

The Big Cookbook

FOR SCHOOL FOODSERVICE



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Canned Fruits
DELICIOUS, VERSITILE & EASY-TO-USE

Canned fruits offer an exceptional opportunity to enrich the nutritional value and appeal of school menus.

Whether you're crafting the day's first meal or a satisfying after-school snack, discover the myriad ways canned fruits can invigorate your foodservice offerings.

Breakfast Innovations

- **Oatmeal Enhancements:** Boost morning oatmeal with diced pears, applesauce, or crushed pineapple for added fiber and taste.
- **Smoothie Station:** Create nutritious smoothies effortlessly with drained canned fruit, yogurt, milk, and a hint of honey.
- **Compote Creations:** Simmer assorted canned fruits with spices for a cozy topping on pancakes or waffles.

Lunchtime Delights

- **Refreshing Fruit Cups & Bento Boxes:** Serve up a variety of canned fruits as a side or within bento box lunches for a colorful, hydrating option.
- **Creative Pasta Salads & Skewers:** Infuse lunches with a burst of flavor by adding canned fruits to pasta salads and chicken skewers.
- **Innovative Pizzas:** Top pizzas with canned pineapple for a crowd-pleasing sweet and savory combination.

Snacks & Desserts Post-Class

- **Fruit Pizzas & Crumbles:** Offer fun and interactive snacks like tortilla-based fruit pizzas or individual fruit crumbles.
- **Cool Treats & Parfaits:** Kids love fruit pops or build-your-own yogurt parfaits.
- **Unique Fruit "Sushi" & BBQ Sliders:** Surprise students with fruit sushi rolls or peachy BBQ pork sliders for a mini meal that's both nutritious and satisfying.

Creative Menu Additions

- **Salads & Wraps with a Twist:** Refresh your salad and wrap lineup by incorporating canned fruits for a sweet contrast.

Leverage the simplicity and flavor of canned fruits to enhance your school's foodservice menu. These easy-to-use ingredients can help you offer more nutritious, exciting, and diverse options every day.



Director-Created,
KID-APPROVED RECIPES *with* CANS

Discover our collection of simple, easy-to-make, kid-approved recipes, specifically designed for all school foodservice environments. These recipes were developed by school chefs: Rebecca Polson and Jason Hull from Marin Country Day School in Marin, CA, and by chefs Omar Ortega and Taylor Thompson from the North East Independent School District in San Antonio,

Texas. Each recipe was kid-tested and tweaked (thanks to input from students) at districts in California and Texas, as a part of a partnership with the Healthy Kids Collaborative. We hope you feel confident serving these dishes at your school, knowing that they are 100% kid-approved and feature the very best fruits and tomatoes grown here in the USA.



SCHOOL CULINARY INNOVATION SPECIALISTS
(LEFT TO RIGHT) TAYLOR THOMPSON,
REBECCA POLSON, JASON HULL, & OMAR ORTEGA

MINT TO BE CHILL Smoothie

A cool blast of minty fresh smoothi-ness! A delightful fusion of creamy vanilla yogurt, lusciously mixed with a medley of fruit cocktail, enriched with vibrant fresh spinach, and finished with a refreshing hint of mint.

INGREDIENTS	QUANTITY
Vanilla Yogurt	10 lbs
Pacific Coast Producers Fruit Cocktail	2 #10 cans
Spinach, fresh	10 oz
Mint, fresh	0.5 oz

DIRECTIONS

1. Combine ingredients in a container with tall sides and mix with immersion blender until smooth and all ingredients are evenly distributed.
2. Place 15 empty cups in a 4-inch plastic full pan and pour 9 fl oz smoothie into each cup. Cover cups with lids. Pans of smoothies can be stacked and held in the cooler until ready to serve.

CCP: Hold smoothies cold at 41F or lower.

Modifications: Smoothies can be made with a variety of canned fruit.

NUTRITION INFO PER SERVING

Calories	152
Protein	4g
Carbohydrate	38g
Total Fat	0g
Saturated Fat	0g
Cholesterol	3mg
Sodium	72mg
Dietary Fiber	1g
Sugars	27g
Calcium	147mg
Iron	.25mg

STATS

YIELD

42 servings

SOURCE

Pacific Coast Producers & North East Independent School District

SERVING SIZE

1 Serving = 9 fl oz

NUTRITIONAL CONTRIBUTION PER SERVING

1 oz eq Meat/Meat Alternate,
½ Cup Fruit Juice



Peaches n' Cream

BREAKFAST BAR

A wholesome freezable breakfast bar made with Greek yogurt, whole grain granola, and juicy canned peaches. This convenient, balanced meal provides protein, fiber, and fruit to fuel students for a great start to their day.

INGREDIENTS	QUANTITY
Yogurt, Greek, vanilla or peach	12 lbs 8 oz
Granola	3 lbs 2 oz
Peaches, canned, diced, drained	9 lbs 8 oz

DIRECTIONS

Day before service

1. Lightly spray a 2-inch full hotel pan with pan spray. (1 pan yields 25 servings)
2. Line the pan with plastic wrap, pressing it to cling to the sprayed surface.
3. In a large mixing bowl, combine half of the yogurt with all of the granola until evenly mixed.

For large batches, use a stand mixer with the paddle attachment.

4. In a separate bowl, use an immersion blender to blend the remaining yogurt with half of the peaches until smooth.
5. Divide the yogurt-granola mixture evenly between prepared pans and press into a flat, even layer.
6. Evenly layer the remaining diced peaches over the yogurt-granola base.
7. Pour the peach-yogurt mixture over the diced peaches, spreading into a smooth, even layer.
8. Cover tightly with plastic wrap and freeze overnight.

Day of service

9. Remove pans from freezer. Use the plastic wrap lining to lift the bars out onto a cutting board. Allow to thaw slightly until soft enough to cut.
10. Cut each pan into 5x5 portions (25 bars per pan). Place each bar into a serving boat.
11. Cold hold in the refrigerator until service.

Serving Notes: Best Served Partially Thawed



STATS



YIELD

50 servings



SOURCE

Pacific Coast Producers & Marin Country Day School



SERVING SIZE

1 Bar



NUTRITIONAL CONTRIBUTION PER SERVING

1 oz Meat/Meat Alternative,
1 oz Grain, ½ Cup Fruit

NUTRITION INFO PER SERVING

Calories	223
Protein	14.3g
Carbohydrate	35.8g
Total Fat	1.9g
Saturated Fat	.3g
Cholesterol	6.7mg
Sodium	77.8mg
Dietary Fiber	2.2g
Sugars	16.1g

Tomato Egg BITES

Fluffy, protein-packed egg bite filled with diced tomatoes and tender spinach, baked to perfection. A tasty, one-per-serving option that's ideal for a balanced, grab-and-go school breakfast!

INGREDIENTS	QUANTITY
Eggs, liquid, thawed	3 lbs
Milk, skim	1 cup
Salt, kosher	2 tsp
Pepper, black	2 tsp
Baking powder	2 tsp
Tomatoes, canned, diced, drained	1 #10 can
Spinach, frozen, thawed, drained	2 lbs
Shredded cheddar or mozzarella	1 lbs

DIRECTIONS

1. Preheat oven to 350°F.
2. In a gallon pitcher, whisk together liquid eggs, milk, salt, pepper, and baking powder until well combined.
3. In a large mixing bowl, combine drained diced tomatoes, chopped spinach, and shredded cheese. Toss until evenly mixed.
4. Using a #20 scoop, portion the vegetable and cheese mixture into each silicone muffin cup.

Note: Place silicone molds on sheet trays for stability.

5. Carefully pour ¼ cup of the egg mixture into each filled cup.
6. Bake for 18–22 minutes, or until egg bites are fully set and reach an internal temperature of 160°F.
7. Allow to cool slightly before removing from molds.
8. Serve one egg bite per portion.

CCP: Hot hold at 135°F or above until time of service.

NUTRITION INFO PER SERVING

Calories	89
Protein	7.1g
Carbohydrate	4.2g
Total Fat	4.7g
Saturated Fat	2.2g
Cholesterol	107.4mg
Sodium	214.9mg
Dietary Fiber	1.2g
Sugars	1.8g

STATS



YIELD

50 servings



SOURCE

Pacific Coast Producers & Marin Country Day School



SERVING SIZE

1 Bar



NUTRITIONAL CONTRIBUTION PER SERVING

2 oz Meat/Meat Alternative,
⅓ cup Veg



Zucchini and TOMATO CASSEROLE

Layers of tender zucchini and hearty tomato sauce baked together with Italian herbs for a warm, veggie-packed casserole.

INGREDIENTS	QUANTITY
Zucchini, thinly sliced, coins	10 lbs
Tomato sauce, low-sodium	2 quarts
Garlic granulated	1 tbsp
Italian seasoning	1 tbsp
Red pepper flakes	1 ½ tbsp
Breadcrumbs	1 ½ cups
Mozzarella, skim, shredded	1 lbs + 9 oz

DIRECTIONS

- Preheat oven to 350°F.
- Spray two 2-inch full hotel pans with nonstick spray.
- Mix tomato sauce with garlic powder, Italian seasoning, and pepper.
- Build layers in each pan as follows:
 - Layer 1: ¼ of the sliced zucchini
 - Layer 2: 1 cup seasoned tomato sauce, spread evenly
 - Layer 3: Sprinkle 3 tablespoons breadcrumbs
 - Layer 4: Sprinkle ¾ cup shredded cheeseRepeat these 4 layers until all ingredients are used, aim for 2 full layers per pan
- Top each pan with remaining breadcrumbs and cheese.
- Cover pans with foil and bake for 30 minutes.
- Uncover and bake an additional 10–15 minutes, or until cheese is melted, lightly browned, and internal temp reaches 165°F.

CCP: Hot hold at 135°F or higher until time of service

NUTRITION INFO PER SERVING

Calories	73
Protein	4.7g
Carbohydrate	7.2g
Total Fat	.3g
Saturated Fat	1.9g
Cholesterol	7.7mg
Sodium	129.1mg
Dietary Fiber	1.6g
Sugars	3.7g

STATS



YIELD

50 servings



SOURCE

Pacific Coast Producers & Marin Country Day School



SERVING SIZE

½ Cup



NUTRITIONAL CONTRIBUTION PER SERVING

½ oz Meat/Meat Alternative,
½ Cup Veg

Kid FAVORITE



Hawaiian CHICKEN COCONUT RICE BOWL

A tropical-inspired rice bowl featuring tender teriyaki chicken served over coconut-infused brown rice baked with sweet canned fruit cocktail, creating a flavorful and balanced school meal students will love.

INGREDIENTS	QUANTITY
Chicken, thighs, raw, dice OR Chicken, frozen, diced	12 lbs + 8 oz 6 lbs + 4 oz
Sauce, teriyaki, low-sodium	3 quarts
Garlic, minced	¼ cup
Ginger, minced	¼ cup
Rice, brown	6 lbs + 4 oz
Milk, coconut, light	3 qt
Vegetable Stock: low-sodium	3 qt
Fruit cocktail, drained	3 qt ½ cup
Carrots, shredded	3 qt ½ cup
Edamame, thawed	3 qt ½ cup

NUTRITION INFO PER SERVING

Calories	644
Protein	33.5g
Carbohydrate	97.5g
Total Fat	12.8g
Saturated Fat	5.2g
Cholesterol	91.4mg
Sodium	693.7mg
Dietary Fiber	5.7g
Sugars	45.2g

STATS



YIELD

50 servings



SOURCE

Pacific Coast Producers & Marin Country Day School



SERVING SIZE

1 Bowl



NUTRITIONAL CONTRIBUTION PER SERVING

2 oz Meat/Meat Alternative, 2 oz Grain,
½ Cup Veg, ¼ Cup R/O, ¼ Cup BPL

DIRECTIONS

Day before service

- Toss diced raw chicken with teriyaki sauce, garlic, and ginger.

CCP: Cover and refrigerate overnight at 41°F or below.

(Skip this step if using pre-cooked chicken; just heat with sauce day-of.)

Day of service

- Spread marinated raw chicken evenly on lined sheet pans in a single even layer.
- Bake at 375°F for 25–30 minutes, until chicken reaches 165°F internal temp.

CCP: Hot hold at 135°F or above until service.

If using cooked diced chicken, heat with sauce in steam table pan or tilt skillet until 165°F.

For the rice:

- Preheat oven to 350°F.
- Combine rice, milk, stock, and fruit cocktail in a greased full 4 inch hotel pan. Lightly fold until well combined.

- Cover tightly with parchment and foil and bake for 45-55 minutes, until the liquid is absorbed and rice is tender.

Rotate pans if needed halfway through.

CCP: Heat to 135°F or higher.

- Let sit for 10 minutes, then fluff with a spatula.
- Lightly steam carrots and edamame 3 to 5 minutes until temperature reaches 135°F or higher.

In a bowl or tray compartment, layer:

- 1 cup coconut brown rice (#4 disher)
- ½ cup teriyaki chicken (#8 disher)
- ¼ cup shredded carrots (#16 disher)
- ¼ cup edamame (#16 disher)

Serving notes: top with additional fruit cocktail and green onions for a garnish

On Trend



Ginger Pear CHICKEN STIR-FRY

A bright, flavorful stir-fry featuring tender, ginger-infused chicken, colorful mixed vegetables, and sweet canned pears, all tossed in a light soy–ginger glaze. Perfect over brown rice for a balanced, school nutrition–friendly entrée.

INGREDIENTS	QUANTITY	DIRECTIONS
Oil, neutral	½ cup	<ol style="list-style-type: none">1. In a tilt skillet or steam-jacketed kettle, heat vegetable oil on medium heat.2. Add garlic, ginger, onions, carrots, peppers, and broccoli. Sauté for 5–7 minutes until crisp-tender.3. In a mixing bowl or pitcher, whisk together ginger, garlic, soy sauce, reserved pear juice, rice vinegar, cornstarch, and water.4. Stir in diced chicken and the prepared stir-fry sauce.5. Heat until simmering and thickened slightly (165°F minimum).6. Gently fold in drained diced pears and heat through. <p>CCP: Hold hot at 135°F or above.</p> <ol style="list-style-type: none">7. Portion 1 cup per student using an 8 oz ladle or spoodle.
Broccoli, fresh, florets	3 lbs	
Carrots, shredded	2 lbs	
Peppers, sweet, bell, mixed	2 lbs	
Onions, yellow or red, small dice	2 lbs	
Garlic, minced	¼ cup	
Ginger, minced	¼ cup	
Sauce, soy, low-sodium	1 ½ cup	
Juice, pear (saved)	1 cup	
Vinegar, rice	¼ cup	
Oil, sesame	½ cup	
Cornstarch	¼ cup	
Chicken, commodity, thawed, diced	7 lbs	
Pears, canned, diced, drained	1#10 can	

NUTRITION INFO PER SERVING	
Calories	185
Protein	15.4g
Carbohydrate	15.4g
Total Fat	6.9g
Saturated Fat	.5g
Cholesterol	47.1mg
Sodium	327.1mg
Dietary Fiber	2.9g
Sugars	7.3g

STATS	
 YIELD	50 servings
 SOURCE	Pacific Coast Producers & Marin Country Day School
 SERVING SIZE	1 Cup
 NUTRITIONAL CONTRIBUTION PER SERVING	2 oz Meat/Meat Alternative, ½ cup Veg (⅓ cup DG, ⅓ cup R/O, ⅓ Other, ⅓ Add) ⅓ cup Fruit







Roasted SWEET POTATO AND PEAR Hash

Warm, roasted blend of sweet potatoes, peppers, onions, and tender canned pears, lightly seasoned with cinnamon and ginger for a sweet-and-savory, kid-approved side dish.

INGREDIENTS	QUANTITY	DIRECTIONS
Potatoes, sweet, fresh, large dice	8 lbs	<p>Day before service</p> <ol style="list-style-type: none">1. Preheat oven to 425°F.2. In a large mixing bowl or lexan, toss sweet potatoes, onions, and peppers with vegetable oil, cinnamon, ginger, paprika, and red pepper flakes until evenly coated.3. Spread mixture on 3–4 full-size sheet pans in a single layer. Roast for 20 minutes, stirring halfway through.4. After 20 minutes, remove pans from oven and gently fold in the pears. Return to oven and roast an additional 8–10 minutes, until sweet potatoes are tender and pears are slightly caramelized. <p>CCP: Hold hot at 135°F or higher until service.</p> <ol style="list-style-type: none">5. Serve ½ cup per student using a #8 scoop or 4 oz spoodle.
Onions, yellow or red, small dice	1 lbs	
Peppers, sweet, bell, mixed	1 lbs	
Oil, neutral	½ cup	
Cinnamon, ground	2 tbsp	
Ginger, ground	1 tbsp	
Paprika	2 tsp	
Salt, kosher	2 tsp	
Red pepper flakes	1 tsp	
Pears, canned, diced, drained	1 ½ #10 can	
Parsley, fresh, chopped	1 bunch	

NUTRITION INFO PER SERVING	
Calories	130
Protein	1.7g
Carbohydrate	25.9g
Total Fat	2.3g
Saturated Fat	.2g
Cholesterol	0mg
Sodium	85.9mg
Dietary Fiber	4.2g
Sugars	16.7g

STATS	
 YIELD	50 servings
 SOURCE	Pacific Coast Producers & Marin Country Day School
 SERVING SIZE	½ Cup
 NUTRITIONAL CONTRIBUTION PER SERVING	¼ Cup Veg (R/O) ¼ Cup Fruit





Apricot and SUNFLOWER SEED COUSCOUS

A light and nutty side dish made with fluffy couscous, sweet canned apricots, chewy raisins, and crunchy sunflower seeds, all tossed in a citrus vinaigrette—perfect for adding variety and flavor to the school lunch menu.

INGREDIENTS	QUANTITY	DIRECTIONS
Stock, vegetable, low-sodium	3 quarts	1. In a large stockpot, bring vegetable stock and oil to a boil.
Oil, neutral	¼ cup	
Couscous, whole-grain	12 ½ cups	
Apricots, canned, diced	2 quarts	
Raisins	1 pint	
Sunflower Seeds roasted, unsalted	1 pint	2. Stir in couscous, cover, and remove from heat. Let stand for 5–10 minutes, then fluff with a fork.
Onion, red, small dice	1 cup	3. In a large mixing bowl or lexan, combine cooked couscous, diced apricots, raisins, sunflower seeds, red onion, and parsley .
Parsley, fresh, chopped	1 bunch	
Citrus Vinaigrette (recipe below)	1 batch	4. Pour dressing over mixture and toss gently until evenly coated.
		5. Serve ½ cup serving with 4oz spoodle or #8 disher hot or cold.
		CCP: Cold hold at 41°F or below. <i>OR</i>
		CCP: Hot hold at 135°F or higher.
		Serving notes: serve with hot on the serving line or chilled on the salad bar

STATS
YIELD 50 servings
SOURCE Pacific Coast Producers & Marin Country Day School
SERVING SIZE ½ Cup
NUTRITIONAL CONTRIBUTION PER SERVING 1oz Grain, ¼ Cup Fruit

Citrus VINAIGRETTE

INGREDIENTS	QUANTITY	VINAIGRETTE DIRECTIONS
Oil, neutral	¾ cup	1. In a blender or tall-sided container with an immersion blender, combine all ingredients. Blend on low speed until the mixture is smooth and emulsified (about 30–60 seconds). Can be made in advance.
Juice, orange	½ cup	
Vinegar, apple cider	¼ cup	
Juice, lemon	2 tbsp	
Honey	2 tbsp	
Cinnamon, ground	1 tbsp	CCP: Cold hold at 41°F or below.
Ginger, ground	1 tbsp	
Pepper, black	1 ½ tsp	

NUTRITION INFO PER SERVING	
Calories	284
Protein	7.1g
Carbohydrate	47.6g
Total Fat	7.3g
Saturated Fat	.7g
Cholesterol	0mg
Sodium	27.9mg
Dietary Fiber	3.2g
Sugars	4.6g

Honey Roasted APRICOTS WITH YOGURT & GRANOLA

A bright, wholesome school breakfast with tender canned apricots roasted in honey, served over creamy yogurt and topped with crunchy granola—a balanced, flavorful way to fuel students.

INGREDIENTS	QUANTITY	DIRECTIONS
Apricots, canned, halves, drained	100 halves approx. 2 #10 cans	1. 1.Preheat oven to 350°F.
Honey	1 cup	
Cinnamon, ground	2 tbsp	
Extract, vanilla	1 tbsp	
Yogurt, Greek, vanilla	12 lbs + 8 oz	
Granola	3 lbs + 2 oz	2. Drain apricot halves thoroughly.
		3. Arrange cut-side up in single layer on greased lined sheet pans (about 25 per full pan).
		4. In a small bowl, mix honey, cinnamon, and vanilla. Lightly brush or drizzle over the apricots.
		5. Bake for 12–15 minutes until warmed through and lightly caramelized.
		6. Portion 2 warm apricot halves into a 6 oz bowl or compartment tray.
		7. Top with ½ cup yogurt and sprinkle with ¼ cup granola.
		8. Serve chilled.
		CCP: Hold cold at or below 41°F if prepping in advance.

NUTRITION INFO PER SERVING	
Calories	278
Protein	14.5g
Carbohydrate	49.6g
Total Fat	3.2g
Saturated Fat	.3g
Cholesterol	6.7mg
Sodium	73.1mg
Dietary Fiber	3.4g
Sugars	20.8g

STATS
YIELD 50 servings
SOURCE Pacific Coast Producers & North East Independent School District
SERVING SIZE 1 bowl
NUTRITIONAL CONTRIBUTION PER SERVING 1 oz eq Meat/Meat Alternate, 1 oz Grain, ½ Cup Fruit





Caribbean JERK CHICKEN

Tender chicken seasoned with Caribbean jerk spices and paired with sweet, juicy peaches for a savory–fruity balance. A nutritious, protein- and fruit-rich meal to keep students energized all day.

INGREDIENTS	QUANTITY
Oil, neutral	½ cup
Vinegar, apple cider	¼ cup
Juice, lime	¼ cup
Jerk seasoning Blend	Recipe below
Peaches, canned, diced	3 lbs 8 oz
Cilantro, chopped	As needed
Chicken, thighs or drumsticks, raw, thawed	50 each

- DIRECTIONS
- Day before service

1.

In a tall-sided container, use an immersion blender to combine oil, vinegar, lime juice, spices, and half of the peaches. Blend until smooth.

2.

Place chicken in a large bowl or Lexan container. Pour the marinade over the chicken.

3.

Wearing gloves, toss chicken to ensure all pieces are evenly coated.

CCP: Cover and refrigerate at 41°F or below overnight.

- Day of Service:
4.

Preheat oven to 350°F.
5.

Arrange marinated chicken on lined sheet trays in a single layer.
6.

Bake for 35–45 minutes, or until chicken reaches an internal temperature of 165°F.
7.

Using gloved hands or tongs, shingle cooked chicken into a 2-inch full hotel pan.
8.

Spoon the remaining diced peaches evenly over the chicken and garnish with chopped cilantro.

CCP: Hot hold at 135°F or higher until service.

Serving Notes: Serve with rice, beans, and plantains for a full meal.

Jerk SEASONING

INGREDIENTS	QUANTITY
Onion, granulated	3 tbsp
Garlic, granulated	3 tbsp
Paprika, smoked	2 tbsp
Thyme, dried	2 tbsp
Allspice, ground	1 tbsp
Cinnamon, ground	1 tbsp
Pepper, black, ground	1 tbsp
Pepper, cayenne	1 tbsp
Sugar, brown	1 tbsp
Salt, kosher	2 tsp

Mix all ingredients in a bowl until well combined. Store in an airtight container in a cool, dry place for up to 6 months.

NUTRITION INFO PER SERVING	
Calories	538
Protein	11.1g
Carbohydrate	5.9g
Total Fat	52.3g
Saturated Fat	13.9g
Cholesterol	118.7mg
Sodium	122.4mg
Dietary Fiber	.7g
Sugars	3.4g

STATS

50

YIELD

50 servings

SOURCE

Pacific Coast Producers & Marin Country Day School

SERVING SIZE

1 Thigh

NUTRITIONAL CONTRIBUTION PER SERVING

2 oz Meat/Meat Alternative,
⅓ Cup Veg

Homemade APPLE CINNAMON ROLLS

Scratch-made soft, fluffy, apple-flavored dough and a sweet apple glaze, baked to golden perfection.

INGREDIENTS	QUANTITY
Eggs, Liquid Whole	4 oz
Flour, Whole Grain	2 ½ lbs
Sugar, Granulated	5 ½ oz
Dry Milk Replacer	2 ½ oz
Yeast, Instant	3 tbsp
Salt	1 tbsp
Water	2 cups
Cinnamon, Ground	1 tbsp
Vanilla Extract	1 tsp
Butter	2 oz
Oil	1 cup + 2 tbsp
Brown Sugar, divided	14 oz (8 oz / 6 oz)
Applesauce, canned, divided	2 ¼ cups (½ / ¼ / 1 ½ cups)

NUTRITION INFO PER SERVING	
Calories	278
Protein	4g
Carbohydrate	45g
Total Fat	9g
Saturated Fat	2g
Cholesterol	15mg
Sodium	221mg
Dietary Fiber	3g

35

YIELD

35 servings

SOURCE

Pacific Coast Producers & North East Independent School District

SERVING SIZE

1 Bowl

NUTRITIONAL CONTRIBUTION PER SERVING

2 ½ OEG
Whole Grain Rich

- DIRECTIONS
1.

Weigh out all dry ingredients (flour, instant yeast, dry milk, granulated sugar, and salt). Combine in a large container, making sure the yeast does not come in direct contact with the salt.
2.

Add cold water (60-65°F), oil, apple-sauce, and liquid egg to the stand mixer bowl. Using the hook attachment, mix liquid ingredients on low speed for about 30 seconds. Stop mixer. Add dry ingredients to liquid ingredients.
3.

Mix on low speed 1 to 2 minutes to blend. Mix on medium speed for 10 to 12 minutes until the dough is smooth and elastic. Dough will be slightly sticky.
4.

While dough is mixing, melt butter on the stove over low heat.
5.

Stop mixer and test the elasticity of the dough. If you can pull dough between your fingers without it tearing, the dough is ready to form. Roll dough out on lightly floured surface. Cut dough into 5 lb portions. One at a time, roll dough balls into a 12" X 37" rectangle.
6.

Brush rolled dough evenly with melted butter.
7.

Mix brown sugar, applesauce, and cinnamon together and spread on the lower half of the stretched dough.
8.

Roll dough, jellyroll style along the long side, with 3-4 swirls. Cut roll into 35 2.5oz pieces, about one inch wide. TIP: Do not roll too tight or center of cinnamon roll will pop out while baking.
9.

On prepared full sheet pans, arrange rolls in rows of 5x7 (35 rolls/pan) cut side down.
10.

Place rolls in a warm proofer or warm area of kitchen covered with plastic wrap until doubled in volume, approximately 30-45 minutes, depending on temperature and humidity.
11.

Combine brown sugar, vanilla, and applesauce. Spoon mixture over proofed rolls.
11.

Bake rolls at 325°F in a convection oven for 12-15 minutes on LOW fan, or until thermometer inserted into the center of roll reads between 200°F to 204°F. Do NOT over bake. Serve warm.



Straight Fire

PEACH SMOOTHIE



A naturally sweet peach smoothie with a hint of spice! Creamy vanilla yogurt, roasted red bell pepper, peaches, and a kick of sriracha and Tajín.

INGREDIENTS	QUANTITY
Vanilla Yogurt	10 lbs
Canned Diced Peaches	2 #10 cans
Red Bell Pepper, roasted	20 oz
Sriracha Sauce	2 tbsp
Ice Cubes	20 cups
Tajin	¼ tsp

DIRECTIONS

1. Remove sides of bell peppers and discard stem and seeds. Roast for 10-12 minutes, or until edges begin to brown. Let cool.
2. Combine ingredients in a container with tall sides and mix with immersion blender until smooth and all ingredients are evenly distributed.
3. Place 15 empty cups in a 4-inch plastic full pan and pour 9 fl oz smoothie into each cup. Cover cups with lids. Pans of smoothies can be stacked and held in the cooler until ready to serve.

CCP: Hold smoothies cold at 41F or lower.

Modifications: Smoothies can be made with a variety of canned fruit.

NUTRITION INFO PER SERVING

Calories	152
Protein	4g
Carbohydrate	35g
Total Fat	.1g
Saturated Fat	0g

STATS



YIELD

43 servings



SOURCE

Pacific Coast Producers & North East Independent School District



SERVING SIZE

9 oz



NUTRITIONAL CONTRIBUTION PER SERVING

1 oz eq Meat/Meat Alternate,
½ Cup Fruit, 1 OEG

Cholesterol	3mg
Sodium	76mg
Dietary Fiber	1.5g
Sugars	26g
Calcium	137mg

Fruit Filled

OVERNIGHT OATS

An easy grab-and-go, no-cook, complete breakfast with wholesome oats, yogurt, and fruit!

INGREDIENTS

INGREDIENTS	QUANTITY
Canned Fruit Cocktail	1 #10 Can
Quick Oats	1 ½ lbs
Vanilla Extract	1 tsp
Milk, 1% Fat	3 cups
Vanilla Yogurt	6 lbs
Granola	1 ½ Cups

NUTRITION INFO PER SERVING

Calories	288
Protein	9g
Carbohydrate	59g
Total Fat	3g
Saturated Fat	1g
Cholesterol	5mg
Sodium	94mg
Dietary Fiber	4g
Sugars	30g
Calcium	199mg
Iron	1mg

DIRECTIONS

Day before service:

1. Drain fruit cocktail and reserve juice.
2. Add oats, milk, vanilla, and fruit cocktail juice to a large bowl and whisk until evenly combined. Portion ½ cup of mixture into 12oz clear plastic cups. Arrange cups in 4 -inch plastic hotel pans, 15 per pan.
3. Add ½ Cup yogurt to each cup, layered on top of the oats mixture.
4. Portion ½ cup drained fruit into each cup, layered on top of the yogurt. Cover pans with plastic wrap and hold overnight in cooler.

Day of service:

5. Before serving, garnish overnight oats with 1 TBSP granola in each cup, about 1 cup per pan of 15 servings. Cover each cup with clear plastic lid. Offer under refrigeration as a cold breakfast choice.

STATS



YIELD

24 servings



SOURCE

Pacific Coast Producers & North East Independent School District



SERVING SIZE

1 SERVING = 1 each



NUTRITIONAL CONTRIBUTION PER SERVING

1 oz eq Meat/Meat Alternate,
½ Cup Fruit, 1 OEG



Tropical

BLENDERLESS SMOOTHIE



INGREDIENTS

INGREDIENTS	QUANTITY
Tropical fruit, canned, chilled, drained (save juice)	1#10 can
Applesauce, canned, chilled	1 #10 can
Yogurt, Greek, Strawberry	12 lbs + 8 oz
Ginger, ground	1 tbsp
Juice, orange	3 quarts (as needed)

DIRECTIONS

1. Drain the canned tropical fruit, reserving the juice.
2. Combine the reserved tropical fruit juice with orange juice to yield a total of 12.5 cups of liquid.
3. In a 5-gallon bucket, whisk together the yogurt, applesauce, ginger and prepared juice mixture until smooth and fully combined.
4. Top each serving with a #30 scoop of the drained tropical fruit for garnish.

CCP: Hold smoothies cold at 41F or lower.

NUTRITION INFO PER SERVING

Calories	159
Protein	9.3g
Carbohydrate	30.6g
Total Fat	.2g
Saturated Fat	.1g
Cholesterol	0mg
Sodium	44.4mg
Dietary Fiber	1.8g
Sugars	26.3g

STATS



YIELD

50 servings



SOURCE

Pacific Coast Producers & North East Independent School District



SERVING SIZE

8 oz



NUTRITIONAL CONTRIBUTION PER SERVING

1 oz eq Meat/Meat Alternate, ⅝ Cup Fruit

A bright and refreshing no-blender-needed smoothie made with creamy low-fat yogurt, unsweetened applesauce, 100% orange juice, and tropical canned fruit in juice.





PACIFIC COAST PRODUCERS



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