

# 2020 recipe collection



LIMITED EDITION

# REAL FOOD FOR KIDS CULINARY CHALLENGE

# real food for kids

Real Food for Kids works to increase access to healthy food and nutrition education in our schools. We succeed by uniting parents, school leaders, policymakers, and public health experts to put high-quality food in schools and teach kids healthy eating habits that will last a lifetime. Real Food for Kids' advocacy benefits the health and wellbeing of children across our region—fueling learning, combating childhood obesity, and allowing every child to meet their full potential.



Fresh Food Explorers Preschool Class, Carlin Springs Elementary School, 2019. Photo: Angela Leone

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# the culinary challenge

Since 2013, The Real Food for Kids Culinary Challenge has given area students a voice in what is served in their school cafeterias.

**The “challenge” at the heart of this competition is the same one faced by school food professionals every day: to craft healthy and delicious menu items that conform to USDA guidelines and adhere to strict per-meal budgets.**

Culinary Challenge entries are judged by a panel of students, school food professionals, chefs, and local luminaries. Alongside faculty advisors, students create recipes for breakfast, lunch, or snack. Winners in the lunch category are featured in school cafeterias across the region the following year.

Hundreds of middle and high school students from across the National Capital Region have competed in the Real Food for Kids Culinary Challenge. Along the way they have created exciting new school lunch options for thousands of area students, influenced school food professionals to embrace healthier options, and received a practical education in culinary skills and nutrition. Past participants in the Culinary Challenge have gone on to pursue higher education and professional careers in the culinary field.

Thank you for supporting the Real Food for Kids Culinary Challenge!



Rocky Run Middle School, students with Chef Ype Von Hengst of Silver Diner, Culinary Challenge 2019. Photo: Lesley Forde

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# bbq chicken pita pocket

## ACADEMIES OF LOUDOUN | LUNCH

### ingredients

3.5 oz chicken breast  
4 oz red onion  
1 oz kidney beans  
1/8 oz paprika  
4 oz thawed frozen corn  
1 oz Sweet Baby Ray's BBQ sauce  
1/2 oz whole grain pita bread disc



### preparation

Preheat oven to 350 degrees.

Bake chicken breast for 25 minutes until internal temperature reaches 160-165 degrees. Cut into bite-sized pieces.

Thinly slice red onion.

Drain and rinse the beans.

Toss chicken with the BBQ sauce, red onion, kidney beans, paprika, and corn.

Cut pita disc in half. Warm in the 350 degree oven for 1-2 minutes and fill with chicken mix.

Keep warm until ready to serve.

Makes 2 servings.

serve with

#### **Greek yogurt with peaches**

Top 1/2 cup sliced canned peaches (in juice) with 1 oz. plain Greek yogurt. Makes 1 serving.

# tex mex goulash

BLUE RIDGE MIDDLE SCHOOL | LUNCH

## ingredients

2 cups Maseca flour  
2 cups water  
2 cups quinoa  
3 cups vegetable stock  
1 tbsp canola oil  
2 cups onion, chopped  
1-1/2 tsp garlic, chopped  
4 tsp dry spice blend  
1 tsp salt  
30 oz black beans, drained  
3 cups diced tomatoes  
2 cups frozen, thawed corn  
1/4 cup cilantro  
2 cups avocado, chopped  
1/2 cup minced jalapeno

### dry spice blend

1 tsp chili powder  
2 tsp cumin  
1 tsp paprika

## preparation

Using directions on the bag, combine Maseca Flour and water to make 12 tortillas. Cook tortillas on skillet on high heat.

Heat canola oil in a large skillet over medium-high heat. Add onion and garlic and sauté until tender, about 4-5 minutes. Add chili powder, cumin, and paprika. Cook, stirring constantly for one minute.

Add quinoa, vegetable stock, salt, black beans, and tomatoes. Bring to a boil. Reduce heat to medium-low and cover. Simmer until liquid is absorbed 13-15 minutes. Stir in corn. Remove from pan and sprinkle with cheese; top with avocado and cilantro.

Serve 3/4 cup goulash with a tortilla on the side.

Makes 12 servings.

serve with

### tropical fruit dish

Wash and de-stem 3 lbs red grapes and add 4 cups diced pineapple. Using a mixer on high speed, combine 8 oz fat free cool whip with 3 oz cream of coconut until it reaches the consistency of whipped cream. Spoon over fruit and sprinkle with 1/8 tsp of Tajin spice. Makes 12 servings.



# mediterranean chicken kabobs with orzo salad

## CHANTILLY ACADEMY | LUNCH

### ingredients

#### CHICKEN KABOBS

7 skinless chicken breast  
5 tbsp dry spice blend  
1/2 cup plain yogurt

#### dry spice blend

1 tbsp coriander, toasted and ground  
1 tbsp turmeric, ground  
1 tbsp cumin, ground  
1 tbsp dried rosemary, ground  
1 tbsp black pepper, ground

#### ORZO SALAD

3 cups grape tomatoes, halved  
2-1/2 cups green bell pepper, large dice  
2 cups yellow onions, large dice  
1 cup mozzarella, 1/4-inch cube  
10 tsp dry spice blend  
5 cups whole-grain orzo, dry  
5/8 cups basil, chiffonade  
10 cups water

#### dry spice blend

2 tsp coriander, toasted and ground  
2 tsp turmeric, ground  
2 tsp cumin, ground  
2 tsp dried rosemary, ground  
2 tsp black pepper, ground

### preparation

#### CHICKEN KABOBS

Cut the chicken thighs into 1-inch cubes.

In a medium bowl, mix together dry spice blend and yogurt.

Dip chicken cubes in spice blend yogurt mix.

Put four cubes of chicken onto a skewer.

Grill until chicken is cooked through; about 7 minutes.

Place on top of orzo salad.

#### ORZO SALAD

Prepare all vegetables, herbs, and cheese as indicated an ingredient list.

Toss vegetables in 1 tsp of spice blend and roast at 350°F for about 6 1/2 - 7 minutes.

Add basil into boiling water along with orzo, and prepare orzo as directed on packaging.

Lightly mix all ingredients together in a bowl.

Makes 10 servings.

serve with

#### fresh oranges and mint

Cut 5 navel oranges into 8 slices. Mix together 1/2 teaspoon fresh mint, finely chopped and 2 tablespoons sugar and sprinkle on top. Makes 10 servings.

# texan barbeque chicken quesadilla

pico de gallo salad

FOREST OAK MIDDLE SCHOOL | LUNCH

## ingredients

### QUESADILLA

1 lb boneless skinless chicken breast (strips)  
3/4 cup barbecue sauce  
4 10-inch whole wheat tortilla  
1/2 cup Mexican blend cheese  
2 tsp olive oil

### dry spice blend

1/4 tsp black pepper  
1/2 tsp garlic powder  
1/2 tsp onion powder

### PICO DE GALLO SALAD

1 head iceberg lettuce, shredded  
1 whole cucumber  
1 cup onion  
1/4 whole green pepper  
1/2 cup cilantro  
3/4 tsp salt  
3/4 tsp cumin  
2 whole tomato  
juice of 1 whole lime

## preparation

### QUESADILLA

Season chicken with dry spice blend.

Saute chicken in olive oil until cook to minimum internal temperature of 160-165 degrees.

Add barbecue sauce.

Lay out tortilla and fill with cheese and chicken.

Grill or bake on both sides until crisp and brown.

Makes 4 servings.

### PICO DE GALLO SALAD

Finely chop cucumber, onion, green pepper, cilantro and tomato.

Mix everything together except the lime juice and tomato. Mix tomato and lime juice together separately and combine with lettuce and other ingredients.

Makes 8 servings.

serve with

### homemade strawberry fruit rollup

Preheat oven to 170 degrees. Line 1 large baking sheet with parchment paper. Puree 8 oz strawberries until smooth. Transfer to a saucepan, cook on low with add 1 tablespoon lemon juice and 3 tablespoons sugar for ten minutes until it becomes like jam. Spread onto parchment paper. Bake for 3-4 hours until fruit mixture no longer feels sticky. Cool and cut into strips with a pizza cutter and roll up into the parchment paper. Makes 4 servings.



# carne asada tacos with asian slaw

cuban fried rice

HERNDON HIGH SCHOOL | LUNCH

## ingredients

### TACOS

1/3 cup fresh cilantro  
1/3 cup olive oil  
1/4 cup soy sauce  
Juice of 1 orange  
Juice of 1 lime  
4 cloves garlic, minced  
1 jalapeno, minced  
1 tsp ground cumin  
1 tsp black pepper  
1-1/2 pounds flank steak  
1/2 tsp salt  
12 8-inch whole wheat tortilla

### FRIED RICE

2 tbsp vegetable oil  
4 cloves minced garlic  
2 cups diced scallions  
3 cups cooked brown rice  
1/4 tsp ground ginger  
1/4 garlic powder  
2 tbsp low sodium soy sauce  
2 cups frozen pea, carrot mix, thawed  
1 cup bean sprouts  
2 medium egg scrambled

## preparation

### TACOS

In a medium bowl, combine cilantro, olive oil, soy sauce, orange juice, lime juice, garlic, jalapeno, cumin and pepper; set aside 1/2 cup of this mixture in the refrigerator until ready to serve.

In a gallon size Ziploc bag or large bowl, combine steak and remaining cilantro mixture; marinate for at least 4 hours to overnight, turning the bag occasionally. Drain the steak from the marinade.

Preheat stovetop to medium high heat. Using paper towels, pat both sides of the steak dry; season with 1/2 tsp salt and additional pepper, to taste. Add steak to pan, and cook, flipping once, until desired doneness, about 6 minutes per side for medium rare. Let rest 5 minutes.

Thinly slice steak against the grain and mix with reserved 1/2 cup cilantro mixture. Serve on warmed tortillas topped with Asian Slaw. 12 servings.

**ASIAN SLAW:** Toss 1 package coleslaw mixture with 1/4 c vegetable oil, 4 tbsp rice wine vinegar and 2 tbsp low-sodium soy sauce.

### FRIED RICE

Heat oil in a shallow frying pan, heat the oil and sauté garlic and scallions. When the scallion starts to become translucent, add the cooked rice, and stir continuously over high heat for about 5 minutes. Add ginger, garlic powder and soy sauce, and continue cooking and stirring quickly. Lower heat, cover, and cook for 5-6 minutes. Add pea/carrot mix, bean sprouts and scrambled eggs and mix well. Cook an additional 3-4 minutes until all ingredients re heated through.

### serve with

1/2 cup diced mango

# healthy chicken stir fry

cauliflower fried rice

## PARKSIDE MIDDLE SCHOOL | LUNCH

### ingredients

#### STIR FRY

1 lb boneless, skinless chicken breast, cut into bite-size pieces

1 tbsp olive oil

2 cloves garlic

3 medium carrots

1 tbsp soy sauce

2 cups frozen broccoli, thawed

1 medium onion

1 tsp sesame oil

2 tsp rice wine vinegar

1 tbsp ginger

#### CAULIFLOWER FRIED RICE

1 cup brown rice

1 medium head cauliflower

1 tablespoon sesame oil

3 large eggs

1 pinch salt

1/2 small onion

2 cloves garlic

5 medium scallions

3 tablespoon soy sauce

1/2 cup frozen peas and carrots

### preparation

#### STIR FRY

Cut chicken into bite-size pieces. Set aside. Peel the onion, cut in half and slice each half thinly. Peel and julienne the carrots. Mince the garlic and ginger, set aside.

Heat a wok or large skillet. Add the olive oil and onions and garlic. Cook until translucent. Add the carrots and cook until just tender. Add chicken and minced ginger. Cooking until chicken is cooked through. Add soy sauce, sesame oil, rice wine vinegar and optional hot sauce or red pepper flakes. Add the thawed broccoli and heat through. 4 servings.

#### CAULIFLOWER FRIED RICE

Prepare brown rice according to package directions.

Remove the core and let the cauliflower dry completely. Coarsely chop into florets, then place half the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.

Combine egg and whites of two eggs in a small bowl and beat with a fork. Season with salt. Heat a large sauté pan or wok over medium heat and spray with cooking spray. Add the eggs and cook, turning a few times until set. Set aside.

Add the sesame oil and sauté onions, scallions (diced, whites only in pan), peas and carrots, and garlic about 3 to 4 minutes until soft. Raise the heat to medium high.

Add the cauliflower "rice" to the sauté pan along with soy sauce. Mix, cover, and cook approximately 5-6 minutes stirring frequently, until cauliflower is slightly crispy on the outside but tender on the inside. Add the egg then remove from heat and mix in the scallion greens. 4 servings.

serve with

#### frozen fruit cups

In a large bowl, combine 2 20-oz-cans undrained crushed pineapple, 1 20-oz-can undrained fruit cocktail, 1 12-oz-can thawed orange juice concentrate, 3/4 cup thawed lemonade concentrate, 1 16-oz thawed frozen strawberries, and 6 medium bananas, cubed. Pour into foil-lined muffin cups or individual plastic cups. Freeze until solid. When ready to serve, thaw for 30-45 minutes before serving. 10 servings.



### ingredients

2 lbs. carrots  
2 lbs. broccoli  
1 lb. yellow bell pepper  
1 lb. strawberries  
2 lbs. cantaloupe  
2 lbs. chicken breast  
1-1/2 oz lemon pepper  
1 bunch parsley  
6 tbsp olive oil  
1 lb. sweet potatoes  
1 lb. Yukon Gold potatoes  
5 tsp dry spice blend  
2 tbsp plain yogurt  
2 tbsp sour cream

#### flavor blend

2 tsp salt  
1 tsp garlic  
3 tsp dry rub blend: cumin, garam masala, garlic powder, onion powder

### preparation

Wash, peel, cube and boil sweet and Yukon Gold potatoes until tender. Drain and mash with sour cream until smooth. Season with salt and pepper.

Using a forcing bag, pipe 16 shapes onto a greased baking sheet. Bake at 400 degrees for 5 minutes.

Brush chicken with 3 tbsp olive oil and yogurt. Sprinkle with lemon pepper and flavor blend. Roast at 375 degrees for 25-30 minutes until cooked through. Cut into bite-sized pieces.

Wash vegetables and pat dry. Cut into bite-sized pieces. Drizzle with remaining olive oil and season with salt and pepper. Roast at 400 degrees for 20 minutes.

Alternate pieces of chicken on skewers with roasted vegetables.

Place potato rounds on plate and place chicken and vegetable skewers alongside.

Wash and peel cantaloupe. Slice and cut into desired bite-sized shapes. Wash and dry strawberries and cut in half. Place cantaloupe shapes and strawberry halves alternately on 16 skewers.

Serve fruit skewer on the side.

Makes 16 servings.

# mighty titan red chili

T. C. WILLIAMS HIGH SCHOOL | LUNCH

## ingredients

1-1/8 lbs ground beef, 95% lean  
1 oz extra virgin olive oil  
1.5 oz Worcestershire sauce  
2 cups bush's reduced sodium black beans, canned  
2 cups vegetable beans  
2 cups hunt's no salt tomato sauce  
2 cups unsalted beef broth  
1 jalapeno  
1 cup onion  
3 cloves garlic  
1 cup carrot  
3 oz brown rice

### dry spice blend

1 tsp salt  
1/2 tsp black pepper  
1/2 tsp oregano  
1/2 tsp thyme  
1/2 tsp cumin  
1-3/4 tsp salt  
1-1/2 tsp thyme  
2 tsp cumin  
1/2 tsp cayenne  
2 tbsp sugar

## preparation

Cook rice according to package directions until water is almost gone (rice will be just under desired texture). Add pinto beans and cook about 5 more minutes, stirring occasionally to prevent rice from sticking to the bottom of the pot. Cover and set aside.

Add 2 teaspoons of vegetable oil to a skillet and on medium low heat, bring up the temperature of the skillet. Add ground beef to skillet and cook until a crumbly consistency with the bottom of some the beef being browned in color.

In separate bowl combine 1 tablespoon hoisin sauce, soy sauce, and sesame oil together. mix until to combine.

In the skillet, move the ground beef to one side, add the remaining vegetable oil to the empty side. Add green onion and cook until browned, then add garlic and cook for another 30-45 seconds. Finally, add hoisin sauce mixture, stir together with onion, garlic and beef and cook an additional 1 minute.

Add rice and beans to the beef mixture and mix until evenly incorporated. Cut lettuce head in half and select 10 of the largest leaves for bowls. Divide beef mixture into 10 portions, fill leaves and serve.

Makes 10 servings.

serve with

**Greek Life Flatbread and 1/2 Cup Fresh Strawberries**

# rasta ramen bowl

mango sago

## TAKOMA PARK MIDDLE SCHOOL | LUNCH

### ingredients

2 large eggs  
8 oz (dry) jade pearl rice ramen  
1 tbsp olive oil  
8 oz chicken breast  
2-1/2 cups (20 fl oz) reduced sodium chicken broth  
1 cup fresh spinach  
1 cup low sodium red kidney beans  
1 cup frozen carrots  
1 cup frozen corn  
1/2 cup (4 oz) canned coconut milk  
1-1/3 tbsp jerk seasoning blend

#### jerk seasoning blend

1-1/2 tsp onion powder  
1-1/2 tsp garlic powder  
1 tsp ground ginger  
1 tsp whole type leaf  
1 tsp paprika  
1/2 tsp cayenne pepper  
1/2 tsp allspice  
1/4 tsp ground nutmeg  
1/4 tsp ground white pepper  
1/4 tsp cinnamon  
1/4 tsp sea salt

### preparation

Place eggs in large saucepan covered with cold water. Bring to boil. When it boils, turn off heat, cover with lid for 6 minutes, remove from heat. Set aside for 8-10 minutes. (put in cold water to stop the cooking process. Drain. Cool before peeling and halving.

Bring water to boil. Stir in noodles until loose (about 7 minutes). Drain prior to serving with other ingredients and broth.

Heat olive oil in skillet. Add chicken. Add 1 tablespoon of jerk seasoning. . Saute until golden brown. Check temperature to read 165 degrees.

Cut spinach with a medium chiffonade. Add to mixture just prior to serving.

Heat broth over medium high heat.

Drain beans. Add beans, carrots, corn, coconut milk and 1 teaspoon of jerk seasoning while broth is heating.

Add Ramen and Chicken to broth mixture.

Place one half of the egg on top of each serving.

Makes 4 servings.

#### serve with mango sago

In a small saucepan, bring about 2 cups of water to a boil. Add 1/4 cup small tapioca pearls, turn down to medium for 10-15 minutes (until translucent). Drain with strainer with very small holes, rinse with cold water, and refrigerate until needed.

In a blender or food processor, blend 3 cups mango, 1/3 cup oat milk, 2/3 cup coconut water, 1/2 tsp. vanilla, and 1 tbsp. agave syrup together until smooth.

Spoon Tapioca pearls into the bottom of each serving dish. Top with blended mango mixture. Chill in the refrigerator before serving. It will be the consistency of smoothie, not firm like tapioca pudding.

# spaghetti tacos

mixed root vegetable chips

WILLARD INTERMEDIATE SCHOOL | LUNCH

## ingredients

### TACOS

4 oz uncooked whole-wheat spaghetti  
2 cups frozen ground beef  
2 cups diced tomatoes  
12 corn taco shells  
1-1/2 cups shredded cheddar cheese  
2/3 cup chopped onion  
1 cup shredded lettuce

### CHIPS

1 sweet potato  
1 parsnip  
1 cassava  
1 carrot  
1/2 tsp salt

## preparation

### TACOS

Break pasta in half and prepare according to package instructions, cooking about 7 minutes.

Meanwhile bring a large skillet sprayed with nonstick spray to medium-high heat on the stove. Add ground beef, diced tomatoes. Cook until beef is cooked through, about 4-6 minutes.

Drain the pasta and add it to the skillet, mix well.

Evenly distribute the pasta among the taco shells, about 1/3 cup per shell. Top each evenly with cheese, onion, and lettuce.

Makes 6 servings.

### CHIPS

Wash, peel, and thinly slice vegetables (to 1/8 inch or thinner).

Place all veggie slices in a bowl and drizzle with olive oil.

Arrange slices on a cookie sheet and sprinkle with salt.

Bake at 400 degrees for 30 minutes or until crispy.

Makes 8 servings.

serve with

### apples with cream cheese yogurt dip

Cut 8 oz Neufchatel cheese into cubes and add to a mixing bowl. Add 5 oz plain Greek yogurt and whisk together until smooth. Whisk in 1 tbsp honey and 1/2 tsp vanilla. Serve with 1/2 cup apple slices each. 10 servings.



# blue ridge breakfast tacos

BLUE RIDGE MIDDLE SCHOOL | BREAKFAST

## ingredients

10 8-inch corn tortillas  
3 large eggs  
6 oz Italian sausage, ground  
1/4 cup oil packed, sun dried tomatoes drained, julienned  
1 whole avocado, diced  
1 cup cheddar cheese, shredded

## preparation

Preheat oven to 425 degrees and line a baking sheet with parchment paper and set aside.

Scramble eggs over medium heat.

Brown sausage, then drain fat and add to egg mixture along with sun dried tomatoes and diced avocado.

Fill each tortilla with 1/8 of a cup of the egg mixture and then 1/8 a cup of shredded cheese.

Bring the bottom edge of the tortilla tightly over the filling, rolling from top to bottom. Repeat with each tortilla.

Place taquitos seam side down onto prepared baking sheet and bake until crisp, about 15 minutes.

# roughrider roe

ROOSEVELT HIGH SCHOOL | BREAKFAST

## ingredients

2 large eggs  
1 tbsp tomatoes, chopped  
1/4 cup spinach, raw  
1 tbsp onion, chopped  
1 tbsp red peppers  
1 oz cheddar, shredded  
1 tbsp butter  
1 slice whole wheat bread

## preparation

Use half the butter to lightly butter a medium saucepan. Crack two eggs into the pan whisking slightly.

Wait until the omelet has begun to form and add in the vegetables, making sure to keep the omelet flat.

Add cheese, and then fold. Brown slightly on each side.

Toast bread in the oven until lightly toasted, and spread with remaining butter. One serving.

# pb muffin rounds

WOODBIDGE MIDDLE SCHOOL | BREAKFAST

## ingredients

1 Whole Wheat English Muffin  
4 tbsp Peanut Butter  
1/2 Green Apple, thinly sliced  
1 tsp Brown sugar  
1 tsp Margarine  
1/4 tsp Cinnamon

## preparation

Slice the muffin in half across the center.

Spread 2 T of peanut butter onto each half. Top each half with several slices of thinly sliced green apple.

In a microwave, melt margarine, brown sugar and cinnamon. Drizzle mixture over the apple slices.

# sunshine smoothie shot

SOUTH COUNTY MIDDLE SCHOOL | BREAKFAST

## ingredients

1/2 cup kale  
1/2 cup strawberries (sliced and frozen)  
1/2 cup peaches (sliced and frozen)  
1/2 medium banana  
1/2 medium fuji apple  
1/2 cup rolled oats  
1/4 cup white cranberry juice  
1 cup low fat, sugar free vanilla Greek yogurt

## preparation

Prepare fresh ingredients (wash, chop, peel).

Measure all ingredients.

Add all ingredients to blender cup.

Blend on high until thoroughly combined (approximately 1 minute). Use "pulse" and scrape sides as needed.

# bangin' guac toast

WEST POTOMAC HIGH SCHOOL | BREAKFAST

## ingredients

2 whole avocados  
2 strips turkey bacon  
4 pieces whole grain bread (toasted)  
1 tbsp white onion, diced  
1 tbsp lime, squeezed  
1/2 tsp salt  
1 tsp garlic powder/black pepper combined  
1 tbsp cilantro, chopped

## preparation

Slice avocado in half and remove the pit. Scoop avocado into a bowl and mash with a fork.

Finely dice onion and cilantro.

Mix lime juice, mashed avocado, diced onions, cilantro, salt/pepper and garlic powder together in a bowl.

Crumble turkey bacon and combine in the avocado mixture.

Toast whole grain bread.

Spread 2.5 tbsp of mixture on the toast and cut diagonally.

# hearty waffle sandwich

SILVER SPRING MIDDLE SCHOOL | BREAKFAST

## ingredients

2 medium eggs  
1-3/4 cups skim milk  
1/4 cup canola oil  
1/4 cup apple sauce unsweetened  
1 cup whole wheat pastry flour  
3/4 cup flaxseed wheat meal  
1 cup sliced strawberries  
1/4 cup carrots, raw & chopped small  
1/4 cup Nutella  
1/4 cup wheat germ  
1/4 cup flour  
1 whole sliced banana  
2 tbsp brown sugar  
1/2 tsp. salt  
1 tsp. vanilla  
4 tsp. baking powder

## preparation

Whisk eggs with vanilla until light, set eggs to the side.

Combine and whisk together dry ingredients in a mixing bowl.

Whisk together all moist ingredients together except eggs.

Combine and mix moist and dry ingredients together, folding in beaten eggs at the end.

Heat waffle iron, pour batter and cook until golden.

Create a sandwich: Spread approximately 1 tbsp Nutella and top with sliced mix fruit.



# phoenix apple bites

DOROTHY HAMM MIDDLE SCHOOL | SNACK

## ingredients

1 large apple, peeled, cored and diced  
1/4 cup sunflower butter  
1 tsp vanilla  
2 tbsp honey  
1/2 tsp baking powder  
1/4 tsp cloves  
1/2 tsp allspice  
1/4 tsp nutmeg  
1 tsp cinnamon  
2 large eggs  
1/4 cup semi-sweet chocolate chips  
2-1/2 cup rice Krispy cereal

## preparation

Heat oven to 350 degrees F and line a mini-muffin tin with papers.

In a large bowl mix apple, butter, vanilla, honey, baking powder, spices, and eggs. Mix in chocolate chips and rice cereal.

Fill muffin cups with 1 tbsp each of mixture. Bake for 20min. until toothpick comes out clean.

Cool completely and enjoy! Bites can be stored in a covered container in the refrigerator for up to 6 days.

18 servings.

# fruit burrito

ROOSEVELT HIGH SCHOOL | SNACK

## ingredients

1 whole raw banana  
4 whole strawberries  
4 tbsp blackberries  
1 tsp cinnamon  
2 tbsp yogurt, plain, whole milk  
4 tbsp nature valley low fat fruit granola  
4 whole piece whole wheat flour tortillas

## preparation

Heat the burrito in the pan for 30 seconds.

Remove tortilla and place on the cutting board.

Place banana, strawberry and blackberry in the center of the tortilla.

Add cinnamon, yogurt, and granola to fruit mixture.

Roll tortilla shell.

Brown lightly rolled tortilla for a few seconds on each side. 4 servings.

# holy cow cookies

PARKSIDE MIDDLE SCHOOL | SNACK

## ingredients

1/2 cup butter  
3/4 cup coconut palm sugar  
1 large egg  
1 tsp vanilla extract  
1 cup whole wheat flour  
1 tsp cinnamon  
1 cup raisins  
1/2 tsp baking soda  
2 cups oatmeal  
5 tbsp Holy Crap cereal  
1/8 tsp each nutmeg, cloves

## preparation

Heat oven to 350 degrees F and line a mini-muffin tin with papers.

In a large bowl mix apple, butter, vanilla, honey, baking powder, spices, and eggs. Mix in chocolate chips and rice cereal.

Fill muffin cups with 1 tbsp each of mixture. Bake for 20min. until toothpick comes out clean.

Cool completely and enjoy! Bites can be stored in a covered container in the refrigerator for up to 6 days.

18 servings.

# meringue fruit cup

WOODBIDGE MIDDLE SCHOOL | SNACK

## ingredients

30 pre-cooked meringue shells  
1 carton blueberries  
1 carton raspberries  
1 carton strawberries  
1 orange  
30 sprigs mint

## preparation

Wash, drain and slice strawberries.

Wash, drain and divide blueberries and raspberries among meringue shells.

Top with sliced strawberries. Zest orange on top of fruit and with mint leaves.

30 servings.

REVISIONS COMING



Winners of the 2019 Culinary Challenge, Takoma Park Middle School. Photo: L



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