



Recipes from the 2019 Maine Farm to School Cook-Off



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Our Maine Farms, Growers and Producers

About the 2019 Maine 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. Three regional cook-offs took place at the Lake Region Vocational Center, Bath Regional Career and Technical Center and Eastern Maine Community College. A final cook-off took place at the Kennebec Valley Community College– Harold Alfond campus.

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 apples and dried black beans were used as “challenge” ingredients in the breakfast and lunch meal, respectively.

A panel of judges consisting of a 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 and students for their culinary skills and creativity, while producing high-quality meals that can be replicated in a school kitchen.



SPECIAL THANKS

Lake Region Vocational Center, Bath Regional Career and Technical Center and Eastern Maine Community College for hosting the regional cook-off's and generously sharing their facilities.

Kennebec Valley Community College– Harold Alfond Campus for hosting the final cook-off and generously sharing their facility.

Ricker Hill Orchards for their generous donation of local apples for the competitions.

Fairwinds Farm for their generous donation of dried black beans for the competitions.

Department of Agriculture, Conservation and Forestry for donating Get Real, Get Maine! chef hats and aprons for the competitions.

Thank you to the following people for taking time out of their day to participate in the competitions:

Chef E.B. Baldwin- Culinary Arts Instructor at the Bath Regional Career and Technical Center

Chris Kennedy & Tyler Babcock- Culinary arts students at the Bath Regional Career and Technical Center

Erin Dow– School Nutrition Director for RSU 5

Tim Harkins– School Nutrition Director for RSU 1

Cadence White –Student at Philip W. Sugg Middle School

Blair Currier-School Nutrition Director for Yarmouth Public Schools

Sandy Arris- Lead Teacher, Diversified Occupations, Lake Region Vocational Center

Chef Eric Botka- Culinary Arts Instructor at Lake Region Vocational Center

Chef Kara Van Emmerik– Culinary Arts Instructor and Sous Chef at EMCC

Terry Cummings– School Nutrition Director for RSU 31

Alexia Legault- Culinary arts student at Lake Region Vocational Center

Chef Samantha Cowens- Gasbarro– Consultant and School Nutrition Specialist

Chris McConnell- Culinary arts student at Somerset Career & Technical Center

Dorothy Janotta- School Nutrition Director for RSU 6



MEET THE COOK OFF TEAMS



Auburn Producers
Auburn Public Schools
Joseph Chouinard & Marc Cyr



The Galley Gang
Falmouth Public Schools
Jake Mitchell & Justin Deri



Kaler Kooks
South Portland Public Schools
Cora Boland & Lisa Riley

Regional Winner!



Big Kahunas
RSU 38
Alysia Cyr & Tina Hanson

The IncrEdibles
Yarmouth Public Schools
Isaac Pendleton & Nikki Pilavakis



Chelsea Eagles
RSU 12
Paige Clark & Stacy Boudreau



2019 Champions!



Team Son-Day
RSU 54
Caleb Pratt & Gina Bailey



Rebelicious
RSU 22
Evan Preston & Kathy Kittridge



Slice and Dice
Cherryfield Public Schools
Angie Bailey & Patricia Beal

Regional Winner!

Project Team Members

the team that made this cook-book possible



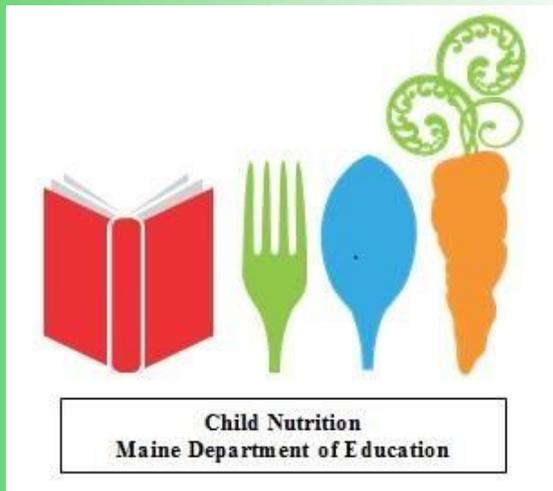
Stephanie Stambach MS, RD, SNS, Child Nutrition Consultant

Michele Bisbee, Child Nutrition Consultant

Walter Beesley, Child Nutrition Director

Meal pattern contribution completed by: Michele Bisbee & Stephanie Stambach

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





BREAKFAST ENTREES & SIDES

Baked Apple

Apple Pan Goody with Maple Yogurt Drizzle

Sweet & Savory Griddler Breakfast Sandwich

Cinnamon Berry Banana Bowl

Rice Balls with Apple Compote

Blueberry Smoothie

Maple Cran-Apple Breakfast Pizza

Breakfast Pizza

Breakfast Fruit Cup

Breakfast Smoothie

Apple Stuffed French Toast

Maine Maple Yogurt Cup with Apples

Breakfast Apple Bake

Apple Boats

BAKED APPLE

Auburn Public Schools

Breakfast Side

SERVING SIZE: 1 Apple

YIELD: 50 Servings

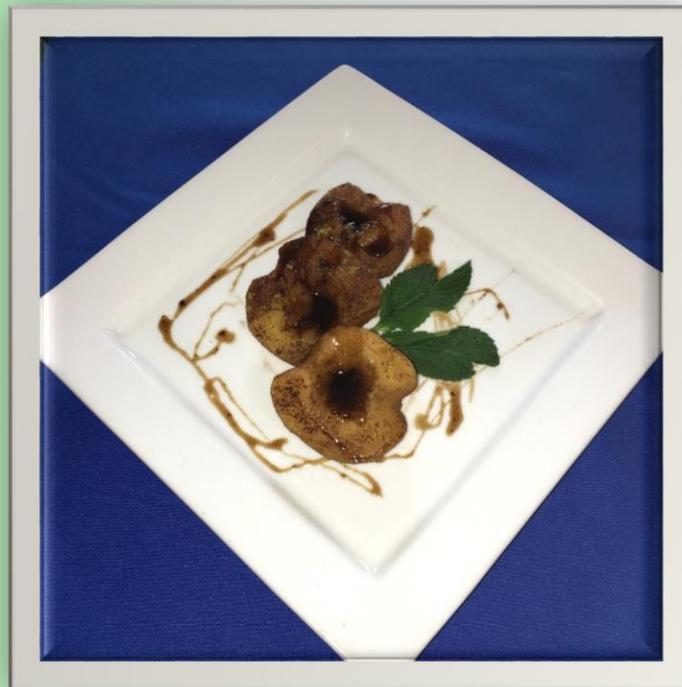
MEAL PATTERN CONTRIBUTION: 1 Cup Fruit

Ingredients and Instructions

Apples, fresh, with skin, 125-138 count
Sugar, brown, light
Cinnamon, ground
Butter, unsalted

50 Each
3 1/8 Cups
¼ Cup
3 1/8 Cups

1. Wash apples.
2. Center top, core apples ¾ of the way.
3. Stuff each apple with 1 Tbsp of brown sugar and 1 Tbsp of butter, dust with cinnamon.
4. Place in baking dish, place pan in 350° oven for 15-20 minutes.



APPLE PAN GOODY WITH MAPLE YOGURT DRIZZLE

Falmouth

Breakfast Entrée

SERVING SIZE: 1 Piece

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 3/4 Cup Fruit, 1.75 oz eq Grain

Ingredients and Instructions

Apples, cored and sliced	45 Cups
Cranberries, dried	5 Cups
Sugar, brown	3 Cups
Cinnamon, ground	2 Tbsp 1 tsp
Nutmeg, ground	1.5 tsp
Butter, unsalted	2 Cups
Eggs	9 Cups
Orange Juice	9 Cups
Flour, whole wheat	5.5 Lbs
Salt	1 ½ Tbsp ½ tsp
Sugar	3/4 Cup
Baking Powder	1 tsp
Oats, old fashioned	1 ½ Cups
Yogurt, plain	1 ½ Cups
Mascarpone Cheese	1 ¼ Cup
Maple Syrup	1 ¼ Cup



Goody Preparation:

1. In a large skillet, sauté the apples, cranberries, 2 C. of brown sugar and 1 Tbsp cinnamon in 1 C. of butter until apples begin to soften, about 6-10 minutes. Transfer to a greased full size baking dish/sheet.
2. In a mixer, whisk eggs until foamy. Fold in orange juice, 4 ½ lbs of flour, and 1 ½ Tbsp salt. Batter should be smooth. Pour over apple mixture.
3. Sprinkle with sugar and 1Tbsp cinnamon.
4. Bake, uncovered, at 425° until a knife inserted in the center comes out clean, 20-25 minutes. Let cool.

Drizzle Preparation:

1. Whisk together yogurt, mascarpone (or cream cheese and whipping cream), and maple syrup until smooth. Chill and set aside until ready to use.

Crumble preparation:

1. Preheat oven to 375°F. Combine with a mixer or food processor: 1 pound of flour, 1 cup brown sugar, baking powder, 1 tsp cinnamon, and ½ tsp of salt in a large bowl. Add 1 cup of butter and work into dry mixture until pea-sized lumps form. Add oats and mix until clumps form; it should look like crumb topping. Chill 15 minutes.
 2. Transfer mixture to a parchment-lined sheet tray and bake 8 minutes. Using a metal spatula, stir and toss crumble. Rotate tray and continue to bake until crumble is dark golden brown, about 8 minutes more. Let cool.
- Spread a thin layer of drizzle/icing across entire goody. Cut in to 5 by 10 pieces to yield 50 pieces. Sprinkle with crumble. Individually drizzle icing on each serving, if desired.

SWEET & SAVORY GRIDDLER BREAKFAST SANDWICH South Portland

Breakfast Entrée

SERVING SIZE: 1 Sandwich

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 2oz eq Grain, 2 oz eq M/MA, ¼ Cup Fruit

Ingredients and Instructions

Waffles, whole grain, frozen	100 Each (1 oz)
Apples, cored and sliced	2.25 Lbs
Cheese, cheddar, shredded	6.25 Lbs
Orange Marmalade	3 Cups
Butter or Margarine, melted	2 Cups

1. Preheat oven to 375°.
2. Brush outsides of waffles with melted butter.
3. Layer sandwiches onto the unbuttered side as follows: 1 oz cheddar cheese, approx. ¼ cup apple slices, 1 oz cheddar cheese.
4. Spread 2 Tbsp of orange marmalade on unbuttered side of second waffle and place marmalade down to top the sandwich.
5. Bake on sheet pan for 7-10 minutes until crisp and cheese is melted.



CINNAMON BERRY BANANA BOWL

South Portland

Breakfast Side

SERVING SIZE: 1 Cup

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 1 Cup Fruit

Ingredients and Instructions

Mixed Berry Cups

50 Each

Bananas, ripe, sliced

25 Cups

Cinnamon, ground

2 Tbsp

1. Slice bananas and place in large bowl.
2. Open berry cups and add into bowl with bananas.
3. Sprinkle with cinnamon and mix gently.
4. Serve in 1 cup portions.



RICE BALLS WITH APPLE COMPOTE

Yarmouth

Breakfast Entrée

SERVING SIZE: 2- #16 Scoop Balls

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 1 oz eq Grain, 1/8 Cup Fruit

Ingredients and Instructions

Rice, short grain, brown	5.7 lbs
Water	18 Cups
Vinegar, Rice	¼ Cup + 3 Tbsp
Sugar	2 Tbsp + 1 tsp
Salt	1.5 tsp
Nori	5 Sheets
Apples, fresh, 138ct	13 Each
Sugar	¼ Cup + 2 Tbsp
Lemon Juice	3 Tbsp

1. Split the rice and water between two 4" deep hotel pans. Cover tightly and bake in a 350° convection oven for 40 minutes.
2. While rice is cooking combine rice vinegar, sugar and salt in a bowl.
3. Cut nori into strips. Each sheet yields 12 strips.
4. When rice is done, split the vinegar/sugar/salt mixture between the two pans and mix well.
5. Transfer rice to a sheet pan and cool to below 40 degrees.
6. Once rice is cool then scoop with #16 scoop, press firmly and release onto a sheet pan. After balls are formed wrap each with a nori strip.

Apple Compote:

1. Wash, peel, quarter, core and thinly slice apples. Be sure to save the peel.
2. Add the peel, sliced apples, sugar and lemon to a pot and let stand for 10 minutes.
3. Place over medium heat and bring to a boil. Then cook for 10 minutes.
4. When apples are done, remove the apple peels and cool compote to below 40 degrees.
5. Spoon over rice balls.



BLUEBERRY SMOOTHIE

Yarmouth

Breakfast Side

SERVING SIZE: 8 Ounces

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 1 oz eq M/MA & ½ Cup Fruit

Ingredients and Instructions

Yogurt, plain

12.5 Gallons

Wild Blueberries, frozen

12.5 Cups

Bananas

6.5 Cups

Orange Juice

6.25 Cups

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



MAPLE CRAN-APPLE BREAKFAST PIZZA

RSU 38

Breakfast Entrée

SERVING SIZE: 1 Slice

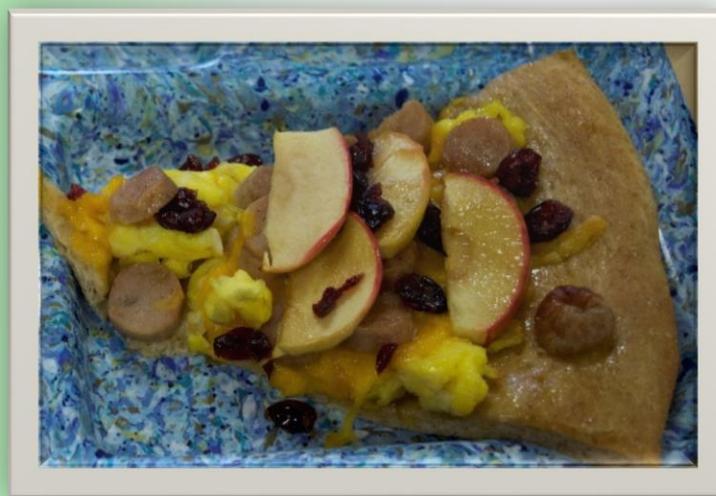
YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 2oz eq Grain, 1 oz eq M/MA,
1/8 Cup Fruit

Ingredients and Instructions

Cornmeal	10 Tbsp
Maple syrup	5 ounces
Pizza crust, whole grain	5- 16 inch (22 ounce) pies
Eggs, lightly beaten	15 each
Apples, medium, cored and thinly sliced	2.5 cups
Lemon juice	¼ cup
Cheddar cheese, shredded	20 ounces
Apple sausage links, thinly sliced	15 links
Cranberries, dried	2.5 cups

1. Preheat oven to 400 degrees. Grease 5- 16" pizza pans, and sprinkle each with 2 Tbsp cornmeal. Pan each crust. Brush each with 2 Tbsp maple syrup.
2. Bake 8-10 minutes or until edges are golden brown.
3. Heat nonstick skillet over medium heat. Pour in eggs and cook until eggs are thickened and no liquid remains. Divide evenly over crusts, evenly spread out.
4. Toss apple slices and cranberries in lemon juice.
5. Top each pizza with apple and cranberry, cheddar cheese, and sausage.
6. Bake 5-7 minutes long or until cheese is melted.
7. Drizzle each pizza with remaining maple syrup.



BREAKFAST PIZZA

RSU 12

Breakfast Entrée

SERVING SIZE: 1 Slice

YIELD: 48 Servings

MEAL PATTERN CONTRIBUTION: 2.5 oz eq Grain, 2.25 oz eq M/MA

Ingredients and Instructions

Pizza dough, whole grain	6 Each (20 oz)
Cheese, cheddar, shredded	3 Pounds
Eggs, large	30 Each
Sausage, ground	6 pounds

1. Preheat Oven to 350°.
2. Cook/brown all of the sausage in a skillet over medium heat until done (165 degrees).
3. Scramble 5 of the eggs until fluffy and whisk in 2 cups of cheese. Do this in 6 separate bowls (one bowl for each pizza).
4. Stretch out the dough one at a time using a dusting of flour on your hands and work surface.
5. Place pizza dough on a pizza screen or lightly oiled pan.
6. Spread the 5 eggs and 2 cups of cheese mixture until covering the entire dough except about ½" around the edge. **Warning:** If the egg spills over the side it can run under the pizza causing it cook underneath the dough and stick to the pan.
7. Top the pizza evenly with approx. ¾ pounds of the cooked sausage
8. Repeat these steps until you have 6 uniform pizzas ready to bake.
9. Bake on the middle rack for approximately 15-20 minutes or until egg is no longer loose and watery in the middle. Cut into 8 pieces and serve.



BREAKFAST FRUIT CUP

RSU 12

Breakfast Side

SERVING SIZE - ½ Cup

YIELD - 50 Servings

MEAL PATTERN CONTRIBUTION : 1/2 Cup Fruit

Ingredients and Instructions

Mango chunks, frozen	5 cups
Pineapple chunks, frozen	5 cups
Maine apples, fresh, diced	5 cups
Lemon juice	1 Tbsp
Peaches, frozen	5 cups
Strawberries, frozen	5 cups

1. Remove frozen fruit from packaging the day before service. Place in containers and thaw separately so fruit liquids won't stain other fruit.
2. Day of service - peel and dice apples - remove/discard core/seeds - then toss in lemon juice to prevent oxidizing (browning).
3. Distribute all five types of fruit evenly in ready to serve containers - suggest offering in self-serve fruit bar, perhaps keeping fruit separate for student to build preferred fruit cup.
4. Provide or serve in 1/2 cup portion containers.



BREAKFAST SMOOTHIE

RSU 12

Breakfast Side

SERVING SIZE: $\frac{3}{4}$ Cup

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: $\frac{1}{2}$ Cup Fruit

Ingredients and Instructions

Mango chunks, frozen	4.5 Cups
Pineapple chunks, frozen	4.5 Cups
Apples, fresh, peeled	4.5 Cups
Peaches, frozen	4.5 Cups
Strawberries, frozen	4.5 Cups
Yogurt, raspberry	9 Cups
Milk, low-Fat	9 Cups

1. Divide the recipe by 5 if you are using a standard 9 cup blender.
2. Add the ingredients into a blender and blend until smooth and creamy.
3. Depending on the size of your blender, you may have to divide this recipe by more or less to make separate batches.



APPLE STUFFED FRENCH TOAST

RSU 54

Breakfast Entrée

SERVING SIZE: 1 Each

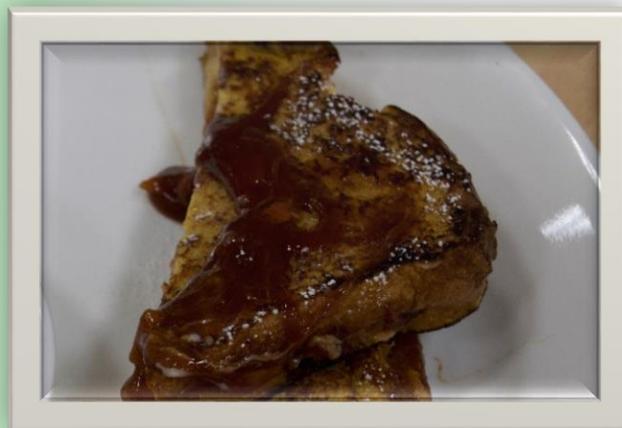
YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 2 oz eq grain, ¼ cup fruit

Ingredients and Instructions

Bread, whole wheat	100 slices
Eggs	2 dozen
Cream cheese (Neufchatel)	64 ounces
Milk	8 cups
Sugar	2 cups
Salt	2 tsp
Cinnamon	2 tsp
Apple filling	See apple filling recipe
Apples, medium, diced	20 cups
Maple yogurt topping	See maple yogurt cup recipe
Butter for pan	As needed
Confectioners' sugar	As needed
Strawberries, sliced	To garnish

1. Heat apples until desired tenderness
2. Whisk together milk, eggs, salt and cinnamon
3. Mash cream cheese and sugar until smooth
4. Spread cream cheese mixture over piece of bread, spread apple mixture on top of cream cheese, cover with another piece of bread.
5. Heat butter in large skillet over medium heat.
6. Dip the sandwiches into the egg mixture and place in skillet.
7. Cook until golden brown on both sides, about 3 minutes per side.
8. To serve top French toast with maple yogurt topping, sliced strawberries, and sprinkle with confectioners' sugar, can also serve with a dollop of whipped cream (if desired).



MAINE MAPLE YOGURT CUP WITH APPLES

RSU 54

Breakfast Side

SERVING SIZE: 4 oz

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 1 oz eq M/MA, ¼ Cup Fruit

Ingredients and Instructions

Maine maple syrup	2 cups
Yogurt, plain or vanilla	8 cups
Apples, medium, sliced	12.5 cups
Vanilla extract	3 tsp
Cinnamon	2 tsp

1. Mix maple syrup and yogurt, vanilla extract and cinnamon together.
2. Fill into 4 oz cup.
3. Top with ¼ cup sliced apples.



BREAKFAST APPLE BAKE

RSU 22

Breakfast Entree

SERVING SIZE: 1 Cup

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: ½ Cup Fruit, 2 oz eq Grain

Ingredients and Instructions

Apples, fresh	33 lbs
Cranberries, dried	1.50 lbs
Butter, melted	1 cup
Sugar, brown, packed	1 cup
Cinnamon, Ground	5 tsp

1. Preheat convection oven to 350 degrees.
2. Mix apples with craisins, butter, sugar and cinnamon.
3. Place the mixture on a baking pan sprayed with pan spray.
4. Bake in preheated oven for about 30 minutes.

Serve topped with ¼ cup of granola and ¼ cup of vanilla yogurt.



APPLE BOATS

Cherryfield Elementary School

Breakfast Entrée

SERVING SIZE: 1 boat

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 1 oz eq Grain, ½ Cup Fruit

Ingredients and Instructions

Apples, medium, fresh	25 cups
Quick Oats	27 cups
Water	45 cups
Cinnamon	1 cup
Maple Syrup	1 Tbsp

1. Wash and cut apples in half.
2. Bake apples on sheet pan for 15 minutes.
3. Add cinnamon to the oats before cooking and cook oats as directed on the container.
4. Scoop out a ½ cup oats onto each apple half.
5. Place apple halves back into oven for 15 minutes.
6. Take out apples and drizzle with maple syrup.





LUNCH ENTREES

Mexican Shepherd's Pie

Tico Buddha Bowl

Smokey Pork and Bean Burrito Bowl

Ramen

Southwestern Wrap

Creamy Chicken Taco Soup

Black Bean Burger

Tex Mex Bake with Mango Salsa

Wrap To Go

MEXICAN SHEPHERDS PIE

Auburn Public Schools

Lunch Entrée

SERVING SIZE: 1 Piece

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 2 oz eq M/MA, 1 oz eq Grain, ½ Cup Vegetable

Ingredients and Instructions

Beef, Ground, 80/20 Raw	6 Lbs 12 oz (raw weight)
Onions, Dehydrated Flakes	1 1/8 Cups + 1 tsp
Rice, Brown	1 Lb 8 oz
Pepper, Black	¼ tsp
Garlic Powder	1 Tbsp
Corn, Cream Style	25 Cups
Beans, Black, dried	8 ½ Cups

1. Soak dried beans overnight, rinse, then place in a pot. Fill with water to cover, boil for 45-60 minutes until tender, use in step 3.
2. Brown ground beef, dry onions and garlic powder in a steam-jacketed kettle. Drain fat and discard.
3. Pour 3 lbs of ground meat mixture, in hotel pan, cover with 1 #10 can cream corn and 1.5 qts of rice into each hotel size pan (24 servings) 4 x 6.
4. Spread 3 qts Mexican rice over the ground beef, beans and corn mixture in each steamtable pan.
5. Bake in a conventional Oven 350 F, 30 – 45 minutes until thoroughly heated
Each pan serves 24.



TICO BUDDAH BOWL

Falmouth

Lunch Entrée

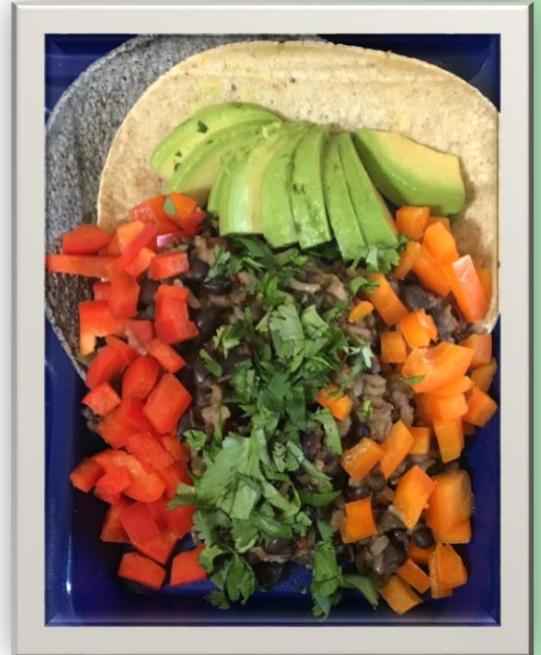
SERVING SIZE: 1 Bowl

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 2 oz eq M/MA, 1 oz eq Grain

Ingredients and Instructions

Rice, long grain	3 Lbs
Water	7 ½ Cups
Onion Powder	6 Tbsp
Garlic Powder	3 tsp
Salt	4 Tbsp
Beans, black, dried	4 1/6 Lbs
Pepper & Onion Blend, USDA chopped	14 Cups
Garlic, minced	½ Cups
Cilantro, fresh, chopped	6 Cups
Oregano, dried	2 Tbsp
Chipotle Powder	2 Tbsp
Oil	½ - 1 Cup
Cumin, ground	3 Tbsp
Ginger, ground	1 ½ Tbsp
Salsa Lizano	3 Cups



Cooking Beans:

5. Combine soaked beans, 8 cups of the peppers and onions blend, garlic, cilantro, oregano, and chipotle in a pot. Cover with water. Bring to a boil and let simmer for 3 hours.
6. Once beans are cooked to soft remove from heat and drain. Reserve 3 Cups of “black water” for gallo pinto.

Rice:

2. Combine rice, water, onion powder, garlic powder, and salt in a pot or rice cooker. Bring to a boil and cook per instructions.

Gallo Pinto Preparation:

3. In a large skillet or pot, heat oil and cook the remaining 6 cups of the pepper and onion blend until soft.
4. Add cumin and ginger and mix until evenly distributed.
5. Add beans, rice, and reserved “black water.” Bring this mixture to a simmer.
6. Add salsa lizano.
7. Once liquid is gone from gallo pinto, remove from heat. Mixture can be made ahead of time, stored in refrigerator, and reheated

Serving:

Portion into bowls 10 ounces of the gallo pinto mixture. Each bowl can be topped with an assortment of topping that can include: avocado, cilantro, red pepper, spinach, cheese, corn, etc.

SMOKEY PORK and BEAN BURRITO BOWL

South Portland

Lunch Entrée

SERVING SIZE: 1 Bowl

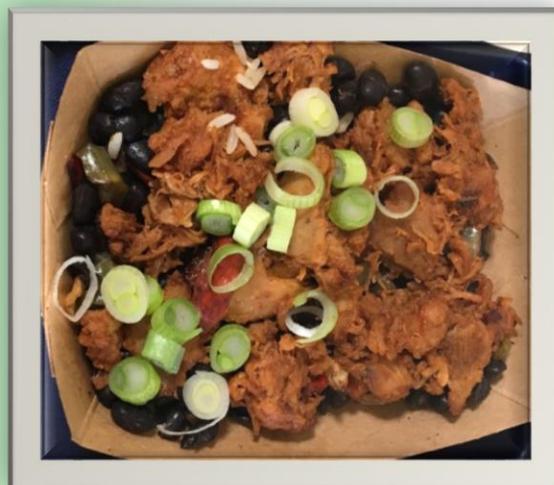
YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 2 oz eq M/MA, 1 oz eq Grain, ½ Cup Legume

Ingredients and Instructions

Brown Rice (USDA)	12.5 Cups
Water	20 Cups
Shredded Pork (USDA)	6.5 Lbs
Black Beans (dry)	8 Cups
Peppers and Onions, chopped (USDA Frozen)	6.25 Cups
Barbeque Sauce	6.25 Cups
Smokey Barbeque Seasoning (Local)	4-6 Tbsp
Canola Oil	6 Ounces
Green Onions, chopped	2-3 Bunches

1. Set combi oven to 320° with 90% steam.
2. Combine rice, water, and 4 Tbsp of oil (reserving the rest for later) in a 4" hotel pan. Do not cover.
3. Place pork in a 4" hotel pan, uncovered.
4. Place beans in a 4" hotel pan, cover with water
5. Place all three pans into the oven
6. After 10 minutes stir the rice, remove and drain the beans and drain the pork.
7. Add seasoning to the beans, stir well and place in the warmer.
8. Add barbeque sauce to pork, stir well.
9. Place rice and pork back into the oven for an additional 10 minutes, until pork reaches 165°
10. While pork and rice are cooking toss peppers and onions with remaining oil and spread onto a sheet pan. Place in a 400° oven and roast for 8-10 minutes then combine with beans.
11. Remove pork and rice from oven and stir separately.
12. Assemble in serving bowl: ½ cup cooked rice, ½ cup beans, 2 ounces of pork. Garnish with green onions.



RAMEN

Yarmouth

Lunch Entrée

SERVING SIZE: 16 oz

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 1 oz eq Grain, ¼ Cup Vegetable, 2 oz eq M/MA

Ingredients and Instructions

Yakisoba Noodle Nests (2.06 oz each)	50 Each
Water	12.5 Quarts
Pork Base, no msg	5 ounces
Chicken Base, no msg	5 ounces
Vegetable Base	1.625 ounces
Minced Garlic	2.5 tsp
Minced Ginger Root	2.5 tsp
Shiitake Mushrooms, dried	5
Chicken breast, cooked, sliced in ½ ounce pieces	3.125 pound
Eggs, Cut in Half	25
Cabbage, thinly sliced	3.125 Cups
Carrot, shredded	3.125 Cups
Pickled Ginger, thinly sliced	¼ cup
Nori cut into strips	5 sheets

1. Preheat noodle nests by arraigning 35 on a sheet pan, covering with a bun bag and placing in 140 degree proofing box for 30 minutes.
2. Make the broth by combining water, 3 bases, garlic, ginger and mushrooms in a stock pot and bring to a boil. Simmer for at least 2 hours.
3. At service, place hot noodles in a 16 oz bowl/cup, top with 8 ounces of broth (no mushrooms), 2 slices chicken, 1 half egg, 1/8 cup of cabbage, 1/8 cup carrot, 1 strip of nori and a pinch of pickled ginger.



SOUTHWESTERN WRAP

RSU 38

Lunch Entree

SERVING SIZE: 1 Wrap

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 1.5 oz eq Grain, 1/4 Cup Vegetable, 3 oz eq M/MA

Ingredients and Instructions

Corn, frozen	8 Cups
Cilantro, fresh, chopped	4 Cups
Onion, red, minced	1 Cup
Lime juice	1 Cup
Olive Oil, extra virgin	¼ Cup
Cumin, ground	4 tsp
Pepper, black	1 tsp
Beans, black, cooked	16 Cups
Chicken strips	18 Cups
Tortilla, flour, whole grain, 8 inch	50 Each
Cheese, cheddar, shredded	6 Cups

1. Combine first 9 ingredients. Stirring well to coat.
2. Arrange 1/3 cup of chicken strips down center of each wrap. Top each wrap with 1/3 cup corn mixture and 2 TBSP cheese and roll up.
3. Wrap each sandwich in foil or wax paper and chill.



CREAMY CHICKEN TACO SOUP

RSU 12

Lunch Entrée

SERVING SIZE: 1 Cup

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 5 oz eq M/MA, ½ Cup Legume

Ingredients and Instructions

Water	4 Gallons
Better Than Bouillon, reduced sodium roasted chicken base	12 Tbsp
Beans, black, dried	4.25 Pounds
Tomatoes, crushed (28oz can)	4 Each
Tomatoes, diced	6 Cups
Garlic, minced	8 cloves
Onion, chopped	6 Cups
Chicken, diced	12 Pounds
Taco Seasoning	1.25 Cups
Cheddar Cheese, shredded	4 Pounds
Sour Cream	2 Pounds

1. In two large pots, bring to a boil. Combine 2 gallons of water with 6 Tbsp Better Than Bouillon reduced sodium roasted chicken broth base, and two pounds of pre-soaked black beans to each pot.
2. In each pot add 2 cans of crushed red tomatoes, 4 cloves of minced garlic, and 3 cups chopped onions.
3. Continue to boil for 30 minutes.
4. Add 6 lbs. of pre-cooked chicken and 10 Tbsp of taco seasoning to each pot, cook over medium heat for 15 minutes (you may need to cook longer to get your desired softness of the black beans).
5. Turn off the burner and whisk in 2 lbs. of cheese in each pot until melted all the way. (You may need to put the burner on low, you do not want it come back to a boil)
6. Whisk in 1 lb. of the sour cream in each pot until well incorporated and enjoy!
7. Garnish with cilantro and crushed whole grain tortilla chips, if desired.



BLACK BEAN BURGER

RSU 54

Lunch Entree

SERVING SIZE: 1 Burger

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION 2 oz eq Grain, 2 oz eq M/MA

Ingredients and Instructions

Beans, black, dried	8.5 cups
Eggs, large	1 dozen
Rice, brown, cooked	6 cups
Scallions, green and white, minced	24 each
Cilantro, fresh, chopped	24 Tbsp
Garlic, clove	12 each
Oregano or basil, dried	To taste
Red pepper flakes	3 Tbsp
Oil, vegetable	As needed
Salt	To taste
Black pepper	To taste
Buns, whole wheat	50 each (2 oz)

1. Cook dried beans as indicated on package. Transfer to a bowl and mash with fork until chunky. Add egg and mix well.
2. Add precooked rice, scallions, garlic, oregano, salt, pepper, mix.
3. Divide mixture into 50 portions, form each patty about $\frac{3}{4}$ -1 inch
4. Place large skillet on the stove on medium/high heat. When skillet is hot, add oil. Add burgers and cook 4-5 minutes per side until browned on both sides and heated throughout.
5. Optional: Serve with 1 Tbsp guacamole, sliced tomato, sliced avocado, 1 Tbsp chipotle mayo & chipotle peppers. Or Cilantro yogurt sauce – 4 cups Greek yogurt, 8 tsp chipotles + 4 tsp sauce from can, 8 Tbsp chopped cilantro, 8 tsp lime juice, 4 tsp honey.



TEX MEX BAKE WITH MANGO SALSA

RSU 22

Lunch Entree

SERVING SIZE: 1 cup

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 2 oz eq M/MA, ½ Cup Vegetable, 2 oz eq Grain, 1 Cup Fruit

Ingredients and Instructions

Beef, ground, raw	6.5 lbs
Onions, yellow, diced	1.5 cups
Cheese, cheddar, sharp	3 lbs
Rice, brown, cooked	12.5 cups
Salsa	3 Qts
Beans, Black	2 Qts
Corn, frozen	1 Qt 2.25 cups
Peppers, green, diced	1 Qt 2.25 cups
Lime Juice	1 Cup
Onions, green, diced, for garnish	3/4 cup
Taco Seasoning	2 Tbsp
Chips, tortilla, corn	5.5 lbs



1. Cook Rice in the steamer- 40 minutes.
2. Cook Beans in the steamer – 40 minutes.
3. Brown ground beef and diced onions, drain excess liquid.
4. Mix all ingredients reserving green onions.
5. Bake 350 convection oven for 30 minutes.
6. Garnish with reserved green onion.
7. Serve with 1.75 oz of Corn Tortilla Chips.

Mango Salsa

Frozen Mangos	50 cups (15 lbs)
Red Bell Pepper, diced	9 cups
Red Onions, finely chopped	4 cups
Jalapeno Peppers, fresh, finely chopped	15 each
Limes, juiced	15 each
Salt	to taste

1. Combine all ingredients and serve with your Tex Mex Bake

WRAP TO GO

Cherryfield Elementary School

Lunch Entree

SERVING SIZE: 1 wrap

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 1.5 oz eq Grain, 3 oz eq M/MA

Ingredients and Instructions

Wrap, whole grain	50 each (1.5 oz)
Deli turkey, sliced	5 pounds
Deli ham, sliced	5 pounds
Cheese, American	3.125 pounds
Lettuce, romaine, leaves	36 cups
Tomatoes, sliced, fresh	10 each (12.5 cups)
Peppers, green, sliced, fresh	10 each (5 cups)
Onions, sliced, fresh	5 each (3.5 cups)
Pickle, chips	14 cups
Mayonnaise	50 PC
Mustard	50 PC

1. Lay the wraps out and put 1.6 oz of deli turkey and 1.22 oz deli ham on each wrap.
2. Apply 1 oz of cheese on top of meat.
3. Add lettuce, tomato, green peppers, onions and pickles to the wrap.
4. Slowly roll wrap. Put into a sandwich bag.
5. Add mayonnaise and mustard packages to lunch bag for students to apply later.



LUNCH SIDES

Parmesan Cheese Cups

Pico De Gallo

Poached Apples

Roasted Street Corn Salad

Tropical Fruit Salad

Sweet Black Beans

Greens with Cilantro Lime Vinaigrette

Strawberry Banana Cup

Fresh Tomato and Corn Salad

Apple Bird with Blueberry Compote

Shake Salad



Pictured: Alysia Cyr – RSU 38 Student

PARMESAN CHEESE CUPS

Auburn Public Schools

Lunch Side

SERVING SIZE: 1 Cup

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 2 oz eq M/MA

Ingredients and Instructions

Cheese, Parmesan

6 lbs, 4 oz

1. Place 2 ounce portions parmesan cheese on parchment paper.
2. Place in 350° oven for 3-4 minutes.
3. As soon as it comes out of the muffin press into a muffin pan to create a cup.



PICO DE GALLO

Auburn Public Schools

Lunch Side

SERVING SIZE: 2 oz

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: ¼ Cup Vegetable

Ingredients and Instructions

Tomatoes, large	35 Cups
Peppers, green, medium	3 Cups
Onion, medium	7 Cups
Pepper, jalapeno	3 Cups
Cilantro, fresh	1 Tbsp ¾ tsp minced
Garlic, granulated	¼ Cup 1 Tbsp
Lime Juice	10 Tbsp
Salt, Kosher	5 ¼ tsp
Beans, black, dried	4 cups

1. Soak black beans overnight, rinse, place black beans in pot, cover with water, boil for 45 to 60 minutes till tender. Cool/ refrigerate beans, set aside, use in step #3.
2. Prepare & dice green peppers, onions, jalapeno peppers, and chop cilantro.
3. Mix together cooled beans, vegetables and cilantro.
4. Add lime juice and salt to taste, if desired.



POACHED APPLES

Auburn Public Schools

Side

SERVING SIZE: 1 Apple

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 1 Cup Fruit

Ingredients and Instructions

Apples, fresh, with skin, 125-138 count

Sugar, granulated

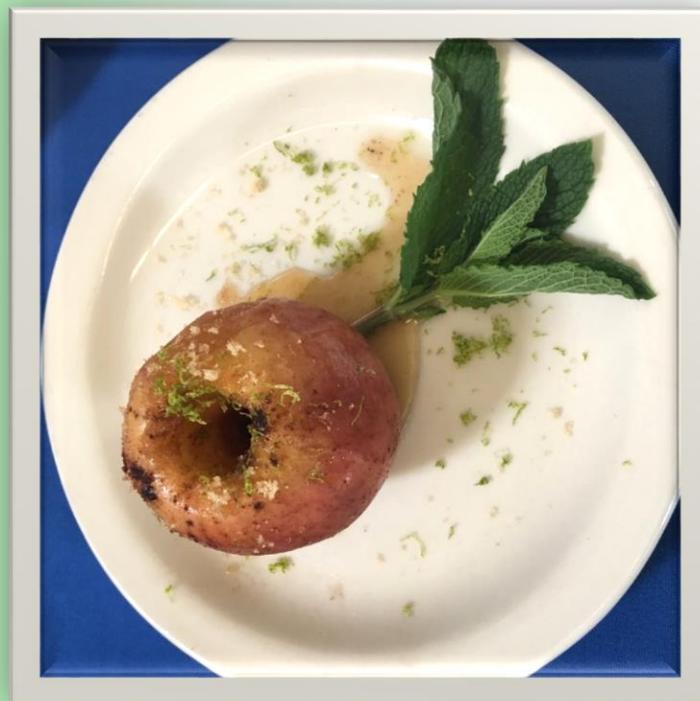
Cinnamon, ground

50 Each

2 Tbsp

2 Tbsp

1. Wash apples.
2. Poach apples in boiling water for 5 minutes.
3. Core middle of apples.
4. Dust apples with sugar and cinnamon.



ROASTED STREET CORN SALAD

South Portland

Lunch Side

SERVING SIZE: ½ Cup

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: ½ Cup Starchy Vegetable

Ingredients and Instructions

Corn, Frozen	25 Cups
Green Chili Peppers, diced, canned	4 – 4 oz cans
Garlic, minced	8 Cloves
Red Onion, finely chopped	4 Cups
Feta Cheese, crumbled	2 Cups
Fresh Cilantro, chopped	1 Cup
Lime Juice, fresh	6 Ounces
Mayo, low-fat	½ Cup
Sour Cream, low-fat	½ Cup
Chili Powder	2 tsp
Cayenne Pepper	½ tsp
Salt	1 tsp

1. Preheat oven to 375°.
2. Spread corn out over 3-4 large sheet pans and spray with cooking spray. Toss to coat evenly.
3. Roast for 20-30 minutes stirring every 10 minutes until golden brown.
4. In a large bowl, combine chili peppers, garlic, onion, cilantro, lime juice, mayo, sour cream, chili powder, cayenne pepper, and salt.
5. Let corn cool slightly and toss with dressing.
6. Serve in ½ cup portions and top with 2 tsp feta cheese.



TROPICAL FRUIT SALAD

South Portland

Side

SERVING SIZE: ½ Cup

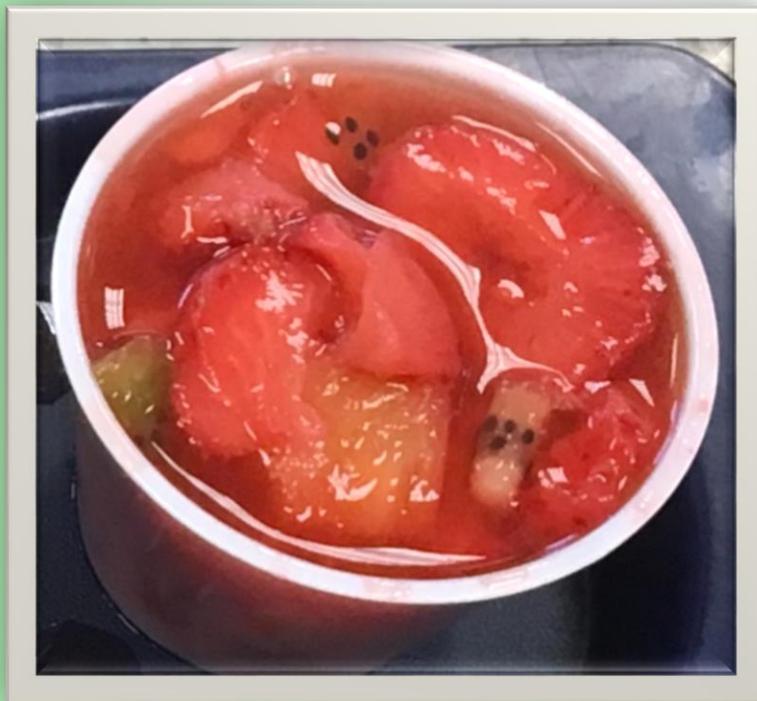
YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: ½ Cup Fruit

Ingredients and Instructions

Pineapple Tidbits, drained	8 Cups
Strawberries, frozen	15 cups
Kiwi, fresh, peeled and chopped	6 Cups
Honey	1 Cup
Lime Juice, fresh	½ Cup

1. In a large bowl, whisk together honey and lime juice.
2. Add fruit, toss to combine.
3. Serve in ½ cup portions



SWEET BLACK BEANS

Yarmouth

Lunch Side

SERVING SIZE: ½ Cup

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: ½ Cup Legume

Ingredients and Instructions

Beans, black, cooked	6.25 Quarts (5.5lbs dry)
Baking Soda	¼ Cup
Sugar	2 Cups
Soy Sauce	1 Tbsp

1. Cover dried beans with water with plenty of room for swelling and soak overnight.
2. Add baking soda to the pot and bring to a boil, skimming off scum as needed.
3. Cooking time depends on freshness of dry beans, may take 1-3 hours. Keep beans covered with water while simmering.
4. When beans yield to light pressure between fingers they are done. Drain water and return to the pot and add sugar and soy sauce while beans are still hot. Stir to dissolve sugar then chill to below 40 degrees.
5. Serve cold.



GREENS WITH CILANTRO LIME VINAIGRETTE

RSU 12

Lunch Side

SERVING SIZE: ¾ cup

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION : ½ Cup Vegetable, 1 oz eq Grain

Ingredients and Instructions

Spinach, fresh	23 cups (3 lbs)
Green leaf lettuce, fresh	16 cups (3 lbs)
Arugula, fresh	12 cups (1 lbs)
Avocados, fresh	10 each
Cilantro, fresh	3 bunches
Apple cider vinegar	8 Tbsp
Sugar, white	¾ cup
Water	8 Tbsp
Olive oil, light tasting	2 cups
Lime juice	10 Tbsp
Garlic salt	3 tsp
Whole grain tortilla chips	5- 10 oz bags

To make the cilantro lime dressing:

1. Rinse the cilantro and peel leaves from the stems. Dice finely.
2. Mix in a bowl with apple cider vinegar, sugar, water, olive oil, lime juice, and garlic salt. Set aside.

To make the salad:

1. Rinse avocados, split and remove the pits. Chunk the avocados into small half inch cubes.
2. Rinse all greens and spin them.
3. Lightly toss the greens with the cilantro lime dressing and then gently toss the avocados into the salad trying not to smash. Note: Depending on your preference, you may want to make additional dressing for a stronger flavor.
4. Serve with 1 oz whole grain tortilla chips.

Production note: cherry tomatoes can be added for additional flavor.



STRAWBERRY BANANA CUP

RSU 12

Side

SERVING SIZE: 1 Cup

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: ½ Cup Fruit

Ingredients and Instructions

Vanilla or banana cream pudding

#10 Can (112 oz)

Bananas

30 each (15 cups)

Strawberries, fresh

20 cups

Graham crackers

25 each

1. Rinse and slice the strawberries.
2. Peel bananas and cut into ¼" disks.
3. Toss the fruit in hotel pan with the can of pudding.
4. Crush graham crackers in a bag with a rolling pin.
5. Top each 1 cup serving with one Tbsp of crushed graham crackers just before serving.



FRESH TOMATO AND CORN SALAD

RSU 54

Lunch Side

SERVING SIZE: ½ cup

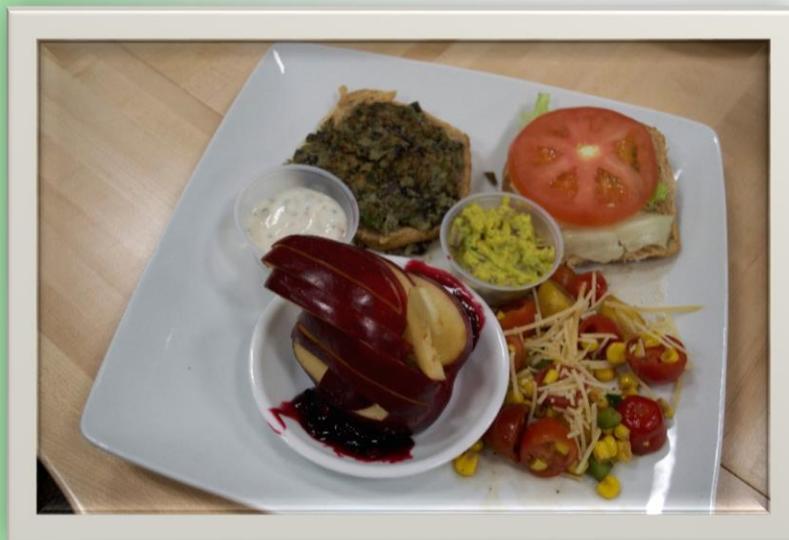
YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION ½ Cup Vegetable

Ingredients and Instructions

Tomatoes, cherry	20 lbs
Corn, fresh or frozen, blanched & drained	10 cups
Basil, fresh	½ cup
Vinegar, balsamic	To taste
Olive oil, extra virgin	To taste

1. Wash tomatoes, cut into bite size pieces or slices. Tear basil leaves into small pieces.
2. Combine basil, tomato and corn in a bowl.
3. Drizzle with balsamic vinegar and olive oil to taste. Stir to combine.
4. Let chill for 1 hour for flavors to mix or serve immediately for freshest presentation.
5. Stir before serving
6. Optional: sprinkle with 1 Tbsp shredded parmesan cheese on top before serving.



APPLE BIRD WITH BLUEBERRY COMPOTE

RSU 54

Side

SERVING SIZE: 1 Bird

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION ½ Cup Fruit

Ingredients and Instructions

Apples, medium
Blueberry compote

50 each
For Garnish

7. Carve apple into bird look.
8. Drizzle blueberry compote onto bowl.
9. Place "bird" on top.



SHAKE SALAD

Cherryfield Elementary School

Lunch Side

SERVING SIZE: 1 Salad

YIELD: 50 Servings

MEAL PATTERN CONTRIBUTION: 1.5 Cup Vegetable, 1/2 Cup Legume OR 2 oz eq M/MA

Ingredients and Instructions

Beans, black, dried	33.5 cups
Corn, canned	33.5 cups (3.5 #10 cans)
Onion, fresh	6.25 cups
Tomatoes, fresh	33.5 cups
Lettuce, romaine	33.5 cups
Cheddar cheese, shredded	1.75 pounds

Dressing:

Vinegar, apple cider	12.5 cups
Lime juice	6.25 cups
Cilantro	3.125 cups
Yogurt	50 cups
Honey	3.125 cups
Salt	To taste



1. After soaking beans overnight, boil the beans for ½ hour. Drain beans and rinse with cool water. Set aside for later.
2. Cut lettuce into strips and cut tomatoes into small pieces.
3. Open corn and drain out the liquid and set aside.
4. To make the dressing mix the apple cider vinegar, cilantro, lime juice, yogurt and honey together. Add salt to taste, if needed.
5. In a 12 oz cup measure out 2/3 cup black beans, 1/4 cup dressing, 1/3 cup corn, 1/8 cup onion, 1/3 cup tomatoes, 1/3 cup lettuce and 1/8 cup cheese.
6. Cover and serve. Let the students shake away.