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K-12:

the perfect pairing.

Meal Concepts
for Turkey Tenderloin
Medallions



↗
Turkey
Fried Rice

Turkey Tenderloin Medallions

BUTTERBALL



With real roasted turkey flavor that students will crave, these medallions are fully cooked, boneless and skinless. They're ready to serve, helping you save time and effort on labor. Plus, with a wide range of recipe applications, these tasty little slices can have a big impact on streamlining your menu.

All of the meal concepts in this guide meet the following criteria for K-8 and 9-12 Meal Pattern Required Food Components:

DAILY REQUIRED FOOD COMPONENTS	K-8	9-12
Meat/Meat Alternates	1 oz eq	2 oz eq
Grains	1 oz eq	2 oz eq
Vegetables	3/4 cup	1 cup
Fruits	1/2 cup	1 cup
Fluid Milk	1 cup	1 cup

Working hard to be a cut above.

At Butterball, we're committed to helping you be at your best for your students. We understand that keeping hunger at bay and participation up can be extremely challenging. That's why all of our K-12 resources and products are built around supporting you, your students and your menu.

We know that delivering quality K-12 solutions starts with the quality of our products. We care deeply about the well-being of each of our turkeys, which is why we're proud to carry the AMERICAN HUMANE CERTIFICATION. Plus, all of our turkeys are hatched, raised and harvested in the USA. It's all so you can trust Butterball for dishes and ideas that your school will love.

Oh-So-Tasty Sweet & Sour Turkey Bowl

BUTTERBALL

With the perfect amounts of sweetness and tang, this global-inspired dish is sure to excite students and keep bellies full. Balanced with brown rice on the bottom, the subtle kick of the sweet and sour turkey and broccoli is a great way to mix up your week's menu.






INGREDIENT	K-8 SERVING	9-12 SERVING
Brown rice, cooked	1/2 cup	1 cup
Broccoli, steamed	3/4 cup	1 cup
Turkey medallions, heated	1.8 oz	3.6 oz
Sweet & sour sauce, heated	1 Tbsp	2 Tbsp
Cinnamon pears, canned	1/2 cup	1 cup
Choice of milk	1 cup	1 cup

INSTRUCTIONS

1. Add brown rice to bowl.
2. Top with broccoli and turkey medallions.
3. Drizzle with sweet & sour sauce.
4. Serve with milk and cinnamon pears (or required amount of any other fruit).



Meets daily required food components for K-8 and 9-12.

DAILY REQUIRED FOOD COMPONENTS	K-12
 Meat/Meat Alternates	✓
 Grains	✓
 Vegetables	✓
 Fruits	✓
 Fluid Milk	✓

Kickin' Turkey Pepper Jack Quesadilla

BUTTERBALL

Pepper Jack cheese is complemented by hearty turkey and cool cucumber in this crispy and tasty handheld. The best part? It's super simple to make and easy for kids to eat.






INGREDIENT	K-8 SERVING	9-12 SERVING
Turkey medallions	1.8 oz	3.6 oz
Pepper Jack cheese, shredded	1 oz	2 oz
Whole grain-rich tortilla	8"	10"
Radish & cucumber slices	3/4 cup	1 cup
Apple slices	1/2 cup	1 cup
Choice of milk	1 cup	1 cup

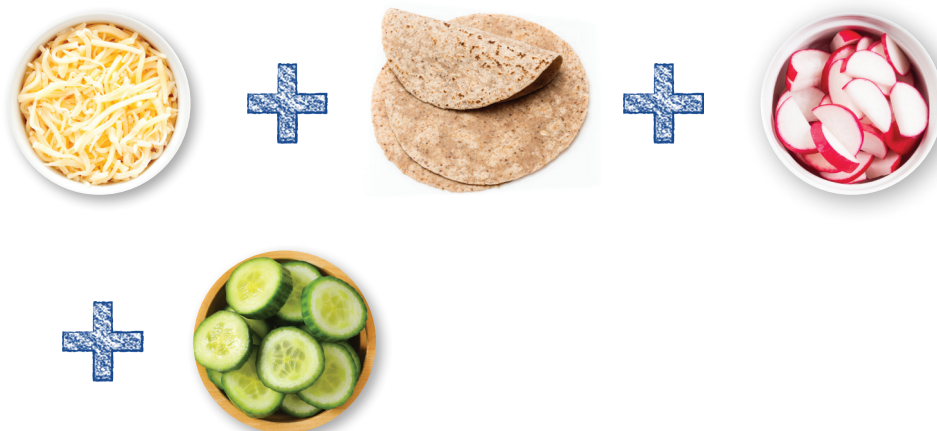
INSTRUCTIONS

1. Place turkey medallions and cheese on one side of tortilla.
2. Fold tortilla over and spray with nonstick cooking spray.
3. Bake in the oven.
4. Serve with milk, radish & cucumber slices and apple slices (or required amount of any other fruit).



Meets daily required food components for K-8 and 9-12.

DAILY REQUIRED FOOD COMPONENTS	K-12
 Meat/Meat Alternates	✓
 Grains	✓
 Vegetables	✓
 Fruits	✓
 Fluid Milk	✓



Southwest Shaker

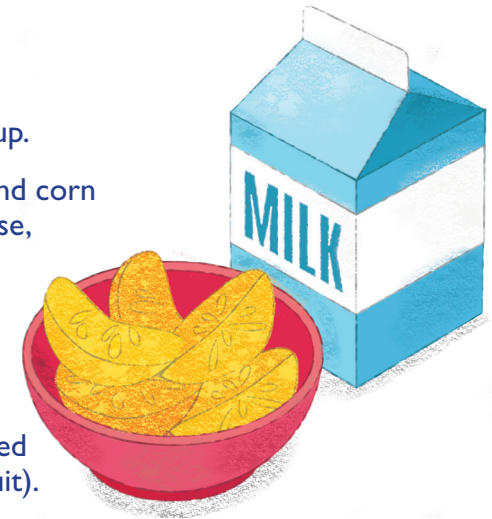
BUTTERBALL

Wholesome ingredients like turkey, quinoa, black beans and corn get shaken up with a zesty dressing and cheese in this delicious and interactive dish. Students will love the fun presentation and filling flavors of this meal.

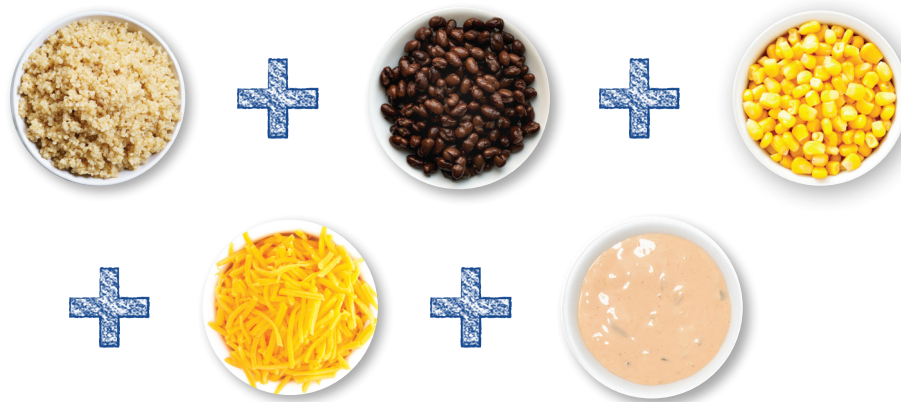
INGREDIENT	K-8 SERVING	9-12 SERVING
Quinoa, cooked, chilled	1/2 cup	1 cup
Black bean & corn with no-salt taco seasoning	1/2 cup black beans 1/4 cup corn	1/2 cup black beans 1/2 cup corn
Cheddar cheese, shredded	0.5 oz	1 oz
Turkey medallions, chilled	1.8 oz	3.6 oz
Chipotle ranch, prepared	1 oz	1 oz
Orange slices	1/2 cup	1 cup
Choice of milk	1 cup	1 cup






INSTRUCTIONS

1. Add quinoa to shaker cup.
2. Layer with black bean and corn mixture, shredded cheese, and turkey medallions.
3. Serve chipotle ranch on the side.
4. Serve with milk and orange slices (or required amount of any other fruit).



Meets daily required food components for K-8 and 9-12.



DAILY REQUIRED FOOD COMPONENTS	K-12
 Meat/Meat Alternates	✓
 Grains	✓
 Vegetables	✓
 Fruits	✓
 Fluid Milk	✓

Cozy Fall Harvest Salad

BUTTERBALL

With seasonal ingredients like butternut squash and apples, this comforting and refreshing salad has the texture and taste to be an instant lunchtime favorite. Students will love trying something different, and you'll love serving a meal that will keep them focused and energized.






INGREDIENT	K-8 SERVING	9-12 SERVING
Romaine, chopped	1 cup	1 cup
Turkey medallions, chilled	1.8 oz	3.6 oz
Feta, crumbled or mozzarella, shredded	0.5 oz	1 oz
Quinoa, cooked, chilled	1/2 cup	1 cup
Rosemary & butternut squash, roasted, chilled	1/4 cup	1/2 cup
Green apples, diced, tossed in lemon juice	1/2 cup	1 cup
Balsamic vinaigrette	1 oz	1 oz
Choice of milk	1 cup	1 cup

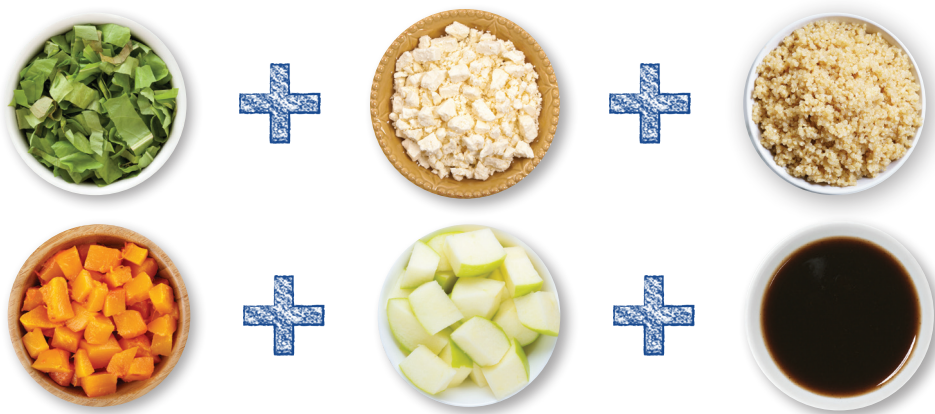
INSTRUCTIONS

1. Add romaine to bowl.
2. Top with turkey medallions, cheese, quinoa, butternut squash, and apples.
3. Serve balsamic vinaigrette on the side.
4. Serve with milk.



Meets daily required food components for K-8 and 9-12.

DAILY REQUIRED FOOD COMPONENTS	K-12
 Meat/Meat Alternates	✓
 Grains	✓
 Vegetables	✓
 Fruits	✓
 Fluid Milk	✓



The Rustic Bento Box

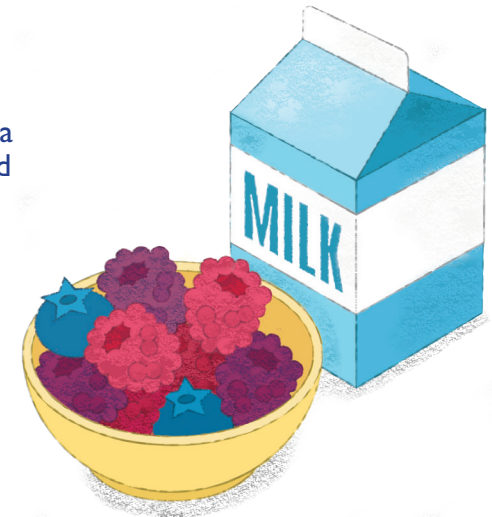
BUTTERBALL

Talk about easy! The beauty of the bento box is that you're able to offer a healthy variety of ingredients without the time and labor of combining them. Simply portion them out, add them to a clamshell and watch as students enjoy.






INGREDIENT	K-8 SERVING	9-12 SERVING
Turkey medallions, chilled	1.8 oz	3.6 oz
Cheddar cheese, cubed	0.5 oz	1 oz
Whole grain-rich tortilla chips	1 oz	2 oz
Salsa & baby carrots	1/4 cup salsa 1/2 cup baby carrots	1/2 cup salsa 1/2 cup baby carrots
Mixed berries	1/2 cup	1 cup
Ranch (optional extra)	1 oz	1 oz
Choice of milk	1 cup	1 cup

INSTRUCTIONS

1. Add all ingredients into a clamshell in an organized fashion.
2. Serve with milk.



Meets daily required food components for K-8 and 9-12.

DAILY REQUIRED FOOD COMPONENTS	K-12
 Meat/Meat Alternates	✓
 Grains	✓
 Vegetables	✓
 Fruits	✓
 Fluid Milk	✓

