

WELCOME TO YOUR TASTE & VOTE KIT

WHY HOST A TASTE & VOTE EVENT?

Having a Taste & Vote at school events gives students and their families the opportunity to try new and unfamiliar foods together and you can receive immediate feedback on potential menu items! Plus, Taste & Vote activities are a great way to highlight your school meal program.

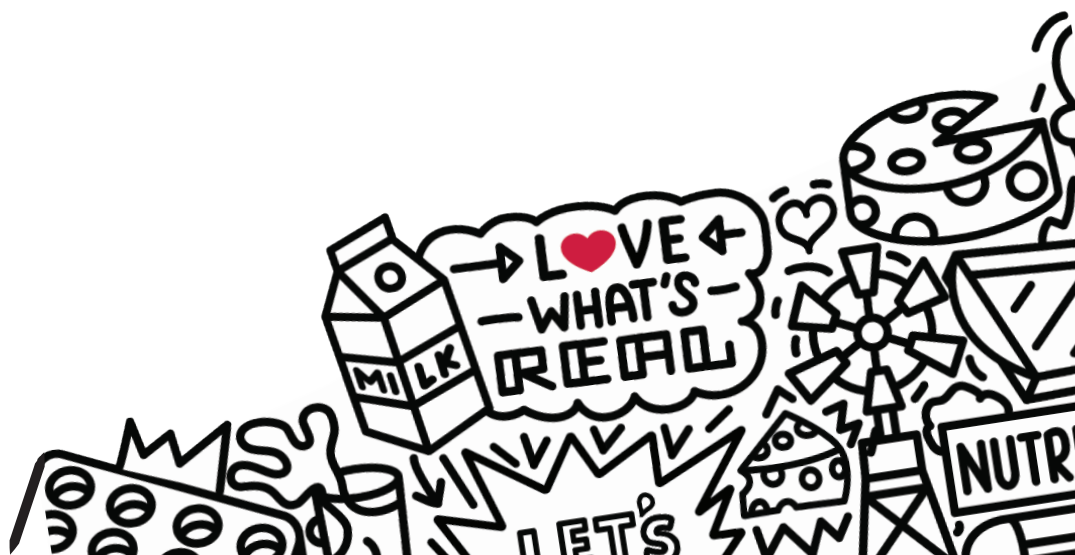
The American Dairy Association Mideast is pleased to provide this Taste & Vote kit, which includes:

- Downloadable Large-Batch Recipes
- Student Evaluation Cards
- Downloadable At-Home Recipes
- 11x17 Customizable Poster

RECIPES INCLUDE

- Strawberry Pancake Yogurt Parfait
- Caprese Chicken Wrap
- Chicken Alfredo Pizza
- Pizza Pizzazz Shaker
- Buffalo Chicken Parfait
- Fiesta Parfait
- Nacho Cheesy Fiesta Bowl

To download recipe photos to include in your online menu, [click here](#).



TASTE & VOTE EVENT TIPS

FOOD SAFETY

- Keep ingredients and prepared samples cold – be prepared with enough coolers and ice or reusable ice packs to store samples.
- Use gloves or tongs to ensure no bare hands come in contact with food.
- Wash hands and utensils often and have paper towels and hand sanitizer accessible at all times.
- Refrigerate each batch as completed and present prepared samples in small batches.
- Same day service is recommended for recipes.

ASSEMBLY

- Calculate the portion size for sample cups – for these recipes 1/8 of a portion for a 5-oz cup or 1/16 of a portion for a 3-oz cup.
- Convert recipe quantities for your audience size (see conversion chart).
- Calculate grocery list.
- Prep food items before laying out cups.
- Assemble samples in assembly-line fashion in batches that take no more than 10 to 15 minutes.
- Do not overfill sample cups; leave air space for the lid to prevent smashing.
- Use aluminum pans to layer samples in coolers.
- Add fresh garnishes as close to serving time as possible to prevent wilting.

PREPARE FOR YOUR EVENT

- Bring notes with talking points.
- Bring appropriate measuring and serving utensils.
- Bring appropriate utensils and napkins.
- Assemble one full size portion to display for visual reference.

CONVERSION CHART

1 tsp	1/3 Tbsp	1/6 oz
1 Tbsp	2 tsp	1/2 oz
1/8 cup	2 Tbsp	1 oz
1/4 cup	4 Tbsp	2 oz
1/3 cup	5 Tbsp + 1 tsp	2 2/3 oz
1/2 cup	8 Tbsp	4 oz
1 cup	1/2 pint	8 oz
1 pint	2 cups	16 oz
1 qt	4 cups	32 oz
1 liter	1 1/16 qt	4 1/6 cups
1 gal	4 qts	16 cups



TASTE & VOTE EVENT TIPS

ABOUT THE RECIPES

Use the large-batch recipe cards for your school kitchen. The at-home recipe cards can be distributed to students and families during the event. Links to these recipes and more can be found at Drink-Milk.com.

Each of our dairy-licious recipes:

- Utilize multiple commodity ingredients
- Include suggested meal components
- List HCAPP process
- Were developed with students in mind using flavor profiles they enjoy
- Were taste-tested by K-12 students
- Help provide nutrition students need with a fresh twist to flavors they love
- Began as concept recipes
- Have been tested and tweaked by real school cooks

BENEFITS

Taste & Vote events provide a safe environment for students to taste new foods and provide insight into an item's acceptability, while also promoting the school meal program. They can be used at events to engage and inform students and families, as well as keep menu items on trend with student tastes.

TESTIMONIAL

"The Taste Test brought many parents to our table to add money to their child's lunch account. I collected about \$1500 last night to put on the students' lunch accounts. That is a large amount for us to collect at an open house (especially at the high school level). We had a computer set up, and I got to teach several parents how to go on-line and enter money on their child's account which is another time savings for me. We had helpers that kept the taste test going while I got to work with parents. Overall a win-win situation!"

~ Debbie Robertson, Food Service Director, Bright Local School



RESPONSIBLY
PRODUCED

REAL ENJOYMENT

TASTE & VOTE!

#UNDENIABLYDAIRY

TASTE & VOTE!

ITEM TASTED: _____

YUM! I WOULD EAT IT AGAIN

MEH, I WOULDN'T EAT IT AGAIN

COMMENTS: _____

TASTE & VOTE!

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TASTE & VOTE!

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TASTE & VOTE!

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YUM! I WOULD EAT IT AGAIN

MEH, I WOULDN'T EAT IT AGAIN

COMMENTS: _____



Strawberry Pancake Yogurt Parfait

Strawberry Pancake Yogurt Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

Low Fat Vanilla Yogurt
 Frozen Strawberries, diced
 Frozen WG Mini Pancakes w/Maple Flavor

Measure

1 gal + 2 qt + 1 cup
 1 gal + 2 qt + 1 cup
 200

Directions

1. If strawberries are frozen in syrup, thaw and drain in colander. Frozen diced or sliced berries do not need to be thawed before adding to cup.
2. Thaw pancakes. Use 4 pancakes per parfait.
3. In a 12-oz cup layer:
 - » 2 pancakes
 - » ¼ cup yogurt
 - » ¼ cup strawberries
 - » Repeat layering
4. Cover and keep refrigerated until service.
5. Serve chilled, can be held overnight.

Notes:

Can substitute raspberries or blueberries, or medley of berries for strawberries.

Meal Components

1 serving provides 1 oz of meat/meat alternate, 1 oz of whole grain rich and .5 cup of fruit.

Yield

50 servings

Nutrients Per Serving

Calories	196 kcal	Sodium	213mg	Iron	2 mg
Total Fat	2 gm	Carbohydrates	40 gm	Calcium	128 mg
Saturated Fat	1 gm	Dietary Fiber	3 gm	Vitamin A	995 iu
Cholesterol	7 mg	Protein	5 gm	Vitamin C	30 mg

For more school recipes, visit Drink-Milk.com or USDairy.com

STRAWBERRY PANCAKE PARFAIT

VISUAL RECIPE GUIDE



TOOLS & INGREDIENTS



DRAIN



LAYER



REPEAT LAYER



GARNISH



FINAL





Caprese Chicken Wrap

Caprese Chicken Wrap

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	Measure	Directions
1-oz Mozzarella sticks or shredded mozzarella	3 lbs + 2 oz	<ol style="list-style-type: none"> Mix together ranch dressing and basil pesto to make dressing. Brush each wrap with 1 Tbsp of dressing. Place a mozzarella stick/1 oz shredded mozzarella in center of each wrap. Arrange 1 oz chicken in center of wrap, leaving a 1-inch border all around. Top with ½ cup lettuce and ¼ cup tomatoes. Fold bottom of wrap over filling, then fold into sides and roll tightly, starting from the bottom. Cover and keep refrigerated until service. Serve chilled, can be held overnight.
10-inch Whole Grain Wrap/Tortilla	50	
Cooked Chicken, shredded	50 oz	
Lettuce, shredded	1 gal + 2 qt + 1 cup	
Tomatoes, chopped	3 qt + ½ cup	
Ranch Dressing	3 ½ cups	
Basil Pesto	5 oz	

Notes:

Can substitute spinach for lettuce. Low sodium tortilla or any whole grain flatbread may be used. Diced, shredded, fajita or other style chicken can be substituted.

Meal Components:

1 serving provides 2 oz equivalent whole grain rich, 3.5 oz equivalent meat/meat alternate and .25 cup red/orange and .25 cup dark green.

Yield:

50 servings

Nutrients Per Serving

Calories	442 kcal	Sodium	804 mg	Iron	3 mg
Total Fat	15 gm	Carbohydrates	40 gm	Calcium	291mg
Saturated Fat	7 gm	Dietary Fiber	4 gm	Vitamin A	2659 iu
Cholesterol	78 mg	Protein	34 gm	Vitamin C	7 mg

CAPRESE CHICKEN WRAP

VISUAL RECIPE GUIDE



TOOLS & INGREDIENTS



MIX



ARRANGE



TOP



FOLD



FINAL





Chicken Alfredo Pizza

Chicken Alfredo Pizza

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

Ingredients	Measure
Unsalted Butter	¼ cup
Fresh Cloves Garlic, minced	4 cloves
All Purpose Flour	¾ cup
Whole Milk	2 qt
Parmesan Cheese, grated	3 cups
Iodized Salt	1 Tbsp
14-inch Sheeted Pizza Dough	5
Mozzarella Cheese, shredded	2 qts + 2 cups
Chicken Strips	2 lbs + 8 oz
Frozen Peas	1 qt + 1 cup

Directions

1. Mince garlic cloves.
2. Melt butter in large sauce pan over medium heat. Cook garlic for 1-2 minutes or until fragrant. Stir in flour. Cook, stirring for 2 minutes.
3. Whisk in milk. Cook over low heat, stirring for 13-15 minutes or until thickened. Stir in parmesan cheese and salt. Remove from heat and let cool. Yield will be about 8 cups of alfredo sauce.
4. Preheat oven to 500° F. Spread 1 ½ cups alfredo sauce over each frozen pizza crust. Next, scatter 1 cup mozzarella cheese over top, followed by ½ lb chicken strips, 1 cup peas and another 1 cup mozzarella cheese over each pizza.
5. Transfer pizza to pizza pans. Bake in 3 batches on top and bottom racks, rotating and switching pans halfway through. Bake for 15 minutes or until crust is cooked through and cheese is golden and bubbly.
6. Cut each pizza into 8 slices and serve.

Notes:

Use part skim low moisture mozzarella.

Meal Components:

1 serving provides 2 oz equivalent whole grain rich, 2 oz equivalent meat/meat alternate.

Yield:

40 servings

Nutrients Per Serving

Calories	365 kcal	Sodium	731 mg	Iron	2 mg
Total Fat	17 gm	Carbohydrates	33 gm	Calcium	308 mg
Saturated Fat	8 gm	Dietary Fiber	3 gm	Vitamin A	453 iu
Cholesterol	60 mg	Protein	22 gm	Vitamin C	2 mg

For more school recipes, visit Drink-Milk.com or USDairy.com



Pizza Pizzazz Shaker

Pizza Pizzazz Shaker

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

Ingredients	Measure
Low Sodium Marinara Sauce	1 qt + 2 ¼ cup
Whole Grain Rich Rotini, cooked	6 lbs + 4 oz (dry)
Grape Tomatoes, chopped	3 qt + ½ cup
Red Pepper, diced	1 qt + 2 ¼ cup
Green Peppers, diced	1 qt + 2 ¼ cup
Low Sodium Turkey Pepperoni Slices	1 lb + 15 oz
Mozzarella, shredded	4 lbs + 11 oz
Fat Free, Low Sodium Italian Dressing	1 qt + 2 ¼ cup
Italian Herbs	3 Tbsp + 1 tsp

Directions

1. Prepare pasta al dente. Drain and cool. Toss pasta with Italian herbs.
2. Portion out 2 Tbsp of dressing into 1-oz cups with lids.
3. Layer into 16-oz clear salad shaker cups:
 - » 2 Tbsp marinara sauce
 - » 1 cup pasta
 - » ¼ cup grape tomatoes
 - » 1/8 cup red peppers
 - » 1/8 cup green peppers
 - » 8 turkey pepperoni slices
 - » 1 1/2 oz mozzarella
4. Place dressing cup upside down inside domed lid or serve separately.
5. Cover and keep refrigerated until service.
6. Serve chilled, can be held overnight.

Notes:

Use part skim low moisture mozzarella. If not using creditable turkey pepperoni, increase cheese to 2 oz per serving. Serve with cheesy breadsticks to meet additional meat/meat alternate, if needed.

Meal Components:

1 serving provides 2 equivalent whole grain rich, 2 equivalent meat/meat alternate and ½ cup vegetable (.375 cup red/orange and .125 cup other).

Yield:

50 servings

Nutrients Per Serving

Calories	428 kcal	Sodium	609 mg	Iron	2 mg
Total Fat	13 gm	Carbohydrates	53 gm	Calcium	329 mg
Saturated Fat	6 gm	Dietary Fiber	6 gm	Vitamin A	1685 iu
Cholesterol	35 mg	Protein	22 gm	Vitamin C	58 mg

For more school recipes, visit Drink-Milk.com or USDairy.com

PIZZA PIZZAZZ SHAKER

VISUAL RECIPE GUIDE



TOOLS & INGREDIENTS



TOSS



LAYER



LAYER



GARNISH



FINAL





Fiesta Parfait

Fiesta Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	Measure	Directions
Pinto Beans, drained	12 ½ cups	1. Drain and rinse beans. Set aside.
Low Fat Plain Yogurt	6 ¼ lbs	2. Mix yogurt with Mexican seasoning. Set aside.
Mexican Seasoning	¼ cup	3. Layer into 12-oz clear cups:
Low Sodium Salsa	9 cups + 6 tbsp	» ½ cup drained beans
Iceberg Lettuce	14 oz	» ½ cup seasoned yogurt
Cheddar Cheese, shredded	6 ½ oz	» ¾ cup (6 Tbsp) salsa
		» ¼ cup shredded lettuce (credits ½ cup)
		» Garnish with 1 Tbsp Cheddar cheese

Notes:

Serve with tortilla chips for dipping.

Meal Components:

12-oz cup portion meets 1 meat/meat alternate and 2 vegetable servings.

Yield:

25 servings

Nutrients Per Serving

Calories	160 kcal	Sodium	270 mg	Iron	0% DV
Total Fat	3 gm	Carbohydrates	20 gm	Calcium	20% DV
Saturated Fat	2 gm	Dietary Fiber	5 gm	Vitamin A	4% DV
Cholesterol	12 gm	Protein	11 gm	Vitamin C	2% DV

FIESTA PARFAIT

VISUAL RECIPE GUIDE



TOOLS & INGREDIENTS



DRAIN



MIX



LAYER



GARNISH



FINAL





Buffalo Chicken Parfait

Buffalo Chicken Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

Fat Free Plain Yogurt
 Onion Powder
 Garlic Powder
 Black Pepper
 Chives, freeze-dried
 Dried Parsley
 Cooked Chicken, diced
 Hot Sauce
 Celery
 Cheddar Cheese, shredded

Measure

3 qt + 4 oz
 2 Tbsp
 ¼ oz
 ½ tsp
 1 tsp
 1 Tbsp
 1 lb + 9 oz
 2 oz
 4 ½ lbs
 1 lb + 9 oz

Directions

1. Mix yogurt with all spices. Set aside.
2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside.
3. Clean celery. Remove tops and cut into 6-inch sticks.
4. Using an 8-oz clear cup, layer:
 - » ½ cup ranch flavored yogurt
 - » 1 oz chicken mixture
 - » 1 oz Cheddar cheese
 - » Place 4 celery sticks in cups

Meal Components:

1 serving provides 3 oz meat/meat alternate and ½ cup vegetable.

Yield:

25 servings

Nutrients Per Serving

Calories	250 kcal	Sodium	560 mg	Iron	4% DV
Total Fat	11 gm	Carbohydrates	14 gm	Calcium	30% DV
Saturated Fat	6 gm	Dietary Fiber	1 gm	Vitamin A	2% DV
Cholesterol	60 mg	Protein	27 gm	Vitamin C	15% DV

BUFFALO CHICKEN PARFAIT

VISUAL RECIPE GUIDE



TOOLS & INGREDIENTS



MIX



TOSS



FILL



LAYER



FINAL





Nacho Cheesy Fiesta Bowl

Cheesy Nacho Fiesta Bowl

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

Ingredients	Measure
Yellow or White Real Nacho Cheese Sauce	7 lb 4 oz
Fat Free Milk	1 qt ½ cup
Reduced Fat Beef Taco Filling	4 lbs
Low Sodium Black Beans	3 qt ½ cup
Tomatoes, diced	1 qt 2 ¼ cup
Bell Peppers, diced	1 qt 2 ¼ cup
Reduced Fat Cheddar Cheese, shredded	1 qt 2 cups
Jalapeno Peppers, sliced	3 cups
1.5-oz Bag Whole Grain Tortilla Chips	50

Directions

1. Combine cheese sauce and milk in a pot or soup kettle. Cook, stirring often, over medium heat until simmering.
2. Cook taco filling according to package directions.
3. Drain and rinse beans, add to ground beef.
4. Hold soup and beef/bean mixture for hot service.
5. Prep tomatoes, bell peppers and jalapenos for cold service.
6. For each serving, ladle ½ cup cheese sauce into each bowl.
Top with:
 - » 2 oz taco filling/bean mixture
 - » ⅓ cup tomatoes
 - » ⅓ cup bell peppers
 - » 1 Tbsp jalapenos
 - » 2 Tbsp Cheddar cheese
7. Serve each bowl with whole grain tortilla chips.

Notes:

Meal Components:

1 serving provides 2 oz equivalent meat/meat alternate, 2 oz equivalent whole grain rich, .125 cup red/orange and .125 cup other.

Yield:

50 servings

Nutrients Per Serving

Calories	475kcal	Sodium	1022 mg	Iron	3 mg
Total Fat	22 gm	Carbohydrates	50 gm	Calcium	397 mg
Saturated Fat	9 gm	Dietary Fiber	8 gm	Vitamin A	749 iu
Cholesterol	52 mg	Protein	22 gm	Vitamin C	23 mg

For more school recipes, visit Drink-Milk.com or USDairy.com

NACHO CHEESY FIESTA BOWL

VISUAL RECIPE GUIDE



TOOLS & INGREDIENTS



MIX



DRAIN



MIX



ASSEMBLE



FINAL





American Dairy Association
MID-EAST 

strawberry pancake yogurt parfait

Makes 1 serving

INGREDIENTS

½ cup plain yogurt
1 cup strawberries, diced
4 frozen whole grain mini pancakes
¾ tsp maple syrup

INSTRUCTIONS

1. Thaw pancakes.
2. Mix together yogurt with maple syrup.
3. In a 12-oz cup layer 2 pancakes, ¼ cup yogurt mixture and ½ cup strawberries. Repeat layering.
4. Serve chilled (can be prepped ahead of time and refrigerated overnight).

NUTRITION FACTS: PER SERVING

Calories: 196	Calcium: 128 mg
Total Fat: 7 g	Protein: 5 g
Saturated Fat: 1 g	Carbohydrates: 40 g
Cholesterol: 7 mg	Dietary Fiber: 3 g
Sodium: 213 mg	Vitamin A: 995 iu
Iron: 2 mg	Vitamin C: 30 mg

Visit Drink-Milk.com for more recipes!



American Dairy Association
MID-EAST 

caprese chicken wrap

Makes 4 servings

INGREDIENTS

4 whole grain tortillas
4 oz cooked chicken, shredded or diced
4 oz mozzarella cheese shredded or 4 cheese sticks
2 cups romaine lettuce, shredded
1 cup tomatoes, diced
¼ cup + ½ tsp ranch dressing
½ oz basil pesto

INSTRUCTIONS

1. Mix ranch dressing and basil pesto to make dressing.
2. Brush each wrap with 1 Tbsp of ranch pesto dressing.
3. Place 1 oz cheese in center of tortilla.
4. Arrange cooked chicken in center of tortilla, leaving 1-inch border all around.
5. Top with ½ cup romaine and ¼ cup tomatoes.
6. Roll tortilla and serve chilled, can be held overnight.

NUTRITION FACTS: PER SERVING

Calories: 504	Calcium: 438 mg
Total Fat: 22 g	Protein: 46 g
Saturated Fat: 6 g	Carbohydrates: 36 g
Cholesterol: 84 mg	Dietary Fiber: 4 g
Sodium: 872 mg	Vitamin A: 101 iu
Iron: 3 mg	Vitamin C: 0 mg

Visit Drink-Milk.com for more recipes!





Chicken Alfredo Pizza

Makes 1 pizza, 8 slices

INGREDIENTS

2 Tbsp + ½ tsp unsalted butter
 1 clove garlic, minced
 1 ½ cups whole milk
 ½ cup grated parmesan
 ¼ tsp iodized salt
 14-inch pizza crust
 2 cups mozzarella, shredded
 8 oz chicken breast strips
 1 cup peas

INSTRUCTIONS

1. Melt butter in sauce pan over medium heat. Cook garlic for 1-2 minutes. Stir in flour and cook, stirring for 2 minutes. Whisk in milk and cook over low heat, stirring for 13-15 minutes or until thickened. Stir in parmesan cheese and salt. Remove from heat and let cool.
2. Preheat oven to 500° F. Spread alfredo sauce over pizza crust. Scatter 1 cup mozzarella cheese over top, followed by chicken strips, peas and another 1 cup mozzarella cheese.
3. Bake for 15 minutes or until crust is cooked through and cheese is golden and bubbly.
4. Cut pizza into 8 slices and serve.

NUTRITION FACTS: PER SERVING

Calories: 365	Calcium: 308 mg
Total Fat: 16 g	Protein: 22 g
Saturated Fat: 8 g	Carbohydrates: 33 g
Cholesterol: 60 mg	Dietary Fiber: 3 g
Sodium: 731 mg	Vitamin A: 453 iu
Iron: 2 mg	Vitamin C: 2 mg

Visit Drink-Milk.com for more recipes!



Pizza Pizzazz Shaker

Makes 4 servings

INGREDIENTS

1 lb 4 oz whole grain rotini, cooked
 1 tsp Italian herbs
 ½ cup pizza sauce
 1 cup grape tomatoes
 ½ cup red pepper, diced
 ½ cup green pepper, diced
 2 ½ oz turkey pepperoni
 6 oz mozzarella, shredded
 ½ cup Italian dressing

INSTRUCTIONS

1. Prepare pasta al dente. Drain and cool. Toss pasta with Italian herbs and dressing.
2. For each individual salad, layer 2 Tbsp pizza sauce, 1 cup pasta, ¼ cup grape tomatoes, ¼ cup red peppers, ¼ cup green peppers, 8 turkey pepperoni slices and 1 ½ oz mozzarella.
3. Cover and keep refrigerated. Serve chilled, can be held overnight.

NUTRITION FACTS: PER SERVING

Calories: 428	Calcium: 329 mg
Total Fat: 13 g	Protein: 22 g
Saturated Fat: 6 g	Carbohydrates: 53 g
Cholesterol: 35 mg	Dietary Fiber: 6 g
Sodium: 609 mg	Vitamin A: 1685 iu
Iron: 2 mg	Vitamin C: 58 mg

Visit Drink-Milk.com for more recipes!





Fiesta Parfait

Makes 1 serving

INGREDIENTS

- ½ cup pinto beans, drained
- ½ cup low fat plain yogurt
- ½ tsp Mexican seasoning
- 6 Tbsp low sodium salsa
- ¼ cup iceberg lettuce
- 1 Tbsp Cheddar cheese, shredded

INSTRUCTIONS

1. Drain and rinse beans. Set aside.
2. Mix yogurt with Mexican seasoning. Set aside.
3. Using an 8-oz clear cup, layer drained beans, seasoned yogurt, salsa and shredded lettuce.
4. Garnish with cheese and serve with tortilla chips for dipping.

NUTRITION FACTS: PER SERVING

Calories: 160	Calcium: 20% DV
Total Fat: 3 g	Protein: 11 g
Saturated Fat: 2 g	Carbohydrates: 20 g
Cholesterol: 12 mg	Dietary Fiber: 5 g
Sodium: 270 mg	Vitamin A: 4% DV
Iron: 0% DV	Vitamin C: 2% DV

Visit Drink-Milk.com for more recipes!



Buffalo Chicken Parfait

Makes 1 serving

INGREDIENTS

- ½ cup fat free plain yogurt
- ¼ tsp onion powder
- ¼ tsp granulated garlic
- Pinch ground black pepper
- Pinch freeze-dried chives
- ¼ tsp dried parsley
- 1 oz cooked chicken, diced
- 1 tsp hot sauce
- 4 6-inch celery sticks
- 1 oz Cheddar cheese, shredded

INSTRUCTIONS

1. Mix yogurt with all spices. Set aside.
2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside.
3. Using an 8-oz clear cup, layer seasoned yogurt, chicken and cheese.
4. Place celery sticks into cup and serve.

NUTRITION FACTS: PER SERVING

Calories: 250	Calcium: 30% DV
Total Fat: 11 g	Protein: 27 g
Saturated Fat: 6 g	Carbohydrates: 14 g
Cholesterol: 60 mg	Dietary Fiber: 1 g
Sodium: 560 mg	Vitamin A: 2% DV
Iron: 4% DV	Vitamin C: 15% DV

Visit Drink-Milk.com for more recipes!



QUESTIONS?

Contact your area representative!

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