions
    - a. be clear, simple, and step-by-step;
    - b. be ordered by:
      - in-advance preparation
      - day of preparation
      - batch preparation;
  - c. include specific assembly/serving instructions;  
Note: These can be critical to consumption of all ingredients
  - d. include diagrams of critical techniques, such as rolling a burrito; and
  - e. include specific storage instructions for surplus yield
  7. Cooking Temperatures and Times
  8. Food Safety Guidelines
- Additional elements to consider including with each standardized recipe:
- photo of prepared recipe; 
  - chef tips, where applicable;
  - ingredient contributions (breakdown of how specific ingredients contribute to crediting amounts per serving);
  - nutrition facts; and
  - symbols for special dietary considerations, such as vegetarian, pork-free, etc.

# Virginia Standardized Recipe Development Process

The following is a summary of the process that was followed by the TNTG Recipe Development Team to develop seven new standardized VA HOM recipes. The team, which consisted of four school nutrition directors, VDOE-SNP team members, a contracted Culinary Expert, and key division-level staff members, collaborated to standardize seven recipes (four breakfast and three lunch) featuring one or more VA HOM items.

## Step 1: Form a Recipe Development Team.

Potential team members include:

- School nutrition directors
- Cafeteria managers
- Culinary experts/chefs
- Registered dietitians/nutritionists
- Marketing specialists
- State agency representatives
- Students

## Step 2: Conduct a needs assessment.

Gather student and staff feedback to identify potential recipe concepts. Learn about your target population and determine their needs. For example, is there a significant vegetarian population in your school or division and, if so, does your menu offer a variety of vegetarian options?

## Step 3: Propose recipe concepts.

Discuss and research a variety of recipe concepts that would meet the needs of your target population with your Recipe Development Team.

## Step 4: Select concepts for testing.

Identify one or more recipe concepts to test with students and staff.

## Step 5: Conduct informal testing.

Prepare 25 servings of the recipe and taste test with a small group of staff and/or students.

## Step 6: Make adjustments to the recipe based on feedback.

## Step 7: Conduct the first round of formal testing.

Prepare 50+ servings of the recipe and test the recipe with a minimum of 50 students using a taste test ballot ([see appendix](#)) or other survey method.

Analyze the data collected to determine the acceptance rate (i.e., the percentage of students that reported wanting the recipe on the menu.)

If 85 percent or more of students approve the recipe, begin the recipe standardization process.

If less than 85 percent of students approve the recipe, continue to the next step.

## Step 8: Make adjustments to the recipe based on feedback.

## Step 9: Conduct up to two additional rounds of testing until at least 85 percent of students approve the recipe.

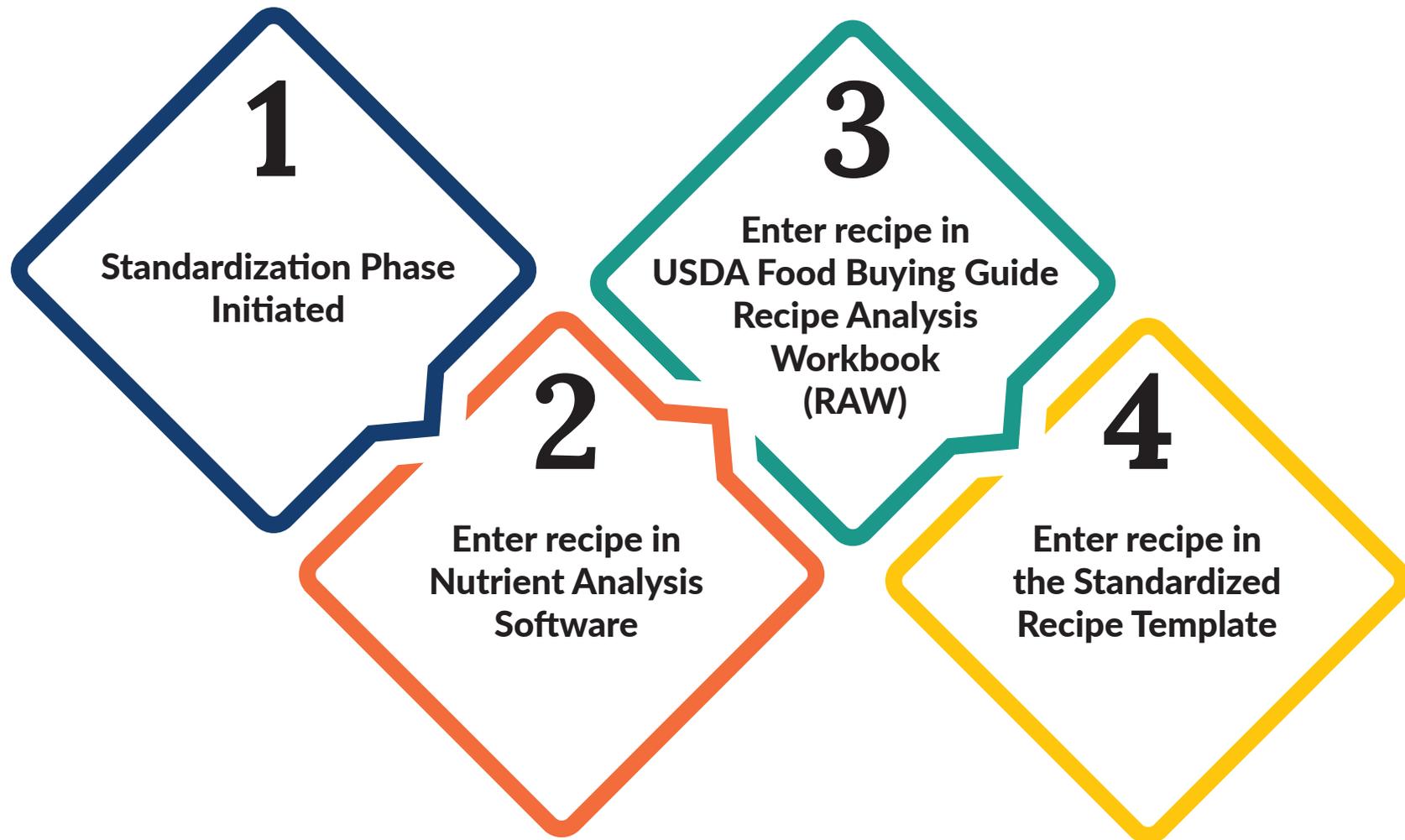
## Step 10: Standardize the recipe or return to the drawing board.

### Key Questions for Recipe Development:

- Is the visual appearance of the product acceptable?
- Is the flavor of the product one that students might enjoy?
- Is the texture of the recipe correct?
- Is the time required to prepare the recipe reasonable?
- Do employees possess the skills to prepare this item?
- Does the recipe contribute to the school breakfast or lunch meal pattern?
- Is the equipment necessary to prepare the recipe available?

# Recipe Standardization Process

Once a recipe passes the testing phase, the standardization phase is initiated. During this phase, the recipe yield is adjusted to 50 and 100 servings and then prepared a minimum of three times to confirm consistent yield. The recipe should then be entered into nutrient analysis software (e.g., Mosaic) to ensure alignment with USDA nutrition standards. Next, enter the recipe into the USDA Food Buying Guide Recipe Analysis Workbook (RAW) to determine meal pattern contribution. Ensure all members of the Recipe Development Team review the recipe to verify the testing and analysis results and ensure all required elements were included. The final recipe should be entered into the standardized recipe template utilized at your school/division.



# Recipe Mise en Place

Mise en place is the quintessential chef tip! Well run food service operations have an abundance of mise en place at all times. It is the key to producing the highest quality meals with the utmost efficiency. Mise en place means to have everything in its place before starting a recipe or even starting your shift. It is important to know you have all of the ingredients on hand and in their proper state (washed, thawed, drained, etc.) before beginning. It's equally important to be sure you have all of the necessary equipment and utensils to prepare the recipe. There is nothing worse than getting half way through a recipe and finding out you do not have an essential ingredient or utensil.

To take mise en place a step further, kitchen tools and equipment should be given an assigned place – and then be stored in the same place every time. For recipes requiring multiple ingredients it is helpful to set up mise en place by placing foods in the order in which they are to be used in the recipe.

'Time Saver Tips'  are part of the mise en place process. In this manual, they are outlined with the Time Saver Tips icon in each recipe.

## *Mise en place step-by-step:*

1

Review the upcoming week's menus.  
Read through each recipe and determine  
what should be prepared in advance.

2

Plan and assign. Create a prep schedule  
for each day; include prep that must be  
done for the following day. For example:

- Thaw frozen foods in the refrigerator at the critical control point (CCP) 41°F.
- Wash and drain produce. Store produce at the CCP 41°F.
- Cut ingredients and store at the CCP 41°F.

3

Gather equipment.

4

Gather and weigh/measure  
ingredients.

5

Cook.

6

Serve.

# Measuring Techniques

There are two ways of measuring ingredients; by volume or by weight. Measuring dry ingredients by volume is a common practice; however, it is inaccurate and produces inconsistent results. The “dip and level” technique is widely recognized by professionals to be the most consistent. It is important to review the two ways of measuring with your coworkers as part of mise en place, so that each kitchen is able to consistently produce the same results.

## By volume: Dip and Level Technique

- Select the measurement tool (cup, teaspoon, etc.).
- Dip the measuring tool into the ingredient and gather a heaping quantity. Do this without shaking, tapping, or pressing to get more into the measuring tool.
- Using a leveling tool, like a flat knife or bench scraper, to level the ingredient across the measuring tool.



## By weight

- Small quantities: use an ounce scale.
- Large quantities: use a pound scale.
- The scale should be set to zero when you begin.
- Place the empty container for the ingredient to be weighed on the scales platform.
- Reset the scale to zero to zero out the weight of the container.
- Add the ingredient until the desired weight is achieved.



# Child Nutrition Program Breakfast and Lunch Meal Patterns

The USDA's National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal patterns require daily and weekly amounts of five food components for lunch (meat/meat alternates, grains, fruits, vegetables, and milk) and three food components for breakfast (milk, fruits, and grains). Each meal pattern is consistent with the Dietary Guidelines for Americans and assists the menu planner in providing well-balanced meals and snacks that provide the appropriate amount of energy and nutrients for each participant. All recipes featured in this manual have been evaluated using the [Recipe Analysis Workbook \(RAW\)](#) to determine contributions to the meal pattern. Below is an overview of the SBP and NSLP meal patterns.

## School Breakfast Program (SBP)



Link: [USDA SBP Meal Pattern](#)

## National School Lunch Program (NSLP)



Link: [USDA NSLP Meal Pattern](#)

In addition to meal pattern contribution, the recipes developed through the FY 21 Team Nutrition Training Grant had to meet the following nutrition requirements:

- Contain 200 mg or less of sodium per serving for side dishes and 450 mg or less for entrees
- Zero trans fats
- Total fat shall not exceed 35% calories
- Saturated fat must be less than 10% of total calories
- All grains had to be whole grain

# Recipe Evaluation Process

Recipe evaluation follows the recipe development phase and is a vital part of the recipe standardization process. It provides valuable feedback from students and school nutrition staff. Data collected during the evaluation phase should be analyzed to further improve each recipe. At a minimum, recipes should be evaluated by students and school nutrition staff.

## Student Evaluation

Gathering student feedback during the recipe development and testing phase is vital to the success of the recipe. Students are our customers, or 'guests', and their feedback is the best way to measure how well our guests will accept the new recipe. One of the best ways to gather this feedback includes conducting a taste test. When planning your taste test, here are a few best practices to consider:

- Include a minimum of 50 students per test.
- Use a data collection method that is appropriate for your audience. For example, a taste test ballot for elementary students might include smiley/sad face icons instead of text (see [Appendix](#) for sample taste test ballots).
- Aim to obtain an acceptance rate of 85 percent or above (i.e., 85 percent or more of students tested reported liking the recipe or wanting the recipe on the menu).
- Include an area on the taste test ballot for students to enter comments. For younger students, you might want to conduct informal interviews instead. Use the comments to guide recipe adjustments.
- Ensure the samples are appealing and served at the appropriate temperature.

## School Nutrition Staff Evaluation

During the recipe testing phase, it is a best practice to also gather feedback from school nutrition professionals in your division, especially those who are involved in preparing/testing the recipes. Staff feedback measures the feasibility of the new recipe given the resources, skill level, and capacity available at that particular facility. Feedback may be obtained via taste test ballots, surveys, and/or interviews. Consider gathering feedback at multiple times during the evaluation process; for example, each time the recipe is tested and when the recipe is featured on menus. Feedback should include:

- Does the facility have the equipment necessary to produce the recipe?
- Are the preparation instructions clear and easy to understand?
- Does the staff have the training necessary to produce the recipe?
- Is there sufficient time to integrate this preparation into your menu plan?
- Did the facility have sufficient space (prep, dry/cold storage) to accommodate the new recipe?



# Methods for Promoting Recipes

During the recipe evaluation process, recipes are tested repeatedly to verify consistent results. Additionally, standardized recipes have been taste tested and overwhelmingly approved by both students and staff. The recipe development team spends significant time and effort to create dishes that meet nutritional standards, are easily reproduced, and are delicious. Students need to be made aware of new menu items to encourage them to try the tasty new recipes. There are many strategies school nutrition professionals can use to promote recipes.

- Take advantage of the fact that students are often impressed knowing that a chef took the time to create the food they are eating. All of the TNTG recipes were created by a team of culinary professionals. Include marketing such as signage that illustrates this. Studies have shown that when schools incorporate a chef initiative there is greater whole grain selection and vegetable consumption by students (Cohen, et al, 2021). Having your staff wear chef coats is another way to show that the recipes are prepared by professionals.
- Create a signature series of recipes; for example, “chef designed recipes” and “Harvest of the Month” ingredients.
- Ensure attractive and enticing presentation and packaging: Packaging is critical to preserve quality and texture. The right packaging also has instant appeal.
- Garnish with edible ingredients that complement the dish.
- Use creative names and appealing verbiage on menus. Each recipe in this manual was selected by both the recipe development team and students to gauge favorability.
- Host staff taste tests to gain buy-in and support acceptability of a new recipe or program.
- Getting school administrators and teachers on board to help you market your menus can be very helpful. Putting students in charge of marketing can be a great way to get them involved.
- Host student taste tests or offer free samples of new items. When hosting a taste test make sure to educate students on the ingredients they are sampling. A brief description helps students identify food they may have never tried and often encourages them to be more open-minded. This will give the dish authorship and tell the story of the recipe and what makes it special.
- The serving line should be efficient for speed as well as appealing to guests. A well run service line will allow more time for staff to interact with students and inform them about menu items. Likewise, a well maintained and attractive service line will encourage students to try new items.



# Recipe Adjustments/Factor Method

When a standardized recipe does not produce the desired number of servings, the recipe will need to be adjusted. The factor method is a formula used to increase or decrease a recipe's yield producing the desired number of servings. The steps for using the factor method are:

1. Determine how many servings are desired.
  - a. Decide how many servings you will need (or the desired yield) and identify the original yield of the recipe.
2. Find the "conversion factor".
  - a. Use the following formula:  
Desired yield ÷ Original yield = Conversion factor
3. Multiply each ingredient amount by the conversion factor.
  - a. Each ingredient quantity in the recipe is multiplied by the conversion factor. This keeps all ingredients in the same proportion to each other as they were in the original recipe.
4. As needed, convert answers to logical, measurable amounts.
  - a. Be aware that weights and volumes are not interchangeable, so when converting a recipe, do not change a volume measurement into a weight measurement. For example, 1 cup of flour does not weigh 8 ounces.
  - b. Some ingredients require special attention during recipe standardization. These ingredients do not increase or decrease proportionately:
    - Herbs and spices
    - Leavening agents – baking powder, soda, and yeast
    - Thickening agents – flour, cornstarch, and eggs
    - Liquids – water and juice

## Recipe Adjustment Example

The recipe has been converted from serving 50 servings to 125 servings using the factor method.

Recipe Name: Baked Sweet Potatoes and Apples

Desired Yield: 125    Original Yield: 50    Conversion Factor: 2.5

Ingredients	50 Servings (Recipe Amount)	Converted Quantities	Conversion Factor	175 Servings (Calculated Amount)	175 Servings (Common Measure)
Sweet potatoes	4 lb	4 lb or 64 oz	2.5	10 lb or 160 oz	10 lb
Green apples	3lbs 10oz	3.625 lb or 58 oz	2.5	9.06 lb or 145 oz	9.06 lb or 9 lb 1 oz
Fresh ginger	4 oz	4 oz or .25 lb	2.5	10 oz or .625 lb	10 oz
Brown sugar	1 lb 8 oz	1.5 lb or 24 oz	2.5	3.75 lb or 60 oz	3.75 lb or 3 lb 12 oz
Trans-fat-free margarine	8 oz	8 oz or .5 lb	2.5	20 oz or 1.25 lb	1.25 lb or 1 lb 4 oz



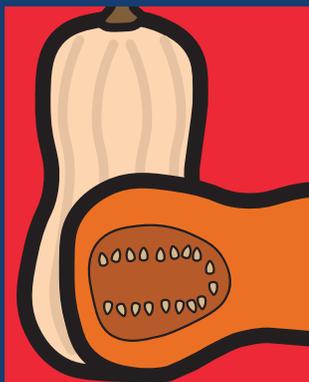
# Virginia Harvest of the Month Featured Items

January



Sweet Potatoes

February



Butternut Squash

March



Kale

April



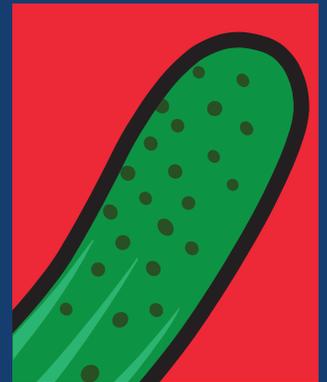
Lettuce

May



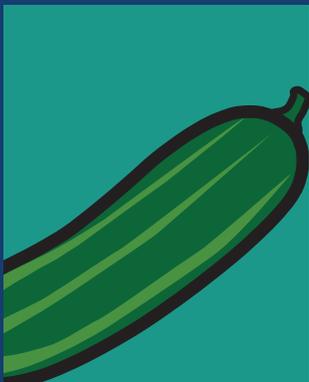
Strawberries

June



Cucumbers

July



Zucchini

August



Tomatoes

September



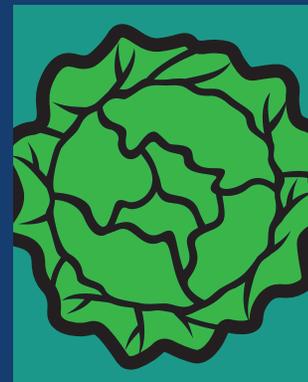
Sweet Bell  
Peppers

October



Virginia Grown  
Apples

November



Cabbage

December



Spinach



Virginia Harvest of



# the Month Recipes

# Apple Turnover

Prep: 30 minutes | Cook Time: 25 minutes

Homemade cinnamon spiced apple filling baked in a whole grain tortilla and topped with a vanilla glaze.

**Serving Size:** 1 whole grain tortilla with ½ cup apple filling.

**Crediting Information:** 1 tortilla provides: 2 oz eq grain and ½ cup fruit

**Source:** Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A



## Chef Tips:

- If using lemon juice:
  - For 50: 1 gallon of water and 1 cup of lemon juice.
  - For 100: 2 gallons of water and 2 cups of lemon juice.
- Alternatively, you can use Nature Seal in place of the lemon juice using the same ratio.
- Recommend using Virginia grown firm, tart apple varieties such as Gala, Granny Smith, and Winesap.

## Meal Pattern Contribution Notes:

Check the manufacturers label or child nutrition (CN) label to ensure that the whole grain wrap meets a 2 oz equivalent whole grain component.

Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Apples, fresh,   125-138 count whole, includes USDA foods	15 lb		30 lb	
Lemon juice		1 cup		2 cups
Cornstarch		6 Tbsp		¾ cup
Butter, unsalted, melted	6 oz	¾ cup	12 oz	1 ½ cup
Brown Sugar, packed	2 lb 10 oz	1 qt 2 cups	5 lb 4 oz	3 qt
Cinnamon, ground		2 Tbsp		4 Tbsp
9" Whole grain tortilla		50 each		100 each
Sugar, confectioners	10 ½ oz	3 cups	1 lb, 5 oz	6 cups
Milk, 1%, low fat 		6 Tbsp		¾ cup
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp

## Nutrition Information

Serving Size: 1 each filled tortilla

Nutrients	Amount
Calories	386 kcal
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	7 mg
Sodium	161 mg
Total Carbohydrate	79 g
Dietary Fiber	6 g
Total Sugars	47 g
Added Sugars Included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	80 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Apples, fresh, 125-138 count whole, includes USDA foods	15 lb	30 lb

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

## Yield/Volume

50 Servings	100 Servings
About 12 lb apple filling	About 24 lb apple filling
1 gal, 2 qt, 1 cup/1 steam table pan	3 gal, 2 cup/2 steam table pans

## Directions

1. Preheat oven to 350 °F.
2. Wash, core, and dice apples into  $\frac{3}{4}$ " cubes.
3. Soak apples in mixture of lemon juice and water to keep from discoloring, if not using immediately.
  - a. For 50 servings: 1 gallon of water and 1 cup of lemon juice.
  - b. For 100 servings: 2 gallons of water and 2 cups of lemon juice.
4. Combine and mix cornstarch with equal parts water to make a slurry (this will be used to thicken apple mixture).
5. Drain water from apples if soaking.
6. Melt butter in steam jacket kettle over medium high heat. Add apples. Cook and stir for 2 minutes.
7. Add brown sugar and cinnamon and cook while stirring for 2 more minutes.
8. Add the slurry to the apple mixture and cook until the liquid thickens, about 2 minutes.
9. Remove the apple mixture from the heat and allow to cool for 5 minutes.
10. Place the desired number of wraps on clean, sanitized, prep table or sheet pans lined with parchment paper.
11. Using a No. 8 scoop, portion  $\frac{1}{2}$  cup of the apple mixture on the center of each tortilla.
12. Fold each tortilla in half, distributing the apple mixture evenly inside. Keep the mixture an inch from the edge of the tortilla to prevent spilling.
13. Arrange 9 filled tortillas on a parchment paper lined full size sheet tray.



14. Bake for 10 minutes in preheated oven, or until lightly browned. Allow to cool for 5 minutes.

15. While tortillas are in the oven make the glaze.

16. Add confectioners sugar, milk, and vanilla extract in a bowl and mix to combine.

17. Reserve the glaze to the side until ready to use.

18. Once tortillas have cooled for 5 minutes, cut in half and arrange in serving containers.

19. Drizzle 2 Tbsp of glaze on each tortilla and serve.



# Chicken Kale Caesar Wrap

Prep: 1 Hour | Cook Time: No Cook

Fresh kale and Romaine lettuce tossed with creamy Caesar dressing, topped with diced chicken, and wrapped in a whole grain tortilla.

**Serving Size:** 1 wrap

**Crediting Information:** 1 wrap provides 2 oz eq meat/MA, 2 oz eq whole grain, and ½ cup dark green vegetables.

**Source:** Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education FY 21 Cohort A

**Substitution:** Spinach can be used for all or a portion of the kale.



## Chef Tips:

To wash greens:

- Sanitize a large prep sink.
- Fill the sink ¾ full of cold water.
- Add greens and swirl them around a few times.
- Let sit for 5 minutes to allow sand and dirt to settle at the bottom of the sink.
- Lift the greens out of the water (without disturbing the sediment at the bottom of the sink) and drain in a salad spinner or perforated pan.
- Allowing greens to dry overnight allows them to rehydrate and become crisper. DO NOT allow greens to sit in water, as this will accelerate the spoiling process.

Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Kale, fresh, without stem 	2 lb 1 oz		4 lb 2 oz	
Romaine lettuce, thinly sliced 	3 lb 4 oz	1 gal 2 qt 1 cup	6 lb 8 oz	3 gal 2 cups
Caesar Dressing, Light & Creamy	2 lb 6 oz	1qt ¾ cup	4 lb 12 oz	2 qt 1 ½ cups
Whole-grain tortilla, 9"		50 each		100 each
Chicken, diced, cooked, frozen USDA, thawed 	6 lb 4 oz		12 lb 8 oz	

## Nutrition Information

Serving Size: 1 wrap

Nutrients	Amount
Calories	298
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	42 mg
Sodium	399 mg
Total Carbohydrate	33 g
Dietary Fiber	4 g
Total Sugars	3 g
Added Sugars Included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	114 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

## Meal Pattern Contribution Notes:

Check the manufacturers label or child nutrition (CN) label to ensure that the whole grain wrap meets a 2 oz equivalent whole grain component.

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Kale, fresh, with stem	2 lb 13 oz	5 lb 10 oz
Lettuce, fresh, Romaine, untrimmed	5 lb 2 oz	10 lb 4 oz

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Cooking process #1: No cook

## Yield/Volume

50 Servings	100 Servings
11 lb 9 oz chicken Caesar filling	23 lb 2 oz chicken Caesar filling
3 gal, 2 cup salad mixture and 1 gal, 2 qt, 1 cup diced chicken	6 gal, 1 qt salad mixture and 3 gal, 2 cup diced chicken

## Directions

- Advanced preparation: The day prior to service, wash the kale and Romaine separately (refer to chef tips). Store in shallow, perforated containers overnight in the refrigerator to help drain and dry the greens. Make sure to have a container below the perforated pan to catch the water drippings.



- Thaw the chicken overnight in the refrigerator.
  - Critical Control Point: Hold for cold service at 41 °F or lower.



1. Remove stems from kale and Romaine. Then wash, drain, and thinly slice kale and Romaine.  
*\*See the chef tip.*



2. Combine kale, Romaine, and dressing in a large bowl. Mix dressing into greens.

3. Place desired number of wraps on clean, sanitized, prep table or sheet pans lined with parchment paper.

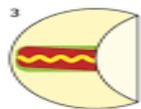
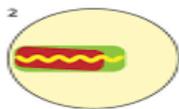
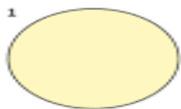
4. Using a No. 4 scoop, portion 1 cup of salad mixture onto the center of each tortilla.



5. Using a No. 12 scoop, portion 2 oz by weight (1/3 cup) of chicken on top of each salad mixture.



6. Roll in the form of a burrito and seal. Cut diagonally in half



7. Arrange open clamshells on prep table(s) and place one wrap in each shell. Close the clamshells.



# Spiced Chicken Grain Bowl

Prep: 1 hour | Cook Time: 25 minutes

Kale, roasted butternut squash, and diced chicken tossed in a housemade dressing and served over a bed of brown rice.

**Crediting Information:** 1- 6 oz serving provides 2 oz equivalent meat/MA, 1 oz eq grain, and ¼ cup red/orange, and ¼ cup dark green.

**Source:** Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A



\*This recipe can be gluten free if the chicken strips are a gluten free certified product. Always check the product label for verification.



## Chef Tips:

To wash greens:

- Sanitize a large prep sink.
- Fill the sink ¾ full of cold water.
- Add greens and swirl them around a few times.
- Let sit for 5 minutes to allow sand and dirt to settle at the bottom of the sink.
- Lift the greens out of the water (without disturbing the sediment at the bottom of the sink) and drain in a salad spinner or perforated pan.
- Allowing greens to dry overnight allows them to rehydrate and become crisper. DO NOT allow greens to sit in water this will accelerate the spoiling process.

Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Red wine vinegar		¼ cup		½ cup
Honey		½ cup		1 cup
Oregano, ground		1 Tbsp		2 Tbsp
Salt, table		1 Tbsp		2 Tbsp
Black pepper, ground		1 Tbsp		2 Tbsp
Olive Oil blend		1 cup		2 cups
Chicken strips, cooked, diced 	6 lb 4 oz		12 lb 8 oz	
Butternut squash, raw, diced 	8 lb	1 gal 2 qt 1 cup	16 lb	3 gal 2 cups
Garlic powder		1 Tbsp		2 Tbsp
Onion powder		½ Tbsp		1 Tbsp
Paprika		2 Tbsp		4 Tbsp
Olive oil blend		¼ cup		½ cup
Kale, raw, thinly, sliced 	3 lb 12 oz	12 ½ cups	7 lb 8 oz	1 gal 2 qt 1 cup
Brown rice, cooked		1 gal 2 qt 1 cup		3 gal 2 cups

## Nutrition Information

Serving Size: 4 oz grain mixture +2 oz chicken

Nutrients	Amount
Calories	242 kcal
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	43 mg
Sodium	220 mg
Total Carbohydrate	35 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars Included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	126 mg
Iron	2 mg
Potassium	N/A

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Butternut squash, raw, diced	8 lb	16 lb
Kale, fresh, with stem	5 lb 3 oz	10 lb 6 oz

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Cooking process #2: Same day service.



## Yield/Volume

50 Servings	100 Servings
18 lb 12 oz serving of salad mixture	37 lb 8 oz serving of salad mixture
1 gal, 2 qt, 1 cup diced chicken / 1 steam table pan	3 gal, 2 cup diced chicken / 2 steam table pans
1 gal, 2 qt, 1 cup rice / 1 steam table pan	3 gal, 2 cup rice / 2 steam table pans
1 gal, 2 qt, 1 cup vegetables / 1 steam table pan	3 gal, 2 cup vegetables / 2 steam table pans

## Directions

- Advanced preparation: The day prior to service, prepare the dressing and mix with the thawed chicken. Cover and allow to marinate overnight in the refrigerator on the bottom shelf. 

- Critical Control Point: Hold for cold service at 41 °F or lower. 

### 1. Prepare the marinade:

- Combine red wine vinegar, honey, oregano, salt, and pepper in a mixing bowl and whisk until well incorporated.
- Slowly drizzle 1 cup (2 cups for 100 servings) olive oil into mixture while steadily whisking until smooth. 
- Alternatively, this can be done in a blender.
- Reserve ¼ of the marinade and set aside.
- Toss remaining marinade and chicken together until completely coated and store. 

### 2. Preheat oven to 425° F

- Clean and peel squash. Cut in half lengthwise and remove seeds with spoon. Dice squash into ¾" cubes (if not already done).

- Mix garlic powder, onion powder, and paprika, set aside. Toss diced squash with ¼ cup olive oil (½ cup for 100 servings), spread on baking sheet, and sprinkle with seasoning mixture. Roast in the oven until tender. 425° F for 15-20 minutes.

- Rinse kale under cold running water. Cut out stems. Allow to dry. Slice thin. *\*See chef tip.* 

- While squash is roasting, cook rice according to package. 

- Critical Control Point: Hold rice for hot service at 135°F or higher.

- Remove squash from the oven and toss lightly with kale. Allow kale to begin wilting.

- Reduce oven temperature to 400°F and cook chicken for 5-8 minutes, or until internal temperature reaches 165°F. 

- Critical Control Point: Hold chicken at 135°F or higher.

- Portion with No. 8 scoop (½ cup) rice into each serving container. 

- Toss squash/kale mixture with the remaining marinade.

- Serve 2 oz (½ cup) portion of squash/kale mixture over rice using a No. 8 scoop. 

- Top each bowl with 2 oz (½ cup - No. 8 scoop) portion of marinated chicken. 

- Hold each bowl in the warmer until service. 

- Critical Control Point: Hold for hot service at 135°F or higher.

# Harvest Spinach and Apple Chicken Salad

Prep: 1 Hour | Cook Time: 10-20 minutes (refer to chicken packaging)

Crisp spinach and Romaine salad with apples, cheddar cheese, dried cranberries, and teriyaki grilled chicken strips.

**Serving Size:** 1 salad

**Crediting Information:** 1 salad provides 2.25 oz eq meat/MA, ½ cup fruit, 1 cup dark green vegetable.

**Substitutions:** Kale can be used for all or a portion of the spinach. Pears or grapes can be substituted for apples. Plain chicken seasoned with preferred spice blend can be substituted for teriyaki chicken.

**Source:** Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A



*\*This recipe can be gluten free if the chicken tenders are a gluten free certified product. Always check the product label for verification.*



Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Grilled teriyaki chicken tenders, ¾ oz each 	7 lb ½ oz	150 each	14 lb 1 oz	300 each
Romaine lettuce, chopped 	4 lb 2 oz	3 gal 2 cups	8 lb 4 oz	6 gal 1 qt
Apples, unpeeled, diced into ½" cubes 	6 lb 14 oz	1 gal 2 qt 1 cup	13 lb 12 oz	3 gal 2 cups
Baby spinach, fresh leaves, ready to use 	8 lb	3 gal 2 cups	16 lb	6 gal 1 qt
Cheddar cheese, reduced-fat, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup
Dried cranberries	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 2 ¼ cups

## Nutrition Information

Serving Size: 1 salad = 2 cups salad mix, 2 ¼ oz chicken, ½ cup diced apples, 1 Tbsp cheese, 1 Tbsp cranberries

Nutrients	Amount
Calories	241
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	41 mg
Sodium	430 mg
Total Carbohydrate	25 g
Dietary Fiber	5 g
Total Sugars	11 g
Added Sugars Included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	203 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Baby spinach, fresh leaves, ready to use	8 lbs	16 lbs
Romaine lettuce, untrimmed	6 lbs 7 oz	12 lbs 14 oz
Apples, fresh, 125-138 count	6 lbs 14 oz	13 lbs 12 oz

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.
Cooking Process #3: Complex

## Yield/Volume

50 Servings	100 Servings
<p>50 salads</p> <p>3 gal, 2 cups salad mix; 7 lb ½ oz chicken; 1 gal, 2 qt, 1 cup diced apples; 1 qt, 2 ¼ cups cheese; 3 ⅝ cup dried cranberries</p> <p>Each salad will have about 2 cups salad mix, 2 ¼ oz chicken, ½ cup diced apples, 1 Tbsp cheese, 1 Tbsp dried cranberries</p>	<p>100 salads</p> <p>6 gal, 1 qt salad mix; 14 lb, 1 oz chicken; 3 gal, 2 cups diced apples; 3 qt, ½ cup cheese; 1 qt, 2 ¼ cup dried cranberries</p> <p>Each salad will have about 2 cups salad mix, 2 ¼ oz chicken, ½ cup diced apples, 1 Tbsp cheese, 1 Tbsp dried cranberries</p>



### Chef Tips:

- If using lemon juice:
  - For 50: 1 gallon of water and 1 cup of lemon juice.
  - For 100: 2 gallons of water and 2 cups of lemon juice.
- Alternatively, you can use Nature Seal in place of the lemon juice using the same ratio.
- This recipe can be offered with a variety of dressings.

### To wash greens:

- Sanitize a large prep sink.
- Fill the sink ¾ full of cold water.
- Add greens and swirl them around a few times.
- Let sit for 5 minutes to allow sand and dirt to settle at the bottom of the sink.
- Lift the greens out of the water (without disturbing the sediment at the bottom of the sink) and drain in a salad spinner or perforated pan.
- Allowing greens to dry overnight allows them to rehydrate and become crisper. DO NOT allow greens to sit in water this will accelerate the spoiling process.

## Directions

1. Bake teriyaki chicken according to package directions.
  - Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 
2. Cut the chicken into ½” slices (if not already done). Then refrigerate, allowing the chicken to cool.
  - Critical Control Point: Cool to 41°F or lower within 4 hours. 
3. Wash and chop Romaine lettuce.
  - \*See chef tip. 
4. Dice apples into ½” cubes and soak in a combination of lemon juice and water to keep from discoloring.
  - \*See chef tip. 
5. While apples are soaking, arrange the desired number of serving containers on a prep table.
6. Drain the apples using a colander. Then place them on a sheet tray and allow to air dry.
7. Combine spinach and Romaine in a bowl and mix using gloved hands or tongs.
8. Portion 2 cups (3.9 oz) of the salad mixture into each serving container.
9. Arrange 2.25 oz of diced chicken, 1 Tbsp of shredded cheddar, 1 Tbsp of dried cranberries, and ½ cup of diced apples on each salad.
  - \*Refer to picture.   

10. Cover and refrigerate until service.
  - Critical Control Point: Hold for cold service at 41°F or lower. 

# Hulk Fruit Smoothie

Prep: 30 minutes | Cook Time: No cook

Mixture of vanilla yogurt, banana, kiwi, apple juice, and spinach with a touch of honey.

**Serving Size:** 1 smoothie = 8 oz

**Crediting Information:** 1 smoothie provides 1 oz eq meat/MA, ¼ cup fruit, and ⅓ cup dark green vegetables.

**Substitutions:** Kale can be substituted for some or all of the spinach.



**Source:** Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A



Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Kiwi, fresh, whole	8 lb 7 oz		16 lb 14 oz	
Bananas, raw, whole	18 lb 12 oz		37 lb 8 oz	
Spinach, raw 	12 lb		24 lb	
100% Apple Juice		3 qt		6 qt
Vanilla Yogurt, low-fat	13 lb	1 gal 2 qt 2 cups	26 lb	3 gal 1 qt
Honey 	12 oz	1 cup	24 oz	2 cups

## Nutrition Information

Serving Size: 8 oz

Nutrients	Amount
Calories	368 kcal
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	171 mg
Total Carbohydrate	82 g
Dietary Fiber	9 g
Total Sugars	39 g
Added Sugars Included	N/A
Protein	12 g
Vitamin D	N/A
Calcium	347 mg
Iron	4 mg
Potassium	N/A

N/A = Data not available

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Bananas	18 lb 12 oz	37 lb 8 oz
Kiwis	8 lb 7 oz	16 lb 14 oz
Spinach	12 lb	24 lb

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when variation of the ingredient is available. Cooking Process #1: No Cook.

## Yield/Volume

50 Servings	100 Servings
About 30 lb 5 oz	About 60 lb 10 oz
3 gal, 2 cup	6 gal, 1 qt



## Chef Tips:

To peel a kiwi:

- Cut kiwis in half crosswise. Using a spoon, scoop out the flesh.

To wash greens:

- Sanitize a large prep sink.
- Fill the sink  $\frac{3}{4}$  full of cold water.
- Add greens and swirl them around a few times.
- Let sit for 5 minutes to allow sand and dirt to settle at the bottom of the sink.
- Lift the greens out of the water (without disturbing the sediment at the bottom of the sink) and drain in a salad spinner or perforated pan.
- Allowing greens to dry overnight allows them to rehydrate and become crisper. DO NOT allow greens to sit in water this will accelerate the spoiling process.

Blend just prior to service.

- Leftover smoothie mixture can be stored in the refrigerator and whisked/blended again just prior to service.



## Directions:

- **Advanced Preparation:** Freezing the kiwis and banana slices the night before saves time and improves the taste and consistency of these smoothies.



- The day prior to service, wash the spinach (refer to chef tip). Store in shallow, perforated containers overnight in the refrigerator to help drain and dry the greens. Make sure to have a container below the perforated pan to catch the water drippings.



1. Wash and peel kiwis.

- \*See the chef tip.



2. Lay the kiwis out on parchment lined sheet pans, wrap in plastic wrap and freeze overnight.

3. Peel bananas and lay on a parchment lined sheet pan. Wrap in plastic wrap and freeze overnight.

4. Wash and drain spinach, if not already done.

- \*See the chef tip.



5. Using a commercial immersion blender, puree spinach and apple juice for 2-3 minutes or until well blended.

- **Note:** This should be done in a mixing bucket with the immersion blender or in a large storage container.

6. Add frozen kiwi, frozen banana, and yogurt. Blend for 4-5 minutes or until fully blended.

7. Add the honey and mix until smooth, about 1 minute.

8. Place cups on full-sized sheet pans. Pour 1 cup (8 fl oz) smoothie into each 9 oz clear plastic cup. Place lids on cups and store in the refrigerator until served.



- **Critical Control Point:** Hold at 41 °F or lower.



# Rise n' Shine Strawberry Oats

Prep Time: 30 Minutes | Cook Time: No Cook

Wholesome mixture of rolled oats, vanilla yogurt, low-fat milk, and fresh strawberries.

**Serving Size:** 10 oz

**Crediting Information:** 1 serving provides 1 oz eq meat/MA, 1 oz eq whole grain, and ½ cup fruit.

**Substitutions:** Blueberries can be substituted for a portion or all of the strawberries.



**Source:** Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A



*\*This recipe can be gluten free if the oats are a gluten free certified product. Always check the product label for verification.*



## Chef Tip:

Portion one parfait into a cup. Place a mark on the side of another empty cup to represent the 'fill line'. Fill the remaining cups to the same level.

Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Low-fat yogurt, vanilla	13 lb 7 oz	1 gal 2 qt 1 cup	26 lb 14 oz	3 gal 2 cups
Oats, rolled, whole grain, quick cooking	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 qt 1 cup
Milk, 1% white 		1 ½ qt ½ cup		3 qt 1 cup
Fresh strawberries 	8 lb 7 oz	1 gal 2 qt 1 cup	16 lb 14 oz	3 gal 2 cups

## Nutrition Information

Serving Size: 10 oz

Nutrients	Amount
Calories	217 kcal
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	69 mg
Total Carbohydrate	41 g
Dietary Fiber	4 g
Total Sugars	20 g
Added Sugars Included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	182 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Strawberries, raw, whole	9 lbs 10 oz	19 lbs 4 oz

### Notes

\*Note: Frozen USDA strawberries may be used in place of fresh strawberries.

Cooking process #1: No cook.



## Yield/Volume

50 Servings	100 Servings
About 31 lb 4 oz	About 62 lb 8 oz
3 gal, 2 cup	6 gal, 1 qt

## Directions

1. Combine yogurt, oats, and milk in a large bowl using a rubber spatula (it may be necessary to do the recipe in two batches depending on the mixing bowl size).
2. Wash, drain, and stem the strawberries. Cut into  $\frac{1}{2}$ " dice (alternatively, you can use a food processor with a dicing blade).
3. Place 50 (12 oz each) parfait cups on 2 sheet pans (18" x "26 x 1").
4. Reserve  $\frac{1}{4}$  of the cut strawberries for garnish.
  - a. For 50 servings, reserve 6  $\frac{1}{4}$  cup. 
  - b. For 100 servings, reserve 3 qt  $\frac{1}{2}$  cup.
5. Fold the remaining strawberries into the yogurt mixture using a rubber spatula.
6. Portion 1 cup (10 oz by weight) of the yogurt mixture into each parfait cup. This can be done using 2- No. 8 scoops.
  - \*See chef tip 
7. Using the No. 30 scoop (1oz), top each of the yogurt filled parfait cups with the reserved strawberries. 
8. Place lids on the parfait cups and chill overnight.
  - Critical Control Point: Hold for cold service 41°F or lower. 



# Zesty Breakfast Potatoes

Prep: 30 minutes | Cook Time: 30 minutes

Mixture of sweet and red potatoes, red onion, and bell peppers. Seasoned with garlic and paprika, then roasted. Flavorful side dish served for breakfast or lunch.

**Serving Size:** ½ cup

**Crediting Information:** ½ cup (No. 8 scoop) provides ½ cup total vegetable (⅛ cup red/orange vegetable, ¼ cup starchy vegetable, and ⅛ cup other vegetable).

**Source:** Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A



*\*This recipe can be gluten free if the turkey bacon is a gluten free certified product. Always check the product label for verification.*



## Chef Tip:

Prepare the potatoes the day prior to service by dicing them and storing them in water in the refrigerator.

Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Sweet potatoes, raw 	5 lb 8 oz	1 gal 1 qt ½ cup	11 lb	2 gal 2 qt 1 cup
Red potatoes, raw	5 lb 8 oz	1 gal 1 qt ½ cup	11 lb	2 gal 2 qt 1 cup
Red onion, raw	2 oz	½ cup	4 oz	1 cup
Red bell pepper, raw 	4 oz	¼ cup	8 oz	½ cup
Green bell pepper, raw	4 oz	¼ cup	8 oz	½ cup
Salt, table		1 Tbsp		2 Tbsp
Pepper, black		2 Tbsp		¼ cup
Onion powder		2 Tbsp		¼ cup
Garlic, granulated		2 Tbsp		¼ cup
Paprika		2 Tbsp		¼ cup
Parsley, dried		2 Tbsp		¼ cup
Oil, olive or salad		½ cup		1 cup
Turkey bacon, cooked, cut into ½" pieces		6 slices		12 slices

## Nutrition Information

Serving Size: ½ cup

Nutrients	Amount
Calories	105
Total Fat	2 g
Saturated Fat	<1 g
Cholesterol	1 mg
Sodium	193 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars Included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	25 mg
Iron	1 mg
Potassium	N/A

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Sweet potatoes, raw	5 lb 8 oz	11 lb
Red potatoes, raw	5 lb 8 oz	11 lb
Red onion, raw	2.5 oz	5 oz
Red bell pepper, raw	5 oz	10 oz
Green bell pepper, raw	5 oz	10 oz

N/A = Data not available

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

\*1 lb. AP red onion = 0.88 lb ready-to-serve or cook raw onion

\*1 lb AP bell peppers = 0.80 lb ready-to-serve or cook raw peppers

Cooking process #2: Same day service.

CCP: Hold for hot service at 135°F or higher.

## Yield/Volume

50 Servings	100 Servings
About 12 lb 8 oz potato mixture	About 25 lb potato mixture
1 gal, 2 qt, 1 cup / 1 steam table pan	3 gal, 2 cup / 2 steam table pans

## Directions

1. Preheat oven to 375 °F.
2. Wash all produce.
  - \*See chef tip
3. Keeping sweet potatoes and red potatoes separate, cut into ½” cubes.
4. Cut onions and peppers into ½” dice.
5. In a small mixing bowl, combine all spices. Then add the oil to the spice mixture and whisk until well incorporated.
6. Using large mixing bowls, separate the red potatoes into one bowl and the sweet potatoes, red onion, and peppers in another.
7. Drizzle half of the oil/spice mixture over red potatoes and the other half over the sweet potato mixture.
8. Using gloved hands or tongs, combine the mixture until well coated.

9. Keeping the red potatoes and sweet potato mixture separate, spread each in a single layer on parchment paper lined sheet pans (18” x 16”).

- a. For 50 servings, use 2 pans.
- b. For 100 servings, use 4 pans.

10. Roast the potatoes for 15 minutes.

11. Remove from the oven and flip potatoes.

12. Divide the bacon evenly, adding it to all the sheet pans of red and sweet potatoes. Bake for another 10 minutes or until potatoes are fork tender.

- Critical Control Point: Heat to 135°F or higher for at least 15 seconds.



13. After removing red and sweet potatoes from the oven, combine in large mixing bowls.

14. Place in 2” hotel pans and hold for service.

- Critical Control Point: Hold for hot service at 135°F or higher.



15. Portion ½ cup servings with No. 8 scoop.



# References

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School Nutrition Association (2023). School meal statistics. Retrieved from <https://schoolnutrition.org/about-school-meals/school-meal-statistics/>

# Appendix



## Taste Test Ballots

# APPLE TURNOVERS

Please rate the **Appearance:**

A fan  


Maybe a fan  


Not a fan  


Please rate the **Taste:**

A fan  


Maybe a fan  


Not a fan  


Please rate the **Smell:**

A fan  


Maybe a fan  


Not a fan  


Would you like to see this item on the menu?

YES

NO

We are committed to providing you with the best school dining experience possible, so we welcome your comments.

COMMENTS

**THANKS FOR PARTICIPATING!**



## TASTE TEST BALLOT

### YOUR TASTE MATTERS

Please complete this questionnaire for each item you will be sampling today. Your feedback is extremely important in helping us determine which items should be featured on future school menus.

**Directions: Check one rating for each category.**

# CHICKEN KALE CAESAR WRAP



## TASTE TEST BALLOT

### YOUR TASTE MATTERS

Please complete this questionnaire for each item you will be sampling today. Your feedback is extremely important in helping us determine which items should be featured on future school menus.

**Directions: Check one rating for each category.**

Please rate the **Appearance:**

A fan

Maybe a fan

Not a fan

Please rate the **Taste:**

A fan

Maybe a fan

Not a fan

Please rate the **Smell:**

A fan

Maybe a fan

Not a fan

Would you like to see this item on the menu?

YES

NO

We are committed to providing you with the best school dining experience possible, so we welcome your comments.

COMMENTS

**THANKS FOR PARTICIPATING!**

# SPICED CHICKEN GRAIN BOWL



## TASTE TEST BALLOT

### YOUR TASTE MATTERS

Please complete this questionnaire for each item you will be sampling today. Your feedback is extremely important in helping us determine which items should be featured on future school menus.

**Directions: Check one rating for each category.**

Please rate the **Appearance:**

A fan  


Maybe a fan  


Not a fan  


Please rate the **Taste:**

A fan  


Maybe a fan  


Not a fan  


Please rate the **Smell:**

A fan  


Maybe a fan  


Not a fan  


Would you like to see this item on the menu?

YES

NO

We are committed to providing you with the best school dining experience possible, so we welcome your comments.

COMMENTS

**THANKS FOR PARTICIPATING!**

# HARVEST SPINACH AND APPLE CHICKEN SALAD



## TASTE TEST BALLOT

### YOUR TASTE MATTERS

Please complete this questionnaire for each item you will be sampling today. Your feedback is extremely important in helping us determine which items should be featured on future school menus.

**Directions: Check one rating for each category.**

Please rate the **Appearance:**

A fan

Maybe a fan

Not a fan

Please rate the **Taste:**

A fan

Maybe a fan

Not a fan

Please rate the **Smell:**

A fan

Maybe a fan

Not a fan

Would you like to see this item on the menu?

YES

NO

We are committed to providing you with the best school dining experience possible, so we welcome your comments.

COMMENTS

**THANKS FOR PARTICIPATING!**

# HULK FRUIT SMOOTHIE



## TASTE TEST BALLOT

### YOUR TASTE MATTERS

Please complete this questionnaire for each item you will be sampling today. Your feedback is extremely important in helping us determine which items should be featured on future school menus.

**Directions: Check one rating for each category.**

Please rate the **Appearance:**

A fan  


Maybe a fan  


Not a fan  


Please rate the **Taste:**

A fan  


Maybe a fan  


Not a fan  


Please rate the **Smell:**

A fan  


Maybe a fan  


Not a fan  


Would you like to see this item on the menu?

YES

NO

We are committed to providing you with the best school dining experience possible, so we welcome your comments.

COMMENTS

**THANKS FOR PARTICIPATING!**

# RISE N' SHINE STRAWBERRY OATS



## TASTE TEST BALLOT

### YOUR TASTE MATTERS

Please complete this questionnaire for each item you will be sampling today. Your feedback is extremely important in helping us determine which items should be featured on future school menus.

**Directions: Check one rating for each category.**

Please rate the **Appearance:**

A fan  


Maybe a fan  


Not a fan  


Please rate the **Taste:**

A fan  


Maybe a fan  


Not a fan  


Please rate the **Smell:**

A fan  


Maybe a fan  


Not a fan  


Would you like to see this item on the menu?

YES

NO

We are committed to providing you with the best school dining experience possible, so we welcome your comments.

COMMENTS

**THANKS FOR PARTICIPATING!**

# ZESTY BREAKFAST POTATOES



## TASTE TEST BALLOT

### YOUR TASTE MATTERS

Please complete this questionnaire for each item you will be sampling today. Your feedback is extremely important in helping us determine which items should be featured on future school menus.

**Directions: Check one rating for each category.**

Please rate the **Appearance:**

A fan  


Maybe a fan  


Not a fan  


Please rate the **Taste:**

A fan  


Maybe a fan  


Not a fan  


Please rate the **Smell:**

A fan  


Maybe a fan  


Not a fan  


Would you like to see this item on the menu?

YES

NO

We are committed to providing you with the best school dining experience possible, so we welcome your comments.

COMMENTS

**THANKS FOR PARTICIPATING!**



# TASTE TEST SUPERHERO

HELP! We don't know what to have for breakfast and everyone is hungry. Can you be a hero by telling us if this food should be used for breakfast? Circle a face and let us know!

TODAY I'M HAVING  
**APPLE  
TURNOVERS**

HOW DOES THIS FOOD  
**LOOK?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**TASTE?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**SMELL?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

DO I WANT THIS FOOD FOR  
**BREAKFAST?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

ANYTHING ELSE TO SAY,  
**SUPERHERO?**



# TASTE TEST SUPERHERO

HELP! We don't know what to have for lunch and everyone is hungry. Can you be a hero by telling us if this food should be used for lunch? Circle a face and let us know!

TODAY I'M HAVING  
**CHICKEN KALE  
CAESAR WRAP**

HOW DOES THIS FOOD  
**LOOK?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**TASTE?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**SMELL?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

DO I WANT THIS FOOD FOR  
**LUNCH?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

ANYTHING ELSE TO SAY,  
**SUPERHERO?**



# TASTE TEST SUPERHERO

HELP! We don't know what to have for lunch and everyone is hungry. Can you be a hero by telling us if this food should be used for lunch? Circle a face and let us know!

TODAY I'M HAVING  
**SPICED CHICKEN  
GRAIN BOWL**

HOW DOES THIS FOOD  
**LOOK?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**TASTE?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**SMELL?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

DO I WANT THIS FOOD FOR  
**LUNCH?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

ANYTHING ELSE TO SAY,  
**SUPERHERO?**



# TASTE TEST SUPERHERO

HELP! We don't know what to have for lunch and everyone is hungry. Can you be a hero by telling us if this food should be used for lunch? Circle a face and let us know!

TODAY I'M HAVING  
**HARVEST SPINACH AND  
APPLE CHICKEN SALAD**

HOW DOES THIS FOOD  
**LOOK?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**TASTE?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**SMELL?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

DO I WANT THIS FOOD FOR  
**LUNCH?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

ANYTHING ELSE TO SAY,  
**SUPERHERO?**



# TASTE TEST SUPERHERO

HELP! We don't know what to have for breakfast and everyone is hungry. Can you be a hero by telling us if this food should be used for breakfast? Circle a face and let us know!

TODAY I'M HAVING  
**HULK FRUIT SMOOTHIE**

HOW DOES THIS FOOD  
**LOOK?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**TASTE?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**SMELL?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

DO I WANT THIS FOOD FOR  
**BREAKFAST?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

ANYTHING ELSE TO SAY,  
**SUPERHERO?**



# TASTE TEST SUPERHERO

HELP! We don't know what to have for breakfast and everyone is hungry. Can you be a hero by telling us if this food should be used for breakfast? Circle a face and let us know!

TODAY I'M HAVING  
**RISE N' SHINE**  
**STRAWBERRY OATS**

HOW DOES THIS FOOD  
**LOOK?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**TASTE?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**SMELL?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

DO I WANT THIS FOOD FOR  
**BREAKFAST?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

ANYTHING ELSE TO SAY,  
**SUPERHERO?**



# TASTE TEST SUPERHERO

HELP! We don't know what to have for breakfast and everyone is hungry. Can you be a hero by telling us if this food should be used for breakfast? Circle a face and let us know!

TODAY I'M HAVING  
**ZESTY BREAKFAST  
POTATOES**

HOW DOES THIS FOOD  
**LOOK?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**TASTE?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

HOW DOES THIS FOOD  
**SMELL?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

DO I WANT THIS FOOD FOR  
**BREAKFAST?**



YUMMY!



GOOD



JUST OKAY



BAD



YUCK!

ANYTHING ELSE TO SAY,  
**SUPERHERO?**



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