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**Home Recipes for Bulk Meal Packs**

The following home recipes are intended to be shared with families when they receive bulk meal packs (see corresponding [recipe spreadsheet here](https://storage.googleapis.com/lunchbox-prod-v1/downloads/Bulk-Meal-Packs.xlsx)). Feel free to either print pages as needed, or copy the recipe into your district’s preferred format.

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# Chicken Fajita Meal Pack

Makes 7 servings

INGREDIENTS

1.5lbs chicken fajita strips

14 tortillas

3.5c pepper/onion mix

2 Tbsp vegetable oil (not provided)

1 tsp salt (not provided)

1 tsp pepper (not provided)

HOME RECIPE

1. Preheat the oven to 350 degrees. Spread chicken onto sheet pan. Warm chicken for about 2 minutes.
2. In a skillet, warm oil for about 2 minutes. Add pepper and onion mix. Saute pepper and onion strips until softened. Season with salt and pepper.
3. Warm tortillas in the oven (3 minutes) or microwave (30 seconds), until warm to the touch.
4. Serve ¼ cup, or 4 oz, of pepper/onion mixture and chicken inside of the tortilla.

Additional toppings could include: diced tomatoes, sour cream, lettuce, salsa, shredded cheese, etc.

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# Sweet ‘n’ Sour Stir Fry Meal Pack

Makes 7 Servings

INGREDIENTS

1 lb chicken, diced

2 cups canned pineapple, drained

2 cups broccoli

1 lb rice, dry

5 oz. sweet ‘n’ sour sauce

2 Tbsp olive oil (not provided)

HOME RECIPE

1. In a large skillet, add oil and heat skill over medium high heat.  Add diced meat. Toss meat and warm, about 4 minutes.
2. Rinse the head of broccoli and cut broccoli off the stem. Chop into bite-size pieces. Add broccoli to the skillet. Stir fry for 5 minutes or until broccoli becomes slightly tender.
3. Add pineapple and stir. Cook for 2 minutes. Add sweet ‘n’ sour sauce and stir to combine all ingredients. Remove from heat.
4. While stir fry is cooking, in a small pot, add 1 part rice and two parts water. (For example, 2 cups of rice and 4 cups of water.) Bring to a boil. Stir the rice.
5. Cover the rice with a pot lid, turn heat to low and cook until rice is fluffy, about 15 minutes.
6. Serve stir fry over rice.

Additional stir fry ingredients could include: bell peppers, cauliflower, peas, onions, etc.

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# Spaghetti Meal Pack

Makes 7 servings

INGREDIENTS

2 lbs spaghetti or penne pasta (dry)

3.5 cups marinara sauce

3.5 cups mozzarella cheese

2 Tbsp salt (not provided)

8-10 quarts of water

Fresh veggies

HOME RECIPE

1. In a large pot, add salt to water. Place over medium-high heat and bring water to a boil.
2. Add dried pasta to the boiling water. Turn heat down to medium and continue to cook for 8-10 minutes or until pasta is tender.
3. Remove pot from heat. Drain water from pasta.
4. While pasta is cooking, warm sauce over medium heat, approx. 8-10 minutes, stirring regularly.
5. Combine pasta and sauce. Add shredded mozzarella cheese to the top. Serve with a side dish of fresh veggies.

Additional toppings could include: cooked shredded chicken, ground beef, sausage or fresh chopped herbs.

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# Roasted Chicken & Vegetables Meal Pack

Makes 7 servings

INGREDIENTS

1.5 lbs fajita chicken strips

3.5 cups potato wedges

1 head cauliflower

3 oz olive oil (not provided)

2 Tbsp salt (not provided)

2 Tbsp parsley (optional, not provided)

HOME RECIPE

**Chicken (chicken is precooked)**

1. Preheat oven to 350 degrees. Spread chicken onto sheet pan.
2. Bake for about 15 minutes or using a thermometer, insert into thickest piece of chicken. Chicken is done when temped at 165 degrees or higher.
3. Optional: Toss cooked chicken with BBQ Sauce or Hot Sauce for extra flavor.

**Potato Wedges**

1. Preheat oven to 375 degrees. Spread potatoes onto sheet pan.
2. Roast potatoes for about 20 minutes or until potatoes appear crispy and golden.
3. Sprinkle salt or seasoned salt onto cooked potatoes.

**Roasted Cauliflower**

1. Preheat oven to 375 degrees
2. Rinse the head of cauliflower and cut off the stem. Chop cauliflower into bite-size pieces.
3. Place cut cauliflower in a bowl, toss with 3 oz olive oil, 2 T salt, and 2 T chopped parsley (optional).
4. Spread seasoned cauliflower onto sheet pan.
5. Roast for about 20 minutes or until cauliflower is golden in color and cooked through.

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# Pizza Meal Pack

Makes 8 servings (1 slice per serving)

INGREDIENTS

1 - 16 inch round pizza crust

16 oz. pizza sauce

1 lb, 8 oz. shredded mozzarella cheese

HOME RECIPE

1. Preheat the oven to 375 degrees.
2. Spread sauce on top of crust, sprinkle cheese on top of sauce.
3. Bake for about 15 minutes, or until the cheese is melted and the crust is golden.
4. Let cool for 8-10 minutes. Cut into 8 slices.

Additional toppings could include: Mushrooms, peppers, spinach, sausage, dried oregano, basil and crushed red peppers

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# Mac ‘N’ Cheese Meal Pack

Makes 7 servings

INGREDIENTS

2 lbs elbow pasta

1.75 lbs cheese sauce

3.5 cups fresh vegetables

2 Tbsp salt (not provided)

8-10 quarts of water (not provided)

HOME RECIPE

1. In a large pot, add salt to water. Place over medium-high heat and bring water to a boil.
2. Add pasta to the boiling water. Turn heat down to medium and cook for 8-10 minutes, or until tender.
3. Remove pot from heat. Drain water from pasta. Place drained pasta in a large pot.
4. Mix pasta and prepared sauce.
5. Put pasta/cheese sauce mixture into a small baking pan. Bake in 350 degree oven for about 15 minutes.
6. Let cool for 5 minutes before serving. Serve with a side of veggies for a complete meal!

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# Hot Dogs Meal Pack

Makes 7 servings

INGREDIENTS

7 hot dogs

7 hot dog buns

3.5 potato wedges

1 head broccoli

1 quart water (not provided)

2 Tbsp olive oil (not provided)

1 Tbsp salt (not provided)

1 tsp pepper (not provided)

HOME RECIPES

**Hot Dogs**

1. Using a large saucepan, add water and bring to boil.
2. Add hot dogs and bring to full boil. Cook for an additional 5-8 minutes.

**Crispy Sheet Pan Broccoli**

1. Preheat the oven to 400 degrees.
2. Trim broccoli and cut into florets with small stems attached.
3. In a large bowl, toss broccoli with olive oil, salt and pepper.
4. Spread broccoli out on a sheet pan, cook for about 30 min or until broccoli is crispy. Stir regularly.

**Potato Wedges**

1. Preheat oven to 375 degrees.
2. Spread potatoes onto sheet pan.
3. Roast for about 20 min or until potatoes turn golden.
4. Sprinkle salt or seasoned salt onto cooked potatoes, as desired.

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# Burrito Chicken Meal Pack

Makes 7 servings

INGREDIENTS

1 lb fajita chicken strips

1 lb brown rice

3.5 cups beans, black or pinto

14 - 6 inch tortillas 6"

HOME RECIPE

1. While stir fry is cooking, in a small pot, add 1 part rice and two parts water. Bring to a boil. Stir the rice.
2. Turn heat to low, cover pot, and cook until rice is fluffy, about 15 minutes. When rice is done, chill.
3. Mix together chicken, beans, and rice until combined.
4. Lay tortillas out on a clean workspace. Place ½ cup of chicken, bean and rice mixture into the center of the tortilla. Fold in the sides of the tortilla tightly and roll up. Repeat with remaining tortillas and mixture.

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# Chicken Caesar Salad Meal Pack

Makes 7 servings

INGREDIENTS

7 cups romaine lettuce, chopped

1.5 pint Caesar dressing

1 lb chicken, diced

7 breadsticks

HOME RECIPE

1. In a large bowl, toss together romaine lettuce and the prepared Caesar dressing.
2. Serve chicken on top of composed salad.
3. Warm bread sticks in a 300 degree oven for about 10 minutes. Serve on the side of the chicken Caesar salad.

Additional salad toppings could include: tomatoes, cucumber, chickpeas, etc.

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# Deli Sandwich Meal Pack

Makes 7 servings

INGREDIENTS

24 slices deli meat, turkey

24 slices deli meat, ham

14 slices cheese

14 slices bread

Fresh vegetables

HOME RECIPE

1. On bread, top with 1 slice of cheese and 2 slices of turkey and/or ham. Top with another slice of bread. Serve with a side of fresh veggies.

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# Bagel Breakfast Meal Pack

Makes 7 servings

INGREDIENTS

7 mini bagels

7 - 2oz cream cheese packets

3.5 cups frozen fruit, such as mixed berries, strawberries or blueberries

HOME RECIPE

1. Slice bagel in half. Top with 2 oz of cream cheese as desired.
2. Serve with fruit on the side.

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# Breakfast Parfait Meal Pack

Makes 7 servings

INGREDIENTS

3.5 cups frozen fruit

3.5 cups low-fat yogurt, plain or vanilla

7 packets granola

HOME RECIPE

1. In bowl or cup, layer 1/2 cup yogurt, 1/4 cup granola, and 1/2 cup fruit, or as desired.

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# Tamale or Pupusa Meal Pack

Makes 7 servings

INGREDIENTS

7 pupusas or tamales

1 lb brown rice

3.5 cups beans, pinto or black

1 head cabbage

4 cups water (not provided)

HOME RECIPE

1. Preheat oven to 350 degrees
2. In a small saucepan over medium-low heat, warm beans for 10-15 minutes. Optional: season beans with salt or cumin, to taste.
3. In a medium saucepan, boil 4 cups of water and 2 cups brown rice.
4. Reduce heat and continue to cook about 20 minutes, or until desired rice texture is achieved.
5. Heat tamales or pupusas on a sheet pan in a preheated oven for about 15-20 minutes.
6. Remove tamales or pupusas from the oven. Serve with rice and beans on the side.

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# Portabello Mushroom Fajita

Makes 7 servings

INGREDIENTS

14 Whole wheat tortillas

3.5 cups Pinto beans

1 lb Portobello Mushrooms

3.5 cups Pepper and onion mix

2 Tbsp Vegetable oil

2 Tbsp Cumin

1 Tbsp Salt

1 tsp Pepper

HOME RECIPE

1. Slice peppers and onions into strips. Slice mushrooms into strips.
2. In saute pan, over medium-high heat, add 2 Tbsp olive oil. Once oil is hot, add peppers and onions.
3. Sautee for about 4 min or until onions become translucent and peppers begin to soften.
4. Add mushrooms and continue to cook for about 3 more minutes.
5. Drain and rinse pinto beans. Add to the pan with veggies along with 1 Tbsp salt, 1 tsp pepper, and 2 Tbsp cumin.
6. Cook for about 5 minutes until beans are warm. Remove from heat.
7. Place about ¾ to 1 cup of filling into the tortilla. Serve.

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# Amazing Tofu Lo Mein

Makes 7 servings

INGREDIENTS

1 lb Tofu

1 lb Carrots

1 head Cabbage

1 each Onion

5 oz Teriyaki sauce

7 each Sriracha sauce

2 lb Spaghetti pasta, dry

5 Tbsp Vegetable oil

3 Tbsp Salt

8-10 qts Water

3 tsp Pepper

HOME RECIPE

1. Slice peppers and onions into strips. Slice mushrooms into strips.
2. In saute pan, over medium-high heat, add 2 Tbsp olive oil. Once oil is hot, add peppers and onions.
3. Sautee for about 4 min or until onions become translucent and peppers begin to soften.
4. Add mushrooms and continue to cook for about 3 more minutes.
5. Drain and rinse pinto beans. Add to the pan with veggies along with 1 Tbsp salt, 1 tsp pepper, and 2 Tbsp cumin.
6. Cook for about 5 minutes until beans are warm. Remove from heat.
7. Place about ¾ to 1 cup of filling into the tortilla. Serve.

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# Tuscan Bean and Basil Penne

Makes 7 servings

INGREDIENTS

2 lb Penne pasta, dry

3.5 cups White beans

4 each Tomatoes

3.5 cups Spinach

1 oz Basil

2 Tbsp Olive Oil

1 tsp Pepper

1 Tbsp Salt

8-10 qts Water

HOME RECIPE

1. In a large pot, add salt to water. Place over medium-high heat and bring water to a boil.
2. Add pasta to the boiling water. Turn heat down to medium and cook for 8-10 minutes, or until tender.
3. Remove pot from heat. Drain water from pasta. Place drained pasta in a large pot.
4. Drain and rinse white beans.
5. Combine penne pasta, white beans, diced tomatoes, fresh spinach, 1 Tbsp salt, 1 tsp pepper, 2 Tbsp olive oil.
6. Sprinkle sliced fresh basil over top. Serve.

# 

# Outrageous Orange Stir Fry

Makes 7 servings

INGREDIENTS

1 lb Tofu

5 oz Kikkoman orange sauce

1 lb Carrots

1/2 head Cabbage

1 head Broccoli

1 cup Peas

3.5 cups Garbanzo Beans

1 lb Brown Rice

5 Tbsp Vegetable Oil

1 Tbsp Salt

1 tsp Pepper

HOME RECIPE

1. In a small pot, add 1 part rice and two parts water. Bring to a boil. Stir the rice.
2. Cover the rice with a pot lid, turn heat to low and cook until rice is fluffy, about 15 minutes.
3. Turn heat to low, cover pot, and cook until rice is fluffy, about 15 minutes.
4. Drain, press and cut tofu into cubes.
5. Drain and rinse beans. Set aside.
6. In large saute pan, over medium-high heat add 3 Tbsp vegetable oil.
7. When hot add tofu, 1 Tbsp salt and 1 tsp pepper.
8. Cook about 4 min, stirring tofu. Remove tofu from pan.
9. Add another 2 Tbsp oil to pan, when hot, add carrots.
10. Sautee for about 2 minutes. Add broccoli and cabbage.
11. Stir fry veggies, season with salt and pepper.
12. Add garbanzo beans. Cook for about 2 minutes.
13. Add in tofu, peas, and orange sauce. Stir to combine all flavors and ingredients.
14. Serve over brown rice.