



SALADS

ASIAN TOFU AND EDAMAME



**Jennifer Le Barre, Executive Director of Nutrition Services,
San Francisco USD**

This flavorful salad is packed with extra-firm tofu and seasonal veggies from local farmers and food hubs. Served with a hearty whole grain roll to meet the grain requirement, it's a well-rounded meal! The spicy sriracha dressing adds the perfect kick, making it a student favorite at San Francisco USD, especially with secondary students!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 48

Allergens:



Soy



Wheat

Meal Component: 1.5 MA, 1 Grain, 1/2 c. Veg (other - coleslaw cabbage mix), 1/4 c. Veg (red/orange - red pepper and shredded carrots), 1/4 c. Veg (other - cucumber and green onions) HS: 2 MA, 2 Grain, 1/2 c. Veg (other - coleslaw cabbage mix), 1/4 c. Veg (red/orange - red pepper and shredded carrots), 1/4 c. Veg (other - cucumber and green onions)



Ingredients	Servings	Instructions
Cabbage Coleslaw Mix	10 bags	Preparation <ul style="list-style-type: none">• Prepare all ingredients for assembly.• Prepare dressing. Combine all ingredients and mix. Portion however desired.<ul style="list-style-type: none">◦ Recommended: 2 oz dressing into 2 oz plastic souffle cup.• Set aside and refrigerate. Assembly Middle School (1 serving) <ul style="list-style-type: none">• In a 32 oz salad container:<ul style="list-style-type: none">◦ Place 2 cups of coleslaw mix.◦ Top with 2 oz scoop of tofu.◦ Add 1/4 cup edamame.◦ Arrange vegetables and fruits- 1/4 cup mandarin orange, red bell pepper, cucumber, shredded carrots, 1 tsp green onion, and 1 tsp cilantro.• Warm dinner rolls in warmer.• Serve salad with one roll. Assembly High School (1 serving) <ul style="list-style-type: none">• In a 32 oz salad container:<ul style="list-style-type: none">◦ Place 2 cups of coleslaw mix.◦ Top with 2.5 oz scoop of tofu.◦ Add 1/4 cup edamame.◦ Arrange vegetables and fruits- 1/4 cup mandarin orange, red bell pepper, cucumber shredded carrots, 1 tsp green onion, and 1 tsp cilantro.• Warm dinner rolls in warmer.• Serve salad with one roll.
Edamame, Frozen	12 cup	
Tofu, Firm	4, 14 oz packs (MS)	
Red Bell Peppers, Diced	12 count	
Cucumbers, Diced	8 count	
Onions, Green, Chopped	1 cup	
Carrots, Shredded	16 cup	
Cilantro, Chopped	1 cup	
Mandarin, Oranges, Drained	1 can	
Salt	4 tsp (MS) 2 tsp (HS)	
Pepper	4 tsp (MS) 2 tsp (HS)	
Dressing		
Soy Sauce	1 1/2 cup	
Oil	6 cup	
Vinegar, Rice	2 cup	
Oil, Sesame	2/3 cup	
Lime, Juice	2/3 cup	
Garlic, Minced	6 tbsp	
Agave*	2 cup	
Ginger, Minced	2/3 cup	
Sauce, Hot Chili (e.g. Sriracha)	2 tbsp	
Sesame Seeds	4 tbsp	
Assembly		
Dinner Roll, Whole Grain**	48 (MS) 96 (HS)	

**Agave is used to accommodate for students who follow a strictly vegan diet. You can also substitute agave for honey, as needed.*

COWBOY CAVIAR



Julie Clark, Director of Nutrition Services, Del Norte USD

Del Norte's Director of Nutrition Services, Julie Clark, teamed up with Friends of the Earth to create this vibrant, student-approved entrée! Packed with fresh, colorful ingredients including corn, beans and tomatoes, it's a hit with students (and staff!) of all ages. Serve it with whole grain tortilla chips for the perfect finishing touch! Their chef sometimes adds garlic to spice up this delicious entree.



Complexity Rating: 1



Prep Model: Full Prep



Servings: 150

ALLERGEN
FREE

Meal Component: 2 MA, 0 Grain, 1/8 c. Veg (starchy - corn), 1/8 c. Veg (red/orange - tomatoes), Trace Veg (leafy green - cilantro), Trace Veg (other - onions)

Add or Suggested Components: Add 2 oz tortilla chips to meet 2 Grain



Ingredients	Servings	Instructions
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Beans, Black, Canned	4 #10 cans
Corn, Sweet Yellow, Canned	2 #10 cans
Tomato, Roma, Medium	40 count
Onion, Red, Raw, Medium	8 count
Cilantro, Raw	4 cup
Lime Juice	3 cup

<p>Preparation</p> <ul style="list-style-type: none">• Dice tomato, red onion, and chop cilantro.• Juice the lime.• Combine all ingredients and stir. Alternatively, serve ingredients individually as pictured.• Serve 1/2 cup Cowboy Caviar per serving.
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MEDITERRANEAN GREEK SALAD



Rory McCarthy, Director of Nutrition Services, Campbell UHSD

Salads are a hit with California high school students, and this Mediterranean Greek Salad is no exception! Campbell UHSD's Director of Nutrition Services, Rory McCarthy, swaps in fresh, seasonal local vegetables for a burst of flavor. Serve with plant-based feta, beans and a whole grain roll or crackers to make it a well-rounded, satisfying meal!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 50

ALLERGEN
FREE

Meal Component: 2 MA, 1 Grain, 1/2 c. Veg (leafy green - romaine), 1/4 c. Veg (red/orange - tomato), 1/4 c. Veg (other - cucumber, olives, red onion)

Add or Suggested Components: Add 1 oz roll to meet 2 Grain



MEDITERRANEAN GREEK SALAD

Ingredients	Servings	Instructions
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Romaine, Chopped	6 gal 1 qt
Beans, Garbanzo	6 1/4 lb
Tomato, Grape	250 count
Cucumbers, Sliced	200 slices
Croutons	100 bags
Plant-Based Feta Cheese*	3 1/4 lb
Olive, Kalamata	400 olives
Onion, Red	100 slices

**Plant-Based Cheese is used to accommodate for students who follow a vegan diet.*

- Preparation**
- Drain garbanzo beans.
 - Prepare and chop all ingredients.
- Assembly (1 serving)**
- 2 cups of romaine.
 - 2 oz garbanzo beans.
 - 5 grape tomatoes.
 - 4 cucumber slices.
 - 2 bags of croutons.
 - 1 oz plant-based feta.
 - 8 olives.
 - 2 slices of onions.

TANGERINE SUNSHINE SALAD WITH EDAMAME AND BREAD



Alyssa Burgers, Director of Nutrition Services, Oxnard UHSD

Oxnard UHSD's Director of Nutrition Services, Alyssa Burgers, brightens up the menu with her alluring Tangerine Sunshine Salad, featuring local, organic tangerines and protein-rich edamame. The red onions and rich spinach base bring both flavor and color to this refreshing dish. Thanks to support from Friends of the Earth, Alyssa hangs student-made banners in cafeterias to promote her delicious plant-based meals!



Complexity Rating: 1



Prep Model: Full Prep



Servings: 50

Allergens:



Wheat

Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (leafy green - spinach), 1/8 c. Veg (red/orange - red peppers), 1/8 c. Veg (other - cucumber, onion), 1/4 c. Fruit (oranges)



TANGERINE SUNSHINE SALAD WITH EDAMAME AND BREAD

Ingredients	Servings	Instructions
Spinach, Raw	25 cup	<p>Preparation</p> <ul style="list-style-type: none"> • Bake bread sticks according to manufacture directions. • Wash and dry baby spinach. Place in a hotel pan. If preparing a day before, cover and store spinach separately from other ingredients in refrigerator. • Thinly slice red onion, bell pepper, and cucumber. <p>Assembly (1 serving)</p> <ul style="list-style-type: none"> • Gently combine all ingredients: <ul style="list-style-type: none"> ◦ 1/2 cup spinach. ◦ 1 tbsp sliced onions. ◦ 1 tbsp sliced bell pepper. ◦ 3 slices cucumber. ◦ 1/4 cup tangerines (or mandarin oranges). ◦ 1 pt lettuce mix. ◦ 1/2 cup edamame. • Toss with your preferred vinaigrette right before service and serve with one bread stick.
Onion, Raw	3 1/4 cup	
Peppers, Sweet, Red, Raw	150 slices	
Tangerines or Mandarin Oranges, Fresh or Canned (Drained)	12 1/2 cup	
Lettuce, 3-way mix	50 servings	
Edamame, Frozen, Prepared	25 cup	
Bread Sticks, Pan Baked	50 count	
Vinaigrette, (e.g. your preference)	50 servings	