



Menu Planning & Meal Service Ideas Using USDA Foods

Classic & New Ideas with a focus on High Inventory Items



This institution is an equal opportunity provider.

Florida Department of Agriculture and Consumer Services

Menu Planning/Meal Service Ideas – Table of Contents

COMPONENT	ITEM #	USDA FOODS ITEM	PACK	BREAKFAST MENU <i>(Numbers correlate to recipes on the following pages)</i>	LUNCH MENU <i>(Numbers correlate to recipes on the following pages)</i>	DESSERTS/SOUPS/SAUCES <i>(Numbers correlate to recipes on the following pages)</i>	
FRUIT	110860	Strawberries	30# Frozen	5, 8, 10, 19, 20, 25, 33, 35, 49	5, 10, 19, 20, 26, 49	5, 10, 19, 20, 33, 35, 49	
	100243/ 100242	Blueberries	30#/24# Frozen	5, 8, 10, 19, 20, 22, 25, 33, 35, 49	5, 10, 19, 20, 22, 26, 35, 49	5, 10, 19, 20, 33, 35, 49	
	100220	Peaches, Diced	6/#10	8, 20, 25, 36, 49	18, 20, 36, 49	18, 20, 36, 49	
	100206	Apples Slices	6/#10	3, 8, 30, 33, 54	3, 30, 50, 54	3, 30, 33, 50, 54	
	110541	Applesauce, Canned	6/#10	5, 19, 32, 36	5, 19, 32, 36	5, 19, 32, 36	
	110723	Cranberries, Dried	300/1.16oz	8, 49, 57	26, 40, 44, 49, 57, 59	49, 57	
	100225	Pears, Diced	6/#10	54, 57, 58	54, 58, 57, 59	54, 57, 58	
	100212	Mixed Fruit	6/#10	25, 53, 58	53, 58	58	
	110872	Cherries, Sweet	12/2.5# Frozen	8, 20, 49, 54	20, 49, 54, 59	20, 49, 54	
VEGETABLES	DARK GREEN	110473	Broccoli, Frozen	30#	4, 6, 7, 39		
	BEANS/PEAS (LEGUMES)	100359	Black/Turtle Beans	6/#10	14, 24	13, 14, 16, 18, 55	16, 18
		100370	Kidney Beans	6/#10	14	14, 16, 23, 55	16
		110362	Refried Beans	6/#10	17	2, 16, 17, 18, 31	16, 18
	STARCHY	100348	Corn	30# Frozen	11	1, 2, 11, 12, 16, 18, 38, 43, 51, 56	16, 18, 43
		100313	Corn, Canned	6/#10	2, 11	1, 2, 11, 12, 16, 18, 38, 43, 51, 56	16, 18, 43
		100350	Peas	30#		4, 42, 43, 51	43
	RED/ORANGE	100330	Salsa	6/#10	21, 24	1, 2, 21, 31, 56	
		100336	Spaghetti Sauce	6/#10		16, 27, 52	16
		100309	Carrots, Canned	6/#10		15, 40, 43	43
	OTHER	110724	Pepper/Onion Mix	30#	9, 13, 24, 37	1, 2, 7, 12, 13, 15, 16, 23, 38, 42, 52, 56	16
100307		Green Beans, Canned	6/#10		7, 41, 43, 46	43	
MEATS/MEAT ALTERNATIVES	100017	Cheese Slices	6/5# (30#)	9, 14	6, 14, 29, 52		
	111220	Pepper Jack Cheese	6/5# (30#)	9, 14, 17	1, 2, 14, 16, 17, 18, 27, 31	16, 18	
	100117	Chicken - Fajita Strips	30#		1, 12, 18	18	
	110462	Chicken -Grilled Strips	30#		4, 7, 18, 26, 52	18	
	110921	Chicken – Unbreaded Filet	30#		4, 7, 15, 18, 27, 28, 52	18	
	100003	Shredded Cheddar Cheese	6/5# (30#)	9, 14, 17, 34, 37	6, 14, 16, 17, 31, 52	16	
	110845	Eggs Liquid Whole	12/2#	9, 24, 34, 37			
	110396	Cheese Sticks	360/1 oz		44, 45		
	100201	Catfish Strips	4/10#		47, 48		

Menu/Meal Service Ideas



1. Chicken Fajitas

USDA Food(s) Used: Chicken Fajita Strips (Item #100117), Pepper Jack Cheese (Item #111220), Pepper/Onion Mix (Item #110724), Corn (Item #100313 / Item #100348), Salsa (Item #100330), WG Tortilla (Item #110394)

2. Vegetarian Fajitas

USDA Food(s) Used: Refried Beans (Item #110362), Pepper Jack Cheese (Item #111220), Pepper/Onion Mix (Item #110724), Corn (Item #100313 / Item #100348), Salsa (Item #100330), WG Tortilla (Item #110394)

3. Apple Crisp

USDA Food(s) Used: Apple Slices (Item #100206)

Recipe Source: FDACS – <https://www.fdacs.gov/content/download/92173/file/C-02-Apple-Crisp.pdf>

4. Chicken Alfredo with Broccoli OR Peas

USDA Food(s) Used: Chicken – Grilled Strips (Item #110462), Broccoli (Item #110473), Penne Pasta, WGR (Item #110520)

Additional Options: Use USDA Chicken – Unbreaded Filet (Item #110921) and cut into strips or cubes, Use USDA Peas (Item #100350) instead of Broccoli

Recipe Source: FDACS White Sauce – <https://www.fdacs.gov/content/download/92195/file/G-08-White-Sauce.pdf>

5. Fun Fruit Breakfast Pizza

USDA Food(s) Used: Applesauce (Item #110541), USDA Strawberries (Item #110860), USDA Blueberries (Item #100242 / Item #100243)

Recipe Source: ICN – <https://theicn.org/cnrb/resources/647/breakfast/111491/fun-fruit-breakfast-pizza-2.pdf>

6. Broccoli with Cheese Sauce

USDA Food(s) Used: USDA Broccoli (Item #110473), Milk, Flour, Spices, Cheese Slices (Item #100017) or Shredded Cheddar Cheese (Item #100003)

7. Chicken Stir Fry

USDA Food(s) Used: Chicken – Grilled Strips (Item #110462), Broccoli (Item #110473), Onion/Pepper Mix (Item #110724)

Additional Options: Use USDA Chicken – Unbreaded Filet (Item #110921) and cut into strips, Use USDA Canned Green Beans (Item #100307) instead of Broccoli

Recipe Source: ICN Stir Fry Sauce – <https://theicn.org/cnrb/recipes-for-schools/>

· Found under “Accompaniments” Tab

8. Fruity Oatmeal

USDA Food(s) Used: Apple Slices (Item #100206)

Additional Options: Use any of the following in place of or with Apple Slices – USDA Strawberries (Item #110860), USDA Blueberries (Item #100242 / Item #100243), USDA Peaches (Item #100220), USDA Dried Cranberries (Item #110723), USDA Cherries (#110872)

Recipe Source: ICN – <https://theicn.org/cnrb/recipes-for-schools/>

· 3rd option under “Breakfast” tab

9. Spanish Omelet

USDA Food(s) Used: Eggs, Liquid Whole (Item #110845), Cheese Slices (Item #100017), Pepper/Onion Mix (Item #110724) Sautéed

Additional Options: Use the following cheeses in place of cheese listed above – USDA Shredded Cheddar Cheese (Item #100003), USDA Pepper Jack Cheese (Item #111220)

10. Strawberry Smoothie Bowl/Mixed Berry Smoothie Bowl

Recipe Source: USDA FNS – <https://fns-prod.azureedge.net/sites/default/files/resource-files/Strawberry%20Smoothie%20Bowl%2025%20Servings.pdf>

USDA Food(s) Used: Strawberries (Item #110860), Blueberries (Item #100242 / Item #100243)

Additional Options: Cut amount of strawberries used by half and add blueberries of same amount for a Mixed Berry Smoothie Bowl

11. Corn and Edamame Blend

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/Corn_Edamame_Blend_25_Servings.pdf

USDA Food(s) Used: Corn (Item #100313 OR Item #100348)

Additional options: Use as Vegan main dish or side option with other M/MA

12. Spanish Rice

USDA Food(s) Used: Corn (Item #100313 OR Item #100348), Pepper/Onion Mix (Item #110724)

Additional Options: Add USDA Chicken Fajita Strips to meal (Item #100117)

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/Spanish_Rice_25_Servings.pdf

13. Cuban Black Beans and Rice

USDA Food(s) Used: Black Beans (Item #100359), Pepper/Onion Mix (Item #110724)

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/Cuban_Black_Beans_Rice_6_Servings.pdf

14. Quick Quesadilla Recipe

USDA Food(s) Used: Kidney Beans (Item #100370)

Additional Options: Use USDA Black Beans (Item #100359), Use any of the following Cheeses in place of Mozzarella in Recipe – USDA Pepper Jack Cheese (Item #111220), USDA Shredded Cheese (Item #100003), USDA Cheese Slices (Item #100017)

Recipe Source: USDA FNS – <https://fns-prod.azureedge.net/sites/default/files/resource-files/Quick-Quesadilla.25-50.pdf>



15. Rainbow Rice

USDA Food(s) Used: Carrots (Item #100309)

Additional Options: Use USDA Pepper/Onion Mix in place of what is listed in recipe, Use USDA Chicken – Unbreaded Filet (Item #110921) and cut into pieces in place of the diced chicken listed in recipe

Recipe Source: USDA FNS – <https://fns-prod.azureedge.net/sites/default/files/resource-files/RainbowRiceCACFPHomecipe.pdf>

16. Three Bean Chili with Corn Bread

USDA Food(s) Used: Kidney Beans (Item #100370), Refried Beans (Item #110362), Black Beans (Item #100359), Corn (Item #100313), Pepper/Onion Mix (Item #110724), Cheddar Cheese (Item #100003)

Other Ingredients Used: Oil, Tomato Paste, Broth, Drained Diced Tomatoes or Drained Crushed Tomatoes, Spices to taste – cumin, paprika, coriander, onion, cilantro, garlic, chili powder, Serve with a WGR Corn Bread

Additional Options: Use USDA Spaghetti Sauce (Item #100336) and reduce/adjust liquid content in place of tomato paste, Use USDA Pepper Jack Cheese (Item #111220) with or in place of Cheddar Cheese

17. Bean Burrito Casserole

USDA Food(s) Used: Refried Beans (Item #110362), Shredded Cheddar Cheese (Item #100003), WG Flour Tortillas (Item #110394)

Additional Options: Use USDA Pepper Jack Cheese (Item #111220) in place of Cheddar Cheese, Serve with Mexicali Corn (Recipe #38), Instead of wrapping burritos individually, save time by creating a casserole – Layer tortillas, cheese, and beans into greased hotel pans with the top layer being cheese.

18. Nacho Bar – 3 Main Toppings + Veggies

Hot Bean & Cheese Dip

USDA Food(s) Used: Refried Beans (Item #110362), Pepper Jack Cheese (Item #111220)

Chilled Black Bean and Peach Salsa

USDA Food(s) Used: Drained Black Beans (Item #100359), Drained Peaches (Item #100220)

Other Ingredients Used: Diced Onion, Fresh Chopped Cilantro, Lime Juice, other spices as desired (Cumin, Garlic, Salt, Pepper)

Chilled Tangy Corn and Chicken Salsa Option

USDA Food(s) Used: Diced Chicken Filet (Item #110921) OR Diced Fajita Strips (Item #100117) or Diced Grilled Chicken Strips (Item #110462), Diced Peaches (Item #100220), Drained Corn (Item #100313)

Other Ingredients Used: Diced Onion, Apple Cider Vinegar, Lime Juice, Oil, Diced Avocado, Cilantro, Salt, Pepper, and Garlic to taste.

19. Berry Flavored Applesauce

USDA Food(s) Used: Blended Blueberries (Item #100242 / #100243), Blended Strawberries (Item #110860), Applesauce (Item #110541)

20. Fruit Salad

USDA Food(s) Used: Blueberries (Item #100242 / #100243), Strawberries (Item #110860), Peaches (Item #100220), Cherries (Item #110872)

Additional Options: Thinly slice fresh mint to garnish and mix in the salad for flavor and presentation, Add other colorful fruits you wish to include – like honeydew melon cubes

21. USDA Salsa (Item #100330)

Additional Options: USDA Salsa too bland? Add fresh herbs like chopped cilantro, oregano and even salt (while staying within sodium restrictions); If students complain the USDA salsa it is not spicy enough, add hot sauce; Add canned crushed pineapple or diced mango to the salsa for a tangy twist; When serving eggs for breakfast, offer ½ cup salsa on the side.

22. USDA Blueberries (Item #100242 / #100243)

Additional Options: On very hot days, keep frozen before serving – Students enjoy them as a frozen treat.

23. Red Beans & Rice

USDA Food(s) Used: Kidney Beans (Item #100370), Pepper/Onion Mix (Item #110724)

Other Ingredients Used: Olive Oil, Brown Rice, Spices, Chicken Broth

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/MCRRed_Beans_and_Rice.pdf

24. Breakfast Tacos

USDA Food(s) Used: Black Beans (Item #100359), Eggs – Make Scrambled Eggs (Item #110845), Pepper/Onion Mix (Item #110724), Pepper Jack Cheese (Item #110220), WG Tortilla (Item #110394)

Additional Options: Offer USDA Salsa (Item #100330) on the side or cook in the eggs for flavoring

25. Breakfast Cottage Cheese & USDA Fruit Cups

USDA Food(s) Used: ½ cup of any or a variety of thawed frozen or canned USDA fruit – Strawberries (Item #110860), Blueberries (Item #100243 / #100242), Peaches (Item #100220), USDA Mixed Fruit (Item #100212)

Other Ingredients Used: ½ cup Cottage Cheese

26. Spinach Salad Entrée

USDA Food(s) Used: ½ c. Blueberries (Item #100242 / #100243), 1.5 oz Chicken Strips (Item #110462)

Other Ingredients to Include: 2 cups Fresh Spinach, Berry Vinaigrette Packet, Serve with 1oz WGR Dinner Roll or Croutons

Additional Options: Use the following with or instead of Blueberries – USDA Strawberries (Item #110860), Dried Cranberries (Item #110723)

27. Simple Italian Chicken Sandwich

USDA Food(s) Used: Chicken Filet (Item #110921), Spaghetti Sauce (Item #100336)

Other Ingredients Used: Parmesan, Mozzarella, 2oz credit WGR Bun

Additional Options: Can use Shredded Pepper Jack Cheese (Item #111220)

28. Honey Mustard Chicken Sandwich

USDA Food(s) Used: Chicken Filet (Item #110921)

Other Ingredients Used: Honey Mustard Sauce, WGR Bun

Directions: Heat (to 165 F for 15 seconds) thawed chicken fillet in honey mustard sauce. For extra flavor, marinate chicken fillet in honey mustard sauce before heating. Place on WGR bun and serve.

29. Grilled Cheese Sandwiches

USDA Food(s) Used: Cheese Slices (Item #100017)

Other Ingredients Used: WGR Sandwich Bread

Directions: Grease Sheet Pan. Heat in oven. Prepare in bulk by baking in the oven with another sheet pan on-top to press the sandwiches.

30. Country “Fried” Apple Slices

USDA Food(s) Used: Apple slices (Item #100206)

Other Ingredients Used: Cinnamon, Margarine

Directions: Melt margarine. Mix with cinnamon and apple slices. Place in pan and place in oven until 165 for 15 seconds.

Additional Options: Serve with Ham

31. Refried Beans (Item #110362)

Additional Options: Add USDA Salsa to enhance the flavor (Item #100330), Top with USDA Shredded Cheddar Cheese (Item #100003) OR USDA Shredded Pepper Jack Cheese (Item #111220)

- Children will eat the refried beans if cheese is sprinkled on it.
- Pay attention to the consistency and ensure your recipes add the correct amount of water when heating the beans.

32. Baking with USDA Applesauce (Item #110541)

- Use USDA Applesauce (Item #110541) to replace oil in baked goods recipes using a 1:1 volume ratio.
- Use USDA Applesauce (Item #110541) to replace eggs in baked goods recipes substituting ¼ cup USDA Applesauce for each egg.

33. Fruit Toppings for French Toast or Pancakes

USDA Food(s) Used: Blueberries (Item #100242 / #100243), and/or USDA Strawberries (Item #110860), and/or USDA Canned Apples (Item #100206)

Directions: Heat fruit and serve on top of French Toast

34. Easy Cheesy Breakfast Bake (Slice and Serve)

USDA Food(s) Used: Whole Liquid Egg (Item #110845), Cheddar Cheese (Item #100003)

Other Ingredients Used: WGR Bread, Milk, Salt & Pepper
Additional Options: Dry Mustard, White Pepper, or Other Spices.

Directions: Grease #200 pans, layer bread, pour milk, egg, and spice mixture over bread, evenly sprinkle cheese over mixture. Bake until solid and 160 degrees F for 15 seconds. Slice and serve.

35. Berry Smoothie

USDA Food(s) Used: Frozen Blueberries (Item #100242 / #100243), Frozen Strawberries (Item #110860)

Other Ingredients Used: Banana, Nonfat Milk
Additional Options: Add Vanilla Extract or Honey

36. Creamsicle Smoothie

USDA Food(s) Used: Peaches (Item #100220), Applesauce (Item #110541)

Other Ingredients Used: Low-fat Vanilla Greek Yogurt, Orange Juice
Additional Options: Add Vanilla Extract or Honey

37. USDA Quiche with Self-Forming Crust

USDA Foods Used: Shredded Cheddar Cheese (Item #100003), Whole Liquid Eggs (Item #110845), Pepper/Onion Mix (Item #110724)

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/Quiche_Self_Forming_Crust_25_Servings.pdf

38. USDA Mexicali Corn

USDA Food(s) Used: Corn (Item #100313 / Item #100348), Pepper/Onion Mix (Item #110724)

Recipe Source: FDACS –

- Video Recipe: <https://www.fdacs.gov/Food-Nutrition/Nutrition-Education-Resources/Food-Nutrition-and-Wellness-Chef>
- PDF Recipe: <https://www.fdacs.gov/content/download/92208/file/I-12-Mexicali-Corn-Starchy.pdf>

39. Broccoli Salad

USDA Food(s) Used: Broccoli (Item #110473)

Recipe Source: FDACS – <https://www.fdacs.gov/Food-Nutrition/Nutrition-Education-Resources/Food-Nutrition-and-Wellness-Chef>

40. Orange Glazed Carrots

USDA Food(s) Used: Dried Cranberries (Item #110723)

Additional options: Substitute with drained USDA Canned Carrots (Item #100309)

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/Orange_Glazed_Carrots_6_Servings.pdf

41. Green Beans with Potatoes and Smoked Turkey

USDA Food(s) Used: Drained Green Beans (Item #100307)

Additional Options: Use fully cooked/seasoned potato cubes and bake in oven, Use broth in place of water and chopped bacon for a heavier flavor (Warning: No M/MA credit and more sodium).

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/GreenBeans_Potatoes_Smoked_Turkey_25_Servings.pdf

42. Orzo Pasta with Green Peas

USDA Food(s) Used: Peas (Item #100350), Pepper/Onion Mix (Item #110724)

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/Orzo_Pasta_Green_Peas_25_Servings.pdf



43. Beef Vegetable Soup

USDA Food(s) Used: Green Beans (Item #100307), Peas (Item #100350), Carrots (Item #100309), Corn (Item #100313 / Item #100348)

Recipe Source: USDA FNS – <https://fns-prod.azureedge.net/sites/default/files/resource-files/Beef%20Vegetable%20Soup%2025%20Servings.pdf>

44. Protein To-go Box

USDA Food(s) Used: IW String Cheese Stick (Item #110396), IW Dried Cranberries (Item #110723)

Other Ingredients Included: IW Peanut Butter or Hummus Cup, IW WGR Crackers, IW Sliced Apples

Additional options: Place them aesthetically in a clear hinge container so items can be viewed.

45. USDA String Cheese Sticks (Item #110396)

- Note which grade group enjoys the USDA String Cheese Stick (Item #110396) and target serving the item to that group.

- Use the USDA String Cheese Stick (Item #110396) in field trip lunches.

- Try using the USDA String Cheese Stick (Item #110396) in the After School Snack Program.

46. USDA Pizza Green Beans

USDA Food(s) Used: Green Beans (Item #100307)

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/Pizza_Green_Beans_25_Servings.pdf

47. Fish & Chips

USDA Food(s) Used: Catfish Strips (Item #100201)

Directions: Layer Catfish Strips on a greased sheet pan and bake until 145 degrees F for 15 seconds and crispy. Bake potato wedges or fries. Offer in a container as a “Fish & Chips” meal with different dunk cups and sauces.

48. Catfish Loaves

Additional Options: Substitute the canned salmon for USDA Catfish Strips (Item #100201) and reduce breadcrumbs.

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/Mini_Salmon_Loaves.25-50.pdf

Note: 1 oz canned salmon credits for 1 oz M/MA and 2 oz USDA Catfish Strips (Item #100201) credits for 1 oz M/MA.

49. Yogurt Parfait

USDA Food(s) Used: Choice of USDA Fruits – Strawberries (Item #110860), Blueberries (Item #100242 / Item #100243), Peaches (Item #100220), Dried Cranberries (Item #110723), Cherries (Item #110872)

Other Ingredients Used: Low-fat Vanilla Yogurt, Granola

50. USDA Baked Batatas and Apples

USDA Food(s) Used: Apple Slices (Item #100206)

Recipe Source: USDA FNS – https://fns-prod.azureedge.net/sites/default/files/resource-files/Baked_Batatas_and_Apples.25-50_o.pdf

51. USDA Veggie Mash Up

USDA Food(s) Used: Peas (Item #100350), Corn (Item #100313 / Item #100348)

USDA Food(s) Used: Apple Slices (Item #100206) <https://fns-prod.azureedge.net/sites/default/files/resource-files/Veggie-Mash-Up-25-50.pdf>

52. Super Pasta

USDA Food(s) Used: Rotini Pasta, WGR (Item #110504), Meatless Spaghetti Sauce (Item #100336), Sautéed Pepper/Onion Mix (Item #110724)

Other Ingredients Used: Mozzarella Cheese, Seasonings

Additional Options: Add USDA Chicken – Grilled Strips (Item #110462) or USDA Chicken – Unbreaded Filet (Item #110921), cut into strips. Use the following USDA Cheese instead of Mozzarella – Cheese Slices (Item #100017), Shredded Cheddar Cheese (Item #100003)

53. USDA Mixed Fruit (Item #100212)

- Always serve completely chilled. Never serve lukewarm, even if served immediately.
- To increase acceptance try serving the USDA Mixed Fruit differently than usual.
- Drain all liquid before serving if you normally serve it with liquid.
- Place in individual cups if you usually “scoop and serve.”
- Mix it with brightly colored canned fruit.

54. Fruit Crisp

USDA Food(s) Used: Pears (Item #100225), Cherries, pitted (Item #110872), Apples Sliced (Item #100206)

Other Ingredients Used: Cinnamon, Granola

Directions: Mix the fruit with Cinnamon, top with Granola and bake at 350 F for 45 min - 1 hour

55. Cowboy Beans/Texas Caviar

USDA Food(s) Used: Black Beans (Item #100359), Kidney Beans (Item #100370)

Additional Options: Instead of using one type of bean in the Baked Beans recipe, Cowboy Beans can be created with a variety of beans on hand.

Recipe Source: FDACS – <https://www.fdacs.gov/content/download/92207/file/I-06-Baked-Beans-Bean-Pea.pdf>

56. Breakfast Burrito with Salsa

USDA Food(s) Used: Corn (Item #100348), Pepper/Onion Mix (Item #110724)

Additional Options: Instead of making fresh salsa, substitute with USDA Salsa (Item #100330)

Recipe Source: FDACS – <https://www.fdacs.gov/content/download/92196/file/I-02-Breakfast-Burrito.pdf>

57. Pear Breakfast Roll Ups

Recipe Source: Pacific Northwest Canned Pear Service:

<https://eatcannedpears.com/recipes/pear-breakfast-rollups>

USDA Food(s) Used: Diced Pears (Item #100225), Dried Cranberries (Item #110723)

58. Using Canned Fruits in Smoothies

USDA Food(s) Used: Mixed Fruit (Item #100212) or Diced Pears (Item #100225)

Other Ingredients Used: Assorted Frozen Fruits, Milk and/or Juice and/or Water

59. Fruity Lettuce Salad

USDA Food(s) Used: Diced Pears (Item #100225), Cherries (Item #110872), Dried Cranberries (Item #110723)

Other Ingredients Used: Romain lettuce, Baby Spinach, Scallions, Pumpkin Seeds, Dressing (Olive Oil, Honey, Red Wine Vinegar, Lime Juice, Salt, Pepper)



Sample Menu Plans



SUGGESTED BREAKFAST MENU PLAN K-12 SAMPLES

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	Choice of: Fun Fruit Pizza or Cereal Choice with Mozzarella Cheese Stick Chilled Pineapple Tidbits and Creamsicle Smoothie Choice of Milk	Choice of: Fruity Oatmeal with Toast or Cereal Choice with Toast Chilled Mandarin Oranges and 100% Fruit Juice Choice Choice of Milk	Choice of: Yogurt Parfait with Granola or Cereal Choice with Bear Graham Crackers Chilled Berry Applesauce and 100% Fruit Juice Choice Choice of Milk	Choice of: Fruit, Cottage Cheese & Toast or Cereal Choice with Toast Chilled Sliced Peaches and 100% Fruit Juice Choice Choice of Milk	Choice of: Easy Cheesy Breakfast Bake or Cereal Choice with Yogurt Mixed Berry Peach Salad and 100% Fruit Juice Choice Choice of Milk
WEEK 2	Choice of: Breakfast Burrito or Cereal Choice with Mozzarella Cheese Stick Chilled Sliced Peaches and 100% Fruit Juice Choice Choice of Milk	Choice of: Berry Smoothie Bowl with Granola or Cereal Choice with Yogurt Banana and Chilled Sliced Peaches Choice of Milk	Choice of: Scrambled Eggs with Toast or Cereal Choice with Toast Apple Slices and 100% Fruit Juice Choice Choice of Milk	Choice of: Pear Roll-Up or Cereal Choice with Mozzarella Cheese Stick Chilled Mandarin Oranges and 100% Fruit Juice Choice Choice of Milk	Choice of: French Toast with Syrup or Cereal Choice with Yogurt Strawberries and 100% Fruit Juice Choice Choice of Milk

- Daily Entrée as menued along with choice of assorted whole grain-rich cereal and one additional side item from grains, cheese, yogurt, etc.
- Fruit Choices: may select chilled canned fruit cup choice with a fresh fruit or 100% juice. Dried fruit choices also offered daily and may be selected as bonus item.
- With Offer versus Serve: to receive student meal price, meals must consist of three food items with one being a ½ cup fruit or 100% juice.
- Milk Choices: may select one choice from fat free chocolate, strawberry or vanilla or 1% low-fat unflavored.
- Additional entrées, side items, and milk may be purchased for ala carte charge.

SUGGESTED LUNCH MENU PLAN K-8 SAMPLES

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	<p>Choice of: Chicken & Broccoli Alfredo with WGR Pasta or Fish & “Chips” (potato wedges) w/WGR Roll</p> <p>Choice of: Chilled Mandarin Oranges or Mixed Fruit Cup</p> <p>-Seasoned Broccoli -Romaine Side Salad -Daily Veggie Dipper</p> <p>Choice of Milk</p>	<p>Choice of: Grilled Cheese or Honey Mustard Chicken Fillet on WGR Bun</p> <p>Choice of: Chilled Berry Applesauce or 100% Fruit Juice Choice</p> <p>-Cowboy Baked Beans (mix of beans w/onions & peppers) -Lettuce and Tomatoes -Daily Veggie Dipper</p> <p>Choice of Milk</p>	<p>Choice of: Veggie Fajita or PB & J Sandwich</p> <p>Choice of: Fresh Banana or Fruit Cup Choice with Raisins or Craisin Pack</p> <p>-Seasoned Corn with Peppers -Daily Veggie Dipper</p> <p>Choice of Milk</p>	<p>Choice of: Roasted Turkey & Mashed Potatoes or Macaroni and Cheese with Garlic Roll/Toast</p> <p>Choice of: Country Fried Apples or 100% Fruit Juice Choice</p> <p>-“Pizza” Green Beans -Garden Side Salad -Daily Veggie Dipper</p> <p>Choice of Milk</p>	<p>Choice of: Berry, Spinach & Chicken Salad or Vegetable Beef Soup with WGR Roll</p> <p>Choice of: Berry Fruit Cup Choice or Fresh Fruit Choice with Raisins or Craisin Pack</p> <p>-Spinach Side Salad -Daily Veggie Dipper</p> <p>Choice of Milk</p>

WEEK 2	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	<p>Choice of: Diced Chicken with Rainbow Rice or 2-Egg & Cheese Omelet with WGR Toast</p> <p>Choice of: Chilled Mixed Fruit Cup or 100% Fruit Juice Choice</p> <p>-Black Beans w/Onions -Spinach Salad -Daily Veggie Dipper</p> <p>Choice of Milk</p>	<p>Choice of: Cranberry Turkey Wrap or Spaghetti with Meatballs</p> <p>Choice of: Chilled Peach Cup or Strawberry Cup</p> <p>-Sautéed Veggie Mix (Mushrooms, Onions & Zucchini) -Romaine Salad -Daily Veggie Dipper</p> <p>Choice of Milk</p>	<p>Choice of: Catfish Loaves or Grilled Chicken Strips with Seasoned WGR Orzo</p> <p>Choice of: Chilled Applesauce Cup or Pear Cup</p> <p>-Veggie Blend Veggies (Corn, Carrot, Edamame & Onion) -Sweet Peas -Daily Veggie Dipper</p> <p>Choice of Milk</p>	<p>Choice of: Bean & Veggie Soup or Roast Beef with Potatoes with Corn Bread</p> <p>Choice of: Fruit Cup Choice with Raisins or Craisin Pack</p> <p>-Seasoned Green Beans -Daily Veggie Dipper</p> <p>Dessert: Pear & Cherry Crisp</p> <p>Choice of Milk</p>	<p>Choice of: Pulled Pork with Garlic Toast or Italian Chicken Fillet on WGR Bun</p> <p>Choice of: Berry Blend Fruit Salad or 100% Fruit Juice Choice</p> <p>-Broccoli Salad -Seasoned Lima Beans -Daily Veggie Dipper</p> <p>Choice of Milk</p>

- Daily Entrée as menued along with choice of freshly made turkey, ham or combination with cheese or PB&J sandwich.
- Fruit Choices: may select one choice fresh, canned, or 100% juice. When offered, dried fruit choice may be selected as bonus item.
- Vegetables Choices: may select up to 2 items.
- Daily Veggie Dippers: variety may include celery, carrots, zucchini, yellow squash, tomatoes, red or orange bell peppers, cucumbers.
- With Offer versus Serve: to receive student meal price, meals must consist of three components with one being a ½ cup creditable portion of fruit or vegetables.
- Milk Choices: may select one choice from fat free chocolate, strawberry or vanilla or 1% low-fat unflavored.
- High School Menu Plans: items offered as listed with entrée salad with 2 oz meats/cheese/egg and 2 oz grains offered. High School student meals include daily choice of ½ cup 100% juice with menued fruit choices. High school meals include slightly larger portions.
- All Grades: Additional entrées, side items, and milk may be purchased for a small ala carte charge.