



SCHOOL FEEDING PROGRAM HIGH SCHOOL

DIETARY RECOMMENDATIONS AND MENUS



NATIONAL
HEALTHY START
SCHOOL FEEDING
PROGRAMME

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HIGH SCHOOL
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ACKNOWLEDGEMENTS

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National Healthy Start Feeding Program Secondary School Menu

FOREWORD

September 2024

Access to nutritious food and quality education are essential rights for every child. The Government of Belize and the Ministry of Education, Culture, Science and Technology are dedicated to ensuring that these rights are fulfilled. Under PLAN BELIZE, the Education Upliftment Program and the National Healthy Start Feeding Program commit to identifying and responding to more than the academic needs of students. The commitment to supporting the social, emotional, and economic needs of the children of Belize includes removing obstacles to access to quality education and providing nutritious meals that eliminate hunger and foster healthy eating habits.

This Secondary School Menu is a valuable addition to the National Healthy Start Feeding Program. It is a resource designed to help schools to promote healthy choices and support students' well-being, with meals that are tasty, cost effective, and nutritious. The long term combined effect of high quality education and food is improved overall student health.

Working alongside our partners, the MoECST is taking meaningful steps to ensure that all students are able to experience a positive school environment that will support their development and growth into healthy citizens. We are proud of the unceasing work to expand and improve the National Healthy Start Feeding Program, since it stands as undeniable proof that, with clear purpose and a sense of urgency, we can continue to support and provide for the good of our Belizean students.



A handwritten signature in blue ink, which appears to read 'F. Fonseca'.

Hon. Francis Fonseca
Minister of Education, Culture, Science and Technology of Belize



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SCHOOL FEEDING PROGRAM MENUS



Daily Recommended Macronutrient Distribution for High School Students

	PROTEIN	CARBOHYDRATES	LIPIDS
Percentage Distribution	15 %	55 %	30 %

Daily Macronutrient and Micronutrient Requirements for High School Children Ages 12 to 16 years old by Gender

	FEMALES	MALES	AVERAGE
TOTAL CALORIES	1950	2450	2200
PROTEIN			
Grams/day	73	92	82
Kcal/day	292	365	328
CARBOHYDRATES			
Grams/day	268	336	302
Kcal/day	1072	1347	1200
LIPIDS			
Grams/day	65	82	73
Kcal/day	585	735	660
Vitamin A (μ g/d)	600	600	600
Vitamin C (mg/d)	40	40	40
Vitamin D (μ g/d)	5	5	5
Calcium (mg/d)	1300	1300	1300
Iron (mg/d)	23	16	19
Sodium (mg/d)	1500	1500	1500
Zinc (mg/d)	7.2	8.6	7.9
Magnesium (mg/d)	300	325	312
Fibre (g/d)	26	34	30

The average caloric, macronutrient and micronutrient intake for both males and females was used to calculate high school feeding menus. The FAO/OMS/UNU calculator was used to calculate macronutrients and the recommended nutrient intake goals for the Caribbean (PAHO) was used to establish micronutrient requirements. The average age for high school children used was between 12 to 16 years old.

Distribution of Meals according to the Daily Recommended Intake

A percentage of the daily recommended intake (DRI) was assigned to each meal. Each breakfast meal provides 22% of the DRI, 32% lunch and 7% snack.

MEALS	PERCENTAGE REQUIRED PER MEAL
Breakfast	22%
Snack	7%
Lunch	32%
Snack	7%
Dinner	32%

Macronutrient Distribution for each Meal

The energy and macronutrient requirements were calculated per meal.

	BREAKFAST (22%)		SNACK (7%)		LUNCH (32%)	
	Total Calories	Grams	Total Calories	Grams	Total Calories	Grams
Energy	483		154		704	
Protein	72	18	23	6	105	26
Carbohydrates	265	66	84	21	387	96
Lipids	144	16	46	5	211	23

Distribution of Food Group Equivalents with their corresponding Macronutrients and Energy Requirements for Breakfast, Snack, and Lunch Meal

Food groups and equivalents were established to meet the daily recommended intake per meal. A range between 90-110% was considered as an adequate distribution of equivalents.

BREAKFAST					
Food Group	Equivalent	Energy (Kcal)	Protein (g)	Lipids (g)	Carbs. (g)
Vegetables	2	50	4	0	8
Fruits	1	60	0	0	15
Staples	2.5	175	5	0	37.5
Animal Foods	1	75	7	5	0
Legumes	0.25	30	2	0.25	5
Fats & Oils	2	90	0	10	0
ENERGY (kcal)	*483 CAL	480	18g	15.2g	65.5g
ADEQ. (90-110%)		99%	99%	95%	99%
SNACK					
Fruits	0.5	30	0	0	7.5
Staples	0.5	35	1	0	7.5
Fats & Oils	0.25	11.2	0	1.25	0
Dairy	0.5	75	4.5	4	6
ENERGY (kcal)	*154 CAL	151	5.5g	5.25g	21g
ADEQ. (90-110%)		98%	102%	102%	99%
LUNCH					
Vegetables	2	50	4	0	8
Fruits	1	60	0	0	15
Staples	3.5	245	7	0	52.5
Animal Foods	2	150	14	10	0
Legumes	0.5	60	4	0.5	10
Fats & Oils	2.5	112.5	0	12.5	0
Sugars	1	40	0	0	10
ENERGY (kcal)	*650 CAL	717	28	23	95.5
ADEQ. (90-110%)		102%	110%	98%	99%

Distribution of Food Group Meal Patterns (Portions) per Day and Week for each Child

Portions were established using the equivalents by food groups for breakfast and lunch meals. The units suggested to measure each food includes cups, teaspoons, ounces, and pieces (individual unit). The portions listed are per day and in parenthesis per week.

For example: It is suggested that when rice is served, each child should receive 1 cup per day and 5 cups per week for lunch.

MEAL PATTERN DISTRIBUTION PER DAY (PER WEEK IN PARENTHESIS)			
	Units	Breakfast	Lunch
Vegetables Cooked Raw	Cups	$\frac{1}{2}$ (2.5) 1 (5)	$\frac{1}{2}$ (2.5) 1 (5)
Fruits Chopped Juice	Cups	$\frac{1}{2}$ (2.5) 1 (5)	$\frac{1}{2}$ (2.5) 1 (1)
Staples Grains (Rice, potato, pasta) Corn Tortillas Flour tortillas (Medi- um size)	Cups Pieces Pieces	5 (25) 1 (5)	1 (5) 6 (30) 2 (10)
Animal Foods	Ounces	1 (40g) – 5 (200 g)	2 (80g) - 10 (400g)
Legumes	Cups	$\frac{1}{4}$ (1.25)	$\frac{1}{2}$ (2.5)
Fats & Oils	Tsps.	2 (10)	3 (15)
Sugars	Tsps.		1 (5)

A hand guide for portion control can be an easier method used to measure foods during meal preparation or prior to serving foods. While a measuring instrument is more accurate (scale, measuring cups or measuring spoons), these hand guides are helpful when they are not readily available.

FIST
(or tennis ball)



1 cup

THUMB
(or lip balm)



1 ounce meat
or cheese

PALM
(or deck of cards)



3 ounces
of meat

FINGERTIP



1 teaspoon

THUMB TIP



1 tablespoon

NUTRITIONAL STANDARDS BY FOOD GROUPS

VEGETABLES

Vegetables provide fibre, vitamins, minerals, and water for good health and well-being.

- Serve at least 1 or more vegetables during breakfast and lunch meal.
- Choose vegetables that are in season or in abundance in school gardens to encourage consumption and appreciation of local produce.
- Vegetables can be prepared as a side meal (salad), beverage, or it can be incorporated (mixed) into the food.
- Vegetables can be incorporated in foods by adding them to rice, potatoes, meats, soups, sandwiches, wraps, and many other preparations as illustrated on the menus.
- Healthy forms of preparation of vegetables include baking, grilling, boiling, or steaming.
- Use a minimum amount of oil, butter, or salt to prepare them.

Examples of vegetables:

Lettuce
Broccoli
Cabbage
Carrots
Celery
Cucumber
Sweet Pepper
Tomato
White Onion
Yellow Onion
Pumpkin
Squash
Chocho
Calaloo
Spinach
Bok Choy
Butternut Squash
Okra
Green Beans



FRUITS

Fruits provide fibre, vitamins, minerals, and water.

- Serve at least one serving of fresh fruit every day.
- Choose fruits that are in season or in abundance in school gardens to encourage consumption and appreciation of local produce.
- Fruit juices (without added sugar) can be served when fresh fruits are limited.
- Fruits can also be incorporated in snacks such as popsicles, breads, fruit shakes and Jello. (*See snack options for recipes*).

Examples of fruits:

Watermelon
Cantaloupe
Banana
Orange
Limes
Papaya
Pineapple
Coconut
Mango
Craboo
Grapefruit
Golden Plums
Avocado



STAPLES - GRAINS AND TUBERS

Provides energy, fibre, vitamins, and minerals.

- Serve 1 staple per meal.
- Choose staples that are in season and grown locally in school gardens to encourage consumption and appreciation of local produce.
- Use a minimum amount of oil or condiments with salt (salt, consommé, complete seasoning, or season-all) when cooking. The following condiments are salt-free and can be used freely: garlic cloves, garlic powder, onion powder, curry, ginger, dill, paprika, cayenne peppers, black pepper, oregano, cilantro/culantro, basil, bay leaf, and all other herbs and spices.
- Choose healthy forms of preparation by baking, grilling, or boiling.

Examples of staples:

Rice
White Corn
Yellow Corn
Plantain
Cassava
Cocoyam
Sweet Potato
Irish Potato
Spaghetti
Flour
Bread



PROTEIN (ANIMAL PROTEIN AND LEGUMES)

Provides essential amino acid, calcium, iron, and other specific vitamins and minerals.

- Serve 1 protein per meal.
- Choose healthy preparations of protein such as baking, roasting, grilling, boiling, or stewing.
- Avoid frying or cooking with excess oils.
- Use a minimum amount of oil or condiments with salt (salt, consommé, complete seasoning, or season-all) when cooking. The following condiments are salt-free and can be used freely: garlic cloves, garlic powder, onion powder, curry, ginger, dill, paprika, cayenne peppers, black pepper, oregano, cilantro/culantro, basil, bay leaf, and all other herbs and spices.
- Plant proteins are also good sources of protein and can be used as a substitute for animal protein.

Examples of animal protein:

Eggs
Chicken
Fish
Beef
Pork
Cheese
Milk

Examples of legumes (plant protein):

Black Beans
Red Kidney Beans
Lentils
Split Peas
Green Beans
Garbanzo Beans




SUMMARY OF PRODUCE THAT CAN BE USED TO PREPARE SCHOOL FEEDING MENUS

- The list of produce is divided by food groups (vegetables, fruits, staples, animal protein, and legumes).
- It is important that all the children receive all the food groups in their breakfast and lunch meals.
- It is advised to use produce that are grown in gardens as the primary source of ingredients for the school breakfast and lunches.
- Choose produce that are in season since these are higher in nutrients and lower in cost.
- Legumes can be substituted for animal protein when animal protein sources are not sufficient to feed all the children.

Vegetables	Fruits	Staples	Animal Protein	Legumes (Plant protein)
Lettuce Broccoli Cabbage Carrots Celery Cucumber Sweet Pepper Tomato White Onion Yellow Onion Pumpkin Squash Chocho Calaloo Spinach Bok Choy Butternut Squash Okra Green Beans	Watermelon Cantaloupe Banana Orange Limes Papaya Pineapple Coconut Mango Craboo Grapefruit Golden Plums Avocado	Rice White Corn Yellow Corn Plantain Cassava Cocoyam Sweet Potato Irish Potato Spaghetti Flour Bread	Eggs Chicken Fish Beef Cheese Milk	Black Beans Red Kidney Beans Lentils Split Peas

SCHOOL FEEDING PROGRAM MEAL CALENDAR

- A cyclic menu of 5 weeks was elaborated with 25 options for breakfast and 25 options for lunch, with additional options for snacks.
- Meals will be offered from Monday to Friday.
- All the food groups were included in the school menus.
- Vegetarian options were included once a week for lunch (Tuesdays) to reduce cost of meals. Vegetarian options are represented by a leaf icon. 
- Meals should encourage the intake of water daily, and only serve natural juices when fruits are not provided during breakfast.
- A calendar was elaborated to allow the cooks to rotate the menus each month. While it is suggested to follow the calendar as established, there may be days or weeks that the menus can be modified if ingredients are not readily available, or sufficient to supply for all the children. Ingredients can be substituted using the table with the summary of produce.

MEAL CALENDAR - BREAKFAST

BREAKFAST				
Monday	Tuesday	Wednesday	Thursday	Friday
1 VEGETABLE SCRAMBLED EGGS W/ JOHNNY CAKE	2 BANANA PANCAKES W/ BEANS	3 CHICKEN- CORN TORTILLA TACOS	4 SCRAMBLED EGG BREAKFAST WRAP	5 CHICKEN TORTA/ SANDWICH
6 SPINACH & BEANS QUESADILLAS	7 EGG ENCHILADAS W/ CORN TORTILLAS	8 CHICKEN & SLAW BURRITO	9 EGG, CHEESE & VEGETABLE CASSEROLE W/ JOHNNY CAKE	10 PANCAKES W/ BEANS
11 BOILED EGGS W/ FLOUR TORTILLAS	12 OATMEAL W/ MILK & BANANA	13 BEANS, CHEESE & JOHNNY CAKES	14 CHICKEN TOSTADAS	15 VEGETABLE SCRAMBLED EGGS W/ FRIED JACKS
16 EGGS & VEGETABLES SANDWICHES	17 CHICKEN QUESADILLAS	18 SCRAMBLED EGGS W/ PEAS & CORN TORTILLAS	19 JOHNNY CAKES W/ CHICKEN	20 BOILED EGGS & BEANS TOSTADAS
21 VEGETABLE SCRAMBLED EGGS W/ CORN TORTILLAS	22 CHEESE & BEANS JOHNNY CAKE	23 EGG, CHEESE & VEGETABLE CASSEROLE W/ FLOUR TORTILLAS	24 GRILLED CHEESE & VEGETABLE SANDWICH	25 PANCAKES W/ EGGS

WEEK #1

WEEK #2

WEEK #3

WEEK #4

WEEK #5

MEAL CALENDAR - LUNCH

LUNCH				
Monday	Tuesday	Wednesday	Thursday	Friday
WEEK #1 1 STEW CHICKEN W/ CURRY CALLALOO RICE	2 CHILI BEANS W/ VEGETABLE STEW AND CORN TORTILLAS	3 BAKED CHICKEN W/ POTATO MASHED W/ CARROTS	4 CHICKEN VEGETABLE SOUP W/ RICE	5 BEEF AND VEGETABLE FRIED RICE
WEEK #2 6 CHICKEN AND VEGETABLE FAJITAS W/ STEW BEANS & CORN TORTILLAS	7 SPAGHETTI TOPPED W/ BEANS AND VEGETABLES	8 STEW CHICKEN W/ RICE & PEAS	9 LENTILS & VEGETABLE SOUP WITH GROUND BEEF	10 BBQ BAKED CHICKEN W/ FLOUR TORTILLAS
WEEK #3 11 STEW BEEF W/ BOILED GROUND BEEF & VEGETABLES	12 PEAS AND VEGETABLE FRIED RICE	13 BAKED CHICKEN W/ RICE AND BEANS	14 BEEF AND VEGETABLE SOUP W/ CORN TORTILLAS	15 CHICKEN EMPANADAS
WEEK #4 16 GROUND BEEF TOSTADAS	17 CURRY VEGETABLES W/ SPLIT PEAS & RICE	18 SHAKE & BAKE CHICKEN W/ MASHED POTATOES	19 BLACK DINNER SOUP (CHILMOLE) W/ RICE	20 STEW CHICKEN W/ BOILED PLANTAIN & CASSAVA
WEEK #5 21 CURRY CHICKEN W/ RICE & STEW BEANS	22 BEANS EMPANADAS	23 FISH FINGERS W/ CILANTRO RICE	24 CHICKEN ESCABECHE W/ CORN TORTILLAS	25 CHICKEN & VEGETABLE CHOW MEIN



BREAKFAST RECIPES



#1 – VEGETABLE SCRAMBLED EGGS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Johnny Cake	10 lbs. (4-inch size)	<ol style="list-style-type: none"> 1. Chop tomato, onions, and spinach. 2. Heat oil in a large pan and add chopped vegetables. Stir for about 10 minutes until the vegetables are crisp. 3. Mix eggs in a large bowl and season with salt and black pepper. 4. Pour eggs into the pan and stir until cooked. 5. Serve vegetable scrambled eggs along with refried beans (1/4 cup), johnny cake (1), and fruits.
Eggs	30 units	
Spinach	½ lb.	
Onion	3 lbs.	
Tomato	4 lbs.	
Red Kidney beans (refried) (Optional)	3 lbs	
Oil, salt and black peppers	Use sparingly	
Dessert/Beverage:		<ul style="list-style-type: none"> • Chop papaya and serve ½ cup per child • Serve chocolate milk hot or cold (1 cup per child)
Papaya	2 large	
Chocolate milk (Choco-kiwi brand)	2 packs of 350 grams each	
Milk (Klim Brand)	2 cans of 800 grams each, gives 50 cups	

#2 – BANANA PANCAKES

Servings: 50 (Serve 2 pancakes per child)

INGREDIENTS	WEIGHT	PREPARATION
Flour	6 lbs. for 100 pancakes	<ol style="list-style-type: none">1. To prepare the batter: Add the dry ingredients in a large bowl first (flour, salt, sugar, and baking powder) then mix.2. In a separate bowl peel and mash the bananas.3. Add eggs, oil, and mashed banana to the first bowl.4. Pour in milk slowly and stir while pouring until a liquid/puree consistency is achieved.5. In a large frying pan heat butter and pour pancake batter.6. Measure each pancake about 5 inches wide7. Heat pancakes on both sides until cooked8. Serve 2 pancakes per child.9. Honey can be used if available (1/2 tsp. per plate).
Bananas	16 units	
Eggs	16 units	
Baking Powder	1 cup	
Salt	8 tsp.	
Sugar	16 tbsps.	
Oil	28 tbsps. or 2 cups	
Milk	12 cups (as needed)	
Butter	3 sticks	
Honey (Optional)	2 large bottles	
Beverage:		
Water		

#3 – CHICKEN TACOS Servings: 50 (Serve 5 tacos per child)		
INGREDIENTS	WEIGHT	PREPARATION
Corn Tortillas	10 lbs. (factory made)	<ol style="list-style-type: none"> 1. Stew boneless breast using salt, black pepper, red recado, 1 lb. diced tomatoes and 0.5 lb. diced onions. Cook for about 45 minutes until the chicken has achieved its suggested temperature, then shred. 2. Prepare a pico de gallo salad by chopping the remaining onions, tomato, and cilantro. Add lime juice. 3. Prepare a taco by adding the chicken and pico de gallo (1 tbsp.) 4. Serve 5 tacos per child along with fruits.
Chicken, breast	5 lbs.	
Onion	1.5 lb.	
Tomato	4 lbs.	
Cilantro	½ lb.	
Limes	2 cups lime juice	
Oil, salt, black pepper	Use sparingly (Minimum amount)	
Dessert/Beverage:		
Banana	50 units	<ul style="list-style-type: none"> • Serve 1 banana per child.
Mango Juice	20 units	<ul style="list-style-type: none"> • Peel mangoes and blend with water. Serve 1 cup per child.



#4 – SCRAMBLED EGG BREAKFAST WRAP

Servings: 50 (Serve 1 wrap per child)

INGREDIENTS	WEIGHT	PREPARATION
Flour tortilla	6 lbs. (50 tortillas: 8 – 10 inch size)	<ol style="list-style-type: none"> 1. Chop tomato, onions, and callaloo. 2. Heat the oil in a large pan and add chopped vegetables. Stir for about 10 minutes until the vegetables are crisp. 3. Mix eggs in a large bowl and season with salt and black pepper. 4. Pour eggs into the pan and stir until cooked. 5. Prepare a wrap by spreading previously cooked refried beans (2 tbsps.) on a flour tortilla (8 - 10-inch size), followed by ½ cup of scrambled eggs. <p><i>*See recipe below for flour tortilla</i></p>
Red Kidney beans (whole)	3 lbs	
Eggs	50 units	
Callaloo	1/2 lb.	
Tomato	4 lbs.	
Onions	3 lbs.	
Oil, salt, black pepper	Use sparingly (Minimum amount)	
Dessert/Beverage:		
Orange	50 units	<ul style="list-style-type: none"> • Serve with an orange peeled and sliced.
Watermelon Juice	2 large (40 lbs.)	<ul style="list-style-type: none"> • Dice and blend watermelon with water.

#5 - CHICKEN SANDWICHES

Servings: 50 (Serve 1 sandwich per child)

INGREDIENTS	WEIGHT	PREPARATION
Chicken, breast	5 lbs.	<ol style="list-style-type: none"> 1. Stew boneless breast using salt, black pepper, red recado, diced tomatoes and diced onions. Cook for about 45 minutes until the chicken has achieved its suggested temperature, then shred. 2. Separate lettuce into slices. 3. Prepare sandwiches by adding ½ tbsp. mayonnaise to both sides of the bread, followed by lettuce, tomato, and chicken (about 2 oz. 4. Serve 1 sandwich per child with fruits. <p><i>*Other available vegetables can be added to sandwiches</i></p>
Bread	100 slices (28 packs)	
Lettuce	7 lbs.	
Tomato	4 lbs. cut in slices	
Onions	2 lbs. slices (soak in vinegar)	
Mayonnaise	2 large jars	
Oil, salt, black pepper, recado	Use sparingly (Minimum amount)	
Dessert/Beverage:		
Papaya	2 large	<ul style="list-style-type: none"> • Serve the papaya chopped, providing ½ cup per child.
Chocolate milk (Choco-kiwi brand)	2 packs of 350 grams each	<ul style="list-style-type: none"> • Serve chocolate milk hot or cold (1 cup per child)
Milk (Klim Brand)	2 cans of 800 grams each, gives 50 cups	



SPINACH BEANS QUESADILLAS

Servings: 50 (Serve 1 quesadilla per child)

INGREDIENTS	WEIGHT	PREPARATION
Flour tortilla	6 lbs. (50 tortillas: 8 – 10 inch size)	<ol style="list-style-type: none"> 1. Chop tomato, onions, and spinach. Sauté these with a minimum amount of oil and seasoning. 2. Grate the cheese. 3. Prepare quesadillas by using 1 flour tortilla, about 8-10 inches wide. To one side of the tortilla spread the beans and vegetables along with about 3 tbsps. cheese. 4. Fold the tortilla and grill on both sides until slightly toasted and the cheese has melted. 5. Cut the tortilla in half and serve both portions to each child a long with fruits.
Cheese-Happy cow	5 lbs. (grated)	
Tomato	4 lbs.	
Onions	2 lbs.	
Spinach	½ lb.	
Oil, salt, black pepper	Use sparingly	
Red Kidney beans	3 lbs. (refried)	
Oil, salt, black pepper	Use sparingly	*See recipe for flour tortilla below
Dessert/Beverage:		
Banana	50 units	<ul style="list-style-type: none"> • Serve 1 banana per child.
Lime Juice	3 cups lime juice 5 tbsps. Honey or sugar	<ul style="list-style-type: none"> • Squeeze limes to make 3 cups and mix with water and sugar.



#7 – EGG ENCHILADAS		
Servings: 50 (Serve 6 enchiladas per child)		
INGREDIENTS	WEIGHT	PREPARATION
Corn Tortillas	12 lbs.(factory made)	<ol style="list-style-type: none"> 1. Mix eggs in a large bowl and season with salt and black pepper. Pour eggs into a large frying pan with minimum oil and scramble. 2. To prepare the sauce, boil the tomatoes and the onions. When boiled, remove the skin from the tomatoes and blend along with onions and cilantro. Add a minimum amount of salt. 3. Grate the cheese. 4. Prepare enchiladas by assembling the tortillas filled with eggs in a large baking pan. Top with cheese and tomato sauce. 5. Bake for about 15 minutes until the cheese has melted. 6. Serve 6 enchiladas per child.
Eggs	50 units	
Cheese (Happy-cow)	5 lbs.	
Onion	2 lbs.	
Tomato	4 lbs.	
Cilantro	½ lb.	
Oil, salt and black peppers	Use sparingly	
Dessert/Beverage:		
Cantaloupe	12 lbs.	<ul style="list-style-type: none"> • Chop cantaloupe and serve ½ cup per child.
Orange Juice	50 units	<ul style="list-style-type: none"> • Squeeze oranges and mix with water as needed. Provide 1 cup per child.

#8 – CHICKEN & SLAW BURRITO		
Servings: 50 (Serve 1 burrito per child)		
INGREDIENTS	WEIGHT	PREPARATION
Chicken, breast	5 lbs.	<ol style="list-style-type: none"> 1. Prepare flour tortillas as instructed in recipe below. 2. Stew boneless breast using salt, black pepper, red recado, diced tomatoes and diced onions. Cook for about 45 minutes then shred. 3. To prepare coleslaw chop carrots into thin strips and grate carrots. Transfer to a large bowl. 4. To the coleslaw add the dressings: mayonnaise and evaporated milk (as needed). 5. Assemble burrito by adding shredding chicken and coleslaw. 6. Serve 1 burrito per child with fruit.
Flour Tortilla	6 lbs. (50 tortillas: 8 – 10 inch size)	
Tomato	2 lbs.	
Onion	½ lb.	
Carrots	7 lbs.	
Cabbage	8 lbs.	
Mayonnaise	3 cups	
Milk, Evaporated	2-3 cups (as needed)	
Oil, salt, black pepper, red recado	Use sparingly	
Dessert/Beverage:		
Banana	50 units	<ul style="list-style-type: none"> • Dice and blend watermelon with water
Watermelon Juice	2 large (40 lbs.)	

#9 – EGG CASSEROLE W/ JOHNNY CAKE

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Johhny cake	10 lbs. (50 j. cakes: 4 – inch size)	<ol style="list-style-type: none"> 1. To prepare casserole combine eggs, milk, cheese, salt & pepper in a large bowl. (<i>You may need 2-3 bowls depending on the size of the bowl</i>). 2. Chop vegetables and green beans. Sautee with a minimum amount of oil in a large pan. 3. Add sauteed ingredients to egg casserole mix. Stir to combine all ingredients. 4. Pour into separate pans and bake for 40-45 minutes until the eggs are thoroughly cooked. 5. Serve casserole in squares (3–4-inch sizes). 6. Serve w/ 1 johhny cake per child. 7. Serve fruits. <p><i>*See recipe below for johhny cake</i></p>
Eggs	30 units	
Cheese (Happy-cow)	5 lbs. (grated)	
Onion	3 lbs.	
Tomato	4 lbs.	
Green Beans	2 lbs. (chopped)	
Milk (Evaporated)	6 cups (as needed)	
Oil, salt and black peppers	Use sparingly	
Dessert/Beverage:		
Cantaloupe	12 lbs.	<ul style="list-style-type: none"> • Chop cantaloupe and serve ½ cup per child.
Orange Juice	50 units	<ul style="list-style-type: none"> • Squeeze oranges and mix with water as needed. Provide 1 cup per child.

#10 – PANCAKES W/ BEANS

Servings: 50 (Serve 2 pancakes per child)

INGREDIENTS	WEIGHT	PREPARATION
Flour	6 lbs. for 100 pancakes	<ol style="list-style-type: none"> 1. To prepare the batter: Add the dry ingredients in a large bowl first (flour, salt, sugar, and baking powder) then mix. 2. Add eggs and oil to the bowl and mix. 3. Pour in milk slowly and stir while pouring until a liquid/puree consistency is achieved. 4. In a large frying pan heat butter and pour pancake batter. 5. Measure each pancake about 5 inches wide. 6. Heat pancakes on both sides until cooked. 7. Serve 2 pancakes per child w/ ¼ cup refried beans. 8. Honey can be used if available (1/2 tsp. per plate).
Eggs	16 units	
Baking Powder	1 cup	
Salt	8 tsp.	
Sugar	16 tbsps.	
Oil	28 tbsps. or 2 cups	
Milk, klim	12 cups (as needed)	
Butter	3 sticks	
Honey (Optional)	2 large bottles	
Red Kidney beans	3 lbs	
Beverage:		
Cucumber, lime and honey juice	5 lbs. cucumber 3 cups lime juice 5 tbsps. Honey Water	<ul style="list-style-type: none"> • Serve ½ cup chopped per child. • Peel cucumbers and remove the seeds. Blend cucumber along with lime juice and honey. <p><i>*Substitute honey for brown sugar if needed.</i></p>

#11 – BOILED EGGS W/ FLOUR TORTILLAS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Eggs	100 (1-2 per child)	<ol style="list-style-type: none"> 1. See recipe below for flour tortilla. 2. Boil eggs for about 15 minutes, and peel after they are cooled. 3. String beans can be chopped in small pieces or grilled whole with a minimum amount of oil and seasoning. 4. Serve 1-2 eggs w/ green beans and flour tortilla (1). 5. Serve with breakfast meal with fruits.
Flour Tortilla	6 lbs. (50 tortillas: 8 – 10 inch size)	
Green beans	2 lbs.	
Oil, salt, black pepper	Use sparingly	
Fruit: Banana	50 units	<ul style="list-style-type: none"> • Dice and blend watermelon with water
Beverage: Watermelon Juice	2 large (40 lbs.)	

#12 – OATMEAL WITH MILK & BANANA

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Oatmeal	4 quaker oats can	<ol style="list-style-type: none"> 1. Mix powdered milk in 15 litres of water. 2. Separate prepared milk in large pots and bring to a boil at low temperature. 3. Add the oatmeal to the milk along w/ 1 tbsp. of salt per pot. The oatmeal cans should be divided evenly in each pot, meaning that each pot should have the same amount of oatmeal. 4. Add in natural sweeteners and cook at low heat for 5-10 minutes, until cooked. 5. Serve 1 cup of oatmeal per child with banana slices. <p>*For children with milk allergy or intolerance, oatmeal can be prepared separately without milk.</p>
Powdered Milk, Klim	2 cans of 800 grams each	
Cinnamon, nutmeg, vanilla, and/or brown sugar	Use sparingly	
Fruit: Banana	50 units	
Beverage: Water		

#13 – BEANS, CHEESE & JOHNNY CAKES		
Servings: 50		
INGREDIENTS	WEIGHT	PREPARATION
Johhny cake	10 lbs. (50 j. cakes: 4 – inch size)	<ol style="list-style-type: none"> 1. Prepare beans with onion, tomato, and cilantro. 2. Cut cheese in ½ inch slices. 3. Serve ½ cup beans, and cheese w/ 1 johhny cake per child. 4. Serve w/ fruits. <p><i>*See recipe below for johhny cake</i></p>
Cheese: Happy cow	5 lbs.	
Red Kidney beans	3 lbs	
Onion	3 lbs.	
Tomato	4 lbs.	
Cilantro	1/2 lb.	
Oil, salt, garlic, and black pepper	Use sparingly	
Dessert/Beverage:		<ul style="list-style-type: none"> • Chop papaya and serve ½ cup per child. • Squeeze oranges and mix with water as needed. Provide 1 cup per child.
Papaya	2 large	
Orange Juice	50 units	



#14 – CHICKEN TOSTADAS

Servings: 50 (Serve 2 tostadas per child)

INGREDIENTS	WEIGHT	PREPARATION
Corn Tortillas-tostada	4 lbs. (factory made)	<ol style="list-style-type: none"> 1. Stew boneless breast using salt, black pepper, red recado, 1 lb. diced tomatoes and 0.5 lb. diced onions. Cook for about 45 minutes until chicken has achieved its desired temperature, then shred. 2. Prepare a pico de gallo salad by chopping the remaining onions, tomato, and cilantro. Add lime juice. 3. Corn tortilla shells can be prepared by brushing lightly with oil and baking for 5 minutes in the oven. 4. Prepare a tostada by spreading the refried beans on the tortilla with about 2 tbsps. chicken and pico de gallo (1 tbsps.). 5. Serve 2 tostadas per child along with fruits.
Chicken	5 lbs.	
Onion	1.5 lb.	
Tomato	4 lbs.	
Cilantro	½ lb.	
Limes	2 cups lime juice	
Red Kidney beans	3 lbs. refried beans	
Oil, salt, black pepper, recado	Use sparingly (Minimum amount)	
Dessert/Beverage:		<ul style="list-style-type: none"> • Serve ½ cup watermelon per child. • Peel mangoes and blend with water. Serve 1 cup per child.
Watermelon	2 large (40 lbs.)	
Mango Juice	20 units	

#15 – VEGETABLE SCRAMBLED EGGS W/ FRIED JACKS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Flour Tortilla	4 lbs. (50 tortillas)	<ol style="list-style-type: none"> 1. Chop tomato, onions, and spinach. 2. Heat the oil in a large pan and add chopped vegetables. Stir for about 10 minutes until the vegetables are crisp. 3. Mix eggs in a large bowl and season with salt and black pepper. 4. Pour eggs into the pan and stir until cooked. 5. Use the same flour tortilla recipe to prepare fried jacks. <i>Recipe can be found below.</i> 6. Serve scrambled eggs with 2 fried jacks (2 halves) and fruits.
Eggs	30 units	
Spinach	½ lb.	
Onion	3 lbs.	
Tomato	4 lbs.	
Oil, salt and black peppers	Use sparingly	
Dessert/Beverage:		<ul style="list-style-type: none"> • Chop papaya and serve ½ cup per child. • Serve chocolate milk hot or cold. (1 cup per child)
Papaya	2 large	
Chocolate milk (Choco-kiwi brand)	2 packs of 350 grams each	
Milk (Klim Brand)	2 cans of 800 grams each, gives 50 cups	



#16 – EGGS & VEGETABLE SANDWICHES

Servings: 50 (Serve 1 sandwich per child)

INGREDIENTS	WEIGHT	PREPARATION
Eggs	50 units	<ol style="list-style-type: none"> 1. Chop tomato, onions, and callaloo. 2. Heat the oil in a large pan and add chopped vegetables. Stir for about 10 minutes until the vegetables are crisp. 3. Mix eggs in a large bowl and season with salt and black pepper. 4. Pour eggs into the pan and stir until cooked. 5. Prepare sandwiches by adding ½ tbps. mayonnaise to bread, followed by scrambled egg. 6. Serve 1 sandwich per child with fruits.
Bread	100 slices (28 packs)	
Callaloo	1/2 lb. chopped	
Tomato	4 lbs.	
Onions	2 lbs.	
Mayonnaise	2 large jars	
Oil, salt, black pepper	Use sparingly (Minimum amount)	
Dessert/Beverage:		<ul style="list-style-type: none"> • Chop cantaloupe and serve ½ cup per child • Squeeze oranges and mix with water as needed. Provide 1 cup per child.
Cantaloupe	12 lbs.	
Orange Juice	50 units	

#17 – CHICKEN QUESADILLAS

Servings: 50 (Serve 1 quesadilla per child)

INGREDIENTS	WEIGHT	PREPARATION
Flour tortilla	6 lbs. (50 tortillas: 8 – 10 inch size)	<ol style="list-style-type: none"> 1. Stew boneless breast using salt, black pepper, red recado, 1 lb. diced tomatoes and 0.5 lb. diced onions. Cook for about 45 minutes until chicken has achieved its desired temperature, then shred. 2. Chop tomato and onions. Sauté these with a minimum amount of oil and seasoning. 3. Grate the cheese. 4. Prepare quesadillas by using 1 flour tortilla, about 8-10 inches wide. To one side of the tortilla spread the chicken and vegetables along with about 3 tbps. cheese. 5. Fold the tortilla and grill on both sides until slightly toasted and the cheese has melted. 6. Cut the tortilla in half and serve both portions to each child. <p><i>*See recipe for flour tortilla below</i></p>
Cheese-Happy cow	5 lbs. (grated)	
Chicken, breast	5 lbs.	
Tomato	4 lbs.	
Onions	2 lbs.	
Oil, salt, black pepper	Use sparingly	
Red Kidney beans	3 lbs. (refried)	
Oil, salt, black pepper, recado	Use sparingly	
Dessert/Beverage:		
Watermelon	2 large (40 lbs.)	<ul style="list-style-type: none"> • Serve ½ cup watermelon per child.
Mango Juice	20 units	<ul style="list-style-type: none"> • Chop and blend w/ water.

#18 – SCRAMBLED EGGS W/ PEAS & CORN TORTILLAS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Corn tortillas	10 lbs. (factory made)	<ol style="list-style-type: none"> 1. Mix eggs in a large bowl and season with salt and black pepper. 2. In a large pan scramble eggs with peas and previously chopped onions until cooked. 3. Serve eggs with corn tortillas (5) and fruit.
Eggs	30 units	
Peas	4 large cans	
Onions	2 lbs.	
Oil, salt, black pepper	Use sparingly (Minimum amount)	
Dessert/Beverage:		
Orange	50 units	<ul style="list-style-type: none"> • Serve with an orange peeled and sliced.
Watermelon Juice	2 large (40 lbs.)	<ul style="list-style-type: none"> • Chop and blend with water

#19 – JOHNNY CAKES W/ CHICKEN		
Servings: 50		
INGREDIENTS	WEIGHT	PREPARATION
Johnny cake	10 lbs. (50 j. cakes: 4 – inch size)	<ol style="list-style-type: none"> 1. Stew boneless breast using salt, black pepper, red recado, 1 lb. diced tomatoes and 0.5 lb. diced onions. Cook for about 45 minutes then shred. 2. Chop onions into thin slices and soak in vinegar for 10 minutes. 3. Serve 1 johnny cake w/ 2 oz. chicken and onions. 4. For dressing use about 1 tsp. mayonnaise. 5. Serve with fruits. <p><i>*See recipe below for johnny cake</i></p>
Chicken, breast	5 lbs.	
Onion	3 lbs.	
Mayonnaise	3 cups	
Oil, salt, black pepper, recado	Use sparingly	
Dessert/Beverage:		
Cantaloupe	12 lbs.	<ul style="list-style-type: none"> • Chop cantaloupe and serve ½ cup per child.
Orange Juice	50 units	<ul style="list-style-type: none"> • Squeeze oranges and mix with water as needed. Provide 1 cup per child.

#20 – BOILED EGGS & BEANS TOSTADAS		
Servings: 50 (Serve 2 tostadas per child)		
INGREDIENTS	WEIGHT	PREPARATION
Eggs	50	<ol style="list-style-type: none"> 1. Boil eggs for about 15 minutes. After they are cooled, peel and mash the eggs. 2. Stew beans w/ tomatoes, onions, and seasonings. After the beans has been cooked blend to form a refried consistency. 3. Corn tortilla shells can be prepared by brushing lightly with oil and baking for 5 minutes in the oven. 4. Prepare a tostada by spreading the refried beans on the tortilla with about 2 tbsps. eggs. 5. Serve 2 tostadas per child along with fruits.
Corn tortilla-tostada	4 lbs. (factory made)	
Tomato	3 lbs.	
Onions	2 lbs.	
Red Kidney beans	3 lbs. refried beans	
Oil, salt, black pepper, garlic	Use sparingly	
Fruit: Banana	50 units	<ul style="list-style-type: none"> • Dice and blend watermelon with water
Beverage: Watermelon Juice	2 large (40 lbs.)	

#21 – VEGETABLE SCRAMBLED EGGS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Corn tortillas	10 lbs. (factory made)	<ol style="list-style-type: none"> 1. Chop onions and okra. 2. Heat a minimum amount of oil in a large pan and add chopped vegetables. Stir for about 10 minutes until the vegetables are crisp. 3. Mix eggs in a large bowl and season with salt and black pepper. 4. Pour eggs into the pan and stir until cooked. 5. Serve vegetable scrambled eggs along with corn tortillas (5) and fruit.
Eggs	50 units	
Okra	2 lbs.	
Onion	3 lbs.	
Oil, salt and black peppers	Use sparingly	
Dessert/Beverage:		<ul style="list-style-type: none"> • Chop papaya and serve ½ cup per child. • Serve chocolate milk hot or cold. (1 cup per child)
Papaya	2 large	
Chocolate milk (Choco-kiwi brand)	2 packs of 350 grams each	
Milk (Klim Brand)	2 cans of 800 grams each, gives 50 cups	

#22 – CHEESE & BEANS JOHNNY CAKES

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Johnny cake	10 lbs. (50 j. cakes: 4 – inch size)	<ol style="list-style-type: none"> 1. Stew beans w/ tomatoes, onions, and seasonings. 2. Grate the cheese. 3. Prepare johnny cake by spreading 3 tbsps. of beans and 3 tbsps. of cheese. 4. Additional vegetables can be added. For example: grilled tomatoes, onions, spinach, callaloo or okra. 5. Serve 1 johnny cake per child with fruits. <p><i>*See recipe below for johnny cake</i></p>
Cheese-Happy cow	5 lbs. (grated)	
Onion	3 lbs.	
Tomato	3 lbs.	
Red/Black beans	3 lbs.	
Oil, salt, black pepper	Use sparingly	
Dessert/Beverage:		<ul style="list-style-type: none"> • Chop cantaloupe and serve ½ cup per child • Squeeze oranges and mix with water as needed. Provide 1 cup per child.
Cantaloupe	12 lbs.	
Orange Juice	50 units	

#23 – EGG CASSEROLE W/ FLOUR TORTILLAS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
		<ol style="list-style-type: none"> 1. To prepare casserole combine eggs, milk, cheese, salt & pepper in a large bowl. (You may need 2-3 bowls depending on the size of the bowl). 2. Chop vegetables and sauté with a minimum amount of oil in a large pan. 3. Add sauteed ingredients to egg casserole mix. Stir to combine all ingredients. 4. Pour into separate pans and bake until the eggs are thoroughly cooked. 5. Serve casserole in squares (3–4-inch sizes) w/ 1 flour tortilla per child and fruits. <p><i>*See recipe below for flour tortillas</i></p>
Flour Tortilla	6 lbs. (50 tortillas: 8 – 10 inch size)	
Eggs	30 units	
Cheese (Happy cow)	5 lbs. (grated)	
Onion	3 lbs.	
Spinach	½ lb.	
Milk (Evaporated)	6 cups (as needed)	
Oil, salt and black peppers	Use sparingly	
Fruit: Banana	50 units	<ul style="list-style-type: none"> • Dice and blend watermelon with water
Beverage: Watermelon Juice	2 large (40 lbs.)	

#24 – GRILLED CHEESE & VEGETABLE SANDWICH

Servings: 50 (Serve 1 sandwich per child)

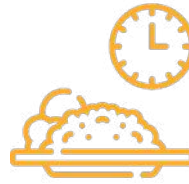
INGREDIENTS	WEIGHT	PREPARATION
Cheese	5 lbs. (grated)	<ol style="list-style-type: none"> 1. Cut tomatoes and cucumbers in thin slices. 2. Grate the cheese. 3. Prepare sandwiches by adding ½ tbps. mayonnaise to both sides of the bread, followed by cheese (about 2 tbsps.), tomato and cucumber slices (3-4 slices each). 4. Grill on both sides until cheese has melted and the sandwich is slightly toasted. 5. Serve 1 sandwich per child with fruits. <p><i>*Other available vegetables can be added to sandwiches</i></p>
Bread	100 slices (28 packs)	
Tomato	4 lbs. cut in slices	
Cucumber	5 lbs. cut in slices	
Mayonnaise	2 large jars	
Dessert/ Beverage: Watermelon Cantaloupe juice	2 large (40 lbs.) 12 lbs.	<ul style="list-style-type: none"> • Serve ½ cup per child. • Chop and blend w/ water.



#25 – PANCAKES W/ EGGS		
Servings: 50 (Serve 2 pancakes per child)		
INGREDIENTS	WEIGHT	PREPARATION
Flour	6 lbs. for 100 pancakes	<ol style="list-style-type: none"> 1. To prepare the batter: Add the dry ingredients in a large bowl first (flour, salt, sugar, and baking powder) then mix. 2. Add eggs and oil to the bowl and mix. 3. Pour in milk slowly and stir while pouring until a liquid/puree consistency is achieved. 4. In a large frying pan heat butter and pour pancake batter. 5. Measure each pancake about 5 inches wide. 6. Heat pancakes on both sides until cooked. 7. Serve 2 pancakes per child w/ eggs (boiled or scrambled). 8. Honey can be used if available (1/2 tsp. per plate).
Eggs for pancake mix	16 units	
Baking Powder	1 cup	
Salt	8 tsp.	
Sugar	16 tbsps.	
Oil	28 tbsps. or 2 cups	
Milk	12 cups (as needed)	
Butter	3 sticks	
Honey (Optional)	2 large bottles	
Eggs	50 units	
Beverage:		
Cucumber, lime and honey juice	5 lbs. cucumber 3 cups lime juice 5 tbsps. Honey Water	<ul style="list-style-type: none"> • Peel cucumbers and remove the seeds. Blend cucumber along with lime juice and honey. <p><i>*Substitute honey for brown sugar if needed.</i></p>



LUNCH RECIPES



#1 – STEW CHICKEN W/ CURRY CALALOO RICE

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, cuts	40 lbs.	To prepare chicken you will need to 2 to 3 large pots: 1. Wash, disinfect, and season chicken w/ salt, black pepper, and red recado, 2. Heat oil in large pots over medium-high heat. 3. Cook and stir in previously chopped tomato, onions, and garlic (as needed) in each pot. 4. Add in chicken and cook for about 1 hour until desired temperature is achieved. (Pour enough water at the level of the chicken into the pan and stir occasionally). To prepare rice you will need 3 to 4 large pots: 1. Chop callaloo in small pieces. 2. Cook rice with water, salt, oil, and curry powder. Add callaloo to each pot when the rice is almost finished. Stir callaloo into the rice. - Serve chicken (2 pieces) with rice (1 cup), and vegetable salad of choice.
Rice	12 lbs.	
Callaloo	1 lb.	
Tomato	4 lbs.	
Onion	2 lbs.	
Oil, salt, black pepper, garlic cloves, curry powder, red recado	Use sparingly	
Vegetable salad of choice		<ul style="list-style-type: none"> Chop and blend with water. Provide 1 cup per child.
Beverage: Cantaloupe juice	12 lbs.	



#2 – CHILI BEANS W/ VEGETABLE STEW & CORN TORTILLAS

Servings: 50



INGREDIENTS	WEIGHT	PREPARATION
Beans, R/B kidney	6 lbs.	<ol style="list-style-type: none"> 1. Stew beans w/ seasonings, tomato, and onions. (Use a minimum amount of chili powder). 2. Chop carrots, squash, and potatoes in bite-size pieces and boil. After cooked add to beans. 3. Stir all ingredients together and add freshly chopped cilantro. 4. Cover and bring to a boil. 5. Serve 1 cup chili beans w/ corn tortilla (6-8).
Corn tortillas	14 lbs.(6-8 tortillas/child)	
Tomato	3 lbs.	
Onion	2 lbs.	
Cilantro	½ lb.	
Carrots	4 lbs.	
Squash	4 lbs.	
Potato	4 lbs.	
Oil, salt, black pepper, garlic, chili powder	Use sparingly	
Beverage: Lime juice	3 cups lime juice 5 tbsps. Honey or sugar Water	<ul style="list-style-type: none"> • Squeeze limes to make 3 cups and mix with water and sugar. Provide 1 cup per child.

#3 – BAKED CHICKEN W/ POTATO MASHED W/ CARROTS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, cuts	40 lbs.	<p>To prepare chicken:</p> <ol style="list-style-type: none"> 1. Wash, disinfect, and season chicken w/ salt, black pepper, and red recado. 2. Spread a minimum amount of oil to several baking pans and add the chicken. Spread previously chopped tomato and onion on the chicken before baking. 3. Bake the chicken at 350°F for 60-90 minutes until desired temperature is achieved. <p>To prepare potatoes and carrots:</p> <ol style="list-style-type: none"> 1. Peel and chop potatoes and carrots, and boil until soft. 2. After boiling add salt, butter, and milk (as needed). 3. Mash and stir until a puree consistency is achieved. <p>- Serve chicken (2 pieces) with mashed potato/carrots puree (1/2 cup) and vegetable salad of choice.</p>
Potatoes	10 lbs.	
Carrots	8 lbs.	
Onion	1.5 lb.	
Tomato	2 lbs.	
Butter	3 sticks	
Milk, evaporated	3 large cans	
Oil, salt, black pepper, red recado	Use sparingly, minimum amount needed.	
Vegetable salad of choice + Beverage: Orange J.	50 units	<ul style="list-style-type: none"> • Squeeze oranges and mix with water as needed. Provide 1 cup per child.

#4 – CHICKEN VEGETABLE SOUP

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, cuts	40 lbs.	<ol style="list-style-type: none"> 1. Chop tomatoes, onions, and garlic (10 cloves). 2. Season chicken with salt and black pepper and cook with chopped vegetables in several large soup pots for about 20 minutes. 3. Add water (as needed) and season with consommé. 4. Chop the remaining vegetables (chocho, carrots, potato) in 1-inch cube sizes. 5. Add to the soup pot and bring to a boil. 6. Stir occasionally and add previously chopped cilantro and okra when the chicken soup is about to finish. 7. Add salt to taste. 8. Serve Chicken (2 pieces) w/ 1 cup assorted vegetables and corn tortillas (6-8).
Corn Tortillas	14 lbs. (6-8 tortillas/child)	
Onion	2 lb.	
Tomato	4 lbs.	
Chocho	6 lbs.	
Carrots	6 lbs.	
Okra	4 lbs.	
Potato	6 lbs.	
Cilantro	½ lbs.	
Oil, salt, black pepper, garlic, chicken consommé	Use sparingly	
Beverage:		
Watermelon juice	2 large (40 lbs.)	<ul style="list-style-type: none"> • Dice and blend watermelon with water



#5 – BEEF STEW W/ VEGETABLE FRIED RICE

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Beef, cubes	18 lbs.	To prepare beef stew: 1. Marinate beef cubes with salt, black pepper, and beef consommé. Use seasonings sparingly. 2. Chop and grill onions and garlic (10 cloves) in separate pots (as needed to prepare the stew). 3. Add beef to the pots and cook until tender and until desired temperature is achieved. Stir occasionally. To prepare rice: 1. Cook rice with water, salt, and oil. 2. In a separate pan stir fry chopped vegetables (carrots and cabbage), peas and garlic w/ minimum oil and soy sauce. *Beef can also be added into to the rice. 3. When rice is cooked, add rice to the vegetables and stir. - Serve Beef stew (3 oz.) w/ 1 cup of fried rice.
Rice	12 lbs.	
Onion	2 lbs.	
Carrots	6 lbs. chopped	
Cabbage	5 lbs. chopped	
Peas	3 large cans	
Oil, salt, black pepper, beef consommé, soy sauce, and garlic	Use sparingly	
Vegetable salad of choice + Beverage:		
Mango Juice	20 units	<ul style="list-style-type: none"> Peel mangoes and blend with water. Serve 1 cup per child.

#6 – CHICKEN FAJITAS W/ CORN TORTILLAS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, breast	10 lbs.	1. Cut chicken breast into small bite sizes and season with salt and black pepper. 2. Heat oil in a large skillet over medium heat and add chicken. Cook the chicken until it has achieved its desired temperature. 3. Chop all vegetables into thin strips (tomato, onion, and sweet pepper). 4. Heat oil in a separate large pan and grill the vegetables. Toss for about 15 minutes then add the previously cooked chicken. 5. For extra marinade season with cumin, paprika, lime juice, and chicken consommé. 6. Serve 2 oz. chicken with ½ cup refried beans and corn tortillas (6-8).
Corn Tortillas	14 lbs. (6-8 tortillas/child)	
Refried black or red beans	3 lbs.	
Tomato	6 lbs.	
Sweet pepper	2 lbs.	
Onion	3 lbs.	
Oil, salt, black pepper, cumin, lime juice	Use sparingly	
Beverage:		
Watermelon Juice	2 large (40 lbs.)	<ul style="list-style-type: none"> Dice and blend watermelon with water. Provide 1 cup per child.



#7 – SPAGHETTI TOPPED W/ BEANS & VEGETABLES

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Beans	3 lbs.	<ol style="list-style-type: none">1. Prepare beans using salt, onions, and garlic.2. Prepare a tomato pasta sauce by boiling 4 lbs. of tomato. After boiling, remove the skin and crush the tomato pulps in a large bowl. Chop 3 lbs. of tomato and garlic cloves (15). Heat oil in a large pan and add tomatoes and garlic. Stir continuously to avoid the tomato from sticking to the pan. Add crushed tomatoes to the pot a long with dried basil, oregano, salt, and black pepper. Add water to achieve a sauce consistency and boil.3. Cook spaghetti noodles in separate pots. After cooked, drain, and leave on the side.4. Serve 1 cup of spaghetti, followed by ½ cup tomato sauce, and top with ½ cup beans (only grains). Include a salad option with meal.
Spaghetti noodles	20 packs, 1 lb. each	
Tomato	7 lbs.	
Onion	1.5 lbs.	
Oil, salt, black pepper, garlic, basil, oregano	Use sparingly	
Vegetable salad of choice + Beverage: Water		



#8 – STEW CHICKEN W/ RICE & PEAS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, cuts	40 lbs.	To prepare chicken you will need to 2 to 3 large pots: 1. Wash, disinfect, and season chicken w/ salt, black pepper, and red recado, 2. Heat oil in large pots over medium-high heat. 3. Cook and stir in previously chopped tomato, onions, and garlic (as needed) in each pot. 4. Add in chicken and cook for about 1 hour until desired temperature is achieved. (Pour enough water at the level of the chicken into the pan and stir occasionally). To prepare rice you will need 3 to 4 large pots: 1. Cook rice with water, salt, oil, and curry powder. Add peas to each pot until rice is almost finish. Stir callaloo into the rice. - Serve chicken (2 pieces) with rice (1 cup), and vegetable salad of choice.
Rice	12 lbs.	
Peas	4 large cans	
Tomato	4 lbs.	
Onion	2 lbs.	
Oil, salt, black pepper, garlic cloves, red recado	Use sparingly	
Vegetable salad of choice + Beverage:		
Cantaloupe juice	20 units	<ul style="list-style-type: none"> Serve the cantaloupe chopped, providing ½ cup per child

#9 – LENTIL SOUP W/ GROUND BEEF

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Beef, ground	15 lbs.	1. In a large pan, stir fry the onions and garlic with minimum oil until it becomes translucent. 2. Add ground meat, then mash and stir until brown. 3. Season the meat with salt, black pepper, paprika, and parsley. 4. Add the chopped tomatoes and diced carrots to the pan followed by the lentils. 5. Add water as needed for the soup. 6. Lower the heat and boil until lentils are cooked for about 20 minutes. 7. Serve lentils soup (1-2 cups) with 1 cup of rice per child.
Lentils	6 lbs.	
Rice	12 lbs.	
Tomato	4 lbs.	
Onion	2 lbs.	
Cilantro	½ lb.	
Carrots	5 lbs., diced	
Oil, salt, black pepper, garlic, paprika, parsley	Use sparingly	
Beverage:		
Lime juice	3 cups lime juice 5 tbsps. Honey or sugar Water	<ul style="list-style-type: none"> Squeeze limes to make 3 cups and mix with water and sugar.

#10– BBQ BAKED CHICKEN W/ FLOUR TORTILLAS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, cuts	40 lbs.	To prepare chicken you will need to 2 to 3 large pots: 1. Season chicken with salt, black pepper, and red recado. 2. Place the chicken in baking pans and bake at 350°F for about 60-90 minutes until desired temperature is achieved. 3. Dilute BBQ sauce with some water then coat the chicken with the sauce when it is about to finish. 4. Serve BBQ chicken (3 oz.) with flour tortillas (1) and vegetable salad of choice. <i>See recipe for flour tortilla below.</i>
Flour tortillas	6 lbs. (50 tortillas: 8 – 10 inch size)	
BBQ sauce	2 bottles, 18 oz. each	
Oil, salt, black pepper, red recado	Use sparingly	
Vegetable salad of choice + Beverage: Water		



#11 – STEW BEEF W/ BOILED GROUND FOOD & VEGETABLES

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Beef, cubes	18 lbs.	To prepare beef stew: 1. Marinate beef cubes with salt, black pepper, and beef consommé. Use seasonings sparingly. 2. Chop and grill onions and garlic (10 cloves) in separate pots (as needed to prepare the stew) 3. Add beef to the pots and cook until tender and until desired temperature is achieved. Stir occasionally. To prepare ground food: 1. Peel coco, sweet potato and carrots, and chop in bit-size cubes. 2. Boil until soft. - Serve Beef stew (3 oz.) w/ 1 cup boiled ground food and carrots. <i>*Other available ground food and vegetables can be used.</i>
Coco	5 lbs. chopped	
Sweet potato	5 lbs. chopped	
Carrots	5 lbs. chopped	
Oil, salt, black pepper, beef consommé, and garlic	Use sparingly	
Beverage:		
Mango Juice	20 units	<ul style="list-style-type: none"> Peel mangoes and blend with water. Serve 1 cup per child.

#12 – PEAS & VEGETABLE FRIED RICE

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Rice	12 lbs.	1. Cook rice with water, salt, and oil. 2. In a separate pan stir fry chopped carrots, cabbage, peas, celery, spinach, and garlic w/ minimum oil and soy sauce. 3. When rice is cooked, add rice to the vegetables and stir. 4. Serve 1 cup of fried rice.
Onion	2 lbs.	
Carrots	6 lbs. chopped	
Cabbage	5 lbs. chopped	
Peas	3 large cans	
Celery	5 lbs. chopped	
Spinach	½ lb. chopped	
Oil, salt, black pepper, soy sauce, and garlic	Use sparingly	
Beverage:		
Papaya juice	2 large	<ul style="list-style-type: none"> Chop and blend with water. Serve 1 cup per child.



#13 – BAKED CHICKEN W/ RICE & BEANS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, cuts	40 lbs.	To prepare chicken: 1. Season chicken with salt, black pepper, and red recado. 2. Place the chicken in baking pans and bake at 350°F for about 60-90 minutes until desired temperature is achieved. To prepare rice: 1. Prepare rice and beans by rinsing the rice and placing in two separate large pans. To prepare one pan (4 lbs.), add chopped onions (1 cup), beans (1 lb.), water (as needed) and coconut milk powder (2 packets). 2. Boil the rice at high heat without the lid. When the water is absorbed cover with the lid and cook at low heat. - Serve baked chicken (3 oz.) with rice and beans (1 cup) and vegetable salad of choice.
Rice	12 lbs.	
Red kidney beans	4 lbs.	
Tomato	5 lbs.	
Sweet pepper	2 lb.	
Onion	2 lbs.	
Coconut milk powder	6 packets	
Oil, salt, black pepper, garlic, basil, oregano	Use sparingly	
Vegetable salad of choice + Beverage:		
Orange J.	50 units	<ul style="list-style-type: none"> Squeeze oranges and mix with water as needed. Provide 1 cup per child.

#14 – BEEF & VEGETABLE SOUP W/ CORN TORTILLAS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Beef, cubes	18 lbs.	1. Chop tomatoes, onions, and garlic (8 cloves). 2. Season beef with salt and cook with chopped vegetables in a large soup pan to brown for about 15 minutes. Stir occasionally. 3. Add water (as needed) and season with consommé (about 1 cup.). Cook for another 30 minutes. 4. Chop remaining vegetables in 1-inch cube sizes. 5. Add to the soup pan and cook until beef is tender, and vegetables are cooked. 6. Add the chopped cilantro and okra when soup is finished and boil for an extra 10 minutes. 7. Serve 3 oz beef with 1 cup assorted vegetables and corn tortillas (6-8).
Corn Tortillas	14 lbs. (6-8 tortillas/child)	
Onion	2 lb.	
Tomato	4 lbs.	
Chocho	6 lbs.	
Carrots	6 lbs.	
Okra	4 lbs.	
Potato	6 lbs.	
Cilantro	½ lbs.	
Oil, salt, black pepper, garlic, chicken consommé	Use sparingly	
Beverage:		<ul style="list-style-type: none"> Dice and blend watermelon with water. Serve 1 cup per child.
Watermelon juice	2 large (40 lbs.)	

#15 – CHICKEN EMPANADAS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Corn Masa	8 lbs.	<ol style="list-style-type: none"> 1. Stew boneless breast using salt, black pepper, red recado, 1 lb. diced tomatoes and 1 lb. diced onions. Cook for about 45 minutes then shred. 2. Prepare the corn masa for empanadas using the masa, red recado and water. Begin working the masa with your hands to make the dough for several minutes adding water gradually. When the dough is soft separate into small ball shapes the size of a plum. Press the masa using a tortilla press and add chicken (2 tbsps.). Fold and fry in previously heated oil 3. Prepare a pico de gallo salad by chopping the onions, tomato, sweet pepper, and cilantro. Add lime juice. 4. Serve 3- 4 empanadas per child with pico de gallo.
Chicken, breast	8 lbs.	
Tomato	7 lbs.	
Onion	4 lbs.	
Sweet pepper	2 lbs.	
Cilantro	½ lb.	
Lime	15-20 limes	
Oil, salt, black pepper, red recado	Use sparingly	
Beverage: Water		



#16 – GROUND BEEF TOSTADAS

Servings: 50 (Serve 2 tostadas per child)

INGREDIENTS	WEIGHT	PREPARATION
Ground beef	12 lbs.	<ol style="list-style-type: none"> 1. In a large pan, stir fry the onions and garlic with minimum oil until it becomes translucent. 2. Add ground meat, then mash and stir until brown. Season with salt and black pepper 3. Add tomato paste, cook, and stir. 4. Add oil to a large pan, about half of the pans capacity to fry the tortillas. Fry the tortillas until crips and set aside on a clean paper towel to drain. 5. Chop lettuce into long thin strips. 6. Assemble tostadas by adding the beans first (3 tbsps.), followed by ground beef (3 tbsps.), and lettuce. 7. Serve 2 tostadas per child.
Corn tortilla-tostada	4 lbs. (factory made)	
Onions	2 lbs.	
Lettuce	8 lbs.	
Red Kidney beans	3 lbs. refried beans	
Tomato paste, 6 oz can	5	
Oil, salt, black pepper, garlic	Use sparingly	
Beverage:		
Watermelon Juice	2 large (40 lbs.)	<ul style="list-style-type: none"> • Dice and blend watermelon with water.

#17– CURRY VEGETABLES W/ SPLIT PEAS & RICE

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Rice	12 lbs.	<ol style="list-style-type: none"> 1. Soak split peas 6-12 hours prior to cooking to speed up the cooking time. 2. In a large soup pot, heat oil over medium heat. Sauté onion (3 units) and garlic until translucent. Add split peas with minimum salt, black pepper, and oregano. Add water to fill the pot. 3. Cook split peas until peas are very soft (approx. 1 hour). 4. Cook rice with water, salt, and oil. 5. In a separate pan stir fry chopped carrots, cabbage, and remaining onions w/ minimum oil. Season w/ curry powder. (You can add coconut milk and water for a thicker gravy). 6. Serve rice (1-1.5 cups) with split peas (1/2 cup) and vegetables (1/2 cup).
Split peas	3 lbs.	
Onion	3 lbs.	
Carrots	8 lbs. chopped	
Cabbage	8 lbs. chopped	
Oil, salt, black pepper, oregano, curry powder, and garlic	Use sparingly	
Beverage:		
Mango Juice	20 units	<ul style="list-style-type: none"> • Peel mangoes and blend with water. Serve 1 cup per child.



#18 – SHAKE & BAKE CHICKEN W/ MASHED POTATOES

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, cuts	40 lbs.	To prepare chicken: 1. Season chicken with minimum salt and black pepper. 2. Coat chicken with breadcrumbs. If you prepare your own breadcrumbs, first toast the bread then grate, and season with natural seasonings. 3. After coating, place the chicken in baking pans and bake at 350°F for about 60-90 minutes. To prepare mashed potatoes: 1. Peel and chop potatoes, and boil until soft 2. Drain the potatoes, and add salt, butter, and milk (as needed). 3. Mash and stir until a puree consistency is achieved. - Serve chicken (3 oz.) with mashed potato (1/2 - 1 cup) and vegetable salad of choice (1 cup).
Potato	14 lbs.	
Milk, evaporated	5 large cans	
Butter	6 sticks	
Breadcrumbs	6 lbs.	
Oil, salt, black pepper, red recado	Use sparingly	
Vegetable Salad of choice + Beverage:		
Lime juice	3 cups lime juice 5 tbsps. Honey or sugar Water	<ul style="list-style-type: none"> Squeeze limes to make 3 cups and mix with water and sugar



#19 – BLACK DINNER (CHILMOLE)

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, cuts	40 lbs.	<ol style="list-style-type: none"> 1. In several large soup pots heat a minimum amount of oil. 2. Chop tomatoes, onions, and garlic (10 cloves), and stir fry in large soup pots for about 10 minutes. Separate them evenly in each pot. 3. Season chicken cuts with salt and cook in pots for about 20 minutes. Stir in-between. 4. Dissolve recado (1 cup) in water (2 cups) and add to the pots containing chicken and vegetables. After, add as much water as the pots can contain and boil. 5. Chop potatoes and chocho in small bite sizes (cubes). 6. Add vegetables to the pot and cook on low heat for 60 – 75 minutes, or until all ingredients are cooked and chicken has achieved its desired temperature. 7. Optional- Add boiled eggs. 8. Serve soup with corn tortillas (6-8 per child).
Corn Tortillas	14 lbs. (6-8 tortillas/child)	
Tomato	4 lbs.	
Onion	2 lbs.	
Chocho	8 lbs.	
Potato	8 lbs.	
Oil, salt, black recado, garlic,	Use sparingly	
Beverage:		
Cantaloupe Juice	12 lbs.	<ul style="list-style-type: none"> • Serve the cantaloupe chopped, providing ½ cup per child

#20 – STEW CHICKEN W/ BOILED CASSAVA AND PLANTAIN

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, cuts	40 lbs.	<ol style="list-style-type: none"> 1. Stew the chicken using salt, black pepper, red recado, diced tomatoes, and diced onions. Cook for about 60 – 75 minutes until desired temperature is achieved. 2. Peel cassava, chop in bit-size cubes, and boil until soft. 3. Boil plantains first, then chop and peel. 4. Serve 3 oz. stewed chicken with ½ cup plantains, ½ cup cassava, and vegetable salad of choice.
Plantain (green or ripe)	20 units	
Cassava	14 lbs.	
Tomato	4 lbs.	
Onion	2 lbs.	
Oil, salt, black pepper, garlic, red recado	Use sparingly	
Vegetable salad of choice + Beverage:		
Mango Juice	Papaya juice	<ul style="list-style-type: none"> • Chop and blend with water. Serve 1 cup per child.

#21 – CURRY CHICKEN W/ WHITE RICE AND STEW BEANS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, cuts	40 lbs.	<ol style="list-style-type: none"> 1. Heat oil in a large pan over medium-high heat. 2. Cook and stir in previously chopped tomato, onion, and garlic (10 cloves). 3. Add curry powder and thyme. Cook until golden brown for about 10 minutes. 4. Stir in chicken cuts and cook until lightly brown for about 20 minutes. Season with salt. 5. Pour enough water at the level of the chicken into the pan and reduce heat. Cover and simmer until chicken is cooked and has achieved desired temperature. Stir occasionally. 6. To thicken the gravy, mix flour with water in a separate container and pour into the pan and stir. 7. Serve chicken (3 ounces) with rice (1 cup), beans (1/4 cup), and vegetable salad of choice.
Rice	12 lbs.	
Kidney Beans, red or black	3 lbs.	
Tomato	4 lbs.	
Onion	3 lbs.	
Oil, salt, black pepper, garlic cloves, curry powder, thyme	Use sparingly	
Vegetable salad of choice + Beverage:		
Cantaloupe juice	12 lbs.	<ul style="list-style-type: none"> • Serve the cantaloupe chopped, providing ½ cup per child

#22 – BEANS EMPANADAS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Corn Masa	8 lbs.	<ol style="list-style-type: none">1. Prepare the corn masa for empanadas using the masa, red recado and water. Begin working the masa with your hands to make the dough for several minutes adding water gradually. When the dough is soft separate into small ball shapes the size of a plum. Press the masa using a tortilla press and add beans (2 tbsps. refried beans). Fold and fry in previously heated oil.2. Prepare a pico de gallo salad by chopping the onions, tomato, sweet pepper, and cilantro. Add lime juice.3. Serve 3- 4 empanadas per child with pico de gallo.
Red kidney beans, refried	3 lbs. (cooked and refried)	
Tomato	6 lbs.	
Onion	3 lbs.	
Sweet pepper	2 lbs.	
Cilantro	½ lb.	
Lime	15-20 limes	
Oil, salt, black pepper, red recado	Use sparingly	
Beverage: Water		



#23 – FISH FINGERS W/ CILANTRO RICE

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Tilapia fish, fillet	15 lbs.	To prepare the fish: 1. Gently remove the meat from the bones using a fork (take your time, the more you pay attention, the more bones you will remove). Repeat 2 more times. 2. Cut fish into strips and season w/ minimum salt and black pepper. 3. Prep baking pans w/ wax paper or foil and drizzle lightly with oil. 4. Prepare a batter using eggs, salt and black pepper. 5. Dip fish strips in the batter first, then coat with breadcrumbs. Lay fish on baking pans and lightly drizzle with oil. Bake for about 15 minutes until the desired temperature is achieved. To prepare rice: 1. Cook rice w/ minimum salt and oil. 2. Add chopped cilantro to the rice about 10 minutes before the rice is finished and stir. - Serve baked fish fingers (3-4 strips) with 1 cup rice and vegetable salad of choice.
Rice	12 lbs.	
Breadcrumbs	6 lbs.	
Eggs	2 dozens	
Cilantro	½ lb.	
Oil, salt, black pepper	Use sparingly	
Vegetable salad of choice + Beverage:		
Papaya juice	2 large	<ul style="list-style-type: none"> Chop and blend with water. Serve 1 cup per child.



#24 – CHICKEN ESCABECHE W/ CORN TORTILLAS

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken	40 lbs.	<ol style="list-style-type: none"> Season the chicken with salt and black pepper. Leave out a few pieces of chicken bone. Place the chicken in baking pans and bake at 350°F for about 60-90 minutes until desired temperature is achieved. To a large soup pan add water, salt, black pepper, chicken consommé and the pieces of chicken bone, and bring to a boil. After boiling add vinegar, oregano, and sliced onions. Add more seasoning according to taste. Serve in bowls by placing the chicken first followed by the soup with onions. Serve escabeche soup with corn tortillas (6-8 per child).
Corn Tortillas	14 lbs. (6-8 tortillas/child)	
Onions	8 lbs, thick slices	
Vinegar	2 cups	
Oil, salt, black pepper, oregano, chicken consommé	Use sparingly	
Beverage:		
Orange Juice	50 units	<ul style="list-style-type: none"> Squeeze oranges and mix with water as needed. Provide 1 cup per child.

#25 – CHICKEN & VEGETABLE CHOW MEIN

Servings: 50

INGREDIENTS	WEIGHT	PREPARATION
Chicken, breast	8 lbs.	<ol style="list-style-type: none"> Prepare noodles according to directions on the package. Chop vegetables in thin slices. Cut chicken breast into small bite sizes. In a bowl whisk together soy sauce (1.5 cups), oil (sesame if available-1 cup), and sugar (5 tbsps.). Heat oil in a large skillet over medium heat and add chicken. Cook until brown on all sides then transfer to a plate. Reduce heat, add oil, and sauté the celery for 5 mins. Add cabbage, followed by carrots, and garlic cloves (10 chopped). Cook until veggies are crisp, and tender then add the remaining vegetables and stir. Add in cooked noodles and chicken, then pour in soy sauce mixture. Toss until sauce is mixed with all the other ingredients.
Chow mein- noodles	20 packs of 180gr.	
Sweet pepper	4 lbs., strips	
Onion	3 lbs., strips	
Carrots	6 lbs., strips	
Cabbage	5 lbs.	
Celery	3 lbs.	
Oil, salt, garlic, soy sauce, and sugar	Use sparingly	
		-Serve 1.5 - 2 cups chow mein per child.
Beverage: Water		



ADDITIONAL RECIPES



FLOUR TORTILLAS

Yields – 10 tortillas

INGREDIENTS	PREPARATION
<ul style="list-style-type: none"> Flour (1 lb. or 4 cups) Shortening (¼ lb. or ½ cup) Baking Powder (3 tsps.) Salt (½ tsp.) Water (¾ cup) 	<ol style="list-style-type: none"> In a bowl mix flour, baking powder and salt. Add shortening with the use of finger tips to the flour and mix well. Add water gradually while kneading until you achieve a soft dough. Let it rest for 30 minutes. Separate dough into round ball shapes (10), then place on a clean surface to flatten/spread the dough out evenly. Heat a comal and place each tortilla dough to cook for about 5 minutes on both sides.



JOHNNY CAKES

Yields – 10, about 4-inch sizes

INGREDIENTS	PREPARATION
<ul style="list-style-type: none"> Flour (2 lbs.) Shortening (¼ lb. or ½ cup) Baking Powder (6 tsps.) Salt (2 tsp.) Coconut milk (2 cups) 1 pack coconut milk powder in 2 cups water 	<ol style="list-style-type: none"> In a bowl mix flour, baking powder and salt. Add shortening with the use of finger tips to the flour and mix well. Add milk gradually while kneading until you achieve a soft dough. Roll dough into a long strip and cut out 10, 4-in sizes. Shape each dough into round balls. Heat oven at 400°F. Prepare baking pans by greasing with butter or oil, and sprinkle some flour. Place each dough in baking pan, flatten with finger tips, and prick with a fork. Bake in oven until golden brown.



COOKING & BAKING RECIPE ABBREVIATIONS

ABBREVIATION	MEANING
Tsp.	Teaspoon
Tbsp.	Tablespoon
Min.	Minutes
G	Grams
Oz.	Ounce
Lb.	Pounds
°F	Degrees Fahrenheit
Lt.	Liters
ml	Milliliters

HAND GUIDE TO PORTION CONTROL

FIST
(or tennis ball)



1 cup

THUMB
(or lip balm)



*1 ounce meat
or cheese*

PALM
(or deck of cards)



*3 ounces
of meat*

FINGERTIP



1 teaspoon

THUMB TIP



1 tablespoon



VEGETABLE SALAD OPTIONS FOR LUNCH MEALS

Rainbow Salad:	Carrots and cilantro salad:	Sauteed vegetables:	Vegetable stir fry:	Corn and vegetable salad:
<ul style="list-style-type: none"> Carrots Purple cabbage Tomato Cilantro 	<ul style="list-style-type: none"> Carrot Cilantro Lime juice 	<ul style="list-style-type: none"> Callaloo Onions Veg. oil 	<ul style="list-style-type: none"> Onion Zucchini String beans Carrot Veg. oil Soy sauce (optional) 	<ul style="list-style-type: none"> Corn grains Tomato Celery Onions Lime juice
Veggie Sticks:	Cole-slaw on lettuce wrap:	Baked Vegetables:	Cucumber salad:	Steamed Vegetables:
<ul style="list-style-type: none"> Carrot Celery Cucumber 	<ul style="list-style-type: none"> Carrot Lettuce leaves Sour cream Mayonnaise 	<ul style="list-style-type: none"> Zucchini Squash Pumpkin 	<ul style="list-style-type: none"> Cucumber, diced Tomato Lime juice 	<ul style="list-style-type: none"> Carrots Chocho Squash

Lunch meals that do not contain vegetables should include any of the options listed below. Vegetables can be substituted for others depending on availability.

SALAD DRESSINGS THAT CAN BE ADDED TO VEGETABLES

1. Honey Lime Dressing:

- ½ cup lime juice, 2 tbsps. honey, ½ tsp. garlic powder, 1 tbsp. oil

2. Citrus Dressing:

- ½ cup orange juice, 2 tbsps. mustard, 1 tbsp. orange zest (orange skin grated), 2 tbsps. honey

3. Cilantro lime Dressing:

- ½ cup lime juice, ¼ cup chopped cilantro, 1 tbsp. oil, ½ tsp. salt, 1 tsp. minced garlic, ½ tsp. black pepper

Seasonings can also be used to enrich the flavour of salads such as: cinnamon, garlic powder, onion powder, chili powder, paprika, dill, cilantro, culantro, and parsley.



STANDARDIZED SALAD RECIPES FOR 50 CHILDREN

TYPE OF SALAD	INGREDIENTS	INSTRUCTIONS
Rainbow Salad	<ul style="list-style-type: none"> • Carrot strips – 5 lbs. • Purple or Green Cabbage strips – 5 lbs. • Tomato strips – 5 lbs. • Cilantro – ½ lb. 	<p>Chop vegetables in thin strips and transfer to a large bowl.</p> <p>Toss until all are mixed.</p> <p>Serve ½ cup.</p>
Carrots and Cilantro Salad	<ul style="list-style-type: none"> • Carrots, grated – 4 lbs. • Cilantro, chopped – ½ lb. • Lime Juice – 1 cup 	<p>Grate carrots, chop cilantro, add lime juice, and toss.</p> <p>Serve ½ cup</p>
Sauteed Vegetable Salad	<ul style="list-style-type: none"> • Callaloo, chopped – 2 lbs. • Onions, chopped in strips – 2 lbs. • Vegetable oil 	<p>Chop vegetables and sauté in minimum oil.</p> <p>Add a pinch of salt.</p> <p>Serve ½ cup</p>
Vegetable Stir Fry	<ul style="list-style-type: none"> • Onion strips – 2 lbs. • Zucchini strips – 5 lbs. • String beans, chopped – 3 lbs. • Carrot strips – 5 lbs. • Vegetable oil + Soy sauce 	<p>Chop vegetables and fry in minimum oil.</p> <p>Optional-Soy sauce</p> <p>Serve ½ cup</p>
Corn and Vegetable Salad	<ul style="list-style-type: none"> • Corn grains – 8 cans, 15 oz each can • Tomato, chopped in small pieces -6 lbs. • Celery, chopped thin -4 lbs. • Onions, chopped – 2 lbs. • Lime Juice – 1 cup 	<p>Chop vegetables, add lime juice and toss.</p> <p>Add a pinch of salt.</p> <p>Serve ½ cup</p>
Veggie Sticks	<ul style="list-style-type: none"> • Carrot, strips – 5 lbs. • Celery, strips – 5 lbs. • Cucumber, strips – 5 lbs. 	<p>Chop vegetables into sticks.</p> <p>Serve 3 sticks of each vegetable.</p>
Cole-slaw on lettuce wrap	<ul style="list-style-type: none"> • Carrots, grated – 5 lbs. • Cabbage, finely chopped – 7 lbs. • Mayonnaise – 2.5 cups • Milk, evaporated – 2 cups, as needed • Lettuce leave – 2 lbs. 	<p>Chop cabbage into thin strips and grate the carrots.</p> <p>Mix vegetables with dressing.</p> <p>Serve ½ cup on a lettuce leaf.</p>
Bake Vegetable Salad	<ul style="list-style-type: none"> • Zucchini, chopped – 5 lbs. • Squash, chopped – 7 lbs. • Pumpkin, chopped – 12 lbs. 	<p>Chop vegetables and bake w/ minimum oil until cooked.</p> <p>Optional Seasoning-cinnamon and paprika. Serve ½ cup</p>
Cucumber Salad	<ul style="list-style-type: none"> • Cucumber, chopped thin – 5 lbs. • Tomato, thin slices – 6 lbs. • Lime Juice – 1 cup 	<p>Chop vegetables into thin slices, add lime juice, and toss.</p> <p>Serve ½ cup</p>
Steamed Vegetable Salad	<ul style="list-style-type: none"> • Carrots, chopped – 5 lbs. • Chocho, chopped – 5lbs. • Squash, chopped – 7 lbs. 	<p>Chop cabbage into thin strips and grate the carrots.</p> <p>Mix vegetables with dressing.</p> <p>Serve ½ cup on a lettuce leaf.</p>



RECIPE INGREDIENTS

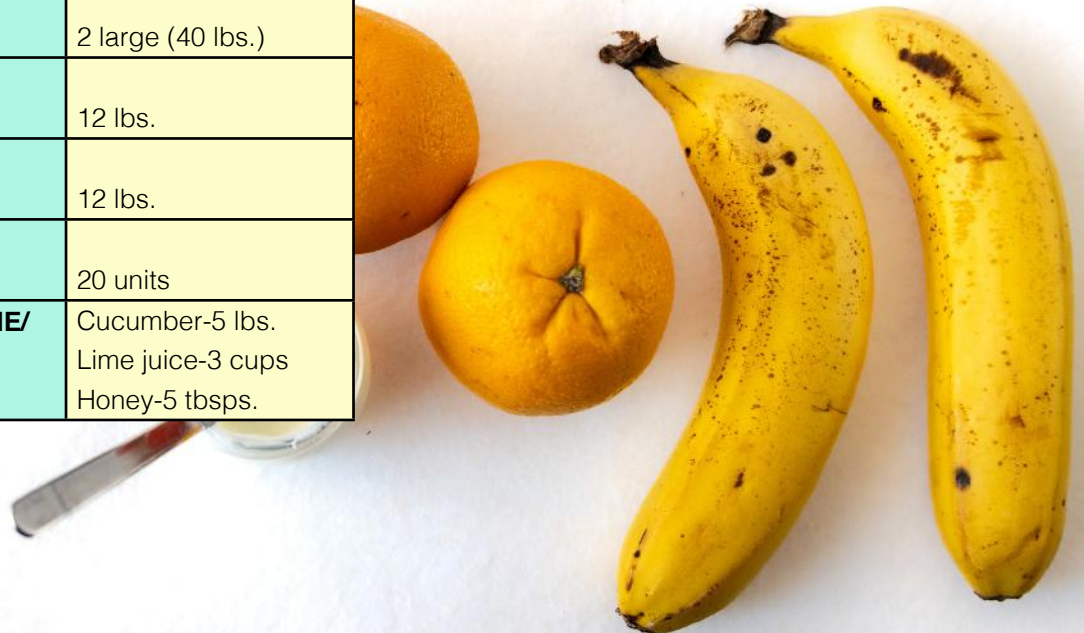
LIST STANDARDIZED TO SERVE 50 CHILDREN

INGREDIENT	QUANTITY NEEDED
CHICKEN	
• Cuts	40 lbs.
• Boneless – Sandwich, burritos, tostadas, quesadillas	5 lbs.
• Boneless- Fajitas, empanadas	10 lbs.
BEEF	
• Ground	15 lbs.
• Cube Steak	18 lbs.
FISH	
• Fillet	15 lbs.
EGGS	
• Scramble, casserole	30 units
• Pancakes	16 units
• Enchiladas	50 units
• Boiled eggs	100 units
CHEESE	
• Tacos, enchiladas, casseroles	5 lbs.
MILK	
• Pancakes	12 cups
• Mashed potato	4 cans evaporated m.
BUTTER	
• Pancakes or mashed potatoes	3 sticks
CORN	
• Tortilla (store)	10-12 lbs. *Soup-14lbs.
• Masa (Empanadas)	8 lbs.
• Tostadas	4 lbs.

INGREDIENT	QUANTITY NEEDED
TOMATO	
• Stews, soups, eggs, sandwiches, fajitas	3-4 lbs.
• Tomato sauce	7 lbs.
ONION	
• Eggs, stews, sandwiches, fajitas, soups	2-3 lbs.
SWEET PEPPER	
• Scram. eggs/chow-mein/ Fajitas	2 lbs.
CARROTS	
• Soup, vegetable rice	6 lbs.
• Burritos, chili stew	4 lbs.
• Mashed w/potato	8 lbs.
POTATO (IRISH/SWEET)	
• Mashed	10 lbs.
• Soup	6 lbs.
• Chili	4 lbs.
CILANTRO	½ lb.
CHOCHO	
• Soup	6 lbs.
CASSAVA, BOILED PLANTAIN, BOILED COCO, BOILED SQUASH, boiled for chili	14 lbs. 20 units 5 lbs. 4 lbs.

PASTA	
• Spaghetti	20 packs, 1 lb. each
• Chow mein noodles	20 packs, 180 g. each
RICE	12 lbs.
FLOUR	
• Tortillas, pancakes, quesadillas	6 lbs.
• Johnny cake	10 lbs.
BREAD	
• Sandwiches (slices)	13 packs
• Burger	50 units (9 packs of 6)
• Crumbs	4 lbs.
BEANS	
• Black or red refried	3 lbs.
• Red kidney for chili, Lentils	6 lbs.
• Split peas	3 lbs.
GREEN BEANS	
• Egg casserole	2 lbs.
PEAS	
• Eggs, rice	3-4 lbs.
BANANAS	
• Pancakes	16 units
• Dessert	50 units
ORANGES	
• Dessert/Juice	50 units
WATERMELON	
• Dessert/Juice	2 large (40 lbs.)
PAPAYA	
• Dessert/Juice	12 lbs.
CANTALOUPE	
• Dessert/Juice	12 lbs.
MANGO	
• Juice	20 units
CUCUMBER/LIME/HONEY	
• Juice	Cucumber-5 lbs. Lime juice-3 cups Honey-5 tbsps.

SPINACH OR CALLALOO	
• For eggs, casserole	½ lb.
OKRA	2-4 lbs.
CUCUMBER	
• Sandwich, salads	5 lbs.
LETTUCE	
• Sandwich	7 lbs.
CABBAGE	
• Vegetable rice, salads	5 lbs.
OATMEAL	4 cans quaker
BREAD	
• Sandwich	28 packs
CHOCOLATE MILK	
• Choco-kiwi brand	2 packs of 350 grams each
MILK	
• Klim	2 cans of 800 grams each
• Oatmeal	
MAYONNAISE	2 large jars
COCONUT MILK POWDER	
• Rice	6 large packets



HEALTHY SNACK OPTIONS

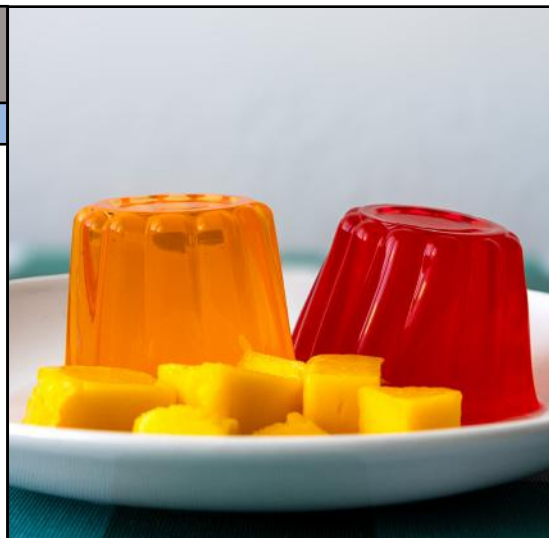
THAT CAN BE SERVED IN SCHOOL CAFETERIAS



HOME MADE JELLO

Serves 8

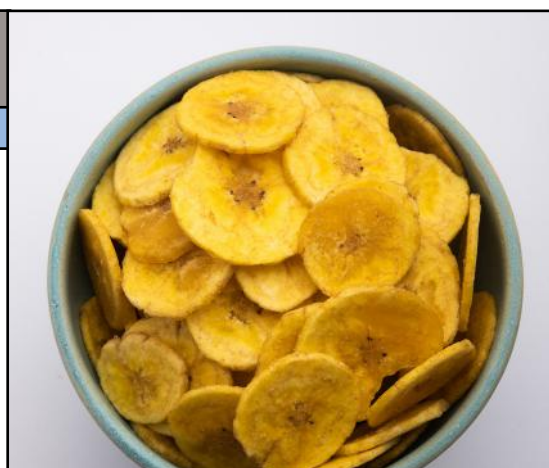
INGREDIENTS	PREPARATION
<ul style="list-style-type: none"> Fresh natural fruit juice (orange, mango or watermelon - 4 cups) Gelatine (natural flavour - 4 tbsps.) Honey (optional - 1 tbsp.) 	<ol style="list-style-type: none"> In a medium sized pan pour 1 cup freshly squeezed fruit juice of choice and boil on a low to medium heat. Add 4 tbsps. Gelatine and stir constantly until the gelatine is fully dissolved. Turn of the heat and let it sit for 1-2 minutes. Add the gelatine-juice mixture to the remaining 3 cups of fruit juice. Stir and taste. Add honey if the mixture requires a sweetener. Pour mixture into separate cups and refrigerate overnight.



BAKED PLANTAIN CHIPS

Serves 10, ½ cups

INGREDIENTS	PREPARATION
<ul style="list-style-type: none"> Plantain (3 medium) Salt, to taste Oil (1 tbsp.) 	<ol style="list-style-type: none"> Preheat oven to 350°F. Remove the peel and slice the plantain into thin pieces. Add the plantain slices in a bowl and coat with oil. Toss. Line a baking tray with wrapping paper and place the plantain slices on the tray. Sprinkle with salt and bake for 15-20 minutes, or until golden and crisp.



BANANA BREAD

Serves 12 small squares

INGREDIENTS	PREPARATION
<ul style="list-style-type: none"> Flour (2 cups) Bananas (3 large, ripe) Baking soda (1 tsp.) Salt (½ tsp.) Cinnamon (1 tsp.) Sugar, preferable brown (½ cup) Eggs (2 units) Vanilla (1 tsp.) Butter (½ cup), melted and cooled 	<ol style="list-style-type: none"> Preheat oven to 350°F. In a large bowl, whisk oil melted butter and brown sugar until well combined. Add eggs, mashed banana and vanilla, whisking until combined. In a separate bowl, combine flour, baking soda and salt. Add dry ingredients to wet ingredients while stirring lightly until no streaks of flour remain. Grease a square pan (9x9) and add the batter to the pan. Smooth into an even layer. Bake for 30 minutes or until cooked. The bread is done when a toothpick inserted into the centre comes out clean.





POPSICLES

Serves 10, ½ cups

IDEAL FLAVORS

- Coconut milk w/ cinnamon + cow's milk
- Pineapple, spinach and honey (food processor)
- Banana w/ papaya
- Mango
- Watermelon
- Coconut milk w/ pineapple + honey
- Craboo w/ milk

INGREDIENTS

(Pineapple, spinach and honey)

- Pineapple (1 large)
- Honey (¼ cup or 4 tbsps.)
- Spinach (1 cup)
- Water

PREPARATION

1. Chop pineapple into cubed sizes and blend with honey at high speed. Separate the pulp.
2. Chop spinach and blend in a food processor with water (½ cup) until all the spinach has dissolved.
3. In a large container mix pineapple and spinach with additional water (3 cups) and stir.
4. Serve in cups or bags and freeze overnight.



HOME-MADE YOGURT

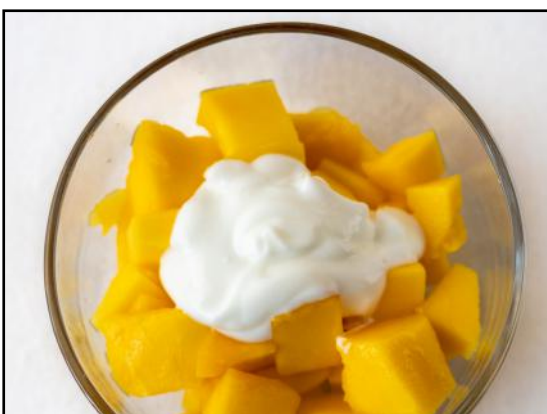
½ gallon yogurt yields 16 half-cup servings

INGREDIENTS

- Milk (½ gallon)
- Plain cultured yogurt (½ cup)

PREPARATION

1. Using the electric pressure cooker settings, boil or pasteurize the milk. Remove the pressure cooker pot with milk, cover, and place in the refrigerator. Allow to cool to about 100-110°F.
2. Place the pot with milk back in the electric pressure cooker. Stir in ½ cup plain yogurt. Select the yogurt button and set time for 8-10 hours. Cover, allow to sit until time has elapsed.
3. Remove yogurt and place it in the refrigerator after the time is done.
4. Add honey to sweeten and toppings as you wish.



FRUIT CUPS WHEN IN SEASON:

½ gallon yogurt yields 16 half-cup servings

INGREDIENTS

FRUIT CUPS WHEN IN SEASON:

1. Mango
2. Golden plums
3. Kinep
4. Craboo
5. Sea Grapes

PREPARATION

Fruit cups topped with yogurt

BEVERAGES



- Fruit shakes w/out sugar (banana, papaya, and mango)
- Sahou drink
- Gungude drink

GUNGUDE (Drink or porridge)	
INGREDIENTS	PREPARATION
<ul style="list-style-type: none"> • ½ cup dried powdered banana or plantain • 3 cups water • Salt, to taste • ½ cup coconut milk • 2 tsps. Vanilla • 2 tsps. Nutmeg • 1 cup milk 	<ol style="list-style-type: none"> 1. In a deep pot bring 2 cups water to a boil. 2. In a bowl, pour 1 cup water and stir in powdered banana or plantain in the pot of boiling water. 3. Stir in milk, vanilla and nutmeg. 4. The porridge can be made thick or thin depending on preference.

SAHOU	
INGREDIENTS	PREPARATION
<ul style="list-style-type: none"> • 1 lb. cassava • 1 grated coconut • 1 cup water • ¼ tsp. cinnamon • ¼ tsp. nutmeg • 1 tsp. vanilla 	<ol style="list-style-type: none"> 1. Grate cassava and add 2-3 cups of water to grated cassava and strain. Use the strained liquid to make the sahou. 2. Grate coconut and add about 2-3 cups of water and strain. 3. Add nutmeg, vanilla and cinnamon to a pot with the cassava liquid. 4. Cook over low heat. Be sure to pay attention to the pot, stirring constantly. 5. Add coconut milk and continue to stir until it reaches desired consistency.



HEALTHY SNACK BRANDS (COOKIES):

- | | |
|--------------|------------|
| • Oat crunch | • Globitos |
| • Oaties | • Defibra |
| • Cubanas | • Limon |
| • Crackets | • Marias |

RECOMMENDATIONS FOR COOKS BEFORE PREPARING RECIPES

1. Read recipes carefully to be able to have all the equipment and ingredients ready for preparation.
2. It may be necessary to alter some measurements needed, especially when it comes to adding milk, water, or any other liquids. These should be added gradually.
3. The amount of seasonings used should be done sparingly “as needed” or “to taste”. This is to limit the excess use of salt in foods. The quantity of oil used should also be minimum.
4. Some meals may be required to prepare in two separate pots or pans because of the large quantities needed to serve. If this is done, you will also need to split the recipes in two.
5. Recipes can also be altered if the specific ingredient is not available. It is important to swap for another ingredient in the same category. For example, swap fish for chicken, or swap mango for oranges.
6. Always try to use produce that is in season, these provide more nutritional value than when out of season.
7. Remember to wash and disinfect each ingredient before preparing meals.
8. Follow food safety protocols provided in trainings.

SCHOOL KITCHEN MANUAL



Introduction

School feeding programs are important for the nutrition and health of school children. Meals provide both physical and mental health benefits in children; their bodies are given the nutrients they need to grow, and their bellies are full so they can focus and learn. Those preparing food for children have a special and important role. Parents and children trust that food served will be safe, and high quality. This manual is intended to help school feeding programs in a very practical way. School cooks will find step by step instructions for creating a safe school kitchen and producing safe and healthy meals.

Preparing For Food Handling










Personal Hygiene

- Store phones and personal items away from food preparation area.
- Cover hair, tie back if needed.
- Make sure shoes, clothes, and apron are clean before entering the kitchen.
- No dangly jewelry.
- Keep nails short.
- Avoid coughing or sneezing around food. (see index: cover your cough)
- Wash hands.










When to wash hands?

- Before and after preparing food
- Before and after serving food
- Before and after eating
- During food preparation
- After handling non-food waste (trash)
- After handling money
- After using the toilet
- After coughing or blowing nose
- After cleaning and sanitising
- After any time that hands may be at risk of contamination

Washing hands effectively

		
Wet hands under running water.	Put soap onto your palms.	Rub your hands together palm to palm to make a lather.
		
Rub the palm of one hand along the back of the other and along the fingers. Repeat with the other hand.	Put your palms together with fingers interlocked and rub in between each of the fingers.	Rub around your thumbs on each hand.
		
Then rub the fingertips of each hand against your palms.	Rinse hands under running water.	Dry hands thoroughly, preferably with a clean dry towel or air.
Rub hands together for at least 20 seconds.		

When to wash your hands?

			
Before and handling and preparing any food.	After touching raw meat, fish, eggs, fruits and vegetables.	Before and after serving food.	Before and after eating.
			
After handling waste.	After using the toilet.	After coughing or blowing nose.	After any cleaning.
		Children too should always wash hands with soap before eating!	

Kitchen opening checklist

Done daily

- ☐ Check temperature of refrigerator and freezer
- ☐ Check storage area for signs of pests or insects
- ☐ Clean and sanitise all food preparation surfaces
- ☐ Set out clean dish cloths and sponges (do not reuse dirty cloths or sponges)

Done weekly:

- ☐ Thermometer calibration checks

Calibrating a thermometer

Thermometers should be checked weekly or if the thermometer is dropped.

1. Ice water method

- a. Fill a 6-inch-wide container with ice. Fill to the top with cold water; stir.
- b. Hold the thermometer in the ice water for 30 seconds. The thermometer should not touch the sides or bottom of the container
- c. Record the thermometer temperature in the thermometer chart
- d. The thermometer should read 32 °F. If it does not, refer to instructions to reset, or get a new thermometer.

2. Boiling water method

- a. Fill a small pan with clean water, bring to a rolling boil.
- b. Hold the thermometer in the boiling water for 30 seconds (use an oven mitt as needed to protect your hand). The thermometer should not touch the sides or bottom of the pan.
- c. Record the thermometer temperature in the thermometer chart
- d. The thermometer should read 212°F. If it does not, refer to instructions to reset, or get a new thermometer.

Thermometer Temperature Log

School:			Month:	
Date	Thermometer use/ ID	Temperature	Comments	Signature
Week 1	1			
	2			
	3			
Week 2	1			
	2			
	3			
Week 3	1			
	2			
	3			
Week 4	1			
	2			
	3			
Week 5	1			
	2			
	3			

Temperature Control

1. Check the temperatures of all refrigerators, freezers daily.
 - a. Refrigerator temperatures should be set at 37°F. Measured temperature should be between 36 and 41°F.
 - b. Freezer temperatures should be set at 0°F. Measured temperature should be 0°F or lower.
2. Record temperatures on the appropriate temperature log. If temperature is not within the guidelines, notify the supervisor.
3. Do not overload the refrigerator, this can cause problems with the temperature
4. Keep refrigerator and freezer doors closed as much as possible
5. Defrost freezers as needed per appliance manual

Power outages: what to do with food

1. During a power outage, keep refrigerator and freezer doors closed. With doors closed:
 - a. Refrigerators should be able to keep food 40°F or below for 4 hours
 - b. Freezers should be able to keep food frozen for 24-48 hours
2. When power returns, check the temperature of the refrigerator and freezer.
3. Discard refrigerated food that was above 40°F for more than an hour.
4. Only the following refrigerated items may be kept if above 40°F for more than 2 hours: uncut fruits and vegetables, hard cheeses, butter or margarine, peanut butter, store bought sauces (barbeque sauce, ketchup, mustard), breads, tortillas, cakes.
5. If items in the freezer still have ice crystals and feel cold as if they were refrigerated, they can be refrozen. Food that thawed and/or was above 40°F for more than 2 hours should be discarded.

In preparation for a scheduled power outage

1. Check the temperatures of the refrigerator and freezer to make sure they are at correct settings
2. Freeze containers of water or bags of ice, to help keep refrigerators and freezers cold. Thawed ice is also an indicator that freezer items must be discarded.
3. Freeze refrigerated items (leftovers, meat, dairy).
4. Fill the freezer-- a full freezer maintains cold temperatures longer.

How to check the temperature of fridges and freezers

1. If refrigerator and freezer specific thermometers are stored in the appliance, read the temperature and note on the log
2. If a food thermometer is used to check the refrigerator temperature, put the thermometer in a glass of water in the middle shelf of the fridge in the evening and leave overnight. First thing in the morning, before the refrigerator door is opened and closed repeatedly, read the temperature and note on the log.
3. If a food thermometer is used to check the freezer temperature, put the tip of the thermometer in between 2 frozen items that have been in the freezer at least 24 hours. Close the freezer lid and let sit for 3 minutes. Read the temperature and note on the log.

Refrigerator Temperature Log

School:	Month:		
Date	Fridge temperature	Comments	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			

Freezer Temperature Log

School:	Month:		
Date	Fridge temperature	Comments	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
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31			

Menu planning

Food Allergies in students

Before planning the menu, it is important to check with principals and teachers to discover if any children are known to have food allergies. Common items children may be allergic to include seafood, nuts, or eggs. If a student has a food allergy, they must completely avoid that food. A plan must be made for how this can be done, with a group meeting with the child's parents, school administration, and the cooking staff.

Forecasting and purchasing

It's important to TEST the recipe before serving to the full student population. Amounts may need to be adjusted slightly due to variation in size of product, preparation, etc. You do not want to run out of food when serving students.

Menu Planning

1. Select recipes for the days you will be serving food
2. Obtain the number of students who will be eating each day
3. Recipes have been calculated for 50 children, so you will need to multiply the recipe amount as needed to match the amount of students eating each day. For example, if the recipe is to serve 100 children, multiply the ingredients by 2.
4. Write out the total amount needed in each category (see charts- photocopy as needed)
5. Add the amounts to get the total needed for each category
6. List the totals needed for the month. Specify the amounts in pounds (lb.) or units.

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Receiving goods

Procedure for receiving goods:

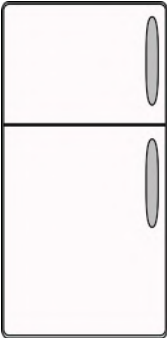
1. Receive goods in a separate area from cooking, so there is no cross-contamination.
2. Check that the quantity of delivered goods is correct.
3. Check the quality of the delivered goods. Reject and note on the invoice any of the following:

Item	REJECT item if:
Dry Goods	<ul style="list-style-type: none"> • Past expiration date • Packaging unsealed • Cans rusted or bulging • Evidence of pests (ex: moths, beetles) • Sight or smell of mold • Damp or wet
Produce	<ul style="list-style-type: none"> • Evidence of spoiling (mold, slime, odor) or pests • Contamination through transport in contact with other products, such as cleaning products or raw meat
Refrigerated items	<ul style="list-style-type: none"> • Item temperature is over 40°F • Packaging unsealed
Frozen items	<ul style="list-style-type: none"> • Item is not frozen • Evidence of thaw and re-freeze (juices frozen at the bottom of the package) • Packaging unsealed
Eggs	<ul style="list-style-type: none"> • Cracked • Dirty • Past expiration date

4. Immediately store food at appropriate temperature, or process immediately for use. When a shipment is received, refrigerated food should be stored first, followed by frozen foods, and then dry goods.
5. Write the date of receipt on packaged items.

Storage regulations

1. Storage area must be clean, dry, ventilated, and pest free. Garbage facilities should not be in or near storage areas.
2. Storage area must be out of direct sunlight
3. Items must not be stored on the floor. All storage shelves should be minimum 6 inches from the floor. If possible, shelves should also be placed 4 inches away from the wall, to allow for access for cleaning and discourage pests.
4. No chemicals, pesticides, or cleaning items should be stored with food items
5. Dry goods such as beans, flour, and rice should be stored in sealed containers. Only food safe containers should be used; never reuse chemical containers to store food. Other dry goods should be in sealed packaging
6. Periodic checks for moisture, mould, and pests should be done for dry goods.
7. Refrigerated foods should be stored in the following order:

	Highest shelf	Previously cooked or ready-to-eat foods (fresh fruits and veg)
	↓	Fish, eggs, whole cuts of beef or pork
		Ground or processed meats
	Lowest shelf	Raw chicken

8. Perishable foods stored in the refrigerator should be used within 7 days of preparation
9. Fruit or vegetable items that are shelf stable and will not be used immediately (example: bananas, oranges, plantains, sweet potatoes) can be rinsed with fresh water and dried before storing. This can help prevent fruit flies.

Inventory

First in first out inventory management




1. Clearly label food items with date it is received and expiration date. This should be done when items are received, or if products are repackaged for storage (even in the freezer or refrigerator).
2. Foods that have a closer expiration date should be placed at the front of the shelves, and be used first
3. Foods should also be placed on the shelves so that the newest items are in the back and older items are in the front. Items shall be used in the order it was received-- first in, first out (also considering expiration dates).
4. Items that are expired should be disposed of.

Food Handling and Food Safety

Washing fruits and veg

Washing fruits and vegetables appropriately helps to reduce the risk of food borne illness by products that are contaminated.

1. Before washing produce it is important to wash, rinse, and air-dry all surfaces (including the sink), equipment, and utensils that will come in contact with food, as well as washing your hands.

<p>Root and Tuber Vegetables</p> 	<p>Use a clean brush* to scrub the vegetable while holding it under a stream of cold water.</p> <p><i>*The products used to wash fruits and vegetables should be used only for this purpose.</i></p> <p>Dry using a clean towel.</p>
<p>Delicate Fruits & Vegetables</p> 	<p>Wash under a low stream of water while holding in your hands.</p> <p>Spread on a clean towel to dry.</p>
<p>Leafy Greens</p> 	<p>Remove the outermost layer of a lettuce or cabbage.</p> <p>Submerge in a bowl of cold water for 2 minutes, drain, and rinse with fresh water.</p>

3. Remove any bruised or damaged areas before cooking.
4. Freshly cut items to be stored in the refrigerator should be labelled and dated.
5. Serve all produce that has been washed and chopped within 7 days if stored at 41°F or less.

Pre-preparation of goods

Thawing foods safely

1. Frozen foods should be thawed in the refrigerator. Raw meat should be placed on the lowest shelf to thaw, so it doesn't contaminate other foods.
2. If the food is needed immediately, it can be thawed by holding it in clean (drinkable) running water that is 70°F or cooler. This should be cooked within 4 hours.
3. Do not refreeze thawed food.

Preparing foods safely and preventing cross contamination

- Wash hands before and after handling foods
- Surfaces and tools should be cleaned and sanitized before use, and if they become contaminated during use.
- Raw foods can cause illness (uncooked meats, eggs, and unwashed fruits and vegetables).
- Raw foods must be kept completely separated from cooked or ready to eat foods.
- Raw foods should be kept separate from each other unless it is combined for cooking.
- Do not store foods uncovered.
- Do not use the same kitchen cloth to wipe tables and kitchen items.
- Do not use the same cutting boards, containers, or cooking utensils for raw and cooked foods.
- It is best to have different cutting boards set aside for different foods (they can be marked to indicate use). There should be:
 - 1 cutting board used to cut raw meats
 - 1 cutting board used to cut vegetables and fruits
 - 1 cutting board for bread
- Prepare food as quickly as possible; food should not be in the "danger zone" (between 41F and 135F) for more than 2 hours.
- After preparing raw food, clean and sanitise all surfaces and utensils
- Store and dispose of garbage properly in an ideal area to prevent the growth of germs and pests. Vectors such as cockroaches, birds, rats or ants can carry microorganisms which can be deposited on food if the garbage bins are not sealed.

Temperatures for Food Safety

Temperature “danger zone” is when food is between 41F and 135F. At this temperature bacteria can grow in food, causing illness. *See image below.*

Cooked food should not be in the “danger zone” temperature for more than 2 hours.

When cooking food, the temperature must be measured to make sure the food is completely cooked.

How to take temperature of food:

1. Clean the tip of the thermometer with alcohol
2. Insert the thermometer into the food. Make sure the tip of the thermometer doesn't touch the side or bottom of the container and is actually in the food.
 - a. For meats and fish, insert the thermometer in the thickest section
 - b. For other foods, insert the thermometer in the centre
 - c. For liquids, make sure the thermometer is submerged 2 inches
 - d. For frozen foods, the thermometer can be inserted between two packages.
3. Read the temperature.
4. Repeat: 2 separate areas should be measured. This should be done at the end point of the food preparation.

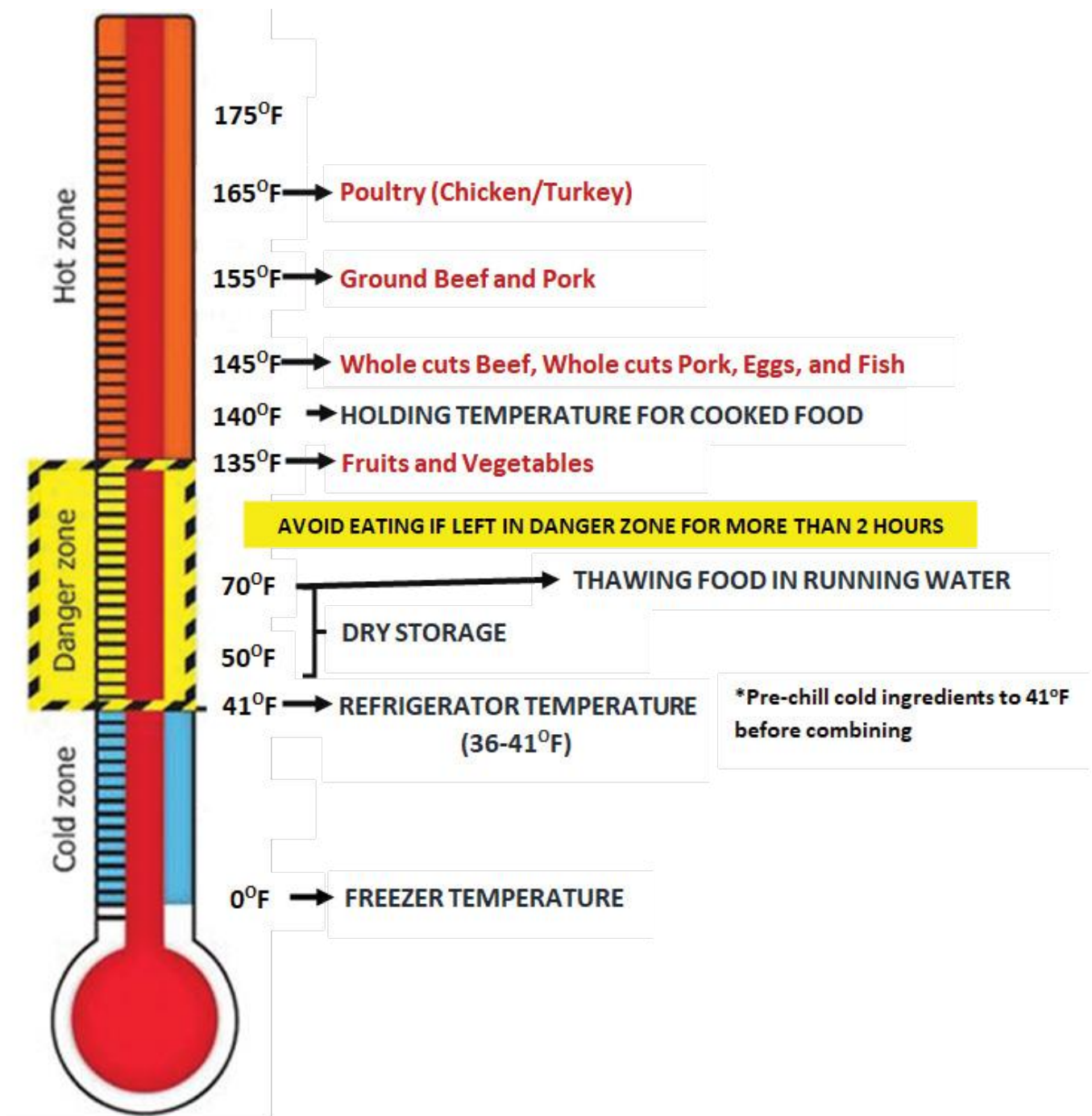
Cooking temperature Chart

Item	Temperature	Time period at Temperature
Fruits and vegetables	135F	15 seconds
Eggs	145	15 seconds
Fish	145	15 seconds
Whole cuts of beef or pork	145	15 seconds
Ground beef or pork	155	15 seconds
chicken	165	15 seconds
Dishes that combine raw and cooked ingredients	165	15 seconds
Cooked food that is reheated	165	15 seconds

- If the product contains a variety of meats, cook to the highest required temperature.
- Cooked food that will not be used or eaten immediately should be refrigerated.
 - Separate the food into multiple containers if needed to cool food quickly in the refrigerator.

Food should cool to 41 F within 4 hours in the refrigerator, if not, reheat to 165.

- Cooked foods kept in the “danger zone” (41F and 135F) for less than 2 hours can be reheated to 165. If this is not possible, the food should be thrown away after 2 hours.
- Pre-chill cold food ingredients (salads, sandwiches) to 41F before combining.
- After using the thermometer, sanitise with cotton and alcohol and store in a clean and accessible area.



Serving Food

1. Clean serving area
2. Keep food containers covered when not removing food
3. Hot food should be reheated to 165 if it becomes cold to the touch or serving takes longer than 2 hours (from the time cooking was finished).
4. Food should be served within 2 hours of cooking.

Serving sizes/ portions for different food groups

Animal Protein (Chicken, fish or Beef)	3 ounces
Fruits	1 cup chopped ½ cup fruit juice
Vegetables	1 cup raw ½ cup cooked
Staples, Rice, potato or pasta Corn Tortillas Flour Tortillas	1 cup 6 units 2 small or 1 large
Legumes (Black/red beans or lentils)	½ cup
Sugars and Oils	Limited amount Sugar-1 tsp. for beverages if needed

Monitoring and Reporting

This can be done using a notebook. The following should be noted each day food is served:

1. The meal items prepared
2. The amount of servings prepared
3. The amount of food actually served
4. Any problems, issues, or comments

Cleaning and Waste management

Washing dishes and equipment

3 container set up (can be 3 sinks or 3 dish washing buckets)

- Bucket/sink 1: dish soap
 - Bucket/sink 2: clean rinse water
 - Bucket/sink 3: sanitizing solution (3 capfuls of Clorox for every gallon of water)
1. Scrape food residue into trash
 2. Wash items in bucket/sink 1, using a designated brush or scrubbing cloth. Replace this water when it is dirty.
 3. Rinse items in bucket/sink 2, until all traces of food and soap are removed. Replace this water as needed.
 4. Immerse items in bucket/sink 3, and let items stay for at least 30 seconds.
 5. Remove items, allow to air dry on a clean, sanitised surface

Kitchen closing

Kitchen closing

- Do not leave any food items out. Food should be in sealed containers, or the refrigerator or freezer. The exception would be fruit or vegetables such as bananas, oranges, or plantains, etc. These should be stored off the ground, in a ventilated container, in a cool and dry area.
- Wash and sanitise surfaces
- Refer to sanitisation chart, following schedule for sanitation
- Clean all appliances and utensils and return to storage area
- Sweep and mop floors
- Wash dish cloths
- Sanitise dish sponges
 - Dishcloths and sponges can be cleaned and sanitised by washing in hot soapy water, and then boiled. They should be allowed to dry completely before reusing.

Sanitation Chart

Sample Disinfection log: Edit as needed to match your kitchen set up.

Date: _____

*Wash hands for at least 20 seconds after cleaning

Cleaning/ sanitising task	How often to clean	Cleaned (✓)	time	initials
Cleaning equipment	Once a day			
Bucket handles				
Mop handles				
Broom handles				
High touch surfaces	Twice a day			
Door handles				
Light switches				
Faucet handles				
Refrigerator door handle				
Freezer door handle				
Shared office supplies (pens)				
Oven knobs				
Laundry	Once a day			
Aprons				
Kitchen towels and rags				
Cooking prep	Before and after use			
Tables and countertops				
Food thermometers				
Food transport containers				

Sanitation solution

How to Make Strong (0.5%) Chlorine Solution from Liquid Bleach

Use strong (0.5%) chlorine solution to clean and disinfect surfaces, objects, and body fluid spills.

Make new strong (0.5%) chlorine solution every day. Throw away any leftover solution from the day before.

1

Make sure you are wearing extended PPE.

From 1.25%	From 2.6% or 8° chlorum	From 3.5% or 12° chlorum	From 5%
<p>2a</p>	<p>2b</p>	<p>2c</p>	<p>2d</p>
<p>Pour 2 parts liquid bleach and 3 parts water into a bucket. Repeat until full.</p>	<p>Pour 1 part liquid bleach and 4 parts water into a bucket. Repeat until full.</p>	<p>Pour 1 part liquid bleach and 6 parts water into a bucket. Repeat until full.</p>	<p>Pour 1 part liquid bleach and 9 parts water into a bucket. Repeat until full.</p>

3

10 sec

Stir well for 10 seconds.

4

Label bucket "Strong (0.5%) Chlorine Solution - Cleaning."

5

Cover bucket with lid.

6

Store in shade. Do not store in direct sunlight.

Measuring cup or liter bottle

Bucket with lid

Water

Liquid bleach

Stick for stirring

Label

Supplies Needed

WARNING

Do NOT drink chlorine water.
Do NOT put chlorine water in mouth or eyes.

Garbage

1. Every kitchen should have a garbage bin with a lid. If the school has a compost pile, a separate collection bucket with a lid can be kept for fruit and vegetable scraps.
2. Keep bins covered and away from the food preparation area.
3. All garbage bins and compost buckets should be emptied at the end of each day. Garbage should be stored away from the kitchen, until it can be disposed of by collection or whatever method is used by your school
4. Garbage bins should be cleaned regularly

Pest prevention

1. Ensure food is properly stored, and waste managed, to discourage pests
2. No animals in the kitchen
3. Maintain screens, and keep unscreened doors closed to prevent flies entering
4. Cardboard boxes should be avoided as storage; they attract pests. No extra boxes should be kept in the kitchen
5. Clean storage areas regularly
6. Monitor for signs of pests
7. Any cooking utensils or surfaces which are suspected to be in contact with pests should be cleaned and sanitized
8. Any food in contact with pests should be thrown away
9. Ensure there is no standing water around the kitchen area (for example, where the sink drains) which could allow for mosquitoes to breed
10. Public Health guidelines for pest control, included recommended chemical use, should be followed.



Recommendations for Adjusting School
Feeding Programme

STANDARD OPERATING PROCEDURES

During the COVID-19 Outbreak of 2021-2022

Introduction

Opening school feeding programmes during the COVID-19 pandemic is an important undertaking. School feeding programmes are a proven method of supporting health and nutrition in children; yet it is also important to continue to minimise the risk of spread of COVID-19 in students and staff. This document intends to assist school administrators and school feeding committees with the important undertakings of reopening school kitchen facilities and restarting school feeding programmes.

This guide is to be used as an **addition** to school feeding programme standard operating procedures and COVID-19 school protocols which have been previously developed by the Ministry of Education. All prior existing guidelines should continue to be followed.

This guide serves to assist schools in restarting school feeding programmes during this time period. It includes protocols for reopening a kitchen, staff health monitoring, daily sanitation schedules, and illness reporting. In addition, school administration and feeding committees should create a feeding programme plan tailored to the school's own needs and infrastructure. Steps for developing this plan are included in this document.

Checklist for Reopening School Feeding Programme

- School meets Ministry of Education requirements of handwashing stations, distancing measures, signs posted with handwashing, cough, and hygiene measures, etc.
- School can ensure that running water and supplies for hand washing (soap, paper towels, garbage disposal) will be continual
- A school feeding plan has been endorsed by the administration and school feeding committee
- School feeding Backup Plan in place
- Health screening protocols in place
- Illness reporting protocols in place
- Cooking area is large enough for cooks to be spaced apart
- Cooking area can be safely ventilated (windows and doors open)
- Cooking staff are fully vaccinated
- Cooking staff is trained in proper handwashing and mask usage, and has food handler training as per MoE requirements
- A disinfection schedule is in place and staff is trained in completion and monitoring
- Kitchen is cleaned using the Kitchen Readiness guideline

School Feeding Plan

This plan should be adapted to each individual school according to their own unique circumstances. Schools should be flexible with this plan, as the COVID-19 situation evolves.

The plan should be developed by school administration, the school feeding committee and cooks. This planning session should look at the feasibility of different school feeding options: take home healthy snacks or fruits/veggies, breakfast, in school healthy snacks, lunch for half day students, lunch for full day students. The plan should be written down and disseminated to administration, staff, cooking staff, and the school feeding committee. Plans should also be available for review by the Ministry of Education upon request.

Step 1: Determine what meal will be served to children: breakfast, lunch, snack, or take-home ration.

- What is the current modality of teaching, home-based, alternate full days, etc?
- Which meal option would best fit in this schedule?
- What meal option best fits the need of your students?
- How many days of the week will this meal option be provided to students?

Step 2: Determine how this meal will be served to children.

- Pre-portioned single servings are recommended. Can the school purchase disposable plates, etc.? If not, what other option could be used?

Step 3: Determine where this meal will be served to children.

- Will children (or parents, if meals are to be take-home) collect their meals from a central location? If so, a plan must be made to maintain social distance, and provide shields or spacing for those handing out meals. This should be drawn out and posted. The plan should include where children will enter and sanitise hands, where they will check in for the meal, and where the meal will be handed out.
- Will children stay seated in their classroom, and meals brought to them? If so, who will be responsible for bringing meals and returning items as necessary.
- Will children eat in a common eating area? If so, how can children be spaced out to maintain distance? Are shields or seating charts needed?

Step 4: Schedule mealtimes.

- A timed schedule must be created. Extra time must be given to the students before eating so they can properly wash their hands.
- Do mealtimes need to be staggered, to reduce the amount of children gathered in the eating area? Thought should be given to spacing out the timing of arrival of students (or parents, if take-home meals are provided) to avoid overcrowding
- Time should be scheduled to clean and disinfect the eating area before and after eating. Who will be responsible for this, students or staff?

Step 5: Determine how students and parents will be kept informed of school meals.

- How will children notify the school if they want a meal? Who is responsible for collecting and sharing this information with the cook? How far in advance must students notify the school? *This information must be collected to ensure adequate amounts of food are prepared.*
- How will the school notify families if there are changes in the feeding plan? Who is responsible for this? Who will be in charge in case the person responsible is not available

School Feeding Backup Plan (in case the cook is ill)

To be determined by the cook, school feeding committee, and administration. The following questions should be reviewed, and the information written down and disseminated to administration, cooking staff, and the school feeding committee.

- Who is the substitute cook?
- Who is responsible for contacting the substitute cook and asking him/ her to report to work if needed?

If no substitute is available:

- What amount of time is needed to notify students and parents that there will not be meals served, and students asked to bring packed healthy lunch?
- Who is assigned to notify students and families? What mechanism will be used (phone calls, WhatsApp, etc)?
- If no substitute cook is available, and there is not sufficient time to notify students and parents that a meal will not be served, what will be done instead? Possible options include:
 - source food from alternate vendor
 - pre-packaged healthy snack substitute
 - other (details must be given)

If these options are selected, the following must be detailed: details of vendor, how to contact the vendor, cost, and payment method, what healthy snack will be used, where is it sourced from, who will purchase the snacks, how will they be transported, what funds will be used for purchase

- If the situation occurs where no cook will be present, and meals cannot be served, how will purchased food ingredients be stored or disbursed so they will not go to waste

Employee Health

Remember that schools are not expected to screen students or staff to identify cases of COVID-19. If a community (or more specifically, a school) has cases of COVID-19, local health officials will help identify those individuals and will follow up on next steps.

Staff should monitor for the following:

- fever of 100.5 or greater, cough, shortness of breath, chills, new muscle pain, sore throat, new loss of taste or smell, GI symptoms (vomiting or diarrhoea), cold or flu symptoms (*Staff must be familiar with the meaning of all the symptoms*)

Staff should **not** report to work if they have any symptoms **or** the cooking staff member has a positive COVID-19 test, **or** the cooking staff member has a positive test in their household.

1. Staff who arrive to school with symptoms or become sick at school should be isolated from the rest of the staff, and sent home as soon as possible
2. Staff illness (either staff who do not report to work or go home ill) should be reported to the designated responsible person
3. School Feeding Backup Plan is initiated
4. Cooking staff member gets a COVID-19 test

The cooking staff reports illness to _____ (fill in for your school). **This person is responsible for implementing the Feeding Backup Plan.**

***Note:** Cook must have a negative COVID-19 test to return to work.

Kitchen Readiness Guidelines

- Facility cleaned top to bottom with chlorine solution (see diagram in Annex 2).
- Windows, screens, fans, and filters cleaned
- Fridges and freezers completely cleaned out, items disposed of, and all surfaces disinfected.
- All cooking appliances (stoves, toasters, crock pots, etc) have been emptied completely and cleaned
- All storage emptied, all surfaces cleaned and sanitised
- All shelving cleaned and sanitised
- All food prep surfaces washed, rinsed, sanitised
- All tools and small wares washed, rinsed, sanitised
- Floors, floor drains cleaned
- Plumbing checked for leaks; pipes flushed
- Gas connection checked for leaks
- Pest control as needed
- Respiratory shield installed for service area, if needed

Before restocking food:

- Check all appliances are properly working
- Check temperatures of fridges and freezers. Refrigerator temperature should be at or below 40°F/ 4°C. Freezer temperatures should be 0°F/ -18°C.
- Storage facility is clean, dry, pest free; Trash facilities cleaned, prepped for activity
- Pipe water is working, and drinking water is available

Chlorine solution guidelines: See Annex 2

Disinfection Protocol

Sanitisation of high touch areas:

Surfaces should be cleaned as needed with soap and water before sanitation

- See log in Annex 1 for suggested sanitation schedule
- Use chlorine solution (Annex 2) to sanitise hard surface; linens should be washed with detergent and dried completely

Disinfection schedule should be planned, and employees trained in it. This will vary by school kitchen set up and equipment.

- Use log to document (log in Annex 1)

Proper training in handwashing must be done for all staff, following COVID-19 guidelines and existing kitchen Standard Operating Procedures.

Annex 1

Sample Disinfection log:

Date: _____ *Wash hands for at least 20 seconds after cleaning

Cleaning/Sanitising task	How often to clean	Cleaned (✓)	Time	Initials
Cleaning equipment	Once a day			
Bucket handles				
Mop handles				
Broom handles				
High touch surfaces	Twice a day			
Door handles				
Light switches				
Faucet handles				
Refrigerator door handle				
Freezer door handle				
Shared office supplies (pens)				
Oven knobs				
Laundry	Once a day			
Aprons				
Kitchen towels and rags				
Cooking prep	Before and after use			
Tables and countertops				
Food thermometers				
Food transport containers				

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