



INGREDIENTS

- 2 Cups Cabbage (thinly shredded)
- ¼ Cup Carrot (thinly shredded)
- 1 Cup Green Onion (chopped)
- 4 Eggs
- A Pinch of Salt
- 1 Tablespoon Butter
- 3 Tablespoons Sugar
- 4 Tablespoons Ketchup
- 4 Tablespoons Mayonnaise (optional)
- 4 Slices Deli Ham (½ ounce each; without binders, filler or extenders)
- 4 Slices Cheese (½ ounce each)
- 8 Slices Bread (at least 28 grams each; enriched or whole grain rich)

DIRECTIONS

1. Beat eggs in a large mixing bowl and add the shredded cabbage, carrot, green onion, and salt; mix well.
2. Melt 1 tablespoon of butter on a skillet over medium low heat. Add in egg and vegetable mixture. Cook the egg omelette 2-3 minutes on one side and flip. Cook until golden brown. Transfer the omelette to a plate and cut into four equal portions.
3. Heat ham slices briefly, about 30-60 seconds; set aside. Toast the bread.
4. Place one egg portion on the toast; sprinkle 2 teaspoons of sugar and add 1 tablespoon each of ketchup and mayo. Top with a slice of ham, a slice of cheese and another slice of bread.

MEAL PATTERN CONTRIBUTION

 Grain

 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

4 Toasts

PORTION SIZES

Toddler: ¼ Toast

Preschool: ¼ Toast

School Age: ½ Toast

Adult: 1 Toast



INGREDIENTS

- 6 Eggs
- 1 Teaspoon Oyster Sauce (or plant-based alternative)
- ½ Teaspoon Chinese-Style Chicken Bouillon Powder (or plant-based alternative)
- ½ Teaspoon Salt
- 1 Teaspoon Sugar
- Pinch Ground Black Pepper
- 4 Tablespoons Cooking Oil
- 2 Cups Garlic Chives (sliced)
- 2 Teaspoons Toasted Sesame Oil
- Pinch Japanese Chili Powder (shichimi togarashi; optional)

DIRECTIONS

1. Crack eggs into a bowl and add oyster sauce, Chinese-style chicken bouillon powder, salt, sugar and ground black pepper. Whisk until well combined and set by the stove.
2. Heat up a frying pan or wok on a high heat and add half of the cooking oil. Once hot, add garlic chives to the pan and stir fry for 30 seconds.
3. After 30 seconds of cooking, transfer the garlic chives to the egg mixture and mix thoroughly.
4. Add the other half of oil to the same pan/wok and pour the egg mixture in. Scramble the egg until almost cooked and then remove it from the heat. (Be careful not to overcook.)
5. Transfer to a serving dish and drizzle with toasted sesame oil and Japanese chili powder (shichimi togarashi).

MEAL PATTERN CONTRIBUTION

☛ Meat/Meat Alternate

MEAL TYPE

☛ Breakfast

PORTION SIZES

Toddler: ¼ Cup

Preschool: ¼ Cup

School Age: ¼ Cup

Adult: ½ Cup

YIELD

2 Cups



INGREDIENTS

- 1 Cup Green Onion (chopped)
- 1 Tablespoon Vegetable Oil
- $\frac{3}{4}$ Teaspoon Salt (split)
- 2 Cups All Purpose Flour (enriched or whole grain rich)
- 1 Cup Water

DIRECTIONS

1. Put flour into a bowl and add $\frac{1}{2}$ teaspoon of the salt. Mix it well.
2. Pour the flour mixture from step 1 into the mixer. Turn on the lowest setting, slowly add 1 cup of water. Let the mixer run for 2 minutes.
3. Take the dough out from the mixer and put it into a bowl.
4. Cover the dough with a cloth and rest for 20 minutes.
5. Meanwhile, wash and cut green onions.
6. Take the dough out and shape into a ball. Then, divide into 6 pieces.
7. Take a piece of the dough, roll and flatten out.
8. Brush oil and sprinkle salt on the flatten dough, then add the green onion.
9. Roll up the dough the long way and twist it a little bit once done. Then roll the ends and stack up the dough onto itself, similar to a cinnamon roll. Repeat steps 7-9 and finish the rest of the dough.
10. Cover the dough and rest for 30 minutes before pan frying them.
11. Brush some oil on the dough and use your palm to press down the dough and flatten it.
12. Pour $\frac{1}{2}$ tablespoon of vegetable oil into the non-stick pan, then turn on medium. Add pancake, cover and pan fry for 2-3 minutes per side.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

PORTION SIZES

Toddler: $\frac{1}{4}$ Pancake

YIELD

6 Pancakes

Preschool: $\frac{1}{4}$ Pancake

School Age: $\frac{1}{2}$ Pancake

Adult: 1 Pancake



INGREDIENTS

- ½ Cup Steel Cut Oats (uncooked)
- 1 Cup Unsweetened Almond Milk
- 1 Cup Water
- 1 Cup Frozen Kale (chopped)
- 1 Tablespoon Miso Paste
- 4 Tablespoons Nutritional Yeast
- 1 Teaspoon Tamari
- 1 Tablespoon Tahini
- ½ Cup Avocado (diced)
- ½ Cup Green Onions (sliced)

DIRECTIONS

1. Place the oats, water and almond milk in your instant pot and cook for 8 minutes. When the oats have finished cooking, allow the pressure to automatically release for 6 minutes, then manually release.
2. Set your instant pot to saute, and stir in the frozen kale, miso paste, tahini, tamari and nutritional yeast. Cook while stirring for 2-3 minutes to heat up the frozen kale.
3. Place the oats into bowls and top with avocado and green onions.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

 Breakfast

YIELD

5 Cups

PORTION SIZES

Toddler:	½ Cup
Preschool:	1 Cup
School Age:	1 Cup
Adult:	2 Cups



INGREDIENTS

- 1 Pound Ground Beef (20% or leaner)
- 2 Cups Cooked Short-Grain White Rice (enriched or whole grain rich)
- 1 Cup Carrots (julienned)
- 1 Cup Spinach (fresh)
- 1 Cup Zucchini (sliced)
- 1 Cup Bean Sprouts
- 3 Tablespoons Gochujang Sauce (adjust for spice level; can substitute with Sriracha)
- 1 Tablespoon Sesame Oil
- 2 Tablespoons Low-Sodium Soy Sauce
- 4 Eggs

DIRECTIONS

1. Cook the rice according to package instructions; set aside.
2. In a skillet, brown ground beef over medium-high heat (5-7 minutes), draining excess fat.
3. Stir in gochujang (or sriracha), soy sauce, and sesame oil; simmer on low for 5 minutes.
4. Sauté vegetables in sesame oil over medium heat until tender-crisp (about 7 minutes).
5. Fry eggs sunny-side up until whites are set but yolks are runny (about 3 minutes).
6. Assemble bowls by layering rice, beef mixture, sautéed vegetables, and topping with fried egg. Drizzle with additional gochujang if desired.

MEAL PATTERN CONTRIBUTION

- Grain
- Vegetable
- Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Cups

PORTION SIZES

Toddler:	1/4 Cup Rice + 1/2 Egg & 1/2 Oz Beef + 1/8 Cup Vegetables
Preschool:	1/4 Cup Rice + 1/2 Egg & 1/2 Oz Beef + 1/4 Cup Vegetables
School Age:	1/2 Cup Rice + 1/2 Egg & 1 Oz Beef + 1/2 Cup Vegetables
Adult:	1 Cup Rice + 1/2 Egg & 1 Oz Beef + 1/2 Cup Vegetables



INGREDIENTS

- 14 Ounces Yakisoba Noodles (enriched or whole grain rich)
- 2 Cups Cabbage (shredded)
- 1 Cup Carrot (julienned)
- 2 Cups Bell Peppers (sliced thin)
- 1 Cup Bean Sprouts
- ½ Cup Green Onions (chopped)
- 2 Teaspoons Garlic (minced)
- 1 Teaspoon Ginger (grated)
- 1 Tablespoon Oil
- ¼ Cup Soy Sauce
- 2 Tablespoons Oyster Sauce
- 1 Tablespoon Worcestershire Sauce
- 1 Tablespoon Ketchup
- 1 Teaspoon Sugar
- 1 Teaspoon Sesame Oil

DIRECTIONS

1. Cook yakisoba noodles according to package directions, then drain and set aside.
2. Heat oil in a large wok or skillet over high heat.
3. Add garlic and ginger, stir-frying for 30 seconds until fragrant.
4. Add carrots and bell peppers, stir-frying for 2 minutes.
5. Add cabbage and bean sprouts, continue stir-frying for 2 minutes.
6. Add noodles to the pan with vegetables.
7. Mix soy sauce, oyster sauce, Worcestershire sauce, ketchup, sugar, and sesame oil to make the sauce.
8. Pour yakisoba sauce over everything and toss to combine.
9. Cook for 2-3 minutes until everything is heated through.
10. Garnish with green onions and serve immediately.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

13 Cups

PORTION SIZES

Toddler:	½ Cup
Preschool:	½ Cup
School Age:	1 Cup
Adult:	2 Cups

INGREDIENTS

- 1 Pound Flank Steak (thinly sliced into bite-sized strips)
- 2 Tablespoons Olive Oil (divided)
- 3 Cups Broccoli Florets
- 2 Teaspoons Sesame Seeds (optional garnish)
- 1 Teaspoon Fresh Ginger (grated; loosely packed)
- 2 Teaspoons Garlic (grated)
- ½ Cup Hot Water
- 6 Tablespoons Low Sodium Soy Sauce or Gluten Free Tamari
- 3 Tablespoons Packed Light Brown Sugar
- 1½ Tablespoons Corn Starch
- ¼ Teaspoon Black Pepper
- 2 Tablespoons Sesame Oil

DIRECTIONS

1. Cover and freeze steak 30 minutes for easier slicing, then thinly slice against the grain.
2. Combine all ingredients starting with the ginger in a bowl, stir well to dissolve the sugar, and set aside.
3. Place a large skillet over medium heat and add 1 tablespoon oil. Add broccoli florets and sauté 4-5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender, then remove from pan. Tip: If you prefer softer broccoli, add 2 tablespoons water before covering with the lid and it will steam cook the broccoli.
4. Increase heat to high and add 1 tablespoon oil. Add beef in a single layer and sauté 2 minutes per side or just until cooked through.
5. Add the sauce, reduce heat to medium/low and simmer 3-4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1-2 tablespoons water to thin the sauce if desired.

MEAL PATTERN CONTRIBUTION

- Vegetable
- Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

5 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ¾ Cup

School Age: 1 Cup

Adult: 1 Cup



INGREDIENTS

- ½ Cup Soy Sauce
- ½ Cup Mirin (or substitute Sweetened Rice Vinegar)
- ¼ Cup Sake
- ¼ Cup Water
- 2 Teaspoons Brown Sugar (packed and leveled off)
- 1 Cup Tokyo Negi (naga negi; or substitute Green Onions)
- 1 Pound Chicken Thighs (boneless skinless; at room temperature)
- Neutral Oil (for the wire rack)
- Shichimi Togarashi (Japanese seven spice; optional for a spicy kick; or substitute with a mixture of Chili Flakes, Sesame Seeds and Salt)

DIRECTIONS

1. Separate the green part of the green onions from the white and light green parts. Cut the white and light green parts into 1¼-inch pieces. Cut the green parts in half crosswise.
2. To a small saucepan, add soy sauce, mirin (or rice vinegar), sake and water. Then add brown sugar and the green part of the green onion.
3. Bring it to a boil over high heat. Once boiling, reduce the heat to low and simmer, uncovered, until the sauce reduces to one-third of its original volume. It will take about 30 minutes. Let it cool to room temperature before using.
4. Cut chicken thighs into 1¼-inch squares.
5. On a flat work surface, fold a slice of chicken in half. Holding the skewer at a 45-degree angle, pierce the side of the folded meat. Then, tilt the skewer down so it's parallel to the work surface and thread it all the way through. Next, add a piece of green onion next to the chicken piece.
6. Add another piece of chicken, then another piece of green onion. End with a piece of chicken.
7. Line a baking sheet with aluminum foil. Place an oven-safe wire rack on top. Grease the grate of the wire rack with neutral oil.
8. Place the skewers on top in two rows, with the handles resting along the edges of the baking sheet. Cover the top and bottom of the handles with folded strips of aluminum foil to prevent burning.
9. Turn on the broiler to High (550°) with a rack placed on the middle position of the oven. Place the skewers under the broiler for 6 minutes.
10. After 6 minutes, brush with the yakitori sauce. Flip the skewers carefully with a pair of tongs and brush the sauce on the other side. Continue to broil for 3–4 minutes to caramelize the sauce.
11. Finally, flip one more time. Baste with the sauce, then broil for an additional 1–2 minutes. Remove the baking sheet from the oven.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE



YIELD

10 Skewers

PORTION SIZES

Toddler: 1 Skewer

Preschool: 1½ Skewers

School Age: 2 Skewers

Adult: 2 Skewers



INGREDIENTS

- 2 Cups Cooked Short-Grain Rice (enriched or whole grain rich; use warm rice for better binding)
- 2 Tablespoons Sesame Oil
- 1 Tablespoon Soy Sauce (or Tamari for gluten-free option)
- 1 Tablespoon Gochujang (adjust for spice level; can substitute with Sriracha)
- ½ Cup Chopped Kimchi
- 2 Tablespoons Sesame Seeds (optional for garnish)
- 2 Tablespoons Roasted Seaweed Flakes (substitute with crushed nori or furikake)
- 1 Teaspoon Garlic Powder or Fresh Garlic
- ¼ Cup Chopped Green Onions (optional)
- Salt (to taste)

DIRECTIONS

1. In a large mixing bowl, combine cooked short-grain rice, sesame oil, soy sauce, gochujang (or sriracha) and garlic powder. Mix thoroughly until well-coated.
2. Add kimchi, sesame seeds, roasted seaweed flakes, and chopped green onions (if using) to the rice mixture. Stir until evenly distributed.
3. Wet your hands to prevent sticking, then scoop out ¼ of the rice mixture and shape it into a round ball. Repeat with the remaining mixture for a total of 8 rice balls.
4. Optionally, roll each rice ball in additional sesame seeds or sprinkle with seaweed flakes for garnish.
5. Enjoy the rice balls immediately or store in an airtight container in the refrigerator for up to 2 days.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

8 Rice Balls

PORTION SIZES

Toddler: 1 Rice Ball

Preschool: 1 Rice Ball

School Age: 2 Rice Balls

Adult: 2 Rice Balls



INGREDIENTS

- 4 Tablespoons Ginger Root
- 2 Dried Red Chili Peppers (deseeded)
- 4 Cups Japanese Cucumber (or substitute English Cucumber)
- 2 Teaspoons Coarse Salt
- 2 Teaspoons Sea Salt
- 4 Tablespoons White Sugar
- 2 Teaspoons Rice Vinegar (unseasoned)
- 2 Teaspoons Japanese Soy Sauce (koikuchi shoyu; or Tamari for Gluten Free)
- 2 Teaspoons Toasted Sesame Oil (don't substitute with neutral oil)
- 2 Pinches Toasted White Sesame Seeds (optional garnish)

DIRECTIONS

1. First, peel the skin off ginger root and cut it into thin strips.
2. Cut dried red chili pepper into thin slices.
3. Wash cucumbers. If you're using English cucumber, cut it in half lengthways and scoop out the seeds with a spoon. Sprinkle a chopping board with coarse salt. Roll each cucumber in the salt.
4. Wash off the salt and dry the cucumber.
5. Smash the cucumbers with something sturdy like a heavy glass cup or rolling pin. Crush/break it slightly, but not too much.
6. Roughly cut the cucumbers into bitesize pieces.
7. Place the cucumbers in a sealable bag with the ginger and chili, then add the sea salt, sugar, rice vinegar, Japanese soy sauce (koikuchi shoyu) and toasted sesame oil.
8. Massage the ingredients into the cucumber to evenly distribute them.
9. Marinate in the refrigerator for at least one hour, or overnight for best results.
10. Sprinkle with 1 pinch toasted white sesame seeds upon serving and enjoy!

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup

YIELD

4 Cups



INGREDIENTS

- 4 Cups Yukon Potatoes (julienned)
- 4 Teaspoons Cloves Garlic (grated)
- 1½ Teaspoons Salt (or to taste)
- 4 Tablespoons Vegetable Oil
- 1 Teaspoon Coarsely Ground Sichuan Peppercorn (or substitute with Black Pepper and Coriander)
- 4 Tablespoons Dried Chili Peppers (broken into 2 to 3 pieces; remove seeds for a less spicy taste)

DIRECTIONS

1. Bring a medium pot of water to a boil, add potato, then boil until the potato is cooked through, but still crisp, 1 to 2 minutes. Taste along the process, and stop cooking as soon as the potatoes turn tender but are still crisp.
2. Drain potato and rinse with cold water, to remove the starch and maintain a firm texture. Drain and transfer potato to a large bowl. Pat dry with paper towels to remove any excess water.
3. Add garlic to potato, and sprinkle salt on top.
4. Heat oil over medium heat in a small pan. When the oil is hot but not smoking hot, add ground peppercorn and chili pepper, stir a few times to release fragrance.
5. Then immediately pour the hot oil over the garlic on the potato, and use two pairs of chopsticks to mix everything together to coat the potato evenly with oil and salt when the oil is still hot.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

4 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup



INGREDIENTS

- 5 Cups Edamame (in pods)
- 8 Tablespoons Toasted Sesame Oil
- 4 Teaspoons Soy Sauce
- Salt and Pepper (to taste)

DIRECTIONS

1. Boil the edamame pods for 3 to 4 minutes. Drain in cold water and pat dry with paper towels.
2. Place a skillet over medium high heat and wait until it's hot – about 2 to 3 minutes. Add the toasted sesame oil and swirl to coat the surface.
3. Add the edamame pods and saute for about 2 to 3 minutes, until the pods are slightly charred.
4. Turn the heat off and add the soy sauce. Quickly stir until the sauce has evaporated.
5. Season with salt and ground black pepper and serve immediately.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

PORTION SIZES

Toddler:	½ Cup
Preschool:	½ Cup
School Age:	¾ Cup
Adult:	½ Cup

YIELD

5 Cups