

# Recipes Kids Love!

## **VOLUME 6**







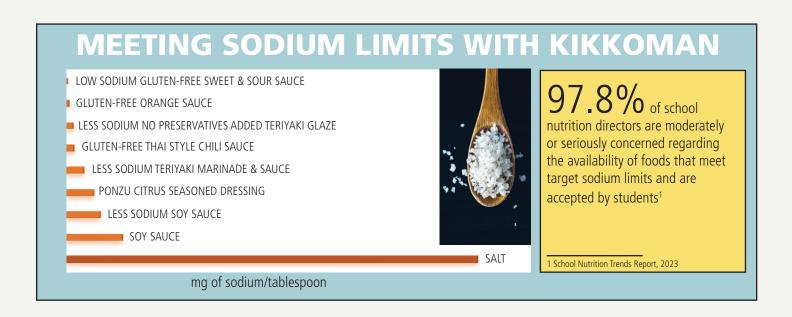


## **NUTRITIONALS & TRENDS**

### 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)	21/2 (1/2)	21/2 (1/2)	5 (1)1/2		
Vegetables (cups)	0	0	0	33/4 (3/4)	33/4 (3/4)	5 (1)		
Dark green	0	0	0	1/2	1/2	1/2		
Red/orange	0	0	0	3/4	3/4	11/4		
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 B	Based on the Av	verage for a 5-I	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 labe serving	Nutrition label or manufacture specification much indicate zero grames of trans fat per						

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



## **SOLUTIONS FOR SCHOOLS**

SOY SAUCES	Product Code
Soy Sauce*	00150
Less Sodium Soy Sauce*	00130
Gluten-Free No Preservatives Added Tamari Soy Sauce*	00158
Less Sodium Gluten-Free Tamari Soy Sauce	00155



#### **TERIYAKI SAUCES**

Teryaki Glaze	04910
No Preservative Added Less Sodium Teriyaki Glaze	01657
Less Sodium Gluten-Free Teriyaki Marinade & Sauce	01045
Less Sodium Teriyaki Marinade & Sauce	01046



#### **ASIAN SAUCES**

ASIAN SAUCES	
Hoisin Sauce	01542
Katsu Sauce	02154
Lime Ponzu Seasoned Dressing & Sauce	02305
Ponzu Citrus Seasoned Dressing & Sauce*	02084
Gluten-Free Orange Sauce	01575
No Preservatives Added Poke Sauce	01658
Rice Vinegar	02020
Gluten-Free Non-GMO Sesame Oil	01702
Gluten-Free Sriracha Hot Chili Sauce	01526
Sushi Sauce (Unagi Tare)	01564
Sweet & Sour Sauce	04902
No Preservatives Added Low Sodium Gluten-Free Sweet & Sour Sauce	01656
Gluten-Free Thai Style Chili Sauce*	01546
Wasabi Sauce	00719



<sup>\*</sup>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

#### Splay 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**

#### That Chill Ranch

21/2 aps Gluben-Free Thai Style Chili Sauce 01546

1/2 aup Gluben-Free Sriracha Hot Chili Sauce 01526

1/2 cup Lime Ponzu Sauce 02305

3 cups Ranch dressing

#### Terlyaki BBQ

16 oz Less Sodium NPA Teriyaki Glaze\* 01657

4 oz Less Sodium Soy Sauce 00130

**12 oz** BBQ sauce

2 oz Ginger, minced

#### Pineapple Terityaki

4 cups Less sodium NPA Teriyaki Glaze 01564

1 cup Sushi Sauce Unagi Tare 01564

1 cup Pineapple juice

#### 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

## **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

#### Splay Honey

6 oz Less Sodium Soy Sauce 00130

6 oz Gluten-Free Sriracha Hot Chili Sauce 01526

**24 oz** Honey

#### Sweet Sesame Terliyaki

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

#### Sweet & Splay 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

\*NPA: No Preservatives Added

#### Honey Pineapple BBQ

16 oz Teriyaki Baste & Glaze with Honey Pineapple 01657

12 oz BBQ sauce

2 oz Ginger, minced



## **ASIAN STYLE PORRIDGE**

Grain, Meat/Meat Alternate		Main Dish	50 Servings		
Ingredients	Weight	Measure	Directions		
Water		3 gallons	Add water and vegetable base to la	3	
Vegetable base, low sodium		1/2 cup	and bring to a simmer. Add oats an crumbles to oats and cook for appr	oximately 10 more	
Rolled oats, quick		25 cups	minutes, stirring occassionally. Add butter and soy so stir until butter is completely melted and mixed in wi		
Sausage crumbles	1 pound 9 ounces	as needed	mixture.		
Butter, unsalted		1/2 cup	Hold hot at 135°F or higher until time of service.		
Kikkoman® Less Sodium Soy Sauce		1/2 cup	Serve 1 cup of oats with an 8 oz sp	oodle.	
Kimchi slaw (optional)		as needed	Offer sausage crumbles, kimchi slaw, and spicy mayo as		
Spicy mayonnaise		as needed	additional toppings.		
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

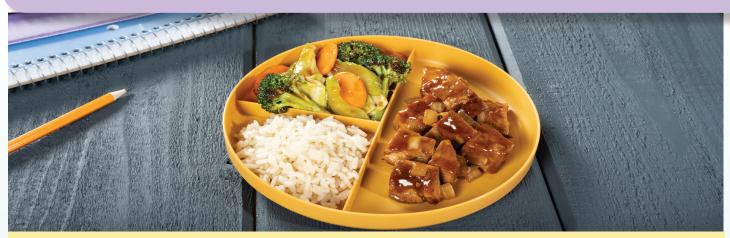


## **ITALIAN STYLE ORANGE PASTA**

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

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		



## 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, ging and garlic. With gloved hands pour marinade over raw pork chunks and mix until pork is covered. Cover and h			
Kikkoman® Gluten-Free Non-GMO Sesame Oil		1/2 cup				
Kikkoman® Less Sodium Soy Sauce		1/4 cup	cold at 41°F or below for 1 day. Afte oven to 400°F. Place pork pans on s	* 1		
Garlic, finely minced		2 Tbsp.	speed rack, and hold cold at 41°F or			
Ginger, finely minced		2 Tbsp.	of service.			
Yellow onion, diced	4 oz.					
Kikkoman® Sweet and Sour Sauce		7 cups	Day of service preheat oven to 350° and diced onions to 4-inch hotel parts.	•		
Scallions, sliced on bias		as needed	and sour sauce and stir to combine			
Vegetable Stir Fry:			Cover pan with parchment paper an			
Cabbage, chopped	3 lbs. 10oz.		pork for 2 hours. Hold hot covered a	9		
Celery, sliced thin on bias	2 lbs. 14oz.		until time of service. In a bowl, mix s			
Broccoli, florets	2 lbs		garlic, and ginger. Add vegetables in	9 ,		
Carrots, finely minced	8 oz.		sheet pans. Roast vegetables in sam the last 25-30 minutes. Add pork to	·		
Garlic, finely minced		2 Tbsp.	before service. Garnish with green o	9 1		
Ginger, finely minced		2 Tbsp.	to 4-inch shotgun pan. Serve pork and vegetables w			
Kikkoman® Gluten-Free Non-GMO Sesame Oil		1/4 cup	oz spoodles.			
Kikkoman® Less Sodium Soy Sauce		1/4 cup				

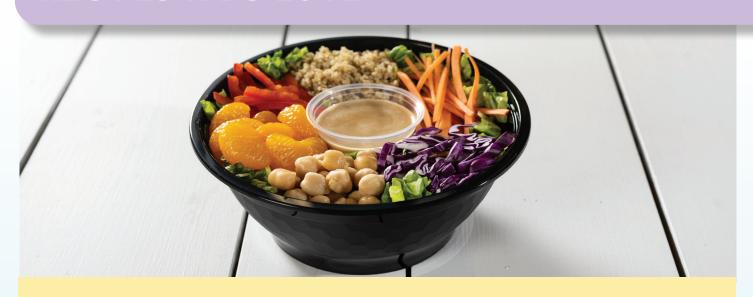
Nutrients Per Serving:					
Calories	247	Cholesterol	74.3 mg	Dietary Fiber	2 g
Total Fat	6.6 g	Sodium	389 mg	Total Sugars	11 g
Saturated Fat	0.5 g	Carbohydrates	16.3 g	Protein	26.4 g



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

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



### **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 dre	essing ingredients to a		
Kikkoman® Gluten-Free Non-GMO Sesame Oil		2 cups	bowl and whisk together or use an immersion blend mix. Pour 1 1/2 ounces into a 2-ounce soufflé cup an			
Kikkoman® Ponzu Citrus Seasoned Dressing & Sauce		1 cup	cover. Hold at 41°F or below. To Assemble: Place 2 cu of romaine, 1 cup of quinoa, 1/2 cup chickpeas, 1/2 c mandarin oranges, 1/4 cup red bell peppers, 1/4 cup			
Honey		1 cup				
Garlic, finely minced		2 Tbsp.	carrots, 1 1/2 ounces ponzu dressing.			
Salad:			1 control of the cont	J		
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.					

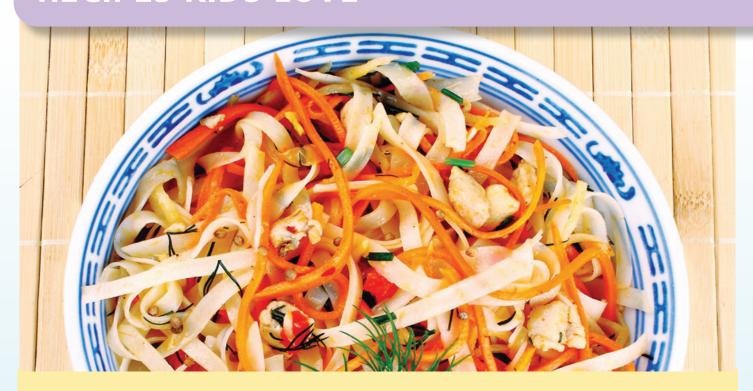
Nutrients Per Serving:					
Calories	512	Cholesterol	.04 mg	Dietary Fiber	14.1 g
Total Fat	14.1 g	Sodium	281.8 mg	Total Sugars	18 g
Saturated Fat	1.8 g	Carbohydrates	83.2 g	Protein	15.5 g



## 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.		In a bowl, whisk together wet ingredients for slaw recipe with salt and pepper. Using gloved hands, toss slaw
Kikkoman® Gluten-Free Thai Chili Sauce		7 cups	vegetables together with dressing until well incorporated.  Cover and hold at 41°F or below. Prepare slaw minimum
Hoagie roll, whole grain		50 ea.	of 1 hour before service. Preheat oven to 400°F. Place chicken in single layer on lined sheet pans. Cook chicken
Spicy Slaw:			for 16-20 minutes until it reaches internal temperature of
Kikkoman® Gluten-Free Sriracha Hot Chili Sauce		1/2 cup	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
Mayonnaise, low fat		3/4 cup	hold at 135°F or higher until time of service. Right before
Honey		1/2 cup	service, add 3.6 oz. of sauced chicken to each hoagie
Plain greek yogurt, 0% fat		2 1/2 cups	bun, top with ½ cup slaw.
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.		Offer Cilantro and green onions as additional garnish.

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



## **Spicy Noodle Salad with Chicken**

Grain, Meat/Meat Altern	ate		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.				
Spaghetti, whole grain rich, dry	4 lbs		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 chil spaghetti. Drain chilled spaghetti and transfer to a la mixing container. Place the unseasoned fajita chicker into a separate large mixing bowl. Pour ½ cup of the Kikkoman® Poke Sauce over the chicken and stir to each piece. Combine the chilled spaghetti, cucumber red bell pepper and carrots. Pour the remaining 1½ cups of the Kikkoman® Poke Sauce over the pasta a vegetables. Gently stir to combine. To serve, portion cup of the spicy soy noodles in a portion container. To				
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	with 2.5 ounces of chicken. Hold chilled for se				

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 hone add Kikkoman® Ponzu Citrus Seaso	•		
Honeydew, fresh, 1-inch dice		1 cup	stir to coat the diced melon.  Hold chilled at or below 40°F until service.  Just before service stir in the finely sliced fresh spearm  Serve 1/2 cup portions.			
Kikkoman® Ponzu Cirtrus Seasoned Dressing		1 cup				
Spearmint, fresh, finely sliced		2 Tbsp.	Offer dollop of yogurt over top.			

#### **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





#### Delicious Flavors

- Original
- Chocolate
- Creamy Vanilla





- 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 mik
- **Cholestrerol-free and low in saturated**
- No preservatives added, minimally processed and pasteurized Made with whole organic soybeans
- and lactose-free
- made with no artificial ingredients or



