Chicken Pot Pie

Nutritional Information

Serving Size: 1 Serving

Calories: 245 cal

Total Fat: 6.59 g

Sat Fat: 1.5 g

Sodium: 541mg

Nutritional information calculated using NutriKids software. Content will vary based on ingredient brand.

Equivalents

2 oz M/MA

1 oz eq Whole Grain

1/8 cup Other Vegetable

Classic comfort food is the perfect way to warm anyone's heart.

Submitted by:
Osborn School District

Chicken Pot Pie

Yield: 80 Svgs Serving Size: 1 Pie

Ingredients	Measures	Instructions
	Filling	
Chicken Gravy Mix	1 Gallon	Prepare gravy as directed.
Water	3 Quarts + 2 ¼ Cups	Combine cornstarch with cold water and add to the prepared gravy mix.
Cornstarch	3 ¾ ounces	
Mixed Vegetables (5 way)	3 pounds + 2 ounces	Add the vegetables, dehydrated onion, chicken and the spices. Bring to a full boil to thicken and continue to cook while preparing the whole grain top.
Dehydrated Onion Flakes	1/3 Cup + 2 Tablespoons	
USDA Diced Chicken	11 Pounds + 2 Ounces	
Poultry Seasoning	1 ¾ teaspoons	
Granulated Garlic	1 ¾ teaspoons	
Black Pepper	¾ teaspoons	
	Whole Grain Top	
USDA Whole Wheat Flour	1 pound + 9.25 ounces	Measure and combine the dry ingredients. Add in the wet ingredients and mix. The mixture should resemble thick pancake batter.
USDA All Purpose Flour	1 pound + 4 ounces	
Granulated Garlic	1 ¼ teaspoons	
Baking Powder	¼ Cup	
Baking Soda	1 Tablespoon	
Non-Fat Dry Milk	5 ½ ounces	
USDA Vegetable Oil	9 ¼ ounces	
Buttermilk—Low Fat	3 Quarts + 4 ounces	
		Assembly: Portion ½ Cup of the filling into individual baking cups, topped with ¼ Cup of the whole grain crust top.

Note

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Vegetarian Quinoa Chili

Nutritional Information

Serving Size: 1 Cup

Calories: 260 cal

Total Fat: 3.61 g

Sat Fat: 0.3 g

Sodium: 751.2 mg

Nutritional information calculated using NutriKids software. Content will vary based on ingredient brand.

Equivalents

1/2 Cup Red/Orange Veg

1/8 Cup Starchy Vegetable

3/8 Cup Legumes or

1.5 oz Meat/MA

0.5 oz eq Whole Grain

A hardy vegetarian chili that showcases quinoa for extra protein. Filling and well-rounded, this dish is for everyone.

Submitted by:
Chandler School District

Vegetarian Quinoa Chili

Yield: 50 Svgs Serving Size: 1 Cup

Ingredients	Measures	Instructions
USDA Vegetable Oil	5 Tablespoons	Add oil to kettle on medium heat. Add onions and saute until soft, about 8 minutes. Add garlic and sauté for 2 minutes.
Yellow Onion-Diced	5 Cups	
Garlic-Minced	1 ounce	
USDA Diced Tomatoes	1 1/2 #10 can	Add tomatoes, tomato sauce, green chilies, vegetable broth, and quinoa. Simmer until quinoa is soft and translucent, about 25 minutes.
USDA Tomato Sauce	1 #10 can	
Diced Green Chili	1/3 #10 can	
Vegetable Broth	1 1/4 Gallons	
Quinoa—uncooked	2 Pounds	
Chili Powder	2 Ounces	Add chili powder, cumin, cocoa powder, paprika, and coriander. Let simmer for 20 minutes.
Ground Cumin	1 Ounce	
Cocoa Powder	1 Ounce	
Smoked Paprika	1 Ounce	
Ground Coriander	2 teaspoons	
USDA Black Beans—low sodium	1 #10 Can	Add beans, corn, cilantro and lime. Stir together.
USDA Kidney Beans—low sodium	1 #10 Can	
USDA Frozen Corn	3 1/3 Pounds	
Cilantro—Chopped	2 Ounces	
Lime Juice	3/4 Cup	
Salt & Pepper	To Taste	
		Serve hot and top with your favorite ingredients, like shredded cheese, sour cream, diced avocado, or additional cilantro.

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Whole Grain Harvest Muffin

Nutritional Information

Serving Size: 1 Muffin

Calories: 226 cal

Total Fat: 6.46 g

Sat Fat: 0.98 g

Sodium: 300.18 mg

Nutritional information calculated using NutriKids software. Content will vary based on ingredient brand.

Equivalents

1.25 oz eq Whole Grain

Whether you choose sweet potato or pumpkin, these muffins are moist and flavorful!

Submitted by:
Chandler School District

Whole Grain Harvest Muffin

Yield: 60 Svgs Serving Size: 1 Muffin

Ingredients	Measures	Instructions
Dry Ingredients		Pre-heat convection oven to 325 degrees.
All Purpose Flour	15 Ounces	Measure and blend all dry ingredients and set aside.
Whole Wheat Flour	1 Pound + 14 Ounces	
Baking Soda	1 Tablespoon + 2 teaspoons	
Baking Powder	1 Tablespoon + 1 teaspoon	
Salt	1 Tablespoon + 1/2 teaspoon	
Cinnamon	2 1/2 teaspoons	
Nutmeg	1/2 teaspoon	
Cloves	1/4 teaspoon	
Wet Ingredients		
Pumpkin or USDA Sweet Potato	2 Pounds + 13 Ounces	Add pureed or mashed pumpkin or sweet potato to the mixing bowl with the water, sugar, eggs, oil and vanilla. Mix on low speed for 1 minute.
Water	5 Ounces	
Granulated Sugar	2 Pounds + 8 Ounces	
USDA Liquid Eggs	12.5 Ounces	
USDA Vegetable Oil	11.5 Ounces	
Vanilla Extract	1 Tablespoon + 1/2 teaspoon	
		Add dry ingredients in batches, mix then scrape down the sides of the bowl after each addition. Mix just until all of the dry ingredients have been incorporated. Fill prepared muffin pans with 1/4 cup of batter in each section of the muffin tin. Bake for 10 to 12 minutes or until a toothpick tests clean after inserting.

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Whole Wheat Zucchini Bread

Nutritional Information

Serving Size: 2 oz Portion

Calories: 205 cal

Total Fat: 6.89 g

Sat Fat: 1.14 g

Sodium: 201 mg

Nutritional information calculated using NutriKids software. Content will vary based on ingredient brand.

Equivalents

1 oz eq Whole Grain

1/8 cup Other Vegetable

Tiny flecks of green are the only sign of vegetables in this simple, moist recipe made from 100% Whole Wheat flour.

Submitted by:
Balsz School District
(Sodexo Mngmt)

Whole Wheat Zucchini Bread

Yield: 60 Svgs Serving Size: 2oz

Ingredients	Measures	Instructions
Wet Ingredients		
USDA Liquid Eggs	1 Pound	Measure then add all of the wet ingredients into the bowl of the mixer. Mix to combine.
USDA Vegetable Oil	12 Ounces	
Granulated Sugar	2 Pounds + 8 Ounces	
Zucchini-Shredded	2 Pounds	
USDA Applesauce	12 Ounces	
Vanilla	1 Tablespoon	
Dry Ingredients		
Whole Wheat Flour	2 Pounds + 2 Ounces	Measure the dry ingredients into a separate bowl and stir to evenly distribute the ingredients.
Salt	1 Tablespoon	Add the dry ingredients gradually to the wet ingredients, blending after each addition. Scrape down the mixing bowl after the last addition of dry ingredients.
Baking Powder	1 teaspoon	
Baking Soda	1 Tablespoon	Blend for an additional 30 seconds.
Cinnamon	3 Tablespoons	Bake at 325 degrees in a pre-heated convection oven.
		Batter may be portioned into loaf pans, cake pans or measure a 1/4 Cup into muffin pans. Baking times vary. Bake until a toothpick tests clean after inserting.
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Thai Chicken Wrap

Nutritional Information

Serving Size: 1 Wrap

Calories—317 cal

Total Fat—7.94 g

Sat Fat—2.55 g

Sodium—826mg

Nutritional information calculated using NutriKids software. Content will vary based on ingredient brand.

EQUIVALENTS

1 oz Meat /MA

1.5 oz eq Whole Grain

1/8 Cup Other Vegetable

The sweet-savory combination of Thai flavors in this wrap, will soon become a favorite.

Submitted by:
Balsz School District
(Sodexo Mngmt)

Thai Chicken Wrap

Yield: 50 Svgs Serving Size: 1 Wrap

Ingredients	Measures	Instructions
Thai Cucumber Salsa		
Cucumber-Diced	6.25 Cups	Prepare the salsa by washing and dicing the vegetables.
Green Onion-Diced	1/4 Cup	
Red Bell Pepper-Diced	2 Tablespoons	Add the lime juice, red pepper flakes and sugar. Set aside.
Lime Juice-Fresh	3 Tablespoons	
Red Pepper Flakes	1/2 teaspoon	Salsa yields 12 1/2 Cups
Sugar	1/2 teaspoon	
Chicken Filling		
USDA Chicken Fajita Strips	5 Pounds +10 Ounces	Pre-heat the oven to 325 degrees.
Low Sodium Soy Sauce	1 1/3 Cups	Prepare a sheet pan with parchment paper.
Garlic-Minced	2 Tablespoons	In a large bowl, combine chicken, soy sauce and garlic. Toss to combine.
USDA 8” Whole Wheat Tortillas	50 Each	Spread the chicken mixture evenly onto the pan and heat for approximately 10 to 12 minutes until the chicken is slightly browned and reaches a temperature of at least 140 degrees.
		Portion 1.8 ounces of heated chicken and 1/8 Cup (2 Tablespoons) of Cucumber Salsa onto each tortilla.

Note

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Minestrone Soup

Nutritional Information

Serving Size: 3/4 Cup

Calories—60 cal

Total Fat—0.77 g

Sat Fat—0.06 g

Sodium—493.06 mg

Nutritional information calculated using NutriKids software. Content will vary based on ingredient brand.

EQUIVALENTS

1/4 Cup Other Vegetable

1/4 Cup Red/Orange Vegetable

0.25 oz eq Whole Grain

An Italian classic that is full of what you want for your kids. Low in fat, with a variety of vegetables that does not fall short on flavor.

Submitted by:
Osborn School District

Minestrone Soup

Yield: 64 Svgs Serving Size: 3/4 Cup

Ingredients	Measures	Instructions
USDA Vegetable Oil Onion—Diced Carrots—Diced Celery—Diced	1 Tablespoon 1 Pound + 6 Ounces 2 Pounds + 2 Ounces 1 Pound	In a large pot or kettle, sauté the diced onions, diced carrots and diced celery until tender.
Water Chicken Base	1 Gallon + 2 Quarts 6 Ounces	Once the vegetables have softened, add the water and chicken base. Adjustments may be necessary depending on the brand of base used.
USDA Diced Tomatoes—Canned Italian Seasoning Granulated Garlic	1 #10 Can 1/4 Cup 1 Tablespoon	Do not drain the tomatoes; add to the other vegetables. Season with Italian seasoning and granulated garlic or a combination of basil and oregano.
USDA Whole Grain Macaroni-Dry USDA Kidney Beans—Canned, Drained	1 Pound 1/2 #10 Can	Add the uncooked macaroni noodles and drained kidney beans to the soup. Bring to a boil and cook for about five minutes.
Zucchini—Diced Spinach—Fresh, Chopped	1 Pound +10 Ounces 1 Pound	Add the diced zucchini and cook an additional 5 minutes. Add in the spinach at the very end so as not to over cook.
		Note: To enhance the flavor of this soup, blend a small amount of soup and add it back into the mixture to thicken.

Note

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Quinoa Super Salad

Nutritional Information

Serving Size: 1/2 Cup

Calories—193 cal

Total Fat—7.2 g

Sat Fat—1.71 g

Sodium—348 mg

Nutritional information calculated using NutriKids software. Content will vary based on ingredient brand.

EQUIVALENTS

0.5 oz eq Whole Grain

1/4 Cup Other Vegetable

1.25 oz Meat/MA

This salad is not only beautiful to look at, but it is delicious. If you have not tried quinoa, this is a perfect start.

Submitted by:
Balsz School District
(Sodexo Mngmt)

Quinoa Super Salad

Yield: 33 Svgs Serving Size: 1/2 Cup

Ingredients	Measures	Instructions
Quinoa-Dry	1 Pound	Measure the quinoa into a strainer and rinse under cold running water. Add the quinoa to a large pot along with the water. Bring to a boil. Turn the heat on low, cover and cook for 15 minutes or until the water is absorbed. Remove from the heat, add the raisins, and allow to stand for 5 minutes covered. Fluff with a fork to separate the grain. Chill to 40 degrees and hold until the other ingredients are ready to add.
Water	1 Quart + 1/2 Cup	
USDA Raisins	6 Ounces	
Red Bell Pepper—Diced	6 Ounces	Prepare the vegetables, by washing, trimming and cutting into desired pieces.
Green Bell Pepper—Diced	6 Ounces	Add vegetables into the chilled quinoa.
Cucumber, w/Peel—Diced	6 Ounces	
Carrots—Shredded or Diced	6 Ounces	Cube the chicken fajita meat into bite sized pieces and combine with the vegetables and quinoa.
Green Onions—Diced	2 Ounces	
Celery—Diced	3 Ounces	
USDA Spinach—Rough Chopped	2 Ounces	
USDA Fajita Chicken—Cubed	5 Pounds	
Vinaigrette		
Rice Vinegar	1/4 Cup	Prepare the vinaigrette by combining the rice vinegar, salt and pepper. Gradually drizzle in the oil while stirring with a whisk to combine.
Salt	1/2 teaspoon	
Pepper	1/4 teaspoon	Add the vinaigrette to the salad and toss to combine the chicken and vegetables evenly with the quinoa.
USDA Vegetable Oil	1 Tablespoon	
		Each portion should weigh approximately 4 ounces.

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