



**DAIRY FARMERS  
—OF—  
WISCONSIN**

## Strawberry Pancake Yogurt Parfait

### Strawberry Pancake Yogurt Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

#### Ingredients

Low Fat Vanilla Yogurt  
Frozen Strawberries, diced  
Frozen WG Mini Pancakes w/Maple Flavor

#### Measure

1 gal + 2 qt + 1 cup  
1 gal + 2 qt + 1 cup  
200

#### Directions

1. If strawberries are frozen in syrup, thaw and drain in colander. Frozen diced or sliced berries do not need to be thawed before adding to cup.
2. Thaw pancakes. Use 4 pancakes per parfait.
3. In a 12-oz cup layer:
  - » 2 pancakes
  - » ¼ cup yogurt
  - » ¼ cup strawberries
  - » Repeat layering
4. Cover and keep refrigerated until service.
5. Serve chilled, can be held overnight.

#### Notes:

Can substitute raspberries or blueberries, or medley of berries for strawberries.

#### Meal Components

1 serving provides 1 oz of meat/meat alternate, 1 oz of whole grain rich and .5 cup of fruit.

#### Yield

50 servings

#### Nutrients Per Serving

Calories	196 kcal	Sodium	213mg	Iron	2 mg
Total Fat	2 gm	Carbohydrates	40 gm	Calcium	128 mg
Saturated Fat	1 gm	Dietary Fiber	3 gm	Vitamin A	995 iu
Cholesterol	7 mg	Protein	5 gm	Vitamin C	30 mg



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## Caprese Chicken Wrap

### Caprese Chicken Wrap

Main Dish

Recipe HACCP Process: #2 Same Day Service

#### Ingredients

1-oz Mozzarella sticks or shredded mozzarella	3 lbs + 2 oz
10-inch Whole Grain Wrap/Tortilla	50
Cooked Chicken, shredded	50 oz
Lettuce, shredded	1 gal + 2 qt + 1 cup
Tomatoes, chopped	3 qt + ½ cup
Ranch Dressing	3 ½ cups
Basil Pesto	5 oz

#### Directions

1. Mix together ranch dressing and basil pesto to make dressing.
2. Brush each wrap with 1 Tbsp of dressing.
3. Place a mozzarella stick/1 oz shredded mozzarella in center of each wrap.
4. Arrange 1 oz chicken in center of wrap, leaving a 1-inch border all around.
5. Top with ½ cup lettuce and ¼ cup tomatoes.
6. Fold bottom of wrap over filling, then fold into sides and roll tightly, starting from the bottom.
7. Cover and keep refrigerated until service.
8. Serve chilled, can be held overnight.

#### Notes:

Can substitute spinach for lettuce. Low sodium tortilla or any whole grain flatbread may be used. Diced, shredded, fajita or other style chicken can be substituted.

#### Meal Components:

1 serving provides 2 oz equivalent whole grain rich, 3.5 oz equivalent meat/meat alternate and .25 cup red/orange and .25 cup dark green.

#### Yield:

50 servings

#### Nutrients Per Serving

Calories	442 kcal	Sodium	804 mg	Iron	3 mg
Total Fat	15 gm	Carbohydrates	40 gm	Calcium	291mg
Saturated Fat	7 gm	Dietary Fiber	4 gm	Vitamin A	2659 iu
Cholesterol	78 mg	Protein	34 gm	Vitamin C	7 mg



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## Chicken Alfredo Pizza

### Chicken Alfredo Pizza

Main Dish

Recipe HACCP Process: #2 Same Day Service

#### Ingredients

Unsalted Butter	¾ cup
Fresh Cloves Garlic, minced	4 cloves
All Purpose Flour	¾ cup
Whole Milk	2 qt
Parmesan Cheese, grated	3 cups
Iodized Salt	1 Tbsp
14-inch Sheeted Pizza Dough	5
Mozzarella Cheese, shredded	2 qts + 2 cups
Chicken Strips	2 lbs + 8 oz
Frozen Peas	1 qt + 1 cup

#### Measure

#### Directions

1. Mince garlic cloves.
2. Melt butter in large sauce pan over medium heat. Cook garlic for 1-2 minutes or until fragrant. Stir in flour. Cook, stirring for 2 minutes.
3. Whisk in milk. Cook over low heat, stirring for 13-15 minutes or until thickened. Stir in parmesan cheese and salt. Remove from heat and let cool. Yield will be about 8 cups of alfredo sauce.
4. Preheat oven to 500° F. Spread 1 ½ cups alfredo sauce over each frozen pizza crust. Next, scatter 1 cup mozzarella cheese over top, followed by ½ lb chicken strips, 1 cup peas and another 1 cup mozzarella cheese over each pizza.
5. Transfer pizza to pizza pans. Bake in 3 batches on top and bottom racks, rotating and switching pans halfway through. Bake for 15 minutes or until crust is cooked through and cheese is golden and bubbly.
6. Cut each pizza into 8 slices and serve.

#### Notes:

Use part skim low moisture mozzarella.

#### Meal Components:

1 serving provides 2 oz equivalent whole grain rich, 2 oz equivalent meat/meat alternate.

#### Yield:

40 servings

#### Nutrients Per Serving

Calories	365 kcal	Sodium	731 mg	Iron	2 mg
Total Fat	17 gm	Carbohydrates	33 gm	Calcium	308 mg
Saturated Fat	8 gm	Dietary Fiber	3 gm	Vitamin A	453 iu
Cholesterol	60 mg	Protein	22 gm	Vitamin C	2 mg



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## Pizza Pizzazz Shaker

### Pizza Pizzazz Shaker

Main Dish

Recipe HACCP Process: #2 Same Day Service

#### Ingredients

Low Sodium Marinara Sauce  
Whole Grain Rich Rotini, cooked  
Grape Tomatoes, chopped  
Red Pepper, diced  
Green Peppers, diced  
Low Sodium Turkey Pepperoni Slices  
Mozzarella, shredded  
Fat Free, Low Sodium Italian Dressing  
Italian Herbs

#### Measure

1 qt + 2 ¼ cup  
6 lbs + 4 oz (dry)  
3 qt + ½ cup  
1 qt + 2 ¼ cup  
1 qt + 2 ¼ cup  
1 lb + 15 oz  
4 lbs + 11 oz  
1 qt + 2 ¼ cup  
3 Tbsp + 1 tsp

#### Directions

1. Prepare pasta al dente. Drain and cool. Toss pasta with Italian herbs.
2. Portion out 2 Tbsp of dressing into 1-oz cups with lids.
3. Layer into 16-oz clear salad shaker cups:
  - » 2 Tbsp marinara sauce
  - » 1 cup pasta
  - » ¼ cup grape tomatoes
  - » 1/8 cup red peppers
  - » 1/8 cup green peppers
  - » 8 turkey pepperoni slices
  - » 1 1/2 oz mozzarella
4. Place dressing cup upside down inside domed lid or serve separately.
5. Cover and keep refrigerated until service.
6. Serve chilled, can be held overnight.

#### Notes:

Use part skim low moisture mozzarella. If not using creditable turkey pepperoni, increase cheese to 2 oz per serving. Serve with cheesy breadsticks to meet additional meat/meat alternate, if needed.

#### Meal Components:

1 serving provides 2 equivalent whole grain rich, 2 equivalent meat/meat alternate and ½ cup vegetable (.375 cup red/orange and .125 cup other).

#### Yield:

50 servings

#### Nutrients Per Serving

Calories	428 kcal	Sodium	609 mg	Iron	2 mg
Total Fat	13 gm	Carbohydrates	53 gm	Calcium	329 mg
Saturated Fat	6 gm	Dietary Fiber	6 gm	Vitamin A	1685 iu
Cholesterol	35 mg	Protein	22 gm	Vitamin C	58 mg



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## Fiesta Parfait

### Fiesta Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

#### Ingredients

Pinto Beans, drained  
Low Fat Plain Yogurt  
Mexican Seasoning  
Low Sodium Salsa  
Iceberg Lettuce  
Cheddar Cheese, shredded

#### Measure

12 ½ cups  
6 ¼ lbs  
¼ cup  
9 cups + 6 tbsp  
14 oz  
6 ½ oz

#### Directions

1. Drain and rinse beans. Set aside.
2. Mix yogurt with Mexican seasoning. Set aside.
3. Layer into 12-oz clear cups:
  - » ½ cup drained beans
  - » ½ cup seasoned yogurt
  - » ¾ cup (6 Tbsp) salsa
  - » ¼ cup shredded lettuce (credits ½ cup)
  - » Garnish with 1 Tbsp Cheddar cheese

#### Notes:

Serve with tortilla chips for dipping.

#### Meal Components:

12-oz cup portion meets 1 meat/meat alternate and 2 vegetable servings.

#### Yield:

25 servings

#### Nutrients Per Serving

Calories	160 kcal	Sodium	270 mg	Iron	0% DV
Total Fat	3 gm	Carbohydrates	20 gm	Calcium	20% DV
Saturated Fat	2 gm	Dietary Fiber	5 gm	Vitamin A	4% DV
Cholesterol	12 gm	Protein	11 gm	Vitamin C	2% DV



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## Buffalo Chicken Parfait

### Buffalo Chicken Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

#### Ingredients

Fat Free Plain Yogurt	3 qt + 4 oz
Onion Powder	2 Tbsp
Garlic Powder	¼ oz
Black Pepper	½ tsp
Chives, freeze-dried	1 tsp
Dried Parsley	1 Tbsp
Cooked Chicken, diced	1 lb + 9 oz
Hot Sauce	2 oz
Celery	4 ½ lbs
Cheddar Cheese, shredded	1 lb + 9 oz

#### Measure

#### Directions

1. Mix yogurt with all spices. Set aside.
2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside.
3. Clean celery. Remove tops and cut into 6-inch sticks.
4. Using an 8-oz clear cup, layer:
  - » ½ cup ranch flavored yogurt
  - » 1 oz chicken mixture
  - » 1 oz Cheddar cheese
  - » Place 4 celery sticks in cups

#### Meal Components:

1 serving provides 3 oz meat/meat alternate and ½ cup vegetable.

#### Yield:

25 servings

#### Nutrients Per Serving

Calories	250 kcal	Sodium	560 mg	Iron	4% DV
Total Fat	11 gm	Carbohydrates	14 gm	Calcium	30% DV
Saturated Fat	6 gm	Dietary Fiber	1 gm	Vitamin A	2% DV
Cholesterol	60 mg	Protein	27 gm	Vitamin C	15% DV



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## Nacho Cheesy Fiesta Bowl

### Cheesy Nacho Fiesta Bowl

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	Measure	Directions
Yellow or White Real Nacho Cheese Sauce	7 lb 4 oz	<ol style="list-style-type: none"> <li>1. Combine cheese sauce and milk in a pot or soup kettle. Cook, stirring often, over medium heat until simmering.</li> <li>2. Cook taco filling according to package directions.</li> <li>3. Drain and rinse beans, add to ground beef.</li> <li>4. Hold soup and beef/bean mixture for hot service.</li> <li>5. Prep tomatoes, bell peppers and jalapenos for cold service.</li> <li>6. For each serving, ladle ½ cup cheese sauce into each bowl. Top with: <ul style="list-style-type: none"> <li>» 2 oz taco filling/bean mixture</li> <li>» ½ cup tomatoes</li> <li>» ½ cup bell peppers</li> <li>» 1 Tbsp jalapenos</li> <li>» 2 Tbsp Cheddar cheese</li> </ul> </li> <li>7. Serve each bowl with whole grain tortilla chips.</li> </ol>
Fat Free Milk	1 qt ½ cup	
Reduced Fat Beef Taco Filling	4 lbs	
Low Sodium Black Beans	3 qt ½ cup	
Tomatoes, diced	1 qt 2 ¼ cup	
Bell Peppers, diced	1 qt 2 ¼ cup	
Reduced Fat Cheddar Cheese, shredded	1 qt 2 cups	
Jalapeno Peppers, sliced	3 cups	
1.5-oz Bag Whole Grain Tortilla Chips	50	

Meal Components:	Yield:
1 serving provides 2 oz equivalent meat/meat alternate, 2 oz equivalent whole grain rich, .125 cup red/orange and .125 cup other.	50 servings

Nutrients Per Serving					
Calories	475kcal	Sodium	1022 mg	Iron	3 mg
Total Fat	22 gm	Carbohydrates	50 gm	Calcium	397 mg
Saturated Fat	9 gm	Dietary Fiber	8 gm	Vitamin A	749 iu
Cholesterol	52 mg	Protein	22 gm	Vitamin C	23 mg



# TOP 10 GRAB & GO SCHOOL RECIPES: KID TESTED & APPROVED

School meals nourish millions of students daily helping them get the nutrients they need for growth and development. Check out our top 10 school recipes that are kid tested and approved!

## BREAKFAST

- [Lemon Blueberry Chia Parfait](#)
- [Apple Pie Overnight Oats](#)
- [Greek Yogurt Banana Muffins](#)
- [Peaches-n-Cream Waffle Dunkers](#)
- [Yogurt & Fruit Smoothies](#)

## LUNCH

- [Fiesta Parfait and/or Buffalo Chicken Parfait](#)
- [Taco Salad Box](#)
- [Sriracha Chicken Salad Wrap](#)
- [Creamy Broccoli Cranberry Salad](#)
- [Chipotle BBQ Three Bean Salad](#)

## DAIRY'S NUTRITIONAL VALUE

Milk, cheese and yogurt contribute important nutrients for children's growth and development and the school meal programs are a very important insurance plan to help students get their recommended 3 servings of dairy every day.<sup>1</sup> In fact, low-fat and fat-free milk is an integral part of the federal school meal programs because of its nutrient package – providing the No. 1 food source for 3 out of the 4 nutrients of concern and a good or excellent source of 9 essential nutrients.<sup>2</sup> Dairy foods have been linked to health benefits, such as reduced risk of cardiovascular disease and type 2 diabetes, and dairy food consumption has been linked to improved bone health, especially in children and adolescents.<sup>1</sup>

## DAIRY'S PORTABILITY

Dairy is an incredibly portable product and can be easily incorporated into to-go meals. Check out these [breakfast baskets](#) or [bento boxes](#) for inspiration!



For more delicious school recipes, visit [fueluptoplay60.com](https://fueluptoplay60.com) or check with your local dairy council.

References: 1. USDA, HHS. 2015-2020 Dietary Guidelines for Americans <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>. Published 2016. 2. O'Neil et al. *Nutrients* 2018, 10, 1050; doi:10.3390/nu10081050

