

# MAKING RESTAURANT TRENDS A REALITY IN THE CAFETERIA

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### Learning Objectives

- After this presentation, you will be able to:
  1. List avenues to gain inspiration for menu planning
  2. Take an entrée served in a restaurant and modify the amounts for school foodservice
  3. Identify a manufacturing partner as a future resource

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### School Food Today

- As the lunch room continues to move away from traditional entrées (i.e. burgers, pizza, hot dogs, etc.), the demand for innovation has increased



Traditional Entrées



Current Entrées

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### Main Challenges

- Need for creative ways to get students to consume fruits, vegetables and whole grains
- Reinventing old favorites
  - Keeping up with restaurant trends to maintain participation while staying in line with the regulations
- Increased pressure to compete with outside restaurants

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### Facing the Challenges

- Working to eliminate any challenge is key to success
- As a Foodservice Director, there are many ways we overcome the challenges of making food more exciting while maintaining nutritional value



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### Inspiration

- Start with local inspiration to gain menu ideas
  - Go to local restaurants – let the menu inspire you
  - Social Media
  - Pick up the latest Food Magazine
    - Food Network Magazine, Restaurant News, Bon Appetite, School Nutrition Magazine
  - Turn on the Food Network, Travel Channel
    - What is featured that you can use as inspiration?

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### Television & Websites



**SIGN UP FOR OUR RECIPE NEWSLETTERS**

- Recipe of the Day**  
New recipe, recipe of the week, or recipe of the month.  
Get Your Daily Dose Here
- Food Network Newsletters**  
Get inspired and learn techniques from the pros.  
Join the Daily Dose Here
- Healthy Newsletter**  
Get the week's healthiest recipes and the most healthy.  
Playing Healthy And Off Center

**Recipes & How-Tos**



**EASY WEEKNIGHTS**

- Download Our Dinner Ideas
- 30 Minute Meals
- 100 Healthy Dinners



**KIDS eat right.**  
Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation

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### Magazines





**FOOD & WINE**  
INSPIRATION SERVED DAILY

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### Restaurants



- | Shareable Appetizers
- | Salads & Combinations
- | Seafood Selections
- | Fresh Chicken
- | Steakhouse Steaks
- | Pastas & More
- | Ribs & Chops
- | Handcrafted Burgers
- | Pretzel Burgers
- | Fresh Sides



**OUR MENU**




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**Restaurants**






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**Restaurants**




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**Social Media**



Instagram Facebook Twitter Pinterest

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Making Inspiration a Reality




BRUSCHETTA CHICKEN

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Bruschetta Burger

**Recipe Build**

- Whole Grain-rich Ciabatta Roll
- Fully Cooked Beef Pattie
- Provolone Cheese, 1 Slice
- Bruschetta Salsa or Diced Tomatoes
- 2 Tbsp Balsamic Dressing served on the side

**Crediting Information**  
1 Serving

- 2.50 oz. M/MA
- 2.00 oz. Grain Equivalent
- ½ c Red/Orange Subgroup Vegetable Credit

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Making Inspiration a Reality



Quesadilla Burger



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### Jalapeno Ranch Quesadilla Burger

**Recipe Build**

- Whole Grain Tortilla
- Fully Cooked Beef Pattie
- Shredded Cheddar Cheese
- Chopped Romaine Lettuce
- Tomato, 1 Slice
- 2 Tbsp Jalapeno Ranch

**Crediting Information**  
1 Serving

- 1.50 oz. Equivalent Grain
- 2.25 oz. M/MA
- 1/8 c Leafy Green Subgroup Vegetable Credit

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### Making Inspiration a Reality




Burrito Bowl

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### Burrito Bowl

**Recipe Build**

Brown Rice  
Grilled Chicken, Cubed  
Diced Tomato  
Black Beans  
Yellow Corn  
Shredded Cheese

**Crediting Information**  
1 Serving

- 1.00 oz. Equivalent Grain
- 2.25 oz. M/MA
- 1/4 c Red/Orange Subgroup Vegetable Credit
- 1/4 c Legume Subgroup Vegetable Credit
- 1/4 c Starchy Subgroup Vegetable Credit

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### Getting the Most from your Manufacturer

- Manufacturers are not only for products – we are here as a resource
  - Reach out to your manufacturers for help with recipes, crediting, menu planning, marketing materials, etc.



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### Using your Resources

- Work with the manufacturer to develop marketing materials specific to your cafeteria or a particular item
- Use their dietitian to help ensure the products you want to menu will work within the guidelines
- Ask the chef to create kid friendly, innovative recipes

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### In Review

- Explore restaurants, websites, magazines, etc. to gain menu inspiration
- Convert trends into kid friendly recipes that will fit the guidelines
- Work with your manufacturers to take your meal service to the next level

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