



Recipes Kids Love!

VOLUME 6



NUTRITIONALS & TRENDS

SCHOOL MEAL REQUIREMENTS

	Breakfast			Lunch		
	K-5	6-8	9-12	K-5	6-8	9-12
Food components	Amount of Food per week (minimum per day)					
Fruit (cups)	5 (1)	5 (1)	5 (1)	2 1/2 (1/2)	2 1/2 (1/2)	5 (1) 1/2
Vegetables (cups)	0	0	0	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Dark green	0	0	0	1/2	1/2	1/2
Red/orange	0	0	0	3/4	3/4	1 1/4
Beans/Peas (legumes)	0	0	0	1/2	1/2	1/2
Starchy	0	0	0	1/2	1/2	1/2
Other	0	0	0	1/2	1/2	3/4
Grains (oz eq)	7-10 (1)	7-10 (1)	7-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat alternates (oz eq)	0	0	0	8-10 (1)	9-10 (1)	10-12 (1)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Daily Amount Based on the Average for a 5-Day Week						
Min-Max calories (Kcal) *	350-500	450-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium target 2 (mg)	≤485	≤535	≤570	≤935	≤1035	≤1080
Trans fat	Nutrition label or manufacture specification much indicate zero grames of trans fat per serving					

Sodium Target 2 (shown) is effective July 1, 2024 (SY 2024-2025). 83 FR 63775

MEETING SODIUM LIMITS WITH KIKKOMAN

- LOW SODIUM GLUTEN-FREE SWEET & SOUR SAUCE
- GLUTEN-FREE ORANGE SAUCE
- LESS SODIUM NO PRESERVATIVES ADDED TERIYAKI GLAZE
- GLUTEN-FREE THAI STYLE CHILI SAUCE
- LESS SODIUM TERIYAKI MARINADE & SAUCE
- PONZU CITRUS SEASONED DRESSING
- LESS SODIUM SOY SAUCE
- SOY SAUCE



SALT

mg of sodium/teaspoon

97.8% of school nutrition directors are moderately or seriously concerned regarding the availability of foods that meet target sodium limits and are accepted by students¹

¹ School Nutrition Trends Report, 2023

SOLUTIONS FOR SCHOOLS

SOY SAUCES

- Soy Sauce*
- Less Sodium Soy Sauce*
- Gluten-Free No Preservatives Added Tamari Soy Sauce*
- Less Sodium Gluten-Free Tamari Soy Sauce

- Product Code
- 00150
 - 00130
 - 00158
 - 00155



TERIYAKI SAUCES

- Teryaki Glaze
- No Preservative Added Less Sodium Teriyaki Glaze
- Less Sodium Gluten-Free Teriyaki Marinade & Sauce
- Less Sodium Teriyaki Marinade & Sauce

- 04910
- 01657
- 01045
- 01046



ASIAN SAUCES

- Hoisin Sauce
- Katsu Sauce
- Lime Ponzu Seasoned Dressing & Sauce
- Ponzu Citrus Seasoned Dressing & Sauce*
- Gluten-Free Orange Sauce
- No Preservatives Added Poke Sauce
- Rice Vinegar
- Gluten-Free Non-GMO Sesame Oil
- Gluten-Free Sriracha Hot Chili Sauce
- Sushi Sauce (Unagi Tare)
- Sweet & Sour Sauce
- No Preservatives Added Low Sodium Gluten-Free Sweet & Sour Sauce
- Gluten-Free Thai Style Chili Sauce*
- Wasabi Sauce

- 01542
- 02154
- 02305
- 02084
- 01575
- 01658
- 02020
- 01702
- 01526
- 01564
- 04902
- 01656
- 01546
- 00719



*Also available in portion control packets.



SAUCE HACKS

SIMPLY COMBINE KIKKOMAN SAUCES WITH EVERYDAY INGREDIENTS TO MAKE YOUR OWN SAUCES AND CAPTIVATE THE TASTE BUDS OF K-12 STUDENTS

STIR-FRY SAUCES

Spicy Orange

3 1/4 cups **Gluten-Free Orange Sauce** 01575

12 oz **Gluten-Free Sriracha Hot Chili Sauce** 01526

3/4 cups Orange juice

1 oz Garlic powder



Mongolian BBQ

4 cups **Sushi Sauce Unagi Tare** 0564

1 cup **Less Sodium Soy Sauce** 00130

1 cup **Gluten-Free Sriracha Hot Chili Sauce** 01526

2 oz Garlic powder



DRESSINGS AND DIPS

Thai Chili Ranch

2 1/2 cups **Gluten-Free Thai Style Chili Sauce** 01546

1/2 cup **Gluten-Free Sriracha Hot Chili Sauce** 01526

1/2 cup **Lime Ponzu Sauce** 02305

3 cups Ranch dressing

Pineapple Teriyaki

4 cups **Less sodium NPA Teriyaki Glaze** 01564

1 cup **Sushi Sauce Unagi Tare** 01564

1 cup Pineapple juice

Teriyaki BBQ

16 oz **Less Sodium NPA Teriyaki Glaze*** 01657

4 oz **Less Sodium Soy Sauce** 00130

12 oz BBQ sauce

2 oz Ginger, minced

Kicked Up Asian Buffalo

4 oz **Gluten-Free Sriracha Hot Chili Sauce** 01526

28 oz Buffalo sauce

Six Sauce Hacks crafted by Chef Joe Urban of School Food Rocks, in collaboration with Chef Andrew Hunter of Kikkoman

*NPA: No Preservatives Added

SAUCE HACKS



WING SAUCES

Pineapple Lime Sweet & Sour

16 oz Low Sodium Gluten-Free NPA Sweet & Sour Sauce* 01656

8 oz Gluten-Free Thai Style Chili Sauce 01546

4 oz Less Sodium Soy Sauce 00130

2 oz Pineapple juice

2 oz Lime juice

Sweet Sesame Teriyaki

8 oz Less Sodium Soy Sauce 00130

8 oz Kotteri Mirin 02093

8 oz Citrus Ponzu Sauce 02084

8 oz Brown sugar

TT White pepper

TT White pepper

Spicy Honey

6 oz Less Sodium Soy Sauce 00130

6 oz Gluten-Free Sriracha Hot Chili Sauce 01526

24 oz Honey

Sweet & Spicy Soy

18 oz Sushi Sauce Unagi Tare 01564

12 oz Gluten-Free Sriracha Hot Chili Sauce 01526

2 oz Kotteri Mirin 02093



BBQ SAUCE AND DIP

Wasabi Ranch

8 oz Wasabi Sauce 00736

2 oz Lime Ponzu Sauce 02305

16 oz Ranch dressing

4 oz Sour cream

Honey Pineapple BBQ

16 oz Teriyaki Baste & Glaze with Honey Pineapple 01657

12 oz BBQ sauce

2 oz Ginger, minced

*NPA: No Preservatives Added

RECIPES KIDS LOVE



ASIAN STYLE PORRIDGE

Grain, Meat/Meat Alternate		Main Dish		50 Servings
Ingredients	Weight	Measure	Directions	
Water		3 gallons	<p>Add water and vegetable base to large stock pot or tilt skillet and bring to a simmer. Add oats and whisk. Add sausage crumbles to oats and cook for approximately 10 more minutes, stirring occasionally. Add butter and soy sauce, stir until butter is completely melted and mixed in with oat mixture.</p> <p>Hold hot at 135°F or higher until time of service.</p> <p>Serve 1 cup of oats with an 8 oz spoodle.</p> <p>Offer sausage crumbles, kimchi slaw, and spicy mayo as additional toppings.</p>	
Vegetable base, low sodium		1/2 cup		
Rolled oats, quick		25 cups		
Sausage crumbles	1 pound 9 ounces	as needed		
Butter, unsalted		1/2 cup		
Kikkoman® Less Sodium Soy Sauce		1/2 cup		
Kimchi slaw (optional)		as needed		
Spicy mayonnaise		as needed		
Variation: Meat based, or plant-based sausage crumbles can be used.				

Serving Size	
1 cup + additional toppings	

Nutrients Per Serving:					
Calories	192	Cholesterol	4.9 mg	Dietary Fiber	4.3 g
Total Fat	5.1g	Sodium	213.3 mg	Total Sugars	1.3 g
Saturated Fat	5.1g	Carbohydrates	29.6 g	Protein	8.8 g



ITALIAN STYLE ORANGE PASTA

Grain, Meat/Meat Alternate		Main Dish		50 Servings
Ingredients	Weight	Measure	Directions	
Penne pasta	5 lbs.9 oz.		Heat large pot or tilt skillet on medium low heat. Add oil to pot and allow to heat up. Add onions. Stir. Cook until soft and translucent, approximately 3-5 minutes. Once onions are translucent, add garlic and red pepper flakes. Stir. Cook until fragrant, approximately 1 minute. Add tomato sauce, salt, pepper, and orange sauce. Stir until combined. Bring to simmer, reduce heat, cook for 30 minutes. Hold hot covered at 135 °F or above for service. Batch cook pasta according to manufacturer's instructions. Before service, toss pasta with sauce and garnish.	
Oil		1/8 cup		
Yellow onion, diced		6 oz.		
Garlic, chopped		1/8 cup		
Red pepper flakes		1/2 tsp.		
Kikkoman® Gluten-Free Orange Sauce	2 qts.		Offer orange zest, parsley, basil and parmesan cheese as additional garnish.	
Tomato sauce	10 lbs.			
Black pepper		1/2 tsp.		
Variation: Meat based, or plant-based meatballs can be used				

Serving Size					
1 cup + additional garnish					
Nutrients Per Serving:					
Calories	360	Cholesterol	.6 mg	Dietary Fiber	4.3 g
Total Fat	3.4 g	Sodium	651.4 mg	Total Sugars	28.2 g
Saturated Fat	.5 g	Carbohydrates	75.2 g	Protein	8 g

RECIPES KIDS LOVE



SWEET AND SOUR PORK WITH VEGETABLE STIR FRY

Grain, Meat/Meat Alternate			Main Dish	50 Servings
Ingredients	Weight	Measure	Directions	
Pork roast, cut into bite size pieces	9 lbs 10oz.		Two days before service mix soy sauce, sesame oil, ginger and garlic. With gloved hands pour marinade over raw pork chunks and mix until pork is covered. Cover and hold cold at 41°F or below for 1 day. After 24 hours, preheat oven to 400°F. Place pork pans on speed rack, cover speed rack, and hold cold at 41°F or below until morning of service.	
Kikkoman® Gluten-Free Non-GMO Sesame Oil		1/2 cup		
Kikkoman® Less Sodium Soy Sauce		1/4 cup		
Garlic, finely minced		2 Tbsp.		
Ginger, finely minced		2 Tbsp.		
Yellow onion, diced	4 oz.			
Kikkoman® Sweet and Sour Sauce		7 cups		
Scallions, sliced on bias		as needed	Day of service preheat oven to 350°F, add cooked pork and diced onions to 4-inch hotel pan. Drizzle with sweet and sour sauce and stir to combine with pork and onions. Cover pan with parchment paper and foil and braise pork for 2 hours. Hold hot covered at 135°F or higher until time of service. In a bowl, mix sesame oil, soy sauce, garlic, and ginger. Add vegetables in single layer to lined sheet pans. Roast vegetables in same oven as pork for the last 25-30 minutes. Add pork to 4-inch shotgun pan before service. Garnish with green onions. Add vegetables to 4-inch shotgun pan. Serve pork and vegetables with 4 oz spoodles.	
Vegetable Stir Fry:				
Cabbage, chopped	3 lbs. 10oz.			
Celery, sliced thin on bias	2 lbs. 14oz.			
Broccoli, florets	2 lbs			
Carrots, finely minced	8 oz.			
Garlic, finely minced		2 Tbsp.		
Ginger, finely minced		2 Tbsp.		
Kikkoman® Gluten-Free Non-GMO Sesame Oil		1/4 cup		
Kikkoman® Less Sodium Soy Sauce		1/4 cup		

Nutrients Per Serving:					
Calories	247	Cholesterol	74.3 mg	Dietary Fiber	2 g
Total Fat	6.6 g	Sodium	389 mg	Total Sugars	11 g
Saturated Fat	0.5 g	Carbohydrates	16.3 g	Protein	26.4 g



BULGOGI BURGER WITH KIMCHI SLAW & SPICY MAYO

Grain, Meat/Meat Alternate			Main Dish	50 Servings
Ingredients	Weight	Measure	Directions	
Kikkoman® Less Sodium Teriyaki Glaze		2 cups	<p>In a bowl, whisk together ingredients for spicy mayo. Store in squirt bottle at 41°F or below until needed for service. In a bowl, whisk together wet ingredients for slaw recipe with garlic and ginger. Using gloved hands, toss slaw vegetables together with dressing until well incorporated. Cover and hold cold at 41°F or below. Prepare slaw minimum of 1 hour before service. Preheat oven to 350°F. Whisk together wet ingredients for bulgogi burger sauce. Using gloved hands dip burger patties in bulgogi sauce. Place sauced burger patties on lined sheet pan in single layer. Bake for 7-9 minutes and burger patties reaches internal temperature of 165°F. Hot hold at 135°F or higher until ready to serve.</p> <p>To assemble burger: Bottom bun, 1 Tbsp. spicy mayo, 3 slices cucumber, 1 burger patty, 1/4 cup kimchi slaw mixture, and top bun.</p> <p>Variation: Beef hamburger patties or plant-based patties can be used interchangeably.</p>	
Gochujang paste		1 cup		
Water, warm		1 cup		
Burger patties		50 ea.		
Hamburger buns		50 ea.		
Cucumbers, thinly sliced		3 ea.		
Kimchi Slaw:				
Kikkoman® Rice Vinegar		1/2 cup		
Gochujang paste		1/4 cup		
Kikkoman® Less Sodium Soy Sauce		2 Tbsp.		
Oil, neutral		2 Tbsp.		
Garlic, finely minced		1 1/2 Tbsp.		
Ginger, finely minced		1 1/2 Tbsp.		
Coleslaw mix	2 lbs.			
Red bell pepper, sliced		1/4 cup		
Scallions, thinly sliced on bias		1/4 cup		
Spicy mayo:				
Mayonnaise				
Gochujang paste				
Lime juice				

Nutrients Per Serving:					
Calories	370	Cholesterol	40 mg	Dietary Fiber	4.1 g
Total Fat	13.5 g	Sodium	804 mg	Total Sugars	11.8 g
Saturated Fat	3.7 g	Carbohydrates	42.6 g	Protein	22.1 g

RECIPES KIDS LOVE



RAINBOW SALAD WITH PONZU DRESSING

Grain			Main Dish	50 Servings
Ingredients	Weight	Measure	Directions	
Kikkoman® Rice Vinegar		2 cups	For the Dressing: add all the dressing ingredients to a bowl and whisk together or use an immersion blend to mix. Pour 1 1/2 ounces into a 2-ounce soufflé cup and cover. Hold at 41°F or below. To Assemble: Place 2 cups of romaine, 1 cup of quinoa, 1/2 cup chickpeas, 1/2 cup mandarin oranges, 1/4 cup red bell peppers, 1/4 cup carrots, 1 1/2 ounces ponzu dressing.	
Kikkoman® Gluten-Free Non-GMO Sesame Oil		2 cups		
Kikkoman® Ponzu Citrus Seasoned Dressing & Sauce		1 cup		
Honey		1 cup		
Garlic, finely minced		2 Tbsp.		
Salad:				
Romaine heads, trimmed, washed, cut	12 lbs. 13 oz.			
Quinoa, cooked per manufacturer	7 lb. 10oz.	as needed		
Chickpeas, drained, rinsed		2 1/2 ea. (10# can)		
Mandarin oranges, drained		3 1/2 ea. (10# can)		
Carrot, matchsticks	2 lbs. 9 oz.			
Bell pepper, red, thinly sliced	3 lbs. 7 oz.			

Nutrients Per Serving:

Calories	512	Cholesterol	.04 mg	Dietary Fiber	14.1 g
Total Fat	14.1 g	Sodium	281.8 mg	Total Sugars	18 g
Saturated Fat	1.8 g	Carbohydrates	83.2 g	Protein	15.5 g



CRISPY THAI CHILI CHICKEN PO' BOY WITH SPICY SLAW

Grain, Meat/Meat Alternate			Main Dish	50 Servings
Ingredients	Weight	Measure	Directions	
Breaded chicken bites, Asian style	7 lbs. 13 oz.		<p>In a bowl, whisk together wet ingredients for slaw recipe with salt and pepper. Using gloved hands, toss slaw vegetables together with dressing until well incorporated. Cover and hold at 41°F or below. Prepare slaw minimum of 1 hour before service. Preheat oven to 400°F. Place chicken in single layer on lined sheet pans. Cook chicken for 16-20 minutes until it reaches internal temperature of 165°F. While chicken is cooking, lay out paper boats on sheet pan. Place hoagie buns in boats and open cut side. Add cooked chicken to bowl and toss with sauce. Hot hold at 135°F or higher until time of service. Right before service, add 3.6 oz. of sauced chicken to each hoagie bun, top with ½ cup slaw.</p> <p>Offer Cilantro and green onions as additional garnish.</p>	
Kikkoman® Gluten-Free Thai Chili Sauce		7 cups		
Hoagie roll, whole grain		50 ea.		
Spicy Slaw:				
Kikkoman® Gluten-Free Sriracha Hot Chili Sauce		1/2 cup		
Mayonnaise, low fat		3/4 cup		
Honey		1/2 cup		
Plain greek yogurt, 0% fat		2 1/2 cups		
Apple cider vinegar		1/3 cup		
Salt		2 tsp.		
Black pepper		2 tsp.		
Carrot, matchsticks	1 lb. 8 oz.			
Cabbage, green, shredded	1lb 4 oz.			

Nutrients Per Serving:					
Calories	389	Cholesterol	43 mg	Dietary Fiber	3.2 g
Total Fat	6.3 g	Sodium	713 mg	Total Sugars	27.7 g
Saturated Fat	.8 g	Carbohydrates	66.5 g	Protein	17.8 g

RECIPES KIDS LOVE



Spicy Noodle Salad with Chicken

Grain, Meat/Meat Alternate			Main Dish	32 Servings
Ingredients	Weight	Measure	Directions	
Chicken, fajita style strips, unseasoned	5 lbs		Slack out the unseasoned fajita chicken in the refrigerator 24 hours before preparation. CCP: Hold cold at 41°F or below. Cook spaghetti in boiling water until al dente. Drain immediately and rinse with cold water to quickly chill the spaghetti. Drain chilled spaghetti and transfer to a large mixing container. Place the unseasoned fajita chicken into a separate large mixing bowl. Pour ½ cup of the Kikkoman® Poke Sauce over the chicken and stir to coat each piece. Combine the chilled spaghetti, cucumber, red bell pepper and carrots. Pour the remaining 1 ½ cups of the Kikkoman® Poke Sauce over the pasta and vegetables. Gently stir to combine. To serve, portion 1 cup of the spicy soy noodles in a portion container. Top with 2.5 ounces of chicken. Hold chilled for service. CCP: Hold cold at 41°F or below.	
Spaghetti, whole grain rich, dry	4 lbs			
Kikkoman® Poke Sauce, divided		2 cups		
Cucumber, fresh, julienne	1 lb. 4 oz.			
Red bell pepper, fresh julienne	4 oz.			
carrots, fresh, julienne	7 lb. 10oz.	as needed		

Nutrients Per Serving:					
Calories	338	Cholesterol	47 mg	Dietary Fiber	6 g
Total Fat	5.9 g	Sodium	686 mg	Protein	21 g
Saturated Fat	2.2 g	Carbohydrates	53 g	Iron	2 mg



PONZU MELON SALAD

Grain, Meat/Meat Alternate			Main Dish	50 Servings
Ingredients	Weight	Measure	Directions	
Cantaloupe, fresh, 1-inch dice		2 cups	Combine diced cantaloupe and honeydew melon and add Kikkoman® Ponzu Citrus Seasoned Dressing. Gently stir to coat the diced melon. Hold chilled at or below 40°F until service.	
Honeydew, fresh, 1-inch dice		1 cup		
Kikkoman® Ponzu Citrus Seasoned Dressing		1 cup	Just before service stir in the finely sliced fresh spearmint. Serve 1/2 cup portions. Offer dollop of yogurt over top.	
Spearmint, fresh, finely sliced		2 Tbsp.		

SIMPLE & DELICIOUS RECIPE IDEA

THAI CHILI & PONZU CUCUMBER SALAD

Ingredients:

- 4 English cucumbers, thinly sliced
- 1 1/2 cup red onion, thinly sliced
- 1 1/2 cup Kikkoman® Gluten-Free Thai Style Chili Sauce
- 3/4 cup Kikkoman® Ponzu Citrus Seasoned Dressing & Sauce
- Wonton strips, as needed



Directions:

- Slice cucumbers and red onions thinly. Add to a bowl and add Kikkoman® Gluten-Free Thai Style Chili Sauce and Kikkoman® Ponzu Citrus Seasoned Dressing & Sauce. Mix well.
- Portion the servings and serve.

PEARL® ORGANIC SMART SOYMILK

A Smarter Milk Alternative



3 Delicious Flavors!

- Original
- Chocolate
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- Formulated to meet federal school nutrition guidelines
- Richer in nutrients and lower in fat than whole milk
- An excellent source of Folate
- Higher in Calcium and Vitamins A and D than whole milk
- Cholesterol-free and low in saturated fat
- No preservatives added, minimally processed and pasteurized
- Made with whole organic soybeans and lactose-free
- made with no artificial ingredients or colors

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