

INGREDIENTS

- 8 Tortilla, Soft, Flour (enriched or whole grain rich; about 6” each)
- 16 Ounce Can Refried Beans
- 10 Ounces Honduran Queso Seco or Cotija Cheese
- Honduran Sour Cream

DIRECTIONS

1. Warm the tortillas.
2. Divide refried beans evenly onto each tortilla.
3. Add 1¼ ounces of cheese on each and top with sour cream.
4. Fold the tortilla, and enjoy a classic baleada!

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

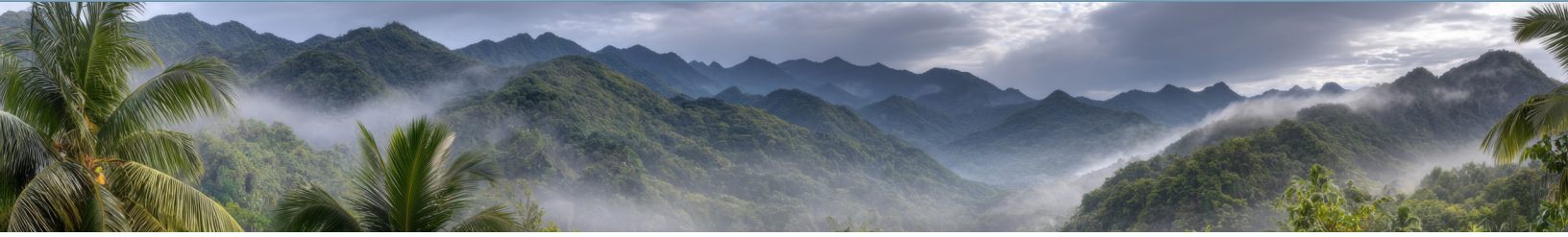
 Breakfast

YIELD

8 Baleadas

PORTION SIZES

Toddler: ¼ Baleada
Preschool: ¼ Baleada
School Age: ½ Baleada
Adult: 1 Baleada



INGREDIENTS

- 2 Cups Fresh Pineapple
- 2 Cups Mango
- 3 Cups Papaya
- ½ Cup Shredded Coconut (fresh or toasted)
- 2-4 Tablespoons Lime Juice
- 1–2 Tablespoons Honey or Agave (optional)
- ¼ Teaspoon Chili Powder or Tajín Seasoning (optional)
- Pinch of Salt

DIRECTIONS

1. Chop all fruit into roughly uniform, bite-sized cubes.
2. Combine mango, papaya, pineapple, and coconut in a large bowl.
3. In a small bowl, whisk together lime juice, honey (if using), chili powder or Tajin (if using), and salt.
4. Pour the dressing over the fruit, tossing gently to coat. Chill for 15–30 minutes to let flavors meld.
5. Garnish with extra lime zest or fresh cilantro if desired.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Breakfast

YIELD

7 Cups

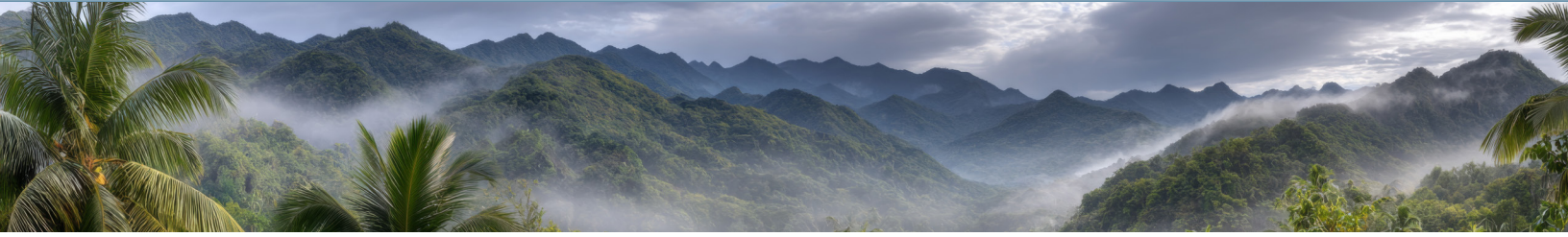
PORTION SIZES

Toddler: ¼ Cup

Preschool: ½ Cup

School Age: ½ Cup

Adult: ½ Cup




INGREDIENTS

- 56 Ounces Salsa, canned
- 2 Tablespoons Oil
- 10 Eggs
- ½ Teaspoon Salt (for the eggs)

DIRECTIONS

1. Whisk the eggs and season with ½ teaspoon salt.
2. In a large skillet, heat 2 tablespoons oil, add the eggs, and cook until almost done.
3. Break up slightly. Gently folding them in.
4. Add the salsa and mix to combine.
5. Let cook together for 2–3 minutes.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

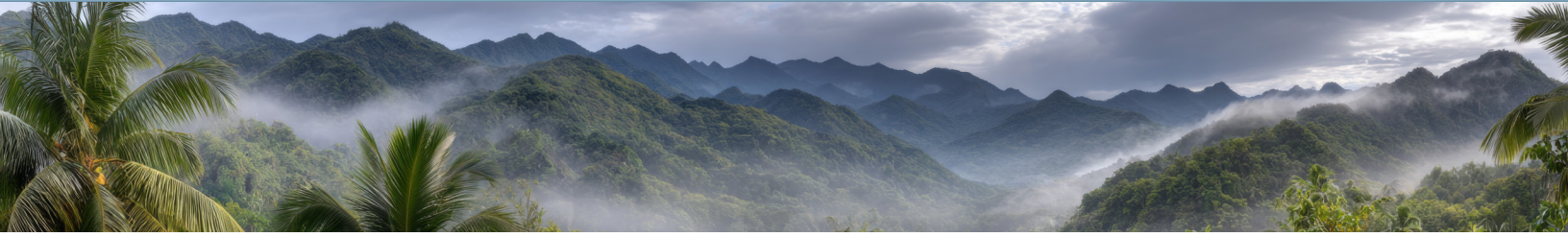
 Breakfast

YIELD

9 Cups

PORTION SIZES

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



INGREDIENTS

- (2) 7 Ounces Each Refrigerated Pie Crusts (enriched or whole grain-rich)
- 2 Tablespoons Unsalted Butter
- ¾ Cup Onion (diced)
- 5 Cups Fresh Spinach
- 1 Large Egg
- ½ Cup Ricotta Cheese
- ¼ Cup Shredded Parmesan Cheese
- 1 Teaspoon Kosher Salt
- ¼ Teaspoon Black Pepper
- Pinch of Nutmeg
- 1 Egg Yolk (beaten; optional for brushing on pie crust)

DIRECTIONS

1. Unroll pie crust from package. Using a 4-inch biscuit cutter, cut 11 circles from the dough, re-rolling and cutting as needed. Set aside.
2. In a large skillet, saute butter, onion, and fresh spinach over medium high heat. Stir and cook for several minutes, until spinach cooks down. Set aside.
3. In a large bowl, combine egg, ricotta cheese, parmesan, salt, pepper, and nutmeg. Stir in spinach mixture until combined.
4. Using a large tablespoon scoop, fill each pie crust circle with a heaping scoop; dividing the filling evenly among all the circles. Fold in half and pinch edges. Seal by pressing the tines of a fork along the edge. Repeat with all circles.
5. Place empanadas on a parchment paper lined baking sheet. Brush tops with beat egg yolk for a rich color (optional).
6. Bake for 18-22 minutes in a 425° oven.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

11 Empanadas

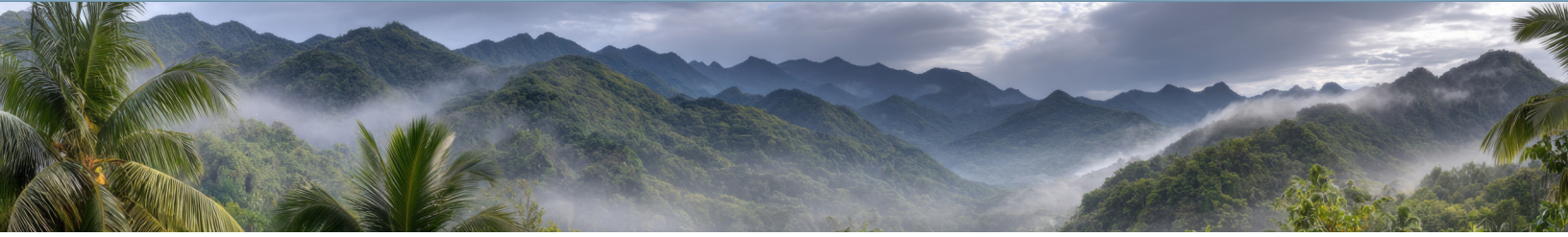
PORTION SIZES

Toddler: ½ Empanada

Preschool: 1 Empanada

School Age: 1 Empanada

Adult: 2 Empanadas



INGREDIENTS

- 264 Grams Masa Harina (corn flour)
- 1½ Cups Warm Water
- 8 Ounces Refried Beans
- 8 Ounces Cooked Pork (finely chopped or shredded)
- 12 Ounces Shredded Mozzarella Cheese (or quesoillo if available)
- ½ Teaspoon Salt
- Cooking Oil

DIRECTIONS

1. In a large mixing bowl, combine masa harina and salt. Gradually add warm water while mixing with your hands until a soft dough forms that is not sticky but pliable. Let it rest for 10 minutes.
2. Divide the dough into 8 equal portions and roll each into a ball.
3. Flatten one dough ball into a thick disc, about ¼ inch thick, using your palms or a tortilla press lined with plastic.
4. Spread about 2 tablespoons of refried beans on the center of the disc, followed by 2 tablespoons of cooked pork and 2 tablespoons of shredded cheese.
5. Carefully fold the edges of the dough over the filling and pinch to seal completely.
6. Gently flatten the stuffed ball into a thick disc, roughly ½ inch thick, being careful not to break the dough and spill the filling.
7. Heat a griddle or non-stick skillet over medium heat and lightly grease with oil or shortening.
8. Cook each pupusa for about 4–5 minutes per side until golden brown and slightly crispy on the outside, and the cheese inside has melted.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Lunch/Supper

YIELD

8 Pupusas

PORTION SIZES

- Toddler:** ½ Pupusa
- Preschool:** ¾ Pupusa
- School Age:** 1 Pupusa
- Adult:** 1 Pupusa





INGREDIENTS

- 8 Ounces Cod Fillets
- 1 Teaspoon Sea Salt
- 1 Tablespoon Black Pepper
- 1 Tablespoon Garlic Powder
- 1 Teaspoon Paprika
- 1 Teaspoon Dried Thyme
- 1²/₃ Cups All-Purpose Flour (enriched or whole grain rich)
- 4 Tablespoons Cornflour (enriched or whole grain rich)
- Breadcrumbs
- 1 Teaspoon Black Pepper
- 1 Teaspoon Paprika or Curry
- 1 Cup Milk
- 2 Cups Plantains (sliced)
- 1 Tablespoon Olive Oil

DIRECTIONS

1. Season cod with salt, black pepper, garlic powder, paprika and thyme.
2. In a bowl add flour, cornflour, black pepper, paprika, curry powder and milk, then whisk together.
3. Dip seasoned cod into to the wet batter mix, then cook in a frying pan over medium heat until golden brown on each side.
4. Slice plantain into 1/8" thick chips. Toss in olive oil and place on parchment-lined sheets. Bake in 375° oven for 15-20 minutes, or until golden.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

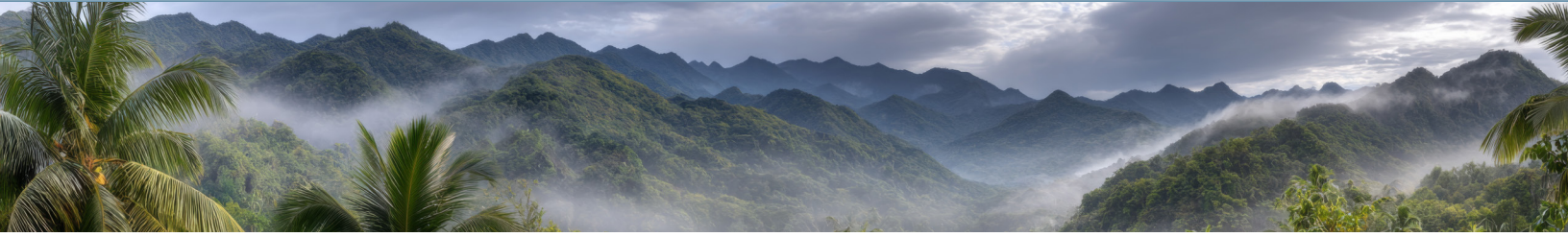
-  Lunch/Supper

YIELD

- 6¹/₄ Ounce Cod +
- 2 Cups Plantains

PORTION SIZES

- Toddler:** 1 Ounce Cod +
1/8 Cup Plantains
- Preschool:** 1¹/₂ Ounces Cod +
1/4 Cup Plantains
- School Age:** 2 Ounces Cod +
1/4 Cup Plantains
- Adult:** 2 Ounces Cod +
1/2 Cup Plantains



INGREDIENTS

- 2 Pounds Flank Steak
- 1 Tablespoon Cumin
- 1 Tablespoon Smoked Paprika
- 1 Tablespoon Garlic Powder
- 2 Teaspoons Chili Powder
- 2 Teaspoons Onion Powder
- ½ Teaspoon Black Pepper
- ¼ Cup Soy Sauce (not low-sodium)
- ¼ Cup Orange Juice
- 2 Tablespoons Lime Juice
- 2 Tablespoons Olive Oil
- 1 Tablespoon Brown Sugar

DIRECTIONS

1. In a small bowl, stir together the ground cumin, smoked paprika, garlic powder, chili powder, onion powder, and black pepper. Set aside.
2. In a medium bowl, stir together the soy sauce, orange and lime juice, olive oil, and brown sugar.
3. Place the steak in a large ziplock. Add the liquid mixture and ONLY 1 tablespoon of the dry seasoning mix to a large sealed bag (reserving the rest for later).
4. Shake to coat, then marinate in the fridge for 2 to 12 hours (more time will add more flavor).
5. Discard the liquid and remove the steak from the bag. Rub the remaining dry seasoning mixture onto both sides of the steak.
6. Preheat a gas grill to medium-high (450°). Cook the steak for 4-5 minutes per side, until seared and at an internal temperature of at least 140°. Alternatively, you can broil the steaks on a baking sheet in the oven following the same directions.
7. Remove the steak, and let it rest for 5 minutes. Chop into small pieces with a knife and serve with rice and beans.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

23 Ounces

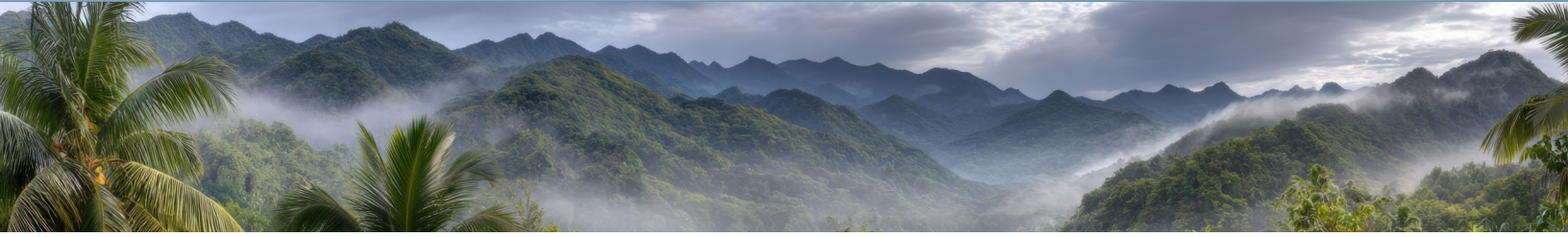
PORTION SIZES

Toddler: 1 Ounce

Preschool: 1½ Ounces

School Age: 2 Ounces

Adult: 2 Ounces



INGREDIENTS

- 4 Cups Corn Kernels (fresh or frozen; thawed)
- ¼ Cup Whole Milk
- 2 Tablespoons Unsalted Butter
- ½ Teaspoon Salt
- 2 Tablespoons Olive Oil
- 1 Cup Onion (finely chopped)
- 2 Garlic Cloves (minced)
- 1 Pound Ground Beef (no more than 20% fat)
- 1 Teaspoon Paprika
- ½ Teaspoon Cumin
- ½ Cup Beef Stock or Water
- Salt and Pepper (to taste)
- ¼ Cup Black Olives (pitted)
- 2 Hardboiled Eggs (sliced)
- 2 Tablespoons Raisins (optional)

DIRECTIONS

1. Preheat your oven to 375°. Lightly grease a 9x9 inch casserole dish or similar oven safe dish. Set aside.
2. In a blender or food processor, puree the corn kernels with the milk until smooth but slightly textured. Transfer to a saucepan and heat over medium heat. Add the butter and salt. Stir frequently for about 10 minutes, or until the mixture thickens slightly. Remove from heat and set aside.
3. Heat the olive oil in a skillet over medium heat. Sauté the onions until translucent, about 3–4 minutes. Add the garlic and cook for another minute. Stir in the ground beef, breaking it up with a wooden spoon. Cook until browned.
4. Add the paprika, cumin, salt and pepper. Pour in the beef stock or water. Reduce the heat to low and simmer for 10 minutes.
5. Spread the beef mixture evenly at the bottom of the prepared casserole dish. Add the olives, hardboiled egg slices, and raisins.
6. Spoon the corn mixture over the filling, spreading it evenly to cover the entire surface. Use the back of a spoon to smooth the top.
7. Place the casserole dish in the oven and bake for 30–35 minutes, or until the top is golden and bubbling slightly around the edges.
8. Remove from the oven and let the casserole rest for 5–10 minutes before serving.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

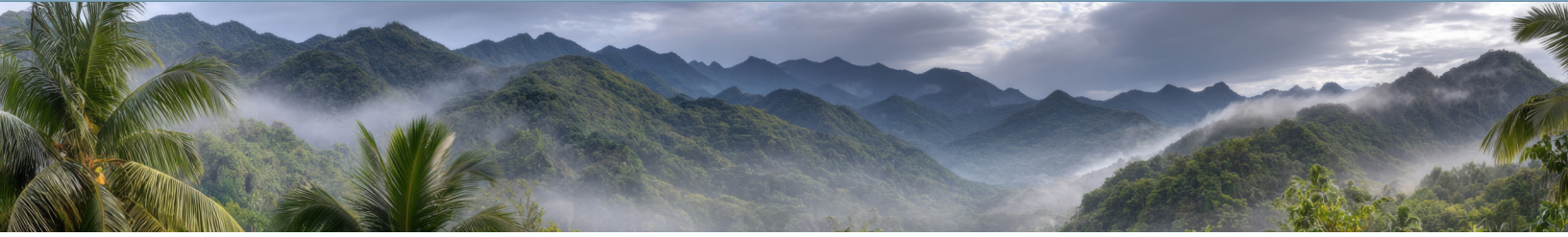
 Lunch/Supper

YIELD

7½ Cups

PORTION SIZES

Toddler: ½ Cup
Preschool: ¾ Cup
School Age: 1 Cup
Adult: 1 Cup



INGREDIENTS

- 4 Cups Cabbage (sliced thinly)
- 1 Cup Carrots (peeled; grated)
- ½ Cup Fresh Cilantro (chopped)
- ½ Cup Freshly Squeezed Lemon Juice (to taste)

DIRECTIONS

1. Combine all ingredients in large serving bowl.
2. Adjust seasonings, if needed.
3. Refrigerate until chilled.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

5 Cups

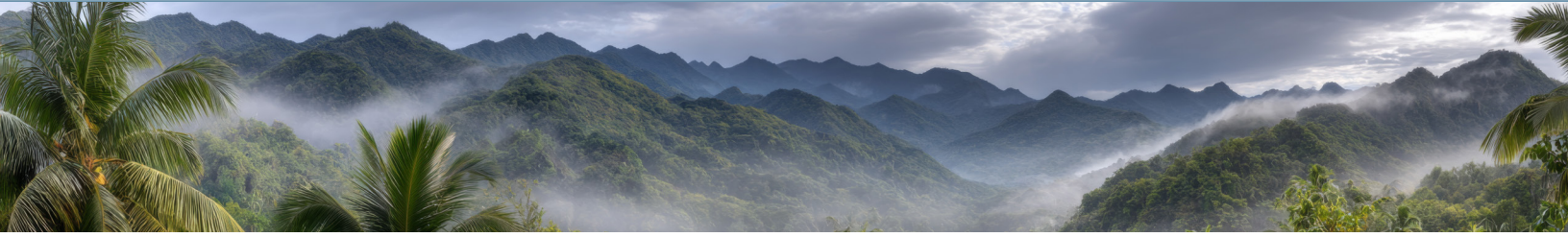
PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup



INGREDIENTS

- 1 Pound Beets (about 2 medium)
- 1¼ Cups Carrots
(peeled; julienned or diced)
- 3½ Cups Green Cabbage
(finely shredded)
- ¾ Cup Green Beans
(cut into 1-inch pieces)
- 1¼ Cups Cauliflower
(broken into small pieces)
- ½ Cup Frozen Peas
- ½ Cup Red Onion
(very thinly sliced)
- Salt (to taste)
- 1 Tablespoon Dried Oregano
- 2 Teaspoons Dried Thyme
- 1½ Tablespoons Sugar
- ½ Cup White Vinegar
- ¾ Cup Apple Cider Vinegar

DIRECTIONS

1. Preheat oven to 375°. Wrap beets in aluminum foil and roast on pan for 60 minutes, or until a knife easily pierces the beet. Set aside to cool.
2. While beets are cooling, bring a pot of salted water to a simmer.
3. Prepare an ice bath: fill a large bowl with cold water and ice. Set aside.
4. Add green beans, peas and shredded cabbage to the simmering water and cook for 3 minutes.
5. Remove from water with a slotted spoon (don't throw out the water) and plunge the bean mixture into the ice bath.
6. Add carrots to the simmering water and cook for 5 minutes, then add cauliflower. Let them cook for a few minutes more until softened. Then drain and add to ice bath.
7. Remove all the vegetables from the ice bath and set aside on clean kitchen towels to drain completely.
8. When beets have cooled enough to handle, peel them by rubbing the outside with gloved hands or using a paper towel, and the skins will slip right off.
9. Dice the beets into small pieces, and add all of the vegetables to a large, non-aluminum bowl. Add the oregano, vinegars, sugar and 1 teaspoon of salt (or to taste). Mix to combine and refrigerate.
10. Stir vegetable mixture after an hour to ensure the vinegar has coated everything. Refrigerate overnight.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

8 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup



INGREDIENTS

- ½ Cup Red Onion (very thinly sliced)
- 1 Cup White Vinegar
- 2 Tablespoons Olive Oil
- 5 Cups Plantains (sliced from 4 unripe, green)
- 1 Tablespoon Salt
- 1-2 Cups Starchy Water (from the plantains)
- 4 Tablespoons Butter
- Salt and Pepper (to taste)

DIRECTIONS

1. Place sliced onions in a bowl, pour vinegar over them, and let soak for 10–15 minutes. Heat olive oil in a small pan over medium heat, then add the onions (with some of the vinegar if you'd like). Sauté the onions until they soften but don't lose their crunch. Keep them covered so they stay warm.
2. Peel the plantains and cut them into 1–2-inch pieces. Place them in a deep pan and cover them with water. Add 1 tablespoon of salt and boil for about 30 minutes, or until the plantains are fork-tender.
3. Drain the plantains, saving 1–2 cups of the starchy water. Place the plantains back in the pan, then add the butter and a splash of starch water. Mash until smooth. Gradually add more of the starch water and keep mashing and stirring until you're satisfied with the texture.
4. Top with plenty of sautéed onions and serve right away.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

4 Cups

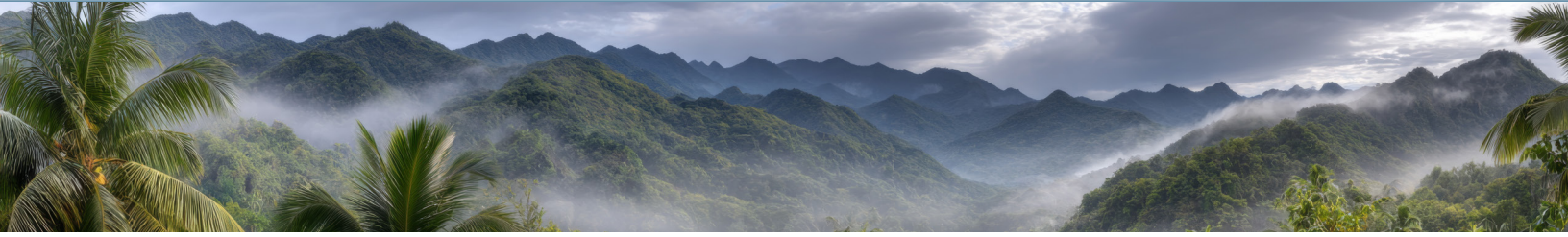
PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup



INGREDIENTS

- 4 Medium Corn on the Cob (about 5¼" each)
- ½ cup Mayonnaise
- ¼ Cup Plain Yogurt, Sour Cream, or Mexican Crema
- 1 Cup Cotija Cheese (finely grated, divided)
- 2 Cloves Garlic (finely minced)
- Zest of 1 Lime
- 2 Tablespoons Lime Juice
- 2 Teaspoons Ancho Chile Powder (plus more for serving)
- ½ Teaspoon Salt
- 1 Cup Cilantro Leaves (chopped)
- Lime Wedges (for serving)

DIRECTIONS

1. Husk the ears of corn and remove silk. Snap off the ends, or shanks.
2. Heat a 12-inch cast iron skillet over medium high heat until hot. You need a hot pan so that when you add in the corn, it starts to char immediately.
3. Add ears of corn to the hot skillet and cook for about 3-4 minutes per side, or until charred all around. This should take about 15-20 minutes.
4. In the meantime, whisk together mayonnaise, yogurt, ½ cup grated cotija, garlic, lime zest, lime juice, ancho chile powder, and salt in a mixing bowl; whisk until thoroughly combined.
5. Set aside 1 tablespoon chopped cilantro for serving; add the rest to the mayonnaise mixture and whisk to combine.
6. Remove ears of corn from the skillet.
7. Using a pair of tongs, pick up the corn, one by one, and roll in the mayonnaise mixture.
8. Transfer to a serving platter.
9. Garnish the elote with more cotija, a sprinkle of ancho chile powder, and reserved cilantro, and serve it with lime wedges.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

4 Cobs

PORTION SIZES

Toddler: 1 Cob

Preschool: 1 Cob

School Age: 1½ Cobs

Adult: 1 Cob