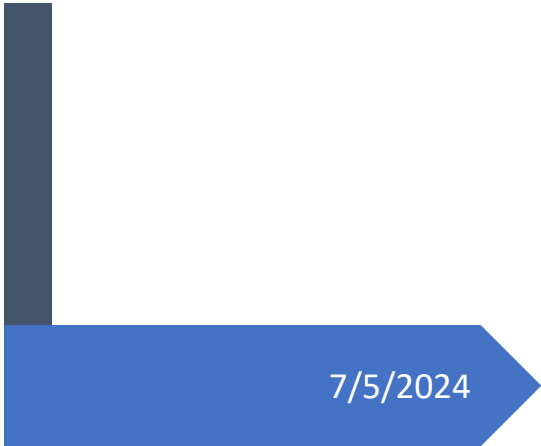
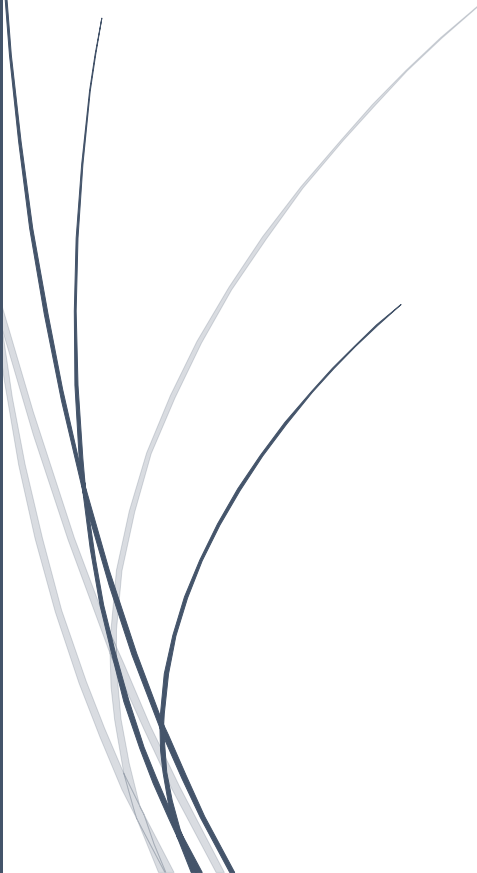


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7/5/2024

School District 91 (Nechako Lakes) Recipe Book

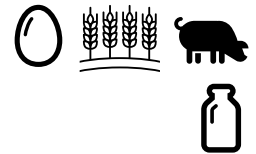
Feeding Futures

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Breakfast & Egg Recipes

Canadian Breakfast

Nutrition Guidelines: Serve infrequently due to breakfast meat



Ingredients
Pancake recipe **consider making with lactose-free milk or water to include those with dairy sensitivity**
Sausage
Eggs
Potatoes (russet or Yukon)
Vegetable oil for cooking
Garlic Plus

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

3. Wash, peel, chop potatoes
4. Add potatoes to a bowl and lightly season with garlic plus and oil

Cooking

1. Preheat oven to 400°F
2. Prepare pancake mix and cook per recipe
3. Spread sausages on large baking sheets
4. Bake the sausages in the oven for about 40 minutes, until cooked through and internal temperature is at least 74°C (160°F) for at least 15 seconds. Record temperature.
5. Add potatoes onto another large baking sheet and roast in the oven until fork tender
6. Heat large pan on stove-top with cooking oil over medium heat
7. Crack eggs into large bowl and whisk
8. Add to heated pan and cook through

Egg Bake – Veggie

Nutrition Guidelines: Serve frequently



Ingredients
Spinach, chopped (fresh or frozen)
Vegetable mix (broccoli, carrot, onion, peppers, mushroom)
Garlic plus
Cheese, ricotta
Cheese, mozzarella, shredded
Milk 2% (consider using lactose-free)

Preparing

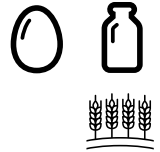
1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat oven to 350°F
2. In a large pot, heat oil
3. Add the vegetables and cook to warm
4. Mix the eggs and milk together
5. Add cheese and continue stirring
6. Add the veggies and spices, continue to stir
7. Use 125mL scoop and portion into muffin pan or foil baking shells
8. Cook in oven for 12-14 minutes until the internal temperature is at least 74°C (165°F) for at least 15 seconds.

French Toast ****Use lactose free milk if have sensitivities in the school****

Nutrition Guidelines: Serve infrequently, to make more balanced consider adding fruit and a yogurt on the side



Ingredients
Whole wheat D'Italiano bread
Eggs
Milk (consider using lactose-free milk)
Vanilla extract
Cinnamon
Vegetable oil for cooking

Preparing

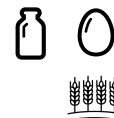
1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat grill or large frying pan with oil
2. In a large bowl, mix the eggs, milk, vanilla extract and cinnamon
3. Dip each slice of bread into egg mixture then place on grill
4. Allow to cook thoroughly, about 1.5 - 2 minutes each side, flipping once. Allow both sides to turn golden brown.

Pancakes

Nutrition Guidelines: Add egg and lactose-free milk to boost protein content, serve with fibrous fruit like apples, pears, bananas.



Ingredients
Pancake Mix:
Homemade Mix:
All-purpose flour
Skim milk powder
Granulated sugar
Baking powder
Salt
Pancakes:
Mix
Eggs
Milk
Vegetable Oil

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other source
3. Prepare pancake mix in a large bowl (can pre-mix all dry ingredients and store for use at a later date). Be sure to label and date when the mix was created. Use within 8

months.

Cooking

1. In a large bowl, combine dry pancake mix, eggs, water or milk, and vegetable oil
2. Beat with a wire whisk until smooth
3. Preheat large griddle or pan over medium heat with oil
4. Add ¼ cup mix per pancake
5. Cook until brown, flipping over to cook both sides

Sausage and Eggs

Nutrition Guidelines: Serve infrequently due to high sodium content of sausage – consider using turkey or chicken for a lean protein option and serving with a salad or mixed vegetable dish



Ingredients
Sausage
Eggs

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene

Guidelines'

2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat oven to 400°F
2. Spread frozen sausages on large baking sheets
3. Bake the sausages in the oven for about 40 minutes, until cooked through and internal temperature is at least 74°C (160°F) for at least 15 seconds
4. Heat large pan on stove-top with cooking oil over medium heat
5. Crack eggs into large bowl and whisk
6. Add to heated pan and cook through

Veggie Frittata

Nutrition Guidelines: Serve Frequently



Ingredients
Cook Time
Vegetable oil for cooking
Onion, chopped
Broccoli, chopped
Bell pepper, chopped
Garlic powder
Eggs/Liquid egg
2% milk
Salt
Black pepper
Onion powder
Cheddar cheese, shredded

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat oven to 325°F
2. If using spinach
3. Heat large pan on stove top with vegetable oil over medium heat
4. When hot, add spinach and cook until wilted
5. If using broccoli and bell pepper
6. Line baking sheets with parchment paper
7. Add broccoli, drizzle oil on top
8. Cook in oven until tender
9. In a large bowl, combine the eggs, milk, spices
10. Add the cooked vegetables, stir together
11. Prepare baking dishes, lined with parchment and sides greased
12. Add egg and vegetable mixture to prepared pans
13. Sprinkle the top with cheese
14. Place in oven until eggs are set and internal temperature is at least 74°C (165°F) for at least 15 seconds.

Sandwiches & Wraps

BBQ Chicken on a Bun

Nutrition Guidelines: Serve frequently. Serve with vegetables to bring balance to the meal. Option to serve bun on side with an entrée salad.



Ingredients
Whole wheat hamburger buns
Chicken breasts, diced
BBQ Sauce
Vegetable oil for cooking

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

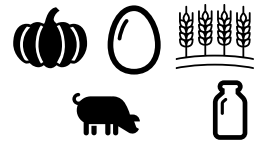
1. Heat a large pan with oil on the stove over medium heat
2. Add the chicken, cook until temperature is at least 74 °C (165 °F) for at least 15 seconds.
3. Add BBQ sauce, stir to coat

Serving and Holding

1. Scoop 6oz on to one-half of the bun
2. Add the top of the bun

Breakfast Sandwiches **suitable for ovo-lacto-vegetarian if no ham/bacon**

Nutrition Guidelines: Serve frequently if vegetarian, if using ham, bacon or other breakfast meat then serve infrequently



Ingredients
English Muffin
Eggs
Cheese, sliced
Spinach
Optional: Ham or bacon

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Crack eggs and whisk together with milk
2. Heat a wide non-stick pan over medium heat
3. Add spinach and cook until wilted and soft
4. Add egg mixture and cook until just set, using a lid to help the cooking process
5. Cool eggs if storing for use at a later date, otherwise skip this step
6. Cut egg mixture into 24 portions
7. Split English Muffins, add a slice of cheese and a portion of egg
8. Add the top of the English Muffin

Storing

1. Wrap and date breakfast sandwiches are stored in the refrigerator if using the next day, and stored in the freezer if not used within 1 day.
2. Breakfast sandwich can be stored for up to 3 months
 - a. Thaw sandwiches are to be eaten within 1 day of being thawed

Reheating

1. Reheat breakfast sandwiches to 74°C (165 °F) in microwave oven or stove top, monitor and record temperature

Chili on a Bun

Nutrition Guidelines: serve frequently if using whole wheat buns



Ingredients
Ground Beef
Celery bunch
Onion
Bell Pepper
Crushed tomatoes
Diced tomatoes
Red kidney beans
Chili powder
Onion powder
Garlic powder
Salt
Cornstarch
Buns

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Wash celery and bell peppers and cut
4. Cut onion

Cooking

1. In a large pan, cook the beef
2. About half way through cooking the beef, add the onion, celery and bell peppers. Cook until veggies are soft.
3. Add the spices to the beef, continue to cook until beef is fully cooked and until internal temperature is at least 74°C (165°F) for at least 15 seconds.
4. Put beef mixture in a large pot over medium heat
5. Strain kidney beans and rinse in a colander. Add to the beef
6. Add diced and crushed tomatoes, continue to mix together
7. Bring to gentle boil
8. Reduce to low heat and allow to simmer, occasionally stirring



Grilled Cheese Sandwiches

Nutrition Guidelines: Serve frequently if using whole wheat bread and real cheese; serve with a fruit and/or vegetables to be a complete meal



Ingredients
Sliced whole wheat or multigrain bread from bakery
Cheese, sliced or real cheese slices
Margarine

Preparing

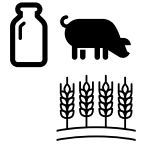
1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Slice cheese, cover and place in fridge until ready to prepare sandwiches

Cooking

1. Spread each slice of bread with margarine
2. Place cheese slices on dry side of bread
3. Top with second slice of bread, buttered side up
4. Heat a pan or flat-top with oil
5. Add sandwich on heated surface, heat until bread is toasted lightly
6. Turn sandwich over, and cook other side until lightly toasted
7. Remove from grill
8. Cut each sandwich in half, diagonally

Ham and Cheese Bun

Nutrition Guidelines: Serve infrequently due to the ham which is high in sodium. To serve more often, consider roast chicken or turkey.



Ingredients
Ham, sliced
Cheddar Cheese, sliced
Whole Wheat Kaiser
Mayo

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Cut kaiser buns in half

Cooking

1. Lay out kaiser buns on a clean counter-top surface
2. Spread about 1 tbsp of mayo on one half of each bun
3. Add 2 slices (about 30g) of ham and one slice of cheese
4. Add top of bun
5. Cut enough in half to make the portion appropriate for primary students

Pepperoni Pizza Subs

Nutrition Guidelines: Serve infrequently due to high sodium in the processed meat. Serve with vegetables to bring balance to the meal.



Ingredients
Sausage Buns
Pepperoni
Pizza Sauce
Mozzarella, shredded

Preparing

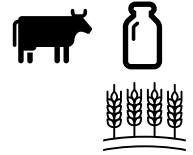
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2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Slice pepperoni about 2" thick – 4 slices/sub
4. Slice buns in half

Cooking

1. Preheat oven 350°F
2. Spread a spoonful of pizza sauce on sub, top with cheese and pepperoni
3. Place on baking sheet
4. Bake in oven until cheese is melted

Ranch Wrap

Nutrition Guidelines: Serve frequently



Ingredients
Whole wheat wraps
Marbled cheese, grated
Romaine lettuce and/or spinach
Cucumber, diced
Ground Beef or chicken or turkey
Taco Seasoning
Ranch Dressing or Chipotle Dressing
Vegetable oil for cooking

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

3. Grate cheese
4. Cut cucumber into bite sized pieces
5. Cut spinach or lettuce into small pieces
6. Combine the cucumber, spinach or lettuce, in a large bowl
7. Add Ranch dressing and mix well

Cooking

1. Heat large pan with small amount of oil over medium heat
2. Add ground beef and cook through, until no longer pink and temperature is at least 74°C (160°F) for at least 15 minutes
3. Drain any fat
4. Add taco seasoning and stir, add water if necessary and still to coat all the beef
5. Hold taco meat at 74°C (160°F) until ready to prepare the wraps

Serving and Holding

1. Lay out wraps on clean counter
2. Top with salad mixture, beef and shredded cheese
3. Wrap the contents

Salmon BLT Wrap

Nutrition Guidelines: Serve frequently



Ingredients
Whole wheat wraps (or spinach or sundried tomato)
Salmon salad
Romaine lettuce
Tomato, sliced
Bacon, cooked
Mayo

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Wash, peel and chop vegetables,

Cooking

1. In a bowl combine salmon, spices and mayo
2. On a clean counter, lay out wraps
3. Add a spread of mayo
4. Top with filling ingredients
5. Wrap tortilla

Veggie Wrap

Nutrition Guidelines: Serve frequently



Ingredients
Whole wheat wraps (or spinach or sundried tomato)
Marbled cheese
Romaine lettuce
Carrot, grated
Long English Cucumber, diced
Hummus or mayo

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

3. Wash, peel and chop vegetables, grate cheese and carrots

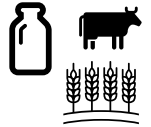
Cooking

1. On a clean counter, lay out wraps
2. Add a spread of hummus
3. Top with vegetables and a sprinkle of cheese
4. Wrap tortilla

Casseroles & Noodle Dishes

Beef Stroganoff

Nutrition guidelines: Serve frequently with a side of vegetables



Ingredients
Ground beef
Strip
Onion, chopped
Garlic, diced
Egg Noodles
Cornstarch
Sour Cream
Can of Cream of mushroom soup
Milk/dried milk?
Salt and black pepper to taste
Garlic powder
Onion powder
Vegetable oil for cooking

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Heat a large pan with some oil over medium heat
2. Add ground beef, onion and garlic and cook until beef is no longer pink.
Temperature of the beef should be at least 74°C (160°F) for at least 15 seconds.
Record temperature.
3. In a bowl, mix together the cornstarch, garlic powder, onion powder, milk, salt, black pepper, and cream of mushroom soup.
4. Add mixture to the ground beef and stir to coat. Reduce heat to low and bring to a low boil.
5. Add in sour cream
6. Heat another large pot with water, bringing to boil
7. Add noodles and gently stir
8. Cook until noodles are tender
9. Drain
10. Add noodles to sauce and stir to coat

Chicken Chow Mein

****Soy allergen****



Nutrition Guidelines: Serve infrequently due to sodium content of sauce



Ingredients
Cook Time
Chicken breast, diced
Vegetable oil for cooking
Chow mein noodles
Cabbage or coleslaw
Carrot, chopped or shredded
Local or frozen or bell peppers
Broccoli, chopped
Local or frozen or slaw
Oyster sauce (**allergy alert - shellfish)
Low sodium soy sauce
Light sesame oil
Chicken broth
Water
Cornstarch
Granulated sugar

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other source

Cooking

1. Prepare vegetables – wash and roughly chop cabbage, cut carrots
2. Prepare sauce:
3. Whisk together oyster sauce, granulated sugar, sesame oil, soy sauce, chicken broth, water and cornstarch. Set aside.
4. Cook noodles per package – in a pot of boiling water for 3-5 minutes, rinse with cold water and set aside
5. Heat a large frying pan with vegetable oil over medium-heat
6. Add diced chicken, and cook until internal temperature is at least 74°C (165°F) for at least 15 seconds. Remove chicken from pan and set aside.
7. Add chopped carrots, broccoli and cabbage, saute for a few minutes until the vegetables are soft and cabbage is translucent
8. Add chicken and noodles to the pan.
9. Pour sauce over the top, stirring to coat and continue cooking for 5 minutes

Dilly Pasta Salad

Nutrition Guidelines: Serve infrequently



Ingredients
Pasta, shells
Pickles, sliced
Cheddar cheese, grated
Dill (fresh or dried)
Pickle juice
Dressing:
Mayonnaise
Sour cream
Cayenne Pepper
Pickle Juice
Salt
Black Pepper

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Cut pickles and grate cheese, chop dill.

Cover, label and store in fridge until needed.

Cooking

1. Cook pasta in a pot of boiling water. Drain.
2. Allow pasta to cool then put in a large bowl.
3. Add pickle juice, set aside for 5 minutes. Drain
4. Combine the dressing ingredients in a small bowl and mix well.
5. Add to the pasta in a large bowl, stir to coat. Place in fridge for 1 hour, covered, labeled and dated.

Mac and Cheese

Nutrition Guidelines: Serve infrequently, and with vegetables



Ingredients
Macaroni noodles
Water
Dried milk
Cheddar cheese, grated
Margarine
Salt and black pepper to taste
Mustard powder (optional)

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat oven to 350°F
2. Add water, noodles, optional spices and margarine to a large pot.
3. Bring to a boil, then lower heat. Stir often.
4. Cook until noodles are tender.
5. Add dried milk and stir until it is all mixed in.
6. Add cheese, stir to combine and melt cheese

Lasagna ****note lacto-vegetarian suitable if made without meat****

Nutrition Guidelines: Serve with vegetables to bring balance to the meal



Ingredients
Vegetable Oil for cooking
Vegetable mix (onion, celery, bell peppers, zucchini)
Hamburger meat
Oven-ready lasagna noodles
Pasta sauce
Cottage Cheese, drained
Mozzarella Cheese

Preparing

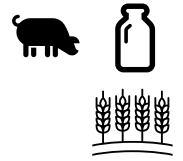
1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Chop any vegetables on cutting board
4. Place chopped vegetables, covered, in fridge until use
5. Grate cheese, cover and place in fridge until use

Cooking

1. Heat large pan on stove-top with 0.5 tbsp of oil/lb of meat being used
2. Fully cook the ground beef over medium heat, until no longer pink and temperature of 74 °C (or hotter) is reached for at least 15 seconds. Record temperature.
 - a. Wash hands after handling beef, and any surfaces it touched
3. If using fresh vegetables, add to pan to cook with the beef until tender
4. Preheat oven 375 °F
5. Grease baking dish
6. Layer with a spoonful of pasta sauce, layer of noodles, layer of beef and vegetables, layer of cottage cheese, repeat twice
7. Sprinkle shredded cheese on top layer
8. Place in oven for 1 hour, until internal temperature is at least 74 °C for 15 seconds.

Perogy Casserole

Nutrition guidelines: serve infrequently



Ingredients
Cheddar perogies
Margarine
Milk/dried milk?
Garlic Plus powder
Salt and black pepper to taste
Cheddar cheese, grated
Cooked ham, diced
Flour

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat oven to 400°F
2. In a large pot over medium heat, melt margarine
3. Add flour, and stir to make a roux
4. Remove from heat and slowly add the milk, stirring constantly
5. Return to heat and bring to a gentle boil, stirring constantly
6. Add salt, black pepper and garlic plus
7. Once the sauce is gently boiling, remove from the heat
8. Stir in grated cheese
9. Place perogies and diced ham into a large casserole dish
10. Pour cheese sauce over top and stir to coat all the perogies
11. Cover with foil and bake in oven for 60-90 minutes, until internal temperature is 74°C (160°F) for at least 15 seconds.

Shepherd's Pie ****use cornstarch to make gluten free****

Nutrition Guidelines: Serve frequently with a side of extra vegetables



Ingredients
Potatoes (Russet or Yukon)
Milk
Butter/Margarine
Garlic Plus seasoning
Salt
Black Pepper
Ground beef
All-purpose flour or cornstarch (**use cornstarch if making gluten free**)
Frozen mixed vegetables (carrots, corn, peas)
Shredded cheese
Vegetable oil for cooking

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Wash, peel, chop potatoes into uniform pieces

Cooking

1. Boil potatoes until able to be pierced with a fork, about 8 minutes. Drain.
2. Add milk, butter/margarine, garlic Plus, salt and black pepper to the boiled potatoes. Mash together to make a mashed potato
3. Heat another pan with oil over medium heat
4. Add ground beef, cooking until no longer pink and temperature is at least 74°C (165 °F) for at least 15 seconds.
5. Mix flour or cornstarch, salt and black pepper to cold water in a bowl
6. Add to pan with meat to make a gravy
7. Preheat oven to 325°F
8. Using a large baking pan, put meat and gravy mixture on the bottom
9. Layer with frozen mixed vegetables
10. Cover with mashed potatoes
11. Add the shredded cheese
12. Place in oven until heated through to a minimum of 74°C (160°F) for at least 15 seconds.

Spaghetti and Sauce ****vegetarian and vegan friendly when made without me****

Nutrition Guidelines: Serve with vegetables to bring balance to the meal.



Ingredients
Vegetable Oil for cooking
Vegetable mix (onion, celery, bell peppers, zucchini)
Hamburger meat (leave out to make vegetarian and vegan friendly)
Spaghetti noodles (or penne noodles)
Pasta sauce

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Chop any vegetables on cutting board
4. Place chopped vegetables, covered, in fridge until use

Cooking

1. Heat large pan on stove-top with 0.5 tbsp of oil/lb of meat being used
2. Boil large pot of water to cook the noodles
3. Fully cook the ground beef over medium heat, until no longer pink and temperature of 74 °C (or hotter) is reached for at least 15 seconds.
 - a. Wash hands after handling beef, and any surfaces it touched
4. If using fresh vegetables, add to pan to cook with the beef until tender
5. Add pasta sauce to the beef and vegetable mixture. Reduce heat to low and allow to simmer.
6. Once noodles are cooked, drain
7. Combine pasta and sauce together

Tater Tot Casserole

(Omit beef to make lacto-vegetarian)

Nutrition Guidelines: Serve less frequent (less than 1x/month)



Ingredients
Tater Tot Casserole
Ground Beef
Onion, diced
Mixed fresh or frozen vegetables, diced
Campbells Cream of Mushroom Soup
2% cow's milk
Dried oregano
Dried parsley
Cheddar Cheese, shredded
Vegetable oil for cooking

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Chop any vegetables, onion on cutting board, with knife; place chopped vegetables, covered, in fridge until use
4. Grate cheese, cover and place in fridge until use
5. Prepare casserole dish

Cooking

1. Preheat oven to 375 °F
2. Heat large pan on stove-top with 0.5 tbsp of oil/lb of meat being used
3. Fully cook the ground beef and onion over medium heat, until no longer pink and temperature of 74 °C (165 °F) or hotter is reached for at least 15 seconds.
 - a. Wash hands after handling beef, and any surfaces it touched
4. Add vegetables to pan to cook with the beef and onion until tender
5. In a large bowl, mix the vegetables, soup, milk, seasonings, beef mixture and ¼ of the cheese
6. Pour the contents of the bowl into prepared casserole dish, sprinkle with remaining cheese on top
7. Top with tater tots and bake until temperature is 74 °C (165 °F) or hotter for at least 15 seconds.

Mixed Dishes

Chicken Quesadilla ****leave out chicken to make veggie option****

Nutrition Guidelines: Serve frequently



Ingredients
Boneless chicken breast, diced
Taco Seasoning
Vegetable oil
Vegetable medley (bell peppers, onions – President’s choice)
Flour tortillas
Cheese, shredded

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per ‘Personal Hygiene Guidelines’
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Grate cheese if not using pre-shredded, cut bell peppers and onions

Cooking

1. Preheat oven to 375°F
2. Place diced chicken in a bowl, season with taco seasoning, mix to coat
3. Put seasoned chicken on baking sheet, lined with parchment paper
4. Cook until no longer pink, and internal temperature is at least 74°C (165°F) for at least 15 seconds
5. Heat a large pan with vegetable oil over medium heat
6. Stir in bell peppers, onion and chicken, cook until vegetables are soft, about 10 minutes
7. Lay out tortillas, add a scoop of the chicken and vegetable mix, sprinkle of cheese to one half
8. Fold tortilla over and place on baking sheet
9. Place in oven until cheese is melted and temperature is at least 74°C (160°F) for as least 15 seconds

Perogies

Nutrition Guidelines: Serve infrequently



Ingredients
Cheddar perogies
Margarine
Cheddar cheese, grated
Bacon, cooked and diced
Sour cream (optional)

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat oven to 400°F
2. In a large pot over medium heat, bring pot of water to a boil
3. Once perogies are floating, remove from the pot and place on baking sheet lined with parchment paper
4. Sprinkle with cheese and diced bacon
5. Bake in oven for 60-90 minutes, until internal temperature is 74°C (160°F) for at least 15 seconds.

Pizza Bagels

Nutrition Guidelines: Serve infrequently due to processed meat



Ingredients
Bagels, ideally pre-cut in half
Pepperoni
Pizza Sauce
Mozzarella and cheddar cheese, shredded

Preparing:

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
 2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
 3. Slice pepperoni about 2" thick – 4 slices/bagel
4. Slice bagels in half if not done already and lay on a baking sheet

Cooking

1. Preheat oven 250 °F
2. Spread a spoonful of pizza sauce on sub
3. Place four slices of pepperoni on each half
4. Top with a blend of shredded mozzarella and cheddar cheese
5. Bake in oven until cheese is melted, about 20 minutes

Rice Bowl

****soy allergen****



Nutrition Guidelines: Serve frequently

Ingredients
Rice
Protein (chicken or salmon), cut into cubes
Edamame beans
Broccoli, chopped
Bok choy, chopped
Carrots, sliced
Soy sauce, reduced sodium
Garlic powder
Ginger, fresh and grated
Brown sugar
Cornstarch
Water
Vegetable oil for cooking

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Wash, peel and chop vegetables

Cooking

1. Cook rice according to directions on package or rice cooker
2. Steam edamame in a pot
3. Heat oil in large skillet over medium high heat
4. Add chicken or salmon and cook until internal temperature is at least 74°C (165°F) for at least 15 seconds. Remove from pan, placing in another dish to keep warm, cover.
5. Add vegetables to skillet and cook until tender
6. In a bowl, combine ingredients to make teriyaki sauce (soy sauce, garlic, ginger, brown sugar, cornstarch and water)
7. Add the chicken back to the skillet, add the edamame
8. Add the sauce and stir

Sloppy Joes

Nutrition Guidelines: Serve infrequently due to high sodium from seasoning mix.
Serve with vegetables to bring balance to the meal.



Ingredients
Vegetable Oil for cooking
Tomato Paste
Hamburger meat
Sloppy Joe Seasoning (or make own)
Own seasoning mix:
Onion powder
Garlic powder
Mustard **allergen alert**
Brown Sugar
Worcestershire sauce **contains anchovies (shellfish allergy)**
Ketchup
Oatmeal (as needed to thicken)
Salt and black pepper to taste
Water
Hamburger or hot dog buns, whole wheat
Cheese, grated (optional)

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Heat large pan on stove-top with 0.5 tbsp of oil/lb of meat being used
2. Fully cook the ground beef over medium heat, until no longer pink and temperature of 74 degrees (or hotter) is reached for at least 15 seconds. Drain off fat.
3. Wash hands after handling beef, and any surfaces it touched
4. Add sloppy joe seasoning mix (or make own), tomato paste or ketchup and water
5. Bring to a boil
6. Reduce heat to medium and allow to simmer for 10 minutes, stirring occasionally
1. Top with remaining half of bun.

Snack Plate **note this item is adaptable, it is a good place to introduce something new to try, while offering known favourite items in a balanced format. Recipe is an example of what to offer.**

Nutrition Guidelines: Serve frequently



Ingredients
Cheese, sliced
Deli meat, sliced
Fruit (ideas: apples, banana, orange), sliced
Vegetables (ideas: celery, carrots, cucumber, tomatoes)
Protein (ideas: yogurt, boiled egg)
Pickles, sliced
Grain (ideas: crackers, granola bite, muffin)

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (4°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other source

Cooking

1. Slice cheese
2. Slice fruit, vegetables, pickles
3. Slice deli meat (ex. Salami)
4. Store all items in fridge until time of plating

Sauces & Soups

Alfredo Sauce ****use cornstarch to make gluten free****

Nutrition Guidelines: Serve infrequently. Serve with vegetables to bring balance to the meal.



Ingredients
Margarine
Vegetable oil
Garlic, minced
Cloves, whole
All-purpose flour (use cornstarch to make gluten-free)
1% milk (if use lactose-free milk, to include any student with a lactose sensitivity)
Salt and Black pepper to taste
Ground nutmeg
Parmesan cheese, grated (omit or provide as an option so students with lactose intolerance can eat the meal)

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Over medium-low heat, melt margarine with oil in medium pot
2. Add garlic, and cloves. Cook for 2 minutes
3. Add flour and make a roux.
4. Pour in half the milk, whisk until smooth
5. Add remaining milk and seasoning
6. Over low heat, bring sauce to a simmer. Simmer until thick, stirring constantly
7. Combine drained, and cooked noodles with sauce. Stir to coat.
 - a. Option: have sauce on side, and add to pasta as desired by each student

Corn Chowder ****gluten free if use cornstarch****

Nutrition Guidelines: Serve frequently with a slice of whole wheat toast



Ingredients
Onion, diced
Celery stalks, diced
Potable water
Leftover meat, diced
Potatoes (russet or Yukon), washed, peeled and chopped
Mixed frozen vegetables (carrots, peas)
Kernel corn
Cream corn
Canned milk
All-purpose flour **use cornstarch to make gluten free**
Dried Italian Seasoning or Parsley or dill

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Chop onions and celery, chop potatoes
4. Dice up leftover meat

Cooking

1. Add chopped onion, celery, and potatoes in a large pot with 4 cups of water
2. Bring to a boil
3. Add diced meat, frozen vegetables and corn
4. Stir occasionally, cooking until vegetables are tender
5. Add canned milk, stir and bring to a gentle boil
6. In a bowl, mix flour and water, add to soup
7. Stir, bringing to a temperature of at least 74°C (160°F) for at least 15 seconds. Record temperature.
8. Add in seasoning: Italian, parsley or dill

Homemade Tomato Sauce

Nutrition Guidelines: Frequently – on pasta, pizza, etc, offer with a good choice of protein



Ingredients
Vegetable Oil
Onion Powder
Garlic Plus
Tomato Paste
Dried Basil
Dried oregano leaves
Dried Rosemary
Black Pepper
Tomatoes (or canned tomatoes, no added salt)

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Cut onion and mince garlic

Cooking

1. In a large pot, add oil and heat over medium heat
2. Add onions and garlic, cook until lightly browned
3. Add tomato paste and spices
4. Stir and cook for one minute
5. Add tomatoes and Worcestershire sauce, stir
6. Simmer and cover on low heat for 2 hours
7. Heat until temperature throughout is at least 74 °C (165 °F) or warmer for at least 15 seconds.

Serving and Holding

1. Serve immediately, adding to pasta noodles

Tomato Soup - store bought

Nutrition Guidelines: Infrequently, due to high sodium content. Serve with a protein-based sandwich.



Ingredients
Canned Tomato Soup
Water

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

8. In a 4 quart pot, combine soup and water
9. Simmer over low heat, stirring often
10. Heat until 74°C (165 °F) or warmer for at least 15 seconds. Record temperature.

Meat

Bannock Dog

Nutrition Guidelines: Serve infrequently due to processed meat



Ingredients
All-purpose flour
Baking powder
Salt
Water
Vegetable Oil
Hot dog

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Mix flour, baking powder and salt together
2. Add water until becomes pasty
3. Knead twice
4. Wrap dough around each hot dog
5. If baking:
 - a. Add oil to the flour mixture
 - b. Bake in 350 oven until brown
6. If frying on stove top:
 - a. Put oil in the pan
 - b. Cook over medium heat
 - c. Add Bannock dog, cook until brown

Breaded Chicken Bites

Nutrition Guidelines: Serve infrequently



Ingredients
Homemade:
Chicken breast strips
Salt
Black pepper
Egg, beaten
Crushed cornflakes
Vegetable oil

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat oven to 350°F
2. Homemade:
3. In a large bowl, beat the eggs
4. In a separate bowl combine the crushed cornflakes and spices
5. Dip chicken in the egg wash, then the spices
6. Place prepared chicken strip (homemade or purchased) on baking sheet lined with parchment paper
7. Cook in oven for 25-30 minutes until the internal temperature is at least 74°C (165°F) for at least 15 seconds.

Classic Hamburger Patty

Nutrition Guidelines: Serve frequently



Ingredients
Egg
Salt
Black Pepper
Ground beef
Crushed cornflakes (makes item gluten free)

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'

2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours

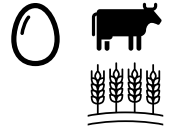
maximum total accumulated time. Food must not be contaminated by other source

Cooking

1. Preheat oven to 375°F
2. In a large bowl, combine eggs, salt and black pepper
3. Add ground beef and crushed cornflakes
4. Mix well to combine
5. Use 4oz scoop to make a meatball, then form into patty
6. Place on prepared baking sheets
7. Once baking sheet is full, place in oven and cook until no longer pink and internal temperature is at least 74°C (165°F) for at least 15 seconds

Meatballs

Nutrition Guidelines: Serve frequently



Ingredients
Ground beef
Breadcrumbs **use crushed cornflakes to make gluten free**
Salt and black pepper
Eggs
Onions, minced
Onion powder
Garlic powder

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other source

Cooking

1. Preheat oven to 400°F
2. In a large bowl, mix all ingredients together
3. Using a 4oz scoop, make meatballs and place on prepared baking sheet
4. Cook in oven until internal temperature is at least 74°C (160°F) for at least 15 seconds, about 40 minutes.
5. Serve with as is or with a choice of sauce (ex. Teriyaki or sweet and sour)

Roast Chicken

Nutrition Guidelines: Serve frequently

Ingredients
Chicken legs, drumsticks and/or thighs)
Garlic plus
Salt and black pepper to taste

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat oven to 400°F
2. Lay chicken out on prepared large baking sheet
3. Sprinkle with seasonings
4. Cook in oven for about 90 minutes, or until internal temperature reaches 74°C (160°F) for at least 15 seconds.

Roasted Potatoes

Nutrition Guidelines: Serve frequently alongside a complete meal



Ingredients
Potatoes
Vegetable oil
Garlic Plus

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4 °C (40 °F) to 60 °C (140 °F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Scrub potatoes, peel and chop into bite sized pieces

Cooking

1. Preheat oven to 450°F
2. Place chopped potatoes into a large bowl
3. Add vegetable oil and seasoning
4. Mix to coat all the potatoes evenly
5. Spread potatoes onto baking sheets
6. Place in oven for about 75 minutes, or until fork can be inserted easily and temperature is at least 74°C (160°F) for as least 15 seconds

Side Dishes & Salads

Cheesy Cabbage

Nutrition Guidelines: Serve frequently



Ingredients
Cabbage, washed, sliced and chopped
Vegetable oil for cooking
Salt
Black Pepper
Parmesan cheese (optional)

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat oven to 425°F
2. Line baking sheets with parchment paper
3. Place chopped cabbage on baking sheet
4. Drizzle to lightly coat with vegetable oil, salt, and black pepper
5. Sprinkle on cheese, if using
6. Bake in oven for about 25 minutes

Crunchy Parsnip and Carrot Salad

Nutrition Guidelines: Serve Frequently

****Soy and sesame allergen****



Ingredients
Green onions, sliced
Parsnip, cut into sticks
Carrot, cut into sticks
Seeds (pumpkin or sunflower)
Salad Dressing
Soy Sauce
Vegetable oil
White vinegar
Ginger (fresh or powder)
Garlic (fresh or powder)
Honey
Sesame Oil

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Wash and prepare all the vegetables

Cooking

1. In a bowl combine all the veggies and seeds. If not serving immediately, cover and place in the fridge.
2. Combine ingredients to make the salad dressing in a bowl or jar and mix together.
3. Before service, add the dressing and toss to coat

Green Salad

Nutrition Guidelines: Serve Frequently



Ingredients
Mixed salad greens or romaine lettuce or spinach
Grape Tomatoes
Cucumber, sliced
Carrot, grated
Salad dressing (ranch and/or oil based dressing)

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Wash and prepare all the vegetables

Cooking

1. In a bowl combine all the veggies. If not serving immediately, cover and place in the fridge.
2. Before service, add the dressing and toss to coat

Kale Chips

Nutrition Guidelines – Serve frequently



Ingredients
Kale, washed and dried
Olive oil
Garlic Plus

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Remove kale leaves from thick stems and tear into bite sized pieces, wash with salad spinner or in a large bowl. Make sure leaves are dry prior to continuing the recipe.

Cooking

1. Preheat oven to 300°F
2. Line baking sheet with parchment paper
3. Add kale to baking sheet
4. Drizzle olive oil over kale
5. Sprinkle garlic over kale
6. Bake in oven, about 20 – 30 minutes or until crispy

Roasted Vegetable Medley

Nutrition Guidelines – Serve frequently



Ingredients
Sweet potato or Yam
Parsnip or Turnip
Zucchini or other squash
Vegetable oil for cooking
Garlic Plus
Salt
Black Pepper

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Wash, peel and chop vegetables into rounds or sticks

Cooking

1. Preheat oven to 425°F
2. Line baking sheets with parchment paper
3. Place chopped vegetables (except zucchini) on baking sheet
4. Drizzle to lightly coat with vegetable oil, salt, black pepper and garlic
5. Bake in oven for about 25 minutes
6. Add zucchini to baking sheet, then return to oven to continue cooking until all vegetables are tender, about 30 minutes more

Veggie Cup ****choose 2 items****

Nutrition Guidelines – Serve frequently



Ingredients
Carrots, sliced into sticks or baby
Cucumber, mini or rounds
Celery sticks
Baby tomatoes
Broccoli
Cauliflower
Bell peppers, mini

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Wash all vegetables in water

Cooking

1. Cut carrots into sticks, or portion into a cup/serving bowl
2. Cut cucumber into rounds, or portion into a cup/serving bowl
3. Cut celery into sticks, or portion into a cup/serving bowl
4. Portion tomatoes into a cup/serving bowl
5. Cut broccoli into bite size pieces, portion into a cup/serving bowl
6. Cut Cauliflower into bite size pieces, portion into a cup/serving bowl
7. Cut bell peppers into wedges, portion into a cup/serving bowl
8. Serve with a ranch, or hummus dip

School-made croutons

Nutrition Guidelines: Serve irregularly (if using white bread)



Ingredients
Crusty bread (or bread getting old)
Vegetable Oil
Margarine or Butter, melted
Garlic powder
Italian Seasoning
Salt
Black pepper, ground

Preparing

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.

Cooking

1. Preheat oven to 375 °F
2. Line a baking sheet with parchment paper
3. Cut the bread into cubes and place in a large bowl
4. Combine the oil, margarine/butter, garlic powder, Italian season, salt and black pepper in a bowl. Drizzle over the bread cubes and toss to coat.
5. Spread the bread cubes on the prepared baking sheet
6. Bake for 12 - 20 minutes, or until the croutons are golden brown, tossing halfway through
7. Remove from oven and allow to cool

Spinach Strawberry (or dried cranberry) Salad **Sesame and possible nut allergy
Nutrition Guidelines: Serve frequently as a side to a meal

Preparing

Ingredients
Spinach
Strawberries, sliced
Vegetable oil
White Sugar
White vinegar
Sesame Seeds
Poppy Seeds
Almonds, slivered and toasted (optional)

1. Wash hands, prepare environment (wipe down counters) and ensure utensils and cookware are clean and sanitized before use. Prepare self per 'Personal Hygiene Guidelines'
2. Foods must not be exposed to temperatures between 4°C (40°F) to 60°C (140°F) for longer than four hours maximum total accumulated time. Food must not be contaminated by other sources.
3. Wash and cut all produce. Allow to dry. Place in fridge until ready to serve.

Cooking

1. In a bowl, combine the oil, sugar, vinegar, sesame seeds, poppy seeds and almonds to make the dressing.
2. Combine the dressing with the spinach and strawberries (or dried cranberries) immediately prior to service.