



Getting Started

[*The Whole School, Whole Community, Whole Child*](#) student centered model, created collaboratively by the Association for Supervision and Curriculum Development (ASCD), U.S. Department of Health and Human Services, and Centers for Disease Control and Prevention (CDC), is the framework for acknowledging the connections between good health and academic success in US schools. The goal of the USDA Child Nutrition Programs is to provide well-balanced, nutrient-dense, appetizing meals to students.

The *Let's Cook, Wisconsin School Meals Rock* cycle menu is for school nutrition professionals wanting to expand menu offerings and incorporate more scratch cooking for healthier, more appetizing school meals. The cycle menu can be found on the [Let's Cook, Wisconsin School Meals Rock](#) webpage, and provides K-8 and 9-12, five-week lunch cycle menus. Recipes are inspired by the cultural diversity of Wisconsin families and feature foods indigenous to Wisconsin, Wisconsin state-processed foods, and USDA brown box foods.

Whether school nutrition professionals try one recipe, adopt several recipes to spice up current menus, or implement the full cycle menu from start to finish, there are options for every food service program in this collection of enticing, fresh, and nutritious recipes.

Resources available include:

- Over 50 recipes for entrees, side dishes, grains, and desserts
 - Creative, easy-to-read recipes in 50 and 100 servings
 - Each ready to be standardized to individual food service programs
- Monthly and weekly menus
 - Customizable, ready-to-print
 - Available to post on school websites, in school newsletters, and share with school families
- Weekly menu planning worksheets for the K-8 and 9-12 meal patterns
- How to use your Brown Box and WI-Processed Items

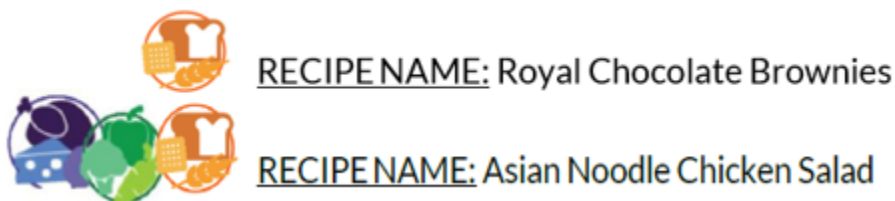
This cycle menu applies the current nutrition standards and meal pattern requirements of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) in a fun and exciting way.

Reading the Recipes

The recipes in the *Let's Cook, Wisconsin School Meals Rock* menu were compiled from a variety of school food service institutions and the [Institute of Child Nutrition \(ICN\) Recipe Box](#). The menu incorporates many products available through the USDA Foods Program, Wisconsin state-processed foods, as well as products widely available from commercial distributors. A variety of fruits and vegetables are used, making the menus colorful, healthy, and diverse.

The *Let's Cook, Wisconsin School Meals Rock* recipes are quantity recipes, in either 50 or 100 servings. Each recipe must be standardized to individual food service programs. The following will help familiarize users with the recipes found in this cycle menu.



Each recipe begins with a name that should be appealing to students and reflect the ingredients used within.



The upper left hand corner of each recipe contains four of the five meal pattern icons, including meat/meat alternate (blue), grains (yellow), vegetables (green), and fruit (red).



On the top section of each recipe, users will also find a *File No.* location for ease of organization. Down the left hand side of each recipe, users will find: *Grade Group(s)* of K-8, 9-12; *Number of Portions* (the recipe makes); *Portion Size*; *Serving Utensil*; and *Servings per Pan*. The center section includes the *HACCP Process* (1, 2, or 3); where the *Recipe Adapted From*; and the *Let's Cook* logo on the far right.

| | | | |
|---|---|---|---|
|  | RECIPE NAME: Broccoli Cheddar Soup | File No: |  |
| Grade Group: K-8, 9-12 | HACCP Process: | Recipe Adapted From: Deerfield Community School District | |
| Number of Portions: 50 | <input type="checkbox"/> #1 No Cook | | |
| Portion Size: 1 cup | <input type="checkbox"/> #2 Cook & Serve Same Day | | |
| Serving Utensil: 8 fl. oz ladle | <input type="checkbox"/> #3 Includes Cooling Step | | |
| Servings per Pan: | | | |

The center section of each recipe contains the list of *Ingredients* in the order added and the form (canned, fresh, frozen, dried) of each ingredient. Any prep that may be needed (diced, chopped, shredded) is also listed. The specific brand used and USDA or WI state-processed product numbers, when possible, are listed last.

The *Weight* and *Measure* of each food item is listed in the quantity that is easiest for cooks to use to prepare the recipe.

| Ingredients | Weight | Measure |
|---|-----------|----------------|
| Mayonnaise, Reduced-Calorie | | 2 cups |
| Vinegar, White | | 1 ½ cups |
| Sugar, Granulated | | 2 cups |
| Poppy Seeds | | 2 Tbsp + 2 tsp |
| Onion Powder | | ¼ cup |
| Garlic Powder | | ¼ cup |
| Chili Powder | | ¼ cup |
| Broccoli, Raw, Shredded | 3 lb | |
| Carrots, Raw, Shredded | | 2 ½ qt |
| Spinach, Raw, Chopped | | 1 qt + 1 cup |
| Crushed Pineapple in Pineapple Juice, Drained | | ¼ #10 can |
| Chicken, Cooked, Diced, Frozen, Thawed, ½" Pieces (USDA 100101) | 6 lb 8 oz | |
| Tortilla, Whole Wheat, 2.0 oz or 56 g | | 50 Tortillas |

Procedures are detailed, step-by-step instructions on how to prepare the recipe. This section includes additional HACCP information and crediting of the additional vegetable subgroups when necessary.

| Procedure |
|---|
| <ol style="list-style-type: none"> 1. To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder, and chili powder. Mix well. Refrigerate at 40°F. 2. Combine broccoli, carrots, spinach, and pineapple. Mix in dressing and chicken. CCP: Cool to 41° F or lower within 4 hours. 3. Portion filling with #6 scoop onto center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half. 4. Serve one wrap (two halves). <p>CCP: Hold for cold service at 41° F or lower.</p> <p>Crediting: Each wrap credits as 2.0 oz eq. M/MA, 2.0 oz eq. WGR, ¼ c. D/G, ⅓ c. R/O, <u>⅓ c. additional vegetable*</u></p> |

The bottom third of each recipe contains a place to indicate the total yield, weight and/or volume, number of pans and pan size once recipes have been standardized. The crediting included is based on the Food Buying Guide (FBG), and the nutrient specifications were calculated using Nutrikids.

| | | | | | | | |
|--|-------------------|------------------------|-----|------|---|---|---|
| Total Yield: | | Number of Pans: | | | | | |
| Weight: | Measure (volume): | Pan Size: | | | | | |
| Meal Component Contribution/Nutrition Analysis Based on Portion Size | | | | | | | |
| Specify the grade group in the columns: | | Grade Group: K-8, 9-12 | | | Equipment (if not specified in procedures above): DG=DarkGreen B/P=Beans/Peas(Legumes) R/O=Red/Orange S=Starchy O=Other | | |
| Meat/MeatAlternate | | 2.0 oz eq. | | | | | |
| Vegetable Subgroups | | DG | B/P | R/O | | S | O |
| total: ½ cup* | | ¼ c. | | ¼ c. | | | |
| Fruits | | | | | | | |
| Grains | | 2.0 oz eq. | | | | | |
| Calories: | | 264 | | | | | |
| Saturated Fat (g): | | 1.49 g | | | | | |
| Sodium (mg): | | 395.74 mg | | | | | |

Standardized recipes are required for anything made in-house with two or more ingredients. A standardized recipe is one that has been tried, tested, evaluated, and adapted for use by each food service program. It produces a consistent quality and yield every time when the exact procedures, equipment, and ingredients are used. Some benefits of standardized recipes include consistent quality and nutrient content, cost control, and customer satisfaction. Standardization is important in order to adapt recipes to each operation. All *Let's Cook, Wisconsin School Meals Rock* recipes are quantity recipes and have not been standardized. A recipe will need to be standardized to each individual food service program. Standardized recipe tools can be found on the [standardized recipes webpage](#) under program requirements and menu planning.

Alterations and Substitutions

Recipe alterations such as omitting or substituting ingredients (e.g., using margarine instead of butter) could affect the yield and/or quality of the finished product. These changes might make a difference in how a serving of the recipe contributes to the meal pattern and the nutrient specifications. When changes or substitutions are made, it is the responsibility of the food service director to ensure that crediting is maintained, and the meal pattern is still met.

Flexibility in menu planning can be achieved by making substitutions of entrees or side dishes within the cycle menu. The Menu Planning Worksheets are interactive and can be found under both the K-8 and 9-12 accordion tabs. Each week has its own menu planning worksheet. Visually seeing the week as a whole will help school nutrition professionals ensure the weekly meal pattern will be met.

The Food Buying Guide

The USDA [Food Buying Guide](#) (FBG) for child nutrition programs is a web-based resource that allows easy searching, display, and navigating of food yields. The Recipe Analysis Workbook (RAW) helps school nutrition professionals credit recipes, compares forms of ingredients, and allows the saving of created documents. School nutrition professionals should create logins to the FBG to save useful documents for future reference. Users with accounts will also be notified when new features are added, and updates occur.

Resources

The recipes have been adapted from the following sources:

Child Nutrition Recipe Box, Healthy Recipes for Child Nutrition Professionals.

<https://theicn.org/cnrb/>

Department of Health and Social Services (<http://hss.state.ak.us/outage.htm>, full website is currently unavailable) *The Alaska Salad Cookbook*

<http://dhss.alaska.gov/dph/chronic/documents/nutrition/akschoolsaladbook.pdf>

Child Nutrition & Wellness, Kansas State Department of Education, *Healthier Kansas Menus*

https://www.kn-eat.org/SNP/SNP_Docs/SNP_Resources_Healthier_Kansas_Menus/Lunch/HKM_8-Weeks_Recipes_V2.pdf

Wisconsin Team Nutrition, Whipping Up Wellness Wisconsin Student chef Competition 2019 Cookbook

<https://dpi.wi.gov/sites/default/files/imce/team-nutrition/pdf/whipping-up-wellness-cookbook-2019.pdf>

Food for Fifty, Twelfth Edition (2006) Mary Molt.

Washington State Schools "Scratch Cooking" Recipe Book

<https://www.k12.wa.us/sites/default/files/public/childnutrition/programs/nslbp/pubdocs/childnutritionrecipebook.pdf>

Great Tips for Great Trays Recipes and Kitchen How-to's (website is currently being updated, PDF unavailable)

<https://extension.umn.edu/great-trays-toolkit/menu-planning>

Project Bread, *Let's Cook Healthy School Meals* Recipes for school nutrition directors that meets USDA requirements.

http://support.projectbread.org/site/DocServer/Project_Bread_s_Let_s_Cook_Healthy_Meals_Cookbook.pdf?docID=8082

Wisconsin Team Nutrition MyPlate Recipe Cards

<https://dpi.wi.gov/sites/default/files/imce/wisconsin-school-meals-rock/files/myplate-recipe-cards-schools.pdf>

Wisconsin Department of Public Instruction, On Wisconsin! Menus, no longer available.

