

K-12 RECIPE IDEAS FROM PEPSICO

Try New Recipes as you plan your menus for 2017-18



PEPSICO



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FRITOS® CHILI PIE (1 GRAIN) WITH REDUCED FAT FRITOS®



INGREDIENTS FOR 100 SERVINGS:

- 5 - 16 oz. bags RF Fritos® (57766)
- 6.25 lbs. RF USDA shredded cheddar cheese (100012)
- 1 ½ Gal + 1 c. chopped tomatoes AND shredded Romaine
- 7 1/3 – 5 lb. cans RF Chili with Beans (CP 579)
- 1 case USDA low sodium Pinto Beans (100365)
- ½ c. + 1 tsp EACH: chili powder, garlic powder and cumin for pinto bean seasoning

Nutrition Facts

1 Serving:
.8 oz. RF Fritos + 3/4 c. RF Chili with Beans + 1 oz. RF Cheese + 1/4 c. chopped tomatoes + 1/4 c. lettuce

Calories	497
Calories from Fat	147
Total Fat	16g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	47mg
Sodium	723mg
Total Carbohydrates	59g
Dietary Fiber	13g
Protein	31g
Vitamin A	60%DV
Vitamin C	43%DV
Calcium	40% DV
Iron	31% DV

Directions:

1. Heat canned chili.
2. Measure 1/2 c. RF Fritos® into boat, cup or tray.
3. Scoop 1 c. chili on Top
4. Top with 1 oz. RF Cheddar Cheese.
5. Top with tomatoes and lettuce or serve on the side.
6. Prepare seasoned pinto beans by adding chili powder, cumin and garlic powder to canned pinto beans.
7. Heat thoroughly & serve beans on the side.
(Optional – serve Fritos Chili Pie topped with chopped onions).

Each Serving Provides:

2.5 oz. Meat/MA
1.125 c. Vegetables
1 oz. eq. Grains





Fritos® CHILI PIE (2 GRAIN) WITH REDUCED FAT FRITOS®



INGREDIENTS FOR 100 SERVINGS:

- 8.75 - 16 oz. bags RF Fritos® (57766)
- 6.25 lbs. RF USDA shredded cheddar cheese (100012)
- 3 Gal + 1 Pt. chopped tomatoes AND shredded Romaine
- 10 – 5 lb. cans RF Chili with Beans (CP 579)
- 3 Gal. + 1 Pt. USDA low sodium Pinto Beans (100365)
- ½ c. + 1 tsp EACH: chili powder, garlic powder and cumin for pinto bean seasoning

Directions:

1. Heat canned chili.
2. Measure 1 c. RF Fritos® into boat, cup or tray.
3. Scoop 1 c. chili on top
4. Top with 1 oz. RF Cheddar Cheese.
5. Top with tomatoes and lettuce or serve on the side.
6. Prepare seasoned pinto beans by adding chili powder, cumin and garlic powder to canned pinto beans.
7. Heat thoroughly & serve beans on the side.
(Optional – serve Fritos Chili Pie topped with chopped onions.)

Nutrition Facts

1 Serving: 1.4 oz. RF Fritos + 1 c. RF Chili w ith Beans + 1 oz. RF Cheese + 1/2 c. chopped tomatoes + 1/2 c. lettuce + 1/2 c. pinto beans	
Calories	606
Total Fat	23g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	63mg
Sodium	905mg
Total Carbohydrates	72g
Dietary Fiber	16g
Protein	35g

Each Serving Provides:

3.75 oz. Meat/MA
1 ¾ c. Vegetables
2 oz. eq. Grains



TACO PIZZA WITH OVEN BAKED TOSTITOS® SCOOPS



INGREDIENTS FOR 100 SERVINGS:

- 6 lbs. + 4 oz. USDA Beef Crumbles (100134)
- 6 ¼ - 1 oz. packages Taco Seasoning Mix
- 3 Qts. + ½ c. (12 ½ c.) water
- 1 ½ Gal. + 1 c. chopped fresh tomatoes
- 1 ½ Gal. + 1 c. chopped Romaine lettuce
- 2 #10 cans USDA canned refried beans (100362)
- 6 lbs. + 4 oz. USDA RF Cheddar Cheese, shredded (100012)
- 3 Qts. + ½ c. USDA Salsa (110186)
- 12 ½ Pizza Crusts WGR – Rich’s 16”
- 3 -16 oz. bags + 2 oz. crushed Oven Baked Tostitos Scoops (42391)

Directions:

1. Heat thawed beef crumbles, taco seasoning mix and water.
2. Bring to a boil and simmer according to directions on seasoning packet.
3. Spread refried beans on pizza crust.
4. Top with beef mixture and cheese.
5. Bake in Convection oven at 375 degrees for 6-9 minutes.
6. Allow pizza to set for 3-4 minutes.
7. Top with chopped tomatoes, lettuce, salsa and coarsely crushed Oven Baked Tostitos® Scoops®

Nutrition Facts

1 Serving: 1/8th pizza	
Calories	455
Calories from Fat	140
Total Fat	16g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	46mg
Sodium	690mg
Total Carbohydrates	53g
Dietary Fiber	9g
Protein	26g

Each Serving Provides:

2 oz. Meat/MA
¾ c Vegetables
2.75 oz. eq. Grains



FRITOS® TACO SALAD



INGREDIENTS FOR 100 SERVINGS:

- 12 lbs. + 8 oz. USDA Fine Ground Beef
- 3 lbs. + 2 oz. USDA RF Shredded Cheddar Cheese
- 7 #10 cans USDA Black Beans
- 5 -16 oz. bags RF Fritos®
- 3 Qts. + ½ c. Light Mayonnaise
- 12 ½ c. Pace Taco Sauce
- 12 ½ Gal Chopped Iceberg Lettuce
- 1 ½ Gal. chopped tomatoes
- 1 Qt. +7/8 c. low sodium ketchup
- 4 Tbsp. + 1/2 tsp. EACH: oregano and chili powder
- 3 ¼ tsp. black pepper



Nutrition Facts

3/4 c. meat/bean mixture + 2 c. lettuce +
1/4 c. tomatoes + 1/2 oz. cheese, 1/2 c.
RF Fritos and 2 oz. salad dressing (mayo
+ taco sauce

Calories	544
Calories from Fat	242
Total Fat	27g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	47mg
Sodium	780mg
Total Carbohydrates	52g
Dietary Fiber	12g
Protein	26g

Directions:

1. Brown Ground beef.
2. Add ketchup and seasonings and black beans.
3. Heat thoroughly.
4. With a whisk, mix light mayonnaise and taco sauce together.
5. Combine lettuce and tomatoes.
6. Top lettuce mixture with beef mixture.
7. Top with cheese and RF Fritos®.
8. Serve with dressing mixture of mayonnaise and taco sauce on the side.

Each Serving Provides:

- 2 oz. Meat/MA
- 1 ¾ c. Vegetables
- 1 oz. eq. Grains



SRIRACHA BBQ BEEF NACHOS WITH WHOLE GRAIN TOSTITOS®



INGREDIENTS FOR 100 SERVING:

- 8 – 16 oz. bags + 12 oz. WG Tostitos®
- 12 lbs. 8 oz. USDA ground beef crumbles (110085)
- 3 Qts. + ½ c. BBQ Sauce
- 3 cups + 2 Tbsp. Sriracha sauce
- 3 Qts. + ½ c. EACH: USDA canned diced tomatoes (100329)
AND USDA frozen cooked carrots (110480)
- ½ c. + 1 tsp. sesame seeds (optional)
- 6 Gal. + 1 Qt. Slaw mix
- Asian Salad Dressing:
 - 2 Qts. + 1 1/4 c. + 2 Tbsp. light mayo
 - 1 c. + 2 tsp. vinegar
 - 1 pt. + 1 Tbsp. + 1 tsp. reduced sodium soy sauce
 - 1 c. + 2 tsp. sugar
 - 1 c. + 2 tsp. water

1 Serving:
~1/2 c. Sriracha Beef mixture + 1 c.
Asian Slaw + 1.4 oz. WG Tostitos

Calories	500
Calories from Fat	203
Total Fat	23g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	55mg
Sodium	857mg
Total Carbohydrates	54mg
Dietary Fiber	5g
Protein	21g

Directions:

1. In pot, add cooked beef crumbles, BBQ sauce, Sriracha sauce, tomatoes, and carrots. Heat mixture over medium heat until the chicken reaches an internal temperature of 165 degrees and the sauce thickens.
2. Prepare Asian Salad Dressing by combining light mayonnaise, vinegar, soy sauce, sugar and water. Combine with slaw mix.
3. Top WG Tostitos® with the BBQ Beef mixture, Asian slaw, and sesame seeds.

Each Serving Provides:

2 oz. Meat/MA
1 ¼ c. Vegetables
2 oz. eq. Grains



CHEESEBURGER NACHOS WITH TOP N' GO RF DORITOS® NACHO CHEESE TORTILLA CHIPS



WHAT YOU'LL NEED FOR 100 SERVINGS:

- 10 lbs. + 15 oz. USDA frozen ground beef, cooked (100261)
- 4 Gal. + 2 Qt. + 1 pt. + 1 cup USDA Pinto Beans (100365)
- 1 Gal. + 2 Qts. + 1 c. diced tomatoes
- 1 Pt. + 1 Tbsp. + 1 tsp. each: yellow mustard and ketchup
- ½ c. + 1 tsp. garlic powder
- 1 Qt. + 1 Pt. + ¼ c. onion (1/4" dice)
- ¼ c. + ½ tsp. black pepper
- 3 Qt. + ½ c. water
- 3 Gal. + 1 Pt. iceberg lettuce, shredded
- 3 lbs. + 2 oz. USDA shredded yellow cheese (1000012)
- 1 Pt. + 1 Tbsp. + 1 tsp. dill pickle relish
- 100- 1.4 oz. bag Top n' Go RF Nacho Cheese Doritos

1 Serving:

~1 1/4 c. beef mixture + 1/2 c. lettuce + .5 oz. cheese, relish + 1.4 oz. Top n' Go RF Nacho Cheese Doritos

Calories	540
Calories from Fat	189
Total Fat	21g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	54mg
Sodium	760mg
Total Carbohydrates	62g
Dietary Fiber	13g
Protein	30g

DIRECTIONS:

1. In small pot, add cooked beef, beans, tomatoes, mustard, ketchup, garlic, onion, pepper and water. Heat mixture over medium heat until the mixture reaches an internal temperature of 165°F and the sauce thickens.
2. Top chips with the beef mixture, shredded lettuce, cheddar cheese, and dill pickle relish.

Each Serving Provides:

2.25 oz. Meat/MA
1 ¼ c. Vegetables
2 oz. eq. Grains



MONGOLIAN BEEF WITH TOP N' GO RF TOSTITOS CRISPY ROUNDS



WHAT YOU'LL NEED FOR 100 SERVINGS:

- 17 lbs. + 15 1/2oz. USDA beef crumbles (100134)
- 1 Qt. + 1 Pt. + 1/4 c. low sodium soy sauce
- 1 Pt. + 1 Tbsp. + 1 tsp. apple cider vinegar
- 2 Qt. + 1 1/4 c. + 2 Tbsp. dark brown sugar
- 1 c. + 2 tsp. garlic powder
- 1/2 c. + 1 tsp. onion powder
- 2 c. + 1 Tbsp + 1 tsp. corn starch
- 1 Gal. + 3 Qts. + 1 Pt. + 1 1/4 c. water
- 4 Gal. + 2 Qt. + 3 c. slaw mix
- 1 Gal. + 2 Qts. + 1 c. chopped Red bell pepper (1/4 " dice)
- 1 Gal. + 1 Pt. + 3/4 c. sliced green onion
- 6 lbs. + 4 oz. FF Mayonnaise
- 1/2 c. + tsp. sriracha sauce
- 100 - 1.4 oz. Top n' Go RF Tostitos®

DIRECTIONS:

1. In a small sauce pot on low to medium heat, add the soy sauce, vinegar brown sugar, garlic, onion, and ginger powder. Allow the mixture to come up to a simmer.
2. Mix together the corn starch and water in a separate container. Add the corn starch slurry to the simmering soy sauce mixture and allow the liquid to thicken.
3. Mix together the slaw mix, diced red bell peppers, and green onions.
4. Add the beef and slaw mixture to sauce while stirring. Allow the mixture to reach 165F as the slaw wilts down.
5. In a separate bowl, mix together the mayo and sriracha.
6. Top the chips with the hot beef mixture and drizzle mayo/sriracha mixture on top. Serve immediately.

1 Serving:

~1/2 c. chicken mixture + 1 1/4 c. slaw mixture + Mayo/sriracha sauce + 1.4 oz. Top n' Go RF Tostitos®

Calories	561
Calories from Fat	204
Total Fat	23g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	63mg
Sodium	930mg
Total Carbohydrates	69g
Dietary Fiber	8g
Protein	21g

Each Serving Provides:

2.5 oz. Meat/MA
1 1/8 c. Vegetables
2 oz. eq. Grains



HUMMUS PIZZA BREAD W/ SABRA® CLASSIC HUMMUS



INGREDIENTS FOR 100 SERVING:

- 6 lbs. + 4 oz. USDA shredded mozzarella cheese (100021)
- 50 1 oz. whole wheat Hoagie rolls
- 6 lb. + 4 oz. precooked sausage crumbles
- 6 lbs. + 4 oz. Sabra® Classic Hummus
- 1 Gal + 2 Qt. + 1 c. USDA Spaghetti Sauce (100336)
- 1 c. + 2 tsp. dried oregano

Directions:

1. Thaw sausage.
2. Cut Hoagie roll in half and place with the interior facing up.
3. Spread 1/8 c. hummus on each side. Top with sausage crumbles
4. Cover with 1/8 c. mozzarella cheese and sprinkle with oregano.
5. Bake at 350 degrees for 5-8 minutes until top of cheese is toasted.
6. Serve with spaghetti sauce.

Nutrition Facts

1 Serving:
1/2 of a 6" w hole w heat hogie roll + 1/8
c. Hummus, 1 oz. turkey crumbles + 1 oz.
mozzarella + 1/4 c. spaghetti sauce

Calories	309
Calories from Fat	135
Total Fat	15g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	38mg
Sodium	613mg
Total Carbohydrates	25g
Dietary Fiber	3g
Protein	19g
Vitamin A	7%DV
Vitamin C	4%DV
Calcium	29% DV
Iron	14% DV

Each Serving Provides:

2 oz. Meat/MA
3/8 c. Vegetables
1 oz. eq. Grains



BBQ CHICKEN NACHOS WITH RF NACHO CHEESE DORITOS®



INGREDIENTS FOR 100 SERVINGS:

- 12 lbs. + 8 oz. USDA diced, cooked, frozen chicken – thawed
- 3 Qts. + 1 Pt. + 1.5 c. + 2 Tbsp. BBQ sauce
- 3 Quarts + 1/8 c. chicken stock, unsalted
- 3 Quarts + 1/2 c. USDA carrots, frozen, sliced cooked, drained
- 3 Quarts + 1/2 c. USDA canned diced tomatoes
- 1/2 c. tomato paste
- 3 gal. + 2 c. each: shredded cabbage and diced tomatoes
- 3.125 lbs. USDA shredded white cheese
- 100 – 1 oz. bags RF Doritos® Nacho Cheese Tortilla chips

Directions:

1. In a pot add chicken, BBQ sauce, chicken stock, and tomato paste.
2. Crust carrots and add to meat mixture. Allow the mixture to thicken.
3. Serve in the bag or with a bag of RF Doritos® Nacho Cheese Tortilla Chips on the side.
4. To serve in the bag, open a bag of RF Doritos® Nacho Cheese Tortilla Chips and 3/4 c. chicken mixture into the bag.
5. Add 1/2 c. shredded cabbage, 1/2 c. diced tomatoes, and 1 Tbsp. cheese

Nutrition Facts

1 Serving:	
~3/4 c. turkey taco filling w/ beans, 1/8 c. RF sour cream, 1/8 c. RF shredded cheese, 1/2 c. Romaine, 1/4 c. chopped tomatoes and 1 -1.45 oz. bag RF Tostitos	
Calories	343
Total Fat	10g
Saturated Fat	2.6g
Trans Fat	0g
Cholesterol	53mg
Sodium	709mg
Total Carbohydrates	44g
Dietary Fiber	5g
Protein	21g

Each Serving Provides:

2 oz. Meat/MA
1 1/4 c Vegetables
1.5 oz. eq. Grains





CHICKEN N' SPICE WITH RF FRITOS®



INGREDIENTS FOR 100 SERVINGS:

- 2 – 50 oz. cans Campbell's Cream of Chicken Soup
- 3 lbs. + 2 oz. RF Sour Cream
- 12 lbs. + 8 oz. USDA diced chicken (100101)
- 12 ½ c. Salsa Verde or USDA Salsa (110186)
- 8 ¾ - 16 oz. bags RF Fritos®
- 1 ½ Gal. + 1 c. diced tomatoes
- 1 ½ Gal. + 1 c. Shredded Romaine
- 5 ½ #10 cans USDA canned pinto beans (100365)
- ½ c. each: cumin, chili powder and garlic powder

Nutrition Facts

1 Serving:

1/2 c. chicken mixture (2 oz. diced chicken + 1/2 oz. sour cream + 1 oz. Salsa verde + 1 oz. soup) + 1/4 c. chopped tomatoes + 1/4 c. chopped romaine + 1.4 oz. RF Fritos + 1/2 c. seasoned pinto beans

Calories	482
Calories from Fat	137
Total Fat	15g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	59mg
Sodium	859mg
Total Carbohydrates	59g
Dietary Fiber	13g
Protein	30g

Directions:

1. Heat Soup and Sour Cream.
2. Add Chicken and Salsa Verde.
3. Heat thoroughly.
4. Portion 1.4 oz. RF Fritos® onto tray or boat.
5. Top with Chicken mixture, lettuce and tomatoes.
6. Prepare seasoned pinto beans by adding chili powder, cumin and garlic powder to canned pinto beans.
7. Heat thoroughly & Serve beans on the side.

Each Serving Provides:

- 2 oz. Meat/MA
- 1 c. Vegetables
- 2 oz. eq. Grains



FRITO® BURRITO



INGREDIENTS FOR 100 SERVINGS:

- 21.5 lbs. USDA Turkey Taco filling (100119)
- 3 lbs. + 2 oz. USDA RF Shredded Cheddar Cheese (100012)
- 25 c. USDA Refried Beans (100362)
- 12 ½ c. USDA Salsa (110186)
- 5 -16 oz. bags RF Fritos®
- 100– 10” WG Flour Tortilla

Nutrition Facts

1 Serving:

1- 10" WG Flour tortilla + 2/3 c. filling:
(3.4 oz. turkey taco filling + .5 oz. cheese
+ 1/8 c. refried beans + 1/8 c. salsa) + .8
oz. RF Fritos®

Calories	575
Calories from Fat	204
Total Fat	23g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	55mg
Sodium	858mg
Total Carbohydrates	61g
Dietary Fiber	10g
Protein	30g

Directions:

1. Mix Turkey Taco Filling, refried beans and salsa together. Heat thoroughly.
2. Heat tortillas by steaming, grilling, or microwaving (see manufacturer's directions).
3. Place ~ 2/3 c. of taco filling mixture onto a tortilla.
4. Place ½ oz. cheese and .8 oz. RF Fritos® on top of tortilla.
5. Fold up bottom of tortilla and roll the tortilla, pressing mixture as it is rolled.
6. Serve with additional salsa if desired.

Each Serving Provides:

2 ½ oz. Meat/MA
3/8 c. Vegetables
3.25 oz. eq. Grains



PIZZA SCOOPIN' WITH OVEN BAKED TOSTITOS® SCOOPS



INGREDIENTS FOR 100 SERVINGS:

- 1 Gal + 2 Qts. + 1 c. USDA low sodium Spaghetti Sauce (11077)
- 3 lbs. + 2 oz. USDA mozzarella cheese, part skim, shredded (100021)
- 10 lbs. + 15 oz. Jennie-O Italian Turkey Sausage
- 1 Gal + 2 Qts. + 1 c. frozen mashed USDA NAS sweet potatoes thawed (100354)
- 1 Gal + 2 Qts. + 1 c. fresh tomatoes, chopped
- 3 Gal. + 1 Pt. shredded Romaine lettuce
- 100 - .875 oz. bag Oven Baked Tostitos® Scoops (42537)

Directions:

1. Thaw Sweet Potatoes. Mash sweet potatoes and mix with spaghetti sauce and Italian turkey crumbles in a stock pot. Heat thoroughly.
2. Scoop ½ c . mixture onto tray or boat. Serve with ¼ c. fresh tomatoes, ¼ c. shredded Romaine, ¼ c. shredded mozzarella cheese and 1 bag (.875 oz.) Oven Baked Tostitos® Scoops.

Nutrition Facts

1 Serving :

~3/4 c. spaghetti sauce/sweet potato/sausage mixture + 1/2 c. lettuce and 1/4 c. tomatoes, 1/2 oz. cheese and 1 .875 oz. bag Oven Baked Tostitos Scoops

Calories	343
Total Fat	13g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	45mg
Sodium	746mg
Total Carbohydrates	41g
Dietary Fiber	6g
Protein	14g

Each Serving Provides:

2 oz. Meat/MA
1 c. Vegetables
1.25 oz. eq. Grains



SOUTHWESTERN SALAD WITH RF FRITOS®



INGREDIENTS FOR 100 SERVINGS:

- 3 Gal + 1 Qt. USDA canned low sodium Black Beans (100359)
- 6 lb. + 4 oz. USDA shredded reduced fat yellow cheese (100012)
- 10 lbs. + 10 oz. USDA Chicken Fajita Strips IQF/thawed (100117)
- 1 Gal. + 2 QT + 1 c. chopped tomatoes
- 12 Gal + 2 Qt. shredded Romaine
- 8 lb. + 12 oz. RF Fritos® (30103)

Nutrition Facts

1 Serving:

2 c. Romaine, 1/2 c. black beans, 1/4 c. tomatoes, 1.7 oz. Chicken Fajita Meat, 1 oz. cheese, 1.4 oz. RF Fritos

Calories	537
Calories from Fat	198
Total Fat	21g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	61mg
Sodium	1212mg
Total Carbohydrates	61g
Dietary Fiber	14g
Protein	29g
Vitamin A	175%DV
Vitamin C	36%DV
Calcium	38% DV
Iron	38%DV

Directions:

1. Place 2 c. shredded Romaine in serving container.
2. Top with black beans, cheese, fajita chicken strips, tomatoes
and 1 c. RF Fritos®
3. Serve with dressing on the side.

Each Serving Provides:

- 2 oz. Meat/MA
- 1 ¾ c. Vegetables
- 2 oz. eq. Grains





CHICKEN TERIYAKI NACHOS WITH WG TOSTITOS®



INGREDIENTS FOR 100 SERVING:

- 8-16 oz. bags + 12 oz. WG Tostitos® (62399)
- 12 lbs. + 8 oz. USDA Diced Chicken (100101)
- 1 Qt. + 2 pt. + ¼ c. EACH: low sodium soy sauce AND vinegar
- 6 lbs. + 4 oz. sugar
- ¼ c. + ½ tsp. EACH: garlic powder, ground ginger, black pepper
- 1 c. + 2 Tbsp. + 2 ¾ tsp. corn starch
- ¼ c. + ½ tsp. sesame seeds (optional)
- 5 gal. + 1 Qt. + 3 ½ c. slaw mix
- Asian Salad Dressing:
 - 2 Qts. + 1 ¼ c. + 2 Tbsp. light mayonnaise
 - 1 cup + 2 tsp. EACH vinegar, reduced sodium soy sauce, sugar and water

1 Serving:
2 oz. teriyaki chicken + 1 c. Asian Slaw
+ 1.4 oz. WG Tostitos

Calories	481
Calories from Fat	136
Total Fat	15g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	58mg
Sodium	900mg
Total Carbohydrates	66mg
Dietary Fiber	5g
Protein	23g

Directions:

1. In a pot, add chicken, soy sauce, vinegar, sugar, ginger, garlic, pepper and corn starch. Heat mixture over medium heat until the chicken reaches and internal temperature of 165 degrees and the sauce thickens.
2. Prepare Asian Slaw Dressing by combining light mayonnaise, vinegar, reduced sodium, soy sauce, sugar and water. Add to slaw mix.
2. Top WG Tostitos® with the seasoned chicken, Asian slaw, and sesame seeds (optional).

Each Serving Provides:

- 2 oz. Meat/MA
- 1 c. Vegetables
- 2 oz. eq. Grains





BUFFALO CHICKEN NACHOS WITH WG TOSTITOS®



INGREDIENTS FOR 100 SERVING:

- 9 lbs. 6 oz. USDA diced chicken (100101)
- 6 lbs. 4 oz. RF Cream Cheese
- 6 lbs. 4 oz. RF Sour Cream
- 34 oz. + 2 tsp. Buffalo Sauce
- 3 Qts + ½ c. Water
- 3 lbs. 2 oz. USDA shredded Mozzarella (100021)
- 3 Qts. + ½ c. diced celery
- 3 Qts. + ½ c. diced carrots
- 3 Qts. + ½ c. diced tomatoes
- 1 Qt. + 1 pt. + ¼ c. RF Ranch Salad Dressing
- 8 -16 oz. bags + 12 oz. Whole Grain Tostitos® (62399)



Nutrition Facts

1 Serving:
1.4 oz. WG Tostitos + ~ 1 c. chicken
Mixture (w with vegetables) and Ranch
Dressing

Calories	473
Calories from Fat	212
Total Fat	24g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	76mg
Sodium	892mg
Total Carbohydrates	39g
Dietary Fiber	4g
Protein	24g

Directions:

1. In mixing bowl, add chicken, cream cheese, sour cream, water, and buffalo sauce. Heat mixture over medium heat or in the oven covered until the mixture reaches an internal temperature of 165 degrees.
2. Top WG Tostitos® with the warm chicken mixture. Top the mixture with the mozzarella cheese, celery, carrots, tomatoes, and drizzle with the ranch dressing.

Each Serving Provides:

2 oz. Meat/MA
3/8 c. Vegetables
2 oz. eq. Grains





CARIBBEAN CHICKEN NACHOS WITH WG TOSTITOS®



INGREDIENTS FOR 100 SERVING:

- 1.4 oz. WG Tostitos®
- 9 lbs. + 6 oz. USDA diced chicken (100101)
- 1 Gal. + 1 pts. + ¾ c. Pineapple juice
- 2 Gal. + 1 pt. + ¾ c BBQ sauce
- 2 c. + 4 tsp. corn starch
- 3 lbs. 2 oz. USDA RF Cheddar cheese (100012)
- 1 Gal. + 2 Qts. + 1 c. diced red bell peppers
- 3 Qts. + ½ c. diced green bell peppers
- 3 Qts. + ½ c. diced mango (canned or frozen) OR diced pineapple
- 1 c. + 2 tsp. chopped cilantro (optional)

Nutrition Facts

1 Serving:
1.4 oz. WG Tostitos + ~ 3/4 c. chicken mixture

Calories	441
Calories from Fat	118
Total Fat	13g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	48g
Sodium	709mg
Total Carbohydrates	62g
Dietary Fiber	4g
Protein	22g

Directions:

1. In pot, add chicken, pineapple juice, BBQ Sauce, and corn starch. Heat mixture over medium heat until the chicken reaches an internal temperature of 165 degree and the sauce thickens.
2. Top WG Tostitos® with the chicken mixture, cheese, red peppers, mango, and cilantro (optional).

Each Serving Provides:

2 oz. Meat/MA
3/8 c. Vegetables
1/8 c. Fruit
2 oz. eq. Grains





ITALIAN CHICKEN NACHOS WITH WG TOSTITOS®



INGREDIENTS FOR 100 SERVING:

- 8-16 oz. bags + 12 oz. WG Tostitos®
- 12 lbs. + 8 oz. USDA diced chicken (100101)
- 1 c. + 2 tsp. Olive or soybean oil
- 3 c. + 2 Tbsp. Italian Seasoning (no salt)
- 3 Qts. + ½ c. Italian Dressing (divided use)
- 1 Qt. + 1 Pt. + ¼ c. Water
- 3 Qts. + ½ c. diced tomatoes
- 3 Qts. + ½ c. diced cucumbers
- 3 Qts. + ½ c. diced red onions
- 1 Qt. + 1 Pt. + ¼ c. sliced black olives (optional)
- 3 lbs. + 2 oz. USDA shredded mozzarella (100021)

Nutrition Facts

1 Serving:
1.4 oz. WG Tostitos + ~ 3/4 c. chicken
Mixture and 1 Tbsp. Ranch Dressing

Calories	431
Calories from Fat	196
Total Fat	22g
Saturated Fat	4.5g
Trans Fat	0g
Cholesterol	67mg
Sodium	359mg
Total Carbohydrates	37g
Dietary Fiber	4g
Protein	25g

Directions:

1. In small pot, add chicken, oil, Italian Seasoning, and half amount of Italian dressing. Heat mixture over medium heat until the chicken reaches an internal temperature of 165 degrees.
2. Top WG Tostitos® with the warm seasoned chicken, tomatoes, cucumbers, onion, olives, shredded mozzarella, and remaining Italian dressing.

Each Serving Provides:

2.5 oz. Meat/MA
3/8 c. Vegetables
2 oz. eq. Grains





CRAZY TACOS WITH RF DORITOS® TOP N' GO NACHO CHEESE TORTILLA CHIPS



- INGREDIENTS FOR 100 SERVINGS:**
- 24 lbs. + 3 ½ oz. USDA Turkey Taco Filling (100119)
 - 4 Gal + 2 Qts. + 1 Pt. + 1c. USDA canned low sodium Pinto beans (100362)
 - 3 Gal + 1 Pt. diced tomatoes
 - 3 lbs. + 2 oz. USDA RF Cheddar Cheese, shredded (100012)
 - 3 Gal. + 1 Pt. shredded Romaine
 - 100 – 1.4 oz. bags RF Doritos® Top n' Go Nacho Cheese Tortilla Chips

- Directions:**
1. Heat turkey taco filling with pinto beans in large pot.
 2. Open 1 bag of RF Doritos® Top n' Go Nacho Cheese Tortilla Chips. Place taco/bean mixture on top of chips. Top with cheese, lettuce, tomatoes.

1 Serving: ~1 1/4 c. turkey taco filling + beans, .5 oz. cheese, 1 c. lettuce + tomatoes, 1.4 oz. Top n' Go RF Nacho Cheese	
Calories	590
Calories from Fat	216
Total Fat	24g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	57mg
Sodium	894mg
Total Carbohydrates	63g
Dietary Fiber	15g
Protein	35g

Each Serving Provides:

- 2.5 oz. Meat/MA
- 1 1/2 c. Vegetables
- 2 oz. eq. Grains

CHICKEN ENCHILADA NACHOS WITH TOP N' GO RF TOSTITOS® CRISPY ROUNDS



WHAT YOU'LL NEED FOR 100 SERVINGS:

- 18 lbs. + 12 oz. USDA diced Chicken (100101)
- 1 Gal. + 1 Pt. + $\frac{3}{4}$ c. + Red Enchilada Sauce
- 1 Gal. + 1 Pt. + $\frac{3}{4}$ c. USDA salsa (110186)
- 6 lbs. + 4 oz. USDA Yellow Shredded Cheese (100012)
- 1 Gal + 2 Qts. + 1 c. EACH: green bell peppers (1/4" dice), diced tomatoes, and USDA canned corn (100313)
- 1 Gal. + 3 Qts. + 1 Pt. + 1 $\frac{1}{4}$ c. USDA canned black beans (100359)
- 1 Qt. + 1 Pt. + $\frac{1}{4}$ c. FF Ranch Dressing
- $\frac{1}{2}$ c. + 1 tsp. EACH: cumin and smoked paprika
- 100- 1.4 oz. RF Tostitos®

1 Serving:

~1 c. chicken mixture + $\frac{3}{4}$ c. pico mixture, + 1 oz. cheese + 1.4 oz. Top n' Go RF Nacho Cheese Doritos

Calories	540
Calories from Fat	189
Total Fat	17g
Saturated Fat	5 g
Trans Fat	0g
Cholesterol	85mg
Sodium	944mg
Total Carbohydrates	62g
Dietary Fiber	12g
Protein	35g

DIRECTIONS:

1. In a small sauce pot, heat the chicken, enchilada sauce, salsa, peppers, and paprika together until the mixture reaches 165°F and peppers have softened.
2. In a separate bowl, mix the tomatoes, corn, black beans, ranch, and cumin together and allow the ingredients to marry. Keep in the refrigerator until needed.
3. Top the chips with the hot chicken mixture followed by the shredded cheese and lastly the pico mixture. Serve immediately.

Each Serving Provides:

4 oz. Meat/MA
1 $\frac{1}{8}$ c. Vegetables
2 oz. eq. Grains



JALAPENO POPPER CHICKEN WITH TOP N' GO RF DORITOS NACHO CHEESE TORTILLA CHIPS



WHAT YOU'LL NEED FOR 100 SERVINGS:

- 18 lbs. + 12 oz. USDA diced Chicken (100101)
- 1 Gal. + 2 Qts. + 1 c. 1% milk
- 1 Gal. + 2 Qts. + 1 c. diced white onion (1/4 " dice)
- 1/2 c. + 1 tsp. garlic powder
- 1/4 c. + 1/2 tsp. pepper
- 1 Gal. + 2 Qts. + 1 c. USDA Pinto Beans (100365)
- 3 Qts + 1/2 c. drained pickled jalapeno slices
- 3 Qts. + 1/2 c. Jalapeno juice , pickled
- 9 lbs. + 6 oz. FF Cream Cheese
- 6 lbs. + 4 oz. USDA RF Yellow Shredded Cheese (100012)
- 3 Gal. + 1 Pt. diced tomatoes
- 1 Gal. + 2 Qts. + 1 c. sliced green onions
- 100 - 1.4 oz. bag Top n' Go RF Nacho Cheese Doritos

DIRECTIONS:

1. In small pot on low to medium heat, add the chicken, milk, onion, garlic, pepper, beans, jalapenos, and jalapeno juice. Stir until the mixture comes to a simmer. Stir in the cream cheese and allow to slowly melt into the sauce. The sauce should become thickened.
2. Serve the mixture over the chips. Top with shredded cheddar cheese, tomatoes , and green onions. Serve immediately.

1 Serving:

~1 1/4 c. chicken mixture +1 oz. cheese, 1/2 c. tomatoes, 1/4 c. green onions + 1.4 oz. Top n' Go RF Nacho Cheese Doritos

Calories	547
Calories from Fat	170
Total Fat	19g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	92mg
Sodium	1253mg
Total Carbohydrates	54g
Dietary Fiber	8g
Protein	42g

Each Serving Provides:

4 oz. Meat/MA
1 1/4 c. Vegetables
2 oz. eq. Grains



RED BEANS & RICE WITH RF FRITOS®



INGREDIENTS FOR 100 SERVING:

- 2 Gal. + 1 Qts. + 1 ½ c. canned USDA kidney beans, drained
- 12.5 lbs. Turkey Sausage
- 3 Qts + ½ cup Chopped onions
- 3 Qts. + 1 pt. + 1 cup chopped green pepper
- 6 lbs. + 4 oz. dry (1/2 c. cooked) USDA quick cooking brown rice
- 17 lbs. + 8 oz. reduced sodium chicken broth
- 1 Gal. + 2 Qts. + 1 c. USDA diced tomatoes
- 1 Tbsp. + 2 tsp. each: basil, black pepper, thyme
- 3 Tbsp. + 1 tsp. cayenne pepper
- 2 ½ tsp. garlic powder
- 6- 16 oz. bags RF Fritos



Directions:

1. Cook brown rice according to directions.
2. Slice turkey sausage into ¼" slices. Sauté in a large skillet for about 2 minutes.
3. Add chopped onions and bell pepper to skillet. Sauté until tender.
4. Add drained kidney beans, canned tomatoes with juice, and chicken broth.
5. Add seasonings. Heat thoroughly. Serve on top of ½ c. cooked brown rice.
6. Top mixture with .8 oz. RF Fritos®.

Nutrition Facts

1 Serving: 1/2 c. cooked brown rice + 3/4 c. bean and sausage mixture + .8 oz. RF Fritos	
Calories	422
Calories from Fat	100
Total Fat	10g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	35mg
Sodium	1018mg
Total Carbohydrates	63g
Dietary Fiber	10g
Protein	20g
Vitamin A	11% DV
Vitamin C	45% DV
Calcium	9% DV
Iron	27% DV

Each Serving Provides:

2 oz. Meat/MA
7/8 c. Vegetables
2 oz. eq. Grains



HUMMUS QUESADILLA W/ SABRA® ROASTED RED PEPPER HUMMUS



INGREDIENTS FOR 100 SERVING:

- 1 Gal + 2 Qts. + 1c. USDA canned pinto beans (100365)
- 6 lbs. + 4 oz. USDA RF shredded yellow cheese (100012)
- ½ c. + 1 tsp. chopped cilantro
- 100- 6" Whole grain tortillas
- 6 lbs. + 4 oz. USDA quick cooking brown rice (100500)
- 6.25 oz. Sabra® Roasted Red Pepper Hummus
- 1 Qt. + 2 Tbsp. = 2 tsp. USDA Salsa (110186)
- 1 Qt. + 2 Tbsp. + 2 tsp. RF sour cream
- 1 Tbsp. = 3/16 tsp. each: chili powder and cumin
- 2 1/16 tsp. each: garlic powder and paprika

Directions:

1. Cook brown rice according to directions with seasonings (chili powder, cumin, garlic powder and paprika.)
2. Combine hummus and pinto beans.
3. Layer half of the tortilla with hummus mixture, rice and cheese.
4. Fold and press or grill until hot.
5. Combine salsa, fresh cilantro and sour cream.
6. Cut quesadilla and serve with creamy salsa.

Nutrition Facts

1 Serving:

1/- 6" w hole grain tortilla + ~ 1 c.

hummus, rice and bean mixture + 1 oz.
cheese + 4 tsp. sour cream and salsa
mixture

Calories	473
Calories from Fat	216
Total Fat	24g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	19mg
Sodium	778mg
Total Carbohydrates	43g
Dietary Fiber	7g
Protein	21g
Vitamin A	12% DV
Vitamin C	2% DV
Calcium	42% DV
Iron	23% DV

Each Serving Provides:

1.5 oz. Meat/MA
1/4 c. Vegetables
2 oz. eq. Grains





7 LAYER DIP WITH WG TOSTITOS®



INGREDIENTS FOR 100 SERVING:

- 12 lbs. 8 oz. USDA Refried Beans
- 3 Qts. + ½ c. USDA Black Beans
- 3 Qts. + ½ c. RF Sour Cream
- 3 Qts. + ½ c. USDA Salsa - drained
- 3 Qts. + ½ c. chopped tomatoes
- 6.25 lbs. USDA Shredded yellow cheese
- 28 oz. sliced black olives
- 1 c. + 2 tsp. each: cumin, chili powder and garlic powder
- 9 -16 oz. bags WG Tostitos

Nutrition Facts	
1 Serving: 2 oz. refried beans, 1 oz. Black Beans, 2 oz. RF Sour cream, 2 Tbsp. salsa, 1/8 c. tomatoes, 1 oz. cheese, 1 1/2 tsp. black olives, + 1.4 oz. WGR Tostitos Crispy Rounds	
Calories	441
Calories from Fat	161
Total Fat	18g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	30mg
Sodium	608mg
Total Carbohydrates	50g
Dietary Fiber	9g
Protein	19g

Directions:

1. In bowl, mix refried beans with spices.
2. In a 9 oz. cup, layer refried beans w/ seasonings, sour cream, black beans, drained salsa, cheese, tomatoes and olives.
3. Store in refrigerator until ready to serve.
4. Serve with 1.4 oz. (40 g) WG Tostitos

Each Serving Provides:

- 2.5 oz. Meat/MA
- 1/4c. Vegetables
- 2 oz. eq. Grains



OVERNIGHT OATS WITH QUAKER® QUICK OATS



WHAT YOU'LL NEED FOR 100 SERVINGS:

- 3 Gal. + 1 Pt. Quaker® Quick Oats (43285)
- 3 Gal. + 1 Pt. USDA frozen diced strawberries or other frozen fruit or combination of fruits
- 6 Gal + 2 c. vanilla yogurt or other flavored yogurt

DIRECTIONS:

1. Add Quaker Oats to a 12 oz. container. Top with low fat yogurt and then fruit.
2. Put lid on container and store in refrigerator overnight.

Note: Frozen fruit works best. As it thaws, it softens the oats.

Nutrition Facts

1 Serving:

Calories	295
Total Fat	4g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	2.5mg
Sodium	55mg
Total Carbohydrates	46g
Dietary Fiber	6g
Protein	10g

Each Serving Provides:

- 1 oz. Meat/MA
- ½ c. Fruit
- 1.25 oz. eq. Grains (1/2 c. dry oats)



BAKED OATMEAL WITH RAISINS AND QUAKER® QUICK OATS



WHAT YOU'LL NEED FOR 100 SERVINGS:

- 2 Gal +1 Qts. + 11/2 c. dry Quaker® Quick Oats (43285)
- 1 Gal + 2 Qts. + 1 c. USDA seedless raisins (110556)
- 1 Pt. + 1 Tbsp. + 1 tsp. baking powder
- 1 Qt. + 1 Pts. + ¼ c. cinnamon
- 1 Qt. + 1 Pt. + ¼ c. packed brown sugar
- 13 large eggs
- 3 Gal + 1 c. 1% milk
- 1 ½ c. + 1 Tbsp. USDA low sat fat oil (100442)
- 1 Qt. + 1 Pt. + ¼ c. USDA applesauce (110541)

Nutrition Facts

1 Serving:

Calories	367
Total Fat	7g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	26mg
Sodium	532mg
Total Carbohydrates	75g
Dietary Fiber	9g
Protein	6g

DIRECTIONS:

1. Preheat Oven to 375 degrees. Lightly spray a large pan.
2. Mix oats, brown sugar, raisins, baking powder and cinnamon in bowl.
3. In another large bowl, mix together egg, milk, oil and applesauce. Add dry ingredients and mix all ingredients together.
4. Pour mixture into a greased baking pan. Bake 20-25 minutes or until oatmeal is set.

Each Serving Provides:

½ c. Fruit

1 oz. eq. Grains (3/8 c. dry oats)



BAKED OATMEAL WITH APPLES, RAISINS AND QUAKER® QUICK OATS



WHAT YOU'LL NEED FOR 100 SERVINGS:

- 2 Gal. + 1 ¼ c. + 1 Tbsp. + 1 tsp. Quaker® Old Fashioned Rolled Oats (43293)
- 2 Gal. + 1 1/4 c. + 1 Tbsp. USDA canned apple slices (100206)
- 1 Qt. + 1 Pt. + ¼ c. packed brown sugar
- 3 Qts. + ½ c. raisins (100556)
- ¼ c. + 1 Tbsp. + 1 11/16 tsp. baking powder
- ½ c. + 3 Tbsp. = 5/16 tsp. cinnamon
- 34 large eggs
- 2 Gal + 1 ¼ c. + 1 Tbsp. + 1 tsp. 1% milk
- 1 Qt. + 2 Tbsp. + 2 tsp USDA vegetable oil
- ¼ c. + 1 Tbsp. + 1 11/16 tsp. vanilla



Nutrition Facts

1 Serving: Approx 4 x 2.5"

Calories	386
Total Fat	13g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	66mg
Sodium	154mg
Dietary Fiber	5g
Protein	10g

DIRECTIONS:

1. Preheat Oven to 350 degrees. Lightly spray 4 – 12" x 20" steam table pans.
2. Drain and chop apple slices into bite size pieces. Spread equally on bottom of 4 steam table pans.
3. In a large bowl, mix together oats, brown sugar, raisins, cinnamon and baking powder.
4. In another large bowl, break up eggs with a whisk. Whisk in milk and vanilla until well combined.
4. Add the milk mixture to the oat mixture.
5. Pour the oatmeal mixture over top of apples and spread evenly. Bake 40-45 minutes until the top is golden and the oats are set.

Each Serving Provides:

- 3/4 c. Fruit
- 1 oz. eq. Grain (1/3 c. dry oats)

