

Meal Talk: Celebrate Lunch Trays Many Ways

Child Nutrition Programs
USDA Food and Nutrition Service

▶ Meal Talk Webinars



United States Department of Agriculture

Today's Speakers



Carrie Scheidel
USDA Child Nutrition Programs



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USDA Child Nutrition Programs



Kim Ruiz
Arizona Department of Education



Mataio Gillis
Bellingham Public Schools



United States Department of Agriculture



Meal Talk: Celebrate Lunch Trays Many Ways

This webinar has started and you should be able to hear the presenter.

Meal Talk Webinars



If you do not hear audio, please dial:

(415) 527-5035 (US Toll)

Access Code/Event Number: 2761 722 6032

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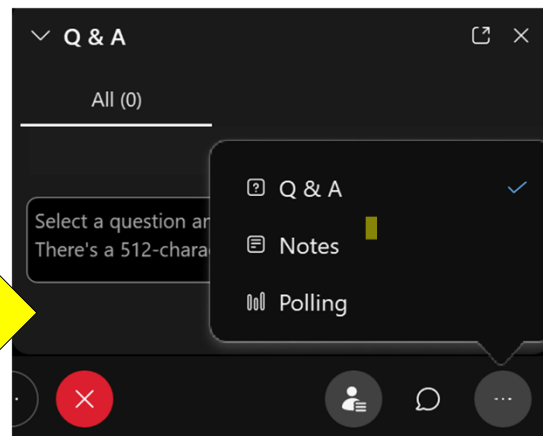


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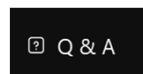
Submit **questions** using
the Q&A panel
Access from ... lower
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Step 2



Step 1



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Certificates

- Certificate of participation
- Academy of Nutrition and Dietetics Commission on Dietetic Registration has approved this webinar for 1.0 hours of CPEUs
 - Please contact TeamNutrition@usda.gov with your name and CDR number



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Celebrate
Lunch trays
many ways



TeamNutrition.USDA.gov

How are you celebrating National School Lunch Week?

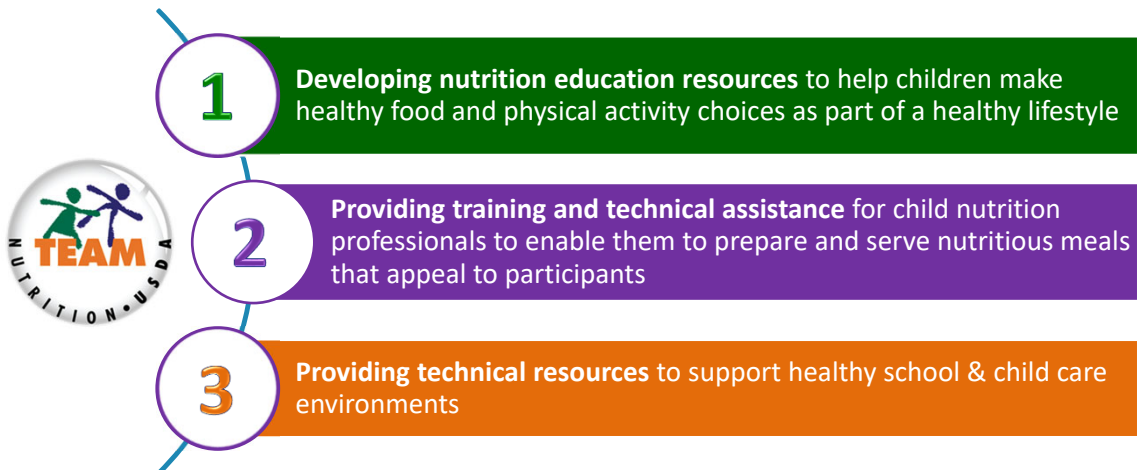
Choose all that apply

- A. Cafeteria Decorations
- B. Guest Servers
- C. Local Food Menu Items
- D. Taste Testing of New Menu Items
- E. School Lunch Feature on District Webpage/Communications
- F. Staff Costumes/Shirts
- G. Other ideas



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The Team Nutrition Initiative Supports the Child Nutrition Programs by:



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School Lunch Materials Webpage



How School Lunch is Made and How You Can Help



MyPlate Guide to School Lunch for Families



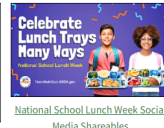
School Lunch Quiz



Stronger with School Meals Thank You Card 1



Stronger With School Meals Thank You Card 2



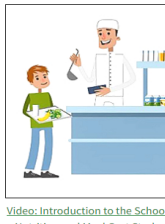
National School Lunch Week Social Media Shareables



Today's Lunch E-Poster



Stronger with School Meals Activity Booklet



Video: Introduction to the School Nutrition and Meal Cost Study SY2014-15



School Meals Trays, Many Ways



Taste-Test Events



Celebrating the Flavors of School Meals



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fns.usda.gov/tn/school-lunch-resources



School Meals Trays Many Ways Inspiration



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fns.usda.gov/tn/school-meal-trays-many-ways



Menu Planner for School Meals

- Food-Based Menu Planning
- Menu Development
- Meal Preparation Documentation
- Procurement and Inventory Management
- Meal Modifications to Accommodate Students with Disabilities
- Marketing School Meals for Success!



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fns.usda.gov/tn/menu-planner-school-meals



USDA Recipe Standardization Guide

- Benefits of Standardized Recipes
- Information to Include
- Recipe Verification Phase
- Product Evaluation Phase
- Quantity Adjustment Phase
- And More!



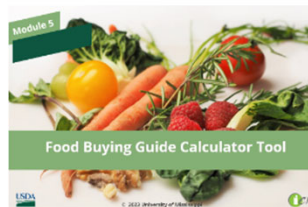
theicn.org/cicn/usda-recipe-standardization-guide-for-school-nutrition-programs



Food Buying Guide (FBG) Learning Modules

Tour through the FBG Web-Based Tool

- Module 1: Overview of the FBG for Child Nutrition Program
- Module 2: Recipe Analysis Workbook (RAW)
- Modules 3: Product Formulation Statements (PFS)
- Module 4: Exhibit A Grains Tool – *New!*
- Module 5: Food Buying Guide Calculator – *New!*



[Module 4: Exhibit A Grains Tool](#)



[Module 5: Food Buying Guide Calculator](#)



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fns.usda.gov/tn/food-buying-guide-training-resources

Guide to Professional Standards – Now Available in Spanish

- Outlines the USDA Professional Standards requirements
- Provides support to school nutrition professionals
- Training award badges
- Spanish version is available online!



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fns.usda.gov/es/tn/guide-professional-standards-school-nutrition-programs



Recognition Award Categories

Trailblazer Awards



Breakfast Trailblazer



Small and/or Rural SFA Breakfast Trailblazer



Lunch Trailblazer



Small and/or Rural SFA Lunch Trailblazer

Innovation Awards



Innovative School Lunch Makeover



Innovation in the Cultural Diversity of School Meals



Innovation in the Preparation of School Meals



Innovation in Nutrition Education



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Recognition Awardee Benefits

- National and local recognition
 - AFHK/USDA social media posts and press releases
 - Featured in AFHK's monthly newsletter & podcasts
- Awardee Toolkit
 - Templates for newsletters, announcements, press releases
 - Digital assets to use on webpage and social media graphics
- Access to diverse best practices and training activities
- Travel stipends to attend a Healthy Meals Summit



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How Do I Get Started?

- Visit healthymealsincentives.org/recognition-awards
- Review Recognition Award Categories and Criteria
- Create a SFA Profile in the Application Portal

Applications will be reviewed on a rolling basis over the two-year application period June 30, 2023 – June 30, 2025



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Creating Standardized Recipes Using Indigenous Ingredients



Health and Nutrition Services
Arizona Department of Education

Kim Ruiz, RDN
Program Specialist



Tips for Successful Standardized Recipe Projects

- ① Identify your goal
- ② Collaborate with stakeholders
- ③ Fund your project
- ④ Allow time, time, and more time!



It started with ingredients...

Traditional Native American Foods



Blue Corn Meal



Indigenous Orange-Flesh Winter Squash



White Sonora Wheat Berries



Tepary Beans (Multiple Varieties)



Blue Corn Mush

3 Varieties



Soam Bavi Bowl



**Three Sisters
Enchilada
Casserole**



Triple Berry Parfait

2 Varieties



November 2022 Elementary - Encanto Clarendon				
Monday	Tuesday	Wednesday	Thursday	Friday
November 6th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 7th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 8th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 9th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 10th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk
November 13th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 14th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 15th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 16th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 17th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk
November 20th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 21st Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 22nd Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 23rd Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 24th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk
November 27th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 28th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 29th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 30th Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk	November 1st Whole Grain Center Gratin Chicken Bean and Cheese Burrito Baked Corn Cinnamon Apple Slices Milk



Salt River Schools November 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
Monday This institution is an equal opportunity provider.	Tuesday Cheese quesadilla Refried beans Fruit Milk	Wednesday 2 Cooks Choice	Thursday Cheesy bread Marinara sauce Steamed veggies Fruit Milk	Friday Uncrustables Carrot sticks Ranch Sidekicks Fruit Milk
Monday Popcorn chicken bowl Dinner roll Fruit Milk	Tuesday 8 Kids Voting Day! Beef taco stick Refried beans Fresh salsa Patriotic chips Fruit Milk	Wednesday 9 Special menu @SRE Three Sisters Enchilada Diced Millin (watermelon) Milk Kitchen Creations Project recipe	Thursday 10 Cheeseburger Sweet potato fries Celery sticks Fruit Milk	Friday 11 No School Veterans Day





Taste Test Evaluation Form

Recipe Name: Dango

Please read the following questions and circle your answer. (For younger students, staff will need to read the questions to the student.)

1. Do you like the way this food looks?



Yes I don't know

2. Do you like the taste of this food?



Yes I don't know

3. Would you eat this food if it were served in your school cafeteria?



Yes I don't know

Taste Test Evaluation Form

Recipe Name: Uzot

Please read the following questions and circle your answer. (For younger students, staff will need to read the questions to the student.)

1. Do you like the way this food looks?



Yes I don't know No

2. Do you like the taste of this food?



Yes I don't know No

3. Would you eat this food if it were served in your school cafeteria?



Yes I don't know No



Taste Test Evaluation Form

Recipe Name: Inchawlada

Please rate the following traits of this product using the scale provided.

	Very Desirable	Moderately Desirable	Neither Desirable nor Undesirable	Moderately Undesirable	Very Undesirable
The appearance of the food	5	4	3	2	1
The taste of the food	5	4	3	2	1
The temperature of the food	5	4	3	2	1
The texture (moistness, firmness) of the food	5	4	3	2	1
The overall acceptability of the food	5	4	3	2	1

Total Score: 19 Comments: Its ok

LESSONS LEARNED



Kitchen Creations

2 YEAR TIMELINE



October
2020

Team Nutrition
Training Grant
Award



Spring 2021

Created Recipe
Development
Team

Identified 15
recipes from 48
submissions



Summer
2021

Student taste
testing begins
4 recipes
finalized



Fall 2021

Recipe
standardization
begins



Winter 2021 -
Spring 2022

Delays with
ingredient
sourcing and
scheduling
testing



October
2022

Recipe
standardization
completed



November
2022

Recipes served
for lunch during
Native American
Heritage Month

Recipe Development Team

AWARD-WINNING CHEFS



Charleen Badman



Tamara Stanger

Recipe Development in Action!

IN THE KITCHEN





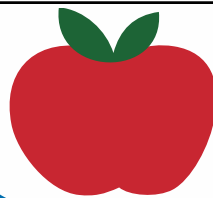
THANK YOU!

Access more resources, including our webinar upLIFT webinar series, on the Arizona Department of Education Health and Nutrition Services upLIFT webpage!



www.azed.gov/hns/nslp/uplift

upLIFT
LEARN. INSPIRE. FEED. TEACH.
Webinar Series



Bellingham Public Schools

Mataio Gillis

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United States Department of Agriculture

A Little About Me...

- 36 Years in Food Service
- Assisted in Opening the Central Kitchen for BPSD in 2019
- Good Food Promise / Project
- 5th year in School Nutrition
- WSDA Farm to School Grantee
- Team Nutrition Sub-Grantee 21/22
- Nationally Recognized TN Recipe
- 100 Scratch Recipes Written
- 50% Scratch in Elementary
- 60 to 100% Scratch in Secondary



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Bellingham Public Schools

Bellingham, Washington

- District Size: 12,000
- Number of Schools: 22 + 1 Central Kitchen
- Number of Students Served: 6000
- Free and Reduced Percentage: 40%
- Budget: \$5.5 million
- Team Size: 73
- Meals per year: 1.2 Million
- Scratch Cooking: 50% District Average



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Anatomy of a Recipe

Processes in Scratch-Cooking

- Planning, Program Values
- Research & Development
- Dinner Program
- Test Groups in Schools, Individual Classes – Ambassadors
- Cafeteria Taste Test
- Scaling-Up!
- Menu Placement



Prove a Recipe

- Excel Spreadsheet for Recipe Scaling
- Menu Planning Software
- USDA Food Buying Guide
- Recipe Analysis Workbook (RAW)
- Grain Crediting



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Chickpea Masala

- Team Nutrition Grant Submission
- Scratch-Made
- Vegan Entrée
- Served with Steamed, Brown Rice
- 15 gallons uses just 2.5 quarts of Coconut Milk

Served with Steamed Brown Rice

CHICKPEA MASALA

Please place your YELLOW sticker in the appropriate column after the taste test. If you select Needs Improvement or No, Thank You please fill out a recipe comment card.

Excellent!	Good	Okay	Needs Improvement - But I'd Eat It...	No, Thank You
Class 1				
Class 3				
Class 4				

100% Served Improved! 6/15/15



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CHICKPEA MASALA



Local Ingredients*
Garbanzo Beans & Cauliflower

Chickpea Masala could also be called a Curry. This recipe is a blend of exotic spices simmered in a coconut milk base, chock-full of veggies and local Chickpeas from the Palouse Valley, and Cauliflower from the Skagit Valley - We are currently buying our cauliflower from Hedlin Farms.

*Seasonal Availability



CHICKPEA MASALA



To create enough portions of the Chickpea Masala we had to use 50 gallons or 400# of coconut milk. Even though Coconut Milk is considered to be a healthy fat - It was too high in Saturated Fats based on the USDA guidelines. We couldn't use more than 28 oz per 100 servings. How did we accomplish this?



Washington: Bellingham Public Schools (V)

- Chickpea masala (L)
- Brown rice
- Peas
- Carrots sticks
- Mixed blueberries (L) and sliced pears
- Choice of milk

Chickpea Masala

Chickpeas and vegetables in a spiced coconut milk base.

Recipe Project Name: Fiscal Year 2021 Corbett A Team Nutrition Training Grant for School Meal Recipe Development
Washington Office of Superintendent of Public Instruction on behalf of Bellingham Public Schools

Preparation Time: 1 hour 15 minutes
Cook Time: 1 hour

NSLP/ISBP crediting information:
 1 cup (8 oz spoonful or ladle) provides:
 Legumes as Meat Alternate: 2 ½ oz equivalent meat/meat alternates,
 ½ cup additional vegetable, ½ cup red/orange vegetable, ½ cup fruit.
 OR
 Legumes as Vegetable: ½ cup additional vegetable, ½ cup beans and peas (legumes), ½ cup red/orange vegetable, ½ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil or oil blend (25/75 olive/canola)		½ cup		½ cup	1. Preheat conventional oven to 375 °F or convection oven to 350 °F. 2. In a large bowl, mix oil, onions, carrots, and garlic. 3. Place the vegetables in a single layer on a sheet tray and roast in oven for 15 minutes or until the onion is translucent. After vegetables are roasted, set aside for use in step 6.
*Onions, red, mature, fresh, sliced	1 lb 2 oz	3 ½ cups	2 lb 4 oz	1 qt	
*Carrots, fresh, without tops, peeled, sliced	1 lb 2 oz	1 qt ½ cup	2 lb 4 oz	2 qt	
				2 ½ cups	

USDA United States Department of Agriculture				
INGREDIENTS	50 SERVINGS		100 SERVINGS	
	Weight	Measure	Weight	Measure
➡ Garlic, fresh, peeled, minced	2 oz	¼ cup	4 oz	½ cup
➡ Olive oil or oil blend (25/75 olive/canola)		½ cup		½ cup
➡ Ginger, fresh, peeled, minced		¾ cup		¾ cup
➡ Jasmine rice, dry	7 oz	1 cup	14 oz	2 cups
➡ Water		1 gal		2 gal
➡ Coconut milk	14 oz	1 ¼ cups	1 lb 12 oz	3 ½ cups
Salt, kosher, coarse	1.5 oz	3 Tbsp 1 tsp	3 oz	¼ cup 1 Tbsp
Cumin, ground		1 Tbsp 1 tsp		3 Tbsp
Turmeric, ground		1/8 cup		¼ cup
Curry powder (spice mix)		½ cup		1 cup
Garam Masala (spice mix)		1 Tbsp		2 Tbsp
Pepper, white, ground		1 ½ tsp		1 Tbsp
Ginger, powder		1 Tbsp 1 ½ tsp		3 Tbsp

Nutrition Facts

Serving Weight	282.643 gm
Serving Size	8 oz
Amounts Per Serving	
Calories	197
% Daily Value*	
Total Fat 6gm	9%
Saturated Fat 2gm	10%
Trans Fat 0gm	
Cholesterol 0mg	0%
Sodium 466mg	19%
Potassium 407mg	12%
Carbohydrates 31gm	10%
Fiber 9gm	36%
Sugars 8gm	
Includes 0gm of Added Sugars	
Protein 8gm	
Iron 3mg	17%
Calcium 89mg	9%
Vitamin A (IU) 3,072iu	61%
Vitamin C 21mg	35%
Vitamin D 0iu	0

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Analysis Workbook (RAW)

Recipe Name: Chickpea Masala (Garbanzo Curry)
Recipe Number: 301

Servings per Recipe: 240
Serving Size: 8 oz portion

Meal Pattern Contribution

	Vegetables ¹	Additional Vegetables	1/8 cup
	Vegetables	Dark Green Vegetables	0 cup
	Vegetables	Red/Orange Vegetables	1/4 cup
	Vegetables	Other Vegetables	0 cup
	Fruit		0 cup
	Meats/Meat Alternates		2.00 oz eq

8 oz portion provides 3/8 cup total vegetable (1/8 cup additional vegetable, 1/4 cup red/orange vegetable), 2.00 oz eq meat/meat alternate

CHICKPEA MASALA



CHICKPEA MASALA



CHICKPEA MASALA



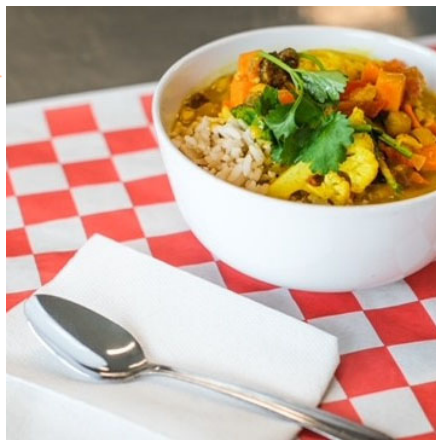
CHICKPEA MASALA



CHICKPEA MASALA



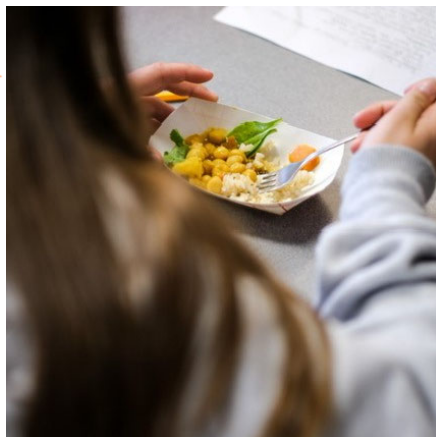
CHICKPEA MASALA



CHICKPEA MASALA



CHICKPEA MASALA



CHICKPEA MASALA



CHICKPEA MASALA



CHICKPEA MASALA



Benefits of Standardized Recipes

USDA United States Department of Agriculture

State-Developed Recipe

Montana's Luscious Lentil Hummus

This hummus dip is a fresh take on a classic recipe incorporating Montana-grown lentils into a creamy and savory hummus dip.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction

Preparation Time: 30 minutes
Cook Time: 30 minutes

NSLP/ISBP crediting information:
1/2 cup (2 fl oz spoonful) provides
Crediting Lentils as Meat Alternate: 1 oz equivalent meat alternate
Or
Crediting Lentils as Vegetable: 1/2 cup legumes.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lentils, raw, dry (recommend the red/crenate lentils or yellow lentils)	1 lb 14 oz	1 qt 1/2 cup	3 lb 12 oz	2 qt 1 cup	1. Rinse the dried lentils 2. Combine lentils and water in a large pan (the dried lentils will expand to double their volume when cooked) 3. Add salt to the water and lentils 4. Bring to boil. Simmer 20-30 minutes until lentils are tender. 5. Drain water from cooked lentils.
Water		2 1/2 qt		1 gal 1 qt	
Salt		1/2 tsp		1 1/2 tsp	

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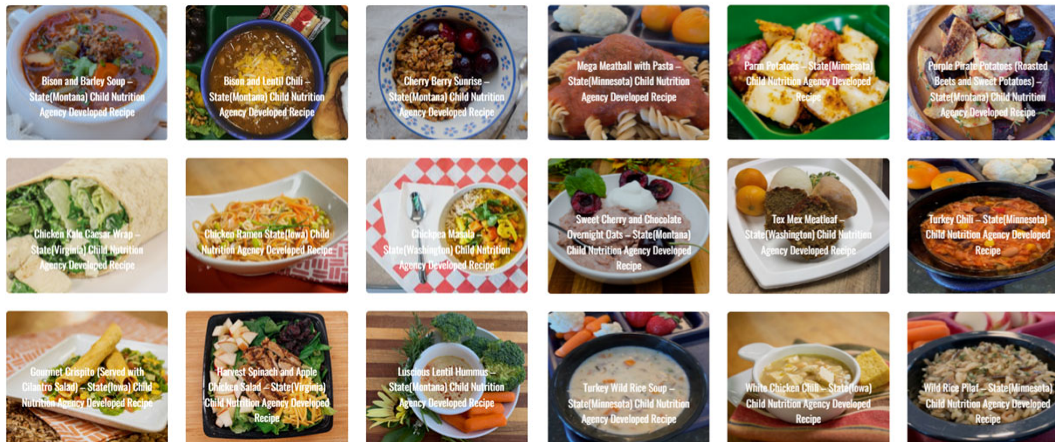
Page 1 of 3

1. Cost Control
2. Customer Satisfaction
3. Nutrient Analysis
4. Predictable Yield



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State Agency Standardized Recipes



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theicn.org/cnrb/state-agency-developed-recipes/



Go back

Chicken Lo Mein State (Iowa) Child Nutrition Agency Developed Recipe

This first place winning Lo Mein recipe is sweet, savory, and tangy all at the same time.

NSLP/SBP crediting information:

1 cup provides 1/2 cup red/orange vegetable, 1/2 cup dark green vegetable, 1/2 cup other vegetable, 1/2 cup additional vegetable, 1/2 oz equivalent meats/meat alternates, 2/4 oz equivalent grains.

Recipe Project Name

Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development Iowa Department of Education

*This recipe was developed and standardized by a State Child Nutrition Agency. USDA has not tested this recipe.

☆☆☆☆ No ratings yet



☐ Add to Cookbook

[Click to view/print PDF version](#)

*You must be a registered user to use this feature, please click "Login" at the top right corner and then proceed or click here to create an account.

PREP TIME
1 hr

COOK TIME
45 mins

TOTAL TIME
1 hr 45 mins

50 Servings

100 Servings

INGREDIENTS

Quantity

	Weight	Measure
Chicken breast, boneless, skinless	8 lb 8 oz	
Whole wheat soba or spaghetti noodles, dry	6 lb 4 oz	
*Bell pepper, small dice	1 lb 2 oz	2 qt
*Onions, small dice	1 lb 14 oz	2 qt
*Carrot, small dice	2 lb 7 oz	2 qt
Garlic cloves, minced	1 1/2 oz	1/2 cup

NUTRITION INFORMATION

Chicken Lo Mein State (Iowa) Child Nutrition Agency Developed Recipe	
Amount Per Serving: 1 cup (1/2 cup spaghetti and 1/2 cup chicken breast)	
Calories	397
Total Fat	9g
Saturated Fat	3g
Cholesterol	23mg
Sodium	43mg
Total Carbohydrates	63g
Dietary Fiber	1g
Total Sugars	11g
Protein	21g
Calcium	72mg
Iron	4mg

*Marketing Guide

50 Servings:

Broccoli florets: 4 lb
Carrots: 2 lb 10 oz
Green onions: 7.7 oz
Onion: 2 lb 2 oz
Bell pepper: 1 lb 6 oz

100 Servings:

Broccoli florets: 8 lb
Carrots: 5 lb 4 oz
Green onions: 15.4 oz
Onion: 4 lb 4 oz
Bell pepper: 2 lb 12 oz

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
Cooking Process#2: Same Day Service

Yield / Volume

50 Servings:

About 33 lb 12 oz

100 Servings:

About 66 lb 11 oz



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In your experience, what has been the best avenue to engage students in recipe development?



What was the most helpful resource that assisted you with the recipe standardization process?



What next steps do you plan to take after attending today's webinar?

Choose all that apply

- A. Celebrate School Lunch
- B. Explore the Child Nutrition Recipe Box for Standardized Recipes
- C. Learn More about the Healthy Meals Incentives Recognition Awards
- D. Engage Students in Recipe Testing
- E. Discover Team Nutrition resources



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After today's webinar....



- **October 13:** All who registered for this webinar will receive an email with the websites mentioned today.
- **October 26:** All who attended this entire webinar will receive a **certificate of attendance** via email.
 - If you watched this webinar with others, you may print out a certificate for each person.
 - This webinar may count toward USDA Professional Standards for School Nutrition Programs. Suggested Key Area: 4000 Communications and Marketing and Key Topic 4130: Customer Service
- All who registered for this webinar will receive an email once the webinar has been made available on the Team Nutrition website.



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Find More Information Here



Recognition Awards

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TeamNutrition@USDA.gov



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[HMI Recognition Awards](#)



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