



VOTE FOR SCHOOL LUNCH 2007—Menus & Recipes

Menu—Pippa's Pollster Platter



Pippa Potato

Items	Elementary Serving Size	Elementary Meal Pattern	Secondary Serving Size	Secondary Meal Pattern	Recipe	Healthy Prep
Baked Potato	1/2 potato	1/4 cup fruit/vegetable	1 potato	1/2 cup fruit/vegetable	—	It's better to offer baked, not fried, potatoes.
Chili Con Carne	1/2 cup	2 ozs. meat/meat alternate, 3/8 cup fruit/vegetable	3/4 cup	3 ozs. meat/meat alternate, 1/2 cup fruit/vegetable	USDA (D20)■	Substitute a variety of beans for some of the meat. Use lowfat cheese.
Steamed Broccoli	1/4 cup	1/4 cup fruit/vegetable	1/4 cup	1/4 cup fruit/vegetable	—	Steamed vegetables are healthier than fried ones. Season with lemon juice or spice.
Whole-Wheat Roll	2 ozs.	2 grains/breads	2 ozs.	2 grains/breads	USDA (B16)■	Use whole-wheat flour.
Tropical Fruit Salad	2.5 ozs.	1/4 cup fruit/vegetable	2.5 ozs.	1/4 cup fruit/vegetable	Below or E101•	Use 100% juice, canned or frozen fruit. Substitute slivered almonds for the coconut.
Milk	8 fl. ozs.	1 milk	8 fl. ozs.	1 milk	—	Offer lowfat or skim.

Elementary Per Serving: 689 cal., 33.7 g pro., 105.8 g carb., 13.4 g fiber, 16.3 g fat, 5.9 g sat. fat, 62.1 mg chol., 812.8 mg sod., 2,113.7 IU vit. A, 51.9 mg vit. C, 380 mg ca., 11 mg iron

Secondary Per Serving: 932.7 cal., 45.9 g pro., 145.9 g carb., 20 g fiber, 21 g fat, 7.6 g sat. fat, 87.3 mg chol., 974.2 mg sod., 2,473.4 IU vit. A, 69.6 mg vit. C, 419.9 mg ca., 17.6 mg iron

Total Meal Pattern: 2 ozs. meat/meat alternate (elementary) or 3 ozs. meat/meat alternate (secondary), 2 grains/breads, 1 cup fruit/vegetable (elementary) or 1 1/2 cups fruit/vegetable (secondary), 1 milk

• Available at www.schoolnutrition.org/vote.

■ You can find most USDA recipes at www.fns.usda.gov/tn/Resources/usda_recipes.html or www.nfsmi.org/Information/school_recipe_index_number.html. Or check with your state agency.

Recipe—Pippa's Bipartisan Potato with Chili

Baking potatoes, 6-oz.	50 potatoes (elementary) or 66 potatoes (secondary)
Ground beef (no more than 20% fat)	14 lbs.
Onions*, chopped	1 qt., ² / ₃ cup or 1 lb., 12 ozs.
Garlic, granulated	3 Tbsps.
Green pepper, chopped	3 ¹ / ₄ cups or 1 lb.
Pepper	1 Tbsp., 1 tsp.
Chili powder	¹ / ₄ cup, 2 tsps.
Paprika	2 Tbsps.
Onion powder	2 Tbsps.
Cumin	¹ / ₂ cup
Tomatoes, diced, canned, juice reserved	1 #1 can or 3 qts., ¹ / ₂ cup or 6 lbs., 6 ozs.
Water	1 gal., 2 cups
Tomato paste	¹ / ₂ #1 can or 1 qt., 2 ¹ / ₄ cups or 3 lbs., 8 ozs.
Pinto or kidney beans, canned**	1 #1 can or 3 qts., 3 cups or 6 lbs., 12 ozs.
Cheddar cheese, lowfat, shredded	3 qts. or 3 lbs.

1. Scrub potatoes and remove any protruding sprouts or "eyes". Place the potatoes in baking pan. Bake them at 400°F for 1-1½ hours. **Control Point:** Hold the potatoes for hot service at 135°F or higher.

2. Brown and drain the ground beef.

3. Add the onions, garlic, green pepper, pepper, chili powder, paprika, onion powder and cumin. Cook for 5 minutes.

4. **Critical Control Point:** Stir in the tomatoes, water and tomato paste and mix them well. Bring the mixture to a boil; then reduce the heat and cover the contents of the pan. Simmer the dish slowly, stirring occasionally, until it thickens, or about 40 minutes.

5. Stir in the beans and heat to 155°F or higher for 15 seconds. (If using previously cooked and chilled beans, heat to 165°F or higher for at least 15 seconds.)

6. Pour the chili mixture into serving pans. **Control Point:** Hold it at 135°F or higher. For elementary schools, use a 4-oz. ladle to portion ¹/₂ cup over a ¹/₂ potato per serving, garnishing with cheese. For secondary schools, portion ³/₄ cup over 1 potato.

Yield: 100 servings (elementary) or 66 servings (secondary)

Per Serving Elementary: 348.4 cal., 19.1 g pro., 49.8 g carb., 9.2 g fiber, 8.7 g fat, 3.6 g sat. fat, 42 mg chol., 221.8 mg sod., 821.5 IU vit. A, 26 mg vit. C, 74.9 mg ca., 2.8 mg iron

Per Serving Secondary: 522.8 cal., 30.5 g pro., 74.3 g carb., 13.2 g fiber, 13.1 g fat, 5.3 g sat. fat, 63 mg chol., 331.7 mg sod., 1,236.5 IU vit. A, 40 mg vit. C, 116.8 mg ca., 5.3 mg iron

Recipe analysis: SNA, using WINSNAP (ver. 2.1.6)

***Note:** You can substitute the fresh onions with 2 ¹/₂ cups (or 5 ozs.) of dehydrated onions.

****Note:** You can substitute the canned beans with 3 qts. (or 4 lbs., 8 ozs.) cooked dry beans.



- ★ The Vote for School Lunch campaign emphasizes that, when served as part of a reimbursable school lunch, all these entrées meet nutrition standards. They also provide variety and flexibility, such as by adding colorful vegetables. In the last 60 years, school meals have improved by leaps and bounds!
- ★ Planning resources include an education session at ANC 2007, themed merchandise available through the Emporium and an online NSLW Toolkit. See page 24 for more details.
- ★ Voting will take place online at www.VoteForSchoolLunch.org, beginning on August 1, 2007. Students should be encouraged to vote throughout the back-to-school season.
- ★ Kids can vote online or submit paper ballots in your cafeteria. Downloadable paper ballots like the ones on page 25, as well as collated results forms like the one on page 27, are available at www.schoolnutrition.org/vote.
- ★ National School Lunch Week will take place October 15-19, 2007.
- ★ After the 2006 Vote campaign, school nutrition professionals requested that voting be kept open throughout the official week of NSLW. You ask, and SNA delivers! SNA is keeping the 2007 vote open through Friday, October 19.
- ★ SNA intends to tally up the total votes and announce the winning candidate on Monday, October 22, 2007.
- ★ Students have the chance to design and name three completely new candidates in the Design a Candidate contest. The deadline for SNA to receive winning entries from local school contests will be October 31, 2007. See page 20 for some of the official rules.
- ★ If you tell the Association how you're planning to celebrate Vote for School Lunch this year, you will be entered in a drawing to win prizes for your students and yourself. And, just for entering, you can receive Vote for School Lunch sticker sheets (while supplies last). Learn more at www.schoolnutrition.org/vote.

**Watch out for more details
about the Vote campaign in future
issues of SF&N and visit
www.schoolnutrition.org/vote
for more information.**

Elementary Average Per Serving for NSLW

2007 Meals: 659.6 cal., 33.7 g pro., 91.4 g carb., 7.3 g fiber, 18.6 g fat, 5.9 g sat. fat, 51.7 mg chol., 1,075 mg sod., 5,083.9 IU vit. A, 28.5 mg vit. C, 516 mg ca., 5.7 mg iron

Secondary Average Per Serving for NSLW 2007

Meals: 820.7 cal., 39 g pro., 114.5 g carb., 9.9 g fiber, 24.1 g fat, 8.1 g sat. fat, 67.6 mg chol., 1,178.9 mg sod., 5,769.7 IU vit. A, 36.2 mg vit. C, 537.4 mg ca., 7.8 mg iron