

HEALTHY KIDS MEALS EVENTS – RESTAURANT MENUS

RAMUNTOS PIZZA - BENNINGTON

Meal #1:

Pumped Up Pasta Bake (adapted from Sarasota County Schools, Sarasota, FL)

PUMPED UP PASTA BAKE

(50 servings)

Ingredients:

- 3 lb 4 oz. whole grain penne pasta
- 1 ½ #10 can diced tomatoes, canned
- 2 #10 cans black beans drained
- 1 ¼ gallons spaghetti sauce
- 1 ½ cup bread crumbs

Directions:

1. Preheat oven to 350 degrees
2. Boil pasta for 5-7 minutes until cooked but firm
3. Stir diced tomatoes and beans into spaghetti sauce
4. Add pasta noodles
5. Portion pasta mixture into 2 12 x 20 x 2 ½ inch steamtable pan sprayed to prevent sticking. Top with breadcrumbs
6. Bake until temperature reaches 140 degrees for at least 15 seconds.

Meal #2:

Whole wheat cheese or veggie pizza

Sliced oranges

WHOLE WHEAT VEGGIE PIZZA

(9 servings)

Ingredients:

- 2 cups whole wheat flour
- 2 cups all-purpose flour
- ½ cup dry oats
- 1 tbspn + 1 ½ tsp active dry yeast
- ¼ tsp salt
- 2 tsp honey
- 1 ½ cup warm water
- 1 cup 2 tbspn pizza sauce
- 2 tsp minced garlic
- ¼ cup fresh basil leaves, trimmed and chopped

1 ½ cups spinach leaves, stems trimmed
1 cup 2 tbsp broccoli flowerets
1 cup 2 tbsp green peppers
1 cup 2 tbsp fresh diced tomatoes
2 ¼ cups part-skim mozzarella cheese

Directions:

1. Mix 1 cup each of white and whole wheat flour, oats, yeast. Heat 125 degrees then add honey.
2. Gradually add water to dry mixture. Mix for 2 minutes. Add remaining flour, mixing well after each addition.
3. Knead dough for 10 minutes. Spray with pam. Cover. Let rise in place until doubled in size. Punch down.
4. Divide into equal parts. Roll and place in 7 inch pizza pans. Cover; let rise in warm place approximately 45 minutes.
5. Mix pizza sauce with minced garlic and fresh basil
6. Top each dough with 2 tbsp pizza sauce, spinach leaves, 2 tbsp broccoli, 2 tbsp green peppers, 2 tbsp diced fresh tomatoes, ¼ cup mozzarella
7. Bake in hot over (425 degrees F) approximately 15 minutes or until crust is golden brown.

ORANGE SLICES

½ cup sliced oranges per serving

SOUP N' GREENS - BARRE

MEAL #1:

Chicken Roll-Up
Brussels Sprouts
Cinnamon Sugar Sweet Potatoes

CHICKEN ROLL-UP

Ingredients:

3 oz. skinless chicken breast
¼ cup spinach
1 oz low fat swiss cheese

CINNAMON SUGAR SWEET POTATOES

Ingredients:

1 small sweet potato

2 teaspoons brown sugar
1 teaspoon cinnamon

BRUSSELLS SPROUTS

Ingredients:

½ cup Brussels sprouts
½ tablespoon olive oil
1 clove garlic

MEAL #2:

Very Berry Sweet and Sour Stir Fry

VERY BERRY SWEET AND SOUR STIR FRY

Ingredients:

¼ cup of each of the following:
broccoli
cauliflower
mushrooms
peppers
onion
carrots
1/2 cup fresh or frozen blueberries
1 cup fresh or frozen cranberries
1 tablespoon honey
1 tablespoon white wine vinegar
corn starch
water
½ cup cooked brown rice
¼ cup shrimp

Meal #3:

Mac and Cheese
Broccoli

MAC AND CHEESE (12 8 oz servings)

Ingredients:

3.45 lb butternut squash
1 cup skim milk
1 lb Cabot shredded sharp lite cheddar cheese
1 lb Barrilla whole grain elbow pasta
1 tsp salt

1 tsp white pepper

BROCCOLI

½ cup fresh broccoli

LITTLE HARRY'S - RUTLAND

Meal #1:

Hawaiian Chicken Kebabs

Brown Rice

Baby Carrots

[HAWAIIAN CHICKEN KEBABS](#)

Source: AllRecipes

(8 Servings)

Ingredients:

3 tablespoons soy sauce

3 tablespoons brown sugar

2 tablespoons sherry

1 tablespoon sesame oil

¼ teaspoon ground ginger

¼ teaspoon garlic powder

8 skinless, boneless chicken breast halves – cut into 2 inch pieces

20 ounce fresh pineapple chunks

skewers

Directions:

1. In a shallow glass
2. In a shallow glass dish, mix the soy sauce, brown sugar, sherry, sesame oil, ginger, and garlic powder. Stir the chicken pieces and pineapple into the marinade until well coated. Cover, and marinate in the refrigerator at least 2 hours.
3. Preheat grill to medium-high heat.
4. Lightly oil the grill grate. Thread chicken and pineapple alternately onto skewers. Grill 15 to 20 minutes, turning occasionally, or until chicken juices run clear.

BABY CARROTS

½ cup steamed baby carrots

BROWN RICE

1 cup cooked brown rice

Meal #2:

Lemon Pepper Pork

Applesauce

Brown Rice

Baby Carrots

LEMON PEPPER PORK

(1 serving)

Ingredients:

¼ teaspoon lemon pepper seasoning

5 oz. pork tenderloin

APPLESAUCE

(12 servings)

Ingredients:

15 apples

¾ cup brown sugar

1 tsp cinnamon

¼ teaspoon nutmeg

BABY CARROTS

½ cup steamed baby carrots

BROWN RICE

1 cup cooked brown rice

TWIGGS AMERICAN GASTROPUB - ST. ALBANS

Meal #1:

Chicken "Little Burrito"

Vegetables

[CHICKEN "LITTLE" BURRITO](#)

Source: USDA What's Cooking?

(25 Servings)

Ingredients:

2 ½ cups water

1 ¾ cups dry brown rice

¼ cup fresh cilantro
1 qt 2 cups cooked diced chicken, ½" pieces
3 cups canned no salt added pinto beans
3 cups low fat shredded cheddar cheese
½ tsp ground oregano
¾ tsp ground cumin
3 ¼ cups low-sodium salsa
25 8" whole grain tortillas

Directions:

1. Boil water
2. Place brown rice in a steam table pan. Pour boiling water over brown rice. Stir. Cover pan tightly.
3. Bake at 350 for 40 minutes.
4. Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro and set aside.
5. Combine chicken, beans, cheese, oregano, cumin and salsa in a large bowl. Stir well.
6. Using a No. 20 scoop (1/8 cup), spread rice on center of tortilla.
7. Using a No. 8 scoop (1/2 cup), place chicken mixture on top of rice.
8. Roll in the form of a burrito and seal.
9. Place burritos seam side down on steam table pan lined with parchment paper.
10. Cover and back at 350 for 10 minutes.

Meal #2:

Heart Healthy Flatbread

HEART HEALTHY FLATBREAD

Ingredients:

Whole grain flatbread
Low fat mozzarella cheese
Tomato Sauce
Broccoli
Mushrooms
Red Peppers
Onions
Spinach

SHERI'S PLACE - SPRINGFIELD

Meal #1:

Cheeseburger sliders

Apples and grapes

CHEESEBURGER SLIDERS

(6 servings)

Ingredients:

12 miniature whole wheat miniature buns or dinner rolls

$\frac{3}{4}$ pound lean ground beef

1 tablespoon Worcestershire sauce

$\frac{1}{2}$ teaspoon black pepper

2 ounces low fat cheddar cheese

Up to $\frac{3}{4}$ tablespoons ketchup

FRUIT

Ingredients:

$\frac{1}{4}$ cup grapes

$\frac{1}{4}$ cup sliced apples

PICKLE

1 pickle spear

Meal #2:

Cheese or Chicken Quesadilla

Apples and Graps

CHEESE OR CHICKEN QUESADILLA

(Servings 4)

Ingredients:

4 whole wheat tortillas

1 cup shredded low fat cheese

1 cup diced cooked chicken breast (optional)

4 tablespoon salsas

1 cup diced tomatoes

FRUIT

Ingredients:

$\frac{1}{4}$ cup grapes

$\frac{1}{4}$ cup sliced apples

LAKEVIEW HOUSE RESTAURANT - SOUTH BURLINGTON

MEAL #1:

BBQ Chicken

Colorful Veggie Mashed Potatoes

Apple Slices

BBQ CHICKEN

Source: USDA What's Cooking?

(25 Servings)

Ingredients:

½ cup, 2 tablespoons onions chopped

1 tablespoon paprika

1 ½ teaspoon chili powder

2 ¾ cups 1 tablespoon catsup

½ teaspoon garlic powder

¾ cup brown sugar

¼ cup Worcestershire

2 tablespoons salt free seasoning

12 lb chick, whole, fresh or frozen cut up in 8 pieces

Directions:

1. BBQ Sauce: In a stockpot, combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper and seasoning. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.
2. Set aside for step 4.
3. Place chicken on a sheet pan lined with parchment paper and lightly coated with pan release spray.
4. Brush BBQ sauce over chicken.
5. Bake uncovered until chicken browns slightly around the edges. If the chicken browns too quickly, cover with foil to slow the browning process.
6. Heat to 185 degrees F or higher
7. Serving size = 1 breast, 1 drumstick and wing or 1 thigh with back)

COLORFUL VEGGIE MASHED POTATOES

Source: USDA What's Cooking?

(50 servings)

Ingredients:

25 medium potatoes

1 cup oil

2 lb onions diced
4 lbs broccoli, chopped
2 lbs carrots diced, fresh or frozen
2 tblspns. Salt
2 tsp black pepper
2% milk

Directions:

1. Peel potatoes and cut into chunks. Boil 10-15 minutes until tender. Mash.
2. Heat oil in large sauté pan.
3. Skin and dice onions. Sweat in oil approximately 10 minutes until slightly translucent.
4. Add chopped broccoli to onions.
5. Add carrots to broccoli and onion mixture. Cook for 5 minutes over medium heat. This mixture should be bright and vibrant in color. Do not overcook.
6. Season with salt and pepper.
7. Add milk to mashed potatoes and blend to smooth consistency.
8. Mix in sautéed vegetables mixture into potatoes and keep warm until service.
9. Serve ½ cup portion (#8 scoop)

APPLE SLICES – ½ cup

MEAL #2:

Glazed Meatloaf

Broccoli

Red Potatoes

(serve with a size of up to 6 tablespoons of ketchup)

[GLAZED MEATLOAF](#)

Source: USDA What's Cooking?

(25 servings)

Ingredients:

1 lb 4 oz ground beef (no more than 20% fat)
1 lb 4 oz ground turkey
1/3 cup fresh onions
2 cups celery diced
2 2/3 cup rolled oats
1 cup bread crumbs
6 large eggs
1 ¼ cup canned tomato sauce
2 tblspns tomato paste
1 tablespoon 1 teaspoon Worcestershire sauce

2 teaspoons salt
1 teaspoon pepper
½ cup brown sugar
1 ½ teaspoons dry mustard
1 1/3 cup catsup

Directions:

1. In a mixing bowl, using paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended.
2. Press 5 lbs 4 oz of meat mixture into each pan (9"x13"x2"). For 25 servings, use 1 pan.
3. Glaze: In a saucepan over low heat, dissolve brown sugar, dry mustard, and catsup until smooth.
4. Baste each pan with 1 cup of glaze.
5. Back: Conventional oven at 350 for 60 minutes. Convection oven at 325 for 50 minutes. Halfway through cook time removed from oven and baste each pan with ½ cup of glaze.
6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece

[BROCOLI SALAD](#)

Source: USDA What's Cooking?
(50 servings; serving size = 1/2 cup)

Ingredients:

1 qt. lowfat mayonnaise
2 cups sugar
¼ cup white vinegar
¼ cup lowfat 1% milk
3 lb 8 oz fresh broccoli
1 qt 3 ¼ cups Raisins
3 ¾ cups walnuts (optional)
1 cup red onion (optional)

Directions:

1. For dressing: combine mayonnaise, sugar, vinegar and milk. Mix well.
2. Cut broccoli into bite-size pieces. Add dressing.
3. Add raising, walnuts and onions to broccoli mixture. Stir to coat all pieces with dressing. Spread into shallow pans and cool to 41 degrees or lower within four hours. Refrigerate until service.

ROASTED RED POTATOES

Serving size = ½ lb of potatoes

Roasted with minimal oil, salt, pepper and seasonings.

KINGDOM TAPROOM - ST. JOHNSBURY

Meal #1:

BBQ Chicken Skewers

Fruit and Veggies

Ranch Dip

Ingredients:

BBQ Sauce:

Ketchup

Onions

Worcestershire

Salt

Pepper

Crushed Tomatoes

2 oz chicken breast

FRUIT AND VEGGIES

¼ cup carrots and celery sticks

¼ cup apple slices and grapes halved

¼ cup cucumber and tomato slices

RANCH DIPPING SAUCE

1 tablespoon low fat plain yogurt

1 tspn seasoning

Meal #2:

Whole wheat cheese flatbread

Fruit and veggies

Ranch Dip

WHOLE WHEAT FLATBREAD

Ingredients:

Low fat mozzarella

Marinara:

Tomatoes

Garlic

Onion

Whole Wheat crust:

Whole wheat flour

Yeast

Salt

Pepper

VEGGIES AND FRUIT

¼ cup carrots and celery sticks

¼ cup apple slices and grapes halved

¼ cup cucumber and tomato slices

RANCH DIPPING SAUCE

1 tablespoon low fat plain yogurt

1 tspn seasoning