

WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2026 COOKBOOK



Wisconsin Department of Public Instruction
Jill K. Underly, PhD, State Superintendent



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2026 Cookbook



Developed by

Kelly Williams, RDN, CD
Nutrition Education Consultant

Claire Koenig, MPH, RDN, CD
Nutrition Education Consultant

Wisconsin Department of Public Instruction
Madison, Wisconsin

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NARY LAB

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SCHOOL NUTRITION ASSOCIATION OF WISCONSIN
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Student Chef Competition Judges

Chanell Crawford, *Assistant State Superintendent for the Division of School and Library Operations*, Wisconsin Department of Public Instruction

Justin Johnson, *CEO and Founder*, Sustainable Kitchens

Stacy Nelson, *Director of Food and Nutrition Services*, School District of the Menomonie Area; President, School Nutrition Association of Wisconsin

Stephanie Sticka, *Nutrition Program Consultant*, Wisconsin Department of Public Instruction

Teacher Advisors for Student Chef Teams

Maggy Albers, Denmark High School (Denmark School District)

Jamie Buechel, Howards Grove High School (Howards Grove School District)

Stephen Carlson, Silver Lake Intermediate (Oconomowoc School District)

Ryan Demers, Pewaukee High School (Pewaukee School District)

Stephanie Fox, Horace Mann High School (North Fond du Lac School District)

Renee Gavinski, Luck High School (Luck School District)

Ryan Lehman, New Glarus High School (New Glarus School District)

Cindy Morse, Omro High School (Omro School District)

Debra Ottman, Plum City High School (Plum City School District)

Jennifer Sanderson, Greenfield Middle School (Greenfield School District)

Joy Suzik, Corpus Christi Parish School

Audrey Vincenzi, Lake Mills High School (Lake Mills Area School District)

Halie Wagner, Plymouth High School (Plymouth School District)

Wendy Wagner-Forreider, Grafton High School (Grafton School District)

Lynn Weilbrenner, Whitewater High School (Whitewater School District)


EXIT

Introduction

For the fourteenth consecutive year, student teams across the state worked together to develop nutritious, student-friendly recipes that could easily be incorporated into the school food service program. The 2026 Whipping Up Wellness, Wisconsin Student Chef Competition allowed creative student teams of three to five middle and high school students to gain hands-on cooking experience and the knowledge and skills to prepare healthy meals. This year's competition consisted of a recipe contest and in-person cooking competition.

Fifty-six teams submitted recipes for consideration. Recipes were judged on creativity and originality, recipe presentation, and school food service reproducibility. Teams were required to view the MyPlate for School Meals video and in their application describe additional menu items that could be served with their entrée to make a complete school meal. The top five teams from the recipe contest were invited to participate in the cooking competition at Madison College on May 14, 2026. The teams invited to the Cooking Competition were:

- **Flavor Wizards**, Lake Mills High School, Lake Mills Area School District
- **Golden Grillers**, Plymouth High School, Plymouth School District
- **Group Gordon**, New Glarus High School, New Glarus School District
- **Team Core 4,** Greenfield Middle School, Greenfield School District
- **Trio of Taste**, Horace Mann High School, North Fond du Lac School District

The cooking competition had students preparing their recipes and plating their complete dishes in the culinary teaching kitchen at Madison College. Teams delivered their dish and presented on the development of their recipe, the appeal of their recipe, and the results of their school taste test. Judges scored the final dishes on taste, appearance, originality, student appeal, and the team's overall presentation. After two hours of cooking and the presentation of five delicious dishes, The Trio of Taste of Horace Mann High School were declared the winners for their Savory Sofrito Beef and Roasted Yellow Potato Bowl with Yogurt-Lime Drizzle. Congratulations to all participants!

The Wisconsin Student Chef Competition was made possible through the 2023 Team Nutrition Training Grant. Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the nation's school children. This plan involves schools, parents, and the community in efforts to continuously improve school meals and to promote the health and education of schoolchildren. The Wisconsin Department of Public Instruction received grant funding from the United States Department of Agriculture to promote nutrition education in schools to reinforce positive nutrition messages and encourage students to choose a healthy lifestyle. The Whipping Up Wellness Student Chef Competition is one of the projects funded by the grant.

Wisconsin Team Nutrition is pleased to present this collection of qualifying recipes. Please note, these recipes have not been standardized or tested for accuracy. For more information about the Wisconsin Student Chef Competition please visit dpi.wi.gov/team-nutrition/whipping-up-wellness.


WHIPPING UP
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Wisconsin Student Chef Competition
2026 CHAMPION
Public Instruction







SAVORY SOFRITO BEEF AND ROASTED YELLOW POTATO BOWL WITH YOGURT-LIME DRIZZLE



Trio of Taste

Horace Mann High School

North Fond du Lac School District

This dish features seasoned ground beef cooked with homemade sofrito, a mixture of peppers, onions, garlic, and herbs that add a bold flavor. It is served with crispy roasted potatoes and corn for balance and finished with a tangy lime-yogurt drizzle and fresh cilantro.

Ingredients

- 4 lb yellow potatoes
- 4 Tbsp + 1 Tbsp olive oil
- 1 ½ tsp paprika
- 1 tsp garlic powder
- 1 tsp ground black pepper
- 2 lb ground beef
- 1 bulb garlic
- 1 white onion
- 1 red bell pepper
- 1 green bell pepper
- 1 bunch parsley
- 1 bunch cilantro
- 2 tsp cumin
- 4 oz tomato sauce
- 2 c corn
- 1 c plain Greek yogurt
- 2 Tbsp lime juice
- 1 tsp honey
- ¼ tsp salt

Preparation Time: 30 minutes
Cooking Time: 40 minutes

Yield: 8 servings
Serving Size: 1 cup roasted yellow potatoes, ¾ cup sofrito ground beef and corn mixture, 2 tablespoons yogurt-lime drizzle

Instructions

1. Preheat oven to 425 degrees.
2. Wash and dice potatoes. Toss with 4 Tbsp olive oil, paprika, garlic powder, and black pepper. Spread on a baking sheet and roast for 30–35 minutes, flipping halfway, until golden and tender.
3. Make the sofrito: Peel garlic cloves and onion. Remove stem and seeds from bell peppers. Trim stems from parsley and cilantro. Reserve ¼ cup chopped cilantro for later. In a food processor or blender, combine garlic, onion, bell peppers, parsley, cilantro, and 1 Tbsp olive oil. Blend until mostly smooth. Set aside.
4. In a large pan over medium heat, brown the ground beef until fully cooked. Stir in sofrito, cumin, tomato sauce, and corn and cook for another 4 minutes.
5. In a small bowl, whisk together plain Greek yogurt, lime juice, honey, and salt.
6. To serve, place roasted yellow potatoes on a plate. Top with sofrito beef and corn mixture. Drizzle yogurt-lime sauce over the top, and garnish with remaining cilantro.


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2026 FINALIST
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COTTAGE PIE

Flavor Wizards
Lake Mills High School
Lake Mills Area School District

This cottage pie is a delicious mix of turkey, mashed potatoes, and vegetables cooked and seasoned to perfection. Ground turkey is mixed with peas and carrots and seasoned with a blend of dried oregano, rosemary, thyme, smoked paprika, ground mustard, and black pepper for a flavorful burst.



Ingredients

- 4 Tbsp vegetable oil
- 2 medium yellow onions, chopped
- 2 lb ground turkey, 93/7
- 1 Tbsp + 1 tsp dried oregano
- 1 Tbsp + 1 tsp dried rosemary
- 1 Tbsp + 1 tsp dried thyme
- 1 Tbsp smoked paprika
- 1 tsp ground mustard
- 1 tsp ground black pepper
- ¼ c Worcestershire sauce
- 8 cloves garlic, minced
- ¼ c all-purpose flour
- ½ c tomato paste
- 2 Tbsp apple cider vinegar
- 4 Tbsp chopped fresh parsley, divided
- 2 c reduced-sodium chicken broth
- 1 ½ c frozen carrots & peas blend
- 2 ¾ c low-fat milk
- ½ tsp garlic powder
- ¼ c grated parmesan cheese
- 2 c instant mashed potato flakes

Preparation Time: 75 minutes
Cooking Time: 45 minutes

Yield: 8 servings
Serving Size: 1 ⅔ cup

Instructions

1. Preheat the oven to 400 degrees.
2. Add oil to a large skillet and place it over medium heat until the oil is shimmering. Add onions and cook for 5 minutes, stirring occasionally.
3. Add ground turkey to the skillet and break it apart with a wooden spoon. Add the oregano, rosemary, thyme, smoked paprika, ground mustard, and black pepper. Stir well. Cook for about 8 minutes, until the meat is cooked through, stirring occasionally.
4. Add Worcestershire sauce and minced garlic. Stir to combine. Cook for 1 minute.
5. Add flour and tomato paste. Stir until well incorporated and no lumps remain.
6. Add apple cider vinegar, half of the fresh parsley, chicken broth, carrots and peas. Bring the liquid to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally.
7. Combine the milk, garlic powder, and parmesan cheese in a microwave-safe bowl. Stir in potato flakes until just moistened. Microwave on high for 5 minutes. Remove from microwave and stir with a fork until the potato mixture is the right consistency, about 2 minutes.
8. Pour the meat mixture into a 9x13 inch baking dish. Spread into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread until it covers the meat evenly. Decorate the top by scalloping the potatoes with a spoon.
9. If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25-30 minutes until the edges are bubbling, the top is starting to lightly brown, and the internal temperature has reached 165 degrees.

FINALISTS


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GOLDEN THAI SIZZLE

Golden Grillers
Plymouth Comprehensive High School
Plymouth School District

This sweet and salty dish includes smoky grilled chicken, brown rice, pineapple, bell peppers, and carrots. Colorful and tasty, this meal is sure to make your mouth water.



Ingredients

- 4 c brown rice, dry
- 2 lb chicken breast
- ½ tsp black pepper
- ½ tsp paprika
- 2 tsp garlic powder
- ½ tsp onion powder
- 4 c pineapple, sliced
- 3 Tbsp cooking spray
- 2 c carrots, sliced
- 4 c broccoli, chopped
- 1 c red bell pepper, diced
- 1 c yellow bell pepper, diced
- 2 c pineapple juice
- 4 Tbsp honey
- 2 Tbsp lime juice
- 4 tsp ginger, grated
- ¼ c coconut aminos

Preparation Time: 25 minutes
Cooking Time: 50 minutes

Yield: 8 servings
Serving Size: 1 bowl

Instructions

1. Cook brown rice according to package directions.
2. Preheat grill to medium-high heat.
3. Pat chicken breasts dry, lightly spray with cooking oil, and season with black pepper, paprika, garlic powder, and onion powder.
4. Grill chicken for about 7 minutes per side until it reaches an internal temperature of 165 degrees.
5. Grill pineapple for about 3 minutes per side until lightly charred.
6. Slice the cooked chicken and cut pineapple into bite sized pieces. Set aside.
7. Spray a medium pan with oil and place over medium heat. Add sliced carrots and a splash of water and cover. Cook for 2 minutes, then add broccoli and peppers and cook until tender.
8. In a saucepan, combine pineapple juice, honey, lime, grated ginger, coconut aminos, and simmer 10-15 minutes over medium heat or until it coats the back of a spoon.
9. In individual bowls, combine 1 cup rice, 1 cup vegetables, and ½ cup pineapple. Place sliced chicken over the mixture and drizzle the glaze over the bowl.

FINALISTS


GREENFIELD MIDDLE SCHOOL
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LA BESTO PESTO PASTA

Team Core 4
Greenfield Middle School
Greenfield School District



Our La Besto Pesto Pasta is a delightfully fresh and flavorful dish. The pasta has a great chew with a homemade herbaceous sauce, and the chicken is seasoned well with pepper, garlic, and paprika. The entire dish is topped with parmesan and lemon zest.

Ingredients

- 12 oz whole grain rotini pasta
- 1/3 c + 1 Tbsp olive oil
- 12 oz grilled chicken strips, fully cooked, chopped
- 1/8 tsp ground black pepper
- ¼ tsp paprika
- ¼ tsp garlic powder
- 1 clove garlic
- 1 c fresh basil, packed
- 3 Tbsp grated parmesan cheese
- 1 Tbsp lemon zest

Instructions

1. Add 1 Tbsp of oil to a pan and heat over medium-high heat. Add chicken to the pan and season with black pepper, paprika, and garlic powder. Cook until heated thoroughly.
2. While chicken cooks, start pesto sauce. Add 1/3 c olive oil, garlic, basil, and parmesan cheese in a food processor. Use the pulse function to blend. Check mixture often until it reaches desired consistency.
3. Assembly instructions: Plate ¼ c pasta, ¼ c chicken, and 1/8 c pesto.

Preparation Time: 15 minutes
Cooking Time: 10 minutes

Yield: 6 servings
Serving Size: ¼ cup pasta, ¼ cup chicken, 1/8 cup pesto




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RICOTTA RIGATONI PASTA

Group Gordon
New Glarus High School
New Glarus School District

Rigatoni pasta is covered with a red sauce containing beef and spinach and served with a dollop of garlicky ricotta on the top.



Ingredients

- 14 oz whole grain rigatoni pasta
- 1 lb ground beef
- 2 Tbsp olive oil
- ½ white onion, diced
- 1 clove garlic, minced
- 3 c crushed tomatoes
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp oregano
- ¼ tsp Italian seasoning
- 1/8 tsp red pepper flakes
- 2 lb raw spinach
- 9 Tbsp low-fat ricotta
- 1 tsp garlic powder
- ¼ tsp basil

Preparation Time: 15 minutes
Cooking Time: 20 minutes

Yield: 6 servings
Serving Size: 1 cup

Instructions

1. Cook pasta according to package directions.
2. Heat a large skillet over medium heat. Add ground beef and cook until fully browned, breaking it up as it cooks. Set aside.
3. In the same skillet, add olive oil. Sauté the diced onion for 3-5 minutes until soft and translucent. Add the minced garlic and cook for about 30 seconds until fragrant.
4. Return the browned beef to the skillet. Add the crushed tomatoes and stir to combine. Season with salt, pepper, oregano, Italian seasoning, and red pepper flakes. Let the sauce simmer for 5-10 minutes. Add fresh spinach and cook until wilted and tender.
5. In a medium bowl, combine ricotta cheese, garlic powder, and basil. Stir until smooth and creamy.
6. Add the drained rigatoni into the skillet with the sauce. Gently stir until the pasta is evenly coated in the meat sauce.
7. Spoon pasta mixture into bowls. Top each serving with a dollop of ricotta. The warm pasta will slightly melt the ricotta, creating a creamy, comforting finish.



QUALIFYING RECIPES



ASIAN SALMON WRAPS

Team Ocon
Silver Lake Intermediate
Oconomowoc School District



A fresh and vibrant Asian salmon boat with tender pan seared salmon in a fresh lettuce wrap. Broccoli slaw balances the heat from the chili crisp, and the entire dish provides ample nutrients to fuel our school days.

Ingredients

- 7 ½ oz salmon
- 3 Tbsp soy sauce
- 3 tsp chili crisp
- 4 tsp brown sugar
- Cooking spray
- 8 c broccoli slaw
- 12 lettuce leaves
- 3 Tbsp teriyaki sauce
- 1 tsp garlic powder
- 1 tsp red pepper flakes

Preparation Time: 10 minutes
Cooking Time: 10 minutes

Yield: 12 servings
Serving Size: 1 wrap

Instructions

1. Remove skin, cut salmon into 1 ½ inch cubes, and place into a bowl.
2. Combine soy sauce, chili crisp, brown sugar. Mix well.
3. Spread approximately half of the sauce over the salmon and coat. Reserve any remaining sauce.
4. Heat non-stick cooking pan and spray with cooking spray.
5. Sear salmon 3 minutes per side until cooked.
6. Set 1 lettuce leaf on a plate and add 2/3 cups of broccoli slaw. Lightly drizzle reserved sauce over the broccoli slaw. Place 3 pieces of cooked salmon over broccoli slaw. Drizzle with teriyaki sauce and sprinkle with garlic powder and red pepper flakes to taste.



BREAKFAST BURRITOS

Brunch Brigade
Pewaukee High School
Pewaukee School District

A simple breakfast burrito containing onion, sausage, eggs, tortillas, and cheese.

Ingredients

- 1 Tbsp olive oil
- 1 c red onion, diced
- 1 lb breakfast sausage
- 8 eggs
- ½ tsp salt
- 2 Tbsp unsalted butter
- 8 tortillas
- 1 c shredded cheddar cheese

Instructions

1. Preheat oven to 375 degrees.
2. Heat olive oil in a large nonstick skillet over medium heat. Once hot, add onion and cook, stirring often, until softened, about 4 minutes. Transfer to a bowl.
3. Add the sausage to the pan and cook, breaking into smaller pieces, until fully cooked. Transfer sausage to the bowl with the onion.
4. Crack eggs into a medium mixing bowl and add salt. Whisk vigorously, until eggs are completely combined and uniform.



5. Wipe out the skillet and add butter. Heat over medium heat until butter is melted, using a rubber spatula to spread it around the pan.
6. Pour eggs into the pan and reduce the heat to medium-low. Let eggs cook without stirring for 30 seconds, then use a rubber spatula to gently and slowly scrape across the bottom and around the edges of the pan as the eggs cook, scraping across different areas of the pan and in different directions so that no bits of egg dry out. As eggs cook, fold them gently to help them cook evenly.
7. Once cooked, add eggs to the bowl with sausage and onions. Stir gently to mix everything together.
8. To assemble burritos, place 1/8 of the egg/sausage/veggie mixture on top of each tortilla, placing in a line slightly off center (for easier wrapping). Sprinkle 1/8 cup of shredded cheese on top of the egg mixture. Tightly wrap up each tortilla, burrito-style.
9. Burritos can be eaten immediately, baked further to melt the cheese and crisp the tortillas, or froze for later.

Preparation Time: 15 minutes
Cooking Time: 10 minutes

Yield: 8 servings
Serving Size: 1 burrito

CAJUN CHICKEN WRAP

The Cajun Cookers
Plymouth Comprehensive High School
Plymouth School District

Our Cajun chicken wrap uses savory bell pepper to enhance the salty spice of our blackened chicken breast, finished with Greek yogurt dressing. A true amalgamation of flavors.



Ingredients

- 3 tsp smoked paprika
- 2 tsp garlic powder
- 1 tsp onion powder
- ¾ tsp ground black pepper
- 2 tsp cayenne pepper
- 1 ½ lb boneless skinless chicken breast
- 1 ½ c low-fat Greek yogurt
- 1 ½ Tbsp lemon juice
- 1 ½ tsp paprika
- ¾ tsp garlic powder
- ¾ tsp ground black pepper
- 1 ½ c sliced bell pepper
- 3 c shredded romaine lettuce
- 8 oz low sodium chicken broth
- 6 whole wheat tortillas

Preparation Time: 20 minutes
Cooking Time: 45 minutes

Yield: 6 servings
Serving Size: 1 wrap

Instructions

1. Preheat oven to 350 degrees.
2. In a small bowl, combine all Cajun seasonings together: smoked paprika, garlic powder, onion powder, ground black pepper, and cayenne pepper. Use this mixture to season chicken on both sides.
3. In a pan over high heat, sear chicken for 2 minutes per side.
4. Remove chicken from pan and place on a large piece of tin foil. Curl edges of tin foil to make a basket and add chicken broth. Put in oven until chicken reaches an internal temperature of 165 degrees. Remove from oven and let rest.
5. Combine Greek yogurt, lemon juice, paprika, garlic powder, and ground black pepper in a small bowl and mix thoroughly.
6. Slice chicken into ½ inch pieces.
7. On each tortilla, spread 2 Tbsp of yogurt mixture. Add 3 oz chicken, sliced bell peppers, and shredded lettuce. Carefully roll up.
8. Sear the wrap in a medium-sized sauté pan until golden on both sides. Remove from pan, pierce each side of wrap with a toothpick, and cut diagonally.

CHICKEN FRIED RICE

KAMN
New Glarus High School
New Glarus School District

A colorful, veggie-filled chicken fried rice that students will love.



Ingredients

- 2 c brown rice, dry
- 1 Tbsp olive oil
- 3 c diced boneless skinless chicken breast
- ½ tsp ground black pepper
- 2 tsp minced garlic
- 1 c diced onion
- 1 ½ c frozen carrot
- 1 ½ c frozen peas
- 3 green onions, sliced
- 3 Tbsp low-sodium soy sauce

Instructions

1. Cook rice according to package directions.
2. In a large skillet over medium-high heat, heat olive oil. Add chicken and sprinkle with black pepper. Cook, stirring occasionally, until internal temperature reaches 165 degrees. Remove from heat.
3. In the same pan, cook onion, carrots, peas, and green onion until vegetables are softened.
4. Add cooked rice, cooked chicken, and soy sauce. Cook, stirring frequently, until everything is heated through.

Preparation Time: 10 minutes
Cooking Time: 50 minutes

Yield: 6 servings
Serving Size: 1 cup



CHICKEN PARMESAN WITH SPAGHETTI NOODLES

Noodler Nuggets
New Glarus High School
New Glarus School District

Parmesan crusted chicken on top of whole grain spaghetti noodles in a light marinara.



Ingredients

- 12 oz whole grain spaghetti
- 3 eggs
- 2 ½ c panko breadcrumbs
- 2 tsp ground black pepper
- 2 tsp chopped parsley, divided
- 1 tsp salt
- ½ c shredded parmesan cheese, divided
- 6 chicken breasts
- 2 Tbsp olive oil
- 3 cloves garlic, minced
- 8 Roma tomatoes, quartered

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Yield: 6 servings
Serving Size: 1 chicken breast, 1 cup of pasta/sauce

Instructions

1. Preheat oven to 400 degrees.
2. Cook pasta according to package directions.
3. Beat egg. Mix breadcrumbs with black pepper, 1 tsp parsley, salt, and half of the parmesan cheese.
4. Bread the chicken by placing chicken breast in egg wash and coating evenly; then coat chicken breast in breadcrumb mixture. Repeat with all chicken breasts.
5. Place breaded chicken on a baking sheet and bake for 15-18 minutes until internal temperature reaches 165 degrees.
6. Heat olive oil in a skillet over medium heat. Add minced garlic and cook until fragrant. Add tomatoes and cook until tender. Mash tomatoes with the back of a spoon. Add remaining parsley.
7. To serve, divide noodles, tomato sauce, and chicken evenly among six serving dishes. Top with parmesan.

CHICKEN STIR FRY

Menu Makers
Denmark High School
Denmark School District

Experience a bold fusion of East meets West with this vibrant chicken stir-fry. Glazed in a hot honey teriyaki sauce, this dish strikes the perfect balance between savory, sweet, and spicy. It's a meal that delivers a satisfying kick in every bite with its tangy bell peppers and tender chicken.



Ingredients

- 2 c brown rice, dry
- 1/3 c + 3 Tbsp pineapple juice
- 1 tsp sesame oil
- ¼ c tamari
- 1 Tbsp rice vinegar
- 2 Tbsp minced garlic
- 2 Tbsp minced ginger
- 4 Tbsp hot honey
- 1 Tbsp cornstarch
- 2 Tbsp olive oil, divided
- 1 lb chicken breast, diced
- 4 c broccoli florets
- 1 yellow bell pepper
- 1 red bell pepper
- 1 c baby carrots
- 4 tsp minced ginger
- 4 tsp minced garlic cloves

Preparation Time: 15 minutes
Cooking Time: 15 minutes

Yield: 8 servings
Serving Size: ½ cup stir fry, ½ cup rice

Instructions

1. Cook rice according to package directions.
2. In a saucepan, combine 1/3 cup pineapple juice, sesame oil, tamari, rice vinegar, 1 Tbsp minced garlic, 1 Tbsp minced ginger, and hot honey. Bring to boil over medium-high heat.
3. Meanwhile, mix remaining 3 Tbsp pineapple juice and cornstarch together in a cup. Pour pineapple juice cornstarch slurry into the boiling mixture and stir. Allow to thicken, then remove from heat and set aside.
4. In a large skillet or wok, heat 1 Tbsp olive oil. Add chicken (in batches, if needed) and cook for 3-5 minutes or until cooked through. Remove from the skillet.
5. Reduce heat to medium and add remaining olive oil to the skillet. Add broccoli, bell pepper, and carrots and cook, stirring occasionally, just until crisp-tender. Add remaining ginger and garlic and cook for an additional minute.
6. Add chicken back into the skillet and stir to combine.
7. Whisk stir fry sauce and pour over chicken and vegetables and stir gently to combine. Bring to a simmer and let simmer for one minute, stirring occasionally.

CHICKEN TACOS

Chicken Champions
Horace Mann High School
North Fond du Lac School District

Tender chicken sauteed with roasted bell pepper, celery, green chili, and fresh cloves of garlic, then simmered in savory vegetable stock with cumin, black pepper, and oregano. With shredded chicken placed into tortillas topped with the vegetables, these flavorful tacos are a comforting, spicy dish.



Ingredients

- 2 Tbsp canola oil
- 2 chicken breasts
- 1 red bell pepper, diced
- 1 stalk celery, diced
- 1 hot green chili, diced
- 4 cloves garlic, minced
- 1 1/3 c low-sodium vegetable stock
- ½ tsp ground black pepper
- 1 Tbsp cumin
- 1 Tbsp dried oregano
- 2 tsp cornmeal
- 12 whole grain corn tortillas

Preparation Time: 25 minutes
Cooking Time: 45 minutes

Yield: 6 servings
Serving Size: 2 tacos

Instructions

1. Heat a large skillet over medium heat. Add oil and sauté chicken breasts for 2 minutes per side. Chicken will not be fully cooked. Remove chicken from pan and set aside.
2. In the same pan, add diced bell pepper, celery, and green chili. Sauté for 10 minutes, stirring occasionally. Add garlic and cook for another 2 minutes.
3. Place chicken back in pan and add vegetable stock, black pepper, cumin, and oregano. Reduce heat to low and simmer. Cover the pan and cook for another 20 minutes, or until internal temperature of chicken is 165 degrees.
4. Remove chicken from pan. Once slightly cooled, shred using two forks.
5. Slowly whisk the corn meal into the remaining liquid in the pan. Cook until slightly thickened.
6. Microwave tortillas for 15-20 seconds to soften them.
7. Divide the shredded chicken between each tortilla. Top with sauteed vegetable-sauce mixture.

CHIPODLE BOWL

Whipping Up Greatness
Luck High School
Luck School District

Healthy, tasty chicken bowl packed with whole foods, homemade guacamole, and pico de gallo. This bowl combines creativity with healthy foods to make the perfect meal for school.



Ingredients

- 2 c brown rice, dry
- 2 avocados
- 6 Tbsp lime juice, divided
- 1 c diced onion, divided
- ½ c chopped cilantro, divided
- 2 Roma tomatoes, diced
- 1 tsp garlic powder
- ½ tsp salt
- 1/3 c finely diced bell pepper
- ½ tsp black pepper, divided
- 4 chicken thighs
- 1 ½ tsp paprika
- 1 tsp seasoning salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 ½ tsp dried parsley
- 1 15 oz can black beans
- 1 15 oz can corn

Preparation Time: 60 minutes
Cooking Time: 30 minutes

Yield: 7 servings
Serving Size: 1 bowl

Instructions

1. Prepare brown rice according to package directions.
2. Make guacamole: In a bowl, mash avocadoes. Add 2 Tbsp lime juice, ½ c diced onion, 2 Tbsp cilantro, ½ c diced tomato, 1 tsp garlic powder, and ¼ tsp salt.
3. Make pico de gallo: In a bowl, combine remaining diced tomato, ½ c diced onion, bell pepper, 3 Tbsp cilantro, 2 Tbsp lime juice, ¼ tsp salt, and ¼ tsp black pepper.
4. Once brown rice is cooked, add remaining cilantro and 2 Tbsp lime juice.
5. Remove fat from chicken thighs and cut chicken into cubes. Season with paprika, seasoning salt, ¼ tsp black pepper, onion powder, garlic powder, and parsley.
6. In a skillet over medium-high heat, cook chicken until internal temperature reaches 165 degrees.
7. Drain and rinse black beans and corn.
8. To serve, set out rice, guacamole, pico de gallo, chicken, corn, and black beans. Allow students to build their own bowls.

CHORIZO AND CORN SALSA QUESADILLA

Griddle Gremlins

Plymouth Comprehensive High School

Plymouth School District

A toasted whole grain tortilla filled with smoky chorizo and melted cheese, grilled until golden and crisp. Sweet corn salsa, sauteed onions and peppers add bold flavor, while fresh cilantro brings a bright finish. Paired with a lime crema, this meal is a perfect balance of spicy, savory, and fresh.



Ingredients

- 2 c corn
- 1 onion
- 1 c jalapenos, diced, seeds removed
- 3 Tbsp olive oil
- ¼ c lime juice, divided
- 2 tsp lime zest, divided
- 1 clove garlic, minced
- 1 Tbsp + ½ tsp cumin, divided
- 1 ¾ Tbsp chili powder, divided
- ½ tsp honey
- 12 oz ground pork
- 12 oz ground chicken
- 1 ½ tsp garlic powder
- ½ tsp dried oregano
- ½ tsp red pepper flakes
- 1 tsp paprika
- 1 ½ tsp onion powder
- 2 bell peppers
- 1 ½ c fat-free shredded cheddar cheese
- ½ c low-fat sour cream
- 8 large whole grain tortillas

Preparation Time: 30 minutes
Cooking Time: 20 minutes

Yield: 8 servings
Serving Size: 1 quesadillia

Instructions

1. Make salsa: Dice half of the onion and save the other half for later. In a bowl, combine corn, jalapenos, and diced onion. In a separate bowl, combine olive oil, half the lime juice, half the lime zest, minced garlic, ½ tsp cumin, ¼ tsp chili powder, and honey. Whisk until combined. Add this vinaigrette to the vegetables and stir.
2. In a bowl, combine pork and chicken and thoroughly mix. Add remaining chili powder, remaining cumin, garlic powder, oregano, red pepper flakes, paprika, and onion powder. Mix until incorporated.
3. In a sauté pan over medium heat, cook meat, breaking into small pieces, until cooked through.
4. Thinly slice the leftover onion and bell peppers. In a sauté pan over medium heat, cook onion and peppers for about 10 minutes or until softened.
5. Make lime crema: In a bowl, combine sour cream, remaining lime juice, and remaining lime zest.
6. Heat a griddle to 350 degrees. Assemble a tortilla by topping a tortilla with 3 Tbsp cheese, 3 oz meat, ¼ c sauteed vegetables, and 1/8 c salsa. Fold tortilla in half, place on griddle, and cook for about 4 minutes on each side or until golden brown. Remove from heat and cut into thirds.
7. Serve each quesadilla with a side of lime crema.

CREAMY CHICKEN MAC AND CHEESE

The Kitchen Divas
Luck High School
Luck School District



Tender pasta is coated in a rich, velvety cheese sauce. Juicy chicken adds hearty, savory flavor, while bright broccoli brings a fresh, slightly crisp contrast. Creamy, cheesy, and comforting, this dish perfectly balances indulgence and wholesome goodness in every warm, satisfying forkful.

Ingredients

- 12 oz whole grain penne pasta
- 1 ½ lb boneless skinless chicken breast
- 1 Tbsp olive oil
- ½ c diced white onion
- 2 Tbsp minced garlic
- ½ c sour cream
- 1 c milk
- 1 oz ranch packet
- 2 10.5 oz cans low-sodium cream of chicken soup
- 2 lb cheddar cheese, shredded
- 2 c broccoli florets

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Yield: 8 servings
Serving Size: 1 cup

Instructions

1. Cook pasta according to package directions.
2. Cut chicken breasts into bite-sized pieces.
3. In a large pan, heat olive oil. Add chicken, diced onion, and garlic. Cook until internal temperature of chicken reaches 165 degrees.
4. Combine sour cream, milk, and ranch packet.
5. In a saucepan over medium heat, combine cream of chicken soup and cheese. Cook, stirring often, until cheese is melted. Add ranch sauce and stir.
6. Place broccoli in a microwave-safe dish and add 1 inch of water. Steam for about 5 minutes, until crisp-tender.
7. In a large pan, combine pasta, chicken, broccoli, and cheese sauce. Stir until everything is thoroughly coated.



CREAMY CHICKEN PASTA

M.I.A.
Grafton High School
Grafton School District

Tender chicken and pasta are coated in a rich, creamy sauce, while crispy roasted potatoes, broccoli, and carrots add texture and balance.



Ingredients

- 1 lb whole grain rotini
- 10 oz carrots, peeled and diced
- 12 oz potatoes, peeled and diced
- 10 oz broccoli, trimmed and chopped
- 4 Tbsp olive oil, divided
- 1 Tbsp + 1 tsp smoked paprika, divided
- 2 Tbsp garlic powder, divided
- 2 Tbsp dried basil
- 2 Tbsp dried parsley
- 1 Tbsp ground black pepper
- 2 tsp salt, divided
- 1 lb boneless skinless chicken breasts
- 3 c skim milk
- 1 Tbsp minced garlic
- ½ tsp crushed red pepper
- 2 Tbsp cornstarch
- 2 oz parmesan cheese

Preparation Time: 45 minutes
Cooking Time: 1 hour 15 minutes

Yield: 5 servings
Serving Size: 1 cup

Instructions

1. Preheat oven to 400 degrees.
2. Cook pasta according to package directions.
3. Line three sheet pans with parchment paper. Place each of the vegetables on their own sheet tray. Drizzle each sheet pan with 1 Tbsp olive oil and toss.
4. Combine 1 Tbsp smoked paprika, 1 Tbsp garlic powder, dried basil, dried parsley, 1 tsp ground black pepper, and ½ tsp salt in a bowl. Sprinkle over potatoes and toss to coat.
5. Combine ½ Tbsp garlic powder, 1 tsp ground black pepper, and ½ tsp salt in a bowl. Sprinkle over the broccoli and carrots and toss to coat.
6. Put potatoes into oven for 30 minutes, turning every 10-15 minutes, or until tender and golden brown on the outside.
7. Put carrots into the oven for 25 minutes, turning every 5-10 minutes, or until tender and slightly crispy.
8. Put broccoli into the oven for 20 minutes, turning every 5-10 minutes, or until tender and slightly charred.
9. Evenly coat each chicken breast with remaining salt, remaining ground black pepper, and remaining garlic powder. In a sauté pan over medium-high heat, brown chicken for 4 minutes per side.
10. Put chicken into preheated oven for 10-15 minutes, or until it reaches an internal temperature of 165 degrees. Remove from oven, let cool for 10 minutes, and cut into ½ inch cubes.
11. In a large pot, toss cooked pasta with 1 Tbsp olive oil. Add 2 ½ c milk, 1 tsp smoked paprika, 1 tsp ground black pepper, minced garlic, and crushed red pepper to pasta. Stir well and bring to a rapid simmer.
12. Combine remaining ½ c milk and cornstarch in a bowl and whisk until combined. Add cornstarch mixture to pasta and stir. Simmer until thickened, scraping the bottom of the pot, for about 10 minutes.
13. Add vegetables, chicken, and parmesan cheese to the pot. Toss until everything is coated and thick.

CREAMY PESTO PENNE PASTA

Tuffest Knights
Corpus Christi Parish School

This dish is a creamy pesto and veggie pasta loaded with zucchini, carrots, and potatoes. The homemade ricotta helps to give this pasta a velvety finish.



Ingredients

- ½ gallon whole milk
- 1 tsp salt
- ¼ c vinegar
- 12 oz whole wheat penne pasta
- 1 bunch basil
- 1 tsp minced garlic
- ¼ c parmesan cheese
- 1/3 c + 1 Tbsp olive oil, divided
- 1 onion, diced
- 1 c diced carrots
- 2 c diced Yukon gold potatoes
- 3 c diced zucchini
- 2 tsp paprika
- 2 tsp Italian seasoning

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: 1¼ cup

Instructions

1. In a large pot, prepare fresh ricotta by bringing ½ gallon of whole milk and 1 tsp of salt to 185 degrees, stirring constantly. Remove from heat and stir in ¼ c vinegar. Allow curds to form, for about 15 minutes.
2. Scoop out curds with slotted spoon into a strainer to drain. Reserve ½ c ricotta for this recipe. Save the whey.
3. Cook pasta according to package directions.
4. In a food processor, combine basil, garlic, ½ c ricotta, parmesan, and 1/3 c olive oil. Process until smooth.
5. In a large pan, heat 1 Tbsp olive oil. Add vegetables, paprika, Italian seasoning, and sauté until softened. Add whey as needed to help vegetables soften.
6. Add cooked pasta to the sauteed vegetables. Remove pan from heat and stir in basil-ricotta mixture. Stir until thoroughly coated.



CREAMY TOMATO BASIL PASTA WITH CHICKEN

Spice Girls
Greenfield Middle School
Greenfield School District

This dish is a mouth-watering combination of home-cooked goodness and our own special touch of freshness. Rich flavors of lemon, basil, and tomato blend together to create our delectable sauce. The chicken is cooked to perfection alongside the cherry tomatoes, to create an appetizing array of flavors.



Ingredients

- 12 oz whole grain penne pasta
- Cooking spray
- 12 oz grilled chicken strips, frozen, fully cooked, chopped
- ½ tsp garlic powder
- ½ tsp oregano
- 2 c cherry tomatoes, halved
- 2 c canned tomato sauce
- 1 c plain low-fat yogurt
- 1 c parmesan cheese, grated
- ½ tsp salt
- 1 tsp ground black pepper
- 2 tsp onion powder
- ½ tsp Italian seasoning
- 2 tsp lemon zest
- ½ oz fresh basil, small chop

Preparation Time: 10 minutes
Cooking Time: 20 minutes

Yield: 6 servings
Serving Size: ½ cup pasta, ¼ cup chicken, ¼ cup sauce

Instructions

1. Cook pasta according to package directions.
2. Coat a frying pan with nonstick cooking spray. Place chicken in pan over medium heat and cook for 3 minutes. Add garlic powder, oregano, and halved cherry tomatoes and cook for 3 minutes, or until tomatoes are soft and chicken has browned.
3. In a saucepan over medium heat, combine tomato sauce and yogurt. Add parmesan, salt, pepper, onion powder, and Italian seasoning. Stir until combined and cook for about 4 minutes. Add lemon zest and basil and cook for 3 minutes.
4. To serve, place pasta, chicken and tomato mixture, and sauce in a bowl or on a tray.



CREAMY TOMATO PASTA

The Saucy Bosses
New Glarus High School
New Glarus School District

This creamy protein pasta has a tomato-based sauce, onions, peppers, and tomatoes.



Ingredients

- 2 lb whole wheat radiatori pasta
- 1/3 c olive oil
- 4 cloves garlic, minced
- 1 onion, diced
- 1 c tomato paste
- 2 c low-fat milk
- 2 ½ tsp red pepper flakes
- 1 c sundried tomatoes
- 1 c red bell pepper, diced
- 1 ½ tsp oregano
- 1 ½ tsp parsley
- 1 ½ tsp basil
- 2 Tbsp butter
- ¾ c parmesan cheese
- ½ tsp salt
- ½ tsp pepper
- ½ c green onions, chopped

Preparation Time: 5 minutes
Cooking Time: 25 minutes

Yield: 8 servings
Serving Size: 1 ½ cups

Instructions

1. Cook pasta according to package directions. Reserve 1 c pasta water.
2. In a large skillet over medium heat, add the olive oil. Add garlic and onion and cook for 5 minutes. Stir in the tomato paste and cook for 3 minutes, stirring often. Add milk, pepper flakes, sundried tomatoes, red bell pepper, oregano, parsley, and basil. Stir to combine and cook for 5 minutes.
3. Mix in the cooked pasta, 1 c of pasta water, butter, parmesan cheese, salt, and pepper. Cook for 2 minutes, stirring often.
4. Top with green onions and serve.



HAPPILY EVER AFTER STIR FRY

The Ever After Elite
Plum City High School
Plum City School District

This wholesome entrée features golden-seared chicken, sauteed bell peppers, zucchini, and broccoli in a creamy garlic tomato sauce made with Greek yogurt and cottage cheese. Served over hearty brown rice, this flavorful, balanced dish delivers comfort and nutrition in every bite.

Ingredients

- 2/3 c brown rice, dry
- 1 lb boneless skinless chicken breast
- ¾ tsp salt
- 1/8 tsp pepper
- 1/8 tsp oregano
- ¼ c flour
- 2 ½ Tbsp olive oil, divided
- 1 Tbsp margarine
- 1 bell pepper, diced
- 1 zucchini, diced
- ½ c broccoli, diced
- ¼ c low-sodium chicken broth
- 1 Tbsp tomato paste
- ½ tsp minced garlic
- ¼ c plain non-fat Greek yogurt
- ¼ c low-fat cottage cheese, blended
- ¼ c low-fat parmesan cheese
- 1/3 c sundried tomatoes

Preparation Time: 10 minutes
Cooking Time: 30 minutes

Yield: 6 servings
Serving Size: ½ cup brown rice, ½ cup chicken/vegetable mixture



Instructions

1. Cook rice according to package directions.
2. Cut chicken into bite-size pieces and season with salt, pepper, and oregano. Lightly dredge in flour, shaking off excess.
3. Heat 1 ½ Tbsp olive oil and margarine in a large skillet over medium heat. Add chicken and cook for 5 minutes, stirring occasionally, until golden brown and internal temperature reaches 165 degrees. Remove from skillet and set aside.
4. In the same skillet, heat 1 Tbsp olive oil. Add bell pepper, zucchini, and broccoli. Sauté for about 5 minutes until vegetables are tender and crisp. Remove from skillet and set aside.
5. Deglaze the pan by adding chicken broth, tomato paste, and minced garlic. Cook, scraping bottom of pan with a wooden spoon.
6. In a small bowl, combine Greek yogurt and blended cottage cheese until smooth.
7. Remove skillet from heat briefly and add yogurt mixture. Return to low heat and stir gently until creamy. Do not boil.
8. After sauce thickens, add parmesan cheese, sundried tomatoes, chicken, and vegetables to the skillet and stir.
9. Serve over brown rice.

LOADED MAC AND CHEESE

The Mac Attack
Horace Mann High School
North Fond du Lac School District

This cheesy, savory dish creates a bold and comforting flavor in every bite.



Ingredients

- 1 lb whole grain macaroni pasta
- 6 Tbsp butter
- 6 Tbsp all-purpose flour
- 3 c reduced-fat milk
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 ½ tsp salt
- ½ tsp ground black pepper
- 1 tsp hot sauce
- 2 c cheddar cheese, shredded
- 2 c Monterey Jack cheese, shredded
- ½ c bacon bits
- 1 c green onion, chopped

Preparation Time: 30 minutes
Cooking Time: 45 minutes

Yield: 8 servings
Serving Size: 1 cup

Instructions

1. Cook pasta according to package directions.
2. In a medium pot over medium heat, melt butter. Add flour and whisk. Once bubbling, continue to whisk and cook for 1 minute. Slowly whisk in the milk. Cook and whisk over medium heat until the milk gently simmers and thickens to the consistency of heavy cream, about 5 minutes. Be patient and let it fully thicken before adding the cheese or it won't melt smoothly.
3. Once thickened, turn off heat. Season with onion powder, garlic powder, paprika, salt, pepper, and hot sauce. Whisk to combine.
4. Add shredded cheese a handful at a time, whisking until each addition melts before adding more.
5. Add the cooked and drained pasta to the pot with the cheese sauce and stir to combine.
6. Add green onions and bacon bits onto the top and serve.



MEATBALL INSPIRED INDIVIDUAL PIZZAS

RRC

Corpus Christi Parish School

This meatball-inspired individual pizza contains lean ground beef, fresh tomatoes, and colorful basil. Enjoy this healthy taste of Italy.



Ingredients

- 2 tsp garlic powder
- 2 tsp dried oregano
- 1 Tbsp + 1 tsp dried basil
- 2 Tbsp Italian seasoning
- ½ c parmesan cheese, grated, divided
- ½ lb ground beef, 96% lean
- 1/3 c olive oil, divided
- 2 tomatoes, peeled & diced
- 2 tsp minced garlic
- ¼ c low-sodium tomato paste
- 2 c fat-free mozzarella, shredded
- 8 rounds whole wheat pita bread
- 1 bunch basil

Preparation Time: 30 minutes
Cooking Time: 15 minutes

Yield: 8 servings
Serving Size: 1 pizza

Instructions

1. Preheat the oven to 400 degrees.
2. In a small bowl, combine garlic powder, oregano, dried basil, Italian seasoning, and 2 Tbsp parmesan cheese.
3. Mix ground beef and half the seasoning mixture together.
4. In a skillet over medium-high heat, heat ½ Tbsp olive oil. Add beef and cook until cooked through.
5. In a blender, combine tomatoes, garlic, tomato paste, and the remaining half of the seasoning mixture. Blend until smooth to make the tomato sauce.
6. Brush each pita bread with olive oil. Spread tomato sauce evenly between all pitas. Top with ground beef, mozzarella cheese, and remaining parmesan cheese.
7. Bake for about 10 minutes, until cheese has melted.
8. In a blender, combine fresh basil and remaining olive oil. Blend until smooth.
9. Once pizzas are cooked, drizzle or brush basil/olive oil mixture on top of each pizza.

MEXICAN CHICKEN CORN BOWL

The Seasoned Three
Horace Mann High School
North Fond du Lac School District

The vibrant chicken and corn bowl features juicy, seasoned chicken over warm whole-grain rice. Topped with a creamy, zesty corn mix made with black beans, fresh lime juice, and herbs. It's colorful, comforting, and packed with bold and fresh flavor.



Ingredients

- 2 ½ c brown rice, dry
- 2 lb chicken breast
- 1 ½ tsp paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- ¾ tsp cumin
- ¼ tsp salt
- ½ tsp ground black pepper
- 2 avocados, cubed
- 1 serrano pepper, diced
- 1/3 c red onion, diced
- ¾ c black beans
- 3 c corn, frozen, thawed
- ¼ c cilantro, chopped
- 1/3 c plain Greek yogurt
- 2 Tbsp mayonnaise
- ¼ c cotija cheese, grated
- 3 Tbsp lime juice
- 2 c water

Preparation Time: 35 minutes
Cooking Time: 55 minutes

Yield: 6 servings
Serving Size: 1 cup rice, ½ cup chicken, ½ cup corn topping

Instructions

1. Preheat oven to 400 degrees.
2. Cook rice according to package directions.
3. Cut the chicken into cubes and place in a bowl. Add paprika, chili powder, garlic powder, cumin, salt, and black pepper. Toss until chicken is evenly coated.
4. Spread the chicken on a baking sheet and bake for 20-25 minutes, or until the internal temperature reaches 165 degrees.
5. In a bowl, combine avocado, serrano pepper, red onion, black beans, corn, and cilantro. Add yogurt, mayonnaise, cotija cheese, and lime juice. Stir until well combined.
6. To assemble a bowl, place rice on the bottom, add the chicken, and top with the corn mixture.

ORANGE CHICKEN BOWL

3 Chicks in the Kitchen
Luck High School
Luck School District

This zesty orange chicken is laid on a bed of freshly cooked brown rice and topped with oven roasted broccoli.



Ingredients

- 2 c brown rice, dry
- 6 chicken thighs
- ¼ c all-purpose flour
- 1½ Tbsp corn starch
- ¼ tsp salt
- 1 ½ tsp ground black pepper, divided
- 1 tsp onion powder
- ½ tsp dried ginger
- 1 tsp paprika
- 2 Tbsp vegetable oil
- ¾ c orange juice
- 3 Tbsp low-sodium soy sauce
- 1 ½ Tbsp rice vinegar
- 2 Tbsp brown sugar
- ½ Tbsp grated ginger
- 2 cloves garlic, minced
- 1 tsp orange zest
- 1 tsp chili flakes

Preparation Time: 50 minutes
Cooking Time: 40 minutes

Yield: 6 servings
Serving Size: ½ cup brown rice, 1 cup chicken

Instructions

1. Cook rice according to package directions.
2. Dice chicken into ½ inch pieces and place in a bowl. Add flour, corn starch, salt, 1 tsp black pepper, onion powder, ginger, and paprika. Stir the chicken to coat.
3. In a frying pan, heat the oil over medium-high heat. Add chicken and fry chicken until golden brown, for about 3 minutes.
4. In a bowl, whisk together orange juice, soy sauce, rice vinegar, brown sugar, grated ginger, minced garlic, ½ tsp black pepper, orange zest, and chili flakes. Add to pan with chicken and cook on medium-low heat, simmering until sauce thickens.
5. To serve, place chicken on top of brown rice.

PITTSBURGH STYLE STREET TACOS

Za Bestiesss

Corpus Christi Parish School

When you bite into our Pittsburgh style taco you will taste a burst of flavors including our homemade French fries, a variety of different spices, and plenty of vegetables.



Ingredients

- 2 tsp garlic powder
- 2 tsp ground black pepper
- 1 Tbsp + 1 tsp paprika
- 2 tsp cumin
- 2 Russet potatoes, peeled and cut into thick fries
- 2 tsp olive oil, divided
- ½ lb ground beef, 96% lean
- 1 green bell pepper, diced
- 1 onion, diced
- 1 tomato, diced
- 2 tsp corn starch
- 8 whole wheat tortillas

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Yield: 8 servings
Serving Size: 1 taco

Instructions

1. Preheat oven to 425 degrees.
2. Combine garlic powder, black pepper, paprika, and cumin.
3. Place potatoes in a bowl. Add 1 tsp olive oil and half of the spice mixture. Stir to coat.
4. Place potatoes on a baking sheet lined with parchment paper and bake for about 15 minutes or until golden brown.
5. Heat 1 tsp olive oil in a pan over medium-high heat. Add beef, bell pepper, onion, tomato, remaining spice mixture, and corn starch. Sauté until vegetables are tender and beef is cooked through.
6. To assemble tacos, divide meat/vegetable mixture evenly between 8 tortillas. Top with French fries.



SOUTHWEST CILANTRO LIME BOWL

The Flavor Divas
Whitewater High School
Whitewater Unified School District



This flavorful bowl is a blend of chile lime seasoned chicken breast, corn, jalapeno, onion, cucumbers, cherry tomatoes on a bed of long-grain rice topped with an avocado lime dressing.

Ingredients

- 2 c brown rice, dry
- 1 Tbsp olive oil
- 4 boneless skinless chicken breasts, diced
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp salt
- 1 tsp ground black pepper
- 1 cucumber, diced
- 2 c cherry tomatoes, halved
- 1 1/3 c corn, frozen, thawed
- 1 Tbsp chili-lime seasoning
- 4 Tbsp lime juice, divided
- 2 avocados
- 1 c red onion, diced
- 2 cloves garlic, minced
- 1 jalapeno pepper, diced
- ½ c cilantro, chopped
- 1 c plain Greek yogurt

Preparation Time: 25 minutes
Cooking Time: 60 minutes

Yield: 6 servings
Serving Size: 1 bowl

Instructions

1. Cook rice according to package directions.
2. Heat olive oil in a pan. Add chicken, onion powder, paprika, salt, and black pepper. Cook until internal temperature of chicken reaches 165 degrees.
3. In a bowl, combine cucumber, cherry tomatoes, corn, chili-lime seasoning, and 2 Tbsp lime juice.
4. In a blender, combine avocado, red onion, garlic, jalapeno, cilantro, yogurt, and lime juice. Blend until smooth.
5. Build bowls beginning with rice on the bottom, followed by seasoned chicken, vegetable mixture, and drizzled with avocado lime sauce.



SWEET AND SASSY CHICKEN FRIED RICE

Munchies

Corpus Christi Parish School

This bountiful mix of chicken, rice, and vegetables has a spike of jalapeno and a splash of coconut aminos. The bold flavors leave you wanting more.



Ingredients

- 4 chicken thighs
- 3 Tbsp coconut aminos, divided
- 1 Tbsp minced garlic
- 1 Tbsp minced ginger
- 1 tsp corn starch
- 1 Tbsp + 1 tsp olive oil
- 2 c carrots, diced
- 1 c onion, diced
- 1 jalapeno, seeded and diced
- 3 c zucchini, diced
- 3 eggs
- 4 c cooked rice
- ½ tsp cayenne pepper

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: 1 ¼ cup

Instructions

1. Cut chicken into bite size pieces. Marinate in 2 Tbsp coconut aminos, garlic, ginger, and corn starch.
2. In a pan, heat 2 tsp olive oil over medium-high heat. Sauté carrots, onions, and jalapeno until tender. Add zucchini to the pan and sauté for about 4 more minutes.
3. Push vegetables to one side of the pan and add remaining olive oil and chicken. Cook until chicken is browned and cooked through.
4. Crack the eggs into a bowl and scramble with a fork. Make space in the pan and add eggs, pushing them around with a spatula until cooked.
5. Finally, add rice to the pan and stir everything together. Add 1 Tbsp coconut aminos and cayenne pepper. Stir to combine.

SWEET AND SAVORY SKILLET CHICKEN

Smitten Panthers

Plymouth Comprehensive High School

Plymouth School District

Tender chicken and crisp vegetables are combined to serve up bold flavors and fresh textures.



Ingredients

- 1 ½ c brown rice, dry
- 3 Tbsp + 2 tsp cornstarch
- 2 ½ tsp sesame oil, divided
- ¼ c water
- 3 c broccoli florets
- 1 c carrots, sliced
- 1 c corn
- 1 c peas
- 2 lb chicken breast, boneless and skinless
- 2 Tbsp coconut aminos
- 4 cloves garlic, minced
- 1 tsp minced ginger
- 1 Tbsp chili paste
- 3 scallions, sliced

Preparation Time: 15 minutes
Cooking Time: 20 minutes

Yield: 6 servings
Serving Size: ½ cup rice, 1 ¾ cups chicken and vegetables

Instructions

1. Cook rice according to package directions.
2. Dice chicken into medium-sized cubes and place into a bowl. Add cornstarch and toss until chicken is coated.
3. In a sauté pan over medium-high heat, add 2 tsp sesame oil, water, broccoli, and carrots, sauté until vegetables are crisp-tender and water has evaporated. Add corn and peas and cook for 2 more minutes. Remove from pan.
4. In the same sauté pan, heat ½ tsp of sesame oil over medium heat. Add chicken, coconut aminos, minced garlic, minced ginger, and chili paste and cook, using tongs to flip, until chicken is golden brown on all sides and cooked through. Add vegetable mixture back into the pan with the chicken.
5. To serve, portion ½ c rice and 1 ¾ c chicken/vegetable mixture. Garnish with sliced scallions.

TACOS DE PAPA

Tres Amigos
Omro High School
Omro School District

We created a loaded potato with a Mexican twist. It is a baked potato topped with seasoned ground beef, pico de gallo, corn, shredded cheese, and garnished with sour cream.



Ingredients

- 8 potatoes
- 1 tomato, diced
- 1 onion, diced
- ¼ c cilantro, chopped
- 1 jalapeno pepper, diced
- 1 c corn
- 2 limes, juiced
- 1 lb ground beef
- 3 oz taco seasoning
- 1 stick butter
- 1 lb cheddar cheese, shredded

Instructions

1. Make pico de gallo: combine tomatoes, onions, cilantro, jalapeño peppers, corn, and lime juice.
2. In a skillet over medium heat, cook ground beef until browned and cooked through. Drain fat and add taco seasoning.
3. Wash potatoes and poke holes in them using a fork. Microwave potatoes for 6-10 minutes or until soft. If baking in the oven, bake for 20-25 minutes at 400 degrees.
4. Cut potatoes open, mash the inside, and add 1 Tbsp butter to each potato. Stir until creamy.
5. To serve, top each potato with beef, pico de gallo, and shredded cheese.

Preparation Time: 10 minutes
Cooking Time: 20 minutes

Yield: 8 servings
Serving Size: 1 potato, ¼ c meat, ¼ c pico de gallo



TATCHOS

Macho Tatchos
Greenfield Middle School
Greenfield School District

This dish contains ground beef, fresh vegetables, and golden crispy tater tots. It's a warm colorful dish that will make your mouth pop with flavor.



Ingredients

- 6 c reduced-sodium tater tots
- 10 oz cherry tomatoes
- ½ jalapeno, sliced
- ½ white onion, sliced
- ½ bunch cilantro
- 2 Tbsp lime juice
- 1 lb ground beef, 93/7
- 1 ½ tsp chili powder
- 1 tsp ground cumin
- 1 ½ tsp paprika
- 1 ½ tsp garlic powder
- 1 ½ tsp onion powder
- 1 tsp dried oregano
- 1/8 tsp salt
- 6 oz low-sodium nacho cheese
- 1/3 c sour cream

Preparation Time: 15 minutes
Cooking Time: 30 minutes

Yield: 6 servings
Serving Size: 1 cup tater tots, ¼ cup meat, ¼ cup pico de gallo, 1 Tbsp sour cream

Instructions

1. Cook tater tots according to package directions.
2. In a food processor, pulse cherry tomatoes until chopped small. Remove tomatoes from food processor and place in a strainer to remove extra juice. Transfer tomatoes to a bowl.
3. In the food processor, pulse jalapeno, onion, and cilantro until chopped small. Remove from food processor and add to the bowl with the tomatoes. Add lime juice and stir.
4. In a frying pan over medium-high heat, cook ground beef until browned and cooked through. Add chili powder, cumin, paprika, garlic powder, onion powder, oregano, and salt.
5. Heat nacho cheese in microwave until heated through.
6. To serve, top tater tots with ground beef, nacho cheese, pico de gallo, and sour cream.

THOUSAND ISLAND BURGER SALAD

2 Cool Cats (And Dylan)
Howards Grove High School
Howards Grove School District

Crunchy iceberg lettuce topped with seasoned ground beef, diced tomatoes, shredded cheddar cheese, and our tangy homemade thousand island-inspired dressing.



Ingredients

- 1 lb ground beef
- 2 c diced yellow onion
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp Dijon mustard
- 4 Tbsp light mayonnaise
- 1/3 c ketchup
- ¼ c diced dill pickles
- ½ tsp smoked paprika
- 8 c shredded iceberg lettuce
- 1/3 c shredded cheddar cheese
- 1 c tomato, diced

Preparation Time: 20 minutes
Cooking Time: 15 minutes

Yield: 4 servings
Serving Size: 1 bowl

Instructions

1. In a skillet over medium heat, cook ground beef and onion until beef is cooked through and onion is soft. Add garlic powder, onion powder, and mustard. Stir to combine. Remove from heat.
2. In a bowl, combine mayonnaise, ketchup, pickles, and smoked paprika.
3. To serve, fill a bowl with shredded lettuce. Add meat/onion mixture, cheddar cheese, and diced tomatoes. Top with dressing.





WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent