



kikkoman®

Recipes Kids Love!

VOLUME 3



Add Asian Cool-factor to your menu!

ASIAN IS COOL. KIKKOMAN MAKES IT EASY.

These days, Asian flavors are way cool for school! In fact, nearly three out of four districts now offer Asian items on their menus.¹ How do you get those flavors just right while meeting nutritional guidelines? One word: Kikkoman. With school-friendly, ready-to-go sauces and kid-pleasing recipes like these, now's the time to add an Asian Cool-factor to your menu.

A simple "EquASIAN"



KIKKOMAN SAUCES FOR SCHOOLS

Our full line of convenient sauces and packets give an instant "kikk" of kid-pleasing flavor to everything from commodity proteins and veggies to noodles, nuggets, tofu and patties—and they can help reduce sodium and gluten.

OUR KID-TESTED SAUCES HELP YOU...

- Create better-for-you menu items, and reduce sodium and gluten with the flavors kids love
- Add interest to bland commodity proteins and vegetables
- Save time, labor, money and space
- Build a rotation of popular Asian-style menu items
- Rest easy, knowing you can count on Kikkoman's premium American-made quality



made in america

¹ Source: School Nutrition Association 2016 Operations Report

KIKKOMAN SAUCES FOR SCHOOLS

SOY SAUCES

- Soy Sauce
- Less Sodium Soy Sauce
- Gluten-Free Tamari Soy Sauce
- Less Sodium Gluten-Free Tamari Soy Sauce

TERIYAKI SAUCES

- Teriyaki Glaze
- Preservative-Free Less Sodium Teriyaki Glaze
- Less Sodium Teriyaki Marinade & Sauce
- Less Sodium Gluten-Free Teriyaki Marinade & Sauce

ASIAN SAUCES

- Hoisin Sauce
- Katsu Sauce
- Ponzu Citrus Seasoned Dressing & Sauce
- Lime Ponzu Citrus Seasoned Dressing & Sauce
- Sweet & Sour Sauce
- Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce
- Thai Style Chili Sauce
- Sushi Sauce (Unagi Tare)
- Sriracha Hot Chili Sauce
- Preservative-Free Orange Sauce
- Rice Vinegar
- Wasabi Sauce
- Sesame Oil



CONVENIENT PORTION-CONTROL PACKETS



Perfect for condiment stations or grab-n-go items

RECIPES KIDS LOVE

BOWLS

Sweet & Sour Wings & Drums

Sweet & sour chicken never goes out of style. Here, chicken wings and drumsticks get a sweet-savory lift with a one-step glaze of Kikkoman Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce.

Meat/Meat Alternate, Grains			Main Dish	48 Servings
Ingredients	Weight	Measure	Directions	
Chicken drumsticks, raw, thawed, skinless		48 each	Preheat oven to 400°F. Spray four full-size 2-inch steamtable pans with pan release spray. Set aside. Place chicken drumsticks and chicken wings in a large mixing bowl.	
Chicken wings, whole, raw, thawed		48 each		
Black pepper, ground		2 tablespoons	Combine the black pepper and garlic powder. Sprinkle over the chicken pieces and mix to ensure even coating over all pieces of chicken. Place chicken into the prepared steamtable pans—12 drumsticks and 12 wings per pan. Bake in the preheated 400°F oven for 15 minutes. Remove pans from the oven.	
Garlic powder, ground		1 tablespoon		
Kikkoman Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce		1 quart 2 cups	Pour 1 ½ cups Kikkoman Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce over the chicken in each pan. Use tongs or gloved hands to stir the chicken pieces to ensure even coating of the sauce over each piece of chicken. Reduce the oven temperature to 350°F. Return the pans of chicken to the oven and continue to bake for about 10 minutes. CCP: Cook to a minimum internal temperature of 165°F. Remove from the oven. Hold hot until service. CCP: Hold hot at 135°F or higher. Serve 1 drumstick and 1 wing per portion for 2 ounce equivalents meat/meat alternate. Serving suggestion: Serve over fried rice.	

Serving Size	1 Serving Provides
1 drumstick and 1 wing	2 ounce equivalents meat/meat alternate

Nutrients Per Serving					
Calories	232	Saturated Fat	1.4 g	Iron	1 mg
Protein	29 g	Cholesterol	126 mg	Calcium	14 mg
Carbohydrate	14 g	Vitamin A	43 IU	Sodium	223 mg
Total Fat	5.7 g	Vitamin C	0 mg	Dietary Fiber	0 g



Sweet & Sour Shrimp with Steamed Brown Rice

Want a quick and easy makeover for prepared popcorn shrimp? Give them instant Asian Cool treatment—just serve over brown rice and finish with a quick pour-over of warm Kikkoman Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce and a sprinkling of green onions.

Meat/Meat Alternate, Grains			Main Dish	48 Servings
Ingredients	Weight	Measure	Directions	
Popcorn shrimp, whole grain-rich breading, frozen (3 ounces = 1 meat/meat alternate, 1.25 ounce equivalents grains)	9 pounds		Preheat oven to 400°F. Line sheet pans with parchment paper, place popcorn shrimp in a single layer. For best quality, batch cook the popcorn shrimp: About 20 minutes before service, bake in the preheated 400°F oven for about 10-12 minutes, or until browned and crisp. CCP: Cook to a minimum internal temperature of 165°F. Remove from the oven. CCP: Hold hot at 135°F or higher.	
Kikkoman Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce		1 quart 2 cups	Heat the Kikkoman Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce to 135°F or higher. CCP: Hold hot at 135°F or higher.	
Brown rice, steamed		3 gallons	To serve, scoop ½ cup of steamed brown rice into each portion container. Top the rice with 3 ounces (by weight) popcorn shrimp. Using a 1 ounce ladle, pour 1 ounce of the heated Kikkoman Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce over the shrimp and rice. Top with a sprinkle of sliced green onions. Serve immediately.	
Green onions, fresh, sliced thinly on a bias	4 ounces	2 cups		

Serving Size	1 Serving Provides
1 portion	1 ounce equivalent meat/meat alternate, 2.25 ounce equivalents grains

Nutrients Per Serving					
Calories	502	Saturated Fat	1.9 g	Iron	0 mg
Protein	14 g	Cholesterol	60 mg	Calcium	21 mg
Carbohydrate	81 g	Vitamin A	24 IU	Sodium	563 mg
Total Fat	12.8 g	Vitamin C	0 mg	Dietary Fiber	6.5 g



The following Asian Cool recipes contain an exciting array of flavorful, ready-to-use Kikkoman sauces:

Kikkoman Preservative-Free Less Sodium Teriyaki Glaze, Sriracha Hot Chili Sauce, Sesame Oil, Rice Vinegar, Thai Style Chili Sauce, Preservative-Free Orange Sauce, Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce.

Kikkin' Teriyaki Chicken

Keep the sweet and add some heat! Kikkoman Sriracha Hot Chili Sauce and Preservative-Free Less Sodium Teriyaki Glaze are all you need to give classic Teriyaki Chicken a kid-friendly spicy kick.

Meat/Meat Alternate			Main Dish	48 Servings
Ingredients	Weight	Measure	Directions	
Chicken thighs, raw, thawed, skinless		48 each	Preheat oven to 400°F. Spray four full-size, 2-inch steamtable pans with pan release spray. Set aside. Place chicken thighs in a large mixing bowl.	
Black pepper, ground		2 tablespoons	Combine the black pepper and garlic powder. Sprinkle over the chicken and mix to ensure even coating over all pieces of chicken. Place chicken thighs into the prepared steamtable pans—12 per pan. Bake in the preheated 400°F oven for 15 minutes. Remove pans from the oven.	
Garlic powder, ground		1 tablespoon		
Kikkoman Preservative-Free Less Sodium Teriyaki Glaze		3 cups	Measure Kikkoman Preservative-Free Less Sodium Teriyaki Glaze and stir in Kikkoman Sriracha Hot Chili Sauce. Pour ¾ cup sauce over the chicken in each pan. Use tongs or gloved hands to stir the chicken pieces to ensure even coating. Reduce the oven temperature to 350°F. Return the pans of chicken to the oven and continue to bake for about 10 minutes. CCP: Cook to a minimum internal temperature of 165°F. Remove from the oven. Hold hot until service. CCP: Hold hot at 135°F or higher. Serve 1 chicken thigh per portion for 2 – 2.8 ounce equivalents meat/meat alternate. Serving suggestion: Serve over fried rice.	
Kikkoman Sriracha Hot Chili Sauce		1 tablespoon		

Serving Size	1 Serving Provides
1 chicken thigh piece	2 ounce equivalents meat/meat alternate

Nutrients Per Serving					
Calories	275	Saturated Fat	2 g	Iron	1.6 mg
Protein	38 g	Cholesterol	183 mg	Calcium	13 mg
Carbohydrate	11 g	Vitamin A	46 IU	Sodium	328 mg
Total Fat	8 g	Vitamin C	0 mg	Dietary Fiber	0 g



NOODLES

Teri-Veggie Lo Mein

Here's a labor-saving way to serve fresh Asian noodles—oven-steam them with veggies right in the hotel pan in a mixture of Kikkoman Preservative-Free Less Sodium Teriyaki Glaze and Sesame Oil. You'll cook and glaze the noodles and vegetables all in one pan with no hands-on labor.

Grains			Side Dish	32 Servings
Ingredients	Weight	Measure	Directions	
Lo Mein or Yakisoba noodles, fresh, thawed, whole grain-rich	10 pounds		Preheat oven to 350°F. Spray two full-size, 2-inch steamtable pans with pan release spray. Set aside. Place noodles in a large colander and rinse under hot water to soften. Loosen the softened noodles and drain completely. Place half of the noodles into each prepared steamtable pan.	
Green cabbage, fresh, julienne	12 ounces	4 cups	In each pan of noodles, place 6 ounces (2 cups) julienne green cabbage, 4 ounces (1 cup) julienne red bell pepper, 3 ounces (1 cup) julienne carrots and 2 ounces (1 cup) green onions.	
Red bell pepper, fresh, julienne	8 ounces	2 cups		
Carrots, fresh, julienne	6 ounces	2 cups		
Green onions, fresh, sliced into 1-inch lengths	4 ounces	2 cups	Measure the Kikkoman Preservative-Free Less Sodium Teriyaki Glaze into a liquid measuring container. Whisk in the water and Kikkoman Sesame Oil. Pour half of the sauce (4 cups 2 tablespoons) over each pan. Stir to combine. Cover and bake in the preheated 350°F for about 30 – 40 minutes. CCP: Cook to a minimum internal temperature of 165°F. Remove from the oven. Hold hot until service. CCP: Hold hot at 135°F or higher. Serve 1 cup portions for 2 ounce equivalents grains.	
Kikkoman Preservative-Free Less Sodium Teriyaki Glaze		4 cups		
Water		4 cups		
Kikkoman Sesame Oil		¼ cup		

Serving Size	1 Serving Provides
1 cup	2 ounce equivalents grains

Nutrients Per Serving					
Calories	289	Saturated Fat	0.3 g	Iron	0 mg
Protein	9 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	61 g	Vitamin A	1161 IU	Sodium	301 mg
Total Fat	1.8 g	Vitamin C	14 mg	Dietary Fiber	1 g



Sweet Sesame Noodle Salad

Kikkoman Preservative-Free Orange Sauce, Sesame Oil and Rice Vinegar make a quick tangy-sweet dressing that's perfect for cold noodle salads.

Grains			Side Dish	48 Servings
Ingredients	Weight	Measure	Directions	
Spaghetti, whole grain-rich, dry	6 pounds		Cook pasta in boiling water until al dente. Drain immediately and rinse with cold water to quickly chill the spaghetti. Drain chilled spaghetti noodles and transfer to a large mixing container.	
Kikkoman Preservative-Free Orange Sauce		1 quart 2 cups	Measure the Kikkoman Preservative-Free Orange Sauce into a liquid measuring container. Whisk in the Kikkoman Sesame Oil and Rice Vinegar. Pour the dressing over the chilled spaghetti noodles.	
Kikkoman Sesame Oil		1 cup		
Kikkoman Rice Vinegar		½ cup		
Cucumber, fresh, julienne	2 pounds	2 quarts	Add the julienne cucumber, sliced green onions and sesame seeds to the spaghetti. Toss to combine all ingredients until the spaghetti noodles are completely coated with dressing. Cover and hold chilled until ready for service. CCP: Hold chilled at 41°F or below.	
Green onions, fresh, sliced on a bias, ¼-inch wide	4 ounces	2 cups		
Sesame seeds		½ cup	Serve 1 cup portions for 2 ounce equivalents grains.	

Serving Size	1 Serving Provides
1 cup	2 ounce equivalents grains

Nutrients Per Serving					
Calories	312	Saturated Fat	0.9 g	Iron	2.3 mg
Protein	9 g	Cholesterol	0 mg	Calcium	42 mg
Carbohydrate	62 g	Vitamin A	44 IU	Sodium	140 mg
Total Fat	6.1 g	Vitamin C	1 mg	Dietary Fiber	0.3 g



HANDHELDS

Thai-Style Turkey Lettuce Wraps

Ground turkey, sautéed mushrooms, Kikkoman Thai Style Chili Sauce, green onions and cilantro make a mouthwatering filling for tacos, Asian-style Sloppy Joes or these lettuce wraps.

Meat/Meat Alternate			Main Dish	55 Servings
Ingredients	Weight	Measure	Directions	
Vegetable oil		1 cup	Preheat a tilt skillet or a large braising pan over medium-high heat. Add the vegetable oil to the heated skillet. When the oil shimmers, add the diced mushrooms. Sauté the mushrooms without stirring for about 5 minutes, or until they are caramelized on one side. Stir the mushrooms and continue to sauté without additional stirring for another 3 minutes.	
Mushrooms, white button, fresh, diced	7 pounds 8 ounces		Add the ground turkey to the skillet. As it cooks, break it into crumbles about the size of the diced mushrooms.	
Turkey thigh meat, raw, ground	10 pounds			
Black pepper, ground		2½ tablespoons	Add the black pepper, garlic powder and ground ginger to the turkey and mushrooms. Stir until the seasonings are evenly distributed. Continue to cook for about 10 minutes until the turkey has browned.	
Garlic powder, ground		1 tablespoon		
Ginger, ground		2½ teaspoons		
Kikkoman Thai Style Chili Sauce		1 quart 2 cups	Stir in the Kikkoman Thai Style Chili Sauce, green onions and chopped cilantro. CCP: Cook to a minimum internal temperature of 165°F.	
Green onions, fresh, sliced into ½ inch lengths	10 ounces	1 quart 1 cup	Transfer the turkey mixture to steamtable pans, cover and hold hot until service. CCP: Hold hot at 135°F or higher.	
Cilantro, fresh, chopped	2.5 ounces	2½ cups		
Iceberg lettuce heads, whole		7 each	Remove the damaged outer leaves of the iceberg lettuce heads. Wash and drain the lettuce heads. Remove the core and cut each head in half, then cut each half into 4 equal wedges for a total of 8 wedges per head of lettuce. CCP: Hold chilled at 41°F or below. Using a #8 scoop, serve ½ cup of the turkey and mushroom filling in a portion container. Place a wedge of iceberg lettuce next to the filling. Customers can use the iceberg lettuce to assemble their lettuce wraps. Serve immediately.	

Serving Size	1 Serving Provides
½ cup filling	2 ounce equivalents meat/meat alternate

Nutrients Per Serving					
Calories	214	Saturated Fat	1.7 g	Iron	2 mg
Protein	20 g	Cholesterol	64 mg	Calcium	43 mg
Carbohydrate	17 g	Vitamin A	587 IU	Sodium	261 mg
Total Fat	8.1 g	Vitamin C	5 mg	Dietary Fiber	2.7 g



Thai-Style Fish Tacos

Looking for a fresh, fun new way to menu fish sticks? Think Asian-style tacos. All it takes is Kikkoman Thai Style Chili Sauce, tortillas and a simple cabbage slaw.

Meat/Meat Alternate, Grains			Main Dish	48 Servings
Ingredients	Weight	Measure	Directions	
Alaskan Pollock fish sticks, whole grain breaded, USDA	12 pounds	192 pieces	Preheat oven to 400°F (convection) or 425°F (conventional). Spray sheet pans with pan release spray. Place breaded fish sticks in a single layer on the prepared sheet pans, being careful not to crowd the pieces. For best quality, batch cook the fish sticks: About 20 minutes before service, bake in the preheated oven for about 13-15 minutes (convection) or 16-18 minutes (conventional), or until browned and crisp. CCP: Cook to a minimum internal temperature of 165°F. Remove from the oven. CCP: Hold hot at 135°F or higher.	
Kikkoman Thai Style Chili Sauce		3 cups	Heat the Kikkoman Thai Style Chili Sauce to 135°F or higher. CCP: Hold hot at 135°F or higher.	
Whole grain tortillas, 8-inch		48 each	Soften tortillas in a warmer.	
Purple cabbage, thinly sliced	1 pound 11 ounces	9 cups	In a mixing container, combine the sliced purple cabbage, sliced green onions, chopped cilantro and lime juice. Stir until just combined. Hold chilled until service. CCP: Hold chilled at 41°F or below.	
Green onions, fresh, thinly sliced on a bias	3 ounces	1 ½ cups	For each serving, place a softened tortilla in the portion container. Place 4 fish sticks into each tortilla. Drizzle the fish sticks with 1 tablespoon of the heated Kikkoman Thai Style Chili Sauce. Top each taco with ¼ cup of the purple cabbage mixture. Serve immediately.	
Cilantro, fresh, rough chopped	1 ½ ounces	1 ½ cups		
Lime juice		¼ cup 2 tablespoons		

Serving Size	1 Serving Provides
1 taco	2 ounce equivalents meat/meat alternate, 3 ounce equivalents grains

Nutrients Per Serving					
Calories	378	Saturated Fat	3.3 g	Iron	0 mg
Protein	20 g	Cholesterol	40 mg	Calcium	85 mg
Carbohydrate	47 g	Vitamin A	197 IU	Sodium	686 mg
Total Fat	12.8 g	Vitamin C	10 mg	Dietary Fiber	6 g



Spicy-Sweet Meatball Roll-Up

Turn standard-issue meatballs into a surefire Asian-style hit with a sweet-spicy mixture of Kikkoman Sriracha Hot Chili Sauce and Preservative-Free Orange Sauce, rolled in a whole grain-rich flatbread.

Meat/Meat Alternate, Grains			Main Dish	56 Servings
Ingredients	Weight	Measure	Directions	
Meatballs, reduced-sodium, frozen (5 per 2 ounce equivalents)	10 pounds		Preheat oven to 375°F. Spray two full-size, 2-inch steamtable pans with pan release spray. Place 5 pounds frozen meatballs into each prepared pan and distribute into a single layer. Cover and bake the meatballs in the preheated oven for about 30 minutes, or until the meat begins to brown slightly. CCP: Cook to a minimum internal temperature of 135°F. Remove from the oven. CCP: Hold hot at 135°F or higher.	
Kikkoman Preservative-Free Orange Sauce		1 quart 1 cup	Measure the Kikkoman Preservative-Free Orange Sauce and stir in the Kikkoman Sriracha Hot Chili Sauce. Heat the sauce to 135°F or higher and pour over the baked meatballs, dividing equally between each pan. Cover and hold hot until service. CCP: Hold hot at 135°F or higher.	
Kikkoman Sriracha Hot Chili Sauce		3 tablespoons		
Flatbread, 6x6 square, whole grain-rich, thawed		56 each	Keep the flatbreads in their bags and place in a warmer to soften.	
Green cabbage, fresh, finely sliced	2 pounds	3 quarts 2 cups	Combine the finely sliced green cabbage and chopped fresh cilantro. Gently mix together until the cilantro is evenly distributed.	
Cilantro, fresh, rough chopped	2 ounces	2 cups	To serve, place a softened flatbread in a paper-lined basket or a paper boat. Place 5 glazed meatballs down the center of each flatbread. Top with ¼ cup of the cabbage and cilantro combination, and sprinkle with sesame seeds. Serve immediately.	
Sesame seeds		¼ cup		

Serving Size	1 Serving Provides
1 flatbread sandwich	2 ounce equivalents meat/meat alternate, 2 ounce equivalents grains

Nutrients Per Serving					
Calories	364	Saturated Fat	2.8 g	Iron	0 mg
Protein	21 g	Cholesterol	41 mg	Calcium	376 mg
Carbohydrate	45 g	Vitamin A	317 IU	Sodium	656 mg
Total Fat	11.4 g	Vitamin C	6 mg	Dietary Fiber	4.5 g



PEARL® Organic Smart Soymilk

FORMULATED TO MEET 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 Soymilk Smart Original, Smart Creamy Vanilla and Smart Chocolate 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
- 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
- Shelf-stable storage
- Kosher and USDA Organic Certified



PRODUCTS FEATURED IN RECIPES

Preservative-Free Less Sodium Teriyaki Glaze	6 / 5 lb. 6 oz. Pack	01657
Sriracha Hot Chili Sauce	6 / 5 lb. 1 oz. Pack	01588
Sesame Oil	4 / 1.25 qt. Pack	01702
Rice Vinegar	4 / 1 Gallon Pack	02020
Thai Style Chili Sauce	4 / 5 lb. 4 oz. Pack	01546
Preservative-Free Orange Sauce	4 / 5 lb. Pack	01575
Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce	6 / 5 lb. Pack	01656

For more easy menu ideas, product information and pack sizes, please contact us today.



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