



MEATLESS MONDAY GOES TO SCHOOL



30 Delicious Recipes to Kick Off Meatless Monday at Your School!

INTRODUCTION

In 2009, Baltimore City Public Schools became the first school district to officially sign on to participate in Meatless Monday, a public health movement founded by former advertising executive Sid Lerner in conjunction with Johns Hopkins University three years prior. Today, over 50 school districts and dozens of individual schools “go Meatless Monday.” They’re joined by thousands of restaurants, hospitals and home cooks who also serve up delicious meatless meals week after week.

Celebrities and influencers also champion Meatless Monday. Paul McCartney, Oprah Winfrey, Ellen DeGeneres, Al Gore, and Marcus Samuelsson are some of the movement’s many supporters. Meatless Monday has even grown into an international movement, with over 40 countries participating.

What’s behind the success of Meatless Monday? It’s a simple task – one day a week, cut out meat for your health and the health of our planet. Lerner founded Meatless Monday as an easy, memorable way to encourage the public to eat better.

Providing today’s youth with healthy, delicious meals is more important than ever in light of rising childhood obesity rates. Around the United States, school foodservice providers are doing their part by working diligently to ensure that the meals they serve not only comply with the nutrition standards set by the USDA’s National School Lunch Program, but are also appealing to the populations they serve. After all, “it’s not nutrition if the students don’t eat it,” as many school food advocates have said.

Participating in Meatless Monday can help students learn to appreciate and enjoy healthy food. Diets low in meat and high in plant foods such as vegetables, fruits, legumes and whole grains are associated not only with reduced obesity rates, but also with reduced rates of diet- and lifestyle-related diseases including cancer, heart disease and diabetes. So when children learn to enjoy occasional vegetarian meals, they’re practicing a habit that will contribute to a lifetime of good health!

What’s more, since meatless foods require fewer environmental resources to produce, participating in Meatless Monday is a way for children to know they’re doing their part to protect the environment.

The pages in this e-cookbook feature 30 meatless recipes that are produce-packed, delicious, child-friendly and contain at least one ounce of the NSLP’s meat alternate requirement per serving. We encourage every school to use this book to start Meatless Monday and help their students learn to love meat-free meals at least once a week!

We also invite foodservice operations to visit MeatlessMonday.com for additional free resources, including posters and a K-12 School Toolkit.

In putting this book together, we had the pleasure of receiving recipes from both our existing school partners as well as many food brands that supply foodservice operations with meatless ingredients. Many thanks to each of our contributors and a special thanks to the Humane Society of the United States.

Happy eating!



**Good for you.
Good for the planet.**

RECIPES

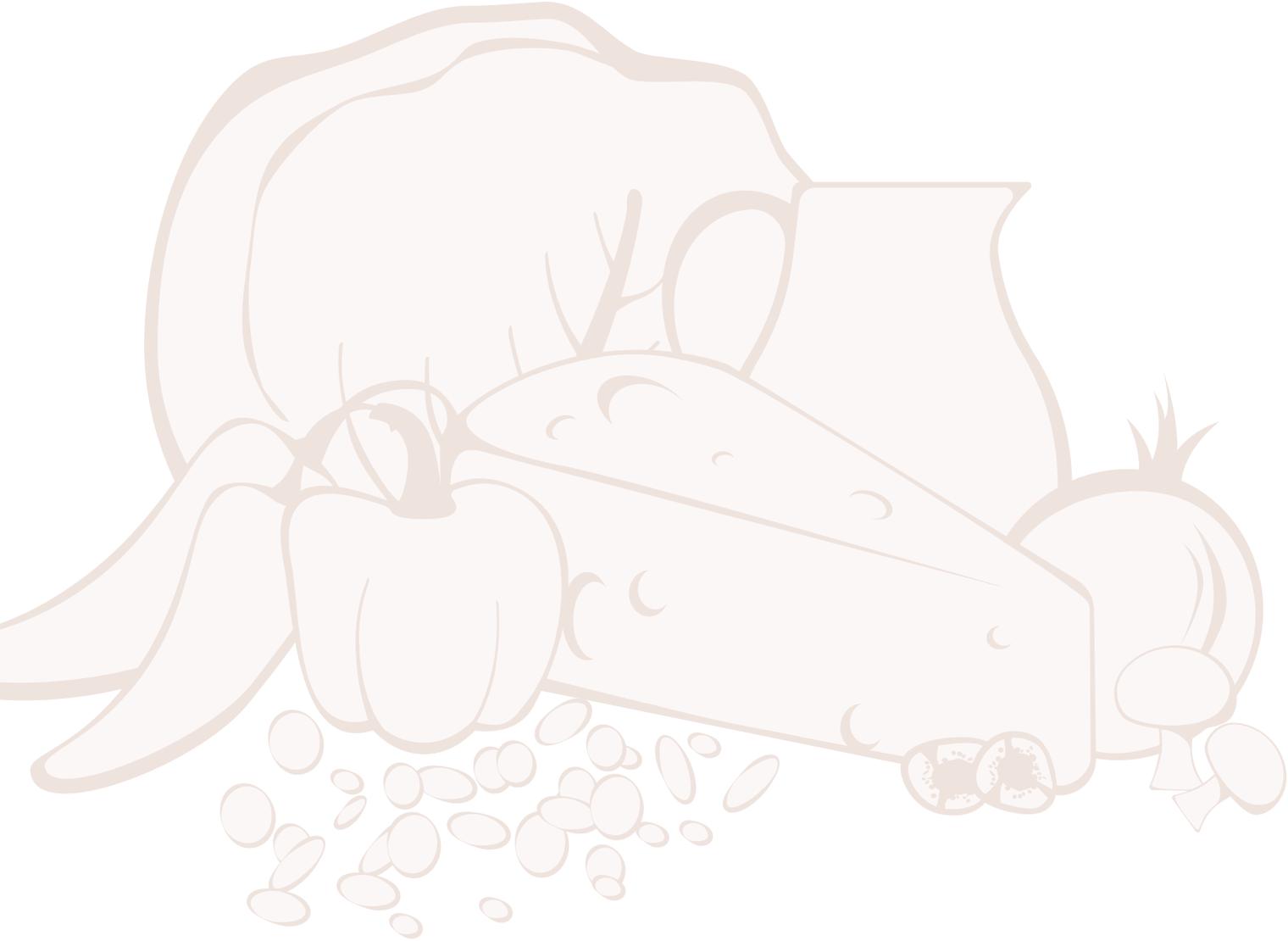
AMERICAN CLASSICS	5
Black Bean Veggie Burger	7
Beyond Beef Veggie Pasta Bake	9
Portabella Philly Cheesesteaks	11
Beyond Chicken Buffalo Wraps	13
Bistro Egg Sandwich	15
Baked Ziti	17
Baked Chili Mac	19

WORLD CUISINE	21
Shanghai Sweet and Spicy Spaghetti	23
Spanish Chickpea Stew	25
Vegetable and Egg Fried Rice	27
Lentils of the Southwest	29
North African Gumbo	31
Asian SunButter® Broccoli Noodle Salad	33

MEDITERRANEAN FAVORITES	35
Portabella Spinach Tomato Panini	37
Tuscan Herbed Flatbread	39
Cheesy Polenta with Vegetables	41
Mediterranean Flatbread	43
Harvest Lasagna	45
Club Med with Rotini	47

LATIN FLAVORS	49
Fiesta Lasagna Bake	51
Taco-The-Town	53
Golden State Burrito	55
Bean Tostada Bowl	57
Zesty Bean and Cheese Quesadilla	59
The Whole Enchilada	61
Vegetable Chili	63

SPECTACULAR SALADS	65
Fruit and Yogurt Salad	67
Power Salad	69
Spinach Salad	71
Southwest Salad with Penne	73



AMERICAN CLASSICS



Black Bean Veggie Burger	7
Beyond Beef Veggie Pasta Bake	9
Portabella Philly Cheesesteaks	11
Beyond Chicken Buffalo Wraps	13
Bistro Egg Sandwich	15
Baked Ziti	17
Baked Chili Mac	19

BLACK BEAN VEGGIE BURGER

NUTRITIONAL INFORMATION

Amount per Serving

Calories	187
Total Fat	3 g
Saturated Fat	2 g
Cholesterol	27 mg
Sodium	722 mg
Total Carbohydrate	34 g
Dietary Fiber	6 g
Protein	8 g
Vitamin A	158 IU
Vitamin C	15 mg
Calcium	99 mg
Iron	2 mg

EQUIVALENTS:

2 oz equiv. Meat Alternative

2.75 oz equiv. Grain

3/8 cup Other Vegetables

Recipe HACCP Process: #3

RECIPE PROVIDED BY:

Boulder Valley School District and
The Lunch Box.



INGREDIENTS

(40 Servings / 1 Sandwich)

	WEIGHT	MEASURE
Corn, frozen	2 lb 6 oz	
Canola Oil	2 fl oz	
Garlic, whole, peeled, minced	4 oz	
Black Beans, drained	2 lb 2 oz	
Cilantro		1½ bunch
Egg liquid	11 oz	
Salt	1/8 cup	
Black Pepper	2 tsp	
Brown Rice, dry	14 oz	
Yellow Corn Meal	11 oz	
Corn Tortilla (6")		5
Yellow Onion, diced	2 lb	
Green Pepper, diced	1 lb	
Jalapeño, sliced	2 tbsp	

METHOD

PREPARATION

- 1 Cook brown rice, slightly over cook. Process corn tortillas in a food processor until a fine flour like consistency is achieved.
- 2 Combine onions, corn, peppers, garlic and jalapeños and cilantro with oil.
- 3 Mix well, spread into a sheet pan and roast at 350° for 15-20 min.
- 4 Let cool, drain excess liquid.
- 5 Mix rice, vegetables and black beans together.
- 6 Take out half of the batch and process with food processor the eggs, corn meal, salt and pepper.
- 7 Mix everything together by hand.
- 8 Use a #8 scoop to form burgers.
- 9 Plastic wrap and freeze before shipping.

SERVE

Reheat cakes for 15 min. at 350°.
Serve on a 2 oz whole grain bun.

BEYOND BEEF VEGGIE PASTA BAKE



NUTRITIONAL INFORMATION

Amount per Serving

Calories	350
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	540 mg
Total Carbohydrate	44 g
Dietary Fiber	8 g
Protein	26 g
Vitamin A	300 IU
Vitamin C	9 mg
Calcium	150 mg
Iron	2 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 2 oz equiv. Grain
- 1/2 cup Red/Orange Vegetables

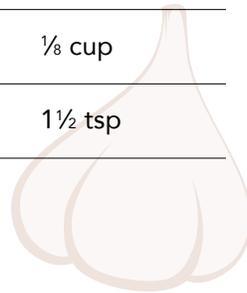
Recipe HACCP Process: #2

RECIPE PROVIDED BY:
Beyond Meat.

INGREDIENTS

(50 Servings / 1 Serving)

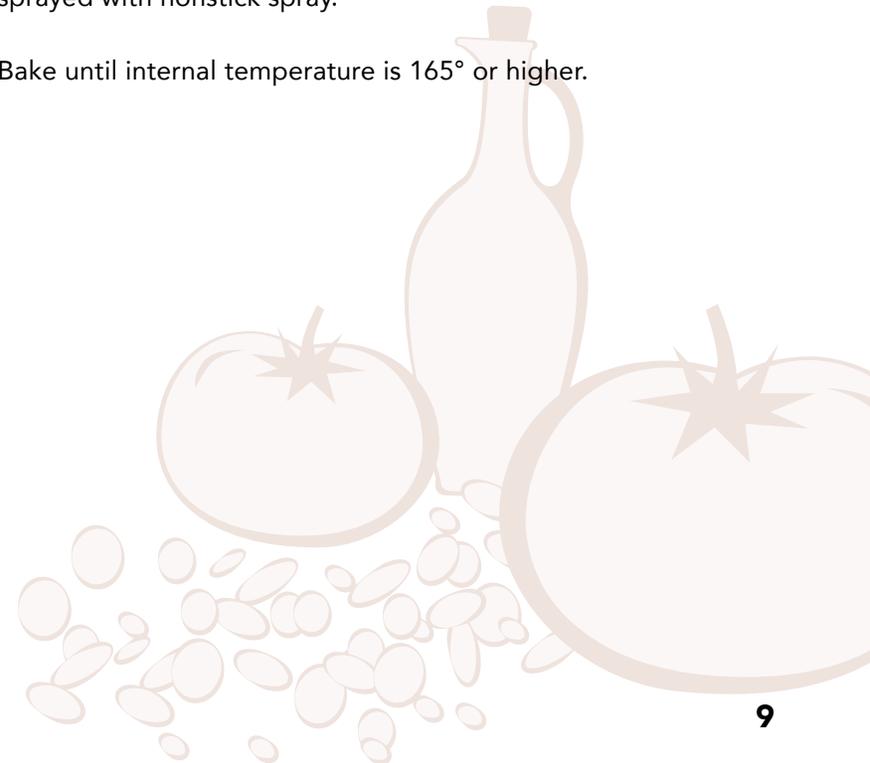
	WEIGHT	MEASURE
Penne Pasta, whole grain	3 lb 4 oz	
Diced Tomatoes		1½ #10 can
Kidney Beans, drained		1½ #10 can
Beyond Beef	7 lb	
Spaghetti Sauce, prepared		1½ #10 can
Oregano, dried		1 tbsp
Garlic, granulated		⅛ cup
Basil, dried		1 tbsp
Salt		1 tbsp
Oil		½ cup
Sugar		¼ cup
Parsley, dried		⅛ cup
Pepper		1½ tsp



METHOD

PREPARATION

- 1 Preheat oven to 350°.
- 2 Boil pasta for 5-7 min. until cooked. Drain.
- 3 Stir diced tomatoes, beans and Beyond Beef into spaghetti sauce.
- 4 Add pasta noodles and stir well.
- 5 Portion pasta into 2 (12x20x2) hotel pans that have been sprayed with nonstick spray.
- 6 Bake until internal temperature is 165° or higher.



PORTABELLA PHILLY CHEESESTEAK



NUTRITIONAL INFORMATION

Amount per Serving

Calories	280
Total Fat	9 g
Saturated Fat	4 g
Cholesterol	20 mg
Sodium	547 mg
Total Carbohydrate	25 g
Dietary Fiber	4 g
Protein	20 g
Vitamin A	731 IU
Vitamin C	32 mg
Calcium	48 mg
Iron	91 mg

EQUIVALENTS:

2 oz equiv. Meat Alternate

2 oz equiv. Grain

1/2 cup Other Vegetable

Recipe HACCP Process: #2

RECIPE PROVIDED BY:
The Mushroom Council.

INGREDIENTS

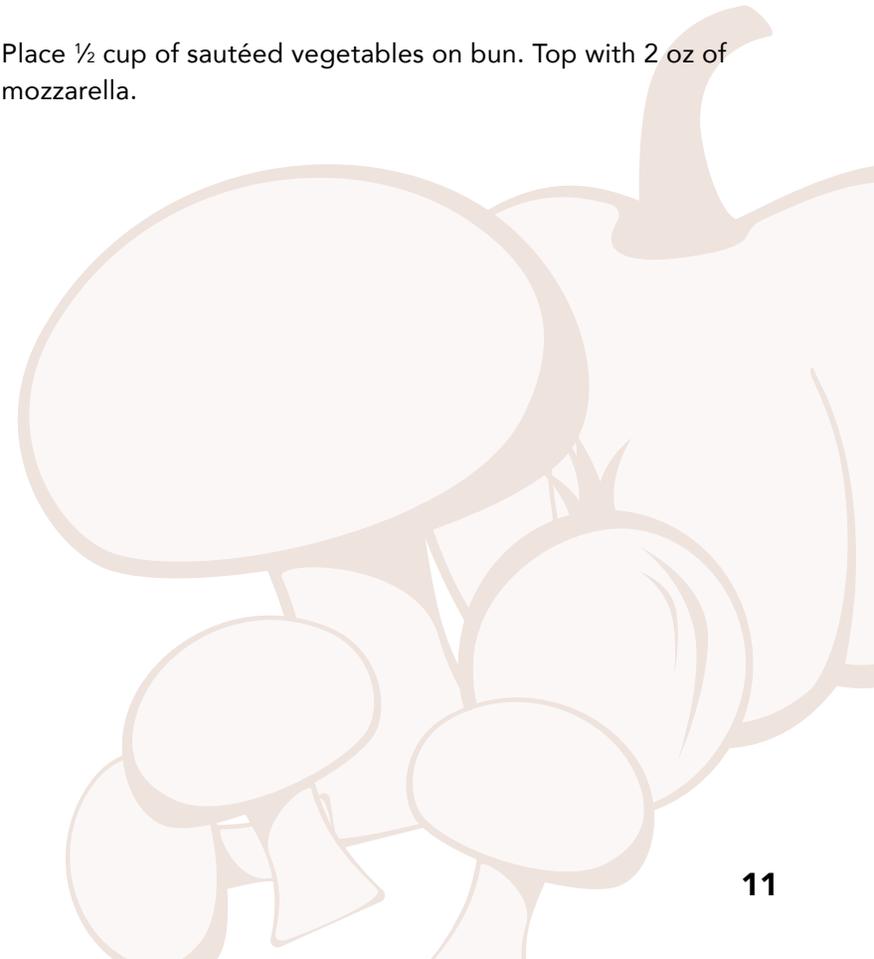
(100 Servings / 1 Sandwich)

	WEIGHT	MEASURE
Portabella Mushrooms, sliced	12 lb 2 oz	
Sweet Bell Peppers, sliced	5 lb 2 oz	
Sweet Onion, sliced	6 lb 6 oz	
Black Pepper		½ cup
Canola Oil		1 cup
Worcestershire (Vegetarian)		2 cup
Sub Rolls (6")		100 pieces
Mozzarella Cheese, lite	12 lb 8 oz	

METHOD

PREPARATION

- 1 In tilt skillet, preheat to medium. Add mushrooms and oil. Sauté 4 min.
- 2 Add peppers and onions and sauté for 4 more min.
- 3 Add Worcestershire and peppers. Sauté for 3 more min.
- 4 Place ½ cup of sautéed vegetables on bun. Top with 2 oz of mozzarella.



BEYOND CHICKEN BUFFALO WRAPS



NUTRITIONAL INFORMATION

Amount per Serving

Calories	230
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	380 mg
Total Carbohydrate	30 g
Dietary Fiber	6 g
Protein	19 g
Vitamin A	1900 IU
Vitamin C	0 mg
Calcium	150 mg
Iron	4 mg

EQUIVALENTS:

2 oz equiv. Meat Alternate
2 oz equiv. Grain

Recipe HACCP Process: #3

RECIPE PROVIDED BY:
Beyond Meat.

INGREDIENTS

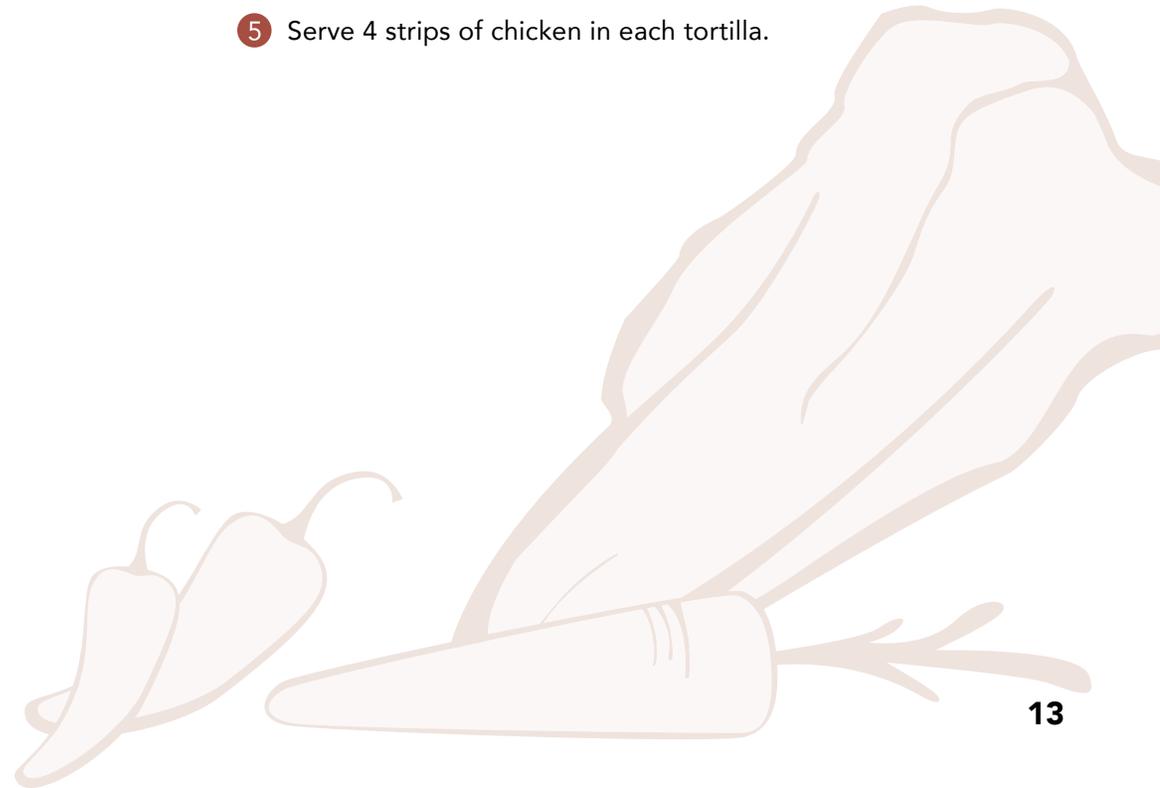
(50 Servings / ¾ Cup)

	WEIGHT	MEASURE
Beyond Chicken Strips	6 lb 4 oz	
Tortillas (10")		50 each
Hot Sauce, OR, Wing Sauce		1½ cup 1 tbsp
Romaine Lettuce, chopped	1 lb	
Carrots, shredded	1 lb 8 oz	

METHOD

PREPARATION

- 1 Preheat oven to 350°.
- 2 Combine chicken free strips with sauce and bake until product reaches internal temp of 150°. Hold in warmer until meal service.
- 3 Combine romaine and carrots.
- 4 Portion ½ cup of salad mix into each tortilla and fold in half. Store in cooler until meal service.
- 5 Serve 4 strips of chicken in each tortilla.



BAKED ZITI



NUTRITIONAL INFORMATION

Amount per Serving

Calories	448
Total Fat	17 g
Saturated Fat	6 g
Cholesterol	31 mg
Sodium	672 mg
Total Carbohydrate	49 g
Dietary Fiber	4 g
Protein	26 g
Vitamin A	721 IU
Vitamin C	4 mg
Calcium	643 mg
Iron	3 mg

EQUIVALENTS:

2 oz equiv. Meat Alternate
2 oz equiv. Grain

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

Tustin Unified School District.

INGREDIENTS

(50 Servings / 1 Serving)

	WEIGHT	MEASURE
Ziti Pasta, whole grain	10 lb	
Water		2½ gal
Marinara Sauce	12½ lb	2 #10 can
Mozzarella Cheese, shredded	6¼ lb	2½ cup
Parmesan Cheese, shredded		3⅞ cup
Parsley, chopped		1 tsp

METHOD

PREPARATION

- 1 Boil water for pasta. Cook pasta until al dente, about 10-12 min.
- 2 Heat marinara sauce until 165°. Put 1 oz of sauce in a deep rectangular tray. Place an 8 oz spoodle of pasta.
- 3 Next, put 3 oz of sauce on top of pasta.
- 4 Scoop a #8 scoop of shredded mozzarella on top of sauce.
- 5 Place in a 300° oven until cheese is melted (about 5-7 min). Remove from oven then top with 1 tbsp parmesan and 1 tsp of parsley.



BAKED CHILI MAC



NUTRITIONAL INFORMATION

Amount per Serving

Calories	257
Saturated Fat	5 g
Cholesterol	33 mg
Sodium	443 mg
Total Carbohydrate	31 g
Dietary Fiber	6 g
Protein	17 g
Vitamin A	887 IU
Vitamin C	6 mg
Calcium	233 mg
Iron	3 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 1 oz equiv. Grain
- 1/8 cup Red/Orange Vegetable

Recipe HACCP Process: #2

RECIPE PROVIDED BY:
JTM Food Group.

INGREDIENTS

(100 Servings / 1 Cup)

	WEIGHT	MEASURE
JTM Vegetarian Chili with Beans	25 lb	1 bag
Water, hot	10 lb	
Elbow Pasta	6¼ lb	
Cheddar Cheese, shredded	5 lb	

METHOD

PREPARATION

- 1 Heat JTM Vegetarian Chili w/Beans in steamer or water bath to 165° or higher for 15 sec. and hold hot at 145° or higher until to assemble dish.
- 2 Preheat oven to 300°.
- 3 Using a non-stick cooking spray, coat the bottom and sides of 5 large, full-size hotel pans.
- 4 Place 1¼ lb of portioned elbow pasta into each pan.
- 5 Add 5 lb JTM Vegetarian Chili w/Beans and 2 lb hot water to each pan with pasta and mix thoroughly.
- 6 Cover and bake in preheated oven for 30 min.
- 7 Remove pan, uncover, and stir all ingredients. Then re-cover pan and bake an additional 15 min.
- 8 Remove pan from oven, uncover, and sprinkle cheese evenly over top.
- 9 Return uncovered pan to oven and bake until cheese has melted (approx. 10 min).



BISTRO EGG SANDWICH

NUTRITIONAL INFORMATION

Amount per Serving

Calories	320
Total Fat	21 g
Saturated Fat	4 g
Cholesterol	230 mg
Sodium	450 mg
Total Carbohydrate	23 g
Dietary Fiber	3 g
Protein	11 g
Vitamin A	1574 IU
Vitamin C	4 mg
Calcium	80 mg
Iron	2 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 2 oz equiv. Grain
- 1/8 cup Dark Green Vegetable
- 1/8 cup Red/Orange Vegetable

Recipe HACCP Process: #1

RECIPE PROVIDED BY:
American Egg Board.

INGREDIENTS

(50 Servings / 1 Sandwich)

	WEIGHT	MEASURE
Hard-Boiled Eggs, sliced	2lb 8 oz	
Mixed Baby Greens	1 lb	
Tomatoes, fresh, sliced	1 lb 8 oz	
Whole Grain Kaiser Roll		20
Honey Mustard Dressing		2½ cup

METHOD

PRE-PREPARATION

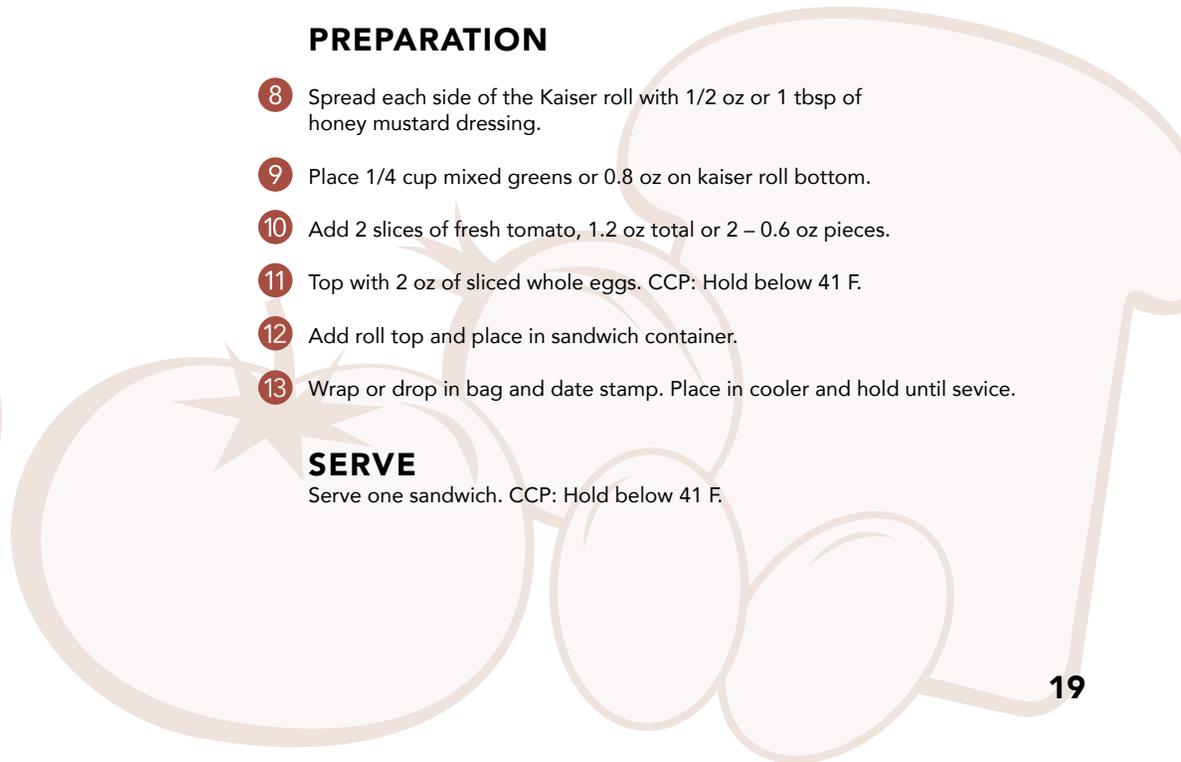
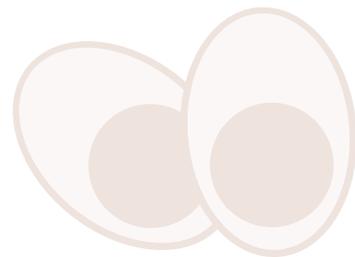
- 1 Clean and sanitize prep area.
- 2 Pull sheet pan and cover with parchment paper.
- 3 Pull eggs from cooler and place at workstation. CCP: Prepare foods at room temperature in two hours or less.
- 4 Wash hands thoroughly and put on gloves.
- 5 Slice eggs and place on sheet pan.
- 6 Pull Kaiser rolls and honey mustard dressing and place at work station.
- 7 Pull mixed greens and sliced tomatoes from cooler and place at workstation. Set up assembly line.

PREPARATION

- 8 Spread each side of the Kaiser roll with 1/2 oz or 1 tbsp of honey mustard dressing.
- 9 Place 1/4 cup mixed greens or 0.8 oz on kaiser roll bottom.
- 10 Add 2 slices of fresh tomato, 1.2 oz total or 2 – 0.6 oz pieces.
- 11 Top with 2 oz of sliced whole eggs. CCP: Hold below 41 F.
- 12 Add roll top and place in sandwich container.
- 13 Wrap or drop in bag and date stamp. Place in cooler and hold until service.

SERVE

Serve one sandwich. CCP: Hold below 41 F.





WORLD CUISINE



Shanghai Sweet and Spicy Spaghetti **23**

Spanish Chickpea Stew **25**

Vegetable and Egg Fried Rice **27**

Lentils of the Southwest **29**

North African Gumbo **31**

Asian SunButter® Broccoli
Noodle Salad **33**

SHANGHAI SWEET AND SPICY SPAGHETTI

NUTRITIONAL INFORMATION

Amount per Serving

Calories	368
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	229 mg
Sodium	706 mg
Total Carbohydrate	61 g
Dietary Fiber	8 g
Protein	19 g
Vitamin A	1000 IU
Vitamin C	53 mg
Calcium	80 mg
Iron	5 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 2 oz equiv. Grain
- 1/2 cup Other Vegetables

Recipe HACCP Process: #3

RECIPE PROVIDED BY:

Barilla.

INGREDIENTS

(100 Servings / 14 Ounces)

	WEIGHT	MEASURE
Barilla Whole Grain Spaghetti	12 lb 8 oz	
Soy Sauce		1 qt 2 cup
Scrambled Eggs, precooked	12 lb 8 oz	
Pineapple Juice		2 gal 2 qt
Sriracha Sauce		2 cup
Stir Fry Vegetable Blend	18 lb	
Pan Spray	1 oz	



METHOD

PREPARATION

- 1 Boil water in steam kettle, tilt skillet, or in a large pot on stove top. Add pasta to boiling water, return to a boil as quickly as possible. Cook pasta for 4 min. Drain pasta as quickly as possible. Rinse pasta in colander in cold water to stop the cooking process, drain again as quickly and completely as possible. Place drained, cooled pasta in sealed, date stamped, containers in walk-in, store for service below 40°. CCP: Hold below 41°. *Note: if using a steamer, put pasta in hotel pans with water to cover, and increase cooking time to 6 min. using maximum steam.
- 2 Pull soy sauce, sriracha and pineapple juice. In large pitcher, add juice, soy sauce and sriracha and whisk well. Cover and set aside.
- 3 Pull stir fry vegetables and eggs from freezer. Pull pasta from cooler.
- 4 Place pasta into 4 lightly sprayed steam table pans using 6 qt plus 1 cup per pan. Pour pineapple juice mixture over pasta using 3 quart per pan. Toss lightly to mix.
- 5 Pan vegetables in 4 shallow steam table pans, using 4 pounds 8 oz per pan.
- 6 Place scrambled eggs (4 lb) in full-size steamer pan sprayed with no-stick cooking spray and cover pan tightly with foil. (Optional: add 1/2 to 3/4 cup of water to pan).
- 7 Place sauced pasta into a preheated 350° convection oven. Bake for 15 min. or until liquid is absorbed and pasta is glazed. Cover pasta and place in warming cart and hold above 135°. CCP: Hold above 135°.
- 8 Bake scrambled eggs at 250° for 20 -25 min., stirring if necessary. CCP: Heat until an internal temperature is reached of 165° for 15 sec. Place eggs in warmer and hold above 135°. CCP: Hold above 135°.
- 9 Place vegetables in steamer. Steam for 15 min. or until vegetables have reached 140°. CCP: Heat until an internal temperature is reached of 140° for 15 sec. Place vegetables in warmer and hold for service. CCP: Hold above 135°.

SERVE

1 cup of pasta using 1 - 8 oz spoodle.
Top with 1/2 cup of stir fry vegetables using 1 - 4 oz spoodle.
Top with 1/4 cup scrambled eggs using 1 - #16 disher.

SPANISH CHICKPEA STEW



NUTRITIONAL INFORMATION

Amount per Serving

Calories	241
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	156 mg
Total Carbohydrate	38 g
Dietary Fiber	6 g
Protein	8 g
Vitamin A	3325 IU
Vitamin C	57 mg
Calcium	93 mg
Iron	2 mg

EQUIVALENTS:

- 1.5 oz equiv. Legume as Meat Alternate
- 1/8 cup Dark Green Vegetable
- 1/4 cup Other Vegetable
- 1/4 cup Fruit

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

National Food Service
Management Institute.

INGREDIENTS

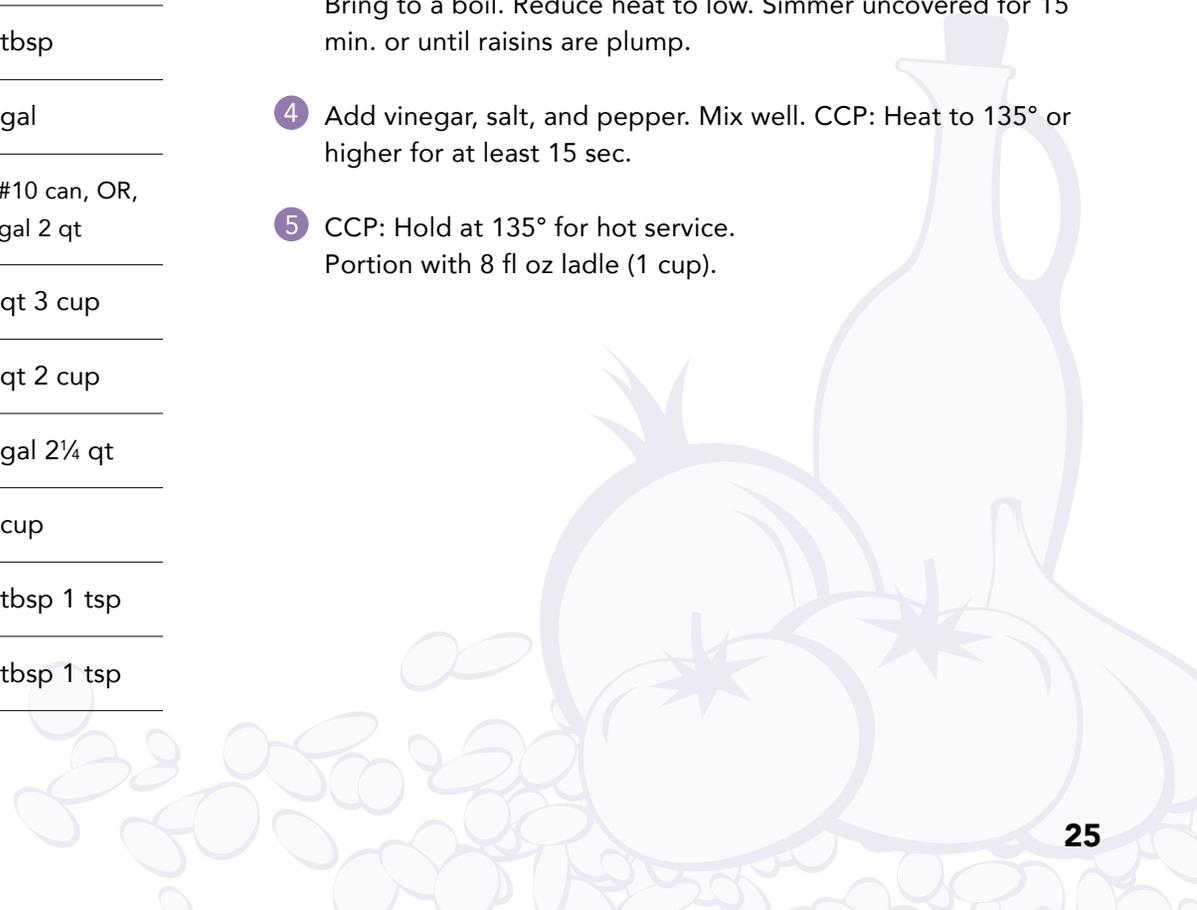
(100 Servings / 1 Cup)

	WEIGHT	MEASURE
Olive Oil		3 cup
Fresh Garlic, minced	6 oz	½ cup 2⅔ tbsp
Onions, fresh, diced	10 lb	2 gal
Sweet Paprika		½ cup 2⅔ tbsp
Ground Cumin		2 tbsp
Frozen Spinach, chopped	9 lb	3 gal
Garbanzo Beans, canned, drained, rinsed, OR, Dry Garbanzo Beans, cooked	16 lb 4 oz, OR, 16 lb 4 oz	4 #10 can, OR, 2 gal 2 qt
Golden Seedless Raisins	4 lb 12 oz	3 qt 3 cup
Diced Tomatoes, canned	5 lb 4 oz	2 qt 2 cup
Vegetable Stock		1 gal 2¼ qt
Red Wine Vinegar		1 cup
Salt		1 tbsp 1 tsp
Black Pepper		1 tbsp 1 tsp

METHOD

PREPARATION

- 1 Heat oil in roasting pan/square head pan (20x17x7). Add garlic and sauté for 2-3 min. Add onions. Continue to sauté for 5-7 min. until the onions are translucent.
- 2 Mix in paprika and cumin. Add spinach and sauté for 15 min.
- 3 Mix in garbanzo beans (chickpeas), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 min. or until raisins are plump.
- 4 Add vinegar, salt, and pepper. Mix well. CCP: Heat to 135° or higher for at least 15 sec.
- 5 CCP: Hold at 135° for hot service. Portion with 8 fl oz ladle (1 cup).



VEGETABLE AND EGG FRIED BROWN RICE



NUTRITIONAL INFORMATION

Amount per Serving

Calories	170
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	115 mg
Sodium	240 mg
Total Carbohydrate	27 g
Dietary Fiber	2 g
Protein	7 g
Vitamin A	4121 IU
Vitamin C	0 mg
Calcium	38 mg
Iron	1 mg

EQUIVALENTS:

1 oz equiv. Meat Alternate

1 oz equiv. Grain

1/4 cup Other Vegetable

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

American Egg Board.

INGREDIENTS

(100 Servings / 7.8 Ounces)

	WEIGHT	MEASURE
Whole Eggs, frozen	5 lb 12 oz	
Brown Rice, long-grain	6 lb 4 oz	
Peas and Carrots, frozen, unprepared	9 lb 4 oz	
Soy Sauce		2 cup
Pan Spray	1 oz	
Water		3 gal 2 cup

METHOD

PREPARATION

3 Days Prior to Day of Service:

Pull eggs from freezer. Open cases and remove cartons from case. Place cartons on sheet pans with space between to allow for thawing. Place pans on lowest available shelf in cooler to thaw. CCP: Hold below 41°.

Day of Service:

- 1 Preheat convection oven to 350°.
- 2 Pull 4 full deep steam table pans and place at workstation. Pull brown rice from dry storage. Pull peas and carrots from freezer. Pull soy sauce from cooler.
- 3 Spray steam table pans lightly. Place 1 lb 9 oz of rice into each steam table pan.
- 4 Add 3 qt plus 1/2 cup hot water to each pan. Stir well.
- 5 Stir 1/2 cup soy sauce into each pan.
- 6 Fold in 2 lb 5 oz of frozen peas and carrots into each pan of rice. Cover each pan tightly with foil.
- 7 Place covered pans of rice into convection oven. Bake for 1 hr or until all water is absorbed and rice is tender. CCP: Heat until an internal temperature is reached of 155° for 15 sec.
- 8 Pull 4 - half sheet pans and place at workstation. Pull thawed eggs from cooler and place at workstation. Open cartons of eggs completely. Whisk thoroughly.
- 9 Spray half pans with pan spray. Pour 1 lb 7 oz of eggs into each half pan. Place pans in preheated convection oven at 350°. Bake until eggs are firm, about 10 min. CCP: Heat until an internal temperature is reached of 155° for 15 sec.
- 10 Remove pans of eggs from oven. Using a pizza cutter, cut the eggs into "ribbons." Using a criss cross pattern, cut ribbons into bite size pieces.
- 11 Remove rice from oven. Fold egg ribbon bites into brown rice mixture, using 1 - half sheet pan per full pan of rice mixture. Re-cover rice and place in warmer. CCP: Hold above 135°.

SERVE

Using a 7 oz spoodle, serve 7/8 cup of fried brown rice. CCP: Hold above 135°.

LENTILS OF THE SOUTHWEST

NUTRITIONAL INFORMATION

Amount per Serving

Calories	69
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	142 mg
Total Carbohydrate	11 g
Dietary Fiber	4 g
Protein	5 g
Vitamin A	251 IU
Vitamin C	3 mg
Calcium	15 mg
Iron	2 mg

EQUIVALENTS:

1 oz equiv. Meat Alternate

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

National Food Service Management.

INGREDIENTS

(100 Servings / ¼ Cup)

	WEIGHT	MEASURE
Lentils (Green or Brown), dry	3 lb 12 oz	2 qt 1 cup
Water		1 gal 1 cup
Onions, diced	1 lb	3½ cup
Garlic, minced		¼ cup
Olive Oil		¼ cup
Ground Cumin		⅓ cup
Ground Red Chili Pepper		¼ cup
Chili Powder		2 tbsp
Diced Tomatoes, canned, OR, Fresh Tomatoes, diced	3 lb, OR, 3 lb	½ #10 can, OR, 1 qt 2 cup
Salt		2 tbsp
Cilantro, fresh, finely chopped	4 oz	1 qt 2 cup

METHOD

PREPARATION

- 1 Rinse lentils and sort out any unwanted materials. Drain well.
- 2 Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 min.
- 3 Sauté onions and garlic in oil for 5 min. or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 min. over low heat.
- 4 Combine onions and garlic with cooked lentils. Add 1 qt 2 cups of water.
- 5 Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 min.
- 6 Stir in cilantro before serving. CCP: Hold for hot service at 135° or higher. Portion with 2 fl oz ladle (¼ cup).



NORTH AFRICAN GUMBO

NUTRITIONAL INFORMATION

Amount per Serving

Calories	127
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	239 mg
Total Carbohydrate	23 g
Dietary Fiber	8 g
Protein	7 g
Vitamin A	5307 IU
Vitamin C	18 mg
Calcium	105 mg
Iron	2 mg

EQUIVALENTS:

2 oz equiv. Meat Alternate

1/8 cup Red/Orange Vegetable

3/8 cup Dark Green Vegetable

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

Chefs Angel Ramos, Jorge Pineda, Joy Pierson, and Michael Marinucci of Candle Cafe for the Coalition for Healthy School Food.

Photo: www.LouManna.com

INGREDIENTS

(60 Servings / $\frac{3}{4}$ Cup)

	WEIGHT	MEASURE
Oil		$\frac{1}{4}$ cup
Yellow Onion, diced		$1\frac{1}{2}$ cup
Garbanzo Beans (canned), drained, OR, Dry Garbanzo Beans, cooked		3 #10 cans, OR, 30 cup
Collard Greens, defrosted, drained and chopped	6 lb	
Sweet Potatoes, canned, OR, Fresh Sweet Potatoes, peeled and diced	2 lb (fresh)	1 #10 can
Salsa		$\frac{1}{2}$ #10 can
Paprika		1 tsp
Cinnamon		1 tsp
Ginger Powder		1 tsp
Cumin		1 tsp
Thyme		1 tsp
Salt		1 tbsp
Black Pepper		1 tbsp
Water		2 qt

METHOD

PREPARATION

- 1 Sauté onions in oil until soft. Do not brown.
- 2 Add garbanzo beans, collard greens, sweet potatoes, salsa, dried spices, water and reserved juice from sweet potatoes and combine well. If using fresh sweet potatoes, no additional liquid should be necessary. If the stew is too thick, add 1 cup of water.
- 3 Simmer covered over medium heat for 30 min. or until gumbo has thickened. If using fresh sweet potatoes, cook until sweet potatoes are tender.
- 4 Check frequently to make sure stew is not sticking to the bottom.
- 5 Adjust seasoning.

ASIAN SunButter[®] BROCCOLI NOODLE SALAD

NUTRITIONAL INFORMATION

Amount per Serving

Calories	482
Total Fat	23 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	409 mg
Total Carbohydrate	55 g
Dietary Fiber	11 g
Protein	15 g
Vitamin A	650 IU
Vitamin C	730 mg
Calcium	40 mg
Iron	3 mg

EQUIVALENTS:

- 1 oz equiv. Meat Alternate
- 1.75 oz equiv. Grains
- 1/4 cup Dark Green Vegetable
- 1/8 cup Red/Orange Vegetable
- 1/8 cup Other Vegetable

Recipe HACCP Process: #2

RECIPE PROVIDED BY:
SunButter.



INGREDIENTS

(50 Servings / 1 Cup)

	WEIGHT	MEASURE
Spaghetti	5 lb 8 oz	
Canola Oil		⅓ cup
SunButter®		6¼ cup
Orange Juice		3 cup
Lemon Juice		1 cup
Soy Sauce		2 cup
Sugar		1 cup
Spring Onions, OR, Scallions, chopped		6¼ cup
Sweet Red Pepper, chopped		6¼ cup
Garlic, minced		1 cup
Jalapeño Pepper, minced		6
Broccoli Tops, bite-size		12½ cup
Canola Oil		1 cup

METHOD

PREPARATION

- 1 Cook pasta in salted water according to package directions; drain well. Place in large bowls and toss with ⅓ cup canola oil. Set aside.
- 2 Whisk SunButter, orange juice, soy sauce, and sugar in a medium bowl until blended. Set aside.
- 3 Heat 1 cup canola oil in over med-high heat. Add onion, red peppers, garlic, jalapeño pepper and broccoli, cooking and stirring about 3-4 min. until broccoli is crisp-tender.
- 4 Add SunButter sauce and veggies to pasta, tossing until well combined. Serve at room temperature.





MEDITERRANEAN FAVORITES



Portabella Spinach Tomato Panini **37**

Tuscan Herbed Flatbread **39**

Cheesy Polenta with Vegetables **41**

Mediterranean Flatbread **43**

Harvest Lasagna **45**

Club Med with Rotini **47**



PORTABELLA SPINACH TOMATO PANINI



NUTRITIONAL INFORMATION

Amount per Serving

Calories	185
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	15 mg
Sodium	498 mg
Total Carbohydrate	27 g
Dietary Fiber	6 g
Protein	13 g
Vitamin A	2990 IU
Vitamin C	9 mg
Calcium	796 mg
Iron	2 mg

EQUIVALENTS:

- 1 oz equiv. Meat Alternate
- 1 oz equiv. Grain
- 1/8 cup Red/Orange Vegetable
- 1/8 cup Dark Green Vegetable
- 1/8 cup Other Vegetable

Recipe HACCP Process: #2

RECIPE PROVIDED BY:
The Mushroom Council.

INGREDIENTS

(100 Servings / 1 Sandwich)

	WEIGHT	MEASURE
Portabella Mushrooms, fresh	6 lb 4 oz	
Tomatoes, fresh	5 lb 12 oz	
Baby Spinach, fresh	4 lb	
American Cheese, sliced	6 lb 4 oz	
Whole Wheat Sandwich Rounds		100 each
Pan Spray	1 oz	

METHOD

PREPARATION

- 1 Place mushrooms on screen and rinse gently to remove any grit remaining. Do not soak mushrooms. Do not scrub mushrooms. As necessary, wipe gently. Let mushrooms drain well.
- 2 Slice mushrooms lengthwise about $\frac{1}{8}$ " thick. Place mushroom slices on a parchment covered sheet pan. Bake in pre-heated convection oven at 350° with fan on high for 5 min.
- 3 Remove from oven and let cool.
- 4 Pull tomatoes from cooler, rinse well and let air dry. On slicer, place tomatoes and slice to $\frac{1}{8}$ " thick and place in food storage container.
- 5 Pull buns from bakery dry storage and place at work station. Pull spinach and cheese from cooler and place at work station. Set up assembly line for making paninis. Turn on panini machine to pre-heat.
- 6 Assemble sandwiches by placing 1 slice of cheese on each side of skinny bun. Top one side with 2 slices of portabella (about 1 oz roasted), $\frac{1}{4}$ cup fresh spinach leaves (about 20 pieces) and 2 slices of tomatoes. Top with other piece of bun with cheese. Press firmly together.
- 7 Spray panini machine lightly. At 400° grill panini for 3 min. Serve 1 panini. CCP: Hold above 135°.

TUSCAN HERBED FLATBREAD



NUTRITIONAL INFORMATION

Amount per Serving

Calories	339
Total Fat	15 g
Saturated Fat	1.5 g
Sodium	520 mg
Total Carbohydrate	41 g
Dietary Fiber	8 g
Protein	10 g
Vitamin A	248 IU
Vitamin C	7 mg
Calcium	98 mg
Iron	2 mg

EQUIVALENTS:

2 oz equiv. Meat Alternate
2 oz equiv. Grain

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

Sarasota County Schools and
The Humane Society. Based on a
recipe by Robin Robertson, author
of *Vegan On The Cheap*.

Photo: Meredith Lee / The HSUS

INGREDIENTS

(100 Servings / 1 Pizza)

METHOD

WEIGHT | MEASURE

PESTO SAUCE

Oil		1 pt 1 cup
Garlic Powder		2 tsp
Parsley Flakes, dry		2 cup
Lemon Juice		3 tbsp

HUMMUS

Garbanzo Beans, drained	20 lb 6 oz	5 #10 can
Onion Powder		2 tbsp
Garlic Powder		¼ cup
Salt		2 tbsp
Pepper		3 tbsp
Parsley		1 cup
Basil		1 cup
Lemon Juice		3½ cup
Hot Sauce		2 tbsp
Salad Oil		1 pt
Flatbread, whole grain rich		100 each

GARNISH

Black Olives, diced	1 lb 14 oz	½ #10 can
Tomatoes, finely diced or sliced	5 lb 2 oz	

PREPARATION

Pesto Sauce:

- 1 Add garlic powder, parsley, and lemon juice to oil. Mix well.

Hummus:

- 2 Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce and oil to VCM or blender. Mix until smooth.

To Assemble Pizza:

- 3 Place flatbread on an (18x24x1) bun pan and brush each flatbread with pesto.
- 4 One scoop (#8 scoop or ½ cup) of hummus on each flatbread and spread evenly.
- 5 Bake at 375° in convection oven for 3-5 min. or until warm and flatbread is slightly crisp. Do not overbake.
- 6 Brush each baked flatbread with pesto.
- 7 Serve 2 tbsp diced or 3-4 slices of tomatoes and 2 tbsp diced black olives on the side as garnish.

CHEESY POLENTA WITH VEGETABLES

NUTRITIONAL INFORMATION

Amount per Serving

Calories	269
Total Fat	13 g
Saturated Fat	7 g
Cholesterol	30 mg
Sodium	960 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Protein	16 g
Vitamin A	670 IU
Vitamin C	14 mg
Calcium	401 mg
Iron	2 mg

EQUIVALENTS:

1.75 oz equiv. Meat Alternate

1/2 oz equiv. Grain

1/4 cup Other Vegetable

Recipe HACCP Process: #3

RECIPE PROVIDED BY:

Boulder Valley School District
and The Lunch Box.

INGREDIENTS

(24 Servings / 1 Piece)

METHOD

WEIGHT | MEASURE

CHEESY POLENTA

Polenta Corn Meal		1 pt 1 cup
Water		3 qt
Parmesan Cheese	6 oz	
Mozzarella Cheese, shredded	1 lb	
Ricotta Cheese	10 oz	
Salt		1 tbsp
Garlic Powder		2 tbsp
Basil Leaves		1 tbsp
Crushed Red Pepper		½ tsp
Roasted Vegetables (see below)	4 lb 12 oz	

ROASTED VEGETABLES

Mozzarella Cheese, shredded	1 lb	
Zucchini	1 lb 6 oz	
Yellow Summer Squash	1 lb 1 oz	
Roasted Red Pepper	1 lb	
Red Onion	8 oz	
Oil		4 tbsp
Garlic, whole, peeled		1 tbsp
Basil Leaves		2 tsp
Salt		1 tbsp
Balsamic Vinaigrette		4 tbsb

PREPARATION

Roasted Vegetables:

- 1 Cut squash in half lengthwise then large chop.
- 2 Drain red peppers and slice.
- 3 Julienne red onion.
- 4 Mince garlic.
- 5 Toss vegetables together with sauce. Spread vegetables on lined sheetpan.
- 6 Roast in oven at 375° for about 25 min.

Cheesy Polenta:

- 1 Cook polenta per directions on product. Boil salted water, stir in polenta.
- 2 Mix cheese and spices in hotel pan.
- 3 Add cooked polenta and stir well.
- 4 Cool and refrigerate. Send roasted vegetables on side sheetpan.

SERVE

Cook vegetables separately than polenta. Reheat covered at 350° for 20-25 min. Top polenta with cooked vegetables. Cut in to 24 pieces.

MEDITERRANEAN FLATBREAD



NUTRITIONAL INFORMATION

Amount per Serving

Calories	337
Saturated Fat	6 g
Cholesterol	3 mg
Sodium	637 mg
Total Carbohydrate	45 g
Dietary Fiber	5 g
Protein	15 g
Vitamin A	3025 IU
Vitamin C	10 mg
Calcium	329 mg
Iron	4 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 2 oz equiv. Grain
- 1/2 cup Red/Orange Vegetable
- 3/8 cup Other Vegetable

Recipe HACCP Process: #1

RECIPE PROVIDED BY:
JTM Food Group.

INGREDIENTS

(24 Servings / 1 Piece)

	WEIGHT	MEASURE
JTM Mediterranean Style Hummus	3 lb	1 bag
Feta Cheese, crumbled	18 oz	
Flatbread		24 each
Romaine Lettuce, leaves		24 each
Carrots, shredded	12 oz	
Tomatoes, diced	29 oz	
Olives, drained, chopped (optional)	16 oz	
TZATZIKI SAUCE:		
Plain Yogurt	32 oz	
Cucumbers, diced	36 oz	
Dill		3 tbsp
Parsley		¼ cup

METHOD

PREPARATION

- 1 Prepare tzatziki sauce by combining yogurt, diced cucumbers, dill and parsley in a large bowl. Reserve cold until ready for service.
- 2 Spread 2 oz (#16 scoop or ¼ cup) of thawed JTM Mediterranean Style Hummus evenly over top of Flatbread.
- 3 Place 1 romaine lettuce leaf on top of hummus.
- 4 Portion ½ oz of shredded carrots and ⅔ oz of chopped olives and sprinkle evenly over top of lettuce.
- 5 Top carrots and olives with 1⅓ oz diced tomatoes, and then ¾ oz crumbled feta cheese.
- 6 Drizzle 1½ oz tzatziki sauce over flatbread and served open faced, or serve tzatziki on the side.

HARVEST LASAGNA



NUTRITIONAL INFORMATION

Amount per Serving

Calories	267
Total Fat	13 g
Saturated Fat	7 g
Cholesterol	45 mg
Sodium	431 mg
Total Carbohydrate	15 g
Dietary Fiber	4 g
Protein	15 g
Vitamin A	960 IU
Vitamin C	22 mg
Calcium	395 mg
Iron	4 mg

EQUIVALENTS:

2.75 oz equiv. Meat Alternate
3/8 cup Red/Orange Vegetable
3/8 cup Other Vegetable

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

Sarasota County Schools and
Chef Bryan Jacobs.

INGREDIENTS

(100 Servings / 1 Piece)

	WEIGHT	MEASURE
Eggplants, peeled	10 lb	8 each
Zucchini, peeled	5-7 lb	12 each
Yellow Squash, peeled	5 lb	8 each
Oil		1 cup
Garlic, fresh, chopped		8 cloves
Onions, diced		4 each
Tomatoes, diced, juice reserved		3 #10 can
Oregano, chopped		2 bunch
Thyme		2 bunch
Basil, chopped		2 bunch
Sugar		¾ cup
Salt		2 tbsp
Pepper		2 tbsp
Ricotta Cheese		2 - 5 lb can
Mozzarella Cheese, shredded	6 lb 8 oz	
Parmesan Cheese	1 lb	4 cup

METHOD

PREPARATION

OPTION: Sub 3 #10 cans prepared marinara sauce and skip to Step 6.

- 1 Preheat oven to 350°.
- 2 In steam jacketed kettle or tilt skillet (or use a 4" deep hotel pan), combine all sauce ingredients and bake uncovered at 350° until heated through and flavors have developed (avg. > 45min), sauté oil, onions, garlic, and 1 bunch each of herbs for 10 min. or until onions are softened.
- 3 Increase heat to med-high, add tomato juice from diced tomatoes and allow liquid to reduce for 5 min. Add in diced tomatoes, ¾ cup sugar, salt and pepper.
- 4 Cook over medium heat until heated through and flavors have developed (avg. > 30 min).
- 5 When sauce has thickened, puree until smooth.
- 6 In large bowl combine ricotta cheese, 4 lb mozzarella cheese, parmesan, and remaining herbs. Mix well.
- 7 Wash eggplant, zucchini, and yellow squash. Peel with vegetable peeler then slice long ways into ⅛" thick ribbons using meat slicer.
- 8 Toss sliced vegetables and prepared tomato sauce until evenly coated.
- 9 Spray four 2" deep hotel pans with non-stick spray (garlic flavored is best) or use pan liner and spray. Place a layer of vegetables in pan.
- 10 Top with 1 layer of ricotta cheese mixture.
- 11 Add another layer of vegetable mixture. Drizzle with any remaining tomato sauce.
- 12 Sprinkle each pan with 2½ cups shredded mozzarella cheese.
- 13 Cover with foil and bake at 350° for 45 min. or until veggies are fork tender.
- 14 Remove foil, increase temperature to 400° and bake another 15 min. to brown cheese.
- 15 Allow to rest for 10 min.
- 16 Use knife to cut each pan into 25 servings (5 x 5).

CLUB MED WITH ROTINI



NUTRITIONAL INFORMATION

Amount per Serving

Calories	450
Total Fat	17 g
Saturated Fat	5 g
Cholesterol	25 mg
Sodium	752 mg
Total Carbohydrate	64 g
Dietary Fiber	10 g
Protein	16 g
Vitamin A	4600 IU
Vitamin C	11 mg
Calcium	180 mg
Iron	5 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 2 oz equiv. Grain
- 1/2 cup Dark Green Vegetables
- 1/4 cup Red/Orange Vegetables
- 1/4 cup Other Vegetables

Recipe HACCP Process: #3

RECIPE PROVIDED BY:

Barilla.

INGREDIENTS

(100 Servings / 3 Cups)

	WEIGHT	MEASURE
Barilla Whole Grain Rotini	12 lb 8 oz	
Garbanzo Beans, canned		2½ #10 can
Romaine Lettuce, fresh, chopped	16 lb	
Cucumber, fresh	9 lb 12 oz	
Tomatoes, fresh, diced	11 lb 8 oz	
California Sliced Ripe Olives		1 #10 can
Feta Cheese, crumbles	6 lb 4 oz	
Balsamic Vinaigrette		1 gal

METHOD

PREPARATION

Prior To Day of Service:

- 1 Boil water in steam kettle, tilt skillet, or in a large pot on stove top. Add pasta to boiling water, return to a boil as quickly as possible. Cook pasta for 4 minutes. Drain pasta as quickly as possible. Rinse pasta in colander in cold water to stop the cooking process, drain again as quickly and completely as possible. *Note: if using a steamer, put pasta in hotel pans with water to cover, and increase cooking time to 6 minutes using maximum steam. CCP: store for service below 40°F.
- 2 Drain beans and olives. Place contents of each into separate water proof containers.

Day of Service:

- 3 Pull cucumbers from cooler and clean thoroughly. Peel and dice cucumbers, to yield 6 quarts plus 1 cup and cover until assembly.
- 4 Pull pasta, vinaigrette, lettuce, beans, olives, tomatoes and feta cheese from cooler. Lay out ingredients for an assembly line.
- 5 Mix vinaigrette with the pasta, tossing gently to coat thoroughly.
- 6 In bottom of entree salad dish place 1 cup of romaine lettuce using 8 oz. spoodle.
- 7 Top with 1 cup of seasoned whole grain rotini using 8 oz. spoodle.
- 8 Sprinkle 1/4 cup beans using 2 oz. spoodle.
- 9 Sprinkle 1/4 cup tomatoes using 2 oz. spoodle.
- 10 Add 1 ounce of feta crumbles using 2 oz. spoodle.
- 11 Sprinkle each with 1 tablespoon sliced ripe olives.



MAIN

FLAVORS



Fiesta Lasagna Bake **51**

Taco-The-Town **53**

Golden State Burrito **55**

Bean Tostada Bowl **57**

Zesty Bean and Cheese Quesadilla **59**

The Whole Enchilada **61**

Vegetable Chili **63**

FIESTA LASAGNA BAKE



NUTRITIONAL INFORMATION

Amount per Serving

Calories	316
Saturated Fat	7 g
Cholesterol	29 mg
Sodium	822 mg
Total Carbohydrate	31 g
Dietary Fiber	9 g
Protein	18 g
Vitamin A	1136 IU
Vitamin C	15 mg
Calcium	400 mg
Iron	3 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 1.25 oz equiv. Grain
- 1/2 cup Red/Orange Vegetable

Recipe HACCP Process: #2

RECIPE PROVIDED BY:
JTM Food Group.

INGREDIENTS

(33 Servings / 1 Piece)

	WEIGHT	MEASURE
JTM Three Bean Chili	5 lb	1 Bag
JTM Poco Enchilada Sauce, thawed	2 lb	
Tortillas (8")		30 each
Diced Tomatoes	2 lb	
Black Beans	1 lb	
Cheddar Cheese, shredded	20 oz	
Mozzarella Cheese, shredded	20 oz	

METHOD

PREPARATION

- 1 Heat JTM Three Bean Chili in steamer or water bath to 165° or higher for 15 sec. (HACCP) and hold hot at 145° or higher (HACCP) until to assemble dish.
- 2 Preheat oven to 350°.
- 3 Using a non-stick cooking spray, coat the bottom and sides of a large, full-size hotel pan.
- 4 In a large bowl, combine diced tomatoes and JTM Poco Enchilada sauce. Blend well and set aside.

To Assemble Lasagna:

- 5 Ladle 12 oz of tomato/Poco Enchilada sauce in the bottom of a full size pan
- 6 Place 10 tortillas over tomato/Poco sauce.
- 7 Portion 20 oz JTM Three Bean Chili and 4.0 oz of black beans over tortillas.
- 8 Sprinkle 10 oz of cheddar and 10 oz mozzarella cheeses over JTM Three Bean Chili.
- 9 Repeat steps 1 thru 4 until to create 3 layers of ingredients listed above.
- 10 Cover pan and heat in a 350° oven for 20-25 min. or until internal temperature reaches 165°.
- 11 Cut into 3 x 11 sections

TACO-THE-TOWN



NUTRITIONAL INFORMATION

Amount per Serving

TACOS		CALIENTE CORN SALSA	
Calories	61	Calories	390
Total Fat	1 g	Total Fat	8 g
Saturated Fat	0 g	Saturated Fat	0.5 g
Sodium	5 mg	Sodium	812 mg
Total Carbs.	13 g	Total Carbs.	67 g
Dietary Fiber	2 g	Dietary Fiber	16 g
Protein	2 g	Protein	16 g
Vitamin A	496 IU	Vitamin A	313 IU
Vitamin C	12 mg	Vitamin C	5 mg
Calcium	21 mg	Calcium	129 mg
Iron	1 mg	Iron	5 mg

EQUIVALENTS:

2 oz equiv. Meat Alternate

2 oz equiv. Grain

1/8 cup Red/Orange Vegetable

SALSA:

1/4 cup Red/Orange Vegetable

1/4 cup Starchy Vegetable

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

The Humane Society.

INGREDIENTS

(50 Servings / 1 Serving)

METHOD

WEIGHT | MEASURE

CALIENTE CORN SALSA:

Corn, thawed	4 lb 10 oz	
Tomatoes, fresh, diced	5 lb 12 oz	
Red Onion, diced	1 lb 6 oz	
Jalapeño, fresh, seeded, diced (optional)		2 each
Lime Juice		½ cup
Cilantro, fresh, chopped		½ cup
Salt		1 tbsp
Black Pepper		1 tbsp
Granulated Garlic		1 tbsp

TACOS:

Whole Grain Tortilla (10"), OR, Crunchy Taco Shells (2 Each)		50 each, OR, 100 each
Black beans, canned, drained		4 #10 can
Salsa, canned		1 #10 can
Caliente Corn Salsa		50 - ½ cup

PREPARATION

Caliente Corn Salsa:

- 1 Mix all ingredients together thoroughly.
- 2 Allow to cool in refrigerator prior to meal service.

Tacos:

- 1 Combine beans and salsa.
- 2 Heat in steamer until internal temperature reaches 140° for 15 sec. Cover and hold in warmer.
- 3 Steam soft tortillas in package for 2 min. or until pliable.

SERVING

For Soft Taco: On the serving line, place one tortilla on the tray. Spread ½ cup of beans in center of the tortilla. Top beans with ½ cup Caliente Corn Salsa (customer may refuse) or portion in individual cups and offer on the serving line. Fold tortilla over beans and vegetables and serve with taco sauce.

For Crunchy Tacos: On the serving line, place two taco shells on the tray. Scoop ¼ cup of beans in the center of each tortilla. Top each taco with ¼ cup Caliente Corn Salsa (customer may refuse) or portion in individual cups and offer on the serving line.

*Optional - Serve one crunchy taco with ½ cup of beans and ½ cup caliente corn salsa as listed above. Serve ½ cup Spanish rice or cilantro seasoned rice with the crunchy taco.

GOLDEN STATE BURRITO

NUTRITIONAL INFORMATION

Amount per Serving

Calories	456
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	16 mg
Sodium	694 mg
Total Carbohydrate	76 g
Dietary Fiber	14 g
Protein	17 g
Vitamin A	1385 IU
Vitamin C	12 mg
Calcium	355 mg
Iron	9 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 2.75 oz equiv. Grain
- 1/4 cup Red/Orange Vegetable
- 1/8 cup Dark Green Vegetable
- 1/8 cup Other Vegetable

Recipe HACCP Process: #3

RECIPE PROVIDED BY:

Novato Unified School District.

INGREDIENTS

(160 Servings / 1 Serving)

	WEIGHT	MEASURE
Flour Tortilla (12")		80 each
Salsa, medium	18 lb	
Brown Rice	4½ lb	
Black Beans		5¾ #10 can
Onions, chopped	5 lb	
Summer Squash	10 lb	
Cheddar Cheese, shredded	2 lb	
Spinach	3 lb	
Limes		3
Cilantro	12 oz	
Tomato Sauce	1 lb	
Cumin Seed, ground		7 tbsp
Paprika		2 tbsp
Olive Oil		6 tbsp
Salt		3 tbsp
Tortilla Chips		160 servings (7-9 chips)

METHOD

PREPARATION

From the list of ingredients, use the spices and herbs as follows.

For "Sofrito Paste" to cook with brown rice (blended all to a paste in food processor):

Tomato Sauce - 16 oz
Cumin - 4 tbs
Turmeric - 3 tbsp
Paprika - 2 tbsp
Olive Oil - 4 tbsp
Salt - 2 tbsp
Cilantro - 2 bunches

For the onions sautéed and added to black beans:

Cumin - 3 tbsp
Paprika - 2 tbsp
Salt - 1 tbsp

One day ahead (1 hour of work)

- 1 Set oven to 400°.
- 2 Wash and dry cilantro.
- 3 Empty black beans, rinse, and hold in a deep hotel pan.
- 4 Sauté onions in a deep pot or sauté pan with spices (see amounts above), 1 tbsp olive oil and 1 tbsp salt (to help onions sweat).
- 5 Rough chop 2 bunches of cilantro.
- 6 Add sautéed onions and cilantro to black beans and gently toss with hands.
- 7 Squeeze limes and add juice of limes to black beans.
- 8 For each 5 lb bag of butternut squash, toss pre-cut butternut squash with 1 tbsp olive oil, 2 tsp of salt, 1 tbsp of cumin, spread out on a parchment lined pan.
- 9 Roast for 15 min. at 400°; after roasting, rough chop and add to black beans.
- 10 Pre-measure Brown Rice in 1 deep hotel pan (3 - 2 lb bags).
- 11 Make Sofrito Paste (use blender or food processor and pulse until a paste has formed); hold and add to dry rice day of service before adding water to rice to cook.

Day of Service (1.5 hours total - with rice cook time)

- 1 In the deep hotel pan with the brown rice, mix Sofrito paste into the rice.
- 2 Fill rice hotel pans with 7 qt of hot water; start at 350° and cook 45 min. Check. You may need another 15 min. at which time you can bump up the temperature to 400° if needed.
- 3 Bring black bean mixture up to temp (in a 350° oven for 30-45 min. while the rice is cooking); check for seasoning (may need salt/pepper).
- 4 In a large plastic bin, mix black beans and cooked rice.
- 5 Set up assembly station: 1 deep hotel pan with cheddar cheese and spinach combined and your deep bin with the black bean/rice mixture.
- 6 Use 1-cup scooper to measure out 1 scoop per burrito wrapper.
- 7 Spread out like a long brick in the center of the burrito.
- 8 Sprinkle on top the cheese/spinach mixture.
- 9 Roll and wrap in paper (not foil). Put in warmer or warming bags to transport to sites. At site keep in warmer until ready to serve.
- 10 Cut in half through paper on the diagonal.
- 11 Serve with fresh fruit, a 2 oz container of salsa and chips in a large boat.

ZESTY BEAN AND CHEESE QUESADILLA



NUTRITIONAL INFORMATION

Amount per Serving

Calories	268
Saturated Fat	6 g
Cholesterol	19 mg
Sodium	408 mg
Total Carbohydrate	28 g
Dietary Fiber	6 g
Protein	11 g
Vitamin A	327 IU
Vitamin C	2 mg
Calcium	244 mg
Iron	2 mg

EQUIVALENTS:

1 oz equiv. Meat Alternate

1.5 oz equiv. Grain

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

JTM Food Group.

INGREDIENTS

(50 Servings / 1 Piece)

	WEIGHT	MEASURE
JTM Bean and Cheese Burrito Filling	5 lb	
Tortillas (8")		50 each
Cheddar Cheese, shredded	25 oz	

METHOD

PREPARATION

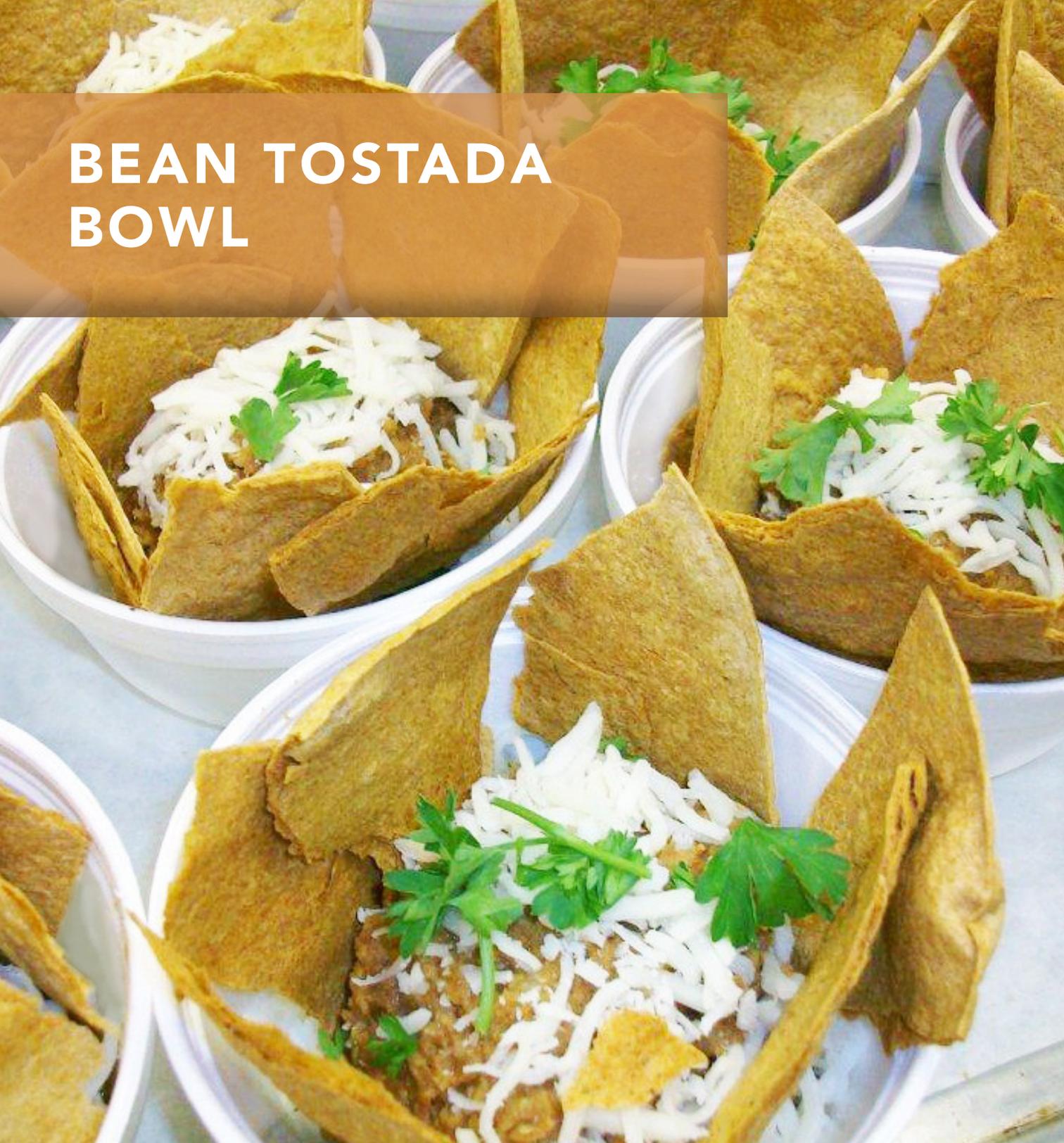
- 1 Heat JTM Three Bean and Cheese filling in steamer or water bath to 165° or higher for 15 sec. and hold hot at 145° or higher until to assemble dish.
- 2 Lay tortilla flat.
- 3 Portion 2¼ oz by weight (#16 scoop) of JTM Bean and Cheese filling over bottom half of tortilla
- 4 Sprinkle ½ oz of shredded cheddar cheese over Bean and Cheese filling.
- 5 Fold tortilla over to cover Bean and Cheese filling and shredded cheddar cheese.

To Heat Quesadillas via an Oven:

Preheat oven to 350°. Spray bottom of sheet pan with non-stick cooking spray and place prepared quesadillas on sheet pan. Heat for 4-6 min.

To Heat Quesadillas via a Flat Top or Griddle:

Spray flat top or griddle with non-stick cooking spray. Heat quesadilla until lightly browned.



BEAN TOSTADA BOWL

NUTRITIONAL INFORMATION

Amount per Serving

Calories	234
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	655 mg
Total Carbohydrate	39 g
Dietary Fiber	10 g
Protein	11 g
Vitamin A	704 IU
Vitamin C	19 mg
Calcium	131 mg
Iron	3 mg

EQUIVALENTS:

1 oz equiv. Meat Alternate

1.5 oz equiv. Grain

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

Hoover City Schools.

INGREDIENTS

(50 Servings / 1 Bowl)

	WEIGHT	MEASURE
Olive Oil		⅓ cup
Onions, chopped		3⅓ cup
Green Pepper, chopped		1 qt 1 cup
Celery, chopped		1 qt 1 cup
Garlic		20 cloves
Cilantro		1⅓ cup 1½ tbsp
Garbanzo Beans (canned)		#10 can
Pinto Beans		#10 can
Balsamic Vinegar		1 cup 1 tbsp
Chili Seasoning Mix		1 cup 1 tbsp
Salt		10 dash
Black Pepper		2½ tsp
Water		¾ cup 4 tbsp
Mozzarella Cheese, shredded	11½ oz	

METHOD

PREPARATION

- 1 Dice onions, green pepper & celery into small pieces. Mince garlic cloves and saute in olive oil. Set aside.
- 2 Drain & rinse the chickpeas & pinto beans. Add chickpeas, pinto beans, chili seasoning, balsamic vinegar, water, salt & pepper. Pulse in chopper until beans are almost nearly pureed.
- 3 Add the diced vegetables (onion, pepper, garlic, celery & fresh cilantro) and pulse again to blend until well combined.
- 4 Bring temperature to 145°.
- 5 Serve #8 scoop in a 12 oz soup bowl with 1 serving of pita chips.

Note:

The bean dip is served hot and the chips are added along with the cheese at the line. Garnish each bowl with a little mozzarella cheese and fresh cilantro leaf.

THE WHOLE ENCHILADA



NUTRITIONAL INFORMATION

Amount per Serving

Calories	331
Total Fat	6 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	803 mg
Total Carbohydrate	57 g
Dietary Fiber	9 g
Protein	12 g
Vitamin A	2294 IU
Vitamin C	31 mg
Calcium	74 mg
Iron	4 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 2 oz equiv. Grain
- 3/4 cup Red/Orange Vegetable
- 1/8 cup Other Vegetable

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

Chef David Stroka, Chef Manager,
Binghamton City School District, for
the Coalition for Healthy School Food.

Photo: www.LouManna.com

INGREDIENTS

(24 Servings / 1 Piece)

METHOD

	WEIGHT	MEASURE
Olive Oil		1 tsp
Garlic, chopped		2 tbsp
Onions, chopped		2 cups
Green or Red Peppers, chopped		2 cups
Jalapeño Peppers, seeded and chopped		¼ cup
Cumin, ground		3 tbsp
Pepper		¼ tsp
Kidney Beans, soaked and cooked until tender	2 lb	
Butternut Squash, peeled, seeded, and shredded		6 cup
Mild Salsa		1 can
Whole-Wheat Tortillas (9")		24 each

PREPARATION

- 1 Sauté garlic in oil until golden.
- 2 Add onion and cook until caramelized.
- 3 Add pepper and spices, sauté for 5 min.
- 4 Add beans and squash and mix thoroughly.
- 5 Place two #8 scoops of mixture in each tortilla and fold into purse shape.
- 6 Place salsa in hotel pan to cover bottom, and place enchiladas in pan and cover with remaining salsa.
- 7 Bake at 300° for 30 min. Serve.

VEGETABLE CHILI



NUTRITIONAL INFORMATION

Amount per Serving

Calories	223
Total Fat	8 g
Saturated Fat	4 g
Cholesterol	17 mg
Sodium	606 mg
Total Carbohydrate	27 g
Dietary Fiber	7 g
Protein	15 g
Vitamin A	1257 IU
Vitamin C	18 mg
Calcium	333 mg
Iron	2 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 1/4 oz equiv. Grain
- 3/8 cup Vegetables

Recipe HACCP Process: #2

RECIPE PROVIDED BY:

National Food Service
Management Institute.

INGREDIENTS

(50 Servings / $\frac{3}{4}$ Cup)

	WEIGHT	MEASURE
Vegetable Oil		$\frac{1}{4}$ cup
Fresh Onions, chopped, OR Dehydrated Onions	1 lb 4 oz, OR 3 $\frac{3}{4}$ oz	3 $\frac{1}{3}$ cup, OR 1 $\frac{1}{2}$ cup 2 tbsp
Fresh Green Peppers, chopped, OR, Frozen Green Peppers, chopped	10 oz, OR 1lb 1 oz	1 $\frac{3}{4}$ cup 2 tbsp, OR 3 cup
Chili Powder	3 oz	$\frac{3}{4}$ cup
Ground Cumin	1 oz	$\frac{1}{4}$ cup
Granulated Garlic		1 tbsp 1 tsp
Onion Powder		2 tsp
Red Hot Sauce (Optional)		$\frac{1}{4}$ cup
Brown Sugar, packed	4 oz	$\frac{1}{2}$ cup
Canned Crushed Tomatoes, with juice	6 lb 6 oz	3 qt
Canned Diced Tomatoes, with juice	1 lb 2 $\frac{1}{2}$ oz	2 cup 2 tbsp
Canned Kidney Beans, drained	5 lb 9 oz	3 qt 1 $\frac{1}{2}$ cup
No. 3 Bulgur	1 lb	3 cup
Water		$\frac{1}{2}$ cup
Lowfat Plain Yogurt	2 lb	1 qt
Reduced Fat Cheddar Cheese, shredded	3 lb 2 oz	3 qt $\frac{1}{2}$ cup

METHOD

PREPARATION

- 1 Heat the oil in a steam-jacketed kettle.
- 2 Add the onions and sauté 3 min, until translucent.
- 3 Add the green peppers and sauté 2 min, until tender.
- 4 Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 min, uncovered.
- 5 Add the kidney beans, bulgur, and water. Simmer 15 min, uncovered.
- 6 Add yogurt and stir to blend. Pour into medium half-steamtable pans (10x12x4). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
- 7 Portion with 6 oz ladle ($\frac{3}{4}$ cup).
- 8 Sprinkle $\frac{1}{4}$ cup of cheddar cheese on top of each portion when served.

Special Tip:

This dish can be used as a filling in tacos, taco salad, or burritos.



SPECTACULAR SALADS



Fruit and Yogurt Salad	67
Power Salad	69
Spinach Salad	71
Southwest Salad with Penne	73

FRUIT AND YOGURT SALAD

NUTRITIONAL INFORMATION

Amount per Serving

Calories	431
Total Fat	10 g
Saturated Fat	4 g
Cholesterol	20 mg
Sodium	701 mg
Total Carbohydrate	73 g
Dietary Fiber	7 g
Protein	17 g
Vitamin A	14711 IU
Vitamin C	62 mg
Calcium	394 mg
Iron	2 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 1 oz equiv. Grain
- 3/8 cup Fruit
- 2.5 cup Other Vegetable

Recipe HACCP Process: #1

RECIPE PROVIDED BY:
Hoover City Schools.

INGREDIENTS

(20 Servings / 1 Salad)

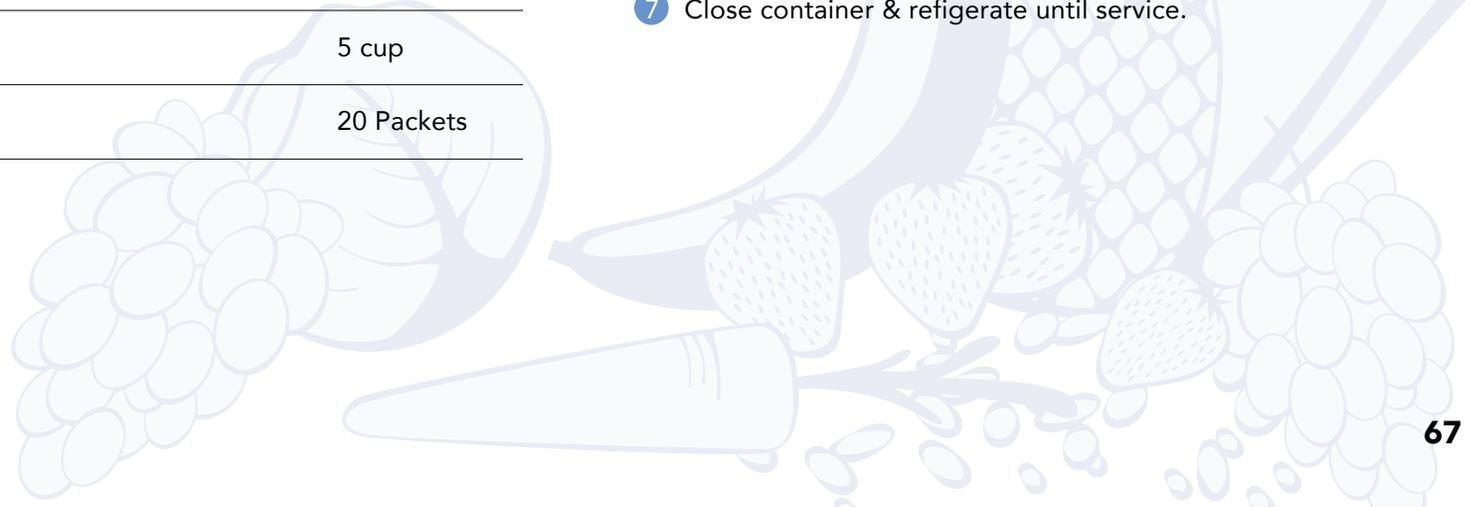
	WEIGHT	MEASURE
Spring Salad Mix	2 lb 8 oz	
Romaine Lettuce	2 lb 8 oz	
Pineapple, chunks		5 cup
Strawberries, whole		5 cup
Grapes		5 cup
Carrots		5 cup
Cucumber, with peel		5 cup
String Cheese (Mozzarella)		20 Strings
Strawberry-Banana Yogurt	2½ qt, OR 20 (4 oz) Cups	
Granola		5 cup
Raspberry Vinaigrette		20 Packets

METHOD

PREPARATION

For Each Individual Salad:

- 1 Mix romaine lettuce & spring mix together. Portion 2 cups volume in bottom of container.
- 2 Arrange strawberries, grapes, carrots, cucumbers, peppers & pineapple (¼ cup each) around top of spring mix.
- 3 Place a 4 oz individual cup of strawberry-banana yogurt in bottom-right corner.
- 4 Set granola souffle cup with lid, containing ¼ cup of granola in top-left corner of container.
- 5 Add 1 cheese stick to left side of container.
- 6 Add 1 pack of raspberry vinaigrette dressing to the top-right corner of the container.
- 7 Close container & refrigerate until service.



POWER SALAD

NUTRITIONAL INFORMATION

Amount per Serving

Calories	271
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	16 mg
Sodium	700 mg
Total Carbohydrate	44 g
Dietary Fiber	7 g
Protein	14 g
Vitamin A	14921 IU
Vitamin C	60 mg
Calcium	381 mg
Iron	2 mg

EQUIVALENTS:

- 1 oz equiv. Meat Alternate
- 1 oz equiv. Grain
- 1/4 cup Fruit
- 3 cup Other Vegetable

Recipe HACCP Process: #3

RECIPE PROVIDED BY:
Hoover City Schools.



INGREDIENTS

(20 Servings / 1 Salad)

	WEIGHT	MEASURE
Romaine Lettuce	1 lb 4 oz	
Spring Salad Mix	1 lb 4 oz	
Garbanzo Beans, roasted		10 cup
Cherry Tomatoes	2 lb 3 oz	80
Cucumber, peeled, sliced	1 lb 11 oz	80 Slices
Carrots, baby cut	2 lb 8 oz	
Broccoli	11 oz	60 Flowerets
Cheddar Cheese	1 lb 4 oz	
Blueberries, frozen		5 cup
Flatbread		10 (2 oz) pieces
Raspberry Vinaigrette		20 Packets

ROASTED GARBANZO BEANS:

Garbanzo Beans	5 lb 4 oz	
Olive Oil		½ cup
Salt		1 tbsp
Brown Sugar		¾ cup
Rosemary, dried		¾ cup
Cayenne Pepper		¾ tsp

METHOD

PREPARATION

For Each Individual Salad:

- 1 Prepare Roasted Garbanzo Beans as indicated in sub recipe and set aside.
- 2 Mix romaine lettuce & spring mix together. Portion 2 cups on bottom of clear plastic hinged container.
- 3 Cut cherry tomatoes length-wise. Toss together 4 tomatoes, 4 cucumber slices, 2 oz of carrots, 3 pieces of broccoli, 1 oz cheese and ½ cup roasted chickpeas and spread over top of lettuce.
- 4 Sprinkle ¼ cup blueberries on top
- 5 Cut ½ flatbread into 3 triangles. Place in front left-corner of container. Each salad will contain ½ flatbread to credit 1 oz of whole grain.
- 6 Place dressing packet in front right-corner. Close container & refrigerate until service.

Roasted Garbanzo Beans:

- 1 Preheat oven to 350°.
- 2 Drain chickpeas into a strainer. Rinse & drain very well. Layer chickpeas on parchment lined sheet pan to dry with another sheet of pan liner on top. Pat gently to remove excess water. Put chickpeas in cooler over night to dry.
- 3 Remove chickpeas from cooler, toss chickpeas with ¾ of the olive oil and half of the salt and arrange in a single layer on a baking sheet. Roast for 20-25 min. or until chickpeas are golden brown and rattle when you shake the baking sheet.
- 4 While the chickpeas are roasting, combine brown sugar, rosemary, ¼ of the olive oil and cayenne pepper and ½ of the salt.
- 5 Pour the roasted chickpeas into the bowl and toss with the brown sugar mixture.

SPINACH SALAD

NUTRITIONAL INFORMATION

Amount per Serving

Calories	200
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	185 mg
Sodium	370 mg
Total Carbohydrate	19 g
Dietary Fiber	5 g
Protein	8 g
Vitamin A	3793 IU
Vitamin C	38 mg
Calcium	57 mg
Iron	2 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 1/2 cup Dark Green Vegetable
- 1/4 cup Red/Orange Vegetable
- 1/4 cup Other Vegetable
- 1/4 cup Fruit

Recipe HACCP Process: #1

RECIPE PROVIDED BY:
American Egg Board.

INGREDIENTS

(20 Servings / 1 Salad)

	WEIGHT	MEASURE
Hard Boiled Eggs, large, sliced	2 lb 8 oz	
Baby Spinach, fresh	3 lb 2 oz	
Mushrooms, fresh, sliced	1 lb 4 oz	
Sweet Red Pepper, fresh, strips	1 lb 8 oz	
Dried Cranberries	1 lb 2 oz	
Balsamic Vinaigrette, 1 oz pouches		20

METHOD

PREPARATION

One Day Prior to Day of Service:

Pull dried cranberries from storage. Wipe off box. Empty 2 1/2 cups dried cranberries into a food storage container. Cover and date stamp. Place in cooler overnight to chill. CCP: Hold below 41° F.

Day of Service:

- 1 Pull sweet red peppers and place at produce sink. Clean peppers and let dry.
- 2 Discard seeds and slice sweet peppers into long strips. Place in food storage bin. CCP: Prepare foods at room temperature in two hours or less. Cover with parchment paper and set aside for assembly.
- 3 Pull eggs from the cooler and place at workstation. Slice eggs and lay on parchment covered sheet pans. Cover with parchment paper and set aside for assembly.
- 4 Pull spinach and mushrooms from cooler and place at workstation for assembly.
- 5 Using an 8 oz. spoodle, place 1 cup or 2.5 oz. of spinach in salad bowl.
- 6 Using a 2 oz. spoodle, place 1/4 cup or 1 oz. of sliced mushrooms on the right side of bowl.
- 7 In the center, place 1/4 cup sweet bell pepper strips, 1.2 oz.
- 8 On the left side, add 2 oz. whole egg, sliced and fanned out.
- 9 Using a 1 oz. spoodle, sprinkle 0.8 oz. of dried cranberries on salad.
- 10 Place in cooler until service. CCP: Hold below 41° F.

SERVE

One salad with 1 oz. of balsamic vinaigrette.

SOUTHWEST SALAD WITH PENNE

NUTRITIONAL INFORMATION

Amount per Serving

Calories	467
Total Fat	19 g
Saturated Fat	5 g
Cholesterol	18 mg
Sodium	371 mg
Total Carbohydrate	63 g
Dietary Fiber	13 g
Protein	21 g
Vitamin A	4850 IU
Vitamin C	14 mg
Calcium	370 mg
Iron	6 mg

EQUIVALENTS:

- 2 oz equiv. Meat Alternate
- 2 oz equiv. Grain
- 1/2 cup Dark Green Vegetable
- 1/4 cup Red/Orange Vegetable

Recipe HACCP Process: #3

RECIPE PROVIDED BY:
Barilla.

INGREDIENTS

(100 Servings / 3 Cups)

	WEIGHT	MEASURE
Barilla® Whole Grain Penne	12 lb 8 oz	
Vegetable Oil		1 qt 1 cup
Cayenne Pepper, ground		½ cup
Fresh Cilantro, chopped		1 cup
Sweet Corn, frozen		2½ cup
Tomatoes, fresh, diced	11 lb 8 oz	
Water		3 cup
Lime Juice		1 qt
Ground Cumin		¼ cup
Black Beans, drained		3¾ #10 can
Romaine Lettuce	16 lb	
Mexican Blend Cheese, shredded	6 lb 4 oz	

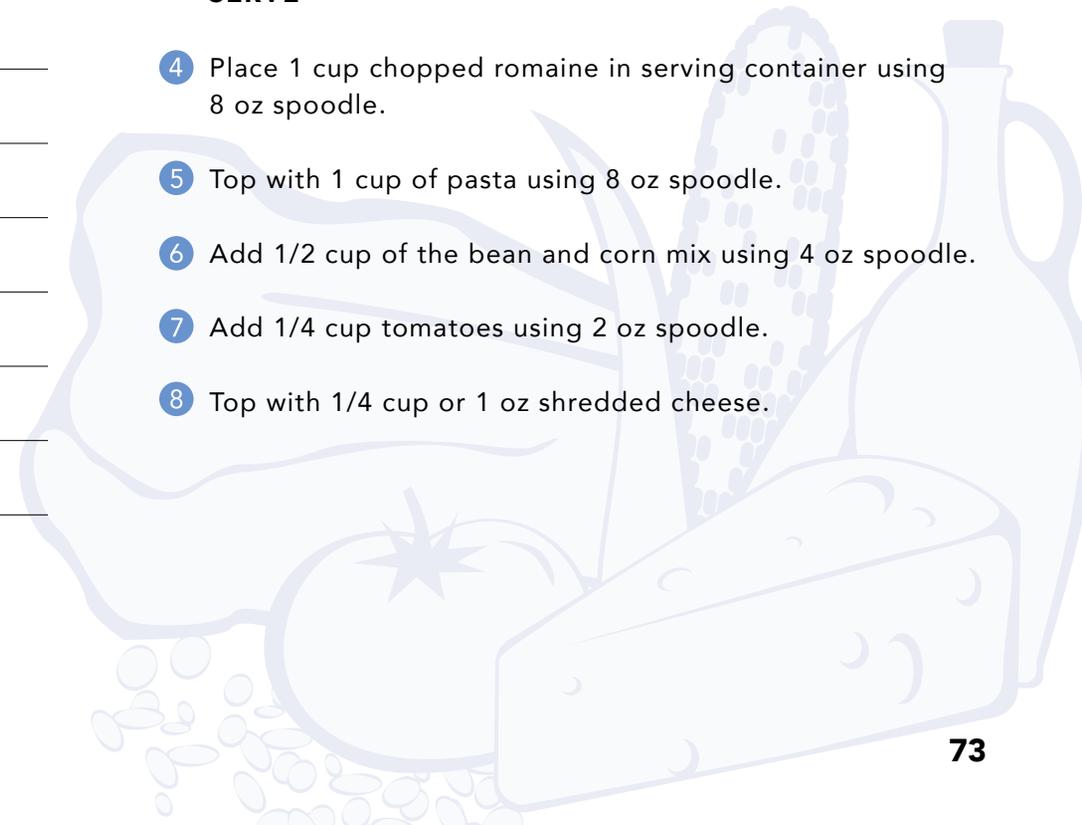
METHOD

PREPARATION

- 1 In a large bowl whisk oil, lime juice, water, red pepper and cumin together. Add cilantro and whisk again.
- 2 Cook pasta according to package.
- 3 Empty corn and beans into a watertight container, add lime vinaigrette. Toss gently to coat corn and beans.

SERVE

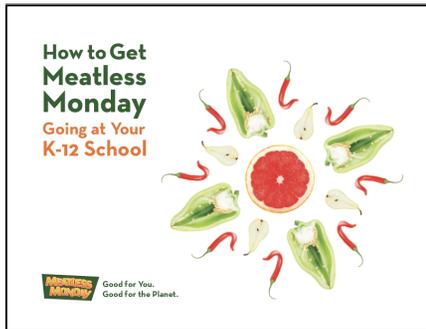
- 4 Place 1 cup chopped romaine in serving container using 8 oz spoodle.
- 5 Top with 1 cup of pasta using 8 oz spoodle.
- 6 Add 1/2 cup of the bean and corn mix using 4 oz spoodle.
- 7 Add 1/4 cup tomatoes using 2 oz spoodle.
- 8 Top with 1/4 cup or 1 oz shredded cheese.



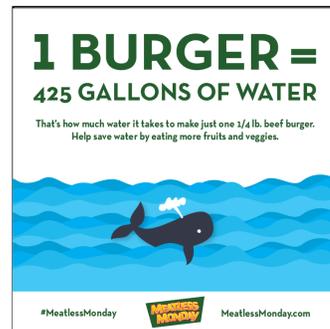


Good for you. Good for the planet.

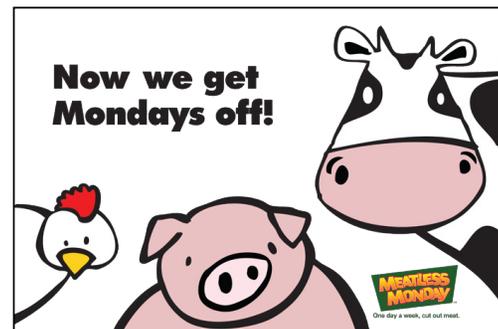
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GUIDES



DIGITAL ASSETS



FREE RESOURCES

Is your school or district going Meatless Monday? Please contact us. We'd love to list you among our participants and provide you with additional support.

Cherry Dumauil

PR & Partnerships Director
The Monday Campaigns
212.991.1056
cdumauil@mondaycampaigns.org

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