

Farm and Sea to School

Seasonal Menus



Compiled by Healthy School Recipes 2022

Introduction

The Farm and Sea to School Program promotes the use of Maine grown, raised, and caught ingredients in the preparation and service of meals to students throughout the state. An increasing number of Maine schools are sourcing food locally. This farm and sea to school movement ensures our children are receiving healthy meals and it supports our local economy and rich tradition of agriculture.

These three menus celebrate a variety of local products, including fruits, vegetables, dairy, protein and grains. Eleven of the Maine Harvest of the Month items are featured.

Back to School Menu

Grilled Vegetable Panini
Tomato Basil Soup
Fresh Cantaloupe Wedges with Yogurt Lime Yogurt Dip

WINTER Menu

Herb Roasted Chicken
Lemon Zest Broccoli
Spicy Roasted Butternut Squash
Cinnamon Apple Crisp

Spring Menu

Fish Chowder
with Local Bread
Classic Garden Salad
Watermelon -Blueberry Parfait with Citrus Yogurt

	Ingredient Source	Maine Harvest Month	Recipe
Back to School Menu			
Grilled Vegetable Panini		July -Summer Squash	https://healthyschoolrecipes.com/recipes/grilled-vegetable-panini/
Tomato Basil Soup		September -Tomatoes	https://healthyschoolrecipes.com/recipes/best-tomato-soup/
Fresh Cantaloupe Wedges		April - Dairy	
Winter Menu			
Herb Roasted Chicken		March - Protein	https://healthyschoolrecipes.com/recipes/ranch-seasoned-baked-chicken-drumsticks/
Lemon Zest Broccoli		November -Brassicas	https://healthyschoolrecipes.com/recipes/lemon-zest-broccoli/
Spicy Roasted Butternut Squash		December - Winter Squash	https://healthyschoolrecipes.com/recipes/roasted-butternut-squash-cinnamon-brown-sugar/
Cinnamon Apple Crisp		October - Apples	https://healthyschoolrecipes.com/recipes/cinnamon-apple-crisp/
Spring Menu			
Fish Chowder		March - Protein January -Potatoes	
Corn muffin			https://healthyschoolrecipes.com/recipes/corn-wheat-muffins/
Classic Garden Salad		June - Leafy Greens August - Cucumbers	https://healthyschoolrecipes.com/recipes/colorful-classic-garden-salad/
Watermelon - Blueberry Parfait with citrus yogurt		May -Wild Blueberries April - Dairy	

Grilled Vegetable Panini

This delicious sandwich utilizes an ingenious method of creating a pressed panini in the oven. Vegetables and pesto combine with provolone for a yummy lunch.

One portion provides:

2 ounces equivalent meat/meat alternate

2 servings of grains/breads

¼ cup vegetable



Ingredients	50 servings	Directions
Zucchini, sliced	5 pounds	1. Preheat oven to 350 ° F.
Oil, olive	1 cup	2. Toss zucchini in olive oil, spread in a single layer on a sheet pan.
Bread, whole wheat (at least 0.9 ounces each) *Fantini Bakery out of MA for whole-grain, sliced bread	100 slices	3. Bake in 350 ° F oven for 10 minutes until lightly browned.
Cheese, provolone, reduced fat, sliced (1-ounce slices)	6¼ pounds	4. Lightly brush or spray one side of each piece of bread with olive oil.
Pesto	1 cup	5. Place one slice of bread, oil side down, on the sheet pan (18" x 26" x 1"). Place 1 slice of cheese on top of bread.
Bell pepper, red, julienne	20 ounces	6. Spread cheese with pesto and then layer with roasted zucchini and red pepper strips. Top with slice of cheese.
		7. Cover with a second slice of bread, olive oil side out.
		8. Cover with 3 sheet pans to press sandwiches.
		9. Bake until lightly browned. Conventional oven at 400° F for 8-10 minutes – OR – Convection oven at 375°F for 8-10 minutes until golden brown.
		10. Cut sandwich in half.

Nutrition Information

1 serving

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories	378		Total Carbohydrate	27.26	(g)
Total Fat	19.8	(g)	Dietary Fiber	4.58	(g)
Saturated Fat	8.22	(g)	Total Sugars		(g)
Cholesterol	32	(mg)	Vitamin D		(mcg)
Sodium	953	(mg)	Calcium	536	(mg)
Protein	23.42	(g)	Iron	2.26	(mg)

Notes

Source

adapted from USDA Standardized Recipes

<https://healthyschoolrecipes.com/recipes/grilled-vegetable-panini/>

Chef Becca's Pesto

Spinach, basil and parsley create garden fresh flavor in this delicious pesto. Perfect for pasta, sandwiches or pizzas.



Ingredients	50 servings	Directions
Spinach, fresh	10 ounces	<ol style="list-style-type: none"> 1. Fit a food processor with a steel blade. 2. Add spinach, basil, parsley, parmesan, lemon juice, garlic, salt and pepper. 3. Add a drizzle of oil. Process until smooth, adding a little more oil as needed. 4. May need to do in batches depending on the size of your processor
Basil, fresh	3 ounces	
Parsley, fresh	3 ounces	
Parmesan cheese, grated	½ cup	
Lemon juice, fresh	2 tablespoons	
Garlic, fresh, chopped	1 tablespoon	
Salt	1 tablespoon	
Black pepper	½ teaspoon	
Oil, olive	1½ cups	

Nutrition Information

1 serving

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories			Total Carbohydrate		(g)
Total Fat	(g)		Dietary Fiber		(g)
Saturated Fat	(g)		Total Sugars		(g)
Cholesterol	(mg)		Vitamin D		(mcg)
Sodium	(mg)		Calcium		(mg)
Protein	(g)		Iron		(mg)

Notes

Yield/Volume

Source

Chef Rebecca Polson

<https://healthyschoolrecipes.com/recipes/chef-beccas-pesto/>

The Best Tomato Soup

It doesn't get much better than homemade tomato soup! Made with tomatoes, basil, garlic, basil and more this soup has all the right ingredients and pairs perfectly with a grilled cheese sandwich!

One portion provides:
½ cup vegetable



Ingredients	50 servings	Directions
Tomatoes, fresh, Roma	5 pounds	1. Preheat oven to 400° F. 2. Line four large sheet pans with parchment paper and place halved tomatoes, onion, carrots, and garlic on the baking sheet.
Onion, diced	2 pounds	
Carrots, cut into 1-inch chunks	3 ½ pounds	
Garlic cloves	20 each	3. Drizzle vegetables with oil and sprinkle with salt and pepper. Bake the vegetables in the oven for 30-45 minutes or until carrots are fork-tender and garlic is golden brown.
Oil, olive or canola	2 ½ cup	
Salt, kosher	1/3 cup	
Pepper, black	1/3 cup	4. Add vegetable mixture to a large stock pot or steam jacketed kettle, along with canned tomatoes and basil put on medium heat. Add enough vegetable stock to cover vegetables. Bring just to a boil and then turn down to a simmer for 30-40 minutes. Remove pot from heat. 5. Using an immersion blender to carefully blend to desired smoothness. (Can also put in blender in batches to purée). 6. Place soup back on the heat source, continue simmering, or heat on medium until soup reaches 165° F for 15 seconds.
Tomatoes, canned, diced, low sodium	1 ½ #10 can	
Basil, fresh	1 ¼ pound	
Vegetable broth, low sodium	1 gallon	

Nutrition Information

1 serving – ¾ cup (6 ounces)

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories	160		Total Carbohydrate	14	(g)
Total Fat	11	(g)	Dietary Fiber	4	(g)
Saturated Fat	1	(g)	Total Sugars		(g)
Cholesterol	0	(mg)	Vitamin D		(mcg)
Sodium	739	(mg)	Calcium		(mg)
Protein	2	(g)	Iron		(mg)

Notes

If preparing ahead of service, you can refrigerate after blending.

As soup is heating you can add additional stock to achieve the desired thickness.

Soup can be adjusted with salt or sugar to achieve a balanced flavor.

Source

ForwardFood.org

<https://healthyschoolrecipes.com/recipes/best-tomato-soup/>

Fresh Cantaloupe Wedges

Cantaloupe is a popular melon, packed with nutrition. Students love that it is sweet, colorful and easy to eat.

One portion provides:
½ cup fruit



Ingredients	50 servings	Directions
Cantaloupe (about 2 ½ pounds each)	15 pounds (about 6 cantaloupes)	Thoroughly wash cantaloupe with a produce brush. Cut cantaloupe in half. Scoop seeds out with a large spoon. Cut each half of cantaloupe into 4 wedges.

Nutrition Information

1 serving - 1/8 wedge

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories			Total Carbohydrate		(g)
Total Fat		(g)	Dietary Fiber		(g)
Saturated Fat		(g)	Total Sugars		(g)
Cholesterol		(mg)	Vitamin D		(mcg)
Sodium		(mg)	Calcium		(mg)
Protein		(g)	Iron		(mg)

Notes

Yield/Volume

Source

Herb Roasted Chicken

Ranch seasoning gives these tender drumsticks a lot of flavor and appeal. This is a versatile menu item that students will enjoy.

One portion provides:

K-8: serving size 1 drumstick = 1.5 oz M/MA

9-12: serving size 2 drumsticks = 3.0 oz M/MA



Ingredients	50 servings	Directions
Chicken, drumsticks, raw (one 3.7 oz drumstick = 1.5 oz cooked chicken meat) *Maine Family Farms for Chicken	11.63 pounds	<ol style="list-style-type: none"> 1. Thaw chicken under refrigeration overnight. For best results, place in perforated pan to drain overnight. 2. Toss chicken with seasoning blend. 3. Lay thawed chicken in a single layer on sheet pans lined with parchment paper. 4. Bake until internal temperature reaches 165°F: <ul style="list-style-type: none"> • Conventional oven: 400°F for 45-55 minutes. • Convection oven: 350°F for 30-35 minutes.
For Ranch Seasoning Mix		For Ranch Seasoning Mix <ol style="list-style-type: none"> 1. Mix all ingredient thoroughly in a bowl before adding to chicken.
Garlic, granulated	2 tablespoons	
Onion, granulated	2 tablespoons	
Dill weed, dried	2 tablespoons	
Salt	2 teaspoons	
Black pepper	1 ½ teaspoons	

Nutrition Information

1 drumstick

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories	91		Total Carbohydrate	0.2	(g)
Total Fat	4	(g)	Dietary Fiber		(g)
Saturated Fat	1	(g)	Total Sugars		(g)
Cholesterol	65	(mg)	Vitamin D		(mcg)
Sodium	155	(mg)	Calcium	0.3	(mg)
Protein	12	(g)	Iron	0.01	(mg)

Notes

Yield/Volume

Source

Culinary Nutrition Associates LLC

<https://healthyschoolrecipes.com/recipes/ranch-seasoned-baked-chicken-drumsticks/>

Lemon Zest Broccoli

Lemon and parmesan perfectly compliment steamed broccoli for a bright, colorful side dish.

One portion provides:
½ cup dark green vegetable



Ingredients	50 servings	Directions
Broccoli, fresh	10 pounds, 5 ounces (about 10 bunches)	1. Remove broccoli crowns from stems and chop. To use optional stems, removed bottom 1 to 2 inches, peel and slice thin. 2. Steam broccoli with stems (if using them) in a steamer or in a large pot with 2 inches of water, covered, over high heat, just until bright green (about 2 to 7 minutes, depending on method used). 3. Drain thoroughly.
Lemons, fresh	2 each	4. Grate the thin outer yellow layer on lemon with a zesting tool or on the small grating side of a cheese grater.
Cheese, Parmesan, fresh, grated	3 ounces	5. Mix the lemon zest, Parmesan cheese, salt, black pepper and olive oil in large hotel pans.
Salt, kosher	1 tablespoon	CCP: Heat to 140° F or higher.
Pepper, black	2 teaspoons	CCP: Hold for hot serving at 140° F or higher.
Oil, olive	¾ cup	

Nutrition Information

1 serving = ½ cup

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories	68		Total Carbohydrate	6.8	(g)
Total Fat	4	(g)	Dietary Fiber	2.7	(g)
Saturated Fat	0.7	(g)	Total Sugars		(g)
Cholesterol	1	(mg)	Vitamin D		(mcg)
Sodium	196	(mg)	Calcium		(mg)
Protein	3.3	(g)	Iron		(mg)

Notes

Preparation tips: Cook broccoli until it turns bright green and is tender but firm. If it continues to cook it becomes darker, mushy and unappetizing.

Yield/Volume

Source

Oklahoma Farm to School

<https://healthyschoolrecipes.com/recipes/lemon-zest-broccoli/>

Spicy Roasted Butternut Squash

This delicious squash is quick and easy to prepare. Roasting with warm spices gives this side dish amazing flavor and aroma.

One portion provides:

½ cup red/orange vegetable



Ingredients	50 servings	Directions
Butternut squash, peeled and cut into 2-inch cubes	20 pounds	1. Add squash to a parchment-covered or oil sprayed-sheet pan. (10 lb capacity per pan.) 2. Cut any extra large pieces, so the size of squash pieces are similar.
Butter, melted	1 pounds	1. Melt the butter in a small pot, then add the brown sugar, salt, cinnamon and pepper. Mix to combine thoroughly. 2. Equally divide the butter mixture among pans, then stir until squash is well coated. 3. Roast, uncovered, until cooked through and lightly browned. Convection oven: 350°F about 20-30 minutes Conventional oven: 375°F about 30-35 minutes
Brown sugar	2 ¼ cups	
Cinnamon	3 tablespoons	
Salt, kosher	4 teaspoons	
Pepper, black, ground	1 teaspoons	

Nutrition Information

1 serving = ½ cup (4 ounces)

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories	135		Total Carbohydrate	18	(g)
Total Fat	7.51	(g)	Dietary Fiber	2	(g)
Saturated Fat	4	(g)	Total Sugars	0	(g)
Cholesterol	20	(mg)	Vitamin D		(mcg)
Sodium	250	(mg)	Calcium		(mg)
Protein	1	(g)	Iron		(mg)

Notes

Source

Fresh From the Farm: Massachusetts Farm to School Cookbook.

healthyschoolrecipes.com/recipes/roasted-butternut-squash-cinnamon-brown-sugar/

Cinnamon Apple Crisp

This sweet apple crisp is filled with oats, brown sugar, apples and spices. Served warm, this dessert is the perfect treat on a chilly day!

One portion provides:
½ cup fruit, 0.25 oz grain equivalent



Ingredients	50 servings	Directions
For The Topping:		
All-purpose flour	20 ½ ounces	1. Combine flour, rolled oats, brown sugar, cinnamon, nutmeg (optional), salt, and butter or margarine, just until mixed and crumbly, not creamed. Set aside.
Rolled oats	13 ½ ounces	
Brown sugar, packed	22 ½ ounces	
Cinnamon, ground	2 ¼ tablespoons	
Nutmeg, ground (optional)	2 ¼ tablespoons	
Salt, kosher	¼ tablespoon	
Butter or margarine	1 pound	
For The Filling:		
Apples, sliced, unsweetened	12 pounds	2. Divide apples into 2 steamtable pans (12"x20"x2 ½ ")
Water	2 cups	
Sugar	15 ounces	3. In each pan, sprinkle 7.5 ounces sugar, 1 ⅛ teaspoons cinnamon, 3 tablespoons lemon juice over apples. Stir to combine. 4. Pour 1 cup water over apples in each pan. 5. Sprinkle half of topping evenly over apples in each pan. 6. Bake in convection oven at 350°F for 25-35 minutes or until topping is browned and crisp. 7. CCP: Cook until internal temperature reaches 165°F for 15 minutes
Cinnamon, ground	2 ¼ teaspoons	
Lemon juice	6 tablespoons	

Nutrition Information

1 serving = ½ cup

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories			Total Carbohydrate		(g)
Total Fat		(g)	Dietary Fiber		(g)
Saturated Fat		(g)	Total Sugars		(g)
Cholesterol		(mg)	Vitamin D		(mcg)
Sodium		(mg)	Calcium		(mg)
Protein		(g)	Iron		(mg)

Notes

Serving notes: use a #6 scoop to serve ½ cup fruit.

Yield/Volume

Source

Sarasota County Schools

<https://healthyschoolrecipes.com/recipes/cinnamon-apple-crisp/>

Fish Chowder

One portion provides:

1/2 cup vegetables (1/4 cup starchy, 1/8 cup red/orange, 1/8 cup other) and 2 ounce meat/meat alternative

Ingredients	50 servings	Directions
Potatoes, diced	2 ½ pounds	1. Dice potatoes and set them aside. (this step can be done the day before by covering diced potatoes with cold water and holding in the refrigerator-below 41° F. Drain before adding to the soup. This will prevent diced potatoes from browning)
Peppers, red, diced	2 pounds	2. Dice peppers, carrots, and onions into a small dice.
Carrots, diced	2 pounds	
Onions, diced	2 pounds	
Butter, unsalted	4 ounces	3. Heat a kettle to medium high heat. Add butter and melt. 4. Add diced vegetables. Sauté until onions are translucent.
Garlic, granulated	3 tablespoons	5. Add garlic, thyme, and salt. Stir well and cook 2 more minutes
Thyme, dried	3 tablespoons	
Salt, kosher	2 tablespoons	
Chicken broth	4 quarts	6. Add chicken broth and milk. Stir.
Milk, 1 %	2 quarts	7. Bring to a simmer. DO NOT BOIL.
Corn, frozen, thawed, drained		8. Add potatoes and corn. Simmer for 30 minutes or until vegetables are cooked through.
Fish	9.5 pounds	9. Add fish. Cook for 8 minutes, until it is flaky and falls apart.
Bacon, turkey	25 ounces	10. Portion 1 cup of soup into containers and top with ½ ounces crumbled bacon. 11. Hold hot for service, above 135°F.

Nutrition Information					
1 serving					
Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories			Total Carbohydrate		(g)
Total Fat		(g)	Dietary Fiber		(g)
Saturated Fat		(g)	Total Sugars		(g)
Cholesterol		(mg)	Vitamin D		(mcg)
Sodium		(mg)	Calcium		(mg)
Protein		(g)	Iron		(mg)

Notes

Yield/Volume

Source

Fresh Mixed Green Salad

Fresh tomatoes, cucumbers, carrots, spinach, and celery create a bright and nutritious salad that students will enjoy!

One portion provides:

$\frac{1}{2}$ cup dark leafy green, $\frac{1}{2}$ cup other vegetable, $\frac{1}{2}$ cup red/orange vegetable



Ingredients	50 servings	Directions
Lettuce, Romaine	6 pounds, 11 ounces	<ol style="list-style-type: none"> 1. Chop lettuce and mix with spinach. 2. Dice tomatoes, cucumber, carrots and celery. 3. Toss with lettuce and spinach mixture. 4. Hold cold until ready for service. Serve 1 $\frac{1}{2}$ cups.
Spinach, raw	1 quart, $2\frac{5}{8}$ cups	
Tomatoes, red, ripe, raw	3 quarts, 1 $\frac{1}{4}$ cups	
Cucumber, with peel, raw, sliced	1 quart, $2\frac{5}{8}$ cups	
Carrots, raw, shredded	1 quart, $2\frac{5}{8}$ cups	
Celery, raw, chopped	1 quart, $2\frac{5}{8}$ cups	

Nutrition Information

1 serving = 1 $\frac{1}{2}$ cups

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories	30		Total Carbohydrate	6.27	(g)
Total Fat	0.36	(g)	Dietary Fiber	2.62	(g)
Saturated Fat	0.06	(g)	Total Sugars	3.1	(g)
Cholesterol		(mg)	Vitamin D		(mcg)
Sodium	32	(mg)	Calcium		(mg)
Protein		(g)	Iron		(mg)

Notes

Yield/Volume

Source

Windham Raymond School Department

<https://healthyschoolrecipes.com/recipes/colorful-classic-garden-salad/>

Cornbread

Cornbread just got a whole lot better with these whole grain-rich muffins. Mixed with honey and baked until golden brown, use this recipe when you need a quick and delicious side.



Ingredients	48 servings	Directions
Cornmeal, yellow, enriched	4 cups	<ol style="list-style-type: none"> 1. Preheat the oven to 375° F. Line muffin tins or spray them with cooking spray. 2. Combine the cornmeal, whole wheat flour, baking powder, and salt in a large mixing bowl. 3. In a separate bowl, combine the milk, egg(s), honey, and oil. Add this mixture to the cornmeal mixture (from step 2). Stir together by hand or on low speed in a mixer until evenly moistened. 4. Use a No. 16 scoop to portion the batter into the prepared muffin tins. Bake until golden brown, 15 to 20 minutes. Cool in the pans on racks before removing the muffins from the tins. Serve warm or room temperature.
Flour, whole wheat	4 cups	
Baking powder	5 teaspoons	
Salt, kosher	2 teaspoons	
Milk, skim	1 quart	
Eggs, large	4 each	
Honey	1 cup	
Oil, vegetable	½ cup	

Nutrition Information

1 serving

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories	140		Total Carbohydrate	25	(g)
Total Fat	3	(g)	Dietary Fiber	2	(g)
Saturated Fat		(g)	Total Sugars		(g)
Cholesterol	15	(mg)	Vitamin D		(mcg)
Sodium	190	(mg)	Calcium	153	(mg)
Protein	4	(g)	Iron	1	(mg)

Notes

This recipe can be made into muffins or bars.
Maine grains for cornmeal

Yield/Volume

Source

Watermelon, Blueberry Parfait with Citrus Yogurt

This layered parfait offers a lot of visual appeal and great flavors with vibrant fruit and creamy yogurt. Serve with optional granola to create a complete breakfast

One portion provides:

½ cup fruit, 1 oz. eq. m/ma



Ingredients	50 servings	Directions
Yogurt, Greek, vanilla, nonfat	6 quarts, 1 cup	1. Combine yogurt and orange juice. Stir until well combined.
Juice, orange	5 cups	
Wild blueberries, fresh or frozen	4 ¼ pounds	2. In an 8 or 9-ounce cup, assemble the layered parfait: <ul style="list-style-type: none"> • Blueberries (1/4 cup) • Orange-flavored yogurt (1/2 cup - #8 scoop) • Watermelon, diced (1/4 cup) • Orange-flavored yogurt (1 ½ tablespoon - # 40 scoop)
Watermelon, ½ inch dice	8 ¾ pounds AP (about 5 pounds EP)	

Nutrition Information

1 serving

Nutrients	Amount	Unit	Nutrients	Amount	Unit
Calories			Total Carbohydrate		(g)
Total Fat		(g)	Dietary Fiber		(g)
Saturated Fat		(g)	Total Sugars		(g)
Cholesterol		(mg)	Vitamin D		(mcg)
Sodium		(mg)	Calcium		(mg)
Protein		(g)	Iron		(mg)

Notes

Yogurt yield: 7 ½ quarts

If yogurt is thin after stirring, let sit in refrigerator for 1 hour or more. It will thicken up when rechilled. Stirring yogurt can thin it out.

Source