



# Turbo Charge Your Menu

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# How do I get my menu to meet the regulations and taste great?

- Use your commodities to their maximum potential (menu planning)
- Be creative, see a recipe you like, make a simple version
- Do some research-See what other Districts are serving
- Find out what kids are eating at local restaurants
- Get ideas from others-Food Trucks, Food Courts



# Fiesta Black Bean Pasta

- Uses Commodity Whole Grain Pasta
- Commodity Diced Tomatoes
- Commodity Corn
- Easy to make



# Fiesta Black Bean Pasta

- 24 cups whole grain pasta
- 2 #10 cans of black beans rinsed and drained
- 1 #10 can of diced tomatoes drained
- 1 # 10 can of yellow sweet corn rinsed and drained
- 2 cups bbq sauce
- 1 oz cumin



## Fiesta Black Bean Pasta

- Cook pasta according to directions
- Mix, beans, tomatoes, corn, bbq sauce and cumin
- Heat to 165 °
- Pour 2 cups mixture over 1 cup pasta



## What requirements could it meet?

- 2 meat/meat alternative
- 2 grains
- 1 vegetable
- What other requirement could it meet?



## Other uses for Whole Grain Pasta

- Chicken Noodle Soup
- Pasta w/ Meat Sauce
- Thai Noodle Salad
- Tropical Chicken Salad
- Mediterranean Pasta Salad
- Thai Peanut Salad
- What other commodities are being utilized in these recipes?



# Three Bean Salad

- **Uses Commodity Kidney Beans**
- **Commodity Garbanzo Beans**
- **Commodity White Beans**
- **Simple to make**
- **So good that Moms ask for the recipe!**





# Three Bean Salad

- 1 #10 can Kidney Beans drained and rinsed
- 1 # 10 can White Beans drained and rinsed
- 1# 10 can Garbanzo Beans drained and rinsed
- Red Onions 3 cups small diced
- Celery 3 cups small diced



# Three Bean Salad Dressing

- 1 ½ cups Vegetable Oil
- 2 Cups Cider Vinegar
- 2 Cups Sugar( could use other sweetener)
- 1 tsp black pepper
- 2 tsp salt
- Mix sugar in vinegar, slowly add oil, add salt and pepper
- Toss beans in dressing



## What requirements could it meet?

- ½ cup legumes for;
- K-5
- 6-8
- 9-12
- You want to account for the dressing and other veggies so serve just over ½ cup.



## Other uses for beans

- **White Bean and Cherry Tomato Salad**
- **3 Bean Chili**
- **Baked Potato with Chili**



# Three Bean Chili

- Uses commodity **Kidney Beans**
- **White Beans**
- **Black Beans**
- **Diced Tomatoes**



## Three Bean Chili

- 1 # 10 can White Beans drained and rinsed
- 1 # 10 can Black Beans drained and rinsed
- 1 # 10 can Red Kidney Beans drained and rinsed
- 1# 10 can Diced Tomatoes drained
- 4-16oz. Cans tomato paste
- 64 oz. Chicken Broth
- ½ cup oregano and ½ cup cumin 1 cup chili powder



# Three Bean Chili

- Stir Tomato Paste into Chicken Broth
- Add beans and diced tomatoes
- Add seasoning
- Salt and pepper to taste
- Heat thoroughly
- Could be heated in a low oven
- We're adding Pulled Pork to ours!



## What requirements could it meet?

- 2oz meat/ meat alternative
- 1 cup of legumes
- ½ cup red/orange





## Other uses for Commodity Pork

- BBQ Pork Sub
  - BBQ Pork Pizza
  - Cuban Panini
  - Pulled Pork Panini
  - Pulled Pork Sub
  - Vietnamese Sandwich
  - Pork Burrito
- Carnitas Tacos  
Pork Pho



## Other Uses for Commodity Chicken

- BBQ Chicken Sub
- Chicken Burrito
- Chicken Tacos
- Grilled Chicken Burrito
- Chicken Caesar Salad
- Chicken Jalapeño Quesadillas
- Chicken Noodle Soup
- Korean Rice Bowl
- Orange Chicken Bowl
- Mediterranean Pasta Salad
- Buffalo Chicken Pizza
- Garlic Chicken Pizza
- Pesto Chicken Pizza
- Teriyaki Chicken