




COOKING **for** KIDS

Elementary and Secondary
Seasonal Cycle Menus





Introduction

COOKING for KIDS aims to change the landscape of school nutrition in the state of Oklahoma. Through this comprehensive training program, school food authorities receive the knowledge, skills, and resources needed to effectively implement USDA meal pattern requirements resulting in nutritious and appealing meals for children across the state.

COOKING for KIDS assists school districts in achieving the following goals:

- Increasing the availability of freshly prepared foods in the school cafeteria.
- Growing student participation in school meals.
- Expanding public support for child nutrition programs.

The program is funded by the Oklahoma State Department of Education, Child Nutrition and led by Oklahoma State University faculty. The training program includes culinary skills training for child nutrition staff, culinary management training for child nutrition directors and managers, and an extensive eight to ten month on-site consultation by a professional chef for eligible schools. For more information contact Cooking for Kids at cookingforkids@okstate.edu or visit cookingforkids.ok.gov.

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Menus

These chef-designed menus help schools move toward increasing availability of freshly prepared foods by utilizing minimally processed commodity foods and increasing fresh fruits and vegetables. The recipes have been tested in several Oklahoma schools across the state. The menus not only meet USDA meal pattern requirements but also provide schools with the resources to offer students both nutritious and delicious meals.

Commodity Processing

Minimally processed commodity foods such as poultry, beef, and pork provide schools more opportunities to increase menu variety, which increases customer satisfaction. These menus were designed around minimally processed items that have multiple uses. Suggestions for items to process include diced, shredded or fajita chicken, beef crumbles, shredded pork, fish sticks, pizza crust, shredded cheese, and cheese sauce.

Local Foods

According to the USDA, school districts that participate in farm to school activities such as serving local foods in school meals, holding taste tests with local foods, and implementing school gardens, saw increased parent and community support, increased participation, and reduced plate waste (2017). The following menus include multiple food items that may be locally sourced, including broccoli, tomatoes, bell peppers, jalapeño, carrots, corn, spinach, sweet potatoes, zucchini, turnips, and romaine. Not sure how to purchase local foods for your school nutrition program? Click [here](#) to learn more.

Taste Testing

Taste testing is a great way to introduce students to new food items in a fun and interactive way! A taste test can be conducted in several different ways including small groups, in the classroom, or in the cafeteria. Don't forget to promote your taste test and gather feedback using our Taste Preference Surveys, which can be found [here](#).

Fall • Grades K-5

Click on menu item below to view recipe.

<ul style="list-style-type: none"> • Bolognese Pasta • Kale Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Southwest Quinoa Enchilada • Pico de Gallo • Bean Medley • Fresh Fruit 	<ul style="list-style-type: none"> • Honey Sriracha Chicken • Brown Rice • Asian Corn Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Mac n Cheese • Italian Roasted Broccoli • Fresh Fruit 	<ul style="list-style-type: none"> • Meatloaf Burger • Italian Roasted Cauliflower • Fresh Fruit
<ul style="list-style-type: none"> • Chicken Parmesan Sandwich • Braised Kale • Fresh Fruit 	<ul style="list-style-type: none"> • Beef Lo Mein • Roasted Autumn Vegetables • Fresh Fruit 	<ul style="list-style-type: none"> • Spaghetti & Meatballs • Spinach Salad w/ Roasted Veggies • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Pot Pie • Candied Sweet Potato • Fresh Fruit 	<ul style="list-style-type: none"> • Sloppy Joe • Roasted Corn • Fresh Fruit
<ul style="list-style-type: none"> • Orange Chicken • Street Noodles • Stir Fried Cabbage • Fresh Fruit 	<ul style="list-style-type: none"> • Caribbean Pork Tacos • Garlic Steamed Broccoli • Fresh Fruit 	<ul style="list-style-type: none"> • Meatball Sub Sandwich • Carrot Raisin Apple Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Stir Fry Beef Lettuce Cups • Cilantro Lime Brown Rice • Stir Fried Cabbage • Fresh Fruit 	<ul style="list-style-type: none"> • Vegetarian Chili • Baked Potato • Fresh Fruit
<ul style="list-style-type: none"> • Chicken & Noodles • Roasted Butternut Squash • Fresh Fruit 	<ul style="list-style-type: none"> • Meat Loaf • House Made Roll • Greek Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Teriyaki Chicken Drumsticks • Lo Mein Street Noodles • Roasted Red Potatoes • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Spaghetti • Garlic Roasted Carrots • Garden Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Green Chili Pork Taco • Refried Beans • Pico de Gallo • Fresh Fruit

Recipes contain at least ¼ cup of vegetable subgroup.



Dark-Green Vegetables



Red-Orange Vegetables



Beans & Peas (Legumes)



Starchy Vegetables



Other Vegetables

Spring • Grades K-5

Click on menu item below to view recipe.

<ul style="list-style-type: none"> • Chicken Fajitas Served w/ Warm WW Tortilla & Veggies • Pico De Gallo • Fresh Fruit 	<ul style="list-style-type: none"> • Mama Mia Pasta Bake • Italian Garbanzo Bean Salad • Fresh Fruit 	<ul style="list-style-type: none"> • BBQ Chicken Drumsticks • Firecracker Broccoli • Homemade Roll • Fresh Fruit 	<ul style="list-style-type: none"> • Homemade Lasagna • Braised Kale • Fresh Fruit 	<ul style="list-style-type: none"> • Beef Taco Salad w/ Romaine Lettuce • Fiesta Corn • Tortilla chips • Fresh Fruit
<ul style="list-style-type: none"> • Southwest Mac n Cheese • Spinach Salad • Fresh Fruit 	<ul style="list-style-type: none"> • BBQ Pork Sandwich • Firecracker Carrots • Fresh Fruit 	<ul style="list-style-type: none"> • Frito Chili Pie • Broccoli Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Monterey Chicken Flatbread & Mexican Veggie Medley • Fiesta Corn • Fresh Fruit 	<ul style="list-style-type: none"> • Broccoli Cheese Soup • Homemade Roll • Marinated Tomato Salad • Fresh Fruit
<ul style="list-style-type: none"> • Beef Street Tacos Served w/ Warm Tortillas • Jicama Slaw • Roasted Sweet Potatoes • Fresh Fruit 	<ul style="list-style-type: none"> • Basil Pesto Chicken Pasta • Steamed Broccoli • Fresh Fruit 	<ul style="list-style-type: none"> • Southwest Tortilla Soup • Cowboy Bread • Honey Lemon Carrots • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Tikka Masala • Brown Rice • Stir Fried Cabbage • Fresh Fruit 	<ul style="list-style-type: none"> • Baja Fish Tacos w/ Romaine Lettuce • Roasted Red Potatoes • Fresh Fruit
<ul style="list-style-type: none"> • Grilled Cheese • Tomato Soup • Firecracker Zucchini • Fresh Fruit 	<ul style="list-style-type: none"> • Taco Pizza • Italian Roasted Broccoli • Fresh Fruit 	<ul style="list-style-type: none"> • Vegetarian Chili • Sunshine Bread • Roasted Turnips • Fresh Fruit 	<ul style="list-style-type: none"> • Cowboy Burger • Garden Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken & Spinach Quesadilla • Refried Beans • Pico de Gallo • Fresh Fruit

Recipes contain at least ¼ cup of vegetable subgroup.



Dark-Green Vegetables



Red-Orange Vegetables



Beans & Peas (Legumes)



Starchy Vegetables



Other Vegetables

Fall • Grades 6-12

Each day includes two entrée choices. Click on menu item below to view recipe.

<ul style="list-style-type: none"> • Bolognese Pasta • Italian Sandwich • Kale Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Bacon Ranch Quesadilla • Southwest Quinoa Enchilada • Pico de Gallo • Bean Medley • Fresh Fruit 	<ul style="list-style-type: none"> • Honey Sriracha Chicken w/ Brown Rice • Spicy Asian Chicken Sandwich • Asian Corn Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Mac n Cheese • Chicken Pesto Sandwich • Italian Roasted Broccoli • Fresh Fruit 	<ul style="list-style-type: none"> • Monterey Chicken Flatbread • Meatloaf Burger • Italian Roasted Cauliflower • Fresh Fruit
<ul style="list-style-type: none"> • Cajun Chicken Pasta • Chicken Parmesan Sandwich • Braised Kale • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Curry w/ Brown Rice • Beef Lo Mein • Roasted Autumn Vegetables • Fresh Fruit 	<ul style="list-style-type: none"> • Green Chili Pork Burrito • Spaghetti & Meatballs • Spinach Salad w/ Roasted Veggies • Fresh Fruit 	<ul style="list-style-type: none"> • Curried Chickpeas w/ Brown Rice • Chicken Pot Pie • Candied Sweet Potato • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Pad Thai • Broccoli Cheese Soup w/ House Made Roll • Roasted Corn • Fresh Fruit
<ul style="list-style-type: none"> • Chicken and Broccoli Stir Fry • Orange Chicken w/ Street Noodles • Marinated Mushrooms • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Enchiladas • Caribbean Pork Tacos • Garlic Steamed Broccoli • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Salad Sandwich • Meatball Sub Sandwich • Carrot Raisin Apple Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Tikka Masala w/ Brown Rice • Stir Fry Beef Lettuce Cups • Cilantro Lime Brown Rice • Stir Fried Cabbage • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Verde Salad & Tortilla Chips • Vegetarian Chili • Baked Potato • Fresh Fruit
<ul style="list-style-type: none"> • Chicken & Noodles • Kung Pao Chicken w/ Brown rice • Roasted Butternut Squash • Fresh Fruit 	<ul style="list-style-type: none"> • Cuban Sandwich • Meat Loaf w/ House Made Roll • Greek Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Sweet & Sour Chicken • Teriyaki Chicken Drumsticks • Lo Mein Street Noodles • Roasted Red Potatoes • Fresh Fruit 	<ul style="list-style-type: none"> • Meat Loaf w/ House Made Roll • Chicken Spaghetti • Garlic Roasted Carrots • Garden Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Sloppy Joe • Green Chili Pork Taco w/ Refried Beans & Pico de Gallo • Fresh Fruit

Recipes contain at least ¼ cup of vegetable subgroup.



Dark-Green Vegetables



Red-Orange Vegetables



Beans & Peas (Legumes)



Starchy Vegetables



Other Vegetables

Spring • Grades 6-12

Each day includes two entrée choices. Click on menu item below to view recipe.

<ul style="list-style-type: none"> • Chicken Fajitas Served w/ Warm WW Tortilla • Chicken Caesar Wrap • Mixed Veggies • Pico De Gallo • Fresh Fruit 	<ul style="list-style-type: none"> • Mama Mia Pasta Bake • Chicken Bacon Ranch Pizza • Italian Garbanzo Bean Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Honey Sriracha Chicken w/Brown Rice • Cajun Chicken Sandwich • Firecracker Broccoli • Homemade Roll • Fresh Fruit 	<ul style="list-style-type: none"> • Parmesan Chicken Served with Spaghetti • Chicken Pesto Sandwich • Braised Kale • Fresh Fruit 	<ul style="list-style-type: none"> • Beef Taco Salad • Greek Salad with Chicken Breast • Fiesta Corn • Tortilla chips • Fresh Fruit
<ul style="list-style-type: none"> • Southwest Mac n Cheese • Korean BBQ Chicken Sandwich • Spinach Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Mongolian Chicken Served w/ Lo Mein Noodles • Beef Pad Thai • Firecracker Carrots • Fresh Fruit 	<ul style="list-style-type: none"> • Frito Chili Pie • BBQ Chicken Drumsticks • Broccoli Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Monterey Chicken Flatbread • Beef Nachos • Mexican Veggie Medley • Fiesta Corn • Fresh Fruit 	<ul style="list-style-type: none"> • Bacon Chicken Ranch Pasta • Broccoli Cheese Soup w/ Homemade Roll • Marinated Tomato Salad • Fresh Fruit
<ul style="list-style-type: none"> • Beef Street Tacos Served w/ Warm Tortillas • BBQ Pork Sandwich • Jicama Slaw • Roasted Sweet Potatoes • Fresh Fruit 	<ul style="list-style-type: none"> • Basil Pesto Chicken Pasta • Baja Fish Tacos • Steamed Broccoli • Fresh Fruit 	<ul style="list-style-type: none"> • Southwest Tortilla Soup w/ Cowboy Bread • Homemade Lasagna • Honey Lemon Carrots • Fresh Fruit 	<ul style="list-style-type: none"> • General Tso Chicken • Chicken Tikka Masala • Brown Rice • Stir Fried Cabbage • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Verde • Beef Fajitas • Romaine Lettuce • Tortilla Chips • Roasted Red Potatoes • Fresh Fruit
<ul style="list-style-type: none"> • Grilled Cheese w/Tomato Soup • Sesame Chicken w/ Brown Rice • Firecracker Zucchini • Fresh Fruit 	<ul style="list-style-type: none"> • Philly Cheese Sandwich • Taco Pizza • Italian Roasted Broccoli • Fresh Fruit 	<ul style="list-style-type: none"> • Vegetarian Chili • Thai Chicken & Basil Barley • Roasted Turnips • Fresh Fruit 	<ul style="list-style-type: none"> • Sour Cream Chicken Enchiladas • Cowboy Burger • Garden Salad • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken & Spinach Quesadilla • Green Chili Pork Taco • Refried Beans • Pico de Gallo • Fresh Fruit

Recipes contain at least ¼ cup of vegetable subgroup.



Dark-Green Vegetables



Red-Orange Vegetables



Beans & Peas (Legumes)



Starchy Vegetables



Other Vegetables



Sharing Success

Sharing your experiences, tips, and successes on social media helps promote school nutrition and encourages other schools to take school nutrition to the next level. Post photos of how you present these menus on the serving line and how you promote them with students, parents, and faculty. Be sure to like us on Facebook and follow us on Twitter and Instagram.



facebook.com/cookingforkidsok



twitter.com/cooking4kidsok



CookingforKidsOK

For recipes, training videos, and additional tools and resources, visit the Cooking for Kids website at cookingforkids.ok.gov.

Sources

United States Department of Agriculture. (2017, August). *Research Shows Farm to School Works*. Retrieved from United States Department of Agriculture Food and Nutrition Service: <https://fns-prod.azureedge.net/sites/default/files/f2s/ResearchShows.pdf>