



**2023-24**

# **PROMOTION CALENDAR**

**Make every day a celebration  
in the school cafeteria!**



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School Nutrition magazine



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# AUGUST 2023

## MONTH-LONG EVENTS

Back-to-School Month

Family Fun Month

International Pirate Month

National Goat Cheese Month

National Golf Month

National Immunization Awareness Month

National Panini Month

National Sandwich Month

Summer Sun Safety Month

National Peach Month

## WEEK-LONG/MULTI-DAY EVENTS

International Clown Week | Aug. 1-7

National Farmers Market Week | Aug. 6-12

National Aviation Week | Aug. 19-25

World Water Week | Aug. 23-Sept. 1

Be Kind to Humankind Week | Aug. 25-31

## SINGLE-DAY EVENTS

Air Force Day | Aug. 1

National Watermelon Day | Aug. 3

International Cat Day | Aug. 8

National Book Lovers Day | Aug. 9

World Elephant Day | Aug. 12

National Relaxation Day | Aug. 15

National Fajita Day | Aug. 18

National Aviation Day | Aug. 19

World Humanitarian Day | Aug. 19

World Photography Day | Aug. 19

National Tooth Fairy Day | Aug. 22

World Plant-Based Milk Day | Aug. 22

National Waffle Day | Aug. 24

National Dog Day | Aug. 26

National Beach Day | Aug. 30

Eat Outside Day | Aug. 31

National Trail Mix Day | Aug. 31

## NOTABLE BIRTHDAYS + ANNIVERSARIES

DOGust 1st: Universal Birthday for  
Shelter Dogs | Aug. 1

Francis Scott Key | Aug. 1

U.S. Coast Guard | Aug. 4

Lucille Ball | Aug. 6

Voting Rights Act of 1965 | Aug. 6, 1965  
Julia Child | Aug. 15

19th Amendment – Women's

Right to Vote | Aug. 18, 1920

1963 March on Washington | Aug. 28

*Click on highlighted events or names to learn more and get celebration or recipe ideas!*



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**August 3 is National Watermelon Day!**

# Black Bean, Corn & Watermelon Salad

**Serves** 50 (3/4 cup)

**Per Serving** 100 cal., 3 g pro., 5 g fat, 12 g carb.,  
65 mg sod.

**Meal Pattern** 1/8 cup legumes, 1/8 cup starchy  
vegetables, 1/8 cup other vegetables,  
1/4 cup fruit



## Ingredients

45 oz. black beans, canned, low-sodium  
2 lb., 5 oz. corn, frozen, thawed  
12 oz. red onions, chopped  
2 lb., 4 oz. green bell peppers, chopped  
8 lb., 4 oz. seedless watermelon, chopped  
4 cups cilantro, chopped  
1 tsp. garlic, granulated  
4 Tbsp. ground cumin  
2 Tbsp. chili powder, mild  
1/2 cup lime juice  
1 cup olive oil  
1/2 tsp. kosher salt

## Directions

1. Drain and rinse the beans under cool running water.
2. Combine the beans, corn, onions and green bell peppers in a large bowl. Gently fold in the watermelon and cilantro.
3. Make the dressing by combining the garlic, cumin, chili powder, lime juice, olive oil and salt in a bowl. Whisk for about 2 minutes to blend.
4. Toss the salad with the dressing just before service. To serve, portion 3/4 cup of salad.

## Recipe, Photo and Nutritional and Meal Pattern Analyses

National Watermelon Promotion Board, [www.watermelon.org](http://www.watermelon.org)



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# SEPTEMBER 2023

## MONTH-LONG EVENTS

[Better Breakfast Month](#)

[Fruits & Veggies—More Matters Month](#)

Hispanic Heritage Month | Sept. 15–Oct. 15

National Food Safety Education Month

[National Potato Month](#)

National Rice Month

National Suicide Prevention Month

[National Whole Grains Month](#)

Self-Improvement Month

[Sourdough September](#)

World Alzheimer's Month

## WEEK-LONG/MULTI-DAY EVENTS

National Waffle Week | Sept. 3–9

[Suicide Prevention Week](#) | Sept. 10–16

Yom Kippur | Sept. 24–25

Sukkot | Sept. 29–Oct. 6

## SINGLE-DAY EVENTS

National Food Bank Day | Sept. 1

Labor Day | Sept. 4

[National Wildlife Day](#) | Sept. 4

National Cheese Pizza Day | Sept. 5

World Samosa Day | Sept. 5

National Read a Book Day | Sept. 6

[International Day of Clean Air](#) | Sept. 7

Patriot Day | Sept. 11

[National Peanut Day](#) | Sept. 13

National Coloring Day | Sept. 14

National Cheeseburger Day | Sept. 18

[International Day of Peace](#) | Sept. 21

World Gratitude Day | Sept. 21

Hobbit Day | Sept. 22

National Food Service Employee Day | Sept. 25

National Quesadilla Day | Sept. 25

World School Milk Day | Sept. 27

## NOTABLE BIRTHDAYS + ANNIVERSARIES

Jesse Owens | Sept. 12

Roald Dahl | Sept. 13

Writing of the "Star-Spangled  
Banner" | Sept. 14, 1814

[Agatha Christie](#) | Sept. 15

U.S. Air Force | Sept. 18

Shel Silverstein | Sept. 25

Bill of Rights creation | Sept. 25, 1789

Johnny Appleseed | Sept. 26

Serena Williams | Sept. 26

*Click on highlighted events or names to learn more and get celebration or recipe ideas!*



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**September is National Rice Month!**

# "Fried" Rice with Edamame

**Serves** 32 (3/4 cup)

**Per Serving** 159 cal., 5.7 g pro., 3 g fat, 27 g carb., 311 mg sod.

**Meal Pattern** 1-oz.-eq. whole grain, 1/4 cup additional vegetables

## Ingredients

2 lb. brown rice, dry, parboiled  
2 qt., 2 cups water  
1 cup low-sodium soy sauce\*  
2 Tbsp. toasted sesame oil  
2 tsp. garlic powder  
2 tsp. onion powder  
2 tsp. ground ginger  
2 tsp. ground black pepper  
4 cups edamame, shelled  
4 cups carrots, diced  
1 cup green onions, thinly sliced

## Directions

1. Preheat the oven to 350°F.
2. Spray a 2-in. full-size steamtable pan with pan release spray. Place parboiled brown rice in the prepared steamtable pan.
3. In a 3-qt. liquid measuring container, combine the water, low-sodium soy sauce, toasted sesame oil, garlic powder, onion powder, ground ginger and black pepper. Whisk together until well-combined and pour over the rice in the steamtable pan. Stir well to combine and distribute the ingredients.
4. Cover the pan tightly with foil. Bake in the preheated 350°F oven for about 1 hour, or until the rice is tender and most of the liquid is absorbed.
5. Remove the pan from the oven and stir in thawed edamame and diced carrots. Cover and place into the oven for an additional 5 minutes. CCP: Cook to a minimum internal temperature of 165°F.
6. Remove the pan from the oven and stir in the green onions. CCP: Cover and hold at or above 135°F until service. Stir before serving.



## Recipe and Nutrition and Meal Pattern Analyses

Kikkoman, [www.kikkomanusa.com](http://www.kikkomanusa.com)

## Photo

Getty Images

## \*Notes

Kikkoman Less Sodium Soy Sauce can be used in this recipe.



# OCTOBER 2023

## MONTH-LONG EVENTS

Breast Cancer Awareness Month  
Down Syndrome Awareness Month  
LGBTQ+ History Month  
[National Apple Month](#)  
National Bullying Prevention Month  
National Chili Month  
National Pasta Month  
National Pizza Month  
National Pretzel Month  
[Vegetarian Month](#)

## WEEK-LONG/MULTI-DAY EVENTS

[Banned Books Week](#) | Oct. 1-7  
Mental Illness Awareness Week | Oct. 1-7  
[Fire Prevention Week](#) | Oct. 8-14  
[National School Lunch Week](#) | Oct. 9-13  
National Baking Week | Oct. 14-20

## SINGLE-DAY EVENTS

International Music Day | Oct. 1  
[World Vegetarian Day](#) | Oct. 1  
[International Day of Non-Violence](#) | Oct. 2  
National Taco Day | Oct. 4  
World Animal Day | Oct. 4  
[World Teachers Day](#) | Oct. 5  
National Noodle Day | Oct. 6  
[World Smile Day](#) | Oct. 6  
Indigenous Peoples' Day | Oct. 9  
World Mental Health Day | Oct. 10  
National Stop Bullying Day | Oct. 11  
National Farmers Day | Oct. 12  
[Global Handwashing Day](#) | Oct. 15  
World Food Day | Oct. 16  
National Pasta Day | Oct. 17  
National Pumpkin Day | Oct. 26  
Halloween | Oct. 31

## NOTABLE BIRTHDAYS + ANNIVERSARIES

Mahatma Gandhi | Oct. 2  
John Lennon | Oct. 9  
Guillermo del Toro | Oct. 9  
[Eleanor Roosevelt](#) | Oct. 11  
Naomi Osaka | Oct. 16

U.S. Navy | Oct. 13  
Vice President Kamala Harris | Oct. 20  
Alfred Nobel | Oct. 21  
Pablo Picasso | Oct. 25  
Bob Ross | Oct. 29

*Click on highlighted events or names to learn more and get celebration or recipe ideas!*



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# White Chicken Chili

**Serves** 50 (1 cup)

**Per Serving** 259 cal., 18 g pro., 3 g fat, 36 g carb., 403 mg sod.

**Meal Pattern** Crediting Great Northern Beans as Meat Alternate: 4-oz.-eq. meat/meat alternate, 1/8 cup other vegetable

Crediting Great Northern Beans as Vegetable: 1.5-oz.-eq. meats/meat alternate, 1/2 cup legumes, 1/8 cup other vegetable



## Ingredients

7 lb. 8 oz. chicken breast, boneless, skinless  
2 oz. olive oil  
2 lb., 2 1/2 oz. onion, chopped  
2 Tbsp. garlic, minced  
1 gal., 2 qt. chicken broth, low sodium  
3 cups skim milk  
1 lb., 8 oz. green chilies, canned  
16 1/2 lb. great northern beans, canned, drained  
1/4 cup cumin  
2 Tbsp. oregano, dried, ground  
1 tsp. cayenne pepper

## Directions

1. Bake the chicken in a 350°F oven for 40 to 50 minutes. CCP: Bake until the chicken reaches an internal temperature of 165°F or higher for at least 15 seconds.
2. Dice the chicken. CCP: Hold above 135°F until service.
3. Heat the oil in a large stock pot or steam kettle.
4. Add onions and garlic to the oil and cook for 3 to 5 minutes.
5. Slowly add remaining ingredients, including the chicken, and stir.
6. Bring to a boil, reduce heat and simmer for 20 minutes. CCP: Hold for hot service at 135°F or higher.
7. Serve 1 cup (8-oz. ladle).

## Recipe, Photo and Nutritional and Meal Pattern Analyses

Iowa Department of Education (FY2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development), [www.educateiowa.gov](http://www.educateiowa.gov)



# NOVEMBER 2023

## MONTH-LONG EVENTS

Military Family Appreciation Month  
National Adoption Month  
National Diabetes Month  
National Gratitude Month  
National Native American Heritage Month  
National Peanut Butter Lovers Month  
National Pepper Month  
National Roasting Month

## WEEK-LONG/MULTI-DAY EVENTS

Dia de los Muertos | Nov. 1-2  
Children's Book Week | Nov. 6-12  
Hunger & Homeless Awareness Week  
| Nov. 11-18  
World Kindness Week | Nov. 13-19  
American Education Week | Nov. 13-17  
National Recycling Week | Nov. 13-19

## SINGLE-DAY EVENTS

All Saints' Day | Nov. 1  
National Cinnamon Day | Nov. 1  
World Vegan Day | Nov. 1  
National Sandwich Day | Nov. 3  
Daylight Saving Time ends | Nov. 5  
Election Day | Nov. 7  
STEM/STEAM Day | Nov. 8  
Veterans Day | Nov. 11  
Diwali | Nov. 12  
World Kindness Day | Nov. 13  
National Pickle Day | Nov. 14  
World Diabetes Day | Nov. 14  
Great American Smokeout | Nov. 16  
International Men's Day | Nov. 19  
Eat a Cranberry Day | Nov. 23  
Thanksgiving | Nov. 23  
#GivingTuesday | Nov. 28

## NOTABLE BIRTHDAYS + ANNIVERSARIES

Marie Curie | Nov. 7  
Carl Sagan | Nov. 9  
U.S. Marine Corps' Birthday | Nov. 10  
Mickey Mouse | Nov. 18  
President Joe Biden | Nov. 20

Tina Turner | Nov. 26  
Louisa May Alcott | Nov. 29  
Mark Twain | Nov. 30  
Shirley Chisholm | Nov. 30

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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**November 23 is Eat a Cranberry Day!**

# Cranberry Salsa Chicken Wrap

**Serves** 48 (1 wrap)

**Per Serving** 321 cal., 20.7 g pro., 2.4 g fat, 31.3 g carb., 498.7 mg sod.

**Meal Pattern** 2-oz.-eq. meat/meat alternate, 1.5-oz.-eq. grains, 1/8 cup dark green vegetables, 1/8 cup fruit

## Wrap Ingredients

1 Tbsp. vegetable oil  
3 cups sweet onions, minced  
3 cups dried sweetened cranberries  
2 cups canned pears in juice, drained, diced  
2 cups reserved canned pear juice  
1/2 cup vinegar, cider  
1/4 tsp. ground red pepper  
1 cup cilantro, fresh, minced  
48 whole-grain wraps, 8-in.  
3 cups mayonnaise, low-fat  
1 1/2 lb. romaine lettuce, shredded  
6 lbs. chicken, cooked, sliced/shredded  
1 1/2 qts. cranberry salsa

## Cranberry Salsa Ingredients

6 oz. frozen orange juice concentrate  
1 cup fresh or frozen cranberries, chopped  
1 red bell pepper, chopped  
1 green bell pepper, chopped  
1 chili pepper, chopped  
1/2 red onion, chopped  
1 garlic clove, minced  
1/2 tsp. parsley  
1/2 tsp. ground cumin  
1/8 tsp. black pepper  
zest of a small orange



## Directions

1. In a large mixing bowl, combine all Cranberry Salsa ingredients and mix well. Store in the refrigerator until all ingredients are chilled and flavors are well combined.
2. In a sauce pan, heat oil over medium-high heat; add onions and sauté for 2 minutes, making sure not to brown. Stir in cranberries, pears, pear juice, vinegar, and red pepper and bring to a boil; reduce heat and simmer 20 minutes or until glazed.
3. Remove from heat and stir in cilantro. Bring to room temperature. Cover and refrigerate until ready to serve.
4. For each sandwich, lay out wrap on clean, flat, dry surface. Spread each wrap with 1 Tbsp. mayonnaise. Top with 1/4 cup lettuce, 2 oz. chilled chicken meat and 2 Tbsp. Cranberry Salsa. Fold up and secure. Cut in half and seal. Keep chilled until ready to serve.

**Recipe, Photo and Nutritional and Meal Pattern Analyses**

Cranberry Marketing Committee, [www.uscranberries.com](http://www.uscranberries.com)



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# DECEMBER 2023

## MONTH-LONG EVENTS

Handwashing Awareness Month

National Cat Lovers Month

National Fruitcake Month

[National Pear Month](#)

National Root Vegetable

& Exotic Fruits Month

National Eggnog Month

[Worldwide Food Service Safety Month](#)

Universal Human Rights Month

## WEEK-LONG/MULTI-DAY EVENTS

National Handwashing Awareness

Week | Dec. 3-9

[Inclusive Schools Week](#) | Dec. 5-9

Hanukkah | Dec. 7-15

Saturnalia | Dec. 17-23

Kwanzaa | Dec. 26-Jan. 1

## SINGLE-DAY EVENTS

National Christmas Lights Day | Dec. 1

[World AIDS Day](#) | Dec. 1

[National Cookie Day](#) | Dec. 4

International Ninja Day | Dec. 5

[International Volunteer Day](#) | Dec. 5

National Comfort Food Day | Dec. 5

[National Letter-Writing Day](#) | Dec. 7

National Brownie Day | Dec. 8

Gingerbread House Day | Dec. 12

National Cocoa Day | Dec. 13

National Cupcake Day | Dec. 15

Go Caroling Day | Dec. 20

[National Crossword Puzzle Day](#) | Dec. 21

Yule/Winter Solstice | Dec. 21

National Cookie Exchange Day | Dec. 22

Christmas | Dec. 25

Boxing Day | Dec. 26

## NOTABLE BIRTHDAYS + ANNIVERSARIES

Pearl Harbor Bombing | Dec. 7, 1941

[Emily Dickinson](#) | Dec. 10

U.S. National Guard Birthday | Dec. 13

Bill of Rights ratification  
| Dec. 15, 1791

Jane Austen | Dec. 16, 1775

Ludwig van Beethoven | Dec. 16, 1770

The Mayflower landing | Dec. 21, 1620

Jane Fonda | Dec. 21

[Clara Barton](#) | Dec. 25

*Click on highlighted events or names to learn more and get celebration or recipe ideas!*



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**December is National Pear Month!**

# Pear & Pepper Quesadilla

**Serves** 33 (1 quesadilla & 1/4 cup pear salsa)

**Per Serving** 386 cal., 19.8 g pro., 14.9 g fat, 46.4 g carb., 501.8 mg sod.

**Meal Pattern** 2-oz.-eq. meat/meat alternate,  
1.5-oz.-eq. grains, 3/8 cup fruit

## Ingredients

33 tortillas, whole-grain, 8-in.  
106 oz. pears, canned, diced,  
extra light syrup, drained\*  
1 lb., 2 oz. red bell pepper, diced  
1 oz. green onions, fresh, sliced  
1 cup cilantro, fresh, chopped  
1 Tbsp. chipotle peppers in adobe sauce  
3 lbs. turkey ham, fully cooked, diced,  
chilled or frozen  
1 lb. 1 oz. cheddar cheese, reduced-fat,  
shredded  
1 lb. mozzarella cheese, shredded

## Directions

1. Preheat oven to 350°F.
2. Drain pears and place in a large mixing bowl. Note: It's best to drain pears overnight to remove maximum amount of liquid.
3. Dice bell peppers into ½-in. pieces and finely chop green onions, cilantro and chipotle peppers. Add to mixing bowl.
4. Add diced turkey ham to mixing bowl. Mix to combine, and then set aside.
5. In a separate bowl, combine the shredded cheddar and mozzarella cheeses. CCP: Hold at 41° F or lower.
6. Spray full-size sheet pan(s) with pan-release spray. Lay tortillas onto prepared pan.
7. Using a #8 scoop, place ½ cup of the pear mixture on one half of each tortilla. Using a 2-oz. spoodle, top with 1 oz. shredded cheese blend. Fold in half. Spray the top of the quesadillas with pan-release spray.
8. Bake at 350°F for 10 to 12 minutes or until tortillas are toasted and cheese is melted. Optional: place a sheet pan on top of quesadillas for improved browning. CCP: Hold and serve at 135° F or above.



## Recipe, Photo and Nutrition and Meal Pattern Analyses

Pacific Northwest Canned Pears,  
[www.eatcannedpears.com](http://www.eatcannedpears.com)

### \*Notes

Pacific Northwest #10 can diced, extra light syrup pears can be used in this recipe.



# JANUARY 2024

## MONTH-LONG EVENTS

International Creativity Month

[National Blood Donor Month](#)

National Hobby Month

National Oatmeal Month

National Thank You Month

National Skating Month

National Slow Cooking Month

[National Soup Month](#)

[Veganuary](#)

National Poverty in America

Awareness Month

## WEEK-LONG/MULTI-DAY EVENTS

Folic Acid Awareness Week | Jan. 1-7

[National Pizza Week](#) | Jan. 14-20

Universal Letter Writing Week | Jan. 14-20

National Storytelling Week | Jan. 30-Feb. 6

## SINGLE-DAY EVENTS

[National Science Fiction Day](#) | Jan. 2

National Write to Congress Day | Jan. 3

National Spaghetti Day | Jan. 4

National Trivia Day | Jan. 4

[World Braille Day](#) | Jan. 4

National Bird Day | Jan. 5

Orthodox Christmas | Jan. 7

[National Gluten-Free Day](#) | Jan. 8

National Apricot Day | Jan. 9

National Milk Day | Jan. 11

Orthodox New Year | Jan. 14

Martin Luther King, Jr., Day | Jan. 15

National Bagel Day | Jan. 15

[National Popcorn Day](#) | Jan. 19

National Hot Sauce Day | Jan. 22

National Pie Day | Jan. 23

[National Puzzle Day](#) | Jan. 29

## NOTABLE BIRTHDAYS + ANNIVERSARIES

[J.R.R. Tolkien](#) | Jan. 3

Isaac Newton | Jan. 4

Elvis Presley | Jan. 8

Alexander Hamilton | Jan. 11

Martin Luther King, Jr. | Jan. 15

Betty White | Jan. 17

Dolly Parton | Jan. 19

Mozart | Jan. 27

Oprah Winfrey | Jan. 29

[Jackie Robinson](#) | Jan. 31

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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**January 14-20 is National Pizza Week!**

# The Max<sup>®</sup> Stuffed Crust Margherita-Style Pizza

Serves 14 (1 slice)

Per Serving 424 cal., 21 g pro., 16 g fat, 48 g carb.,  
994 mg sod., 8 g sugar



## Ingredients

Conagra Foodservice MAX<sup>®</sup> Stuffed Crust Cheese Pizza, 14 slices

8 tomatoes, fresh, sliced

1 cup mozzarella cheese, shredded

1 cup basil, fresh, shredded

## Directions

1. Place The MAX<sup>®</sup> Stuffed Crust Cheese Pizza slices on a parchment-lined baking sheet. The product fits 14 slices to a baking sheet or can be displayed as a 16-in. pizza pie and fit 12 slices to a pan.
2. Top the pizza with freshly sliced tomatoes, mozzarella cheese and basil. If desired, the mozzarella cheese and basil can be removed from recipe.
3. Bake at 375°F for 9 to 11 minutes.

## Recipe, Photo and Nutritional and Meal Pattern Analyses

Conagra Foodservice, [www.conagrafoodservice.com](http://www.conagrafoodservice.com)



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# FEBRUARY 2024

## MONTH-LONG EVENTS

American Heart Month

Black History Month

Great American Pie Month

International Friendship Month

National Arts Month

National Cherry Month

National Grapefruit Month

National Hot Breakfast Month

National Library Lovers Month

National Sweet Potato Month

National Women Inventors Month

## WEEK-LONG/MULTI-DAY EVENTS

Women's Heart Week | Feb. 1-7

Burn Awareness Week | Feb. 4-10

National Pancake Week | Feb. 19-25

Pride in Foodservice Week | Feb. 5-9

## SINGLE-DAY EVENTS

National Dark Chocolate Day | Feb. 1

Groundhog Day | Feb. 2

National Tater Tot Day | Feb. 2

National Wear Red Day | Feb. 2

National Homemade Soup Day | Feb. 4

National Chopsticks Day | Feb. 6

National Pizza Day | Feb. 9

Lunar/Chinese New Year

(Year of the Dragon) | Feb. 10

Fat Tuesday/Mardi Gras | Feb. 13

National Cheddar Day | Feb. 13

Valentine's Day | Feb. 14

President's Day | Feb. 19

National Muffin Day | Feb. 20

National Strawberry Day | 27

National Pokémon Day | Feb. 27

National Pancake Day | Feb. 28

## NOTABLE BIRTHDAYS + ANNIVERSARIES

Frederick Douglass | Feb. 1

Rosa Parks | Feb. 4

Babe Ruth | Feb. 6

Abraham Lincoln | Feb. 12

Susan B. Anthony | Feb. 15

Michael Jordan | Feb. 17

John Lewis | Feb. 21

George Washington | Feb. 22

W.E.B. Du Bois | Feb. 23

Johnny Cash | Feb. 26

*Click on highlighted events or names to learn more and get celebration or recipe ideas!*



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**February is National Cherry Month!**

# Cherry Berry Sunrise

**Serves** 50

**Per Serving** 194 cal., 2.4 g pro., 4 g fat, 39 g carb.,  
3 mg sod.

**Meal Pattern** 1/2 cup fruit



## Ingredients

8 lb., 8 oz. sweet cherries, frozen, pitted, unsweetened  
5 lb., 4 oz. blueberries, frozen  
5 lb., 4 oz. strawberries, frozen, whole or sliced  
1 cup cornstarch  
12/3 cups sugar, white  
12 oz. rolled oats, dry, uncooked  
1 cup brown sugar  
1/4 cup cinnamon  
3/4 cup olive oil

## Recipe, Photo and Nutritional and Meal Pattern Analyses

Montana Office of Public Instruction,  
(FY2021 Cohort A Team Nutrition Training  
Grant for School Meal Recipe Development),  
[www.opi.mt.gov](http://www.opi.mt.gov)

## Directions

1. In a large bowl, mix the sweet cherries, blueberries, strawberries, white sugar and cornstarch.
2. Spray two full-size steamtable pans lightly with nonstick cooking spray. Evenly distribute the berry mixture into the pans.
3. Bake in a conventional oven at 350°F for 50 minutes. CCP: Heat to 135°F or higher for at least 15 seconds. Hot hold at 135°F for service.
4. Mix the rolled oats, brown sugar, cinnamon and olive oil in a bowl.
5. Spread oat mixture out evenly across a 2-in.-deep steamtable pan.
6. Bake the oat mixture at 350°F for 35 minutes. Stir halfway through baking time. The topping should be a light toasted brown color.
7. Serve ½ cup (using 4-oz. spoodle) of warm berry mixture.
8. Sprinkle with 2 Tbsp. toasted oat topping.



# MARCH 2024

## MONTH-LONG EVENTS

Gender Equality Month  
Irish-American Heritage Month  
National Celery Month  
[National Crafting Month](#)  
National Music in Our Schools Month  
[National Nutrition Month](#)  
National Noodle Month  
National Reading Month  
Women's History Month  
[Youth Art Month](#)

## WEEK-LONG/MULTI-DAY EVENTS

Read Across America Week | Mar. 2-6  
[National School Breakfast Week](#) | Mar. 4-8  
Food Waste Action Week | Mar. 4-10  
Ramadan | Mar. 11-Apr. 9  
National Bubble Week | Mar. 19-26

## SINGLE-DAY EVENTS

[World Compliment Day](#) | Mar. 1  
[National Snack Day](#) | Mar. 4  
World Obesity Day | Mar. 4  
National Cereal Day | Mar. 7  
[International Women's Day](#) | Mar. 8  
Registered Dietitian Nutritionist Day | Mar. 13  
International School Meals Day | Mar. 14  
Pi Day | Mar. 14  
St. Patrick's Day | Mar. 17  
[Global Recycling Day](#) | Mar. 18  
National Poultry Day | Mar. 19  
Spring Equinox | Mar. 19  
[World Down Syndrome Day](#) | Mar. 21  
Holi | Mar. 25  
National Spinach Day | Mar. 26  
Good Friday | Mar. 29  
Easter | Mar. 31

## NOTABLE BIRTHDAYS + ANNIVERSARIES

U.S. Peace Corps | Mar. 1  
[Yellowstone National Park opens](#)  
| Mar. 1, 1872  
Michelangelo | Mar. 6  
Albert Einstein | Mar. 14

Ruth Bader Ginsburg | Mar. 15  
Fred Rogers | Mar. 20  
Harry Houdini | Mar. 24  
[Aretha Franklin](#) | Mar. 25  
Tennessee Williams | Mar. 27

Click on highlighted events or names to learn more and get celebration or recipe ideas!



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**March 4-8 is NSBW!**

# Turkey Breakfast Burrito Bowl

**Serves** 50

**Per Serving** 350 cal., 18 g pro., 17 g fat, 32 g carb., 703 mg sod.

**Meal Pattern** 2.5-oz.-eq. meat/meat alternate,  
1.5-oz.-eq. grains, 1/4 cup vegetable

## Ingredients

5 lb., 10 oz. turkey thigh roast, frozen, thawed\*  
3 lb. potatoes, diced, frozen, no salt added  
2 Tbsp. vegetable oil  
1 Tbsp. granulated garlic  
1 Tbsp. onion powder  
2 tsp. paprika  
50 egg patties  
1 lb., 9 oz. cheddar cheese, reduced-fat, shredded  
50 tortillas, whole grain, 8-in.  
1 qt., 2 1/4 cups salsa, low-sodium, canned

## Directions

1. Preheat oven to 350°F. Line a full 4-in. steamed table pan with a full 4-in. perforated pan. Place the turkey roasts in steam table pans and shred, removing any fatty pieces. Cover and cook for 30 minutes.
2. Remove from the oven and stir. Return to oven and cook for 30 more minutes. CCP: Heat to 165°F or higher for 15 seconds and hold at 140°F or higher.
3. Remove the perforated pan and drain excess juices to prevent tortillas from getting soggy.
4. Remove potatoes from the freezer and allow to sit at room temperature for 15 minutes. Toss frozen potatoes with granulated garlic, onion powder and paprika.
5. Place the potatoes on a full-size sheet pan lined with parchment paper. Bake for 20 minutes. Remove from the oven, toss and cook for 15 more minutes or until golden brown. CCP: Heat to 140° F for at least 15 seconds and hold at 140° F or higher.
6. Place the egg patties in perforated steam pan and steam for 6 to 8 minutes. CCP: Heat to 165° F or higher for 15 seconds and hold at 140°F or higher.
7. Warm the tortillas, and place in a bowl with an egg patty in the center. Top with 1/8 cup seasoned potatoes, 1.8 oz. shredded turkey and 1/2 oz. cheese. Serve with 2 Tbsp. salsa.



## Recipe, Photo and Nutritional and Meal Pattern Analyses

Butterball Foodservice,  
[www.butterballfoodservice.com](http://www.butterballfoodservice.com)

## \*Notes

Butterball K-12 Turkey Thigh Roast can be used in this recipe.



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# APRIL 2024

## MONTH-LONG EVENTS

[Arab-American Heritage Month](#)

Earth Month

[Move More Month](#)

National Garden Month

National Garlic Month

National Grilled Cheese Month

National Poetry Month

National Volunteer Month

[School Library Month](#)

World Autism Month

## WEEK-LONG/MULTI-DAY EVENTS

National Public Health Week | Apr. 1-7

National Wildlife Week | Apr. 5-9

National Library Week | Apr. 7-13

Passover | Apr. 22-30

Eid al-Fitr | Apr. 9-10

## SINGLE-DAY EVENTS

April Fools' Day | Apr. 1

National Peanut Butter & Jelly Day | Apr. 2

[World Autism Awareness Day](#) | Apr. 2

International Carrot Day | Apr. 4

National Burrito Day | Apr. 4

National Scrabble Day | Apr. 13

National Gardening Day | Apr. 14

[World Art Day](#) | Apr. 15

National Banana Day | Apr. 17

National Garlic Day | Apr. 19

Earth Day | Apr. 22

[National Picnic Day](#) | Apr. 23

Alien Day | Apr. 26

Stop Food Waste Day | Apr. 26

[International Dance Day](#) | Apr. 29

National Bubble Tea Day | Apr. 30

National Raisin Day | Apr. 30

## NOTABLE BIRTHDAYS + ANNIVERSARIES

[Maya Angelou](#) | Apr. 4

First U.S. space shuttle flight  
| Apr. 12, 1981

Leonardo da Vinci | Apr. 15

Selena Quintanilla | Apr. 16

William Shakespeare | Apr. 23

Shirley Temple | Apr. 23

[Ella Fitzgerald](#) | Apr. 25

Bugs Bunny's first appearance  
| Apr. 30, 1938

*Click on highlighted events or names to learn more and get celebration or recipe ideas!*



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**April 17 is National Banana Day!**

# Banana Split Yogurt Parfaits

**Serves** 16

**Per Serving** 410 cal., 7 g pro., 6 g fat, 81 g carb.,  
160 mg sod.

**Meal Pattern** 1-oz.-eq. meat/meat alternate,  
1-oz.-eq. grains, 1 cup fruit



## Ingredients

3 lb., 8 oz. bananas  
1 lb. diced pineapple, canned, reserve juice  
1 lb., 6 oz. mandarin oranges, canned, drained  
12 oz. strawberries, fresh, sliced  
11 oz. blueberries, fresh  
4 lb. low-fat vanilla yogurt\*  
1 lb. granola cereal\*

## Directions

1. Peel and slice bananas in half the longways; place into reserved pineapple juice.
2. Combine pineapple, mandarin oranges, strawberries and blueberries together.
3. Place 2 halves of banana into 16 plastic "banana split" boats or paper fry boats; pipe in 4 oz. yogurt between banana halves.
4. Scatter 1/2 cup of mixed fruit on top; add 1 oz. granola right before service.
5. Serve chilled.

## Recipe, Photo and Nutrition and Meal Pattern Analyses

General Mills Foodservice, [www.generalmillscf.com](http://www.generalmillscf.com)

### \*Notes

Yoplait® ParfaitPro® Lowfat Vanilla Yogurt and Nature Valley™  
Oats 'n Honey Granola Cereal can be used in this recipe



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# MAY 2024

### MONTH-LONG EVENTS

- Celiac Disease Awareness Month
- [Food Allergy Awareness Month](#)
- Jewish American Heritage Month
- [Mental Health Awareness Month](#)
- Military Appreciation Month
- [National Asparagus Month](#)
- National Foster Care Month
- National Hamburger Month
- [National Salad Month](#)
- National Salsa Month

### WEEK-LONG/MULTI-DAY EVENTS

- Children’s Book Week | May 2-8
- National Pet Week | May 5-11
- National Nurses Week | May 6-12
- [Teacher Appreciation Week](#) | May 6-10
- Food Allergy Awareness Week | May 13-19

### SINGLE-DAY EVENTS

- School Principals’ Day | May 1
- [School Lunch Hero Day](#) | May 3
- National Space Day | May 3
- Kentucky Derby | May 4
- Orthodox Easter | May 5
- National Teacher Day | May 7
- National School Nurse Day | May 8
- Mother’s Day | May 12
- [International Hummus Day](#) | May 13
- International Day of Families | May 15
- [World Bee Day](#) | May 20
- Eat More Fruits and Vegetables Day | May 21
- National Talk Like Yoda Day | May 21
- [World Turtle Day](#) | May 23
- Memorial Day | May 27
- World Hunger Day | May 28
- [National Creativity Day](#) | May 30

### NOTABLE BIRTHDAYS + ANNIVERSARIES

- J.M. Barrie | May 9
- First official Mother’s Day  
| May 9, 1914
- Stevie Wonder | May 13
- George Lucas | May 14

- [American Red Cross forms](#)  
| May 21, 1881
- Harvey Milk | May 22
- Sally Ride | May 26
- Bob Hope | May 29

Click on highlighted events or names to learn more and get celebration or recipe ideas!



**May is National Salad Month!**

# "Peas on Earth" Taco Salad

**Serves** 100

**Per Serving** 283 cal., 19 g pro., 10 g fat, 32 g carb.,  
651 mg sod.

**Meal Pattern** 1.5-oz.-eq. meat/meat alternate,  
0.25-oz.-eq. grains, 1 3/8 cups  
vegetables (1 cup dark green, 1/4 cup  
legumes, 1/8 cup starchy vegetables)



## Ingredients

2 qt., 1 cup mayonnaise, low-fat  
4 cups yogurt, high protein/Greek, plain, nonfat  
1 qt. 1 1/2 cups milk, low-fat 1%  
1 1/4 cups ranch seasoning, dry  
3/4 cup cilantro, leaves, dried  
1 1/2 cups lime juice  
1 1/2 cup salsa verde  
2 qt., 1 cup split peas, green, dry  
3 gal., 2 cups water  
3/4 cups taco seasoning, low sodium  
25 lb., 10 oz. romaine lettuce, fresh, chopped  
1 lb., 9 oz. Mexican-style cheese blend, shredded  
4 1/2 lb. corn, whole kernel, no salt added, frozen  
10 lb., 10 oz. chicken, fajita strips  
1 lb., 11 oz. green onions, chopped with tops  
1 lb., 9 oz. tortilla chips, whole-grain, crushed  
2 cups cilantro, fresh, chopped (optional)

## Recipe, Photo and Nutritional and Meal Pattern Analyses

USA Pulses, American Pulse Association, USA  
Dry Pea & Lentil Council, [www.usapulses.org](http://www.usapulses.org)

## Directions

1. Thaw corn and chicken in the refrigerator the day before.
2. In a large bowl or round storage container, whisk together the mayonnaise, yogurt, milk, ranch seasoning, cilantro and lime juice. Whisk until mixture is smooth. Stir in the salsa verde.
3. Rinse split peas and drain well. Bring water to a boil and add split peas. Reduce heat to a simmer. Cook split peas uncovered until cooked al dente, about 15 to 20 minutes.
4. Drain and run under cold water to cool. Toss with taco seasoning. CCP: Cool to 70°F or lower within 2 hours and 40°F or lower within 6 hours
5. Serve 2 cups romaine topped with 1/4 oz. cheese, 1/4 cup seasoned split peas, 2 Tbsp. corn, 1.7 oz. chicken, 1 Tbsp. green onions, 2 oz. dressing and 1/4 oz. crushed tortilla chips. Garnish with chopped, fresh cilantro (optional).



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# JUNE 2024

## MONTH-LONG EVENTS

[Great Outdoors Month](#)

National Dairy Month

National Fresh Fruit and Vegetables Month

National Lemon Month

National Mango Month

National Oceans Month

National Pollinators Month

[National Soul Food Month](#)

[Pride Month](#)

Turkey Lovers Month

## WEEK-LONG/MULTI-DAY EVENTS

Stepparents Week | June 1-7

National Garden Week | June 2-8

National Flag Week | June 9-15

[National Pollinator Week](#) | June 17-23

Deafblind Awareness Week | June 25-July 1

## SINGLE-DAY EVENTS

World Bicycle Day | June 3

National Cheese Day | June 4

[World Environment Day](#) | June 5

National Donut Day | June 7

[World Food Safety Day](#) | June 7

National Corn on the Cob Day | June 11

Superman Day | June 12

[Flag Day](#) | June 14

Father's Day | June 16

[National Eat Your Vegetables Day](#) | June 17

International Picnic Day | June 18

International Sushi Day | June 18

[Juneteenth](#) | June 19

World Day of Music | June 21

[National Smoothie Day](#) | June 21

International Fairy Day | June 24

National PTSD Awareness Day | June 27

## NOTABLE BIRTHDAYS + ANNIVERSARIES

Martha Washington | June 2

[D-Day](#) | June 6, 1944

Prince | June 7

Maurice Sendak | June 10

Anne Frank | June 12

Harriet Beecher Stowe | June 14

U.S. Army | June 14

Meryl Streep | June 22

Anthony Bourdain | June 25

[Helen Keller](#) | June 27

*Click on highlighted events or names to learn more and get celebration or recipe ideas!*



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**June 4 is National Cheese Day!**

# MaxStix® Buffalo Stix

**Serves** 54 (1 stick with 1/4 cup dressing)

**Per Serving** 441 cal, 8 g pro., 37 g fat, 20 g carb.,  
2 g fiber, 1,278 mg sod., 5 g sugar



## Ingredients

54 Conagra Foodservice MAX® Mozzarella MaxStix®

2 cups buffalo sauce or hot sauce

13 1/2 cups ranch or blue cheese dressing

## Directions

1. Place The MAX® Mozzarella MaxStix® on a parchment-lined baking sheet (54 MaxStix fit on one pan) and brush on your favorite hot sauce or buffalo sauce.
2. Bake in the oven for 10-12 minutes at 375°F.
3. Serve with a side of ranch or blue cheese dressing for a Southwestern flavor kids love.

**Recipe, Photo and Nutritional and Meal Pattern Analyses**

Conagra Foodservice, [www.conagrafoodservice.com](http://www.conagrafoodservice.com)



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# JULY 2024

## MONTH-LONG EVENTS

Eggplant Month

National Baked Beans Month

[National Berries Month](#)

National Blueberry Month

[National Corn Month](#)

National Culinary Arts Month

National Fishing Month

National Hot Dog Month

National Ice Cream Month

National Make a Difference to Children Month

[Parks and Recreation Month](#)

## WEEK-LONG/MULTI-DAY EVENTS

[Clean Beaches Week](#) | July 1-7

Wimbledon | July 1-14

National Zoo Keeper Week | July 18-24

2024 Summer Olympics | July 26-Aug. 11

## SINGLE-DAY EVENTS

American Zoo Day | July 1

International Chicken Wing Day | July 1

Independence Day | July 4

National Fried Chicken Day | July 6

National Blueberry Day | July 8

Teddy Bear Picnic Day | July 10

National Blueberry Muffin Day | July 11

[Shark and Ray Awareness Day](#) | July 14

National Cherry Day | July 16

[World Emoji Day](#) | July 17

International Chess Day | July 20

Mango Day | July 22

World Tofu Day | July 26

World Nature Conservation Day | July 28

National Lasagna Day | July 29

[International Day of Friendship](#) | July 30

National Avocado Day | July 31

## NOTABLE BIRTHDAYS + ANNIVERSARIES

First U.S. Zoo opens | July 1, 1874

Princess Diana | July 1

Civil Rights Act of 1964 | July 2

Nikola Tesla | July 10

E.B. White | July 11

Disneyland opens | July 17, 1955

Alex Trebek | July 22

[Amelia Earhart](#) | July 24

Beatrix Potter | July 28

Harry Potter | July 31

*Click on highlighted events or names to learn more and get celebration or recipe ideas!*



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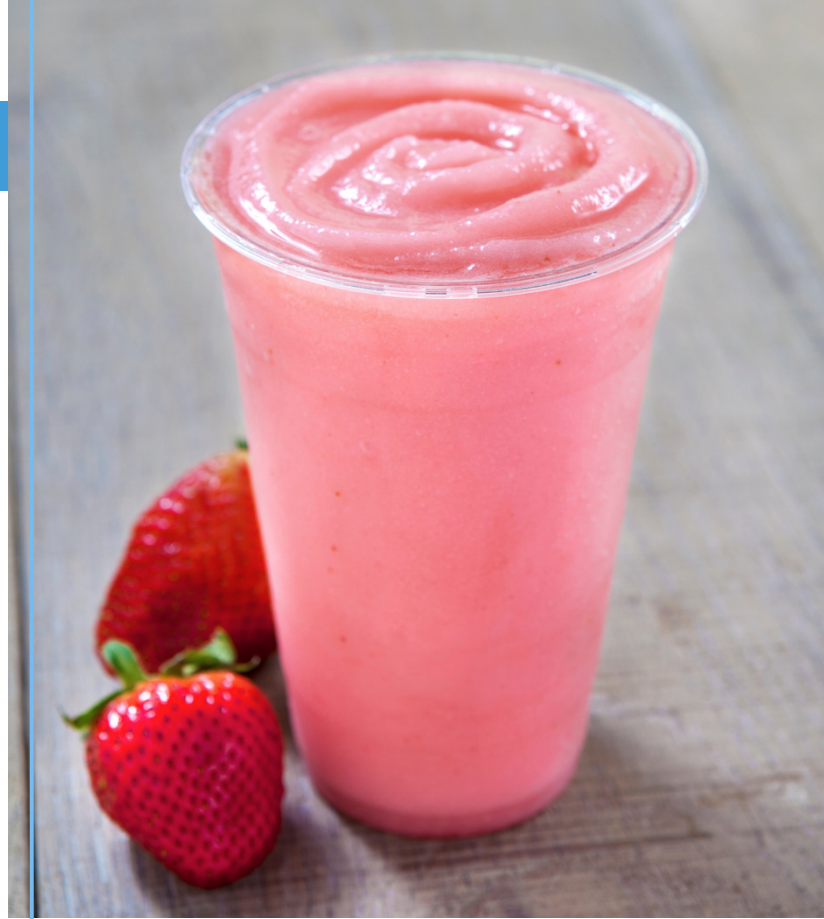
**July is National Berries Month!**

# Supersonic Strawberry Blenderless Smoothie

**Serves** 15 (8 oz.)

**Per Serving** 150 cal., 6 g pro., 1.5 g fat, 28 g carb., 75 mg sod.

**Meal Pattern** 1-oz.-eq. meat/meat alternate, 1/2 cup fruit



## Ingredients

30 oz. strawberry puree, frozen, thawed\*

30 oz. pineapple juice\*

60 oz. low-fat vanilla yogurt

## Directions

1. Add the thawed strawberry puree, yogurt and juice to a mixing bowl.
2. Whisk until all ingredients are incorporated together.
3. Pour into cups and serve chilled.

## Recipe and Nutrition and Meal Pattern Analyses

Dole, [www.dolefoodservice.com](http://www.dolefoodservice.com)

## Photo

Getty Images

## \*Notes

DOLE Chef-Ready Strawberry Frozen Puree and DOLE pineapple juice can be used in this recipe.



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