

Recipes Kids Love!

VOLUME 4



kikkoman®

SERVE FLAVORS KIDS CRAVE

AND NUTRITION THEY NEED

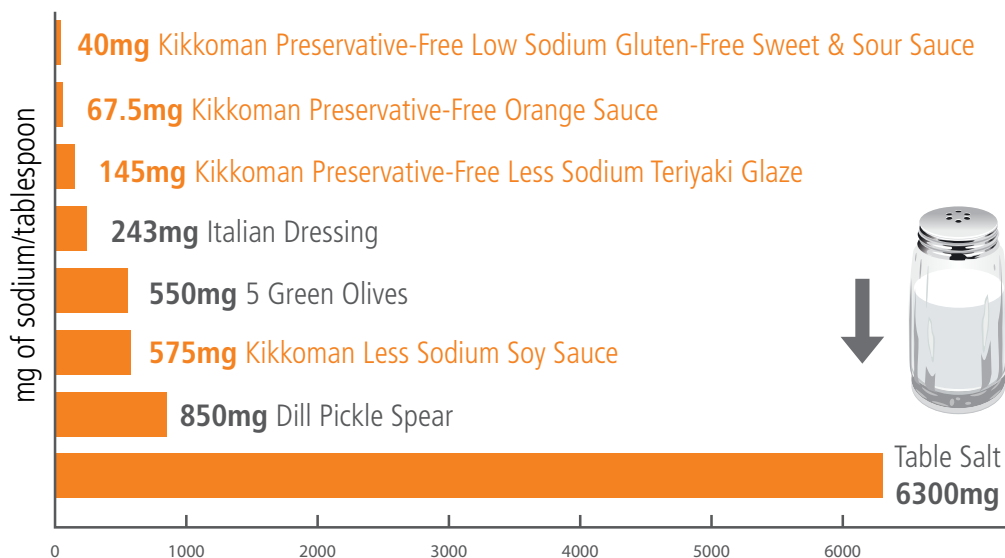
With 75% of districts offering Asian items, now is the time to go global with your menu.¹ Unlock the keys to flavorful menu items that meet USDA nutritional guidelines with Kikkoman's full line of ready-to-use kid-approved sauces ranging from reduced sodium to gluten- and preservative-free.

These simple menu ideas transform bland commodity proteins and vegetables with a boost of inspirASIAN while saving labor, money, time and space. Rest easy knowing that you can count on the quality and consistency of Kikkoman's American-made products.

¹ Source: School Nutrition Operations Report, 2016



LABEL-FRIENDLY SOLUTIONS



Cleaner Labels:

56% of districts serve cleaner label menu items²

Gluten-Free:

37% of districts serve gluten-free menu items³

² School Nutrition Trends Report, 2017

³ School Nutrition Trends Report, 2014

SOLUTIONS FOR SCHOOLS

SOY SAUCES

	Product Code
Soy Sauce*	00150
Less Sodium Soy Sauce*	00130
Preservative-Free Gluten-Free Tamari Soy Sauce*	00158
Preservative-Free Less Sodium Gluten-Free Tamari Soy Sauce	00155



TERIYAKI SAUCES

Teriyaki Glaze	04910
Preservative-Free Less Sodium Teriyaki Glaze	01657
Less Sodium Teriyaki Marinade & Sauce	01046
Preservative-Free Less Sodium Gluten-Free Teriyaki Marinade & Sauce	01045



ASIAN SAUCES

Hoisin Sauce	01542
Katsu Sauce	02154
Ponzu Citrus Seasoned Dressing & Sauce*	02084
Lime Ponzu Citrus Seasoned Dressing & Sauce*	02305
Preservative-Free Poke Sauce	01658
Sweet & Sour Sauce	04902
Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce	01656
Sushi Sauce (Unagi Tare)	01564
Thai Style Chili Sauce*	01546
Sriracha Hot Chili Sauce	01588
Preservative-Free Orange Sauce	01575
Rice Vinegar	02020
Wasabi Sauce	00719
Preservative-Free Non-GMO Toasted Sesame Oil	01702



RAMEN SOUP MIXES

Tonkotsu Ramen Soup Mix (Green Label)	01620
Shoyu Ramen Soup Mix (Green Label)	01690
Miso Ramen Soup Mix (Green Label)	01691



*Also available in portion control packets.



BUILDING BETTER BOWLS

Versatile and efficient, bowls are the easiest way to deliver the nutrition kids need with global flavors they crave. Whether you're offering a build-your-own station or grab-and-go options, Kikkoman's full line of ready-to-use sauces and soup mixes make it a snap. Get the ball rolling with these fresh menu ideas.

STEP 1

Select a Base

- Rice/Whole Grain
- Noodles
- Soup

STEP 2

Select Vegetables

- Broccoli
- Carrots
- Cucumber
- Onions
- Bell Peppers
- Corn
- Peas
- Cabbage

STEP 3

Select a Protein

- Nuggets
- Tofu
- Chicken
- Pulled Pork
- Beef Strips
- Patties

STEP 4

Select a Kikkoman Sauce

- Drizzle or toss with toppings
- Store in 2 oz. container for Grab & Go

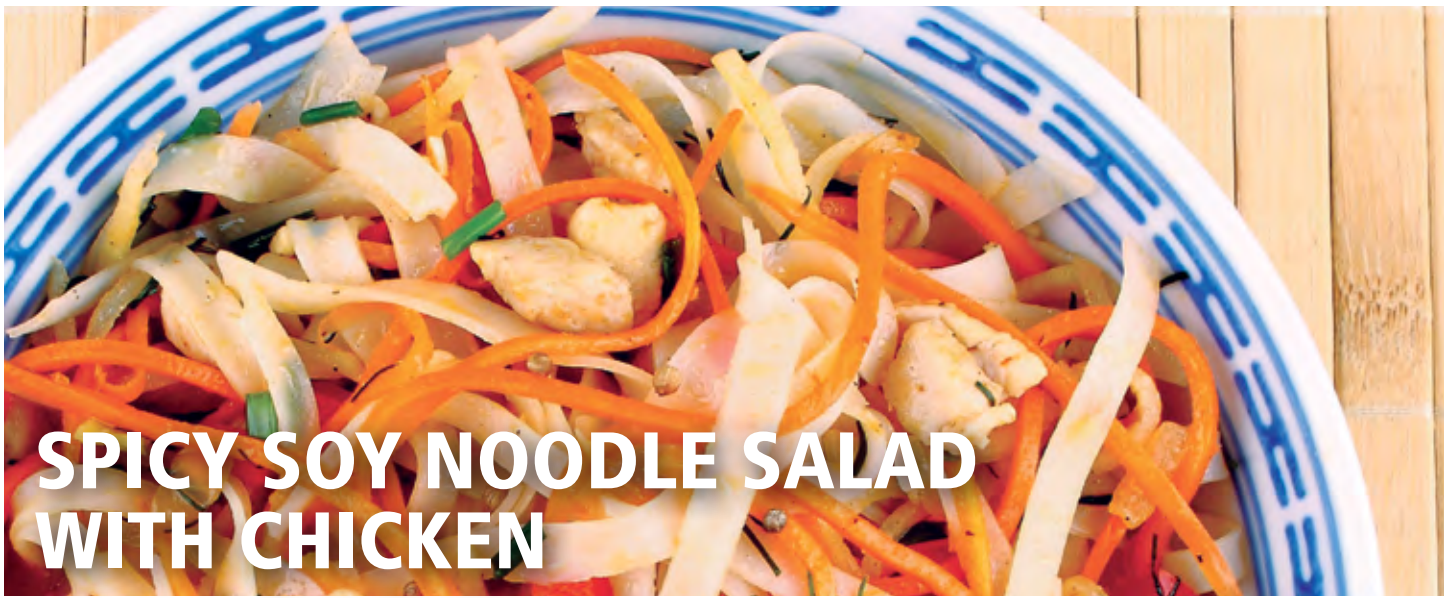


SWEET AND SPICY BEEF "STIR FRY"

Grains, Meat/Meat Alternate		Main Item		32 Servings
Ingredients	Weight	Measure	Directions	
Kikkoman Preservative-Free Orange Sauce		2½ cups	Whisk together the Kikkoman Preservative-Free Orange Sauce, Kikkoman Less Sodium Soy Sauce and red pepper flakes.	
Kikkoman Less Sodium Soy Sauce		½ cup		
Red pepper flakes		2 teaspoons		
Beef, fajita style steak strips, precooked, frozen	5 pounds		Preheat oven to 350°F. Spray a 2-inch, full-size steam table pan with pan release spray. Place the beef steak strips in the prepared pan. Pour the sauce over the beef and stir until all beef pieces are coated with sauce. Distribute the red bell peppers, broccoli and green onions evenly over the beef. Cover with foil and bake in the preheated oven for about 20–30 minutes. CCP: Heat to an internal temperature of 165°F. CCP: Hold hot at 135°F or higher.	
Red Bell Peppers, fresh, diced 1-inch	1 pound			
Broccoli, fresh, florets, 1-inch pieces	1 pound			
Green onions, sliced into 1-inch lengths	4 ounces	2 cups		
Brown rice, cooked		2 gallons	Before service, stir the vegetable pieces into the beef. Serve ⅔ cup portions over 1 cup of brown rice.	

Serving Size	1 Serving Provides
⅔ cup	2 ounce equivalents grains, 2 ounce equivalents meat/meat alternate

Nutrients Per Serving					
Calories	436	Saturated Fat	5 g	Iron	1 mg
Protein	19 g	Cholesterol	49 mg	Calcium	29 mg
Carbohydrate	58 g	Vitamin A	567 IU	Sodium	526 mg
Total Fat	13.8 g	Vitamin C	31 mg	Dietary Fiber	4 g



SPICY SOY NOODLE SALAD WITH CHICKEN

Grains, Meat/Meat Alternate		Main Item		32 Servings
Ingredients	Weight	Measure	Directions	
Chicken, fajita style strips, unseasoned, precooked, frozen	5 pounds		Slack out the unseasoned fajita chicken in the refrigerator 24 hours before preparation. CCP: Hold cold at 41°F or below.	
Spaghetti, whole grain rich, dry	4 pounds		Cook spaghetti in boiling water until al dente. Drain immediately and rinse with cold water to quickly chill the spaghetti. Drain chilled spaghetti and transfer to a large mixing container.	
Kikkoman Preservative-Free Poke Sauce, divided		2 cups	Place the unseasoned fajita chicken into a separate large mixing bowl. Pour ½ cup of the Kikkoman Preservative-Free Poke Sauce over the chicken and stir to coat each piece.	
Cucumber, fresh, julienne	1 pound 4 ounces		Combine the chilled spaghetti, cucumber, red bell pepper and carrots. Pour the remaining 1½ cups of the Kikkoman Preservative-Free Poke Sauce over the pasta and vegetables. Gently stir to combine.	
Red bell pepper, fresh, julienne	4 ounces			
Carrots, fresh, matchsticks (julienne)	4 ounces		To serve, portion 1 cup of the spicy soy noodles in a portion container. Top with 2.5 ounces of chicken. Hold chilled for service. CCP: Hold cold at 41°F or below.	

Serving Size	1 Serving Provides
1 cup noodles with 2.5 ounces chicken	2 ounce equivalents grains, 2 ounce equivalents meat/meat alternate

Nutrients Per Serving			
Calories	338	Saturated Fat	2.2 g
Protein	21 g	Cholesterol	47 mg
Carbohydrate	53 g	Vitamin A	725 IU
Total Fat	5.9 g	Vitamin C	5 mg
		Iron	2 mg
		Calcium	27 mg
		Sodium	686 mg
		Dietary Fiber	6 g

MORE MENU IDEAS

Sweet & Sour Tofu and Peppers

Dice extra-firm tofu into 1-inch cubes. Cut red and green bell peppers into 1-inch pieces and combine with the tofu in a 2-inch steam table pan sprayed lightly with oil. Stir in Kikkoman Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce and bake, covered, in a 350°F oven for about 20 minutes.

Kikkoman Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce

Sweet & Sour Meatballs with Pineapple

Simply place frozen meatballs in a 2-inch steam table pan sprayed lightly with oil. Stir in Kikkoman Preservative-Free Low Sodium Gluten-Free Sweet & Sour Sauce and pineapple tidbits. Cover and bake in a 350°F oven for about 20 minutes.



Orange Sesame Dressing

Combine 5 parts Kikkoman Preservative-Free Orange Sauce with 1 part Kikkoman Rice Vinegar. Pour over a bowl of cooked chicken, shredded purple cabbage, julienned cucumber and mandarin orange segments.

Kikkoman Preservative-Free Orange Sauce



MORE MENU IDEAS

Thai Chili Chicken

Place skinless chicken thighs in a 2-inch steam table pan and season with black pepper. Bake in a 400°F oven for 10 minutes. Remove from the oven and brush with Kikkoman Thai Style Chili Sauce. Reduce the oven temperature to 350°F and return the chicken to the oven. Bake for about 15–20 more minutes.

Sweet Chili Pork

Slow roast the USDA pork shoulder at 300°F until tender, about 5 hours. Tent with foil if the pork browns too quickly. Pull the pork roast into shredded pieces and simply add Kikkoman Thai Style Chili Sauce.

Kikkoman Thai Style Chili Sauce



POKE BALL BOWL WITH CUCUMBER, CARROTS AND GREEN ONION

Grains, Meat/Meat Alternate, Other Vegetable, Red/Orange Vegetable			Main Item	26 Servings
Ingredients	Weight	Measure	Directions	
Meatballs, precooked, frozen, low sodium (5 meatballs per 2 ounce equivalent meat/meat alternate)	5 pounds		Preheat oven to 375°F.	
Kikkoman Preservative-Free Poke Sauce		1 cup	Spray a full-size, 2-inch steam table pan with pan release spray. Place the meatballs in the prepared pan and distribute into a single layer. Cover and bake the meatballs in the preheated oven for about 30 minutes, or until the meat begins to brown slightly. CCP: Cook to a minimum internal temperature of 135°F. Remove from the oven. Pour the Kikkoman Preservative-Free Poke Sauce over the baked meatballs and stir to coat each meatball evenly. CCP: Hold hot at 135°F or higher.	
Brown rice, cooked		1½ gallons 2 cups	To serve, place 1 cup of cooked brown rice into a 12- to 16-ounce portion container. Top with 5 poke sauce meatballs. Place ¼ cup each of sliced cucumber and grated carrots next to the meatballs. Sprinkle with thinly sliced green onions and sesame seeds. Serve immediately.	
Cucumber, fresh, thinly sliced	2 pounds	6 cups		
Carrots, fresh, grated or matchsticks	1 pound 12 ounces	6¾ cups		
Green onions, fresh, thinly sliced	4 ounces	2 cups		
Sesame seeds		3 tablespoons		
Serving Size		1 Serving Provides		
1 portion		2 ounce equivalents grains, 2 ounce equivalents meat/meat alternate, ¼ cup other vegetable, ¼ cup red/orange vegetable		

Nutrients Per Serving					
Calories	418	Saturated Fat	2.3 g	Iron	2 mg
Protein	23 g	Cholesterol	44 mg	Calcium	426 mg
Carbohydrate	61 g	Vitamin A	5,536 IU	Sodium	596 mg
Total Fat	9.5 g	Vitamin C	4 mg	Dietary Fiber	6 g



KOREAN STYLE BBQ BEEF

Meat/Meat Alternate		Main Item		32 Servings
Ingredients	Weight	Measure	Directions	
Kikkoman Thai Style Chili Sauce		2½ cups	Whisk together the Kikkoman Thai Style Chili Sauce, Kikkoman Less Sodium Soy Sauce, water and ground ginger. When combined, then whisk in the Kikkoman Preservative-Free Non-GMO Toasted Sesame Oil.	
Kikkoman Less Sodium Soy Sauce		⅔ cup		
Water		⅔ cup		
Ginger, ground		1 teaspoon		
Kikkoman Preservative-Free Non-GMO Toasted Sesame Oil		1 tablespoon 1 teaspoon		
Beef, fajita style steak strips, precooked, frozen	5 pounds		Preheat oven to 350°F. Spray a 2-inch, full-size steam table pan with pan release spray. Place the beef steak strips in the prepared pan. Pour the sauce over the beef and stir until all beef pieces are coated. Cover with foil and bake in the preheated oven for about 20–30 minutes. CCP: Heat to an internal temperature of 165°F. CCP: Hold hot at 135°F or higher.	
Green onion, thinly sliced		½ cup	Just before service, distribute the thinly sliced green onions and toasted sesame seeds evenly over the top of the beef. Serve over brown rice or use as a unique topping for Asian-style bowl or street tacos.	
Sesame seeds, toasted		2 tablespoons		

Serving Size	1 Serving Provides
2.5 ounces	2.5 ounce equivalents meat/meat alternate

Nutrients Per Serving					
Calories	221	Saturated Fat	5 g	Iron	1 mg
Protein	14 g	Cholesterol	49 mg	Calcium	10 mg
Carbohydrate	10 g	Vitamin A	16 IU	Sodium	630 mg
Total Fat	13.5 g	Vitamin C	0 mg	Dietary Fiber	0 g

MORE MENU IDEAS

Hawaiian Style Fish with Rice

Marinate white fish fillets or portions in Kikkoman Preservative-Free Less Sodium Teriyaki Glaze for 30 minutes. Transfer fish to a 2-inch steam table pan sprayed lightly with oil. Bake the marinated fish in a 350°F oven for about 10 minutes. Serve over brown rice with a side of quick pickled sliced cucumbers. Top with sliced green onions or cilantro for color contrast and flavor.



Teriyaki Beef and Broccoli

In a steam table pan combine thinly sliced beef and Kikkoman Preservative-Free Less Sodium Teriyaki Glaze. Bake in a 350°F oven, partially covered, for about 20 minutes to heat the beef and concentrate the flavors. Remove from the oven, sprinkle with sliced green onions and sesame seeds. Serve with steamed broccoli florets.

Kikkoman Preservative-Free Less Sodium Teriyaki Glaze

PEARL® Organic Smart Soymilk

A SMARTER MILK ALTERNATIVE

- Formulated to meet USDA School Nutrition Guidelines
- More calcium and Vitamins A and D than whole milk
- Increased calcium, potassium, magnesium, riboflavin and Vitamin B12
- Cholesterol-free, an excellent source of folate, low in saturated fat, preservative-free and minimally processed and pasteurized
- 8 grams of protein per serving—nearly one-third the daily requirement
- Kosher and USDA Organic Certified
- Shelf-stable storage
- Single serve (8 ounce) sizes available in 3 delicious flavors—Original, Creamy Vanilla and Chocolate
- 25% of school districts serve soymilk⁴



⁴ School Nutrition Trends Report, 2014

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