



# Tangerine Chicken Lettuce Wrap

**Featured Item: Hydroponic Lettuce**  
Serving Size: 2 wraps • Yield 25

**HACCP Process #2:**  
Same day service

**Child Nutrition Credit:**  
2 ounces Meat/Meat Alternate  
2 ounces Whole Grain Equivalent  
0.25 Cups of Red/Orange  
0.125 Cups of Dark Green

## INGREDIENTS

- 6 pounds, 4 ounces** Tyson Tangerine Chicken
- 1 quart, 2 1/4 cups** Carrots, shredded
- 3 quarts, 1/2 cup** Brown rice, cooked
- 50** Hydroponic Lettuce leaves, local



## DIRECTIONS

1. Thaw sauce overnight or reheat in steam cabinet or boil in bag.
2. Prepare chicken: Heat oven to 350 degrees. Place chicken on baking sheet and heat from frozen for 9-11 minutes. After heated thoroughly, apply 1 sauce pack per bag of portions. Add popcorn chicken to sauce and coat thoroughly.
3. Assemble wraps: Lay out leaves and to each leaf add: 1/4 cup rice, 2 ounce scoop chicken, and 2 tablespoons shredded chicken.

## NUTRITION FACTS

**Calories:** 331  
**Total Fat:** 13g  
     Saturated Fat: 2.5g  
     Trans Fat: 0g  
**Cholesterol:** 92mg  
**Sodium:** 307mg  
**Total Carbohydrate:** 34g  
     Dietary Fiber: 3g  
     Total Sugars: 11g  
**Protein:** 21.5g

*Child nutrition crediting and nutrition facts may vary based on specific products used.*



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# Roasted Root Vegetable Salad

**Featured Item: Hydroponic Lettuce**

Serving Size: 1 salad • Yield 25

**HACCP Process #2:**

Same day service

**Child Nutrition Credit:**

2 ounces Meat/Meat Alternate

1 cup of Dark Green

0.125 Cups Red/Orange

0.125 Cups Starchy

## INGREDIENTS

Salad:

**3 gallons, 2 cups** Hydroponic lettuce, LOCAL

**2 quarts, 1 1/4 cups** Garbanzo beans

**3 cups** Feta cheese crumbles

**1 1/2 cups** Pumpkin seeds, roasted

Vegetable Medley:

**3 cups** Sweet potatoes, cubed

**1 quart, 1 cup** Red potatoes, diced

**3 cups** Butternut squash, cubed

**1/4 cup** Olive oil

**2/3 teaspoon** Salt

**1 1/4 teaspoon** Black pepper

Dressing:

**1 1/2 cups** Olive oil

**1 1/2 cups** Balsamic vinegar

**1/3 cup** Maple Syrup

**1 2/3 teaspoon** Salt

**1 teaspoon** Black pepper



## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prepare vegetables: Scrub, peel, and cube sweet potatoes. Peel and cube butternut squash. Scrub red potatoes and cut into small pieces. Make sure all vegetables are a similar size.
3. Toss vegetables in the olive oil, salt, and pepper. Place on a rimmed baking sheet. Roast in the oven, 20-30 minutes, or until tender and lightly browned.
4. Prepare dressing: Whisk all ingredients together.
5. Prepare salad: Drain the beans. Clean and chop lettuce.
6. Assemble salad: Top 2 cups of lettuce with 3/8 cup garbanzo beans, 1/3 cup roasted root vegetables, 2 tablespoons feta cheese, and 1 tablespoon pumpkin seeds. Serve with 2 tablespoons balsamic dressing.

## NUTRITION FACTS

**Calories:** 339

**Total Fat:** 22g

Saturated Fat: 4g

Trans Fat: 0 g

**Cholesterol:** 10mg

**Sodium:** 546mg

**Total Carbohydrate:** 31g

Dietary Fiber: 7.5g

Total Sugars: 8g

**Protein:** 8.5g

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*Local Foods for Growing Minds*



**SCHOOL RECIPE**

# Hydroponic Lettuce

**Featured Item: Hydroponic Lettuce**  
 Serving Size: 1 cup • Yield 1

**HACCP Process #1:**  
 No Cook

**Child Nutrition Credit:**  
 0.5 cups Dark Green

## INGREDIENTS

**1 cup** Hydroponic Lettuce, LOCAL, chopped



## DIRECTIONS

1. Chop hydroponic lettuce.
2. Top with your favorite local veggies and serve.

## NUTRITION FACTS

**Calories:** 5  
**Total Fat:** 0g  
     Saturated Fat: 0g  
     Trans Fat: 0g  
**Cholesterol:** 0mg  
**Sodium:** 2mg  
**Total Carbohydrate:** 0g  
     Dietary Fiber: 0g  
     Total Sugars: 0g  
**Protein:** 0g

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**ENJOY!**

Recipe and nutritional info provided by our partner, Pisanick Partners LLC  
 Email [ohiofeedourfuture@gmail.com](mailto:ohiofeedourfuture@gmail.com) for full nutrition facts.