

Recipes for Homemade Lunches

The following pages are the recipes for lunches prepared at school. If students require more or less food than specified, portions can be altered. Remember at least 50% of the food items offered must be Choose Most (CM). The rest of the items can be Choose Sometimes (CS).

When preparing lunches at school:

- ***Contact an Alberta Health Services Public Health Inspector for food safety advice before you begin. They can be reached at 403-356-6366.***
- No raw meats may be handled unless the Public Health Inspector approves the school kitchen for this purpose
- All potentially hazardous foods must be prepared on site - no home-prepared foods are permitted for school lunch programs.

SOUP DAY

Tomato & Bean Soup (CM)

Whole Grain Bun (CM)

Fresh Fruit Bowl (CM)

White Milk (250mL) (CM)

RECIPE

You will need:



- 1 Large Stock Pot(s)
- 1 Sauté Pan(s)
- Chopping Knife(s)
- Chopping Board(s)
- Cheese Grater
- Can Opener
- Measuring Cups
- Measuring Spoons
- Bowls for Serving
- Spoons

Ingredients:



	Serves 6		Serves 50
	1 - 19oz can (540 mL)	can stewed tomatoes	9 – 19 oz can (540 mL) or 4.9 L
	1 - 14oz can (398 mL)	brown beans in tomato sauce	9 – 14 oz can (398 mL)
	1 cup (250 mL)	water	8¼ cups (2.1 L)
	¼ cup (60 mL)	chopped onion	¾ lb (340 g)
	½ tsp (2.5 mL)	dried basil	1 Tbsp (15 mL)
	½ tsp (2.5 mL)	dried parsley	1 Tbsp (15 mL)
	1 cup (250 mL / 120 g)	shredded cheddar cheese	2 lbs (960 g)
		<i>Optional:</i>	
	1 cup (250 mL)	Fresh tomato chopped	3 lb 5 oz (1.4 kg)
	5 oz (140 g)	Fresh spinach chopped	2.5 lb (1.1 kg)

Method:



Sauté onions, and then transfer to stock pot. Add tomatoes, beans, water, basil and parsley. Bring to a boil. Add optional ingredients if desired. Reduce heat to medium low and simmer uncovered for 10-15 minutes, stirring occasionally. Serve into soup bowls, topping each serving with a shredded cheddar cheese (\cong 2 Tbsp).

HEALTHFUL TIPS:

- Adding the optional items (tomato and spinach) to this recipe increases the nutritional value of the meal and adds more vegetable servings to the day. The green of the spinach also adds a nice accent colour to the soup.
- Using a combination of light cheese (less than 20% MF) and regular cheddar cheese will reduce the amount of fat in this recipe.
- Try no added salt canned tomatoes if available

Market Guide for Specific Items:

- Large cans 2.8L of canned tomatoes are available from grocery wholesalers and at some large grocery stores at a very economic price.
- If opting for the spinach, consider buying frozen or washed packaged spinach to make preparation easier.
- Purchasing shredded cheese will also save on preparation time.

WRAP DAY

Chicken Caesar Wrap (CM)
Fruit with Dip (CM)
Chocolate Milk (250 mL) (CS)

RECIPE

You will need:



- 1 Large Serving Bowl
- 1 Small Serving Bowl
- Chopping Knife(s)
- Measuring Cups
- Measuring Spoons
- Chopping Board(s)
- Plate/container/utensils for Serving

Ingredients:



Serves 8		Serves 50
	<i>Filling:</i>	
10 oz (300 g)	romaine lettuce	4 lb (1.8 kg)
1 lb (450 g)	cooked chicken breast	6 lb (2.8 kg)
8	10" whole grain tortilla rounds	50
	<i>Dressing:</i>	
½ cup (125 mL) (8 x 15mL servings)	Caesar	3 cups (750 mL) (50 x 15mL servings)

Method:



Wash and spin lettuce, then tear into bite size pieces and place in large serving bowl. Cut cooked chicken into small bite size pieces and add to lettuce along with Caesar dressing. To make the wrap, distribute the filling evenly over tortilla then roll up (tuck the sides in at the start of rolling to keep the filling in). Cut each tortilla in ½ to serve. Cutting the wraps on an angle makes an attractive presentation.

HEALTHFUL TIPS:

- Selecting a light or low calorie dressing would reduce the fat in this recipe. As well, combining a regular and low fat or light dressing would lower the fat content. Implementing either of these tips would permit more dressing per wrap.

Market Guide for Specific Items:

- Purchasing pre-cooked chicken eases the preparation of this recipe. Pre-cooked chicken breasts are available in grocery wholesale stores. If there is a choice between brands, choose the lower sodium option (read the Nutrition Facts table to determine this).
- No raw meats may be handled unless an Alberta Health Services Public Health Inspector approves the school kitchen for this purpose
- All potentially hazardous foods must be prepared on site - no home-prepared foods are permitted for school lunch programs. **Consult an Alberta Health Services Public Health Inspector for more food safety information at 403-356-6366.**

Variation:

- If your school is including this lunch as part of a theme day you can substitute spinach, tomato or cheese tortillas for whole wheat. Unfortunately these flavoured tortilla wraps are lower in fibre, opting for one of these as an alternative changes this menu item to a **'choose sometimes'** choice.

TACO DAY

Healthy Mexican Tacos (CM)
Dole Squish'ems (Mixed Berry) (CM)
Chocolate Milk (250mL) (CS)

RECIPE

You will need:



- Sauté Pan(s)
- 1 Large Serving Bowl
- 4 Medium Serving Bowls
- Chopping Knife(s)
- Chopping Board(s)
- Measuring Cups
- Measuring Spoons
- Serving Spoons
- Foil or Wax Paper for Wrapping
- Plate/container for Serving

Ingredients:



	Serves 8		Serves 50
	1 lb (450 g)	extra lean ground beef	6 lb (2.8 kg)
	1 – 14 oz can (398 mL)	OR	7 – 14 oz can (398 mL)
	1 – 12 oz (340 g) pkg	refried beans	7 – 12 oz (340 g) pkgs
	1-35 g package	veggie ground round	5-35 g packages
	2 cups (500 mL)	taco seasoning (↓salt)	5 lb (2.3 kg)
	2 cups (500 mL)	tomatoes, chopped	3½ lb (1.5 kg)
	1 cup (250 mL / 120 g)	green or red leaf lettuce	1½ lb (750 g)
	1 cup (250 mL)	grated cheddar cheese	6¼ cup (1.5 L)
	8	salsa	50
		8" whole grain tortillas	

Method:



If using ground beef, brown and drain any fat. Add taco seasoning. Cook as directed on the seasoning package. Wash lettuce then cut into strips and put in large serving bowl. Wash tomatoes and green onion then dice and place in medium sized bowls. Grate cheese and also place in a serving bowl. To make the taco, start with a spoonful of meat (or veggie ground round or spread tortilla with re-fried beans). Spoon in tomato, cheese and salsa topping with shredded lettuce.

HEALTHFUL TIPS:

- Using the veggie ground round or refried beans are a healthy alternative to ground beef. Both are easier to work with, as browning is not required.
- For ground beef, opt for extra lean ground beef or rinsed regular ground beef (as per below). Reminder: No raw meats may be handled at school unless an Alberta Health Services Public Health Inspector approves the school kitchen for this purpose.
- The cheese can be a combination of light (less than 20% MF) and regular to reduce the amount of fat in this dish.

Market Guide for Specific Items:

- Veggie Ground Round is available in most large grocery stores, usually in the produce section.
 - The different grades of ground beef cannot have more than a specified amount of fat:
extra lean → no more than 10% fat medium → no more than 23% fat
lean → no more than 17% fat regular → no more than 30% fat
- Rinsing cooked ground beef can reduce the fat content, rinsed regular ground beef crumbles actually has less fat than lean ground beef crumbles.

Variation:

- Spinach, tomato or cheese tortillas are colourful & fun. These would fit in well with a theme day (i.e. red or green day). When these tortillas (or white flour tortillas) are substituted for the whole grain tortillas this dish is '**choose sometimes**'.

SPAGHETTI DAY

Spaghetti & Meat Sauce (CM)

Whole Grain Bun (CM) optional

Mott's applesauce (unsweetened) (CM)

Chocolate Milk (250mL) (CS)

RECIPE

You will need:



- Sauté Pan(s)
- Stock Pot(s)
- Chopping Knife(s)
- Chopping Board(s)
- Measuring Cups
- Measuring Spoons
- Spaghetti Tong
- Serving Ladle (Soup Serving Spoon)
- Plate/container/utensils for Serving

Ingredients:



Serves 8		Serves 50
1½ lb (500 g)	extra lean ground beef	8 ½ lb (3.8 kg)
1 cup (250 mL)	onion, chopped (optional)	2.2 lb (1 kg)
1 tsp (5 mL)	granulated garlic	2 Tbsp (30 mL)
½ tsp (2.5 mL)	pepper	1 Tbsp (15 mL)
1-19oz can (540 mL)	canned diced tomatoes	6 – 19 oz (540 mL) cans or 3.2 L
1 – 6oz can (156 mL)	tomato paste	6 – 6 oz (156 mL) cans
1 Tbsp (15 mL)	sugar	6 Tbsp (90 mL)
2 Tbsp (30 mL)	Italian spice mix	¾ cup (200 mL)
7 oz (180 g)	enriched spaghetti	2 lb 8 oz (1.1 kg)
7 oz (180 g)	whole grain spaghetti	2 lb 8 oz (1.1 kg)
1 cup (250 mL)	parmesan cheese	1 lb (500 g)

Method:



Brown ground beef and drain off the fat. Add onions and cook for 5 minutes. Add granulated garlic, pepper, tomatoes, tomato paste and Italian spice. Simmer for about 1 hour (must heat to 155° F). In stock pot, heat water to a rolling boil. Break spaghetti into thirds (for ease of serving) and add slowly to boiling water stirring constantly. Cook for 10 - 12 minutes until pasta is tender. Drain well and cool slightly with running water. Plate spaghetti, top with meat sauce and a sprinkle of parmesan cheese.

HEALTHFUL TIPS:

- Consider adding more fibre to this dish by including a larger proportion of whole grain spaghetti.
- Extra lean ground beef is specified for this recipe but regular ground beef can be purchased, browned then rinsed under hot water (see below for more details). Reminder: No raw meats may be handled unless an Alberta Health Services Public Health Inspector approves the school kitchen for this purpose
- Veggie Ground Round may be used to replace ground beef, not only is it healthier, but it does not need to be browned – just heat then add other sauce ingredients (allow ≈ 50g per serving).
- Try reduced salt/no added salt canned tomatoes to reduce sodium even further
- For tasty results, allow time for the sauce to simmer, the longer it simmers the fuller the flavour.

Market Guide for Specific Items:

- The different grades of ground beef cannot have more than a specified amount of fat:
- | | |
|-----------------------------------|--------------------------------|
| extra lean → no more than 10% fat | medium → no more than 23% fat |
| lean → no more than 17% fat | regular → no more than 30% fat |

Rinsing cooked ground beef can reduce the fat content, rinsed regular ground beef crumbles actually has less fat than lean ground beef crumbles.

- The spices; basil (2 Tbsp), oregano (2 Tbsp), thyme (1½ Tbsp) & marjoram (1½ Tbsp) can be substituted for Italian spice mix (measures are for the 50 serving recipe).

MACARONI & CHEESE DAY

Macaroni, Chicken and Cheese (CM)

Whole Grain Bun (CM)

Veggies and Dip (15mL) (CM)

Chocolate Milk (250mL) (CS)

Macaroni

You will need:



- Large Cooking Pot(s)
- Large Colander(s)
- Measuring Cups/Spoons
- Chopping Knife(s)
- Chopping Board(s)
- Cheese Grater
- Plate/container/utensils for Serving

Ingredients:



	Serves 4		Serves 50
	5 cups (1.25 L)	water	15 qts (10 L)
	1 ¼ cup (300 mL)	whole grain macaroni	15 cups (3.75 L)
	¼ cup (60 mL)	1% milk	3 cups (750 mL)
	2 Tbsp (30 mL)	margarine	1½ cups (375 g)
	¼ tsp (2 mL)	pepper	1 ½ Tbsp (25 mL)
	¾ cup (185 ml or 75 g)	medium cheddar cheese	2 lb (950 g)
	½ lb (225 g)	chicken breasts, cooked & diced	6 lb (2.8 kg)

Method:



Bring water to a boil. Slowly add the macaroni, stirring constantly. Cook for 8 – 10 minutes until the macaroni is tender. Drain well. Stir milk into the macaroni, add the margarine. Add the cheese and stir well. Once cheese is melted mix in cooked chicken and serve.

HEALTHFUL TIPS:

- Using a combination of light (less than 20% MF) and regular cheese is an excellent idea; this will significantly reduce the fat content of this recipe.
- For the veggie dip watch portion size. If using a low fat dip or dressing serve up to 15mL. If it is a regular dip or dressing keep portion size to 10mL.
- Reminder: No raw meats may be handled unless an Alberta Health Services Public Health Inspector approves the school kitchen for this purpose

Market Guide for Specific Items:

- Purchasing pre-shredded cheese will reduce preparation time.
- Purchasing pre-cooked chicken eases the preparation of this recipe. Pre-cooked chicken breasts are available in grocery wholesale stores. If there is a choice

Rinsing cooked ground beef can reduce the fat content, rinsed regular ground beef crumbles actually has less fat than lean ground beef crumbles.

HOT DOG DAY

Hot Dog with Whole Grain Bun (CS) Veggies and Dip (15mL) (CM) Milk (250mL) (CM)

RECIPE

You will need:



- Large Stock Pot(s)
- Bread Knife
- Serving Tongs
- Hot Dog Wrappers
- Plate/ containers for Serving

Ingredients:



Wieners
Whole Grain Hot Dog Buns
Ketchup
Mustard
Relish

HEALTHFUL TIPS:

- The below wieners are a **'choose most'** meat & alternative:
Butterball Turkey Frank, 56 g
Grimm's Turkey Smokie, 75 g
Yves® Tofu Dog, 46g
- The following wieners are **'choose sometimes'** when classified on their own, but when combined with a whole grain bun **and** a fruit and/or veggie side, it becomes a **'choose most'** mixed entree.
Maple Leaf Top Dogs® 33% less fat than BBQ, 56g
Schneider's Oh Nature!, 47g (non-meat alternative)
Yves® Hot'n'Spicy Chili Veggie Dog, 46g (non-meat alternative)

Note that the regular Yves® Veggie Dog falls into the **'choose least'** category due to high sodium content.

- To be a **'choose most'** entrée, a vegetable or fruit must be served with the hotdog and comprise 1/3 of a food guide serving. For this meal be sure to include a minimum of 30g (1oz) of veggies per serving with the dip.
- For the veggie dip, be careful with portion size. If using a low fat dip or dressing serve up to 15mL. If it is a regular dip or dressing portion size is limited to 10mL.
- Have condiments available on the side and encourage the children to use 2 condiments (~10-15 ml) or less

Market Guide for Specific Items:

- Quantities of whole grain hot dog buns are available by special order from some bakeries. Contact your local bakery to confirm this and inquire about the lead time they require.

