

ONLY 3% OF KIDS' MEAL OPTIONS ARE HEALTHY. IT'S  
TIME FOR RESTAURANTS TO SERVE KIDS BETTER™.



HEALTHY RECIPES  
FOR RESTAURANT  
CHILDREN'S MEALS

## Kids' Meal Options

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## Entrees

### Asian Edamame Salad (suggested name for menu)

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	trans fat (g)
Asian Salad with Brown Rice and Sesame Ginger Dressing	270	360	8	12%	8	27%	1	3%	0

#### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/asian-salad-brown-rice-and-sesame-ginger-dressing>

#### For 25 servings (1 serving = 1 ¼ cups):

Ingredients	Weight	Measure
Cabbage, shredded		3 1/8 cup
Red Cabbage, shredded		3 1/8 cup
Carrots, shredded		1 qt 2 1/4 cup
Red Peppers, seeded and chopped into bite-size pieces		3 1/8 cup
Green Onions, sliced		1 1/2 cup 1 Tbsp
Sugar Snap Peas, cleaned and halved or cut in thirds		3 1/8 cup
Shelled Edamame, thawed from frozen		6 1/4 cup
Newman's Low Fat Sesame Ginger Dressing		3 1/8 cup
Romaine Lettuce, cleaned and cut into bite sized pieces		1 qt 2 1/4 cup
Cooked Brown Rice		3 qt 1/2 cup
Sesame Seeds		1 1/2 cup 1 Tbsp

#### Directions:

1. Mix cabbages, carrots, peppers, onions, peas, and edamame in mixing bowl.
2. Toss vegetables in salad dressing to coat evenly.
3. Add lettuce and rice to the vegetable mixture just before serving and mix well.
4. Transfer salad to serving pans.
5. Top with sesame seeds and serve.

**Source:** Smith-Hale College Preparatory School (Recipes for Healthy Kids Competition)

## Asian Tofu Wrap

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	trans fat (g)
Asian Tofu Wrap	310	480	10	13%	12	35%	2	6%	0

### Link to recipe:

<http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf>

### For 100 servings (1 serving = 1 wrap, 1 cup wrap mix):

Ingredients	Weight	Measure
Tofu, firm, drained and kept cold	25 lb	
Red onions, sliced thin	2 lb	
Red cabbage, shredded	3 2/3 lb	
Iceberg lettuce, shredded	4 lb	
Carrots, peeled, shredded	3 1/4 lb	
Peppers, red, cored, julienned	2 2/3 lb	
Tortillas, whole-wheat, 8-inch		100 tortillas

### For Marinade:

Ingredients	Weight	Measure
Cider vinegar		1 1/2 cups
Soy sauce, reduced sodium		1 1/2 cups
Honey		2 cups
Vegetable oil		2 cups
Garlic, granulated		1/2 cup
Ginger, minced		1 cup

### Directions:

1. Combine marinade ingredients in a bowl and stir well.
2. Place drained tofu into a large bowl and squeeze the tofu with gloved hands until it is crumbled. Once crumbled, pour the marinade over the tofu and mix well. Marinate in the refrigerator for at least 1 hour. Stir the tofu after about 30 minutes to redistribute the sauce.
3. Shred lettuce and carrots separately in food processor and combine with the sliced onions, shredded cabbage, and red peppers in a large bowl.
4. Drain tofu well in a colander that sits in a large bowl, so that you can save the marinade. Add the marinade to the vegetables and toss well.
5. Assemble wraps with ½ cup tofu and 1½ ounces shredded vegetable mix. Roll up, cut, and wrap.

**Credit:** Chef Guy S. Koppe, School Food Chef, Project Bread's Chefs in Schools Initiative

**Source:** Project Bread – Let's Cook: Healthy School Meals

## Cheesy Kale Bake

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Mac and Cheese with Kale	230	350	3	5%	7	27%	3	12%	0g

### Link to recipe:

[https://healthymeals.fns.usda.gov/sites/default/files/uploads/2\\_VT\\_Recipes.pdf](https://healthymeals.fns.usda.gov/sites/default/files/uploads/2_VT_Recipes.pdf)

### For 50 servings (1 serving = 1 cup):

Ingredients	Weight	Measure
Onions	4 lb	
Canola oil		1/4 cup
Kale	6 lb	
Water		3 gal + 3 qt
Kosher salt		4 1/4 Tbsp, divided
Whole-wheat penne pasta	3 lb 4 oz	
Olive oil		1/4 cup
Shredded reduced-fat cheddar cheese	2 lb	
Breadcrumbs, soft, whole-wheat, low sodium		1 cup
Grated Parmesan cheese		1 cup

### Directions

1. Trim and peel onion. Cut into medium dice.
2. Heat canola oil in a 20-qt brazier over medium-low heat. Add the onions and cook, stirring occasionally, until golden brown, about 45 minutes. (Do not skip this step as the almost-melted onions are key to this recipe.)
3. Meanwhile, wash kale under cold running water. Drain in a colander but do not dry. Remove and discard thick stems. Cut leaves into ½-inch pieces.
4. Bring water and 3 Tbsp salt to a boil in a large pot. Cook pasta until just tender, about 8 minutes. (Do not overcook.) Drain and rinse with cool water. Return to the pot and toss with olive oil.
5. Working in batches, add the chopped kale to the onions. Stir and toss the kale until it wilts and shrinks before adding more. Stir in 1½ Tbsp salt. Cook over medium heat, stirring and tossing, until the kale is wilted and tender but still bright green, 5 to 7 minutes. Transfer to a large bowl and let cool.
6. Preheat convection oven to 350°F or conventional oven to 375°F. Coat two 2-inch full hotel pans with cooking spray.
7. Add the pasta to the kale mixture and toss to combine. Add cheddar cheese and continue to toss until the mixture is well combined. Divide between the prepared pans and spread evenly.
8. Mix breadcrumbs and Parmesan in a small bowl. Sprinkle each pan evenly with half of the mixture.

9. Bake until brown and the internal temperature reaches 140°F, 20 to 25 minutes. Serve immediately.



**Source:**

New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks  
Vermont FEED. Vermont Agency of Education. School Nutrition Association of Vermont.

## Chic' Penne

This whole-wheat pasta dish is bright and fun with fresh broccoli, chicken, and melted cheese that is sure to please.

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Chic' Penne	300	420	5	7%	6	18%	2	6%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chic-penne>

### For 25 servings (1 serving = 1 1/2 cups (two 6 fl oz spoodles)):

Ingredients	Weight	Measure
Water		1 gal 2 qt
Penne pasta, whole-wheat, dry	3 lb	3 qt 3 1/3 cups
Granulated garlic		1 Tbsp 1 tsp
Fresh broccoli florets, chopped 1"	1 lb 9 oz	2 qt 3 1/4 cups
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb	3 1/4 cups
Low sodium chicken broth		1/2 cup
Salt		1 Tbsp
Ground black pepper		2 tsp
Nonfat milk		1 qt 1 1/2 cups
Enriched all-purpose flour		1/4 cup
Reduced-fat cheddar cheese, shredded	8 oz	2 cups
Low-fat mozzarella cheese, low moisture, part-skim, shredded	8 oz	2 cups

### Directions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.
3. Toss cooked pasta with garlic. Add 2 tsp (reserve remaining garlic for step 5).
4. Transfer pasta to a steam table pan (12" x 20" x 2 1/2").
5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.
6. Add broccoli and chicken to pasta. Mix well.
7. Sauce: Combine broth, salt, pepper, and 1 qt milk. Bring to a boil, stir constantly. Reserve remaining milk for step 8).
8. Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.
9. Add cheese. Continue to stir until cheese melts.
10. Divide cheese sauce evenly and pour over pasta mixture.
11. Cover with foil and bake: Conventional oven: 350 °F for 8 minutes. Convection oven: 350 °F for 4 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
12. Critical Control Point: Hold for hot service at 135 °F or higher.
13. Portion two 6 fl oz spoodles (1 1/2 cups).





**Credit:**

**Winograd K-8 Elementary School**  
Greeley, Colorado

**School Team Members**

**School Nutrition Professional:** Kara Sample, RD, SNS

**Chef:** Amanda Smith

**Community Member:** Emily Wigington (AmeriCorps VISTA Volunteer)

**Students:** Jace K., Bethany V., Abraham A., and Amairani P.

**Source:** Recipes for Healthy Kids Cookbook for Child Care Centers



## Chicken Barbecue Sandwich

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	trans fat (g)
Chicken Barbecue Sandwich	340	490	8	9%	11	29%	2.5	7%	0

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/chicken-barbecue-sandwich>

### For 24 servings (1 serving = 1 sandwich):

Ingredients	Weight	Measure
Fresh celery, 1/4" diced	8 oz	2 cups
Fresh onions, chopped OR Dehydrated onions	8 oz	1 1/3 cups OR 3/4 cup
Vegetable oil		2 Tbsp 2 tsp
Canned unsalted tomato sauce	3 lb 4 oz	1 qt 2 cups
Brown sugar, packed		1/4 cup
Worcestershire sauce		1 Tbsp
Prepared yellow mustard		2 Tbsp
White vinegar		3/4 cup
Garlic salt		2 tsp
Cooked skinless chicken thighs, chopped or shredded	4 lb 12 oz	
Whole-wheat hamburger rolls		24 each

### Directions:

1. In a pot, sauté celery and onions in oil until tender, about 5 minutes.
2. Add tomato sauce, brown sugar, Worcestershire sauce, mustard, vinegar, and garlic salt to the vegetables. Bring to a boil over medium heat. Reduce heat and simmer, uncovered for 15 minutes.
3. Add chicken and stir to blend. Simmer for 30 minutes. CCP: Heat to 165°F.
4. CCP: Hold for hot service at 140°F or warmer. Using a No. 8 scoop (1/2 cup), portion chicken mixture on bottom half of hamburger roll. Cover with top half of roll. Portion is 1 sandwich.

**Source:** USDA Recipes for Child Care

**Chicken Fajita** (suggested name for menu)

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	trans fat (g)
Chicken Fajita with Peppers and Onions	300	500	5	7%	11	33%	3	9%	0

**Link to recipe:**

<http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf>

**For 100 servings (1 serving = 3/4 cup):**

Ingredients	Weight	Measure
Chicken breast, cooked and cut into strips	13 3/4 lb	
Spanish onions, fresh, sliced thin	6 1/2 lb	9 onions
Peppers, large, green, sliced thin	3 1/4 lb	9 peppers
Vegetable oil		2 cups
Cumin, ground		2 1/2 Tbsp
Salt		1 Tbsp
Mozzarella, reduced-fat, shredded (reduced fat cheddar cheese can be substituted)	1 1/4 lb	
Whole wheat wraps, 8-inch		100 wraps
Tomatoes, fresh, diced	4 1/2 lb	
0% Greek yogurt	100 oz	

**Directions:**

1. Place the chicken strips in a large bowl and the onions and peppers in another large bowl.
2. Add 1 cup oil, half the cumin, and half the salt to each bowl and toss well to coat the chicken and veggies.
3. Place chicken and veggies on separate sheet pans. Cook the chicken and vegetables (except tomatoes) in a 350°F oven until the chicken reaches a temperature of 165°F or for about 20 minutes.
4. Remove any excess liquid from the pans and construct wraps with 1 ounce onion, 2/3 ounce peppers, 1/3 ounce shredded cheese, 2/3 ounce tomatoes, and 1 1/2 ounces chicken per wrap.
5. Place 1 ounce of Greek yogurt into 1-ounce soufflé cups and serve with the fajita.

**Credit:** Boston Public Schools

**Source:** Project Bread – Let's Cook: Healthy School Meals

## Chicken Fingers

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	trans fat (g)
Chicken Fingers	200	260	3	6%	3	14%	1	5%	0

### Link to recipe:

<http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf>

### For 100 servings (1 serving = 2 ounces chicken and 1 packet ketchup):

Ingredients	Weight	Measure
Chicken tenders, raw, medium size	17 lb	
Buttermilk		6 3/4 cups
Flour, all-purpose		10 1/4 cups
Cornmeal, yellow		6 3/4 cups
Salt		5 tsp
Oil, spray		Enough for sheet pans
Ketchup	32 oz	100 packets

### Directions:

1. Preheat the oven to 425°F. Line seven sheet pans with parchment paper. Have a large colander ready.
2. Combine the chicken and buttermilk in a large roasting pan, and set aside.
3. In another large roasting pan, whisk together the flour, cornmeal, and salt. Spray oil onto one of the prepared sheet pans.
4. Working in batches, transfer several pounds of the chicken to the strainer and allow to drain for a moment. Place the drained tenders into the flour-and-cornmeal mixture and toss well using your fingers. Shake off the excess coating and line the tenders on the sheet pan. Spray to lightly coat in oil. Repeat this procedure until you have coated all of the chicken.
5. Transfer the sheet pans to the oven. Roast the chicken until golden and crisp, approximately 30 minutes. Serve with the ketchup.

**Credit:** Chef Vincent “Vin” Connelly, Kitchen Manager, Cambridge Rindge and Latin School

**Source:** Project Bread – Let’s Cook: Healthy School Meals

## Chicken Salad Sandwich

A creamy chicken salad that is studded with celery, apples, and raisins

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	trans fat (g)
Chicken Salad Sandwich	280	360	5	7%	11	35%	2	6%	0

### Link to recipe:

<http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf>

**For 100 servings (1 serving = 1/2 cup chicken salad plus lettuce and 2 slices bread):**

Ingredients	Weight	Measure
Mayonnaise		5 cups
Honey or sugar		1/4 cup
Garlic powder		2 Tbsp
Cider OR red wine vinegar		1/2 cup
Black pepper		2 tsp
Cooked chicken breast meat, diced	7 1/2 lb	
Celery, chopped		9 cups 6 Tbsp
Apples, chopped with skin on		3 cups
Raisins		1 cup
Romaine lettuce, chopped		6 heads
Whole-wheat bread		200 slices

### Directions:

1. Make the dressing by combining the mayonnaise, honey, garlic powder, vinegar, and pepper. Stir well.
2. Add the diced chicken, celery, apples, and raisins. Stir well.
3. Portion ½ cup chicken salad and a few pieces of lettuce on two slices of bread per sandwich.

**Credit:** Boston Public Schools

**Source:** Project Bread – Let's Cook: Healthy School Meals

## Chilaquiles

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	trans fat (g)
Chilaquiles	210	230	4	8%	5	21%	1.5	6%	0

### Link to recipe:

<http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf>

### For 100 servings (1 serving = 3/4 cup):

Ingredients	Weight	Measure
Kidney beans or any other cooked canned bean		37 1/4 cups (3 No. 10 cans - drain and rinse 2 cans in a colander and keep 1 can in its liquid)
Water		6 cups
Cumin		1 Tbsp
Chili powder		1 Tbsp
Onion powder		2 tsp
Diced unsalted tomatoes, drained	6 lb 6 oz	12 1/4 cups (2 No. 10 cans)
8-inch corn tortillas, 25 cut into large triangles		75
Cheddar cheese	1 1/4 lb	5 1/2 cups
Canned or frozen corn kernels	4 1/3 lb	12 cups
Salsa (see below)		9 1/2 cups

### For salsa:

Ingredients	Weight	Measure
Chopped tomato		8 cups
Garlic, minced		3 cloves
Cilantro, minced (stems are fine)		1 cup
Olive oil		1/2 cup
Salt		1 tsp
Hot sauce		To taste
Lime juice		From 2 limes

### Directions:

1. In a heavy-bottomed pot over low heat, cook the beans with the water and the spices until the mixture thickens. Stir often and use a masher to break the beans down. This will take about 45 minutes until the mixture is quite thick.
2. Spray four hotel pans (shallow pans are fine). Layer the tomatoes and half the tortillas in an overlapping fashion, dollops of refried beans, the cheddar, and corn, and then stick the triangles into the casserole so that they rise up.
3. Spray the tortilla triangles with oil spray so they will crisp up nicely. Bake in a 350°F oven for 15 to 20 minutes or until piping hot. Cut each pan into 24 servings.
4. Combine all the salsa ingredients, and taste for seasoning.

5. Serve 3/4 cup of chilaquiles with a generous tablespoon of salsa.

**Credit:** Chef Didi Emmons, Cookbook Consultant, Project Bread's Chefs in Schools Initiative

**Source:** Project Bread – Let's Cook: Healthy School Meals

## “Fish in Blankets” Fish Tacos

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
"Fish in Blankets" Fish Tacos	180	210	4	9%	3	15%	0	0%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/fish-blankets-fish-tacos>

### For 28 servings (1 serving = for 2 tacos and filling (156 g)):

Ingredients	Weight	Measure
Cod fillets, frozen, sliced	4 lbs	
Olive oil		2 Tbsp
Lemon juice		1/4 cup
Red leaf lettuce, shredded		1.5 cups
Lettuce, shredded		2 cups
Tomatoes, chopped		4 cups
Corn tortillas, whole grain, 6"		56
Yogurt, plain, non-fat		2.5 cups
Salsa, jarred, ready to eat		2 cups

### Directions

1. Combine fish, olive oil, and lemon juice in bowl. Pour into skillet.
2. Cook on medium-high heat for 4-5 minutes, stirring occasionally.
3. Fill each tortilla with 1/8 cup fish.
4. Top with 1/4 cup vegetables and 1 Tbsp of yogurt.

### Serving Tips:

Tacos are a fun food to let children assemble themselves. You can also use onions, peppers, or any other vegetables you have on hand.

**Source:** Improving Nutrition and Physical Activity Quality in Delaware Child Care. Delaware Team Nutrition. Recipe adapted from Network for a Healthy California. *Champions for Change*. California Department of Public Health.



## “Gobble” Up Burgers

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
“Gobble” Up Burgers	260	360	4	6%	7	24%	1.5	5%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/gobble-burgers>

**For 16 servings (1 serving = for 1 burger and 1 roll ):**

Ingredients	Weight	Measure
Turkey, ground	2 lbs	
Ketchup		2 Tbsp
Black pepper		1 1/2 tsp
Black beans, canned, unsalted		1 cup
Whole wheat hamburger rolls		16
Cooking spray		as needed

### Directions

1. Mix ground turkey, ketchup and pepper together in large bowl.
2. Form mixture into palm-size patties.
3. Spray skillet with cooking spray.
4. Cook patties on medium-high skillet until brown on both sides, about 10 minutes total.

### Serving Tips:

Add vegetables to this dish by putting tomatoes, lettuce and onions into the ground turkey mix or on top of the burgers.

**Source:** Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware

## Mighty Marinara with Chickpeas

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Mighty Marinara with Chickpeas - with rice	450	370	12	11%	6	12%	1	2%	0g

### Link to recipe:

<http://www.bringfoodforward.org/wp-content/uploads/2015/05/HSUS-Plant-Strong-Entree-Recipes.pdf>

**For 50 servings (1 serving = Using 8 ounce ladle or spoodle, serve 8 ounces marinara sauce over 1 cup cooked brown rice):**

Ingredients	Weight	Measure
Diced tomatoes and sauce, canned		1 1/4 - #10 can (1 gallon)
Tomato sauce, unsalted		1 - #10 can
Garbanzo beans, unsalted, drained	10 lb 3 oz	2 1/2 -#10 can
Salad Oil		1/2 cup
Oregano, dried		1 1/2 Tbsp
Garlic, granulated		2 Tbsp
Basil, dried		2 Tbsp
Salt		1 Tbsp
Sugar		1/2 cup
Parsley, dried		2 Tbsp
Pepper		1 1/2 tsp
Brown Rice, dry weight	6 lb 4 oz	1 cup

### Directions

1. Prepare grain accordingly.
2. Stir and heat all ingredient together except for grain item.

Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

Critical Control Point: Hold at internal temperature of 135°F or above.

Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

**Source:** Humane Society of the United States Plant Strong Entrée Recipes

## Smokin' Powerhouse Chili

A chili made of a blend of vegetables, black beans, and smoky spices all served with ancient Aztec whole-grain quinoa.

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Smokin' Powerhouse Chili	180	260	8	17%	2	10%	0	0%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/smokin-powerhouse-chili>

**For 25 servings (1 serving = 1 cup (8 fl oz ladle) chili and 1/4 cup (No. 16 scoop) quinoa):**

Ingredients	Weight	Measure
Fresh onions, diced	1 lb 8 oz	1 qt 3/4 cup
Fresh garlic, minced	2 oz	1/4 cup
Low-sodium vegetable stock		3 1/8 cups
Fresh carrots, diced 1/2"	1 lb 9 oz	1 qt 3 1/3 cups
Fresh red bell peppers, diced	3/4 lb	2 1/4 cups
Dry ground chipotle pepper, (optional)		1 Tbsp
Canned low-sodium diced tomatoes	2 lb 14 1/2 oz	1 qt 3 cups (2/3 No. 10 can)
Canned low-sodium tomato sauce	2 lb 14 1/2 oz	3 3/4 cups (1/3 No. 10 can)
Fresh cilantro, chopped		1 cup
Chili powder		3 Tbsp 1 tsp
Ground cumin		3 Tbsp 1 tsp
Salt		1 tsp
Fresh sweet potatoes, peeled, diced 1/2"	1 lb 2 oz	3 1/4 cups
Canned low-sodium black beans drained, rinsed OR Dry black beans, cooked	3 lb	2 qt (1 1/4 No. 10 cans)
Frozen corn, thawed, drained	1 lb	3 cups
Quinoa, dry	1 lb	2 1/2 cups
Water		3 1/2 cups

### Directions:

1. Sauté onions and garlic for 2 minutes in a pan coated with pan release spray. Use a large stockpot.
2. Add half of the stock and bring to a boil over medium high heat. Reserve remaining vegetable stock for step 4.
3. Add carrots, red peppers, and ground chipotle pepper (optional). Simmer uncovered over low-medium heat for 10 minutes.
4. Add remaining stock, tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt to vegetable mixture. Stir occasionally. Continue to simmer over low heat, uncovered for 15 minutes.
5. Steam sweet potatoes until soft (about 10-15 minutes) in a perforated steam table pan (12" x 20" x 2 1/2").

6. Add beans, corn, and sweet potatoes to vegetable mixture. Simmer uncovered over low heat for 10 minutes. Critical Control Point: Heat to 140° F or higher for at least 15 seconds.
7. Critical Control Point: Hold for hot service at 135° F or higher.
8. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
9. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel.
10. Critical Control Point: Hold for hot service at 135° F or higher
11. Portion 8 fl oz ladle (1 cup) chili. Serve with No. 16 scoop (1/4 cup) cooked quinoa.
12. If desired, serve chili with 1/4 cup brown rice in place of quinoa.



**Credit:**

**West Junior High School**  
Minnetonka, Minnesota

**School Team Members**

**School Nutrition Professional:** Barbara Mechura

**Chef:** Jenny Breen, MS (Co-owner, Good Life Catering)

**Community Members:** Mary Jo Martin (Parent and School Nurse) and Sue Nefzger (Parent and Family and Consumer Science Teacher)

**Students:** Ryan K., Liam P., Ty L., Miranda H., and Matt H.

**Source:** Recipes for Healthy Kids Cookbook for Child Care Centers

## Spaghetti with Meat Sauce

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Spaghetti w/Meat Sauce	300	300	4	5%	9	27%	3	9%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/spaghetti-wmeat-sauce>

### For 100 servings (1 serving = 1 cup (8 oz ladle)):

Ingredients	Weight	Measure
Raw ground beef (no more than 15% fat)	17 lb	
Fresh onions, chopped OR Dehydrated onions	1 lb OR 3oz	2 2/3 cups OR 1 1/2 cups
Granulated garlic		3 Tbsp
Ground black or white pepper		1 Tbsp
Canned tomato puree	10 lb	1 gal 2 cups (1 1/2 No. 10 cans)
Water		1 gal
Salt		2 Tbsp
Dried parsley		1/2 cup
Dried basil		1/4 cup
Dried oregano		2 Tbsp
Dried marjoram		1 Tbsp
Dried thyme		1 Tbsp
Water		12 gal
Salt		¼ cup
Whole grain spaghetti, broken into thirds	9 lb 8 oz	1 gal 3 3/4 qt

### Directions:

1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
2. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour. Critical Control Point: Heat to 155° F or higher for at least 15 seconds.
3. Heat water to rolling boil. Add salt.
4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir into meat sauce.
6. Divide mixture equally into medium half-steam table pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 100 servings, use 6 pans.
7. Critical Control Point: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup) per serving.

**Credit:** Iowa Gold Star Cycle Menus, Team Nutrition Iowa

## Tostada

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Tostada	210	290	5	10%	6	26%	2	9%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/eagle-pizza-0>

### For 50 servings (1 serving = 1 tostada):

Ingredients	Weight	Measure
Fresh spinach, julienne sliced	5 oz	1 qt
Fresh romaine lettuce, julienne sliced	8 oz	1 qt
Salt-free chili-lime seasoning blend OR salt-free taco seasoning blend*		1/4 cup 2 Tbsp
Canned low-sodium refried pinto beans, fat-free	7 lb 12 oz	3 qt 1 1/2 cups (1 1/4 No. 10 cans)
Fresh green bell peppers, diced	2 lb	1 qt 2 cups
Fresh onions, diced	2 lb	1 qt 2 1/4 cups
Canned low-sodium corn, drained, rinsed	3 lb 6 oz	1 qt 2 cups (1 No. 10 can)
Whole-grain corn tostada shells (round) (0.5 oz each)		50
Reduced-fat Mexican cheese blend, shredded	1 lb	1 qt
Fresh carrots, shredded	1 lb 8 oz	1 qt 3 1/2 cups
Low-sodium salsa, mild	1 lb 8 oz	3 cups
Fat-free sour cream	1 lb 8 oz	3 cups

\*Salt-free taco seasoning blend - For 50 servings:

2 Tbsp dried onion  
 2 Tbsp chili powder  
 1 Tbsp cumin  
 1 Tbsp crushed red pepper  
 1 Tbsp garlic powder  
 1 ½ tsp oregano  
 1 Tbsp cornstarch

### Directions

1. Combine lettuce and spinach in bowl. Set aside.
2. Mix salt-free seasoning and beans. Set aside.
3. Sauté green peppers, onions, and corn for 3-4 minutes in a pan coated with pan release spray. Set aside.
4. Portion beans with No. 16 scoop (1/4 cup) on each tostada shell. Spread evenly.
5. Top with 1/3 cup vegetable mixture. Sprinkle with 1 Tbsp cheese.

6. Place tostadas on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. Use 4 pans. Bake until cheese is melted: Conventional oven: 350 °F for about 5 minutes. Convection oven: 350 °F for about 3 minutes.
7. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
8. Critical Control Point: Hold for hot service at 135 °F or higher.
9. Top each tostada with: 1 Tbsp 1 tsp spinach/lettuce mixture 2 Tbsp carrots 1 Tbsp salsa 1 Tbsp sour cream. Serving suggestion: serve toppings in individual soufflé cups
10. Serve one tostada.



**Credit:**

Byars Elementary School  
Byars, Oklahoma

School Team Members

School Nutrition Professional: Vickie Spray

Chef: Ruth Burrows, DTR

Community Member: Sandra Walck (past School Board Member)

Students: Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

**Source:** Recipes for Healthy Kids Cookbook for Child Care Centers



## Two Bean Salad

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	trans fat (g)
Two Bean Salad	210	390	4	8%	7	30%	1	4%	0

### Link to recipe:

<http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf>

### For 70 servings (1 serving = 1 cup):

Ingredients	Weight	Measure
Chickpeas, drained, rinsed		31 1/2 cups (3 No. 10 cans)
Kidney beans, drained, rinsed		18 3/4 cups (1 No. 10 cans)
Scallions, trimmed, sliced very thin	2 lb	5 dozen scallions
Bell peppers, red, large, cored, finely diced	2 1/4 lb	6 1/2 peppers
Lemon juice		1 2/3 cups (17 lemons)
Olive oil		1 2/3 cups
Parsley, flat-leaf, finely chopped		6 bunches
Salt		1 1/2 Tbsp
Black pepper		1 1/2 tsp

### Directions:

1. Combine chickpeas, kidney beans, scallions, and bell peppers in a large bowl and toss.
2. Whisk together lemon juice and oil. Pour onto salad and toss well. Stir in parsley.
3. Season salad with salt and black pepper. Chill until serving.

**Credit:** Chef Vincent “Vin” Connelly, Kitchen Manager, Cambridge Rindge and Latin School

**Source:** Project Bread – Let’s Cook: Healthy School Meals

## Vegetable Quesadilla

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Vegetable Quesadilla	210	510	3	6%	8	34%	4	17%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/vegetable-quesadilla>

### For 50 servings (1 serving):

Ingredients	Weight	Measure
Whole grain-rich tortilla, 6" soft (at least 0.9 oz)		50 each
Fresh green peppers, chopped	1 lb 4 oz	3 3/4 cups 2 Tbsp
Fresh onions, chopped	15 oz	2 1/2 cups
Canned black beans, drained	1 lb 15 oz	1 qt 3 cups (1/2 No. 10 can)
Canned corn, liquid packed whole kernel, drained	2 lb 1 oz	2 qt 3 cups (1/2 No. 10 can)
Fresh tomatoes, diced	15 oz	2 3/4 cups
Chili powder		2 Tbsp
Ground cumin		2 Tbsp
Onion powder		1 Tbsp 1 tsp
Paprika		1 Tbsp 1 tsp
Reduced fat Monterey Jack cheese, shredded	1 lb 9 oz	1 qt 2 1/4 cups
Reduced fat cheddar cheese, shredded	1 lb 9 oz	1 qt 2 1/4 cups

### Directions

1. Line 3 sheet pans (18" x 26" x 1") with parchment paper. Place 8-9 tortillas side by side on each pan (use a total of 25 tortillas). Reserve for step 5.
2. Combine peppers, onions, black beans, and corn. Heat on medium heat for 5 minutes.
3. Add tomatoes to vegetable mixture and drain excess liquid.
4. Add chili powder, cumin, onion powder, and paprika to vegetable mixture.
5. Sprinkle each tortilla with ¼ cup of Monterey Jack cheese.
6. Spoon 1 cup 1 Tbsp vegetable mixture on to each tortilla.
7. Sprinkle each tortilla with ¼ cup cheddar cheese.
8. Place remaining tortillas on top, pressing down gently. Spray tortillas with pan release spray to aid browning.
9. Bake until tops are golden brown: Conventional oven: 400° F for 10 minutes. Convection oven: 375° F for 7 minutes
10. Allow quesadilla to stand for 5 minutes.
11. Cut each quesadilla in half and serve. One portion is ½ quesadilla.

**Source:** USDA Recipes for Schools

## Whole Wheat Veggie Pizzas

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Whole Wheat Veggie Pizzas	330	380	5	6%	7	19%	3.5	10%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/whole-wheat-veggie-pizzas>

### For 9 servings (1 serving = 1 - 7 inch pizza):

Ingredients	Weight	Measure
Whole wheat flour		2 cups
All-purpose flour		2 cups
Dry oats		1/2 cup
Active dry yeast		1 Tbsp + 1 1/2 tsp
Salt		1/4 tsp
Honey		2 tsp
Warm water		1 1/2 cups
Pizza Sauce		1 cup + 2 Tbsp
Minced garlic		2 tsp
Fresh basil leaves, trimmed and chopped		1/4 cup
Spinach leaves, stems trimmed		1 1/2 cups
Broccoli flowerets		1 cup + 2 Tbsp
Carrots, grated		1/2 cup + 1 Tbsp
Green peppers, diced		1 cup + 2 Tbsp
Diced fresh tomatoes		1 cup + 2 Tbsp
Part-skim mozzarella cheese		2 1/4 cups

### Directions

1. Mix 1 cup each of white and whole wheat flour, oats, yeast and salt. Heat water to 125 degrees F then add honey.
2. Gradually add water to dry mixture. Mix for 2 minutes. Add remaining flour, mixing well after each addition.
3. Knead dough for 10 minutes. Spray with Pam. Cover. Let rise in warm place until double. Punch down.
4. Divide into equal parts. Roll and place in 7 inch pizza pans. Cover; let rise in warm place approximately 45 minutes.
5. Mix pizza sauce with minced garlic and fresh basil.
6. Top each dough with: 2 Tbsp pizza sauce, spinach leaves, 2 Tbsp broccoli flowerets, 1 Tbsp grated carrots, 2 Tbsp green peppers, 2 Tbsp diced fresh tomatoes, 1/4 cup mozzarella cheese.
7. Bake in hot oven (375° F convection oven; 425° F conventional oven) approximately 10 minutes.

**Source:** Whole Grain Foodservice Recipes

## Sides and Drinks

Sides	Drinks
Harvest Delight (1/2 cup)	1% low-fat milk (8 fl oz)
"All-Star Snack" Fruit and Vegetable Bake (1/2 cup)	Fat free chocolate milk (8 fl oz)
Orange-Glazed Carrots (1/3 cup)	Orange juice (100% juice) (8 fl oz)
Quick Vegetable Sauté (3/4 cup)	Water
Baby-cut carrots (1/2 cup)	
Apple slices (1/2 cup)	
Grapes (1/2 cup)	
Clementine oranges (2 small)	

## "All-Star Snack" Fruit and Vegetable Bake (side)

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
"All-Star Snack" Fruit and Vegetable Bake	35	20	5	57%	0	0%	0	0%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/all-star-snack-fruit-and-vegetable-bake>

### For 24 servings (1 serving = 1/2 cup):

Ingredients	Weight	Measure
Carrots, sliced		4 cups
Sweet potatoes, sliced		2 cups
Apples, peeled, sliced		6 cups
Brown sugar		¼ cup
Water, divided		4 cups

### Directions

1. Bring 3/4 the amount of water to a boil. Simmer carrots and sweet potatoes until tender. Drain and cool.
2. In baking or casserole dish, alternate sweet potatoes and carrots with apples.
3. Sprinkle brown sugar on top.
4. Add remaining water. Cover and bake at 350 °F for 30 minutes or until apples are tender.
5. Remove cover and bake until golden brown on top.

**Source:** Improving Nutrition and Physical Activity Quality in Delaware Child Care. Recipe adapted from Cook, D. *The Kids' Multicultural Cookbook*. Nashville, TN: Williamson Books.; 1995.

## Harvest Delight (side)

Inspired by autumn vegetables found at farmers markets, Harvest Delight is an irresistible, brilliantly colored roasted vegetable and fruit medley side dish.

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Harvest Delight	90	100	8	34%	3	29%	0	0%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/harvest-delight-0>

**For 50 servings (1 serving = 1/2 cup (4 fl oz spoodle or No. 8 scoop)):**

Ingredients	Weight	Measure
Fresh carrots, 1/4" slices	3 lb	2 qt 2 cups
Fresh sweet potatoes, peeled, cubed 1"	3 lb	1 qt 2 cups
Fresh butternut squash, peeled, cubed 1/2"	3 lb	1 qt 2 2/3 cups
Fresh red onions, diced	1 lb	3 cups 2 Tbsp
Extra virgin olive oil		2/3 cup
Sea salt		2 tsp
Fresh green apples, peeled, cubed 1/2"	4 lb	3 qt 2 2/3 cups
Fresh thyme, finely chopped		3 Tbsp
Fresh oregano, finely chopped		3 Tbsp
Fresh sage, finely chopped		3 Tbsp
Fresh rosemary, finely chopped	11 oz	2 Tbsp
Minced garlic	2 oz	2 Tbsp 1 tsp
Maple syrup		1/4 cup 1 Tbsp
Fresh spinach, coarsely chopped	11 oz	1 qt 2 cups
Dried cranberries, finely chopped	2 oz	1/3 cup

### Directions

1. Place carrots in a perforated steam table pan (12" x 20" x 2 1/2"). Cover and steam for 10 minutes or until tender.
2. Toss carrots, sweet potatoes, squash, and onions with the oil and salt. Line sheet pan (18" x 26" x 1") with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. Use 4 pans. Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Conventional oven: 425 °F for 25 minutes Convection oven: 425 °F for 18 minutes.
3. Combine apples, thyme, oregano, sage, rosemary, and garlic. Note: Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.

4. Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender: Conventional oven: 400 °F for 15 minutes. Convection oven: 400 °F for 10 minutes.
5. Remove vegetable/apple mixture from oven. Transfer to 2 steam table pans (12" x 20" x 2½") lightly coated with pan release spray.
6. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400 °F for 8 minutes. Convection oven: 400 °F for 5 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
7. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.
8. Critical Control Point: Hold for hot service at 135 °F or higher.
9. Portion with 4 fl oz spoodle or No. 8 scoop (1/2 cup).



**Credit:**

**The Protestant Guild for Human Services, Inc.**  
Waltham, Massachusetts

**School Team Members**

**School Nutrition Professional:** Doreen Mangini, PhD

**Chef:** Chef Florentine

**Community Member:** Erin Ridge (Special Education Teacher)

**Student:** Samantha I.

**Source:** Recipes for Healthy Kids Cookbook for Schools



## Orange-Glazed Carrots (side)

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Orange-Glazed Carrots	50	45	7	56%	1.5	27%	0	0%	0g

### Link to recipe:

<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/orange-glazed-carrots>

### For 25 servings (1 serving = 1/3 cup (No. 12 scoop)):

Ingredients	Weight	Measure
Cornstarch		1 Tbsp
Water, cold		1/2 cup
Canned sliced carrots, drained OR frozen sliced carrots	2 lb 9 oz OR 2 lb 4 oz	1 qt 3 cups (5/8 No. 10 can) OR 2 qt
Margarine, tub (trans-fat-free)	2 oz	1/4 cup
Brown sugar, packed	2 1/4 oz	1/4 cup 2 Tbsp
Frozen orange juice concentrate	3 1/2 oz	1/4 cup 2 1/2 Tbsp
Ground nutmeg (optional)		1/2 tsp
Ground cinnamon		1/2 tsp
Dehydrated plums (prunes), chopped (optional) OR Raisins (optional)	2 1/2 oz (both options)	1/4 cup 3 Tbsp OR 1/2 cup

### Directions

1. Combine cornstarch with cold water until dissolved and set aside for step 3.
2. Place carrots into 1 pan (9" x 13" x 2").
3. Glaze: Combine margarine, brown sugar, orange juice concentrate, nutmeg (optional), cinnamon and dissolved cornstarch. Stir to blend.
4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).
5. Pour glaze over pan of carrots. Bake: Conventional oven: 375° F for 20-30 minute. Convection Oven: 325° F for 15-20 minutes Critical Control Point not needed.
6. Critical Control Point: Hold at 140° F or warmer. Portion with No. 12 scoop (1/3 cup).

**Source:** USDA Recipes for Child Care

## Quick Vegetable Sauté (side)

name of recipe	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Quick Vegetable Sauté	55	90	2	15%	2	33%	0.5	8%	0g

### Link to recipe:

<http://www.eatingwell.com/recipe/250079/quick-vegetable-saute>

### For 6 servings (1 serving = 1/2 cup):

Ingredients	Weight	Measure
Extra-virgin olive oil		1 Tbsp
Small shallot, minced		1 shallot
Frozen vegetables, mixed		4 cups
Dill or tarragon, dried		1/2 tsp
Salt		1/4 tsp
Black pepper, ground		1/4 tsp

### Directions

1. Heat oil in a large skillet over medium heat.
2. Add shallot and cook, stirring, until softened, about 1 minute.
3. Stir in frozen vegetables.
4. Cover and cook, stirring occasionally, until the vegetables are tender, 4 to 6 minutes.
5. Stir in dill (or tarragon), salt and pepper.

**Source:** EatingWell Test Kitchen

## Fresh Fruits and Vegetables (sides)

name of side	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Baby-cut carrots (1/2 cup, about 6 carrots)	30	70	4	50%	0	0%	0	0%	0g

name of side	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Apple slices (1/2 cup)	25	0	6	92%	0	0%	0	0%	0g

name of side	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Grapes (1/2 cup)	50	0	15	100%	0	0%	0	0%	0g

name of side	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
Clementine oranges (2 small)	80	0	16	79%	0	0%	0	0%	0g

## Drinks

name of drink	calories	sodium (mg)	sugars (g)	sugars (%)	fat (g)	fat (%)	saturated fat (g)	saturated fat (%)	Trans fat
1% low-fat milk (8 fl. oz.)	100	120	12	48%	2.5	23%	1.5	14%	0g
Fat-free chocolate milk (8 fl. oz.)	130	135	22	68%	0	0%	0	0%	0g
Orange juice (8 fl. oz.)	110	15	24	87%	0	0%	0	0%	0g
Water	0	0	0	0%	0	0%	0	0%	0g

## **Combo options**

The entrees listed meet the nutrition standards when paired with one of the drink choices and one of the side choices listed below.

### **Asian Edamame Salad**

- Drink Choices: 1% Milk, Fat-Free Chocolate Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices

### **Asian Tofu Wrap**

- Drink Choices: 1% Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices, Grapes, Mandarin Oranges

### **Cheesy Kale Bake**

- Drink Choices: 1% Milk, Water
- Side Choices: Harvest Delight, Mandarin Oranges

### **Chic' Penne**

- Drink Choices: 1% Milk, Fat-Free Chocolate Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices, Grapes, Mandarin Oranges

### **Chicken Barbecue Sandwich**

- Drink Choices: 1% Milk, Fat-Free Chocolate Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices, Grapes, and Mandarin Oranges

### **Chicken Fajita**

- Drink Choices: 1% Milk, Fat-Free Chocolate Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices, Grapes, and Mandarin Oranges

### **Chicken Fingers**

- Drink Choices: 1% Milk, Fat-Free Chocolate Milk, or Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices

### **Chicken Salad Sandwich**

- Drink Choices: 1% Milk, Fat-Free Chocolate Milk, Orange Juice, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices

### **Chilaquiles**

- Drink Choices: 1% Milk, Fat-Free Chocolate Milk, or Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices

### **“Fish in Blankets” Fish Tacos**

- Drink Choices: 1% Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apples

### **Gobble Up Burgers**

- Drink Choices: 1% Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices, Grapes, Mandarin Oranges

### **Mighty Marinara**

- Drink Choices: 1% Milk, Orange Juice, Water
- Side Choices: All-Star Snack, Baby Carrots, Apple Slices

### **Smokin’ Powerhouse Chili**

- Drink Choices: 1% Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices

### **Spaghetti with Meat Sauce**

- Drink Choices: 1% Milk, Fat-Free Chocolate Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices, Grapes, Mandarin Oranges

### **Tostada**

- Drink Choices: 1% Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices, Mandarin Oranges

### **Two Bean Salad**

- Drink Choices: 1% Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices, Grapes, Mandarin Oranges

### **Vegetable Quesadilla**

- Drink Choice: Fat-Free Chocolate Milk

- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices

**Whole Wheat Veggie Pizzas**

- Drink Choices: 1% Milk, Fat-Free Chocolate Milk, Water
- Side Choices: Harvest Delight, All-Star Snack, Orange-Glazed Carrots, Quick Vegetable Sauté, Baby Carrots, Apple Slices, Grapes, Mandarin Oranges