

# RECIPE

## PENNE AND MEATBALLS

SERVES 5

COOK TIME

40 MINS

COOK TEMP

165°

### Ingredients

BEEF MEATBALLS

PENNE PASTA

YELLOW ONION

TOMATO

FRUIT

MILK

25 MEATBALLS

3.5 CUPS

1 ONION OR 1/4 CUP CHOPPED

2 TOMATOES OR 1.25 CUPS CHOPPED

5 WHOLE FRUIT OR 2.5 CUPS BULK

5 CARTONS

### Instructions

PREP RECIPE #1372

PACKAGE:

BEEF MEATBALL, PENNE PASTA, YELLOW ONIONS, TOMATOES, FRUIT & MILK

NutriStudents K-12  
DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	L: -----								
001372	NS BEEF MEATBALL 2M	L: 5 EACH	2							
001467	----- GRAIN -----	L: -----								
001411	NS PASTA PENNE 1G	L: 1/2 CUP	1							
001464	----- SIDE -----	L: -----								
001712	NS GARNISH ONION YELLO	L: 1 TSP								
001217	----- VEGETABLES -----	L: -----								
000949	VSRF TOMATO 1/4C = 1/4C	L: 1/4 CUP				1/4				
	<b>VEGETABLE SUB</b> RED/ORANG					1/4				
000878	----- FRUIT -----	L: -----								
900013	FRUIT - ASSORTED 1/2 CUP	L: 1/2 Cup Equival			1/2					
000879	----- MILK -----	L: -----								
003296	NS MILK SKIM ASSORTED	L: 1 EACH				1				
001300	NS MILK 1% ASSORTED	L: 1 EACH				1				

Recipe # :

1372

Student Count :

5

Penne with Meatballs : NutriStudents K-12

Serving Size : 5 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904082	BEEF MEATBALL - ADVANCE PIERRE - 3-17-505-0	25 QTY	<p>COOKING METHOD: STANDARD OVEN:4" DEEP FULL HOTEL PAN</p> <p>STEPS: 1.PLACE THAWED MEATBALLS INTO THE PAN. 2.WRAP PAN WITH PLASTIC WRAP &amp; TINFOIL.</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK. TEMP: *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*</p> <p>3.PREHEAT OVEN TO 325°</p> <p>HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.</p> <p>SERVICE: 4.SERVE EACH STUDENT 5 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:ADVANCE PIERRE 3-17-505-0 5 EACH, CREDITS AS 2 MEAT/MEAT ALTERNATIVE</p>

Nutrients based on 1 Serving Size	
Calories	190 kcal
Total Fat	14 g
Sodium	220 mg
Carbs	4 mg

Components	
Meat/Alt:	2 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

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Ham & Swiss Sandwich



Chicken Caesar Salad



Gold Coast Chicken

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Menu Freedom. Tools for Success.

Helping FSDs run efficient, USDA-compliant school nutrition programs with a 40-week rotation of student-approved menus and behind-the-lines support.

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## RECIPE

### BEEF CHILI WITH CORNBREAD

SERVES 5

COOK TIME

40 MINS

COOK TEMP

165°

#### Ingredients

BEEF CHILI MEAT

2 CUPS

CORN CHIPS

5 BAGS OR 5 OUNCES

CORN BREAD

5 PIECES

SHREDDED CHEESE

5/8 CUPS

GREEN ONIONS

3 STALKS OR 1/4 CUP CHOPPED

TOMATOES

2 TOMATOES OR 1.25 CUPS CHOPPED

FRUIT

5 WHOLE FRUIT OR 2.5 CUPS BULK

MILK

5 CARTONS

#### Instructions

PREP RECIPE #1479

PACKAGE:

BEEF CHILI MEAT, TORTILLA CHIPS, CORN BREAD, SHREDDED CHEESE, GREEN ONIONS,

TOMATOES, FRUIT & MILK

NutriStudents K-12

DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	L: -----								
001479	NS BEEF GROUND CHZ SA	L: #10 SCOOP	1							
			1/2							
001371	NS CHZ SHRED CHD .5ozwt	L: 1/8 CUP	1/2							
001467	----- GRAIN -----	L: -----								
001473	NS GRAIN CHIP TORTILLA	L: 1 EACH		1						
001464	----- SIDE -----	L: -----								
001538	NS GRAIN BREAD CORN	L: 1 EACH								
003305	NS GARNISH ONION GREE	L: 1 TSP								
001217	----- VEGETABLES -----	L: -----								
000949	VSRF TOMATO 1/4C = 1/4C	L: 1/4 CUP				1/4				
	<b>VEGETABLE SUB</b>									
	<b>RED/ORANG</b>					1/4				
000878	----- FRUIT -----	L: -----								
900013	FRUIT - ASSORTED 1/2 CUP	L: 1/2 Cup Equival			1/2					
000879	----- MILK -----	L: -----								
003296	NS MILK SKIM ASSORTED	L: 1 EACH				1				
001300	NS MILK 1% ASSORTED	L: 1 EACH				1				

Recipe # :

1479

Student Count :

5

BEEF CHILI WITH CORN BREAD

Serving Size :

#10 SCOOP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
904073	*BEEF CRUMBLE - ADVANCE PIERRE - 8837	0.5 LB	STANDARD OVEN: 4" DEEP FULL HOTEL PAN
904097	*BEEF CRUMBLE - USDA - USDA - 100134	0.5 LB	
903947	SAUCE-----		STEPS:
904393	SAUCE CHEESE CHEDDAR - JTM - 5705	0.5 LB	1.OPEN CANS.
904562	SOUP TOMATO - CAMPBELLS - 16	1/8 CUP 1 Tbsp + 2 Tsp	2.PLACE THAWED GROUND BEEF INTO THE PAN.
904308	WATER	1/8 CUP 1 Tbsp + 2 Tsp	3.ADD SAUCE, SOUP, WATER & SPICES AND MIX WELL.
904116	BLACK PEPPER GROUND - GENERIC - -	1 pinch	4.WRAP PAN WITH PLASTIC WRAP & TINFOIL.
			TEMP:
			*IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*
			5.PREHEAT OVEN TO 325°
			HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.
			SERVICE:
			6.SERVE EACH STUDENT A #10 SCOOP EACH.
			CREDITADATION:
			PRODUCT# ADVANCE PIERRE 8837
			1.65 OZ, CREDITS AS 1.5MEAT/MEAT ALTERNATIVE
			PRODUCT#
			USDA 100134
			1.725 OZ, CREDITS AS 1.5MEAT/MEAT ALTERNATIVE

## Nutrients based on 1 Serving Size

Calories	197 kcal
Total Fat	12.82 g
Sodium	529.48 mg
Carbs	4.91 mg

## Components

Meat/Alt:	1.5 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

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## RECIPE

### TURKEY WITH MASHED POTATOES & GRAVY

SERVES 5

COOK TIME

40 MINS

COOK TEMP

165°

#### Ingredients

TURKEY GRAVY

2.5 CUPS

WHOLE GRAIN DINNER ROLL

5 TORTILLAS

MASHED POTATOES

5/8 CUPS

GREEN BEANS

5/8 CUPS

FRUIT

5 WHOLE FRUIT OR 2.5 CUPS BULK

MILK

5 CARTONS

#### Instructions

PREP RECIPE #799

PACKAGE:

TURKEY GRAVY, DINNER ROLL, MASHED POTATOES, GREEN BEANS, FRUIT & MILK

DATE: \_\_\_\_\_

## NutriStudents K-12

### DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	L: -----								
000799	NS TURK SHRED GRAVY 2	L: 1/2 CUP	2							
001467	----- GRAIN -----	L: -----								
001255	NS GRAIN ROLL DINNER 1G	L: 1 EACH	1							
001217	----- VEGETABLES -----	L: -----								
001021	VSSP POTATO MASHED 1/8	L: 1/8 CUP				1/8				
	<b>VEGETABLE SUB</b>									
	STARCHY					1/8				
001115	VSOC BEAN GRN 1/8C = 1/8	L: 1/8 CUP				1/8				
	<b>VEGETABLE SUB</b>									
	OTHER					1/8				
000878	----- FRUIT -----	L: -----								
900013	FRUIT - ASSORTED 1/2 CUP	L: 1/2 Cup Equival		1/2						
000879	----- MILK -----	L: -----								
003296	NS MILK SKIM ASSORTED	L: 1 EACH				1				
001300	NS MILK 1% ASSORTED	L: 1 EACH				1				

Recipe # :

799

Student Count :

5

## TURKEY WITH MASHED POTATOES &amp; GRAVY

Serving Size :

1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904468	TURKEY & GRAVY - JENNIE O - 284728	1.25 LB	COOKING METHOD: STOVE TOP: STANDARD OVEN:4" DEEP FULL HOTEL PAN  STEPS: 1.PLACE THAWED TURKEY GRAVY INTO THE PAN. 2.ADD PEPPER & MIX WELL. 3.WRAP PAN WITH PLASTIC WRAP & TINFOIL.  HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.  TEMP: *IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*  4.PREHEAT OVEN TO 325°  HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.  SERVICE: 5.SERVE EACH STUDENT A ½ OF A CUP EACH.  CREDITABLE PRODUCTS: PRODUCT#:ADVANCE PIERRE 284728 4 OZ EACH, CREDITS AS 2 MEAT/MEAT ALTERNATIVE
904116	BLACK PEPPER GROUND - GENERIC - -	1 pinch	

## Nutrients based on 1 Serving Size

Calories	130 kcal
Total Fat	6 g
Sodium	450 mg
Carbs	2 mg

## Components

Meat/Alt:	2 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

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# RECIPE

## BEEF SOFT TACOS

SERVES 5

COOK TIME

40 MINS

COOK TEMP

165°

### Ingredients

BEEF TACO MEAT

2.5 CUPS

WHOLE WHEAT TORTILLA

5 TORTILLAS

SHREDDED CHEESE

5/8 CUPS

LETTUCE

1 HEAD OF LETTUCE OR 2.5 CUPS

FRUIT

5 WHOLE FRUIT OR 2.5 CUPS BULK

MILK

5 CARTONS

### Instructions

PREP RECIPE #3364

PACKAGE:

TACO MEAT, TORTILLAS, SHREDDED CHEESE, LETTUCE, FRUIT & MILK

## NutriStudents K-12

### DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	L: -----								
003364	NS BEEF GROUND NACHO	L: 1/2 CUP	2							
001371	NS CHZ SHRED CHD .5ozwt	L: 1/8 CUP	1/2							
001467	----- GRAIN -----	L: -----								
000373	NS GRAIN TORTILLA 9" 2G	L: 1 EACH	2							
001217	----- VEGETABLES -----	L: -----								
001129	VSOFT LETTUCE 1/2C = 1/4C	L: 1/2 CUP				1/4				
	<b>VEGETABLE SUB</b>									
	<b>OTHER</b>					1/4				
000878	----- FRUIT -----	L: -----								
900013	FRUIT - ASSORTED 1/2 CUP	L: 1/2 Cup Equival			1/2					
000879	----- MILK -----	L: -----								
003296	NS MILK SKIM ASSORTED	L: 1 EACH				1				
001300	NS MILK 1% ASSORTED	L: 1 EACH				1				

Recipe # :

3364

Student Count :

5

## Beef Soft Tacos: NutriStudents K-12

Serving Size : 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
904073	*BEEF CRUMBLE - ADVANCE PIERRE - 8837	0.75 LB	STANDARD OVEN:4" DEEP FULL HOTEL PAN
904097	*BEEF CRUMBLE - USDA - USDA - 100134	0.75 LB	
903947	-----SAUCE-----		
S2	SELECT ONE BELOW		STEPS:
904059	*SAUCE SPAGHETTI - PREGO - 5012	1/2 CUP + 1 Tbsp + 2 Tsp	1.OPEN CANS.
904060	*SAUCE SPAGHETTI - USDA - 100336	1/2 CUP + 1 Tbsp + 2 Tsp	2.SAUTE ONIONS IN A SAUCE PAN TO BRING OUT THEIR FLAVOR.
904390	ONION YELLOW DICED - GENERIC --	1 Tbsp + 1 Tsp	3.PLACE THAWED BEEF INTO THE PAN.
904134	SEASONING TACO - LAWRY'S - 2150080110	1 Tsp	4.ADD ONIONS, SPICES & SAUCE AND MIX WELL.
904132	SEASONING RANCH DRY - FOOTHILL FARMS - V402-JA190	1 Tsp	5.WRAP PAN WITH PLASTIC WRAP & TINFOIL.
904115	GARLIC GRANULATED - GENERIC --	1 pinch	
904128	CHILI POWDER --	1 pinch	
			HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.
			TEMP:
			*IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*
			6. PREHEAT OVEN TO 325°
			HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.
			SERVICE:
			7.SERVE EACH STUDENT A 1/2 CUP EACH.
			CREDITABLE PRODUCTS:
			PRODUCT#:ADVANCE PIERRE #8837
			2.2 OZ, CREDITS AS 2 MEAT/MEAT ALTERNATIVE
			PRODUCT#:USDA 100134
			2.3 OZ, CREDITS AS 2 MEAT/MEAT ALTERNATIVE

## Nutrients based on 1 Serving Size

Calories	150 kcal
Total Fat	8.44 g
Sodium	349.01 mg
Carbs	6.44 mg

## Components

Meat/Alt:	2 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

## RECIPE

### TERIYAKI CHICKEN

SERVES 5

COOK TIME

40 MINS

COOK TEMP

165°

### Ingredients

CHICKEN TERIYAKI

2.5 CUPS

BROWN RICE

5 OZ OR 1/2 CUP RICE

GREEN ONIONS

3 STALKS OR 1/4 CUP CHOPPED

BELL PEPPER

1 WHOLE PEPPER OR 1.25 CUP

FRUIT

5 WHOLE FRUIT OR 2.5 CUPS BULK

MILK

5 CARTONS

### Instructions

COOK RECIPE # 312

PACKAGE:

CHICKEN TERIYAKI, BROWN RICE, GREEN ONION, BELL PEPPER, FRUIT & MILK

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DAILY PRODUCTION RECORD

Students(0)\_\_\_\_\_ Adults(0)\_\_\_\_\_ Total(0)\_\_\_\_\_

Site # 001 Nutristudents K-12

recipe no.	recipe descriptions	portion size	M/MA	GRAIN	FRUIT	VEGETABLE	MILK	PLANNED	PREPARED	ADDED OR LEFT OVER
001299	----- ENTREE -----	L: -----								
000312	NS CHX ASIAN TERIYAKI 2	L: 1/2 CUP	2							
001467	----- GRAIN -----	L: -----								
000244	NS RICE BROWN CILANTR	L: 1/2 CUP	1							
001464	----- SIDE -----	L: -----								
003305	NS GARNISH ONION GREE	L: 1 TSP								
001217	----- VEGETABLES -----	L: -----								
000952	VSRF PEPPER RED 1/4C = 1	L: 1/4 CUP				1/4				
	VEGETABLE SUB RED/ORANG					1/4				
000878	----- FRUIT -----	L: -----								
900013	FRUIT - ASSORTED 1/2 CUP	L: 1/2 Cup Equival			1/2					
000879	----- MILK -----	L: -----								
003296	NS MILK SKIM ASSORTED	L: 1 EACH				1				
001300	NS MILK 1% ASSORTED	L: 1 EACH				1				

Recipe # :

312

Student Count :

5

## Teriyaki Chicken : NutriStudents K-12

Serving Size :

1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
904251	*CHICKEN FAJITA - TYSON - 6922-0928	0.75 LB	STANDARD OVEN:4" DEEP FULL HOTEL PAN
904252	*CHICKEN FAJITA STRIP - USDA - USDA - 100117	1 LB	STANDARD OVEN:SHEET PAN
903947	SAUCE-----		
904139	SESAME SEED - GENERIC - -	1 pinch	
S2	SELECT ONE BELOW		STEPS:
904474	*SAUCE TERIYAKI - KIKKOMAN - 1044	1 Tbsp + 2 Tsp	1.PLACE THAWED CHICKEN INTO THE PAN.
904406	*SAUCE TERIYAKI - MINORS - 11001951	1 Tbsp + 2 Tsp	2.ADD SAUCE, WATER & SEEDS AND MIX WELL.
904308	WATER	1 Tbsp + 2 Tsp	3.WRAP PAN WITH PLASTIC WRAP & TINFOIL.
			HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK.
			TEMP:
			*IF USING A CONVECTION OVEN, DECREASE TEMP BY 25° to 50°*
			4.PREHEAT OVEN TO 325°
			HEAT UNTIL ENTRÉE REACHES 165° OR ABOVE, HOLD ABOVE 135° UNTIL END OF SERVICE.
			SERVICE:
			5.SERVE EACH STUDENT A 1/2 OF A CUP EACH.
			CREDITABLE PRODUCTS:
			PRODUCT#:TYSON 6922-0928
			2.5 OZ OF CHICKEN EACH, CREDITS AS 2 MEAT/MEAT ALTERNATIVE
			PRODUCT#:USDA 100117
			2.4 OZ OF CHICKEN EACH, CREDITS AS 2 MEAT/MEAT ALTERNATIVE

## Nutrients based on 1 Serving Size

Calories	119 kcal
Total Fat	5.02 g
Sodium	691.51 mg
Carbs	2.27 mg

## Components

Meat/Alt:	2 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

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