Creative Recipes using USDA Foods
Take 2

Malissa Marsden, SNS
Affiliation or Financial Disclosure

• Malissa Marsden, consultant for two agricultural marketing boards
  • American Egg Board
  • Mushroom Council
USDA Foods Ordering and Using

• Order in January 2020
• Use in SY 20/21
• If you order it you need to menu it
• Servings per time frame per menued item / servings per case = total annual cases per menued item
• Round down if you have limited deliveries
USDA Foods Use

• Use it 3 ways or 3 days
• 5 or more is better
• Single inventory items are most expensive item
• Assists in Rotating Stock
• Reduces inventory cost
• Increases “slot” use in house and at distributor
• Assists in controlling or reducing food cost
USDA Foods and Trends

• Focus on how to incorporate commonly ordered USDA Foods into on trend school menus and entrees
• Customization all day my way
• Asian Foods/ More Ethnic than Americanized
• Bowl them over with a multitude of bowls
• Grab & Go
• Entrée Salads even with salad bars
• Spice it up and then kick it up
• All Day Breakfast
Chef Juan San Diego new products

- Our approach to USDA IQF mushrooms is the same as we use when vetting any other new product.
- We are looking for products that:
  - Can be used as a base product or to complement other products in a variety of ways
  - Make good financial sense
  - Can be reliably sourced in the long term
  - The flavor can easily blend in with the flavor profiles of different cuisines
Canned & Fresh & Frozen & Dried All in the Family

• They still need the
USDA Foods in our Newsfeeds

• Tips for SMTR and School Nutrition Professionals
• Hot Topics this year:
  • Tortillas: new uses
  • Chicken: always need new ideas to fight menu fatigue
  • Philly Meat (Further Processed): ideas beyond French Dips or Philly Steak Sandwich’s
  • IQF Broccoli & Veggies & IQF Fruits
  • Brown Rice and Beans continue to confound
Sharing on line or in person

• **Lillian Barnett** Check out what's popular at fast food places and copy them...only better. Our kids like bowls, baked potatoes (loaded), entree salads, brunch for lunch is a great day.

• **Jennifer Winchel** We tried the taco pasta in the files in this group. Kids weren't receptive until we handed out samples. They all asked for MORE

• **Jennifer Winchel** Ours also like chicken and waffles, any pasta at all, especially baked ziti and spaghetti and meatballs, taco burgers, etc. We have "kid food" usually every day, but try to do another option as well and encourage it. We rarely do fries.
Banana Splits
Banana Splits
Trends

• Vegetarian
Tatco’s Trending in Schools Too

Today you can find Totcho's in every corner of the United States, and many versions are removed from its faux Mexican-food origins. You can get Bayou-inspired tots drowned in country ham gravy with barbecued pork, “Memphis Totcho's” with banana and bacon at the Minnesota State Fair, Frito pie-inspired chili Totcho's at Disney World, and even breakfast Totcho's with freshly scrambled eggs in Atlanta (at a place that opened in 2009 and calls themselves the home of Totcho).

Other School Versions from Tip’s for SMTR

- **Courtney Lee**: We did a buffalo chicken Totcho’s with popcorn chicken in buffalo sauce (10), tots (8), 1/4 c celery and 1/4 c shred carrots, drizzle with ranch.
  - Can also do a meat/nacho cheese one with 3 oz Turkey taco and 2 oz shred cheese (1 oz nacho cheese) and lettuce tomato & toppings.

- **Teresa Olinger Allen**: Easiest way to serve it is to make nacho cheesy tots
  - add 3 oz taco meat.
  - Serve with Dxxxxx chips and shredded lettuce and pico de gallo
Bowls and more Bowls
Bar None or Bowl them Over

• Pasta or Mac & Cheese
• Ramen Noodle or Asian Stir Fry
• Brunch or Breakfast All Day
• Baked Potato or Mashed Potato
• Tex Mex Toppings for Tacos or Nachos
• What is your bowl or bar student favorite?
Asian Possibilities

Chicken Yakisoba
Paula Lindbo
Elmhurst SD 205, IL

Create your Own Asian Fusion

Using USDA Foods

Proteins: Vegetables: Grains

Diced Chicken – Chicken Strips – Sliced beef - Vegetarian

IQF Broccoli, Carrots, Mushrooms, Peppers and Onions

DoD fresh bean sprouts, pea pods, mushrooms, onions, celery, broccoli, carrots, green onions

Brown Rice or WGR Spaghetti
IQF Broccoli #110473

From Tammy Ayotte, S.N.S, Pinellas County Schools, Nutrition Education Specialist/Menu Planner: "Our recipe states to cook/steam the broccoli from a frozen state, uncovered for 8-12 minutes….don’t overcook, and cook progressively, to the line." Best. Broccoli. Ever.

Tasha Keller We cook ours in the steamer or combi for about 7 to 10 minutes. Then we season with lemon pepper seasoning and parmesan cheese. It's yummy!
USDA Turkey Wrap & Pasta Salad
Build your Own = Consumption

New USDA Sliced Smoked Turkey #110910
**Tortillas**

- **Kellie Hughes** Cut them in triangles put a small amount of olive oil on them, you can either coat them in sugar and cinnamon and bake them or olive oil garlic powder chili powder or garlic and Italian seasoning and bake! You can use them for salads or soups!

- **Kerry Maty Hawley** We did lunch meat wraps. Meat, cheese, lettuce, tomato, ranch. Roll up, don’t tuck in the sides.

- **Angela Sewell** We do breakfast wraps w/ 1/2 ounce cheese and 1 ounce USDA scrambled eggs. Our kids love them.
Anji Wilson Branch on using USDA Wraps

Roast Beef Wrap:
• JXX philly beef
• Romaine lettuce
• Shred carrots
• Horseradish cream cheese

Chicken Bacon Ranch Wrap
• USDA diced chic
• USDA Shred mozzarella
• Bacon Crumbles
• Lettuce & Ranch

• Note how many USDA items
Franklin Technical = 3 New Flatbread

*Chicken Bacon Ranch Flatbread*
Essentially Rxxx’s 6x6 flatbread, cold diced or pulled chicken mixed with ranch dressing and bacon topping. #12 scoop and top with cheddar/mozz blend that we add parsley to for color. Bake and serve. We did “*The Mac*” flatbread also and a *barbecue chicken* one so far.
Further Processed Philly Meat

- **Lisa Lamy** Philly cheese steak sandwich with the USDA shredded mozzarella cheese and the USDA peppers and onion mix on a hoagie roll. We did them last week and the kids loved them.

- **Becky Fowler** Philly Cheesesteak MAC and cheese, Teriyaki Beef

- **Cheryl Heller Fliss** Philly Cheese Steak Grilled Cheese
Eugene School District 4J, Maine

New USDA Pollack Stick # 110851
Regional School Recipes

Potato Salad on Gumbo (Potato Salad)

School Operator Recipe

Serving Size: 2 cups each

Ingredients

- Eggs, Whole, Hard-Boiled
- Potatoes, Small, White
- Peppers, Red, Cut
- Peppers, Green, Cut
- Celery, Fresh, Cut
- Onions, Chopped
- Pickles, Relish, Sweet
- Sugar, Granulated
- Mustard, Reduced Fat

Measure

- 6 eggs
- 2 1/2 cups
- 1 cup
- 1 cup
- 1/2 cup
- 1 cup
- 1 cup
- 1/4 cup
- 1/4 cup
- 1/4 cup

Directions

1. Chop eggs and refrigerate until needed for use.
2. Boil potatoes and shell under cool running water and drain.
3. Mix diced potatoes with all other ingredients in large bowl. refrigerate until serving.
4. For portion potato salad with 1/4 cup per serving.
5. Garnish portioned potatoes with garnish of choice.
6. Garnish portioned potatoes with potato salad inside gumbo as a garnish.

Notes

- In the South, Potatoes are a necessary side dish, especially with gumbo. Locals often put the potatoes sold in their gumbo.
- Students go wild for our Potato Salad on Gumbo. They don’t know it, but it’s made with chicken stock.
- To try something new, try our Potato Salad on Gumbo. It’s a great choice on a vegetable choice on Chicken Gumbo.
- 2 pieces of Gumbo over rice with potato salad with 1 dt.

Cook Time: 30 min
Ready Time: 30 min

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San Diego Unified SD, CA

INGREDIENTS
10 pounds Ground beef, fine, raw, USDA
1 bag Taco seasoning, bag 9 oz, sysco
1 each Onion, medium, fresh, diced
5 pounds Mushroom, frozen, diced IQF, USDA
2 quarts Refried beans, canned, vegetarian
1.5 quarts Enchilada sauce, canned, las palmas
1.5 quarts Salsa, USDA
5.8 (3.13 pounds) Cheddar/Jack cheese blend 5 pounds
50 each Flour tortillas, 10", WG
### Plaquemines Parish School Board

**Recipe:** 000930 Spaghetti & Meat Sauce 6-12

**Recipe Source:**
- Vendor Group: ENTREE-GROUND MEATS

**Alternate Recipe Name:**
- Number of Portions: 100
- Size of Portion: 1 CUP

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<td>Peppers, Green, Prescut</td>
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<td>Celery, Prescut, F oz</td>
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<td>Garlic, Raw</td>
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<tr>
<td>Water, Cold</td>
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**CCP:**
- **Cover all raw with salmonella**
- Wash rails with nail brush; wash hands and arms up to the elbows (wash frequently as needed)
- Use food preparation gloves as needed; wash hands before putting gloves on;
- Rinse apron as needed; Use clean and sanitized utensils and work surfaces.

1. Turn sauté pan to highest setting.
2. Brown ground beef.
3. Drain excess fat and break into small pieces (use a paddle).
4. Add onions, celery, green peppers and garlic.
5. Cook for 5 minutes, stirring often.

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<td>CAN + 1 CUP</td>
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<td>1/4 TSP + 1 TSP</td>
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<tr>
<td>3/4 GAL</td>
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**NOTICE:** The data contained within this report and the NUTRICKS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
A Rainbow includes White and Pale too

• Many think that pale foods like onions and garlic don’t offer many nutrients.

• But although they may not look like nutritional powerhouses, experts say they are.

• Onions of all colors (including white) are good sources of vitamin C, vitamin B6, potassium and folate,

• Garlic is rich in vitamin C, vitamin B6, thiamin, potassium, calcium, phosphorous, copper and manganese.
USDA “Trinity”

- IQF Mushrooms + IQF Pepper & Onion Blend = Flavor
- 60% Beef Crumbles
- 20% Mushrooms
- 20% Peppers & Onions
When it is in our Kitchens
Goal: increase participation

• Always think what is in it for my kids?
• Sample
• Student Advisory Boards
• Student Food Shows
• Market
• Rename/Reframe
• Have Fun
Resources for Recipes

• **Tips for School Meals that Rock** look at all the Files now available
  • [https://www.facebook.com/groups/177286602996832/](https://www.facebook.com/groups/177286602996832/)

• Healthy School Recipes, a new website free to schools
  • [https://healthyschoolrecipes.com/recipes](https://healthyschoolrecipes.com/recipes)

• The Lunch Box by Chef Ann Cooper Foundation
More Resources

• North Carolina
  • https://childnutrition.ncpublicschools.gov/continuing-education/nc-k-12-culinary-institute/ci-recipes/recipes

• USDA Mixing Bowl
  • https://whatscooking.fns.usda.gov/

• ICN https://theicn.org/

NOTE: All recipes need to be verified by you for meal component credits and Standardized for your kitchen/staff/equipment
Agricultural Marketing Boards for Recipes

- **5 Ways/5 Days Menus and Recipes** by real schools and share by the American Egg Board
  - [https://www.aeb.org/eggs-in-schools/schools/5-days-5-ways](https://www.aeb.org/eggs-in-schools/schools/5-days-5-ways)
  - Also spotlight recipes from #RealSchool's

- Potatoes USA
  - [https://www.potatogoodness.com/school-food-service/](https://www.potatogoodness.com/school-food-service/)

- Alaskan Pollack

- Blueberries
  - [https://www.wildblueberries.com/school-food-service/](https://www.wildblueberries.com/school-food-service/)
  - [https://www.blueberrycouncil.org/foodservice/school-foodservice/](https://www.blueberrycouncil.org/foodservice/school-foodservice/)

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Thank You!