



Broccoli

SALAD

This recipe was developed in partnership with



Broccoli

SALAD

MEAL PATTERN CONTRIBUTION

- ¼ M/MA
- ½ cup vegetables

YIELD

- 25 Servings

PORTION

- ½ cup broccoli salad

INGREDIENTS

- Fresh Broccoli (salad bar cut) (2 lbs. 7 oz.)
- Red onion, diced ¼" (4 oz.)
- Dry cranberries (5 oz.)
- Sunflower seeds (2.5 oz.)
- Yoplait® ParfaitPro® yogurt low-fat vanilla (2 lbs.)
- White distilled vinegar (5 oz.)
- Sugar, granulated (3 oz.)
- Low-fat mayonnaise (1 cup)
- Milk, skim (½ cup)

PREPARATION

1. Combine broccoli, onion, cranberries, sunflower seeds.
2. Combine yogurt, vinegar, sugar, mayonnaise and milk. Blend until all ingredients until smooth.
3. Add dressing to broccoli mixture. Toss well until the salad is well coated.
4. Hold at 41 °F or less. (CCP)
5. Serve ½ cup portion.

Nutrients Per Serving

Calories: 131 kcal	Carbs: 20 g	Sat Fat: 1 g	Vitamin A: 1506 IU	Iron: 0.55 mg	Sodium: 127 mg
Protein: 3 g	Total Fat: 4.5 g	Cholesterol: 1 mg	Vitamin C: 41 mg	Calcium: 63 mg	Dietary Fibers: 1.6 g



Cheesy Apple

TART

This recipe was developed in partnership with



Cheesy Apple

TART

MEAL PATTERN CONTRIBUTION

- ¼ M/MA
- 1 oz. grain serving
- ½ cup fruit

YIELD

- 25 Servings

PORTION

- 1 slice panini bread
- ½ cup seasoned apple slices
- 1 cheese slice
- 1 oz. yogurt glaze

INGREDIENTS

- Bread, Panini (25 Pieces)
- LAND O LAKES® Readi-Pac® Reduced Fat Cheddar Cheese Slice (25 - ½ oz. Slices)
- Apples, Canned, Water Pack, Sliced (3 qt. + ½ cup)
- Cinnamon, Ground (¼ cup)
- Sugar, Brown (1 ½ cups)
- Yoplait® Parfait Pro® yogurt low-fat vanilla (6 ¼ cups)
- Sugar, Powdered (1 cup)

PREPARATION

1. Lay panini bread on sheet pan. Place one cheese slice on panini.
2. Drain apples and toss with brown sugar and cinnamon.
3. Top panini with ½ cup seasoned apple slices.
4. Place in 350 °F oven for 10 - 15 minutes until apples are caramelized and cheese is melted. Remove from oven and let cool for a few minutes.
5. Meanwhile, combine yogurt and sugar. Drizzle 1 oz. yogurt frosting over top of slightly cooled panini.
6. Hold at 135 °F or warmer. (CCP)
7. Serve 1 panini.

NOTE

Put yogurt frosting in squeeze bottle for easier and more uniform drizzle.

Nutrients Per Serving

Calories: 287 kcal Carbs: 51 g Sat Fat: 3 g Vitamin A: 404 IU Iron: 0.17 mg Sodium: 234 mg
Protein: 8 g Total Fat: 5.6 g Cholesterol: 11 mg Vitamin C: 0 mg Calcium: 180 mg Dietary Fibers: 4 g



Chicken

SHAWARMA

This recipe was developed in partnership with



Chicken

SHAWARMA

MEAL PATTERN CONTRIBUTION

- 2 M/MA
- 2 oz. grain serving
- 1 cup vegetables (other)

YIELD

- 25 Servings

PORTION

- #6 scoop cheesy chicken
- ½ cup brown rice
- ½ pita
- ¼ cup Greek Sauce

INGREDIENTS

- Frozen diced chicken (3 lbs.)
- LAND O LAKES® Ultimate White Cheese Sauce (4 lbs. + 11 oz.)
- Ground cumin (1 tsp.)
- Ground coriander (1 tsp.)
- Garlic, granulated (1 tsp.)
- Paprika (1 tsp.)
- Ground cinnamon (½ tsp.)
- Ground cloves (⅛ tsp.)
- Ground cayenne pepper (½ tsp.)
- Brown rice, cooked (12 ½ cups)
- Pita, flatbread 6" (12 ½ pitas)
- Lettuce, romaine, torn (6 cups)
- Tomato, chopped (3 ⅓ lbs.)
- Cucumber, raw, peeled, chopped (3 ⅓ lbs.)
- Onion, red, raw, chopped (3 ⅓ lbs.)

PREPARATION

1. Combine chicken, cheese sauce and spices together and heat in a 350 °F oven or steamer until temperature reaches 165 °F and flavors are well blended.
2. Hold at 135 °F or warmer (CCP)
3. Portion a #6 scoop of cheesy chicken onto ½ cup brown rice, serve with ½ pita and ¼ cup Greek Sauce.

Greek Sauce:

YIELD

- 25 - ¼ cup servings

INGREDIENTS

- Yoplait® yogurt bulk nonfat plain (2 lbs.)
- Cucumber, raw, chopped (1 ½ cups)
- Sweet red pepper, chopped (¼ cup)
- Lemon Juice (1 tbsp.)
- Garlic powder (2 tsp.)
- Black Pepper, ground (½ tsp.)

PREPARATION

1. Combine all ingredients in a small bowl and chill at least 2 hours for flavors to blend. Hold at 41°F or less. (CCP)

Nutrients Per Serving

Calories: 475 kcal	Carbs: 56 g	Sat Fat: 7 g	Vitamin A: 1722 IU	Iron: 3.1 mg	Sodium: 772 mg
Protein: 34 g	Total Fat: 15 g	Cholesterol: 82 mg	Vitamin C: 17 mg	Calcium: 417 mg	Dietary Fibers: 6 g

Greek

SAUCE



Crunchy Fish

TACOS

This recipe was developed in partnership with



Crunchy Fish

TACOS

MEAL PATTERN CONTRIBUTION

- 2 M/MA
- 2 ¼ oz. grain serving
- ½ cup vegetables

YIELD

- 24 Servings

PORTION

- 3 fish sticks
- 1 tortilla
- ½ cup coleslaw
- 3 oz. yogurt chipotle sauce
- 1 lime wedge

INGREDIENTS

- Breaded cod fish sticks, (1 oz. each) (72 fish sticks)
- Chipotle peppers in adobo, 5 ½ oz. can (2 each)
- Yoplait® Parfait Pro® yogurt low-fat vanilla (6 lbs.)
- Buttermilk (2 cups)
- 8" Corn tortilla or whole grain flour tortilla (24 each)
- Cabbage coleslaw mix (green & purple with carrots) (3 cups)
- Wedge of lime (24 each)
- Cilantro, fresh, chopped (2 oz.) (1 cup)

PREPARATION

1. Place fish sticks on a lined sheet pan. Cook: Conventional Oven at 350 °F for 20 minutes. Convection oven at 350 °F for 15 minutes. Heat to 145 °F or higher for at least 15 seconds. (CCP) Hold for hot service at 135 °F or higher. (CCP)
2. In a food processor blend chipotle peppers in adobo until completely liquify.
3. Mix plain yogurt, buttermilk together. Add Chipotle peppers. Mix until ingredients are well incorporated.
4. Transfer sauce into squeeze bottles. Hold at 41 °F or less. (CCP)
5. When ready to serve: place 3 fish sticks in a tortilla, add ½ cup of coleslaw mix. Serve approximately 3 oz. of yogurt chipotle sauce with a wedge of lime with tacos.
6. Optional: garnish with chopped cilantro

Nutrients Per Serving

Calories: 403 kcal	Carbs: 50 g	Sat Fat: 3 g	Vitamin A: 725 IU	Iron: 0.45 mg	Sodium: 744 mg
Protein: 12 g	Total Fat: 12 g	Cholesterol: 45 mg	Vitamin C: 4 mg	Calcium: 309 mg	Dietary Fibers: 7 g



Kicked-Up Queso

TOTCHOS

This recipe was developed in partnership with



Kicked-Up Queso

TOTCHOS

MEAL PATTERN CONTRIBUTION

- 2 M/MA
- 1 cup vegetables (starchy)
- ¼ cup vegetables (red/orange)

YIELD

- 35 Servings

PORTION

- 1 cup tater tots
- 1 ¼ oz. shredded beef
- 2 ¼ oz. queso
- ¼ cup pico

INGREDIENTS

- LAND O LAKES® Ultimate Cheddar™ Cheese Sauce pouch (80 oz.)
- Fresh jalapeno, minced (½ cup)
- Fresh red bell pepper, minced (3 tbsp.)
- Hot pepper sauce (2 tsp.)
- Ground cayenne (1 tsp.)
- Fully cooked shredded beef (2 lbs. 12 oz.)
- Cumin (½ tsp)
- Garlic powder (½ tsp)
- Prepared tater tots (35 cups)
- Fresh Pico (6 ¼ cups)

PREPARATION

1. Combine cheese sauce, jalapeno, red bell pepper, hot sauce, cayenne in half steam table pan. Cover.
2. Heat on full steam until product reaches 165 °F for 15 seconds. (CCP)
3. Season prepared shredded beef with cumin and garlic powder, place in half steam table pan.
4. Heat on full steam until product reaches 165 °F for 15 seconds. Hold warm. (CCP)
5. To serve, place 1 cup tater tots in bowl. Top with 1 ¼ oz. shredded beef, 2 ¼ oz. queso, and ¼ cup pico.

Nutrients Per Serving

Calories: 310 kcal Carbs: 29 g Sat Fat: 6 g Vitamin A: 532 IU Iron: 1.28 mg Sodium: 840 mg
Protein: 13.5 g Total Fat: 14.5 g Cholesterol: 42 mg Vitamin C: 7 mg Calcium: 230 mg Dietary Fibers: 3 g



Very Berry Overnight

OATS

This recipe was developed in partnership with



Very Berry Overnight

OATS

MEAL PATTERN CONTRIBUTION

- 1 M/MA
- 1 oz. grain serving
- ½ cup fruit

YIELD

- 32 Servings

PORTION

- 9 oz.

INGREDIENTS

- Yoplait® ParfaitPro® yogurt low-fat Strawberry (128 oz.) (2 pouches - 8 cups each)
- Milk, low-fat or fat-free (64 oz.) (8 cups)
- Berries, frozen, unsweetened (5 lbs.) (16 cups)
- Oats, quick cooking, dry (32 oz.) (10 ⅔ cups)

PREPARATION

1. Combine all ingredients in a large bowl. Stir to mix thoroughly. Cover and refrigerate several hours or overnight. Hold at 41 °F or lower. (CCP)
2. Divide evenly between 32 - 9 oz. cups and cover. Hold at 41 °F or lower. (CCP)
3. Serve one 9 oz. portion and hold no longer than 72 hours.

NOTE

1. Top each cup with 1 oz. of Yoplait® ParfaitPro® Vanilla yogurt and 1 Tbsp. berries. Use commodity fruit to decrease cost.

Nutrients Per Serving

Calories: 240 kcal	Carbs: 45 g	Sat Fat: .8 g	Vitamin A: 625 IU	Iron: 1.39 mg	Sodium: 80 mg
Protein: 9.65 g	Total Fat: 2.5 g	Cholesterol: 4 mg	Vitamin C: 27 mg	Calcium: 200 mg	Dietary Fibers: 3.8 g



Queso Meatball

NACHOS

This recipe was developed in partnership with



Queso Meatball

NACHOS

MEAL PATTERN CONTRIBUTION

- 2 oz. M/MA
- 1 oz. grain serving

YIELD

- 25 Servings

PORTION

- 4 meatballs
- ½ cup sauce
- 1 oz. tortilla chips
- 1 tbsp. tomato
- 2 tsp. cilantro

INGREDIENTS

- Black beans, canned (1.12 lbs.) (2 cups)
- Corn, canned (11.56 oz.) (2 cups)
- Onions, yellow, chopped (5.7 oz.) (2 cups)
- Jalapeno peppers, fresh, diced (0.40 oz.) (2 tbsp.)
- Garlic, granulated (0.34 oz.) (1 Tbsp.)
- Black pepper (0.16 oz.) (2 tsp.)
- LAND O LAKES® Mucho Queso™ Jalapeño Cheese Sauce (2.4 lbs.) (4.38 cups)
- Beef meatballs (3.124 lbs.) (100)
- Unsalted Corn Tortilla Chips (25 oz.)
- Tomato, chopped (12.69 oz.) (2 cups)
- Cilantro, chopped (2 oz.) (1 cup)

PREPARATION

1. Drain and rinse well black beans and corn.
2. Combine beans, corn, onions, jalapenos and spices. Add cheese sauce and blend until all ingredients are mixed together.
3. Place meatballs in full size steamtable pan. Pour mixed sauce over the meatballs making sure to coat all.
4. Marinate for 24 hours. Cover and hold at 41 °F or less until ready to cook. (CCP)
5. Cook at 300 °F and heat until the internal temperature of the meatballs reaches 165 °F. (CCP)
6. Serve 4 meatballs and ½ cup sauce on top of 1 oz. tortilla chips.
7. Top with 1 tbsp. tomato and 2 tsp. cilantro.

NOTE

1. Substitute whole grain hoagie bun for tortilla chips.

Nutrients Per Serving

Calories: 375 kcal Carbs: 35.5 g Sat Fat: 8 g Vitamin A: 329.6 IU Iron: 2.33 mg Sodium: 564 mg
Protein: 19.7 g Total Fat: 18.6 g Cholesterol: 62.6 mg Vitamin C: 5 mg Calcium: 268 mg Dietary Fibers: 3.75 g



Southwest Cheddar

CHICKEN

This recipe was developed in partnership with



Southwest Cheddar

CHICKEN

MEAL PATTERN CONTRIBUTION

- 2 ½ M/MA

YIELD

- 25 Servings

PORTION

- 1 chicken filet
- 2 oz. sauce

INGREDIENTS

- Black beans, canned, drained (1.12 lbs.) (2 cups)
- Corn, canned, drained (11.56 oz.) (2 cups)
- Onions, yellow, chopped (2.85 oz.) (1 cup)
- Garlic, granulated (0.34 oz.) (1 tbsp.)
- Taco seasoning (0.24 oz.) (1 tbsp.)
- Red pepper flakes (0.15 oz.) (2 tsp.)
- Chicken breast filet (3.4375 lbs.) (25 breasts)
- LAND O LAKES® Ultimate Cheddar™ Cheese Sauce (2.4 lbs.) (4.38 cups)
- Tomato, fresh, chopped (12.69 oz.) (2 cups)
- Cilantro, fresh, chopped (2 oz.) (1 cup)

PREPARATION

1. Rinse drained black beans and corn. Combine with onions and all spices. Add to cheese sauce and blend well.
2. In full size steamtable pan, shingle chicken filets. Pour mixed sauce over chicken filets making sure to coat each filet. Marinate for 24 hours. Cover and keep cooled below 41 °F until ready to cook. (CCP)
3. When ready to cook, you can keep in the full-size pan chicken is marinated in or you can transfer to a sheet pan.
4. Cook at 300 °F and heat until the internal temperature of the chicken reaches 165 °F. Hold at 135 °F or higher. (CCP)
5. Just before serving, top 1 chicken filet with 2 oz. sauce and top with fresh chopped tomatoes and cilantro.

NOTE

1. Suggested serving with brown rice or whole grain pasta. Option to garnish with fresh jalapenos and lime.

Nutrients Per Serving

Calories: 190 kcal Carbs: 9.6 g Sat Fat: 3.5 g Vitamin A: 194.6 IU Iron: 1.19 mg Sodium: 581.17 mg
Protein: 22 g Total Fat: 7.2 g Cholesterol: 60 mg Vitamin C: 3.39 mg Calcium: 209.18 mg Dietary Fibers: 1.50 g



Gunny Chicken

SATAY CURRY

This recipe was developed in partnership with



Gunny Chicken

SATAY
CURRY

MEAL PATTERN CONTRIBUTION

- 2 ½ oz. M/MA
- 2 oz. grain serving

YIELD

- 25 Servings

PORTION

- 1 chicken filet
- 2 oz. sauce
- 1 cup cooked whole grain penne pasta

INGREDIENTS

- Yoplait® plain yogurt (3.125 lbs.) (6.25 cups)
- Sun butter (1.12 lbs.) (2 cups)
- Soy sauce, reduced sodium (2.24 oz.) (¼ cup)
- Garlic, granulated (0.33 oz.) (1 Tbsp.)
- Cayenne pepper (0.093 oz.) (1 tsp.)
- Curry powder (1 Tbsp.)
- Sugar, white (1.1 lbs.) (¾ cup)
- Chicken breast filets, thawed (3.4375 lbs.) (25 breasts)
- Cilantro, chopped (2 oz.) (1 cup)
- Red pepper, diced (1 cup)
- Penne, whole grain, cooked (25 cups)

PREPARATION

1. Blend the yogurt, sun butter and soy sauce together until creamy. Add all the spices, including sugar to blended yogurt base.
2. In a full-size pan, shingle chicken filets. Pour mixed sauce over the chicken filets, making sure to coat. Marinate for 24 hours. Cover and keep cooled below 41 °F until ready to cook. (CCP)
3. When ready to cook, you can keep in the full-size pan chicken is marinated in or you can transfer to a sheet pan.
4. Cook at 300 °F, heat until the internal temperature of the chicken reaches 165 °F. Hold at 135 °F or higher. (CCP)
5. Just before serving sprinkle fresh chopped cilantro, red pepper over cooked chicken filets.
6. Serve 1 chicken filet and 2 oz. sauce over 1 cup cooked whole grain penne pasta.

Nutrients Per Serving

Calories: 434 kcal	Carbs: 47 g	Sat Fat: 2 g	Vitamin A: 245 IU	Iron: 3.2 mg	Sodium: 420 mg
Protein: 29.5 g	Total Fat: 15 g	Cholesterol: 47 mg	Vitamin C: 8 mg	Calcium: 165 mg	Dietary Fibers: 7 g



Swedish

MEATBALLS

This recipe was developed in partnership with



Swedish

MEATBALLS

MEAL PATTERN CONTRIBUTION

- 3 M/MA
- 2 oz. grain serving

YIELD

- 25 Servings

PORTION

- 1 cup pasta
- 4 meatballs
- 3 oz. cheese sauce

INGREDIENTS

- Turkey Meatballs (100 each)
- LAND O LAKES® Ultimate White Cheese Sauce (4 lbs. + 11 oz.)
- Milk, fat-free (½ cup)
- Parsley, chopped (¼ cup)
- Pepper, white ground (1-½ tsp.)
- Nutmeg, ground (⅛ tsp.)
- Worcestershire sauce (1 ½ tsp.)
- Rotini pasta, whole grain, dry (3 lbs. + 2 oz.)

PREPARATION

1. Heat meatballs in combi-oven at 400 °F with 40% moisture for 12 - 15 minutes until temperature is at 165 °F. (CCP)
2. Combine cheese sauce with milk, parsley, pepper, nutmeg and Worcestershire sauce and heat until a minimum of 165 °F is reached. (CCP)
3. Combine sauce and meatballs together and hold for hot service at 135 °F or higher. (CCP)
4. Follow manufacturer's directions to prepare pasta, hold warm.
5. Portion 1 cup pasta and ladle 4 meatballs with 3 oz. cheese sauce.

Nutrients Per Serving

Calories: 425 kcal	Carbs: 47 g	Sat Fat: 7 g	Vitamin A: 161 IU	Iron: 1.88 mg	Sodium: 765 mg
Protein: 25 g	Total Fat: 16 g	Cholesterol: 60 mg	Vitamin C: .87 mg	Calcium: 308 mg	Dietary Fibers: 6 g