

SCHOOL LUNCH PIRATES
FIND YOUR TREASURE!

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2024

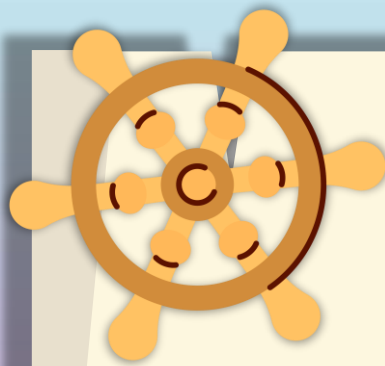
RECIPE BOOK



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711
Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)

This product was funded by USDA.
This institution is an equal opportunity provider.



RECIPE BOOK GUIDE



Ahoy, matey!

This book contains recipes you can incorporate into your NSLW menu and beyond the seven seas! In your exploration you'll find:

1-Day Menu

Suggested menu for K-8 and 9-12 with, themed names. Recipes available in the Recipe Book pages

Taste Test Recipe

NSLW 2024 Taste Test Recipe and guidance on how to incorporate taste test activities into your celebration

Table of Contents

Hyperlinked Table of Contents to help navigate the Recipe Book pages

Recipe Icon Key

Use the Icon Key to learn more about each recipe!

Icon Key

October Harvest of the Month

Indicates recipe that includes the featured Texas Harvest of the Month for October – Gala Apples



Taste Test Item

Indicates the featured NSLW Taste Test recipe



USDA Foods

Indicates recipes with ingredients that can be sourced from available USDA Foods List



Texas Farm Fresh

Indicates recipes with ingredients that can be grown or produced in Texas – Suggestions are intended to inspire local procurement of Texas sourced products



Recipe Source



SCHOOL LUNCH PIRATES FIND YOUR TREASURE!

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2024 • 1-DAY THEMED MENU

AHOY, MATEYS!

Use this 1-Day Themed Menu for inspiration in crafting your own National School Lunch Week themed menu fit for the bravest of buccaneers! Join crews across Texas in offering hearty meals following the theme “School Lunch Pirates: Find Your Treasure” and set sail for a week of delicious adventure!

K-8

- Pirate Plunder Pasta with Garlic Planks
- Captains Bounty Bento Box
- Seafarers Salad
- Tropical Fruit Doubloons
- Captain’s Chicken Apple Bounty*
- Milk Variety

All recipes from this 1-Day Themed Menu can be found in the NSLW Recipe Book

9-12

- Pirate Plunder Pasta with Garlic Planks
- Jolly Roger Chicken Wrap
- Seafarers Salad
- Cutlass Carrots
- Cannonballs
- Tropical Fruit Doubloons
- Captain’s Chicken Apple Bounty*
- Milk Variety

**Try adding this year’s NSLW Taste Test Recipe that showcases the Texas Harvest of the Month for October – Gala Apples!*





WANTED

FOR TASTE TESTING

Conducting a taste test is a fun and engaging way to get students interested in National School Lunch Week! Incorporate this years NSLW Taste Test Recipe, **Captain's Chicken Apple Bounty** into your school lunch celebrations!

Captain's Chicken Apple Bounty

- Spinach and romaine salad with grilled chicken, apples, and cranberries
- Features October Harvest of the Month – Gala Apples!



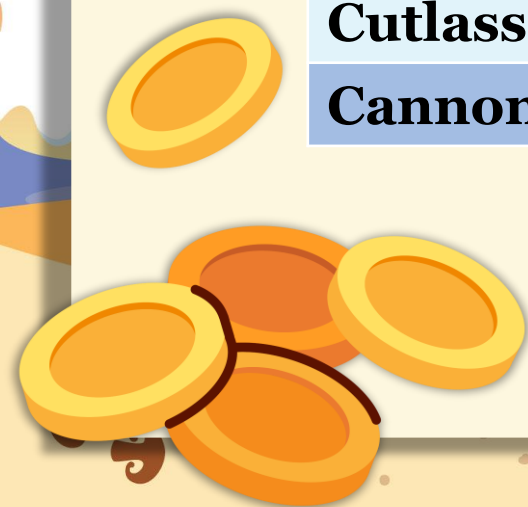
Use our Taste Testing Toolkit at SquareMeals.org/NSLW to assist with your taste testing event! Use our hashtag and share your photos with us!
#NSLWBiteSeenAcrossTexas



TABLE OF CONTENTS

Click on the page number to travel to you desired recipe

Recipe Name	Meal Component	Page Number
Captain's Chicken Apple Bounty	Meat/Meat Alternate, Fruit, Vegetable	6
Pirate Plunder Pasta	Meat/Meat Alternate, Grain, Vegetable	7
Garlic Planks	Grain	8
Captains Bounty Bento Box	Meat/Meat Alternate, Grain, Vegetable	9
Seafarers Salad	Fruit, Vegetable	10
Tropical Fruit Doubloons	Fruit	11
Jolly Roger Chicken Wrap	Meat/Meat Alternate, Grain, Vegetable	12
Cutlass Carrots	Vegetable	13
Cannonballs	Fruit	14





Captain's Chicken Apple Bounty

RECIPE GROUP: *M/MA, Fruit, Vegetable*

Portion Yield	100 servings
Portion Size	1 Salad
HACCP Process	2 – Same Day Service
Preparation Time	1 Hour
Cook Time	20 Minutes

MEAL PATTERN COMPONENTS

Meat/Alt	2.5 oz eq
Grain	N/A
Fruit	5/8 cup
Vegetable	1 cup
Milk	N/A

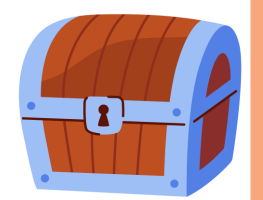


Ingredients

Grilled teriyaki chicken tenders. ¾ oz each	14lb 1 oz
Romaine lettuce, chopped	8lbs 4oz
Apples, unpeeled, diced into ½ inch cubes	13lbs 12oz
Baby spinach, fresh leaves, ready to use	16lbs
Cheddar cheese, reduced-fat, shredded	3lbs 2oz
Dried cranberries	1lb 15oz

Directions

1. Bake teriyaki chicken according to package directions. Critical Control Point: Heat to 165 °F for at least 15 seconds.
2. Cut the chicken into ½-inch slices (if not already done), then refrigerate, allowing the chicken to chill. Critical Control Point: Cool to 41 °F or lower within 4 hours.
3. Wash Romaine lettuce.
4. Dice apples into ½-inch cubes and soak in a combination of lemon juice and water to keep from discoloring.
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 hand-mix using gloves.
8. Portion 2 cups (3.9 oz) of the salad mixture into each serving container.
9. Arrange 2 ¼ oz of diced chicken, 1 Tbsp shredded cheddar, 1 Tbsp dried cranberries and 2 oz of diced apples on each salad.
10. Cover and refrigerate until service. Critical Control Point: Hold for cold service at 41 °F or lower.



Click the icon to return to the Table of Contents



Pirate Plunder Pasta

RECIPE GROUP: *M/MA, Grain, Vegetable*

Portion Yield	100 servings
Portion Size	1 Meatball, ½ cup Marinara, ½ cup Pasta
HACCP Process	2 – Same Day Service
Preparation Time	1 Hour
Cook Time	45 Minutes

MEAL PATTERN COMPONENTS

Meat/Alt	2.25 oz eq
Grain	1 oz eq
Fruit	N/A
Vegetable	5/8 cup
Milk	N/A



Ingredients

Beef, ground, 93% lean meat/7% fat, raw	16 lb 10 oz
Cheese-parmesan, grated	6 oz (1.5 cups)
Egg, Whole	16 each
Oil, Olive	24 oz
Breadcrumbs, plain	18 oz (1 qt)
Italian seasoning	½ cup
Garlic powder	1 Tbsp
Black pepper, ground	1 Tbsp
Marinara or spaghetti sauce, no salt added	1.5 No. 10 Cans (Toss with the Meatballs) 4.5 No. 10 Cans (Serve over pasta and meatball)
Basil, ground	4 Tbsp 2 tsp
Oregano, ground	4 Tbsp 2 tsp
Pasta – rotini, whole grain, dry	6 lb 4 oz

Directions

- Two days before meal service, move the frozen ground beef to the bottom shelf in the cooler to thaw.
- Preheat oven to 400°F for convection oven (425 °F for standard conventional oven).
- Line sheet pan with parchment paper and spray thoroughly with food release.
- Combine all ingredients except the marinara, basil, oregano, and pasta. The meatball ingredients can be combined in a mixer.
- Roll into 50 or 100 balls, making sure to pack the meat firmly. The green or #12 scoop works perfectly. Place the balls on the prepared sheet pan, being careful to line them up snugly and in even rows vertically and horizontally to form a grid. The meatballs should be touching each other.
- Bake for 30-40 minutes or until a thermometer inserted into the center of the meat reaches 165°F. **Critical Control Point:** Heat to 165 °F or higher for 15 seconds.
- Add marinara sauce to a pot and mix in the basil and oregano. Add the meatballs to the sauce. The remaining sauce will be served over the pasta and meatball during meal service. **Critical Control Point:** Heat to 165 °F for at least 15 seconds. Hold for hot service at 135 °F.
- Heat water to a rolling boil. Slowly add rotini pasta. Stir constantly, until the water boils again. Cook for 8-10 minutes or until tender but firm; stir occasionally.
 - If using Combi Oven, place pasta into a steam table pan. Cover and cook for 16 minutes. Do not overcook. Drain well. Rinse with water. Toss with a small amount of oil to keep from sticking together.
 - Place cooked pasta in hot holding cabinet to retain temperature.
 - Serve one meatball with ½ cup marinara sauce and ½ cup pasta.

Critical Control Point: Serve at a minimum of 135 °F. Reheat only once if temperature falls below 135 °F.



Click the icon to return to the Table of Contents



Garlic Planks

RECIPE GROUP: *Grain*

Portion Yield	100 servings
Portion Size	1 Slice
HACCP Process	2 – Same Day Service
Preparation Time	1 Hour
Cook Time	5-10 Minutes

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	1 oz eq
Fruit	N/A
Vegetable	N/A
Milk	N/A



Ingredients

Garlic, Whole, Peeled	4 ounces
Salt, Kosher	½ tsp
Olive Oil, Canola Blend	1 Cup
Parsley, Dried	1 Tbsp
Baguette, Whole Grain	12 count

Directions

1. Preheat oven to 350°F
2. Cut garlic bulb in half across the equators then wrap in foil.
3. Roast at 350F for about an hour, or until golden brown and soft
4. Once cooled enough to touch, peel the garlic cloves
5. Puree roasted garlic with salt and olive oil
6. Mix in dried parsley
7. Slice loaves in half lengthwise and place on parchment lined sheet pans open faced
8. Brush each side of bread with garlic mixture
9. Bake bread in 350 for 5-7minutes, or until the edges start to get golden brown
10. Remove from oven and slice each loaf halve into 4 pieces. Serve 1 slice each.



Click the icon to return to the Table of Contents



Captains Bounty Bento Box

RECIPE GROUP: *M/MA, Grain, Vegetable*

Portion Yield	100 servings
Portion Size	1 Box
HACCP Process	2 – Same Day Service
Preparation Time	1 Hour
Cook Time	N/A

MEAL PATTERN COMPONENTS

Meat/Alt	2 oz eq
Grain	2 oz eq
Fruit	N/A
Vegetable	3/4 cup
Milk	N/A



Ingredients

Tomatoes, fresh, cherry	8.5lbs
Carrots, fresh, baby	9lbs
Celery, fresh, 4-inch sticks	7lbs
Cheese, cubed	6.5lbs
Nutbutter	1 #10can
Pretzels, hard, 1oz	100 count
Muffins, WG, 2oz	100 count

Directions

- In each disposable bento box or compartment box, add the following portions:
 - ¼ cup Cherry Tomatoes
 - ¼ cup Baby Carrots
 - ¼ cup Celery sticks (about 3 sticks)
 - 1oz cubed cheese
 - 2 Tbsp nutbutter
 - 1 oz pretzels
 - 1 whole grain muffin
- If desired, provide a side of ranch dressing. Serve immediately or chill for later service.



Click the icon to return to the Table of Contents



Seafarers Salad

RECIPE GROUP: *Fruit and Vegetable*

Portion Yield	100 servings
Portion Size	½ cup
HACCP Process	2 – Same Day Service
Preparation Time	30-45 Minutes
Cook Time	N/A

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	¼ cup
Vegetable	¼ cup
Milk	N/A



Ingredients

Lime juice, fresh	1 ½ cup
Vegetable Oil	¾ cup
Honey	¼ cup
Salt, Kosher	2 Tbsp
Cucumbers, sliced	9.2lbs
Watermelon, diced	23lbs
Mint, fresh, sliced	2 cups

Directions

1. In a large bowl, whisk together lime juice, vegetable oil, honey & salt. Mix until ingredients are well combined and set aside.
2. Wash and slice the cucumbers. Set aside.
3. Wash and diced the watermelon. Set aside.
4. Place the prepared cucumber and watermelon in a large bowl and toss with dressing and fresh mint. Toss well to coat evenly and serve immediately or cover and chill for later service.
5. Serve ½ cup portions.





Tropical Fruit Doubloons

RECIPE GROUP: *Fruit*

Portion Yield	100 servings
Portion Size	½ cup
HACCP Process	2 – Same Day Service
Preparation Time	1 Hour
Cook Time	N/A

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	½ cup
Vegetable	N/A
Milk	N/A



Ingredients

Bananas, Fresh, Peeled	2.5lbs
Kiwi, Fresh, Peeled	2.5lbs
Strawberries, Fresh	2.5lbs
Pineapples, Canned, Chunks	3 #10 Cans
Oranges, Canned, Mandarin	1 #10 Can

Directions

1. Peel and slice the bananas. Set aside in a large bowl.
2. Peel and slice the kiwi. Set aside in a large bowl.
3. Wash strawberries. Remove tops and cut into slices. Set aside in a large bowl.
4. Drain pineapples and oranges and place into a large bowl.
5. Mix all the fruit together. Serve immediately or cover and chill for later service.
6. Serve ½ cup portions.





Jolly Roger Chicken Wrap

RECIPE GROUP: *M/MA, Grain, and Vegetable*

Portion Yield	100 servings
Portion Size	1 wrap
HACCP Process	2 – Same Day Service
Preparation Time	1 Hour
Cook Time	N/A

MEAL PATTERN COMPONENTS

Meat/Alt	2 oz eq
Grain	2 oz eq
Fruit	N/A
Vegetable	1/2 cup
Milk	N/A

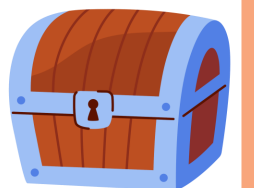


Ingredients

Kale, Fresh, without stem	4lbs 2oz
Romaine lettuce, thinly sliced	6lbs 8oz
Caesar dressing, light & creamy	2 qt 1 ½ cups
Whole grain tortilla, 9-inch	100 each
Chicken, diced, cooked, frozen USDA, thawed	12lb 8oz

Directions

1. Remove stems from kale. Then wash and drain kale and romaine.
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 of diced chicken on top of salad mixture in the center of each wrap.
6. Roll in the form of a burrito and seal. Cut diagonally in half.
7. Serve immediately or chill for later service. Serve 1 wrap each.



Click the icon to return to the Table of Contents



Cutlass Carrots

RECIPE GROUP: *Vegetable*

Portion Yield	100 servings
Portion Size	½ cup
HACCP Process	2 – Same Day Service
Preparation Time	5 minutes
Cook Time	15-20 Minutes

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A



Ingredients

Carrots, Fresh, Sticks	20 pounds
Vegetable Oil	¼ cup
Butter	¼ cup
Salt, kosher	1 Tbsp 1 tsp
Oregano, dried	1 Tbsp
Pepper	2 tsp
Garlic cloves, fresh, minced	1 Tbsp 1 tsp

Directions

1. Toss carrots with all the ingredients: Oil, butter, salt and oregano pepper and garlic.
2. Roast on a parchment-covered baking sheet, not more than 10 pounds to a sheet (about 2 layers or so), stirring twice during cooking, until tender but not mushy.
 - Convection oven: 350°F about 15 minutes
 - Conventional oven: 400°F about 20 minutes
3. Serve ½ cup portions.





Cannonballs

RECIPE GROUP: *Fruit*

Portion Yield	100 servings
Portion Size	½ cup
HACCP Process	2 – Same Day Service
Preparation Time	30-45 minutes
Cook Time	N/A

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	½ cup
Vegetable	N/A
Milk	N/A



Ingredients

Cantaloupe, fresh	10.7lbs
Honeydew Melon, fresh	13lbs
Watermelon, fresh	11.5lbs

Directions

1. Slice the cantaloupe in half and remove the seeds. Using a #40 scoop or melon baller, scoop out balls of cantaloupe. Set aside in a large bowl.
2. Slice the honeydew in half and remove the seeds. Using a #40 scoop or melon baller, scoop out balls of honeydew. Set aside in a large bowl.
3. Slice the watermelon in half. Using a #40 scoop or melon baller, scoop out balls of watermelon. Set aside in a large bowl.
4. Combine the cantaloupe, honeydew, and watermelon together. Serve immediately or chill for later service.
5. Serve ½ cup portions.

