



POPULAR SPEED-SCRATCH MENU ITEMS

Speed-scratch recipes incorporate value-added food products with additional ingredients, utilizing minimal production steps. They may offer school nutrition programs lower-sodium alternatives to heat-and-serve and convenience food menu items. Use your menu to drive decisions regarding the menu items you could potentially replace with speed-scratch recipes. Consider the speed-scratch menu item ideas presented throughout this worksheet, review two speed-scratch recipe examples, and utilize the listed resources for additional speed-scratch recipe ideas.

SPEED-SCRATCH MENU ITEM IDEAS

After deciding to incorporate speed-scratch recipes into your foodservice operation, you may find yourself looking at your menu, wondering where to begin. Below is a list of menu items and food products that easily lend themselves to speed-scratch preparation. Looking at the list below, are you currently offering any of these items as heat-and-serve or convenience items?

- Breads/rolls
- Fried rice
- Rice/noodle bowls
- Burgers
- Mac and cheese
- Salads
- Burritos/enchiladas/quesadillas
- Pasta dishes
- Sandwiches/wraps
- Curries
- Pizza/calzones
- Sauces/dips/spreads
- Fajitas/tacos/nachos
- Potpies
- Soup/stew/chili

Don't forget to look at your breakfast menu!

To help visualize how some of the menu items above can be made using value-added products, here are some recipe descriptions:

Menu Item	Recipe Description
BBQ Mac and Cheese	Top pre-cooked macaroni and cheese with a combination of pulled pork and barbecue sauce.
Breads/Rolls	Brush proof-and-bake frozen bread and/or rolls with egg wash and top with seeds, herbs, or a low-sodium seasoning mix before baking.
Chicken Salad with Pear and Feta	Top pre-cut salad greens with diced chicken, diced pears, crumbled feta, and dried cranberries; serve with a vinaigrette dressing.
Chili	Combine and cook canned beans, canned tomatoes, and purchased tomato sauce with fresh or pre-cooked ground beef, herbs, and spices.
Fajitas	Sauté pre-sliced bell peppers and onions with pre-cooked chicken, herbs, and spices.
Pork Enchiladas	Wrap pulled pork, pre-sliced/pre-cooked bell peppers and onions, and seasoning in corn tortillas; smother with purchased low-sodium enchilada sauce and top with shredded cheese.
Teriyaki Chicken Noodle Bowl	Combine cooked spaghetti and steamed broccoli and carrots with a low-sodium teriyaki sauce; top with grilled chicken.
Turkey Potpie	Combine diced turkey, gravy, quick-frozen peas, carrots, and corn in a steamtable pan; top with biscuit dough and bake.

SPEED-SCRATCH RECIPES

Now that you have a few ideas of items that could be replaced with a speed-scratch recipe, let's look at two examples. Pay attention to the number and types of ingredients, as well as the preparation steps needed.

What to consider when reviewing the recipes:

- How can you adjust, utilize, or incorporate ingredients you can procure?
- What equipment is available for use?
- How can you customize the recipe to your students' taste preferences?
- Which unique or key lower-sodium ingredient can you highlight that will get students excited and bring more attention to your menu?
- What fun name could you give this menu item that will appeal to students?

SPEED-SCRATCH CHICKEN QUESADILLA RECIPE EXAMPLE

This recipe features four ingredients with preparation instructions that include using a braising pan or steamer.

SPEED-SCRATCH CHICKEN QUESADILLA

NSLP/SBP CREDITING INFORMATION

One quesadilla provides 2 oz eq meats/meat alternates, 1½ oz eq whole grains, and ⅓ cup red/orange vegetable.

Ingredients	50 servings		100 servings	
	Weight	Measure	Weight	Measure
Chicken, Diced, Cooked, IQF (USDA #100101)	3 lb 2 oz		6 lb 4 oz	
Low-Sodium Salsa (USDA #100330)		6¼ cups		12½ cups
Tortilla, Soft Flour, WGR, 8" (USDA #110694)		50 each		100 each
Cheese, Mozzarella, Shredded, Part-Skim (USDA #100034)	3 lb 2 oz		6 lb 4 oz	

Directions

1. Thaw chicken overnight in the refrigerator. **Critical Control Point: Hold under refrigeration (41 °F or lower).**
2. Mix salsa and chicken together. Then, steam for 30 minutes.
Note: If the chicken-salsa mixture is cooked in a braising pan, add 1⅔ cups of water for every 50 servings of chicken. Omit the water if you use a steamer.
3. Use a #16 scoop to place chicken-salsa mixture on each tortilla. Spread to cover ½ of the circle.
4. Sprinkle 1 ounce (about ¼ cup) of cheese over the chicken mixture. Fold the tortilla in half.
5. Line an 18" x 24" sheet pan with sheet pan liner.
6. Place the tortillas on the sheet pan (12 folded tortillas fit on each sheet pan).
7. Top with another sheet pan liner and an empty sheet pan (right side up) to weigh the quesadillas down as they heat.
8. Batch cook to serving line. Heat in a convection oven at 350 °F for 10 minutes
9. Keep covered until served. **Critical Control Point: Hot hold at 135 °F or higher for service.**

Recipe adapted from [Mississippi Recipes for Success](#); the recipe adjustment has not been tested. ***ALWAYS test and standardize a recipe to your specific ingredients and equipment.** Follow the steps outlined in the [USDA Recipe Standardization Guide for School Nutrition Programs](#).

Consider different variations of this recipe, such as using fajita-marinated chicken strips instead of chicken and salsa, using a different variety of cheese (e.g., cheddar) or a combination of cheeses (e.g., mozzarella and cheddar), or adding a customized low-sodium spice blend to unseasoned chicken (instead of using salsa) that matches your students' taste preferences. Carefully examine the sodium amounts of the value-added food products and additional ingredients you use to create your own Speed-Scratch Chicken Quesadilla Recipe.

CHICKEN QUESADILLA SODIUM COMPARISON

A popular heat-and-serve chicken quesadilla provides 570 mg of sodium per serving. Compare that to the sodium content of the speed-scratch chicken quesadilla.

Heat-and-Serve Chicken Quesadilla

Nutrition Facts	
Serving size 1 Quesadilla (125g)	
Amount Per Serving	
Calories	300
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 570mg	25%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 19g	38%

Speed-Scratch Chicken Quesadilla

Nutrition Facts	
Serving size 1 Quesadilla (131g)	
Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 460mg	20%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 16g	32%

This equates to a sodium savings of 110 mg.

SPEED-SCRATCH CHEESE PIZZA EXAMPLE

Pizza is a menu item that lends itself well to speed-scratch preparation by simply layering par-baked crust with pizza sauce, cheese, and prepared toppings; then baking it. Speed-scratch cheese pizza provides an opportunity to uniquely customize the recipe to your students' preferences. Think of the cheese pizza as a blank canvas on which you can add prepped vegetables and other low-sodium toppings.

SPEED-SCRATCH CHEESE PIZZA

NSLP/SBP CREDITING INFORMATION

One slice provides 2 oz eq meats/meat alternates, 2 oz eq whole grains, and 1/8 cup red/orange vegetable.

Ingredients	56 servings		104 servings	
	Weight	Measure	Weight	Measure
16" Proof and Bake Pizza Dough, WGR		7		13
Sauce, Pizza, Low-Sodium		1 quart 3 cups		3 quarts 1 cup
Cheese, Mozzarella, Lite, Shredded (USDA #100034))	7 pounds		13 pounds	
Oregano, Dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp

Directions

1. Thaw dough overnight covered and under refrigeration; proof covered at room temperature.
2. Preheat oven to 450 °F.
3. Place pizza crusts on large baking sheets. Spoon 3/8 cup (#6 disher) of pizza sauce on crusts.
4. Sprinkle 14.25 oz of cheese evenly on top of sauce.
5. Sprinkle oregano on top of cheese.
6. Bake for 10 minutes or until crusts are golden brown. Remove pans with pizzas from oven, and cool for 3 minutes before slicing.
7. Cut each pizza into 8 wedges. **Critical Control Point: Hot hold at 140 °F or higher for service.**

Recipe adapted from [Healthy School Recipes](#); the recipe adjustment has not been tested. ***ALWAYS test and standardize a recipe to the specific ingredients and equipment.** Follow the steps outlined in the [USDA Recipe Standardization Guide for School Nutrition Programs](#).

CHEESE PIZZA SODIUM COMPARISON

A popular heat-and-serve cheese pizza provides 660 mg of sodium per serving. Compare that to the sodium content of the speed-scratch cheese pizza.

Heat-and-Serve Cheese Pizza

Nutrition Facts	
Serving size	1/8 Pizza (132g)
Amount Per Serving	
Calories	270
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 660mg	29%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 15g	30%

Speed-Scratch Cheese Pizza

Nutrition Facts	
Serving size	1/8 Pizza (134g)
Amount Per Serving	
Calories	270
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 490mg	21%
Total Carbohydrate 20g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 20g	40%

This equates to a sodium savings of 170 mg.

Now you try!

List three heat-and-serve menu items you currently offer. For each item, write the value-added food products, ingredients, equipment, and supplies you need to make it a speed-scratch recipe.

Heat-and-serve menu items	What value-added food products and ingredients are needed to make it a speed-scratch recipe?	What equipment and supplies are needed to make it a speed-scratch recipe?
Prepared egg bagel sandwich.	<ul style="list-style-type: none"> • Bagels • Egg patties • Toppings to customize 	<ul style="list-style-type: none"> • Freezer • Cooler • Knife • Foil • Oven

WHERE TO FIND SPEED-SCRATCH RECIPES

The following resources offer recipes to support a speed-scratch menu. Be sure to test, customize, and standardize any recipes to your students utilizing the [USDA Recipe Standardization Guide for School Nutrition Programs](#).

- [Healthy School Recipes](#) provides an extensive collection of recipes, including speed-scratch, for school nutrition programs. Please note that the recipe crediting information has not been verified.
- **Distributors** want to work with you and manufacturers/vendors to find new and more efficient ways to use their products.
- **Commodity Boards** often provide recipes featuring the use of their products and some provide recipes for school nutrition programs. Check out your state and national commodity boards!
- **Manufacturers/Vendors** frequently offer recipes for school nutrition programs on their websites. Currently, manufacturers are one of the best sources for speed-scratch recipes as they actively promote the “convenience” factor of using their value-added products.
- **Social Media** is a great avenue to ask your peers for speed-scratch recipes. Check out Facebook’s “Tips for School Meals That Rock” and “School Nutrition Industry Professionals.”



Speed-scratch recipes may offer lower-sodium alternatives to your current menu items. Consider your menu and the resources provided to find speed-scratch recipes that support and enhance your school nutrition program.

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