

kikkoman®
Asian Cool™

Recipes Kids Love!



kikkoman®



Kids Love Kikkoman

Today, more than ever, it's all about finding that perfect balance between the flavors kids love and the nutrition they need. Kikkoman can help.

Our full line of convenient sauces and products can instantly transform anything from commodity veggies and proteins to noodles, nuggets and patties into craveable creations—and they can help you keep sodium, fat and calories in line, too.



Kids love Kikkoman. And Kikkoman loves helping schools build healthier, tastier menus.

Health and Flavor. Kikkoman to the Rescue!

New menu regulations call for increasing vegetables, fruit, whole grains and proteins while reducing sodium. How can you meet that challenge with menu items that compete with fast food and other less healthy options? It's easy. Give those ingredients a "kikk" of flavor kids will love. Kikkoman sauces can give any vegetable, protein or whole grain proven kid appeal. They can also help you follow guidelines for reducing sodium.

TRENDS AND OPPORTUNITIES*

84% of schools offer Asian foods.

 Kikkoman sauces add the Asian flavors kids love most—from Sweet & Sour to Teriyaki and Thai Chili Sauce. And they're great in Latin and Middle Eastern recipes too.

32% offer gluten-free options.

Kikkoman offers several gluten-free options, including Gluten-Free Tamari Soy Sauce, in foodservice sizes (½ gallon and 5 gallon) and packets.



 64% of schools offer vegetarian options. Kikkoman sauces give veggies and meatless meals plenty of rich, savory flavor.

90% of schools offer whole grains.

Kikkoman can help you add flavor to everything from pasta to pizza.



*Source: School Nutrition Operations Report, 2011

Sodium Reduction: Perception vs. Reality

Sodium reduction isn't just a matter of using less salt. It's all about using the right combinations of ingredients so kids don't miss the flavor of salt.



Table salt
6,300 mg sodium/teaspoon



Kikkoman Less Sodium Soy Sauce
575 mg sodium/teaspoon



5 Green Olives
550 mg sodium

Ounce for ounce, Kikkoman Sauces are actually lower in sodium than many common ingredients you're already using. And you can use them instead of salt to add flavor and umami (the "fifth taste" that adds "deliciousness" and heightened flavor) to any food.



USDA SODIUM GUIDELINES

| SODIUM COMPARISON | mg sodium per teaspoon |
|--|---------------------------|
| Table Salt | 6,300 |
| Kikkoman Soy Sauce | 920 |
| Kikkoman Less Sodium Soy Sauce | 575 |
| Kikkoman Less Sodium Teriyaki Marinade & Sauce | 320 |
| Kikkoman Ponzu Citrus Seasoned Dressing & Sauce | 400 |
| Kikkoman Lime Ponzu Citrus Seasoned Dressing & Sauce | 360 |
| Kikkoman Sushi Sauce | 370 |
| Kikkoman Hoisin Sauce | 255 |
| Kikkoman Thai Style Chili Sauce | 145 |
| Kikkoman Sweet & Sour Sauce | 145 |
| Kikkoman Wasabi Sauce | 105 |
| Kikkoman Preservative-Free Orange Sauce | 68 |
| Kikkoman Rice Vinegar Sauce | 0 |
| Typical Italian Dressing | 243 |
| Typical Pickle Relish | 225 |
| Typical Mustard | 200 |
| 1 Dill Pickle Spear | 850 |
| 5 Green Olives | 550 |
| 5 Black Olives | 200 |

Swap Salt for Soy!

Try substituting Kikkoman Less Sodium Soy Sauce for the same amount of salt in a recipe. You'll get a richer savory flavor with less sodium than if you used the same amount of salt. Don't just think Asian foods, try it in sauces and soups, and as a seasoning for veggies, ground meat or poultry.

The "Kikkoman Can" Menu Plan

As you plan your menu for maximum appeal and health value, remember, Kikkoman can...

- Help build menu variety from Asian and Latin to mainstream American
- Enhance flavor easily and inexpensively
- Make commodity proteins and veggies better tasting and more appealing
- Save space: no need to stock multiple items to achieve great flavor
- Help you reduce sodium without sacrificing taste
- Keep your menu safe and wholesome: Kikkoman products are made with high-quality ingredients, right here in the USA.

RECOMMENDED KIKKOMAN SAUCES FOR SCHOOLS:

Soy Sauce
 Organic Soy Sauce
 Less Sodium Soy Sauce
 Gluten-Free Tamari Soy Sauce
 Less Sodium Gluten-Free Tamari Soy Sauce
 Hoisin Sauce
 Katsu Sauce
 Ponzu Citrus Seasoned Dressing & Sauce
 Lime Ponzu Citrus Seasoned Dressing & Sauce
 Sweet & Sour Sauce
 Thai Style Chili Sauce
 Sushi Sauce
 Sriracha Hot Chili Sauce
 Teriyaki Glaze
 Less Sodium Teriyaki Marinade & Sauce
 Preservative-Free Orange Sauce
 Rice Vinegar

MANY KIKKOMAN SAUCE PRODUCTS ARE AVAILABLE IN PACKETS.

Soy Sauce
 Preservative-Free Soy Sauce
 Less Sodium Preservative-Free Soy Sauce
 Gluten-Free Tamari Soy Sauce
 Organic Soy Sauce
 Sushi Sauce
 Teriyaki Marinade & Sauce
 Ponzu Citrus Seasoned Dressing & Sauce
 Lime Ponzu Citrus Seasoned Dressing & Sauce
 Thai Style Chili Sauce



Pearl® Organic Smart Soymilk

REFORMULATED TO MEET NEW USDA SCHOOL NUTRITION GUIDELINES

Kikkoman Pearl® Organic Smart Soymilk is truly a smarter milk alternative—for you and your students. Made with whole organic soybeans, Pearl® Organic Smart Original, Smart Creamy Vanilla and Smart Chocolate Soymilk flavors are gluten-free, lactose-free, rich in nutrients and lower in fat than regular milk. Kids of all ages love their smooth texture and creamy taste. And, our single serve (8-ounce) sizes are formulated to meet the USDA's guidelines for fluid milk substitutions in school nutrition programs.

HEALTHY NEVER TASTED SO GOOD

- More calcium and vitamins A and D than whole milk
- Made with whole organic soybeans and is lactose-free
- Cholesterol-free, very low in saturated fat, preservative-free, and minimally processed and pasteurized
- Increased protein: an 8-ounce serving provides at least 8 grams of soy protein—nearly one-third the daily requirement in a heart-healthy diet
- Increased values for nutrients, such as calcium, potassium, magnesium, riboflavin and vitamin B12
- An excellent source of folate
- Clean, smooth, satisfying texture
- Shelf-stable storage
- Kosher certified





Easy Menu Ideas with Kikkoman Sauces

Our foodservice sauces are versatile recipe starters that make it easy to create foods and flavors kids love—without the guesswork, labor, mixing, measuring and cleanup! They're great for serving up the Asian flavors kids crave—like Teriyaki and Orange Sauce. But that's just the beginning. This collection of smart, healthful, school foodservice recipes is delicious proof that Kikkoman sauces are right at home in everything from fish tacos to Bolognese sauce.

Kids love Kikkoman. And you'll love how easy our sauces make menu planning and prep for you and your team. Look for more ideas and inspirations at kikkomanusa.com/foodservice.



Salads

Chicken Spinach Salad with Grapes

| Meat/Meat Alternate-Dark Green Vegetables-Red/Orange Vegetables-Other Vegetables-Fruit | | | | | Main Dish |
|--|------------------------|----------------------|-----------------------|---------------------|---|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Baby spinach, raw | 16 pounds | 6 gallons 1 quart | 32 pounds | 12½ gallons | Place 2 cups of spinach leaves into each portion container. Place 3.4 ounces of diced fajita chicken in a mound in one corner of the container. In the remaining corners place ¼ cup grapes, ¼ cup shredded carrots, and ⅓ cup celery. |
| Chicken, cooked, IQF fajita strips, thawed, diced | 10 pounds 10 ounces | | 21 pounds 4 ounces | | |
| Fresh grapes, seedless, red or green, halved | 4 pounds 8 ounces | 3 quarts ½ cup | 9 pounds | 1½ gallons 1 cup | |
| Carrots, shredded | 2 pounds 9 ounces | 3 quarts ½ cup | 5 pounds 2 ounces | 1½ gallons 1 cup | |
| Celery, sliced | 10 ounces | 6 cups | 1 pound 4 ounces | 8 cups | |
| Kikkoman Preservative-Free Orange Sauce | | 5¼ cups | | 2 quarts 2½ cups | To make the dressing, whisk together the Kikkoman Preservative-Free Orange Sauce and the Kikkoman Rice Vinegar. Top salad with 2 tablespoons of the dressing. Alternately, portion 2 tablespoons (1 ounce) of the sauce into portion cups with lids and place inside the salad container. |
| Kikkoman Rice Vinegar | | 1 cup | | 2 cups | |
| Green onions, thinly sliced | | 3⅞ cups | | 6¼ cups | Top each salad with 1 tablespoon each of green onions, sunflower kernels, and crunchy chow mein noodles. Cover each salad with a lid and hold at or below 40°F until service. |
| Sunflower kernels, roasted, unsalted | | 3⅞ cups | | 6¼ cups | |
| Crunchy chow mein noodles | | 3⅞ cups | | 6¼ cups | |

| Serving Size | 1 Serving Provides |
|--------------|--|
| 1 salad | 2 ounce equivalents meat/meat alternate, 1 cup dark green vegetables, ¼ cup red/orange vegetables, ¼ cup fruit, ⅓ cup other vegetables |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|-----------|---------------|--------|
| Calories | 326 | Saturated Fat | 2.3 g | Iron | 5.7 mg |
| Protein | 26 g | Cholesterol | 79 mg | Calcium | 240 mg |
| Carbohydrate | 35 g | Vitamin A | 18,376 mg | Sodium | 833 mg |
| Total Fat | 11 g | Vitamin C | 62 mg | Dietary Fiber | 6 g |



Orange Chicken Grab-and-Go Salad

| Meat/Meat Alternate-Dark Green Vegetables-Red/Orange Vegetables-Other Vegetables-Fruit | | | | | Main Dish |
|--|------------------------|----------------------|------------------------|----------------------|---|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Romaine lettuce, fresh, chopped | 12 pounds 13 ounces | 6 gallons 1 quart | 25 pounds 10 ounces | 12½ gallons | Place 2 cups of chopped lettuce into each portion container. Place 3.4 ounces of diced chicken in a mound in one corner of the container. In the remaining corners place ¼ cup each of the shredded purple cabbage, shredded carrots, and mandarin orange segments. |
| Chicken, cooked, IQF fajita strips, thawed, diced | 10 pounds 10 ounces | | 21 pounds 4 ounces | | |
| Purple cabbage, fresh, finely shredded | 2 pounds 4 ounces | 3 quarts ½ cup | 4 pounds 8 ounces | 1½ gallons 1 cup | |
| Carrots, fresh, shredded | 2 pounds 9 ounces | 3 quarts ½ cup | 5 pounds 2 ounces | 1½ gallons 1 cup | |
| Mandarin orange segments, canned, drained | 5 pounds 14 ounces | 3 quarts ½ cup | 11 pounds 12 ounces | 1 ½ gallons 1 cup | |
| Kikkoman Preservative-Free Orange Sauce | | 5¼ cups | | 2 quarts 2½ cups | To make the dressing, whisk together the Kikkoman Preservative-Free Orange Sauce and the Kikkoman Rice Vinegar. Top salad with 2 tablespoons of the dressing. Alternately, portion 2 tablespoons (1 ounce) of the sauce into portion cups with lids and place inside the salad container. |
| Kikkoman Rice Vinegar | | 1 cup | | 2 cups | |
| Crunchy chow mein noodles | | 6 ¼ cups | | 3 quarts ½ cup | Place 2 tablespoons of crunchy chow mein noodles in the center of each salad. Cover each salad with a lid and hold at or below 40°F until service. |

| Serving Size | 1 Serving Provides |
|--------------|---|
| 1 Salad | 2 ounces meat/meat alternate, 1 cup dark green vegetables, ¼ cup other vegetables, ¼ cup red/orange vegetables, ¼ cup fruit |

| Nutrients Per Serving | | | |
|-----------------------|------|---------------|-----------|
| Calories | 295 | Saturated Fat | 2 g |
| Protein | 23 g | Cholesterol | 84 mg |
| Carbohydrate | 36 g | Vitamin A | 14,949 IU |
| Total Fat | 8 g | Vitamin C | 45 mg |
| | | Iron | 3 mg |
| | | Calcium | 133 mg |
| | | Sodium | 778 mg |
| | | Dietary Fiber | 4 g |



Hoisin Chicken Lettuce Wraps

| Meat/Meat Alternate-Other Vegetable | | | | | Main Dish |
|--|-------------|-------------------------|--------------|-------------------|--|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Cooked diced chicken, thawed if frozen Or Cooked chicken, shredded | 10 pounds | | 20 pounds | | Spray a full size 2-inch steamtable pan with pan release spray. For 50 servings use one pan, for 100 servings use two pans. Place the diced chicken in the pan. Combine the Kikkoman Hoisin Sauce and Chinese 5 Spice. Pour over the chicken and mix until well combined. Cover and steam or bake until the internal temperature reaches 165°F for 15 seconds. Hold hot at or above 140°F until service. |
| Kikkoman Hoisin Sauce | | 3 cups 2 tablespoons | | 6¼ cups | |
| Chinese 5 Spice, ground | | 1 tablespoon | | 2 tablespoons | |
| English cucumber, skin on, ¼ inch dice | 4 pounds | 3 quarts ½ cup | 8 pounds | 6 quarts 1 cup | Combine the diced cucumber, sliced green onions, chopped cilantro, and Kikkoman Rice Vinegar. Mix just until combined. Hold chilled at or below 40°F until service. |
| Fresh green onions, thinly sliced | | 1½ cups | | 3 cups | |
| Fresh cilantro, chopped | | 1½ cups | | 3 cups | |
| Kikkoman Rice Vinegar | | ¼ cup 2 tablespoons | | ¾ cup | |
| Bibb or butterhead lettuce leaves, large, whole | | 100 each | | 200 each | To serve, place 2 lettuce leaves nested in the serving container. Using a #12 scoop place ½ cup of the Hoisin Chicken in the center of the top leaf. Using a #16 scoop place ¼ cup of the cucumber mixture on top of the chicken. Serve immediately. |

| Serving Size | 1 Serving Provides |
|--------------|---|
| 1 Wrap | 2 ounces meat/meat alternate, ¼ cup other vegetable |

| Nutrients Per Serving | | | |
|-----------------------|-------|---------------|--------|
| Calories | 187 | Saturated Fat | 1 g |
| Protein | 28 g | Cholesterol | 83 mg |
| Carbohydrate | 11 g | Vitamin A | 563 IU |
| Total Fat | 3.8 g | Vitamin C | 2.7 mg |
| | | Iron | 1.5 mg |
| | | Calcium | 28 mg |
| | | Sodium | 298 mg |
| | | Dietary Fiber | 1 g |



Ponzu Melon Salad

| Fruit | | | | | Fruit |
|---|-------------|---------|--------------|---------|--|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Cantaloupe, fresh, 1-inch diced | 5 pounds | | 10 pounds | | Combine diced cantaloupe and honeydew melon and add Kikkoman Ponzu Citrus Seasoned Dressing & Sauce. Gently stir to coat the diced melon. Hold chilled at or below 40°F until service. |
| Honeydew, fresh, 1-inch diced | 5 pounds | | 10 pounds | | |
| Kikkoman Ponzu Citrus Seasoned Dressing & Sauce | | ¾ cup | | 1½ cups | Just before service, stir in the finely sliced fresh spearmint and chopped peanuts. Serve ½ cup portions. |
| Spearmint, fresh, finely sliced | | ½ cup | | 1 cup | |
| Peanuts, unsalted, roasted, chopped | 7 ounces | 1¼ cup | 14 ounces | 2½ cups | |

| Serving Size | 1 Serving Provides |
|--------------|--------------------|
| ½ cup | ½ cup fruit |

| Nutrients Per Serving | | | | | |
|-----------------------|----|---------------|-----|---------------|-------|
| Calories | 60 | Saturated Fat | 0g | Iron | 2% |
| Protein | 2g | Cholesterol | 0mg | Calcium | 2% |
| Carbohydrate | 9g | Vitamin A | 30% | Sodium | 100mg |
| Total Fat | 2g | Vitamin C | 40% | Dietary Fiber | 1g |



Sandwiches and Tacos

Flatbread Chicken Banh Mi

| Meat/Meat Alternate-Grains-Red/Orange Vegetable-Other Vegetable | | | | | Main Dish |
|---|---------------------|----------------|--------------------|---------------|--|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Kikkoman Ponzu Citrus Seasoned Dressing & Sauce | | ½ cup | | 1 cup | In a large bowl combine the Kikkoman Ponzu Citrus Seasoned Dressing & Sauce, Kikkoman Rice Vinegar and sugar. Stir until the sugar dissolves. Add the shredded carrots and julienned daikon radish and mix well. Hold chilled at or below 40°F until service. This may be prepared a day in advance. |
| Kikkoman Rice Vinegar | | ½ cup | | 1 cup | |
| Sugar | | 1 tablespoon | | 2 tablespoons | |
| Carrots, shredded, matchstick style | 2 pounds | 7 cups | 4 pounds | 14 cups | |
| Daikon radish, julienne | 1 pound 8 ounces | 5½ cups | 3 pounds | 11 cups | Combine the mayonnaise and Kikkoman Sriracha Hot Chili Sauce and mix until well blended. Hold chilled at or below 40°F until service. |
| Mayonnaise | | 3 cups | | 6 cups | |
| Kikkoman Sriracha Hot Chili Sauce | | 1½ tablespoons | | 3 tablespoons | |
| Whole grain rich flatbread (2 ounce equivalent grains), warmed slightly to soften | | 50 each | | 100 each | |
| Chicken fajita strips, cooked, thawed | 10 pounds 10 ounces | | 21 pounds 4 ounces | | |
| Fresh English cucumber, thinly sliced | 2 pounds | 6¼ cups | 4 pounds | 12½ cups | To assemble, set out a whole grain rich flatbread and spread 1 tablespoon of the sriracha mayonnaise on one half of the flatbread. Place 3.4 ounces of the fajita chicken strips on the mayonnaise. Arrange about 4-5 slices of cucumber on top of the chicken. Place ¼ cup of the carrot and daikon radish mixture on the cucumber. Top with 3-5 springs of fresh cilantro and fold the flat bread over the top. Serve immediately. |
| Fresh cilantro sprigs | | 4 cups | | 8 cups | |

| Serving Size | 1 Serving Provides |
|----------------------|--|
| 1 flatbread sandwich | 2 ounce equivalents meat/meat alternate, 2 ounce equivalents grains, ½ cup other vegetable, ½ cup red/orange vegetable |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|---------|---------------|---------|
| Calories | 416 | Saturated Fat | 4 g | Iron | 1 mg |
| Protein | 24 g | Cholesterol | 79 mg | Calcium | 110 mg |
| Carbohydrate | 30 g | Vitamin A | 2607 IU | Sodium | 1004 mg |
| Total Fat | 22 g | Vitamin C | 20 mg | Dietary Fiber | 4 g |



Teriyaki Meatball Grinder with Raw Pickles

| Meat/Meat Alternate-Grains-Other Vegetables | | | | | Main Dish |
|---|-----------------------|------------------------|------------------------|----------|--|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Reduced sodium beef meatballs, cooked, frozen, 1 ounce each | 9 pounds 6 ounces | 150 each | 18 pounds 12 ounces | 300 each | Place meatballs on sheet pans and bake according to the manufacturer's directions until the internal temperature reaches 165°F. |
| Cucumbers, raw, stripe peeled, sliced ½ inch | 4 pounds 12 ounces | | 9 pounds 8 ounces | | |
| Red bell pepper, raw, ¼ inch diced | 5 ounces | | 10 ounces | | Meanwhile combine the sliced cucumbers and diced red bell pepper in a large mixing bowl. Mix together the Kikkoman Ponzu Citrus Seasoned Dressing & Sauce and Kikkoman Rice Vinegar and pour over cucumbers and peppers. Mix gently until coated. Hold chilled at or below 40°F until ready to serve. May be prepared up to 3 hours ahead. |
| Kikkoman Ponzu Citrus Seasoned Dressing & Sauce | | ½ cup 2 tablespoons | | 1¼ cup | |
| Kikkoman Rice Vinegar | | ¼ cup | | ½ cup | |
| Kikkoman Less Sodium Teriyaki Marinade & Sauce | | 2½ cups | | 5 cups | When meatballs reach temperature, drizzle with Kikkoman Less Sodium Teriyaki Marinade & Sauce and gently stir to coat meatballs. Hold hot at or above 140°F until ready to serve. |
| Whole grain hoagie bun, 2 ounces per bun | | 50 each | | 100 each | To serve place ¼ cup (approximately 6 slices) cucumbers and peppers inside the hoagie along the top bun. Place 3 meatballs coated with sauce inside the hoagie next to the cucumbers. |

| Serving Size | 1 Serving Provides |
|--------------|---|
| 1 sandwich | 2 ounces meat/meat alternate, 2 ounces grains, ¼ cup other vegetables |

| Nutrients Per Serving | | | | | |
|-----------------------|-----|---------------|------|---------------|-------|
| Calories | 320 | Saturated Fat | 4g | Iron | 15% |
| Protein | 20g | Cholesterol | 35mg | Calcium | 15% |
| Carbohydrate | 37g | Vitamin A | 2% | Sodium | 730mg |
| Total Fat | 13g | Vitamin C | 10% | Dietary Fiber | 6g |



Asian Chicken and Shiitake Tacos

| Meat/Meat Alternate-Grains | | | | | Main Dish |
|--|-------------|----------|--------------|----------|---|
| Ingredients | 75 Servings | | 150 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Chicken thighs, boneless, skinless, large dice | 17.5 pounds | | 35 pounds | | Place diced chicken thighs in a large container. Combine the Kikkoman Sushi Vinegar, Kikkoman Katsu Sauce, Kikkoman Thai Style Chili Sauce and garlic. Pour sauce mixture over chicken pieces, stir, cover and marinate chicken overnight in mixture. |
| Kikkoman Sushi Vinegar | | 1 cup | | 2 cups | |
| Kikkoman Katsu Sauce | | 2 cups | | 4 cups | |
| Kikkoman Thai Style Chili Sauce | | 2 cups | | 2 cups | |
| Garlic, sliced | 2 ounces | | 4 ounces | | In a large sauté pan heat 1-2 ounces oil and sauté the shiitake mushrooms until dry and slightly crispy, remove from pan and reserve. Remove chicken from marinade and drain all excess marinade. In the same pan heat the remaining oil and sauté chicken until the internal temperature reaches 165°F. Combine the cooked chicken and shiitake mushrooms. |
| Shiitake mushrooms, sliced | 2.5 pounds | | 5 pounds | | |
| Vegetable oil | | ¼ cup | | ½ cup | |
| Cilantro, chopped | | 1 cup | | 2 cups | Just before service sprinkle the chicken and mushrooms with cilantro and scallions. Warm tortillas until softened. Serve 1 ounce of chicken in each corn tortilla. |
| Scallions, thin sliced | | 1 cup | | 2 cups | |
| Soft corn tortillas, whole grain rich | | 150 each | | 300 each | |

| Serving Size | 1 Serving Provides |
|--------------|--|
| 2 tacos | 2 ounces meat/meat alternate, 2 ounce equivalents grains |

| Nutrients Per Serving | | | | | |
|-----------------------|-------|---------------|--------|---------------|--------|
| Calories | 271 | Saturated Fat | 1.4 g | Iron | 2 mg |
| Protein | 24 g | Cholesterol | 100 mg | Calcium | 108 mg |
| Carbohydrate | 29 g | Vitamin A | 39 IU | Sodium | 336 mg |
| Total Fat | 6.5 g | Vitamin C | 1 mg | Dietary Fiber | 3 g |



Fish Tacos with Ponzu Citrus Slaw

| Meat/Meat Alternate-Grains-Other Vegetable | | | | | Main Dish |
|--|-----------------------|---------------------|-----------------------|------------------------|---|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Tortillas, flour, whole grain rich, 6-inch | | 100 | | 200 | Place the tortillas, tightly covered, into the warmer to soften. Hold until ready to serve. |
| Breaded white fish filet strips, frozen, oven ready (or similar product) | 12 pounds 8 ounces | | 25 pounds | | Place frozen fish filets on sheet pans and bake according to the manufacturer's directions. Hold warm at or above 140°F until ready to serve. |
| Green cabbage, fresh, finely shredded | 3 pounds 13 ounces | 1½ gallons 1 cup | 7 pounds 10 ounces | 3 gallons 2 cups | In a large mixing bowl combine the shredded cabbage, carrots and cilantro. |
| Carrots, fresh, shredded | 10 ounces | 3 cups | 1 pound 4 ounces | 6 cups | |
| Cilantro, fresh, chopped | | 1 cup | | 2 cups | |
| Kikkoman Ponzu Citrus Seasoned Dressing & Sauce | | 1½ cups | | 3 cups | Combine the Kikkoman Ponzu Citrus Seasoned Dressing & Sauce, fat free sour cream, mayonnaise, lemon juice and Kikkoman Sriracha Hot Chili Sauce. Whisk until well combined. Pour over the cabbage and carrots and mix well until the dressing is distributed. |
| Fat free sour cream | | ¾ cup | | 1½ cups | |
| Mayonnaise, reduced fat | | ¾ cup | | 1½ cups | |
| Lemon juice | | 3 tablespoons | | ¼ cup 2 tablespoons | To serve place 2 ounces of baked fish filets (1 ounce equivalent meat/meat alternate) into each tortilla. Just before service place ¼ cup of slaw in each taco. |
| Kikkoman Sriracha Hot Chili Sauce | | 1 teaspoon | | 2 teaspoons | |

| Serving Size | 1 Serving Provides |
|--------------|---|
| 2 tacos | 2 ounces meat/meat alternate, 2 ounce equivalents grains, ½ cup other vegetable |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|--------|---------------|--------|
| Calories | 415 | Saturated Fat | 4 g | Iron | 0.2 mg |
| Protein | 21 g | Cholesterol | 51 mg | Calcium | 161 mg |
| Carbohydrate | 49 g | Vitamin A | 988 IU | Sodium | 949 mg |
| Total Fat | 14 g | Vitamin C | 13 mg | Dietary Fiber | 5 g |



Asian Chicken Pizza

| Meat/Meat Alternate-Grains | | | | | Main Dish |
|---|----------------------|-------------|------------------------|----------------------------|---|
| Ingredients | 48 Servings | | 96 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Kikkoman Preservative-Free Orange Sauce | | 3 cups | | 6 cups | Combine the Kikkoman Preservative-Free Orange Sauce and the Kikkoman Sriracha Hot Chili Sauce. |
| Kikkoman Sriracha Hot Chili Sauce | | 2 teaspoons | | 1 tablespoon 1 teaspoon | |
| 16-inch pizza crust, par-baked, whole grain rich, 8 cut | | 6 each | | 12 each | Top each 16-inch pizza crust with ½ cup Kikkoman Preservative-Free Orange Sauce. Place 8 ounces of grated mozzarella cheese on each pizza and distribute evenly. Top each pizza with 14.5 ounces of diced fajita chicken, ¼ cup sliced green onions, and 6-8 red bell pepper rings. |
| Mozzarella cheese, part skim, grated | 3 pounds | | 6 pounds | | |
| Chicken, cooked, IQF Fajita strips, thawed, diced | 5 pounds 7 ounces | | 10 pounds 14 ounces | | |
| Green onions, fresh, sliced | | 1½ cups | | 3 cups | Bake in a preheated 375°F oven for about 8-10 minutes, or until the cheese has melted and begins to brown slightly. Remove from oven and let rest for a few minutes before slicing. Slice each pizza into 8 equal slices. Hold warm at or above 140°F. |
| Red bell peppers, fresh, sliced into rings | | 3 each | | 6 each | |
| Cilantro, fresh, chopped | | ¾ cup | | 1 ½ cups | Sprinkle 2 tablespoons of chopped cilantro over each pizza just before service. |

| Serving Size | 1 Serving Provides |
|--------------|---|
| 1 Slice | 2 ounces meat/meat alternate, 2-2.5 ounce equivalents grains depending on crust product |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|--------|---------------|--------|
| Calories | 354 | Saturated Fat | 5 g | Iron | 0.7 mg |
| Protein | 22 g | Cholesterol | 60 mg | Calcium | 254 mg |
| Carbohydrate | 38 g | Vitamin A | 411 IU | Sodium | 788 mg |
| Total Fat | 13 g | Vitamin C | 19 mg | Dietary Fiber | 3 g |



Katsu Pulled Turkey Sandwich with Tangy Green Apple Slaw

| Meat/Meat Alternate-Grains-Other Vegetable-Fruit | | | | | Main Dish |
|--|-----------------------|------------|-----------------------|------------|--|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Turkey roast, boneless, cooked, shredded | 6 pounds 4 ounces | | 12 pounds 8 ounces | | The meat from the cooked turkey roast will be tender and easy to pull into shreds using a fork. Combine the shredded roast turkey meat with the Kikkoman Katsu Sauce. Spray a full sized 2-inch steamtable pan with pan release spray. Place the sauced turkey in the prepared pan and cover. Steam or bake until the internal temperature reaches 165°F for 15 seconds. Hold hot at or above 140°F until service. |
| Kikkoman Katsu Sauce | | 3 ½ cups | | 7 cups | |
| Green cabbage, fresh, chopped | 2 pounds 14 ounces | | 5 pounds 12 ounces | | Combine the chopped green cabbage, diced Granny Smith apples and fresh cilantro in a large mixing bowl. |
| Granny Smith apple, fresh, ¼ inch dice | 3 pounds 7 ounces | | 6 pounds 14 ounces | | |
| Cilantro, fresh, chopped | | ½ cup | | 1 cup | |
| Mayonnaise | | 1½ cups | | 3 cups | Whisk together the mayonnaise, Kikkoman Rice Vinegar, sugar and ground black pepper. Pour the dressing over the cabbage and apples. Stir until the slaw is evenly dressed. Hold chilled at or below 40°F until service. |
| Kikkoman Rice Vinegar | | 1½ cups | | 3 cups | |
| Sugar | | ¼ cup | | ½ cup | |
| Ground black pepper | | ½ teaspoon | | 1 teaspoon | |
| Whole grain rich sandwich buns (1.5 – 2 ounce equivalent grains) | | 50 each | | 100 each | Using a #10 scoop place a 2-ounce portion of Katsu Pulled Turkey inside a whole grain sandwich bun. Using a #16 scoop place ¼ cup of the Tangy Green Apple Slaw on top of the turkey and another ¼ cup scoop on the tray next to the sandwich. Place the top bun on the sandwich and serve. |

| Serving Size | 1 Serving Provides |
|--------------|---|
| 1 sandwich | 2 ounces meat/meat alternate, 1.5 - 2 ounce equivalents grains depending on bun, ¼ cup other vegetable, ¼ cup fruit |

| Nutrients Per Serving | | | | | |
|-----------------------|--------|---------------|-------|---------------|--------|
| Calories | 301 | Saturated Fat | 2.5 g | Iron | 2.8 mg |
| Protein | 17 g | Cholesterol | 30 mg | Calcium | 57 mg |
| Carbohydrate | 33 g | Vitamin A | 42 IU | Sodium | 947 mg |
| Total Fat | 11.5 g | Vitamin C | 11 mg | Dietary Fiber | 4 g |

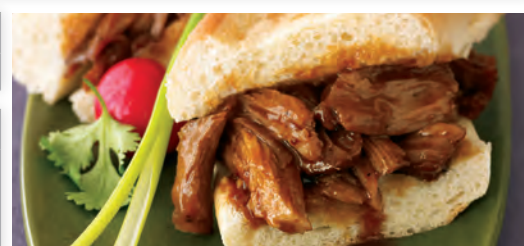


Katsu Pulled Pork Sliders

| Meat/Meat Alternate-Grains | | | | | Main Dish |
|---|-------------|----------|--------------|----------|--|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Pork leg roast, thawed | 17.5 pounds | | 35 pounds | | Remove netting from pork roasts, place in full-size 4-inch steamtable pans and cover two-thirds with water. Cover pans with foodservice film and foil and place in steamer for 5-6 hours, or until tender and the internal temperature reaches at least 145°F for 4 minutes. When tender, drain liquid, reserving all drippings. When cool enough to work with, but not cold, remove excess fat and then shred the pork by hand. |
| Water | | To cover | | To cover | |
| Kikkoman Katsu Sauce | 4.5 pounds | | 9 pounds | | Mix Kikkoman Katsu Sauce with pork and add drippings back if needed for the pork and sauce to appear moist and juicy; refrigerate overnight. |
| Slider rolls, whole grain rich, 1 ounce | | 100 each | | 200 each | Reheat pork in covered full-size 2-inch steamtable pans that are no more than half full, until the internal temperature reaches 165°F. To serve, place 2 ounces of pulled pork and sauce on each slider bun. |

| Serving Size | 1 Serving Provides |
|--------------|--|
| 2 sliders | 2.5 ounces meat/meat alternate, 2 ounce equivalents grains |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|------|---------------|---------|
| Calories | 391 | Saturated Fat | 5 g | Iron | 2 mg |
| Protein | 24 g | Cholesterol | 68 g | Calcium | 69 mg |
| Carbohydrate | 41 g | Vitamin A | 8 IU | Sodium | 1031 mg |
| Total Fat | 15 g | Vitamin C | 0 mg | Dietary Fiber | 7 g |



Noodles and Rice Bowls

Orange Chicken Rice Bowl with Carrots and Snap Peas

| Meat/Meat Alternate-Grains-Fruit | | | | | Main Dish |
|--|------------------------|---------------------------------|-----------------------|----------------------------------|--|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Brown rice, cooked | | 25 cups (K-5) 50 cups (6-12) | | 50 cups (K-5) 100 cups (6-12) | Prepare brown rice, hold hot until ready to serve. |
| Whole muscle whole grain breaded chicken bites, frozen | 11 pounds 12 ounces | | 23 pounds 8 ounces | | Place whole muscle whole grain breaded chicken bites on parchment-lined sheet pans. Be careful to not overcrowd the pieces. Bake according to the manufacturer's directions, or until the internal temperature reaches 165°F for 15 seconds. Hold hot at or above 140°F until ready to serve. |
| Kikkoman Preservative-Free Orange Sauce | | 6¼ cups | | 12½ cups | Meanwhile, heat the Kikkoman Preservative-Free Orange Sauce until the internal temperature reaches 165°F for 15 seconds. Hold hot at or above 140°F until ready to serve. |
| Carrots, sliced on a bias, fresh or frozen | 4 pounds | | 8 pounds | | Place 2 pounds of carrots and 2½ pounds of sugar snap peas into each 2-inch perforated steamer pan. Use 2 pans for 50 servings; use 4 pans for 100 servings. Steam for approximately 5 minutes, or until the internal temperature reaches 135°F. |
| Sugar snap peas, whole, fresh or frozen | 5 pounds | | 10 pounds | | |
| Toasted sesame seeds | | 3 tablespoons | | 6 tablespoons | <p>Grades K-5 Serving:</p> <p>To serve place ½ cup rice in a serving dish. Top with ½ cup steamed carrots and snap peas and 3.75 ounces of chicken bites. Using a 1-ounce ladle pour 1 ounce of Kikkoman Preservative-Free Orange Sauce over chicken bites and rice. Sprinkle with toasted sesame seeds.</p> <p>Grades 6-12 Serving:</p> <p>To serve place 1 cup rice in a serving dish. Top with ½ cup steamed carrots and snap peas and 3.75 ounces of chicken bites. Using a 1-ounce ladle pour 1 ounce of Kikkoman Preservative-Free Orange Sauce over chicken bites and rice. Sprinkle with toasted sesame seeds.</p> |

| Serving Size | 1 Serving Provides |
|---------------------|---|
| K-6: ½ cup rice | K-5: 2 ounce whole grains, 2 ounces meat, ¼ cup red/orange vegetables, ¼ cup other vegetables |
| 6-12: 1 cup rice | 6-12: 3 ounces whole grains, 2 ounces meat, ¼ cup red/orange vegetables, ¼ cup other vegetables |

| Nutrients Per Serving (K-8) | | | | | |
|-----------------------------|-----|---------------|------|---------------|-------|
| Calories | 420 | Saturated Fat | 1g | Iron | 15% |
| Protein | 23g | Cholesterol | 0mg | Calcium | 6% |
| Carbohydrate | 62g | Vitamin A | 130% | Sodium | 710mg |
| Total Fat | 9g | Vitamin C | 20% | Dietary Fiber | 6g |

| Nutrients Per Serving (9-12) | | | | | |
|------------------------------|-----|---------------|------|---------------|-------|
| Calories | 530 | Saturated Fat | 1.5g | Iron | 15% |
| Protein | 26g | Cholesterol | 40mg | Calcium | 8% |
| Carbohydrate | 84g | Vitamin A | 130% | Sodium | 720mg |
| Total Fat | 10g | Vitamin C | 20% | Dietary Fiber | 8g |



Peanut Noodle Bowl with Fresh Vegetables

| Grains-Meat/Meat Alternate-Red/Orange Vegetables-Other Vegetables | | | | | Main Dish |
|---|-----------------------|-------------------------|-----------------------|---------------------|---|
| Ingredients | 50 Servings | | 100 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Spaghetti, dry, whole grain rich | 10 pounds | | 20 pounds | | Cook spaghetti in boiling water until al dente. Drain immediately and cool with cold water. Transfer cooled, drained spaghetti to a large container and hold chilled. |
| Kikkoman Ponzu Citrus Seasoned Dressing & Sauce | | 2 ¼ cups | | 1 quart ½ cup | |
| Peanut butter, creamy (or try sunflower butter or soy nut butter) | 1 pound 12 ounces | 3 cups 2 tablespoons | 3 pounds 8 ounces | 1 quart 2¼ cups | |
| Water | | 2 cups | | 1 quart | |
| Vegetable oil | | ¼ cup | | ½ cup | |
| Ginger, fresh, chopped | | 2 tablespoons | | ¼ cup | |
| Green onion, fresh, sliced | | 2 cups | | 4 cups | Add the green onions and cilantro to the chilled spaghetti. Pour the peanut dressing over the spaghetti and toss gently to distribute the dressing evenly over the pasta. |
| Cilantro, fresh, chopped | | 1 cup | | 2 cups | |
| Cucumber, fresh, peeled, sliced thin on a bias | 4 pounds 13 ounces | 3 quarts ½ cup | 9 pounds 10 ounces | 1½ gallons 1 cup | Place 1 cup of the dressed chilled noodles into each of the portion containers. Place ¼ cup of the sliced cucumber in one corner of the container. Place ¼ cup each of the red bell peppers, snow peas and carrots into the remaining corners. Cover each salad with a lid and hold at or below 40°F until service. |
| Red bell pepper, fresh, julienne | 5 pounds 3½ ounces | 3 quarts ½ cup | 10 pounds 7 ounces | 1½ gallons 1 cup | |
| Snow peas, fresh, sliced | 4 pounds 6½ ounces | 3 quarts ½ cup | 8 pounds 13 ounces | 1½ gallons 1 cup | |
| Carrots, fresh, shredded | 2 pounds 9 ounces | 3 quarts ½ cup | 5 pounds 2 ounces | 1½ gallons 1 cup | |

| Serving Size | 1 Serving Provides |
|--------------|---|
| 1 Salad | 2 ounce equivalents grains, ½ ounce equivalent meat/meat alternate, ½ cup red/orange vegetable, ½ cup other vegetable |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|----------|---------------|--------|
| Calories | 476 | Saturated Fat | 2 g | Iron | 4.8 mg |
| Protein | 20 g | Cholesterol | 0 mg | Calcium | 90 mg |
| Carbohydrate | 82 g | Vitamin A | 5,896 IU | Sodium | 391 mg |
| Total Fat | 11 g | Vitamin C | 88 mg | Dietary Fiber | 13 g |



Chicken "Fried" Rice

| Meat/Meat Alternate-Grains | | | | | Main Dish |
|---|-------------|---------------|-------------|----------|--|
| Ingredients | 32 Servings | | 64 Servings | | Directions |
| | Weight | Measure | Weight | Measure | |
| Ginger, finely minced or grated | | ½ cup | | 1 cup | In a large pot, combine the ginger, garlic and chicken stock and bring to a boil. |
| Garlic clove, minced | | ¼ cup | | ½ cup | |
| Chicken stock, low sodium | | 2 quarts | | 4 quarts | |
| InHarvest Black Pearl Medley | 2 pounds | | 4 pounds | | Into each full-size 2-inch steamtable pan place 2 pounds InHarvest Black Pearl Medley, 3½ pounds chicken, 4 cups carrots, 1 cup soy sauce, 2 tablespoons sesame oil and 2½ quarts hot stock mixture. Stir well to combine and distribute the ingredients. Cover the pan tightly with parchment paper and foil. Cook in a 350°F convection oven for approximately 1 hour or until the grains are tender and most of the liquid is absorbed. |
| Chicken thighs, skinless, cooked, diced | 3½ pounds | | 7 pounds | | |
| Carrots, peeled and diced | | 4 cups | | 8 cups | |
| Kikkoman Less Sodium Soy Sauce | | 1 cup | | 2 cups | |
| Toasted sesame oil | | 2 tablespoons | | ¼ cup | |
| Peas, frozen, thawed | | 4 cups | | 8 cups | |
| Eggs, scrambled and cooked | | 1 cup | | 2 cups | Remove the pan from the oven, remove the foil and paper, and stir in 4 cups peas, scrambled eggs and 1 cup scallions to each pan. Let stand, covered, for 10 minutes. Hold at or above 140°F until service. Stir well before serving. |
| Scallions, thinly sliced | | 1 cup | | 2 cups | |

| Serving Size | 1 Serving Provides |
|---|---|
| ½ ₃₂ (or ¼ ₆₄) of recipe | 1.75 ounce equivalents meat/meat alternate, 1 ounce grains, ¼ cup additional vegetables |

| Nutrients Per Serving | | | | | |
|-----------------------|------|---------------|---------|---------------|--------|
| Calories | 244 | Saturated Fat | 1.6 g | Iron | 1 mg |
| Protein | 17 g | Cholesterol | 94 mg | Calcium | 32 mg |
| Carbohydrate | 28 g | Vitamin A | 3192 IU | Sodium | 404 mg |
| Total Fat | 7 g | Vitamin C | 4 mg | Dietary Fiber | 3 g |



Sushi Sauce Roast Chicken

| Meat/Meat Alternate | | | | | Main Dish |
|--------------------------|-------------|------------|--------------|----------|---|
| | 75 Servings | | 150 Servings | | |
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| Chicken thighs, boneless | 17.5 pounds | | 35 pounds | | Preheat oven to 350°F. Place chicken thighs on parchment-lined sheet pans. Roast chicken thighs until partially cooked to an internal temperature of about 140°F. Remove from oven, drain grease, and toss in Kikkoman Sushi Sauce. Place in oven and finish roasting until the internal temperature reaches 165°F. Transfer cooked chicken thighs to full-size 2-inch steamtable pans. Hold at or above 140°F until service. |
| Kikkoman Sushi Sauce | | 4.5 pounds | | 9 pounds | |
| Scallions, thin sliced | | ½ cup | | 1 cup | |

| Serving Size | 1 Serving Provides |
|------------------|---|
| 1-2 thigh pieces | 1.5 – 3 ounces meat/meat alternate, depending on size of chicken thighs |

| Nutrients Per Serving | | | | | |
|-----------------------|--------|---------------|--------|---------------|--------|
| Calories | 282 | Saturated Fat | 4.7 g | Iron | 0.7 mg |
| Protein | 19 g | Cholesterol | 104 mg | Calcium | 8 mg |
| Carbohydrate | 12 g | Vitamin A | 89 mg | Sodium | 612 mg |
| Total Fat | 17.5 g | Vitamin C | 0 mg | Dietary Fiber | 0 g |



Ginger Peach Chicken with Rice

| Meat/Meat Alternate-Grains-Fruit | | | | | Main Dish |
|---|--|--------------|---|---------------|--|
| | 50 Servings | | 100 Servings | | |
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| Skinless chicken thighs, bone-in, thawed if frozen | 28 pounds | 50 each | 56 pounds | 100 each | Spray full size 2-inch steamtable pans with pan release spray. For 50 servings use 2 pans, for 100 servings use 4 pans. Place 25 skinless chicken thighs into each pan. Combine the Kikkoman Less Sodium Teriyaki Marinade & Sauce and minced fresh ginger, and divide evenly between each pan, pouring the sauce over the chicken. Divide the sliced peaches evenly between each pan, tucking the peaches around the chicken thighs. Optional: cover and refrigerate overnight. Cover and bake in a preheated 350°F oven for 30 minutes. Remove from the oven and baste the chicken with the pan juices. Cover and return to the oven and bake for an additional 15-30 minutes or until the internal temperature reaches 165°F for 15 seconds. Remove from the oven and hold hot at or above 140°F until service. |
| Kikkoman Less Sodium Teriyaki Marinade & Sauce | | 5 cups | | 10 cups | |
| Fresh ginger root, minced | | ½ cup | | 1 cup | |
| Canned sliced peaches, drained Or Sliced, frozen IQF peaches, thawed, drained | 6 pounds 6 ounces Or 9 pounds 3 ounces | 12½ cups | 12 pounds 12 ounces Or 18 pounds 6 ounces | 25 cups | |
| Steamed brown rice | | 25 - 50 cups | | 50 – 100 cups | To serve, place ½ to 1 cup of steamed brown rice in the serving container. Place 1 chicken thigh on top of the rice. Use a 3-ounce portion server to serve the cooked sliced peaches and sauce over the top. Garnish with optional fresh cilantro sprig or sliced green onions. |

| Serving Size | 1 Serving Provides |
|---|--|
| K-8: serve with ½ cup brown rice 9-12: serve with 1 cup brown rice | K-8: 2.5 ounces meat/meat alternate, 1 ounce equivalent grains, ¼ cup fruit 9-12: 2.5 ounces meat/meat alternate, 2 ounce equivalents grains, ¼ cup fruit |

| Nutrients Per Serving (K-8) | | | | | |
|-----------------------------|-------|---------------|--------|---------------|--------|
| Calories | 394 | Saturated Fat | 2.1 g | Iron | 2.1 mg |
| Protein | 42 g | Cholesterol | 183 mg | Calcium | 25 mg |
| Carbohydrate | 36 g | Vitamin A | 357 IU | Sodium | 691 mg |
| Total Fat | 8.8 g | Vitamin C | 1 mg | Dietary Fiber | 3 g |

| Nutrients Per Serving (9-12) | | | | | |
|------------------------------|-------|---------------|--------|---------------|--------|
| Calories | 502 | Saturated Fat | 2.3 g | Iron | 2.6 mg |
| Protein | 44 g | Cholesterol | 183 mg | Calcium | 35 mg |
| Carbohydrate | 58 g | Vitamin A | 357 IU | Sodium | 697 mg |
| Total Fat | 9.7 g | Vitamin C | 1 mg | Dietary Fiber | 5 g |



Sides and Sauces

Roasted Butternut Squash Pasta Sauce

| Red/Orange Vegetable | | | | | Sauces |
|--|-----------------------|------------------------------------|----------------------|---|--|
| | 32 Servings | | 64 Servings | | |
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| Butternut squash, fresh, 1 inch dice | 4 pounds 12 ounces | | 9 pounds 8 ounces | | <p>Preheat oven to 400°F.</p> <p>Combine the diced squash, onions, vegetable oil, brown sugar, sage, fennel seeds, cinnamon, red chili flakes and black pepper. Toss until the squash is well coated with oil and spices. Transfer to a parchment-lined sheet pan, scraping out all of the oil and spices onto the vegetables. Use 1 sheet pan for 32 servings, and 2 sheet pans for 64 servings.</p> <p>Place in the preheated 400°F oven and bake for about 40-60 minutes, or until the squash and onion are caramelized and tender. Rotate the pan half way through cooking time. Remove from oven and set aside.</p> |
| Onion, yellow, fresh, 1 inch dice | 1 pound | | 2 pounds | | |
| Vegetable oil | | ½ cup | | 1 cup | |
| Brown sugar | 2 ounces | ¼ cup | 4 ounces | ½ cup | |
| Sage, fresh, whole leaves Or Dry | | 2 tablespoons Or 2 teaspoons | | ¼ cup Or 1 tablespoon 1 teaspoon | |
| Fennel seeds, ground | | 2 teaspoons | | 1 tablespoon 1 teaspoon | |
| Ground cinnamon | | 1 teaspoon | | 2 teaspoons | |
| Red chili flakes | | 1 teaspoon | | 2 teaspoons | |
| Ground black pepper | | ½ teaspoon | | 1 teaspoon | |
| Water | | 1 quart 2 cups | | 3 quarts | |
| Kikkoman PEARL® Organic Soymilk Smart Original | | 2 cups | | 1 quart | <p>Transfer the caramelized squash to a 1 or 2 gallon container. Add the water, soymilk, Kikkoman Ponzu Citrus Seasoned Dressing & Sauce, salt and ground nutmeg. Use an immersion blender to blend until the sauce is very smooth. Pour sauce into a shallow pan and chill until ready to use.</p> |
| Kikkoman Ponzu Citrus Seasoned Dressing & Sauce | | 3 ounces | | 6 ounces | |
| Salt | | 2 teaspoons | | 1 tablespoon 1 teaspoon | |
| Nutmeg, ground | | ½ teaspoon | | 1 teaspoon | |

| Serving Size | 1 Serving Provides | Nutrients Per Serving | | | | | |
|--------------|----------------------------|-----------------------|------|---------------|---------|---------------|---------|
| ½ cup | ½ cup red/orange vegetable | Calories | 83 | Saturated Fat | .32 g | Iron | 0.64 mg |
| | | Protein | 1 g | Cholesterol | 0 mg | Calcium | 63 mg |
| | | Carbohydrate | 12 g | Vitamin A | 7226 IU | Sodium | 233 mg |
| | | Total Fat | 4 g | Vitamin C | 16 mg | Dietary Fiber | 1.8 g |



"Bolognese" Style Tomato Sauce

| Red/Orange Vegetable | | | | | Sauces |
|---|-------------|---------------|-------------|---------------|---|
| | 32 Servings | | 64 Servings | | |
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| Vegetable oil | | 1 cup | | 2 cups | In a mixing bowl, combine ¼ cup oil and mushrooms. Toss to coat mushrooms with oil. Transfer to a baking sheet and bake in a 400°F degree oven for 20 minutes. Remove mushrooms from oven and cool. Chop or grind mushrooms. Set aside. |
| Mushrooms, whole, raw | 14 ounces | | 28 ounces | | |
| Onions, diced | 4 ounces | | 8 ounces | | Heat remaining oil in a large sauce pot. Add onions and garlic. Cook and stir for 5 minutes until soft. |
| Garlic, minced | 4 ounces | ½ cup | 8 ounces | ⅔ cup | |
| Basil, dried | | ½ cup | | ⅔ cup | Add remaining ingredients. Blend ingredients to desired consistency with an immersion blender. Bring sauce to a boil, turn heat to low and simmer for 15 minutes. Cool according to accepted cooling standards. |
| Tomatoes, canned, diced | 72 ounces | | 144 ounces | | |
| Kikkoman Rice Vinegar | 4 ounces | ½ cup | 8 ounces | 1 cup | |
| Brown sugar | 2 ounces | ¼ cup | 4 ounces | ½ cup | |
| Kikkoman PEARL® Organic Soymilk Smart Original | 16 ounces | 2 cups | 32 ounces | 4 cups | |
| Sea salt | | 1 tablespoon | | 2 tablespoons | |
| Kikkoman Ponzu Citrus Seasoned Dressing & Sauce | | 2 tablespoons | | 4 tablespoons | |

| Serving Size | 1 Serving Provides |
|--------------|----------------------------|
| ½ cup | ½ cup red/orange vegetable |

| Nutrients Per Serving | | | | | |
|-----------------------|--------|---------------|----------|---------------|----------|
| Calories | 104 | Saturated Fat | 1.05 g | Iron | 1.10 mg |
| Protein | 2.23 g | Cholesterol | 0 mg | Calcium | 11.96 mg |
| Carbohydrate | 4.03 g | Vitamin A | 52.83 IU | Sodium | 234 mg |
| Total Fat | 7.04 g | Vitamin C | 1.81 mg | Dietary Fiber | 1.8 g |



Teriyaki Roasted Sweet Potatoes

| Red/Orange Vegetable | | | | | Side Dish |
|--|-------------|---------------|--------------|---------------|--|
| | 50 Servings | | 100 Servings | | |
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| Raw sweet potatoes, 1-inch dice | 11 pounds | | 22 pounds | | Spray full size sheet pans with pan release spray. For 50 servings use 2 sheet pans, for 100 servings use 4 sheet pans. |
| Kikkoman Less Sodium Teriyaki Marinade & Sauce | | 1½ cups | | 3 cups | |
| Vegetable oil | | ½ cup | | 1 cup | Combine the diced sweet potatoes, Kikkoman Less Sodium Teriyaki Marinade & Sauce, and vegetable oil. Mix until potatoes are evenly coated. Divide the potatoes evenly between the prepared sheet pans. Bake in a pre-heated 375°F oven for 20 minutes. Remove from the oven and stir. Bake for an additional 10-20 minutes, or until the sweet potatoes are tender and caramelized. Remove from the oven and transfer the potatoes to full size 2-inch steamtable pans. Hold hot at or above 140°F until service. |
| Fresh cilantro, chopped | | ½ cup | | 1 cup | Just before service sprinkle each pan of potatoes with chopped cilantro, sliced green onions and toasted sesame seeds. Serve immediately. |
| Fresh green onions, thinly sliced | | ½ cup | | 1 cup | |
| Sesame seeds, toasted | 1 ounce | 3 tablespoons | 2 ounces | 6 tablespoons | |

| Serving Size | 1 Serving Provides |
|--------------|----------------------------|
| ½ cup | ½ cup red/orange vegetable |

| Nutrients Per Serving | | | | | |
|-----------------------|-------|---------------|----------|---------------|--------|
| Calories | 116 | Saturated Fat | 0 g | Iron | 0.7 mg |
| Protein | 2 g | Cholesterol | 0 mg | Calcium | 41 mg |
| Carbohydrate | 21 g | Vitamin A | 14167 IU | Sodium | 208 mg |
| Total Fat | 2.5 g | Vitamin C | 2.5 mg | Dietary Fiber | 3 g |





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