Lunch Menu Inspiration

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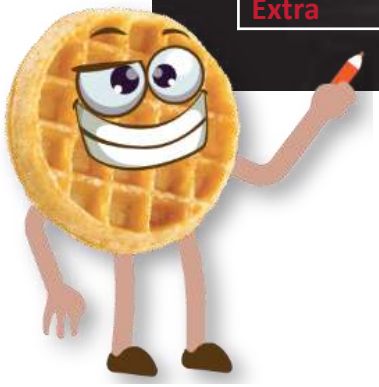
Day	Make it Meatless Monday	Honor Roll Tuesday	Wow Them Wednesday	Think Hard Thursday	Brain Food Friday
Recipe Name	BBQ Black Bean Burger	Mac and Cheez-It®	Chicken & Waffle Bites	Cinnamon & Fruit Parfait	Grilled Cheez-It® Dippers
Grain Meat/MA	2G 2M	2G 2M	3G 2M	1G 1M 1F	2G 2M
Vegetable	Oven Fries Coleslaw	Steamed Broccoli Veggie Cup (Sliced Cucumber and Cherry Tomato w/Ranch)	Baked Beans Side Garden Salad	Baby Carrots Celery Sticks	Marinara Sauce (½ cup) Italian Blend Veggies
Fruit	Pineapple Tidbits	Orange Slices	Apple Sauce	*Fruit Included in Entree	Apple Slices
Extra	Barbeque Sauce	Light Ranch	Light Ranch	Light Ranch	Rice Krispies Treats® Mini



Variety of non-fat flavored, unflavored and low-fat milk options served daily.

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BBQ Black Bean Burger

Yield: 100 servings
Meal Pattern Contribution: 2 OGE + 2 M/MA

Ingredients for 100 servings:
- 100 Morningstar Farms® Spicy Black Bean Burgers
- 100 whole grain buns
- 6.25 cups barbeque sauce

Ingredients for 1 serving:
- 1 Morningstar Farms® Spicy Black Bean Burger
- 1 bun
- 1 Tbsp. of barbeque sauce

Preparation:
1. Preheat oven to 375°F.
2. Place Morningstar Farms® Spicy Black Bean Burgers in oven for 8 minutes.
3. After removing burgers from the oven, place a burger on each bottom bun.
4. Top with 1 Tbsp. barbeque sauce, and cover with top bun.
5. Garnish, if desired.

Serve with ½ cup of coleslaw, ½ cup of oven fries and ½ cup pineapple tidbits.

Nutrition Facts
Serving Size 1 Burger (170g)
Servings Per Container

Amount Per Serving	
Calories 350	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 930mg	**39%**
Total Carbohydrate 51g	**17%**
Dietary Fiber 12g	**48%**
Sugars 8g	
Protein 21g	

Vitamin A 0% • Vitamin C 0%
Calcium 25% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Mac and Cheez-It®

Yield: 100 services
Meal Pattern Contribution: 1 meat eq.** + 2 oz. grain eq.

Ingredients for 100 servings:

- 50 cups cooked, whole grain pasta (elbows preferred)
- 6.25 lbs. 50% reduced sodium/50% reduced fat shredded American cheese
- 75 oz. Cheez-It® Crackers Made With Whole Grain*, bulk
- 10 cups skim milk (or dry powdered milk reconstituted)
- 6 cups water
- 16 Tbsp. low-fat butter substitute
- 8 Tbsp. black pepper

Nutrition Facts

Serving Size 1/100 of recipe (174g)
Servings Per Container 100

Amount Per Serving

Calories 270	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 380mg	**16%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 13g	
Vitamin A 8% •	Vitamin C 0%
Calcium 35% •	Iron 4%

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Preparation:

1. Cook pasta according to directions. Rinse, drain and set aside.
2. Grind Cheez-It® Crackers Made With Whole Grain* in a food processor/blender (or mash in a plastic bag) until coarse. Reserve 8 cups for topping.
3. Mix remaining ground crackers and all remaining ingredients in a tilt kettle or large pot. Stir and bring to temperature. Cook until thickened (about 5-10 minutes).
4. Add cooked pasta that was set aside to sauce mixture. Stir until mixed well.
5. Divide mixture evenly into 4 shallow full-pans. Wrap and place in holding oven.
6. When ready to serve, sprinkle 2 cups of crushed Cheez-It® Crackers Made With Whole Grain* over the top of each pan.
7. Use 6 oz. ladle to serve.

Serve with ½ cup steamed broccoli, and ½ cup of sliced cucumbers and cherry tomatoes and 2 tablespoons of light ranch dressing.
*Tasty tip: for a little spice, substitute Cheez-It® Atomic Cheddar Made With Whole Grain for Cheez-It® Original Crackers Made With Whole Grain.
**Make it a 2 meat eq. Mac and Cheez-It® Burger recipe! Add in 100 oz. of pre-cooked ground turkey during step 4. Serve with lettuce and tomato side salad.

Chicken & Waffle Bites

Yield: 100 Servings
Meal Pattern Contribution: 3 OGE + 2 M/MA + 1 Vegetable

Ingredients for 100 servings:
- 100 packages Eggo® Bites Mini Waffles Maple
- 500 Whole Grain Breaded Nuggets, (0.69 oz./serving)

Ingredients for 1 serving:
- 1 package Eggo® Bites Mini Waffles Maple
- 5 Whole Grain Breaded Nuggets, (0.69 oz./serving)

Preparation:
1. Preheat convection oven to 375ºF.
2. Heat chicken nuggets in oven as directed.
3. Toast Eggo® Bites Mini Waffles Maple in oven, until crisp on both sides.
4. Plate nuggets and waffles together.

Serve with a ½ cup baked beans, 1 cup garden salad, ½ cup apple sauce and 2 tablespoons light ranch dres

Nutrition Facts

Serving Size 1 pkg waffles, 5 nuggets (94g)
Servings Per Container 1

Amount Per Serving	
Calories 470	Calories from Fat 170
	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 760mg	**32%**
Total Carbohydrate 50g	**17%**
Dietary Fiber 6g	**24%**
Sugars 10g	
Protein 21g	
Vitamin A --% • Vitamin C --%	
Calcium --% • Iron 15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cinnamon Peach Parfait

Yield: 100 Servings
Meal Pattern Contribution: 1 OGE + 1 M/MA + 1 Fruit

Ingredients for 100 servings:
- 100, 0.9 oz. bags of Keebler® Gripz® Cinnamon Grahams*
- 27 lbs. low-fat vanilla yogurt**
- 50 cups of sliced peaches

Ingredients for 1 serving:
- 1, 0.9 oz. bag of Keebler® Gripz® Cinnamon Grahams*
- ½ cup low-fat vanilla yogurt**
- ½ cup peaches, sliced

Preparation:
1. Place ½ cup sliced peaches into bottom of small parfait glass.
2. Place ½ cup of low-fat vanilla yogurt** on top of peaches.
3. Top with Keebler® Gripz® Cinnamon Grahams*.

Serve with ½ cup baby carrots, ½ cup celery sticks and side of light ranch (2 tablespoons).
Can substitute Keebler® Bug Bites® Cinnamon Grahams
**Can substitute any other flavored yogurt.

Nutrition Facts

Serving Size 1 Parfait (225g)
Servings Per Container 1

Amount Per Serving	
Calories 240	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 160mg	**7%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 4g	**16%**
Sugars 28g	
Protein 9g	
Vitamin A 20% • Vitamin C 10%	
Calcium 30% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cheez-It® Recipe Winner: Grilled Cheez-It® Dippers

Yield: 200 Servings (1 dipper/serving)
Meal Pattern Contribution: 1.5 OGE + 1 M/MA + 1 Vegetable

Nutrition Facts

Serving Size 1 dipper (60g)
Servings Per Container 1

Amount Per Serving

Calories 230	Calories from Fat 110
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 8g	

Vitamin A 6% • Vitamin C 0%
Calcium 25% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for 200 servings:

- 200 white wheat bread slices
- 400 cheddar cheese slices (low sodium)
- 3 lb. 2 oz. butter (unsalted)
- 75 oz. Cheez-It® Crackers Made With Whole Grain, bulk
- 25 cups (~2 #10 cans) marinara sauce

Ingredients for 1 serving:

- 1 white wheat bread slice
- 2 cheddar cheese slices
- 0.25 oz. butter (unsalted)
- 0.375 oz. Cheez-It® Crackers Made With Whole Grain
- ¼ cup marinara sauce

Preparation:

1. Preheat convection oven to 350ºF.
2. In food processor, pulse Cheez-It® Crackers Made With Whole Grain, until finely textured, remove crushed crackers from food processer and set aside.
3. Melt butter in large pan over medium heat or on heat in microwave until melted and set aside.
4. Lay out slices of bread on a flat surface and use a rolling pin to flatten bread both horizontally and vertically.
5. Place two slices of cheese on top of each slice of bread then roll up tightly to form dippers.
6. Roll dippers, as well as their ends, in melted butter, then roll in cracker crumbs. The butter will serve as glue for cracker crumbs.
7. *Optional*: Add a toothpick to center of rolls to hold in place while cooking. Bake rolls on an ungreased, paper lined baking sheet for 8 minutes at 350°F.

Serve with ½ cup Italian blend vegetables, ½ cup apple slices and 1 Rice Krispies Treats® mini.

Featured Product Specs

SKU Number	Product Description	Case Pack
3800092315	Eggo® Mini Waffle Bites, Maple	72ct/2.64oz
2898949938	Morningstar Farms® Spicy Black Bean Burger CN Labeled	48ct/2.9oz
2410010971	Cheez-It® Made with Whole Grain Crackers, Original Cheddar - Bulk	4ct/3lb bags
3010045682	Keebler® Gripz® Cinnamon Grahams	150ct/0.9oz
3010055644	Keebler® Bug Bites® Cinnamon Grahams	210ct/1oz
3800014540	Rice Krispies® Treat Minis Made with Whole Grain	600ct/0.42oz

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