

## **Hot Lunch Resource Guide**

The following program was prepared  
by MSR parent Laura Longo  
and fellow hot lunch parent Stephanie Deming  
for the LE-3 Classroom  
in the 2012-2013 academic year.

Initially created in response to multiple allergy issues,  
it was embraced by all of LE-3 and served to unite  
teachers, parents and kids around delicious food.

For more information, contact Laura Longo via email at  
[longofamily@nc.rr.com](mailto:longofamily@nc.rr.com). She will be happy to answer questions and  
even work with you to create your own program.

## STEP 1: STUDENTS TOOK THIS HOME TO VOTE ON THEIR FAVORITES AND RETURNED PREFERENCES TO US

### CUCINA DEI BAMBINI: LE3 hot lunch, 2012-2013

Ingredients are purchased based on the number of students participating. With 17 or 18 students participating in hot lunches most weeks, we were able to purchase mostly organics. Participation numbers last year allowed for organic fruit smoothies, fresh fruit parfaits, and additional things which the students enjoyed to round out the meal. There will be minimal processed food, minimal added sugars, and students will collaborate to cook a meal from scratch.

- #3 Chicken fajitas*: roasted chicken, corn tortillas, tomatoes, lettuce, black beans, shredded cheese arranged in a topping bar. Grapes or seasonal fruit as a side dish. If additional money is available, an organic fruit smoothie will be served.
- #4 Fish sticks*: tilapia with whole wheat panko flash-fried in safflower or olive oil, oven roasted fries, baby carrots. Smoothie is an option with high participation.
- #12 Meatloaf*: grass fed beef, mashed potatoes, honey glazed carrots or peas. Potential for a yogurt parfait.
- #6 Grilled cheese and soup*: whole wheat grilled cheese (with Applegate Farm American if budget allows) and homemade tomato soup; fresh fruit.
- #15 Corn chowder and corny raspberry muffins*: low fat corn chowder with fat free half and half accompanied by raspberry-topped corn muffins
- #14 Beef noodle stir fry*- served at last year's Asian feast. Beef, spinach and carrot stir fry with boiled Chinese noodles. Fresh fruit
- #8 Pork tenderloin sandwiches*: on whole wheat bread with a green smoothie and a baked apple puff
- #1 Baked Potato bar*: baked potato topping bar with roasted broccoli, cheese, Greek yogurt, beans and Applegate Farm ham. Served with a strawberry banana soy milk smoothie.
- #7 Penne Caprese*: Pasta with olive oil, vine ripened or heirloom tomatoes and fresh mozzarella. Basil on the side. Protein rich smoothie on the side.
- #13 Zucchini parmesan frittata*- loaded with veggies and protein, these frittatas fill a 12" skillet and are made with only 3 Tbl olive oil. Vitamix fruit sherbert on the side.
- #11 Spaghetti and meatballs or eggplant*- homemade marinara and grass fed beef meatballs on the side; fresh fruit.
- #9 Chicken noodle soup*- homemade stock, lots of veggies, and a rapid rise homemade bread on the side
- #5 Roasted chicken*- oven baked chicken, corn on the cob, green smoothie side
- #16 Croque Monsieur*- made with whole wheat bread, Applegate Farms ham, and fresh strawberries rather than jam topping
- #18 Oatmeal for lunch*- creamy steel cut oats, pure maple syrup, raisins or dates, apples; a protein rich smoothie on side
- #10 Pancakes for lunch*- whole oat pancakes with fresh blueberries and/or strawberries, banana, and a protein packed green smoothie
- #2 Panini*- oven roasted chicken, tomato, spinach and cheese. Exotic fruit salad.
- #17 Pasta with Rubies*- Great for Valentine's Day--- Spaghetti tossed with olive oil, garlic, and roasted beets. The beets turn the spaghetti pink! Served with strawberries and a tablespoon of fresh whipped cream, and/or a red smoothie.

**STEP 2: participation sign up---** Teachers actually didn't want the pizza at all but were willing to consider it if the school was benefiting with Miltons giving 20% back to MSR. Teachers said that they wanted pizza only once a month, and hot lunch once a month. In LEIV/UE3, each classroom cooks hot lunch only once a month, but they cook in bulk for 2 classrooms so they can have a hot lunch 2x/month. With hindsight, the LE3 hot lunch was so well received by the kids, and they contributed with their own hands, and every child could be included without "peer pressure" over whose mom does and does not allow pizza, or feeling a lack of belonging simply because you have an allergy... it really united our teachers, parents and kids around delicious food.

**LEIII Pizza/Hot Lunch 2012-13**

Your Student's Name: \_\_\_\_\_

**Cash or checks made payable to Stephanie Deming. Forms and payments due by Friday, 9/7.**

**Please note that there are no refunds.**

**Pizza Order:** For any dates you wish to participate, please use a "C" next to the date for cheese pizza, a "P" for pepperoni, and an "L" for lactose free. Please note that carrots and/or grapes will also be offered on pizza days.

DATE	TYPE OF PIZZA (C, P, L)	TOTAL (\$3 per date chosen)
Thursday, 9/13/12		
Thursday, 10/11/12		
Thursday, 11/8/12		
Thursday, 12/13/12		
Thursday, 1/10/13		
Thursday, 2/28/13		
Wednesday, 3/27/13		
Thursday, 4/11/13		
Friday, 5/17/13 (Staff Appreciation)		
<b>TOTAL DUE:</b>	<b>\$27 if you choose all</b>	<b>\$</b>

**Hot Lunch:** Children voted on the menu below as part of their community circle. We will round out the meal with salads and/or fruit as the budget allows.

DATE	FEATURED MENU ITEM	\$5 per meal selected
Thursday, 9/27/12	Roasted Chicken, Broiled Corn on	

	the cob, fruit smoothie	
Thursday, 10/25/12	Chicken Fajitas, fresh fruit on the side, smoothie if budget allows	
Tuesday, 11/20/12	Thanksgiving Celebration/Stone Soup, Pies, Salads	-----nc----- Community Contributions
Tuesday, 12/18/12	Australian Feast	-----nc----- Community Contributions
Thursday, 1/24/13	Meatloaf with baked potatoes and honey glazed carrots. Yogurt Parfait if budget allows.	
Thursday, 2/14/13	Spaghetti & Meatballs, red fruit Valentine's Day treat	
Thursday, 3/14/13	Chicken Noodle Soup with homemade bread	
Thursday, 4/25/13	Pancakes for lunch with fresh fruit topping and a green smoothie	
Thursday, 5/30/13	African Feast	-----nc----- Community Contributions
<b>TOTAL DUE:</b>	<b>\$30 if you choose all</b>	

<b>GRAND TOTAL:</b>	<b>\$</b>
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\_\_\_cash      \_\_\_check

### LEIII Hot Lunch Task List

*Roasted chicken, corn on cob, cherry tomatoes, green smoothies--- make fresh butter*

- 1) *Parent Volunteers:* scrub tables and counters, preheat ovens to 400 degrees
- 2) *2 students:* wash all produce, get big pots of water on to boil,
  - a. if this didn't take much time, let them cut each grape tomato in half (1/2 box each), and ask adult for help gauging dressing with salt and some sprays of EVOO; if washing produce and prepping pots took a lot of time, let the next group cut the cherry tomatoes since the corn husking won't take long
- 3) *4 students:* each husk 6 ears of corn (24 total); \* **around 9:45am**, place trays of chicken in oven for 20 mins (then turn, bake 20 mins more, then test with instant read thermometer (white meat 160 degrees, dark 175 degrees) to see what needs more time
- 4) *6 students:* 2 students on each blender jar: measure 2 cups soy milk, cut green grapes smaller to measure 1 full cup (or up to 1/3 of the bunch of these are sweet), dice 1 orange, dice 1 green apple, 2 cups kale (about 1/3 of the bunch for each of 3 blenders), 2 cups ice
- 5) *6 students (older students?):* **around 11 am/when chicken is done**, remove skin and carve chicken from bones and place in serving bowls
- 6) *4 students:* pour heavy cream into jar and start shaking--- pass jar throughout room for everyone to try; recipe says it will turn into butter with 10 minutes of vigorous shaking; boil corn in salted water (4 minutes); mix blenders into smoothies and pour into cups; set up buffet and enjoy the fruits of your labor with friends!

Parent volunteers will ask children to wash hands, guide them as need be, and give them a dish washing lesson so that every student washes the dishes required for that step.

\*Equipment to consider: blender base and extra blender pitchers, cutting boards and steak knives, pot holders/sponge/purell/dish towels, corn on cob holders, 2 giant pots for corn, 2 roasting pans--- 1 white meat, 1 dark meat in case of different cooking times (right time probably close to an hour for big meaty breasts, but start checking at 40 mins), liquid measuring cup, instant read thermometer, corn kernel remover, salt/evoo/pepper, veggie brush

\*chicken brined overnight in water with  $\frac{3}{4}$  cup kosher salt; next morning, put pat of earth balance under skin, and put salt and pepper on the skin that was ultimately removed

**SHOPPING LIST FOR LEIII ROASTED CHICKEN HOT LUNCH**

Roasted chicken, cherry tomatoes, corn on cob, green smoothie

Harris Teeter, 9/2012; corn from Lowes; 20 students participating

24 ears white corn @ \$.59 + \$.28 tax		\$14.44- Lowes
3 organic chickens, cut into parts, about 4.5 lbs each	\$15.84	
		\$15.20
		\$17.88
navel oranges, 2 @ .99	\$1.98	
organic green grapes, 2.34 lbs @ \$2.19/lb, VIC savings \$.71	\$5.12	
organic fuji apples, 1.07 lb @ 2.29/lb	\$2.45	
organic kale		\$2.49
organic grape tomatoes, 3 boxes, VIC savings \$.90	\$11.07	
Earth Balance non-dairy spread		\$4.25
Harris Teeter organic soy milk, VIC savings \$.52		\$2.47
Harris Teeter organic heavy cream		\$3.99
Tax		\$1.64
Total		\$84.39- HT

(Parent to bring an extra apple and orange in case we make 3 blenders of smoothies, ice, salt and pepper, high heat sunflower oil on brined chicken before came to school, EVOO spray to dress cherry tomatoes)

**\* post event--- this was the right amount of food (I had added a 3<sup>rd</sup> orange and apple for a 3<sup>rd</sup> pitcher, but it could have been bought out of the budget if you had the Earthbalance dairy free butter on hand. All but gone--- no leftovers, but everyone well fed. 3 pitchers of smoothie, 13.5 lbs of chicken, 3 boxes cherry tomatoes**



## ***Grilled Chicken and Corn Fajita Hot Lunch***

### **Ingredients for about 20**

20 soft corn tortilla shells- Whole Foods freezer case

2 Bell & Evans whole fryer chickens

10 ears corn on the cob

8 tomatoes

2 large blocks Monterey Jack cheese

1 cans black beans

1 head romaine lettuce

Grapes, pineapple or seasonal fruit for side

### **Equipment Needed**

dish towels

student friendly knives

cutting boards

cheese graters

can opener and corn kernel tool

**Dairy allergy- soy cheese** salad spinner (optional)

bowls and spoons for topping bar

cookie sheets & steamer basket

aluminum foil

broiling pans or grill

tongs and pot holders

a big tray for warmed taco shells

### **Cooking technique: Brining**

Soaking poultry in a brine (salt, sugar and water) causes the meat to soak up moisture and flavor. You may choose to soak chicken overnight in a gallon ziplock bag of water with  $\frac{3}{4}$  cup kosher salt and  $\frac{3}{4}$  cup sugar.

### **Origin and History**

The origins of the taco in Mexico began because the ingredients and technology needed to cook them were readily available. The history of tacos begins with the story of maize, corn and the cooking of tortillas.

## Fun Facts

Settlers discovered Native Americans already growing corn when they came to America. Most of the corn grown in North Carolina is grown in the Coastal Plains from April to late August and early September.



## *Let's Get Cooking!*



**1. Wash hands:** Hum the “Happy Birthday” song as you soap up and rinse really well.



**2. Wash as you go:** When you are done with your contribution, please wash some dishes.

**3. Get chicken roasting in the oven---** see recipe for weeknight roasted chicken



**3. Shuck the corn:** use corn kernel tool to remove kernels from corn. Set aside.



**5. Wash produce:** Use a colander in the sink to wash tomatoes and the fruit side dish.



**6. Dice the tomato:** Ask an adult helper to cut the top off the tomato for a flat surface to place on the cutting board. Cut the tomato into slices. Cut each slice into strips. Cut strips into cubes.



**7. Grate cheese:** Use a box grater to grate cheese, dragging cheese from the top to the bottom of the grater. The grater is very sharp, so don't worry about using the last part of the cheese.  
**Please keep separate bowl on topping bar/set aside of dairy free soy cheese.**



**8. Wash lettuce:** Break lettuce into salad spinner net. Rinse and spin dry.





**9. Shred chicken:** After chicken has cooled, use a knife to cut chicken into small strips.



**11. Open black beans:** Use a can opener to open the cans. Drain in colander and rinse beans.



**12. Warm shells:** Shells and tortillas can be warmed in the a steamer basket before arranging taco bar.

<b>Food</b>	<b>Price/unit</b>	<b>Quantity</b>	<b>Total \$</b>
hard corn taco shells	2.25/12 shells	3 boxes	6.75
3 lbs boneless ck breast	2.99/lb SALE	3 lbs	9
1 family bag soft tortilla	2.29	1	2.29
corn on cob	.69/ear	10	7
tomatoes	2.99/lb	3	9
fresh block monterey jack	4.99/lb	2	10
black beans	1.19/can	2	2.4
romaine lettuce	2.29/head	2	4.4
red grapes	2.99/lb	4	12
salsa	3.99/jar	1	3.99
sour cream	2.39/container	1	2.39
<b>total b/f tax</b>			<b>69.22</b>

**Thanksgiving Feast is shared with the UE1 community. It is done “stone soup” style, where every family contributes one ingredient which is needed for the feast. This year was amazing--- UE1 students acted as the guide to LE3 young chefs. Parent observers helped to organize and to facilitate flow, but the UE1 students were the leaders.**

**Shopping list for LE3/UE1 Thanksgiving Feast, 2012**

*Stone soup, vegan cornbread, roasted vegetables, fruit salad, crudités and baba ghanoush, fruit crisp*

Soup (each class makes 1 giant soup pot--- can make one without turkey broth if we have vegetarians)

6 large leeks

12 medium carrots

6 small onion

6 medium russet potatoes

6 zucchini

2 boxes baby spinach leaves

6 cans Muir Glen whole tomatoes

6 cans Eden organic cannellini beans

fresh rosemary 6 cloves garlic, ground black pepper, 6 Tbl extra virgin olive oil

2 boxes of quinoa or rice pasta for soup

wedge of parmesan cheese and bag of soy parmesan cheese

turkey breast- Laura

Fruit Salad

2 pomegranite

8 kiwi

2 star fruit

1 pineapple

box of clementines

8 mango

### Roasted Vegetables

9 red beets

9 golden beets

6 acorn squash

9 carrots

2 small bags of baby red potatoes

### Vegan Cornbread (each class makes 3 8x8" trays)

Earthfare buttery spread (butter substitute)

8 cups stone ground yellow cornmeal

2 ¼ cup sugar for 6 cornbread

2 Tbl salt, 4 Tbl baking soda,

9 cups canned light coconut milk

egg substitute (Laura has)

3 cups rice flour

### Fruit Crisp (each class makes 3 9x13" trays)

12 granny smith apples

12 mcIntosh apples

1.5 to 3 cups real maple syrup (1.5 cups is halved)

Earthfare organic buttery spread (butter substitute)

3 cups brown sugar (halved)

3 cups rice flour

6 tsp cinnamon

6 cups rolled oats

## Crudite

1 bag of baby carrots

1 English cucumber

2 boxes of grape tomatoes

3 red peppers

## Baba Ghanoush (1 recipe enough since younger kids may not eat?)

2 lbs eggplant (2 globe)

1 lemon

1 clove garlic, 2 Tbl tahini, salt and pepper, 1 Tbl evoo, 2 tsp fresh parsley

## Monday cooking groups

- assemble the fruit crisp (but bake it the next day)
- make the baba ghanoush
- cook turkey and simmer a turkey stock

## Tuesday groups

- prepare the veges and assemble the soup
- bake cornbread first (bakes 25 minutes)
- prepare and roast vegetables (can roast up to 45 minutes)
- cut fruit salad
- cut and arrange crudité
- bake the fruit crisp (45 minutes)

### **LE3 STONE SOUP INGREDIENT LIST 2012**

Yash Agarwal	6 cups rolled oats
Edith Ayala	8 c stone ground yellow cornmeal
Walker Barwick	4 gala apples
Lee Mason Crumpler	2 cans light coconut milk
Lucas Deming	4 gala apples
Alex Emanuel	6 cups rice flour
Gabriel Henderson	4 red beets
Stella Hensey	Earthbalance spread + soy parmesan
Andrew Longo	1 split turkey breast
James Marshall	1 ½ cups real maple syrup
Alex Olander	1 split turkey breasts
John Perkins	4 golden beets
Matthew Price	2 acorn squash
Rithvik Raguram	About 5 lbs red potatoes
Aidan Raynor	1 bottle extra virgin olive oil
Will Scholz	2 ¼ c sugar + 3 c brown sugar
Thavish Sindhwani	3 cans light coconut milk
Zane Smaini	4 gala apples
Andrew Stepanian	2 star fruit, 2 onion
Ashley Turner	4 gala apples
Katie Jane White	4 gala apples
Elle Wiggins	4 gala apples

## **UE1 STONE SOUP INGREDIENT LIST 2012**

	12-24 carrots (24 if you want to roast them with other vege)
	6 russet potatoes
	6 zucchini, 6 parsnip
	2 boxes baby spinach leaves
	3 cans Muir Glen whole tomatoes
	3 cans Muir Glen whole tomatoes
	3 sm cans Eden organic cannellini beans
	3 sm cans Eden organic cannellini beans
	2 boxes quinoa or rice pasta
	1 wedge of parmesan cheese
	2 pomegranites
	4 kiwi
	4 kiwi
	1 pineapple + 2 mangoes
	6 mangoes—please substitute if you don't feel mangoes are ripe
	1 box of clementines
	2 lbs eggplant
	1 red peppers
	1 boxes grape tomatoes
	1 sm bag baby carrots, 1 english cucumber, and 5-6 lemons

## MONDAY TASK LIST FOR LE3/UE1 STONE SOUP CELEBRATION

*GOALS: assemble elements of six fruit crisps to store separately overnight, make a turkey stock for tomorrow's soup, and make a baba ghanoush dip for crudités*

Student leaders will wash down all cooking surfaces before cooking teams come out; student leaders will tell each cooking group that comes out about the task from the menu that they will be working on, will ask for washed hands, and will ask all students to wash any dishes they used before returning to the classroom

Art Room kitchen with Dawn/Stephanie as parent helpers

*Goal for art kitchen is to assemble a turkey stock and assemble/prebake 3 fruit crisps during morning work cycle*

- preheat oven to 375 degrees
- **UE1 students in art room kitchen:** prepare the turkey stock
  - a. preheat pot on medium hot burner; add 2 Tbl oil
  - b. add 2 onions, peeled and quartered, 2-3 minutes; remove and set aside
  - c. brown turkey breast skin side down in oil and brown about 4-5 minutes per side (in two batches if need be)--- wash all for turkey safety
  - d. return onion to pot, cover, and cook on low to medium low heat until turkey releases its juices, about 20 minutes
  - e. increase heat to high, add 16 cups water (1 gallon), add 4 tsp salt, and 4 bay leaves; bring to boil
  - f. return to simmer, covered, until rich and flavorful--- can go all morning as we cook; can add water and salt as needed while broth simmers
  - g. once turkey is complete cooked, we will remove turkey, discard skin, cut into bite sized pieces, and store separately overnight; we'll warm turkey in the soup just before serving on Tuesday so it doesn't get overcooked
  - h. please ask for parent volunteer's help to strain the solids from the stock
  - i. we'll cool the broth in art room fridge overnight and will skim off fat in the am
- **simultaneously in art room kitchen, one apple crisp group of 4 students/ plus UE supervising students can start to wash the apples and begin peeling/coring and chopping**
  - j. can use veggie peelers
  - k. each student gets 1 of 4 apples to peel, core and chop (one apple ea)
  - l. chopped apples will be tossed in a large bowl with 1 tsp lemon juice
  - m. then toss with ¼ cup maple syrup and 2 Tbl Earthbalance butter substitute

- n. prebake the apples in 9x12 baking dish, uncovered, 20 minutes to kill enzymes that turn apple brown (we'll finish baking with topping tomorrow)
- o. if 2 students are working on lemon juice, syrup and butter in step above, then the other 2 students can preassemble the topping dry ingredients in a separate bowl
  - i. topping: mix 1 cup rolled oats, ½ cup rice flour, ½ cup brown sugar, 1 tsp cinnamon; place in ziplock and store in fridge overnight; tomorrow we will melt ½ cup Earthbalance for each topping, mix together with dry ingredients, and sprinkle over apples for final bake
- ***once the 1<sup>st</sup> group of 4 students has completed their crisp, the next group of 4 LE3 students and UE student leaders can cycle in to begin the next fruit crisp; the first team will please wash dishes to the kitchen is ready for the next work group***
- once the 2<sup>nd</sup> crisp is assembled and in the oven, a 3<sup>rd</sup> group of 4 students/UE leaders will assemble the last of 3 art room fruit crisps

Hallway kitchen with Laura as parent helper

*Goal for hallway kitchen group is to prepare baba ghanoush and assemble/prebake 3 fruit crisps*

- preheat hallway oven to 500 degrees
- ***2 students:*** get baba started
  - wash eggplant and poke holes in it; line rimmed baking sheet with foil, and roast eggplant turning every 15 minutes with tongs for 30-60 minutes; want eggplant to be uniformly soft when pressed with tongs
  - cool 5 minutes, trim off tops and bottoms using tongs to hold eggplant and a knife; scoop flesh into a colander to drain; discard skins
- ***simultaneously in hallway kitchen, one apple crisp group of 4 students/ plus UE supervising students can start to wash the apples and begin peeling/coring and chopping***
  - can use veggie peelers or apple peeling
  - each student gets 1 of 4 apples to to peel, core and chop (one apple each)
  - chopped apples will be tossed in a large bowl with 1 tsp lemon juice
  - then toss with ¼ cup maple syrup and 2 Tbl Earthfare butter substitute
  - prebake the apples in 9x12 baking dish, uncovered, 20 minutes to kill enzymes that turn apple brown (we'll finish baking with topping tomorrow)
  - if 2 students are working on lemon juice, syrup and butter in step above, then the other 2 students can preassemble the topping ingredients in a separate bowl
    - mix 1 cup rolled oats, ½ cup rice flour, ½ cup brown sugar, 1 tsp cinnamon; place in ziplock and store in fridge overnight; tomorrow we will melt ½ cup Earthbalance for each topping, mix together with dry ingredients, and sprinkle over apples for final bake on Tuesday



- ***once the 1<sup>st</sup> group of 4 students has completed their crisp, the next group of 4 LE3 students and UE student leaders can cycle in to begin the next fruit crisp; the first team will please wash dishes to the kitchen is ready for the next work group***
- once the 2<sup>nd</sup> crisp is assembled and in the oven, a 3<sup>rd</sup> group of 4 students/UE leaders will assemble the last of 3 hallway fruit crisps
- after all fruit crisps have been assembled, we can finish the baba ghanoush
  - place strained eggplant into a food processor
  - add 1 Tbl lemon juice, 1 clove garlic, 2 Tbl tahini, ¼ tsp salt, ¼ tsp pepper
  - pulse 8 times for 1-second each until coarse choppy texture
  - transfer to storage bowl, and cover with plastic wrap so it touches surface of the dip; refrigerate overnight and add 1 Tbl olive oil before serving on Tuesday

Ingredients to consider from home: salt, pepper, tahini, bay leaf, cinnamon, 1 clove garlic

Equipment to consider: 2 large soup pots, and even a third for straining step, strainer, spoons, pot holders, garlic press, measuring cups and spoons, dish towels and sponge, 6 9x12 baking dishes, apple corers to make slicing easier for younger students, 4 (or more) large mixing bowls, zip lock bags, veggie peelers and apple corers, lemon reamer, food processor, egg substitute, tongs, rimmed baking sheet, aluminum foil, plastic wrap

## TUESDAY TASK LIST FOR LE3/UE1 STONE SOUP CELEBRATION

*GOALS: prepare vegan cornbread, prepare stone soup, cut fruit salad, prepare crudité tray, roast vegetables, and finish baking the soup*

*Art Room Kitchen- group 1: **ROAST VEGETABLES** (check with Donna--- at 375 would need 1 hour and 15 minutes, need to be done with prep by 10am--- this should start before soup; I usually roast at 450 degrees when it's a single vegetable, but the 375 may be recommended in my recipe because the acorn squash is more delicate than the beets, etc)*

- preheat oven to 375 degrees and preheat the roasting pans as well
- wash beets, acorn squash, Yukon gold or red potatoes, carrots or parsnips
- remove skin from beets, carrots and parsnips; chop each into 6 pieces
- halve acorn squash, seed, and cut each half into 6 wedges
- peel whole garlic cloves
- for this much produce, toss with up to  $\frac{3}{4}$  cup olive oil
- sprinkle with 1.5 tsp to 1 Tbl salt-can start with 1.5 tsp and revise at end of cooking
- roast 30 minutes, reverse sheets, roast about 45 minutes more
- can prepare ahead and let stand at room temp until ready to rewarm
- oven will need to be preheated to 375 before fruit crisps

*Art Room Kitchen: 2nd group prepares **STONE SOUP** at different work station*

- after washing hands and learning about their contribution for the meal, students can start by washing all produce
- skim fat off surface of the turkey broth made yesterday; begin to warm on stove;
- Prep Vegetables and put into soup pot
  - Russet potato can be peeled and cut into a medium large dice; get them right into the warmed stock to begin cooking
  - Carrots- peel and cut into circles
  - Zucchini trimmed and cut into medium dice
  - Spinach- run a knife through it
- prep tomatoes: open and drain juice from 6 cans of whole tomatoes and chop
- prep beans: open and drain 6 cans of cannellini beans and rinse in colander
- grate parmesan: **please keep cheese separate from the soup in deference to friends with dairy allergies**
- bring vegetables, tomatoes, and stock to a boil. Reduce heat to medium low and simmer uncovered, stirring occasionally, until vegetables are tender but still hold their shape. About 1 hour.
- Just before serving:
  - Boil rice/quinoa pasta separately. Drain. Add turkey and beans to soup to warm (about 5 minutes); add pasta to soup just before serving time.

- While turkey and beans are warming, prepare herbs. Mash minced fresh rosemary, garlic and olive oil in small bowl. Add just before serving for maximum flavor.
- Adjust salt and pepper to taste prior to serving.

Hallway kitchen: prepare 4 trays of VEGAN CORNBREAD

- Preheat to 450 degrees and split into 2 mini-groups to mix simultaneously
- grease 9" square or round baking pan with Earthbalance buttery spread
- one cornbread recipe=
  - put 2/3 cup cornmeal in medium bowl
  - in small bowl mix 1 1/3 cups cornmeal, 6 Tbl sugar, 1 tsp salt, 2 tsp baking powder, 1/2 tsp baking soda, 1/2 cup rice flour.
  - Pour 2/3 cups boiling water into the medium bowl with 2/3 cup cornmeal. Stir to make a stiff mush.
  - Whisk 1 1/2 cup coconut milk into the mush, breaking up lumps.
  - Whisk in 2 eggs, beaten lightly.
  - Stir dry ingredients into mush mixture until just moistened.
  - At last minute, pour 2 Tbl refined coconut oil and 2 tsp safflower oil into bowl, then quickly pour into cake pan
  - Bake 450 degrees for 25 minutes. Make sure cake has pulled away from sides of pan and bounces back when center is gently pressed with a finger. Cool 5 minutes (much more!) and serve.
- **While first 2 trays of cornbread are baking, the second two trays of cornbread can be mixed**
- **oven temperature will need to be 375 degrees for fruit crisp when cornbread is done**

Hallway kitchen- group 2: prepare FRUIT SALAD

- Wash and cut all fruit: star fruit, pomegranate, kiwi, pineapple, mangoes, clementines peeled and separated into wedges

Hallway kitchen- group 3- prepare CRUDITE TRAY

- wash red peppers, grape tomatoes, English cucumber
- cut peppers into strips and cucumber into circles
- arrange with baby carrots on tray with baba ghanoush
- add 1 Tbl olive oil to Baba before serving

Both ovens: finish cooking FRUIT CRISPS 45 minutes before the meal

- preheat both ovens to 375 degrees
- melt ½ cup Earthbalance buttery substitute and mix with crumb topping
- put one package of crumb topping on each of the six fruit crisps
- bake about 30 minutes; when topping is browned and crisp, remove from oven; crisps can set a bit while we are preparing the buffet tables

*Final step:* As fruit crisps are going into the ovens, students can be pouring drinks, setting up **buffet**, and finishing dish washing from previous steps.

Ingredients/equipment from home: extra parsnip/carrot for roasted veggie, salt, pepper, pasta pot, fresh rosemary, head of garlic, evoo (was in cabinet at school), 4 9" square or round baking pans, baking soda, baking powder, pot for boiling water, can openers, veggie peelers, measuring cups and spoons, cutting boards and knives, dish towels, pot holders, glass measuring cups (in hall kitchen) for melting butter for crisps, 1 chef knife for beets and acorn squash, slotted spoon for skimming fat off broth, can openers, 1-2 box graters for parmesan, small pot for melting butter in hall where there is no microwave?, 2 big roasting pans or aluminum pans for roasting the veggies, mixing bowls galore, serving trays and spoons as needed, tea kettle for boiling water step of cornbread, 2 roasting pans that fit with 2 narrow cookie sheets so that you can fit 4 trays of roasted veggies in one oven

**Notes after the event:** We have adjusted the attached shopping guide to cut roasted veggies and crudité in half. Baba was yummy but not a huge hit, so if you have to pare down, that's one step to consider. Correct amount of soup, turkey, cornbread, apple crisp, fruit salad--- all gone, but everyone satisfied. Consider bowls that don't melt, or have out ceramic bowls since soup is quite hot. It was nice to have it start hot since it takes so long to plate and seat everyone.

## TASK LIST FOR LE3 HOT LUNCH, JANUARY 2013

### *Meatloaf (no pork, no dairy), baked potato, glazed carrot, yogurt parfait*

#### *19 students participating with a \$95 budget*

9:15, Parent volunteers wash down surfaces and prepare two separate work stations with tables, 4 chairs each; ideally lunch will be at 11:30 am; because we are starting later with spelling on hot lunch day, we can revise tweak the time if need be; no worries, just a fun morning in the kitchen; there are two major “chunks” of effort, but we’ll rotate students in and out as need be to get all 19 students to participate

9:30, Two simultaneous groups of 4: PREP MEATLOAF

- The meatloaf takes 65 minutes to bake and will preferably rest for 20 minutes b/f cutting; this is the first priority
- All wash hands
- 2 of the students adjust oven rack to middle and preheat to 375 degrees, prepare baking pan using foil lined rimmed baking sheet with inset wire rack covered with foil and poked with holes
- 2 students wash all potatoes, use fork to poke holes on each side, and preheat the art room oven to 375 degrees
- these students can also crush the crackers in a ziplock bag
- 2 students at stovetop (half of this mixture will go into each meatloaf)
  - melt 2 Tbl Earthfare vegan spread, medium heat
  - add 2 chopped onion/2 chopped celery stalks (parent volunteer brought from home)
  - sauté 6 to 8 minutes until just beginning to brown
  - while this is working on the stove, the stovetop students can measure 2 cloves garlic, 4 tsp fresh thyme (or 1 tsp dried if budget requires), and 2 tsp paprika in small bowl for next step
  - once onions have begun to brown, add garlic mixture and cook until fragrant, 1 minute
  - reduce heat to low and add 1/2 cup Muir Glen tomato sauce
- EACH of the two workstations will measure the following (and 4 prep students above can join in when done)--- recipe below makes 1 meatloaf, and we are making 2 meatloafs today w/ 2 groups
  - At each station in large bowl, whisk ½ cup homemade chicken stock with 2 large eggs; sprinkle with ½ tsp unflavored gelatin if using; let stand 5 minutes
  - In small bowl, measure 1 Tbl soy sauce, 1 tsp Dijon mustard, 2/3 cup crushed rice crackers, 2 Tbl minced fresh parsley, ¾ tsp salt, and ½ tsp pepper
  - In bowl with broth and eggs, add
    - The soy sauce mixture, ½ the onion mixture, 2 oz organic vegetarian goat cheese, 1 lb grassfed ground sirloin, and 1 lb grassfed ground chuck
  - Mix gently with hands until thoroughly combined, about 1 minute. (handle meat gently)
  - Transfer meat to foil rectangle and shape to 10x6” oval about 2” high. Smooth top and edges.
  - Bake until instant read thermometer reads 135-140 degrees, about 65 minutes
  - Remove from oven and turn on broiler. Broil 5 minutes more. Cool 20 mins.
  - (last group of students will ultimately cut each loaf into 10 slices, and each slice in half)
- We love for each child to help with washing any dishes that they used during their time in the kitchen. This can create a bit of a log jam at the sink, so it’s helpful to have an adult supervisor at the sink to keep things moving/give dish washing lessons as need be. The next groups can get

started on their cooking steps with 2 of the adult volunteers, and the 3<sup>rd</sup> volunteer can be available for the sink as needed.

10:30 *would be nice, but whenever the next step occurs:* POTATOES IN OVEN AND PREPARE CARROTS

*next group of 8 students*

- 4 students- toss potatoes with organic canola oil and salt; rotate after 20 mins for small potato; check for doneness after about 40 minutes.
  - Once this group has the potatoes in the oven, they can become the “choppers” of the carrots that are now starting to come off the “peeling” line; carrots need to be cut as thin as they can get them--- adult helper can show them what a ¼” slice might look like, and they can strive for any thickness that they can turn out; adult helpers may need to begin this session reviewing proper way to hold a knife, but these students are very accomplished choppers!
- 4 students- 2 students begin by washing and scrubbing carrots with vege brush, cutting off greens (can reserve for someone to bring home for salad), while 2 more students start to peel
- once the peeling students are done, they can start measuring the mise en place--- for 2 lbs carrots:
  - 4 Tbl (1/4 cup) water
  - 4 Tbl Earthbalance (1/4 cup)
  - 2 tsp organic sugar
  - 1 tsp salt
- while students begin the dish washing process for this step, 2 students can take a turn at the stove
  - In skillet, bring carrots and above pre-measured items to boil over medium high heat. Cover and cook 3 minutes.
  - Uncover, and continue to cook until remaining water evaporates, about 1 minute
  - *Pause cooking here. Just before serving-* Saute until carrots are tender, 1-2 minutes longer.
- This group can proceed to dish washing as they complete their tasks

11:00 *one adult can break off to art room to help final group of 3 students prepare yogurt parfait? & buffet*

- If we are making the parfait, 3 students can each scoop ½ cup of yogurt into 6 cups (18 total)
  - Unsweetened greek yogurt, so add and mix in 1 tsp honey to each cup
  - Wash blueberries and layer over yogurt
  - Scoop 1 Tbl homemade/nut free granola over each cup (if I don’t get to the granola, we’ll sprinkle with cinnamon)
- Slice meatloaf - 10 slices, and each slice in half
- Saute until carrots are tender, 1-2 minutes longer.
- Lay out carrots, potatoes and all food
- Wash buffet tables
- Fill water cups
- Lay out silverware and napkins
- Serve to lunch line

**\*\*\*\*\* for next year**, this was enough meatloaf, because the bag had many more than 19 new potatoes it was too many potatoes, and it would have been nice to have a 3<sup>rd</sup> bunch of carrots. The budget didn’t fully allow for the parfait. I was happy to contribute because it’s my choice to buy all organics at Whole Foods for these meals. However, if another parent is shopping next year, perhaps the sign up for the grassfed meat week should have

included a simple fresh fruit dessert rather than the yogurt/blueberry/honey parfait. **Perhaps this should not be repeated next year if we have a student who can't eat beef for religious reasons.**

### **SHOPPING LIST FOR LE3 MEATLOAF HOT LUNCH**

Meatloaf, baked potato, glazed carrots, yogurt parfait

Whole Foods with \$95 budget

3 (32 oz) containers local grassfed Greek whole yogurt, plain/sugar free	\$20.97
So Delicious coconut milk yogurt, plain, 8 oz	\$1.99
2 lbs 85/15 grassfed ground beef	\$16.46
2 lbs 90/10 grassfed ground sirloin	\$18.43
Earthbalance organic buttery spread	\$3.99
Durham local clover honey	\$4.69
Sweet onions, 2 @ 1.99/lb	\$1.23
Organic blueberries, 2 pts	\$11.98
2 bunches organic carrots with greens	\$3.98
celery	\$1.69
5lb bag of organic red potatoes (20+ count)	\$6.99
Tax	\$1.87
Total	\$94.27

#### **Parent volunteer to bring from home:**

Parsley, thyme, salt, pepper, organic canola oil, homemade chicken stock, 2 cloves garlic, paprika, 2 Tbl soy sauce, 2 tsp Dijon mustard, 1 1/3 cups crushed rice crackers, 2 tsp organic sugar, either a homemade nut free granola and/or some cinnamon to flavor the plain yogurt, unflavored gelatin if using, 4 eggs

#### **Equipment to consider:**

Roasting pan for potato, cutting boards, dish towels, purell, student friendly knives, veggie brushes and peelers, measuring spoons and cups, rimmed baking sheet with inset wire rack for meatloaf, aluminum foil, pot holders, large skillet with cover, and silicone spoon, Method cleanser spray, instant read thermometer, can opener, big mixing bowls

#### **Homemade nut free granola (this was barely enough--- I'd double it next time)**

Heat skillet with 1 Tbl organic canola or sunflower oil. Saute 1 cup old fashioned rolled oats (NOT the quick/instant ones--- would be sandy vs crunchy) for 2 minutes. Stir in 2 tsp sunflower seeds and 2 tsp sesame seeds, and sauté until golden, about 2 minutes longer. Off heat, sprinkle 2 1/3 tsp honey and a pinch of salt.

Spread on rimmed baking sheet and bake at 325 degrees, stirring every few minutes, until light golden brown--- about 15 minutes.

**These next two pages were on the table for a simpler version that kids could read and follow together**

- 2 students at stovetop
  - melt 2 Tbl Earthfare vegan spread, medium heat
  - add 2 chopped onion/2 chopped celery stalks (parent volunteer brought from home)
  - sauté 6 to 8 minutes until just beginning to brown
  - while this is working on the stove, the stovetop students can measure
    - 2 cloves garlic,
    - 4 tsp fresh thyme, and
    - 2 tsp paprika in small bowl for next step
  - once onions have begun to brown, add garlic mixture and cook until fragrant, 1 minute
  - reduce heat to low and add ½ cup Muir Glen tomato sauce



## For easy-read/kids to follow together...

At each station in large bowl, whisk

- ½ cup homemade chicken stock with 2 large eggs;
- sprinkle with ½ tsp unflavored gelatin if using; let stand 5 minutes
- In small bowl, measure
  - 1 Tbl soy sauce,
  - 1 tsp Dijon mustard,
  - 2/3 cup crushed rice crackers,
  - 2 Tbl minced fresh parsley,
  - ¾ tsp salt, and
  - ½ tsp pepper
- In bowl with broth and eggs, add
  - The soy sauce mixture,
  - ½ the onion mixture,
  - 2 oz organic vegetarian goat cheese,
  - 1 lb grassfed ground sirloin, and
  - 1 lb grassfed ground chuck
- Mix gently with hands until thoroughly combined, about 1 minute. (handle meat gently)
- Transfer meat to foil rectangle and shape to 10x6" oval about 2" high. Smooth top and edges.

## **LE3 HOT LUNCH TASK LIST- VALENTINE'S DAY 2013**

***Pasta with meatballs in a red sauce, roasted broccoli, and a coconut milk/spinach/cherry smoothie***

***22 students, budget \$110***

***\*please ask all students to wash hands, ask them if they know the menu, then explain which piece of the feast they will be contributing to***

***group 1 and 2 (4 students each group): mix meatballs***

- Wash hands, preheat oven to 450 with racks in lower-middle and upper-middle positions
- 2 students begin by placing wire racks on 2 foil-lined rimmed baking sheets; spray with cooking spray; then they rejoin the mixing groups below
- each table of 3 (with a 4<sup>th</sup> added after pans are prepared) mixes the half recipe below:
  - 1 1/8 cups whole wheat panko
  - 3/4 cup coconut milk
    - let the above mixture sit 10 minutes while you prep the rest of the ingredients (beating eggs, mincing parsley, dicing cheese, measuring s&p, mixing gelatin, garlic)
  - 1 1/2 eggs (beat them in bowl and try to split relatively evenly)
  - 1 1/2 lbs ground grassfed beef sirloin
  - 1.5 oz vegetarian goat cheese (use half of it in each)
  - 3 Tbl fresh parsley, minced
  - 1 1/2 cloves garlic
  - 3/4 tsp table salt
  - 1/4 tsp black pepper
  - up to 3/4 tsp powder gelatin dissolved in 1.5 Tbl cold water
- wash dishes

### ***Group 3 (4 students): roll meatballs***

- continue to roll ¼ cup, 2” meatballs.
- Place meatballs on wire racks
- Roast until browned, about 30 minutes, rotating trays midway
- Wash dishes

### ***Group 4 (2 students): get marinara simmering***

- bring large pasta pot of water to a boil while you work
- sauté 1 minced onion in 2 Tbl organic sunflower oil, medium low heat, 10 minutes, until soft
- while you stir this occasionally, you can prep the next ingredients
  - wash and peel 2 carrots to float
  - open the cans of Muir Glen tomato paste and sauce
  - wash parsley and garlic
- when onion is soft, use garlic press to add 6 cloves garlic plus up to 1 Tbl salt; stir 1 minute
  - add 4 (6 oz) cans muir glen tomato paste and 6 cans water; stir 5 minutes
  - add 4 (15 oz) cans muir glen tomato sauce plus 3 cans water
  - ½ tsp pepper
  - 2 Tbl oregano
  - a few sprigs parsley
  - 8-12 fresh basil leaves
  - the 2 carrots to float (this cuts some of the acidity without adding sugar)
- simmer on low heat, partially covered, at least one hour--- stir regularly
- \*\*\*\*\* **separate one saucepan for our 3 dairy-free families;** only adults will handle this saucepan with a separate spoon for

the remainder of time; in the large marinara pot, add 2 cups parmesan--- kids have to grate it

- add meatballs once they are roasted
- wash any dishes

### ***Group 5 (2 students): prepare broccoli***

- preheat oven AND the 2 roasting pans in a 500 degree oven
- wash 3 bundles of broccoli
- cut into smaller florets
- for 3 bunches of broccoli (6 or more heads), I'd toss with
  - 9 Tbl (1/2 cup plus 1 Tbl) organic sunflower oil--- added in stages as you toss
  - 1 ½ tsp salt—added in stages as you toss
  - 1 ½ tsp sugar--- added in stages as you toss
- set aside (we won't put the broccoli into the oven until 11:15; roast 10 minutes)
- wash any dishes

### ***Group 6 (6 students split at 2 tables): prepare smoothies and serve buffet***

- at 11:15, we need to add pasta and salt to the boiling pots of water, and the broccoli to the preheated oven
- until then, prepare smoothies
  - 3 blenders, EACH one with:
    - 3 cups unsweetened coconut milk
    - 3 cups spinach
    - 2 frozen bananas
    - 2 bags organic dark sweet cherries
  - hold in the refrigerator, and we will blend them right before lunch
- continue stirring marinara

- pan fry chicken cutlet for Thavish
- Get out plastic cups for smoothies
- Silverware and napkins for buffet
- Wash down tables and any last dishes as we start moving to the art room to serve

## **SHOPPING LIST FOR SPAGHETTI AND MEATBALLS**

*Whole Foods, February 2013*

½ gallon unsweetened coconut milk	\$3.69
organic broccoli, 3 bunches at 3.49/lb	\$16.93
parmeiggiano reggiano wedge	\$9.00
fresh Italian parsley bunch	\$2.49
4 lbs DiCecco Spaghetti	\$11.96
3 lbs grassfed sirloin, 90% lean	\$27.41
fresh organic basil package	\$1.99
Organic vegetarian goat cheese	\$3.99
Gluten free panko	\$7.98
Large organic spinach box, 1 lb	\$5.99
1 boneless skinless chicken breast for Thavish	\$1.42
2 loose carrots	\$0.57
4 cans Muir Glen tomato sauce, 1.79 ea	\$7.16
4 cans Muir Glen tomato paste, .99 each	\$3.96
6 bags organic dark sweet cherries (60 oz total),	

frozen,	5.39 each	\$32.34
tax		\$3.50
Total:		\$140.38

\*\*\*This was \$20 over budget as Laura's treat for her little Andrew valentine. I also was too lazy to go to a second supermarket.

To get this underbudget next year, I'd recommend:

- 1) Barilla pasta is half the price of DiCecco, which would shave off \$4
- 2) At a regular supermarket, you could get a wedge of regular parmesan vs reggiano, which would save another \$4 or so
- 3) If it's weren't "red" valentine's day, you could get enough frozen blueberrys for DRAMATICALLY less
- 4) You could also skip the smoothie and do an easy fruit like grapes

Bring from home: oil, salt, pepper, sugar, oregano, gelatin, garlic, eggs, bananas, onion

## LE3 HOT LUNCH: CHICKEN NOODLE SOUP AND FRESH BREAD

*Cooking only with 1<sup>st</sup> and 2<sup>nd</sup> years due to 3<sup>rd</sup> year testing*

- Get started browning chicken ASAP
- Split into two teams once chicken is started: one for bread and fruit/one for soup

***Soup Groups---*** *instructions for chicken first, but as chicken is cooking, work on veggies can be going on simultaneously*

- Adult (alone or with no more than two students) can place 3 Tbl organic safflower oil in soup pot, medium high heat, until just smoking
  - Working in batches, brown chicken lightly, 5 minutes, and set aside in large bowl; repeat with next batch
- adult volunteer peels and chops 3 onions; sauté until soft in fat left in bottom of pot, medium heat, about 3 minutes
- return chicken to pot, along with any accumulated juices, cover, reduce heat to low.
- Cook, stirring until chicken has released it's juices, 20 minutes
- Add water (24 cups), 2 Tbl salt, and up to 6 bay leaves
- Bring to boil, cover, reduce to simmer, and cook until thighs register 165 degrees, checking after 20 minutes
- Once chicken arrives at proper internal temperature, remove from pot, cook, and students can remove meat from bone/shred into bite sized pieces
- Adult strains broth through fine mesh strainer into 2<sup>nd</sup> soup pot

*Meanwhile:*

- students can scrub, peel, and cut carrots (2 small bunches?), thin as possible
- 3 celery ribs can be washed, students remove some of tougher outer skin with veg peeler, chop
- wash 3 sprigs thyme--- this will float and be removed before serving
- students can cut chicken off bones and into small pieces once cool enough to handle
- In 2<sup>nd</sup> soup pot, start to heat 3 Tbl safflower oil, medium heat to shimmering.
  - Add 1 peeled and chopped onion, carrot and celery, and cook until soft, 5-7 minutes
  - Stir in 3 sprigs thyme and the broth and bring to boil.
  - Reduce to simmer and cook until veggies are nearly tender, 6-8 minutes.
  - Stir in 6 Tbl (heaping quarter cup) chopped fresh parsley
  - Taste and adjust salt and pepper

- Optional- parmesan cheese can be grated and reserved to the side due to dairy allergies
- Just before serving (around 11:00), bring pasta pot to boil; cook quinoa pasta according to directions on box
- By 11:15, add cooked chicken back to pot; do not add pasta to soup until students are lining up and ready to serve

***Bread Groups***--- if you are starting early enough, 1 group mixes 2 loaves, 2<sup>nd</sup> group mixes loaves 3&4 while first group's is rising; if crunched, all 4 doughs together in mixer

Enough for two loaves: repeat for loaves 3&4

Preheat oven to 350

- Grind wheat berries and oat grouts: 2 cups red spring, 1 cup soft white, 1 cup oats
- Zero scale with mixer bowl on top; students measure 4 cups into bowl and get weight to about 17 ½ ounces
- Add 4 heaping teaspoons of yeast and stir it in the warm flour to activate
- Add ¼ cup coconut oil
- Add ¼ cup honey
- Add 2.5 cups water from hot tap, checking temp for 115 degrees before adding to yeast mixture
- Stir until combined and let sit, covered with towel 30 minutes
- While this rises, students measure rest of ingredients needed
  - Zero empty bowl on scale; 3 cups flour (13.125 ounces or so)
  - 1 Tbl salt
  - ½ cup gluten
  - grease pans
  - add this mixture to the mixer bowl once the 30 minutes is up; stir, attached bread hook to mixer, knead on speed "2" (no higher), for 7 minutes
- transfer to oiled silpat mat; use pastry knife to cut dough ball in half
- flatten with palms of hands until it makes a large rectangle, about the length of a dish towel and the width of your pan; roll tightly into oblong shape and place in pan; repeat
- This rises in pans about 30 minutes until double in size/about an inch above rim of pan (will rise faster if you can place with cup of hot water in microwave (make your own proofing box) or on stove top, off heat, over a pot of warm water
- Bake 30 minutes, rotating pans and tenting with foil after first 15 minutes



Notes for next year:

Too stressed following fire department issue and lost the receipt to make shopping list! For future reference, it is imperative that the hot lunch coordinator remember to tell admin to put the system on test, and that volunteers do not wash chicken before frying 😊.

Because we didn't have third years, but bought Bell and Evans thighs from WF rather than a whole organic chicken. Still anti-biotic and hormone free, but allowed us to come in WAY under budget. If you have this meal either early or late in the year, it allows you to "make up" for any over budget week, or have leftover money which we used for our spring social.

Leftover money bought 6 half gallons of Newman organic lemonade (BOGO at WF during Memorial Day week), plus 3 organic watermelon, 3 organic pineapple, and maybe 6 containers of organic strawberries. From this we made skewers/fruit kebobs. Had a huge tub of ice water from Todd.

## **TASK LIST FOR PANCAKE HOT LUNCH**

Gluten and allergy free pancakes with fresh fruit, yogurt, and a green cherry smoothie

- adult volunteers arrange work stations and clean tables before students arrive at 9:30
- first 2 groups will each whisk a double batter, which will result in 4x the original recipe for 6 servings
- Ask each cooking group about what we are cooking today and their role; check on washed hands

**Group 1:** 2 students start measuring while 2 students start milling grain

- Measure and whisk in a small bowl:
  - 2 large eggs
  - 4 cups coconut milk
  - ½ cup maple syrup
- measure and whisk in large bowl:
  - 2 Tbl baking powder
  - 2 tsp baking soda
  - 2 tsp kosher salt
  - add flour from milling group:
    - 2 cups oat flour
    - 1 1/3 cups yellow cornmeal
    - 2/3 cup brown rice flour
    - ½ cup buckwheat flour
- melt ½ cup earth balance in microwave (if available) or on stovetop
- whisk small bowl ingredients into larger bowl with flour
- whisk in butter just until no lumps remain
- refrigerate batter in art room until ready to use

**Group 2:** 4 students- repeat pancake batter

- repeat about for 2<sup>nd</sup> double-batter

**Group 3:** 4 students prepare fruit

- wash blueberries in colander
- scrub melons with veggie brushes
- adult volunteer to cut each melon in half, and students to use melon baller to scoop

**Group 4:** 6 students prepare 3 blenders of smoothie

- in *each* of three blenders, measure:
  - 3 cups coconut milk
  - 3 cups spinach (divide box into 3 portions)
  - 2 bags frozen cherries
  - 2 bananas
- store in art room fridge until ready to blend and pour at 11:15 or so

**Group 5:** 4 students pour batter on griddles, scoop yogurt into cups, blend and pour smoothies, buffet

- on preheated griddles (ideally we'll have 4), students will canola oil and pastry brush to grease griddle, use measuring cups to pour batter circles, and use spatulas to flip
- these same students (or the fruit students if they didn't have enough work earlier) can scoop yogurt into cups
- blend and pour smoothies
- **allergy note: there are 2 pints of coconut yogurt for our 3 dairy free friends!**

*Equipment to consider:* multiple griddles, spatulas, whisks, large and small mixing bowls, wonder mill, pastry brush for oiling griddle, melon ball scoops, cutting boards, large knives and veggie brushes for melon, banana slicer, ladle or measuring cup for scooping batter onto griddle, Purell, dish towels, vitamixer with tamper and 2 additional blender containers

## Shopping List for Pancake hot lunch

22 students, budget of \$110, Whole Foods

4 large containers of Stonyfield Organic French Vanilla yogurt, \$3.99 each	
\$15.96	
organic bananas, 3.13 lbs @ \$.88/lb	\$2.75
Earthbalance margarine, large tub	\$8.99
Organic coconut milk yogurt, 2 containers @ \$3.69 ea	\$7.38
Organic spinach, 1 lb box	\$5.99
Cantaloupe	\$2.99
Honeydew	\$4.99
Organic blueberries, ½ pts, 4 @ \$4.99	
\$19.96	
Unsweetened coconut milk, 2 (½ gallons) @ 3.99 ea	\$7.98
Organic frozen dark sweet cherries, 6 bags @ 5.39 ea	
\$32.34	
Tax	\$2.19
Total	\$111.52

Volunteer bringing from home: 4 Middle school eggs, grain to mill fresh flour, 1 cup maple syrup, ½ cup baking powder, 4 tsp baking soda, 4 tsp kosher salt, organic canola oil for skillet

**NOTE for next year:** We switched to a pumpkin pancake with organic brown rice flour as an allergy-free option. (There is a sensitivity to oat and buckwheat as well as to wheat.) We also milled whole oat groats and soft white wheatberries to make a multigrain pancake. We did a double batch of pumpkin and a double batch of multigrain. This was not enough, especially with students pouring the batter and having some larger pancakes. I'd triple each recipe rather than doubling if we were to do it again. However, the kids loved the pumpkin pancakes so much, that I'd probably just do multiple batches of pumpkin if we weren't doing a wheat grinding/milling fresh flour lesson with the 2<sup>nd</sup> pancake type. I'd start the griddle by 11am, or perhaps borrow so as to have 4 griddles rather than 2. It took some time to get all of those pancakes done, even with two griddles. We had leftover blueberries and melon, and I was surprised these weren't more of a hit. We did not serve this with any maple syrup or sugar--- kids inhaled their pancakes with organic yogurt and fresh fruit--- begging for more 😊.