



FOR SCHOOL NUTRITION

# Nourishing Students

Discovering Fruits and Vegetables  
with Early Learners

CENTER FOR ECOLITERACY





© 2025 Center for Ecoliteracy

Published by Learning in the Real World®

All rights reserved under International and Pan-American Copyright Conventions. No part of this publication may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher.

**Center for Ecoliteracy**

**David Brower Center**

**2150 Allston Way, Suite 270**

**Berkeley, CA 94704-1377**

For more information visit [ecoliteracy.org](https://ecoliteracy.org).

## Learning in the Real World®

Learning in the Real World is a publishing imprint and registered trademark of the Center for Ecoliteracy, a not-for-profit, tax-exempt organization. Created in 1997, Learning in the Real World offers resources to support schooling for sustainability, stories of school communities, and the ecological framework that informs the work of the Center for Ecoliteracy.

# Table of Contents

Letter to School Nutrition Professionals	4
How to Use This Resource	5
Innovative Strategies for Introducing Fruits and Vegetables to Early Learners	6
School Meal Recipes	8
About the Center for Ecoliteracy	33
Credits and Acknowledgments	34





## Dear School Nutrition Professionals,

There is a growing opportunity to shape lifelong healthy habits for children during their school day, and you are at the heart of this work. With the passage of School Meals for All and the expansion of Transitional Kindergarten (TK) in California, more young learners are engaging with school food from the very start of their educational journeys.

A child's first connection to a favorite food often begins at school, whether it's a vegetable picked from the school garden, a meal served in the cafeteria, or a simple recipe prepared in the classroom. When children experience fruits and vegetables in multiple settings, their curiosity grows, and so does their enthusiasm to try new foods.

*Nourishing Students: Recipes for Discovering Fruits and Vegetables with Early Learners* was developed to support you in serving fruits and vegetables to TK-K students with joyful, welcoming, and hands-on experiences. With your leadership, the cafeteria becomes more than a place to eat; it becomes a space for discovery, connection, and learning.

We are grateful for your leadership and your dedication.

In partnership,

Alexa Norstad  
Executive Director  
Center for Ecoliteracy

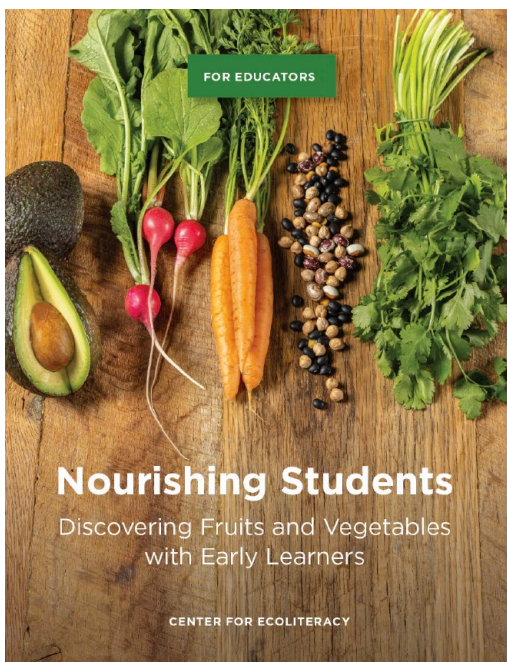


# How to Use This Resource

*Nourishing Students* includes innovative strategies and real school recipes that support your engagement with early learners as you help strengthen connections between the classroom and the cafeteria.

The strategies listed include innovative ideas to ignite students' interest in school food, such as celebrations, student clubs, or creative displays in the cafeteria. These strategies are designed for TK-K students, but can help encourage students of all ages to try new fruits and vegetables.

Following the strategies, you will find a set of recipes that were developed by school nutrition professionals in the California Food for California Kids® Network. These recipes were developed in partnership with local growers and with invaluable input from students representing diverse backgrounds. These are real school recipes—tested, tasted, and approved by school communities—and feature California-grown ingredients like avocados, beans, carrots, cilantro, and radishes.



## Resource for Educators

Check out the Center for Ecoliteracy's companion resource for educators: *Nourishing Students: Discovering Fruits and Vegetables with Early Learners*. This resource includes activities to engage students' senses through art, math, language, science, and social-emotional learning.



Share this free resource:

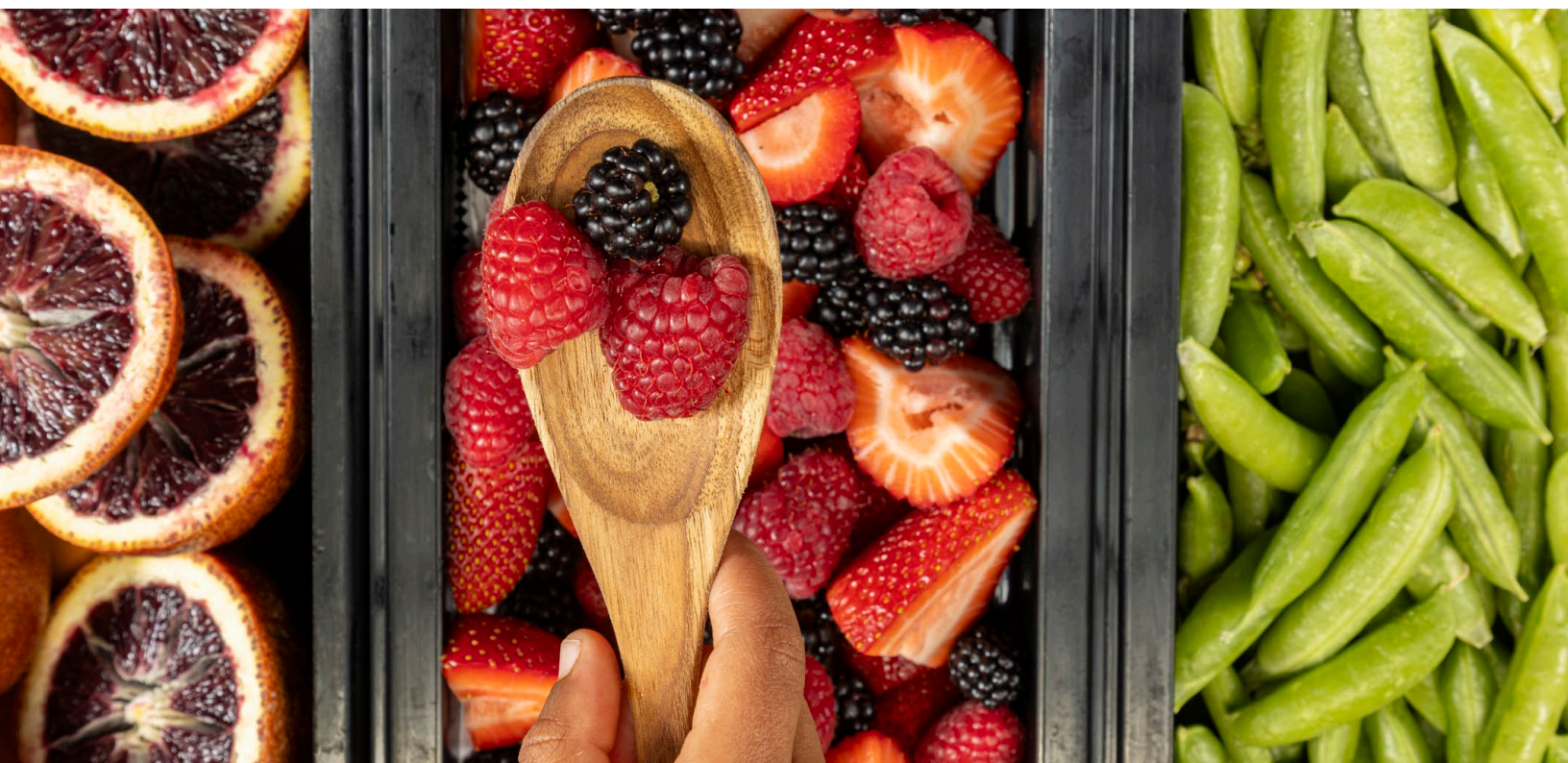
Visit [ecoliteracy.org/nourishing-students](https://ecoliteracy.org/nourishing-students)

# Innovative Strategies for Introducing Fruits and Vegetables to Early Learners

## Stay Flexible

The versatility of the recipes in this resource provides various entry points for students to engage with fruits and vegetables, highlighting many ways the recipes can be enjoyed. Remember to remain flexible and creative when considering how to incorporate these recipes into your school menus.

- **Multiple Applications for a Single Recipe.** Recipes are adaptable based on the needs of your student population. For example, Cilantro Corn Salsa could be served as a salsa or a side dish. At North Monterey County School District, the Avocado Crema recipe is used as a sauce, salad dressing, and a marinade.
- **Salad Bar Entry Points.** Salad bars are another venue in which you can be creative with recipes. Introducing a new dish, like the Mediterranean Chickpea Salad, alongside its individual ingredients or a more familiar favorite food, is a great way to encourage kids to try new flavors and expand their palates. With recipes that offer a mix of colors, textures, and tastes, the salad bar becomes an inviting, fun, and flavorful chance for students to build their own food plates.





## Context Matters

When introducing new foods to our youngest eaters, context matters. Changes in routine can open opportunities for students to try a new dish or ingredient.

- **Windows of Willingness.** Serving familiar foods in new settings can encourage students to try items they might normally pass in the cafeteria. Whether during a celebration BBQ, a picnic, or from a food truck, students often discover they like a new food. They will often ask to add the dish to the school lunch menu. Fun and relaxed settings can help build positive associations with healthy eating.
- **Find Something to Celebrate.** Throughout the school year, special events also help build momentum for students to eat more fruits and vegetables. Farm to School Month, Crunch Day, Harvest of the Month, and Farm to Summer Week are examples of events that feature seasonal fruits and vegetables and build excitement and celebration. Check with local associations for specific events that can help amplify the celebration of fresh, seasonal produce.

## Find Connections to the Classroom

Students interact with food throughout their school day. Experiences in the classroom or through educational programming can help inform the ingredients and recipes you incorporate into your menus.

- **Student Groups.** Engaging with student groups, such as culinary clubs, can help gather student input on school meals. Guide students through the USDA Meal Pattern and supply chain process to design a compliant school meal recipe. Students are more likely to eat a dish that they helped to create.
- **After-School Programming.** After-school cooking events, such as cooking competitions, can be exciting and engaging for students of any age. Cooking events help students develop a taste for fruits and vegetables as they create their own unique dishes mixed and prepared in creative ways.







**Recipes for Discovering Fruits and Vegetables with Early Learners**







# Cilantro Corn Salsa

**Source:** Turlock Unified School District

**Serving Size:** #16 Scoop

INGREDIENT	25 SERVINGS		50 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Corn, Whole Kernel, Canned	3 lbs + 8.4 oz	1 ½ qt + ¼ C	7 lbs + 1 oz	3 qt + ½ C
Tomatoes, Whole, Chopped	2 lbs + 7.7 oz	1 ½ qt + ¼ C	5 lbs	3 qt + ½ C
Cilantro, Chopped	0.9 oz	1 C + 9 Tbs	1.8 oz	3 C + 2 Tbs
Lemon Juice	8 oz	1 C	1 lb	2 C
Taco Seasoning, Mild	0.7 oz	1 Tbs + ⅛ tsp	1.3 oz	2 Tbs + ¼ tsp
Salt, Table	0.7 oz	1 Tbs+ ⅛ tsp	1.3 oz	2 Tbs + ¼ tsp

**Equipment:** Large bowl, mixing spoon

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. Place all the ingredients in a large bowl and mix well.

## SERVING INSTRUCTIONS

Serve using a #16 scoop.

If a half cup portion size is desired, double the recipe and serve with a #8 scoop.

**Credits:** ¼ cup Vegetable (⅛ cup red/orange veg + ⅛ cup starchy veg)

### Did You Know?

All parts of the cilantro are edible. The leaves, seeds, and stems all have a distinct flavor.





# Pico de Gallo

**Source:** Turlock Unified School District

**Serving Size:** #16 Scoop

INGREDIENT	25 SERVINGS		50 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Tomatoes, Diced	3 lbs + 14.5 oz		7 lbs + 13 oz	
Onion, Red, Diced	6.7 oz	1 C + 2 $\frac{3}{4}$ Tbs	13.3 oz	2 C + 5 $\frac{1}{2}$ Tbs
Cilantro, Minced	0.3 oz	$\frac{1}{3}$ C + 2 $\frac{3}{4}$ tsp	0.5 oz	$\frac{2}{3}$ C + 1 $\frac{3}{4}$ Tbs
Jalapeño, Fresh Whole, Diced	1.9 oz	$\frac{1}{2}$ C + 4 $\frac{1}{2}$ tsp	3.8 oz	1 C + 2 Tbs
Garlic, Fresh, Diced	0.3 oz	2 tsp	0.5 oz	1 Tbs + 1 tsp
Lime Juice	0.1 oz	1 Tbs + 1 $\frac{1}{2}$ tsp	0.2 oz	3 Tbs
Olive Oil	3.2 oz	3 Tbs + $\frac{3}{8}$ tsp	6.3 oz	$\frac{3}{8}$ cup

**Equipment:** Large bowl, mixing spoon

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. Place all the ingredients in a large bowl and mix well.
2. Serve with a tortilla chip or use as a topping option for other dishes.

## SERVING INSTRUCTIONS

Serve using a #16 scoop.

If a half cup portion size is desired, double the recipe and serve with a #8 scoop.

**Credits:**  $\frac{1}{4}$  cup Vegetable ( $\frac{1}{8}$  cup red/orange veg)

### Did You Know?

- Cilantro and coriander come from the same plant. Cilantro is the leaves. Coriander is the seeds.
- Cilantro is one of the world's oldest herbs.







# Guacamole

**Source:** Turlock Unified School District

**Serving Size:** #16 Scoop

INGREDIENT	25 SERVINGS		50 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Avocado, Skinned and Pitted	2 lb + 6.4 oz	8 medium avocados	4 lb + 12.8 oz	16 medium avocados
Cilantro, Minced	0.2 oz	2 Tbs	0.3 oz	¼ C
Onion, Red, Diced	2.9 oz	½ C	5.6 oz	1 C
Lime, Bulk, Whole	1.2 oz	½ lime	2.4 oz	1 lime
Tomatoes, Diced	3.2 oz	½ C	6.3 oz	1 C
Jalapeño, Chopped	1.2 oz	¼ C	2.4 oz	½ C
Garlic, Fresh, Diced	0.6 oz	2 Tbs	1.2 oz	¼ C
Salt, Table	0.2 oz	¾ tsp	0.3 oz	1 ½ tsp

**Equipment:** Large bowl, mixing spoon

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. Place avocado, cilantro, and onions in a large mixing bowl and mash until the preferred consistency is reached.
2. Add remaining ingredients in the bowl and fold into the mixture.

## SERVING INSTRUCTIONS

Serve using a #16 scoop.

Serve as a side with chips and salsa.

**Credits:** ½ cup Vegetable (⅛ cup other vegetable)

### Did You Know?

- Avocados are considered a berry.
- The majority of avocados grown in the United States come from California.







# Avocado Crema

**Source:** Recipe courtesy Brigaid, recommended by North Monterey County Unified School District

**Serving Size:** #30 Scoop

	48 SERVINGS		96 SERVINGS	
INGREDIENT	WEIGHT	VOLUME	WEIGHT	VOLUME
Mayonnaise, Bulk	7.9 oz	1 C	15.8 oz	2 C
Yogurt, Plain, Greek	15.9 oz	3 C	1 lb + 15.8 oz	6 C
Avocado, Skinned and Pitted	1 lb + 1 oz	4 avocados	2 lbs + 1.9 oz	8 avocados
Salt, Kosher	0.2 oz	1 tsp	0.3 oz	2 tsp
Lime Juice	3 oz	5 Tbs + 2 tsp	6 fl oz	½ C + 3 Tbs + 1 tsp
Cilantro, Fresh	2 oz	½ bunch	4 oz	1 bunch

**Equipment:** Large bowl, immersion blender

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. Place all ingredients into a large container.
2. Using an immersion blender, blend until smooth, and cilantro and avocado are fully blended.

## SERVING INSTRUCTIONS

Serve as a side, dressing, or as a marinade.

### Did You Know?

Avocado pits and skins can be boiled and used as a food dye, offering a pink hue.







# Radishes with Avocado Bean Mash

**Source:** Los Gatos Union School District

**Serving Size:** #8 Scoop

INGREDIENT	25 SERVINGS		50 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
White Beans, Canned, Low Sodium	3 lbs + 6 oz	2 qt + ¼ C	6 lbs + 12 oz	1 gal + ½ C
Avocado Pulp	3 lbs	1 qt + 2 ¼ C	6 lbs	3 qt + ½ C
Radishes, Sliced (Coins)	12.7 oz	3 ⅞ C	1 lb + 9.4 oz	1 qt + 2 ¼ C

**Equipment:** Large bowl, mixing spoon

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. In a large bowl, mash white beans and avocado together.

## SERVING INSTRUCTIONS

1. Using a #8 scoop, portion ½ cup of the white bean and avocado mixture into the serving container.
2. Serve with sliced radishes on the side.

Optional accompaniments: Serve over flatbread or with pair with other seasonal vegetables such as cucumbers.

**Credits:** If beans are credited as meat/meat alternate: 1 oz equivalent meat/meat alternate, ⅜ C of other vegetable. Or, if beans are credited as vegetable: ⅝ C vegetable (¼ C beans, peas, and lentils + ⅜ C other vegetable)

### Did You Know?

- The radish gets its name from the Latin word radix, which means root.
- Radishes are in the same family as broccoli, cauliflower, and kale.
- Most of the spicy flavor comes from the skin on the radish. When peeled, the flavor becomes milder.







# Carrot Slaw

**Source:** Jurupa Unified School District

**Serving Size:** #8 scoop

INGREDIENT	25 SERVINGS		50 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Corn, Whole Kernel, Canned, Drained	2 lbs + 8 oz	6 $\frac{3}{4}$ C + 2 Tbs	5 lbs	13 $\frac{3}{4}$ C
Mayonnaise	7.6 oz	1 C	15.2 oz	2 C
Celery, Diced	2.7 oz	$\frac{1}{2}$ C	5.3 oz	1 C
Carrots, Shredded	2.3 oz	$\frac{1}{2}$ C	4.5 oz	1 C
Cabbage, Shredded	12.4 oz	5 C	1 lb + 8.8 oz	10 C
Mustard, Yellow	0.8 oz	1 $\frac{1}{2}$ Tbsp	1 lb + 9.3 oz	3 Tbsp
Cilantro, Chopped	2 oz	$\frac{1}{2}$ bunch	4 oz	1 bunch

**Equipment:** Oven, full sheet pan, large bowl, mixing spoon

**HACCP Process:** Cook, Chill

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Place corn on a sheetpan, and roast in oven until it turns golden brown.
3. Cool down roasted corn in the refrigerator until it reaches an internal temperature of 41 °F.
4. Place all the ingredients in a large bowl and mix well.

## SERVING INSTRUCTIONS

Serve using a #8 scoop.

**Credits:**  $\frac{1}{2}$  cup Vegetable ( $\frac{1}{4}$  cup starchy vegetable,  $\frac{1}{4}$  cup other vegetable)

### Did You Know?

Carrots come in various colors, including white, red, purple, yellow, and orange.

Carrots are the second most popular vegetable after potatoes.

Carrots were initially grown for their leaves and used in salads and herbs.







# Citrus Bean Salad

**Source:** Jurupa Unified School District

**Serving Size:** 1 ½ C

INGREDIENT	25 SERVINGS		50 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Black Beans, Canned, Drained, Rinsed	8 lbs + 6.4 oz	3 qt + 2 ⅔ C	16 lbs + 12.8 oz	1 gal + 3 qt + 1 C + 2 Tbs
Orange Segments	1 lb + 15 oz	1 qt + 2 ¼ C	3 lbs + 14 oz	1 qt + ½ C
Tomatoes, Diced	1 lb + 11.4 oz	3 C + 2 Tbs	3 lbs + 6.7 oz	1 qt + 2 ¼ C
Olive Oil	3.9 oz	½ C + ⅓ tsp	7.8 oz	1 C + ⅔ tsp
Apple Cider Vinegar	4.2 oz	½ C + ⅓ tsp	8.4 oz	1 C + ⅔ tsp
Orange Juice	5 oz	½ C + ⅓ tsp	10 oz	1 C + ⅔ tsp
Cilantro, Fresh, Chopped	0.5 oz	1 Tbs + 1 ⅛ tsp	1 oz	2 Tbs + 2 ⅓ tsp
Black Pepper	0.2 oz	2 tsp	0.4 oz	1 Tbs + 1 tsp
Romaine Lettuce, Chopped	1 lb + 5 oz	3 qt + 2 C	2 lbs + 10 oz	1 gal + 2 qt + 1 C

**Equipment:** Large bowl, medium bowl, mixing spoon

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. In a large bowl, mix beans, orange segments, and diced tomato.
2. In a medium bowl, whisk together olive oil, apple cider vinegar, fresh orange juice, fresh chopped cilantro, and black pepper.
3. Toss the bean salad with the dressing and refrigerate for about two hours.

## SERVING INSTRUCTIONS

Serve 1 cup of bean salad over ½ cup chopped romaine lettuce.

**Credits:** If beans are credited as meat/meat alternate: 2 oz equivalent meat/meat alternate, ¼ C fruit, ⅔ C vegetable (⅓ C red/orange vegetable, ¼ C dark green vegetable). Or, if beans are credited as vegetable: ⅔ C vegetable (½ C beans, peas, and lentils, ¼ C dark green vegetable, ⅓ C red/orange vegetable), ¼ C fruit.

### Did You Know?

Beans are one of the first crops to be cultivated, starting around 8,000 years ago.







# Black Bean and Corn Salad

**Source:** Fallbrook Elementary Unified School District

**Serving Size:** #8 scoop

INGREDIENT	25 SERVINGS		50 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Corn, Whole Kernal, Canned	2 lbs + 1 oz	3 $\frac{2}{3}$ C	4 lbs + 2 oz	1 qt + 3 $\frac{1}{3}$ C
Black Beans, Canned	3 lbs + 6.5 oz	$\frac{1}{2}$ #10 Can (6 + $\frac{2}{3}$ C)	6 lbs + 13 oz	1 #10 can (12 + $\frac{3}{4}$ C)
Tomatoes, Canned, Diced	10.4 oz	1 $\frac{1}{2}$ C	1 lb + 4.8 oz	3 C
Cilantro, Fresh, Bunches	4.5 oz	1 $\frac{1}{8}$ bunches	9 oz	2 $\frac{1}{4}$ bunches
Red Onion, Fresh	6.7 oz	1 C + 2 Tbs	13.4 oz	2 $\frac{1}{4}$ C
Pepperoncini, Sliced	3.4 oz	$\frac{3}{4}$ C	6.8 oz	1 $\frac{1}{2}$ C
Bell Pepper, Red, Medium	4 oz	1 $\frac{1}{8}$ each	8 oz	2 $\frac{1}{2}$ each
Green Onions, Bunches	4.4 oz	$\frac{3}{4}$ bunches	8.8 oz	1 $\frac{1}{2}$ bunches
Garlic, Minced	0.3 oz	1 Tbs + $\frac{1}{4}$ tsp	0.6 oz	2 Tbs + $\frac{3}{4}$ tsp
Lime Juice	2.7 oz	$\frac{1}{3}$ C	5.4 oz	$\frac{2}{3}$ C
Olive Oil	1 oz	2 Tbs	2 oz	$\frac{1}{4}$ C
Salt, Table	0.1 oz	$\frac{1}{8}$ tsp	0.2 oz	$\frac{2}{8}$ tsp

**Equipment:** Colander, large mixing bowl, chef's knife, cutting board, mixing spoon

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. Drain corn, beans, and diced tomatoes. Add to large mixing bowl.
2. Chop cilantro, red onions, pepperoncini, and red bell peppers. Slice green onions.  
Add to mixing bowl along with minced garlic to combine with corn, beans, and tomatoes.
3. Mix in lime juice, olive oil, and salt.

## SERVING INSTRUCTIONS

Portion using #8 scoop for  $\frac{1}{2}$  cup serving.

**Credits:**  $\frac{1}{2}$  cup Vegetable ( $\frac{1}{4}$  cup other vegetable,  $\frac{1}{8}$  cup beans, peas and lentils,  $\frac{1}{8}$  cup starchy vegetable)

### Did You Know?

Bean plants can grow as a bush or a climbing vine.







# Mediterranean Chickpea Salad

**Source:** Riverside Unified School District

**Serving Size:** 1 ½ C

INGREDIENT	50 SERVINGS		100 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Chickpeas, Canned	11 lbs + 0.5 oz	2 ⅔ #10 cans	22 lbs + .1 oz	4.8 #10 Cans
Tomatoes, Chopped	3.3 lbs	-	6.6 lbs	-
Cucumber, Sliced	2 lbs	6 ¼ C	4 lbs	12 ½ C
Romaine Lettuce, Chopped	7 lbs	3 gal + 1 qt + 3 C	14 lbs	6 gal + 3 qt + ½ C
Carrots, Shredded	1.3 lbs	4 ⅔ C	2.6 lbs	9 ¼ C
Balsamic Dressing, 1.5 fl oz Individual Packs	-	50 each	-	100 each

**Equipment:** Colander, large mixing bowl, mixing spoon, 2 storage containers

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. Rinse and drain chickpeas. Set aside.
2. Place tomatoes and cucumbers into separate storage containers.
3. Mix chopped lettuce and shredded carrots in a separate container.

## SERVING INSTRUCTIONS

Add one cup of the chopped lettuce and shredded carrot mixture into a serving container. Using a #8 scoop, place a half cup of chickpeas on top. Using a #30 scoop, place a quarter cup of chopped tomatoes on top. Add two slices of cucumber on top to finish the salad.

**Credits:** If beans are credited as meat/meat alternate: 2 meat/meat alternate, ¾ C vegetable (½ C dark green vegetable, ¼ C red/orange vegetable). Or, if beans are credited as vegetable: 1 ¼ C vegetable (½ C beans, peas, and lentils, ½ C dark green vegetable, ¼ C red/orange vegetable)

### Did You Know?

Gigante beans are one of the largest bean varieties in the world, larger than a fava bean.







# Tuscan Kidney Bean Salad

**Source:** Riverside Unified School District

**Serving Size:** #8 scoop

INGREDIENT	50 SERVINGS		100 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Kidney Beans, Canned	11 lbs + 1.3 oz	2 ⅓ #10 cans	22 lbs + 2.6 oz	4 ⅔ #10 cans
Celery, Diced	8 oz	1 ½ C + 1Tbs	1 lb	3 C + 2 Tbs
Carrot, Shredded	8 oz	2 ¼ C + 3 Tbs	1 lb	4 ¾ C + 2 Tbs
Onion Powder	0.5 oz	¼ C	1 oz	½ C
Italian Dressing	13 oz	1 ½ C	1 lb 10 oz	3 C

**Equipment:** Colander, Large bowl, Mixing spoon, #8 scoop

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. Rinse and drain beans.
2. Place all the ingredients in a large bowl and mix well.

## SERVING INSTRUCTIONS

Using a #8 scoop, place in serving container.

**Credits:** If beans are credited as meat/meat alternate: 2 meat/meat alternate. Or, if beans are credited as vegetable: ½ C beans, peas, and lentils.

### Did You Know?

Beans are a healthy source of protein and provide essential amino acids, fiber, and vitamins.







# Zesty Bean Salad

**Source:** Riverside Unified School District

**Serving Size:** 6 oz spoodle

INGREDIENT	50 SERVINGS		150 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Black Beans, Canned	1 lb + 2 oz	2 $\frac{1}{8}$ C	2 lbs 4 oz	4 $\frac{1}{4}$ C
Garbanzo Beans, Canned	4 lbs + 10 oz	1 #10 cans	9 lbs + 3 oz	2 #10 cans
Corn, Canned	1 lb + 8 oz	$\frac{1}{3}$ #10 cans or 3 $\frac{1}{3}$ C	3 lbs	$\frac{2}{3}$ #10 cans or 6 $\frac{2}{3}$ C
Tomatoes, Diced, Canned, Drained	4.3 oz	$\frac{2}{3}$ C	8.5 oz	1 $\frac{1}{3}$ C
Cilantro, Chopped	0.2 oz	$\frac{1}{3}$ C	0.4 oz	$\frac{2}{3}$ C
Italian Dressing	5.6 oz	$\frac{2}{3}$ C	11.2 oz	1 $\frac{1}{3}$ C
Garlic Powder	0.1 oz	2 tsp	0.2 oz	1 Tbs + 1 tsp
Garlic Salt	0.02 oz	$\frac{1}{6}$ tsp	0.04 oz	$\frac{1}{3}$ tsp

**Equipment:** Colander, large bowl, mixing spoon

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. Rinse and drain black beans and garbanzo beans. Drain diced tomato and corn.
2. Wash and chop cilantro.
3. Combine and mix garbanzo beans, black beans, corn, diced tomato, chopped cilantro, and Italian dressing in large container.
4. Add garlic powder/garlic salt mixture into the container and mix thoroughly with all of the ingredients.

## SERVING INSTRUCTIONS

Use a 6 oz spoodle for one serving of the bean and corn salad.

**Credits:** If beans are credited as meat/meat alternate: 2 meat/meat alternate,  $\frac{1}{8}$  C starchy vegetable. Or, if beans are credited as vegetable:  $\frac{5}{8}$  C vegetable ( $\frac{1}{2}$  C beans, peas, and lentils,  $\frac{1}{8}$  C starchy vegetable)

### Did You Know?

Beans aren't just for savory dishes. Red beans can be found in some Asian desserts.







# White Bean Summer Salad

**Source:** Turlock Unified School District

**Serving Size:** 1  $\frac{2}{3}$  C

INGREDIENT	25 SERVINGS		50 SERVINGS	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Great Northern White Beans, Canned	10 lbs + 2 oz	1 $\frac{1}{2}$ #10 cans	20 lbs + 4 oz	3 #10 cans
Zucchini, Diced, 1/8"	2 lbs + 3 oz	2 qt	4 lbs + 6 oz	1 gallon
Carrots, Shredded	1 lb	2 qt + 2 $\frac{2}{3}$ C	2 lb	1 gal + 1 qt + 1 $\frac{1}{3}$ C
Cilantro, Fresh	0.5 oz	1 C	1 oz	2 C
Garlic, Fresh, Diced	2.4 oz	$\frac{1}{2}$ C	4.8 oz	1 C
Bell Pepper, Green, Diced	5 lbs	1 gal + 1 qt + 1 $\frac{1}{4}$ C	10 lb	2 gal + 2 qt + 2 $\frac{1}{2}$ C
Olive Oil	8 oz	$\frac{1}{2}$ C	16 oz	1 C

**Equipment:** Colander, large bowl, mixing spoon

**HACCP Process:** No Cook

**Critical Control Point:** Hold at an internal temperature of 41 °F or lower.

**Monitoring:** Monitor the internal temperature every 2 hours during service.

**Corrective Action:** Discard if left in the temperature danger zone for more than 4 hours.

## INSTRUCTIONS

1. Drain and rinse the beans.
2. Place all the ingredients in a large bowl and mix well.

## SERVING INSTRUCTIONS

Serve 1  $\frac{2}{3}$  cup for one serving of white bean summer salad.

**Credits:** If beans are credited as meat/meat alternate: 1.5 meat/meat alternate, 1  $\frac{1}{8}$  C vegetable ( $\frac{1}{8}$  C red/orange vegetable, 1 C other vegetable). Or, if beans are credited as vegetable: 1  $\frac{1}{2}$  C vegetable ( $\frac{3}{8}$  C beans, peas, and lentils,  $\frac{1}{8}$  C red/orange vegetable, 1 C other vegetable)

### Did You Know?

Beans come in many colors, including white, black, red, speckled, brown, and green.



# About the Center for Ecoliteracy

The Center for Ecoliteracy is reimagining school food as a pathway for learning and change.

For 30 years, we've transformed education in classrooms, cafeterias, and gardens—partnering with hundreds of school districts, supporting thousands of educators, and ensuring millions of children have access to nutritious meals at school.

Our core initiative, California Food for California Kids, inspires schools to serve fresh, locally-sourced meals and engage students in the connections between food, culture, health, and the environment.

Together, we can build a healthier, more hopeful future for our children.



Access more Nourishing Students Resources  
Visit [ecoliteracy.org/nourishing-students](https://ecoliteracy.org/nourishing-students)



# Credits and Acknowledgments

## Credits

**Director** Alexa Norstad

**Author and Chef** Vince Caguin, MBA

**Editorial** Rachel Brand, EdD

**Project Manager** Kat Mah

**Project Team** Liz Carlton, Cindy Hu, MEd, and Crystal Whitelaw, MPH

**Creative Direction** Anne Moertel

**Designer** India Brand, [menninghausdesign.com](http://menninghausdesign.com)

**Photographer** Lori Eanes, [lorieanes.com](http://lorieanes.com)

**Proofreader** Stephanie Bonner

## Acknowledgments

We are grateful for the contributions of the dietitians, former nutrition directors, and former state auditors at LunchAssist for their expertise in scaling and refining the recipes in this publication to ensure easy and hassle-free incorporation into school menus.

Thank you to the following school nutrition professionals for contributing recipes featured in this publication:

Kerry Billner, Los Gatos Union School District

Micha James, North Monterey County Unified School District

Jennifer Lew-Vang, Turlock Unified School District

Michelle Poirier, Jurupa Unified School District

Michael Vioral, Riverside Unified School District

*Funding for Nourishing Students is made possible by a grant from the US Department of Agriculture (USDA) Agricultural Marketing Service. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.*





CENTER FOR ECOLITERACY