

**2022**

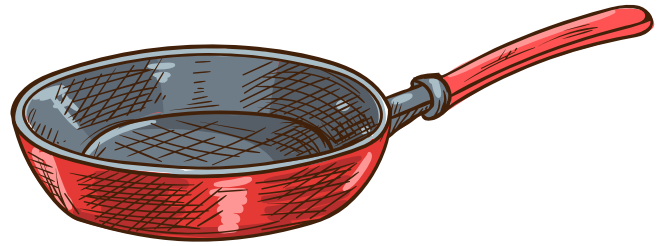
# **FARM TO SCHOOL COOKBOOK**

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**Featuring recipes from the  
2022 Farm to School Cook-Off  
using the challenge  
ingredients:**

**MAINE BEETS  
&  
BUCKWHEAT  
FLOUR**





# **COOKBOOK INDEX**

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**Lunch recipes on pages 27-42**

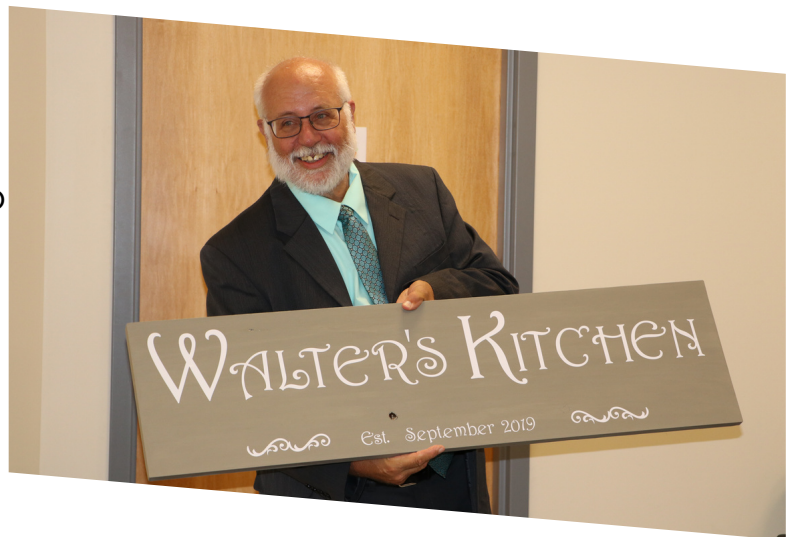
# This year's cookbook is dedicated to Walter Beesley

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Walter Beesley retired as Child Nutrition Director in July, 2022 after 36 years (and 1 month!) of service to the state. He led his team with enthusiasm, passion, and playfulness while also bringing tremendous knowledge and skills.

Walter was an advocate for all the children of Maine, and made countless positive contributions to child nutrition programs across the state during his over three decade tenure.

With a background in culinary arts and restaurants, Walter was passionate about bringing a level of professionalism to the world of school nutrition. He would often say, "the cafeteria is the biggest restaurant in town!" and opportunities like the Farm to School Cook-Off were near to his heart.



For those of us lucky enough to have worked with Walter, he won't soon be forgotten. And for those school nutrition professionals yet to come, they will find Walter's legacy not only in the "Walter's Kitchen" culinary classroom, but by participating in the programs he was instrumental in supporting.

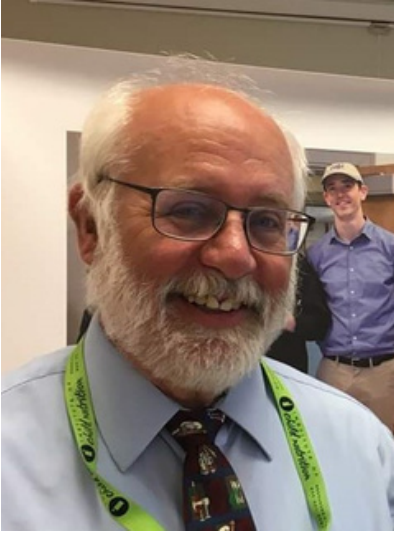
This cookbook is dedicated to Walter: Thank you for your endless energy, support, and sense of humor. We are all grateful to continue down the child nutrition path you helped create!



# MEET THE CHILD NUTRITION TEAM

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We hope that you  
enjoy using these  
recipes in your school  
kitchens!



**Walter  
Beesley**  
Child Nutrition Director

**Michele  
Bisbee**  
Culinary Specialist,  
Child Nutrition  
Consultant



**Paula Nadeau**  
Administrative  
Assistant

**Robin Kerber**  
Farm & Sea to  
School Coordinator



**Stephanie  
Stambach**  
MS, RD, SNS  
Child Nutrition  
Supervisor

# OUR FARM PARTNERS

**Thank you for donating our  
challenge ingredients!**

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## Beets from Dig Deep Farm *South China*

Dig Deep is a Community Supported Agriculture(CSA) Farm. We raise MOFGA certified organic fruit, cut flowers and mixed vegetables for year-round availability through our CSA, farmer's markets and wholesale. We lease 9 acres of land at Three Level Farm – off of Route 32 in South China, ME. Our mission is to address food security through education and accessibility.

Directly  
Involvement in  
Growing  
Diversity  
Education with the  
Earth and  
People



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## Buckwheat Flour from Bouchard Family Farms *Fort Kent*

For generations the Bouchard Family has been growing buckwheat flour and milling a unique light buckwheat flour in order to prepare "Ployes" (rhymes with boys). A recipe based on the one created by the French Acadian exiles who settled in Northern Maine, Ployes are as elegant as a fine crepe, as hearty as a breakfast pancake and as versatile as any bread. Their buckwheat flour and Ployes mix can easily be found at grocery stores throughout Maine!

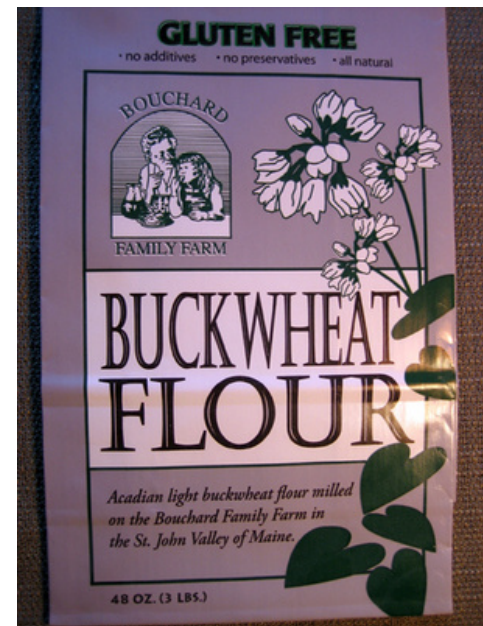
# BUCKWHEAT... A QUINTESSENTIAL MAINE CROP



**From the Bouchard Family Farms website:**

The buckwheat grown in Aroostook county Maine has tiny white flowers and is known as “silver hulled” buckwheat. This variety is grown exclusively in the northern part of Maine and parts of Canada. The farmers grew and milled buckwheat for their own consumption and the middlings or bran were used for livestock feed. They also used the hulls to insulate their homes!

The buckwheat plant is extremely hardy and resilient, which makes it easy to grow without the use of chemicals. The short growing season in the St. John Valley is perfect for the 10-12 weeks required to produce the buckwheat seed.



*Buckwheat is high in complex carbohydrates, potassium, phosphorous, iron, calcium, protein, and fiber. It contains twice the amount of B vitamins as wheat flour.*

The word “buckwheat” actually comes from a Dutch word meaning beech wheat and refers to the fruit of the buckwheat, which resembles a tiny beech nut. Buckwheat is not a grain but an herb or fruit closely related to wild rhubarb, making buckwheat flour “Gluten Free”.

Cross contamination is highly improbable because there is no rye, wheat, or barley grown on the farm. Our mill is used strictly to mill our own buckwheat.

# **PARTICIPATING DISTRICTS**

**Thank you to the following Maine school districts that participated in the 2022 Farm to School Cook-Off!**

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- Auburn
- Deer Isle-Stonington
- Lewiston
- RSU 12
- RSU 22
- RSU 54





# BREAKFAST RECIPES

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## breakfast entrees

- 9. Breakfast Pacos
- 10. Buckwheat Dutch Baby with Blueberries
- 11. Buckwheat Pancakes
- 12. Buckwheat Waffles
- 13. Maine Grains Pancakes
- 14. Scrambled Eggs

## breakfast sides

- 15. Apple Buckwheat Danish
- 16. Apple Maple Bake
- 17. Beet Hash
- 18. Buckwheat Biscuits (Lewiston)
- 19. Buckwheat Biscuits (RSU 54)
- 20. Buckwheat Granola
- 21. Cinnamon Apples
- 22. Cinnamon Maple Butter
- 23. Peach Creamsicle Smoothie
- 24. Pink Panther Smoothie
- 25. Strawberry Blueberry Compote
- 26. Wild Maine Blueberry Sauce







# LUNCH RECIPES

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## **lunch entrees**

- Beet Ricotta Sweet Potato Pizza
- Deer Isle Fish Cakes
- Grilled Chicken w/ Red Flannel Hash
- Pasta with Beet Pesto and Chicken
- Seasoned Chicken Fajitas
- Soft Shell Chicken Tacos

## **lunch sides**

- Beet Salsa
- Buckwheat Tortillas
- Buttermilk Ranch Dressing
- Cilantro Lime Rice
- Corn and Beet Salad
- Crunchy Beet Carrot Slaw
- Crunchy Apple Slaw
- Honey Wheat Rolls
- Mariner Beet Salad
- Pico de Gallo



# BREAKFAST PACOS

*Recipe adapted from HealthySchoolRecipes.com*

## RSU 12: WHITEFIELD WILDCATS

### Meal Pattern Contribution:

1 OZ GRAIN  
2 OZ MEAT/MEAT ALT.

### Servings:

50 SERVINGS

### Serving Size:

1 PACO

## INGREDIENTS:

- 50 each pancakes, buckwheat, 2 oz.
- 50 slices bacon, cooked
- 6.25 lb liquid eggs
- 3.15 lbs cheddar cheese, shredded
- ¼ cup "Sweet and Spicy Spice Blend"

### SWEET AND SPICY SPICE BLEND

- 1 cup brown sugar
- 1 cup granulated sugar
- ¼ cup chili powder



## DIRECTIONS:

1. Place pancakes in warmer until assembly
2. Place bacon in 2-inch hotel pans and crisp in the oven for 3-5 minutes until it is warmed through and crispy
3. Cook the thawed eggs by pouring into sprayed 2-inch hotel pans
4. Steam for approximately 5 minutes until the eggs reach 165°F for 15 seconds
5. Gently use a potato masher or whisk to fluff and break up the eggs before assembly

### ASSEMBLY

1. Sprinkle 1 oz of shredded cheddar on each pancake
2. Dust cheese with sweet & spicy spice blend
3. Top with ¼ cup scrambled eggs and one slice of bacon
4. Fold the pancake like a "taco"

### SWEET AND SPICY SPICE BLEND

1. Mix the spice blend ingredients together
2. Label, date and store in dry storage

**RSU 22:  
HA BRONCO  
CHEFS**

# **BUCKWHEAT DUTCH BABY W/ BLUEBERRIES**

**Meal Pattern  
Contribution:**

*2 OZ GRAIN  
1/2 CUP FRUIT*

**Servings:**

*50 SERVINGS*

**Serving Size:**

*1 CUP DUTCH BABY  
1/2 CUP BLUEBERRIES*

## **INGREDIENTS:**

- 6 1/4 cups AP Flour
- 2 cups whole wheat flour
- 6 1/4 cups buckwheat flour
- 2 qts liquid eggs
- 5 qts milk
- 2 1/2 cups sugar
- 1 cup lemon zest
- 1 1/2 lbs butter
- 6 quarts + 1 cup wild Maine blueberries

## **DIRECTIONS:**

1. Preheat the oven to 400F and heat 2 1/2 sheet pans
2. Combine the flours, sugar and zest in mixing bowl and whisk in eggs
3. Once the eggs are incorporated stream in the milk and whisk until smooth
4. Remove the hot pans and add the butter. Allow butter to foam, and pour in batter. Return to oven immediately.
5. Bake for 15-18 minutes until puffed and golden
6. Cut each pan 5 X 5
7. Place Dutch Baby portion on plate
8. Top with fresh blueberries



**RSU 12:  
WHITEFIELD  
WILDCATS**

# BUCKWHEAT PANCAKES

*Recipe adapted from CookieandKate.com*

**Meal Pattern  
Contribution:**

1.5 OZ GRAIN

**Servings:**

36 SERVINGS

**Serving Size:**

1 PANCAKE

## INGREDIENTS:

- 3 cups + 1 Tbsp buckwheat flour (or 1 1/2 cup buckwheat and 1 1/2 cup flour of choice)
- 3 Tbsp sugar
- 3 tsp baking powder
- 3 tsp baking soda
- 3/4 tsp salt
- 3 3/4 cups buttermilk, shaken
- 6 eggs
- 1 1/2 tsp pure vanilla extract
- Butter, for the skillet

## DIRECTIONS:

1. In a mixing bowl, mix flour(s), sugar, baking powder, baking soda and salt
2. In a liquid measuring cup, measure out buttermilk
3. Beat in egg and vanilla extract
4. All at once, add wet ingredients to dry ingredients and mix until just combined (batter will be slightly lumpy)
5. Preheat griddle over medium-low heat
6. Brush cooking surface with 1 1/2 tsp butter
7. Stir batter in case buckwheat is starting to separate from liquid
8. Using a 1/4 cup measure, scoop batter onto warm skillet
9. Cook 2-3 minutes until bubbles form on surface of pancakes and flip
10. Cook on opposite sides 1-2 minutes, or until golden brown
11. Transfer cooked pancakes to a cooling rack, or to a baking sheet in a preheated 200 degree Fahrenheit oven to keep warm.
12. Gently stir batter before using again. Repeat process with remaining batter, brushing skillet with additional butter as needed
13. Serve immediately (or use in "Breakfast Paco" recipe!)

**RSU 54:  
TEAM  
SONDAY**

# BUCKWHEAT WAFFLES

**Meal Pattern  
Contribution:**

2 OZ GRAIN  
1 CUP FRUIT (if served  
with optional compote)

**Servings:**

50 SERVINGS

**Serving Size:**

1 WAFFLE

## INGREDIENTS:

- 8 cups buckwheat flour
- 1/2 cup sugar
- 2 1/2 Tbsp baking powder
- 4 tsp baking soda
- 2 tsp kosher salt
- 2 cups butter, melted
- 2 1/2 qts buttermilk
- 8 large eggs
- 4 tsp vanilla extract
- Butter or spray for waffle iron

## DIRECTIONS:

1. Whisk together flour, sugar, baking powder, baking soda, and salt in large bowl.
2. Combine buttermilk, egg, melted butter, and vanilla extract in a measuring cup and whisk until completely mixed.
3. Add buttermilk mixture slowly into flour mixture and stir to combine. You can leave some small lumps. Do not over mix, the batter will become tough.
4. Heat waffle iron to highest setting and grease with butter or spray. Preheat oven to 250 to keep waffles warm.
5. Add the right amount of batter for your waffle iron and cook until golden brown.
6. *Optional: serve with Strawberry Blueberry Compote!*



**DEER ISLE:  
THE MARINERS**

# MAINE GRAINS PANCAKES

**Meal Pattern  
Contribution:**  
*2 OZ GRAIN*

**Servings:**  
*25 SERVINGS*  
**Serving Size:**  
*2, 1 OZ PANCAKES*

## INGREDIENTS:

- 4 cups oat flour
- 1 1/2 cups cornmeal
- 1 1/2 cups buckwheat flour
- 1/3 cup baking powder
- 4 1/2 cups milk
- 3/4 cup Maine maple syrup
- 1 cup melted butter or oil
- 6 eggs (or 200 grams liquid egg)

## DIRECTIONS:

1. Blend grains and baking powder in mixer for 3 minutes on low speed
2. Combine milk, Maine maple syrup, melted butter and eggs
3. Add to wet ingredients to dry ingredients
4. Blend for 2 minutes on low speed; batter will be lumpy but DO NOT OVERMIX!
5. Lightly grease griddle surface
6. Heat griddle to 375
7. Portion batter with No. 20 scoop (3 Tbsp + 1 tsp) onto griddle
8. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned, approximately 2 minutes
9. Turn and cook until lightly browned on other side, approximately 1 minute
10. Serve immediately or reheat to minimum internal temperature of 135 degrees in covered steam table pans





**LEWISTON:  
MCMAHON  
TIGERS**

# SCRAMBLED EGGS

*Recipe adapted from InspiredByChann.com*

**Meal Pattern  
Contribution:**

4 OZ MEAT/MEAT ALT.

**Servings:**

50 SERVINGS

**Serving Size:**

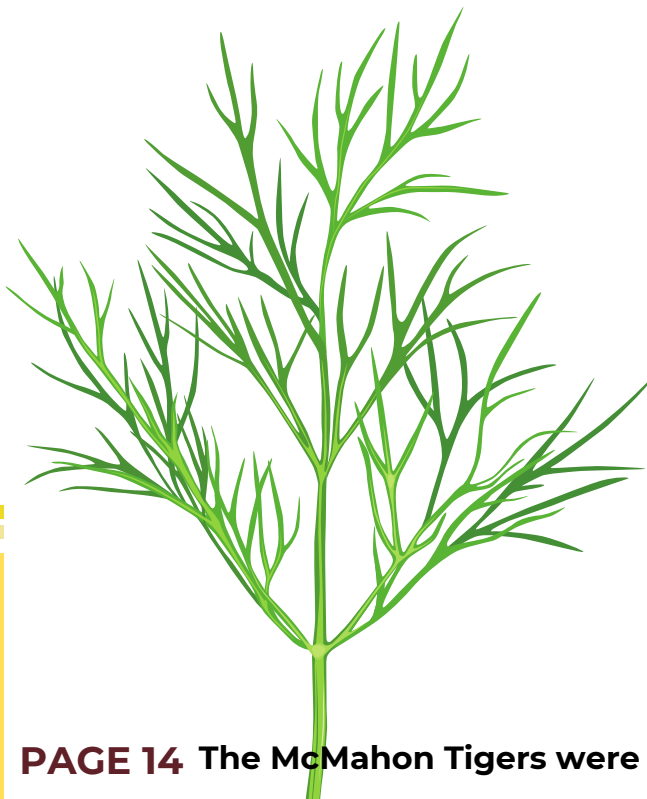
1/2 CUP

## INGREDIENTS:

- 100 eggs
- 10 cups milk
- 2 cups butter
- 3 Tbsp garlic salt
- 1 cup fresh dill

## DIRECTIONS:

1. Scramble eggs in a bowl
2. Add milk and lightly mix to combine
3. In a separate container, melt butter
4. Allow butter to cool slightly before mixing into egg and milk
5. Add garlic salt melted butter, and garlic salt
6. Cook at 350 degrees for 20-25 minutes, stirring halfway
7. Chop fresh dill and garnish cooked eggs before serving



**AUBURN:  
EDWARD  
LITTLE**

# APPLE BUCKWHEAT DANISH

**Meal Pattern  
Contribution:**

*1/4 CUP FRUIT  
1 OZ GRAIN*

**Servings:**

*15 SERVINGS*

**Serving Size:**

*1 SLICE*

## **INGREDIENTS:**

- 1 cup butter
- 1 1/2 cup + 1/3 cup white whole wheat flour
- 3 Tbsp granulated sugar
- 2/3 cup buckwheat flour
- 1 1/2 tsp Kosher salt
- 1/2 cup ice water
- 2 lb + 13 oz apples, sliced in water
- 1 Tbsp ground cinnamon
- 30 oz cream cheese
- 1/3 cup granulated sugar

## **DIRECTIONS:**

1. Cut the butter and flour together until it forms a crumb consistency
2. Mix in wet ingredients, form into a dough ball by hand
3. Make 1 inch balls and flatten out on a greased baking sheet
4. Par bake for 5 min at 350
5. Mix sugar and cream cheese together, spread on top of dough
6. Add thin sliced apples that are mixed with cinnamon to top
7. Bake for 10-12 minutes





# APPLE MAPLE BAKE

**Meal Pattern  
Contribution:**

*1 CUP FRUIT*

**Servings:**

*50 SERVINGS*

**Serving Size:**

*1 CUP*

## **INGREDIENTS:**

- 5 each #10 cans sliced apples (or 30lb fresh apples, peeled, cored, and sliced)
- 3 cups Maine maple syrup
- Optional: cinnamon

## **DIRECTIONS:**

1. Preheat the oven to 350 degrees
2. Lightly grease 2 – full size hotel pans
3. Divide the sliced apples between the 2 pans
4. Sprinkle 1 ½ cups Maine maple syrup over each pan
5. Bake until bubbly and the interior reaches 135 degrees
6. Serve immediately
7. If desired, sprinkle cinnamon over top



**RSU 12:  
WHITEFIELD  
WILDCATS**

# BEET HASH

*Recipe adapted from MarthaStewart.com*

**Meal Pattern  
Contribution:**  
*1/2 CUP VEGETABLE*

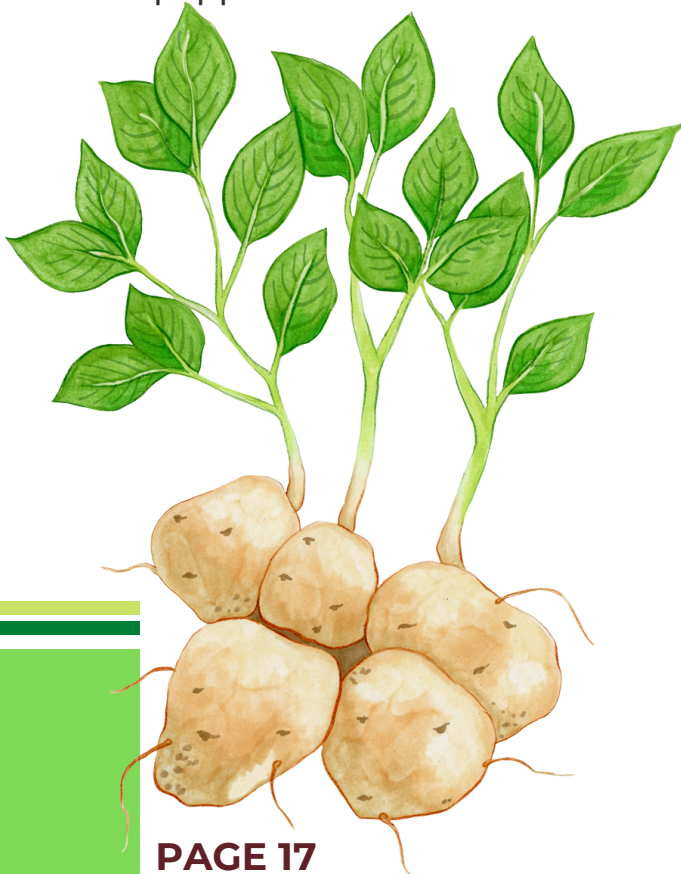
**Servings:**  
*50 SERVINGS*  
**Serving Size:**  
*1/2 CUP*

## INGREDIENTS:

- 18 cups beets, peeled and diced
- 7 cups Yukon gold potatoes, scrubbed and diced
- ½ cup + 1 Tbsp extra virgin olive oil
- 18 small onions, diced
- 1.5 cups chopped fresh parsley
- Coarse salt and freshly ground black pepper

## DIRECTIONS:

1. In a high-sided skillet, cover beets and potatoes with water and bring to a boil
2. Season with salt and cook until tender, about 7 minutes
3. Drain and wipe out skillet
4. Heat oil in skillet over medium-high heat
5. Add boiled beets and potatoes and cook until potatoes begin to turn golden, about 4 minutes
6. Reduce heat to medium, add onion, and cook, stirring, until tender, about 4 minutes
7. Adjust seasoning and stir in parsley.





**LEWISTON:  
MCMAHON  
TIGERS**

# BUCKWHEAT BISCUITS

*Recipe adapted from OatmealWithAFork.com*

**Meal Pattern  
Contribution:**

1 OZ GRAIN

**Servings:**

50 SERVINGS

**Serving Size:**

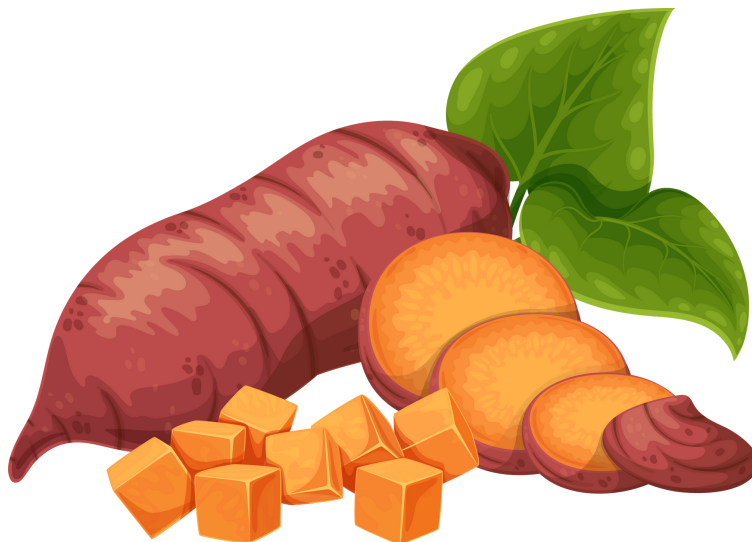
1 BISCUIT

## INGREDIENTS:

- 7 cups buckwheat flour
- 7 1/2 tsp baking powder
- 1 1/2 tsp sea salt
- 1 1/3 cups olive oil
- 2 Tbsp + 2 tsp maple syrup
- 3/4 cup applesauce (sweet potato and pumpkin puree will also work)
- 3 cups buttermilk

## DIRECTIONS:

1. Preheat the oven to 400 degrees
2. In a bowl, mix the dry ingredients (flour, baking powder, salt)
3. Stir in the oil, syrup, and applesauce until the mixture looks 'pebbly' in appearance.
4. Add in the buttermilk
5. The batter will be fairly wet looking, though it will thicken as it sits
6. Using an ice cream scoop or an equal-sized utensil, dollop the dough onto a parchment paper-lined baking sheet into ten equal biscuits
7. Bake the biscuits for 10-12 minutes, until puffed and springy to the touch



**RSU 54:  
TEAM  
SONDAY**

# BUCKWHEAT BISCUITS

**Meal Pattern  
Contribution:**  
2 OZ GRAIN

**Servings:**  
50 SERVINGS  
**Serving Size:**  
1, 2 oz BISCUIT

## INGREDIENTS:

- 10 1/2 cups buckwheat flour
- 5 Tbsp + 2 tsp baking powder
- 2 1/2 tsp sea salt
- 2 3/4 cup cold butter
- 1 1/2 cups apple sauce
- 5 1/2 cups butter milk

## DIRECTIONS:

1. Preheat oven to 400F
2. In a bowl, mix the dry ingredients (flour, baking powder, salt)
3. Cut the butter and apple sauce into the flour mixture with pastry blender
4. Add the butter milk, stir
5. Roll out to 1 inch thick. cut with 3 inch biscuit cutter
6. Bake for 10 minutes



**LEWISTON:  
MCMAHON  
TIGERS**

# HOMEMADE BUCKWHEAT GRANOLA

*Recipe adapted from MomsKitchenHandbook.com*

**Meal Pattern  
Contribution:**

1 OZ GRAIN  
1/2 OZ MEAT/MEAT ALT.

**Servings:**

50 SERVINGS

**Serving Size:**

1/2 CUP

## INGREDIENTS:

- 7 1/2 cups buckwheat groats (see notes)
- 5 cups slivered almonds
- 1 cup sesame seeds
- 1 and 1/4 heaping tsp kosher salt
- 1/2 cup extra-virgin olive oil
- 2/3 cup & 2 tsp maple syrup
- 1 2/3 cup raisins

## DIRECTIONS:

1. Preheat oven to 325 degrees F
2. Mix buckwheat, almonds, and sesame seeds
3. Sprinkle with salt and drizzle olive oil and maple syrup
4. Spread on baking sheet and cook for 10 minutes, stirring halfway through
5. Let cool on the counter to allow the cereal to crisp up
6. Scatter the raisins over the top
7. Transfer to a jar or other sealed container

**NOTE:**

*Look for uncooked buckwheat groats. You do not want roasted buckwheat or buckwheat cereal!*



**RSU 22:  
HA BRONCO  
CHEFS**

# CINNAMON APPLES

**Meal Pattern  
Contribution:**  
*1 1/2 CUP FRUIT*

**Servings:**  
*50 SERVINGS*  
**Serving Size:**  
*1 1/2 CUPS*

## ***INGREDIENTS:***

- 21 lbs sliced Maine apples
- 6 cups light brown sugar
- 6 Tbsp ground cinnamon
- 30 oz dried raisins

## ***DIRECTIONS:***

1. Toss apples with cinnamon and sugar and top with raisins
2. Serve one cup of apples with .8 oz of raisins





**LEWISTON:  
MCMAHON  
TIGERS**

# CINNAMON MAPLE BUTTER

*Recipe adapted from InspiredByChann.com*

**Meal Pattern  
Contribution:**

*NO CONTRIBUTION*

**Servings:**

*50 SERVINGS*

**Serving Size:**

*SERVE WITH 1 BISCUIT*

## **INGREDIENTS:**

- 3 cups unsalted butter, softened
- 12 Tbsp + 1 1/2 tsp Maine maple syrup
- 4 1/2 tsp cinnamon
- 3 tsp vanilla extract
- 1 1/2 tsp salt

## **DIRECTIONS:**

1. Add all the ingredients to a bowl
2. Using an electric mixer, whip the ingredients together until the mixture is light and fluffy - This should take 5-6 minutes
3. Transfer the flavored butter to an airtight container
4. Store in the refrigerator for up to 3 months
5. Optional: serve with recipe for "Buckwheat Flour Biscuits" from the McMahan Tigers!



# PEACH CREAMSICLE SMOOTHIE

**Meal Pattern  
Contribution:**

*5/8 CUP FRUIT  
1 OZ MEAT/MEAT ALT.*

**Servings:**

*50 SERVINGS*

**Serving Size:**

*1 CUP*

## **INGREDIENTS:**

- 12 1/2 cups apple juice
- 12 1/2 cups vanilla yogurt
- 6 1/4 cups carrots, scrubbed and chopped
- 18 3/4 cups canned peaches & juice (USDA)

## **DIRECTIONS:**

1. Add ingredients to a large bowl or 15 quart container in order listed
2. Puree until smooth with immersion blender
3. Portion into 9 ounce cups (8 oz of smoothie)
4. Chill at 41 degrees or lower until ready to serve





**RSU 12:  
WHITEFIELD  
WILDCATS**

# PINK PANTHER SMOOTHIE

*Recipe adapted from MexicanFoodJournal.com*

**Meal Pattern  
Contribution:**

*1/2 CUP FRUIT  
3/4 CUP VEGETABLE*

**Servings:**

*15 SERVINGS*

**Serving Size:**

*10 OZ SMOOTHIE*

## INGREDIENTS:

- 15 lbs beets
- 4 lbs carrots
- 12.5 lb red or green apples
- 1 1/2 cups maple syrup
- 1 1/2 gallons water

## DIRECTIONS:

1. Wash the apples, carrots, and beets well
2. Peel the carrot and beet. Peel the apple if desired
3. Chop all into small pieces
4. Place chopped ingredients in immersion blender with water and maple syrup
5. Blend on high until very smooth, 1 to 2 minutes depending on the power of your blender
6. This smoothie is best enjoyed immediately. It doesn't keep well in the refrigerator because the fruits and veggies tend to separate.
7. If smoothie looks too thick while blending, add more water, up to 2 cups



**RSU 54:  
TEAM  
SONDAY**

# **STRAWBERRY BLUEBERRY COMPOTE**

**Meal Pattern  
Contribution:**  
*1/2 CUP FRUIT*

**Servings:**  
*50 SERVINGS*  
**Serving Size:**  
*1/2 CUP*

## **INGREDIENTS:**

- 12 cups strawberries, washed, hulled, and sliced
- 12 cups wild Maine blueberries, washed and checked for stems
- Freshly squeezed juice from 8 oranges or lemons (2 cups juice)
- 2 Tbsp sugar (optional)

## **DIRECTIONS:**

1. Stir ingredients together in a saucepan over medium heat.
2. When it starts to boil, reduce heat and use wooden spoon or potato masher to break up fruit.
3. Mash to your desired consistency.
4. Cook until thickened, about 10 minutes.
5. *Optional: serve with Buckwheat Waffles!*



# **WILD MAINE BLUEBERRY FRUIT SAUCE**

**Meal Pattern  
Contribution:**  
*3/8 CUP FRUIT*

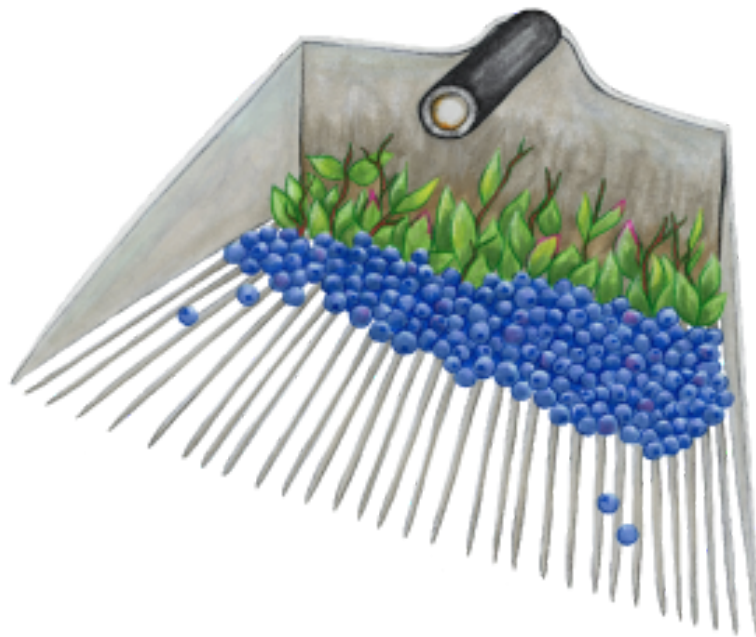
**Servings:**  
*64 SERVINGS*  
**Serving Size:**  
*3 OZ*

## **INGREDIENTS:**

- 1 cup cornstarch
- 1 cup water
- 6 cups sugar
- 1 Tbsp cinnamon
- 9 lbs wild Maine blueberries
- 4 ½ cups water
- 1 Tbsp vanilla extract
- 3 Tbsp lemon juice

## **DIRECTIONS:**

1. Mix water and cornstarch to make slurry
2. Place sugar, cinnamon, any remaining water and slurry into sauce pot — stir until smooth
3. Stir in the wild blueberries
4. Simmer until the mixture thickens
5. Reduce heat, add in vanilla extract and lemon juice, and mix well
6. Portion into 3 ounce portion cups



**AUBURN:  
EDWARD  
LITTLE**

# BEET, RICOTTA, SWEET POTATO PIZZA

**Meal Pattern  
Contribution:**

1 OZ MEAT/MEAT ALT.  
2 OZ GRAIN  
1/2 CUP VEGETABLE

**Servings:**

50 SERVINGS

**Serving Size:**

1 SLICE

## INGREDIENTS:

- 6 1/4 each 16" round pizza dough sheets
- 3 lb +2 oz marinara sauce
- 3 lb + 14.5 oz pizza cheese blend
- 1/3 cup + 1 Tbsp dried oregano leaves
- 1/3 cup + 1 Tbsp dried basil leaves
- 2 Tbsp + 1/4 tsp dried garlic powder
- 4 lb + 11 oz sweet potatoes
- 6 1/4 cup beets
- 2 lb + 5.5 oz fresh ricotta cheese

## DIRECTIONS:

1. Spread marinara sauce over pizza dough sheets
2. Sprinkle evenly with shredded cheese and herbs
3. Using a mandolin, slice sweet potatoes and beets as thin as possible
4. Layer onto pizza
5. Dollop fresh ricotta cheese on pizza
6. Bake in preheated 425 oven about 10-15 minutes or until crust is golden brown and done



## DEER ISLE: THE MARINERS

# DEER ISLE FISH CAKES

### Meal Pattern Contribution:

2 OZ MEAT/MEAT ALT.  
1/4 CUP VEGETABLE

### Servings:

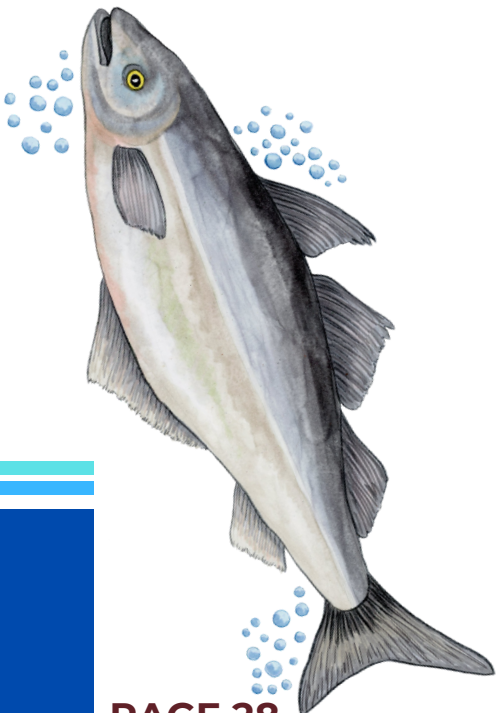
50 SERVINGS

### Serving Size:

1 CAKE

## INGREDIENTS:

- 5.75 lbs Maine mashed potatoes
- 4.5 pounds cooked white Maine fish (halibut, haddock), flaked
- 3 cups onion, chopped
- 1 Tbsp salt
- 1 Tbsp cracked pepper
- 6 each eggs
- 2 cups or as needed cornmeal (for dredging)
- Vegetable oil spray
- Optional tartar sauce



## DIRECTIONS:

1. Blend mashed potato and flaked fish in mixer on low speed for 3 minutes
2. Add chopped onion, salt and pepper and blend on low speed until mixed, about 3 more minutes
3. Scoop fish mixture out into three -ounce portions onto a parchment lined sheet pan
4. Set up dipping station: one shallow pan with beaten egg and one shallow pan with cornmeal
5. Dip each fish cake in egg, then dredge in cornmeal
6. Place prepared fish cakes on parchment lined sheet pan sprayed or brushed with vegetable oil
7. Heat oven to 375 degrees
8. Cook the cakes on the pan, turning them when the bottom is a deep golden brown (halfway through), and pressing the cakes lightly with a spatula, until the internal temperature reaches at least 145 degrees
9. Serve immediately or reheat to minimum internal temperature of 135 degrees in covered steam table pan
10. If desired, serve with tartar sauce

**RSU 54:  
TEAM  
SONDAY**

# GRILLED CHICKEN W/ RED FLANNEL HASH

**Meal Pattern  
Contribution:**

2 OZ MEAT/MEAT ALT.  
1 CUP VEGETABLE

**Servings:**

50 SERVINGS

**Serving Size:**

2 OZ CHICKEN  
BREAST, 1 CUP HASH

## INGREDIENTS:

- 50 3 oz boneless chicken breast
- Oil and spice for cooking
- 26 peeled beets, diced
- 26 russet potato, diced
- 1 ¾ cups extra virgin olive oil, divided
- 13 cups fennel bulb, diced
- 13 cups shallots, diced
- 13 large garlic cloves, minced
- 2 Tbsp salt
- 3 tsp ground pepper

## DIRECTIONS:

1. Grill chicken in a hot skillet with a small amount of oil and your favorite spice blend (cook to internal temperature of 160F)
2. Top with red fennel hash
3. Bring water to boil in large saucepan fitted with a steamer basket
4. Add beets, cover and steam for 10 minutes
5. Add potatoes, cover and steam until just tender
6. Heat half of oil in a large skillet over medium heat
7. Add diced fennel and shallots; cook, stirring occasionally, until softened.
8. Add remaining oil and the steamed vegetables; cook, stirring occasionally, until the vegetables are starting to brown
9. Add garlic and cook, stirring for about 5 minutes.
10. Stir in salt and pepper.



**RSU 22:  
HA BRONCO  
CHEFS**

# PASTA W/ BEET PESTO & CHICKEN

**Meal Pattern  
Contribution:**

2 OZ MEAT/MEAT ALT.  
2 OZ GRAIN  
1/4 CUP VEGETABLE

**Servings:**

50 SERVINGS

**Serving Size:**

1 1/2 CUP (INCLUDES  
PASTA, PESTO, AND  
CHICKEN)

## INGREDIENTS:

- 7 lbs large beets
- 1/3 cup garlic cloves
- 2 cup toasted cashews
- 1 cup lemon juice
- 2 cup olive oil
- 2 2/3 cup grated parmesan
- TT salt
- TT ground black pepper
- TT cayenne pepper
- 6 gal water
- 3 lb 2 oz whole wheat pasta
- 9 lbs local chicken breast
- 1 oz olive oil

## DIRECTIONS:

1. Peel beets and dice into 1/2 inch squares.
2. Toss with 1/4 cup olive oil, salt and black pepper.
3. Roast at 350 degrees until tender. Reserve one half for garnish.
4. Toast the cashews in a dry pan until lightly browned. Cool. Reserve 1/4 for garnish.
5. Add the cooled beets, garlic cloves, cashews, parmesan cheese, and lemon juice to the food processor. Pulse until finely ground.
6. Drizzle in the olive oil to thick pudding like consistency.
7. Season with salt, black and cayenne pepper.
8. Heat water to boil. Slowly add pasta. Still until water boils again. Cook about 7-8 min being careful not to overcook. Drain well.
9. Season chicken with salt and pepper, sear for 1 min on each side in a hot pan
10. Finish in oven to an internal temp of 165 degrees
11. Serve pesto, pasta, and chicken together!



**RSU 12:  
WHITEFIELD  
WILDCATS**

# SEASONED CHICKEN FAJITAS

*Recipe adapted from HealthySchoolRecipes.com*

**Meal Pattern  
Contribution:**

2.25 OZ MEAT/MEAT ALT.  
2.5 OZ GRAIN  
5/8 CUP VEGETABLE

**Servings:**

50 SERVINGS

**Serving Size:**

2 TACOS

## INGREDIENTS:

- 6.25 lbs cooked chicken
- 100 each buckwheat taco shells (see recipe for "Buckwheat Flour Tortillas")
- 1.5 lbs low-fat shredded cheddar cheese
- 2 lbs canned garbanzo beans, drained and rinsed
- 1 cup fresh salsa (or use recipe for "Pico de Gallo")
- 2 cups ranch dressing, low-fat (store-bought or use recipe for "Buttermilk Ranch Dressing")
- 2 cups ripe olives, sliced
- 3 lbs shredded lettuce
- 1 lb fresh tomatoes

### FAJITA SEASONINGS:

- ½ cup diced onion
- ¼ cup granulated garlic
- ¼ cup chili powder
- 1½ Tbsp cumin
- 1.5 quarts water

## DIRECTIONS:

1. Mix all the fajita seasonings together: dried onion, granulated garlic, chili powder, cumin, salt and water
2. Pour the seasoning over the chicken that has been placed in the roaster
3. Heat to boiling
4. Prepare the toppings: cheddar cheese, beans, salsa, ranch dressing, olives, lettuce and tomatoes
5. Layer into taco shells, two per serving







**LEWISTON:  
MCMAHON  
TIGERS**

# SOFT SHELL CHICKEN TACOS

**Meal Pattern  
Contribution:**

2 1/2 OZ GRAIN  
4 OZ MEAT/MEAT ALT.  
1/4 CUP VEGETABLE

**Servings:**

50 SERVINGS

**Serving Size:**

1 TACO

## INGREDIENTS:

- 7 lb USDA sliced chicken
- 1 cup taco seasoning
- 7 lb shredded mozzarella cheese
- 2 heads shredded lettuce
- 4 lb diced tomatoes
- 50 whole grain tortillas - 10", 2.5 oz each

## DIRECTIONS:

1. Mix seasoning with chicken and heat to 165 degrees  
Place 2 oz chicken in tortilla, top with 2 oz cheese, 2 oz lettuce, and 1 oz tomatoes





## LEWISTON: MCMAHON TIGERS

# BEET SALSA

*Recipe adapted from RastyKitchen.com*

### Meal Pattern Contribution:

1/4 CUP VEGETABLE

### Servings:

50 SERVINGS

### Serving Size:

1/4 CUP

## INGREDIENTS:

- 25 whole medium-sized beets
- 8 ½ whole jalapeno peppers
- 4 ¼ whole red onion, chopped
- 4 cups + 3 Tbsp fresh cilantro, chopped
- 1 ¼ cup fresh lime juice
- 5 Tbsp + 2 tsp local honey
- 1 Tbsp + 1 tsp salt

## DIRECTIONS:

1. Peel and chop beets into small cubes; set aside
2. Deseed and finely chop jalapeno peppers; set aside
3. Bring a large pot of water to a boil
4. Submerge beets to blanch for 4-5 minutes
5. Remove beets and strain into a large colander
6. Rinse immediately with cold water
7. Allow to drain for 5-10 minutes
8. Place beets into a large bowl and add jalapeno, red onion, and cilantro
9. In a small bowl, whisk together lime juice, honey and salt
10. Add liquid mixture to beet mixture and fold to combine
11. Refrigerate for 30 minutes prior to serving



**RSU 12:  
WHITEFIELD  
WILDCATS**

# BUCKWHEAT TORTILLAS

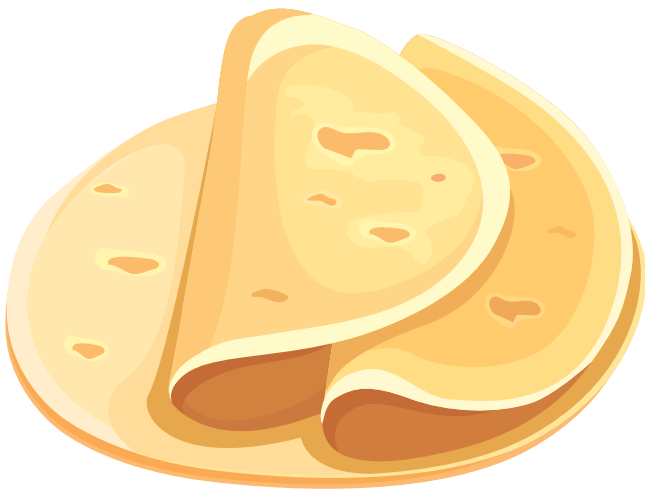
*Recipe adapted from CatrionasKitchen.com*

**Meal Pattern  
Contribution:**  
1.75 OZ GRAIN

**Servings:**  
48 SERVINGS  
**Serving Size:**  
1 TORTILLA

## INGREDIENTS:

- 3 lb + 3 oz buckwheat flour
- 2 qt + 12 fl oz boiling water
- 1 cup oil (vegetable or olive)
- 4 ½ tsp salt



## DIRECTIONS:

1. Mix the flour and salt together, add the oil and boiling water, mix with a spoon
2. Then use a spatula to scrape the dough from the sides of the bowl and press against the rest of the dough, once cool enough form into a ball with your hands
3. Let the dough rest for about 10 minutes or longer
4. Divide the dough into 48 balls
5. Press the balls with a tortilla press, make sure to use two sheets of parchment paper
6. Heat up a pan and bake the tortillas on medium high heat
7. Flip the tortilla once its brown. Make sure not to burn them, if they are browning too quickly, turn down the heat a little
8. Store the baked tortillas in a damp tea towel to keep them warm and soft.
9. Serve with your favorite fillings

**RSU 12:  
WHITEFIELD  
WILDCATS**

# **BUTTERMILK RANCH DRESSING**

*Recipe adapted from SkinnyTaste.com*

**Meal Pattern  
Contribution:**

*Condiment does not  
credit*

**Servings:**

*48 SERVINGS*

**Serving Size:**

*1/4 cup*

## **INGREDIENTS:**

- 3 cups fat free sour cream
- 3 cups fat free Greek yogurt
- 1 ½ cup light mayonnaise
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1/4 cup fresh chives, chopped
- 1/4 cup fresh parsley, chopped
- 1 Tbsp salt
- 1 Tbsp freshly ground pepper
- 1/4 cup white or apple cider vinegar
- 2 quarts low fat buttermilk

## **DIRECTIONS:**

1. In a small bowl or large measuring cup, combine the sour cream, yogurt, mayonnaise, garlic, powder, onion powder, parsley, chives, salt, and cracked pepper
2. Mix well
3. Stir in the white balsamic vinegar, then buttermilk
4. Adjust the seasonings to taste, adding another Tbsp of balsamic vinegar if desired
5. Chill in fridge at least overnight: the flavors will become bolder over time.





**LEWISTON:  
MCMAHON  
TIGERS**

# CILANTRO LIME RICE

**Meal Pattern  
Contribution:**  
1 OZ GRAIN

**Servings:**  
50 SERVINGS  
**Serving Size:**  
1/2 CUP

## INGREDIENTS:

- 8 cups brown rice, uncooked
- 1/4 cup butter
- 4 oz cilantro lime base
- 1 gallon water
- 2 cups chopped fresh cilantro

## DIRECTIONS:

1. Mix first 4 ingredients together in a pot
2. Cook for 30 minutes or until done
3. Top with fresh cilantro

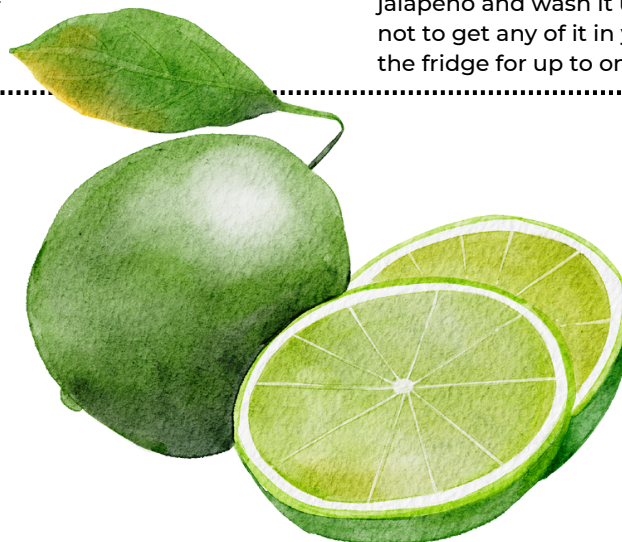
## CILANTRO LIME BASE

### INGREDIENTS:

- 1 cup cilantro lightly chopped
- 1 tablespoon fresh squeezed lime juice or juice of half a lime
- 1/4 cup olive oil
- 3 cloves of garlic
- 1 jalapeno lightly chopped for un-spicy remove the seed
- 1 teaspoon kosher salt
- 1/2 teaspoon fine pepper

### DIRECTIONS:

1. Combine all the ingredients in a food processor for less than one minute or until the texture is nice and chunky. Be sure the garlic is fully processed. If you don't have a food processor you can make the marinade by dicing the cilantro, jalapenos and garlic very lightly and then mix the ingredients in a bowl with a fork.
2. For a less spicy version, remove the inside of the jalapeno and wash it under cold water and be sure not to get any of it in your eyes. Store the marinade in the fridge for up to one week.





**LEWISTON:  
MCMAHON  
TIGERS**

# CORN AND BEET SALAD

**Meal Pattern  
Contribution:**  
*1/2 CUP VEGETABLE*

**Servings:**  
*50 SERVINGS*  
**Serving Size:**  
*1/2 CUP*

## **INGREDIENTS:**

- 12 1/2 cups canned corn, drained and rinsed
- 12 1/2 cups canned black beans, drained and rinsed
- 1 1/2 green peppers, diced
- 1 1/2 whole beets, sliced
- 1 1/8 Tbsp chili powder
- 3/4 Tbsp cumin
- 3/4 Tbsp coriander
- 1 1/8 tsp garlic powder
- 1 1/8 tsp black pepper
- 1/4 cup oil
- 1/4 cup hot sauce

## **DIRECTIONS:**

1. *Mix all ingredients together*
2. *Chill overnight and serve cold*



**RSU 12:  
WHITEFIELD  
WILDCATS**

# CRUNCHY BEET CARROT SLAW

*Recipe adapted from ASpicyPerspective.com*

**Meal Pattern  
Contribution:**  
1 CUP VEGETABLE

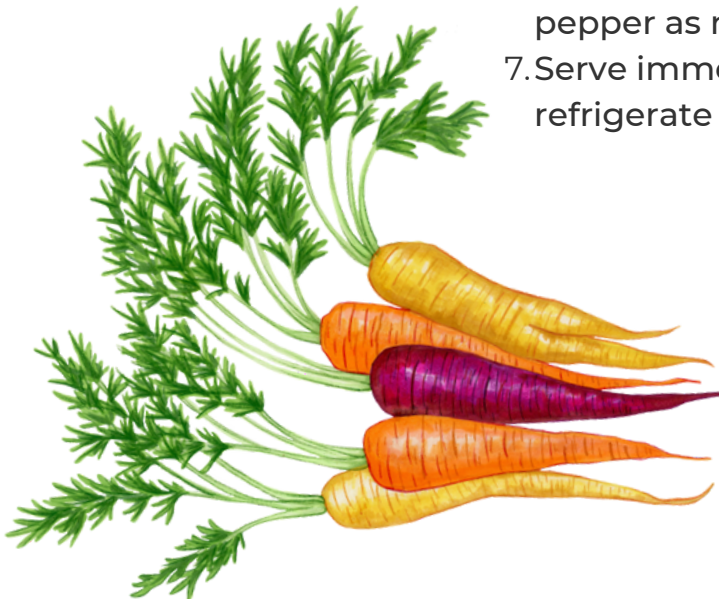
**Servings:**  
50 SERVINGS  
**Serving Size:**  
1 CUP

## INGREDIENTS:

- 40 cups beets, shredded
- 10 cups carrots, shredded
- ½ cup mint leaves
- 3 cups golden raisins
- 12 Tbsp + 1 1/2 tsp olive oil
- 6 Tbsp + 1 tsp apple cider vinegar
- 6 Tbsp + 1 tsp maple syrup
- 6 1/4 tsp fresh grated ginger
- 7 cloves garlic, minced
- 3 tsp ground cumin
- Salt and pepper

## DIRECTIONS:

1. Wash the beets and carrots well. If the skin looks smooth and clean, leave it on. If it looks rough and dry, peel it off
2. Shred the beets and carrots and place in a salad bowl
3. Add the chopped mint and golden raisins to the salad bowl
4. In a small bowl whisk together the oil, vinegar, maple syrup, ginger, garlic, cumin, 1/2 teaspoon salt, and 1/4 teaspoon ground black pepper
5. Pour over the slaw and toss well
6. Taste, then season with salt and pepper as needed
7. Serve immediately, or cover and refrigerate until ready to serve



**RSU 12:  
WHITEFIELD  
WILDCATS**

# CRUNCHY APPLE SLAW

*Recipe adapted from ASpicyPerspective.com*

**Meal Pattern  
Contribution:**  
1 CUP FRUIT

**Servings:**  
50 SERVINGS  
**Serving Size:**  
1 CUP

## INGREDIENTS:

- 50 cups apples, shredded
- ½ cup mint leaves
- 3 cups golden raisins
- 12.5 Tbsp olive oil
- 6 Tbsp +1 tsp apple cider vinegar
- 6 Tbsp +1 tsp maple syrup
- 6 Tbsp +1 tsp fresh grated ginger
- 7 cloves garlic, minced
- 3 tsp ground cumin
- Salt and pepper

## DIRECTIONS:

1. Wash and shred apples, then place in a salad bowl
2. Add the chopped mint and golden raisins to the salad bowl
3. In a small bowl whisk together the oil, vinegar, maple syrup, ginger, garlic, cumin, 1/2 tsp salt, and 1/4 tsp ground black pepper
4. Pour over the slaw and toss well
5. Taste, then season with salt and pepper as needed
6. Serve immediately, or cover and refrigerate until ready to serve
7. Garnish with shredded carrots if desired





# HONEY WHEAT ROLLS

**Meal Pattern  
Contribution:**  
2 OZ GRAIN

**Servings:**  
50 SERVINGS  
**Serving Size:**  
1, 2 OZ ROLL

## INGREDIENTS:

- 1 cup warm water
- 2 Tbsp active dry yeast
- 2 Tbsp salt
- 6 cups buttermilk at room temperature
- 2/3 cup Maine honey
- 2 lb + 6 oz AP flour, enriched
- 2 lbs Maine wheat flour
- 6 Tbsp Maine butter at room temperature

## DIRECTIONS:

1. Add warm water and yeast to the bowl of mixer fitted with dough hook
2. Add salt, buttermilk, and honey
3. Blend briefly on low
4. Add all purpose flour and blend on low speed for 2 minutes
5. Add wheat flour and blend on low speed for 2 minutes
6. Increase speed and blend until a smooth ball of dough forms
7. Add more AP flour if necessary
8. Add the room temperature butter and blend on low until butter is incorporated in dough
9. Remove dough from bowl, cover and let rise until double in bulk, about 1-½ hours.
10. Punch down dough, cut into 2-ounce rolls and place on sheet pan.
11. Let rise until double in bulk
12. Bake until lightly browned:
  - 375 degree conventional oven
  - 325 degree convection oven
  - 18 – 25 minutes
13. Cool on rack and serve



# MARINER BEET SALAD

**Meal Pattern  
Contribution:**  
*3/4 CUP VEGETABLE*

**Servings:**  
*50 SERVINGS*  
**Serving Size:**  
*1/2 CUP BEET SLAD  
+ 1/2 CUP GREENS*

## INGREDIENTS:

- 25 cups (about 10lb unpeeled) Maine beets (raw), peeled and grated
- 25 cups Maine greens (pea shoots, chard, lettuce, etc), chopped
- 

### FOR THE DRESSING:

- 1/2 cup olive oil
- 3 Tbsp malt or balsamic vinegar
- 3 Tbsp apple cider vinegar
- 3 Tbsp Maine maple syrup
- 6 garlic cloves, finely minced
- 3 Tbsp coconut aminos (see note)
- To taste salt
- To taste ground pepper
- Optional: chopped parsley for garnish

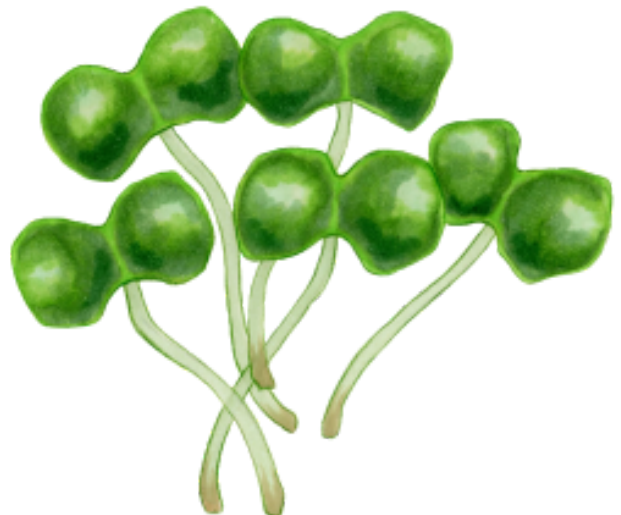
*NOTE: Coconut aminos is a salty, savory seasoning sauce made from the fermented sap of coconut palm and sea salt, similar in color and consistency to light soy sauce. It is soy, wheat & gluten free, and available at health food stores and many supermarkets.*

## DIRECTIONS:

1. Mix the dressing and set aside.
2. Add the peeled, grated beets to a large bowl
3. Stir in the dressing
4. Season to taste with salt and pepper
5. Cover and store at 41 degrees or lower for at least 2 hours or overnight for the flavors to marry

### TO ASSEMBLE:

- Bring beets back to room temperature
- In salad container, layer 1/2 cup chopped greens
- Add marinated beets
- Top with chopped parsley and serve



**RSU 12:  
WHITEFIELD  
WILDCATS**

# PICO DE GALLO

*Recipe adapted from HealthySchoolRecipes.com*

**Meal Pattern  
Contribution:**

*1/8 CUP VEGETABLE*

**Servings:**

*40 SERVINGS*

**Serving Size:**

*1/8 CUP*

## INGREDIENTS:

- 3lb + 5 oz roma tomatoes, diced
- ½ cup onion, diced
- 1 cup cilantro, chopped
- ¼ cup fresh jalapeno, finely diced
- 1 oz fresh lime juice
- ⅛ tsp garlic powder
- ½ tsp Kosher salt

## DIRECTIONS:

1. In a large container, combine tomatoes, onions, cilantro, jalapenos, lime juice, garlic, and salt
2. Stir just to combine
3. Cover and hold chilled until time for service
4. Allow flavors to marinate for at least one hour before serving
5. Just before service, stir to redistribute the ingredients
6. Serve with "Breakfast Pico" or "Seasoned Chicken Fajitas" recipe!

