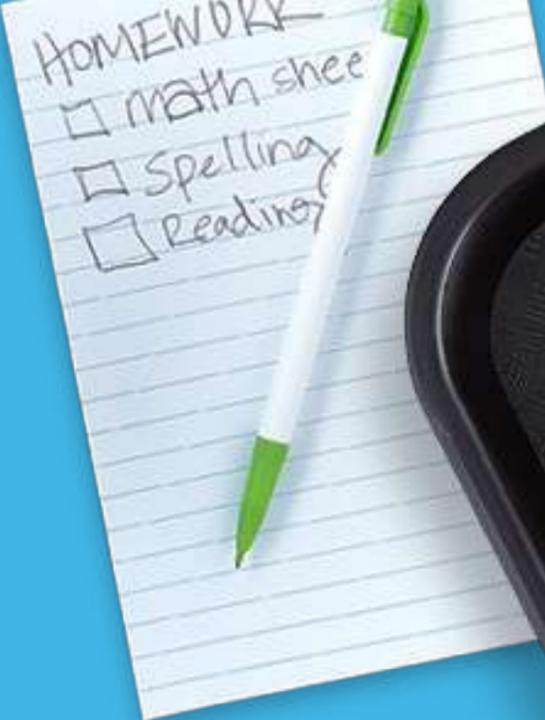




Today we're making

something special.

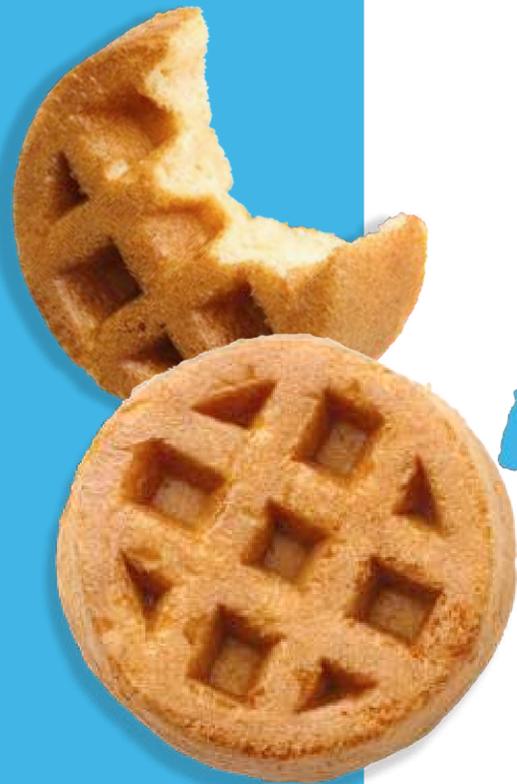
Simple menu planning ideas for K-12 that students will love.





Today we're making

something special.



Our Making Made Easy Idea Book helps you add exciting options to students' routines, *and yours*, with menu planning ideas incorporating convenient, regulation-ready staples into your menu rotation.

We hope you'll find inspiration and new ways to use flexible Pillsbury™ biscuits and individually wrapped products as part of nutritious meals that keep kids happy and are easily created by your staff.

To help get the creative juices flowing, we've also included General Mills recipes and recipes from other organizations for potential pairings, too.

Menu ideas included are built as a single serving.

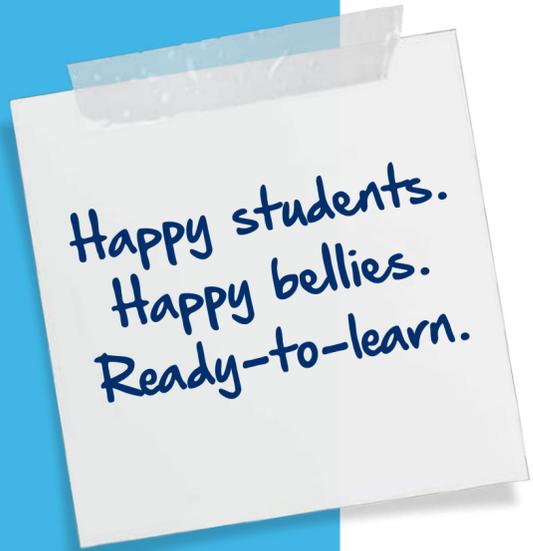


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Chicken & Waffle Sandwich Bites

The ultimate comfort food with a blueberry twist! [Pillsbury™ Blueberry Bash Mini Waffles](#) with chicken and perfectly paired sides is a simple way to create a well-rounded meal.

Build Your Menu:

MEAL COMPONENTS PER SERVING	AMOUNT	COMPONENTS
Pillsbury™ Blueberry Bash Mini Waffles (32264)	1 package	2 oz equivalent grain
Chicken nuggets	5 each	2 M/MA 1 oz equivalent grain
Potato salad	½ cup	½ cup starchy vegetable
Sliced radishes	¼ cup	¼ cup other vegetable
Cherry tomatoes	¼ cup	¼ cup red/orange vegetable
Spinach	½ cup	¼ cup dark green vegetables
Baked beans	½ cup	½ cup of bean/pea/legume
Sliced apple	½ cup	½ cup of fruit
Milk	½ pint	1 cup fluid milk

Regulation Ready Recipes

Individually wrapped ovenable packages



Tip: Offer a side of BBQ sauce for dipping!



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Actual nutritional and crediting values will vary depending upon specific products used. Ensure components served meet relevant requirements, such as USDA Feeding Program requirements including calorie, sodium or saturated fat content.

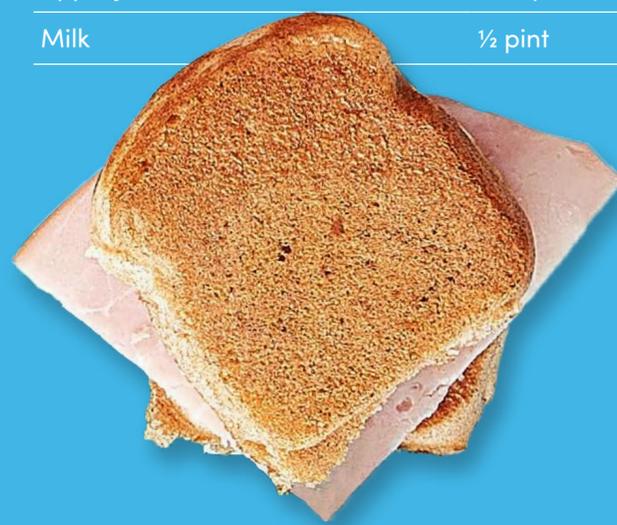
DIY French Toast Sliders

Bring 2 oz of equivalent grains and something new to the table. These sliders, created with Pillsbury™ Cinnamon Rush™ Mini French Toast, will be a flavorful addition to the lunch cycle.

Build Your Menu:

MEAL COMPONENTS PER SERVING	AMOUNT	COMPONENTS
Pillsbury™ Cinnamon Rush™ Mini French Toast (37309)	1 package	2 oz equivalent grain
Ham or turkey ham, slices cut into quarters	varies	2 M/MA
Cauliflower florets	½ cup	½ cup other vegetable
Green pepper rings	¼ cup	4 cup other vegetable
Cherry tomatoes	¼ cup	¼ cup red/orange vegetable
Honey mustard dip	¼ cup	other food
Peaches, diced in juice	½ cup	½ cup of fruit
Apple juice	½ cup	½ cup of fruit
Milk	½ pint	1 cup fluid milk

Regulation Ready Recipe



Tip: Both ham & turkey are available as USDA Foods.
Confirm individual item crediting by using the CN Label or the product formulation statement.



Thanksgiving Twist

Pillsbury™ Maple Madness™ Mini Waffles are a fun way to put a spin on the classic fixings of a favorite holiday. In this recipe, the mini waffles give students an unexpected take on turkey sandwiches that will drum up excitement.

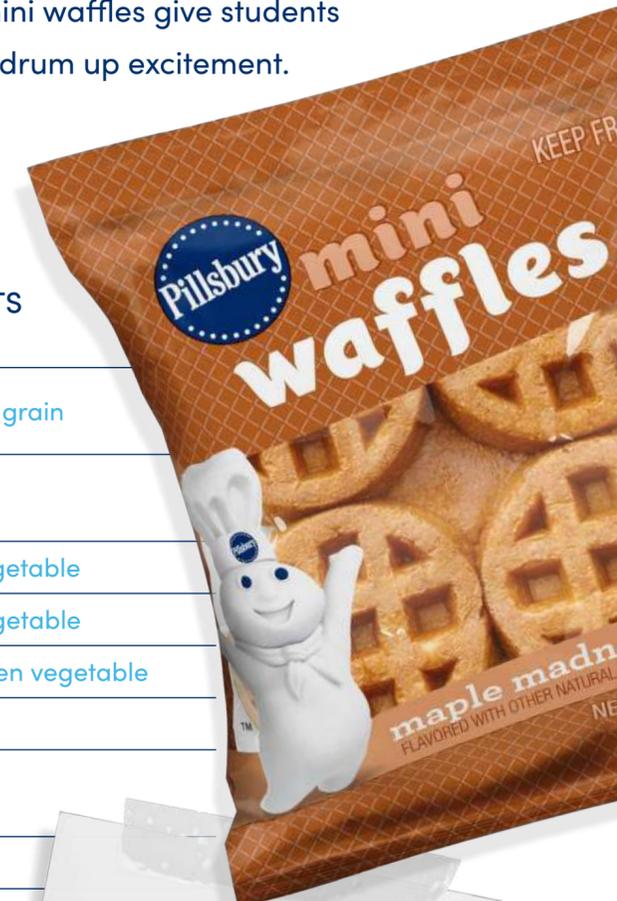
Build Your Menu:

MEAL COMPONENTS PER SERVING	AMOUNT	COMPONENTS
Pillsbury™ Maple Madness™ Mini Waffles (32264)	1 package	2 oz equivalent grain
Turkey deli breast, sliced, slices cut into quarters	varies	2 M/MA
Mashed potatoes	½ cup	½ cup other vegetable
Gravy	¼ cup	¼ cup other vegetable
Broccoli, steamed	½ cup	½ cup dark green vegetable
Spiced apples	½ cup	½ cup of fruit
Blushberry orange smoothie	8 fl oz	½ cup of fruit 1 MA
Milk	½ pint	1 cup fluid milk

Regulation Ready Recipe



Regulation Ready Recipe



Tip: Confirm individual item crediting by using the CN Label or the product formulation statement.



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HOMEWORK
 math sheet
 spelling

Tex-Mex Cheesy Pull-Aparts

Delicious Pillsbury™ Frozen Cheesy Pull-Aparts Southwest Queso, served with nutritious veggies and fruit salsa, will add a colorful kick to your students' day.

Build Your Menu:

MEAL COMPONENTS PER SERVING	AMOUNT	COMPONENTS
Pillsbury™ Frozen Cheesy Pull-Aparts Southwest Queso (12316)	1 package	2 oz equivalent grain 2 MA
Fruit salsa	¾ cup	(3 fl oz spoodle) provides: ⅓ cup red/orange vegetable ¼ cup of fruit
Black bean and corn dip	¾ cup	½ cup legume
Red pepper strips	½ cup	½ cup red/orange vegetables
Cantaloupe	1 cup	1 cup of fruit
Milk	½ pint	1 cup fluid milk

Regulation Ready Recipes



Tip: Try serving chili lime seasoning with cantaloupe for a Mexican-style twist on fruit salad.



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Garlic Biscuit Fries

Golden brown garlic biscuit fries made with [Pillsbury™ Frozen Biscuit Dough](#) are straightforward to prepare and are a sure-fire student favorite paired with nacho dip.

Pre-portioned whole grain biscuits

Build Your Menu:

MEAL COMPONENTS PER SERVING	AMOUNT	COMPONENTS
Pillsbury™ Frozen Biscuit Dough Whole Grain-Rich 2.51 oz (13226)	1 each	2 oz equivalent grain 2 MA
Salsa	½ cup	½ cup red/orange vegetables
Fiesta nacho dip	4 oz	2 MA
Cowboy caviar	¾ cup	¼ cup legume/vegetable ¼ cup starchy vegetable ¼ cup other
Grapes	1 cup	1 cup of fruit
Milk	½ pint	1 cup fluid milk

Regulation Ready Recipe
→



Tip: Check out Chef Monica's Menu Moment for more plant-based taco inspiration!
[Watch the Clip](#)

GARLIC BISCUIT FRIES

INSTRUCTIONS:

1. Thaw biscuit pucks, covered, either at room temperature 15-30 minutes until flexible or refrigerated overnight.
2. Combine 1 cup cornmeal with 2 tsp garlic powder in large mixing bowl.
3. Lightly brush biscuits with water; toss into cornmeal mixture until thoroughly coated.
4. Stretch dough out to be 4-inches in length. Cut diagonally into 6 pieces.
5. Spread pieces out evenly, on a place on parchment-lined sheet pan then lightly spray pan spray over top.
6. Bake 8-10 minutes or until golden brown in a 350° convection oven.
7. Serve 6 pieces.

FIESTA NACHO DIP

NOTES:

- Using 3 oz of [Land O'Lakes® Ultimate Jalapeño™ Cheese Sauce](#) and 1oz of [Deeply Rooted Farms Fiesta Plant-based Crumbles](#), offers an easy way to menu a 2 MA dip.
- Pair these fries with any hot or cold dip of your choice!



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Game Day Flat Bread

Thematic menu ideas, like tasty game day treats, spice up your lunch rotation.

This recipe is made easy with chicken, pepper jack cheese, and Pillsbury™ Frozen Biscuit Dough. Pair with creamy broccoli soup for a nutritious meal.

Build Your Menu:

MEAL COMPONENTS PER SERVING	AMOUNT	COMPONENTS
Pillsbury™ Frozen Biscuit Dough Whole Grain-Rich 2.51 oz (13226)	1 each	2 oz equivalent grain
Chicken cooked, diced	varies	1½ meat
Pepper jack cheese, shredded	½ oz	½ MA
Creamy buffalo sauce (optional)	½ Tbsp	other
Creamy broccoli soup	6 oz	½ cup of dark green vegetables
Mixed fruit cup	1 cup	1 cup of fruit
Milk	½ pint	1 cup fluid milk

Regulation Ready Recipe



Whole wheat flour is the first ingredient



FOOTBALL BISCUIT FLAT BREADS

INSTRUCTIONS:

1. Thaw biscuit pucks, covered, either at room temperature 15-30 minutes until flexible or refrigerated overnight.
2. Stretch dough out to be 5-6-inches in length and 3½ inches wide; place on parchment-lined sheet pan.
3. Scatter 1½ oz equivalent fully cooked, chicken strips, thawed, roughly chopped across the top.
4. Scatter ½ oz shredded pepper jack cheese across the chicken.
5. Bake 10-12 minutes or until golden brown in a 350° convection oven.
6. Serve warm.
7. Drizzle with the Creamy Buffalo Sauce, if desired.

CHEF MONICA'S CREAMY BUFFALO SAUCE

INGREDIENTS:

- 4 cups Yoplait® ParfaitPro® Yogurt Bulk Low Fat Vanilla 64 oz (16632)
- 2 cups Reduced fat Cream Cheese
- 1 cup Buffalo Hot Wing Sauce

INSTRUCTIONS:

1. Mix ingredients together until smooth.
2. Transfer to a squeeze bottle and pipe "laces" on football flat bread.

Tip: Add a little "kick" and pipe some laces with Chef Monica's Creamy Buffalo Sauce.



Don't forget
 Books
 Spelling
 Homework

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Apple Frudel™ Dipper with Nut or Seed Butter

Create a healthful array of fruits, veggies, and cheese with a variety of fun dips like ranch and nut or seed butter. Regulation-ready meal components like the Pillsbury™ Frudel™ make for a well-balanced lunch tray.

Build Your Menu:

MEAL COMPONENTS PER SERVING	AMOUNT	COMPONENTS
<u>Pillsbury™ Frudel™ Apple (27852)</u>	1 package	2 oz equivalent grain
Sunflower seed butter	2 Tbsp	1 MA
Cheddar cheese, squares	1 oz	1 MA
Veggie tray: Carrots & red peppers broccoli	¼ cup each ½ cup each	½ cup red/orange vegetables ½ cup of dark green vegetables
<u>Ranch dressing</u>	¼ cup	Other food
Sliced apple	½ cup	½ cup of fruit
Cranberries	¼ cup box	½ cup fruit
Milk	½ pint	1 cup fluid milk

16 grams of whole grain per serving

Tip: Serve with nut, seed, or bean butter.

Regulation Ready Recipe



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Strawberry Mini Bagels & Strawberry Salad

Bright, sweet, and savory salads are expertly paired with Pillsbury™ Mini Bagels Strawberry Creamy Cheese including 2 oz of equivalent grains. This delectable spinach-based meal is topped with a boiled egg and dressed for the occasion with spiced berry dressing.

Build Your Menu:

MEAL COMPONENTS PER SERVING	AMOUNT	COMPONENTS
<u>Pillsbury™ Mini Bagels Strawberry Creamy Cheese (38413)</u>	1 package	2 oz equivalent grain
Boiled egg, sliced	1 each	2 oz MA
Strawberry spinach salad:		
Spinach	2 cups	1 cup dark green
Zucchini & squash coins	½ cup	½ cup other vegetables
Strawberries, sliced	½ cup	½ cup of fruit
Spicy berry dressing	2 tbsp	Other foods
Milk	½ pint	1 cup fluid milk

NEW! SPICY BERRY DRESSING

INGREDIENTS:

- 4 cups Yoplait® ParfaitPro® Yogurt Bulk Low Fat Strawberry 64 oz (16631)
- 4 cups commercially prepared Italian Dressing
- 2 cups strawberries
- ½ cup pickled jalapeno slices

INSTRUCTIONS:

1. Mix all ingredients in food processor until smooth.

Tip: Try Chef Monica's New Spicy Berry Dressing to give this salad a little zing!



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Mini Cinnis & Chili

Packed full of protein, mouth-watering chili meets its yummy match with Pillsbury™ Mini Cinnis™. Whole grain, mini pull-apart rolls that students love makes this combo a time-saving and effective meal for your menus.

Build Your Menu:

Regulation Ready Recipes

MEAL COMPONENTS PER SERVING	AMOUNT	COMPONENTS
Pillsbury™ Mini Cinnis™ (33686)	1 package	2 oz equivalent grain
Chili	1 cup	2 oz MA
Roasted broccoli	½ cup serving	½ cup of dark green vegetables
Orange smiles	1 orange	½ cup of fruit
Milk	½ pint	1 cup fluid milk

Student Favorite!

Tip: Menu this Midwestern tradition by serving chili with cinnamon rolls.

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Visit [GeneralMillsCF.com/k12](https://www.GeneralMillsCF.com/k12) to learn more about Pillsbury™ Biscuits and Individually Wrapped products, money-saving rebates, and other high-quality, low-labor products for K-12.