

9 EXCITING KID-FRIENDLY DISHES FOR YOUR SCHOOL CAFETERIA

FEATURING FRESH, FROZEN AND DEHYDRATED POTATOES



FRESH

BUFFALO-STYLE ROASTED POTATOES



Coat raw yellow potato wedges with oil, salt, pepper, garlic powder and onion powder. Roast at 400°F for 15 minutes and top with hot sauce.

DENVER OMELET BRUNCH BOWL



Top roasted russet potato wedges with an assortment of scrambled eggs with ham and cheese, roasted bell peppers and roasted onions. Serve with tomato salsa and/or wrap the mixture in a tortilla for a bonus leftover meal.

RANCH-ROASTED FINGERLING POTATOES



Drizzle olive oil over halved raw fingerling potatoes. Coat with garlic powder, onion powder, dried dill, salt and black pepper. Roast at 400°F for 20-25 minutes; stirring 2-3 times until golden and tender.

FROZEN

MEXICAN-STYLE TOTCHOS



Layer crispy tots with shredded cheese, seasoned ground turkey, tomato salsa and other nacho-style toppings. Also taste great with frozen wedges or half shell potatoes.

BREAKFAST TOTCHOS TO-GO



Using a whole grain flour tortilla, add green chili eggs, seasoned pinto beans and shredded cheese. Top with crispy baked tots and serve with tomato salsa. Try using IQF shreds, hashbrown patties, or dices for more flavors kids love.

GREEK-STYLE TOTS



Garnish crispy tots with a drizzle of Greek-style cucumber yogurt sauce and a few sliced black olives for garnish. Serve with hummus on the side for dipping. Great alternatives are IQF slices or lattice cuts that are easy for dipping.

DEHYDRATED

PIZZA DOUGH



Potato flakes add flavor and tenderness for a delicious and chewy crust. Place water, instant yeast, and nonfat dry milk powder in the bowl of a standard mixer. Add bread flour, whole wheat flour, butter, potato flakes, sugar and salt. Mix with a dough hook on low speed until combined. Increase speed to medium and continue to knead until dough is smooth and elastic. Potato flakes can also make for a nutrient-dense, gluten-free alternative pizza crust that tastes like traditional crust.

POTATO-CRUSTED FISH



Place thawed fish fillets on a pan. Mix mayonnaise, salt, ground black pepper, and cayenne pepper. In a separate container combine potato flakes, dried chives and dried parsley. Spread a thin layer of the seasoned mayonnaise on each fillet then top with seasoned potato flakes. Bake for 20-25 minutes at 400°F.

MIXED VEGETABLE SOUP



Simply add dehydrated diced potatoes to a mixed vegetable soup and let simmer for about 15 minutes. For a thinner soup, add more liquid.