

CHECK ALL THE BOXES FOR NUTRITIOUS MEALS

Turkey provides an array of functional benefits and familiar, kid-friendly flavor for creating nutritious, delicious meals for K-12 foodservice.

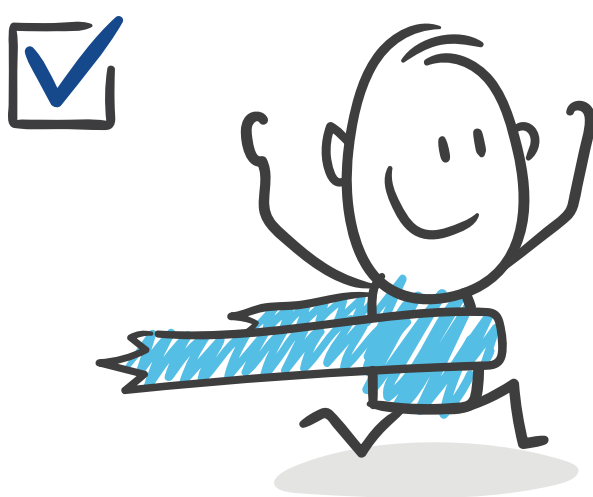


Protein keeps kids full.

One serving of turkey provides 50% of the daily value of lean protein.

B vitamins boost metabolism.

Turkey contains all of the B vitamins, and is especially high in B3, B6 and B12.



Minerals can help sharpen the senses, contribute to bone health and support the immune system.

Turkey contains essential minerals, including selenium, iron, phosphorus and zinc.



MAKE THE NUTRITIONAL POWER OF TURKEY WORK FOR YOUR MENU WITH THESE BUTTERBALL RECIPES



CHEF BRENDA WATTLES, RDN, WEIGHS IN ON WHAT MAKES THESE MEALS DELICIOUS AND NUTRITIOUS.



Turkey Bacon, Egg and Cheese Flatbread

Turkey bacon, egg and cheese – a classic morning combo – served on a whole grain flatbread for portability.

CHEF BRENDA: "THIS FLATBREAD IS A DELICIOUS BREAKFAST ITEM THAT CAN BE PACKAGED FOR CURBSIDE PICKUP OR BREAKFAST IN THE CLASSROOM. IT'S AN EASY-TO-PREPARE DISH THAT IS HIGH IN PROTEIN AND OFFERS 3 GRAMS OF FIBER."

Crunchy Thai Turkey Wrap

A sauce made with coconut milk, soy sauce and sunflower-seed butter brings fresh flavor to this wrap, while cabbage, carrots and bell peppers add a crunchy serving of vegetables.

CHEF BRENDA: "PARENTS WILL LIKE THIS WRAP BECAUSE IT OFFERS A BALANCE OF PROTEIN, FIBER, VITAMINS A AND C, IRON AND CALCIUM. STUDENTS WILL LIKE THAT IT COMES WITH A TANGY DIPPING SAUCE."



BLT Salad with Creamy Cilantro Avocado Dressing

Turkey bacon lends crunch and protein to this salad that puts a flavorful spin on the BLT with an avocado and cilantro dressing.

CHEF BRENDA: "THIS RECIPE HAS 'TRENDY' WRITTEN ALL OVER IT — BACON, CREAMY CILANTRO AVOCADO DRESSING AND GRAB-N-GO SALADS ARE ALL TRENDING. BUTTERBALL TURKEY BACON IS PACKED WITH FLAVOR AND IS MUCH LOWER IN SATURATED FAT THAN REGULAR BACON."