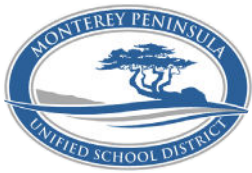


The background features a variety of food illustrations. At the top left are two mushrooms, one light brown and one dark brown. To their right is a slice of green cucumber with seeds. Further right is a whole green cucumber. On the left side, partially cut off, is another mushroom slice. The bottom left corner is filled with several small, brown, oval-shaped items, possibly seeds or nuts. The bottom center and right feature several green, leafy vegetables, including what looks like a spinach leaf and some green beans.

RICE BOWLS & STIR-FRIES

CRISPY TERIYAKI TOFU WITH RICE



Michelle Drake, Director of Nutrition Services, Elk Grove USD

Elk Grove USD's Director of Nutrition Services, Michelle Drake, is leading the way with plant-based school lunches! Michelle and her team crafted this crispy, spicy tofu bowl, hitting both the MA and grain requirements in one delicious dish. Be sure to use extra-firm tofu for the perfect texture.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 50

Allergens:



Soy

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



CRISPY TERIYAKI TOFU WITH RICE

Ingredients	Servings	Instructions
Tofu, Extra Firm	13 3/4 lb	<p>Rice Preparation</p> <ul style="list-style-type: none"> • Cook rice: Spray 2-4 inch steamtable pans with pan spray. • Add HOT water and stir, cover with lid. • Cook at 400°F for 45-60 minutes or until all water is absorbed. Taste to make sure the rice is cooked. • If possible allow rice to stay covered outside the oven for 10-15 minutes to allow steam to soften the rice. • Maintain at 135°F until service. <p>Tofu Preparation</p> <ul style="list-style-type: none"> • Preheat the oven to 400°F. • Spray a baking sheet to prevent the tofu from sticking. DO NOT USE PARCHMENT THE TOFU WILL STICK TO IT! • Drain tofu. Using paper towels, pat off any excess moisture from the block of tofu. Cut tofu into 5 even pieces. • Gently toss the tofu with the oil and soy sauce. • Sprinkle the cornstarch over the tofu mixture to evenly coat - do not leave any cornstarch clumped. • Place the tofu on the baking sheet in a single layer and cook for 20 minutes – check. • If not crispy cook for another 5-10 minutes. • Cook the tofu to 135°F. • Cut each piece into 3 strips then into 5 pieces each strip. Place in a bowl and toss with sauce and broccoli. <p>Edamame Preparation</p> <ul style="list-style-type: none"> • Blanche edamame in boiling water for 1-2 minutes. <p>Assembly</p> <ul style="list-style-type: none"> • In serving container add #4 scoop of rice then tofu mixed with vegetables and sauce, measure out blanched edamame according to the recipe, and add on top. Close the box, label, and serve on the speed line. • Hold at 135° F until service (CCP 2). • Add #4 scoop of rice to the bottom of the container. • Top with 1.5 oz of broccoli, 4.4 oz of tofu, and 2 oz of teriyaki sauce.
Oil	1 cup 2 tsp	
Soy Sauce	1 cup 2 tsp	
Cornstarch	1 cup 2 tsp	
Teriyaki Sauce, Low Sodium	6 1/4 lb	
Broccoli Floret, Pre-Cut	4 3/4 lb	
Rice, Brown, Parboiled, Long Grain Water, Tap	5 lb, 3.774 oz (3-1/8 qt) 12 lb, 8 oz (1-1/2 gallon + 1 cup)	

FIERY UMAMI BOWL



Cassidy Boardman, Director of Nutrition Services and Ksenia Glenn, Former Director of Nutrition Services, Upland USD

This savory wild rice bowl, topped with crispy baked tofu, roasted veggies, sunflower seeds, and a zesty spicy ginger miso dressing, is a lunchtime favorite at Upland USD. Customize this dish with any veggies you like, but make sure to use firm or extra-firm tofu. Packed with flavor and meeting both the 2 oz. MA and 2 oz. grain requirements, this bowl is a hit with students!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

Allergens:



Soy

Meal Component: 2.5 MA, 2 Grain, 1/2 c. Veg (leafy green - kale), 3/4 c. Veg (other - cabbage, mushroom, zucchini)



Ingredients	Servings	Instructions
Wild Rice Blend, Cooked	50 lbs	Preparation <ul style="list-style-type: none">• Cook the rice according to instructions.• Preheat the oven to 350°F. Bake the tofu, zucchini, and mushrooms on sheet pans for 20 minutes.• Remove the vegetables from the oven, mix the tofu and bake for an additional 15 minutes.• Season the sunflower seeds and bake for 10 minutes. Assembly <ul style="list-style-type: none">• Assemble the bowls.<ul style="list-style-type: none">◦ 8 oz rice.◦ 6 oz tofu.◦ 1/2 cup kale.◦ 4 zucchini coins.◦ 1/4 cup mushrooms.◦ 1/4 cup cabbage.◦ 1 tbsp sunflower seeds.◦ And drizzle with 1 tbsp dressing.
Tofu, Firm, Baked	37 lbs, 8 oz	
Kale, Chopped	25 lbs	
Cabbage, Red, Shredded	12 lbs, 8 oz	
Zucchini, Coined	100 lbs	
Mushroom	12 lbs 8 oz	
Seeds, Sunflower, Seasoned	50 oz	
Ginger Miso Dressing	50 oz	

SUPER TOFU STIR FRY



Lacey Piper, Director of Nutrition Services, Rio USD

What began as a family cooking project in collaboration with Friends of the Earth, the Super Tofu Stir Fry has become a highly requested entrée at Rio ESD! Featuring local, organic vegetable varieties that change through the seasons, this dish is always fresh and flavorful. Thanks to the district's 2023-24 CDFA Farm to Fork grant, students even visit local farms to choose their favorite veggies for the stir fry—extra-firm tofu is a must for the perfect texture!



Complexity Rating: 3



Prep Model: Full Prep



Servings: 48

Allergens:



Soy

Meal Component: 2 MA, 0 Grain, 1/4 c. Veg (leafy green - broccoli)

Add or Suggested Components: Can be served over 1 c. rice for a 2 MA, 2 Grain serving.

Equipment: Tilt Skillet



Ingredients		Servings	Instructions
Tofu, Firm	8, 14 oz blocks	<div>Pre-Preparation (can be done ahead of time)</div> <ul style="list-style-type: none">• Open tofu packets and pat dry with paper towel. Cut tofu into cubes. Leave it in fridge on sheet pan.• Cut broccoli into florets and steam. <div>Preparation (day of)</div> <ul style="list-style-type: none">• Put a layer of vegetable oil in the pan (not just a spray) and add to oven while it preheats to 400°F.• Sprinkle tofu with vegetable oil and toss with cornstarch and garlic powder (you may need more than 1/2 cup, it should have a light coating of cornstarch on most of the pieces).• Once the oven is preheated, add coated tofu to the sheet pan with oil and bake in the oven for 4 minutes. Use tongs or a spatula to flip tofu onto the other side and fry for 4 more minutes. Keep in warmer.• Mix together all ingredients for sauce except sesame oil.• Heat skillet to high heat. In the skillet, add a little oil and fry garlic, ginger, carrots, and scallion until the carrots begin to get color about 2 minutes.• Add in broccoli and cook for another 1-2 minutes making sure there is no residual water.• Add in tofu.• Add in sauce and stir until everything is lightly coated.• Remove from heat, add sesame oil, and toss all together. <div>1.5 cup = 1 Serving</div>	
Cornstarch	2 cup		
Spice, Garlic, Powder	8 tbsp		
Broccoli, Florets	12 qt		
Carrots, Raw	4 cup		
Ginger, Root, Raw	8 tbsp		
Spice, Garlic, Powder	8 tbsp		
Onions, Spring or Scallion	12 medium		
Stir Fry Sauce			
Soy Sauce, Tamari	8 tbsp		
Cornstarch	8 tbsp		
Water, Tap	8 tbsp		
Spice, Pepper, White	2 tbsp		
Sugar, Granulated	4 tbsp		
Oil, Sesame	4 tbsp		
Sauce, Plant-Based Oyster or Hoisin	8 tbsp		

TERIYAKI CRUMBLES WITH HOURANI AND RICE



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

With funding from CDFA Farm to Fork, Mt. Diablo USD teamed up with Marin County's Honore Farms and Mill to create this unique and inspiring entrée. Former Chef Josh Gjersand brought this dish to life, featuring locally grown Hourani wheat berries from Honore Farms and organic vegetables from the district's partnerships with Spork Food Hub and Ag Link. A true celebration of local flavors for a climate-friendly meal!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

Allergens:



Wheat

Meal Component: 2 MA, 2 Grain



TERIYAKI CRUMBLES WITH HOURANI AND RICE

Ingredients	Servings	Instructions
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Hourani with White Rice (88 servings)	
Alternative Grain (e.g., Hourani Wheat Berry, Farro, Quinoa, Brown Rice)*	7 lb
Rice, Sushi, Organic	3 qt 2 cups
Salt, Kosher	1 tbsp
Water, Tap	1 gal
Teriyaki Crumbles (100 servings)	
Sauce, Teriyaki	3 cups 2 tbsp
Plant-Based Protein Crumble	60 lb

**Meal pattern component will vary depending on the grain used. Mt. Diablo USD used Hourani Wheat Berry from Honore Farm and Mill for their recipe.*

Prepare Hourani with White Rice

- Mix white rice, cooked frozen Hourani, and salt in hotel pan. Add water.
- Wrap, cover and cook in the oven at 350°F for 30-45 minutes or until rice is fluffy and water is cooked out.
- Fluff and hold warm.

Crumbles

- Heat crumbles to 165°F, toss in teriyaki, hold in warmer.

Assembly (1 serving)

- Add a #8 scoop cooked rice in serving container.
- Serve #20 scoop or crumbles over rice.
- Serve.

THAI SWEET CHILI QUINOA BOWL



Lieling Hwang, Director of Nutrition Services, Long Beach USD

This easy-to-make rice bowl was created in response to Long Beach USD students' growing demand for plant-based meals, thanks to Director of Nutrition Services Lieling Hwang and Administrative Dietitian Kelly Moffa. Customize it with your students' favorite plant-based nuggets and choose a perfect spicy Thai chili sauce to match! A delicious, quick, and customizable speed-scratch option!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 105

Allergens:



Soy



Wheat

Meal Component: 2 MA, 2 Grain

Add or Suggested Components: Recommended to add vegetables to meet vegetable component



THAI SWEET CHILI QUINOA BOWL

Ingredients	Servings	Instructions
Plant-Based Nuggets	420 each	Preparation <ul style="list-style-type: none"> • Set the warmer for an air temperature of 135-145°F. • Preheat oven to 375°F. • Prepare quinoa and hold. • Heat sealed bag of chili sauce in a steamer or in boiling water approximately 45 minutes, until sauce reaches 135-145°F. • Place one #20 scoop chili sauce in a 2 oz souffle cup. • Place the same number of frozen nuggets on each parchment lined sheet pan, lined up, packed side-by-side. • Heat in oven for 12-15 minutes, until temperature reaches 135-145°F. • Place one #8 scoop of quinoa in a boat, cup, box, or bowl and top with four nuggets. • Place one 2 oz. cup of sauce in container, on top of quinoa. • Hold in the warmer no longer than 30 minutes before serving.
Quinoa, Parboiled	52 1/2 cups cooked	
Thai Sweet Chili Sauce	3 bags	