



# K-12 TURNKEY MENU SOLUTIONS

Your Guide to Meet a Full Week's USDA Meal Pattern Requirements



# Making Meal Credits Easy

Our culinary team has curated this recipe guide to help simplify school breakfast & lunch service with recipes that are **not only delicious, but easy to execute.** Each recipe meets the daily NSBP and NSLP meal pattern requirements and as a collection covers all weekly crediting requirements.

These speed-scratch solutions utilize simple ingredients, thoughtfully paired for a balanced menu that will delight both students and staff. Our labor-saving fruit solutions ensure consistency and quality every time while reducing prep and product waste in your operation.



# School Breakfast Program Meal Pattern

## Amount of Food<sup>1</sup> per Week (minimum per day)

MEAL COMPONENTS	GRADES K-5	GRADES 6-8	GRADES 9-12
Fruits (cups) <sup>2</sup>	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>2</sup>	0	0	0
Dark green subgroup	0	0	0
Red/orange subgroup	0	0	0
Beans, peas, and lentils subgroup	0	0	0
Starchy subgroup	0	0	0
Other vegetables subgroup	0	0	0
Grains or meats/meat alternates (oz. eq.) <sup>3</sup>	7-10 (1)	8-10 (1)	9-10 (1)
Fluid milk (cups) <sup>4</sup>	5 (1)	5 (1)	5 (1)

## Daily Amount Based on the Average for a 5-Day Week

DIETARY SPECIFICATIONS	GRADES K-5	GRADES 6-8	GRADES 9-12
Minimum-maximum calories (kcal)	350-500	400-550	450-600
Saturated fat (% of total calories)	<10	<10	<10
Added sugars (% of total calories) - must be implemented by July 1, 2027	<10	<10	<10
Sodium limit - in place through June 30, 2027	≤ 540 mg	≤ 600 mg	≤ 640 mg
Sodium limit - must be implemented by July 1, 2027	≤ 485 mg	≤ 535 mg	≤ 570 mg

1 Food items included in each group and subgroup and amount equivalents.

2 Minimum creditable serving is ¼ cup. Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Schools may substitute vegetables for fruit at breakfast as described in paragraphs (c)(2)(i) and (ii) of this section.

3 Minimum creditable serving is 0.25 oz. eq. School may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component. At least 80 percent of grains offered weekly at breakfast must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grain items offered must be enriched.

4 Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.

# School Lunch Program Meal Pattern

## Amount of Food<sup>1</sup> per Week (minimum per day)

MEAL COMPONENTS	GRADES K-5	GRADES 6-8	GRADES 9-12
Fruits (cups) <sup>2</sup>	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups) <sup>2</sup>	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green subgroup <sup>3</sup>	½	½	½
Red/orange subgroup <sup>3</sup>	¾	¾	1 ¼
Beans, peas, and lentils subgroup <sup>3</sup>	½	½	½
Starchy subgroup <sup>3</sup>	½	½	½
Other vegetables subgroup <sup>3, 4</sup>	½	½	¾
Additional vegetables from any subgroup to reach total	1	1	1 ½
Grains (oz. eq.) <sup>5</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/meat alternates (oz. eq.) <sup>6</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>7</sup>	5 (1)	5 (1)	5 (1)

## Daily Amount Based on the Average for a 5-Day Week

DIETARY SPECIFICATIONS	GRADES K-5	GRADES 6-8	GRADES 9-12
Minimum-maximum calories (kcal)	550-650	600-700	750-850
Saturated fat (% of total calories)	<10	<10	<10
Added sugars (% of total calories) - must be implemented by July 1, 2027	<10	<10	<10
Sodium limit - in place through June 30, 2027	≤ 1,110 mg	≤ 1,225 mg	≤ 1,280 mg
Sodium limit - must be implemented by July 1, 2027	≤ 935 mg	≤ 1,035 mg	≤ 1,080 mg

1 Food items included in each group and subgroup and amount equivalents.

2 Minimum creditable serving is ¼ cup. One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full-strength.

3 Larger amounts of these vegetables may be served.

4 This subgroup consists of "Other vegetables" as defined in paragraph (c)(2)(iii)(E) of this section. For the purposes of the NSLP, the "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and bean, peas, and lentils vegetable subgroups as defined in paragraph (c)(2)(iii) of this section.

5 Minimum creditable serving is 0.25 oz. eq. At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grains items offered must be enriched.

6 Minimum creditable serving is 0.25 oz. eq.

7 Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.

# Breakfast

*WEEKLY CREDITS: 5 Fruit (1½ c fruit juice, 3½ c fruit), 7 Grain*



**All meals should be served with 1 cup milk.**





## BREAKFAST

# PEACH & HONEY OATMEAL BOWL

SERVINGS: 20

### INGREDIENTS:

**10 cups Dole® Chef-Ready Cuts Diced Peaches**

20 cups cooked oatmeal

20 tbsp honey (optional)

### DIRECTIONS:

1. Cook oatmeal according to package directions.
2. Scoop 1 cup oatmeal into bowl. Top with ½ cup diced peaches and drizzle with 1 tbsp honey.

*CREDITS: 1 Fruit (½ cup juice and ½ cup fruit), 2 Grain*



**SERVE WITH DOLE WIGGLES® FRUIT JUICE GELS.**

## BREAKFAST

# MANGO TANGO SMOOTHIE WITH WHOLE GRAIN TOAST

SERVINGS: 20 (12 OZ PORTIONS)

### INGREDIENTS:

**10 cups Dole® Chef-Ready  
Cuts Mango Cubes**

10 cups low-fat yogurt

**10 cups Dole Pineapple Juice**

20 slices whole grain bread

### DIRECTIONS:

1. Combine ingredients in a blender and blend until smooth.
2. Serve with 1 slice whole grain bread.

*CREDITS: 1 Fruit (fruit juice), 1 M/MA, 1 Grain*







## BREAKFAST

# SUNSHINE YOGURT BOWL

SERVINGS: 20

### INGREDIENTS:

10 cups low-fat yogurt

**10 cups Canned  
Dole® Crushed Pineapple**

**10 cups Dole Chef-Ready  
Cuts Diced Strawberries,  
partially thawed**

5 cups granola

### DIRECTIONS:

1. Combine yogurt and crushed pineapple until evenly distributed. Scoop  $\frac{3}{4}$  cup into serving bowl.
2. Top with  $\frac{1}{2}$  cup diced strawberries and  $\frac{1}{4}$  cup granola.

*CREDITS: 1 Fruit, 1 M/MA, 1 Grain*

## BREAKFAST

# HAWAIIAN BREAKFAST CUPS

SERVINGS: 24

### INGREDIENTS:

24 each whole grain  
Hawaiian sweet rolls  
12 oz bacon,  
cooked & crumbled  
24 each eggs  
12 oz shredded cheese  
**12 cups Dole® Pineapple  
Tidbits in Juice, drained**  
Salt and pepper, to taste

### DIRECTIONS:

1. Preheat oven to 375°F.
2. Flatten your rolls with a rolling pin to as thin as possible without breaking them.
3. Place them into a greased large muffin tin, and push to the bottom of each cup.
4. Fill each cup with ½ oz of bacon, 1 scrambled egg, ½ oz of cheese and ½ cup of pineapple.
5. Season with salt and pepper.
6. Bake for 15-17 minutes until the egg sets and is fully cooked through.

CREDITS: 1 Grain, 1 M/MA, 1 Fruit

SERVE WITH  
DOLE FRUIT BOWLS®  
SNACKS IN  
100% FRUIT JUICE.







## BREAKFAST

# ISLAND DREAM PANCAKES

SERVINGS: 20

### INGREDIENTS:

**10 cups Dole® Pineapple Tidbits in Juice, ½ cup reserved juice**  
 4 tsp cornstarch  
 2 cups maple syrup or pancake syrup  
 2 tsp ground cinnamon  
 40 whole grain pancakes

### DIRECTIONS:

1. Prepare pancakes according to manufacturer instructions.
2. Combine reserved pineapple juice with cornstarch in a saucepan over medium heat. Cook, stirring until sauce boils and thickens. Add pineapple tidbits and heat through.
3. Remove from heat, stir in syrup of choice and cinnamon.
4. Pour ½ cup pineapple topping over premade pancakes using 2 pancakes per servings.
5. Serve with an additional ½ cup Dole Pineapple Tidbits or Dole Fruit Bowls® Snacks in 100% Fruit Juice.

CREDITS: 1 Fruit, 2 Grain

# Lunch

*WEEKLY CREDITS: 10 M/MA, 2½ Fruit, 3¾ Vegetables (1 dark green, 1 beans/legumes, 1 red/orange, ½ starchy, ¼ other), 8 Grain*



**All meals should be served with 1 cup milk.**





## LUNCH

# PINEAPPLE AVOCADO CHICKEN WRAP

SERVINGS: 20

### INGREDIENTS:

20 each 10" whole grain tortilla

10 cups diced chicken breast (fully-cooked)

**10 cups Dole® Pineapple Tidbits in 100% Juice**

**5 cups Dole Chef-Ready Cuts Diced Avocado, thawed**

5 cups shredded lettuce

5 cups red bell pepper, diced or julienned

### DIRECTIONS:

**1.** Place a tortilla on a flat surface and top with  $\frac{1}{2}$  cup chicken,  $\frac{1}{2}$  cup pineapple,  $\frac{1}{4}$  cup avocado,  $\frac{1}{4}$  cup lettuce, and  $\frac{1}{4}$  cup red pepper and roll.

*CREDITS: 2 M/MA,  $\frac{1}{2}$  Fruit, 2 Grain,  $\frac{3}{4}$  Vegetable ( $\frac{1}{4}$  dark green,  $\frac{1}{4}$  red/orange,  $\frac{1}{4}$  other)*

## LUNCH

# QUINOA & BLACK BEAN MANGO SALAD WITH CHICKEN

SERVINGS: 20

### INGREDIENTS:

10 cups quinoa (cooked)

**10 cups Dole® Chef-Ready Cuts Mango Cubes, thaw and reserve juice**

5 cups red bell pepper, diced

10 cups black beans, drained & cooked

### Dressing

1 cup apple cider vinegar

**¼ cup reserved mango juice**

**½ cup Dole Pineapple Juice**

¾ cup olive oil

1 tbsp ground black pepper

### DIRECTIONS:

1. Combine quinoa, mango cubes, bell pepper and black beans in large serving pot. Stir to evenly distribute.
2. In a separate mixing bowl, combine dressing ingredients and pour over quinoa mixture. Stir to combine.
3. To serve, scoop 1 cup of mixture into serving bowl.
4. Serve with 2 oz cooked chicken breast or chicken nugget equivalent.

*CREDITS: 1 Grain, ½ c Fruit, ¾ c Vegetable (½ beans/legumes, ¼ red/orange), 2 M/MA*







## LUNCH

# PINEAPPLE BEEF & BROCCOLI STIR FRY

SERVINGS: 10

### INGREDIENTS:

½ cup olive oil  
¼ cup garlic, minced  
⅛ cup ginger, minced  
20 oz lean beef strips, fully-cooked  
5 cups broccoli florets  
2½ cups sliced carrots  
**5 cups Dole® Pineapple Tidbits in 100% Juice**  
½ cup low-sodium soy sauce  
10 cups brown rice, cooked

### DIRECTIONS:

1. Heat olive oil in a large skillet or wok over medium-high heat. Cook in batches if needed.
2. Add the minced garlic and ginger, sauté for 1 minute until fragrant.
3. Add the lean beef strips and cook until heated through.
4. Add the broccoli and sliced carrots, and cook for 5-7 minutes until vegetables are tender.
5. Stir in the pineapple tidbits (including juice) and low-sodium soy sauce. Cook for an additional 2-3 minutes until heated through.
6. Serve the stir-fry over 1 cup cooked brown rice.

CREDITS: 2 M/MA, ¾ Vegetable (½ dark green, ¼ red/orange), ½ c Fruit, 2 Grain

## LUNCH

# BUILD YOUR OWN NACHO BOWL WITH DOLE® FRUIT BOWLS® SNACKS IN 100% JUICE

SERVINGS: 20

### INGREDIENTS:

40 oz tortilla chips  
35 oz ground beef, cooked  
and seasoned with taco  
seasoning  
5 cups shredded cheese  
10 cups refried beans  
5 cups shredded lettuce  
Salsa and sour cream  
(optional)

**20 (4 oz) Dole Fruit Bowls®  
Snacks in 100% Juice**

### DIRECTIONS:

1. Place 2 oz tortilla chips in serving boat.
2. Use a 4 compartment tray to place 1.75 oz ground beef, ½ cup refried beans, ¼ cup cheese, and ¼ lettuce in separate compartments.
3. Serve with a side of salsa and sour cream. (optional)
4. Serve with a 4 oz. Dole Fruit Bowls® Snacks in 100% Juice. We recommend Pineapple Tidbits or Mango Cubes for the best flavor pairing.

*CREDITS: 2 Grain, 2 M/MA, ¾ c Vegetable (½ beans/legumes, ¼ dark green), ½ c Fruit*







## LUNCH

# TURKEY BERRY HARVEST BOWL

SERVINGS: 20

### INGREDIENTS:

10 cups brown rice or quinoa,  
cooked

10 cups potatoes,  
diced and cooked

40 oz diced turkey, cooked

**5 cups Dole® Chef-Ready  
Cuts Diced Strawberries,  
thawed**

**5 cups Dole IQF  
Blueberries,  
thawed and rinsed**

5 cups tomatoes, diced

1 cup honey mustard  
dressing

### DIRECTIONS:

**1.** Assemble bowl using  $\frac{1}{2}$  cup rice/quinoa and  $\frac{1}{2}$  cup potatoes as the base. Top with 2 oz diced turkey and  $\frac{1}{4}$  cup each blueberries, strawberries, and tomatoes.

**2.** Serve with side of honey mustard dressing (2 oz per serving).

*CREDITS: 1 Grain,  $\frac{3}{4}$  c Vegetable ( $\frac{1}{2}$  starchy,  $\frac{1}{4}$  red/orange), 2 M/MA,  $\frac{1}{2}$  c Fruit*



# Featured Products



## “WIGGLES”<sup>®</sup>

### FRUIT JUICE GELS

CREDITS AS  
**½ CUP**  
FRUIT JUICE



**A fun and fruity gel that's bursting with fruit-forward flavor!**

- Made with 100% fruit juice<sup>(1)</sup>
- No added sugars<sup>(2)</sup>
- Smart Snack Complaint
- Excellent source of Vitamin C
- Shelf-stable before opening



#### DID YOU KNOW?

Dole Wiggles<sup>®</sup> Fruit Juice Gels can be served twice a week to credit towards the weekly fruit requirement.



**CHERRY**  
100-38900-03354-2



**ORANGE**  
100-38900-03352-8



**STRAWBERRY**  
100-38900-03353-5

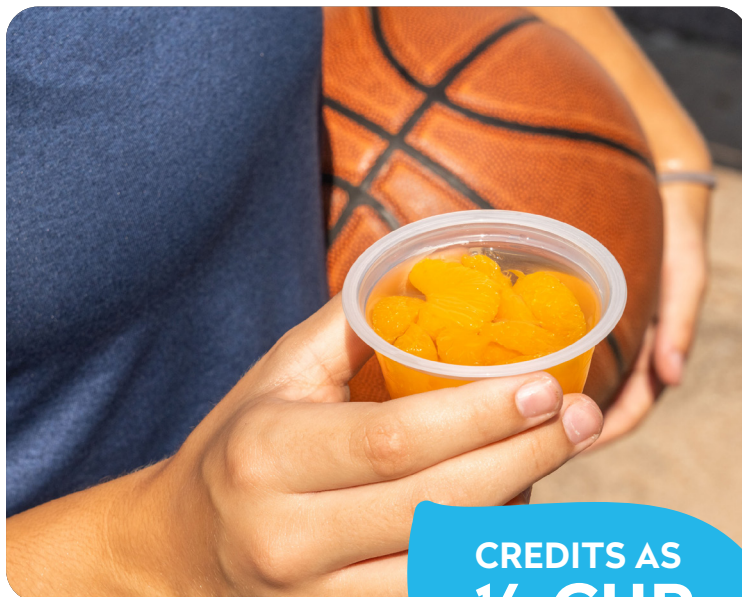
Sources: 1. 100% Fruit Juice From Concentrate And Other Natural Ingredients 2. Not a low calorie food. See nutrition facts for sugar and calorie content 3. with other natural flavors, ascorbic acid and citric acid



# FRUIT BOWLS® SNACKS IN 100% FRUIT JUICE

Consistently delicious, ready-to-eat  
fruit available year-round.

- Packed in 100% fruit juice<sup>(3)</sup>
- No added sugars<sup>(2)</sup>
- Pre-portioned and ready-to-serve
- Excellent source of Vitamin C



CREDITS AS  
**1/2 CUP  
FRUIT**

**CHERRY MIXED FRUIT**  
100-38900-02062-7

**DICED PEACHES**  
100-38900-03073-2

**DICED PEARS**  
100-38900-03019-0

**MANDARINS ORANGES**  
100-38900-04208-7



**PAPAYA MANGO**  
100-38900-00442-9

**MIXED FRUIT**  
100-38900-03065-7

**PINEAPPLE TIDBITS**  
100-38900-00419-1

**TROPICAL FRUIT**  
100-38900-03048-0

**DICED MANGO**  
100-38900-00443-6



# Featured Products



## CHEF-READY CUTS & IQF FRUIT



Washed, prepped, and ready-to-serve IQF fruit.

- Exceptional quality and flavor
- Pre-cut for reduced labor in your operation
- Quick-frozen to seal in nutrients and flavor
- Available in 15+ varieties



### APPLES

(Granny Smith)

IQF Sliced - 2/5 lbs.	15111
IQF Chef-Ready Cuts Diced - 2/5 lbs.	15122



### BANANAS

IQF Chef-Ready Cuts Sliced - 2/5 lbs.	16118
IQF Smoothie Cuts Sliced - 1/30 lbs.	16202



### BLUEBERRIES

IQF Whole - 2/5 lbs.	11711
IQF Whole - 1/30 lbs.	11719



### DRAGON FRUIT

(Pitaya)

IQF Chef-Ready Cuts Diced - 2/5 lbs.	00330
IQF Smoothie Cuts Diced - 1/30 lbs.	00314



### MANGOS

IQF Chunks - 2/5 lbs.	10511
IQF Chunks - 1/20 lbs.	10517
IQF Halves - 1/10 lbs.	10548
IQF Chef-Ready Cuts Cubes - 2/5 lbs.	10550



### MIXED BERRIES

(Strawberries, Raspberries, Blackberries and Blueberries)

IQF Whole - 2/5 lbs.	06411
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### PEACHES

(Freestone)

IQF Sliced - 2/5 lbs.	26111
IQF Sliced - 1/30 lbs.	02012
IQF Chef-Ready Cuts Diced - 2/5 lbs.	27600
IQF Smoothie Cuts Diced - 1/30 lbs.	02023



### STRAWBERRIES

IQF Whole - 2/5 lbs.	17711
IQF Whole - 1/30 lbs.	17719
IQF Chef-Ready Cuts Diced - 2/5 lbs.	17951
IQF Chef-Ready Cuts Sliced - 2/5 lbs.	17930
IQF Smoothie Cuts Sortouts - 1/30 lbs.	17923
IQF Smoothie Cuts Diced - 1/30 lbs.	01002





# CANNED FRUIT

**Ripe and ready-to-serve fruit with consistent quality in every can.**

- Delicious, high-quality fruit
- Reduces labor and product waste in your operation
- Available in a variety of cut sizes and packing mediums
- Scoop and serve or add to salads, pizza, desserts, and more



**PINEAPPLE SLICES IN JUICE**  
#00255



**PINEAPPLE CHUNKS IN JUICE**  
#00468



**PINEAPPLE TIDBITS IN JUICE**  
#00553



**COARSE CUT CRUSHED IN JUICE**  
#00765



**MANDARINS IN JUICE**  
#04222



**TROPICAL FRUIT IN JUICE**  
#09060



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to learn more or call 1-800-462-7706 to speak to a Dole representative.



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