

16 New Chef-inspired

SCHOOL MEAL RECIPES

Why introduce new recipes on your menu?

- On-trend, fun and tasty school meal recipes are a great way to help ensure every student is fueled and ready to learn.
- The recipes provide new ways to meet school meal guidelines.
- Each recipe includes delicious dairy products and help to meet grain, fruit and vegetable servings, too.
- The recipes are quick-scratch, easy to prepare, and designed to help meet school cost constraints.
- Suitable for breakfast, lunch, dinner and/or snacks.

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Note: Nutri-Kids software used for nutritional analysis.



ABOUT OUR CHEFS:

Ricardo Abbott: Chef Ricardo brings 30 plus years of food service operations and cook chill experience including hotels, two landmark restaurants, several schools and a food service equipment company. Since October 2017, he has worked at Saint Paul's Public Schools as a Manager and Chef of their Central Kitchen.

Susie Berglund: Chef Susie is Land O'Lakes' Senior Culinary Creation Specialist dedicated to K12 product testing and recipe development. She tracks school foodservice trends and develops recipes based on customer feedback from schools across the nation.

Nancy Close: Chef Nancy's roots run deep from a family restaurant to corporate dining to her current role as founder and president of CKC Good Food® which was established out of her desire for creating recipes that are loved by all. CKC is now one of the premier school catering companies in the nation.

Monica Coulter: Chef Monica is General Mills' dedicated K-12 Corporate Chef. Her responsibilities span from identifying products and solutions that are a good fit for school feeding programs to developing recipes for kid-favorite menu items.

Spencer Fischer: Chef Spencer is a school nutrition professional with over 30 years of experience leading businesses and programs to nourish individuals. His true calling came when he moved from managing corporate restaurants to his current role of serving children in Eastern Carver County Schools in Minnesota.

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Cheesy meatballs and crisp corn chips are students' favorites. And when topped with fresh tomato and a cilantro garnish, it makes a hearty dish. Mix it up by serving over brown rice or pasta.

Meal pattern crediting (1 serving): **2 oz. meat/meat alternate, 1 oz. grain serving**

Queso Meatball Nachos



Cheesy Chicken Shawarma Rice Bowl

Punch up your menu with this Middle Eastern inspired rice bowl served with warm flatbread. Use commodity chicken to lower costs.

Meal pattern crediting (1 serving): **2 meat/meat alternate, 2 oz. grain serving, 1 cup vegetable (other)**

Regardless of where Swedish meatballs originated, Turkey or Sweden, this tasty recipe is delicious over noodles or mashed potatoes.

Meal pattern crediting (1 serving): **3 meat/meat alternate, 2 oz. grain serving**

Swedish Meatballs

Creamy Broccoli & Cranberry Salad

Fresh broccoli florets, sweet dried cranberries and sunflower seeds mixed with a sweet and tangy yogurt dressing.

Meal pattern crediting (1 serving): **.25 meat/meat alternate, ½ cup vegetable (dark green)**



Combines bold flavors with familiar ingredients kids love! Take your nacho bar from ordinary to extraordinary. Yum!

Meal pattern crediting (1 serving): **2 meat/meat alternate, 1 cup vegetable (starchy), ¼ cup vegetable (red/orange)**

Kicked-Up Queso Totchos



Cheesy Apple Tart

A spin-off of the American classic, this sweet apple pie tart is topped with savory cheddar cheese. A great way to use commodity sliced apples!

Meal pattern crediting (1 serving): **.75 meat/meat alternate, 1 oz. grain serving, ½ cup fruit**



This hearty breakfast idea combines grains, yogurt and berries all in one colorful, trendy serving.

Meal pattern crediting (1 serving): **1 oz. meat/meat alternate, 1 oz. grain serving, ½ cup fruit**

Very Berry Overnight Oats



Sunny Curry Chicken Satay

Combining Greek Yogurt, peanut-free sun butter and savory seasonings, this dish is sure to be a hit.

Meal pattern crediting (1 serving): **2.5 oz. meat/meat alternate, 2 oz. grain serving**

New twist to a traditional kid favorite, served with a chipotle yogurt sauce in a flour or corn tortilla.

Meal pattern crediting (1 serving): **2 meat/meat alternate, 2.25 grain serving, 1/8 cup vegetable (other)**

Crunchy Fish Tacos



Southwest Cheddar Chicken

Get creative with this favorite dish by serving it as a chicken fillet over rice or noodles or using commodity fajita or diced chicken and serving it in a boat as a rice bowl, noodle bowl or as nachos.

Meal pattern crediting (1 serving): **2.5 meat/meat alternate**

