

SUMMER
FOOD SERVICE
PROGRAM

Montana Made Cycle Menus

2018



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BREAKFAST MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOT	Biscuit & Gravy Milk ½ cup apple slices	Breakfast Pizza Toast Milk ½ cup pears	Baked French Toast Strips Milk ½ cup pears	Egg & Biscuit Sandwich Milk ½ cup strawberries*	Huckleberry Muffin Milk ½ cup Dixon melon cubes*	Baked Oatmeal Milk ½ cup raspberries	Breakfast Burrito Milk ½ cup grapes
	Montana Sunrise Parfait Milk ½ cup blueberries	Fruit Pizza Milk ½ cup canned fruit	PB & J Banana Roll-Ups Milk ½ cup apple slices	Cinnamon Nachos with Fruit Salad Milk ½ cup grapes	Banana Bread Squares Milk ½ cup orange slices	Breakfast Power Muffins Milk ½ cup strawberries	Waldorf Breakfast Salad Milk 4 Graham Crackers ½ cup raspberries



Bold Items have recipes provided.
*Indicates Locally sourced items.

Banana Bread Squares

Recipe Source: Banana Bread Squares-USDA Recipe B050 for Schools

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Square

Summer Cold Breakfast – 1

INGREDIENTS

25
SERVINGS

50
SERVINGS

Whole Wheat Flour	3 ¼ cups	6 ½ cups
Sugar	1 ¼ cups + 1 tbsp	2 ½ cups + 2 tbsp
Instant Nonfat Dry Milk	⅔ cup	¼ cup
Baking Powder	2 ½ tsp	1 tbsp + 2 tsp
Baking Soda	½ tsp	1 tsp
Ground Nutmeg	1 tsp	2 tsp
Salt	½ tsp	1 tsp
Frozen Eggs – whole, thawed	⅓ cup 1 Tbsp	⅔ cup 2 Tbsp
Water	⅔ cup	1 ⅓ cups
Vanilla Extract	1 tsp	2 tsp
Vegetable Shortening – trans fat-free	½ cup	1 cup
Fresh Bananas – mashed	1 ½ cups	3 cups

DIRECTIONS

1. Add flour, sugar, instant dry milk, baking powder, baking soda, nutmeg, and salt in a commercial mixer. Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer and set aside for step 3.
2. Combine eggs, water, and vanilla in a large bowl. Stir well.
3. Add shortening and egg mixture to dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed.
4. Add mashed bananas. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. Do not overmix – batter will be lumpy.
5. Pour 1 qt + 2 C. batter into a half steam table pan (12" x 10" x 2 ½") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. Conventional oven: bake at 350°F for 35-45 minutes or until golden brown.
Convection oven: bake at 300°F for 25-30 minutes or until golden brown.
7. Portion: Cut each pan 5 x 5 (25 pieces per pan).

Meal Pattern Contributions
1 oz Grain (Whole Grain-Rich)



Waldorf Breakfast Salad

Recipe Source: Adapted - Banana Waldorf, What's Cooking: USDA Mixing Bowl

HACCP Process: 1 – No Cook

Serving Size: 1 cup

Summer Cold Breakfast – 2

INGREDIENTS

25
SERVINGS

50
SERVINGS

Bananas – fresh, peeled and sliced

1.75 lbs

3.5 lbs

Apples – fresh, cored and sliced

1.75 lbs

3.25 lbs

Nonfat Greek Yogurt – Vanilla

6.5 lbs
(3 ¼ - 32 oz
containers)

13 lbs
(6 ½ - 32 oz
containers)

Cinnamon

1 tbsp

2 tbsp

Walnuts – chopped

1 lb

1.75 lbs

DIRECTIONS

1. Mix all ingredients together in a large bowl.
2. Chill at or below 40°F until ready to be served.



Meal Pattern Contributions
¼ Cup Fruit & 1.5 oz Meat/Meat Alternate



Breakfast Power Muffins

Recipe Source: Breakfast Muffins - USDA Recipe for CACFP

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Muffin

Summer Cold Breakfast – 3

INGREDIENTS

25
SERVINGS

50
SERVINGS

Sugar	1 ½ cups	3 cups
Canola Oil	¼ cup	½ cup
Frozen Eggs – whole, thawed	1 ⅘ cups	2 ¼ cups
Nonfat Greek Yogurt – Plain	1 cups	2 cups
Whole Wheat Flour	1 ¾ cups + ¾ tsp	3 ½ cups + 1 ½ tsp
Enriched All-Purpose Flour	1 ½ cups + 1 tbsp	3 cups + 2 tbsp
Baking Soda	2 tsp	1 tbsp + 1 tsp
Baking Powder	1 tsp	2 tsp
Salt	½ tsp	1 tsp
Ground Ginger	1 tsp	2 tsp
Ground Cloves	½ tsp	1 tsp
Orange Juice – chilled	¾ cup	1 ½ cups
Lemon Zest	2 tbsp	¼ cup
Fresh Carrots – shredded	2 ⅘ cup + ⅓ tsp	4 ¼ cup + ⅓ tsp
Canned Applesauce – unsweetened	½ cup	1 cup
Vanilla Extract	1 tbsp	2 tbsp

DIRECTIONS

1. Pour sugar and oil into a commercial mixer. Using a paddle attachment, mix on medium speed until smooth. Do not over mix. For 25 servings, mix for 2 minutes. For 50 servings, mix for 4 minutes.
2. Slowly add eggs and yogurt. Using a paddle attachment, mix on medium speed until smooth. Do not overmix. For 25 servings, mix for 3 minutes. For 50 servings, mix for 6 minutes.
3. Slowly add flour, baking soda, baking powder, salt, ginger, cloves and orange juice into mixer.
4. Add lemon zest, carrots, applesauce, and vanilla. Using a paddle attachment, mix on medium speed until smooth. For 25 servings, mix for 1-2 minutes. For 50 servings, mix for 3-4 minutes.
5. Lightly coat a muffin pan (20 ½" x 14") with pan release spray. Using a No. 16 scoop, portion ¼ C. muffin mixture into each muffin cup.
6. Conventional oven: bake at 400°F for 25-30 minutes. Convection oven: back at 375°F for 20-25 minutes.

Meal Pattern Contributions
1 oz Grain (Whole Grain-Rich)



Cinnamon Nachos with Fruit Salad

Recipe Source: Adapted-Cinnamon Nachos with Fruit Salad-New School Cuisine Cookbook

HACCP Process: 1 – No Cook

Serving Size: 8 tortilla chips + $\frac{3}{4}$ cup fruit salad

Summer Cold Breakfast – 4

INGREDIENTS

25
SERVINGS

50
SERVINGS

Whole Wheat Tortillas (8 inches)	25	50
Granulated Sugar	$\frac{3}{8}$ cup + $\frac{1}{2}$ tbsp	$\frac{3}{4}$ cup + 3 tbsp
Cinnamon	$\frac{1}{4}$ cup + 1 tbsp	$\frac{1}{2}$ cup + 2 tbsp
Mixed fruit salad (any combination of your favorite fruits, such as raspberries, blueberries, and strawberries)	1 gal + 2 $\frac{3}{4}$ cups	2 gal + 1 qt + 1 $\frac{1}{2}$ cups

DIRECTIONS

1. Preheat conventional oven to 350°F or convection oven to 325°F. Line 2 sheet pans (for 25 servings) or 4 sheet pans (for 50 servings) with parchment paper.
2. Mix sugar and cinnamon in a small bowl.
3. Arrange tortillas on prepared sheet pans. Spray or brush with water. Sprinkle each with $\frac{1}{2}$ teaspoon of the cinnamon sugar.
4. Cut each tortilla into 8 wedges with a pizza cutter or knife.
5. Bake until crisp, about 11 minutes (watch carefully to prevent burning).
6. Serve each tortilla with $\frac{3}{4}$ cup fruit salad.



Meal Pattern Contributions
 $\frac{3}{4}$ Cup Fruit & 1.5 oz Grain (Whole Grain-Rich)



Fruit Pizza

Recipe Source: What's Cooking: USDA Mixing Bowl

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Slice

Summer Cold Breakfast – 5

INGREDIENTS

	25 SERVINGS	50 SERVINGS
Nonfat Greek Yogurt – Vanilla	2 cups	4 cups
Low-Fat Cream Cheese	2 cups	4 cups
Vanilla Extract	1 tbsp + 2 tsp	3 tbsp + 1 tsp
Honey	¼ cup + 1 tsp	½ cup + 2 tsp
Canola Oil	⅔ cup	1 ⅓ cups
Brown Sugar	1 ½ cups	3 cups
Canned Applesauce – unsweetened	1 cup + 2 tbsp	2 ¼ cups
Frozen Eggs – whole, thawed	⅓ cup + 1 tbsp + 2 ⅓ tsp	⅓ cup + 3 tbsp + 2 ⅓ tsp
Whole Wheat Flour	3 ⅓ cup	6 ⅓ cup
Baking Powder	1 tbsp	2 tbsp
Cinnamon	1 tsp	2 tsp
Oats – rolled, dry	3 cups	6 cups

(Recipe continues onto next page)

DIRECTIONS

- Place yogurt, cream cheese, 2 tsp vanilla extract (4 tsp for 50 servings), and honey into a commercial mixer. Using a paddle attachment, mix on medium speed until smooth. For 25 servings, mix for 2-3 minutes. For 50 servings, mix for 4-5 minutes. Do not overmix. Refrigerate mixture. Set remaining vanilla extract aside for step 3.
 - Critical Control Point: Cool to 40°F or lower within 4 hours and hold at 40°F.
- Combine oil and sugar in a commercial mixer. Using a paddle attachment, mix on medium speed until mixture has a crumble consistency. Do not overmix.
- Add applesauce, eggs, and remaining vanilla extract. Mix on medium speed until smooth. For 25 servings, mix for 2-3 minutes. For 50 servings, mix for 4-5 minutes. Do not overmix.
- Slowly add flour, baking powder, and cinnamon. Mix on medium speed until smooth. For 25 servings, mix for 2-3 minutes. For 50 servings, mix for 4-5 minutes. Do not overmix.
- Fold in rolled oats.
- Press 1 qt dough into a half sheet pan (18" x 13" x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

(Recipe continues onto next page)



Meal Pattern Contributions
3/8 Cup Fruit & 2 oz Grain (Whole Grain-Rich)



Fruit Pizza (Continued)

Recipe Source: What's Cooking: USDA Mixing Bowl
HACCP Process: 2 – Cook and Same Day Serve
Serving Size: 1 Slice

Summer Cold Breakfast – 5

INGREDIENTS

25
SERVINGS

50
SERVINGS

Fresh Strawberries	3 ½ cups	7 cups
Fresh Bananas	2 ½ cups	5 cups
Fresh Blueberries	3 cups	6 cups

DIRECTIONS

7. Conventional oven: bake at 350°F for 25-30 minutes.
Convection oven: bake at 325°F for 20-25 minutes.
Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
8. Remove pizza crust from oven. Allow to rest for 45 minutes – 1 hour at room temperature.
9. Spread yogurt mixture over each pan.
10. Arrange strawberries, bananas, and blueberries in any decorative pattern of choice.
Critical Control Point: Cool to 40°F or lower within 4 hours and hold at 40°F.
11. Cut each pan 5 x 5; 25 pieces per pan.



Meal Pattern Contributions
3/8 Cup Fruit & 2 oz Grain (Whole Grain-Rich)



Montana Sunrise Parfait

Recipe Source: McKenzie Johnson, MDI Intern

HACCP Process: 1– No Cook

Serving Size: 1 Yogurt Cup

Summer Cold Breakfast – 6

INGREDIENTS	25 SERVINGS	50 SERVINGS
Granola	1 ½ lbs (25 oz)	3 ½ lb (50 oz)
Nonfat Greek Yogurt – Vanilla	12.5 lbs (6 ¼ - 32 oz containers)	25 lbs (12 ½ - 32 oz containers)
MT Flathead Cherries, pitted	2 lbs (3.5 cups)	4 lbs (7 cups)
Blackberries	1.25 lbs (3 ⅞ cups)	2.5 lbs (6 ¼ cups)

DIRECTIONS

1. Mix cherries and blackberries in a bowl.
2. Divide yogurt into individual cups; 1 cup per serving.
3. Top each yogurt cup with ¼ cup of fruit mixture and hold at 40°F until ready to serve.
4. Just before serving, top each yogurt cup with 1 oz granola.



Meal Pattern Contributions

¼ Cup Fruit, 1 oz Grain (Whole Grain-Rich) & 2 oz Meat/Meat Alternate



PB&J Banana Roll-Ups

Recipe Source: Adapted - Peanut Butter Apple Wraps-New School Cuisine Cookbook

HACCP Process: 1 – No Cook

Serving Size: 1 Roll Up

Summer Cold Breakfast – 7

INGREDIENTS

25
SERVINGS

50
SERVINGS

Whole Wheat Tortilla	25	50
Peanut Butter	3 ⅛ cups	6 ¼ cups
Jelly	1 ½ cups	3 ⅛ cups
Bananas – fresh	25	50

DIRECTIONS

1. Spread 2 tbsp peanut butter on each tortilla.
2. Spread 1 tbsp jelly on each tortilla.
3. Place one whole banana on each tortilla and roll banana up.
4. For serving, slice roll-up in half, cutting diagonally. You may also cut roll up into slices and serve.



Meal Pattern Contributions

1 Cup Fruit, 1 oz Grain (Whole Grain-Rich) & 1 oz Meat/Meat Alternate



Baked Oatmeal

Recipe Source: Adapted - Morning Glory Baked Oatmeal-Ellie Krieger, The Washington Post
HACCP Process: 2 – Cook and Same Day Serve
Serving Size: 1 Oatmeal Square (5" x 2 ½")

Summer Hot Breakfast – 1

INGREDIENTS	25 SERVINGS	50 SERVINGS
Chopped Pecans	3 ⅘ cups	6 ¼ cups
Cinnamon	3 ¼ tsp	2 tbsp + ½ tsp
Light Brown Sugar	3 tbsp + 1 tsp	¼ cups + 2 ½ tbsp
Salt	1 ½ tsp	3 tsp
Old-Fashioned Rolled Oats	6 ¼ cups	12 ½ cups
Baking Powder	1 tbsp + 1/8 tsp	2 tbsp + ¼ tsp
Low-Fat Milk	1 qt + 2 ¼ cups	3 qt + ½ cups
Maple Syrup	1 cups	2 cups
Eggs, whole	3	6
Canola Oil	¼ cups + 3 tbsp	¾ cups + 2 tbsp
Vanilla Extract	1 tbsp + 1 tsp	2 tbsp + 2 tsp
Apples – fresh, chopped into ½" cubes	1 ¾ lbs (6 ¼ cups)	3 ½ lbs (12 ½ cups)
Raisins	1 ½ cups	3 cups

DIRECTIONS

1. Preheat oven to 375°F. For 25 servings, prepare one steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, prepare 2 pans.
2. Mix together ½ of the pecans, ¼ of the cinnamon, and all the brown sugar in a medium bowl. Set aside.
3. Stir together oats, baking powder, the remaining cinnamon and the remaining salt in a separate bowl.
4. Whisk together milk, maple syrup, eggs, oil and vanilla extract in a separate bowl.
5. Pour the milk mixture over the oat mixture, stirring to combine, then mix in the apples, raisins, and remaining pecans.
6. Pour into the prepared baking dish. Top with pecan mixture.
7. Bake for 40-45 minutes or until golden on the edges and set in the center. Critical Control Point: Heat to 165°F for at least 15 seconds.
8. Cut into 5" x 2 ½" rectangles.
9. Serve warm.



Meal Pattern Contributions
2 ¼ oz Grain (Whole Grain-Rich) & ¼ Cup Fruit



Biscuit & Gravy

Recipe Source: Biscuit and Gravy-Healthier Kansas Recipe 33

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Biscuit + 3oz Gravy

Summer Hot Breakfast – 2

INGREDIENTS

Purchased whole wheat biscuits weighing at least 2 oz

OR

Whole Wheat Biscuit Recipe (Summer Hot Breakfast Recipe 8)

Gravy – Country Style

25
SERVINGS

50
SERVINGS

25

50

½ gal + 1 qt

1 gal + 1qt

DIRECTIONS

1. Slice and warm pre-made whole wheat biscuits **OR** prepare whole wheat biscuits according to recipe.
2. Prepare country style gravy mix according to the directions on package. Heat to 135 degrees F or higher.
3. Place sliced biscuits on tray. At time of service, cover with ¾ cup (3 oz ladle) of gravy.

Meal Pattern Contributions
2 oz Grain (Whole Grain-Rich)



Breakfast Burrito

Recipe Source: Breakfast Burrito with Salsa-USDA Recipe for CACFP

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Burrito

Summer Hot Breakfast – 3

INGREDIENTS

25
SERVINGS

50
SERVINGS

Frozen Eggs – whole, thawed	1 qt + ½ cup	2 qt + 1 cup
Frozen Corn	1 ¼ cup + 2 tbsp	2 ¾ cup
Low-fat Milk	¼ cup + 2 tbsp	¾ cup
Green Peppers – fresh, diced	¾ cup	1 ½ cup
Onions – fresh, diced	⅓ cup + 3 Tbsp	1 cup + 2 tsp
Tomatoes – fresh, diced	¼ cup + 1 tbsp	½ cup + 2 tbsp
Salsa – canned or prepared (see recipe)	3 cups + 2 tbsp	1 qt + 2 ¼ cup
Yellow Mustard	3 tbsp	¼ cup + 2 tbsp
Garlic Powder	1 tsp	2 tsp
Hot Pepper Sauce	1 ½ tsp	1 tbsp
Salt	1 tsp	2 tsp
Low-fat Cheddar Cheese – shredded	1 ¼ cup	2 ½ cup
Whole Grain Tortillas – 8” (1.5 oz each)	25	50

DIRECTIONS

1. Pour eggs, corn, milk, peppers, onions, tomatoes, salsa, mustard, garlic, pepper sauce and salt into a commercial mixer. Using a paddle attachment mix on low speed. Do not overmix. For 25 servings, mix for 2 minutes. For 50 servings, mix for 4 minutes.
2. Pour 2 qt + 2 cups egg mixture into steam table pan, lightly coated with pan spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
3. Bake:
Conventional oven: bake at 350°F for 60 minutes.
Convection oven: bake at 325°F for 50 minutes.
Critical Control Point: heat to 165°F or higher for at least 15 seconds.
4. Sprinkle 1 ¼ cups cheese over each pan.
5. Cut each pan 5 x 5 (25 pieces per pan). Set aside for step 8.
6. To prevent tortillas from tearing when folding, steam for 3 minutes until warm. OR Hold tortillas in original packaging and place in a warmer at 135°F for 10 minutes.
7. Place 1 egg piece onto center of each tortilla and roll into the form of a burrito.
8. Place 25 burritos seam side down on a sheet pan (18” x 26” x 1”). For 50 servings, use 2 pans.
Critical Control Point: hold for hot service at 140°F or higher.
9. Serve warm.

Meal Pattern Contributions

1 oz Grain (Whole Grain-Rich), 1/8 Cup Other Vegetable & 2 oz Meat/Meat Alternate



Breakfast Pizza

Recipe Source: Breakfast Pizza with Hashbrown Crust-USDA Recipe J-040 for CACFP

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Pizza Square (3 ½" x 2 ½")

Summer Hot Breakfast – 4

INGREDIENTS

25
SERVINGS

50
SERVINGS

Ground Turkey Breast – raw (no more than 15% fat)	1 lb	2 lb
Fennel Seeds – whole	1 tsp	2 tsp
Salt	1 tsp	2 tsp
Cayenne Pepper	¼ tsp	½ tsp
Ground Sage	½ tsp	1 tsp
Red Pepper Flakes	¼ tsp	½ tsp
Coriander Seeds – whole	2 ½ tsp	1 tbsp + 2 tsp
Applesauce – canned, unsweetened	3 tbsp	¼ cup + 2 tbsp
Frozen Hash Brown Potatoes – thawed	3 lbs	6 lbs
Frozen Eggs – whole, thawed	10 oz	1 lb + 4 oz
Low-Fat Cheddar Cheese	1 cup	2 cups
Green Onions – fresh, diced	1 tbsp + 1 tsp	2 tbsp + 2 tsp
Red Bell Pepper – fresh, diced	1 ½ cup	3 cups

DIRECTIONS

1. Combine turkey, fennel, salt, cayenne pepper, sage, red pepper flakes, coriander and applesauce in a large bowl. Stir well.
2. In a large stock pot, add turkey mixture. Cook uncovered over medium-high heat for 10 minutes.
3. Remove turkey from heat. Drain turkey in a colander. Set aside for step 4.
4. Combine 2/3 cup (about 5 oz) turkey, hash browns and eggs in a large bowl. Set remaining turkey aside for step 7.
Recommended to cook in batches of 25.
5. Pour 2 qt (about 3 lb + 10 oz) hash brown mixture into a half sheet pan (18" x 13" x 1") lightly coated with pan release spray. Spread evenly. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
6. Bake:
Conventional oven: bake at 425°F for 15 minutes.
Convection oven: bake at 400°F for 10 minutes.
Critical Control Point: heat to 165°F or higher for at least 15 seconds.
7. Critical Control Point: Hold for hot service at 140°F or higher.
8. Portion: cut each pan 5 x 5 (25 pieces per pan).
Serve 1 piece (3 ½" x 2 ½" square).

Meal Pattern Contributions

5/8 Cup Starchy + 1/8 Cup Other Vegetable & 1 oz Meat/Meat Alternate



Baked French Toast Strips

Recipe Source: Adapted – Baked French Toast Strips, USDA Recipes for Schools

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 2 strips

Summer Hot Breakfast – 5

INGREDIENTS

25
SERVINGS

50
SERVINGS

“Texas Toast” - style bread, ½” thick (1 ½ oz slices)	18 slices	35 slices
Frozen whole eggs, thawed	2 ¾ cups	1 qt +1 ½ cups
OR	OR	OR
Fresh large eggs	14 each	27 each
Low-fat 1% milk	3 cups	1 qt+2 cups
Sugar	½ cup+2 tbsp	1 ¼ cups
Salt	¾ tsp	1 ½ tsp
Vanilla	2 tsp	1 tbsp+1 tsp
Ground cinnamon	1 tsp	2 tsp

DIRECTIONS

1. Cut each slice of bread into 3 even strips.
2. Lightly coat steamtable pans (12” x 20” x 2 ½”) with pan release spray. For 50 servings, use 3 pans. For 25 servings, use 2 pans.
3. For 50 servings, arrange 35 of these strips of bread in each steamtable pan. For 25 servings, arrange 26 strips in each steamtable pan.
4. Combine the eggs, milk, sugar, salt, and vanilla in a mixing bowl. Mix with paddle attachment for 5 minutes on medium speed, until ingredients are well blended.
5. Pour egg mixture over each pan of bread strips, making sure to evenly distribute the egg mixture between each pan (about 1 qt mixture per pan).
6. Cover pans with plastic wrap and chill for 4-24 hours.
7. Just before baking, sprinkle cinnamon on top.
8. Bake:
Conventional oven: 425° F for 35 minutes
Convection oven: 375° F for 20 minutes.
CCP: Heat to 145° F for 3 minutes.
9. CCP: Hold for hot service at 135° F or higher.

Portion 2 strips.

Meal Pattern Contributions

1 oz Grain & 1 oz Meat/Meat Alternate



Egg & Biscuit Sandwich

Recipe Source: Emma Weinmann, Montana Dietetic Internship Intern

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Sandwich

Summer Hot Breakfast – 6

INGREDIENTS

	25 SERVINGS	50 SERVINGS
Prepared Whole Grain Biscuits (see recipe)	25	50
Eggs – raw, large, whole	25	50
Salt	1 tsp	2 tsp
Black Pepper – ground	1 tsp	2 tsp
Milk	½ cup	1 cup

DIRECTIONS

1. Preheat oven to 350°F.
2. Generously grease a muffin tin with pan release spray.
3. Beat eggs, milk, salt and pepper in a pitcher until blended.
4. Pour egg mixture into each cup.
5. Place the muffin tin in the oven and bake until eggs reach an internal temperature of 160°F.
6. Remove eggs from oven and allow to rest for 1 minute.
7. Run a knife around the edge of each egg to remove it from the pan.
8. Reheat biscuits, if necessary.
9. Slice biscuits in half and place one egg between the two halves to make a sandwich.
10. Serve warm.



Meal Pattern Contributions

1.25 oz Grain (Whole Grain-Rich) & 2 oz Meat/Meat Alternate



Huckleberry Muffins

Recipe Source: Adapted - Blueberry Muffins, Robin Vogler, Montana's Healthy School Recipe Roundup
HACCP Process: 2 – Cook and Same Day Serve
Serving Size: 1 Muffin

Summer Hot Breakfast – 7

INGREDIENTS	25 SERVINGS	50 SERVINGS
Whole Wheat Flour	3 ¾ cups	7 ¼ cups
All-Purpose Enriched White Flour	3 ¾ cups	7 ¼ cups
Sugar – granulated	1 ½ cups + 1 tbsp	3 ⅞ cups
Baking Powder	½ tsp	3 tbsp + ¼ tsp
Baking Soda	½ tsp	1 tsp
Salt	½ tsp	1 tsp
Buttermilk	15 ¼ oz	30 ½ oz
Orange Juice	½ cups + ¾ tsp	1 cups + 1 ½ tsp
Eggs – fresh, large	3	5
Vegetable Oil*	1 cups + 1 tbsp	2 cups + 2 tbsp
Vanilla Extract	2 ¼ tsp	1 ½ tbsp
Orange Zest	1 ½ tsp	1 tbsp + ⅞ tsp
Huckleberries – fresh or frozen, unsweetened	2 cups + 1 tbsp	1 qt + ⅞ cup

- ## DIRECTIONS
1. Blend flours, baking soda, baking powder and salt in a large bowl.
 2. Combine sugar, eggs and oil in the mixer until smooth, scraping the bowl at least once. Add buttermilk and vanilla. Reserving 1 cup of flour mixture, slowly add the dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 30-45 seconds. Add the orange juice and mix until absorbed.
 3. Shake the frozen huckleberries up with the reserved flour to coat. Add to the mix, turning it by hand with a rubber spatula. Do not overmix. Batter will be lumpy.
 4. Scoop muffins with an 8 oz scoop into paper lined muffin tin (or lightly coat with pan release spray). Use 2 pans.
 5. Bake until lightly browned
 6. Conventional oven: bake at 400°F for 18-20 minutes.
Convection oven: bake at 350°F for 12-15 minutes.
 7. For muffin squares, cut each pan 5 x 10 (50 portions per pan). For muffin pans, portion batter with #20 scoop (3 1/3 tbsp) coated with pan release spray. Fill no more than 2/3 full.



Meal Pattern Contributions
1/8 Cup Fruit & 2.25 oz Grain (Whole Grain-Rich)



Whole Wheat Biscuits

Recipe Source: Adapted - Fluffy Whole Wheat Biscuits, Lynn White, Montana’s Healthy School Recipe Roundup
HACCP Process: 2 – Same Day Service
Serving Size: 1 Biscuit

Summer Hot Breakfast – 8

INGREDIENTS

25
SERVINGS

50
SERVINGS

All-Purpose, Enriched Flour	1 ½ cup + 1 tbsp	3 ⅛ cup
Whole Wheat Flour	2 ½ cup + ⅛ cup	1 qt + 1 ¼ C.
Baking Powder	2 tbsp + 2 ¼ tsp	⅓ cup + ⅝ tsp
Sugar	2 tbsp + ¼ tsp	¼ cup + ½ tsp
Salt	1 ½ tsp	1 tbsp + ⅛ tsp
Butter	½ cup + ¾ tsp	1 cup + 1 ½ tsp
Milk	2 cup + 1 tbsp	1 qt + ⅛ cup

DIRECTIONS

1. In a medium bowl combine flours, baking powder, sugar, and salt. Mix well.
2. Cut in butter until mixture resembles coarse crumbs.
3. Stir in milk just until moistened.
4. Turn out onto a lightly floured surface – knead gently 8-10 times.
5. Roll to ¼” thickness – cut with a 2 ½” biscuit cutter and place on an ungreased baking sheet.
6. Bake at 450°F for 10-12 minutes or until lightly browned.
7. Serve warm or hold at room temperature until ready to use on the day of service.

Meal Pattern Contributions
1 ¼ oz Grain (Whole Grain-Rich)



LUNCH MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOT	Chicken Quesadilla Milk ¾ cup Melon, Orange & Berry Fruit Salad	Bean & Cheese Burrito Milk ¼ cup salad ½ cup apple slices	Beef Mushroom Burger Milk ½ cup baked sweet potato ¼ cup pears	Barbecued Chicken Milk WG Biscuit 1 watermelon slice* ¼ cup carrots	Cattle Run Chili Cinnamon Roll Milk ¾ cup apple slices	Sloppy Joe Milk ¼ cup strawberries* ½ cup potato wedges	Taco Salad Milk Sliced Pita bread ¾ cup orange slices
	COLD	Chicken Ranch Wrap Milk ½ cup carrot sticks	Confetti Salad Milk ¼ cup Flathead cherries* ½ cup broccoli	PB & Strawberry Sandwich Milk String Cheese ¼ cup cherry tomatoes* ½ banana	Santa Fe Pita Milk ½ cup mandarin oranges ¼ cup snap peas	Strawberry Spinach Chicken Salad Milk WG biscuit 1 watermelon slice*	Turkey & Cheese Sub Milk ¼ cup blueberries* ½ cup jicama sticks



Bold Items have recipes provided.
 *Indicates Locally sourced items.

Chicken Ranch Wrap

Recipe Source: Emma Weinmann, Montana Dietetics Internship Intern

HACCP Process: 1 – No Cook

Serving Size: 1 Wrap

Summer Cold Lunch – 1

INGREDIENTS

25
SERVINGS

50
SERVINGS

Grilled Chicken – (see Summer Cold Lunch recipe #3)	4 lbs 8 oz	9 lbs
Whole Wheat Tortillas – 8"	25	50
Ranch Dressing	1 ½ cups	3 cup
Mozzarella Cheese – shredded	3 cups	6 cups
Cilantro – minced	1 ½ cups	3 cups
Romaine Lettuce (chopped)– or other greens	2 lbs	4 lbs

DIRECTIONS

1. Dice chicken into bite-sized pieces.
2. Lay tortillas on a clean flat surface. Place 2 oz of chicken, 1 tbsp ranch, 2 tbsp cheese, 1 tbsp cilantro, and ½ cup romaine lettuce onto each tortilla. Fold lightly to form a burrito shape.
3. Hold at 40°F until ready to serve.

Meal Pattern Contributions

1 ½ oz Grain (Whole Grain-Rich), ¼ Cup Dark Green Vegetable & 2 oz Meat/Meat Alternate



Confetti Salad

Recipe Source: Adapted - Acini de Pea Confetti Salad, The Power of Pulses

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Cup

Summer Cold Lunch – 2

INGREDIENTS

25
SERVINGS

50
SERVINGS

Acini de Pepe Pasta*	2 – 16 oz packages	4 – 16 oz packages
Sweet Yellow Peppers – diced	2 each (14 oz)	4 each (1 lb 12 oz)
Sweet Red Peppers – diced	2 each (14 oz)	4 each (1 lb 12 oz)
Green Split Peas – cooked	1 ¾ cups	3 ½ cups
Yellow Split Peas – cooked	1 ¾ cups	3 ½ cups
Olive Oil	1 cup	2 cups
Garlic – minced	8 cloves	16 cloves
Salt	2 tsp	4 tsp
Black Pepper	1 tsp	2 tsp
Basil – fresh, chopped	1 ½ oz	3 oz

*If Acini de Pepe is unavailable you can substitute with the same amount of small ring pasta.

DIRECTIONS

1. Cook the acini de pepe (or noodle of choice) according to package directions, set aside.
2. In a large pot on medium-high heat, add the olive oil and warm for a minute, add the peppers and sauté for 1 minute, add the cooked peas and garlic and stir for 1 minute.
3. Add the acini de pepe (or noodle of choice) and warm through, stirring frequently. You may need to add a splash of olive oil.
4. Remove from heat, add salt, pepper and fresh basil.
5. Serve warm, cool, or at room temperature.
6. If preparing in advance and serving cold, cool according to HACCP procedures and chill until ready to serve.



Meal Pattern Contributions

1 ¼ oz Grain & ¼ Cup Vegetable (1/8 Cup Red/Orange & 1/8 Cup Beans/Legume)



Grilled Chicken

Recipe Source: Emma Weinmann, MDI Intern
HACCP Process: 3 – Cook, Cool, Reheat, Serve
Serving Size: 2 oz

Summer Cold Lunch – 3

INGREDIENTS

	25 SERVINGS	50 SERVINGS
Chicken Breast – boneless, skinless	4 ½ lb	9 lb
Garlic Powder	2 tsp	1 Tbsp + 1 tsp
Cumin	2 tsp	1 Tbsp + 1 tsp
Coriander	1 tsp	2 tsp
Smoked Paprika	1 tsp	2 tsp
Sea Salt	1 tsp	2 tsp
Black Pepper	½ tsp	1 tsp
Olive Oil	¼ cup	½ cup

DIRECTIONS

1. In a small bowl mix garlic powder, cumin, coriander, smoked paprika, sea salt, pepper and olive oil.
2. Preheat grill or flat top to medium high heat.
3. Place chicken on grill and grill each side for 4-6 minutes depending on thickness until chicken reaches an internal temperature of 165°F.
4. Remove from grill and allow to rest for 5 minutes.
5. Slice chicken into ½ inch strips and refrigerate until ready to use.

Meal Pattern Contributions
2 oz Meat/Meat Alternate



Hummus & Veggie Wrap

Recipe Source: Emma Weinmann, Montana Dietetic Internship Intern

HACCP Process: 1 – No Cook

Serving Size: 1 Wrap

Summer Cold Lunch – 4

INGREDIENTS

25
SERVINGS

50
SERVINGS

Whole Wheat Tortillas – 8"	25	50
Prepared Hummus – (See Sweet Potato Hummus SS-3 Recipe)	1 qt + 2 ½ cups	3 qt + ½ cups
Sweet Red Peppers – raw, julienned	1 lb (whole)	2 lbs
Sweet Yellow Peppers – raw, julienned	1 lb (whole)	2 lbs
Cucumbers – raw, julienned	2 lbs	4 lbs
Romaine Lettuce – chopped	1 lb	2 lbs

DIRECTIONS

1. Place tortillas on a clean, flat surface.
2. Spread each tortilla with ¼ cup of hummus. Then top with ⅓ cup each of red peppers, yellow peppers, and cucumbers. Followed by ¼ cup of romaine.
3. Roll into a burrito.
4. Cut in half diagonally and serve cold.
5. 1 serving is two halves (or 1 whole burrito).



Meal Pattern Contributions

1 ½ oz Whole Grain, ⅛ C. Dark Green & ⅜ C. Other Vegetable, ¼ oz Meat Alternative



PB & Strawberry Sandwich

Recipe Source: Emma Weinmann, MDI Intern

HACCP Process: 1 – No Cook

Serving Size: 1 Sandwich

Summer Cold Lunch – 5

INGREDIENTS

25
SERVINGS

50
SERVINGS

Fresh Strawberries

6 ½ lb

13 lbs

Peanut Butter – or other nut butter

3 1/3 cups

6 2/3 cups

Whole Wheat Bread

50 slices

100 slices

DIRECTIONS

1. Wash and hull strawberries and cut into ¼ inch slices
2. Spread 1 Tbsp peanut or other nut butter onto one slice of bread and 1 Tbsp on another slice of bread.
3. Layer ¼ cup strawberries evenly and sandwich between bread.
4. Serve cold.



Meal Pattern Contributions

2 oz Grain (Whole Grain-Rich), ¼ Cup Fruit & 1 oz Meat/Meat Alternate



Santa Fe Pita

Recipe Source: Adapted - Santa Fe Pita, Sherri Pearson, Montana’s Healthy School Recipe Roundup

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: ½ stuffed pita

Summer Cold Lunch – 6

INGREDIENTS

25
SERVINGS

50
SERVINGS

Pita – whole grain, 6"	12 ½ large	25 large
Chicken Fajita Strips – cooked and cooled	3 lbs 12 ½ oz	7 lbs 13 oz
Cheddar Cheese – reduced fat, shredded	12 ½ oz	1 lb 9 oz
Sweet Red Peppers – roasted, cooled, sliced	12 ½ oz	1 lb 9 oz
Spinach or Arugula or Romaine Lettuce – chopped	7 oz	14 oz
Chipotle Ranch Dressing	3 lb 2 oz	6 lb 4 oz
Buttermilk for Ranch Dressing		

DIRECTIONS

1. Stuff pita with about 2 oz of chicken and ½ oz of cheese.
2. Distribute evenly among pitas the red peppers.
3. Fill with ¼ cup lettuce or spinach.
4. Drizzle with ranch dressing.
5. Serve.

Note: The roasted red peppers can be replaced with corn or fresh tomatoes. The pita bread can be omitted and the filling can be served as an entrée salad or side dish.



Meal Pattern Contributions

1 oz Whole Grain, ⅛ Cup Dark Green Vegetable & 2 ¾ oz Meat



Strawberry Spinach Chicken Salad

Recipe Source: Adapted - Strawberry Spinach Salad, New School Cuisine Cookbook

HACCP Process: 1 – No Cook

Serving Size: 1 ¼ Cup + 2 oz Grilled Chicken

Summer Cold Lunch – 7

INGREDIENTS

25
SERVINGS

50
SERVINGS

Sunflower or Pumpkin Seeds – raw, hulled	10 oz	1 lb 4 oz
Cucumbers – whole, raw	1 ½ lb	3 lb
Strawberries – fresh	1 lb 10 oz	3 lb 4 oz
Romaine Lettuce	1 lb 2 oz	2 lb 4 oz
Baby Spinach	1 lb 6 oz	2 lb 12 oz
Balsamic Vinegar	¼ cup	½ cup
Maple Syrup	3 tbsp	6 tbsp
Dijon Mustard	1 ½ tsp	1 tbsp
Garlic Powder	¾ tsp	1 ½ tsp
Kosher Salt	½ tsp	1 tsp
Black Pepper	½ tsp	1 tsp
Olive Oil	½ cup	1 cup
Grilled Chicken – chopped (Summer Cold Lunch Recipe 8)	3 lb 2 oz (cooked)	6 lb 4 oz (cooked)

DIRECTIONS

1. Toast sunflower or pumpkin seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4-5 minutes. Transfer to a bowl and let cool.
2. Wash and peel cucumbers. Cut in half lengthwise then slice ¼ inch thick.
3. Wash and hull strawberries and cut into ¼ inch slices.
4. Wash and trim romaine and cut into 1 inch pieces.
5. Mix spinach and romaine in a large bowl.
6. Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10-20 seconds.
7. Add the strawberries, cucumbers, and toasted seeds to the greens. Drizzle with dressing and toss to coat.
8. Portion into 1 ¼ cup portions and top with 2 oz grilled chicken and serve immediately.

Meal Pattern Contributions

½ Cup Dark Green and ⅛ Cup Other Vegetable, ⅛ Cup Fruit & 2 oz Meat



Turkey & Cheese Sub

Recipe Source: Adapted - Hot Ham and Cheese on a Bun, Recipes for Healthier Kansas

HACCP Process: 1 – No Cook

Serving Size: 1 Sub Sandwich

Summer Cold Lunch – 8

INGREDIENTS

25
SERVINGS

50
SERVINGS

Hot dog Bun – whole wheat, 2 oz

25

50

Turkey Breast – thinly sliced

3 lbs 2 oz

6 lbs 4 oz

Cheddar Cheese – sliced

25 – ½ oz
slices

50 – ½ oz
slices

Lettuce (or other greens)

1 lb

2 lbs

Tomatoes – sliced into ¼ inch rounds

3 lbs

6 lbs

DIRECTIONS

1. Assemble sandwiches with 2 oz of turkey, 1 slice of cheese (1/2 oz), ¼ cup greens, and 2 slices of tomato.
2. Cut in half and serve cold.



Meal Pattern Contributions

2 oz Whole Grain, 2 oz Meat, 1/8 Cup Dark Green & 1/4 Cup Red/Orange Vegetable



Barbecued Chicken

Recipe Source: USDA Mixing Bowl

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back)

Summer Hot Lunch - 1

INGREDIENTS

25
SERVINGS

50
SERVINGS

Fresh onions, chopped	½ cup 2 Tbsp	1 1/4 cups
Paprika	1 Tbsp	2 Tbsp
Chili Powder	1 ½ tsp	1 Tbsp
Catsup	2 ¾ cups 1 Tbsp (1/4 No. 10 can)	1 qt 1 3/4 cups (1/2 No. 10 can)
Garlic Powder	½ tsp	1 tsp
Brown sugar	¾ cup	1 1/2 cups
Worcestershire	¼ cup	1/2 cup
Ground black pepper	1 tsp	2 tsp
Salt-free seasoning	2 Tbsp	1/4 cup
Chicken, whole, fresh or frozen, cut up, 8 pieces	12 lb	24 lb

DIRECTIONS

1. Barbecue sauce: In a stockpot combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.
2. Set aside for step 4.
3. Place chicken on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 1 1/2 pans. For 50 servings, use 3 pans.
4. Brush barbecue sauce over chicken.
5. Bake uncovered: Conventional oven: 425 °F for 45 minutes. Convection oven: 375 °F for 30 minutes.
6. Bake until chicken browns slightly around the edges. If the chicken browns too quickly, cover with foil to slow the browning process.
7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
8. Transfer to steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans
9. Critical Control Point: Hold for hot service at 140 °F or higher.
10. Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

Meal Pattern Contributions
2oz Meat/Meat Alternate



Bean & Cheese Burrito

Recipe Source: Adapted - South of the Border Tacos, The Power of Pulses Recipe Guide

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Burrito

Summer Hot Lunch – 2

INGREDIENTS

25
SERVINGS

50
SERVINGS

Chili Powder	3 tbsp + ½ tsp	6 tbsp + 1 tsp
Corn Starch	2 tbsp + ¼ tsp	4 tbsp + ½ tsp
Cumin	2 tbsp + ¼ tsp	4 tbsp + ½ tsp
Oregano	2 tbsp + ¼ tsp	4 tbsp + ½ tsp
Garlic Powder	1 tbsp + ¼ tsp	2 tbsp + ½ tsp
Onion Powder	1 tbsp + ¼ tsp	2 tbsp + ½ tsp
Salt	1 ½ tsp	1 tbsp
<hr/>		
Whole Grain Tortillas – 8"	25	50
Lean Ground Beef	1 lb 9 oz	3 lb 2 oz
Dried Onion Flakes	⅓ cup + 2 tbsp	¾ cup
Lentils	2 ½ cups + 2 tbsp	5 ¼ cups
Black Beans – canned, low sodium	1 cup	2 cups
Water	3 ⅘ cups	6 ¼ cups
Cheddar Cheese – low sodium, shredded	2 ⅓ cups	4 ⅓ cups

DIRECTIONS

1. Combine the spices (the first 7 ingredients) in a bowl and set aside for step 4.
2. In a skillet or on a grill, brown ground beef over medium-high heat, with the dried onion flakes, salt and pepper lightly. Cook to minimum temperature of 160°.
3. Cook lentils per package instructions.
4. In a large pot, add the cooked lentils, black beans, and browned meat. Stir in the spice mixture and water. Bring to a boil. Reduce the heat and simmer until mixture thickens to desired consistency. Approximately 5 - 10 minutes. Must be held above 135°.
5. Serve 3 oz of beef mixture in tortilla shells and top with cheese, sour cream, salsa, lettuce, onion and tomato if desired.

(Recipe continues onto next page)

Meal Pattern Contributions

1 oz Grain (Whole Grain-Rich), ½ Cup Beans/Legumes & 1 oz Meat/Meat Alternate



Bean & Cheese Burrito (Continued)

Recipe Source: Adapted - South of the Border Tacos, The Power of Pulses Recipe Guide

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Burrito

Summer Hot Lunch – 2

INGREDIENTS

25
SERVINGS

50
SERVINGS

Additional Toppings (optional):

Iceberg Lettuce	1 lb 2.5 oz	2 lbs 5 oz
Olives – sliced	12 oz	1 lb 8 oz
Sour Cream	6.15 oz	12 ⅓ oz
Salsa	6.15 oz	12 ⅓ oz
Tomatoes – chopped	6.15 oz	12 ⅓ oz
Onions – chopped	¾ medium	1 ½ medium

DIRECTIONS



Meal Pattern Contributions

1 oz Grain (Whole Grain-Rich), ½ Cup Beans/Legumes & 1 oz Meat/Meat Alternate



Beef Mushroom Burger

Recipe Source: Adapted - AllRecipes.com: <https://www.allrecipes.com/recipe/258947/mushroom-beef-burgers/>

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 sandwich

Summer Hot Lunch – 3

INGREDIENTS

25
SERVINGS

50
SERVINGS

Whole Wheat or Whole Grain-Rich Buns	25	50
Ground Beef – lean	4 lbs 10 oz	9 lbs 4 oz
Mushrooms – chopped	1.5 lbs	3 lbs
Onion – chopped	1.5 medium	3 medium
Garlic – minced	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Salt	1 tbsp	2 tbsp
Ground Black Pepper	½ tbsp	1 tbsp
Cooking Spray	-----	-----
Spinach (optional)	8 oz	1 lb
Red Onion – sliced (optional)	1 ½ medium	3 medium

DIRECTIONS

1. Remove ground beef from the refrigerator; let stand at room temperature while preparing other ingredients (no longer than 15 minutes).
2. Mix mushrooms, onion, garlic, Italian seasoning, salt, and pepper together in a large bowl. Mix in beef. Form beef mixture into 1/2-inch-thick patties.
3. Grease an indoor grill pan with cooking spray. Cook patties in batches until browned and no longer pink in the center, about 10 minutes per side. Cook to internal temperature of 165°F.
4. Hold at 135°F or higher until served.
5. Top with spinach and red onion slice (optional).



Meal Pattern Contributions

2 oz Grain (Whole Grain-Rich), ¼ Cup Other Vegetable, 2.25 oz Meat



Cattle Run Chili

Recipe Source: Adapted – Chili, Healthier Kansas Menus, 8-Week Lunch Cycle with Alternate Entrees

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: ¾ Cup (6 oz ladle)

Summer Hot Lunch – 4

INGREDIENTS

25
SERVINGS

50
SERVINGS

Ground Beef – raw, 80/20	3 lbs 5 oz	6 lbs 10 oz
Dehydrated Onion Flakes	¼ cup + ½ tbsp	½ cup + 1 tbsp
Chili Powder	1 ¼ oz	2 ½ oz
Ground Cumin	½ tbsp + ½ tsp	1 tbsp + 1 tsp
Garlic Powder	1 ½ tsp	3 tsp
Tomato Puree	⅛ - #10 can	¼ - #10 can
Pinto Beans – canned, drained	1 ⅝ - # 10 can (13 cups)	2 ¾ - #10 can
Tomato Juice	3 ¼ cups	6 ½ cups
Red or Cayenne Pepper (optional)	½ tbsp	1 tbsp
Water	As needed	As needed
Cheese, shredded	12 ½ oz	1 lb 9 oz

DIRECTIONS

1. Brown ground beef. Chop into ¼ to ½ inch pieces as beef is browning. Drain. Rinse with hot water. Drain.
2. Drain beans.
3. Add remaining ingredients, except water, to ground beef.
4. Add additional water or juice from canned beans to make approximately 9.5-10 quarts for every 50 - ¾ cup servings. Add additional water during cooking to maintain volume if a significant amount of liquid evaporates.
5. Serve topped with ½ oz of cheese.
6. CCP: Heat to 160°F or higher for at least 15 seconds.
CCP: Hold hot for service at 135°F or above.

Notes:

- For less sodium, choose a “fancy” or very-low sodium chili powder.
- Older students may like the chili spicier and younger students may like it less spicy. Adjust the amounts of cayenne pepper, garlic, chili powder, cumin and onion to taste.
- May use 11 oz of fresh onions per 50 servings in place of dried onions.
- May use minced garlic in place of garlic powder.
- May puree ½ can of the pinto beans prior to adding to chili. This will yield a thicker product.

Meal Pattern Contributions

2 oz Meat/Meat Alternate, ½ Cup Beans/Legume & ¼ Cup Red/Orange Vegetable



Chicken Quesadilla

Recipe Source: Adapted - Chicken Quesadilla, Healthier Kansas Menus, 8-Week Lunch Cycle with Alternate Entrees

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Quesadilla

Summer Hot Lunch – 5

INGREDIENTS

25
SERVINGS

50
SERVINGS

Whole Grain-Rich Tortillas – 8"	25	50
Green Bell Pepper	1 ¼ cups	2 ½ cups
Onion	¾ cup	1 ½ cups
Corn – frozen, whole kernel	1 lb	2 lb
Black Beans – canned, low sodium	½ - #10 can	1 - #10 can
Tomato	9 oz	1 lb 2 oz
Taco Seasoning Mix	1 tbsp + 2 tsp	3 tbsp + 1 ½ tsp
Chicken – diced	2 lb 4 oz	4 lb 8 oz
Monterey Jack Cheese – reduced fat, shredded	7 oz	14 oz
Cheddar Cheese – shredded	7 oz	14 oz

DIRECTIONS

1. Line sheet pans (18"x26"x1") with parchment paper or pan liners (2-3 sheet pans per 50 servings).
2. Lay tortillas on lined sheet pans and set aside for step 9.
3. Dice peppers, onion and tomatoes.
4. Drain and rinse canned black beans.
5. Combine chicken, peppers, onions, corn, and black beans in tilt skillet or steam kettle and heat. **CCP: Heat to 165°F or higher for at least 15 seconds.**
6. Add tomatoes to vegetable/chicken mixture. Drain excess liquid.
7. Add taco seasoning to vegetable/chicken mixture.
8. Combine shredded cheeses.
9. Spoon 1/2 cup vegetable/chicken mixture on half of each tortilla.
10. Sprinkle 2 tbsp of cheese on top of vegetable/chicken mix on each tortilla.
11. Fold tortillas in half and place quesadillas on lined sheet pans.
12. Spray tortillas with pan release spray to aid browning.
13. Bake until tops are golden brown: Conventional oven: 400°F for 10 minutes. Convection oven: 375°F for 7 minutes.
14. Allow quesadillas to stand for 5 minutes. CCP: Hold hot for service at 135°F or higher.

Meal Pattern Contributions

2 oz Meat/Meat Alternate, 1 ½ oz Grain, 1/8 Cup Beans/Legume & ¼ Cup Other Vegetable



Cinnamon Rolls

Recipe Source: Adapted - Whole Wheat Cinnamon Rolls, 51%, Healthier Kansas Menus Recipes

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Cinnamon Roll

Summer Hot Lunch – 6

INGREDIENTS	35 SERVINGS	70 SERVINGS	DIRECTIONS
<u>Dough:</u>			<ol style="list-style-type: none"> Place flour, dry milk, sugar, yeast and salt in mixer bowl. Blend with dough hook for approximately 2 minutes on low speed. Add oil and blend for approximately 2 minutes on low speed. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to ½ cup extra water per 70 servings. More or less water can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test: At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes. Form dough into 3 lb balls and spray with pan release spray or cover with plastic wrap. Mix sugar and cinnamon in a separate bowl. Spray counters and dough lightly with pan release spray if needed to prevent dough from sticking. Roll each ball into a rectangle 24" x 10" x ¼" thick. Brush dough with oil. Sprinkle with approximately ½ cup cinnamon-sugar mixture per rectangle. <p>(Recipe continues onto next page)</p>
Whole Wheat White Flour	15 oz	1 lb 14 oz	
All-Purpose Enriched Flour	14 oz	1 lb 12 oz	
Dry Milk – instant, non fat	2 oz	4 oz	
Sugar – granulated	3/8 cup	¾ cup	
Yeast – dry, instant	⅛ cup	¼ cup	
Salt	2 tsp	1 tbsp +1 tsp	
Vegetable Oil	3.5 oz	7 oz	
Water (105-110°F)	½ qt + 1 tbsp (add up to ¼ cup if dough is stiff)	1 qt + 2 tbsp (add up to ½ cup water if dough is stiff)	
<u>Cinnamon Roll Filling:</u>			
Sugar – granulated	3/8 cup	¾ cup	
Cinnamon – ground	⅛ cup	¼ cup	
Vegetable Oil	2 ¼ tsp	1 ½ tbsp	

Meal Pattern Contributions

1 ½ oz Grain (Whole Grain-Rich)



Cinnamon Rolls

Recipe Source: Adapted - Whole Wheat Cinnamon Rolls, 51%, Healthier Kansas Menus Recipes

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 Cinnamon Roll

Summer Hot Lunch – 6

INGREDIENTS

25
SERVINGS

50
SERVINGS

Glaze:

Powdered Sugar

¾ cup

1 ⅓ cup

Vanilla Extract

1 tsp

2 tsp

Water

1 tbsp

2 tbsp

DIRECTIONS

10. Roll rectangle on the long side to form a long slender roll. Pinch long edge into roll to seal. Cut each full roll into 24 ¾-inch circles. Cut the ½ roll into 12 circles.
11. Place rolls on sheet pans (18" x 26" x 1) lined with pan liners in 8 rows with 6 per row (48 per pan).
12. Place in a warm area (90°F) until double in size (30-50 minutes).
13. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking.
*Conventional oven: 400°F for 18-20 minutes.
*Convection oven: 350°F for 12-14 minutes.
CCP: Recommended internal temperature for baked rolls is 196-198°F.
14. Let rolls cool 5-10 minutes.
15. Mix powdered sugar, vanilla and water to make a thin glaze. Adjust the amount of water as needed.
16. Drizzle glaze from a squeeze bottle, spoon or spatula in random lines over the tops of the rolls. Serve warm.

Meal Pattern Contributions

1 ½ oz Grain (Whole Grain-Rich)



Sloppy Joe

Recipe Source: Adapted - Souped Up Sloppy Joes, The Power of Pulses Recipe Guide

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 sandwich

Summer Hot Lunch – 7

INGREDIENTS

25
SERVINGS

50
SERVINGS

Ground Beef – lean	2 ¼ lbs	4 ½ lbs
Dried Onion Flakes	½ cup + 1 ½ tsp	1 cup + 1 tbsp
Lentils (raw)	4 ¼ cups	8 ½ cups
Water	3 ¾ cups	7 ¼ cups
Chicken Gumbo Soup – 18.5 oz can, low sodium	2.5 cans	5 cans
Ketchup	¾ cup + ½ tbsp	1 ½ cups + 1 tbsp
Yellow Mustard	¼ cup	½ cup
Pepper	1 tsp	2 tsp
Cheddar Cheese – sliced	25	50
Whole Grain-Rich Buns (1.5- 2 oz)	25	50

DIRECTIONS

1. Cook lentils using directions on package.
2. In a skillet or on a grill, brown ground meat over medium-high heat, with dried onion flakes, pepper lightly. CCP: Heat to minimum temperature of 165°F.
3. In a large pot, stir in the soup, water, ketchup, mustard, pepper, ground meat and cooked lentils. Turn heat to medium; simmer uncovered until all of the liquid is absorbed and the mixture is thick and rich. Approximately 45 - 60 minutes. Stir frequently.
4. Serve on whole grain-rich bun.



Meal Pattern Contributions

1.5 – 2 oz Grain (Whole Grain-Rich) & 2.5 oz Meat/Meat Alternate



Taco Salad

Recipe Source: Adapted - Taco Salad, Healthier Kansas Menus

HACCP Process: 2 – Cook and Same Day Serve

Serving Size: 1 salad

Summer Hot Lunch – 8

INGREDIENTS

25
SERVINGS

50
SERVINGS

Ground Beef – raw, 80/20	3 lbs 4 oz	6 lbs 8 oz
Dried Onion Flakes	½ oz	1 oz
Black Pepper	1 tsp	2 tsp
Tomato Paste	¾ cup	1 ½ cups
Mexican Seasoning Mix	2 tbsp	¼ cup
Salt	¾ tsp	1 ½ tsp
Brown Sugar – packed	1 tbsp	2 tbsp
Water	2 cups	1 qt
Romaine Lettuce – fresh, untrimmed	2 lbs 8 oz	5 lbs
Tomatoes – large	1 lb 10 oz	3 lbs 5 oz
Cheddar Cheese – shredded	12 oz	1 lb 8 oz

DIRECTIONS

1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately.
2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package. CCP: Heat to 165°F for at least 15 seconds.
3. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed. CCP: Hold at 135°F or higher.
4. Wash and chop romaine lettuce and tomatoes.
5. For each serving, portion as follows:
 - 1 cup chopped romaine lettuce
 - #16 scoop (1/4 cup) taco meat
 - 1/8 cup diced tomatoes
 - 1/8 cup shredded cheese



Meal Pattern Contributions

2 oz Meat/Meat Alternate, 1 Cup Dark Green & 1/8 Cup Red/Orange Vegetable



SNACK MENU

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sweet Potato Hummus	Melon, Citrus & Strawberry Fruit Salad	Cinnamon Nachos with Fruit Salad	Green Monster Pops	PB&J Banana Roll-Ups	Montana Sunrise Parfait	Huckleberry Muffin
	Crackers	Cheddar cheese cubes		String cheese	Milk		¾ cup snap peas*
	¾ cup carrot and celery sticks			Crackers			



Bold Items have recipes provided.
*Indicates Locally sourced items.

Green Monster Pops

Recipe Source: Green Monster Pops, New School Cuisine Cookbook

HACCP Process: 1 – No Cook

Serving Size: 1 pop

Summer Snack - 1

INGREDIENTS

25
SERVINGS

50
SERVINGS

Pineapple	1.5 medium	3 medium
Bananas	3 medium	6 medium
Spinach – fresh, chopped	1 ½ cups	3 cups
Kale – fresh, chopped	¾ cup	1 ½ cups
Water	1 cup	2 cups

DIRECTIONS

1. Peel pineapple. Cut into quarters and cut out core. Chop.
2. Peel bananas.
3. Purée spinach, kale, bananas and pineapple in a blender. Add water and purée again.
4. Pour into small Dixie cups and insert treat sticks. Freeze until solid – at least 4 hours.

Meal Pattern Contributions
¼ Cup Fruit



Melon, Citrus & Strawberry Fruit Salad

Recipe Source: Adapted - Melon, Citrus, & Jicama Salad with Mint, New School Cuisine Cookbook

HACCP Process: 1 – No Cook

Serving Size: ½ Cup

Summer Snack - 2

INGREDIENTS

25
SERVINGS

50
SERVINGS

Honeydew Melon	3 lb 8 oz (1 each)	7 lbs (2 each)
Oranges	4 lbs 1 oz (12 medium)	8 lbs 2 oz (24 medium)
Strawberries or Raspberries	1 lb	2 lbs
Fresh Mint	½ small bunch	1 small bunch
Lime Juice	½ cup`	1 cup

DIRECTIONS

1. Peel, seed and cut melon into ½-inch cubes.
2. Peel and cut oranges into ½-inch cubes.
3. Wash raspberries or strawberries. If using strawberries, slice strawberries.
4. Remove mint leaves from stems and mince.
5. Combine the melon, oranges, berries, mint and lime juice in a large bowl. Chill for 30 minutes before serving.

Note: Any variety of melon will work in this dish.

Meal Pattern Contributions
½ Cup Fruit



Sweet Potato Hummus

Recipe Source: Adapted - Sweet Potato Hummus, New School Cuisine Cookbook

HACCP Process: 1 – No Cook

Serving Size: ½ Cup

Summer Snack - 3

INGREDIENTS

	25 SERVINGS*	50 SERVINGS**
Sweet Potatoes	4 ½ lbs	9 lbs
Chickpeas – canned, drained (or dried, cooked, cooled)	½ #10 can	1 #10 can
Orange Juice	¾ cup	1 ½ cups
Tahini or sunbutter	¼ cup + 2 Tbsp	¾ cup
Soy Sauce	2 Tbsp + 2 tsp	⅓ cup
Ground Cumin	1 Tbsp + 1 ½ tsp	3 Tbsp
Ground Coriander	1 Tbsp + 1 ½ tsp	3 Tbsp
Ground Ginger	1 Tbsp + 1 ½ tsp	3 Tbsp
Ground Mustard Seed	1 Tbsp + 1 ½ tsp	3 Tbsp
Garlic Powder	1 Tbsp + 1 ½ tsp	3 Tbsp
Salt	1 ½ tsp	1 Tbsp
Parsley – fresh, chopped (<i>optional</i>)	½ cup	1 cup

DIRECTIONS

1. Preheat convection oven to 400°F or conventional oven to 425°F. Line a full sheet pan with parchment paper.
2. Cut sweet potatoes in half and place cut side down on the prepared sheet pan. Bake until tender, about 45 minutes. Let cool slightly and peel. Place in a large stand mixer bowl.
3. Puree chickpeas in batches in a food processor fitted with a steel blade until they are the consistency of a thick paste. Add to the sweet potatoes
4. Add tahini, orange juice, soy sauce, cumin, coriander, ginger, mustard, garlic powder and salt. Mix with a paddle attachment on medium speed until well blended, scraping down the sides of the bowl occasionally.
5. Portion in to ½ cup servings (if serving as a snack) and garnish with parsley

*Exact amount yields 29 servings

**Exact amount yields 58 servings

Meal Pattern Contributions

1/8 Cup Red/Orange Vegetable & 1/8 Cup Legumes *or* 1/2 oz Meat Alternate



Meal Patterns (OFFER)

Breakfast Meal Pattern



8oz Fluid Milk



1/2 C Fruit or Vegetable



1oz Grain



OPTIONAL
1oz Meat/Meat Alternate

Lunch/Supper Meal Pattern



8oz Fluid Milk



3/4 C Fruit/Vegetable
(Two Types)



1oz Grain



2oz Meat/Meat Alternate

AM/PM Snack Meal Pattern

---- SERVE 2 OF 4 ----



8oz Fluid Milk



3/4 C Fruit or Vegetable



1oz Grain



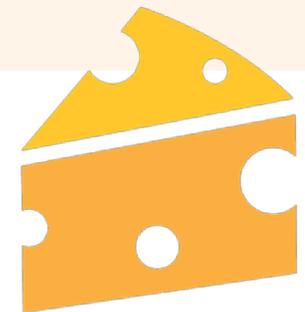
1oz Meat/Meat Alternate

*For minimum food specifications see pages 8-11 of the USDA Nutrition Guidance for Sponsors.

Crediting—Meat

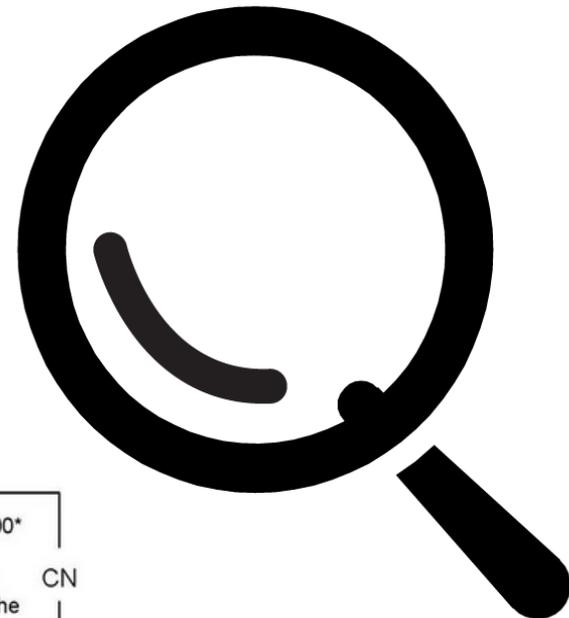
Item	Crediting Notes
Yogurt	4 oz = 1 oz Meat Alternate
Pepperoni and Bacon	Does NOT credit towards meal pattern
Cream Cheese	Does NOT credit towards meal pattern
Cooked chicken or beef	1 oz = 1 oz Meat
Egg	1 Egg = 2 oz Meat Alternate
Cheese	1 oz = 1 oz Meat Alternate
Cottage Cheese	¼ cup = 1 oz Meat Alternate
Beans/legumes	¼ cup = 1 oz Meat Alternate
Processed Meat Product	Look for CN Label
Nacho Cheese	Must have CN Label to Credit

****NOTE:** Beans/legumes can ONLY be counted towards the meat/meat alternate if they are not being used to meet the vegetable component.



Quick Note: CN Labels

A **CN label** statement clearly identifies the contribution of a product toward the meal pattern requirements. It protects a school from exaggerated claims about a product. A **CN label** provides a warranty against audit claims, if used according to the manufacturer's directions. Sep 11, 2017



Beef, Bean, and Cheese Burritos

	CN	
		000000*
CN	Each 5.50 oz Beef, Bean, and Cheese Burrito provides 2.00 oz equivalent meat/meat alternate and 1-3/4 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and Statement authorized by the Food and Nutrition Service, USDA 08/03**).	CN
	CN	

Crediting—Grain

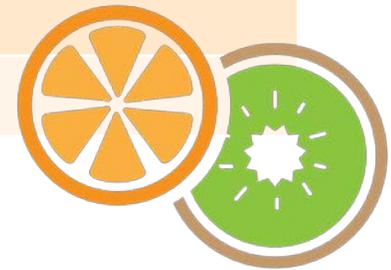
Item	Crediting Notes
Slice of Bread	1 Slice = 1 oz Grain
Corn Bread	Depends on Recipe
Rice	½ cup= 1 oz Grain
Noodles	½ cup = 1 oz Grain
Chips (Tortilla Chips ONLY)	Only corn tortilla chips credit towards the meal pattern.
Processed Meat Product (Breeding)	Look for a CN Label to credit towards meal pattern

****NOTE:** Potatoes are NOT a grain. They are a starchy veggie.



Crediting—Vegetable/Fruit

Item	Crediting Notes
Juice	100% Juice Only.
Smoothies	Best Option: Use existing recipe.
Fruit	See serving size handout.
Vegetable	See serving size handout.



Crediting—Milk

Item	Crediting Notes
Milk	8 oz Serving of Pasteurized Fluid Cows Milk



Offer Versus Serve



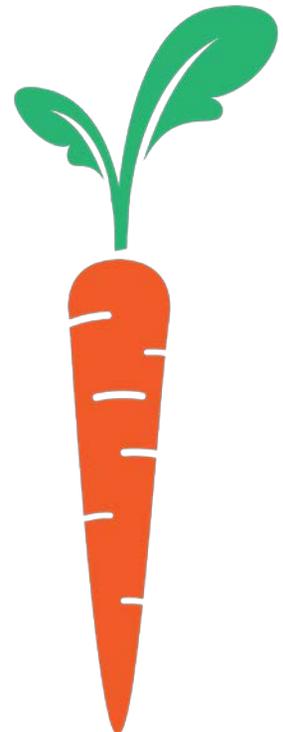
BREAKFAST	LUNCH	SNACK	SUPPER
3 out of 4 ITEMS	3 out of 5 COMPONENTS	No OvS	3 out of 5 COMPONENTS

Offer Versus Serve (OVS) is a menu planning option that allows children to decline some of the food offered as part of a reimbursable breakfast, lunch, or supper.

OVS can simplify program administration and reduce food waste and cost.

Make sure that all food items offered are different from each other:

- Breakfast Example: Not Reimbursable
 - 8 oz milk, ½ cup fruit, and 2 oz toast.
 - Not reimbursable because the 2 of the 4 items are the same (toast).
- Breakfast Example: Reimbursable
 - 8 oz milk, ½ cup fruit, 1 oz serving of toast, 1 oz cereal.
 - Reimbursable because 4 different items offered.
 - Student can select 3 out of 4 items.



SUMMER FOOD SERVICE PROGRAM OFFER VS. SERVE



Children who are offered food choices are more likely to eat the foods they like rather than throw the food away. **Offer Versus Serve (OVS)** is an optional style to menu planning and meal service that helps Summer Meal sponsors reduce food waste and costs, while ensuring children receive nutritious meals they enjoy. You can use OVS at breakfast, lunch, and supper meals. OVS is not allowed at snack.

Terms to Know

- **Food Component** - One of the food groups that comprise a reimbursable breakfast, lunch, or supper. Food components include milk, fruit and vegetable, grains, and meat/meat alternate.
- **Food Item** - Foods that are part of a food component. For example, broccoli is a food item in the fruit and vegetable component.

How Does OVS Work?

Breakfast

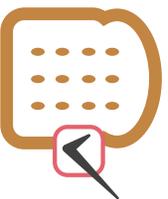
Offer four food items, one from each component:

- Milk
- Fruit & vegetable
- Grains
- Meat/meat alternate, or fruit/vegetable, or grains

All food items offered must be different from each other. For example, a flaked cereal and a puffed cereal are two types of cereals that are not identical, but they are the same food item.

A child must take at least 3 different food items out of the 4 food items offered.

REQUIRED FOOD COMPONENT	YOU OFFER THESE FOOD ITEMS
Milk	Low-fat (1%) milk
Fruit and vegetable	Apple slices
Grains	Whole-wheat toast
Additional Food Item (meat/meat alternate, fruit/vegetable, grains)	Peanut butter



- Note: The child may select all 4 food items

Lunch or Supper

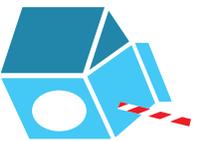
Offer five food items from the four food components:

- Milk
- Fruits & vegetables
- Fruits & vegetables
- Grains
- Meat/meat alternate

All food items offered must be different from each other. For example, orange slices and orange juice are two types of oranges that are not identical, but they are the same food item.

REQUIRED FOOD COMPONENT	YOU OFFER THESE FOOD ITEMS
Milk	Fat-free (skim) milk
Fruits and vegetables	Green beans
Fruits and vegetables	Orange slices
Grains	Whole-wheat roll
Meat/meat alternate	Grilled chicken

A child must take at least 3 food components out of the 5 food items offered.



- Note: The child may select all 5 food items

Resources

For more information and examples of OVS meals, check out the Summer Meals Toolkit:

https://www.fns.usda.gov/sites/default/files/sfsp/SMT_OVS.pdf