



Nutritious, Delicious, Wisconsin Toolkit

**A Guide for Incorporating Wisconsin Foods
into the School Meal Programs**

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Overview

School nutrition programs play a vital role in supporting student health. School meals are full of fruits, vegetables, whole grains, lean protein, and milk. Students also learn to create balanced meals and have opportunities to try a variety of new foods. However, getting students to participate in school meal programs is not always easy. School nutrition staff can implement a variety of strategies to help sustain student interest and increase participation in the school meal programs.

Farm to school is one strategy that can be used to attract students to participate in the school meals programs. Farm to school can be used to describe activities that promote and serve locally produced foods in the cafeteria, classroom, and community. Specifically, Harvest of the Month programs are one way to provide students with the opportunity to explore, taste, and learn about local agricultural products. When students connect to the people who grow their food and the places where that food is grown, they are inspired to choose those foods.

The *Nutritious, Delicious, Wisconsin Toolkit* provides information to help school nutrition professionals implement a Wisconsin Harvest of the Month program at their school. The toolkit contains recipes featuring Wisconsin agricultural products, information on local procurement, promotional materials, and educational resources. The Wisconsin Harvest of the Month program is intended to help schools with starting or growing their farm to school program. For additional information and resources, visit the [UW Extension's Harvest of the Month Website](#).

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What is Harvest of the Month?

Harvest of the Month is a statewide campaign that provides an opportunity for students to try new foods and learn about how they are produced. Each month, schools feature one seasonal, Wisconsin agricultural product for students to explore, taste, and learn about. Activities may include student taste tests of the food, serving the food in a meal or snack, or featuring the food on promotional materials displayed in the cafeteria. In the classroom, teachers, AmeriCorps members, or FoodWise educators can engage students in educational activities related to the Wisconsin agricultural product. In the community, schools can inform families about Harvest of the Month through newsletters, emails, and social media posts. Collectively, these activities multiply the impact of the Harvest of the Month program.

Why Harvest of the Month?

Incorporating local foods into breakfast or lunch menus has been shown to increase student participation in the school meal programs. According to the National Farm to School Network, schools engaged in farm to school programming increased participation in their school meal programs on average by nine percent. Additionally, students increased their fruit and vegetable consumption, were more willing to try new and healthy foods, and were more likely to choose healthier options in the cafeteria. Research shows the many benefits of Harvest of the Month programs, including increasing student consumption of fruits and vegetables, reducing food waste, increasing participation in school meal programs, and supporting farmers and the local economy.



Local Procurement

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Local food purchasing not only benefits school nutrition programs but can also serve as a significant financial opportunity for farmers and producers. The diversity of crops grown in Wisconsin offers a unique opportunity for school nutrition programs to participate in Harvest of the Month activities through the procurement of local products. There is no Federal definition of “local” and therefore is defined by each School Food Authority (SFA). The SFA’s definition of local may change seasonally, or with the type of product, or special event. Local can be defined by a certain number of miles from the SFA, within the county, the state, or adjacent state(s).

School nutrition programs can connect with local producers, ranchers, and farmers through a variety of channels. The most common are through a prime vendor, such as a commercial distributor, direct to the farmer or processor by attending a farmer’s market or auction, working with a food hub, co-op, or aggregator, and/or using U.S. Department of Agriculture (USDA) Foods entitlement dollars towards the Department of Defense (DoD) Fresh Produce Program. Consider using the [Wisconsin Local Foods Database](#) as a place to begin searching for producers, ranchers, and farmers in your area. Connections can be made by calling, emailing, meeting in person, or if necessary, sending out written solicitations.

Most SFAs utilize the non-competitive micro-purchase or competitive small purchase method to obtain local foods. Before deciding which method to use, estimate the value of your purchase and have your specifications defined. The value of a micro-purchase is estimated by transaction and is the most flexible option. Whereas a small-purchase and formal procurement are typically estimated based on volume used over the course of a typical school year. For more information, including purchasing thresholds, visit the [Wisconsin Department of Public Instruction’s Local Procurement webpage](#).



Incorporating Local Foods

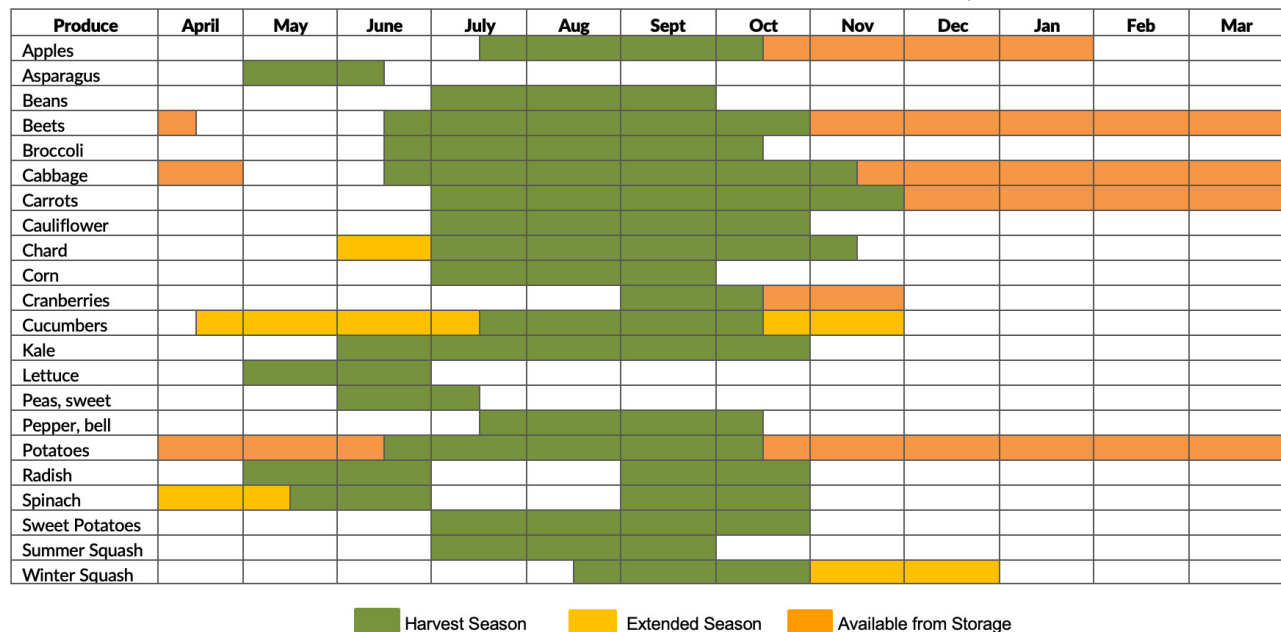
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There are a variety of strategies that can be used to incorporate local foods into the school meal programs. Due to the variety of foods produced in Wisconsin, local foods can be incorporated into all required meal components, including grains, meat/meat alternates, fruits, vegetables, and milk for both the school lunch and breakfast programs. Additionally, local foods can be integrated into other USDA programs, such as the Fresh Fruit and Vegetable Program and summer meal programs.

When determining how to incorporate local foods into your program, it's important to consider what products are in season. While many of the resources in this toolkit focus on six Wisconsin-produced foods, there are many more local foods to consider. The seasonality chart shows many of the foods that are produced in Wisconsin and when they are available throughout the four seasons. There are certain Wisconsin foods that are available year-round, such as meats, poultry, eggs, dairy, maple syrup, and honey. For additional information and resources on other Wisconsin produced foods, visit the [UW Extension's Harvest of the Month Website](#).

Seasonality Chart

The bars represent average date of harvest and availability which can vary with factors such as weather conditions, farm location, and varieties grown.



Source: [Wisconsin Farm to School: Toolkit for School Nutrition Programs](#)

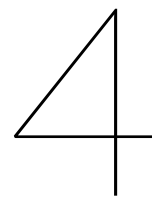
Taste Tests

Students are often unwilling to select a new food that is offered as part of the school meal. Providing taste tests as part of a Harvest of the Month program is a great way to introduce students to the smell, taste, and texture of a food in a non-intimidating way. Taste testing new foods prior to adding them to a menu can help increase selection of the food and reduce waste.

Best Practices for Taste Testing:

- Select the food item you will be offering for the taste test. Consider offering multiple taste tests to increase the students' exposure to a certain food or recipe.
- Describe the featured food to students and display any educational and promotional materials.
- Ensure the food item is a sample portion or cut into small pieces so each student can taste a bite of the item. Consider leaving unprocessed samples of the food or recipe ingredients at the taste test to allow students to see the food in its original form. For example, display a whole butternut squash on the taste testing table so that students can see what it looks like as they try a sample of roasted, cubed butternut squash.
- Offer portions of the item to each student. Allow students to decline samples if they are uninterested or unwilling to participate in the test.
- Have students share their thoughts using the appropriate survey design for each age group.

A key factor to conducting a successful taste test is getting feedback from the students on the food they tried. Student surveys provide valuable information as to whether students would try the food item again if featured on the school menu. It is important to determine the best survey design for the age group. Elementary students respond to surveys that use smile and frown faces or sticker charts















that allow them to indicate if they “Tried it!”, “Liked it!”, or “Loved it!”. Middle and high school students can complete more in-depth surveys with detailed questions.

Taste tests work well when they are scheduled on a regular basis. As students become familiar with taste tests, they are more likely to try new foods. Consider ways to promote the taste test to generate excitement, such as enlisting students to create posters or flyers and advertising the taste test on the school announcements. The [Home Grown Taste Test Guide](#) provides additional information and tips on implementing taste test activities.















Elementary School Taste Test Survey

Directions: Circle the faces below to tell us how you feel about the food.

The food looked:			
The food tasted:			
The food smelled:			
I would eat the food again.			



Directions: Circle the faces below to tell us how you feel about the food.

The food looked:			
The food tasted:			
The food smelled:			
I would eat the food again.			

Middle/High School Taste Test Survey

Directions: Check one rating for each of the following:

	Excellent	Good	Okay	Poor
Appearance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flavor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Texture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smell	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall Acceptability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please provide additional comments or suggestions for the food:



Directions: Check one rating for each of the following:

	Excellent	Good	Okay	Poor
Appearance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flavor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Texture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smell	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall Acceptability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please provide additional comments or suggestions for the food:

Standardized Recipes

5

According to the USDA, a standardized recipe is one that “has been tried, adapted, and retried several times for use by a given foodservice operation and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.”

A quantity recipe is written to produce large quantities of food, typically 25 servings or more. Quantity recipes are not standardized until they have been adapted for use in an individual food service operation.

Local foods can be incorporated into your operation’s standardized recipes. Your standardized recipes should reflect the form in which you receive the food. Since local produce is often available as a whole product (e.g., a whole butternut squash), your recipes may have to be updated to include steps for peeling, coring, and dicing. The [Food Buying Guide](#) is a helpful tool that may be used to determine the yield of edible portion expected from a product as purchased.

Standardized recipes produce consistent:

- quality to ensure student satisfaction and expectations,
- crediting and dietary specifications when the same products are used, and the exact measurements are followed,
- yield each time the recipe is produced, and
- planning and purchasing for food cost controls.



When must a recipe be standardized?

A recipe must be standardized when a menu item contains more than one ingredient or the item is created or assembled in-house prior to meal service. Examples include grilled cheese sandwich, chef salad, and cheeseburger on a bun.

Standardized Recipe Requirements

A standardized recipe must include:

- Recipe name: Choose a name that reflects the contents of the recipe and will appeal to students.
- Ingredients: List in the order added to the recipe and be specific (canned, frozen, fresh, whole, chopped, etc.).
- Weight or measurement of each ingredient: Remember that weight and volume are not interchangeable. For more information see the [Weight vs Volume chart](#).
- Instructions: Detailed and step-by-step, based on the kitchen where the recipe is prepared.
- Serving size: Based on crediting and the appropriate meal pattern.
- Recipe yield: The number of servings that the recipe produces.
- Total recipe yield by weight and/or volume, number of pans, and pan size: This information is a good edit check to ensure the recipe is mathematically feasible.



Crediting Standardized Recipes

Crediting a recipe means determining how one serving of the recipe contributes to the meal pattern components. The meal components include grain, meat/meat alternate (M/MA), fruit, vegetable, and milk. For example, a serving of homemade lasagna may credit as 2 ounce equivalents (oz eq) of M/MA and 2 oz eq of grain. To determine the crediting, you must know the yield of the recipe.

Example: Your lasagna recipe contains 150 oz eq of M/MA and 100 oz eq of grain. The yield of this recipe is 100 servings.

- $150 \text{ oz eq M/MA} \div 100 = 1.5 \text{ oz eq M/MA per serving}$
- $100 \text{ oz eq grain} \div 100 = 1 \text{ oz eq grain per serving}$

For more information on crediting, see [Crediting in a Nutshell](#).

The [Food Buying Guide](#) contains a tool called the Recipe Analysis Workbook (RAW). The RAW is used to determine the expected meal pattern contribution and crediting statement for a recipe.

Standardization Process

Recipe Verification

- Review the recipe: Look over the recipe and note anything missing (ingredients, instructions, equipment needed, etc.).
- Prepare the recipe: While making a small amount of the recipe (25 servings is sufficient), check that the ingredients and amounts are accurate. Keep notes to document any necessary changes.
- Verify the recipe yield: Weigh or measure the total recipe yield.
- Record changes to the recipe: Record recipe, including changes, on your standardized recipe template.

Product Evaluation

- **Informal evaluation:** School nutrition staff determine whether the recipe is acceptable and whether efforts to standardize the recipe should continue. Recipe may be deemed:
 - *Unacceptable:* discontinue standardizing the recipe.
 - *Mostly acceptable:* recipe goes back to the verification phase so that changes can be made and a new version can be prepared.
 - *Acceptable as-is:* recipe is prepared for formal evaluation.
- **Formal evaluation:** This step includes taste-testing by food service staff, students, and other customers. Use an evaluation form to collect opinions on the final recipe's appearance, flavor, texture, etc. Use these results to determine your next step—either accept recipe as-is, modify the recipe until acceptable, or reject the recipe.

Quantity Adjustment

- Using the factor method, scale up the recipe to the amount of servings desired for your operation. Recipes are typically scaled up to 50 or 100 servings. It may take a few tries to get everything correct when scaling up a recipe.

The Institute of Child Nutrition's [Child Nutrition Recipe Box](#) is designed for school nutrition professionals. It contains recipes for the National School Lunch Program, School Breakfast Program, Child Care Centers, Family Child Care, Child and Adult Care Food Program, and recipes in Spanish. You may create an account to save and rate recipes, obtain nutrition information, and create a cookbook to save your favorite recipes.

For more information on standardized recipes, please view the [Wisconsin Department of Public Instruction's Standardized Recipe Online Learning Courses](#).



Taco Slaw

Grade Group: K-12

Number of Portions: 50

Portion Size: ½ c

Serving Utensil: No. 8 scoop

INGREDIENTS:

1 lb 13 oz Fresh Granny Smith apples, whole, 80 count *

1 lb 10 oz Fresh carrots, whole, without tops *

2 lb 8 oz Fresh purple cabbage, whole *

1 c Low-fat plain yogurt (8 oz)

⅓ c Mayonnaise

⅛ c Lime juice

1 Tbsp Paprika

2 tsp Cumin

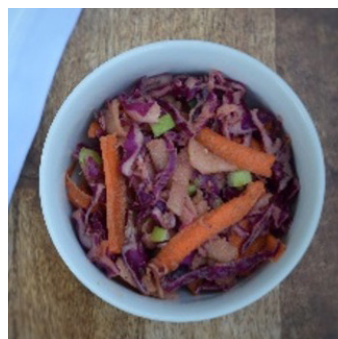
2 tsp Onion powder

2 tsp Chili powder

1 tsp Salt

PROCEDURE:

1. Shred apples, carrots, and cabbage. Combine in a large bowl. Toss lightly.
** Note: If purchasing pre-shredded produce, recipe calls for:*
 - 6 ¼ c shredded carrots
 - 12 ½ c shredded cabbage
 - 6 ¾ c shredded apples
2. Dressing: Combine yogurt, mayonnaise, lime juice, paprika, cumin, onion powder, chili powder, and salt. Stir well.
3. Pour dressing over vegetable mixture. Stir well.
4. Transfer coleslaw to steam table pan.
Critical Control Point: Cool to 41°F or lower within 4 hours.
Critical Control Point: Hold at 41°F or below.
5. Portion with No. 8 scoop (½ cup).



HACCP Process:

- #1 No Cook
 #2 Cook & Serve Same Day
 #3 Includes Cooling Step

Total Yield:

Measure (volume): 25 c

Meal Component Contribution Based on Portion Size:

Fruits: ⅓ c

Vegetable Subgroups:

Red Orange: ⅓ c

Other: ¼ c

Nutrient Analysis Based on Portion Size:

Calories: 32

Saturated Fat (g): 0

Sodium (mg): 77

For the full standardized recipe, see our [Nutritious, Delicious, Wisconsin webpage](#).

Creamiest Chickpea Curry

Grade Group: K-12

Number of Portions: 50

Portion Size: 1¼ c

Serving Utensil: 10 fl oz spoodle

INGREDIENTS:

3 lb 6 oz Fresh onions, whole*

5 lb 13 oz Fresh yellow potatoes

3 No. 10 cans Low-sodium garbanzo beans

¼ c Olive oil

3 Tbsp Fresh garlic, minced

1½ No. 10 cans Diced tomatoes

1 c Curry powder

¼ c Cumin, ground

1 Tbsp + 2 tsp Salt

2 qt Water

2 qt Soymilk, unsweetened

1 c Cornstarch

PROCEDURE:

1. Peel and mince onion.

** Note: If purchasing pre-cut produce, recipe calls for 2 qt and 2 c minced onions*

2. Wash and scrub potatoes. Dice potatoes to uniform size, approximately ½" pieces.
3. Drain and rinse garbanzo beans.
4. Heat oil on medium-high heat in a large brazier pan or tilt skillet. Add onion and sauté for 5-7 minutes, until soft. Add garlic and sauté for another 2 minutes.
5. Add tomatoes (do not drain), potatoes, curry powder, cumin, salt, garbanzo beans, and water. Stir well. Cover and simmer for about 25 minutes until potatoes are tender, or longer if needed.
6. Stir together soy milk and cornstarch with whisk until fully combined. Add to pan all at once and stir curry until bubbly and thickened.

Critical Control Point: Heat to 135°F or higher.

Critical Control Point: Hold for hot service at 135°F or higher.

7. Portion with 10 fl oz spoodle (1¼ cup).



HACCP Process:

- #1 No Cook
- #2 Cook & Serve Same Day
- #3 Includes Cooling Step

Total Yield:

Measure (volume): 4 gal

Meal Component Contribution Based on Portion Size:

Meat/Meat Alternate:
2.5 oz eq

Vegetable Subgroups:

Red Orange: ¼ c

Starch: ¼ c

Other: ⅛ c

Additional: ⅛ c

Nutrient Analysis Based on Portion Size:

Calories: 311

Saturated Fat (g): 1

Sodium (mg): 436

For the full standardized recipe, see our [Nutritious, Delicious, Wisconsin webpage](#).

Creamy Pasta with Roasted Squash and Broccoli

Grade Group: K-12

Number of Portions: 50

Portion Size: 1½ c

Serving Utensil: 12 fl oz spoodle

INGREDIENTS:

7 lb 8 oz	Fresh butternut squash*
6 lb	Fresh broccoli, untrimmed, whole*
¼ c	Olive oil
2 Tbsp	Paprika
1 Tbsp	Garlic powder
1 Tbsp	Basil, dried
2 Tbsp	Parsley, dried
2 Tbsp	Black pepper
1 Tbsp + 2 tsp	Salt
7 lb	Frozen, cooked diced chicken
4 gal	Water
2 gal	Skim milk
2 Tbsp	Fresh garlic, minced
1½ tsp	Crushed red pepper (optional)
1¼ c	Cornstarch
2 c	Parmesan cheese

PROCEDURE:

1. Peel, seed, and dice squash to uniform size, approximately ½" pieces.
** Note: If purchasing pre-cut produce, recipe calls for:*
 - 1 gal 2 c cubed butternut squash
 - 1 gal 1½ qt trimmed broccoli florets
2. Trim and chop broccoli to uniform size, approximately 1½" pieces.
3. Line 2 sheet pans with parchment paper. Place butternut squash on 1 sheet pan and broccoli on the other sheet pan.
4. Combine 1 Tbsp paprika, garlic powder, dried basil, dried parsley, 1 Tbsp black pepper, and 2 tsp salt in a small bowl and stir together. Sprinkle over both sheet pans and toss to coat.



HACCP Process:

- #1 No Cook
- #2 Cook & Serve Same Day
- #3 Includes Cooling Step

Total Yield:

Measure (volume): 4 gal 2 qt

Meal Component Contribution Based on Portion Size:

Meat/Meat Alternate:

2 oz eq

Grains: 1 oz eq

Vegetable Subgroups:

Dark Green: ¼ c

Red Orange: ¼ c

Nutrient Analysis Based on Portion Size:

Calories: 341

Saturated Fat (g): 1

Sodium (mg): 449

For the full standardized recipe, see our [Nutritious, Delicious, Wisconsin webpage](#).

5. Roast butternut squash:
Convection oven: 400°F on low fan for 25 minutes, or until tender and slightly brown on the edges.
6. Roast broccoli:
Convection oven: 400°F on low fan for 15 minutes, or until tender florets are slightly brown.
7. Place frozen diced chicken on a lined sheet pan.
8. Bake:
Combi Oven: 250°F with steam/hydro for 10 minutes.
Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
9. Heat water to a boil in a large stock pot or tilt skillet. Add pasta and cook for 8 minutes or until al dente. Drain well and return to pot. Toss with ¼ c olive oil.
10. Add milk (reserving 4 c), 1 Tbsp paprika, 1 Tbsp black pepper, 1 Tbsp salt, minced garlic, and crushed red pepper (if using) to pasta. Stir well and bring to a rapid simmer.
11. Combine reserved milk and cornstarch in a small bowl. Mix using a whisk until combined.
12. Add cornstarch mixture to pasta and stir. Simmer until thickened, scraping the bottom of the pot, about 10 minutes.
13. Add butternut squash, broccoli, chicken, and parmesan cheese to the pot. Toss until pasta is coated and thick.
Critical Control Point: Hold for hot service at 135°F or higher.
14. Portion with 12 oz fl spoodle (1½ cup).

Maple Butternut Squash

Grade Group: K-12

Number of Portions: 50

Portion Size: ½ c

Serving Utensil: No. 8 scoop

INGREDIENTS:

13 lb 8 oz Fresh butternut squash*

½ c Canola oil

2 tsp Ground cinnamon

2 tsp Salt

2 tsp Black pepper

1½ c Maple syrup

PROCEDURE:

1. Peel, seed, and cut squash to uniform size, approximately ¾" pieces.
**Note: If purchasing pre-cut produce, recipe calls for 2 gal and 3 c cubed butternut squash*
2. Place squash evenly on 2 lined sheet pans. Drizzle each pan with ¼ c canola oil and toss to coat. Sprinkle each pan with 1 tsp cinnamon, 1 tsp salt, and 1 tsp black pepper.
3. Bake:
Conventional oven: 400°F for 20 minutes.
Convection oven: 375°F on low fan for 20 minutes.
4. Remove pans from oven. Turn and toss the squash, redistributing into an even layer on each sheet pan. Drizzle each pan with ¼ c maple syrup.
5. Roast squash another 20 minutes until tender and slightly brown on the edges. Remove squash from pan immediately.
Critical Control Point: Heat to 135°F or higher.
Critical Control Point: Hold for hot service at 135°F or higher.
6. Portion with No. 8 scoop or 4 fl oz spoodle (½ cup).



HACCP Process:

- #1 No Cook
- #2 Cook & Serve Same Day
- #3 Includes Cooling Step

Total Yield:

Measure (volume): 1 gal 2¼ qt

Meal Component Contribution Based on Portion Size:

Vegetable Subgroups:
Red Orange: ½ c

Nutrient Analysis Based on Portion Size:

Calories: 83

Saturated Fat (g): 0

Sodium (mg): 95

For the full standardized recipe, see our [Nutritious, Delicious, Wisconsin webpage](#).

Southwest Seasoned Potatoes

Grade Group: K-12

Number of Portions: 50

Portion Size: ½ c

Serving Utensil: No. 8 scoop

INGREDIENTS:

11 lb 4 oz Fresh yellow or red potatoes, medium size

1 c Olive oil

1 Tbsp Garlic powder

1 Tbsp Oregano, dried

1 Tbsp Salt

2 tsp Paprika

2 tsp Cumin, ground

2 tsp Black pepper

1 tsp Chili powder

1 tsp Onion powder

PROCEDURE:

1. Wash and scrub potatoes. Cut potatoes to uniform size, approximately 1" pieces.
2. Place potatoes in a large bowl. Add olive oil and toss. Add all remaining seasonings and toss to coat potatoes.
3. Place potatoes evenly on two lined sheet pans.
4. Bake:
Conventional oven: 425°F for 25 minutes.
Convection oven: 400°F on low fan for 25 minutes.
5. Remove pans from oven.
Critical Control Point: Heat to 135°F or higher.
Critical Control Point: Hold for hot service at 135°F or higher.
6. Portion with No. 8 scoop or 4 fl oz spoodle (½ cup).



HACCP Process:

- #1 No Cook
- #2 Cook & Serve Same Day
- #3 Includes Cooling Step

Total Yield:

Measure (volume): 1 gal 3 qt

Meal Component Contribution Based on Portion Size:

Vegetable Subgroups:

Starchy: ½ c

Nutrient Analysis Based on Portion Size:

Calories: 104

Saturated Fat (g): 1

Sodium (mg): 148

For the full standardized recipe, see our [Nutritious, Delicious, Wisconsin webpage](#).

Sweet and Sour Chicken Stir Fry

Grade Group: K-12

Number of Portions: 50

Portion Size: 1 c

Serving Utensil: 8 fl oz spoodle

INGREDIENTS:

5 lb	Fresh broccoli, untrimmed, whole*
6 lb 3 oz	Fresh carrots, whole, without tops*
3 lb 12 oz	Fresh Granny Smith apples, whole
2 c	Apple juice
1½ c	Vegetable oil
1 c	Brown sugar, packed
2¼ c	Apple cider vinegar
3 c	Chicken stock
1¼ c	Low-sodium soy sauce
¾ c	Sweet chili sauce
¼ c	Ground ginger
¼ c	Garlic powder
¼ c	Onion powder
1 Tbsp	White pepper
1 c	Cornstarch
1½ c	Cold water
6 lb 4 oz	Frozen, cooked diced chicken, thawed

PROCEDURE:

1. Trim and chop broccoli to uniform size, approximately 2" pieces.
**Note: If purchasing pre-cut produce, recipe calls for:*
 - 1 gal 1½ qt trimmed broccoli florets
 - 1 gal 1 c sliced carrots
2. Peel and cut carrots to uniform size, approximately ¼" thick coins.
3. Core and chop apples to uniform size, approximately ¾" pieces
4. Place broccoli in steamer pan.
5. Steam until tender:
Non-pressurized steamer: 13 minutes in perforated pan.
Conventional oven: Fill 4" deep hotel pan with 1" water. Place 2" perforated pan inside water-filled pan. Cover tightly and cook at 350°F on low fan for 26 minutes.



HACCP Process:

- #1 No Cook
- #2 Cook & Serve Same Day
- #3 Includes Cooling Step

Total Yield:

Measure (volume): 3 gal ½ qt

Meal Component Contribution Based on Portion Size:

Meat/Meat Alternate:
2 oz eq

Vegetable Subgroups:

Dark Green: ¼ c
Red Orange: ¼ c

Nutrient Analysis Based on Portion Size:

Calories: 249

Saturated Fat (g): 2

Sodium (mg): 422

For the full standardized recipe, see our [Nutritious, Delicious, Wisconsin webpage](#).

6. Add apple juice, oil, brown sugar, vinegar, stock, soy sauce, and sweet chili sauce to a large stock pot. Bring to boil over medium heat.
7. Add the carrots and apples to the stock pot. Simmer until carrots are tender, 20 minutes or longer if needed.
8. Combine ground ginger, garlic powder, onion powder, white pepper, and cornstarch in a bowl.
9. Add 1½ c cold water and whisk to combine.
10. Add cornstarch mixture to stock pot and stir with whisk until thickened.
11. Add chicken to stock pot and stir while cooking.
Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
12. Transfer mixture to steam table pans and add steamed broccoli.
For 50 servings, use 2 pans.
For 100 servings, use 4 pans.
Critical Control Point: Hold for hot service at 135 °F or higher.
13. Portion with 8 oz fl spoodle (1 cup).

Spiced Apple Parfait

Grade Group: K-12

Number of Portions: 50

Portion Size: ½ c apples, ½ c yogurt, ¼ c granola, 1 Tbsp dried cranberries

Serving Utensil: No. 8 scoop

INGREDIENTS:

16 lb Fresh Pink Lady apples, whole, 80 count

1½ c Brown sugar, packed

¼ c Ground cinnamon

6 qt 1 c Low-fat vanilla yogurt (12 lb 8 oz)

3 qt ½ c Granola, no fruit or nuts (3 lb 2 oz)

3 ⅜ c Dried cranberries (15 oz)

PROCEDURE:

1. Core and chop apples to uniform size, approximately ¾" pieces.
2. Combine brown sugar and cinnamon in a medium bowl. Stir well.
3. Toss apples in brown sugar and cinnamon mixture.
4. Place apples on lined sheet pans. Do not overcrowd.
5. Bake:
Conventional oven: 400°F for 25 minutes.
Convection oven: 375°F on low fan for 25 minutes.
6. While warm, portion ½ c apples into clear plastic cups. Cover and refrigerate for at least 1 hour or overnight.
Critical Control Point: Cool to 41°F or below within 4 hours.
7. Using a No. 8 scoop, portion yogurt on top of apples.
8. Sprinkle ¼ c granola and 1 Tbsp of dried cranberries over yogurt.
Critical Control Point: Hold at 41°F or below.
9. Serve 1 parfait.



HACCP Process:

- #1 No Cook
- #2 Cook & Serve Same Day
- #3 Includes Cooling Step

Total Yield:

Measure (volume): 50 parfaits

Meal Component Contribution Based on Portion Size:

Meat/Meat Alternate: 1 oz eq

Fruits: ½ c

Grains: 1 oz eq

Nutrient Analysis Based on Portion Size:

Calories: 361

Saturated Fat (g): 1

Sodium (mg): 118

For the full standardized recipe, see our [Nutritious, Delicious, Wisconsin webpage](#).

Promotional Materials

Promotion of the Harvest of the Month program is key to ensuring its success, so be sure to inform school staff, families, and students about the program. These individuals can serve as advocates and help to champion the program at your school. The more students are aware and engaged with the program, the more likely they will be to try the featured foods.

There are several opportunities to communicate and promote the Harvest of the Month program. In the cafeteria, hang signs or posters to inform students about the food being featured that month. The menu can also be used to highlight the locally produced food that will be served as part of the meal. School social media accounts, newsletters, and announcements all serve as tools to effectively promote the program.

The following Nutritious, Delicious, Wisconsin materials can be used to promote your Harvest of the Month program to school staff, families, and students. The newsletter template, social media posts, and morning announcements can be customized to fit the unique needs of your school nutrition program.

Promotional Resources and Templates

Template: [Newsletter Insert](#)

Template: [School Media Posts](#)

Template: [School Announcements](#)

Resource: [Apple Menu Image](#)

Resource: [Broccoli Menu Image](#)

Resource: [Carrot Menu Image](#)

Resource: [Dairy Menu Image](#)

Resource: [Potato Menu Image](#)

Resource: [Winter Squash Menu Image](#)



Resource: [Apple Poster](#)

Resource: [Broccoli Poster](#)

Resource: [Carrot Poster](#)

Resource: [Dairy Poster](#)

Resource: [Potato Poster](#)

Resource: [Winter Squash Poster](#)

Resource: [Apple Poster \(Spanish\)](#)

Resource: [Broccoli Poster \(Spanish\)](#)

Resource: [Carrot Poster \(Spanish\)](#)

Resource: [Dairy Poster \(Spanish\)](#)

Resource: [Potato Poster \(Spanish\)](#)

Resource: [Winter Squash Poster \(Spanish\)](#)



Nutrition Education

Nutrition education is a key component of a Harvest of the Month program. Teaching nutrition concepts to students provides them with the knowledge and food-related life skills to establish healthful eating patterns. Specifically, introducing foods through positive and engaging activities helps create meaningful learning experiences for students.

Schools can incorporate nutrition education throughout the school day. In the classroom, nutrition education can be taught as an individual subject or integrated into many other subject areas including math, science, health, and physical education. Nutrition education in the cafeteria may involve school nutrition staff encouraging students to try new foods through taste tests or hanging cafeteria décor that promotes healthy eating. The following *Nutritious, Delicious, Wisconsin* materials can be used to teach nutrition education to students in the classroom and cafeteria.

Nutritious, Delicious, Wisconsin Lessons

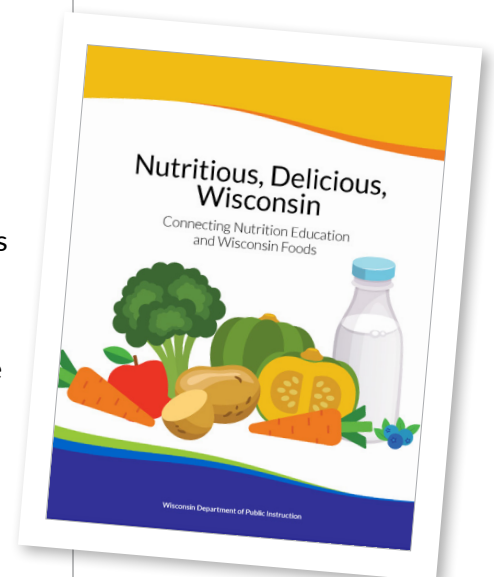
[*Nutritious, Delicious, Wisconsin: Connecting Nutrition Education and Wisconsin Foods*](#) is a series of lessons that use Wisconsin produced foods to teach nutrition concepts to elementary students. The lessons connect Wisconsin foods to the state's history, culture, and people. Additionally, the lessons encourage children to eat healthful foods, particularly those produced in Wisconsin and can be used to promote the Harvest of the Month.

Through the implementation of the *Nutritious, Delicious, Wisconsin* lessons, students will:

- Expand food and nutrition knowledge.
- Improve knowledge about growing, harvesting, and producing Wisconsin foods.
- Increase willingness to taste new foods.
- Increase appreciation of other cultures.

The *Nutritious, Delicious, Wisconsin* lessons are intended for third through fifth grade students. The lessons can stand alone or be taught as a unit of instruction. Each lesson has a cafeteria connection and an optional taste test activity to provide students the opportunity to further explore and enjoy Wisconsin produced foods. The lessons can be coordinated with other Harvest of the Month activities.

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Nutritious, Delicious, Wisconsin Videos

The Nutritious, Delicious, Wisconsin videos were developed to promote the Harvest of the Month program. Each video features one Wisconsin produced food, highlighting the agricultural history, nutrition information, and other fun facts about the product. The videos can be used in the classroom; however, they were specifically developed for use in the cafeteria to be played while students are waiting in the service line or participating in a taste test activity.

[Apple Video](#)

[Broccoli Video](#)

[Carrot Video](#)

[Dairy Video](#)

[Potato Video](#)

[Winter Squash Video](#)



References

Measuring Success with Standardized Recipes

nourishca.org/ChildNutrition/ChildNutrition_ExternalPublications/StandardizedRecipes-Manual-NFSMI-2002.pdf

Minnesota Standardized Recipe Guide education.mn.gov/MDE/dse/FNS/SNP/qual/offer/

Vermont Farm to School: A Guide to Taste Testing Local Food in Schools

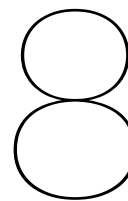
foodandhealthnetwork.org/wp-content/uploads/2020/02/TVTasteTestGuide.pdf

Wisconsin Farm to School: Toolkit For School Nutrition Programs

<https://cias.wisc.edu/our-work/food-systems/farm-to-institution/toolkits/>

Wisconsin Harvest of the Month

healthyliving.extension.wisc.edu/programs/harvest-of-the-month/



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1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

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