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

<table>
<thead>
<tr>
<th></th>
<th>1 tsp</th>
<th>1/3 Tbsp</th>
<th>1/6 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tbsp</td>
<td>3 tsp</td>
<td>2 Tbsp</td>
<td>1/2 oz</td>
</tr>
<tr>
<td>1/8 cup</td>
<td>2 Tbsp</td>
<td>1 oz</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>4 Tbsp</td>
<td>2 oz</td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>5 Tbsp + 1 tsp</td>
<td>2 2/3 oz</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>8 Tbsp</td>
<td>4 oz</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>1/2 pint</td>
<td>8 oz</td>
<td></td>
</tr>
<tr>
<td>1 pint</td>
<td>2 cups</td>
<td>16 oz</td>
<td></td>
</tr>
<tr>
<td>1 qt</td>
<td>4 cups</td>
<td>32 oz</td>
<td></td>
</tr>
<tr>
<td>1 liter</td>
<td>1 1/16 qt</td>
<td>4 1/6 cups</td>
<td></td>
</tr>
<tr>
<td>1 gal</td>
<td>4 qts</td>
<td>16 cups</td>
<td></td>
</tr>
</tbody>
</table>
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
TASTE & VOTE!
ITEM TASTED: ________________________________

☐ YUM! I WOULD EAT IT AGAIN

☐ MEH, I WOULDN’T EAT IT AGAIN

COMMENTS: ________________________________

________________________________________

________________________________________

TASTE & VOTE!

ITEM TASTED: ________________________________

☐ YUM! I WOULD EAT IT AGAIN

☐ MEH, I WOULDN’T EAT IT AGAIN

COMMENTS: ________________________________

________________________________________

________________________________________

TASTE & VOTE!

ITEM TASTED: ________________________________

☐ YUM! I WOULD EAT IT AGAIN

☐ MEH, I WOULDN’T EAT IT AGAIN

COMMENTS: ________________________________

________________________________________

________________________________________

TASTE & VOTE!
Strawberry Pancake Yogurt Parfait

Yield: 25 servings

Ingredients
- ¼ cup shredded lettuce (credits ⅛ cup)
- 1 gal + 2 qt + 1 cup Frozen Strawberries, diced
- 1 gal + 2 qt + 1 cup Frozen WG Mini Pancakes w/Maple Flavor

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

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.

Directions
1. If strawberries are frozen in syrup, thaw and drain in colander.
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.

Recipe HACCP Process: #2 Same Day Service

For more school recipes, visit Drink-Milk.com or USDairy.com
Caprese Chicken Wrap
Main Dish

Yield: 50 servings

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-oz Mozzarella sticks or shredded mozzarella</td>
<td>3 lbs + 2 oz</td>
</tr>
<tr>
<td>10-inch Whole Grain Wrap/Tortilla</td>
<td>50</td>
</tr>
<tr>
<td>Cooked Chicken, shredded</td>
<td>50 oz</td>
</tr>
<tr>
<td>Lettuce, shredded</td>
<td>1 gal + 2 qt + 1 cup</td>
</tr>
<tr>
<td>Tomatoes, chopped</td>
<td>3 qt + ½ cup</td>
</tr>
<tr>
<td>Ranch Dressing</td>
<td>3 ½ cups</td>
</tr>
<tr>
<td>Basil Pesto</td>
<td>5 oz</td>
</tr>
</tbody>
</table>

Directions

1. Mix together ranch dressing and basil pesto to make dressing.
2. Brush each wrap with 1 Tbsp of dressing.
3. Place a mozzarella stick/1 oz shredded mozzarella in center of each wrap.
4. Arrange 1 oz chicken in center of wrap, leaving a 1-inch border all around.
5. Top with ½ cup lettuce and ¼ cup tomatoes.
6. Fold bottom of wrap over filling, then fold into sides and roll tightly, starting from the bottom.
7. Cover and keep refrigerated until service.
8. Serve chilled, can be held overnight.

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.

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Iron</th>
<th>Calcium</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
</tr>
</thead>
<tbody>
<tr>
<td>804 mg</td>
<td>442 kcal</td>
<td>15 gm</td>
<td>7 gm</td>
<td>78 mg</td>
<td>804 mg</td>
<td>3 mg</td>
<td>291mg</td>
<td>2659 IU</td>
<td>7 mg</td>
</tr>
</tbody>
</table>

For more school recipes, visit Drink-Milk.com or USDairy.com
CAPRESE CHICKEN WRAP
VISUAL RECIPE GUIDE

TOOLS & INGREDIENTS

MIX

ARRANGE

TOP

FOLD

FINAL
Chicken Alfredo Pizza

**Main Dish**

**Recipe HACCP Process:** #2 Same Day Service

**Ingredients**

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

**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**

<table>
<thead>
<tr>
<th>Calories</th>
<th>365 kcal</th>
<th>Sodium</th>
<th>731 mg</th>
<th>Iron</th>
<th>2 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>17 gm</td>
<td>Carbohydrates</td>
<td>33 gm</td>
<td>Calcium</td>
<td>308 mg</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>8 gm</td>
<td>Dietary Fiber</td>
<td>3 gm</td>
<td>Vitamin A</td>
<td>453 iu</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>60 mg</td>
<td>Protein</td>
<td>22 gm</td>
<td>Vitamin C</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

For more school recipes, visit Drink-Milk.com or USDairy.com
CHICKEN ALFREDO PIZZA
VISUAL RECIPE GUIDE

TOOLS & INGREDIENTS

PREPARE

SPREAD

SCATTER

BAKE

FINAL
Pizza Pizzazz Shaker

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

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

Measurements:

- 1 quart = 1 qt
- 1 cup = 8 oz
- 1 lb = 16 oz
- 1 ounce = 1 oz
- 1 tablespoon = 1 Tbsp
- 1 teaspoon = 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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>428 kcal</td>
</tr>
<tr>
<td>Total Fat</td>
<td>13 gm</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>6 gm</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>609 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>53 gm</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6 gm</td>
</tr>
<tr>
<td>Protein</td>
<td>22 gm</td>
</tr>
<tr>
<td>Iron</td>
<td>2 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>329 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>1685 iu</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>58 mg</td>
</tr>
</tbody>
</table>

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

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

<table>
<thead>
<tr>
<th></th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinto Beans, drained</td>
<td>12 ½ cups</td>
</tr>
<tr>
<td>Low Fat Plain Yogurt</td>
<td>6 ¼ lbs</td>
</tr>
<tr>
<td>Mexican Seasoning</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Low Sodium Salsa</td>
<td>9 cups + 6 tbsp</td>
</tr>
<tr>
<td>Iceberg Lettuce</td>
<td>14 oz</td>
</tr>
<tr>
<td>Cheddar Cheese, shredded</td>
<td>6 ½ oz</td>
</tr>
</tbody>
</table>

Directions

1. Drain and rinse beans. Set aside.
2. Mix yogurt with Mexican seasoning. Set aside.
3. Layer into 12-oz clear cups:
   - ½ cup drained beans
   - ½ cup seasoned yogurt
   - ¾ cup (6 Tbsp) salsa
   - ¼ cup shredded lettuce (credits ⅛ 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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Iron</th>
<th>Calcium</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
</tr>
</thead>
<tbody>
<tr>
<td>160 kcal</td>
<td>3 gm</td>
<td>2 gm</td>
<td>12 gm</td>
<td>270 mg</td>
<td>20 gm</td>
<td>20 gm</td>
<td>5 gm</td>
<td>11 gm</td>
</tr>
<tr>
<td></td>
<td>0% DV</td>
<td>4% DV</td>
<td>2% DV</td>
<td>0% DV</td>
<td>20% DV</td>
<td>4% DV</td>
<td>2% DV</td>
<td>0% DV</td>
</tr>
</tbody>
</table>

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

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat Free Plain Yogurt</td>
<td>3 qt + 4 oz</td>
</tr>
<tr>
<td>Onion Powder</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Garlic Powder</td>
<td>¼ oz</td>
</tr>
<tr>
<td>Black Pepper</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Chives, freeze-dried</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Dried Parsley</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Cooked Chicken, diced</td>
<td>1 lb + 9 oz</td>
</tr>
<tr>
<td>Hot Sauce</td>
<td>2 oz</td>
</tr>
<tr>
<td>Celery</td>
<td>4 ½ lbs</td>
</tr>
<tr>
<td>Cheddar Cheese, shredded</td>
<td>1 lb + 9 oz</td>
</tr>
</tbody>
</table>

Directions

1. Mix yogurt with all spices. 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

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>250 kcal</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>11 gm</td>
<td>14% DV</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>6 gm</td>
<td>2% DV</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>60 mg</td>
<td>4% DV</td>
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<tr>
<td>Sodium</td>
<td>560 mg</td>
<td>30% DV</td>
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<tr>
<td>Carbohydrates</td>
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<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Meals Components:

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

Yield:

25 servings

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

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

### 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
   - ¼ cup tomatoes
   - ¼ cup bell peppers
   - 1 Tbsp jalapenos
   - 2 Tbsp Cheddar cheese
7. Serve each bowl with whole grain tortilla chips.

### Notes:

- 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

<table>
<thead>
<tr>
<th>Calories</th>
<th>475 kcal</th>
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<th>Iron</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>22 gm</td>
<td>Carbohydrates</td>
<td>50 gm</td>
<td>Calcium</td>
<td>397 mg</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>9 gm</td>
<td>Dietary Fiber</td>
<td>8 gm</td>
<td>Vitamin A</td>
<td>749 iu</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>52 mg</td>
<td>Protein</td>
<td>22 gm</td>
<td>Vitamin C</td>
<td>23 mg</td>
</tr>
</tbody>
</table>

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

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

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**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
- ½ tsp iodized salt
- 14-inch pizza crust
- 2 cups mozzarella, shredded
- 8 oz chicken breast strips
- 1 cup peas

**INSTRUCTIONS**
2. Preheat oven to 500º 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
- Total Fat: 16 g
- Saturated Fat: 8 g
- Cholesterol: 60 mg
- Sodium: 731 mg
- Iron: 2 mg
- Calcium: 308 mg
- Protein: 22 g
- Carbohydrates: 33 g
- Dietary Fiber: 3 g
- Vitamin A: 453 iu
- Vitamin C: 2 mg

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**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, cup red peppers, 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
- Total Fat: 13 g
- Saturated Fat: 6 g
- Cholesterol: 35 mg
- Sodium: 609 mg
- Iron: 2 mg
- Calcium: 329 mg
- Protein: 22 g
- Carbohydrates: 53 g
- Dietary Fiber: 6 g
- Vitamin A: 1685 iu
- Vitamin C: 58 mg

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

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**Buffalo Chicken Parfait**

Makes 1 serving

**INGREDIENTS**
- ½ cup fat free plain yogurt
- ¼ tsp onion powder
- tsp granulated garlic
- Pinch ground black pepper
- Pinch freeze-dried chives
- 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.
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
- Total Fat: 11 g
- Saturated Fat: 6 g
- Cholesterol: 60 mg
- Sodium: 560 mg
- Iron: 4% DV
- Calcium: 30% DV
- Protein: 27 g
- Carbohydrates: 20 g
- Dietary Fiber: 5 g
- Vitamin A: 2% DV
- Vitamin C: 15% DV

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QUESTIONS?
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