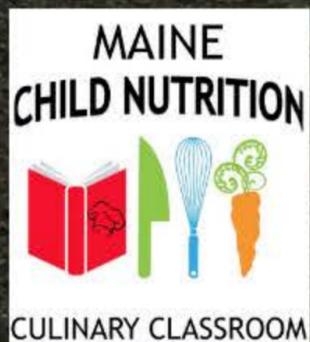




2020 FARM TO SCHOOL COOKBOOK

**Featuring recipes from the 2020
Farm to School Cook-Off using the
challenge ingredients:**

**local ground beef
& local rolled oats**



COOKBOOK DEDICATION

We would like to dedicate this cookbook to all of the Maine school nutrition heroes! THANK YOU for your tireless efforts and commitment to feeding Maine children during this unprecedented time. The dedication you have shown to the students and families in your communities, and the important role you have played in their lives, is commendable.

You truly are heroes!

Sincerely,

The Maine Child Nutrition Team



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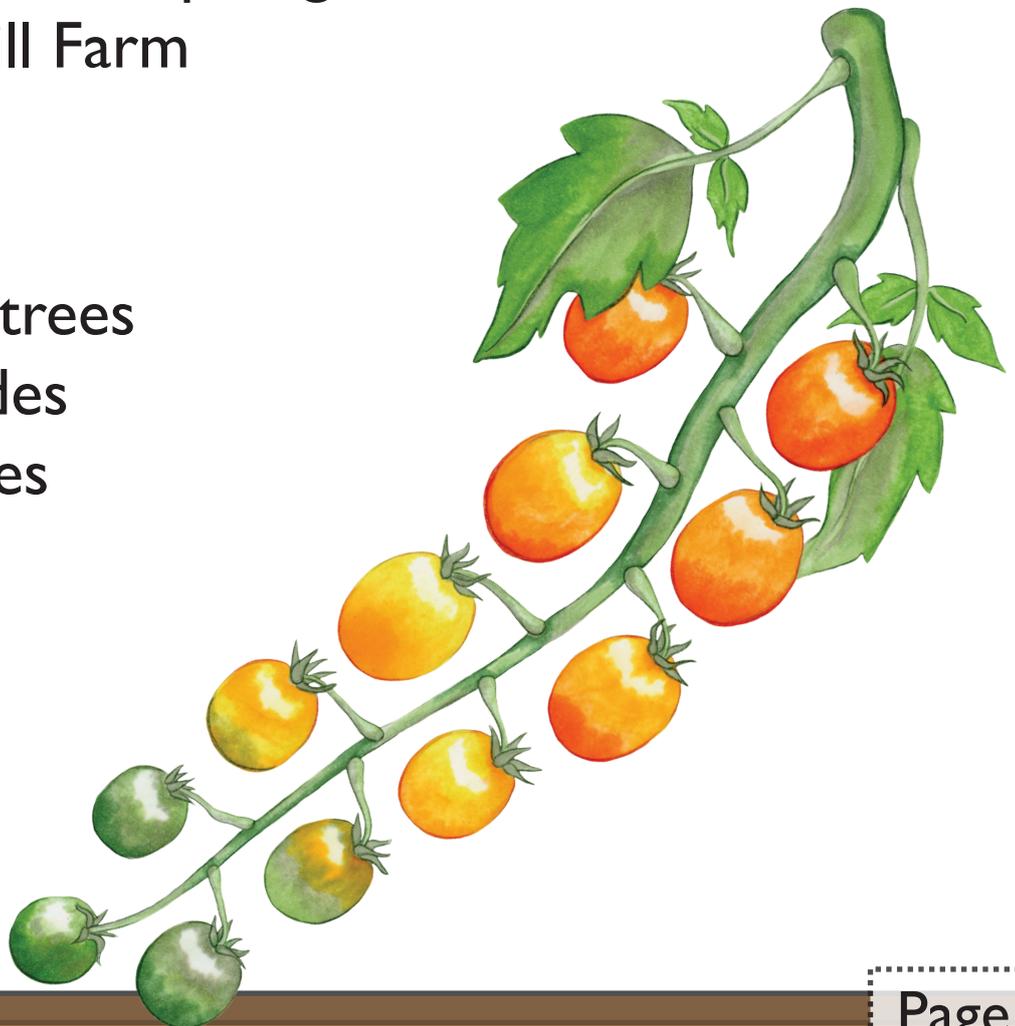
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ABOUT THE 2020 FARM TO SCHOOL COOK-OFF

INTRODUCTION

The Annual Maine Farm to School Cook-Off is a skills-based competition offered to school food service staff and students using local ingredients. Participation in the cook-off was voluntary and was made available to all school districts across the state of Maine. In a normal year, there would have been three regional cook-offs with this year's final competition to be held in the new Culinary Classroom. However, due to the Covid-19 pandemic, a virtual format was used and an online competition was offered to all teams.

THE SET UP

Teams of two consisting of one student and one adult 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 as well as one USDA food. Maine oats and ground beef were used as “challenge” ingredients in the breakfast and lunch meal, respectively.

THE GOAL

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

PARTICIPATING DISTRICTS

We would like to thank the following school districts that submitted recipes for the 2020 Farm to School Cook-Off:

- RSU 3
- RSU 12
- RSU 24
- RSU 54
- Bangor Public Schools
- South Portland Public Schools
- Winthrop Public Schools
- Yarmouth Public Schools



PROJECT TEAM MEMBERS

THE TEAM THAT MADE THIS COOKBOOK POSSIBLE



STEPHANIE STAMBACH
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Child Nutrition Consultant



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WALTER BEESLEY
Child Nutrition Director

Cookbook layout and design: Robin Kerber

Meal pattern contribution completed by: Michele Bisbee & Stephanie Stambach

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

TEAM SPOTLIGHT: RSU 54 TEAM SONDAY



Caleb and Gina from Team Sonday have been participating in the Farm to School Cook-Off since 2017 and the challenges of school year 2020 did not stop them! When schools closed in the spring and the cook-off shifted to a virtual format, Team Sonday embraced the challenge and created breakfast and lunch videos to showcase the meals they had planned to prepare in person.

Thank you, Gina and Caleb, for your dedication to this event and for being an annual participant in the Farm to School Cook-Off since 2017. Team Sonday was awarded a breakfast and lunch plaque, as well as a certificate of appreciation for the longest running team to participate.



OUR FARM PARTNERS

THANK YOU FOR DONATING THE CHALLENGE INGREDIENTS!



COMMON HILL FARM

Jackson, Maine

The ground beef challenge ingredient was generously donated by Common Hill Farm, a family-run operation in Jackson, Maine. David Greeley and his family has been raising grass-fed beef on their land since 1980. With a focus on high-quality beef, they breed, raise, and sell a variety of breeds including Angus, Limousin, and Blond d'Aquitaine. Like most farms in Maine, Common Hill Farm has diversified beyond beef cattle. They also sell maple syrup, firewood, and lumber to neighbors in Waldo County.

MAINE GRAINS

Skowhegan, Maine



The rolled oats challenge ingredient was donated by Maine Grains, a gristmill in Skowhegan, Maine. Maine Grains sources grains from local farmers, and has fostered the creation of a CSA and a farmer's market that provides local produce to area residents. Maine Grains specializes in freshly milled, organic and heritage grains for stoneground flour and rolled oats, selling to bakers, brewers, and chefs throughout the Northeast.



BREAKFAST ENTREE RECIPES

9. Crème Brûlée Oatmeal
 10. Mini Yogurt Ice Cream Sundae
 11. Apple Oatmeal Muffins
 12. Spanish Broccoli Frittata
 13. Oatmeal Yogurt Tart
 14. Strawberry Shortcake Smoothie
 15. Vanilla Oatmeal Crusted French Toast
 16. Sunny Day Granola Bars
 17. Oatmeal Yogurt Squares
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CREME BRULEE BAKED OATMEAL

INGREDIENTS:

Oats	3 quarts + 3 cup
Butter	$\frac{3}{4}$ cup
Baking powder	3 Tb
Nutmeg	$\frac{1}{2}$ cup
Salt, Kosher	1 Tb
Vanilla extract	$\frac{1}{4}$ cup
Milk	2 Quarts + 1 cup
Eggs	12 ea
Baking soda	1.5 Tb
Vanilla yogurt	4 cup
Brown sugar	3 cup

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Grease two full size hotel pans.
3. Using a large bowl, mix all ingredients, reserving 1 cup of brown sugar for topping
4. Cover pan with foil, bake for 20 minutes, remove foil and continue baking for another 25 minutes.
5. Remove pan from oven and turn oven to broil.
6. Sprinkle top of oatmeal with remaining 1 cups of brown sugar and return to oven to broil 3-5 minutes, watching closely so it doesn't burn.

SERVINGS: 48

PORTION:

1 square

MEAL PATTERN:

1.5 oz grain

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



MINI YOGURT ICE CREAM SUNDAE

INGREDIENTS:

Vanilla yogurt, low fat yogurt	12.5 cup
Bananas, petite, sliced	50 each
Strawberries, frozen or fresh, sliced	25 cup
Coconut, shredded colored with food coloring	1 cup
Chocolate chips	1 cup

DIRECTIONS:

1. Scoop 4 ounces of yogurt into individual cups
2. Top with $\frac{1}{2}$ cup sliced bananas, $\frac{1}{2}$ cup sliced strawberries
3. Sprinkle with colored coconut and a few chocolate chips

SERVINGS: 50

PORTION:

1 each

MEAL PATTERN:

1 oz M/MA, 1 cup fruit

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



APPLE OATMEAL MUFFINS

INGREDIENTS:

AP blended flour	6 ¼ cup
Old fashioned oats (local)	6 ¼ cup
Baking powder	5 tsp
Baking soda	2 ½ tsp
Salt	1 ¼ tsp
Cinnamon	2 ½ tsp
Ginger	½ + 1/8 tsp
Cardamom	1 ¼ tsp
Applesauce	5 cup
Buttermilk (local)	2 ½ cup
Brown sugar	2 ½ cup
Melted coconut oil	10 tb
Eggs (local)	5 lg
Vanilla	2 ½ tsp
Gala apples cut in small pieces (local)	10 each

DIRECTIONS:

1. Preheat oven to 375 degrees
2. Line muffin pans with muffin papers or spray with non-stick spray.
3. In a large bowl, combine flour, oats, baking powder, baking soda, cinnamon, cardamom and ginger.
4. In a medium bowl combine applesauce, buttermilk, sugar, oil, eggs and vanilla.
5. Pour applesauce mixture into flour mixture. Stir until mixed.
6. Fold in chopped apples. Fill muffin cups with #10 scoop.
7. Bake for 15 to 20 minutes.

SERVINGS: 50

PORTION:

1 muffin

MEAL PATTERN:

1.5 oz grain



SPANISH BROCCOLI FRITTATA

INGREDIENTS:

Onion, small, diced	1 quart
Broccoli, fresh, chopped	16 lb
Garlic, minced	1/2 cup
Green chilies, canned, diced (optional)	32 oz
Egg substitute	25 cup
Milk, non-fat	6 cups
Cumin, ground (optional)	1/4 cup
Black pepper, ground	2 Tb
Chili powder, ground	1/4 cup
Cheddar cheese, shredded	5 cup
Salsa (optional)	

SERVINGS: 100

PORTION:

1/2 cup

MEAL PATTERN:

2oz meat – 1/2 cup vegetable

DIRECTIONS:

1. In a large non-stick skillet, or skillet sprayed with non-stick spray, heat onions and broccoli over medium high heat 10 minutes.
2. Add minced garlic and diced green chilies.
3. Simmer until excess liquid is removed from vegetables.
4. In a separate container whisk egg substitute with milk and spices. Mix well. Mixture should be slightly frothy.
5. Coat 2-inch hotel pans with cooking spray. Pour mixture into pans. Cover with plastic wrap. Steam 30-40 minutes.
6. Heat oven to 350 F. Uncover pans. Bake 10 minutes.
7. Sprinkle top with shredded cheese. Bake 5 minutes or until browned.
8. Hold in 200 F oven until ready to serve.
9. Cut 5x5 to make 25 servings per pan. Serve with salsa (optional).

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



OATMEAL YOGURT TART

INGREDIENTS:

Oats, rolled	6.25 lb
Coconut, shredded	2 cup + 1 Tb
Cinnamon, ground	2 Tb + 1/4 tsp
Nutmeg, ground	1 tsp
Butter	1 cup + 1/2 Tb
Maine honey	1/4 cup + 1/2 tsp
Yogurt, plain	1 qt + 1/8 cup
Maine Maple Syrup	1 cup + 1/2 Tb
Sugar, granulated	1 Tb + 1 1/8 tsp
Blueberries, Maine	6 1/4 cups
Strawberries	6 1/4 cups
Kiwi	50 slices

DIRECTIONS:

1. Preheat oven to 250 Fahrenheit.
2. Lightly grease a muffin tin.
3. In a large bowl, combine rolled oats, coconut, cinnamon and nutmeg.
4. In a saucepan over low heat, melt together butter and honey.
5. Pour mixture over oats and mix.
6. Scoop 2 oz of oat mixture into muffin tin, pressing oats into cups.
7. Bake for 20 minutes.
8. Remove from oven and allow to cool completely
9. To make filling, mix yogurt, maple syrup and sugar until combined.
10. Scoop yogurt mixture and top with fresh fruit.

SERVINGS: 50

PORTION:

1 tart

MEAL PATTERN:

1 oz grain, 1/4 cup fruit

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



STRAWBERRY SHORTCAKE SMOOTHIE

INGREDIENTS:

Oats, rolled	3 lbs 2 oz
Strawberries, frozen	18 lbs
Yogurt, greek, vanilla	6.5 qt
Milk, skim	3 qt
Vanilla	6 tsp

DIRECTIONS:

1. Measure oats into blender. Blend until ground into a fine powder.
2. Add frozen strawberries, yogurt, milk, honey and vanilla
3. Blend until completely smooth.
4. Serve immediately
5. Top with whipped cream if desired

SERVINGS: 50

PORTION:

12 oz

MEAL PATTERN:

½ cup fruit, 1 oz eq m/ma

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



VANILLA OATMEAL CRUSTED FRENCH TOAST

INGREDIENTS:

Bread, whole wheat	100 Slices
Eggs	3 qt
Milk, nonfat	12 ½ cup
Vanilla extract	4 ½ Tb
Oats, dry	25 cup
Cooking spray, butter flavor	
Sliced apples	2 each #10 cans
Cinnamon, ground	4 ½ Tb
Sugar, brown	2/3 cup

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Line 4 large sheet pans and 1 small sheet pan with paper lines.
3. Spray pans with cooking spray.
4. Whisk eggs, milk and vanilla together in 5 gallon bowl.
5. Place oats in a separate container.
6. Drain apples and combine with cinnamon and brown sugar in a 4" hotel pan.
7. Bake in oven for 15-20 Minutes.
8. Stir after 10 minutes.
9. Dip slices of bread into egg mixture then coat both sides with oats and place on sheet pan.
10. Spray with additional cooking spray to coat.
11. Bake for 10-12 minutes until browned.
12. Serve 2 slices with ½ cup warm apples.

SERVINGS: 50

PORTION:

2 slices

MEAL PATTERN:

2 ½ oz eq grain, ½ cup fruit

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



SUNNY DAY GRANOLA BARS

INGREDIENTS:

Rolled oats	13 3/4 cup
Vegetable oil	10 Tb
USDA sun butter	6 1/4 cup
Local honey	1 2/3 cup
Vanilla	5 tsp
Salt	1 1/4 tsp
Sunflower seeds	3-3/4 cup
USDA raisins	20 pkg. (5 cup)

Please note that the original recipe for 10 servings fits in a one quarter size sheet pan. It would be difficult to do in a full size sheet pan so it is suggested if you are making 50 servings to press it into 5 one quarter sized sheet pans.

SERVINGS: 50

PORTION:

1 bar

MEAL PATTERN:

1 M/MA 1 grain

DIRECTIONS:

1. Preheat convection oven to 300° with the fan on low. Mix the oil and raw oats together in a 4 inch pan and bake for 30-35 minutes, stirring once half way. This can be done in advance.
2. Place parchment paper on a one quarter size sheet pan.
3. Cook sun butter and honey over medium heat in a small sauce pan, stirring occasionally, until the mixture reaches a simmer. Continue to simmer for 1 minute, stirring constantly so that the bottom of the mixture does not burn. Remove from the heat.
4. Meanwhile mix the toasted oats, salt, vanilla, sunflower seeds and raisins in a mixing bowl. Mix well so that the raisins are not lumped together. Gloved hands work the best.
5. Add the hot sun butter mixture and mix quickly with a spoon. As soon as it is cool enough to handle with gloves on press the mixture into prepared pan. Use the back of a spatula to make a flat surface. Chill at least 20 minutes.
6. Use the parchment paper to lift the bars out of the pan and transfer them to a cutting board. Cut in 10 equal portions. Individually wrap for ease of service. Store in refrigerator for up to a week or freeze for up to 3 months.



OATMEAL YOGURT SQUARES

INGREDIENTS:

Whole wheat flour (local)	3 1/2 cup
Bread flour	3 1/3 cup
Rolled oats (Maine, local)	5 1/2 cup
Baking powder	1 Tb + 1 tsp
Baking soda	1 Tb
Cinnamon, ground	1 Tb + 1 tsp
Nutmeg	1 tsp
Salt	1 tsp
Eggs (Maine, local)	1 1.2 cup
Sugar	1 cup
Bananas, mashed	5 2/3 cup
Yogurt, plain (local)	3 cup
Vanilla extract	2 Tb
Wild Blueberries (local)	2 2/3 cup
Cranberries, dried (USDA)	1 1/3 cup

DIRECTIONS:

1. In a large bowl mix together the first eight ingredients.
2. In a separate bowl mix together the eggs, sugar, bananas, yogurt and vanilla.
3. Pour wet ingredients into bowl of dry and combine until all flour is just wet, do not overmix.
4. Fold in blueberries and dried cranberries.
5. Split batter between two half hotel pans (12" x 10" x 2.5") lightly coated with pan-release spray.
6. Bake until golden brown in a 300 degree convection oven for 40 minutes.
7. Let cool and cut each pan 5 x 5 (25 pieces per pan).

SERVINGS: 50

PORTION:

1 piece 2" x 2 3/8"

MEAL PATTERN:

1.5 oz equivalent grains and
1/8 cup fruit

MAINE
CHILD NUTRITION



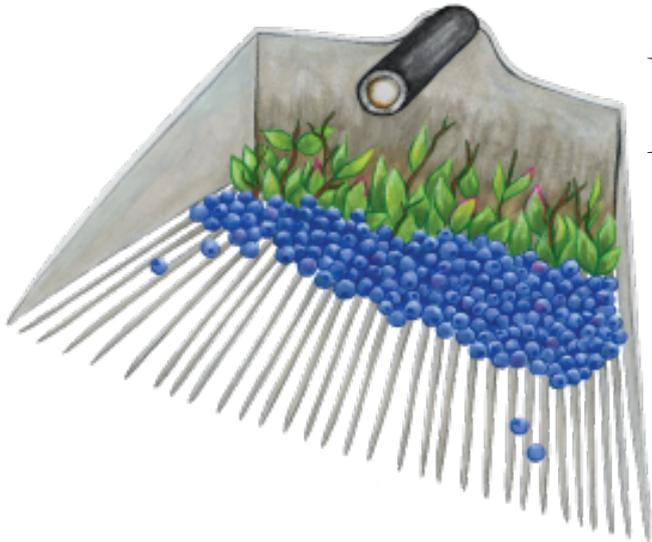
CULINARY CLASSROOM



BREAKFAST SIDES RECIPES

- 19. Blueberry Oat Bars
- 20. Melon Mint Salad
- 21. Rainbow Fruit Salad
- 22. Rainbow Smoothie
- 23. Tropical Fruit Cup
- 24. Blueberry Banana Cup
- 25. Green Apple Smoothie





BLUEBERRY OAT BARS

INGREDIENTS:

Butter, unsalted	2 lb 5.5 oz
AP Flour	5.25 cup
Oats	12.5 cup
Light brown sugar, packed	3-1/8 cup
Blueberries, frozen	25 cup
Light brown sugar, packed	1.5 cup+1 Tb
Lemon juice	3/4 cup+1/2 Tb
Cornstarch	1/4 cup+1/2 tsp

SERVINGS: 50

PORTION:

1 bar

MEAL PATTERN:

1 oz grain equiv. 1/4 c. fruit

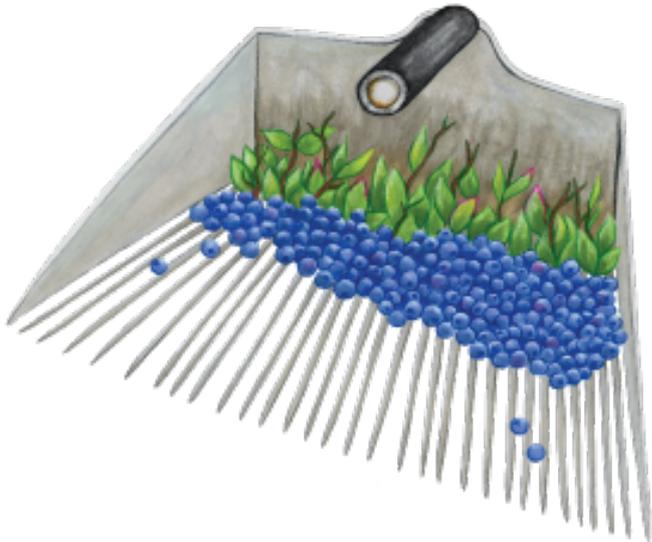
DIRECTIONS:

1. Preheat oven to 350° F
2. Grease large cake pan with spray or butter.
3. In a mixer, mix flour, oats, sugar and cold butter with a large paddle attachment.
4. Mix until large clumps form. Do not over mix.
5. Transfer half of the mixture to a prepared pan and press down to make the crust.
6. For blueberry layer, in a large sauce pot, mix all the ingredients together over medium high heat.
7. Stirring constantly, boil for two minutes.
8. Sprinkle remaining crumb mixture on top of blueberry and crust.
9. Bake in oven for 35-45 minutes. (checking at 20 mins).
10. Let cool completely before cutting into bars.
11. Cut into 50 bars.

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



MELON MINT SALAD

INGREDIENTS:

Honey	1/4 cup 1/2 tsp
Lemon juice	1/4 cup 1/2 tsp
Watermelon	8 lb 6 oz
Melons, honeydew	8 lb 6 oz
Melons, cantaloupe	8 lb 6 oz
Mint leaves, fresh	1 cup 1/2 Tb

DIRECTIONS:

1. In a small bowl, combine honey and lemon juice. Stir well and set aside.
2. Wash outside of each melon.
3. Cut away melon rinds and cut into 1" cubes.
4. In a large bowl, combine watermelon, honeydew melon, and cantaloupe. Pour honey and lemon mixture over melon and mix lightly to combine.
5. Sprinkle mint over melon mixture and mix lightly to combine.
6. Spread mixture into a shallow pan. Cover and refrigerate until ready to use.
7. Cool to 41°F or lower within 4 hours.
8. Hold for cold service at 41° or lower.
9. Portion with No. 6 scoop (5/8 cup) or 6 oz spoodle.

SERVINGS: 50

PORTION:

6 oz

MEAL PATTERN:

5/8 fruit

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



RAINBOW FRUIT SALAD

INGREDIENTS:

Orange juice, unsweetened	3 cup
Lemon juice	2 cup
Honey	2/3 cup
Ginger, ground	1 tsp
Nutmeg, ground	1 tsp
Mango, peeled, diced	8 each
Blueberries	2 qt
Nectarines, unpeeled, sliced	16 each
Strawberries, sliced in half	4 qt
Grapes, red or green	2 qt
Kiwi fruit, peeled, sliced	32 each
Banana, peeled, sliced	16 each

DIRECTIONS:

1. To make dressing, combine orange juice, lemon juice, honey, ginger and nutmeg.
2. Whisk well to completely mix dressing.
3. Prepare all of the fruit as listed. To minimize browning of fruit, place in bowl with dressing as soon as it is prepared.
4. Toss lightly to coat evenly.
5. Cover bowl with wrap and refrigerate until served.
6. Serve 1/2 cup (4 ounces).

SERVINGS: 100

PORTION:

1/2 cup

MEAL PATTERN:

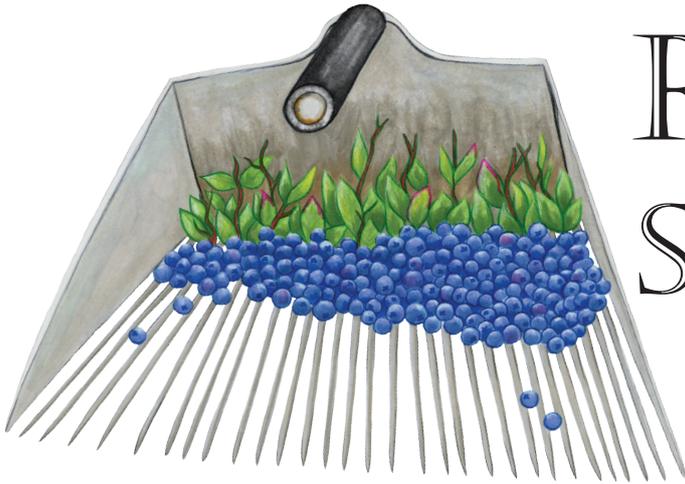
1/2 cup fruit

MAINE
CHILD NUTRITION



CULINARY CLASSROOM





RAINBOW SMOOTHIES

INGREDIENTS:

Pineapple, frozen	6 1/4 cup
Strawberries, frozen	6 1/4 cup
Fresh baby spinach	6 1/4 cup
Carrots, matchstick	6 1/4 cup
Maine blueberries, frozen	6 1/4 cup
Banana, sliced	6 1/4 cup
Yogurt, vanilla	12 1/2 cup
Milk (as needed)	6 1/4 cup

DIRECTIONS:

1. Combine everything in a large container using an immersion blender. Smaller batches may use a food processor or blender.
2. Blend for about 1-2 minutes. Use milk if needed to help thin out and smooth mixture.
3. Pour into cups and serve immediately.

SERVINGS: 50

PORTION:

1 cup

MEAL PATTERN:

1/2 cup fruit, 1/8 cup red
orange vegetable, 1/2 oz M/MA

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



TROPICAL FRUIT CUP

INGREDIENTS:

Strawberries, frozen, sliced	7 lb
Mango, frozen, chopped	6 lb
Kiwis, peeled, sliced	20 each
Honey	1 cup

DIRECTIONS:

1. Combine all ingredients and portion into 1 cup servings for service.

SERVINGS: 50

PORTION:

1 cup

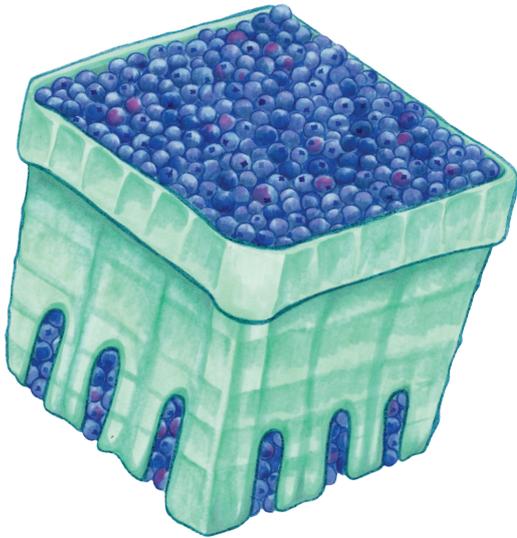
MEAL PATTERN:

1 cup fruit

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



BLUEBERRY BANANA CUPS

INGREDIENTS:

Blueberries, frozen	12 1/2 cup
Bananas, large	12 each

DIRECTIONS:

1. Slice bananas and combine with blueberries.
2. Portion into 4 oz soufflé cups.

SERVINGS: 50

PORTION:

1/2 cup

MEAL PATTERN:

1/2 cup fruit

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



GREEN APPLE SMOOTHIE

INGREDIENTS:

Plain yogurt (local)	6.25 qts
Apples, macintosh 138 ct (local)	13 each
Banana, mashed	6 cup
Spinach, fresh (ocal)	0.8 lb
Orange juice (USDA)	3 cup
Vanilla extract	1 Tb

DIRECTIONS:

1. Combine ingredients in a large pot (4 gallon)
2. Puree with an immersion blender.
3. Portion 8 ounces per serving

SERVINGS: 50

PORTION:

8 oz

MEAL PATTERN:

1 oz equivalent Meat/Alt & ½
cup Fruit

A close-up illustration of wheat stalks with golden heads and green awns, positioned in the upper left corner of the page.

LUNCH ENTREE RECIPES

- 27. Pizza Casserole
- 28. Korean Beef on Noodles
- 29. Spaghetti and Meat Sauce
- 30. Philly Cheesesteak Sloppy Joes
- 31. Taco Mashup Bowl
- 32. Cheeseburger Egg Roll
- 33. Cheeseburger Calzone
- 34. Korean Beef Bowl





PIZZA CASSEROLE

INGREDIENTS:

Hamburger, ground (local)	6 lb
Mozzarella cheese (USDA)	3 lb
Peppers	2 cup
Onions	2 cup
#10 can diced tomatoes	½ can (6.15 cups)
Garlic cloves	8 each
Oregano	½ cup
Basil	½ cup
Parsley	½ cup
Bay leaves	6 each
Uncooked rotini	4 lb
#10 can tomato puree	1 each (24 cups)

DIRECTIONS:

1. Brown hamburger, onions and peppers.
2. Preheat oven to 325 degrees.
3. In a pot mix tomato puree, diced tomatoes and spices, simmer.
4. Add beef mix when done.
5. Boil water for rotini.
6. Cook rotini according to directions on package.
7. Mix the sauce and the cooked rotini together.
8. Place ½ in pan and add ½ of the mozzarella cheese then add the other ½ of the mix on top and the remainder of the cheese.
9. Bake in the oven until the cheese is melted.

SERVINGS: 50

PORTION:

¾ cup

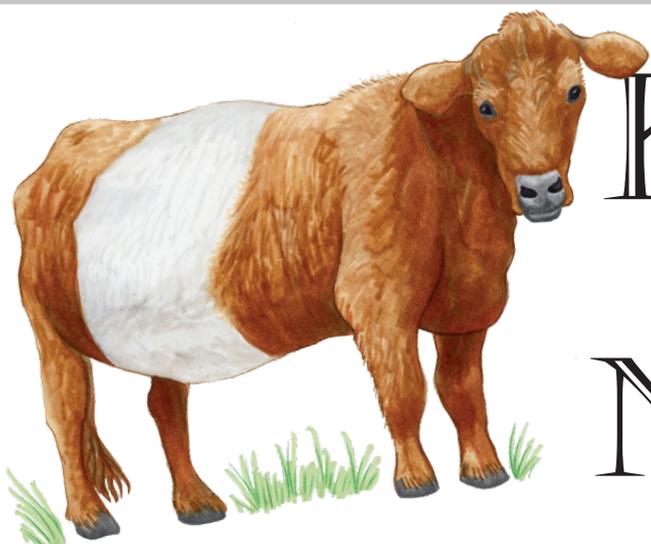
MEAL PATTERN:

2.25 oz M/MA, 1.25 oz grain,
½ cup red/orange vegetable

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



KOREAN BEEF ON NOODLES

INGREDIENTS:

Raw ground beef (no more than 10% fat)	3 lbs + 8 oz
Ground pork	6 lb
Fresh onions, chopped	10 oz
Garlic powder	1 Tb
Black pepper	1 tsp
Sriracha ketchup	1 lb + 13 oz
Beef stock	2 cup
Low sodium soy sauce	1 cup
Cornstarch	4 oz
Sesame oil	1/4 cup
Rice wine vinegar	1/2 cup
Hoisin sauce	1 cup
Yakisoba noodles	13 lb

DIRECTIONS:

1. In large skilled cook beef and pork breaking it apart as it cooks.
2. Add onions, cook until well browned then add in all other ingredients except the noodles.
3. Prepare noodles as directed on package.
4. Serve 1 cup noodles topped with #12 scoop of meat mixture.

SERVINGS: 50

PORTION:

1 cup noodles, #12 scoop meat

MEAL PATTERN:

2 oz M/MA, 2 oz grain

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



SPAGHETTI & MEAT SAUCE

INGREDIENTS:

Raw ground beef (<15% fat)	5 lb 8 oz
Raw ground pork (<16% fat)	3 lb
Onions, chopped	5 oz
Green bell peppers, diced	5 oz
Garlic, granulated	1 Tb 1.5 tsp
Ground black pepper	1.5 tsp
Canned tomato puree	5 lb
Salt	1 Tb 1 tsp
Canned low-sodium beef broth	1 qt
Water	2 cup
Dried parsley	1/4 cup
Dried basil	2 Tb
Dried oregano	2 Tb
Dried marjoram	1 Tb
Dried thyme	1.5 tsp
Fresh carrots, shredded	1 lb 4 oz
Water	6 gallons
Whole-wheat spaghetti noodles, dry, broken into thirds	3 lb 2 oz

SERVINGS: 50

PORTION:

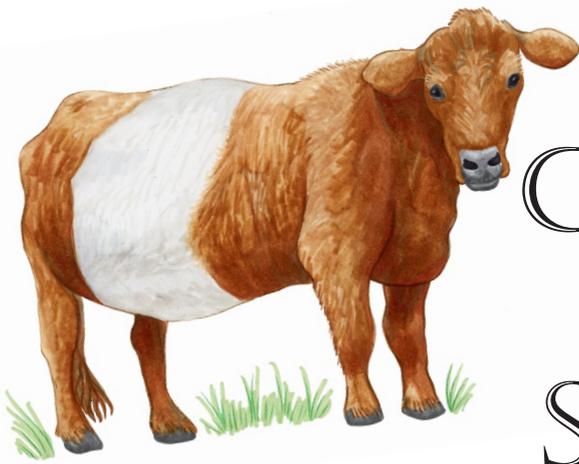
1 cup

MEAL PATTERN:

1 cup (8 fl oz spoon) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

DIRECTIONS:

1. Brown ground beef and ground pork uncovered over medium high heat in a large stock pot. Stir often.
2. Drain meat. Return to stock pot.
3. Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.
4. Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover, simmer 1 hour. Stir occasionally.
5. Set aside beef/pork mixture for step 10.
6. Heat water to a rolling boil.
7. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. **DO NOT OVERCOOK.** Drain well.
8. Combine pasta and beef/pork mixture in stock pot. Stir well.
9. Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray. for 50 servings, use 2 pans.



PHILLY CHEESESTEAK STYLE SLOPPY JOES

INGREDIENTS:

Ground beef	8 lbs + 6 oz
Onion, yellow, chopped	8 1/3 cup
Pepper, green, medium	8 1/3 cup
Mushrooms, chopped	4 lbs + 2 2/3 oz
Worcestershire sauce	1/3 cup + 5/8 tsp
Ketchup	1/2 cup + 1 tsp
Salt	1 Tb + 1 1/8 tsp
Black pepper	1 Tb + 1 1/8 tsp
Garlic powder	2 Tb + 2 3/8 tsp
Beef broth	2 qts + 1/4 cup
Cornstarch	1/2 cup + 1 tsp
Cold water	1/2 cup + 1 tsp
WG burger buns, 2 oz	50 each
USDA American Cheese	50 each

DIRECTIONS:

1. Add ground beef, garlic powder, onions, green peppers and mushrooms to skillet
2. Cook until browned and completely cooked.
3. Drain off fat and add ketchup, Worcestershire sauce, beef broth, salt and pepper to ground beef.
4. Bring to a boil and add cornstarch, while stirring.
5. Reduce heat and cook until thickened.
6. Warm hamburger buns and serve 2 oz sloppy joe mix and top with American Cheese

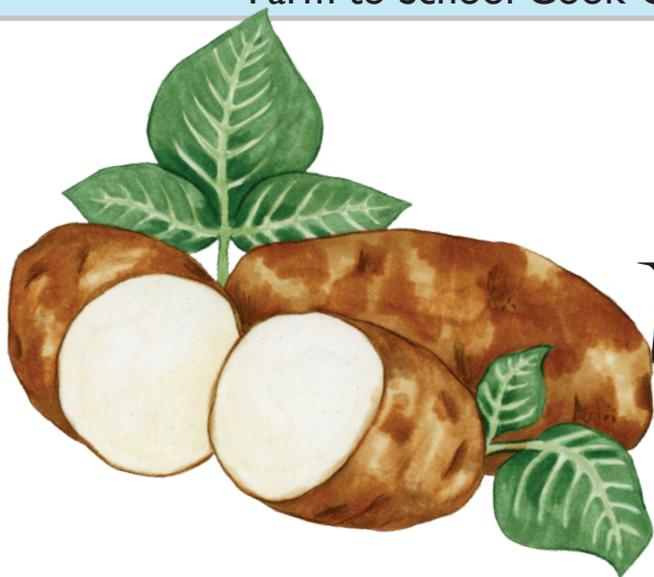
SERVINGS: 50

PORTION:

1 sandwich

MEAL PATTERN:

2 oz grain, 2.5 oz meat/alt.



TACO MASH-UP BOWL

INGREDIENTS:

Mashed potato	13 lbs 10 oz
WG Wheat Tortilla, 10"	50 each
Beef, ground	6 lb 6 oz
Cheddar cheese, shredded	1 lb 9 oz
Beans, black	3 qt + ½ cup
Salsa	3 qt + ½ cup
Onion, chopped	3 cup
Taco seasoning	2 Tb

DIRECTIONS:

1. Bake tortilla in a large muffin tin. If desired brush on vegetable oil and dust with taco seasoning.
2. Cook hamburger, add taco seasoning
3. Heat black beans
4. Fill taco bowl with potato, top with hamburger and beans
5. Finish off with cheese, salsa and onion for garnish

SERVINGS: 50

PORTION:

1 bowl

MEAL PATTERN:

2 oz eq m/ma, 2 oz eq grain,
½ c veg

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



FUSION CONFUSION CHEESEBURGER EGG ROLLS

INGREDIENTS:

Beef, ground	4.8 lbs
Onions, chopped	3 each
Pickles, chopped	3 cup
Cheddar cheese, shredded	6 ½ cup
Mustard, yellow	4 Tb
Egg roll wrappers	50 each
Ketchup	6 cup
Sriracha sauce	1 cup

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Place ground beef in 4" hotel pan lined with a pan saver.
3. Break up into pieces. Place into oven.
4. Pull out of oven every 5-10 minutes to break into crumbles.
5. Once browned, drain and transfer to a 5 gallon bowl.
6. Place onions on paper lined sheet pan.
7. Coat well with cooking spray. Roast in oven for 10-15 minutes until fragrant and edges are browned. Stirring every 5 minutes.
8. Combine beef, onions, pickles, cheddar and mustard.
9. Mix well to combine.
10. In a separate medium sized bowl combine ketchup and sriracha, stir well.
11. Line a second sheet pan with paper. Place a bowl of water near your work area.
12. Place one wrapper on work surface with a corner facing towards you.
13. Place approximately ¼ cup of filling on wrapper, fold down over filling and roll tightly making sure to tuck the corners in as you roll.
14. Moisten the last corner with water to seal.
15. Continue and place watch egg roll on sheet pan.
16. Spray and bake 20-25 minutes until golden brown.
17. Serve with 2 Tb of ketchup mixture.

SERVINGS: 50

PORTION:

1/2 cup

MEAL PATTERN:

2 oz eq Meat/Meat Alternate,
1 oz eq Grain

MAINE
CHILD NUTRITION



CULINARY CLASSROOM

CHEESEBURGER CALZONE



INGREDIENTS:

Ground beef (local)	6 lbs
Whole grain pizza crust, 17oz	7 each
Cheddar cheese, shredded	3.5 lb
Maine potatoes, cooked, diced	7 qts
Black pepper	1 Tb
Garlic powder	2 Tb
Onion powder	2 Tb
Salt	1 Tb
Flour for rolling out dough	
Water for sealing dough	
Egg wash	
Marinara sauce for dipping	6.25 qt

DIRECTIONS:

1. Thaw pizza crust in refrigerator overnight
2. Preheat convection oven to 350° F
3. Dice, cook and cool potatoes, drain
4. Cook ground beef into crumbles, drain all fat
5. Mix beef, potatoes, cheese and seasonings.
6. Scoop into 50 equal portions
7. Cut pizza dough into 8 pieces each, form into a ball and roll out a thin circle of dough.
8. Place filling into each dough circle, dampen edges with water, fold in half and seal.
9. Brush each pie with egg wash
10. Bake 10-12 minutes until golden brown and internal temperature is 165° for 15 seconds or more
11. Serve with ½ cup Marinara sauce for dipping

SERVINGS: 50

PORTION:

1 pie

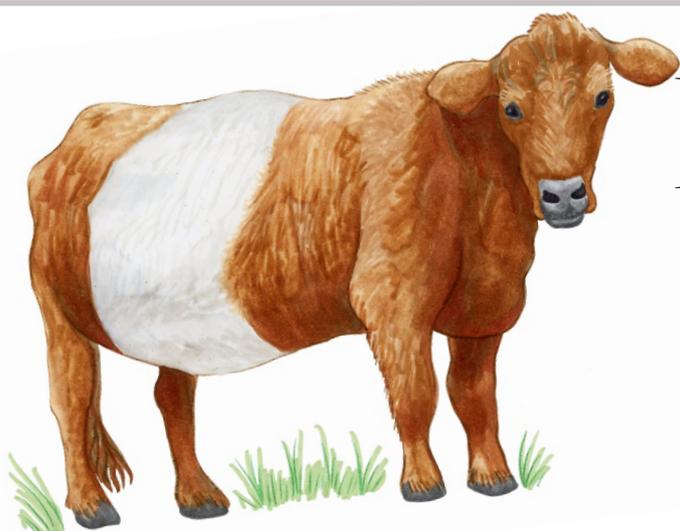
MEAL PATTERN:

2 M/MA, 2 Grains, 1 cup vegetables (with side sauce)

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



KOREAN BEEF BOWL

INGREDIENTS:

Ginger Root, grated	1/2 cup
Soy Sauce, reduced sodium	1/2 cup
Sugar, brown, packed	1 cup
Vinegar, rice	1 cup
Oil, sesame	1/2 cup
Chili Garlic Sauce	2 Tb
Oil, vegetable	2 Tb
Garlic, minced	3 Tb
Beef, ground, 90/10 (local)	8.3 lb
Onions, green, chopped thin	15 each
Sesame Seeds	1/4 cup
Rice, brown (local)	11.5 lb
Water	20 cup

SERVINGS: 50

PORTION:

2oz beef + 1 cup rice

MEAL PATTERN:

2 oz equivalent Meat/Alt & 2
oz equivalent grain

DIRECTIONS:

1. Split rice and water between two hotel pans, cover with parchment and foil and cook in 350 degree oven. 40 minutes. Salt and pepper to taste.
2. In a small bowl combine the first 6 ingredients.
3. Heat oil on a large skillet and add garlic. Cook till fragrant, but not browning.
4. Add ground beef and cook until browned. Making sure to crumble the beef as it cooks.
5. Stir in soy sauce mixture and $\frac{3}{4}$ of the green onion.
6. Portion 2 oz equivalent cooked beef over 1 cup of rice and garnish with rest of green onions and sesame seeds.



LUNCH SIDE RECIPES

36. Baked Zucchini Sticks

37. White Bread

38. Root Vegetable Soup

39. Mexican Fruit Salad

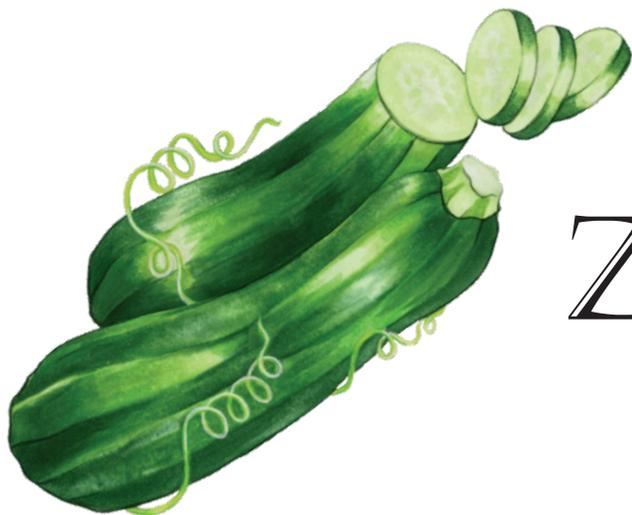
40. Asian Spaghetti

41. Garlic Ginger Roasted
Vegetables

42. Waldorf Salad

43. Roasted Butternut Squash





BAKED ZUCCHINI FRIES

INGREDIENTS:

Zucchini Squash	10 lb
Bread Crumbs, plain	5 cup
Parmesan Cheese, grated	2.5 cup
Italian Seasoning	1/4 cup 1 Tb
AP flour	2.5 cup
Salt, kosher	5/8 tsp
Pepper, black, ground	5/8 tsp
Eggs, large	5 each

SERVINGS: 50

PORTION:

1/2 cup

MEAL PATTERN:

1/2 cup vegetable

DIRECTIONS:

1. Preheat oven to 400° F.
2. Wash and cut zucchini into 3”x1” slices.
3. Combine bread crumbs, cheese and Italian seasoning in a bowl. Mix well.
4. In another bowl, combine flour, salt, and pepper.
5. In a third bowl, whisk eggs well.
6. Set up a breading station by lining up your bowls in order of flour, egg, bread crumb mixture. Line a pan with parchment paper.
7. Begin breading process by dipping zucchini sticks in flour. Remove flour and shake off excess flour. Drop zucchini stick in egg and cover with egg. Remove from egg and place zucchini stick in bread crumb mixture. Toss in mixture to coat.
8. Once zucchini stick is nicely coated with breading, place on sheet pan.
9. Repeat breading process with remaining zucchini sticks. Spacing about 1/2” apart.
10. Bake for 15-20 minutes (rotating half way through) until outside is crispy and zucchini is cooked.
11. Hold warm until service.

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



WHITE BREAD

INGREDIENTS:

Active dry yeast	2 Tb 2 tsp
Water, warm	1/2 cup
AP flour, enriched	2 lb 3 oz
Instant nonfat dry milk	1/2 cup 2 Tb
Sugar	2.25 oz
Salt	1 Tb
Water (70-75° F)	1 pint
Shortening	2.25 oz
Butter, melted (optional)	1 Tb

DIRECTIONS:

1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
2. Place flour, dry milk, sugar, and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low.
3. Add water and mix for 1 minute on low.
4. Add dissolved yeast, mix for 2 minutes on low.
5. Add shortening and mix for 2 minutes on low.
6. Knead dough on medium for 8 minutes, or until dough is smooth and elastic.
7. Place dough in warm area (about 90° F) for 45-60 minutes.
8. Divide dough into pieces, 1 lb 15 oz each. For 50 servings, divide into 2 pieces. Shape each piece into a loaf and place in loaf pan (4 1/2" x 16 1/2" x 4") which has been lightly coated with pan release spray. For 50 servings, use 2 pans.
9. Place pans in a warm area (about 90° F) until double in size, 45-55 minutes.
10. Bake until lightly browned:
Conventional oven: 400° F for 20-25 minutes
Convection oven: 375° F for 18-22 minutes
11. Cool. Cut each loaf into 25 slices, 2/3" thick.
12. Optional: Brush top of each loaf lightly with melted butter (approximately 1 1/2 tsp per loaf) while warm.

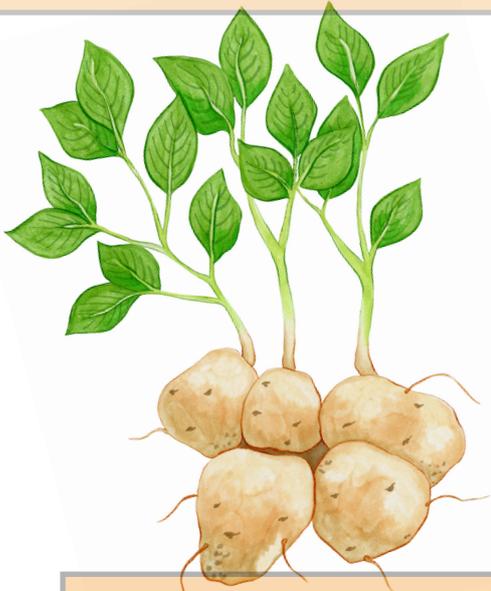
SERVINGS: 50

PORTION:

1 slice

MEAL PATTERN:

1 oz grain equivalent



ROOT VEGETABLE SOUP

INGREDIENTS:

Butter or olive oil	1 1/3 cup+1/2 Tb
Carrots, peeled, sliced (7-1/4" to 8-1/2")	1 1/8 cup
Parsnips, peeled, sliced	1 cup
Turnips, peeled, diced	1 cup
Scallions, washed, chopped	8 1/3 cup
Sweet potatoes, peeled, cubed	8 1/4 cup
Maine Potatoes, peeled, cubed	8 1/4 cup
Chicken or veg broth	2 gals+1 1/4cup
Garlic, cloves peeled, diced	3 Tb + 2 1/8 tsp
Poultry seasoning	3 Tb + 2 1/8 tsp
Parsley flakes	1/3 cup+2 Tb
Salt & Pepper	to taste

DIRECTIONS:

1. Prep all vegetables as instructed.
2. In a large soup pot, melt the butter over medium heat.
3. Add the carrots, parsnips, turnip and scallions.
4. Stir and cover.
5. Lower heat to low and cook covered for 15 minutes to sweat the vegetables.
6. Remove lid and add salt and pepper to taste, poultry seasoning and parsley.
7. Add broth.
8. Simmer uncovered for 10 minutes.
9. Add potatoes and garlic and simmer for 15 minutes or until potatoes are cooked through.
10. Adjust salt and pepper as needed.

SERVINGS: 50

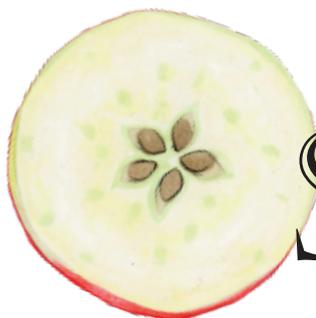
PORTION:

1 cup

MEAL PATTERN:

1 cup vegetable

MEXICAN FRUIT SALAD



INGREDIENTS:

Pineapple, cubed	17 cup
Cantaloupe, cubed	16 cup
Watermelon, cubed	17 cup
Jicama, cubed	8 cup
Lime, thin sliced	8 each
Chamoy Sauce	optional

DIRECTIONS:

1. Mix cubed fruit in bowl
2. Portion into 1 cup servings
3. Spritz Chamoy sauce if desired
4. Top with lime slice

What is Chamoy Sauce?

Chamoy is a condiment from Mexico that is typically served as a dip for fresh fruit. It is made with fruit, such as apricot, mango or plum, chilies and lime juice and is bottled and sold in varying degrees of spiciness. Make it easily at home with apricot jam, lime juice and chili peppers.

SERVINGS: 50

PORTION:

1 cup

MEAL PATTERN:

1 cup vegetable



ASIAN SPAGHETTI

INGREDIENTS:

Spaghetti, whole wheat	3 lbs 2 oz
Sesame oil	5 oz
Rice vinegar	1 cup
Soy sauce, reduced sodium	1 ½ cup
Sugar, granulated	2 Tb
Sesame Seeds, toasted	3 cup
Scallions, finely sliced	2 bunches

DIRECTIONS:

1. Cook spaghetti according to package instructions.
2. Run under very cold water in colander after draining.
3. Shake to remove excess water.
4. Combine sesame oil, rice vinegar, soy sauce and sugar in 5 gallon bowl.
5. Add spaghetti and toss well to coat thoroughly.
6. Add sesame seeds and toss again to combine.
7. Top with scallions.

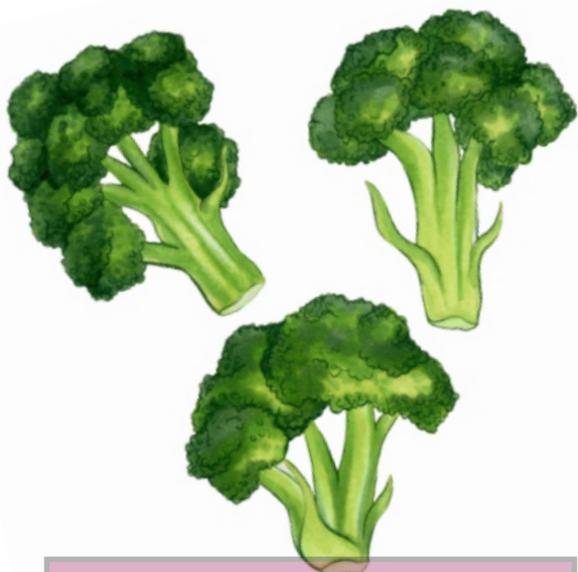
SERVINGS: 50

PORTION:

1/2 cup

MEAL PATTERN:

1 oz grain



GARLIC GINGER TOASTED VEGETABLES

INGREDIENTS:

Broccoli, frozen, chopped	12 1/2 cup
Carrots, shredded	12 1/2 cup
Snow peas	12 1/2 cup
Bell pepper, red, chopped	12 1/2 cup
Garlic powder	4 Tb
Ginger, ground	4 Tb
Black pepper	2 Tb
Olive oil cooking spray	

DIRECTIONS:

1. Preheat oven to 400 degrees
2. Line 2 large sheet pans with paper.
3. Combine vegetables in 5 gallon bowl then spread on sheet pans.
4. Spray with cooking spray
5. Divide seasonings in half and sprinkle on vegetables.
6. Toss well to coat thoroughly with cooking spray and seasonings.
7. Cook in oven for approximately 10 minutes, until crisp and tender.

SERVINGS: 50

PORTION:

1 cup

MEAL PATTERN:

1 cup vegetable

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



WALDORF SALAD

INGREDIENTS:

Apples, local, diced	12.5 qt
Water, to soak apples	
Lemon Juice	¼ cup
Yogurt, vanilla	6 cup
Cinnamon	2 Tb

DIRECTIONS:

1. Core and dice apples, place in cold water to cover and mix in lemon juice
2. In a large bowl combine vanilla yogurt and cinnamon
3. Drain apples in a colander
4. Mix apples in with yogurt
5. Dish out into 1 cup servings

SERVINGS: 50

PORTION:

1 cup

MEAL PATTERN:

1 cup fruit

MAINE
CHILD NUTRITION



CULINARY CLASSROOM



ROASTED BUTTERNUT SQUASH

INGREDIENTS:

Squash, butternut (local)	27 lb
Oil, vegetable	½ cup
Salt and pepper to taste	

DIRECTIONS:

1. Peel and dice butternut squash into 3/4 inch cubes
2. Coat with vegetable and distribute evenly on sheet pans with parchment paper. Don't over crowd
3. Cook at 400 degrees for 30 minutes turning halfway through.

SERVINGS: 50

PORTION:

1 cup

MEAL PATTERN:

1 cup red/orange vegetable