



INGREDIENTS

- 2 Tablespoons Olive Oil
- ½ Cup Onion (diced)
- 1 Clove Garlic (minced)
- ½ Cup Bell Pepper (diced)
- 2 Cups Tomato (diced)
- 2 Tablespoons Tomato Paste
- 1 Teaspoon Cumin Powder
- 1 Teaspoon Coriander Powder
- 1 Teaspoon Chili Powder or Paprika
- 1 Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 2 Tablespoons Cilantro (minced)
- 6 Large Eggs
- Mozzarella, Feta or Cream Cheese (optional topping)

DIRECTIONS

1. Heat a large heavy-duty skillet over medium-high heat. Add the oil and onions and sauté for 2-3 minutes or until onion is softened. Add the garlic and bell pepper, sauté for 2-3 minutes then add the tomatoes, tomato paste, and spices.
2. Allow mixture to simmer over medium heat for 4-5 minutes until it starts to reduce. Stir in 2-3 tablespoons water to loosen the mixture then stir in the cilantro and crack in the eggs. Top with mozzarella cheese, feta, or cream cheese, if using.
3. Cover the pan with a lid and reduce the heat to low. Simmer for 5 minutes or until the eggs are cooked through to desired doneness.
4. Garnish with cilantro and serve warm.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

3 Cups Vegetables
+ 6 Eggs

PORTION SIZES

Toddler:	¼ Cup Vegetables + ½ Egg
Preschool:	½ Cup Vegetables + ½ Egg
School Age:	½ Cup Vegetables + ½ Egg
Adult:	½ Cup Vegetables + 1 Egg



INGREDIENTS

- 3 Cups Cooked Chickpeas (or two 15 ounce cans)
- 4 Garlic Cloves
- 1½ Teaspoons Kosher Salt
- 2 Teaspoons Ground Cumin (plus more for garnish)
- ¼ Cup Chickpea Liquid (aquafaba) or Water
- ¼ Cup Fresh Lemon Juice (about two lemons)
- ¼ Cup Extra Virgin Olive Oil (plus more for drizzling)
- Fresh Parsley (chopped)
- Aleppo Pepper (optional)

DIRECTIONS

1. Warm chickpeas in a saucepan over medium heat with their liquid and simmer for 20 minutes until very tender.
2. Crush garlic with a pinch of salt using a mortar and pestle or garlic press. Add to a bowl with remaining salt, ground cumin, and chickpea liquid.
3. Add one cup of warm, drained chickpeas to the garlic mixture and mash to a chunky paste consistency.
4. Stir in lemon juice, olive oil, and remaining chickpeas. Mix until combined and adjust seasoning to taste.
5. Serve in a shallow bowl, drizzle with olive oil, and garnish with fresh parsley, extra cumin and Aleppo pepper, if desired.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

4 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ¾ Cup

School Age: ¾ Cup

Adult: ¾ Cup



INGREDIENTS

- 3 Cups All-Purpose Flour (enriched or whole grain rich; extra for dusting)
- 1 Cup Water (lukewarm)
- 2 Tablespoons Olive Oil
- 1 Tablespoon Active Dry Yeast (1 pack)
- 1 Teaspoon Salt
- 1 Teaspoon Sugar
- ¾ Cup Mozzarella Cheese (grated)
- ½ Cup Feta Cheese
- 2 Teaspoons Nigella Seeds (optional)

DIRECTIONS

1. Preheat the oven to 480°.
2. Combine sugar and yeast into a tall pitcher. Add lukewarm water and stir with a fork to dissolve. Cover and let rest for 20 minutes.
3. Combine flour and salt. Once the yeast is activated, add the mixture to the flour. Mix well to form a dough.
4. Transfer the dough onto your kitchen counter. Knead well for 3-4 minutes. Use your hands or a kitchen machine.
5. Transfer the dough to a greased bowl, cover and let rise. Depending on the climate, the dough needs anything between 30 minutes to 2 hours to rise.
6. Remove the risen dough from the bowl. Briefly knead (by hand). Divide into six equal pieces and shape each piece into a ball.
7. Roll each dough ball into a flat circle, about 4-5 inches in diameter. Place onto parchment paper.
8. For the topping, combine the mozzarella cheese and feta cheese in a bowl. Spread evenly over the dough rounds. Sprinkle on some nigella seeds, if using.
9. Place in the pre-heated oven and bake for 10 minutes until golden brown. Serve warm.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

6 Manakeesh

PORTION SIZES

Toddler: ¼ Manakeesh

Preschool: ¼ Manakeesh

School Age: ½ Manakeesh

Adult: ¾ Manakeesh



INGREDIENTS

- (4) 15 Ounce Cans Fava Beans (rinsed and drained)
- 5 Cups Water
- ¼ Cup Fresh Lemon Juice
- ½ Teaspoon Cumin Powder
- 8 Garlic Cloves (minced)
- ½ Teaspoon Baking Soda
- 1 Cup Tomatoes (diced)
- 1 Cup Onions (diced)
- Extra-Virgin Olive Oil (for drizzling before serving)
- Cayenne (optional)

DIRECTIONS

1. Rinse and drain the beans under cold running water. Place in a medium sized pot and cover with 5 cups of water and cook to boil on high heat, scooping and discarding the white scum as it appears.
2. Cover the pot and put over low heat for 2 to 3 hours until the beans are no more tough and the liquid has lightly thickened. If the beans are drying out, add ½ cup of boiling water and cook until the fava beans are tender. The consistency should be that of a thick soup.
3. Remove from heat, add salt, lemon juice, cumin powder and garlic.
4. Roughly mash the fava beans with a mortar. Transfer to a large serving bowl. Add tomatoes, onions and drizzle some olive oil on top.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

7 Cups

PORTION SIZES

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



INGREDIENTS

- ¼ Cup Shawarma Seasoning (store-bought or homemade)
- ¼ Cup Olive Oil
- ¼ Cup Lemon Juice
- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney

DIRECTIONS

1. Mix the seasoning mix with olive oil and lemon juice.
2. Place chicken in a large ziploc bag, then pour in the marinade. Squeeze out as much air as possible, then seal the bag and massage it to make sure all of the chicken is coated in marinade. Marinate in the refrigerator for at least 4 hours, preferably overnight.
3. Remove chicken from refrigerator 30 minutes prior to cooking and preheat oven to 425°.
4. Place marinated chicken on greased or parchment paper lined baking sheet.
5. Bake for 30-35 minutes, or until internal temperature reaches 185-190° for thighs or 165° for breasts.
6. Allow to rest for 5 minutes before slicing.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

32 Ounces

PORTION SIZES

Toddler: 1 Ounce
Preschool: 1½ Ounces
School Age: 2 Ounces
Adult: 2 Ounces



INGREDIENTS

- (3) 15 Ounce Cans Chickpeas (rinsed and drained)
- 1 Cup Fresh Parsley
- 1 Cup Fresh Cilantro
- 1 Cup Red Onion (diced)
- 8 Garlic Cloves (peeled)
- 1 Green Chili Pepper
- 2 Teaspoons Salt
- 1 Teaspoon Pepper
- 1 Tablespoon Cumin Powder
- 1 Tablespoon Coriander Powder
- 1 Teaspoon Baking Powder

DIRECTIONS

1. Add the chickpeas, parsley, cilantro, onion, jalapeño, salt, pepper, cumin and coriander in your food processor or blender and blend until the mixture is well combined, about 45 seconds to a minute.
2. Transfer the falafel mixture to a bowl, stir in baking powder, and mix well. Cover it with cling wrap and refrigerate at least one hour, or until you are ready to cook.
3. Preheat the oven to 400° and line a large baking sheet with parchment paper.
4. Scoop out about 4 tablespoons of the mixture at a time. Shape into small patties. Do not pack them too tight, or your falafel will be dense. If they're not holding together, give the mixture a few more pulses in the food processor.
5. Place the falafel on the baking sheet and drizzle generously with olive oil. Bake for 15 minutes. Flip and bake for an additional 10 to 12, or until golden brown. Serve hot.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

15 Patties

PORTION SIZES

Toddler: 1 Patty
Preschool: 1½ Patties
School Age: 2 Patties
Adult: 2 Patties



INGREDIENTS

- 24 Ounces Ground Beef (no more than 20% fat)
- 8 Ounces Ground Lamb (no more than 20% fat; or use ground beef)
- 1 Cup Onion (finely diced)
- 1 Ounce Parsley (finely chopped)
- 1 Tablespoon Salt
- ½ Teaspoon Black Pepper
- ½ Tablespoon Lebanese 7-Spice

DIRECTIONS

1. In a large bowl, add the minced meat, onion, parsley, salt, pepper, and 7-spice blend. Mix until fully combined.
2. Leave the meat mixture in the fridge to chill for 10-15 minutes.
3. Divide the meat mixture into even portions of 2 ounces.
4. Shape each portion into a short rectangle. Insert a skewer lengthwise through the center of the meat, then press and mold the meat around the skewer so it forms a long, even kebab. Keep all kebabs the same size so they cook evenly.
5. Pre-heat and pre-oil the grill to 350°, or, if using a charcoal grill, prepare it.
6. Transfer the kofta kebabs to the grill and cook for 3-4 minutes on each side until browned and cooked through.
7. Check for doneness – the internal temperature should reach 160°. The kofta should be browned, and the juices should run clear.
8. Serve the grilled kofta kebabs hot!

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

16 Kebabs

PORTION SIZES

Toddler: 1 Kebab
Preschool: 1½ Kebabs
School Age: 2 Kebabs
Adult: 2 Kebabs



INGREDIENTS

- 2 Cups Basmati Rice (enriched or whole grain rich)
- 3 Cups Water (for cooking rice)
- 2 Tablespoons Olive Oil
- 1 Teaspoon Turmeric
- 1 Teaspoon Coriander Powder
- 1 Cinnamon Stick
- 10 Cardamom Pods
- 2 Teaspoons Salt

DIRECTIONS

1. Wash the rice three times until the water runs clear. Set aside.
2. Heat oil in a large saucepan on medium-high heat. Add the whole seasonings (cinnamon stick and cardamom pods (cracked)) to the hot oil. Sauté for 30 seconds to release their aroma.
3. Add the washed rice to the saucepan.
4. Add the powdered spices (turmeric, coriander powder and salt) and stir well to ensure the rice is evenly coated with the seasonings.
5. Add hot water to the saucepan. Bring to a boil (no lid, still on medium-high). Boil for 1-2 minutes until the water level in the saucepan reaches about the level of the rice.
6. Reduce the heat to very low and close the lid. Simmer for 10-12 minutes. Once the rice is done, turn off the stove. Let sit the rice in the saucepan for another 5 minutes, with the lid closed, to further improve the texture.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Lunch/Supper

YIELD

6 Cups

PORTION SIZES

Toddler: ¼ Cup

Preschool: ¼ Cup

School Age: ½ Cup

Adult: 1 Cup



INGREDIENTS

- 1 Head Garlic plus 1 Clove Garlic
- 1 Tablespoon plus 1 Teaspoon Olive Oil (plus more for serving)
- Kosher Salt (to taste)
- Black Pepper (to taste)
- 2 Pounds (about 2 medium) Italian Eggplants
- 3 Tablespoons Lemon Juice
- ¼ Cup Tahini
- 1 Tablespoon Parsley (chopped)
- Pinch Crushed Red Pepper Flakes

DIRECTIONS

1. Arrange a rack closest to broiler; turn on broiler. Cut top off head of garlic and drizzle with 1 teaspoon olive oil; season with salt and pepper. Wrap garlic in foil.
2. Pierce eggplants all over with a fork. Place eggplants and garlic on a large foil-lined baking sheet.
3. Broil, turning occasionally and watching closely, until eggplant is charred on the outside and tender on the inside, and garlic is soft, 30 to 35 minutes. You can test the eggplant doneness by inserting a paring knife into the center of eggplant. If there is any resistance, continue to roast.
4. Let eggplant cool 10 minutes, then cut open and scoop out flesh. Discard skin and transfer flesh to a colander. Let drain, stirring halfway through, about 30 minutes.
5. Transfer eggplant to a large bowl. Add roasted garlic and lemon juice. Using a fork, mash garlic, then continue to stir until eggplant is broken down and lemon juice is incorporated. Add tahini and 1 tablespoon olive oil; grate garlic clove into bowl. Stir to combine; season with salt. Transfer to a serving bowl.
6. Top with parsley and red pepper flakes; drizzle with oil.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

3½ Cups

PORTION SIZES

Toddler: ¾ Cup

Preschool: ¾ Cup

School Age: 1 Cup

Adult: ¾ Cup



INGREDIENTS

- 1 Cup Fine Bulgur Wheat (uncooked)
- 4 Cups Fresh Parsley
- 1 Cup Fresh Mint Leaves
- ½ Cup Green Onions (thinly sliced)
- 1 Cup Tomatoes (seeded and diced)
- 3 Tablespoons Olive Oil
- 3 Tablespoons Lemon Juice (plus more to taste)
- Salt (to taste)
- Pepper (to taste)

DIRECTIONS

1. Pour 4 cups of boiling water over fine bulgur wheat and let it soften for 15-30 minutes. Drain using a fine-mesh strainer and set aside to cool.
2. Remove tough stems and finely chop the parsley and mint, or pulse in a food processor until minced. Transfer to a large bowl.
3. Add the cooled bulgur, minced herbs, green onions, and diced tomatoes to the bowl. Mix gently until evenly combined.
4. In a separate bowl, whisk together olive oil, lemon juice, salt and pepper until well blended.
5. Pour the dressing over the salad mixture and toss everything together until well coated. Adjust seasoning if desired.
6. Cover and refrigerate for 30-60 minutes to allow flavors to meld.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

10 Cups

PORTION SIZES

Toddler: 1 Cup

Preschool: 1 Cup

School Age: 2 Cups

Adult: 2 Cups



INGREDIENTS

- 1 Cup Uncooked Couscous (enriched or whole grain rich)
- 15 Ounces Canned Chickpeas (drained and rinsed)
- 2 Cups Cherry Tomatoes (halved)
- 1½ Cups English Cucumber (chopped)
- ½ Cup Red Onion (chopped)
- ¼ Cup Fresh Parsley (chopped)
- 3 Tablespoons Fresh Mint (chopped)
- 3 Tablespoons Lemon Juice
- ¼ Cup Olive Oil
- 1 Teaspoon Salt (to taste)

DIRECTIONS

1. In a medium size pot, bring water and salt to a boil. Add in couscous and oil to the pot, stir to combine, and let it simmer for about 10 minutes. Remove from the pot, drain and let cool to room temperature.
2. Chop all the vegetables and herbs. Drain and rinse chickpeas. Place couscous on the bottom of a large bowl. Add vegetables, chickpeas, and herbs.
3. In a small jar, combine lemon juice, olive oil and salt. Cover with a lid and shake until the dressing is well combined.
4. Add the dressing to the salad right before serving and toss together.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Snack

YIELD

8½ Cups

PORTION SIZES

- Toddler:** 1 Cup
- Preschool:** 1 Cup
- School Age:** 2 Cups
- Adult:** 2 Cups



INGREDIENTS

- ¼ Cup Tahini
- 3 Tablespoons Olive Oil (plus more for garnish)
- 15 Ounces Chickpeas (drained)
- 3 Tablespoons Aquafaba Liquid (drained from canned chickpeas) or Cold Water
- 2 Teaspoons Garlic (minced)
- ¼ Cup Lemon Juice
- ¼ Teaspoon Cumin
- ¼ Teaspoon Aleppo Pepper or Paprika with a Pinch of Cayenne
- ½ Teaspoon Sea Salt
- Paprika (for garnish)
- Fresh Parsley (chopped; for garnish)

DIRECTIONS

1. Reserve a handful of chickpeas for garnish.
2. In a food processor, puree ¼ cup tahini and 3 tablespoons olive oil until smooth.
3. Add chickpeas, aquafaba, garlic, lemon juice, cumin, Aleppo pepper or paprika, and sea salt. Puree until smooth or your desired texture.
4. Transfer to a shallow bowl and spread the hummus in concentric circles to the edge of the bowl. Make a groove in the middle with a spoon. Drizzle some olive oil into the groove and all over. Garnish with reserved chickpeas, a sprinkle of paprika, and fresh parsley.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

2 Cups

PORTION SIZES

Toddler: ¼ Cup

Preschool: ¼ Cup

School Age: ½ Cup

Adult: ½ Cup