

2021 National School Lunch Week

Recipe Book



Feed Your Creativity with a Healthy School Lunch

Join other districts around the state by participating in the theme days. Try a new recipe from TDA or use one of your student's favorite recipes that fit the daily theme. Customize the recipes to fit your service style from traditional on the line to grab and go!



Monday: Chef's Comfort Foods

Begin the school week with hearty comfort foods.

Tuesday: Painter's Palette Pizza

Serve a colorful pizza creation in addition to your classic cheese or pepperoni pizza.

Wednesday: Source Coding Spuds

Try these sweet potato recipes as a fun twist to your classic French fries or baked potato recipes.

Thursday: Story Telling Salads

Inspire your students with these non-traditional salad options.

Friday: Movement Meatballs

Finish National School Lunch Week with these meaty recipes soon to be a student favorite.

Pair your main entrees with fruit, vegetables, and choice of milk for a complete meal.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Health Ambassadors for a Ready Texas

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Updated 10/1/2021
www.SquareMeals.org

National School Lunch Week

MENU



Pick one recipe each day that fits the theme. Choose a TDA recipe or serve a local student favorite.

Show us your school lunch with #TXNSLW

Monday: Chef's Comfort Foods:

- Oven-Friday Chicken
- Honey Lemon Chicken
- BBQ Seasoned Chicken

Tuesday: Painter's Palette Pizza:

- Margherita Flatbread Pizza
- Vegetable Flatbread Pizza
- Ham & Arugula Flatbread Pizza

Wednesday: Source Coding Spuds:

- Mexicali Taco Boat
- Taco Sweet Potato

Thursday: Story Telling Salads:

- Thai Chicken Salad
- Sriracha Chicken Salad
- Greek Chicken Salad

Friday: Movement Meatballs:

- Meatball Madness
- Meatball Mashed Potato Bowl



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Oven-Fried Chicken

Ingredients

Flour, whole-wheat	3½ cups plus 1 ½ Tablespoon
Corn flakes, whole-grain	1 quart
Black or white pepper, ground	1 Tablespoon plus 1 teaspoon
Salt	1 Tablespoon plus 2 teaspoons
Mustard, dry	¼ cup
Paprika	1 Tablespoon plus 1 teaspoon
Garlic powder	2 Tablespoons
Thyme, ground	1 Tablespoon plus 1 teaspoon
Basil, dried	1 Tablespoon plus 1 teaspoon
Oregano, ground	1 Tablespoon plus 1 teaspoon
Ginger, ground	2 Tablespoon
Egg whites	2 cups
Milk, nonfat	1 quarts
Chicken, whole, fresh or frozen, cut up, 8 pieces	24 pounds plus 8 ounces

Directions

1. Combine flour, crushed corn flakes, and spices in a large bowl. Stir well. Set aside for step 4.
2. Combine egg whites and milk in a medium bowl.
3. Add chicken (no more than 3 pieces at a time). Coat pieces evenly with egg mixture.
4. Remove chicken pieces from medium bowl. Place in large bowl containing flour mixture. Coat evenly.
5. Place chicken pieces on a sheet pan (18" x 26" x 1") lightly coated with pan release spray and lined with parchment paper. For 50 servings, use 3 pans.
6. Bake uncovered:
 - Conventional oven: 400°F for 55-60 minutes.
 - Convection oven: 350°F for 40-45 minutes.
 - Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
7. Transfer to a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans.
8. Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

RECIPE GROUP: *Entrée*

Portion Yield	50 servings
Portion Size	1 breast, or 1 drumstick and wing, or 1 thigh with back
HACCP Process	2 – Same Day Service

MEAL PATTERN COMPONENTS

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



Source: *USDA Recipes*

MENU Module Recipe: TXR1613



Honey-Lemon Chicken

Ingredients

Water	1 quart
Honey	1 pound plus 7 ounces
Lemon Juice	1 cup
Salt	1 tablespoon plus 1 teaspoon
Ground black or white Pepper	2 teaspoons
Chicken, whole, fresh or frozen, cut up, 8 pieces	24 pounds plus 8 ounces

Directions

- Combine water, honey, lemon juice, salt, and pepper in a bowl. Set aside for step 5.
- Place chicken pieces on a sheet pan (18" x 26" x 1") lightly coated with pan release spray and lined with parchment paper. For 50 servings, use 3 pans.
- Bake:
 - Conventional oven: 400° F for 20 minutes
 - Convection oven: 375° F for 20 minutes
- Drain fat and discard.
- Pour 3 ½ cups of honey-lemon mixture over each pan of chicken thighs.
- Bake until golden brown:
 - Conventional oven: 350° F for 15 minutes
 - Convection oven: 325° F for 15 minutes
- For glazed appearance, baste after 10 minutes.
- Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

RECIPE GROUP: *Entrée*

Portion Yield	50 servings
Portion Size	1 breast, or 1 drumstick and wing, or 1 thigh with back
HACCP Process	2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt	2 oz each
Grain	N/A
Fruit	N/A
Vegetable	N/A
Milk	N/A



Source: *USDA Recipes*



Tip: Make this a meal with a 2 oz eq whole grain roll or biscuit

MENU Module Recipe: TXR1610



BBQ Seasoned Chicken

Ingredients

Chicken, whole, fresh or frozen, cut up, 8 pieces 24 pounds plus 8 ounces

Ingredients for BBQ Seasoning Mix

Cumin	2 tablespoons
Smoked Paprika	2 tablespoons
Garlic, granulated	2 tablespoons
Onion, granulated	2 tablespoons
Salt	2 teaspoons
Black pepper	1½ teaspoons

Directions

1. Thaw frozen chicken under refrigeration overnight.
2. Mix all ingredients of the seasoning blend together in large bowl.
3. Toss chicken with seasoning blend.
4. Place chicken pieces on a sheet pan (18" x 26" x 1") lined with parchment paper. For 50 servings, use 3 pans.
5. Bake until internal temperature reaches 165° F.
 - Conventional oven: 400° F for 45-55 minutes
 - Convection oven: 350° F for 30-35 minutes
6. Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size 1 breast, or 1 drumstick and wing, or 1 thigh with back

HACCP Process 2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt 2 oz each

Grain N/A

Fruit N/A

Vegetable N/A

Milk N/A



Source: *Culinary Nutrition Associates*



Tip: Make this a meal with a 2 oz eq whole grain roll or biscuit

MENU Module Recipe: TXR1667



Whole Grain-Rich Roll

Ingredients

Salt, Table	4 teaspoons
Granulated Sugar	1 cup
Active Dry Yeast	¼ cup
Water	4 cups
Whole Wheat Flour	2 pounds
All-Purpose Flour	2 pounds

Directions

1. Place salt, sugar, yeast and warm water (110° F) in mixing bowl. Let sit for 5 minutes.
2. Place half of the flour on top of the water and turn on the mixer.
3. Gradually add remaining flour until dough pulls away from the edges of the bottom of the bowl. Mix for 6 minutes.
4. Remove dough from mixing bowl onto a lightly floured surface. Cut into 2-inch pieces, round into balls and place on a sheet pan. Allow adequate room for rolls to double in size.
5. Proof until dough doubles in size.
6. Bake for 15-20 minutes or until golden brown on top and bottom.
 - Convection oven: 350°F
 - Conventional oven: 375°F

RECIPE GROUP: *Entrée*

Portion Yield	48 rolls
Portion Size	1 roll
HACCP Process	2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	2.25 oz each
Fruit	N/A
Vegetable	N/A
Milk	N/A



Source: *TDA Cooking for the Seasons*

MENU Module Recipe: TXR1483



Corn and Green Bean Casserole

Ingredients

Reduced calorie salad dressing or low-fat mayonnaise	1 pounds plus 4 ounces
Cheddar cheese, shredded	6 ounces Reduced fat
Fresh celery, chopped	1 pound
Fresh onions, chopped (optional)	8 ounces
Frozen whole kernel corn, thawed	5 pounds
Frozen French cut green beans, thawed	5 pounds
Enriched soft breadcrumbs	1 pound
Margarine or butter, melted	4 ounces

Directions

1. In a large bowl, mix salad dressing or mayonnaise, reduced fat cheddar cheese, celery, and onions (optional).
2. In a steam table pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray place 5 lb of corn and 5 lb of green beans. Add 2 qt of salad dressing mixture to vegetables and mix thoroughly. For 50 servings, use 1 pan.
3. Mix breadcrumbs with melted margarine. Sprinkle 1 qt 1 cup of the bread crumb mixture on top of each steam table pan.
4. Bake until golden-brown: Convectional oven: 350° F for 40 minutes; Convection oven: 350° F for 30 minutes.
5. Portion with No. 8 scoop (1/2 cup).

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size 1/2 cup

HACCP Process 2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable 1/2 cup Other Vegetable

Milk N/A



Source: *USDA Recipe*

MENU Module Recipe: TXR1643



Fresh Cherry Tomatoes

Ingredients

Tomatoes, fresh, cherry, 8 pounds plus 5 ounces
whole without stem

Directions

1. Wash cherry tomatoes
2. Portion in single container cups for quick service

RECIPE GROUP: *Entrée*

Portion Yield	50 servings
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Portion Size	½ cup
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HACCP Process	1 – No cook
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MEAL PATTERN COMPONENTS

Meat/Alt	N/A
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Grain	N/A
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Fruit	N/A
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Vegetable	½ cup Red/Orange Vegetable
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Milk	N/A
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Source: *USDA Recipe*

MENU Module Recipe: TXR1047



Texas Orange Slices

Ingredients

Oranges, fresh, 136 count, 14 pounds plus 5 ounces
Texas, whole

Directions

1. Slice oranges into quarter sections
2. Portion 4 pieces in single container cups for quick service

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size 4 pieces

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

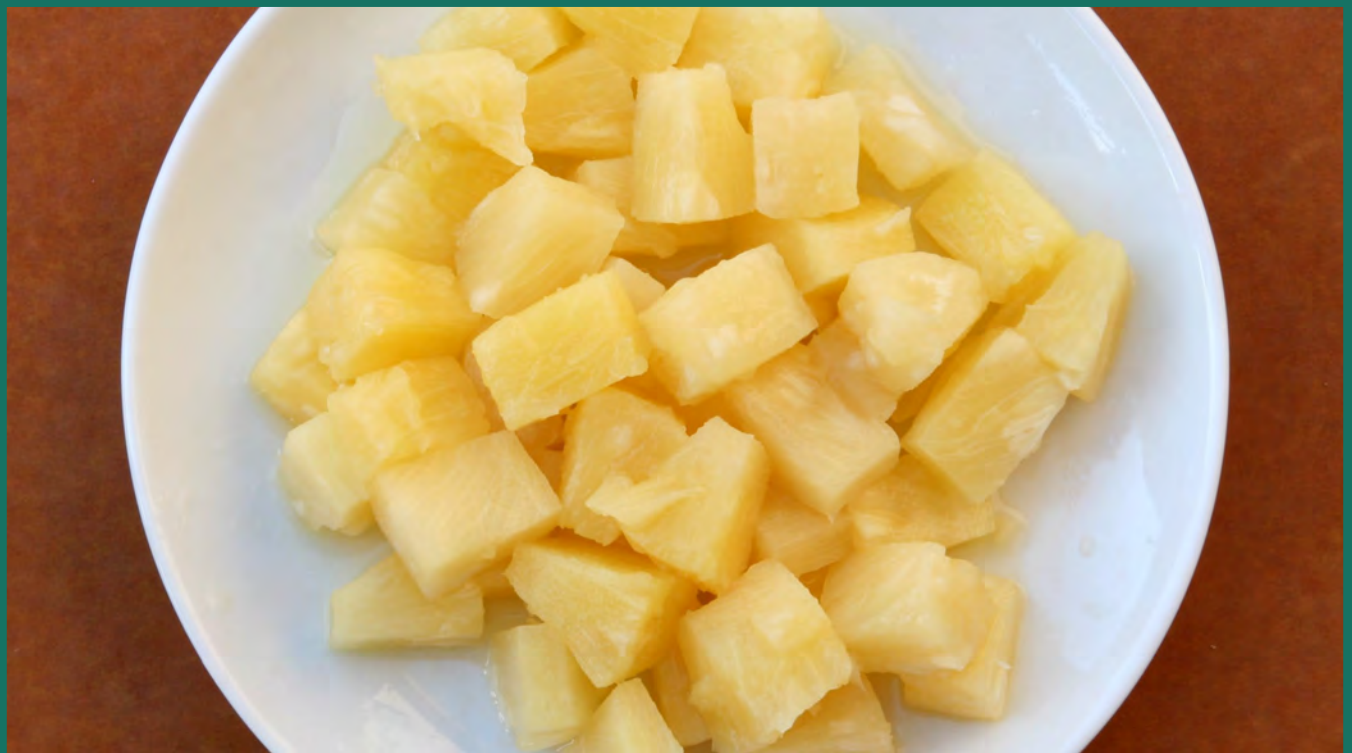
Vegetable N/A

Milk N/A



Source: *USDA Recipe*

MENU Module Recipe: TXR1317



Pineapple Tidbits

Ingredients

Pineapple, canned, tidbits,
packed in juice or light syrup

Three #10 cans

Directions

1. Drain liquid from cans
2. Portion ½ cup servings in single container cups for quick service

RECIPE GROUP: *Entrée*

Portion Yield	50 servings
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Portion Size	½ cup
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HACCP Process	1 – No cook
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MEAL PATTERN COMPONENTS

Meat/Alt	N/A
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Grain	N/A
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Fruit	½ cup
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Vegetable	N/A
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Milk	N/A
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Source: *USDA Recipe*

MENU Module Recipe: TXR1336



Margherita Flatbread Pizza

Ingredients

Whole grain flatbread, 25 each	2-ounce eq portions
Olive oil	2 tablespoons plus 2 teaspoon
Garlic powder	1 tablespoon plus 1 teaspoon
Mozzarella cheese, shredded	3 pounds plus 2 ounces
Tomatoes, chopped	1 pound plus 12 ounces
Oregano, fresh, chopped	2 tablespoons plus ½ teaspoon
Ground pepper, black	1 tablespoon
Basil, fresh, sliced thinly	1 cup

Directions

1. Place flatbreads on a sheet tray in one layer and brush lightly with oil. Sprinkle garlic powder evenly over each piece.
2. On each flatbread place:
 - 2 ounces of mozzarella
 - ½ cup diced tomatoes
 - ¼ teaspoon oregano
 - Dash of black pepper
3. Bake until crust is lightly browned and crispy, and the cheese is melted:
 - Conventional oven: 400° F for 10-12 minutes
 - Convection oven: 350° F for 10-12 minutes
4. Sprinkle with fresh cut basil immediately before service.
5. Serve 1 flatbread pizza each.

RECIPE GROUP: *Entrée*

Portion Yield	25 servings each
Portion Size	1 each
HACCP Process	2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt	2 oz. each
Grain	2 oz. each*
Fruit	N/A
Vegetable	½ cup Red/Orange Vegetable
Milk	N/A

* grain oz eq may vary based on product used



Source: *TDA Cooking for the Seasons*

MENU Module Recipe: TXR1415



Vegetable Flatbread Pizza

Ingredients

Pepper & onion mix,	6 pounds plus 8 ounces
Oregano, dried, ground	2 tablespoons
Basil, dried, ground	2 tablespoons
Onion powder	2 tablespoons
Garlic powder	2 tablespoons
Whole grain flatbread	2-ounce eq portions, 96 each
Olive oil	1 quart
Mushrooms, fresh, sliced	6 pounds
Olives, sliced, drained	1 #10 can
Tomatoes, fresh, diced	10 pounds
Mozzarella cheese, shredded	12 pounds

Directions

1. Thaw pepper & onion mix under refrigeration overnight.
2. Mix spices all together in small bowl, yielding $\frac{1}{2}$ cup.
3. Spray sheet tray with pan release spray or line with parchment paper sheets. Lay flatbread on the trays.
4. Brush each flatbread generously with olive oil.
5. On each flatbread place:
 - $\frac{1}{2}$ teaspoon seasoning mix
 - #30 scoop ($\frac{1}{8}$ cup) sliced olives
 - 2-ounce spoodle ($\frac{1}{8}$ cup) fresh mushroom slices
 - #16 scoop ($\frac{1}{4}$ cup) pepper and onion mix
 - 2-ounce spoodle (2 ounces) shredded mozzarella cheese
6. Bake for 15 minutes until cheese is melted and the bottom of flatbread is crispy
 - Conventional oven: 375° F
 - Convection oven: 350° F

RECIPE GROUP: *Entrée*

Portion Yield	96 servings each
Portion Size	1 each
HACCP Process	2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt	2 oz. each
Grain	2 oz. eq. each*
Fruit	N/A
Vegetable	$\frac{1}{2}$ cup total ($\frac{1}{8}$ Red/ Orange Vegetable plus $\frac{3}{8}$ Other Vegetable)
Milk	N/A

* grain oz eq may vary based on product used



Source: Mushroom Council
Mushrooms in Schools

MENU Module Recipe: TXR1669



Ham and Arugula Flatbread Pizza

Ingredients

Tomato paste, low-sodium	¾ cup
Tomatoes, low-sodium diced, canned	12 cups
Garlic salt	1 ½ teaspoon
Ground pepper, black,	1 ½ teaspoon
Italian seasoning mix,	3 teaspoon
Whole grain flatbread, 2-oz eq portions	48 each
Mozzarella cheese, shredded	12 cups
Deli ham, 95% fat-free, diced	3 pounds
Parmesan cheese, shredded	3 cup
Arugula, raw	12 cups

Directions

1. Mix tomato products together with garlic salt, black pepper and Italian seasoning to create pizza sauce.
2. Spray sheet tray with pan release spray or line with parchment paper sheets. Lay flatbread on the trays.
3. On each flatbread place:
 - ¼ cup of sauce on the bottom
 - ¼ cup of shredded mozzarella cheese
 - 1-ounce diced ham
 - 1 tablespoon shredded parmesan cheese
4. Bake for 8-10 minutes until cheese is melted and the bottom of flatbread is crispy
 - Conventional oven: 400° F
 - Convection oven: 375° F
5. Top each pizza ¼ cup each of raw arugula.

RECIPE GROUP: *Entrée*

Portion Yield	48 each
Portion Size	1 each
HACCP Process	2 – Same Day Service

MEAL PATTERN COMPONENTS

Meat/Alt	2 oz. each
Grain	2 oz. each*
Fruit	N/A
Vegetable	½ cup Red/Orange Vegetable
Milk	N/A

* grain oz eq may vary based on product used



Source: *TDA Cooking for the Seasons*

MENU Module Recipe: TXR1475



Fresh Broccoli Florets

Ingredients

Broccoli, fresh, florets, trimmed, 3 pounds plus 8 ounces
Ready-to-use

Directions

1. Wash fresh broccoli & cut to bite sized pieces if too large.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup Dark Green
Vegetable

Milk N/A



Source: *USDA Recipe*

MENU Module Recipe: TXR1186



Fresh Cauliflower Florets

Ingredients

Cauliflower, fresh, florets, 5 pounds plus 8 ounces
Ready-to-use

Directions

1. Wash fresh cauliflower & cut to bite sized pieces if too large.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit NA

Vegetable ½ cup Other Vegetable

Milk N/A



Source: *USDA Recipe*

MENU Module Recipe: TXR1771



Sliced Peaches

Ingredients

Peaches, canned,
freestone, sliced

Four #10 cans

Directions

1. Drain liquid from cans
2. Portion ½ cup servings in single container cups for quick service

RECIPE GROUP: *Entrée*

Portion Yield 54 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup Fruit

Vegetable N/A

Milk N/A



Source: *USDA Recipe*

MENU Module Recipe: TXR1032



Fresh Grapes

Ingredients

Grapes, fresh, seedless,
whole, without stem

8 pounds plus 10 ounces

Directions

1. Wash fresh grapes.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Entrée*

Portion Yield	50 servings
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Portion Size	½ cup
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HACCP Process	1 – No cook
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MEAL PATTERN COMPONENTS

Meat/Alt	N/A
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Grain	N/A
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Fruit	½ cup Fruit
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Vegetable	N/A
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Milk	N/A
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Source: *USDA Recipe*

MENU Module Recipe: TXR1015



Homemade Ranch Dressing

Ingredients

Buttermilk, cultured, low-fat	3 ¼ cups
Lemon juice, fresh or bottle	1 tablespoon plus 1 teaspoon
Yogurt, plain, low-fat	10 ounces
Sour cream, light	4 ounces
Mayonnaise for salad dressing	1 ⅔ cups
Onion powder	2 tablespoon
Garlic powder	2 tablespoon
Black ground pepper	½ teaspoon
Chives, freeze dried	1 teaspoon
Parsley, dried	1 tablespoon
Dill weed, dried	1 tablespoon
Table Salt	2 teaspoon

Directions

1. Combine buttermilk and lemon juice in the bowl or a mixer. Allow mixture to rest for 10 minutes.
2. Use a paddle attachment, blend together yogurt and sour cream with the buttermilk and lemon juice mixture. Let the mixture rest for an additional 5 minutes.
3. Add the remaining ingredients to the mixing bowl and mix at low speed for 2-3 minutes or until thoroughly blended.
4. Let all ingredients chill for at least 12 hours to allow thickening. Refrigerate until service.

RECIPE GROUP: *Entrée*

Portion Yield	100 servings
Portion Size	1 Tablespoon
HACCP Process	1 – No cook

MEAL PATTERN COMPONENTS

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



Source: *TDA Cooking for the Seasons*

MENU Module Recipe: TXR1404



Mexicali Taco Boat

Ingredients

Chili powder	½ cup
Ground cumin	½ cup
Garlic powder	1 tablespoon plus 1 teaspoon
Onion powder	1 tablespoon plus 1 teaspoon
Crushed red pepper	2 teaspoons
Ground black pepper	1 tablespoon plus 1 teaspoon
Raw ground beef	10 pounds
Low-sodium salsa	2 pounds
Frozen sweet potato fries, straight cut	10 pounds
Fresh diced tomatoes, 1/4"	1 pound plus 6 ounces
Low-fat cheddar cheese, shredded	6 ounces
Fresh cilantro, chopped	½ cup

Directions

1. Combine spices in a small bowl. Set aside.
2. Brown ground beef uncovered over medium high heat in a large stock pot.
3. Drain and rinse beef. Return beef back to stock pot.
4. Add spices and salsa to cooked beef. Simmer uncovered over low heat for 5 minutes.
5. Spread sweet potato fries evenly on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.
 - For 50 servings, use 1 pan.
6. Bake:
 - Conventional oven: 425 °F for 15-20 minutes
 - Convection oven: 425 °F for 12-15 minutes.
7. Assembly:
 - First layer: About 16 fries (3 oz) in the bottom of a paper boat or bowl.
 - Second layer: 3 oz of beef mixture on top of fries.
8. Top each taco boat with:
 - 1 tablespoon of tomatoes
 - 1 teaspoon of cheese
 - 1/2 teaspoon of cilantro (optional).
9. Serve 1 taco boat.

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size 1 taco boat

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain N/A

Fruit N/A

Vegetable ¾ cup Red/Orange vegetable

Milk N/A



Source: *USDA Recipes*

MENU Module Recipe: TXR1697



Taco Sweet Potato

Ingredients

Sweet potatoes	50, 8-10 ounces each
Taco meat, school made or prepared	6 pounds plus 2 ounces
Cheese, cheddar, reduced fat, shredded	12 ounces
Cheese, mozzarella, Shredded	14 ounces

Directions

- Using a vegetable brush, lightly scrub sweet potatoes under running water.
- Line full size sheet pan with parchment paper. Place 25 potatoes on each pan.
- Bake for 35 to 40 minutes until fork tender.
 - Conventional oven: 350° F
 - Convection oven: 325° F
- Weigh and combine cheeses.
- Cut slit in top of potatoes and place potatoes in 2-inch steam table pan.
- For Service: Top each potato with
 - 2 ounces of taco meat using 2 oz spoodle or number 16 scoop
 - Approximately ½ ounce cheese blend using a number 30 scoop of cheddar cheese

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size 1 each

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain N/A

Fruit N/A

Vegetable 1 cup Red/Orange vegetable

Milk N/A



Source: K-12 Culinary Team

MENU Module Recipe: TXR1668



Spanish Rice with Salsa

Ingredients

Chicken base	4 ounces
Water, boiling	4 quarts
# 10 can Salsa	1
Butter or Vegetable oil	½ pound
Converted white rice, uncooked	3 pound
Converted brown rice, uncooked	3.2 pounds
Diced onions	1 pound
Diced green chiles	3 pound
Ground cumin	2 tablespoon
Garlic, mashed	3 tablespoon
Chili powder	2 tablespoon
Salt	1 teaspoon
Pepper	1 teaspoon
Cilantro Fresh, chopped	1 bunch

Directions

1. Bring chicken stock to a boil in a large stockpot.
2. In a different pan, heat the butter or oil and sauté onions, chilies, cumin, garlic, chili powder, salt and pepper, and rice until onions are tender.
3. Place rice mixture and salsa in a 4-inch hotel or 18-quart brazier pan. Pour boiling stock over it and stir to combine.
4. Cover and place in 350° F oven for 20-25 minutes until liquid is absorbed.
5. Toss in the chopped cilantro right before service or serve as an optional topping.

RECIPE GROUP: *Entrée*

Portion Yield For K-8, 100 servings

For 9-12, 50 servings

Portion Size For K-8, ½ cup

For 9-12, 1 cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain For K-8, 1 oz. eq grain

For 9-12, 2 oz. eq grain

Fruit N/A

Vegetable N/A

Milk N/A



Source: K-12 Culinary Team



Spanish Rice

Ingredients

Bell peppers, green, whole, fresh	1 ¼ cups
Onions, frozen, diced	8 ounces
Pan release spray	10 second spray
Rice, long grain, brown	3 pounds plus 4 ounces
Pimentos, diced, canned	1 cup
Salsa, bulk	¾ cup
Chicken base, low-sodium	½ cup
Paprika, ground	1 teaspoon
Onion powder	⅓ cup plus 2 teaspoons
Black pepper, ground	1 teaspoon
Water	2 quarts plus 2 cups

Directions

1. Steam the green peppers and onions until the vegetables are tender, for about 5 to 10 minutes. Reserve for step 3.
2. Add 3 pounds and 4 ounces of brown rice to each steamtable pan (12"x20"x4") that has been sprayed with food release spray. For 50 – ½ cup servings, use 1 pan. Rice amounts are based on the USDA Food Buying Guide.
3. Overcooking or hot holding rice for long periods of time will increase the volume and the yield.
4. Combine diced pimentos, salsa, chicken base, paprika, onion powder, and black pepper. Then add the steamed green peppers and onions to the salsa mixture and mix well to combine.
5. Divide salsa mixture evenly among pans of rice.
6. Add 2 ½ quarts of hot water to each pan. Cover the pan and place them in steamer. Follow the instructions for steamer or combi-oven. Steam for approximately 45 minutes or until rice is tender and fluffy. Check the rice at 30 minutes of cooking time for water absorption. IF needed, add more water. At end of cooking time, fluff the rice with a fork or spoon. Batch cook for best results.
ALTERNATE COOKING INSTRUCTIONS: Each pan of rice and water can also be covered with aluminum foil and baked in a convection oven at 350 ° F for 45 to 50 minutes. At the end of the cooking time, fluff the rice with a fork or spoon.
7. Serve the rice immediately or cover the pans and place them in warmer until ready for service.
8. Serve ½ cup serve for 1 oz eq grain or 1 cup for 2 oz eq grain.

RECIPE GROUP: *Entrée*

Portion Yield	For K-8, 50 servings
	For 9-12, 25 servings
Portion Size	For K-8, ½ cup
	For 9-12, 1 cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	For K-8, 1 oz. eq grain
	For 9-12, 2 oz. eq grain
Fruit	N/A
Vegetable	N/A
Milk	N/A



Source: *USDA Foods*

MENU Module Recipe: TXR1628



Spicy Black Beans

Ingredients

Vegetable oil	¼ cup
Yellow or white onion, chopped	1 quart
Garlic, minced	½ cup
Black beans, low-sodium	2 #10 cans
Tomatoes, low-sodium, diced, canned	2 #2 ½ (28 ounce) cans
Jalapeno peppers, minced	½ cup
Cumin, ground	1 tablespoon

Directions

1. Heat oil in a large sauté pan over medium heat until shimmering. Add onions and garlic. Cook, stirring often, until soft and fragrant. Do not brown.
2. When opening canned beans and tomatoes, do not drain.
3. Add black beans, tomatoes, jalapeno peppers and cumin.
4. Simmer over medium heat until heated through and flavors combine, 30-45 minutes over medium heat.

RECIPE GROUP: *Entrée*

Portion Yield 50 servings, 25 cups

Portion Size ½ cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain N/A

Fruit N/A

Vegetable 1 cup Red/Orange vegetable

Milk N/A



Source: *TDA Cooking for the Seasons*

MENU Module Recipe: TXR1494



Cubed Cantaloupe

Ingredients

Cantaloupe, fresh, whole, 18 count (5-inch diameter, about 30 ounces) 17 pounds plus 8 ounces

Directions

1. Cut cantaloupe into bite sized cubes.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup Fruit

Vegetable N/A

Milk N/A



Source: *USDA Recipe*

MENU Module Recipe: TXR1436



Fresh Honeydew

Ingredients

Honeydew melon, fresh, whole 20 pounds plus 8 ounces

Directions

1. Cut honeydew into bite sized cubes.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup Fruit

Vegetable N/A

Milk N/A



Source: *USDA Recipe*

MENU Module Recipe: TXR1435



Thai Chili and Garlic Walnut Whole Grain Noodle Salad

Ingredients

Walnuts, California	3 pounds plus 4 ounces
Chicken, strips, unseasoned, cooked, frozen	4 pounds plus 3 ounces
Spaghetti, whole grain, cooked	3 gallons plus 1 quart
Lemon juice	1 quart plus ½ cup
Soy sauce	0.5 quart
Thai chili and garlic sauce	1 cup
Onions, green, fresh, chopped	7 pounds plus 8 ounces
Bell peppers, red, sweet, chopped	5 pounds plus 8 ounces
Cilantro, fresh	8 ounces

Directions

Day before Service:

1. Cook whole grain spaghetti according to package directions. Drain well. (If necessary, coat lightly with oil or spray noodles from clumping together when chilled.) Refrigerate overnight.
2. Thaw frozen, cubed chicken under refrigeration overnight.

Day of Service:

1. Pull thawed cooked chicken strips, spaghetti, soy sauce, lemon juice and Thai chili & garlic sauce from cooler and place at workstation.
2. Add lemon juice, soy sauce, Thai chili, and garlic sauce to spaghetti. Toss to mix well. Cover and set aside.
3. Dice chicken strips. Cover and set aside for assembly.
4. Assemble salad in bowl or container as follows:
 - 8-ounce spoodle (1 cup) sauced spaghetti in center of container
 - 2-ounce spoodle (¼ cup) chopped green onions to top left corner of the container
 - 2-ounce spoodle (¼ cup) diced bell pepper to the bottom right corner of the container
 - 2-ounce spoodle (¼ cup or 1 ounce) of California walnut pieces in the top right corner
 - 2-ounce spoodle (1.25-ounce actual weight) of diced chicken in the bottom left corner of the container
 - 2-ounce spoodle of cilantro leaves sprinkled across top
5. Serve for same day service or refrigerate overnight for next day service.
6. Serve one Thai Chili & Garlic Walnut Whole Grain Noodle Salad.

RECIPE GROUP: *Entrée*

Portion Yield 50 salads

Portion Size 1 Serving

HACCP Process 3 – Complex Food Preparation

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain 2 oz

Fruit N/A

Vegetable ½ cup vegetable (¼ cup Red/Orange Vegetable and ¼ cup Other Vegetable)

Milk N/A

*Note: 1 oz eq each from walnuts and chicken. For nut free alternative, removed walnut for 1 oz eq MMA (K-8) or double chicken serving for 2 oz eq MMA (9-12).



Source: *California Walnuts*

MENU Module Recipe: TXR1602



Sriracha Chicken Salad Wrap

Ingredients

Yogurt, Dannon, Oikos Greek, plain nonfat	10 ounces
Sriracha hot sauce	2 ounces
Garlic, dry, granulated	2 tablespoons
Onion, dry, granulated	1 tablespoon
Canola oil	1 tablespoon
Chicken, commodity, precooked, diced, cold	7 pounds
Coleslaw mix	4 pounds plus 4 ounces
Yogurt, Dannon, Oikos Greek, plain nonfat	16 ounces
Sugar, granulated	¼ cup
Sesame oil	½ cup
Soy sauce, low sodium	¼ cup
Vinegar, rice	¼ cup
Ginger, ground	2 teaspoons
Garlic, dry, granulated	½ teaspoon
Salt, kosher	½ teaspoon
Whole Wheat Wraps	50 each

Directions

1. Mix 10 ounces of yogurt, sriracha, garlic, onion, and canola oil in a large bowl. Mix well.
2. Add cold cooked chicken to yogurt/sriracha mixture.
3. Mix well until chicken is coated in sauce.
4. Place coleslaw mix in a large bowl.
5. In a medium-sized bowl, mix 16 ounces of yogurt, sugar, sesame oil, soy sauce, rice vinegar, ginger, garlic, and salt. Whisk until it forms a smooth sauce. Add sesame yogurt sauce to coleslaw mix. Mix well.
6. To assemble wrap: layout wraps in a large area to form an assembly line.
7. Top each wrap with 1/2 cup slaw and 2 ounces of chicken.
8. Roll to form a burrito and seal.
9. Make as close to service as possible, wrap can be held, cold, up to one hour.

RECIPE GROUP: *Entrée*

Portion Yield 50 wraps

Portion Size 1 each

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain 2 oz eq*

Fruit N/A

Vegetable ½ cup vegetable (½ Other Vegetable)

Milk N/A

*Note: Grain oz eq may vary based on product used



Source: *Danone North American K12 Resources*

MENU Module Recipe: TXR1633



Greek Salad with Creamy Herb Yogurt Dressing

Ingredients

Ingredients for Yogurt Dressing:

Yogurt, plain, whole milk	2 pounds plus 12 ounces
Olive oil	1 pound plus 11 ounces
Red wine vinegar	14½ ounces
Mustard, Dijon	9 ounces
Oregano, dried	¾ ounce
Garlic powder	2.5 ounces
Dill, dried	¼ ounce
Pepper, black	1 ounce
Salt, kosher	½ ounce

Ingredients for Salad:

Lettuce, romaine	6 pounds plus 8 ounces
Tomatoes, cherry	4 pounds plus 8 ounces
Olive, black, drained	1 pound plus 8 ounces
Cucumber, English	2 pounds plus 8 ounces
Cheese, feta, crumbled	1 pound plus 12 ounces
Chicken, frozen, cooked, diced	5 pounds
whole grain flatbread, 2-oz eq portions	50 each

Directions

Instructions for Dressing:

1. To make dressing, combine yogurt, olive oil, vinegar, mustard, oregano, garlic powder, dill, pepper and salt in a large bowl. Blend with an immersion blender or food processor to combine.

Instructions for Salad

1. Thaw frozen, cubed chicken under refrigeration overnight.
2. Wash and cut lettuce into bite sized pieces.
3. Cut cucumbers into bite sized pieces.
4. Assemble salad in bowl or container as follows:
 - 1 cup of lettuce
 - ¼ cup of cherry tomatoes
 - ½ cup olives
 - ½ cup cucumbers
 - 0.5 ounces of feta cheese
 - 1.5 ounces of chicken
5. Serve with 2 ounces of Creamy Greek dressing.
6. Warm flatbreads, if desired. Serve flatbreads on the side. If serving as a grab and go, package flatbreads separate from salad, so bread does not become too soggy.

RECIPE GROUP: *Entrée*

Portion Yield 50 salads

Portion Size 1 each

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain 2 oz eq*

Fruit N/A

Vegetable 1 cup vegetable
(½ Other Vegetable,
½ cup Dark Green,
¼ cup Red/Orange)

Milk N/A

*Note: Grain oz eq may vary based on product used



Source: Danone North
American K12 Resources

MENU Module Recipe: TXR1639



Roasted Chickpeas

Ingredients

Chickpeas, canned	3 #10 cans
Oil, canola	1 ½ cup
Paprika	2 ½ tablespoons
Garlic, granulated	2 tablespoons
Onion powder	3 tablespoons
Black pepper, ground	1 ½ tablespoons
Salt, kosher	2 teaspoons

Directions

1. Pre-heat oven to 350°F.
2. Open cans of beans, drain, and rinse beans well under cool running water.
3. Drain beans well and pat dry with towel.
4. Mix oil and the remaining seasonings in a bowl.
5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly. Use 1 sheet pan per #10 can used. 3 sheet pans for three #10 cans.
6. Bake for 20 minutes at 350° F. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color and will be crunchy.
7. If you bake ahead and beans are not crisp at time of service, return them back in oven at 400°F for 5 minutes to re-crisp.

RECIPE GROUP: *Entrée*

Portion Yield 52 servings

Portion Size ½ cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain N/A

Fruit N/A

Vegetable ½ cup vegetable
(½ cup Beans/Peas)

Milk N/A



Source: *USDA Recipes*

MENU Module Recipe: TXR1655



Baked Pears

Ingredients

Pears, canned, bartletts, sliced, light syrup	2 #10 cans
Margarine, trans fat free	4 ounces
Brown sugar, packed	½ cup
Granulated sugar	½ cup
Cinnamon, ground	1 tablespoon plus 1 teaspoon
Ginger, ground	2 teaspoons

Directions

1. Spray 12-inch X 20 inch X 2 inch deep full size steam table pan with pan release.
2. Open and drain juice from pears using colander or perforated pans. Place 2 cans of drained pears in the pan.
3. Weigh and melt margarine (may use microwave); pour over pears and toss to combine.
4. Combine brown sugar, granulated sugar, cinnamon, and ginger in mixing bowl.
5. Sprinkle seasoned sugar mixture over pears and toss to combine.
6. Bake for 30 minutes at 350°F.
7. Cover and hold for service.
8. Serve ½ cup using # 8 disher or 4-ounce spoodle.

RECIPE GROUP: *Entrée*

Portion Yield 29 servings

Portion Size ½ cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain N/A

Fruit ½ cup Fruit

Vegetable N/A

Milk N/A



Source: K12 Culinary

MENU Module Recipe: TXR1445



Sliced Apples

Ingredients

Apple, fresh, whole, cored, sliced 6 pounds plus 15 ounces

Directions

1. Wash apples and remove any stickers.
2. Core and slice apples.
3. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Entrée*

Portion Yield	50 servings
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Portion Size	½ cup
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HACCP Process	1 – No cook
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MEAL PATTERN COMPONENTS

Meat/Alt	N/A
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Grain	N/A
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Fruit	½ cup Fruit
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Vegetable	N/A
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Milk	N/A
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Source: *USDA Recipe*

MENU Module Recipe: TXR1329

Meatball Madness

Ingredients

Water	1 gallon
Nonfat milk	3½ cups
Instant potato flakes	1 gallon plus 1 quart plus 1 cup
Margarine, trans-fat free	¾ cup plus 1 Tablespoon plus 1 teaspoon
Salt	2½ teaspoon
Raw ground beef	3 pounds plus 10 ounces
Raw ground turkey	1 pound plus 12 ounces
Instant nonfat dry milk	¼ cup
Egg whites	2 pounds plus 2 oz
Oats, rolled, quick, dry	2 pounds
Canned no-salt-added tomato paste	8 ounces
Onions, finely chopped	12 ounces
Celery, fresh, diced	10 ounces
Green bell peppers, seeded and diced	1 pound
Carrots, fresh, peeled and shredded	10 ounces
Pepper, black, ground	½ teaspoon
Salt	1 Tablespoon plus 1 teaspoon
Garlic powder	2 Tablespoons plus 2 teaspoons
Celery seed	3 Tablespoons

Directions

1. Heat water to a rolling boil.
2. Pour water, milk, potato flakes, margarine, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed. Mashed potatoes should appear stiff. DO NOT OVERMIX.
3. For 50 servings, mix for 4–5 minutes.
4. Transfer about 6 lb 7 oz mashed potatoes to a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Set aside for step 13.
5. Place ground beef, ground turkey, milk, eggs, oats, tomato paste, onions, celery, bell peppers, carrots, pepper, salt, garlic powder, and celery seed in a commercial mixer (batch as needed).
6. Using a paddle attachment, mix on low speed for 2–3 minutes. DO NOT OVERMIX.
7. Lightly coat a muffin pan (20½" x 14") with pan-release spray. Using a No. 16 scoop, portion ¼ cup 1½ tsp (about 2 ¾ oz) meatball mixture into each muffin cup. Flatten the top of each meatball. For 50 servings, use 6 muffin pans.
8. Bake:
 - Conventional oven: 400°F for 25–30 minutes.
 - Convection oven: 375°F for 20–25 minutes.
9. Remove from oven.
10. Transfer meatballs to a steam table pan (12" x 20" x 2½") lined with parchment paper; 25 meatballs per pan. For 50 servings, use 4 pans.
11. Using a No. 20 scoop, portion ¾ cup 2 Tbsp 2 tsp (about 2 oz) mashed potatoes on top of each meatball.
12. Serve 2 meatball cups.

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size 2 meatball cups

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain N/A

Fruit N/A

Vegetable ¾ cup vegetable (¾ cup Starchy Vegetable, ¼ cup Other Vegetable)

Milk N/A



Source: Danone North American K12 Resources



Tip: Make this a meal with a 2 oz eq whole grain roll or biscuit

MENU Module Recipe: TXR1611





Meatball Bowl

Ingredients

Russet potatoes, fresh, raw or dehydrated, instant mashed potatoes	12 pounds
Milk, low-fat 1%	1 quarts
Butter, unsalted	4 ounces
Garlic, powder	½ tablespoon
Salt	½ tablespoon
Meatballs, beef, frozen	150 each
Green beans, frozen, whole	5 pounds
Cheddar cheese, reduced fat, shredded	3 ⅞ cup
Brown gravy, prepared	3 ⅞ cup

Directions

1. Scrub and peel the potatoes, cut into quarters, and place in a perforated steamer pan, a large stockpot, or a steam jacketed kettle. If using a steamer, steam until the potatoes are tender. If using a stockpot or a kettle, cover with cold water, bring to a boil, and then reduce to a simmer. Continue to simmer until the potatoes are tender, about 20 minutes. Internal temperature should reach at least 135°F. Drain the potatoes.
2. Or if using dehydrated instant mashed potatoes, follow the manufacturer's instructions for preparing the desired number of 1/2 cup servings.
3. Combine the milk, butter, garlic powder and salt, and heat until the butter melts. Place the potatoes in the bowl of a floor mixer, and mash using the paddle attachment for the mixer. Stop mashing when the potatoes are broken apart but not completely smooth. If no mixer is available, mash using a potato masher. Pour in the warm milk mixture and continue to mash the potatoes until smooth with a few lumps.
4. Place meatballs on parchment-lined sheet pans in a single layer and reheat according to the manufacturer's instructions. Transfer meatballs to a 2-inch steam table pan.
5. Place frozen green beans into perforated steamer pans and steam just until the internal temperature reaches 135°F. Do this just before service and hold at or above 135°F until service.
6. Assemble in bowl or container as follows:
 - #8 scoop (⅓ cup) mashed potatoes
 - 3 meatballs
 - ¼ cup green beans
 - 1 tablespoon cheddar cheese
 - 1 tablespoon brown gravy

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size 1 Bowl

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt 2.5 oz eq

Grain N/A

Fruit N/A

Vegetable ¾ cup vegetable (½ cup Starchy Vegetable, ¼ cup Other Vegetable)

Milk N/A



Source: *Potato USA*



Tip: Make this a meal with a 2 oz eq whole grain roll or biscuit

MENU Module Recipe: TXR1670



Pickled Carrots

Ingredients

Cider vinegar	1 quart
Water	1 quart
Sugar, granulated	1 ¼ cups
Garlic, whole cloves	5 cloves
Carrots	5 pounds

Directions

1. Combine vinegar, water, sugar, and whole garlic cloves in a pan and bring to just a boil. Remove from heat immediately.
2. Peel and slice carrots. Place sliced carrots in 4" deep half hotel pan. Pour boiling liquid over the carrots. If needed, press carrots down to ensure all are covered in brine.
3. Place hotel pan of carrots with brine into an ice bath to cool rapidly. Transfer the entire container to the cooler. Once the carrots and liquid have cooled, remove from ice bath, cover, and store under refrigeration.
4. Carrots can be stored for up to one week.

RECIPE GROUP: *Entrée*

Portion Yield 25 servings

Portion Size ½ cup

HACCP Process 2 – Same day service

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup vegetable
(½ cup Red/Orange Vegetable)

Milk N/A



Source: *TDA Cooking for the Seasons*

MENU Module Recipe: TXR1420



Fresh Banana

Ingredients

13.9 pounds, Bananas, fresh, 150 count, 7 to 7 7/8 inch, whole

Directions

1. Separate bananas from the bunch for quick service.
2. 1 banana equals 1/2 cup.

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size 1 each

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit 1/2 cup Fruit

Vegetable N/A

Milk N/A



Source: *USDA Recipe*

MENU Module Recipe: TXR1341



Watermelon Cubes

Ingredients

Watermelon, fresh, whole, 16 pounds plus 7 ounces
without rind

Directions

1. Carefully cube watermelon into bite sized pieces.
2. Portion ½ cups servings in single container cups for quick service.

RECIPE GROUP: *Entrée*

Portion Yield 50 servings

Portion Size ½ cup

HACCP Process 1 – No cook

MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup Fruit

Vegetable N/A

Milk N/A



Source: *USDA Recipe*

MENU Module Recipe: TXR1432