



# Gold Star Advisory Board

---

Virtual Chopped Challenge

# West Coast Grilled Cheese

Split open a thawed fully baked Whole Grain-rich Biscuit. Layer  $\frac{1}{4}$  oz grated cheese,  $\frac{1}{4}$  cup cooked mushrooms and then  $\frac{1}{4}$  oz grated cheese on top of each biscuit half before heating. Top with sliced avocado and black olives.



# Pizza Kit

Cover EZ split biscuits with parchment paper and top with a sheet pan to flatten and spread biscuits as they bake.

Cool biscuits slightly and split open for 2 pizza crusts. Pack with sauce, grated cheese, turkey pepperoni and fresh pepper rings.

Students can assemble and microwave at home until the cheese melts, about 1 minute.



# Chicken Pot Pie



Per serving:

- 1 fully baked Whole Grain-rich biscuit
- $\frac{1}{2}$  cup frozen peas and carrots
- 2 oz equivalent M diced cooked chicken
- $\frac{1}{4}$  cup soup concentrate, cream of chicken
- $\frac{1}{8}$  cup milk



# Biscuit 'Fries' and Pepper Gravy

Cut a thawed EZ split biscuit into 4 strips before baking. Serve warm in a foil cone with pepper gravy.

## Foil Cone Folding



# Biscuit Torn-Aparts with Sausage Cheese Gravy

Tear a thawed EZ split biscuit into 4 pieces before baking. Serve warm with sausage cheese gravy (1 oz equivalent M between sausage and cheese)



# Chix in a Blanket

Cut a thawed biscuit in half and wrap around a thawed chicken tender. Pinch to seal and place sealed side down on parchment lined baking sheet. Drizzle with hot wing sauce before baking. Serve warm with pepper gravy or celery and ranch or blue cheese dressing.



# Hand Pie with Pepper Gravy

Flatten and fold a thawed biscuit around  $\frac{1}{2}$  each sausage patty, egg patty and cheese slice. Press with fork to seal. Sprinkle grated cheese across the top before baking. Serve warm with pepper gravy.



# Dinosaur Egg (Scotch Egg) with Pepper Gravy



Flatten and wrap a thawed biscuit around a boiled egg and slice of cheese. Pinch to seal and place sealed side face down on parchment lined baking sheet. Drizzle with hot wing sauce before baking. Serve warm with pepper gravy.

