

The background is a collage of food-related illustrations. At the top left are three yellow bow-tie pasta pieces. In the top center is a cluster of small, dark, irregular shapes. On the right side is a large, pink, onion-like vegetable. On the left side, overlapping the dark blue band, is another yellow bow-tie pasta piece. At the bottom left is a green leafy branch. At the bottom center is a single red tomato. At the bottom right are several strands of yellow spaghetti.

ITALIAN PASTA

CAULIFLOWER PASTA ALFREDO



Matt Dittman, Director of Nutrition Services, Santa Barbara USD

The easy-to-assemble entree appeals to kids of all ages – particularly K-5 students and is a perfect way to introduce students to plant-based meals. You can add plant-based chicken strips to this recipe to fulfill your MA requirement – the combination of the cauliflower sauce and the penne pasta is sure to please.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 50

Allergens:



Wheat



Soy

Meal Component: 0 MA, 2 Grain, 1/2 c. Veg (other - cauliflower) -
Plant-based MA must be served with this recipe.

Add or Suggested Components: Add 2 oz plant-based nugget per
serving to meet 2 MA



CAULIFLOWER PASTA ALFREDO

Ingredients	Servings	Instructions
Cauliflower, Raw, Chopped	3 gal	Preparation <ul style="list-style-type: none"> • Steam cauliflower florets until fork tender. Meanwhile, cook pasta according to directions. • Add olive oil and minced garlic to pan over low heat and sauté until soft and fragrant. • Add cooked cauliflower, sauteed garlic, soy milk, nutritional yeast, lemon juice, onion, salt and pepper to a blender (or use immersion blender) and puree until very smooth. • Add cauliflower sauce and pasta to a pot, mix and heat throughout. If necessary, season to taste. Assembly <ul style="list-style-type: none"> • Scoop 1.5 Cup into serving bowl.
Oil, Olive, Blend	1/2 cup	
Garlic, Raw, Cloves	1/2 cup	
Plant-Based Milk	1 qt 2 cup	
Braggs, Nutritional Yeast	3 cups	
Lemon, Fresh, Whole	6 oz	
Spice, Onion, Powder	2 tbsp	
Spice, Garlic, Granulated	1 tbsp	
Salt, Kosher, Coarse	3 tbsp	
Pasta, Penne, WG	7 lb	

PASTA PIZZA BOWL WITH PLANT BASED CHEESE



Jessie Wesch, Director of Nutrition Services, Paso Robles Jt USD

Paso Robles Jt. USD's Director of Nutrition Services, Jessie Wesch, prioritizes local vendor connections, sourcing organic pasta from Etto Pasta in Paso Robles. Many of the district's homegrown veggies and herbs from their school gardens make it into this entrée, or onto the district's overflowing salad bars.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 50

Allergens:



Wheat



Soy

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange), 1/4 c. Veg (other - onions and chiles)



PASTA PIZZA BOWL WITH PLANT BASED CHEESE

Ingredients	Servings	Instructions
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Cauliflower, Raw, Chopped	3 gal	<p>Preparation</p> <ul style="list-style-type: none">• Steam cauliflower florets until fork tender. Meanwhile, cook pasta according to directions.• Add olive oil and minced garlic to pan over low heat and sauté until soft and fragrant.• Add cooked cauliflower, sauteed garlic, soy milk, nutritional yeast, lemon juice, onion, salt and pepper to a blender (or use immersion blender) and puree until very smooth.• Add cauliflower sauce and pasta to a pot, mix and heat throughout. If necessary, season to taste. <p>Assembly</p> <ul style="list-style-type: none">• Scoop 1.5 Cup into serving bowl.
Oil, Olive, Blend	1/2 cup	
Garlic, Raw, Cloves	1/2 cup	
Plant-based milk	1 qt 2 cup	
Braggs, Nutritional Yeast	3 cup	
Lemon, Fresh, Whole	6 oz	
Spice, Onion, Powder	2 tbsp	
Spice, Garlic, Granulated	1 tbsp	
Salt, Kosher, Coarse	3 tbsp	
Pasta, Penne, WG	7 lb	

ORECCHIETTE WITH PLANT-BASED SAUSAGE AND BROCCOLI



Juan Cordon, Director of Nutrition Services, Vacaville USD

Created by Vacaville USD's former chef, Richie Wilim, this entrée was a student favorite on the district's December 2023 menu, which featured all climate-friendly, plant-based meals for an elementary school site. Customize this dish with your choice of plant-based crumble, and the rich marinara sauce will make every bite deliciously satisfying!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 50

Allergens:



Wheat



Soy

Meal Component: 2.5 MA, 2 Grain, 1/2 c. Veg (leafy green - broccoli), 3/4 c. Veg (red/orange)



ORECCHIETTE WITH PLANT-BASED SAUSAGE AND BROCCOLI

Ingredients	Servings	Instructions
Broccoli	11 lb	Preparation <ul style="list-style-type: none"> Heat 1 cup of oil over medium heat and add onions, cook until tender. Add tomato paste and sausage. Use a whisk to crumble the sausage in the pan. Allow to simmer to a ragout state, remove from heat. Cook the pasta in salted boiling water, drain. While pasta is cooking in a large pan heat remaining oil, add garlic, red pepper, stock and sausage mixture. Stir to combine. Add herbs and broccoli, cook until the broccoli is hot, about 3 minutes. Add the pasta and 15 oz parmesan, toss to mix. Assembly <ul style="list-style-type: none"> Serve 6 oz portions with remaining parmesan. Serve on a 9" plate with whole wheat dinner roll.
Oil, Olive	3 pt	
Tomato Paste	2 lb 12 oz	
Onions, Yellow	2 lb 12 oz	
Sausage, Plant-Based	6 lb 4 oz	
Pasta, Orecchiette, Dry	11 lb 4 oz	
Garlic, Cloves	10 cloves	
Spice, Red Pepper, Flake	1/2 tbsp	
Stock, Vegetable	5 fl oz	
Parsley	1 oz	
Basil, Fresh	1 oz	
Plant-Based Parmesan, Grated	1 lb 9 oz	
Oregano	1 oz	
Dinner Roll, Whole-Grain	1 roll	

PLANET FARFALLE



Alex Emmott, Director of Nutrition Services and Dominic Machi, former Director of Nutrition Services, Mt. Diablo USD

Mt. Diablo USD's former Chef, Josh Gjersand, created this tasty pasta dish specifically for K-5 students, though it's a hit with secondary students in the district as well. The combination of flavorful ingredients and a perfectly balanced sauce makes it a satisfying choice for all age groups.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

Allergens:



Wheat

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange)

Equipment: Kettle or Tilt Skillet



Ingredients	Servings	Instructions
Chicken Tender, Plant Based	2 lb or 100 servings	<ul style="list-style-type: none"> • Cook Pasta based on how many servings you need. Toss in olive oil, lightly season with salt and dried basil (optional). • Reheat nuggets in 350°F oven with servings grouped together. • Add half sauce on top of nuggets, sprinkle with cheese and bake until sauce is hot, and cheese is melted. • Heat remaining sauce and pasta together either in a pot or hotel pan in the oven. • Serve nuggets over hot pasta tossed with remaining sauce. <p>Serving</p> <ul style="list-style-type: none"> • 1 #8 scoop pasta w/sauce. • 1 serving plant-based chicken with sauce and melted cheese. • Garnish with basil.
Cheese, Plant-Based, Shredded, Mozzarella	3 1/8 lb	
Sauce, Marinara	4 #10 can	
Pasta, Farfalle, 10 lb	3 bags	
Basil, Fresh	1 bag, 100 leaves	