

kikkoman®  
Asian Cool™

# Recipes Kids Love!



kikkoman®

# Kids Love Kikkoman

Today, more than ever, it's all about finding that perfect balance between the flavors kids love and the nutrition they need. Kikkoman can help.

Our full line of convenient sauces and products can instantly transform anything from commodity veggies and proteins to noodles, nuggets and patties into craveable creations—and they can help you keep sodium, fat and calories in line, too.



Kids love Kikkoman. And Kikkoman loves helping schools build healthier, tastier menus.

## Health and Flavor. Kikkoman to the Rescue!

New menu regulations call for increasing vegetables, fruit, whole grains and proteins while reducing sodium. How can you meet that challenge with menu items that compete with fast food and other less healthy options? It's easy. Give those ingredients a "kikk" of flavor kids will love. Kikkoman sauces can give any vegetable, protein or whole grain proven kid appeal. They can also help you follow guidelines for reducing sodium.

## TRENDS AND OPPORTUNITIES

84% of schools offer Asian foods.



Kikkoman sauces add the Asian flavors kids love most—from Sweet & Sour to Teriyaki and Thai Chili Sauce. And they're great in Latin and Middle Eastern recipes too.

32% offer Gluten-free options.

Kikkoman offers several gluten-free options, including Gluten-Free Tamari Soy Sauce, in foodservice sizes (1/2 gallon and 5 gallon) and packets.



64% of schools offer vegetarian options.



Kikkoman sauces give veggies and meatless meals plenty of rich, savory flavor.

90% of schools offer whole grains.

Kikkoman can help you add flavor to everything from pasta to pizza.



\*Source: School Nutrition Operations Report, 2011

## Sodium Reduction: Perception vs. Reality

Sodium reduction isn't just a matter of using less salt. It's all about using the right combinations of ingredients so kids don't miss the flavor of salt.



Table salt  
6,300 mg sodium/teaspoon



Kikkoman Less Sodium Soy Sauce  
575 mg sodium/teaspoon



5 Green Olives  
550 mg sodium

Ounce for ounce, Kikkoman Sauces are actually lower in sodium than many common ingredients you're already using. And you can use them instead of salt to add flavor and umami (the "fifth taste" that adds "deliciousness" and heightened flavor) to any food.



### USDA SODIUM GUIDELINES

#### SODIUM COMPARISON

	mg sodium per teaspoon
Table Salt	6,300
Kikkoman Soy Sauce	920
Kikkoman Less Sodium Soy Sauce	575
Kikkoman Less Sodium Teriyaki Marinade & Sauce	320
Kikkoman Ponzu Citrus Seasoned Dressing & Sauce	400
Kikkoman Lime Ponzu Citrus Seasoned Dressing & Sauce	360
Kikkoman Sushi Sauce	370
Kikkoman Hoisin Sauce	255
Kikkoman Thai Style Chili Sauce	145
Kikkoman Sweet & Sour Sauce	145
Kikkoman Wasabi Sauce	105
Kikkoman Preservative-Free Orange Sauce	68
Kikkoman Rice Vinegar Sauce	0
Typical Italian Dressing	243
Typical Pickle Relish	225
Typical Mustard	200
1 Dill Pickle Spear	850
5 Green Olives	550
5 Black Olives	200

## Swap Salt for Soy!

Try substituting Kikkoman Less Sodium Soy Sauce for the same amount of salt in a recipe. You'll get a richer savory flavor with less sodium than if you used the same amount of salt. Don't just think Asian foods, try it in sauces and soups, and as a seasoning for veggies, ground meat or poultry.

# The “Kikkoman Can” Menu Plan

As you plan your menu for maximum appeal and health value, remember, Kikkoman can...

- Help build menu variety from Asian and Latin to mainstream American
- Enhance flavor easily and inexpensively
- Make commodity proteins and veggies better tasting and more appealing
- Save space: no need to stock multiple items to achieve great flavor
- Help you reduce sodium without sacrificing taste
- Keep your menu safe and wholesome: Kikkoman products are made with high-quality ingredients, right here in the USA.

## KIKKOMAN SAUCES FOR SCHOOLS:

- Soy Sauce
- Organic Soy Sauce
- Less Sodium Soy Sauce
- Gluten-Free Tamari Soy Sauce
- Less-Sodium Gluten-Free Tamari Soy Sauce
- Hoisin Sauce
- Katsu Sauce
- Ponzu Citrus Seasoned Dressing & Sauce
- Lime Ponzu Citrus Seasoned Dressing & Sauce
- Sweet & Sour Sauce
- Thai Style Chili Sauce
- Sushi Sauce
- Sriracha Hot Chili Sauce
- Teriyaki Glaze
- Less Sodium Teriyaki Marinade & Sauce
- Preservative-Free Orange Sauce
- Rice Vinegar

## MANY KIKKOMAN SAUCE PRODUCTS ARE AVAILABLE IN PACKETS.

- Soy Sauce
- Preservative-Free Soy Sauce
- Less Sodium Preservative-Free Soy Sauce
- Gluten-Free Tamari Soy Sauce
- Organic Soy Sauce
- Thai Style Chili Sauce
- Sushi Sauce
- Teriyaki Marinade & Sauce
- Ponzu Citrus Seasoned Dressing & Sauce
- Lime Ponzu Citrus Seasoned Dressing & Sauce



# Easy Menu Ideas with Kikkoman Sauces

Our foodservice sauces are versatile recipe starters that make it easy to create foods and flavors kids love—without the guesswork, labor, mixing, measuring and cleanup! They’re great for serving up the Asian flavors kids crave—like Teriyaki and Orange Sauce. But that’s just the beginning. This collection of smart, healthful, school foodservice recipes is delicious proof that Kikkoman sauces are right at home in everything from fish tacos to Bolognese sauce.

Kids love Kikkoman. And you’ll love how easy our sauces make menu planning and prep for you and your team. Look for more ideas and inspirations at [kikkomanusa.com/foodservice](http://kikkomanusa.com/foodservice).



## Salads

### Chicken Spinach Salad with Grapes

Meat/Meat Alternate-Dark Green Vegetables-Red/Orange Vegetables-Other Vegetables-Fruit					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Baby spinach, raw	16 pounds	6 gallons 1 quart	32 pounds	12 ½ gallons	Place 2 cups of spinach leaves into each portion container. Place 3.4 ounces of diced fajita chicken in a mound in one corner of the container. In the remaining corners place ¼ cup grapes, ¼ cup shredded carrots, and ⅛ cup celery.
Chicken, cooked, IQF fajita strips, thawed, diced	10 pounds 10 ounces		21 pounds 4 ounces		
Fresh grapes, seedless, red or green, halved	4 pounds 8 ounces	3 quarts ½ cup	9 pounds	1½ gallons 1 cup	
Carrots, shredded	2 pounds 9 ounces	3 quarts ½ cup	5 pounds 2 ounces	1½ gallons 1 cup	
Celery, sliced	10 ounces	6 cups	1 pound 4 ounces	8 cups	
Kikkoman Preservative-Free Orange Sauce		5¼ cups		2 quarts 2½ cups	
Kikkoman Rice Vinegar		1 cup		2 cups	To make the dressing, whisk together the Kikkoman Preservative-Free Orange Sauce and the Kikkoman Rice Vinegar. Top salad with 2 tablespoons of the dressing. Alternately, portion 2 tablespoons (1 ounce) of the sauce into portion cups with lids and place inside the salad container.
Green onions, thinly sliced		3⅞ cups		6¼ cups	
Sunflower kernels, roasted, unsalted		3⅞ cups		6¼ cups	
Crunchy chow mein noodles		3⅞ cups		6¼ cups	

Serving Size	1 Serving Provides
1 salad	2 ounce equivalents meat/meat alternate, 1 cup dark green vegetables, ¼ cup red/orange vegetables, ¼ cup fruit, ⅛ cup other vegetables

Nutrients Per Serving					
Calories	326	Saturated Fat	2.3 g	Iron	5.7 mg
Protein	26 g	Cholesterol	79 mg	Calcium	240 mg
Carbohydrate	35 g	Vitamin A	18,376 mg	Sodium	833 mg
Total Fat	11 g	Vitamin C	62 mg	Dietary Fiber	6 g



## Orange Chicken Grab-and-Go Salad

Meat/Meat Alternate-Dark Green Vegetables-Red/Orange Vegetables-Other Vegetables-Fruit					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Romaine lettuce, fresh, chopped	12 pounds 13 ounces	6 gallons 1 quart	25 pounds 10 ounces	12½ gallons	Place 2 cups of chopped lettuce into each portion container. Place 3.4 ounces of diced chicken in a mound in one corner of the container. In the remaining corners place ¼ cup each of the shredded purple cabbage, shredded carrots, and mandarin orange segments.
Chicken, cooked, IQF fajita strips, thawed, diced	10 pounds 10 ounces		21 pounds 4 ounces		
Purple cabbage, fresh, finely shredded	2 pounds 4 ounces	3 quarts ½ cup	4 pounds 8 ounces	1½ gallons 1 cup	
Carrots, fresh, shredded	2 pounds 9 ounces	3 quarts ½ cup	5 pounds 2 ounces	1½ gallons 1 cup	
Mandarin orange segments, canned, drained	5 pounds 14 ounces	3 quarts ½ cup	11 pounds 12 ounces	1 ½ gallons 1 cup	
Kikkoman Preservative-Free Orange Sauce		5¼ cups		2 quarts 2½ cups	To make the dressing, whisk together the Kikkoman Preservative-Free Orange Sauce and the Kikkoman Rice Vinegar. Top salad with 2 tablespoons of the dressing. Alternately, portion 2 tablespoons (1 ounce) of the sauce into portion cups with lids and place inside the salad container.
Kikkoman Rice Vinegar		1 cup		2 cups	
Crunchy chow mein noodles		6 ¼ cups		3 quarts ½ cup	Place 2 tablespoons of crunchy chow mein noodles in the center of each salad. Cover each salad with a lid and hold at or below 40°F until service.

Serving Size	1 Serving Provides
1 Salad	2 ounces meat/meat alternate, 1 cup dark green vegetables, ¼ cup other vegetables, ¼ cup red/orange vegetables, ¼ cup fruit

Nutrients Per Serving					
Calories	295	Saturated Fat	2 g	Iron	3 mg
Protein	23 g	Cholesterol	84 mg	Calcium	133 mg
Carbohydrate	36 g	Vitamin A	14,949 IU	Sodium	778 mg
Total Fat	8 g	Vitamin C	45 mg	Dietary Fiber	4 g



## Hoisin Chicken Lettuce Wraps

Meat/Meat Alternate-Other Vegetable					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cooked diced chicken, thawed if frozen Or Cooked chicken, shredded	10 pounds		20 pounds		Spray a full size 2-inch steamtable pan with pan release spray. For 50 servings use one pan, for 100 servings use two pans. Place the diced chicken in the pan. Combine the Kikkoman Hoisin Sauce and Chinese 5 Spice. Pour over the chicken and mix until well combined. Cover and steam or bake until the internal temperature reaches 165°F for 15 seconds. Hold hot at or above 140°F until service.
Kikkoman Hoisin Sauce		3 cups 2 tablespoons		6¼ cups	
Chinese 5 Spice, ground		1 tablespoon		2 tablespoons	
English cucumber, skin on, ¼ inch dice	4 pounds	3 quarts ½ cup	8 pounds	6 quarts 1 cup	Combine the diced cucumber, sliced green onions, chopped cilantro, and Kikkoman Rice Vinegar. Mix just until combined. Hold chilled at or below 40°F until service.
Fresh green onions, thinly sliced		1½ cups		3 cups	
Fresh cilantro, chopped		1½ cups		3 cups	
Kikkoman Rice Vinegar		¼ cup 2 tablespoons		¾ cup	
Bibb or butterhead lettuce leaves, large, whole		100 each		200 each	
					To serve, place 2 lettuce leaves nested in the serving container. Using a #12 scoop place ⅓ cup of the Hoisin Chicken in the center of the top leaf. Using a #16 scoop place ¼ cup of the cucumber mixture on top of the chicken. Serve immediately.

Serving Size	1 Serving Provides
1 Wrap	2 ounces meat/meat alternate, ¼ cup other vegetable

Nutrients Per Serving					
Calories	187	Saturated Fat	1 g	Iron	1.5 mg
Protein	28 g	Cholesterol	83 mg	Calcium	28 mg
Carbohydrate	11 g	Vitamin A	563 IU	Sodium	298 mg
Total Fat	3.8 g	Vitamin C	2.7 mg	Dietary Fiber	1 g



## Ponzu Melon Salad

Fruit					Fruit
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cantaloupe, fresh, 1-inch diced	5 pounds		10 pounds		Combine diced cantaloupe and honeydew melon and add Kikkoman Ponzu Citrus Seasoned Dressing & Sauce. Gently stir to coat the diced melon. Hold chilled at or below 40°F until service.
Honeydew, fresh, 1-inch diced	5 pounds		10 pounds		
Kikkoman Ponzu Citrus Seasoned Dressing & Sauce		¾ cup		1 ½ cups	Just before service, stir in the finely sliced fresh spearmint and chopped peanuts. Serve ½ cup portions.
Spearmint, fresh, finely sliced		½ cup		1 cup	
Peanuts, unsalted, roasted, chopped	7 ounces	1¼ cup	14 ounces	2½ cups	

Serving Size	1 Serving Provides
½ cup	½ cup fruit

Nutrients Per Serving					
Calories	60	Saturated Fat	0g	Iron	2%
Protein	2g	Cholesterol	0mg	Calcium	2%
Carbohydrate	9g	Vitamin A	30%	Sodium	100mg
Total Fat	2g	Vitamin C	40%	Dietary Fiber	1g



# Sandwiches and Tacos

## Flatbread Chicken Banh Mi

Meat/Meat Alternate-Grains-Red/Orange Vegetable-Other Vegetable					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Kikkoman Ponzu Citrus Seasoned Dressing & Sauce		½ cup		1 cup	In a large bowl combine the Kikkoman Ponzu Citrus Seasoned Dressing & Sauce, Kikkoman Rice Vinegar and sugar. Stir until the sugar dissolves. Add the shredded carrots and julienned daikon radish and mix well. Hold chilled at or below 40°F until service. This may be prepared a day in advance.
Kikkoman Rice Vinegar		½ cup		1 cup	
Sugar		1 tablespoon		2 tablespoons	
Carrots, shredded, matchstick style	2 pounds	7 cups	4 pounds	14 cups	
Daikon radish, julienne	1 pound 8 ounces	5½ cups	3 pounds	11 cups	Combine the mayonnaise and Kikkoman Sriracha Hot Chili Sauce and mix until well blended. Hold chilled at or below 40°F until service.
Mayonnaise		3 cups		6 cups	
Kikkoman Sriracha Hot Chili Sauce		1½ tablespoons		3 tablespoons	
Whole grain rich flatbread (2 ounce equivalent grains), warmed slightly to soften		50 each		100 each	
Chicken fajita strips, cooked, thawed	10 pounds 10 ounces		21 pounds 4 ounces		
Fresh English cucumber, thinly sliced	2 pounds	6¼ cups	4 pounds	12½ cups	To assemble, set out a whole grain rich flatbread and spread 1 tablespoon of the sriracha mayonnaise on one half of the flatbread. Place 3.4 ounces of the fajita chicken strips on the mayonnaise. Arrange about 4-5 slices of cucumber on top of the chicken. Place ¼ cup of the carrot and daikon radish mixture on the cucumber. Top with 3-5 springs of fresh cilantro and fold the flat bread over the top. Serve immediately.
Fresh cilantro sprigs		4 cups		8 cups	

Serving Size	1 Serving Provides
1 flatbread sandwich	2 ounce equivalents meat/meat alternate, 2 ounce equivalents grains, ⅓ cup other vegetable, ⅓ cup red/orange vegetable

Nutrients Per Serving					
Calories	416	Saturated Fat	4 g	Iron	1 mg
Protein	24 g	Cholesterol	79 mg	Calcium	110 mg
Carbohydrate	30 g	Vitamin A	2607 IU	Sodium	1004 mg
Total Fat	22 g	Vitamin C	20 mg	Dietary Fiber	4 g



## Teriyaki Meatball Grinder with Raw Pickles

Meat/Meat Alternate-Grains-Other Vegetables					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced sodium beef meatballs, cooked, frozen, 1 ounce each	9 pounds 6 ounces	150 each	18 pounds 12 ounces	300 each	Place meatballs on sheet pans and bake according to the manufacturer's directions until the internal temperature reaches 165°F.
Cucumbers, raw, stripe peeled, sliced 1/8 inch	4 pounds 12 ounces		9 pounds 8 ounces		
Red bell pepper, raw, 1/4 inch diced	5 ounces		10 ounces		Meanwhile combine the sliced cucumbers and diced red bell pepper in a large mixing bowl. Mix together the Kikkoman Ponzu Citrus Seasoned Dressing & Sauce and Kikkoman Rice Vinegar and pour over cucumbers and peppers. Mix gently until coated. Hold chilled at or below 40°F until ready to serve. May be prepared up to 3 hours ahead.
Kikkoman Ponzu Citrus Seasoned Dressing & Sauce		1/2 cup 2 tablespoons		1 1/4 cup	
Kikkoman Rice Vinegar		1/4 cup		1/2 cup	
Kikkoman Less Sodium Teriyaki Marinade & Sauce		2 1/2 cups		5 cups	When meatballs reach temperature, drizzle with Kikkoman Less Sodium Teriyaki Marinade & Sauce and gently stir to coat meatballs. Hold hot at or above 140°F until ready to serve.
Whole grain hoagie bun, 2 ounces per bun		50 each		100 each	To serve place 1/4 cup (approximately 6 slices) cucumbers and peppers inside the hoagie along the top bun. Place 3 meatballs coated with sauce inside the hoagie next to the cucumbers.

Serving Size	1 Serving Provides
1 sandwich	2 ounces meat/meat alternate, 2 ounces grains, 1/4 cup other vegetables

Nutrients Per Serving					
Calories	320	Saturated Fat	4g	Iron	15%
Protein	20g	Cholesterol	35mg	Calcium	15%
Carbohydrate	37g	Vitamin A	2%	Sodium	730mg
Total Fat	13g	Vitamin C	10%	Dietary Fiber	6g



## Asian Chicken and Shiitake Tacos

Meat/Meat Alternate-Grains					Main Dish
Ingredients	75 Servings		150 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken thighs, boneless, skinless, large dice	17.5 pounds		35 pounds		Place diced chicken thighs in a large container. Combine the Kikkoman Sushi Vinegar, Kikkoman Katsu Sauce, Kikkoman Thai Style Chili Sauce and garlic. Pour sauce mixture over chicken pieces, stir, cover and marinate chicken overnight in mixture.
Kikkoman Sushi Vinegar		1 cup		2 cups	
Kikkoman Katsu Sauce		2 cups		4 cups	
Kikkoman Thai Style Chili Sauce		2 cups		2 cups	In a large sauté pan heat 1-2 ounces oil and sauté the shiitake mushrooms until dry and slightly crispy, remove from pan and reserve. Remove chicken from marinade and drain all excess marinade. In the same pan heat the remaining oil and sauté chicken until the internal temperature reaches 165°F. Combine the cooked chicken and shiitake mushrooms.
Garlic, sliced	2 ounces		4 ounces		
Shiitake mushrooms, sliced	2.5 pounds		5 pounds		Just before service sprinkle the chicken and mushrooms with cilantro and scallions. Warm tortillas until softened. Serve 1 ounce of chicken in each corn tortilla.
Vegetable oil		1/4 cup		1/2 cup	
Cilantro, chopped		1 cup		2 cups	
Scallions, thin sliced		1 cup		2 cups	
Soft corn tortillas, whole grain rich		150 each		300 each	

Serving Size	1 Serving Provides
2 tacos	2 ounces meat/meat alternate, 2 ounce equivalents grains

Nutrients Per Serving					
Calories	271	Saturated Fat	1.4 g	Iron	2 mg
Protein	24 g	Cholesterol	100 mg	Calcium	108 mg
Carbohydrate	29 g	Vitamin A	39 IU	Sodium	336 mg
Total Fat	6.5 g	Vitamin C	1 mg	Dietary Fiber	3 g



## Fish Tacos with Ponzu Citrus Slaw

Meat/Meat Alternate-Grains-Other Vegetable					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Tortillas, flour, whole grain rich, 6-inch		100		200	Place the tortillas, tightly covered, into the warmer to soften. Hold until ready to serve.
Breaded white fish filet strips, frozen, oven ready (or similar product)	12 pounds 8 ounces		25 pounds		Place frozen fish filets on sheet pans and bake according to the manufacturer's directions. Hold warm at or above 140°F until ready to serve.
Green cabbage, fresh, finely shredded	3 pounds 13 ounces	1 1/2 gallons 1 cup	7 pounds 10 ounces	3 gallons 2 cups	In a large mixing bowl combine the shredded cabbage, carrots and cilantro.
Carrots, fresh, shredded	10 ounces	3 cups	1 pound 4 ounces	6 cups	
Cilantro, fresh, chopped		1 cup		2 cups	Combine the Kikkoman Ponzu Citrus Seasoned Dressing & Sauce, fat free sour cream, mayonnaise, lemon juice and Kikkoman Sriracha Hot Chili Sauce. Whisk until well combined. Pour over the cabbage and carrots and mix well until the dressing is distributed.
Kikkoman Ponzu Citrus Seasoned Dressing & Sauce		1 1/2 cups		3 cups	
Fat free sour cream		3/4 cup		1 1/2 cups	
Mayonnaise, reduced fat		3/4 cup		1 1/2 cups	To serve place 2 ounces of baked catfish fillets (1 ounce equivalent meat/meat alternate) into each tortilla. Just before service place 1/4 cup of slaw in each taco.
Lemon juice		3 tablespoons		1/4 cup 2 tablespoons	
Kikkoman Sriracha Hot Chili Sauce		1 teaspoon		2 teaspoons	

Serving Size	1 Serving Provides
2 tacos	2 ounces meat/meat alternate, 2 ounce equivalents grains, 1/2 cup other vegetable

Nutrients Per Serving					
Calories	415	Saturated Fat	4 g	Iron	0.2 mg
Protein	21 g	Cholesterol	51 mg	Calcium	161 mg
Carbohydrate	49 g	Vitamin A	988 IU	Sodium	949 mg
Total Fat	14 g	Vitamin C	13 mg	Dietary Fiber	5 g



## Asian Chicken Pizza

Meat/Meat Alternate-Grains					Main Dish
Ingredients	48 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	
Kikkoman Preservative-Free Orange Sauce		3 cups		6 cups	Combine the Kikkoman Preservative-Free Orange Sauce and the Kikkoman Sriracha Hot Chili Sauce.
Kikkoman Sriracha Hot Chili Sauce		2 teaspoons		1 tablespoon 1 teaspoon	
16-inch pizza crust, par-baked, whole grain rich, 8 cut		6 each		12 each	Top each 16-inch pizza crust with 1/2 cup Kikkoman Preservative-Free Orange Sauce. Place 8 ounces of grated mozzarella cheese on each pizza and distribute evenly. Top each pizza with 14.5 ounces of diced fajita chicken, 1/4 cup sliced green onions, and 6-8 red bell pepper rings.
Mozzarella cheese, part skim, grated	3 pounds		6 pounds		
Chicken, cooked, IQF Fajita strips, thawed, diced	5 pounds 7 ounces		10 pounds 14 ounces		
Green onions, fresh, sliced		1 1/2 cups		3 cups	Bake in a preheated 375°F oven for about 8-10 minutes, or until the cheese has melted and begins to brown slightly. Remove from oven and let rest for a few minutes before slicing. Slice each pizza into 8 equal slices. Hold warm at or above 140°F.
Red bell peppers, fresh, sliced into rings		3 each		6 each	
Cilantro, fresh, chopped		3/4 cup		1 1/2 cups	Sprinkle 2 tablespoons of chopped cilantro over each pizza just before service.

Serving Size	1 Serving Provides
1 Slice	2 ounces meat/meat alternate, 2-2.5 ounce equivalents grains depending on crust product

Nutrients Per Serving					
Calories	354	Saturated Fat	5 g	Iron	0.7 mg
Protein	22 g	Cholesterol	60 mg	Calcium	254 mg
Carbohydrate	38 g	Vitamin A	411 IU	Sodium	788 mg
Total Fat	13 g	Vitamin C	19 mg	Dietary Fiber	3 g



# Katsu Pulled Turkey Sandwich with Tangy Green Apple Slaw

Meat/Meat Alternate-Grains-Other Vegetable-Fruit					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Turkey roast, boneless, cooked, shredded	6 pounds 4 ounces		12 pounds 8 ounces		The meat from the cooked turkey roast will be tender and easy to pull into shreds using a fork. Combine the shredded roast turkey meat with the Kikkoman Katsu Sauce. Spray a full sized 2-inch steamtable pan with pan release spray. Place the sauced turkey in the prepared pan and cover. Steam or bake until the internal temperature reaches 165°F for 15 seconds. Hold hot at or above 140°F until service.
Kikkoman Katsu Sauce		3 ½ cups		7 cups	
Green cabbage, fresh, chopped	2 pounds 14 ounces		5 pounds 12 ounces		Combine the chopped green cabbage, diced Granny Smith apples and fresh cilantro in a large mixing bowl.
Granny Smith apple, fresh, ¼ inch dice	3 pounds 7 ounces		6 pounds 14 ounces		
Cilantro, fresh, chopped		½ cup		1 cup	Whisk together the mayonnaise, Kikkoman Rice Vinegar, sugar and ground black pepper. Pour the dressing over the cabbage and apples. Stir until the slaw is evenly dressed. Hold chilled at or below 40°F until service.
Mayonnaise		1½ cups		3 cups	
Kikkoman Rice Vinegar		1½ cups		3 cups	
Sugar		¼ cup		½ cup	
Ground black pepper		½ teaspoon		1 teaspoon	
Whole grain rich sandwich buns (1.5 – 2 ounce equivalent grains)		50 each		100 each	Using a #10 scoop place a 2-ounce portion of Katsu Pulled Turkey inside a whole grain sandwich bun. Using a #16 scoop place ¼ cup of the Tangy Green Apple Slaw on top of the turkey and another ¼ cup scoop on the tray next to the sandwich. Place the top bun on the sandwich and serve.

Serving Size	1 Serving Provides
1 sandwich	2 ounces meat/meat alternate, 1.5 - 2 ounce equivalents grains depending on bun, ¼ cup other vegetable, ¼ cup fruit

Nutrients Per Serving					
Calories	301	Saturated Fat	2.5 g	Iron	2.8 mg
Protein	17 g	Cholesterol	30 mg	Calcium	57 mg
Carbohydrate	33 g	Vitamin A	42 IU	Sodium	947 mg
Total Fat	11.5 g	Vitamin C	11 mg	Dietary Fiber	4 g



# Katsu Pulled Pork Sliders

Meat/Meat Alternate-Grains					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pork leg roast, thawed	17.5 pounds		35 pounds		Remove netting from pork roasts, place in full-size 4-inch steamtable pans and cover two-thirds with water. Cover pans with foodservice film and foil and place in steamer for 5-6 hours, or until tender and the internal temperature reaches at least 145°F for 4 minutes. When tender, drain liquid, reserving all drippings. When cool enough to work with, but not cold, remove excess fat and then shred the pork by hand.
Water		To cover		To cover	
Kikkoman Katsu Sauce	4.5 pounds		9 pounds		Mix Kikkoman Katsu Sauce with pork and add drippings back if needed for the pork and sauce to appear moist and juicy; refrigerate overnight.
Slider rolls, whole grain rich, 1 ounce		100 each		200 each	Reheat pork in covered full-size 2-inch steamtable pans that are no more than half full, until the internal temperature reaches 165°F. To serve, place 2 ounces of pulled pork and sauce on each slider bun.

Serving Size	1 Serving Provides
2 sliders	2.5 ounces meat/meat alternate, 2 ounce equivalents grains

Nutrients Per Serving					
Calories	391	Saturated Fat	5 g	Iron	2 mg
Protein	24 g	Cholesterol	68 g	Calcium	69 mg
Carbohydrate	41 g	Vitamin A	8 IU	Sodium	1031 mg
Total Fat	15 g	Vitamin C	0 mg	Dietary Fiber	7 g



# Noodles and Rice Bowls

## Orange Chicken Rice Bowl with Carrots and Snap Peas

Meat/Meat Alternate-Grains-Fruit					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, cooked		25 cups (K-5) 50 cups (6-12)		50 cups (K-5) 100 cups (6-12)	Prepare brown rice, hold hot until ready to serve.
Whole muscle whole grain breaded chicken bites, frozen	11 pounds 12 ounces		23 pounds 8 ounces		
Kikkoman Preservative-Free Orange Sauce		6¼ cups		12½ cups	Place whole muscle whole grain breaded chicken bites on parchment-lined sheet pans. Be careful to not overcrowd the pieces. Bake according to the manufacturer's directions, or until the internal temperature reaches 165°F for 15 seconds. Hold hot at or above 140°F until ready to serve.
Carrots, sliced on a bias, fresh or frozen	4 pounds		8 pounds		Meanwhile, heat the Kikkoman Preservative-Free Orange Sauce until the internal temperature reaches 165°F for 15 seconds. Hold hot at or above 140°F until ready to serve.
Sugar snap peas, whole, fresh or frozen	5 pounds		10 pounds		Place 2 pounds of carrots and 2½ pounds of sugar snap peas into each 2-inch perforated steamer pan. Use 2 pans for 50 servings; use 4 pans for 100 servings. Steam for approximately 5 minutes, or until the internal temperature reaches 135°F.
Toasted sesame seeds		3 tablespoons		6 tablespoons	Grades K-5 Serving: To serve place ½ cup rice in a serving dish. Top with ½ cup steamed carrots and snap peas and 3.75 ounces of chicken bites. Using a 1-ounce ladle pour 1 ounce of Kikkoman Preservative-Free Orange Sauce over chicken bites and rice. Sprinkle with toasted sesame seeds. Grades 6-12 Serving: To serve place 1 cup rice in a serving dish. Top with ½ cup steamed carrots and snap peas and 3.75 ounces of chicken bites. Using a 1-ounce ladle pour 1 ounce of Kikkoman Preservative-Free Orange Sauce over chicken bites and rice. Sprinkle with toasted sesame seeds.

Serving Size	1 Serving Provides
K-6: ½ cup rice	K-5: 2 ounce WHOLE grains, 2 ounces meat, ¼ cup red/orange vegetables, ¼ cup other vegetables
6-12: 1 cup rice	6-12: 3 ounces WHOLE grains, 2 ounces meat, ¼ cup red/orange vegetables, ¼ cup other vegetables

Nutrients Per Serving (K-8)					
Calories	420	Saturated Fat	1g	Iron	15%
Protein	23g	Cholesterol	0mg	Calcium	6%
Carbohydrate	62g	Vitamin A	130%	Sodium	710mg
Total Fat	9g	Vitamin C	20%	Dietary Fiber	6g

Nutrients Per Serving (9-12)					
Calories	530	Saturated Fat	1.5g	Iron	15%
Protein	26g	Cholesterol	40mg	Calcium	8%
Carbohydrate	84g	Vitamin A	130%	Sodium	720mg
Total Fat	10g	Vitamin C	20%	Dietary Fiber	8g



## Peanut Noodle Bowl with Fresh Vegetables

Meat/Meat Alternate-Grains-Other Vegetables					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Spaghetti, dry, whole grain rich	10 pounds		20 pounds		Cook spaghetti in boiling water until al dente. Drain immediately and cool with cold water. Transfer cooled, drained spaghetti to a large container and hold chilled.
Kikkoman Ponzu Citrus Seasoned Dressing & Sauce		1 quart 2 ¼ cups		1 quart ½ cup	
Peanut butter, creamy	1 pound 12 ounces	3 cups 2 tablespoons	3 pounds 8 ounces	1 quart 2¼ cups	Place the Kikkoman Ponzu Citrus Seasoned Dressing & Sauce, creamy peanut butter, vegetable oil and fresh ginger in a blender or a deep container (if using an immersion blender). If using a blender, blend on high until smooth and the ginger is blended in. Alternately, puree the mixture with an immersion blender until smooth and creamy.
Vegetable oil		¼ cup		½ cup	
Ginger, fresh, chopped		1 tablespoon		2 tablespoons	
Green onion, fresh, sliced		2 cups		4 cups	Add the green onions and cilantro to the chilled spaghetti. Pour the peanut dressing over the spaghetti and toss gently to distribute the dressing evenly over the pasta.
Cilantro, fresh, chopped		1 cup		2 cups	
Cucumber, fresh, peeled, sliced thin on a bias	4 pounds 13 ounces	3 quarts ½ cup	9 pounds 10 ounces	1½ gallons 1 cup	Place 1 cup of the dressed chilled noodles into each of the portion containers. Place ¼ cup of the sliced cucumber in one corner of the container. Place ¼ cup each of the red bell peppers, snow peas and carrots into the remaining corners. Cover each salad with a lid and hold at or below 40°F until service.
Red bell pepper, fresh, julienne	5 pounds 3½ ounces	3 quarts ½ cup	10 pounds 7 ounces	1½ gallons 1 cup	
Snow peas, fresh, sliced	4 pounds 6½ ounces	3 quarts ½ cup	8 pounds 13 ounces	1½ gallons 1 cup	
Carrots, fresh, shredded	2 pounds 9 ounces	3 quarts ½ cup	5 pounds 2 ounces	1½ gallons 1 cup	

Serving Size	1 Serving Provides
1 Salad	2 ounce equivalents grains, ½ cup red/orange vegetable, ½ cup other vegetable

Nutrients Per Serving					
Calories	448	Saturated Fat	1.4 g	Iron	4.7 mg
Protein	18 g	Cholesterol	0 mg	Calcium	88 mg
Carbohydrate	82 g	Vitamin A	5,896 IU	Sodium	588 mg
Total Fat	8 g	Vitamin C	88 mg	Dietary Fiber	13 g



## Black Pearl Medley Chicken "Fried" Rice

Meat/Meat Alternate-Grains					Main Dish
Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Ginger, finely minced or grated		½ cup		1 cup	In a large pot, combine the ginger, garlic and chicken stock and bring to a boil.
Garlic clove, minced		¼ cup		½ cup	
Chicken stock, low sodium		2½ quarts		5 quarts	
Indian Harvest Black Pearl Medley	2 pounds		4 pounds		Into each full-size 2-inch steamtable pan place 2 pounds Indian Harvest Black Pearl Medley, 3½ pounds chicken, 4 cups carrots, 1 cup soy sauce, 2 tablespoons sesame oil and 2½ quarts hot stock mixture. Stir well to combine and distribute the ingredients. Cover the pan tightly with parchment paper and foil. Cook in a 350°F convection oven for approximately 1 hour or until the rice is tender and most of the liquid is absorbed.
Chicken thighs, skinless, cooked, diced	3½ pounds		7 pounds		
Carrots, peeled and diced		4 cups		8 cups	
Kikkoman Less Sodium Soy Sauce		1 cup		2 cups	
Toasted sesame oil		2 tablespoons		¼ cup	
Peas, frozen, thawed		4 cups		8 cups	Remove the pan from the oven, remove the foil and paper, and stir in 4 cups peas, scrambled eggs and 1 cup scallions to each pan. Let stand, covered, for 10 minutes. Hold at or above 140°F until service. Stir well before serving.
Eggs, scrambled and cooked		½ cup		1 cup	
Scallions, thinly sliced		1 cup		2 cups	

Serving Size	1 Serving Provides
1/32 (or 1/64) of recipe	1.75 ounce equivalents meat/meat alternate, 1 ounce grains, ¼ cup additional vegetables

Nutrients Per Serving					
Calories	239	Saturated Fat	1.5 g	Iron	1 mg
Protein	19 g	Cholesterol	94 mg	Calcium	26 mg
Carbohydrate	27 g	Vitamin A	3192 IU	Sodium	396 mg
Total Fat	6 g	Vitamin C	4 mg	Dietary Fiber	5 g



## Sushi Sauce Roast Chicken

Meat/Meat Alternate					Main Dish
Ingredients	75 Servings		150 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken thighs, boneless	17.5 pounds		35 pounds		Preheat oven to 350°F. Place chicken thighs on parchment-lined sheet pans. Roast chicken thighs until partially cooked to an internal temperature of about 140°F. Remove from oven, drain grease, and toss in Kikkoman Sushi Sauce. Place in oven and finish roasting until the internal temperature reaches 165°F. Transfer cooked chicken thighs to full-size 2-inch steamtable pans. Hold at or above 140°F until service.
Kikkoman Sushi Sauce		4.5 pounds		9 pounds	
Scallions, thin sliced		½ cup		1 cup	

Serving Size	1 Serving Provides
1-2 thigh pieces	1.5 – 3 ounces meat/meat alternate, depending on size of chicken thighs

Nutrients Per Serving					
Calories	282	Saturated Fat	4.7 g	Iron	0.7 mg
Protein	19 g	Cholesterol	104 mg	Calcium	8 mg
Carbohydrate	12 g	Vitamin A	89 mg	Sodium	612 mg
Total Fat	17.5 g	Vitamin C	0 mg	Dietary Fiber	0 g



## Ginger Peach Chicken with Rice

Meat/Meat Alternate-Grains-Fruit					Main Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Skinless chicken thighs, bone-in, thawed if frozen	28 pounds	50 each	56 pounds	100 each	Spray full size 2-inch steamtable pans with pan release spray. For 50 servings use 2 pans, for 100 servings use 4 pans.
Kikkoman Less Sodium Teriyaki Marinade & Sauce		5 cups		10 cups	
Fresh ginger root, minced		½ cup		1 cup	Place 25 skinless chicken thighs into each pan. Combine the Kikkoman Less Sodium Teriyaki Marinade & Sauce and minced fresh ginger, and divide evenly between each pan, pouring the sauce over the chicken. Divide the sliced peaches evenly between each pan, tucking the peaches around the chicken thighs. Optional: cover and refrigerate overnight. Cover and bake in a preheated 350°F oven for 30 minutes. Remove from the oven and baste the chicken with the pan juices. Cover and return to the oven and bake for an additional 15-30 minutes or until the internal temperature reaches 165°F for 15 seconds. Remove from the oven and hold hot at or above 140°F until service.
Canned sliced peaches, drained Or Sliced, frozen IQF peaches, thawed, drained	6 pounds 6 ounces Or 9 pounds 3 ounces	12½ cups	12 pounds 12 ounces Or 18 pounds 6 ounces	25 cups	
Steamed brown rice		25 - 50 cups		50 – 100 cups	

Serving Size	1 Serving Provides
K-8: serve with ½ cup brown rice	K-8: 2.5 ounces meat/meat alternate, 1 ounce equivalent grains, ¼ cup fruit
9-12: serve with 1 cup brown rice	9-12: 2.5 ounces meat/meat alternate, 2 ounce equivalents grains, ¼ cup fruit

Nutrients Per Serving (K-8)					
Calories	394	Saturated Fat	2.1 g	Iron	2.1 mg
Protein	42 g	Cholesterol	183 mg	Calcium	25 mg
Carbohydrate	36 g	Vitamin A	357 IU	Sodium	691 mg
Total Fat	8.8 g	Vitamin C	1 mg	Dietary Fiber	3 g

Nutrients Per Serving (9-12)					
Calories	502	Saturated Fat	2.3 g	Iron	2.6 mg
Protein	44 g	Cholesterol	183 mg	Calcium	35 mg
Carbohydrate	58 g	Vitamin A	357 IU	Sodium	697 mg
Total Fat	9.7 g	Vitamin C	1 mg	Dietary Fiber	5 g



# Sides and Sauces

## Roasted Butternut Squash Pasta Sauce

Red/Orange Vegetable					Sauces
Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Butternut squash, fresh, 1 inch dice	4 pounds 12 ounces		9 pounds 8 ounces		<p>Preheat oven to 400°F.</p> <p>Combine the diced squash, onions, vegetable oil, brown sugar, sage, fennel seeds, cinnamon, red chili flakes and black pepper. Toss until the squash is well coated with oil and spices. Transfer to a parchment-lined sheet pan, scraping out all of the oil and spices onto the vegetables. Use 1 sheet pan for 32 servings, and 2 sheet pans for 64 servings.</p> <p>Place in the preheated 400°F oven and bake for about 40-60 minutes, or until the squash and onion are caramelized and tender. Rotate the pan half way through cooking time. Remove from oven and set aside.</p> <p>Transfer the caramelized squash to a 1 or 2 gallon container. Add the water, soymilk, Kikkoman Ponzu Citrus Seasoned Dressing &amp; Sauce, salt and ground nutmeg. Use an immersion blender to blend until the sauce is very smooth. Pour sauce into a shallow pan and chill until ready to use.</p>
Onion, yellow, fresh, 1 inch dice	1 pound		2 pounds		
Vegetable oil		½ cup		1 cup	
Brown sugar	2 ounces	¼ cup	4 ounces	½ cup	
Sage, fresh, whole leaves Or Dry		2 tablespoons Or 2 teaspoons		¼ cup Or 1 tablespoon 1 teaspoon	
Fennel seeds, ground		2 teaspoons		1 tablespoon 1 teaspoon	
Ground cinnamon		1 teaspoon		2 teaspoons	
Red chili flakes		1 teaspoon		2 teaspoons	
Ground black pepper		½ teaspoon		1 teaspoon	
Water		1 quart 2 cups		3 quarts	
Kikkoman PEARL® Organic Soymilk Smart Original		2 cups		1 quart	
Kikkoman Ponzu Citrus Seasoned Dressing & Sauce		3 ounces		6 ounces	
Salt		2 teaspoons		1 tablespoon 1 teaspoon	
Nutmeg, ground		½ teaspoon		1 teaspoon	

Serving Size	1 Serving Provides	Nutrients Per Serving					
½ cup	⅓ cup red/orange vegetable	Calories	83	Saturated Fat	.32 g	Iron	0.64 mg
		Protein	1 g	Cholesterol	0 mg	Calcium	63 mg
		Carbohydrate	12 g	Vitamin A	7226 IU	Sodium	233 mg
		Total Fat	4 g	Vitamin C	16 mg	Dietary Fiber	1.8 g



## "Bolognese" Style Tomato Sauce

Red/Orange Vegetable					Sauces
Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1 cup		2 cups	<p>In a mixing bowl, combine ¼ cup oil and mushrooms. Toss to coat mushrooms with oil. Transfer to a baking sheet and bake in a 400°F degree oven for 20 minutes. Remove mushrooms from oven and cool. Chop or grind mushrooms. Set aside.</p> <p>Heat remaining oil in a large sauce pot. Add onions and garlic. Cook and stir for 5 minutes until soft.</p> <p>Add remaining ingredients. Blend ingredients to desired consistency with an immersion blender. Bring sauce to a boil, turn heat to low and simmer for 15 minutes. Cool according to accepted cooling standards.</p>
Mushrooms, whole, raw	14 ounces		28 ounces		
Onions, diced	4 ounces		8 ounces		
Garlic, minced	4 ounces	⅓ cup	8 ounces	⅔ cup	
Basil, dried		⅓ cup		⅔ cup	
Tomatoes, canned, diced	72 ounces		144 ounces		
Kikkoman Rice Vinegar	4 ounces	½ cup	8 ounces	1 cup	
Brown sugar	2 ounces	¼ cup	4 ounces	½ cup	
Kikkoman PEARL® Organic Soymilk Smart Original	16 ounces	2 cups	32 ounces	4 cups	
Sea salt		1 tablespoon		2 tablespoons	
Kikkoman Ponzu Citrus Seasoned Dressing & Sauce		2 tablespoons		4 tablespoons	

Serving Size	1 Serving Provides
½ cup	½ cup red/orange vegetable

Nutrients Per Serving					
Calories	104	Saturated Fat	1.05 g	Iron	1.10 mg
Protein	2.23 g	Cholesterol	0 mg	Calcium	11.96 mg
Carbohydrate	4.03 g	Vitamin A	52.83 IU	Sodium	234 mg
Total Fat	7.04 g	Vitamin C	1.81 mg	Dietary Fiber	1.8 g



## Teriyaki Roasted Sweet Potatoes

Red/Orange Vegetable					Side Dish
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw sweet potatoes, 1-inch dice	11 pounds		22 pounds		<p>Spray full size sheet pans with pan release spray. For 50 servings use 2 sheet pans, for 100 servings use 4 sheet pans.</p> <p>Combine the diced sweet potatoes, Kikkoman Less Sodium Teriyaki Marinade &amp; Sauce, and vegetable oil. Mix until potatoes are evenly coated. Divide the potatoes evenly between the prepared sheet pans.</p> <p>Bake in a pre-heated 375°F oven for 20 minutes. Remove from the oven and stir. Bake for an additional 10-20 minutes, or until the sweet potatoes are tender and caramelized. Remove from the oven and transfer the potatoes to full size 2-inch steamtable pans. Hold hot at or above 140°F until service.</p> <p>Just before service sprinkle each pan of potatoes with chopped cilantro, sliced green onions and toasted sesame seeds. Serve immediately.</p>
Kikkoman Less Sodium Teriyaki Marinade & Sauce		1½ cups		3 cups	
Vegetable oil		½ cup		1 cup	
Fresh cilantro, chopped		½ cup		1 cup	
Fresh green onions, thinly sliced		½ cup		1 cup	
Sesame seeds, toasted	1 ounce	3 tablespoons	2 ounces	6 tablespoons	

Serving Size	1 Serving Provides
½ cup	½ cup red/orange vegetable

Nutrients Per Serving					
Calories	116	Saturated Fat	0 g	Iron	0.7 mg
Protein	2 g	Cholesterol	0 mg	Calcium	41 mg
Carbohydrate	21 g	Vitamin A	14167 IU	Sodium	208 mg
Total Fat	2.5 g	Vitamin C	2.5 mg	Dietary Fiber	3 g







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