



# LUNCH180 FOR THE WIN

Delicious, Nutritious School Recipes  
*Kid-Approved – Florida Fresh*





## Introduction

We are thrilled to debut “Lunch180 For the Win!” This cookbook spotlights scratch and “quick scratch” entrée, side, and breakfast recipes submitted by schools across Florida—all featuring fresh, nutritious Florida commodities.

Recipes have been standardized by Florida Department of Agriculture and Consumer Services' Division of Food, Nutrition and Wellness' (FNW) Nutrition Standards dietitians. Additionally, our top-four recipes were evaluated by 363 students during school taste test events, and all received enthusiastic reviews! You'll find these recipes featured on pages 4-14.

Benefits of scratch and quick scratch cooking using fresh Florida ingredients include:

- Fresher Ingredients = Better Taste = More Kids Participating in NSLP
- Healthier Meals
- Cost-Effectiveness
- Less Food Waste

In addition to delicious recipes, this cookbook provides many resources for your school nutrition professionals team, including:

- Links to instructional videos with our FNW Division Chef including recipe demonstration and skills training in English and Spanish;
- Best practices for conducting your own school taste tests with students;
- Educational “fun facts” about the featured Florida commodities and Chef’s Tips for your team;
- Link to Florida Farm Connect interactive portal;
- Information about our annual student cook-off event to share with your budding chef students!

Cook Well!

## What’s Inside

TOP-RATED LUNCH 180 RECIPES .....	4-14
FNW CHEF SCHOOL KITCHEN SKILLS INSTRUCTION VIDEOS .....	15
ADDITIONAL RECIPES FEATURING FLORIDA COMMODITIES.....	16-37
MARKETING GUIDE.....	38
FLORIDA FARM CONNECT INTERACTIVE PORTAL .....	39
TASTE TEST TIPS.....	41
FLORIDA FUTURE CHEF .....	42-43



Enjoy the fresh taste of Florida with the Strawberry and Waffle Yogurt Parfait! This delicious entrée layers juicy Florida strawberries with crispy waffles and creamy yogurt. Savor the flavor of the Sunshine State with every bite of this parfait!

Submitted by Collier County Public Schools

Yield 50 servings/50 parfaits/~34 lbs 13 oz • Prep time 30 min • Cook time 10 min

# STRAWBERRY & WAFFLE YOGURT PARFAIT

## Ingredients

strawberries, fresh	9 lb 10 oz	1 gal 2 qt 1 cup	blueberries, fresh	4 lb 4 oz	3 qt ½ cup
Greek yogurt, vanilla	12 lb 8 oz	1 gal 2 qt 1 cup	pancake syrup, individual (1.5 oz cups)	4 lb 11 oz	50 each
waffles, frozen, WGR (1.2 oz)*	3 lb 12 oz	50 servings			

\*Waffles must meet whole grain-rich (WGR) criteria to be counted toward the WGR requirement. Crediting for this recipe is based on a 1.2 oz portion providing 1 oz eq grains according to Exhibit A Grain Requirements for Child Nutrition Programs.

## Directions

1. Wash and de-stem strawberries. Chop into bite-sized pieces. Use a #8 scoop to portion ½ cup strawberries into clear parfait cups.
2. Use a #8 scoop to portion 1/2 cup yogurt over strawberries.
3. Prepare waffles according to the manufacturer instructions. Cool to room temperature. Cut waffles into quarters. Place waffles into the insert of parfait cup.
4. Garnish with 1/4 cup blueberries and cover with the lid.
5. Offer with 1.5 oz syrup cup. **Critical Control Point:** Hold for cold service at 41°F or below.

Alternative method of preparation (without using parfait cup with insert): Follow steps 1-3. Top with the waffles. Garnish with blueberries and top with syrup.

## NSLP/SBP Crediting Information

One parfait provides 1 oz eq meat alternate, 3/4 cup fruit, and 1 oz eq grains.

**Chef's Tip:** Prepare the fruit/yogurt cup the day prior to save time in the morning.



Scan to watch FNW Chef prepare this recipe.



View in Spanish!



## Fun Facts

- There are 200 seeds on an average strawberry and they're the only fruit to wear their seeds on the outside.
- Don't rinse fresh strawberries under water until you're ready to eat them—it speeds up spoiling.

### NUTRITION INFORMATION

For 1 Parfait (serving size)

NUTRIENTS	AMOUNT
Calories	358
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	8 mg
<b>Sodium</b>	<b>240 mg</b>
<b>Total Carbohydrate</b>	<b>69 g</b>
Dietary Fiber	4 g
Total Sugars	45 g
Added Sugars included	21 g
<b>Protein</b>	<b>13 g</b>
Vitamin A	31 IU
Vitamin C	55 mg
Vitamin D	1 mcg RAE
Calcium	149 mg
Iron	1 mg
Potassium	323 mg

N/A=data not available.



The Garlic Aioli Chicken Wrap features chicken tenders, juicy Florida tomatoes, and crisp Florida romaine lettuce. This wrap is perfectly balanced with a creamy garlic aioli, adding a burst of flavor to every bite!

Submitted by Food and Nutrition Services • Alachua County

Yield 50 servings/50 wraps/~25 lbs • Prep time 30 min • Cook time 20 min

# GARLIC AIOLI CHICKEN WRAP

## Ingredients

chicken tenders, WGR breaded <sup>1</sup>	7 lb 1 oz	100 tenders	black pepper, ground	2 Tbsp	1 tsp
flatbread square, WGR, 2 oz each <sup>2</sup>	6 lb 4 oz	50 each	lemon juice	1 cup	2 tsp
mayonnaise, reduced calorie	3 cups		iodized salt	2 Tbsp	
yogurt, plain non-fat	1 qt 2 ½ cups		romaine lettuce, shredded	3 lb 2 oz	1 gal 2 qt 1 cup
garlic, granulated	1/2 cup		tomatoes, fresh, diced	2 lb 14 oz	1 qt 2 ¼ cups
	3 Tbsp				

<sup>1</sup>WGR Breaded Chicken Tenders must have an authorized CN label or Product Formulation Statement to be creditable. Crediting for this recipe is based on a serving of 3 tenders (approximately 3.4 oz) crediting 2 oz eq meat/meat alternate and 1 oz eq grains, or 2 tenders crediting 1.25 oz eq meat/meat alternate and 0.5 oz eq grains.

<sup>2</sup>Flatbread must meet whole grain-rich (WGR) criteria to be counted toward the WGR requirement. Crediting for this recipe is based on a 2 oz portion providing 2 oz eq grains per Exhibit A Grain Requirements for Child Nutrition Programs.

## Directions

1. Preheat oven to 375 °F. Place chicken tenders on a sheet pan and bake 12-15 min or until browned and internal temperature reaches 165 °F. **Critical Control Point:** Hold for hot service at 135 °F or higher.
2. Bake flatbread at 375 °F for 2 min or until slightly toasted.
3. Mix mayonnaise, yogurt, and seasonings in a small mixing bowl. Store in a squeeze bottle. **Critical Control Point:** Chill and hold garlic aioli for cold service at 41 °F or below.
4. Assemble the wraps: On top of each flatbread, place 1/2 cup lettuce and 2 chicken tenders. Top with 1/8 cup diced tomatoes and garnish with approximately 3 Tbsp garlic aioli. Fold and wrap in paper or foil for meal service.

## NSLP/SBP Crediting Information

One wrap provides 1.5 oz eq meat/meat alternate, 1/4 cup dark green vegetable, 1/8 cup red/orange vegetable, and 2.5 oz eq grains.



Scan to watch FNW Chef prepare this recipe.



View in Spanish!



## Fun Fact

Lettuce is a member of the sunflower family.

### NUTRITION INFORMATION

For 1 wrap (serving size)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>423</b>
<b>Total Fat</b>	<b>19 g</b>
Saturated Fat	3 g
Cholesterol	28 mg
<b>Sodium</b>	<b>981 mg</b>
<b>Total Carbohydrate</b>	<b>45 g</b>
Dietary Fiber	6 g
Total Sugars	6 g
Added Sugars included	2 g
<b>Protein</b>	<b>18 g</b>
Vitamin A	2721 IU
Vitamin C	6 mg
Vitamin D	0 mcg RAE
Calcium	123 mg
Iron	3 mg
Potassium	469 mg

N/A=data not available.

**Chef's Tip:** Aioli is basically another word for mayonnaise and may feature olive oil or garlic, or be either traditional or cutting-edge, spiked with flavor additions like chili, ginger, or roasted shallots.



Featuring vibrant Florida bell peppers and juicy tomatoes, the Taco Queso Bowl combines savory ground turkey, perfectly seasoned with taco spices, over a bed of Spanish rice. Topped with queso cheese sauce and Black Bean and Corn Salsa, it's a flavorful meal that celebrates the freshness of Florida produce.



Submitted by Columbia County School District

Yield 50 servings/50 bowls/2 cups ea/~6 gal 4 cups • Prep time 30 min • Cook time 1 hr 15 min

# TACO QUESO BOWL WITH SPANISH RICE & Black Bean & Corn Salsa

## Ingredients

turkey taco filling (USDA 100119 or equivalent) <sup>1</sup>	9 lb 7.5 oz	1 gal 2/3 cup	chips, tortilla, individual bags (2 oz)	6 lb 4 oz	50 each
cheese sauce, white (queso blanco) <sup>2</sup>	3 lb 2 oz	1 qt 2 1/4 cups	taco sauce, individual packets (9 gm)		50 each

<sup>1</sup>Turkey taco filling must have an authorized CN label or Product Formulation Statement to be creditable. Crediting for this recipe is based on USDA 100119 or an equivalent product for which a 1.72 oz serving provides 1 oz eq Meat (1/3 cup provides 1.75 oz eq Meat.)

<sup>2</sup>Cheese Sauce must have an authorized CN label or Product Formulation Statement to be creditable. Crediting for this recipe is based on a 6.67 oz serving of creditable cheese sauce providing 2 oz eq of Meat Alternate (1 oz serving provides 0.25 oz eq Meat Alternate.)

## Directions

1. Prepare **Black Bean and Corn Salsa** (recipe on page 11). For best results, chill overnight in cooler.
2. Prepare **Spanish Rice** (recipe on page 11). Hold for hot service at 135 °F or higher.
3. While rice is cooking, prepare taco filling according to package directions.
4. Heat cheese sauce according to package directions. **Critical Control Point:** Hold taco filling and cheese sauce for hot service at 135 °F or higher.
5. Assemble bowl: Portion 1/2 cup Spanish rice in the bottom of the bowl. Add 1/3 cup (#12 scoop) taco filling. Add 1/2 cup black bean and corn salsa. Top with 1 oz cheese sauce.
6. Serve with one 2 oz individual bag of tortilla chips and one packet of taco sauce.

## NSLP/SBP Crediting Information

2 oz eq meat/meat alternate, 1/2 cup red/orange vegetable, 1/4 cup beans/peas/lentils, 1/4 cup starchy vegetable, 1/8 cup other vegetable, and 3 oz eq of whole grains.



Scan to watch FNW Chef prepare this recipe.



View in Spanish!



## Fun Fact

All bell peppers start out as green. Yellow, orange, red, and purple are all stages of ripening, and offer different levels of sweetness.

NUTRITION INFORMATION	
For 1 bowl (serving size)	
NUTRIENTS	AMOUNT
<b>Calories</b>	<b>659</b>
<b>Total Fat</b>	<b>25 g</b>
Saturated Fat	6 g
Cholesterol	70 mg
<b>Sodium</b>	<b>1112 mg</b>
<b>Total Carbohydrate</b>	<b>85 g</b>
Dietary Fiber	8 g
Total Sugars	4 g
Added Sugars included	0 g
<b>Protein</b>	<b>31 g</b>
Vitamin A	671 IU
Vitamin C	8 mg
Vitamin D	0 mcg RAE
Calcium	101 mg
Iron	3 mg
Potassium	75 mg

N/A=data not available.



# BLACK BEAN & CORN SALSA

(served with Taco Queso Bowl on page 9)

## Ingredients

black beans, canned, low sodium, drained	6 lb 14 oz	3 qt 3 cups (1 ½ #10 cans)	corn, frozen, thawed	4 lb 9 oz	3 qt 2/3 cup
salsa	6 lb 10 oz	3 qt 1/3 cup (1 #10 can)	chili powder		1/4 cup
onions, fresh, finely diced	1 lb	3 1/8 cups	ground cumin		2 tsp
peppers, green, fresh, finely diced	1 lb	3 1/8 cups	garlic, granulated		2 tsp
			cayenne pepper		1 tsp
			paprika		1 Tbsp
			oregano, dried		1 tsp

## Directions

1. Rinse and drain the black beans. In the cooler, chill the black beans and salsa to 41 °F or below and thaw the frozen corn.
2. Combine black beans, salsa, corn, diced onions, and diced peppers.
3. Add seasonings and mix well. **Critical Control Point:** Hold for cold service at 41 °F or below.

# SPANISH RICE

(served with Taco Queso Bowl on page 9)

## Ingredients

brown rice, parboiled	3 lb 2 oz	2 qt	beef base, low sodium		3 Tbsp
water, tap, municipal		3 qt 3 cups	chili powder		2 Tbsp
pepper and onion mix, frozen	2 lb 8 oz	1 qt 1 cup	ground cumin		3 Tbsp
tomatoes, diced, canned, low sodium	2 lb 2 oz	1 qt	paprika		2 Tbsp
tomato paste, canned, low sodium	1 lb 2.5 oz	2 cups	garlic, granulated		2 Tbsp
oil, vegetable		2 Tbsp	oregano, dried		2 tsp
			black pepper, ground		2 tsp

## Directions

1. Measure 3 lb 2 oz (2 qt) brown rice into each steam table pan (12" x 20" x 4"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
2. Measure water (3 qt 3 cups per steam table pan) and add to rice.
3. Add pepper and onion mix, diced tomatoes, tomato paste, vegetable oil, beef base, and all seasonings. Stir well.
4. Cover tightly and steam for 25 to 30 min or bake at 140 °F for 45 min until liquid is absorbed and rice is fluffy. **Critical Control Point:** Hold for hot service at 135 °F or higher.

Moroccan Spice Chicken and Rice combines tender chicken thighs and brown rice with a savory mix of Moroccan spices, tomatoes, and raisins, all simmered to create a flavorful and aromatic meal.



Submitted by Hillsborough County School District

Yield 50 servings/chicken: 50 skin-on thighs, ~9 lbs 6 oz or 50 skinless thighs, ~7 lbs ½ oz; sauce: 1 gal 2 ¾ cups, ~9 lbs 6 oz • Prep time 45 min • Cook time 40 min

# MOROCCAN SPICE CHICKEN & RICE

## Ingredients

chicken thighs, bone-in, skin-on, sous vide, precooked (3 oz each)	9 lb 6 oz	50 skin-on thighs	garlic powder	2 Tbsp 2 ¼ tsp
<b>OR</b> chicken thighs, bone-in, skinless, sous vide, precooked (2.25 oz each)	7 lb 1/2 oz	<b>OR</b> 50 skinless thighs	tomatoes, fresh, diced	8 lb 1 gal 1 cup
olive oil		1/2 cup	tomato paste, canned, low sodium	1/2 cup
onions, sliced, thin wedges	3 lb	2 qt 1½ cups	sugar, brown, packed	8 oz 1 cup 1½ tsp
Moroccan seasoning, no salt added		3/4 cup	chicken broth, low sodium	3 qt
			raisins (optional)	2 cups

## Directions

1. Prepare **Moroccan Spiced Rice** (*recipe on page 14*).
2. Preheat oven to 400 °F. Place precooked chicken thighs evenly on a sheet pan. Heat in oven for 5-10 min or until browned. Set aside for step 9.
3. Add olive oil to tilt skillet or brazier on medium heat. Add onions and sauté until golden brown (about 5 min).
4. Add Moroccan seasoning and garlic powder. Stir in fresh diced tomatoes, tomato paste, chicken broth, and brown sugar. Bring to a simmer.
5. Reduce heat to low. Cover and simmer for 30 min.
6. Stir in raisins for an optional boost of flavor and color.
7. Add precooked chicken thighs. Cover and simmer for approximately 15 min. **Critical Control Point:** Heat to 165 °F for 15 seconds. **Critical Control Point:** Hold for hot service at 135 °F or higher.
8. Portion 1 chicken thigh with sauce (3 oz ladle) over 1/2 cup (#8 scoop) Moroccan Spiced Rice.

## NSLP/SBP Crediting Information

1 thigh with sauce (3 oz ladle) provides 1.25 oz eq meat/meat alternate, 1 oz eq whole grain, 1/4 cup red/orange vegetable, and 1/8 cup other vegetable.



Scan to watch FNW Chef prepare this recipe.



View in Spanish!



## Fun Fact

There are around 10,000 varieties of tomatoes worldwide!

### NUTRITION INFORMATION

For 1 chicken thigh with skin and 1/2 cup rice (serving size)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>431</b>
<b>Total Fat</b>	<b>18 g</b>
Saturated Fat	4 g
Cholesterol	119 mg
<b>Sodium</b>	<b>113 mg</b>
<b>Total Carbohydrate</b>	<b>41 g</b>
Dietary Fiber	3 g
Total Sugars	12 g
Added Sugars included	0 g
<b>Protein</b>	<b>26 g</b>
Vitamin A	690 IU
Vitamin C	11 mg
Vitamin D	0 mcg RAE
Calcium	41 mg
Iron	2 mg
Potassium	539 mg

N/A=data not available.

**Chef's Tip:** Use a sheet pan with a baking rack to promote even browning.



## MOROCCAN SPICED RICE

(served with Moroccan Spice Chicken on page 13)

### Ingredients

olive oil	2 Tbsp	chicken broth, low sodium	1 gal
onions, chopped	2 qt	rice, brown	3 lb 2 oz 2 qt
turmeric	1 Tbsp	raisins (optional)	2 cups
Moroccan seasoning, no salt added	2 Tbsp		

### Directions

1. Add olive oil to tilt skillet or brazier on medium heat.
2. Add onions and sauté until translucent (about 5 min).
3. Stir in seasonings and chicken broth.
4. **Steamer or oven method:** Gather 4-inch steam table pans. Place 3 lb 2 oz of brown rice and 2 cups raisins (optional) into each steam table pan. Add 1 gal of chicken broth mixture to each pan and stir. For 50 servings, use 1 pan. For 100 servings, use 2 pans. Cover tightly and steam for 25-30 min or bake at 140 °F for 45 min until liquid is absorbed and rice is fluffy.
5. **Stove top method:** Add rice and raisins (optional) to chicken broth mixture and bring to a boil. Once at a boil, cover and reduce heat to low. Let simmer 18-20 min until liquid is absorbed and rice is fluffy.
6. **Critical Control Point:** Hold for hot service at 135 °F or higher.



## FNW Chef School Kitchen Skills INSTRUCTIONAL "QUICK TIPS" VIDEOS

School nutrition professionals often ask our chef for kitchen skills demonstrations and safety tips. With a focus on scratch and “quick scratch” cooking to help ensure your team is prepared to process and utilize fresh Florida commodities, Chef Sanchez prepared two “Quick Tip” instructional videos highlighting basic knife skills and tilt skillet functionality. Scan the QR codes to view these quick, four-minute videos, and also look for them on FNW’s new NSLP website, coming in 2024!



**Quick Tips: Basic Knife Skills**  
*(English)*



**Quick Tips: Using a Tilt Skillet**  
*(English)*



**Quick Tips: Basic Knife Skills**  
*(Spanish)*



**Quick Tips: Using a Tilt Skillet**  
*(Spanish)*



This simple, refreshing salad is a great way to take advantage of the cucumber's summer growing season, providing a balance of savory and sweet with a tiny zing of heat.



Submitted by Flagler County School District

Yield 50 servings/1 cal 2 qt 1 cup • Prep time 30 min • No cook time

# ASIAN SESAME CUCUMBER SALAD

## Ingredients

cucumbers, sliced	1 gal 2 qt 1 cup	sugar, granulated	1/2 cup 2 Tbsp
vinegar, rice wine	1 ¼ cups	seeds, sesame	1 Tbsp 2 tsp
oil, sesame	1/2 cup 2 Tbsp	red pepper flakes, crushed	2 ½ tsp
soy sauce, reduced sodium	1/2 cup 2 Tbsp		

## Directions

1. Rinse cucumbers and slice as thin as possible using a knife or mandolin. Optional: Peel off skins if desired.
2. Whisk together the dressing ingredients: rice wine vinegar, sesame oil, soy sauce, and sugar.
3. Put the cucumber slices into a bowl, pour dressing over them, and toss to coat.
4. Sprinkle with sesame seeds and red pepper flakes, and toss again to combine. Marinate for 1-3 hours.
5. Portion 1/2 cup using a perforated spoodle. **Critical Control Point:** Hold for cold service at 41°F or below.

## NSLP/SBP Crediting Information

1/2 cup (#8 scoop) provides 1/2 cup other vegetable.



Scan to watch FNW Chef prepare this recipe.



View in Spanish!



## Fun Facts

Raw cucumbers are more than 95% water and can be refreshing on a hot day or after a strenuous workout because the internal temperature of the vegetable is typically 20 degrees cooler than the temperature of the air surrounding it; hence the saying, “cool as a cucumber.”

### NUTRITION INFORMATION

For 1/2 cup (serving size)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>44</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0.4 g
Cholesterol	0 mg
<b>Sodium</b>	<b>116 mg</b>
<b>Total Carbohydrate</b>	<b>4 g</b>
Dietary Fiber	0.25 g
Total Sugars	3 g
Added Sugars included	3 g
<b>Protein</b>	<b>0.5 g</b>
Vitamin A	35 IU
Vitamin C	1 mg
Vitamin D	0 mcg RAE
Calcium	10 mg
Iron	0 mg
Potassium	0 mg

N/A=data not available.

Minion Chicken Salad features whole grain-rich mini chicken chunks and an array of fresh vegetables, all complemented by crunchy whole grain-rich Cheez-It crackers for a satisfying and nutritious meal.



Submitted by Brevard Public Schools

Yield 50 servings/50 salads/~30 lbs • Prep time 30 min • Cook time 15 min

# MINION CHICKEN SALAD

## Ingredients

chicken chunks, minis, WGR breaded <sup>1</sup>	8 lb 12 oz	50 servings (10 pieces each)	cheese, cheddar, shredded	1 lb 9 oz	1 qt 2 ¼ cups
kale, fresh, chopped	1 lb 8 oz	3 qt ½ cup	tomatoes, grape, whole	1 lb 7 oz	3 1/8 cups
lettuce, romaine, chopped	7 lb 13 oz	3 gal 3 qt 2 ½ cups	banana peppers, sliced (optional)	1 lb 2 oz	3 1/8 cups
corn, whole kernel, frozen	4 lb 9 oz	3 qt ½ cup	crackers, Cheez-It, WGR (0.75 oz packages) <sup>2</sup>		50 packages
cucumbers, sliced	3 lb 1 oz	2 qt 1 3/8 cup			

<sup>1</sup>WGR breaded mini chicken chunks (or "popcorn chicken") must have an authorized CN label or Product Formulation Statement to be creditable. Crediting for this recipe is based on a serving of 12 pieces, or 3.36 oz, crediting 2 oz eq meat/meat alternate and 1 oz eq grains (10 pieces, or 2.8 oz, provides 1.5 oz eq meat/meat alternate and 0.75 oz eq grains).

<sup>2</sup>WGR Cheez-It cracker crediting is based on a Product Formulation Statement indicating one 0.75 oz serving provides 1 oz eq grains.

## Directions

1. Preheat conventional oven to 400 °F or convection oven to 375 °F.
2. Place frozen chicken on a sheet pan in a single layer. Bake for 8-10 min until slightly brown and until internal temperature reaches 165 °F. **Critical Control Point:** Cool to 70 °F within 2 hours and to 41 °F or below within 4 hours.
3. Cull through the chopped kale and pull out any large stems. Finely chop any larger leaves to make the kale uniformly small in size.
4. Mix 1 ¼ cup chopped romaine with 1/4 cup chopped kale and place in salad container.
5. Assemble salads: Sprinkle 1/4 cup thawed drained corn over the lettuce mix in each container, then add 10 mini chicken chunks. Top each salad with 1/8 cup (1/2 oz) shredded cheese. Garnish with 2 cucumber slices and 2 whole grape tomatoes. Add 3 slices of banana peppers for an optional kick of flavor and color.
6. Place Minion sticker on outside of salad container. Serve one Cheez-It package on tray along with the salad. **Critical Control Point:** Hold for cold service at 41°F or below.

## NSLP/SBP Crediting Information

One salad provides 2 oz eq meat/meat alternate, 3/4 cup dark green vegetable, 1/4 cup starchy vegetable, 1/4 cup other vegetable, and 1.75 oz eq grains.



## Fun Fact

Corn cobs always have an even number of rows, and there is one strand of silk for each kernel on a cob.

NUTRITION INFORMATION	
For 1 salad shaker (serving)	
NUTRIENTS	AMOUNT
<b>Calories</b>	<b>338</b>
<b>Total Fat</b>	<b>17 g</b>
Saturated Fat	5 g
Cholesterol	36 mg
<b>Sodium</b>	<b>591 mg</b>
<b>Total Carbohydrate</b>	<b>18 g</b>
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	0 g
<b>Protein</b>	<b>18 g</b>
Vitamin A	5884 IU
Vitamin C	14 mg
Vitamin D	0 mcg RAE
Calcium	145 mg
Iron	2.5 mg
Potassium	163 mg

N/A=data not available.

Add some color to a meal with this Asian inspired roasted vegetable recipe. It combines carrots, broccoli, cabbage, and celery, and is tossed in ginger, garlic, sesame oil, and reduced sodium soy sauce to give it that umami flavor students love.



Submitted by Flagler County School District

Yield 50 servings/1 gal 2 qt 1 cup • Prep time 30 min • Cook time 15 min

# ASIAN VEGGIES

## Ingredients

carrots, frozen	1 lb	2 ½ cups	ginger, ground	2 tsp
broccoli, frozen	8 oz	1 ¼ cups	garlic, granulated	2 tsp
cabbage, fresh, whole	6 lb	2 heads, large (about 7-inch diameter)	oil, sesame	3 Tbsp
celery, fresh, trimmed	1 lb	3 1/8 cups	soy sauce, reduced sodium	3/8 cup

## Directions

1. Thaw frozen carrots and broccoli overnight in cooler.
2. Preheat conventional oven to 425 °F or convection oven to 400 °F.
3. Cut broccoli into small bite-sized pieces.
4. Rinse cabbage and celery. Core cabbage and cut into pieces. Cut off ends of celery and dice into small pieces.
5. In 2-inch full pans, spread vegetables evenly.
6. Add ginger, garlic, and sesame oil, and toss to coat.
7. Roast in preheated oven for approximately 10-15 min or until veggies are tender and lightly browned. (Toss half-way through.) Remove from oven.
8. Add soy sauce and toss to coat.
9. **Critical Control Point:** Hold for hot service at 135 °F or higher.

## NSLP/SBP Crediting Information

1/2 cup (#8 scoop) provides 1/2 cup other vegetable.



## Fun Fact

Cooked carrots are better for you than eating raw carrots. Cooking your carrots releases beta-carotene, which provides your body with Vitamin A that helps with eyesight, enhances your immune system, and ensures healthy skin. There is roughly 2-4% of beta-carotene in raw carrots, while cooking them provides you with around 40% of beta-carotene.

NUTRITION INFORMATION	
For 1/2 cup (serving size)	
NUTRIENTS	AMOUNT
Calories	28
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>116 mg</b>
<b>Total Carbohydrate</b>	<b>5 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	0 g
<b>Protein</b>	<b>1 g</b>
Vitamin A	585 IU
Vitamin C	24 mg
Vitamin D	0 mcg RAE
Calcium	29 mg
Iron	0 mg
Potassium	24 mg

N/A=data not available.

Goldfish Shaker Salad features tender fajita chicken strips, crisp romaine lettuce, juicy grape tomatoes, and cheddar cheese, topped with crunchy whole grain-rich Goldfish crackers for a fun and tasty meal.



Submitted by Collier County Public Schools

Yield 50 servings/50 salads/~20 lbs 5 oz • Prep time 30 min • Cook time 15 min

# GOLDFISH SHAKER SALAD

## Ingredients

chicken, fajita strips, cooked (USDA 100117 or equivalent) <sup>1</sup>	4 lb 11 oz	cheese, cheddar, shredded	1 lb 9 oz	1 qt 2 ¼ cups
lettuce, fresh, romaine, untrimmed	6 lb 4 oz	crackers, Goldfish, WGR <sup>2</sup> (¾ oz packages)		50 packages
tomatoes, grape, whole	5 lb 7 oz			3 qt ½ cup

<sup>1</sup>Cooked Chicken Fajita Strips must have an authorized Child Nutrition label or Product Formulation Statement to be creditable. Crediting for this recipe is based on USDA-100117 or an equivalent product for which a 1.7 oz serving of chicken strips provides 1 oz eq meat/meat alternate (1.5 oz serving provides ¾ oz eq meat/meat alternate).

<sup>2</sup>WGR Goldfish cracker crediting is based on a Product Formulation Statement indicating one 0.75 oz serving provides 1 oz eq grains.

## Directions

1. Preheat conventional oven to 425 °F or convection oven to 400 °F.
2. Place frozen chicken strips on a sheet pan in a single layer. Bake for 8-10 min until brown and until internal temperature reaches 165 °F. **Critical Control Point:** Cool to 70 °F within 2 hours and to 41 °F or below within 4 hours.
3. Thoroughly wash lettuce under running water. Using paper towels, dry lettuce prior to use. Stack lettuce leaves and roll leaves together to make a cylinder shape. Slice leaves into 1-inch-wide strips.
4. Assemble the salad: Place 1 cup of chopped lettuce into salad shaker cup. Layer 1 ½ oz chicken on top of the lettuce. Layer ¼ cup (approximately 7 whole) grape tomatoes and 1/8 cup (1/2 oz) shredded cheese on top of the chicken. Place Goldfish crackers into the shaker cup insert and cover.
5. Chill in refrigerator until ready to serve. **Critical Control Point:** Hold for cold service at 41°F or below.

## NSLP/SBP Crediting Information

One salad provides 1.5 oz eq meat/meat alternate, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable, and 1 oz eq grains.

**Chef's Tip:** The Goldfish crackers serve as a fun twist on traditional croutons.



## Fun Fact

Romaine lettuce is believed to be one of the oldest varieties of lettuce in the world and is a member of the Asteraceae family. Egyptian tombs reveal paintings of lettuce with long, pointed leaves resembling romaine.

### NUTRITION INFORMATION

For 1/2 cup (serving size)

NUTRIENTS	AMOUNT
Calories	246
<b>Total Fat</b>	<b>12 g</b>
Saturated Fat	4 g
Cholesterol	55 mg
<b>Sodium</b>	<b>435 mg</b>
<b>Total Carbohydrate</b>	<b>21 g</b>
Dietary Fiber	3 g
Total Sugars	11 g
Added Sugars included	0 g
<b>Protein</b>	<b>15 g</b>
Vitamin A	5072 IU
Vitamin C	15 mg
Vitamin D	0 mcg RAE
Calcium	147 mg
Iron	2 mg
Potassium	60 mg

N/A=data not available.

The Garbanzo Bean Salad showcases crisp, cool cucumbers and sun-ripened tomatoes grown in the State of Florida. Combined with red onions, lemon juice, and feta cheese, the Garbanzo Bean Salad provides a burst of vibrant flavors.





Submitted by Gilchrist County School Board

Yield 50 servings/1 gal 3 qt 3 ¼ cups • Prep time 40 min • No cook time

# GARBANZO BEAN SALAD

## Ingredients

beans, garbanzo, low sodium, canned, drained	4 lb 4 oz (drained wt.)	2 qt 2 ½ cups (1 #10 can)
olives, black, ripe, canned, sliced, drained	1 lb 9 oz (drained wt.)	1 qt 1 ¼ cups (½ #10 can)
cucumbers, whole, unpared	3 lb 12 oz	
onion, red, whole	1 lb	

tomatoes, grape	2 lb 11 oz	1 qt 2 cups
lemon juice		1 ½ cup
dressing Italian, fat-free		3 cups
cheese, feta	10.5 oz	2 cups
seasoning, garlic herb		2 Tbsp
black pepper, ground		1 tsp

## Directions

1. Rinse and drain garbanzo beans.
2. Chop black olives.
3. Finely dice cucumbers and red onions.
4. Cut grape tomatoes in half. Combine garbanzo beans, black olives, cucumbers, red onions, and tomatoes.
5. Add lemon juice and salad dressing.
6. Add feta cheese.
7. Season with garlic herb seasoning and pepper.
8. Stir to combine. Portion 5/8 cup in a 5.5 oz souffle cup.

**Critical Control Point:** Hold for cold service at 41°F or below.

## NSLP/SBP Crediting Information

5/8 cup provides 1/8 cup beans/peas/lentils and 1/2 cup other vegetable.

**Chef's Tip:** Mozzarella cheese may be substituted for feta cheese.



## Fun Fact

A fruit or vegetable? In 1893, the “Great Tomato Debate” made its way to the U.S. Supreme Court. The question: Is the tomato a fruit or a vegetable? The court ruled it as a vegetable for tariff purposes, but scientifically, tomatoes are indeed fruits, being formed from a flower and containing seeds.

### NUTRITION INFORMATION

For 1/2 cup (serving size)

NUTRIENTS	AMOUNT
Calories	98
<b>Total Fat</b>	<b>4g</b>
Saturated Fat	1.25g
Cholesterol	5 mg
<b>Sodium</b>	<b>552 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	0 g
<b>Protein</b>	<b>3 g</b>
Vitamin A	194 IU
Vitamin C	4 mg
Vitamin D	0 mcg RAE
Calcium	38 mg
Iron	0 mg
Potassium	12 mg

N/A=data not available.



Indulge in a bowl of creamy Queso Chicken Chowder, where tender chicken meets corn, potatoes, and a hint of refreshing Florida celery. Dive into a bowlful of sunshine with every bite!

Submitted by Columbia County School District

Yield 50 servings/3 gal 2 cups/~25 lbs • Prep time 20 min • Cook time 1 hr 5 min

# QUESO CHICKEN CHOWDER

## Ingredients

cheese sauce, white (queso blanco)*	7 lb 13 oz	3 qt 3 5/8 cups	chicken, diced, cooked, frozen	3 lb 2 oz	3 qt ½ cup
corn, whole kernel, frozen	4 lb 11 oz	3 qt 1 cup	vegetable base, reduced sodium		1/4 cup 1/2 tsp
onion, fresh, diced	11 oz	2 cups 1 Tbsp 1 tsp	potatoes, dehydrated granules or flakes	8.75 oz	1 ¼ cup
celery, fresh, diced	10.5 oz	2 cups 1 Tbsp 1 tsp	chips, tortilla, individual bags (2 oz)	6 lb 4 oz	50 each
water, tap, municipal		1 gal 3 qt			

\*Queso Blanco Cheese Sauce must have an authorized CN label or Product Formulation Statement to be creditable. Crediting for this recipe is based on a 6.67 oz serving of creditable cheese sauce providing 2 oz eq of Meat/Meat Alternate (2.5 oz provides 0.75 oz eq Meat/Meat Alternate.)

## Directions

1. Preheat oven to 350 °F.
2. Heat cheese sauce according to package directions.
3. Place frozen whole kernel corn, fresh diced onions, and celery on a sheet pan that has been sprayed with non-stick cooking spray. Roast in preheated oven for 10-12 min or until vegetables are tender and lightly browned. (Toss half-way through.) Remove from oven.
4. Place diced chicken on a sheet pan that has been sprayed with nonstick cooking spray. Roast for 10-12 min or until lightly browned. **Critical Control Point:** Heat diced chicken to 165 °F for 15 seconds.
5. In kettle or tilt skillet, combine water, vegetable base, heated cheese sauce, roasted vegetables, and roasted, diced chicken. Simmer for 12-15 min. Stir frequently to prevent scorching.
6. Turn off heat and stir in dehydrated potatoes. Adjust consistency with water as needed. **Critical Control Point:** Hold for hot service at 135 °F or higher.
7. Serve with one 2 oz individual bag of tortilla chips.

## NSLP/SBP Crediting Information

1 cup (8 oz ladle) provides 1.75 oz eq meat/meat alternate, 3/8 cup starchy vegetable, and 2 oz eq grains.



## Fun Fact

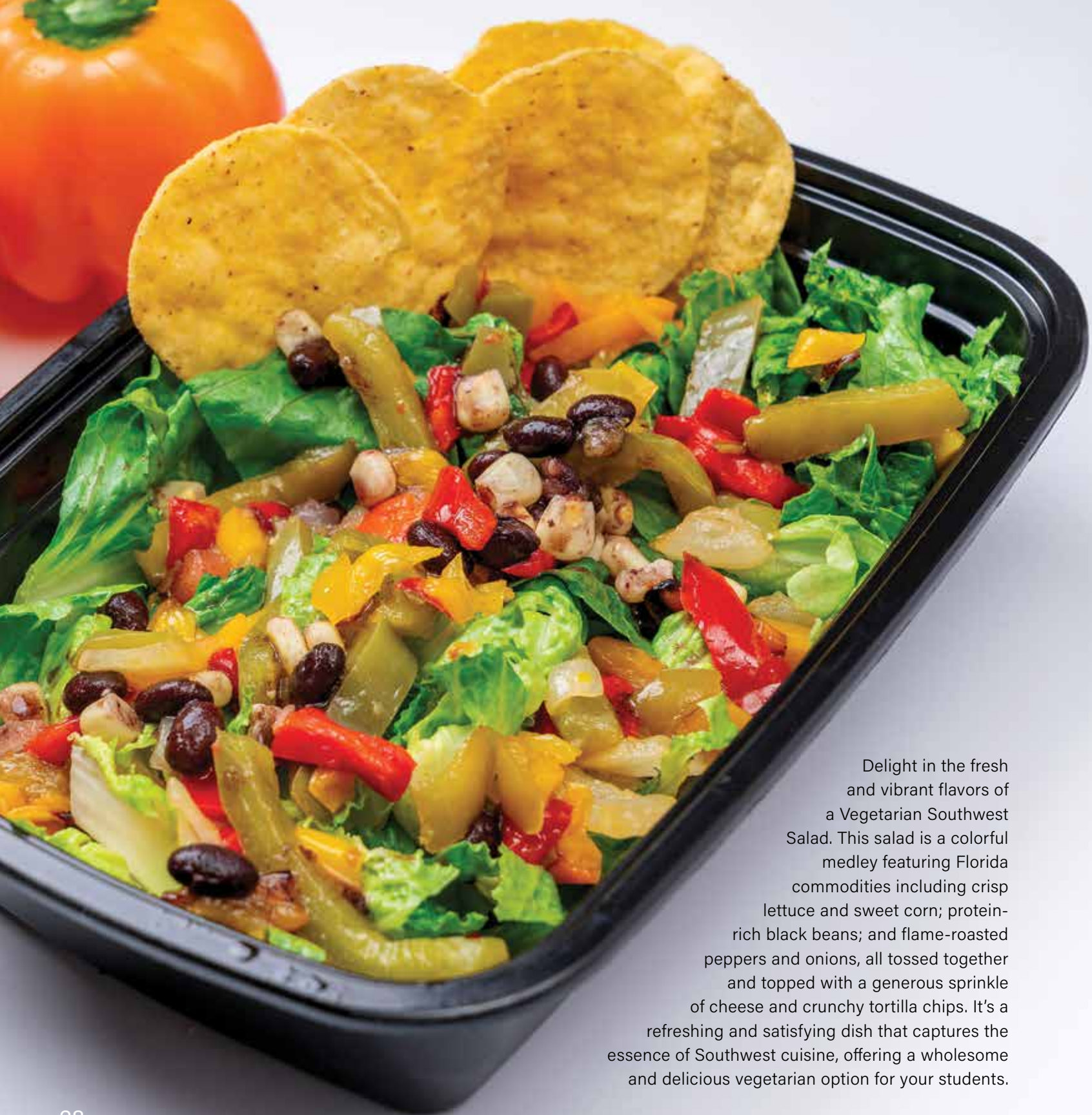
Humans have been consuming celery for over 3,000 years. It was primarily used as a medicine throughout the ancient world, treating a range of ailments from nervousness to indigestion. The ancient Egyptians used celery to treat arthritis, but also used it to honor their dead.

### NUTRITION INFORMATION

For 1 cup (serving size)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>508</b>
<b>Total Fat</b>	<b>27 g</b>
Saturated Fat	9 g
Cholesterol	56 mg
<b>Sodium</b>	<b>816 mg</b>
<b>Total Carbohydrate</b>	<b>53 g</b>
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	0 g
<b>Protein</b>	<b>21 g</b>
Vitamin A	8 IU
Vitamin C	0 mg
Vitamin D	0 mcg RAE
Calcium	63 mg
Iron	0 mg
Potassium	91 mg

N/A=data not available.



Delight in the fresh and vibrant flavors of a Vegetarian Southwest Salad. This salad is a colorful medley featuring Florida commodities including crisp lettuce and sweet corn; protein-rich black beans; and flame-roasted peppers and onions, all tossed together and topped with a generous sprinkle of cheese and crunchy tortilla chips. It's a refreshing and satisfying dish that captures the essence of Southwest cuisine, offering a wholesome and delicious vegetarian option for your students.

Submitted by Food & Nutrition Services • Brevard Public Schools

Yield 50 servings/50 salads/~37 lbs 2.5 oz • Prep time 20 min • No cook time

# VEGETARIAN SOUTHWEST SALAD

## Ingredients

pepper and onion mix, flame roasted, frozen, thawed	1 lb 9 oz	3 1/8 cups	corn, whole kernel, canned, low sodium, drained	5 lb 12 oz	3 qt 1/2 cup (1.25 #10 cans)
black beans, canned, low sodium, drained	11 lb 6.5 oz	1 gal 2 qt 1 cup (2.5 #10 cans)	cheese, cheddar, shredded	3 lb 2 oz	3 qt 1/2 cup
seasoning, taco, reduced sodium		1/2 cup 1 tsp	chips, tortilla, individual bags (2 oz)	6 lb 4 oz	50 each
lettuce, romaine, chopped	9 lb 6 oz	4 gal 2 qt 3 cups			

## Directions

1. Thaw pepper and onion mix overnight in the cooler.
2. Rinse black beans under cool running water and drain.
3. Gently mix the taco seasoning into the beans and let rest a few minutes while you prepare the salad base.
4. Assemble the salad: Place 1 1/2 cups chopped lettuce in salad bowl. Place 1/2 cup black beans, 1/4 cup corn, and 1 Tbsp pepper and onion mix over the lettuce. Top with 1/4 cup (1 oz) shredded cheese.
5. Serve with one 2 oz individual bag of tortilla chips. **Critical Control Point:** Hold for cold service at 41°F or below.

## NSLP/SBP Crediting Information

One salad provides:

**Legumes as Meat Alternates:** 3 oz eq meat alternate, 3/4 cup dark green vegetable, 1/4 cup starchy vegetable, and 2 oz eq grains.

**Legumes as Vegetables:** 1 oz eq meat alternate, 3/4 cup dark green vegetable, 1/2 cup beans/peas/lentils, 1/4 cup starchy vegetable, and 2 oz eq grains.



## Fun Fact

Corn is one of the most versatile crops out there. In fact, there are more than 4,000 different uses for corn. It can be found in anything from your pet's food to fireworks.

### NUTRITION INFORMATION

For 1 salad (serving size)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>499</b>
<b>Total Fat</b>	<b>19 g</b>
Saturated Fat	4 g
Cholesterol	15 mg
<b>Sodium</b>	<b>770 mg</b>
<b>Total Carbohydrate</b>	<b>72 g</b>
Dietary Fiber	13 g
Total Sugars	4 g
Added Sugars included	0 g
<b>Protein</b>	<b>20 g</b>
Vitamin A	6229 mcg RAE
Vitamin C	5 mg
Vitamin D	0 IU
Calcium	317 mg
Iron	4 mg
Potassium	174 mg

N/A=data not available.

Bistro box-style meals are a great way to pack nutritious fruits, vegetables, whole grains, and lean proteins into quick and easy, grab and go style meals.



Submitted by Columbia County School District

Yield 50 servings/50 Bistro Boxes/~53 lb 2 oz • Prep time 1 hr • No cook time

# BISTRO BOX FOR ELEMENTARY

## Ingredients

oranges, Florida	7 lb 3 oz	25 oranges	turkey ham, all natural, sliced (0.5 oz slices) <sup>1</sup>	3 lb 2 oz	3 lb 2 oz
grapes, red, seedless	4 lb 13 oz	3 qt ½ cup	pepperoni, turkey, sliced <sup>2</sup>	1 lb 4 oz	
cucumbers, whole, unpared	4 lb 1 oz		crackers, saltines, WGR <sup>3</sup>	2 lb 8 oz	200 2-packs
carrots, baby	3 lb 15 oz	3 qt ½ cup	dressing, ranch, individual cups (0.75 oz)	2 lb 5.5 oz	50 each
cheese, cheddar, cubed	3 lb 2 oz	1 qt 2 ¼ cup			

<sup>1</sup>Turkey Ham crediting is based the Food Buying Guide serving size of 1.7 oz, which provides 1 oz eq of cooked turkey (1 oz provides 0.5 oz eq of cooked turkey.)

<sup>2</sup>Sliced Turkey Pepperoni must have an authorized Child Nutrition label or Product Formulation Statement to be creditable. Crediting for this recipe is based on a 1.37 oz serving of creditable Turkey Pepperoni containing 1 oz eq of Meat/Meat Alternate (0.4 oz provides 0.25 oz eq Meat/Meat Alternate.)

<sup>3</sup>Saltine Crackers must meet whole grain-rich criteria (WGR) to be counted toward the WGR requirement. Crediting for this recipe is based the Food Buying Guide serving size of 8 crackers (22 g or 0.8 oz), which provides 1 oz eq Grains according to Exhibit A Grain Requirements for Child Nutrition Programs.

## Directions

1. Cut oranges into 4 wedges.
2. Pull grapes from stem, rinse, and drain well.
3. Rinse and slice cucumbers.
4. Rinse carrots and drain well.
5. Weigh amount of turkey ham needed for the recipe. Drain well using 1/2 pan with a perforated 1/2 pan.
6. Assemble Bistro Boxes: Neatly place 2 orange wedges (1/2 orange) and 1/4 cup grapes in top left corner. Place 1/4 cup cucumber and 1/4 cup carrots in the bottom right corner. Measure 2 slices (1 oz) turkey ham (sliced or folded into quarters) and 6 slices (0.4 oz) pepperoni per serving. Fan sliced meats, and place in top right corner. Place 1 oz (1/8 cup) cheese cubes next to meats. Place 4 2-packs (8 total) crackers between fruit and proteins.
7. Serve with one pre-portioned 0.75 oz ranch cup. **Critical Control Point:** Hold for cold service at 41°F or below.

## NSLP/SBP Crediting Information

One Bistro Box provides 1.75 oz eq meat/meat alternate, 1/2 cup fruit, 1/4 cup red/orange vegetable, 1/4 cup other vegetable, and 1 oz eq grains.



## Fun Facts

- There are over 600 varieties of oranges worldwide.
- Oranges don't come from the wild. They are a hybrid of the pomelo and tangerine.
- Oranges are technically a berry.

### NUTRITION INFORMATION

For 1 Bistro Box (serving size)

NUTRIENTS	AMOUNT
Calories	270
<b>Total Fat</b>	<b>8.5 g</b>
Saturated Fat	1.7 g
Cholesterol	38 mg
<b>Sodium</b>	<b>903 mg</b>
<b>Total Carbohydrate</b>	<b>40 g</b>
Dietary Fiber	3 g
Total Sugars	15 g
Added Sugars included	0 g
<b>Protein</b>	<b>9 g</b>
Vitamin A	4907 IU
Vitamin C	33 mg
Vitamin D	0 mcg RAE
Calcium	60 mg
Iron	1.2 mg
Potassium	241 mg

N/A=data not available.



Introducing the Chicken Tinga Taco Salad, a flavorful dish that brings the best of Florida's flavors right to your cafeteria. This salad features chicken tinga on a bed of crisp Florida iceberg lettuce. Paired with black beans, corn, salsa, and a sprinkle of cheese, this taco salad is a satisfying lunch entrée!



Submitted by Columbia County School District

Yield 50 servings/50 salads/~59 lbs 6 oz • Prep time 45 min • Cook time 15 min

# CHICKEN TINGA TACO SALAD

## Ingredients

chicken Tinga, precooked, shredded*	6 lb 4 oz	3 qt ½ cup	black beans, canned, low-sodium, drained, chilled	5 lb 12 oz	3 qt ½ cup (1 ¼ #10 cans)
lettuce, iceberg, shredded	15 lb 7 oz	6 gal 1 qt	cheese, cheddar, shredded	3 lb 2 oz	1 qt 2 ¼ cups
salsa, low-sodium, chilled	6 lb 4 oz	3 qt ½ cup	jalapeños, canned, sliced, drained	2 lb 3 oz	1 qt 2 ¼ cups (1/2 #10 can)
chips, tortilla, individual bag (2 oz)	6 lb 4 oz	50 each	taco sauce, individual packets (9 gm)		50 each
corn, frozen, thawed	4 lb	3 qt ½ cup			

\*Chicken Tinga crediting is based on a Product Formulation Statement indicating that a 2.54 oz serving provides 2 oz eq Meat (2 oz provides 1.5 oz eq Meat.)

## Directions

1. Preheat oven to 350 °F. Prepare Chicken Tinga according to manufacturer instructions. **Critical Control Point:** Heat to 165 °F or higher for at least 15 seconds. **Critical Control Point:** If serving hot on top of salad at meal service: Hold for hot service at 135 °F or higher. **OR** If cooling and holding for cold service: Cool to 70 °F within 2 hours and to 41 °F or below within 4 hours.
2. Assemble salad: Place 2 cups shredded lettuce in each salad container. Portion meat with a #16 scoop (1/4 cup) and place in center of lettuce. Add 1/4 cup drained black beans and 1/4 cup thawed corn to the lettuce. Add #16 scoop (1/4 cup) shredded cheddar cheese to the salad. Place 1/4 cup salsa in 4 oz souffle cup on top left corner. Place #30 scoop (1/8 cup) jalapeño peppers on the salad or in 1 oz cup to the side. Add one 2 oz individual bag of tortilla chips at the top next to the salsa.
3. Serve with 1 packet of taco sauce. **Critical Control Point:** Hold for cold service at 41°F or below.

## NSLP/SBP Crediting Information

One salad provides:

**Legumes as Meat Alternates:** 3 oz eq meat/meat alternate, 1/4 cup red/orange vegetable, 1/4 cup starchy vegetable, 1 1/8 cup other vegetable, and 2 oz eq grains.

**Legumes as Vegetables:** 2 oz eq meat/meat alternate, 1/4 cup red/orange vegetable, 1/4 cup beans/peas/lentils, 1/4 cup starchy vegetable, 1 1/8 cup other vegetable, and 2 oz eq grains.



## Fun Fact

Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.

### NUTRITION INFORMATION

For 1 salad (serving size)

NUTRIENTS	AMOUNT
Calories	590
<b>Total Fat</b>	<b>26 g</b>
Saturated Fat	9 g
Cholesterol	64 mg
<b>Sodium</b>	<b>760 mg</b>
<b>Total Carbohydrate</b>	<b>70 g</b>
Dietary Fiber	10 g
Total Sugars	7 g
Added Sugars included	1 g
<b>Protein</b>	<b>22 g</b>
Vitamin A	298 IU
Vitamin C	36 mg
Vitamin D	0 mcg RAE
Calcium	310 mg
Iron	3 mg
Potassium	264 mg

N/A=data not available.



Experience the Southwest Chicken Wrap with a Florida twist! The wrap features chicken tender strips, Florida lettuce and tomatoes, black beans, and corn, all wrapped up in a tortilla. Perfect for a grab and go lunch option!

Submitted by Columbia County School District

Yield 50 servings/50 wraps/~29 lbs 1.5 oz. • Prep time 30 min • Cook time 30 min

# SOUTHWEST CHICKEN WRAP

## Ingredients

black beans, canned, low sodium, drained	5 lb 12 oz	3 qt 1/2 cup (1 1/4 #10 cans)	salsa	2 lb	3 3/4 cups
corn, frozen	3 lb 3 oz	2 qt 3/4 cup	lettuce, iceberg, shredded	1 lb 12 oz	1 qt 1/2 cup
chicken tenders, WGR breaded <sup>1</sup>	7 lb 1 oz	100 tenders	cheese, cheddar, shredded	1 lb 9 oz	1 qt 2 1/4 cups
tortilla, WGR, 10-inch, 2 oz each <sup>2</sup>	6 lb 4 oz	50 each	dressing, ranch, individual cups (0.75 oz)	2 lb 5.5 oz	50 each

<sup>1</sup>WGR Breaded Chicken Tenders must have an authorized CN label or Product Formulation Statement to be creditable. Crediting for this recipe is based on a serving of 3 tenders (approximately 3.4 oz) crediting 2 oz eq meat/meat alternate and 1 oz eq grains, or 2 tenders crediting 1.25 oz eq meat/meat alternate and 0.5 oz eq grains.

<sup>2</sup>Tortilla must meet whole grain-rich (WGR) criteria to be counted toward the WGR requirement. Crediting for this recipe is based on a 2 oz portion providing 2 oz eq grains according to Exhibit A Grain Requirements for Child Nutrition Programs.

## Directions

1. Rinse and drain the black beans. In the cooler, chill the black beans and salsa to 41 °F or below, and thaw the frozen corn.
2. Combine the chilled black beans, salsa, and corn, and return the mixture to the cooler until ready to assemble.
3. Preheat oven to 375 °F. Place chicken tenders on a sheet pan and bake in preheated oven 12-15 min or until internal temperature reaches 165 °F. **Critical Control Point:** Chill for later use in pans with no more than 2-inch depth of food. Cool to 70 °F within 2 hours and to 41 °F or below within 4 hours.
4. Assemble the wraps: In the center of each tortilla, add 1/4 cup shredded lettuce, 1/8 cup (1/2 oz) shredded cheese, and 1/2 cup mixture of the black beans, salsa, and corn. Top with 2 chicken tenders (cooked and cooled). Fold left and right edges of the wrap towards the center. Fold near-side edge to overlap the side folds, and continue to roll over and onto the opposite side of the tortilla. Wrap each rolled tortilla in foil or wrap paper, and cut in half diagonally through the center.
5. Serve with 0.75 oz ranch dressing cup. **Critical Control Point:** Hold for cold service at 41°F or below.

## NSLP/SBP Crediting Information

One wrap provides:

**Legumes as Meat Alternates:** 2.75 oz eq meat/meat alternate, 1/8 cup starchy vegetable, 1/8 cup other vegetable, and 2.5 oz eq grains.

**Legumes as Vegetables:** 1.75 oz eq meat/meat alternate, 1/4 cup beans/peas/lentils, 1/8 cup starchy vegetable, 1/8 cup other vegetable, and 2.5 oz eq grains.



## Fun Fact

Corn is grown on every continent except Antarctica.

NUTRITION INFORMATION	
For 1 wrap (serving size)	
NUTRIENTS	AMOUNT
Calories	511
<b>Total Fat</b>	<b>21 g</b>
Saturated Fat	4.5 g
Cholesterol	28 mg
<b>Sodium</b>	<b>797 mg</b>
<b>Total Carbohydrate</b>	<b>57 g</b>
Dietary Fiber	10 g
Total Sugars	5 g
Added Sugars included	3 g
<b>Protein</b>	<b>23 g</b>
Vitamin A	89 IU
Vitamin C	0 mg
Vitamin D	0 mcg RAE
Calcium	293 mg
Iron	5 mg
Potassium	354 mg

N/A=data not available.

The Spinach, Tomato, and Roasted Red Pepper Salad with Parmesan Vinaigrette is bursting with freshness as this salad features sweet red peppers, ripe juicy tomatoes, and crispy spinach leaves, all tossed in a savory Parmesan vinaigrette.



Submitted by Wakulla County School Board

Yield 50 servings/200 oz/25 cups • Prep time 25 min • No cook time

# SPINACH, TOMATO, & ROASTED RED PEPPER SALAD

## with Parmesan Vinaigrette

### Ingredients

oil	¾ cup	black pepper, ground	¼ tsp
vinegar	¼ cup	spinach, fresh	8 lb 3 gal, 3 cups
lemons, fresh, juice only	1 each	tomatoes, fresh, medium (5 to 6 oz)	1 lb 6 oz 2 5/8 cups (4 each)
honey	1 tsp	red bell peppers, roasted, canned, drained	4 lb 2 qt 3 ½ cups (1 #10 can, drained)
basil, dried	1 tsp	cheese, Parmesan	½ cup
oregano, dried	1 tsp		
salt	1 tsp		

### Directions

- Whisk together oil, vinegar, lemon juice, honey, basil, oregano, salt, and pepper.  
**Critical Control Point:** Chill and hold for cold service at 41 °F or below.
- Remove stems from spinach, cut into bite-sized pieces, wash, and drain.
- Finely dice tomatoes and red peppers.
- Critical Control Point:** Cover and chill salad ingredients for later use in pans with no more than 2-inch depth of food. Cool to 70 °F within 2 hours and to 41 °F or below within 4 hours.
- Prior to meal service, place spinach in a large bowl. Add tomatoes and roasted bell peppers, and toss well. Add Parmesan cheese and chilled dressing, and toss again.  
**Critical Control Point:** Hold for cold service at 41°F or below.

### NSLP/SBP Crediting Information

1 cup provides 1/2 cup dark green vegetable and 1/4 cup red/orange vegetable.

**Chef's Tip:** Do not add dressing to the spinach mixture early, or the salad will wilt.



## Fun Fact

A bell pepper has the highest levels of Vitamin C of any produce item. A large red pepper provides more than 300% of your daily requirement of Vitamin C and has three times more Vitamin C than an orange.

### NUTRITION INFORMATION

For 1 cup (serving size)

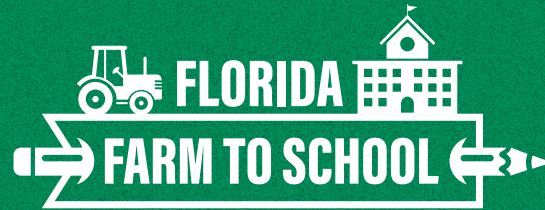
NUTRIENTS	AMOUNT
Calories	52
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	1 mg
<b>Sodium</b>	<b>118 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	3 g
Total Sugars	0 g
Added Sugars included	0 g
<b>Protein</b>	<b>3 g</b>
Vitamin A	6843 IU
Vitamin C	21 mg
Vitamin D	0 mcg RAE
Calcium	118 mg
Iron	3 mg
Potassium	315 mg

N/A=data not available.

# MARKETING GUIDE

FOOD AS PURCHASED FOR		50 SERVINGS	100 SERVINGS
	<b>Asian Sesame Cucumber Salad</b> Cucumbers, whole, unpared	8 lb 2 oz	16 lb 4 oz
	<b>Chicken Tinga Taco Salad</b> Lettuce, fresh, iceberg, head, untrimmed	18 lb 7 oz	36 lb 13 oz
	<b>Garlic Aioli Chicken Wrap</b> Lettuce, fresh, romaine, untrimmed Tomatoes, fresh, whole	3 lb 4 oz 3 lb 5 oz	6 lb 7 oz 6 lb 10 oz
	<b>Minion Chicken Salad</b> Lettuce, romaine, untrimmed Cucumbers, whole, unpared	8 lb 3 lb 1 oz	16 lb 6 lb 2 oz
	<b>Moroccan Spice Chicken</b> Onions, whole Tomatoes, fresh, whole	3 lb 7 oz 8 lb 7 oz	6 lb 13 oz 17 lb 15 oz
	<b>Queso Chicken Chowder</b> Onions, whole Celery, fresh, trimmed	15 oz 11 oz	1 lb 13 oz 1 lb 6 oz
	<b>Southwest Chicken Wrap</b> Lettuce, iceberg, head, untrimmed	2 lb 8 oz	4 lb 15 oz
	<b>Taco Queso Bowl with Spanish Rice &amp; Black Bean &amp; Corn Salsa</b> Onions, whole Peppers, green, fresh, whole	1 lb 6 oz 1 lb 5 oz	2 lb 12 oz 2 lb 10 oz
	<b>Vegetarian Southwest Salad</b> Lettuce, romaine, untrimmed	9 lb 10 oz	19 lb 4 oz

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.*



## FLORIDA FARM CONNECT FOR SCHOOLS

**ATTENTION SCHOOL FOOD AUTHORITIES:** Do you source foods for school meals from Florida producers, or are you interested in starting? Are you passionate about your students' nutrition and agricultural education?



### CONNECT WITH US!

The Florida Department of Agriculture and Consumer Services invites you to connect with Florida farmers and producers to source fresh Florida commodities and engage in agricultural education opportunities through our interactive Florida Farm Connect portal. To get started, simply scan the QR code or visit [FarmToSchoolFL.com](https://FarmToSchoolFL.com).





# TASTE TEST TIPS



**WHAT is a taste test?** A taste test provides an opportunity for students to sample a small portion of food. After tasting, students provide feedback about whether they liked or did not like the food, and if they would eat it again.

**WHY host a taste test?** Are you considering adding a new menu item? Taste testing is the best way to measure student acceptability. Taste tests also are a great way to expose kids to nutritious foods they may not have access to at home. Additionally, taste testing is an important part of the product evaluation phase of recipe standardization. Standardized recipes provide a means to establish consistency in the quality of all foods being made, menu planning, and food and labor costs.

**BENEFITS to your food service program:** No one wants to see food wasted. Conducting taste tests helps to ensure student buy-in for new menu items before making menu changes.

**WHEN?** Taste tests are most successful when implemented on a regular basis.

**WHERE?** You can conduct taste tests in a cafeteria or classroom. In the cafeteria, choose a time or location that does not interfere with regular meal service. Classroom benefits include integration of taste tests with nutrition education curriculum like Harvest of the Month.

## Best Practices for Conducting Student Taste Tests



**Funding considerations:** Student taste tests can be funded from school food service accounts and grant funding. Products can also be sourced from producer donations or your school garden.



**Student Engagement:** Promote your event in advance with signage, decorations, stickers, and during school announcements. Engaging student leaders to help serve is another option.



**Decide what recipe will be tested and choose nutrient-packed foods.** Ensure chosen recipes fit in your school food program.



**Create Test Ballots:** Getting student input is crucial! Develop simple taste test ballots (paper or electronic) so that students can provide feedback during the event. This input can help your team create meals students want to eat.



**Identify students (a class or classes) to participate in the taste test, and check with your school nurse to identify any allergy considerations.**



**Food Safety:** Practice safe food handling and proper sanitation in the sampling area. Prepare the sampling area with utensils, napkins, and water. Post a food allergy notice if applicable.



**Determine your location:** In the cafeteria, a separate table may be used in addition to the serving line. A classroom setting is best when you want to integrate nutrition education such as Harvest of the Month or Agriculture in the classroom lessons.



**Share Results:** Document your ballot results and share with students for increased engagement and buy-in for future taste test events. Let kids know their vote counted! Consider having students vote on the name for a new menu item.





2023 Winners (l to r): Remy, Mia, and Madden.

## THINK YOUR STUDENTS HAVE WHAT IT TAKES?

Here's their chance to prove it!

Each year, the Florida Department of Agriculture and Consumer Services' Division of Food, Nutrition and Wellness hosts a student cooking competition, Florida Future Chef. Florida students aged 7 to 13 are invited to submit short videos of themselves preparing a delicious recipe featuring fresh Florida commodities. Three students are selected to move on to a grand finale cook-off event in the fall, and each competitor will compete for up to \$5,000 in a Florida Prepaid 529 college savings plan and additional prizes. All finalists will receive learning opportunities to improve their cooking skills while enjoying complimentary accommodations at the cook-off event for themselves and their families.

The winning recipe serves as inspiration for FNW's chef to create a new standardized recipe to share with schools statewide.

Do you know a budding young chef? You can help us get the word out to your students about this fun and educational event. Creative young chefs can enter the competition by visiting [FloridaFutureChef.com](https://FloridaFutureChef.com). Students simply follow on-screen instructions to complete their entry form and submit their video for consideration. Good luck to your school's students!





**Florida Department of Agriculture  
and Consumer Services**

*This institution is an equal opportunity provider.*