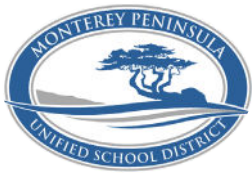




ASIAN STYLE NOODLES

DAN DAN NOODLES WITH EDAMAME AND BROCCOLI



Micha James, Director of Nutrition Services, Monterey Peninsula USD

This recipe incorporates both frozen edamame and frozen broccoli when fresh veggies are not available. Students of all ages love the eclectic mix of spices and flavors that bring the dish together.



Complexity Rating: 3



Prep Model: Full Prep



Servings: 50

Allergens:



Sesame



Nuts



Wheat



Soy

Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (leafy green - broccoli)

Equipment: Kettle or Tilt Skillet; Scale; #8 Scoop; #12 Scoop



DAN DAN NOODLES WITH EDAMAME AND BROCCOLI

Ingredients	Servings	Instructions
Noodles, Ramen (e.g. Chefs Corner)	6 lb 4 oz	<p>Preparation (Elementary and Middle)</p> <ul style="list-style-type: none"> Defrost noodles 2 full days prior to production. Defrost broccoli and trim where needed. Prepare sauce: In a large bowl, whisk together almond butter, brown sugar, soy sauce, sesame oil, garlic, and crushed red chili flakes until sugar is dissolved. Cook edamame by blanching in the kettle. Bring water to a full boil and cook edamame 6-8 minutes. Drain, drizzle with lemon juice, and toss. Chill and hold cold until assembly. <p>Assembly</p> <ul style="list-style-type: none"> Using large 10 oz. anchor bowls , layer the following: <ul style="list-style-type: none"> 1 cup (2 ounces) ramen noodles 1/2 cup (#8 scoop) broccoli to one side of bowl 4.64 ounces (1/2 cup cooked and drained) edamame to other side 1/3 cup prepared sauce (#12 scoop) over top 1 tablespoon scallions Seal and hold cold until ready for service. To heat: heat in an oven no hotter than 225 degrees until internal temperature reaches 145 degrees, approximately 20 minutes. Check often for doneness and do not overcook. <p>Preparation (High School)</p> <ul style="list-style-type: none"> Defrost noodles 2 full days prior to production. Defrost broccoli and trim where needed. Prepare sauce: in a large bowl, whisk together almond butter, brown sugar, soy sauce, sesame oil, garlic, and crushed red chili flakes until sugar is dissolved and sauce is well emulsified. Edamame, broccoli, and noodles can all be cooked by blanching in boiling water: Bring a large pot of water (or the kettle) to a boil. Cook edamame for about 6-8 minutes and remove with a spider spoon or strainer, leaving behind the boiling water in the pot. Add to a steam pan, sprinkle lemon juice over, and toss. Hold in warmer. Add broccoli to same pot boiling water and blanch for 5 minutes. Remove, add to sesame pan, and hold in the warmer. Lastly, add noodles to boiling water and cook approximately 5 minutes. Drain completely, add to steam pan, and hold in the warmer. <p>Assembly</p> <ul style="list-style-type: none"> Using large 10 oz. anchor bowls, layer the following: <ul style="list-style-type: none"> 1 cup (2 ounces) ramen noodles 1/2 cup (#8 scoop) broccoli to one side of bowl 4.64 ounces (1/2 cup cooked and drained) edamame to other side 1/3 cup prepared sauce (#12 scoop) over top 1 tablespoon scallions
Whole Edamame, Frozen	14 lb 8 oz	
Lemon Juice, Bottled, Real Lemon	2 oz	
Broccoli Florets, Frozen	7 lb	
Nuts, Almond Butter, Plain, w/ Salt Added	1 qt	
Sugar, Light Brown	1 pt. unpacked	
Soy Sauce, Low Sodium	2 qt 1/2 cup	
Oil, Sesame Seed	1 cup	
Spice, Garlic, Powder	1/2 cup	
Spice, Pepper, Red or Cayenne	1/4 cup	
Onions, Spring or Scallions, Chopped (including top and bulb)	1 pt 1 cup	

SINGAPORE CURRY NOODLES WITH PLANT-BASED NUGGETS



Jennifer LeBarre, Executive Director of Student Nutrition, San Francisco USD

The bold Asian curry flavors in this noodle bowl make this dish a popular choice for students at San Francisco Unified. You can use any plant-based nuggets your students enjoy in this delicious spicy entrée.

 **Complexity Rating: 2**  **Prep Model:** Full Prep

 **Servings:** 80 (Middle School) 40 (High School)

Allergens:



Sesame



Soy *(possible depending on brand of nuggets used)*

Meal Component: 2 MA, 2 Grain (HS), 1.5 MA, 1.35 Grain (MS), 1/4 c. Veg (other - bell peppers, onions, and bean sprouts)

Equipment: Scale; Large Stainless-Steel Bowls



SINGAPORE CURRY NOODLES WITH PLANT-BASED NUGGETS

Ingredients		Servings	Instructions
Pre-Preparation			<p>Pre-Preparation</p> <ul style="list-style-type: none">• Soak rice noodles in cool water for 15 minutes and drain.• Preheat the oven to 350°F. Place Plant-Based nuggets on a sheet pan lined with parchment paper.• Bake for 10-15 minutes, until the internal temperature reaches 165°F or above for 10 seconds. <p>Curry Sauce</p> <ul style="list-style-type: none">• Prepare all ingredients to make curry sauce. Mix curry powder, turmeric, garlic powder, sesame oil, salt, pepper, soy sauce, sugar, oil, and lime juice.• Mix bell pepper and onions and roast on a sheet pan for 10-15 minutes.• Mix bean sprouts in with bell pepper and onions. <p>Assembly for High School</p> <ul style="list-style-type: none">• Scoop 8 oz. (1 Cup) prepared rice noodles, 1/4 cup bell pepper/onion/bean sprout mixture, and 1/8 cup curry sauce.• Toss well until rice noodles are coated with sauce and vegetables.• Add 4 Nuggets.• Garnish with green onions. <p>Assembly for Middle School</p> <ul style="list-style-type: none">• Scoop 4 oz. (1/2 Cup) prepared rice noodles, 1/4 cup bell pepper/onion/bean sprout mixture, and 1/8 cup curry sauce.• Toss well until rice noodles are coated with sauce and vegetables.• Add 3 Nuggets.• Garnish with green onions.
Rice Stick Noodles	6, 8 oz Bags		
Bell Pepper & Onion Blend (diced)	14 cups		
Bean Sprouts	3 bags		
Plant-Based Nuggets	6 #2 bags		
Green Onions, garnish	To taste		
Curry Sauce			
Spice, Curry, Powder	4 tbsp		
Spice, Turmeric, Powder	4 tbsp		
Spice, Garlic, Powder	4 tbsp		
Oil, Sesame	4 tbsp		
Salt	4 tbsp		
Spice, Black, Pepper	4 tbsp		
Soy Sauce, Tamari	4 tbsp		
Sugar Brown	4 tbsp		
Oil, Blend	1/2 cup		
Lime, Juice	4 tbsp		

SOBA NOODLE VEGGIE BOWL



Kat Soltanmorad, Director of Nutrition Services, Tahoe Truckee USD

Loaded with vibrant, fresh vegetables from a local food hub, this noodle bowl is a favorite among Tahoe Truckee USD students, especially when paired with spicy sriracha sauce. Check out additional vegetable suggestions to meet the vegetable subgroup requirement and enhance the dish's nutritional impact!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

Allergens:



Wheat



Soy

Meal Component: 2 MA (tofu and edamame), 2 Grain, 1/4 c. Veg (red/orange - red pepper), 1/4 c. Veg (leafy green - broccoli), 1/4 c. Veg (other - mushrooms)

Equipment: Blender/Immersion Blender, Tilt Skillet or Kettle



SOBA NOODLE VEGGIE BOWL

Ingredients	Servings	Instructions
Sauce, Soy	3 cups	Preparation <ul style="list-style-type: none"> Whisk soy sauce, vegetable broth, rice vinegar, sriracha, and brown sugar in a bowl. This is the sauce. Cook soba noodles according to package. Drain and rinse. Heat oil in large tilt skillet, kettle OR oven over medium high heat. Add mushrooms and brown, add broccoli and cook for 3-4 minutes. Add bell peppers and edamame and cook another 1-2 minutes. Add garlic, sauce and soba noodles to pan. Toss to coat and cook for 1 min. Assembly <ul style="list-style-type: none"> Measure out 1 cup to serve. Serve Immediately
Base Soup, Vegetarian No MSG	1 cup	
Vinegar, Seasoned Rice	1 cup	
Sauce, Sriracha	4 oz	
Sugar, Brown Light	1 1/2 cup	
Noodles, Soba	2 1/2 case	
Tofu, Extra Firm	12 1/2 lb	
Oil, Vegetable	1 1/2 cup	
Mushrooms, Fresh, Sliced, ready-to-use	6 1/2 lb	
Broccoli, Fresh, trimmed, chopped	18 lb	
Pepper, Red Whole, diced	12 lb	
Edamame, Shelled, Frozen	4 1/2 lb	
Garlic, Whole, Peeled	50 cloves	

TOFU JAPCHAE



Jennifer LeBarre, Executive Director of Student Nutrition, San Francisco USD

This Asian Silken Noodle Bowl is a student favorite at San Francisco Unified, created in response to secondary students' requests. The district enhances this alluring entrée with seasonal shredded purple cabbage and bright organic carrots from local farmers in Marin County, adding both color and freshness.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 64 (Middle School) 32 (High School)

Allergens:



Sesame



Soy

Meal Component: 2.25 MA, 1 Grain, 1/4 c. Veg (Red/Orange), 1/4 c. Veg (other) HS: 2.25 MA, 2 Grain, 1/2 c. Veg (red/orange), 1/2 c. Veg (other)

Equipment: Scale; Large Stainless-Steel Bowls



Ingredients	Servings	Instructions
Rice Stick Noodles	8 bags (8oz)	<p>Preparation</p> <ul style="list-style-type: none">• Soak rice noodles in cool water for 15 minutes and drain.• Preheat the oven to 350°F.• Place tofu on a sheet pan lined with parchment paper. Season with salt and pepper.• Bake for 10-15 minutes.• Prepare all ingredients to make the japchae sauce.• Mix japchae sauce with cooked rice noodles.• Place vegetable mix (bell pepper/onion) with seasons on a sheet pan lined with parchment paper.• Place carrots and spinach with season on a sheet pan lined with parchment paper.• Bake for 15 minutes. <p>Assembly (Middle School)</p> <ul style="list-style-type: none">• Scoop 4 oz of rice noodle and 1/2 oz sauce, mix.• 5 oz scoop tofu.• 1/4 cup pepper and onion mix.• 1/4 cup carrots. <p>Assembly (High School)</p> <ul style="list-style-type: none">• Scoop 8 oz of rice noodle mixture and add 1 oz. sauce, mix.• 5 oz scoop tofu.• 1/2 cup pepper and onion mix.• 1/2 cup carrots.
Vegetable Mix		
Spinach, Fresh, cleaned, dried	8 cups	
Bell Pepper/ Onion Mix (diced)	16 cups (8 cups bell pepper/8 cups onion)	
Carrots, Shredded, ready-to-use	16 cups	
Oil	1/2 cup	
Salt	4 tsp	
Pepper	2 tbsp 2 tsp	
Japchae Sauce		
Soy Sauce	2 cup	
Oil, Sesame	2/3 cup	
Sugar, Brown	1 cup	
Sesame Seeds	2 tbsp	
Garlic, Minced	2 tbsp	
Spice, Pepper	2 tbsp	
Tofu		
Tofu, Firm	14, 14 oz packs (MS) 9, 14 oz packs (HS)	
Salt	4 tbsp	
Spice, Pepper	4 tbsp	

TOFU TERIYAKI NOODLE BOWL



Alva Spence, Director of Nutrition Services, Palo Alto USD

The district suggests adding fresh pineapple or local oranges for a bold burst of flavor! For the best texture, use firm or extra-firm tofu—it holds up perfectly alongside the vibrant vegetables sourced through Palo Alto USD's Ag-Link.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 40

Allergens:



Wheat



Soy

Meal Component: 2 MA, 2 Grain, 1/8 c. Veg (red/orange - red cabbage), 1/8 c. Veg (other - green onion, green beans)

Equipment: Kettle or Tilt Skillet; Scale; #8 Scoop; #12 Scoop



TOFU TERIYAKI NOODLE BOWL

Ingredients	Servings	Instructions
Noodles, Yaki Soba Whole Grain	7 lb	<p>Preparation</p> <ul style="list-style-type: none"> In a large pot of boiling water, add Yaki-Soba until rethermed 1-2 minutes, drain. In a separate bowl whisk cornstarch and 1/4 cup water, set aside. In sauce pan over medium heat, add soy sauce, brown sugar, garlic, ginger, honey (or alternative). Heat until warm, simmering. Stir in corn starch mixture until thick. Let cool. Set aside and cool or use immediately. Drain tofu, cut into cubes, toss with salt/pepper. Heat olive oil over medium heat, add tofu and cook until golden brown and cook through, set aside. <p>Assembly</p> <ul style="list-style-type: none"> Layer Items in serving bowl as follows: <ul style="list-style-type: none"> 1 c. Yaki Soba noodles 1/8 c. red cabbage 1/2 c. tofu 1/4 c. green beans Garnish with bell peppers, carrots, green onion and any reserved mixture. (Not credited due to lack of weight measurement)
Cornstarch	10 tbsp	
Sauce, Soy, Reduced Sodium	3 1/3 cup	
Sugar, Brown, Packed	2 1/2 cup	
Garlic, Cloves, Minced	30 cloves	
Cabbage, Red, Shredded	2 1/2 lb	
Ginger, Fresh, Grated	10 tbsp	
Pepper, Bell, Red, Green, and Yellow, Thinly Sliced	10 whole peppers	
Honey	20 tbsp	
Broccoli, Fresh, trimmed, chopped	18 lb	
Pepper, Red Whole, diced	12 lb	
Carrot, Fresh (sliced/shredded/julienned)	10 each	
Tofu, Firm, 1" Cubes	10 lb	
Green, Beans, Fresh, Blanched	2 1/2 lb	
Oil, Olive	10 tbsp	
Onion, Green, Thinly Sliced	10 count	

TOFU VEGETABLE PHO



Alva Spence, Director of Nutrition Services, Palo Alto USD

Created by Palo Alto USD's Nutrition Services Director, Alva Spence, in response to student demand, this entrée is a surefire hit with both vegan and non-vegan students! Customize the vegetables to fit your needs—Alva enjoys mixing it up with seasonal picks from her local Ag-Link, bringing fresh, organic options to every serving.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 48

Allergens:



Soy

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (leafy green - cilantro, cabbage, bok choy), 1/4 c. Veg (starchy - baby corn), 1/4 c. Veg (other - zucchini, yellow squash)

Equipment: China Cap, Cheese Cloth; Grill or Grill Pan



Ingredients	Servings	Instructions
Vegetable Stock	4 1/2 gal	<p>Preparation</p> <ul style="list-style-type: none"> • Char the onions and ginger over a low open flame or in oven until blackened and slightly soft. The longer they roast over flame the deeper the flavor will be, try for 10 minutes. • Scrape off black bits and skins under warm running water. Slice in half. • Place in a large stock pot and add the vegetable broth and seasonings. • Bring to a simmer and cook for 30 minutes. • Allow the broth to rest for 5 minutes before straining through cheese cloth in a China cap. • Adjust seasonings as desired. • Hold hot for service. • Grill tofu. Hold hot for service. • Cook noodles according to manufacture directions, cool, and oil. Reheat as needed for service. • Roast vegetables until just tender, place in 2” half long pan and place in the food warmer. <p>Assembly (1 serving)</p> <ul style="list-style-type: none"> • Ladle 6oz of broth into large bowl with 4.40 oz Tofu and 3/4 cup of noodles. • Provide vegetable garnishes separately with a 1/4 cup scoop. • Let the student top as desired. <p>For Large Scale Batches:</p> <ul style="list-style-type: none"> • Prepare stock, cool and bag for transport. • Prepare vegetable, mix and bag for transport (cook on site). • Tofu and noodles transport and cooked on site. • Assemble as noted above for service with garnish for quick service or on produce bar for self-service.
Onions, Yellow, Unpeeled	12 count	
Ginger, Fresh, Unpeeled	8 oz	
Spice, Coriander, Seeds, toasted for 1 minute	12 tbsp	
Cilantro, Stems, Fresh	6 bunches	
Cloves, Whole	2 bulbs	
Sugar	12 tbsp	
Squash, Yellow, Julienned	8 count	
Zucchini, Julienned	8 count	
Cabbage, Julienned	2 count	
Baby Corn	4 cans	
Baby Bok Choy, Julienned	8 count	
Salt	To taste	
Spice, Black, Pepper	To taste	
Tofu, Extra Firm, Seasoned	6 lb	
Noodles, Rice, Cooked	12 lb	