

POWER UPI!

WITH POTATOES



Menu Inspiration



EVERY DAY IS A GREAT DAY FOR POTATOES

Potatoes are a great way to add fun and excitement to any meal. They're students' all-time favorite vegetable!¹



ADD ENERGIZER

Potatoes can drive up to **15% more participation**²



PLATE WASTE REDUCER

Students trash up to **19% less** when potatoes are offered³



REVENUE BOOSTER

Earn **\$.50** per snack serving of potatoes

Get inspired to create school-friendly menu items every day of the week with **McCain**[®] culinary ideas, featuring potatoes and ingredients you already have on hand.

For more culinary inspiration visit www.McCain4Schools.com



Sweet N' Sassy Fries

Made with
MCF04566
 McCain® Harvest
 Splendor® Sweet
 Potato Deep
 Groove Crinkle
 Fries

50 SERVINGS



INGREDIENTS	WEIGHT	MEASUREMENT	DIRECTIONS
McCain® Harvest Splendor® Sweet Potato Deep Groove Crinkle Fries	10 lbs.		Bake Harvest Splendor® Sweet Potato fries as directed on package. Roast green bell peppers, red onions, corn and seasoning in a sauté pan. Top fries with roasted veggies, drizzle BBQ sauce and add fresh green onion as garnish.
Lawry's Pit BBQ Seasoning		2 tbsp + ¼ tsp	
Roasted Green Bell Pepper Strips	1 lb. 9 oz.		
Roasted Red Onion Strips	1 lb. 9 oz.		
Roasted Corn	3 lbs. 2 oz.		
Barbeque Sauce		3 quarts + ½ cup	
Chopped Green Onions		3 cups + 2 tbsp	

Sweet N' Sassy Fries

Made with **MCF04566 McCain® Harvest Splendor® Sweet Potato Deep Groove Crinkle Fries**

Sweet potato crinkles topped with roasted vegetables and barbecue sauce.

SERVING SIZE	1 SERVING PROVIDES
1 bowl	½ cup Red-Orange Vegetables, ⅓ cup Starchy Vegetables, ¼ cup Other Vegetables

NUTRIENTS PER SERVING							
Calories	318	Cal. from Fat	68	Total fat	7.6g	Saturated fat	1.0g
Trans fat	0g	Cholesterol	0mg	Sodium	877mg	Total carbohydrate	61g
Dietary fiber	3.6g	Total sugars	33g	Protein	3.0g	Vitamin A	3214 IU
Vitamin C	14mg	Calcium	60mg	Iron	1.2mg		



Taco Mashup Bowl

Made with
100002870
McCain® Reduced Sodium Skin-Off Homestyle Mashed Potatoes

50 SERVINGS



INGREDIENTS	WEIGHT	MEASUREMENT	DIRECTIONS
McCain® Reduced Sodium Skin-Off Homestyle Mashed Potatoes	13 lbs. 10 oz.		Prepare McCain® mashed potatoes as directed on package. Bake whole grain flour tortillas in large muffin tins. Heat commodity chicken strips and toss with low-sodium taco seasoning to cover. Heat black beans. Fill tortilla bowls with mashed potatoes. Top with chicken and beans. Serve with commodity shredded cheese, salsa & green onions as garnish.
8" USDA Whole Wheat Tortilla		50 each	
Commodity Cooked Chicken Strips	6 lbs. 4 oz.		
Commodity Reduced Fat Shredded Cheddar Cheese	1 lb. 9 oz		
Cooked Black Beans		3 quarts + ½ cup	
Commodity Salsa		3 quarts + ½ cup	
Chopped Green Onion		3 cups + 2 tbsp	
Low-Sodium Taco Seasoning		2 tbsp + ¼ tsp	

Taco Mashup Bowl

Made with **100002870 McCain® Reduced Sodium Skin-Off Homestyle Mashed Potatoes**

A whole grain flour tortilla baked in a large muffin tin (can be done ahead of time) then filled with mashed potatoes ready to be topped and loaded with students' favorite proteins and veggies.

SERVING SIZE	1 SERVING PROVIDES
1 bowl	2 oz. Meat/Meat Alternate, 1.5 oz. equivalent Grains, ½ cup Starchy Vegetables, ¼ cup Red-Orange Vegetables, ¼ cup Beans and Peas

NUTRIENTS PER SERVING							
Calories	455	Cal. from Fat	114	Total fat	12.6g	Saturated fat	6.0g
Trans fat	0g	Cholesterol	49mg	Sodium	824mg	Total carbohydrate	54g
Dietary fiber	10.7g	Total sugars	4g	Protein	22g	Vitamin A	471 IU
Vitamin C	6mg	Calcium	277mg	Iron	4.8mg		



Wakin' Up Wedges

Made with
100000496
McCain® Crispy
Bakeable
Seasoned Skin-On
Regular Wedges

50 SERVINGS



INGREDIENTS	WEIGHT	MEASUREMENT	DIRECTIONS
McCain® Crispy Bakeable Seasoned Skin-On Regular Wedges	9 lbs. 1 oz.		Bake McCain® wedges as directed on package. Scramble eggs with chopped green bell peppers and onion. Heat pinto beans adding Louisiana style hot sauce and commodity salsa to mixture. Top wedges with veggie scrambled eggs and spicy pinto beans.
Scrambled Eggs	6.25 lbs.		
Cooked Pinto Beans	3 lbs. 2 oz.		
Roasted Green Bell Pepper Strips	1 lb. 9 oz.		
Roasted Onion Strips	1 lb. 9 oz.		
Louisiana Style Hot Sauce		3 cups + 2 tbsp	
Commodity Salsa		3 quarts + ½ cup	

Wakin' Up Wedges

Made with **100000496 McCain® Crispy Bakeable Seasoned Skin-On Regular Wedges**

Crispy oven-baked potato wedges topped with fluffy scrambled eggs, roasted green bell peppers and onions, pinto beans topped with Louisiana style hot sauce and commodity salsa.

SERVING SIZE	1 SERVING PROVIDES
1 bowl	2 oz. Meat/Meat Alternate, ½ cup Starchy Vegetables, ¼ cup Red-Orange Vegetables, ⅓ cup Other Vegetables, ⅓ cup Beans and Peas

NUTRIENTS PER SERVING							
Calories	253	Cal. from Fat	67	Total fat	7.5g	Saturated fat	1.2g
Trans fat	0g	Cholesterol	160mg	Sodium	720mg	Total carbohydrate	35g
Dietary fiber	5.2g	Total sugars	8g	Protein	11g	Vitamin A	736 IU
Vitamin C	28mg	Calcium	44mg	Iron	2.5mg		



Mega Melt

Made with
MCF04851
McCain® Chopped Seasoned Skin-On Roasted Redskin Potatoes
 with Garlic, Rosemary & Herb
 50 SERVINGS



INGREDIENTS	WEIGHT	MEASUREMENT	DIRECTIONS
McCain® Chopped Seasoned Skin-On Roasted Redskin Potatoes with garlic, rosemary and herb	9 lbs. 12 oz.		Bake McCain® seasoned roasted redskin potatoes as directed on package. Heat low-sodium cream of chicken soup. Mix in broccoli florets, white beans and commodity chicken strips, cook until reaching desired temperature. Pour soup mixture over redskin potatoes and garnish with shredded commodity cheese.
Commodity Chicken Strips	6 lbs. 4 oz.		
Low-Sodium Cream of Chicken Soup		3 quarts + ½ cup	
Cooked Broccoli Florets		1 ½ gallons + 1 cup	
Cooked White Beans		3 quarts + ½ cup	
Commodity Reduced Fat Shredded Cheddar Cheese	1 lb. 9 oz.		

Mega Melt

Made with **MCF04851 McCain® Chopped Seasoned Skin-On Roasted Redskin Potatoes with Garlic, Rosemary & Herb**

Chunks of roasted redskin potatoes topped with pot-pie style filling made with low-sodium creamy chicken soup with chunks of chicken, broccoli florets and white beans topped with shredded cheese.

SERVING SIZE	1 SERVING PROVIDES
1 bowl	2 oz. Meat/Meat Alternate, ½ cup Starchy Vegetables, ½ cup Dark Green Vegetables, ¼ cup Beans and Peas

NUTRIENTS PER SERVING							
Calories	297	Cal. from Fat	73	Total fat	8.1g	Saturated fat	4.0g
Trans fat	0g	Cholesterol	51mg	Sodium	678mg	Total carbohydrate	36g
Dietary fiber	7.5g	Total sugars	2.7g	Protein	23g	Vitamin A	1272 IU
Vitamin C	39mg	Calcium	206mg	Iron	2.7mg		



Hot Shot Tots

Made with
100002789
Ore-Ida® Reduced Sodium Tater Tots®

50 SERVINGS



INGREDIENTS	WEIGHT	MEASUREMENT	DIRECTIONS
<i>Ore-Ida® Reduced Sodium Tater Tots®</i>	7 lbs. 14 oz.		Bake <i>Ore-Ida® Tater Tots®</i> as directed on package. Heat butter chicken sauce. Add cooked green peas, diced red bell peppers & commodity chicken strips, cook until reaching desired temperature. Top Tater Tots with butter chicken sauce mixture & garnish with chopped jalapeño.
Commodity Chicken Strips	6 lbs. 4 oz.		
Butter Chicken Sauce		3 quarts + ½ cup	
Cooked Green Peas	13 oz.		
Diced Red Bell Peppers	13 oz.		
Chopped Jalapeño Peppers		½ cup + 1 tsp	

SERVING SIZE	1 SERVING PROVIDES
1 bowl	1 ½ oz Meat/Meat Alternate, ½ cup Starchy Vegetables

NUTRIENTS PER SERVING							
Calories	227	Cal. from Fat	88	Total fat	9.8g	Saturated fat	3.1g
Trans fat	0g	Cholesterol	47mg	Sodium	932mg	Total carbohydrate	23g
Dietary fiber	4.0g	Total sugars	5.2g	Protein	11g	Vitamin A	596 IU
Vitamin C	30mg	Calcium	56mg	Iron	1.9mg		

Hot Shot Tots

Made with **100002789** *Ore-Ida® Reduced Sodium Tater Tots®*

Crispy oven baked low-sodium *Tater Tots®* topped with zesty Indian-style Butter Chicken Sauce with jalapeños, commodity chicken strips and garnished with green peas and red bell peppers.

¹ USDA FNS. Diet Quality of American School-Age Children by School Lunch Participation Status: Data from NHANES 1999-2004. July 2008
² McCain Proprietary Research, 2016
³ Food and Nutrition Sciences, Vol 6 No 11 August 2015