

AVOCADO HUMMUS WRAP



Kristen Teckell, Director of Nutrition Services, Napa Valley USD

This creamy Avocado Hummus Wrap is packed with flavor and freshness, featuring smooth avocado hummus, crisp veggies, and a zesty lemon kick. Wrapped in a flour tortilla, it's a satisfying, plant-based meal that's perfect for any lunch menu.





Prep Model: Full Prep



Servings: 50

Allergens:



Wheat

Meal Component: 3 MA, 2.5 Grain, 1/4 c. Veg (leafy green - lettuce), 1/4 c.

Veg (red/orange - tomato and carrot), 1/4 c. Veg (other -

avocado, cucumber)

Equipment: Food Processor



Ingredients	Servings	Instructions
Avocado Hummus (50 servings)		Avocado Humn
Avocado	8 count	 Drain garbanz Add garlic an Add olive oil, processor and Place product Hold at 41°F of Assembly (1 seed) Place room teed
Bean, Garbanzo	4 #10 cans	
Lemon, Juice	1 cup	
Garlic, Minced, Raw	3/4 cup	
Oil, Olive Canola	3/4 cup 2 tbsp	Spread a #6 sTop hummus
Salt, Kosher	Salt, Ko- sher	Arrange a rov (1/4 cup).Roll wrap up '
Assembly		Hold wraps re
Tortilla, 10" Flour	50 count	
Lettuce, Green Leaf	50 leaves	
Cucumber, Whole	100 slices	
Carrots, Shredded	12 1/2 cups	
Avocado Hummus	see above	
Tomato, Raw	100 slices	
	,	

Avocado Hummus

- Drain garbanzo beans and save the bean juice for a later step.
- Add garlic and avocado to food processor and process until chopped.
- Add olive oil, lemon juice, salt, garbanzo beans, and 2 1/4 cups bean juice in a food processor and blend until smooth.
- Place product in fish tubs, cover, label, date, and chill to 41°F or below within 4 hours.
- Hold at 41°F or below until ready to transport and serve.

Assembly (1 serving)

- Place room temperature tortilla on workstation.
- Spread a #6 scoop (4oz) of hummus onto the tortilla.
- Top hummus with 1 leaf lettuce.
- Arrange a row each of cucumber (2 slices), tomato (2 slices) and shredded carrots (1/4 cup).
- Roll wrap up "burrito style" ending with seam side down. Cut wrap in half on bias.
- Hold wraps refrigerated at 40°F or below until ready to serve.

BUFFALO HUMMUS AND CAULIFLOWER WRAP



Josh Goddard, Director of Nutrition Services, Santa Ana USD

Driven by student demand for more climate-friendly options, Santa Ana USD's Director of Nutrition Services, Josh Goddard, introduced "Plant-Based Wednesdays," featuring plant-based lunch entrées on K-12 menus. Crispy, spiced cauliflower pairs perfectly with creamy buffalo hummus, wrapped in a whole wheat tortilla for a satisfying, climate-friendly school meal.





Prep Model: Full Prep



Servings: 80

Allergens:





Sesame

Wheat

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

(other - cauliflower), 1/4 c. Veg (red/orange - tomato)

Equipment: Food Processor, Tilt Skillet



BUFFALO HUMMUS AND CAULIFLOWER WRAP

Ingredients	Servings	
Buffalo Hummus: 80 Servings		
Garlic, Clove, Whole, Peeled	60 cloves	
Garbanzo Beans, Canned	4 #10 cans	
Juice, Lemon	2 cup	
Red Hot, Sauce (e.g. Franks Red Hot Sauce)	2 cup	
Tahini	2 cup	
Salt, Kosher	1/2 cup	
Spice, Cumin	1 tbsp 1 tsp	
Spice, Cayenne, Pepper	2 tsp	
Spice, Black Pepper, Ground	1 tbsp 1 tsp	
Oil, Vegetable	2 cup	
Wet Dredge: 80 servings		
Flour, All Purpose	1 cup	

Water, Hot, Tap	2 cup
Salt, Kosher	2 tsp
Spice, Pepper, Black, Ground	2 tsp
Dry Dredge	
Panko	24 lb
Corn Meal	20 lb
Spice, Pepper, Cayenne	2 cup
Spice, Paprika, Ground	4 cup
Spice, Pepper, White, Ground	4 cup
Spice, Oregano	4 cup
Spice, Garlic, Granulated	4 cup
Spice, Onion, Powder	4 cup
Spice, Chili, Powder, Dark	4 cup
Salt, Kosher	4 cup
Crispy Cauliflower: 80 servings	

Cauliflower	280 lb
Wet Dredge	80 Servings
Dry Dredge	Full recipe from above
Assembly: 1 serving	
Crispy Cauliflower	6 oz
Buffalo Hummus	1/2 cup
Tortilla, Wheat, 12"	1
Tomato, Sliced	2 slices
Romaine, Chopped	1/4 cup

Instructions

Buffalo Hummus

- Roast garlic. Wrap garlic cloves with foil or place in a small 1/3 pan covered with foil. Add a splash of oil before wrapping or covering.
- Roast at 425°F for 15-20 minutes. Garlic should be tender when finished.
- In a food processor combine all ingredients along with the roasted garlic previously made and 1 cup of the garbanzo bean brine for every single can of garbanzo beans to the bowl with the blade attached. Process until mostly smooth and homogenous. About 3-4 minutes.

Wet Dredge

• Combine wet batter ingredients well. Use an immersion blender and blend until homogenous.

Dry Dredge Crispy Cauliflower

- Combine dry batter ingredients well.
- Place it in a Cambro and store it in dry storage for up to 6 months.

Crispy Cauliflower

• Make in 5 lb batches at a time.

- Pour wet dredge (1/2 cup) over cauliflower in a 400°F pan and coat all pieces well. Using a small immersion blender, blend all ingredients.
- Pour 3 cups of dry dredge over cauliflower and toss until all pieces are coated evenly.
- Place breaded cauliflower on to sheet trays with non-stick cooking spray. Roast at 375°F for 15-20 minutes, or until golden brown and crispy. Remove and bring temperature down to room temperature. Place in walk-in if not using immediately.
- Repeat process for all batches.

Assembly for Buffalo Hummus & Cauliflower Wrap (1 serving) for immediate service

- On a 12-inch tortilla, place 1/2 cup of buffalo hummus, two slices of tomato, a pinch of lettuce and finally a 6 oz scoop of crispy cauliflower.
- Wrap in 12X12 deli paper and place a green sticker to secure wrap. Place in a basket to put on speed lines.

Can be prepared in advance, cooled and transported for assembly at satellite site locations.

PHILLY CHEESESTEAK SANDWICH



Christina Lawson, Director of Nutrition Services, Western Placer USD

This recipe was originally developed by Richard Wilim, current Director of Nutrition Services at Redwood City ESD. Western Placer USD's Director of Nutrition Services, Christina Lawson, partners with local San Francisco Bay Area vendor, Chef Chew, to create a mouth-watering, plant-based twist on the classic Philly Cheesesteak! It is packed with flavorful roasted peppers, grilled onions, and melted plant-based provolone. This counts as a 2 oz. MA and 2 oz Grain meal or make a larger serving size for your high school students.





Prep Model: Full Prep



Servings: 70

Allergens:





Wheat

Sov

Meal Component: 2.75 MA, 2.5 Grain, 1/2 c. Veg (other - peppers and onions)



PHILLY CHEESESTEAK SANDWICH

Ingredients	Servings
Bun, Hoagie, 6"	70 count
Mayo, Plant-Based, Garlic and Herb	70 #40 scoop
Cheese, Plant-Based, Sliced	70 slices
Steak, Plant-Based, Shredded	27 - 7 oz packages #12 scoop
Roasted Pepper	2 lbs
Onions	2 lbs

Preparation

Instructions

- Slice and roast vegetables in oven at 350°F for 15 minutes or until tender. Place in hotbox until ready to use.
- Evenly spread seasoned plant-based steak on a sheet pan and bake at 400°F for 5-10 minutes, and plant-based steak will brown and crisp in some spots. Hold in hotbox until ready to use.

Assembly

- Spread 1 #40 garlic mayo on bread.
- Place one #12 scoop warm plant-based meat on bread.
- Place one #16 scoop warm roasted veggies on top of plant-based meat.
- Cover everything with 1 slice of plant-based cheese.
- Bake whole sandwiches on a sheet pan in oven at 440°F for 2-3 minutes. Plate and serve immediately or hold in hotbox for service.



THAI BEAN WRAP



Jamie Anderson, Food Service Supervisor, Banta ESD

Banta ESD's Nutrition Service Supervisor, Jamie Anderson, teamed up with Friends of the Earth to boost plant-based options on the menu, and this Sweet Thai Bean Wrap is the delicious result! With a bold, mouthwatering flavor profile, it's an easy-to-assemble favorite that students can't get enough of.





Prep Model: Full Prep



Servings: 50

Allergens:





Wheat

Soy

Meal Component: 2 MA, 2.5 Grain, 1/8 c. Veg (other - cabbage coleslaw)



Ingredients	Servings	
Sun Butter Sauce		
Sun Butter	55 oz	
Soy Sauce, Low-Sodium	1 1/4 cup	
Sauce, Sweet Chili	5 tbsp	
Agave*	1 1/4 cup	
Lime, Juice, Bottled	1 1/4 cup	
Thai Slaw		
Plant-Based Mayonnaise	5 cups	
Sauce, Hot Chili (e.g. Sriracha)	1 1/4 cup	
Juice, Lime, Bottled	1/2 cup 2 tbsp	
Cabbage, Shredded, Coleslaw Mix	15 cups	
Mint	optional	
Cilantro	optional	
Sweet Thai Chili Beans		
Sauce, Thai Chili	1 lb 9 oz	
Beans, Black, Canned	1 1/2 gal, 1 cup	
Assembly		
Tortillas, Whole Wheat, 10"	50 count	

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

Instructions

Sun Butter Sauce

• In a bowl combine the sun butter, soy sauce, sweet chili sauce, agave*, and lime juice. Hold under refrigeration until ready to serve. (Stores for up to 5 days).

Thai Slaw

• In a large bowl combine slaw mix, hot chili sauce, cilantro, plant-based mayonnaise, mint, and lime juice. For the best flavor mix the slaw the day prior. (Slaw will hold under refrigeration for up to 3 days).

Beans Sweet Thai Chili

• Toss black beans in the sweet Thai chili sauce and put in a hotel pan, cover, hold at 145°F until ready to serve.

Assembly (1 serving)

- Heat tortillas according to package, hold warm until ready to build tacos.
- Add 11/2 tbsp Thai-style sun butter down the center of each taco.
- Use a #8 scoop (4 oz) and add sauced black beans to taco.
- Use a #16 scoop (1/4 cup) to top each taco with the Thai slaw and serve.

VEG HUMMUS RAINBOW WRAP



Kerry Billner, Director of Nutrition Services, Los Gatos Union SD

Los Gatos USD's Director of Nutrition Services, Kerry Billner, created this beautiful wrap to showcase a rainbow of vegetables from local, organic California vendors. As a true pioneer in plant-based meals, she consistently crafts colorful, delicious recipes that her students love. This wrap is a perfect grab-and-go option that holds up well in transport!





Prep Model: Full Prep



Servings: 200

Allergens:



Sesame

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

Veg (other - cucumber), 1/4 c. Veg (leafy green - lettuce)

Equipment: Immersion Blender



Ingredients	Servings	
Hummus (200 servings)		
Beans, Garbanzo	8 #10 cans	
Tahini (e.g. Roland)	1 jar	
Garlic, Fresh, Chopped	1/4 cup	
Lemon, Juice	2.5 cup	
Cumin	3 tbsp	
Salt	6 tbsp	
Pepper, Lemon	1 tbsp	
Paprika, Ground	2 tbsp	
Oil, Extra Virgin Olive	3 cups	
Water, Ice Cold	1-2 quarts as needed for texture	
Baking Soda	2 tsp	
Assembly		
Tortilla 10", Wheat	200 count	
Lettuce	6 lb 9 1/2 oz	
Tomato	200 slices	
Cucumber	50 cups	

Instructions

Hummus

- Add beans, garlic, oil, and some water to an 18-22 qt. Lexan or Cambro round and blend with an immersion blender on high until almost smooth.
- Add remaining ingredients and blend until smooth. You may need additional water, depending on the preferred texture.

Assembly (1 serving)

- Pull wheat tortillas and make sure they are at room temp or slightly warm.
- Add 2/3 cup hummus to base of the tortilla using #6 white (Vollrath) scoop/disher.
- Add 1/2 cup lettuce (mixed greens, baby spinach).
- Add seasonal veggies up to 3/4 cup (red bells, cucumber, diced tomatoes).
- Roll the tortilla over the hummus and veggies, fold in on each side so it stays contained.