

# POTATOES RAISE THE BAR

## AN INSPIRATIONAL GUIDE

to potatoes in school meals, with recipes and resources  
from school nutrition experts and operators like you!

# SCHOOL NUTRITION INFOGRAPHIC

## ALL ABOUT POTATOES

The following reflects the values for a medium 5.2 oz. potato with the skin.

### A GOOD SOURCE OF VITAMIN B6

Vitamin B6 plays an important role in energy metabolism.<sup>3</sup>



### VITAMIN C

30% of your daily value.<sup>2</sup>

### POTASSIUM

A skin-on potato has more potassium than a medium-size banana.



### 110 CALORIES

110 calories for a medium-sized (5.2 oz) potato with skin.

**NO FAT**  
 **NO SODIUM**  
 **NO CHOLESTEROL**



### PROTEIN



A medium-size (5.2 oz) potato has 3 grams of protein.<sup>2</sup>

### FIBER



One medium potato with skin contributes 2 grams of fiber, or 7% of the daily value per serving.<sup>1</sup>

### CARBOHYDRATE

Potatoes are a nutrient-dense complex carbohydrate.



**GLUTEN FREE**

## FUN FACTS

- Potatoes were the first vegetable grown in space
- The Incas in Peru were the first to cultivate potatoes
- Potatoes are grown in 30 states across the country
- Potato chips were an accident! They were invented when fries were cut too thin
- “French Fries” were introduced to America when Thomas Jefferson served them at a White House dinner
- Potatoes are America’s favorite vegetable. You are not alone if you love potatoes!

FRESH



FROZEN



DEHYDRATED



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## ULTIMATE HASH BROWN BREAKFAST BURRITO

**TATER TIP:** Dallas ISD took this recipe and created their own version: The Ultimate Hash Brown Breakfast Taco.



112 Servings			Directions
Ingredients	Weight	Measure	
Whole wheat tortillas, 8-inch		50 each	Wrap whole grain flour tortillas in plastic wrap or foil and put in a warmer to soften.
Hash brown patties (2.25 ounces each)		25 each	Preheat the oven to 400°F.
Eggs, liquid	5 pounds		Place frozen hash brown patties on a perforated sheet pan and hold in the freezer until just before baking. Use a speed rack to hold full pans of hash browns in the freezer.
Green chilies, canned, diced	11 ounces	1 1/4 cups	Spray two 2-inch full-size steamtable pans with pan-release spray. In a large container combine the liquid eggs, diced green chilies, ground black pepper, cayenne pepper, and garlic powder. Whisk until well combined. Divide the egg mixture evenly between the two prepared pans. Bake the eggs in a preheated 350°F oven for 20 minutes, stirring after 15 minutes. Or steam the eggs in a steamer for about 3-5 minutes (depending on the steamer). CCP: Heat to 155°F.
Black pepper, ground		1 teaspoon	Remove the cooked eggs and stir to break into curds. Hold in the warmer until ready to assemble the burritos. CCP: Hold hot at 135°F or above.
Cayenne pepper, ground		1/2 teaspoon	Bake the frozen hash brown patties in the preheated 400°F oven for about 15 minutes, or until they are browned and crisp on the outside. CCP: Heat to 135°F for 15 seconds. Cut the hash brown patties in half lengthwise.
Garlic, powder		1/4 teaspoon	Burrito assembly: Lay out softened whole grain flour tortillas on a sanitized work surface. Using a #16 scoop, place 1/4 cup of the egg and chilies mixture in the center of each tortilla. Place 1 tablespoon shredded cheddar cheese over the eggs. With a gloved hand place half of a hash brown patty on top of the eggs and cheese. Fold the bottom edge of the tortilla up and over the filling and pull back slightly to spread out the filling. Fold in the tortilla on each side, then roll the burrito over the top edge of the tortilla. Wrap each burrito in deli paper and hold hot in a warmer until ready to serve. CCP: Hold hot at 135°F or above.
Cheddar cheese, reduced fat, shredded	12.5 ounces		

Serving Size	1 Serving Provides				
1 burrito	1 1/2 ounce equivalent grains, 1 3/4 ounce equivalent meat/meat alternate, 1/8 cup starchy vegetables				
Nutrients Per Serving					
Calories	280	Saturated Fat	3.9 g	Iron	1 mg
Protein	13 g	Cholesterol	174 mg	Calcium	147 mg
Carbohydrate	29 g	Vitamin A	290 IU	Sodium	439 mg
Total Fat	12 g	Vitamin C	2 mg	Dietary Fiber	4 g

# POTATO-CRUSTED BREAKFAST PIZZA

**TATER TIP:** This is a Gluten-Free option for breakfast or lunch.



24 Servings			
Ingredients	Weight	Measure	Directions
Potato chips, skin on frozen, thawed	5 pounds	1 bag	<p>Thaw potato chips, turkey bacon, and liquid eggs in the refrigerator. CCP: Hold at 41°F or below.</p> <p>Preheat oven to 350°F.</p>
Bacon, Turkey, uncooked	7.5 ounces		<p>Place turkey bacon strips on sheet pan; do not overlap. Bake approximately 10 minutes. Place in refrigerator to chill, if not using immediately.</p>
Eggs, liquid		1 quart 2 cups	<p>Stack and cut into 1/4 inch strips. CCP: Cook to a minimum internal temperature of 165°F. CCP: Cool to 70°F within 2 hours; Cool to 41°F within 4 hours. CCP: Hold at 41°F or below.</p>
Onion, red, diced, EP	7.5 ounces	1 1/2 cups	<p>Rinse onions and peppers under running water. Dice onions and peppers into 1/4 inch pieces.</p>
Peppers, red and green, diced, EP	7.5 ounces	1 1/2 cups	<p>In a large mixing bowl combine onion powder, garlic, black pepper, and Italian seasoning with the diced onions and peppers.</p>
Onion, powder		1 tablespoon 1 1/2 teaspoons	<p>Spray full sized sheet pan generously with pan release spray. Spread one 5 pound bag of thawed potato chips out on sheet pan and gently press into a crust.</p>
Garlic, powder		1 tablespoon 1 1/2 teaspoons	<p>Sprinkle 3 1/2 cups of seasoned red onions, peppers, turkey bacon strips evenly on top of the potato layer. Bake at 350°F for 10 minutes. While pan is hot, pour liquid eggs evenly over potato layer and return to the 350°F oven for about 10 more minutes.</p>
Black pepper, ground		1 tablespoon 1 1/2 teaspoons	<p>When egg mixture is just about set, sprinkle 1 pound (~1 qt) cheese on top of pizza and bake for an additional 8 minutes until cheese is melted. CCP: Cook to a minimum internal temperature of 165°F.</p>
Italian seasoning		1 teaspoon	<p>For service, cut into 6x4 into 24 equal slices. CCP: Hold and serve at 135°F or above.</p>
Cheese, mozzarella	1 pound		

Serving Size	1 Serving Provides				
1 pizza	2 1/2 ounce equivalent meat/meat alternate; 1/2 cup starchy vegetable				
Nutrients Per Serving					
Calories	319	Saturated Fat	5.48 g	Iron	1.59 mg
Protein	15.22 g	Cholesterol	232.98 mg	Calcium	40.69 mg
Carbohydrate	26.71 g	Vitamin A	464.21 IU	Sodium	472.53 mg
Total Fat	16.97 g	Vitamin C	11.51 mg	Dietary Fiber	2.75 g

# POTATOES AT BREAKFAST

## ALL DAY HASH BROWN CASSEROLE

Recipe from Wolfe County School District, KY



30 Servings		Directions	
Ingredients	Weight	Measure	
Eggs, liquid		1 1/2 quarts	Preheat oven to 350°F.
Hash Browns, shredded or diced, frozen	5 pounds		Thaw liquid eggs, hash brown potatoes, and turkey ham in the refrigerator. CCP: Hold at 41°F or below.
Ham, turkey, USDA	8 ounces	1 1/2 cups	Dice ham into small 1/4 inch cubes. CCP: Hold at 41°F or below
Milk, 1 percent		1 cup	Spray each 2-inch full size steamtable pan with pan release. Rinse onions under running water. Dice into 1/4 inch dices.
Onions, fresh, diced, EP	5 ounces	1 cup	In large mixing bowl or container, combine eggs, hash browns, diced ham, diced onions, cheese, yogurt, parsley, black pepper and salt. Pour egg and cheese mixture into each 2-inch full size pan.
Cheese, cheddar, shredded	1 pound	1 quart	Cover pans with aluminum foil; spray foil to prevent cheese from sticking. Bake covered for ~30 minutes.
Yogurt, Greek, plain, non-fat		1/2 cup	Remove foil and bake another 15 minutes or until top is lightly browned and bake is firm. CCP: Cook to a minimum internal temperature of 165°F.
Parsley, dried		1 teaspoon	For service, cut 5X6 into 30 (5.3 ounces) equal size portions. CCP: Hold and serve at 135°F or above.
Black pepper, ground		1 teaspoon	
Salt		2 1/2 teaspoons	
Cayenne pepper, ground		1/4 teaspoon	

Serving Size	1 Serving Provides				
1 hash	2 1/2 ounce equivalent meat/meat alternate; 1/4 cup starchy vegetable				
<b>Nutrients Per Serving</b>					
Calories	206	Saturated Fat	4.56 g	Iron	1.74 mg
Protein	13.30 g	Cholesterol	201.92 mg	Calcium	50.52 mg
Carbohydrate	15.27 g	Vitamin A	272.85 IU	Sodium	425.82 mg
Total Fat	10.38 g	Vitamin C	6.62 mg	Dietary Fiber	1.14 g



### FROM THE OPERATOR

“Most of our kids like scrambled eggs, bacon, ham, shredded cheese and, of course, hash browns. We tried this recipe during National School Breakfast Week 2016 and it was a success. The kids loved it. To see their little faces light up when you tell them that all the things they like are in one recipe is totally awesome.” - Diana Allen, Lunchroom Manager

# OTHER BREAKFAST OPTIONS



## EGG AND POTATO BREAKFAST SANDWICH



## HUEVOS RANCHEROS CON PAPAS

from Chef Robin L. Obert, District Executive Chef  
Oklahoma City Public Schools



## BUILD YOUR OWN BREAKFAST BOWL

Greta Shwachman, Farm to School Program Coordinator,  
Chicopee Public Schools



## BREAKFAST TOCHOS TO-GO

Find these recipes and more breakfast inspiration at  
**PotatoesRaiseTheBar.com**

## POTATO WEDGE NACHOS

**TATER TIP:** Try this recipe with tots, fries, dices, a baked potato, or swap any toppings to create a one-of-a-kind recipe tailored to your students' taste buds!



100 Servings			
Ingredients	Weight	Measure	Directions
Russet potatoes, 120 count, skin on	37 pounds 10 ounces	100 each	Preheat oven to 375°F. Scrub potatoes and cut each potato lengthwise in half, then cut each half lengthwise in half again, giving you 4 equal quarter wedges.
Vegetable oil		1 cup	
Salt		1 tablespoon 1 teaspoon	Toss the potatoes with oil, salt, chili powder, black pepper and garlic powder. Place 8 pounds of potatoes on each parchment-lined sheet pan. Roast in the preheated oven for about 40 minutes, or until they are browned and tender. Internal temperature should reach at least 135°F.
Chili, powder		2 tablespoons	
Black pepper, ground		1 tablespoon 1 teaspoon	
Garlic, powder		1 tablespoon 1 teaspoon	Place 4 roasted potato wedges side-by-side into each portion container.
Mozzarella cheese, low moisture, part skim, shredded	3 pounds 2 ounces		Combine the mozzarella and cheddar cheeses. Top each portion of potato wedges with 1/4 cup (1 ounce) cheese. Place the portion containers on sheet pans and hold in the warmer at or above 135°F until ready to serve. Cheese will melt over the potatoes in the warmer.
Cheddar cheese, reduced fat, shredded	3 pounds 2 ounces		
Salsa, prepared		6 1/4 cups	
Sour cream, reduced fat		6 1/4 cups	Serve each portion with 1 tablespoon each of salsa and sour cream. Direct students to the additional toppings on the salad bar.
Black beans, canned, drained		6 quarts 1 cup	
Tomatoes, fresh, diced	5 pounds 12 ounces		Place drained black beans, diced tomatoes, black olives, and green onions in separate containers on the salad bar. Use a 1/4 cup portion server for the black beans, a 1/8 cup portion server for the tomatoes and black olives, and small tongs for the green onions.
Black olives, sliced, drained		3 quarts 1/2 cup	
Green onions, fresh, sliced		2 quarts	

Serving Size	1 Serving Provides				
4 wedges with cheese	1/2 cup starchy vegetable, 1 ounce equivalent meat, meat alternate				
Nutrients Per Serving					
Calories	356	Saturated Fat	5 g	Iron	4 mg
Protein	17 g	Cholesterol	23 mg	Calcium	302 mg
Carbohydrate	48 g	Vitamin A	714 IU	Sodium	442 mg
Total Fat	12 g	Vitamin C	16 mg	Dietary Fiber	7 g

# HOMESTYLE MASHED POTATO BOWL

**TATER TIP:** Serve this on a potato bar with multiple toppings, proteins and sauces like Greenville County Public Schools!



100 Servings			Directions
Ingredients	Weight	Measure	
Russet potatoes, fresh Or Dehydrated, instant mashed potatoes	24 pounds raw Or Dehydrated		Scrub and peel the potatoes, cut into quarters, and place in a perforated steamer pan, a large stockpot, or a steam jacketed kettle. If using a steamer, steam until the potatoes are tender. If using a stockpot or a kettle, cover with cold water, bring to a boil, and then reduce to a simmer. Continue to simmer until the potatoes are tender, about 20 minutes. Internal temperature should reach at least 135°F. Drain the potatoes.
Milk, lowfat 1%		2 quarts	Or if using dehydrated instant mashed potatoes, follow the manufacturer's instructions for preparing the desired number of 1/2 cup servings. Hold hot at or above 135 °F until service.
Butter, unsalted	8 ounces		Combine the milk, butter, garlic powder and salt, and heat until the butter melts. Place the potatoes in the bowl of a floor mixer, and mash using the paddle attachment for the mixer. Stop mashing when the potatoes are broken apart but not completely smooth. If no mixer is available, mash using a potato masher. Pour in the warm milk mixture and continue to mash the potatoes until smooth with a few lumps.
Salt		1 tablespoon	Place meatballs on parchment-lined sheet pans in a single layer and reheat according to the manufacturer's instructions. Transfer meatballs to a 2-inch steamtable pan and hold hot at or above 135°F until service.
Meatballs, beef, frozen (2 ounce meat/meat alternate per 3 pieces)		300 each	Place frozen green beans into perforated steamer pans and steam just until the internal temperature reaches 135°F. Do this just before service and hold at or above 135°F until service.
Green beans, frozen	9 pounds 8 ounces	6 quarts 1 cup	To serve, use a number 8 scoop to portion 1/2 cup mashed potatoes into each portion container. Top with 3 meatballs, 1/4 cup green beans, and 1 tablespoon each of cheddar cheese and brown gravy.
Cheddar cheese, reduced fat, shredded		6 1/4 cup	
Brown gravy, prepared		6 1/4 cup	

Serving Size	1 Serving Provides				
1 bowl	1/2 cup starchy vegetable, 2 ounce equivalent meat, meat alternate, 1/4 cup other vegetable				
Nutrients Per Serving					
Calories	309	Saturated Fat	5.7 g	Iron	-
Protein	20 g	Cholesterol	-	Calcium	115 mg
Carbohydrate	31 g	Vitamin A	373 IU	Sodium	426 mg
Total Fat	12.7 g	Vitamin C	8 mg	Dietary Fiber	3 g



## TUBER HACK:

Make 50/50 Mashed Potatoes – Half dehydrated mashed potatoes, half freshly mashed. Big on taste and easy on your time and budget!

# POTATOES AT LUNCH

## BUFFALO CHICKEN TOT BAKE

Recipe from Loudoun County Public Schools  
Stefanie Dove, RDN, SNS



25 Servings			
Ingredients	Weight	Measure	Directions
Chicken, cooked, diced, USDA	2 pounds 8 ounces		Thaw diced chicken in the refrigerator. CCP: Hold at 41°F or below. Preheat oven to 350°F.
Sauce, Buffalo-style		1 1/4 cups	Spray full size sheet pan with pan release. Place one 5 pound bag of frozen potato rounds on each prepared pan. Bake potato rounds according to manufacturer's instructions. CCP: Cook to a minimum internal temperature of 135°F.
Garlic, powder		1 tablespoon	Place baked potato rounds in 2-inch full size steamtable pan and hold until service. CCP: Hold and serve at 135°F or above. In a large bowl, combine buffalo sauce and garlic powder. Add diced chicken and coat thoroughly. Add shredded mozzarella and cheddar cheese to spicy chicken mixture and toss to coat thoroughly. Spray 2-inch steamtable pan with pan release. Add chicken and cheese mixture. Cover with foil (spray foil with pan release to prevent cheese from sticking).
Cheese, cheddar, shredded	8 ounces		Bake at 350°F until heated through and cheese has melted – hold for service. CCP: Cook to a minimum internal temperature of 135°F. CCP: Hold and serve at 135°F or above. Rinse fresh cilantro under running water. Chop leaves into small pieces. Hold refrigerated until service. For service, place hot chicken and cheese mixture on serving line with pan of potatoes to the right.
Cheese, mozzarella, shredded	8 ounces		Using a packed no. 10 disher, place 2.8 ounce scoop of chicken and cheese on tray or serving container. Top with 1/2 cup of potato rounds using 4 ounce spoodie – approximately 9 rounds. Garnish serving with 1/4 teaspoon chopped cilantro and lightly drizzle with hot chili sauce. Serve with 1/2 cup celery sticks for added appeal.
Potato Rounds, reduced sodium	3 pounds 15 ounces		
Cilantro, chopped, EP, optional		2 tablespoons	
Sriracha hot chili sauce		1/4 cup	

Serving Size	1 Serving Provides			
50	2 ounce equivalent meat/meat alternate, 1/2 cup starchy vegetable			
Nutrients Per Serving				
Calories	207	Saturated Fat	2.27 g	Iron .66 mg
Protein	15.31 g	Cholesterol	46.98 mg	Calcium .32 mg
Carbohydrate	15.38 g	Vitamin A	487.8 IU	Sodium 813.28 mg
Total Fat	9.01 g	Vitamin C	1.05 mg	Dietary Fiber 1.04 g



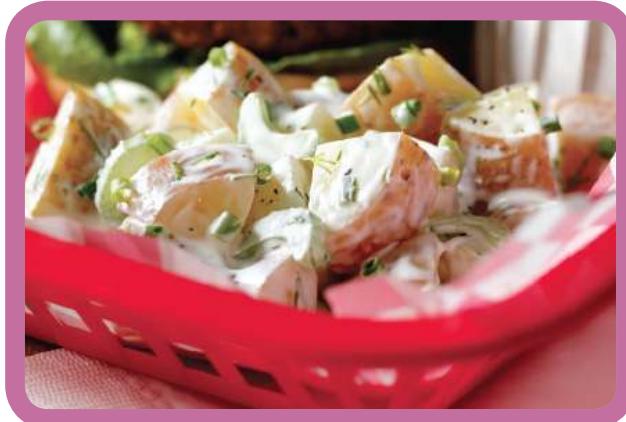
### FROM THE OPERATOR

"We tried this in all of our high schools! The buffalo chicken tots were a huge success with students. A buffalo sauce drizzle and celery top it off perfectly." - Stefanie Dove, RDN, SNS

# OTHER LUNCH OPTIONS



RANCH ROASTED  
FINGERLING POTATOES



BUTTERMILK RANCH  
POTATO SALAD



COWBOY MASHED POTATOES



ROSEMARY ROASTED POTATOES

Find these recipes and more lunch inspiration at  
**PotatoesRaiseTheBar.com**

# POTATO BAR SCHEMATICS



## TIPS FOR SALAD BARS

Use your salad bar and hot line to create fun and delicious potato bar themes! Vary your potato offerings with whole baked potatoes, baked wedges, tots, fries or petite potatoes.

## FARM TO SCHOOL SALAD BAR

### SCHOOL OPERATOR RECIPE

**School District:** Alachua County Schools Region 2; Buchholz High School

**Operator:** Caron Rowe Food Service Specialist, Moss Crutchfield District Chef



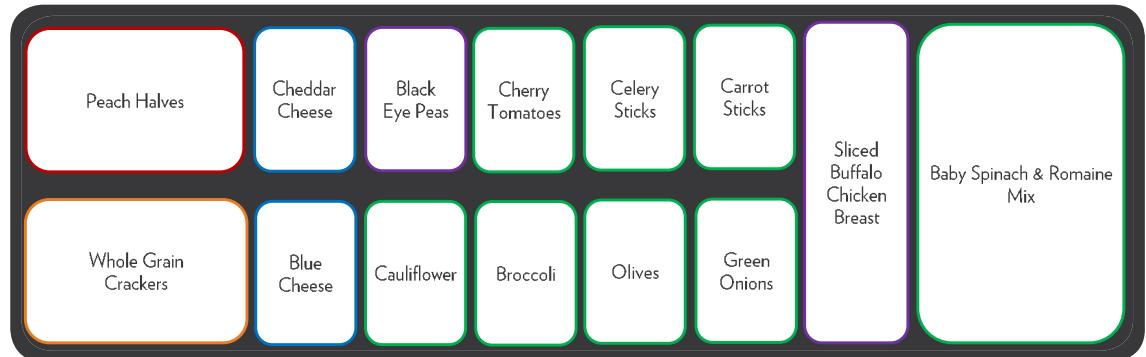
### FROM THE OPERATOR

“The students loved the build your own concept! It allowed students to customize their own meal “masterpiece” by choosing components to create a reimbursable meal. The focus was a joint promotion to feature the Farm to School Program and My Fresh from Florida Plate Day! Served whole fruit on the side.” - **Caron Rowe**

# GAME DAY POTATO SALAD BAR SCHEMATIC

## ON THE HOT LINE:

Cheesy baked potato wedged topped with buffalo popcorn chicken



Purple – Meat/ Meat Alternates Green – Vegetables Blue – Dairy Red – Fruit Orange – Grains Yellow - Other

# BBQ STUFFED POTATO SALAD BAR SCHEMATIC

## ON THE HOT LINE:

Baked russet potato, split, stuffed with sweet and smoky BBQ pulled pork



Purple – Meat/ Meat Alternates Green – Vegetables Blue – Dairy Red – Fruit Orange – Grains Yellow - Other

## BUFFALO CHICKEN POTATO SLAM DUNKS



50 Servings			
Ingredients	Weight	Measure	Directions
Russet potatoes, 120 count, skin on	18 pounds 13 ounces	50 each	Preheat oven to 375°F. Scrub potatoes and cut each potato lengthwise into 6 wedges using a counter-top produce cutter, such as a Sunkist Sectionizer, with a 6-wedge blade. Toss the potatoes with oil, chili powder, salt, black pepper and garlic powder. Place 8 pounds of potatoes on each parchment-lined sheet pan. Roast in the preheated oven for about 40 minutes, or until they are browned and tender.
Vegetable oil		1/2 cup	
Chili, powder		1 tablespoon	
Salt		2 teaspoons	
Black pepper, ground		2 teaspoons	
Garlic, powder		2 teaspoons	
Chicken, cooked, diced, frozen, thawed, USDA Foods	4 pounds 11 ounces		
Cheddar cheese, reduced fat, shredded	1 pound 9 ounces		
Onions, green, fresh, sliced 1/2 inch	5 ounces	1 1/4 cups	In a large mixing bowl combine the thawed diced chicken, cheddar cheese, and sliced green onions.
Yogurt, low-fat, plain	2 pounds 13 ounces	1 quart 1 cup	Mix together the yogurt, buffalo style hot sauce, garlic powder, onion powder, and black pepper. Pour over the chicken, cheese and green onion mixture, and stir to combine.
Buffalo style hot sauce, pre-prepared		1/2 cup 2 tablespoons	CCP: Hold cold at 41°F or below.
Garlic, powder		2 1/2 teaspoons	Assemble 4-compartment containers:
Onion, powder		2 1/2 teaspoons	Place the following into one compartment each:
Black pepper, ground		2 1/2 teaspoons	<ul style="list-style-type: none"> <li>• 6 chilled potato wedges</li> </ul>
Celery, fresh, cut into 1/2-inch by 4-inch sticks	3 pounds 10 ounces	1 quart 1 cup	<ul style="list-style-type: none"> <li>• Using a #12 scoop place 1/3 cup of the chicken salad</li> </ul>
Carrots, fresh, baby or sticks	3 pounds 15 ounces	7 pounds 14 ounces	<ul style="list-style-type: none"> <li>• 3 celery sticks and 1/4 cup carrot sticks</li> <li>• 1 whole grain roll</li> </ul>
Whole grain rich roll, 2 ounce equivalents grains		50 each	

Serving Size	1 Serving Provides
6 potato wedges, 1/3 cup chicken salad, celery, carrots, and a whole grain roll	2 ounce equivalent meat/meat alternate, 2 ounce equivalent grains, 1/2 cup starchy vegetable, 1/4 cup other vegetable, 1/4 cup red/orange vegetable
<b>Nutrients Per Serving</b>	
Calories	515
Protein	31 g
Carbohydrate	73 g
Total Fat	10.5 g
Saturated Fat	3.5 g
Cholesterol	51 mg
Vitamin A	6245 IU
Vitamin C	16 mg
Iron	3 mg
Calcium	210 mg
Sodium	511 mg
Dietary Fiber	6 g



### DID YOU KNOW?

Whole potatoes with the skin on offer the lowest cost source of potassium, offering 13% of a child's daily potassium needs for less than 5 cents per serving.<sup>2</sup> Prices depend on supplier.

# POTATO AND "SAMOSA" CHICKEN DIPPERS



50 Servings			
Ingredients	Weight	Measure	Directions
Russet potatoes, 120 count, skin on		50 each	Preheat oven to 375°F. Scrub potatoes and cut each potato lengthwise into 6 wedges using a counter-top produce cutter, such as a Sunkist Sectionizer, with a 6-wedge blade.
Vegetable oil		1/2 cup	Toss the potatoes with oil, chili powder, salt, black pepper and garlic powder. Place 8 pounds of potatoes on each parchment-lined sheet pan. Roast in the preheated oven for about 40 minutes, or until they are browned and tender.
Chili, powder		1 tablespoon	
Salt		2 teaspoons	
Black pepper, ground		2 teaspoons	
Garlic, powder		2 teaspoons	
Vegetable oil		1/4 cup	CCP: Cook to a minimum internal temperature of 135°F.
Onion, yellow, diced 1/2 inch	3 pounds 2 ounces	2 quarts 2 cups	Chill the potato wedges immediately.
Garam masala spice blend		3 tablespoons	CCP: Cool to 70°F within 2 hours, and then to 41°F or below within 4 hours.
Turmeric, ground		2 1/2 teaspoons	
Salt		1 teaspoon	
Cayenne pepper, ground		1 1/4 teaspoons	
Chicken, cooked, diced, frozen, thawed, USDA Foods	6 pounds 4 ounces		Heat a large braising pan over medium-high heat. Add the vegetable oil and yellow onions. Cook the onions, stirring occasionally, until softened and slightly browned. Stir in the garam masala spice blend, turmeric, salt, and cayenne pepper, and cook for about 30 seconds to bring out the flavors of the spices. Add the chicken and frozen peas. Continue to cook, stirring occasionally, for about 5 minutes. Do not overcook. Stir in the fresh chopped cilantro.
Green peas, frozen	1 pound 14 ounces	1 quart 2 2/3 cups	
Cilantro, fresh, chopped		1 1/4 cups	
<b>FOR THE RAITA:</b>			
Yogurt, low-fat, plain	5 pounds 10 ounces	2 quarts 2 cups	CCP: Cook to a minimum internal temperature of 135°F.
Cucumber, fresh, peeled, 1/4 inch dice	3 pounds 2 ounces	2 quarts 2 cups	Chill the chicken mixture immediately.
Cilantro, fresh, chopped		1/2 cup	CCP: Cool to 70°F within 2 hours, and then to 41°F or below within 4 hours.
Cumin, ground		2 1/2 teaspoons	
Garlic, powder		1 1/4 teaspoons	
Cayenne, pepper		1/2 teaspoon	
Flatbread, whole grain rich, 6-inch square, 2 ounce equivalents grains		50 each	To make the raita (cucumber yogurt sauce), combine the yogurt, diced cucumber, cilantro, cumin, garlic powder, and cayenne pepper, and mix thoroughly. Portion the raita into 2-ounce portion cups. Chill until service.
			CCP: Hold cold at 41°F or below.

Serving Size	1 Serving Provides				
1/2 cup samosa chicken mixture, 1 whole grain flatbread, 6 potato wedges, 2 ounces raita	2 ounces equivalent meat/meat alternate, 2 ounce equivalent grains, 1/2 cup starchy vegetable, 1/4 cup additional vegetable				
Nutrients Per Serving					
Calories	510	Saturated Fat	2.7 g	Iron	3 mg
Protein	30 g	Cholesterol	55 mg	Calcium	155 mg
Carbohydrate	72 g	Vitamin A	421 IU	Sodium	529 mg
Total Fat	11.7 g	Vitamin C	19 mg	Dietary Fiber	9 g

## SRI RACHA RANCH POTATO AND CHICKEN SALAD

**TATER TIP:** Adjust the spiciness of this dish by using less or more sriracha hot sauce.



50 Servings			Directions
Ingredients	Weight	Measure	
Potatoes, russet, fresh, baked and chilled, 3/4-inch dice	10 pounds		In a large mixing bowl combine the diced chilled baked potatoes and sliced green onions. Hold cold while preparing the sriracha ranch.
Green onions, fresh, sliced 1/2-inch	10 ounces	5 cups	CCP: Hold cold at 41°F or below.
<b>FOR SRIRACHA RANCH:</b>			
Yogurt, low-fat, plain		1 quart 2 cups	Combine the plain yogurt, mayonnaise, sriracha hot chili sauce, white vinegar, black pepper, garlic powder, and onion powder, and mix well. Best if made 1 day in advance.
Mayonnaise, regular		1 quart 1/2 cup	Add part of the dressing to the potatoes and green onions: For 50 portions, add 5 cups of the sriracha ranch dressing. For 100 portions, add 2 quarts 2 cups of the sriracha ranch dressing. Stir to combine.
Sriracha hot chili sauce		1 cup 2 tablespoons	CCP: Hold cold at 41°F or below.
White vinegar		1/4 cup 2 tablespoons	Portion the remaining sriracha ranch dressing into 1-ounce portions. Bake the breaded chicken fillets or tenders as directed. This step ensures that the breading will be crispy. Chill the baked chicken immediately.
Black pepper, ground		1 tablespoon	CCP: Cool to 70°F within 2 hours, and then to 41°F or below within 4 hours.
Garlic, powder		1 tablespoon	To assemble the salads place 2 cups (3 ounces) romaine lettuce into each serving container. Using a #8 scoop, portion 1/2 cup of the potato salad on top of the lettuce. Slice a 2-ounce equivalent portion of chilled chicken into 1 inch wide slices, and place on the lettuce next to the potato salad. Add one tomato wedge and 4 slices cucumber to the salad. Serve each salad with a 1 ounce portion of additional sriracha ranch dressing and 2 packages whole grain crackers.
Onion, powder		1 1/2 teaspoon	CCP: Hold cold at 41°F or below.
Chicken breast fillets or tenders, breaded, frozen (2 ounce equivalents meat/meat alternate and 1 ounce equivalent grains per portion)	13 pounds 4 ounces (depending on product)		
Tomatoes, Roma, fresh, quartered lengthwise	5 pounds 12 ounces		
Cucumbers, fresh, sliced 1/4-inch	4 pounds 12 ounces		
Romaine lettuce, fresh, clean, large dice, ready to eat	13 pounds		
Whole grain crackers, 0.5 ounce equivalent grains per package		100 each	

Serving Size	1 Serving Provides				
1 salad with 2 packages whole grain crackers	2 ounce equivalent meat/meat alternate, 2 ounce equivalent grains, 1 cup dark green vegetable, 1/2 cup starchy vegetable, 1/4 cup red/orange vegetable, 1/4 cup other vegetable				
<b>Nutrients Per Serving</b>					
Calories	643	Saturated Fat	5 g	Iron	3 mg
Protein	28 g	Cholesterol	47 mg	Calcium	128 mg
Carbohydrate	58 g	Vitamin A	10833 IU	Sodium	801 mg
Total Fat	33 g	Vitamin C	21 mg	Dietary Fiber	8 g

# CUBAN MOJO HAM AND POTATO SHAKER SALAD

**TATER TIP:** Pre-mix the ingredients and serve behind the line or from the salad bar for a fun Latin American-inspired entree.



50 Servings			
Ingredients	Weight	Measure	Directions
Orange juice		1 quart 1/2 cup	Place the orange juice, lime juice, oil, oregano, cumin, garlic, black pepper, and salt in a blender. Blend on high until emulsified, about 30 seconds.
Lime juice, fresh		1 1/2 cups	Using 1.5-ounce or 2-ounce portion cups, pour 2 tablespoons (1 ounce) of the dressing into each portion cup and seal each with a tight-fitting lid.
Olive oil or vegetable oil		1 cup	
Oregano, dried		1/4 cup	CCP: Hold cold at 41°F or below.
Cumin, ground		1/4 cup	Prepare each salad component and place in separate containers—diced potatoes, diced ham, red bell peppers, brown rice, and green onions.
Unsalted butter or margarine, melted	6 ounces	3/4 cup	
Garlic, fresh, minced		2 tablespoons	Assemble shaker salads using 16-ounce clear cups with flat straw lids, and no-hole dome lids.
Black pepper, ground		2 tablespoons	
Salt		2 teaspoons	In each 16-ounce cup, layer the components in the following order from bottom to top:
Potatoes, russet, fresh, baked and chilled, 3/4-inch dice	10 pounds		<ul style="list-style-type: none"> <li>• 1 cup brown rice</li> <li>• 1/4 cup diced red bell peppers</li> <li>• 2.44 ounces diced ham</li> <li>• 1/2 cup diced potatoes</li> <li>• 1 tablespoon green onions</li> </ul>
Ham, 97% fat-free, cooked, wa-ter added, diced, USDA Foods	7 pounds 10 ounces		Place a flat lid over each cup, place a portion cup of dressing on the flat lid, and cover with a no-hole dome lid. Hold chilled until service.
Red bell peppers, fresh, 1/2-inch dice	5 pounds 4 ounces	2 teaspoons	
Brown rice, steamed, chilled		3 gallons 2 cups	CCP: Hold cold at 41°F or below.
Green onions, fresh, sliced 1/2-inch	10 ounces	2 teaspoons	

Serving Size	1 Serving Provides				
Nutrients Per Serving					
1 shaker salad	2 ounce equivalent meat/meat alternate, 2 ounce equivalent grains, 1/2 cup starchy vegetable, 1/4 cup red/orange vegetable				
Calories	450	Saturated Fat	3 g	Iron	2 mg
Protein	19 g	Cholesterol	36 mg	Calcium	57 mg
Carbohydrate	75 g	Vitamin A	1608 IU	Sodium	591 mg
Total Fat	10.6 g	Vitamin C	80 mg	Dietary Fiber	7 g

Find these recipes and more after the bell and on-the-go inspiration at  
**PotatoesRaiseTheBar.com**

# ADDITIONAL RESOURCES

Visit [PotatoesRaiseTheBar.com](http://PotatoesRaiseTheBar.com) for even more school foodservice resources including...

## OPERATOR RECIPES



## MERCHANDISING MATERIALS &

**POWER UP WITH POTATOES!**



Potatoes provide the energy, carbohydrate and potassium kids need to power performance throughout the school day.

**POTASSIUM | FIBER | PROTEIN | VITAMINS C + B6**

## NUTRITION INFORMATION

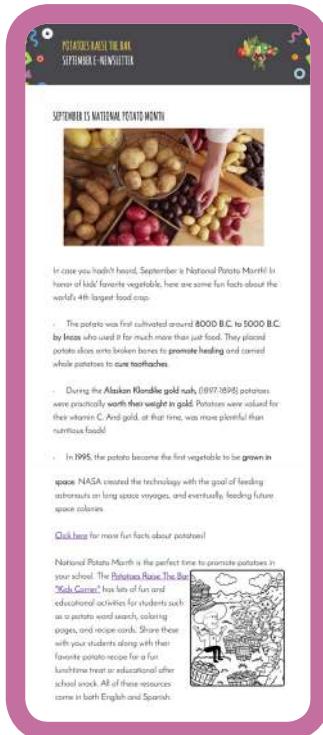
### Nutrition Facts

1 serving per potato  
**Serving size 1 potato (148g/5.2oz)**

Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B <sub>6</sub> 0.2mg	10%

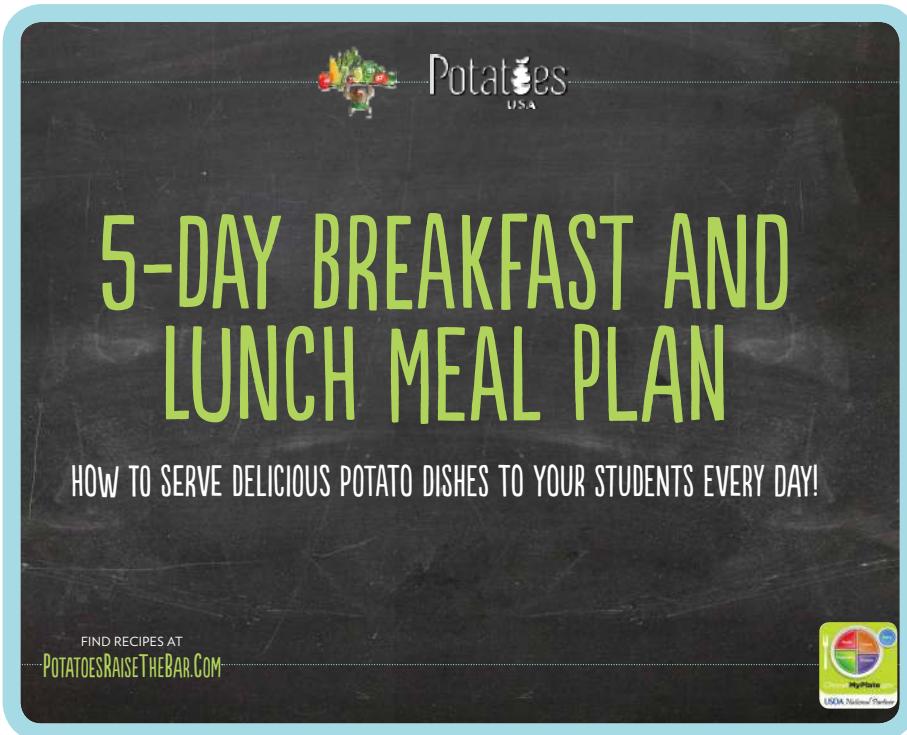
\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## NEWSLETTERS



The newsletter header reads "POTATOES RAISE THE BAR SEPTEMBER NEWSLETTER". The main section title is "SEPTEMBER IS NATIONAL POTATO MONTH". It features a photo of various potatoes and a bowl of fruit. Below the photo is a text block: "In case you hadn't heard, September is National Potato Month! In honor of kids' favorite vegetable, here are some fun facts about the world's 4th largest food crop." It continues with: "The potato was first cultivated around 8000 B.C. to 5000 B.C. by Incas who used it for much more than just food. They placed potato skins inside boxes to promote healing and corned whole potatoes to cure toothaches." Another section discusses the Alaskan Potato gold rush, mentioning its nutritional value. A third section notes the 1995 potato as the first vegetable to be grown in space. A "Click here" link leads to more fun facts. The footer features a "Potato Bar" coloring page.

## 5-DAY MEAL PLAN



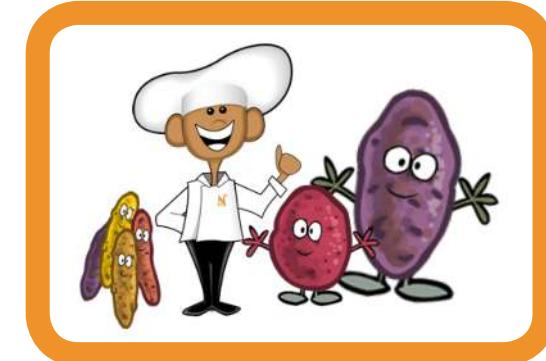
The meal plan is titled "5-DAY BREAKFAST AND LUNCH MEAL PLAN" and "HOW TO SERVE DELICIOUS POTATO DISHES TO YOUR STUDENTS EVERY DAY!". It features the Potatoes USA logo with a tree and the text "Potatoes USA". Below the title is a "FIND RECIPES AT POTATOESRAISETHEBAR.COM" link. A "MyPlate" logo is in the bottom right corner.

## EDUCATIONAL VIDEO SERIES & WEBINAR

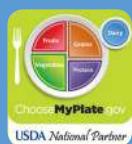
With CEU Opportunities



## COLORING BOOKS & MORE!



1. Dahl WJ, Steward ML. Position of the Academy of Nutrition and Dietetics: Health Implications of Dietary Fiber. *J Acad Nutr Diet*.
2. USDA National Nutrient Database for Standard Reference, Release 23 (2010). Potatoes, baked, flesh and skin, without salt.
3. Available at: [http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list\\_nut\\_edit.pl](http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list_nut_edit.pl).
3. Gropper SS, Smith JL. Advanced Nutrition and Human Metabolism. 6th Ed. Belmont, CA. Wadsworth, Cengage Learning. 2013. Pp.361-364.



To learn more about bringing potatoes into your school, please contact:  
Potatoes USA at 303-369-7783 or  
[PotatoesRaiseTheBar@PotatoesUSA.com](mailto:PotatoesRaiseTheBar@PotatoesUSA.com)



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