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Menu Solutions

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K-12 COLLECTION

VOLUME TWO



24
RECIPES
TO INSPIRE YOU
AND YOUR
KITCHEN STAFF





CURATED RECIPES FROM THE CHEFS OF THE MILLS

At General Mills Foodservice, we're proud to support the important work you do every day—fueling students with meals that are delicious and kid-approved. This special recipe collection from The Chefs of the Mills was created specifically with you in mind.

Our chefs understand the unique challenges of K-12 operations. From tight schedules and evolving USDA guidelines to the daily task of pleasing picky eaters, The Chefs of the Mills know what it takes to

craft meals that truly work in school kitchens.

Each recipe in this collection is designed to help you save time, meet nutrition guidelines and most importantly, keep students well-fed and ready to learn. Whether you're looking to break up the menu routine or add excitement to your offerings, these recipes are here to support you in keeping kids happy, healthy, and coming back for more.

*THANK YOU FOR TRUSTING THE CHEFS OF
THE MILLS FOR YOUR MENU SOLUTIONS!*



MEET CHEF HEATHER

K-12 CORPORATE CHEF

Chef Heather Swan brings a wealth of hands-on experience to her role as K-12 Corporate Chef, having most recently worked in a large Minnesota school district where she developed recipes and trained school nutrition professionals. A graduate of the Culinary Institute of America in Hyde Park, she's competed on the world stage at the Bocuse d'Or and led kitchens in resorts, fine dining, senior care, and Neapolitan pizzerias. Now at General Mills, Chef Heather is passionate about helping K-12 schools serve meals that are both flavorful and fun—bringing on-trend ingredients and unexpected twists to kid-approved favorites.

LOOK FOR THE PREP SCALE ICON

As a quick reference point, we've added a graphic at the bottom of each recipe page so you can easily see the amount of prep required. This visual cue will help you easily assess which recipes are right for your school operation.



NO PREP

Ready to serve with no back-of-house preparation.



LOW-PREP

Just a bit of back-of-house preparation needed.



SPEED-SCRATCH

Like-scratch look, feel, and taste with less preparation.



FROM-SCRATCH

Scratch-made with whole-wheat flour or add-water-only mixes.

When creating these recipes in your kitchen, please see product nutrition information from each ingredient manufacturer that you are using to gain full meal pattern equivalencies and amounts needed to prepare each recipe.

Note: A serving of "whole grain-rich" food must meet portion size requirements for the Grains/Breads component as defined in FNS guidance and meet at least one of the following:

(a) the whole grains per serving is less than or equal to 8g, (b) the product includes the FDA whole grain health claim on package, or (c) product ingredient listing lists whole grain first, or second ingredient after water.

Source: <http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

At least 48 grams of whole grain recommended daily.

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AVOCADO BISCUIT TOAST WITH ROASTED CORN

Avocado toast gets a whole grain upgrade in this breakfast offering, featuring Pillsbury™ Whole Grain-Rich Baked Biscuits.



Yield: 24 servings

For crediting in USDA Child Nutrition Programs, 1 serving (1 biscuit/2 biscuit halves) = 2 oz equivalent Grain

INGREDIENTS

PREP

- Pillsbury™ Whole Grain-Rich Easy Split™ Frozen Baked Biscuit, 2 oz (32271) 24 each

ASSEMBLY

- Guacamole, prepared (3 lb) 6 cups
- Roasted corn, pepper and onion mix, prepared, cold (1 lb 5 oz) 3 cups
- Chili lime seasoning, low sodium 2 Tbsp

DIRECTIONS

PREP

1. Thaw baked biscuits, covered, either at room temperature 30 minutes or refrigerated overnight.
2. Split biscuit in half and place on a parchment lined sheet pan with split sides up.
3. Bake as directed until lightly golden brown; allow to cool 10 minutes.

BAKE

Convection Oven* | 325°F | 7-9 minutes
Standard Oven | 375°F | 11-13 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 4 minutes of baking.

ASSEMBLY

1. Spread 2 Tbsp guacamole evenly over top of each cooled biscuit piece.
2. Arrange 1 Tbsp of the roasted corn mixture over top; sprinkle on 1/8 tsp of chili lime seasoning.
3. Serve 2 biscuit pieces at room temperature or chilled.



Sprinkle with taco seasoning or everything bagel seasoning for a different flavor boost.





BEES ON A BRANCH BENTO BOX

Serve this DIY kit to make little bees with raisins and Honey Cheerios™ Cereal stuck to apples, carrots or celery.

Yield: 1 serving

*For crediting in USDA Child Nutrition Programs,
1 serving (1 kit) = 2 oz equivalent Grain, 2 M/MA,
1 cup Fruit, 1/2 cup Red/Orange Veg,
1/2 cup Other Veg*

INGREDIENTS

- Honey Cheerios™ Cereal Single Serve Cup (18448) (2 oz) 1 each
- Sunflower seed butter 2 Tbsp
- Sunflower seeds (1 oz) 1/4 cup
- Raisins (1.5 oz) 1/4 cup
- Apple slices (2 oz) 1/2 cup
- Carrot sticks (2 oz) 1/2 cup
- Celery sticks (2 oz) 1/2 cup

DIRECTIONS

1. Package and serve together so students can create their own "Bees on a Branch".



Substitute other nut or seed butters as needed.





BISCUIT MONTE CRISTO

In a new take on Monte Cristo sandwiches, ham and cheese are layered in Pillsbury™ Whole Grain-Rich Easy Split™ Biscuits. The tasty little sandwiches are baked until the cheese is gooey, then dusted with powdered sugar.



Yield: 1 serving

For crediting in USDA Child Nutrition Programs, 1 serving (1 sandwich) = 2 oz equivalent Grain, 2 M/MA

INGREDIENTS

ASSEMBLY

- Pillsbury™ Whole Grain-Rich Easy Split™ Frozen Baked Biscuit, 2 oz (32271), thawed 1 each
- Strawberry jam 1 tsp
- Ham slices (1 oz)
- Provolone cheese, sliced (1 oz)

FINISHING

- Powdered sugar 1/8 tsp

DIRECTIONS

ASSEMBLY

1. Open thawed biscuit and spread strawberry jam on inside of top biscuit.
2. Add ham and cheese slices to bottom biscuit, then cover with top biscuit; heat as directed until internal temperature reaches 165°F, cheese is melted and biscuit top is toasted.

BAKE

Convection Oven* | 350°F | 5-7 minutes

Standard Oven | 375°F | 6-8 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 3 minutes of baking.

FINISHING

1. Remove from oven and immediately dust with powdered sugar; serve warm.



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Serve with sides such as raw cauliflower with ranch dressing, roasted butternut squash, fresh pineapple wedge, cranberry juice and milk if desired.





BBQ PORK CINNAMON ROLL SLIDERS

Step up your slider game!

Pillsbury™ Cinnamon Roll 1 oz equivalent

Grain cinnamon rolls make the perfect
bite sized bun for these BBQ Pork Sliders.



Yield: 12 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (2 sliders) = 2 oz equivalent Grain, 2 M/MA*

INGREDIENTS

PREP

- Pillsbury™ Freezer-to-Oven Whole Grain Cinnamon Roll Dough, 1.45 oz (14346) 24 each

ASSEMBLY

- Pork barbacoa, prepared (2 lb 8 oz) 6 3/4 cups
- BBQ sauce, prepared (12 oz) 1 cup

DIRECTIONS

PREP

1. Bake rolls on parchment-lined sheet pan as directed; cool completely.
2. Cut cooled cinnamon rolls in half, lengthwise to create a bun.

BAKE

Convection Oven* | 300°F | 18-23 minutes
Standard Oven | 350°F | 29-34 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 9 minutes of baking.

ASSEMBLY

1. Heat barbacoa and BBQ sauce in a saucepan; hold hot.

SERVICE

1. Deposit #40 level scoop (1 oz) of barbacoa mixture onto bottom half of cinnamon roll piece.
2. Place on cinnamon roll top and portion 2 sliders per serving.



Swap out BBQ Pork for BBQ Chicken.





BLUEBERRY CINNAMON ROLL PULL APART BREAD

Using leftover cinnamon rolls, blueberries, and applesauce, this pull apart credits as not only 1 oz equivalent Grain, but also 1 M/MA. Great for breakfast on-the-go or brunch for lunch!



Yield: 12 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (1 slice) = 1 oz equivalent Grain, 1 M/MA*

INGREDIENTS

PREP

- Pillsbury™ Freezer-to-Oven Whole Grain Cinnamon Roll Dough, 1.45 oz (14346) 12 each

ASSEMBLY

- Applesauce (14 oz) 1 1/2 cups
- Eggs, large (12 oz) 6 each
- Milk (4 oz) 1/2 cup
- Cinnamon, ground 2 tsp
- Blueberries, fresh (8 oz) 1 1/2 cups

DIRECTIONS

PREP

1. Bake cinnamon rolls on parchment-lined sheet pan as directed; cool overnight.
2. Cut cooled cinnamon rolls into quarters and set aside.

BAKE

Convection Oven* | 300°F | 18-23 minutes
Standard Oven | 350°F | 29-34 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 9 minutes of baking.

ASSEMBLY

1. Add applesauce, eggs, milk and cinnamon to a large bowl; whisk together.
2. Stir in cinnamon roll pieces then allow to soak for 45 minutes.
3. Fold blueberries into mixture, then pour into generously sprayed 2-inch deep half-sized long hotel pan.
4. Bake as directed until cooked through; cool completely before cutting into 12 slices.

BAKE

Convection Oven* | 350°F | 25-30 minutes
Standard Oven | 375°F | 35-40 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 12 minutes of baking.



Substitute diced apples for blueberries for a delicious fall treat.





BLUEBERRY SWIRL CINNAMON ROLL PARFAITS

Whole Grain-Rich Cinnamon Rolls, yogurt and blueberries combine for this delicious grab-and-go option.



Yield: 16 servings

For crediting in USDA Child Nutrition Programs, 1 serving (2, #8 scoops) = 1 oz equivalent Grain, 1 M/MA, 1/2 cup Fruit

INGREDIENTS

- Low-fat vanilla yogurt (4 lb) 8 cups
- Frozen blueberries (2 lb 13 oz) 8 cups
- Pillsbury™ Freezer-to-Oven Whole Grain Cinnamon Roll Dough (11111), baked, cooled, diced 8 each

DIRECTIONS

1. Stir together yogurt and blueberries in a large bowl; fold in cooled, diced cinnamon roll pieces.
2. Refrigerate several hours or overnight; place 2 - #8 scoops in a 12 oz serving cup.
3. Cover and refrigerate until serving.



Substitute any frozen fruit for more flavor combinations.



CHAI SPICED APPLE CINNAMON ROLLS

Warm chai spices mixed with roasted apples and Pillsbury™ Whole Grain-Rich Cinnamon Rolls make a quick and easy comfort recipe.

Yield: 20 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (6 oz scoop) = 1 oz equivalent Grain,
1/2 cup Fruit*

INGREDIENTS

PREP

- Pillsbury™ Freezer-to-Oven Whole Grain Cinnamon Roll Dough, 1.45 oz (14346) 20 each

ASSEMBLY

- Roasted fuji apples, prepared, frozen (2 lb 9 oz) 10 cups
- Chai seasoning mix, prepared 1 Tbsp

FINISHING

- Low-fat vanilla yogurt (4 oz) 1/2 cup
- Powdered sugar (12 oz) 3 cups

DIRECTIONS

PREP

1. Thaw cinnamon roll dough, covered, either at room temperature for 30 minutes or refrigerated overnight.

ASSEMBLY

1. Cut cinnamon roll dough into 4 equal pieces and set aside.
2. Combine apples and chai seasoning mix in a large bowl and mix thoroughly.
3. Spread apples over bottom of lightly greased full size 2-inch deep hotel pan; top with cinnamon roll pieces.
4. Bake as directed until golden brown.

BAKE

Convection Oven* | 325°F | 16-20 minutes
Standard Oven | 400°F | 25-28 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 8 minutes of baking.

FINISHING

1. Whisk together yogurt and powdered sugar in mixing bowl until smooth.
2. Portion cinnamon rolls using a 6 oz spoodle, then drizzle with approx. 2 Tbsp of yogurt glaze.
3. Serve warm or at room temperature.



Substitute frozen sliced peaches and apple pie seasoning mix for a summery dish. Bake time may need to be adjusted.





CHILI CHEESE-TOPPED WHOLE GRAIN-RICH BISCUITS

Add a Southwestern flair to biscuits with a chili cheese mixture baked on top.

Yield: 35 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (1 biscuit) = 1 oz equivalent Grain*

INGREDIENTS

PREP

- Pillsbury™ Whole Grain-Rich¹ Mini Baked Biscuit, 1 oz (32272)
35 each

ASSEMBLY

- Butter, unsalted, softened (4 oz)
1/2 cup
- Cheddar cheese, shredded (2 oz)
1/2 cup
- Chili powder 1 tsp

DIRECTIONS

PREP

1. Thaw baked biscuits covered, at least 2 hours at room temperature.

ASSEMBLY

1. Remove plastic overwrap and place biscuit tray on parchment-lined half sheet pan.
2. Mix butter, cheese and chili powder together in a small bowl.
3. Spread mixture evenly over biscuits and bake as directed.

BAKE

Convection Oven* | 325°F | 5-10 minutes

Standard Oven | 375°F | 6-12 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 3 minutes of baking.



Substitute Pillsbury™ Easy Split™ Whole Grain Baked Biscuit 2 oz (32271) and double the topping ingredients for a 2 oz equivalent Grain serving.





CHIPOTLE CHEDDAR SCONES

These whole grain scones are full of smoky chipotle peppers and two cheeses for a delicious, yet simple side option.



Yield: 58 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (1 scone) = 1 oz equivalent Grain*

INGREDIENTS

- Gold Medal™ Whole Grain-Rich¹ Variety Muffin Mix (31529) (5 lb) 1 box
- Cottage cheese (2 lb) 4 cups
- Water, cool (1 lb 4 oz) 2 1/2 cups
- Cheddar cheese, shredded (14 oz) 4 cups
- Chipotle peppers, canned, pureed (8.5 oz) 1 cup
- Granulated garlic 4 tsp

DIRECTIONS

1. Add muffin mix, cottage cheese, water, cheddar cheese, chipotle peppers, and granulated garlic to a large mixing bowl and combine until blended. Do NOT overmix.
2. Deposit batter using a #16 scoop in a 4x6 pattern onto lightly sprayed full sheet pan.
3. Bake as directed until golden brown; serve warm or store covered in the refrigerator.

BAKE

Convection Oven* | 350°F | 13-15 minutes

Standard Oven | 375°F | 14-21 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 6 minutes of baking.



Pair with chili or soup to add 1 oz equivalent Grain serving for lunch.





CINNAMON TOAST CRUNCH™ SUNDAE

A yogurt sundae with peaches, strawberries, and Cinnamon Toast Crunch™ Cereal 25% Less Sugar is complete with whipping topping and a cherry.



Yield: 8 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (1 parfait with cereal cup) = 2 oz equivalent
Grain, 2 M/MA, 3/4 cup Fruit*

INGREDIENTS

- Cinnamon Toast Crunch™ 25% Less Sugar (14886) 8 each
- Low-fat vanilla yogurt (4 lb) 8 cups
- Sliced peaches, canned, drained (2 lb) 4 cups
- Strawberries, fresh, sliced (12 oz) 2 cups
- Whipped topping (1 oz) 1/2 cup
- Rainbow sprinkles 2 2/3 Tbsp
- Maraschino cherries 8 each

DIRECTIONS

1. Portion 8 oz yogurt into each serving cup; arrange 1/2 cup peaches around cup.
2. Add 1/4 cup strawberries, 1 Tbsp whipped topping, 1/2 tsp sprinkles and 1 cherry on top.
3. Serve with Cinnamon Toast Crunch cereal on the side for students to top their own sundae.



Serve with a side of veggies if desired for a complete meal.





CRANBERRY PEACH WHOLE GRAIN-RICH MUFFIN BARS

Sweet peaches and tart cranberries complement each other nicely in a whole grain-rich muffin bar.



Yield: 32 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (1 - 3x4-inch piece)
= 2 oz equivalent Grain , 1/4 cup Fruit*

INGREDIENTS

- Water, cool approx. 72°F (2 lb) 4 cups
- Reserved liquid from drained peaches (1 lb 1 oz) 1 1/2 cups
- Gold Medal™ Whole Grain-Rich¹ Variety Muffin Mix (31529) (5 lb) 1 box
- Nutmeg, ground 2 tsp
- Sliced peaches, canned, liquid drained & reserved, chopped (2 lb 4 oz) 4 cups
- Dried cranberries (10 oz) 2 cups
- Coarse sugar (4 oz) 1/2 cup

DIRECTIONS

1. Pour water and reserved liquid from drained peaches into a mixing bowl; add muffin mix and nutmeg.
2. Mix using a rubber spatula until blended. DO NOT overmix.
3. Fold in peaches and cranberries until batter is smooth (batter will be thick).
4. Deposit batter into parchment-lined, or greased full sheet pan.
5. Sprinkle sugar evenly over top; bake as directed and cool completely before portioning.

BAKE

Convection Oven* | 350°F | 18-22 minutes

Standard Oven | 400°F | 22-26 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 9 minutes of baking.



Substitute pears for peaches for a delicious fall muffin bar.



ENGLISH BISCUFFINS

Check out this quick trick to transform Pillsbury™ Frozen Biscuit Dough into flaky English Muffins you can stack with breakfast classics.



Yield: 12 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (1 biscuit) = 2 oz equivalent Grain*



INGREDIENTS

- Pillsbury™ Frozen Biscuit Dough Reduced Sodium Southern Style 2.2 oz (31151) 12 each

DIRECTIONS

1. Thaw biscuit pucks, covered, either for 15-30 minutes at room temperature until flexible or overnight in refrigerator.
2. Place on parchment-lined sheet pan in a 3x4 pattern; lightly coat with pan spray.
3. Place another piece of parchment over top of biscuits, then bake for 5-6 minutes.
4. Place an additional sheet pan on top of the partially baked biscuits and return to oven to bake for full time listed below or until golden brown.
5. Use a fork to split warm biscuits open to top and serve as desired.

BAKE

Convection Oven* | 350°F | 10-15 minutes

Standard Oven | 375°F | 12-17 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 5 minutes of baking.



Lightly dust top and bottom of thawed biscuits with cornmeal before baking for an even more authentic English Muffin offering.

Create a variety of morning sandwiches with favorite fillings like a sausage patty, egg and cheese.





FIESTA CORN CHEX™ CRUSTED CHICKEN

This toasty, crunchy chicken makes a great lunch main — add to a salad or pair with rice and beans for a complete meal!

Yield: 24 servings

For crediting in USDA Child Nutrition Programs, 1 serving (1 breaded chicken breast) = 1 oz equivalent Grain, 2 M/MA

INGREDIENTS

MARINADE

- Low-fat milk (1 lb 6 oz) 2 1/2 cups
- Sour cream (11 oz) 1 1/4 cups
- Taco seasoning (1 oz) 1/2 cup
- Chicken breast, raw, 4 oz each (6 lb) 24 each

ASSEMBLY

- Corn Chex™ Bulkpak Cereal (13326) 20 cups

DIRECTIONS

MARINADE

1. Whisk together milk, sour cream, and taco seasoning in a large bowl.
2. Add chicken breasts and toss to coat; cover and refrigerate for at least 4 hours or overnight.

ASSEMBLY

1. Pulse Corn Chex cereal in food processor until crushed; transfer to a half hotel pan or sheet pan.
2. Press marinated chicken breasts into crumbs and coat evenly; place on parchment-lined sheet pan in a 4x6 pattern.
3. Bake until thermometer placed in thickest part of each chicken breast reads at least 165°F; serve hot.

BAKE

Convection Oven* | 300°F | 28-32 minutes
Standard Oven | 375°F | 30-35 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 14 minutes of baking.



Substitute BBQ seasoning for taco seasoning and serve with BBQ sauce and sides, like coleslaw and baked beans.





HAM AND CHEDDAR MUFFIN BITES

Wrap up a ham and cheese sandwich into one bite, using Gold Medal™ Whole Grain-Rich Variety Muffin Mix.



Yield: 54 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (1 muffin) = 1 oz equivalent Grain*

INGREDIENTS

- Gold Medal™ Whole Grain-Rich Variety Muffin Mix (31529) (5 lb) 1 box
- Water, cool (2 lb 6 oz) 4 3/4 cups
- Ham, cooked, diced (1 lb) 3 cups
- Cheddar cheese, shredded (8 oz) 2 cups
- Granulated garlic 1 Tbsp

DIRECTIONS

1. Add muffin mix, water, ham, cheddar cheese, and granulated garlic to a large mixing bowl and combine until blended. Do NOT overmix.
2. Deposit batter using a #16 scoop in a 4x6 pattern onto lightly sprayed full sheet pan.
3. Bake as directed until golden brown; serve warm or store covered in the refrigerator.

BAKE

Convection Oven* | 350°F | 13-15 minutes

Standard Oven | 375°F | 14-21 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 6 minutes of baking.



Serve as a breakfast main with fruit and milk or offer as a second chance breakfast item in a to-go container.





HARVEST APPLE GRANOLA SALAD

Nature Valley™ 25% Less Sugar Cinnamon Granola adds a sweet crunch and 2 oz equivalent Grain to this fresh and flavorful salad.

Yield: 1 serving

*For crediting in USDA Child Nutrition Programs,
1 serving (1 salad) = 2 oz equivalent Grain,
2 M/MA, 1/2 cup Fruit, 1 cup Dark Green Veg*

INGREDIENTS

- Romaine lettuce, chopped (2.5 oz)
2 cups
- Apple, medium diced (1 oz) 1/4 cup
- Green grapes, seedless (2 oz) 1/4 cup
- Grilled chicken, diced,
prepared (2 oz) 1/3 cup
- Nature Valley™ 25% Less Sugar
Cinnamon Granola Bulk Bag (23132)
1/2 cup
- Poppy seed dressing (2 oz) 1/4 cup

DIRECTIONS

1. Add lettuce to serving plate or tray; cover evenly with apples, grapes, and chicken.
2. Serve with poppy seed dressing and granola on the side.



Substitute strawberries or mandarin oranges for a Spring Chicken Salad.





LOADED BISCUIT STRATA

This biscuit strata is packed with turkey ham, fresh pico de gallo, and fluffy eggs for 2 oz equivalent Grain and 2 M/MA in every serving.



Yield: 24 servings

For crediting in USDA Child Nutrition Programs, 1 serving (1 slice) = 2 oz equivalent Grain, 2 M/MA

INGREDIENTS

PREP

- Pillsbury™ Easy Split™ Southern Style Frozen Dough Biscuit, 12 oz (10752) 24 each

ASSEMBLY

- Eggs, large (2 lb 4 oz) 18 each
- Whole milk (1 lb 9 oz) 3 cups
- Pico de gallo, prepared (10 oz) 2 cups
- Cheddar cheese, shredded (8 oz) 2 cups
- Turkey ham, diced (8 oz) 1 1/2 cups

DIRECTIONS

PREP

1. Thaw biscuit dough, covered, either at room temperature for 30 minutes or refrigerated overnight.

ASSEMBLY

1. Tear biscuit dough into quarters and arrange evenly in generously sprayed 2-inch deep full-size hotel pan.
2. Add pico de gallo, cheese, and ham over top; gently fold to ensure the toppings are evenly distributed.
3. Whisk eggs and milk together in a large bowl; pour over biscuits in pan.
4. Cover pan with greased aluminum foil and bake for half of recommended time; remove foil and finish baking until internal temperature is at least 165°F in center and top is golden brown.
5. Cut in a 4x6 pattern and serve warm.

BAKE

Convection Oven* | 350°F | 35-40 minutes
Standard Oven | 375°F | 60-70 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 18 minutes of baking.



Serve as a breakfast or brunch for lunch dish with fruit, milk, and steamed vegetables.





MEATBALL BISCUIT GRINDERS

In a variation of the traditional grinder — a hot sub sandwich — meatballs are piled on fresh-baked biscuits and slathered with spaghetti sauce.



Yield: 24 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (2 pieces) = 2 oz equivalent Grain, 2 M/MA*

INGREDIENTS

BISCUITS

- Pillsbury™ Whole Grain-Rich Easy Split™ Frozen Baked Biscuit, 2 oz (32271), thawed 12 each

ASSEMBLY

- Meatballs, fully cooked 0.5 oz (2 lb 4 oz) 72 each
- Spaghetti sauce, prepared (3 lb 4 oz) 5 3/4 cups
- Mozzarella cheese, light, shredded (12 oz) 3 cups

DIRECTIONS

BISCUITS

1. Thaw biscuits overnight or for a minimum of 2 hours.
2. Bake biscuits as directed and keep warm.

BAKE

Convection Oven* | 325°F | 6-7 minutes

Standard Oven | 375°F | 6-8 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 3 minutes of baking.

ASSEMBLY

1. Heat meatballs and sauce according to package directions.
2. Split each biscuit open and top both pieces with 3 meatballs to create an open-faced sandwich.
3. Ladle 1/4 cup sauce over top, sprinkle on 0.5 oz cheese and serve.



Fully cooked lentils, mushrooms, zucchini or broccoli may be added to the spaghetti sauce for a veggie or protein boost.





MORNING GLORY MUFFINS

Carrots, raisins, applesauce and coconut bring amazing flavors and textures to a hearty whole grain-rich muffin.



Yield: 84 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (1 muffin) = 0.75 oz equivalent Grain,
1/4 cup Fruit*

INGREDIENTS

- Water, cool approx. 72°F (1 lb 8 oz) 3 cups
- Gold Medal™ Whole Grain-Rich Variety Muffin Mix (31529) (5 lb) 1 box
- Applesauce (2 lb) 4 cups
- Brown sugar, packed (7 oz) 1 cup
- Cinnamon, ground 2 Tbsp
- Vanilla extract 1 Tbsp
- Carrots, fresh, shredded (1 lb) 5 cups
- Raisins (1 lb) 3 cups
- Crushed pineapple, canned, drained (13 oz) 2 cups
- Shredded coconut (13 oz) 3 cups
- Walnuts, chopped (12 oz) 3 cups

DIRECTIONS

1. Add water, muffin mix, applesauce, brown sugar, cinnamon, and vanilla extract in mixer bowl fitted with paddle attachment; mix on medium speed for 2 minutes.
2. Add carrots, raisins, pineapple, coconut, and walnuts; mix on low speed until combined.
3. Deposit #16 scoop of batter into greased or paper-lined muffin pans.
4. Bake as directed and cool before serving.

BAKE

Convection Oven* | 350°F | 15-17 minutes

Standard Oven | 400°F | 19-21 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 7 minutes of baking.



If you don't have muffin pans, spread the batter on a full-size sheet pan to make delicious muffin bars.





MUFFIN TOP FRENCH TOAST

This classic breakfast dish is baked instead of griddled, using Pillsbury™ Whole Grain-Rich Chocolate Chip Muffin Tops.



Yield: 48 servings

For crediting in USDA Child Nutrition Programs, 1 serving (2 muffin tops) = 2 oz equivalent Grain

INGREDIENTS

PREP

- Pillsbury™ Place & Bake™ Frozen Muffin Top Batter Whole Grain-Rich Chocolate Chip (11114) 96 each

ASSEMBLY

- Eggs, large (1 lb 14 oz) 15 each
- Milk (1 lb) 2 cups
- Cinnamon, ground 2 tsp

DIRECTIONS

PREP

1. Place frozen muffin top batter pieces on parchment-lined sheet pan in a 3x5 pattern.
2. Bake as directed and allow to cool completely.

BAKE

Convection Oven* | 300°F | 18-22 minutes
Standard Oven | 350°F | 25-29 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 9 minutes of baking.

ASSEMBLY

1. Whisk eggs, milk, and cinnamon in large mixing bowl until well blended.
2. Dip each muffin top into the egg mixture to fully coat both sides.
3. Place muffin tops on lightly greased full sheet pans, evenly spaced, flat side down.
4. Bake according to directions; serve 2 pieces per serving warm.

BAKE

Convection Oven* | 325°F | 10-12 minutes
Standard Oven | 375°F | 16-19 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 9 minutes of baking.



Top with fresh berries and whipped cream, then serve with a sausage link for a well-rounded breakfast.



SPEED-SCRATCH



PEACH COBBLER WHOLE GRAIN-RICH BARS

The comforting classic dessert is the model for a whole grain-rich coffee cake version with a crumbly streusel topping.

Yield: 32 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (1 - 3x4-inch piece) = 2.25 oz equivalent Grain*

INGREDIENTS

STREUSEL TOPPING

- Gold Medal™ Whole Grain-Rich¹ Variety Muffin Mix (31529) (8 oz) 1 3/4 cups
- Cinnamon, ground 2 tsp
- Peaches, canned, liquid drained & reserved, pureed (4 oz) 1/2 cup
- Quick oats, dry 2 cups

BATTER

- Reserved liquid from drained peaches (1 lb 12 oz) 3 1/4 cups
- Gold Medal™ Whole Grain-Rich Variety Muffin Mix (31529) (4 lb 8 oz) 15 1/4 cups
- Cinnamon, ground 1 1/3 Tbsp
- Diced peaches, canned, liquid drained & reserved (1 lb 12 oz) 3 1/2 cups

DIRECTIONS

STREUSEL TOPPING

1. Place 1 3/4 cups (8 oz) muffin mix and 2 tsp cinnamon into mixing bowl; stir to combine.
2. Add peach puree and oats to the bowl and combine (mixture should be crumbly); set aside until needed.

BATTER

1. Pour 3 1/4 cups (1 lb 12 oz) of reserved peach liquid into mixing bowl.
2. Stir in muffin mix and cinnamon; fold diced peaches into batter. DO NOT overmix.
3. Deposit 4 lb batter into each of 2, greased, 12 x 20 x 2 1/2-inch hotel pans.

4. Distribute 15 oz Streusel Topping per pan evenly over batter.
5. Bake as directed and allow to cool 15 minutes before cutting into 4x4 pattern.

BAKE

Convection Oven* | 350°F | 18-22 minutes
Standard Oven | 400°F | 22-26 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 9 minutes of baking.



Makes a great addition to a brunch for lunch bento box!



SPICED BLUEBERRY MUFFIN TOP CROUTONS

Take Pillsbury™ Whole Grain-Rich Blueberry Muffin Tops and transform them into a sweet and spicy crunchy topping, perfect for reusing any leftover muffin tops from breakfast service.

Yield: 21 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (2/3 cup or 2 oz) = 1 oz equivalent Grain*

INGREDIENTS

PREP

- Pillsbury™ Place & Bake™ Frozen Muffin Top Batter Whole Grain-Rich Blueberry (11113) 24 each

ASSEMBLY

- Vegetable oil (2 oz) 1/4 cup
- Kosher salt 2 tsp
- Black pepper, ground 2 tsp
- Garlic powder 1 tsp
- Cayenne pepper, ground 1/2 tsp

DIRECTIONS

PREP

1. Place frozen muffin top batter pieces on parchment-lined sheet pan in a 3x5 pattern.
2. Bake as directed and allow to cool completely.

BAKE

Convection Oven* | 300°F | 18-22 minutes

Standard Oven | 350°F | 25-29 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 9 minutes of baking.

ASSEMBLY

1. Cut baked muffin tops into approx. 1/2-inch to 3/4-inch cubes and place in large bowl.
2. Add vegetable oil, salt, pepper, garlic powder, and cayenne pepper to the bowl.
3. Toss muffin cubes gently until well-coated; place on a parchment-lined full sheet pan and bake as directed until crisp and lightly brown.
4. Allow to cool and serve 2/3 cup (2 oz) as desired.

BAKE

Convection Oven* | 250°F | 30-35 minutes

Standard Oven | 300°F | 40-45 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 15 minutes of baking.



Add to a fresh green salad with fruit, chicken, and dressing for a grab-n-go lunch offering.

Utilize any leftover muffin tops from breakfast service for a zero waste menu solution!





STRAWBERRIES AND CREAM OVERNIGHT OATS

This prep-ahead breakfast offering is perfect for second-chance and grab-n-go options.



Yield: 24 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (3/4 cup) = 1 oz equivalent Grain, 1 M/MA,
1/2 cup Fruit*

INGREDIENTS

- Low-fat vanilla yogurt (7 lb) 12 cups
- Nature Valley™ 25% Less Sugar Cinnamon Granola Bulk Bag (23132) (1 lb 2 oz) 6 cups
- Strawberries, sliced (1 lb 8 oz) 12 cups

DIRECTIONS

1. Mix yogurt and granola together in a large mixing bowl until well-combined; cover and refrigerate for 24 hours.
2. Portion 3/4 cup (6 oz) using a #6 scoop into serving dish and top with 1/2 cup (2 oz) strawberries; serve cold.



Substitute roasted apples for strawberries to make Apple Crisp Overnight Oats.





UNICORN PARFAITS

Unicorn loving students will love the rainbow colors and sugar cone horn in this yogurt parfait. Don't forget the Lucky Charms™

Cereal 25% Less Sugar!



Yield: 24 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (1 parfait with cereal cup) = 2 oz equivalent
Grain, 2 M/MA, 1/2 cup Fruit*

INGREDIENTS

- Lucky Charms™ Cereal 25% Less Sugar Single Serve Cup (14884) 24 each
- Low-fat blueberry yogurt (4 lb) 8 cups
- Blueberries, fresh (2 lb) 6 cups
- Green apples, diced (1 lb 11 oz) 6 cups
- Low-fat vanilla yogurt (4 lb) 8 cups
- Mandarin oranges, canned, drained (4 lb 2 oz) 6 cups
- Strawberries, fresh, sliced (2 lb 4 oz) 6 cups
- Low-fat strawberry yogurt (4 lb) 8 cups
- Sugar cones (8 oz) 24 each

DIRECTIONS

1. Place #16 scoop of blueberry yogurt in the bottom of 16 oz parfait cups; layer in 1/8 cup each of blueberries and green apples.
2. Add #16 scoop of vanilla yogurt then layer in 1/8 cup each of mandarin oranges and strawberries.
3. Add #16 scoop of strawberry yogurt and top with 1 sugar cone.
4. Serve cold immediately with the Lucky Charms cereal cup on the side for students to add as desired.



Make it a meal by adding a garden salad and a serving of milk.





WHOLE GRAIN-RICH MINI PIZZAS

Whole grain-rich biscuits become the tasty base for tempting mini pizzas topped with fresh bell peppers, turkey sausage and mozzarella.



Yield: 11 servings

*For crediting in USDA Child Nutrition Programs,
1 serving (3 pizzas) = 2 oz equivalent Grain, 2 M/MA*

INGREDIENTS

CRUSTS

- Pillsbury™ Whole Grain-Rich¹ Easy Split™ Frozen Dough Biscuit, 2.51 oz (32268) 11 each

SAUCE

- Tomato sauce, canned, low sodium (10 oz) 1 cup
- Diced tomatoes, canned, low sodium (3 oz) 1/3 cup
- Onions, chopped, sautéed (2 oz) 1/3 cup
- Garlic, fresh, chopped, sautéed (1 oz) 2 Tbsp
- Herbs de Provence, chopped 1 Tbsp

ASSEMBLY

- Mozzarella cheese, low fat, shredded (1 lb) 4 cups
- Green bell peppers, diced, sautéed (8 oz) 1 1/3 cups
- Turkey sausage, low sodium, cooked, crumbled (11 oz) 2 cups

FINISHING

- Tomatoes, fresh, diced (8 oz) 1 1/4 cups

DIRECTIONS

CRUSTS

1. Thaw biscuit dough, covered either at room temperature for 30-60 minutes, or refrigerated overnight.
2. Cut biscuit dough into 3 equal parts; roll on a flour-dusted bench to 1/8-inch thick rounds using a flour-dusted rolling pin.
3. Place on parchment-lined sheet pan; prick small holes on the entire surface of the pizza crust with a fork.
4. Bake as directed and allow crusts to cool before assembly.

BAKE

Convection Oven* | 350°F | 5-7 minutes
Standard Oven | 400°F | 9-11 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 3 minutes of baking.

SAUCE

1. Add tomato sauce, diced tomatoes, sautéed onions, garlic, and herbs in a large mixing bowl.
2. Stir until combined; cover and refrigerate until needed.

ASSEMBLY

1. Place cooled crusts on parchment-lined pan; spread approx. 1 Tbsp sauce to within 1/4-inch from edge.
2. Top with 1 Tbsp cheese, 1 1/2 tsp sautéed green peppers and 1 tsp cooked sausage.
3. Bake as directed.

BAKE

Convection Oven* | 375°F | 5-7 minutes
Standard Oven | 425°F | 11-13 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 3 minutes of baking.

FINISHING




1. Garnish with 1 1/2 tsp fresh tomatoes and serve warm.



Use diced ham and pineapple to make Hawaiian pizzas.





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