



Recipes from the Maine Farm to School Cook-Off



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About the Maine Farm to School Cook-Off

Introduction

The First Annual Maine Farm to School Cook-Off was a skills-based competition offered to school food service staff using local ingredients. Participation in the cook-off was voluntary and was made available to all schools districts across the state of Maine. Two regional cook-offs took place at the Westbrook Regional Vocational Center and the Capital Area Technical Center and a finals cook-off took place at the Kennebec Valley Community College in the spring of 2016.

The Set Up

Teams of two were tasked to prepare a breakfast and lunch meal that meets the National School Breakfast and Lunch Program requirements. Each meal contained at least three ingredients that were grown, raised, caught or manufactured in the state of Maine. A panel of judges consisting of a culinary arts student, school nutrition director, and professional chef scored the dishes based on presentation, taste, creativity, and feasibility to be used in a school breakfast or lunch program, as well as food safety and time management.

The Goal

To recognize school nutrition staff for their skills and creativity, while producing high-quality meals that can be replicated in a school kitchen.



Special Thanks

- ◆ **Westbrook Regional Vocational Center, Capital Area Technical Center and Kennebec Valley Community College** for generously sharing their wonderful facilities for the competitions.
- ◆ **Westbrook Regional Vocational Center culinary arts students** for giving their time and assistance during the Westbrook regional cook-off.
- ◆ **Maine Department of Agriculture, Conservation and Forestry** for their donation of Get Real, Get Maine! aprons for all participants
- ◆ **Walter Beesley and Anne Gabbianelli** for capturing great photography during the competitions.
- ◆ **Erin Dow**, School Nutrition Director for Winthrop Public Schools, for testing and formatting many of the recipes in this cookbook



Thank you to the following judges for taking time out of their day to participate in the competition:

- ◆ **Allison Daugherty**- School Nutrition Director for RSU 3
- ◆ **Chef Charles Limoggio**- Culinary Arts Instructor for the Westbrook Regional Vocational Center
- ◆ **Chef Michael Flynn**- Director of Student Nutrition Services at Hyde Schools-Bath, Maine
- ◆ **Blair Currier**- Director of Nutrition for Yarmouth Public Schools
- ◆ **Chef Mark LaCasse**- Owner of The Maine Meal in Skowhegan
- ◆ **Marilyn Branagan** -Culinary arts student from Capitol Area Technical Center
- ◆ **William Hamilton**-School Nutrition Director for RSU 18
- ◆ **Lindsey Wilcox and Riley Jensen**-Culinary arts students at Westbrook Regional Vocational Center
- ◆ **Brenda Madden**- Culinary arts student at Kennebec Valley Community College

Meet the Cook-off Teams

Lewiston Public Schools- Team Fantastic Foodies



Meranda Deraps is from Lewiston Maine, but graduated high school in Arizona. She has two children and has currently worked for Lewiston Public Schools- Child Nutrition for four years. Meranda is a Food Service Assistant and also substitutes as the cook at Lewiston High School, serving over 1,000 students daily. Meranda has nine years of experience working in the food industry for a number of different businesses.

Curtis Manchester is from Oxford Hills. Curt has been in food service for ten years and currently is a Food Service Assistant Extraordinaire for Lewiston Public Schools- Child Nutrition at Lewiston High School. Curt has worked in various food industries including catering, a fast paced Italian Restaurant kitchen as a line cook, and also a lead line cook at a business in South Paris. Curt has enjoyed working at Lewiston High School since the beginning of the 2015-2016 academic year.

RSU 38- Team The Big Kahuna's

Tina Hanson has worked in RSU 38 for six years. She is the Food Service Specialist for Maranacook Community High School.

Jeff Bridges is the School Nutrition Director for RSU 38. He has worked in the district for eight years.



Portland Public Schools- Team Portland

Joseph Reed is a Food Service Manager with Portland Public Schools. He is a graduate of Baltimore's International Culinary College and has worked in the Food Service Industry for more than two decades. Joseph has been working in Child Nutrition Services for the past two school years with Portland Public Schools.

Judy Demo has been employed by Portland Public Schools for 22 years. Judy has held the position as Baker and Cook at Portland High School for 21 years and she has run the Summer Feeding Program for the past four years.



RSU 61- Team Songo Locks School

Joyce Small is a School Lunch Worker for Songo Locks Elementary School and has 11 years of experience in food service. Prior to that time she worked as a school custodian for 5 years. Her passion is to cook for others and she very much enjoys cooking for her students.

Lori Andrews is the Kitchen Manager at Songo Locks Elementary School and has worked for the RSU 61 food service department for 11 years. She enjoys working with elementary age students. Prior to working in food service she worked as a school custodian. Her love for cooking started from preparing meals for her family.

Five Town CSD/MSAD 28 & RSU 13- Team Knox Rocks! 2016 Maine Farm to School Cook-off Champion

Susan Boivin is the Food Service Director for Five-Town CSD and MSAD 28. She began cooking in high school, and paid for her education from Art School in Boston while working in restaurants. She spent the next 15 plus years working as both a savory chef and a pastry chef in catering in Boston, Massachusetts and in Rockland, Maine. Susan's desire to spend more time with her daughter led her to a school kitchen, and she hasn't looked back. She believes that a meal is more than the food prepared, that it should teach and nurture as well as nourish. Susan has 11 years in School Food Service.

Charles Butler has been the School Nutrition Director of RSU #13, in the Rockland and Thomaston area, for the past 7 years. Charles is a former Certified Executive Chef and recipient of the SNA's Director of the Year award. He always seeks to expand his Farm to School efforts which have included the utilization of vegetables harvested from programs that directly involve the students and partnerships in the community.



Our Winners

Project Team Members

the team that made this cook-book possible

Stephanie Stambach MS, RD, SNS, Child Nutrition Consultant

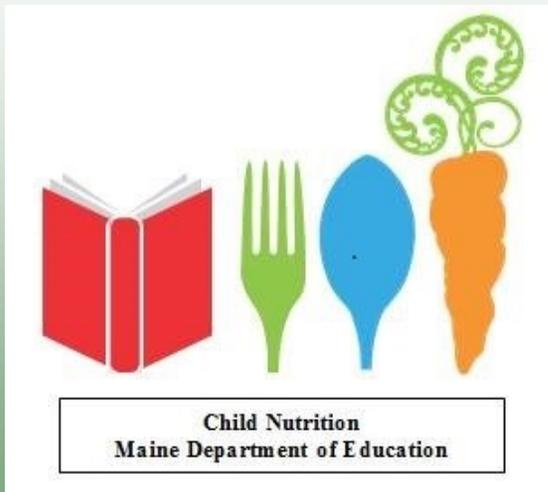
Andrew Hutchins, Child Nutrition Consultant

Walter Beesley, Child Nutrition Director

Recipe crediting completed by: Stephanie Stambach MS, RD, SNS
and Sarah Platt RD, SNS

Formatting completed by: Alissa Mank and Kaitlin Fayle

We hope that you enjoy using these recipes in your school kitchens!



The following **Maine** products were used in the Farm to School Cook-off*:

Aldermere Farm- Rockport.....	Ground beef, red potato, carrots
Aurora Mills- Linneus.....	Oats
Backyard Farms- Madison.....	Organic tomatoes, cherry tomatoes
Beveridge Farm- Camden.....	Corn, fresh cilantro, zucchini
Big Sky Bread- Portland.....	Whole wheat bread
Blue Barrels Farm- Cherryfield.....	Blueberries
Bowden's Egg Farm Waldoboro.....	Eggs
Cooper Farms- Bethel.....	Apples
Country Kitchen, LePage Bakery- Lewiston.....	English muffins
Emery Farm- Wayne.....	Garlic
Fresh Pickins Farm- Windham.....	Honey
Grandy Oat's- Brownfield.....	Granola
Greenwood Orchards- Turner.....	Apples, sunshine squash
Hope Orchards- Hope.....	Apples
Maine Family Farms- Portland.....	Ground beef
Maine Maple- Madison.....	Maple syrup
Maine Country Butter- Livermore Falls.....	Butter
Northern Girl- Van Buren.....	Beets
Oakhurst Dairy- Portland.....	Milk
Olivia's Garden New Gloucester.....	Leaf lettuce
Pineland Farms- New Gloucester.....	Eggs, feta cheese, mozzarella cheese
Ricker Hill Orchards- Turner.....	Apples
Six River Farm- Bowdoinham.....	Kale, spinach
Stevenson's Strawberries- Wayne.....	Strawberries
The Milkhouse- Monmouth.....	Greek yogurt
The New England Cupboard- Hampden.....	Cream
Valley View Farm- Auburn.....	Onions, bacon, sweet potato, scallions, fresh mint, cilantro, and basil
Weston's Meat Market- Gardiner.....	Chicken
Wyman's of Maine- Milbridge.....	Frozen blueberries, strawberries



*Note: this is not an exhaustive list but is a representative sample of the products used

Entrée Recipes

Beef and Bean Chili
Brown Rice (to be served with Beef and Bean Chili)
Breakfast Round with Fruit
Maple Apple Oat Muffin Tops
Shepard's Pie
Unbeetable Bana-berry Smoothie
Yogurt & Berry Banana Split
Tuna Salad Schooner
Fruit Parfait
Omelet Roll Up
Fruit Smoothie
Chicken Pesto Pasta
Mini Crustless Quiche with Toast
Veggie Cheese Toast
Chicken and Root Vegetable Corn Chowder

Beef and Bean Chili

Provided by Portland Food Service Department

Ingredients	50 Servings		Directions
	Weight	Measure	
Oil, soybean, salad or cooking		1/4 cup + 1 tbsp	<ol style="list-style-type: none"> 1. Heat the oil in a steam-jacketed kettle 2. Add the chopped onions, cumin, and black pepper and sautéed 3 minutes, until translucent 3. Add the chopped green peppers and sauté 2 minutes, until tender 4. Add the chili powder, garlic, salt, sugar, and tomatoes. Simmer 15 minutes, uncovered 5. Add the beef, beans, and water. Simmer 15 minutes uncovered. 6. Sprinkle 1/8 Cup of shredded cheddar cheese on top of each serving for service
Black Pepper	1/8 oz		
Onions, raw	1 lb + 14 ozs		
Peppers, sweet, green, raw	1 lb + 14 ozs		
Chili Powder	1/4 oz		
Ground Cumin	1/3 oz		
Garlic, granulated	1/8 oz		
Onion Powder	1/3 oz		
Brown Sugar	7 1/2 ozs		
Tomatoes, canned, crushed, heated		1/2 #10 can	
Tomatoes, canned, diced, drained		1 #10 can, drained	
Tomato Paste, canned, with salt		1/4 #10 can	
Salsa, USDA		1/4 #10 can	
Kidney Beans, canned		2/3 #10 can	
Black Beans, canned, low sodium		1/2 #10 can	
Baked Beans, canned		2/3 #10 can	
Pinto Beans, canned		1/4 #10 can	
Water		1 qt + 1 cup	
Ground beef 80/20, cooked		3 lb + 2 oz	
Cheddar cheese, shredded		3 lb + 2 oz	
Serving Size			Meal Pattern Contribution
1 cup			2 oz equiv M/MA + 1 cup vegetable

Breakfast Round with Fruit

Provided by Portland Food Service Department

Breakfast Round with Fruit			
Provided by Portland Food Service Department			
Ingredients	48 Servings		Directions
	Weight	Measure	
Applesauce, unsweetened		1 cup 4.5 oz	<ol style="list-style-type: none"> 1. Mix ingredients thoroughly. 2. Use a #30 Scoop and portion out scoops of mixture onto baking sheet. 3. Bake at 375 degrees for approx. 8 minutes or until golden brown. 4. Remove from oven and cool. 5. Top with 4oz Greek yogurt, berries, sliced banana and serve. <p>Note: To credit recipe as 1 oz equiv grain sprinkle additional 1/2 cup of oats over top of breakfast rounds after baking</p>
Margarine Solids No Trans fats		1 cup	
Brown Sugar		2 cups (unpacked)	
Ground Cinnamon		2 tsp	
Table Salt		1/2 tbsp	
Baking Soda		1 tsp	
Oats		4 cups	
Flour, white whole wheat		3 1/2 cups	
Yogurt, Greek, plain, non-fat	12 lbs		
Strawberry, fresh	3 lbs		
Blueberries, frozen, wild	1 lb + 8 ozs		
Banana, raw	24 each		
Serving Size		Meal Pattern Contribution	
1 each		0.75 oz equiv grain + 1/2 cup fruit + 1 oz equiv M/MA	

Maple Apple Oat Muffin Tops

Provided by RSU 13 Food Service Department

Ingredients	50 Servings		Directions
	Weight	Measure	
Rolled Oats		10 cup + 2/3 cup	<ol style="list-style-type: none"> 1. Mix 10 cups of oats with apples, egg, maple syrup, milk, and canola oil 2. Set the wet mixture aside 3. Mix Bakewell cream, baking soda, salt, cinnamon, and flours 4. Add wet mix to dry mix and stir until blended 5. Place #16 scoops on sheet pans lined with baking sheet 6. Top each with scoop of oats 7. Bake at 350 degrees for 6 minutes 8. Rotate pan and bake for approx. 6 minutes until golden brown 9. Remove from oven and let cool
Apples, chopped		5 qts	
Egg		8 each	
Maple Syrup		7 ½ cups	
Skim Milk		2 ½ cups	
Canola Oil	5 oz		
Bakewell Cream		3 tbsp	
Baking Soda		2 tbsp	
Salt		3 tbsp	
Cinnamon, ground		2 ½ tbsp	
All Purpose Flour		7 ½ cup	
Whole White Wheat Flour		2 ½ cup	



Serving Size	Meal Pattern Contribution
2 muffin tops	2.5 oz equiv grain

Shepard's Pie

Provided by Five Town CSD/MSAD 28 Food Service Department

Ingredients	48 Servings		Directions
	Weight	Measure	
Onion, chopped		2 ½ cup	GROUND BEEF: 1. Sautee ground beef with chipotle seasoning 2. Stir often until browned and fully cooked MASHED POTATOES: 3. In a non-perforated pan steam potatoes until tender 4. Strain and reserve the cooking liquid in the pan 5. Mash potatoes until smooth with 1/4 cup of unsalted butter, salt, pepper, and milk CORN: 6. In a non-perforated pan steam corn until tender 7. Strain and reserve the cooking liquid in the pan COOKING LIQUID: 1. Combine cooking liquid reserved from potatoes and corn 2. If less than 7oz add water to bring to 7oz PAN GRAVY: 1. Sautee onions with 6 Tbsp butter until golden brown and caramelized 2. With a slotted spoon remove the onions from the pan and set aside 3. Add garlic to the pan and sauté until lightly browned 4. Add mustard, caramelized onions and 6 cups of cooking liquid to the pan 5. Stir and bring to a boil 6. Mix cornstarch with 1 1/2 Cups of cooking liquid until smooth 7. Stir cornstarch mixture into boiling liquid until thickened 8. Set aside ASSEMBLY: 9. For a 48 serving recipe use 2 shallow hotel pans 10. Place the browned beef in the bottom of the pans 11. layer with corn and pan gravy 13. Top with mashed potato 14. Bake at 350 degrees for approx. 30 minutes and internal temperature is at least 165
Unsalted Butter		½ cup + 2 tbsp	
Cinnamon Chipotle Rub		6 tbsp	
Ground Beef	10 lb		
Corn		20 cup	
Red Potato	15 lb		
Cornstarch		½ cup + 2 tbsp	
Lowfat Milk		5 cup	
Salt		2 tbsp + 2 tsp	
Ground Black Pepper		2 Tbsp. + 2 tsp	
Water, (reserved cooking liquid)		7 1/2 cup	
Garlic, chopped		7 tbsp	
Grainy Mustard		7 tbsp	
			
Serving Size			Meal Pattern Contribution
1 piece			2.5 oz equiv M/MA + 3/4 cup starchy vegetable

Yogurt & Berry Banana Split

Provided by RSU 61 Food Service Department

Yogurt & Berry Banana Split			
Provided by RSU 61 Food Service Department			
Ingredients	50 Servings		Directions
	Weight	Measure	
Banana, raw, petite		50 each	1. Peel whole, raw banana and place it in a plastic boat. 2. Add 4 oz of yogurt to the top of banana, then add strawberries and blueberries along with granola to finish yogurt banana split
Strawberries, raw		3qt + 1/2 cup	
Blueberries, raw		1 qt + 2 1/4 cup	
Vanilla Yogurt, low-fat		4 oz	
Granola	4 lb + 11 oz		
			
Serving Size		Meal Pattern Contribution	
1 banana boat		1.5 oz equiv grain + 1 oz equiv M/MA, 3/4 cup fruit	

Tuna Salad Schooner

Provided by RSU 61 Food Service Department

Ingredients	50 Servings		Directions
	Weight	Measure	
Tuna, light, water packed, drained		2 cans (66.5oz each)	<ol style="list-style-type: none"> 1. Prepare tuna and add mayo, small chopped local apples in a bowl. Be sure to mix all ingredients well. 2. Place cut and washed romaine lettuce leaves on the toasted WG English Muffins 3. Spoon equal amount (#8 Scoop) of the tuna salad mixture onto the lettuce leaves of each WG English Muffins. Add apple pieces on tuna evenly 4. Wedge 1 tortilla chip into the tuna salad mixture of each schooner so that it looks like a sail 5. Serve with Goldfish crackers around the schooner so that it looks like your schooner is sailing through a school of fish
Apples, fresh		3 cups, qtr or chopped	
Mayonnaise, fat free, cholesterol free	2 lb		
Whole Grain English Muffin		50 muffins (1 each)	
Lettuce, romaine, raw		3 heads	
Tortilla chips, whole grain		6 1/4 (1oz-8 chips per serving)	
			
Serving Size			Meal Pattern Contribution
2 schooners			2 oz equiv grain + 2.5 oz equiv M/MA

Fruit Parfait

Provided by RSU 38 Food Service Department

Fruit Parfait			
Provided by RSU 38 Food Service Department			
Ingredients	50 Servings		Directions
	Weight	Measure	
Low Fat Vanilla Yogurt		25 cup	<ol style="list-style-type: none"> 1. Place 1/4 cup of yogurt into the bottom of a 5 oz. soufflé cup. 2. Place 1/4 cup of mixed fruit onto the yogurt. 3. Repeat for two more layers. 4. Top with 1/4 cup of granola and serve immediately.
Pineapple, chopped		10 cup	
Berries, fresh or frozen, chopped		5 cup	
Bananas, peeled and sliced		7	
Granola		12 cup	
			
Serving Size			Meal Pattern Contribution
1 parfait			1 oz equiv M/MA + 1/2 cup fruit + 1 oz equiv grain

Omelet Roll Up

Provided by RSU 38 Food Service Department

Ingredients	50 servings		Directions
	Weight	Measure	
Low-fat Milk		7 1/2 cup	<ol style="list-style-type: none"> 1. Preheat oven to 375 degrees and coat (10) 2" deep hotel pans with nonstick cooking spray. 2. In a large bowl or mixer, whisk the milk and flour together until smooth. 3. Add the eggs and salt and pepper to the milk and flour mixture and beat until well-blended. 4. Divide egg the mixture evenly between the hotel pans and bake for 6-8 minutes or until fully cooked (no runny spots). 5. Meanwhile, in a large pan, sauté the onions and peppers in a small amount of vegetable oil until softened. Add the spinach to the pan and cook for 1-2 minutes or until the spinach is just wilted. Set aside. 6. Remove eggs from the oven and top each pan with 1 1/2 cups of cheddar cheese and return to the oven for 1-2 minutes or until the cheese is melted. 7. Remove the eggs from the hotel pan, top with the spinach mixture (divided evenly among the 10 pans) and roll lengthwise. 8. Slice each roll into 5 servings and top with diced tomato and green onion before serving.
All Purpose Flour		5 cup	
Eggs, whole		80	
Cheddar Cheese, shredded		15 cup	
Ham, diced	5 lbs		
Fresh Spinach, chopped	4 lbs		
Tomatoes, diced		20 cups	
Red Onions, small, diced		10	
Yellow Onions, small, diced		10	
Green Onions, sliced		20	
Salt and Pepper to taste			
			
Serving Size			Meal Pattern Contribution
1 piece			2 oz equiv M/MA + 3/4 cup vegetable

Fruit Smoothie

Provided by RSU 38 Food Service Department

Ingredients	50 Servings		Directions
	Weight	Measure	
Low Fat Yogurt, plain or vanilla		25 cup	Blend all ingredients together until smooth. Serve immediately.
Bananas, frozen		8 cup	
Pineapple, fresh, chopped		8 cup	
Mandarin Oranges		8 cup	
Strawberries, fresh or frozen, sliced		4 cup	
Serving Size			Meal Pattern Contribution
1 cup (8 ounce)			1 oz equiv M/MA + 1/2 cup fruit

Chicken Pesto Pasta

Provided by RSU 38 Food Service Department

Ingredients	50 servings		Directions
	Weight	Measure	
Pesto			<ol style="list-style-type: none"> 1. Process olive oil, Parmesan cheese, garlic cloves and hot sauce in a food processor until smooth. Add basil and pulse until sauce is evenly smooth. Set aside. 2. In a large sauté pan, melt margarine or butter over medium high heat and add minced garlic. Sauté until fragrant, about three minutes. 3. Add the flour to the sauté pan and whisk to combine with the butter. Cook, stirring constantly, for 2-3 minutes. 4. Whisk in the milk and parmesan cheese and cook over medium heat, stirring constantly, until sauce comes to a boil. Remove pan from heat, stir in 2/3 cup of the pesto sauce and set aside. 5. Meanwhile, in a large pan, sauté the onions and peppers in 1/4 cup of vegetable oil until softened. Add the garlic and sauté for an additional minute. Add the blanched broccoli and cooked chicken to the pan and stir over medium heat until warm, seasoning to taste with salt and pepper. Add the sauce to the mixture and stir to evenly combine. 6. Serve one cup of chicken and sauce mixture over one cup of warm cooked pasta.
Basil Leaves		4 cup	
Olive Oil		3/4 cup	
Parmesan Cheese, grated		1/3 cup	
Garlic Cloves, whole		4	
Hot Sauce		1/8 tsp	
Sauce			
Margarine or Butter		1 1/4 cup	
Garlic Cloves, minced		20	
All Purpose Flour		1 1/4 cup	
Milk		1 gallon	
Parmesan Cheese, grated		2 1/2 cup	
Pasta			
Yellow Onion, diced		4 cup	
Red Bell Pepper, diced		4 cup	
Broccoli Florets, blanched		6 cup	
Garlic Cloves, minced		10	
Vegetable Oil		1/4 cup	
Chicken, cooked	7 lbs		
Whole Grain Pasta, dry	7 1/2 lbs		
			
Serving Size			Meal Pattern Contribution
1 cup of cooked pasta + 1 cup of chicken and veggie mixture			2 oz equiv M/MA + 1/4 cup vegetable + 2 oz equiv grain

Veggie Cheese Toast

Provided by Lewiston Public Schools Food Service Department

50 servings			Directions
Ingredients	Weight	Measure	
Seeded WW Bread, 1.5 ounce slice		50 slices	<ol style="list-style-type: none"> 1. Wash, cut and prepare vegetables. Set aside. 2. Combine yogurt with tomato, garlic and dill in a large bowl. 3. Spread 1 tablespoon of yogurt mix onto one slice of bread. 4. Place one slice of bell pepper and one asparagus onto bread and top with 1 oz. of mozzarella cheese. 5. Convection bake at 350 degrees for 5-8 minutes.
Greek Yogurt, plain	3 lbs 2 oz		
Whole Garlic Cloves, minced		1 1/4 cup	
Cherry Tomatoes, chopped		5 cup	
Red Bell Pepper, sliced thinly		5 cup	
Asparagus Spears, 1"	10 lbs		
Mozzarella Cheese, shredded	3 lbs 2 oz		
Fresh Dill, chopped		5/8 cup	
Serving Size			Meal Pattern Contribution
1 slice			1.25 oz equiv M/MA + 1/2 cup vegetable + 1.5 oz equiv grain



Chicken and Root Vegetable Corn Chowder

Provided by Lewiston Public Schools Food Service Department

Ingredients	50 servings		Directions
	Weight	Measure	
Bacon, sliced	2 1/2 lbs		<ol style="list-style-type: none"> 1. Wash, cut and prepare vegetables. Combine heavy cream and corn puree and set aside. 2. Cook bacon until done and coarsely crumble. Set aside. 3. Oven bake onion, red pepper and celery at 375 degrees until they are softened, about 8 minutes. Set aside. 4. In a large stock pot, melt butter and add flour, stirring constantly to form a roux. Cook roux over medium heat for 2-3 minutes before whisking in the chicken stock. Bring the thickened stock to a gentle boil before adding the squash, sweet potatoes and herbs. Reduce heat to a low simmer and cook until sweet potatoes are tender, about 20 minutes. 5. Stir chicken and bacon into the soup and simmer for 5 minutes until heated through. Remove from the heat and whisk in the heavy cream. 6. Sprinkle chopped scallions over the soup before serving.
Butter	1 1/4 lbs		
Flour	1 1/4 lbs		
Onion, 1/2" diced	5 lbs		
Red Bell Pepper, 1/2" diced	2 1/2 lbs		
Celery, 1/2" diced	5 lbs		
Whole Garlic Cloves, minced	1 1/4 lbs		
Chicken Stock		5 gallons	
Summer Squash, 1" diced	5 lbs		
Sweet Potato, 1" diced	5 lbs		
Corn Kernels, pureed	10 lbs		
Chicken, cooked and diced	10 lbs		
Thyme, fresh and chopped	10 oz		
Cilantro, fresh and chopped	1 lbs 14 oz		
Scallions, chopped	1 1/4 lbs		
Heavy Cream		2 1/2 cup	
			
Serving Size			Meal Pattern Contribution
1 cup			3 oz equiv M/MA + 1/2 cup vegetable

Sides/Dessert Recipes

Kale & Spinach Salad

Apple Carrot Slaw

Blueberry Lemon Zucchini Cake

Ant's on a Log

Fun Hard Boiled Egg on Lettuce Leaf

Kale and Potato Soup

Ginger Glazed Carrots

Mint Fresh Fruit Salad

Apple Carrot Slaw

Provided by Five Town CSD/MSAD 28 Food Service Department

Ingredients	50 servings		Directions
	Weight	Measure	
Red Onion, sliced		2 ½ cup	1. Stir together lime juice, vegetable oil, cumin, brown sugar, and honey. 2. Set dressing aside 3. Combine apple, carrot, cilantro, and dressing, then mix
Fresh Apple, shredded		25 cup	
Fresh Carrot, shredded		25 cup	
Fresh Cilantro Leaves		3 cup	
Fresh Lime Juice		3 ¾ cup	
Vegetable Oil		2 ½ cup	
Ground Cumin		1 tbsp	
Brown Sugar		1 ¼ cup	
Honey		1 ¼ cup	



Serving Size	Meal Pattern Contribution
1 cup	1/2 cup fruit + 1/2 cup red/orange vegetable

Blueberry Lemon Zucchini Cake

Provided by Five Town CSD/MSAD 28 Food Service Department

Blueberry Lemon Zucchini Cake			
Provided by Five Town CSD/MSAD 28 Food Service Department			
Ingredients	48 servings		Directions
	Weight	Measure	
Shredded Zucchini		6 cups	<ol style="list-style-type: none"> 1. Mix dry ingredients together. 2. Mix zucchini with zest, juice and buttermilk, set aside. 3. Cream butter and sugar until fluffy, scraping bowl often. 4. Add eggs slowly, do not mix fully (mixture should be streaky). 5. Add dry alternating with zucchini mix. Scrape bowl, add blueberries, fold in evenly. Add to 2 shallow hotel pans 6. Bake at 350 degrees for approx. 30 minutes
Buttermilk		1 1/2 cup	
Lemon Zest		3 tbsp	
Lemon Juice		1/2 cup & 1 tbsp	
Unsalted Butter		3 cups	
Sugar		7 1/2 cups	
Eggs		6	
Whole Wheat Flour		9 3/4 cups	
Baking Soda		1 tbsp	
Salt		1 1/2 tsp	
Blueberries		6 cups	
Serving Size		Meal Pattern Contribution	
1 piece		1.5 oz equiv grain	

Ant's on a Log

Provided by RSU 61 Food Service Department

Ingredients	50 servings		Directions
	Weight	Measure	
Celery, fresh, raw	7.2 lb		1. Wash and trim edges of celery sticks. 2. Add USDA Sunflower Butter to each of the sticks along with a few raisins across the top of each stick. 3. Create the look of "Ant's on a log".
Sunflower Seed Butter, salt added		6.25 cup	
Raisins, Seedless, regular moisture	12.5 oz		
Serving Size			Meal Pattern Contribution
6 sticks			1/2 cup vegetable + 1 oz equiv M/MA

Fun Hard Boiled Egg on Lettuce Leaf

Provided by RSU 61 Food Service Department

Ingredients	50 servings		Directions
	Weight	Measure	
Eggs, whole, hardboiled		50 eggs	<ol style="list-style-type: none"> 1. Rinse the large fresh eggs before adding to pot of fresh water. 2. Bring the eggs to a boil based on directions for hard boiled eggs. 3. Allow the eggs to cool down, then peel and rinse the eggs under cool water. 4. Serve 1 large hard boiled egg in in half on a fresh bed of lettuce leaf to brighten the presentation and make the egg more eye appealing on the tray for students. 5. Use black pepper for eyes and carrot for beak
Lettuce, loose leaf, raw		50 leaves	
Pepper, black			
Carrots, raw, julienned			
			
Serving Size		Meal Pattern Contribution	
1 egg & 1 leaf		2oz equiv M/MA	

Kale and Potato Soup

Provided by RSU 38 Food Service Department

Ingredients	50 servings		Directions
	Weight	Measure	
Olive Oil		1 cup	<ol style="list-style-type: none"> 1. Sautee onions, garlic cloves, crushed red pepper and salt (to taste) in olive oil in a large stock pot until translucent. 2. Whisk together flour and 1 cup of milk and set aside. 3. Add potatoes and stock to the pot and bring the mixture to a boil. Reduce heat to a brisk simmer and cook for 5-10 minutes or until potatoes are cooked but still firm. 4. Slowly whisk the flour and milk mixture into the soup and return it to a brisk simmer to thicken the soup. 5. Add the kale and cook for 10 minutes. Reduce heat to low, add the remaining 8 cups of milk and bring to serving temperature (without boiling) before serving.
Onions, medium, diced		8	
Garlic Cloves, minced		16	
Red Pepper Flakes		2 tbsp	
Potatoes, medium, diced		24	
Stock, vegetable or chicken	128 ozs		
Kale, chopped		12 cup	
All Purpose Flour		1 cup	
Low-Fat Milk		8 cup + 1 cup	



Optional: Add 3 1/2 lbs of crumbled cooked sweet or spicy Italian sausage to the finished soup for extra flavor and a 1 oz equiv M/MA per serving.

Serving Size	Meal Pattern Contribution
1.5 cup	1/4 cup vegetable

Ginger Glazed Carrots

Provided by RSU 38 Food Service Department

Ginger Glazed Carrots			
Provided by RSU 38 Food Service Department			
Ingredients	50 servings		Directions
	Weight	Measure	
Carrots, sliced, cooked	15 lbs		<ol style="list-style-type: none"> 1. In a stock pot over medium heat, melt margarine. 2. Add ginger and sauté until aromatic, about 1 minute. 3. Add honey, lemon juice, salt and pepper and bring to a boil while whisking. 4. Reduce heat and simmer until glaze thickens, about 5-6 minutes. 5. Stir in parsley and toss with cooked carrots to coat. Serve warm.
Margarine		4 tbsp	
Ground Ginger	2 1/2 ozs		
Honey		1 cup	
Lemon Juice		1/4 cup	
Salt		1/4 cup	
Black Pepper, ground		2 1/2 tbsp	
Parsley, fresh, minced		1/2 cup	
Serving Size		Meal Pattern Contribution	
1/2 cup		1/2 cup red/orange vegetable	

Mint Fresh Fruit Salad

Provided by Lewiston Public Schools Food Service Department

50 servings			Directions
Ingredients	Weight	Measure	
Cantaloupe, peeled, cored and diced 1"	30 lbs		<ol style="list-style-type: none"> 1. Wash, cut and prepare fruit. 2. Mix lime juice and honey together and combine with fruit and mint. 3. Chill and serve.
Apples, cored and quartered	2 1/2 lbs		
Strawberries, hulled and halved	2 1/2 lbs		
Red Seedless Grapes	2 1/2 lbs		
Lime Juice, fresh squeezed		2 1/4 cup	
Honey		2 1/4 cup	
Fresh Mint, chopped	8 oz		
Serving Size			Meal Pattern Contribution
1 cup			1 cup fruit