

Sysco SHAPE



Healthy Kids Recipes



BROUGHT TO YOU BY AIR FORCE SERVICES

SHAPE

Sysco Healthy And Positive Eating

Through the SHAPE program, Sysco provides education, tools, and resources to the foodservice industry. SHAPE helps operators attract and accommodate customers seeking more nutritionally focused or healthful menu choices. Learn more about SHAPE by visiting www.Sysco.com/Health and subscribe to the SHAPE newsletter.

The Kids LiveWell® program is an industry-wide initiative launched by the National Restaurant Association (NRA) to help parents and children select healthful menu options when dining out. In an effort to help reduce childhood obesity and increase nutritional knowledge, participating restaurants voluntarily commit to offering and growing their selection of healthful menu items for children.

Restaurants that participate in the Kids LiveWell® program commit to offering healthful meal items for children, with a particular focus on increasing consumption of fruit and vegetables, lean protein, whole grains and low-fat dairy, and limiting unhealthy fats, sugars and sodium. AFSVA has purchased a complete database from our prime vendor partner Sysco which has been approved by the NRA for Air Force use.

Please visit the following website for more detailed information about Kids LiveWell®: <http://www.restaurant.org/Industry-Impact/Food-Healthy-Living/Kids-LiveWell-Program>.





Healthy Kids Recipe Nutrition Guidelines

This criteria was gathered from multiple sources of both government and private entity research, which meets standards for children's nutrition in full meals and sides.

Restaurants that join Kids LiveWell® agree to offer and promote a selection of items that meet qualifying nutrition criteria based on leading health organizations' scientific recommendations. Restaurants participating in the Kids LiveWell® program:

- Offer at least one full children's meal (an entrée, side and beverage) that is 600 calories or less; contains two or more servings of fruit, vegetables, whole grains, lean protein and/or low-fat dairy; and limits sodium, fats and sugar (see below for details on nutrition criteria);
- Offer at least one other individual item that has 200 calories or less, with limits on fats, sugars and sodium, and contains a serving of fruit, vegetables, whole grains, lean protein or low-fat dairy (see below for details on nutrition criteria);
- Display or make available upon request the nutrition profile of the healthful menu options; and
- Promote/identify the healthful menu options

Nutrition Criteria for Full Kids' Meals (entrée, side option and beverage):

600 calories or less

- ≤ 35% of calories from total fat
- ≤ 10% of calories from saturated fat
- < 0.5 grams trans fat (artificial trans fat only)
- ≤ 35% of calories from total sugars (added and naturally occurring)
- ≤ 770 mg of sodium
- 2 or more food groups

Nutrition Criteria for Side Items:

200 calories or less

- ≤ 35% of calories from total fat
- ≤ 10% of calories from saturated fat
- < 0.5 grams trans fat (artificial trans fat only)
- ≤ 35% of calories from total sugars (added and naturally occurring)
- ≤ 250 mg of sodium
- 1 food group

Full meals must include two sources & sides must include one source of the following:

Fruit: ≥ ½ cup (includes 100% juice)

Vegetable: ≥ ½ cup

Whole grains: contains whole grains

Lean protein (skinless white meat poultry, fish/seafood, beef, pork, tofu, beans, egg):
≥ 2 oz meat, 1 egg or egg equivalent, 1 oz, nuts/seeds/dry beans/peas (lean as defined by USDA)

Lower-fat dairy (1% or skim milk and dairy):
≥ ½ cup (while not considered low-fat, 2% milk is allowed if included in the meal and the meal still fits the full meal criteria)

LEGAL DISCLAIMER

Sysco is proud to participate in the Kids LiveWell® Program (the "Program"), which is managed collaboratively by the National Restaurant Association and Healthy Dining. Healthy Dining has pre-approved the Kids LiveWell® recipes, as indicated by the Kids LiveWell® logo, contained in this Sysco SHAPE/Kids LiveWell® Recipe Book as meeting the nutrition criteria established by the Program, which are summarized at http://www.healthydiningfinder.com/kids_livewell/criteria. The nutritional information listed for each recipe is provided solely for the purpose of giving you as much information as possible regarding the nutritional content of the recipes contained in this book. While we have taken extreme care in compiling the nutritional information, we gathered this information using materials published by the USDA as well as various manufacturers. The information is approximate and will vary based on the specific product used, the cooking method and time, and your adherence to the recipe. As such, the nutritional information is not intended for medical nutrition therapy. If you are following or administering a strict diet for medical or dietary reasons, it is important that you consult a physician or registered dietitian and seek appropriate medical supervision while using the nutritional information contained in this book. The recipes were analyzed using software provided by The CBORD Group, Inc.

Add a SIDE to your Air Force Kids LiveWell meal!

In addition to selecting your Air Force Kids LiveWell meal (entrée, side, beverage), you get to **choose one additional side item!** The nutrition criteria and examples of side items that you can select are listed below.

Kids LiveWell Nutrition Criteria for Side Items:

- 200 calories or less
- ≤ 35% of calories from total fat
- ≤ 10% of calories from saturated fat
- < 0.5 grams *trans* fat (artificial *trans* fat only)
- ≤ 35% of calories from total sugars (added and naturally occurring)
- ≤ 250 mg of sodium
- 1 food group (see below)



Food Groups:

FRUIT: ≥ ½ cup (includes 100% juice)

Examples: 1 cup fresh strawberries, 1 fresh banana, 1 cup fruit salad, 1 small apple, 1 cup fresh grapes, 1 cup orange slices, 1 cup pineapple (fresh or canned/drained), 1 cup melon, 1 cup unsweetened applesauce, 1 cup unsweetened 100% fruit juice.

LOWER-FAT DAIRY (1% or skim milk and dairy): ≥ ½ cup

Examples: 1 cup milk (skim or 1%), 1 cup low fat yogurt (plain or flavored with artificial sweetener), 1 cup soy milk (plain or light), 1 cup rice milk, 1 cup almond milk, 2 oz low fat/low sodium cheese.

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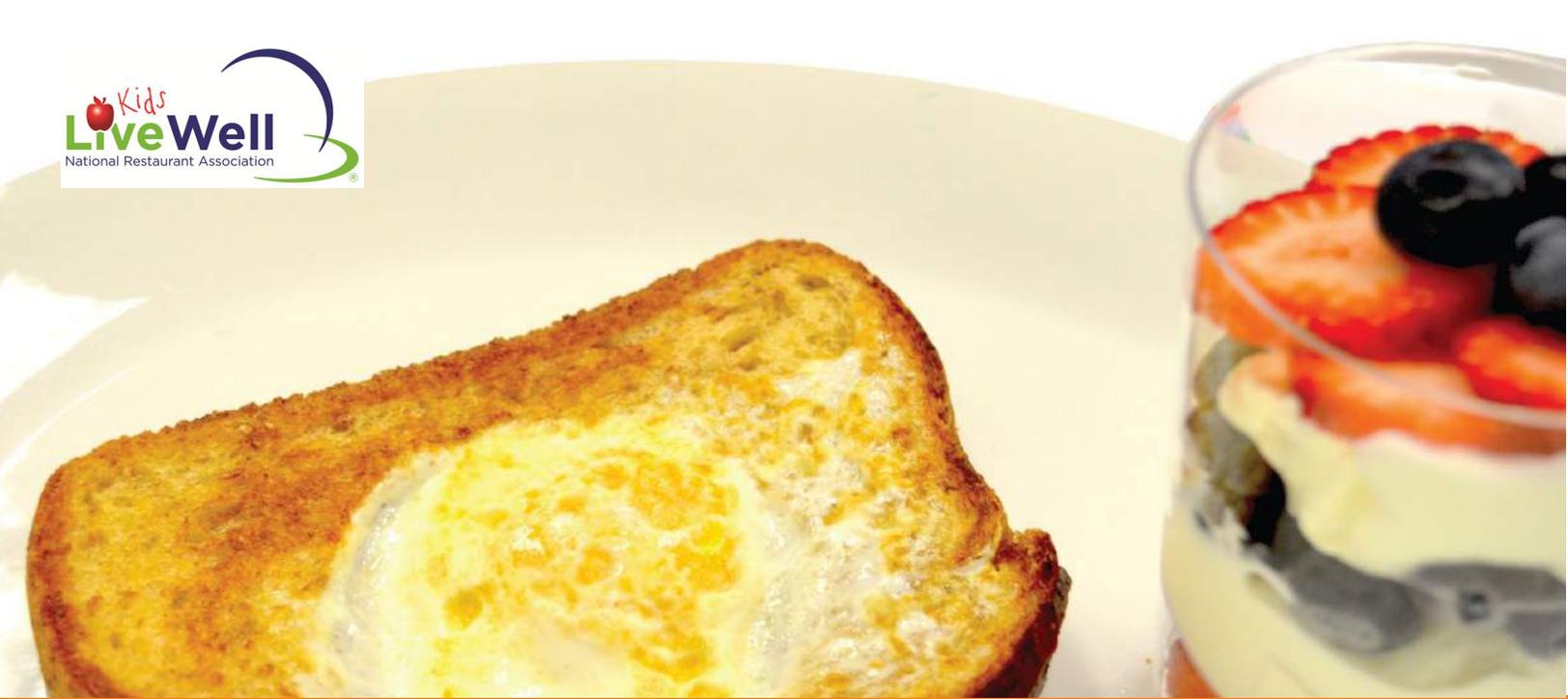
Peanut Butter & Banana Sandwich

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EGG IN A BASKET

Yield: 1 Serving

Ingredients

1 Slice Whole Wheat Bread
3/4 Teaspoon Zero Trans Fat Salt-Free Butter Alternate
1 Egg

Yogurt Parfait (1 Serving)

1/2 Teaspoon Coconut Extract
1/2 Cup Fat Free Plain Yogurt
1/4 Cup Fresh Strawberries
1/4 Cup Fresh Blueberries

Egg in a Basket

Toast bread

Using a small cup, cut center out of toast

Place butter alternate in pan and heat; once pan is warm, add toast to pan

Crack egg shell and position the yolk in the center of the bread in the pan

Fry bread and egg on one side until done and flip over; continue to cook until done

Yogurt Parfait

Mix coconut extract into yogurt

Layer strawberries, then yogurt, then blueberries, then yogurt

Serve toast with yogurt parfait and a glass of water

NUTRITION

CALORIES 239 | % CALORIES FROM FAT 30% | % CALORIES FROM SAT FAT 8%
TRANS FAT 0g | % CALORIES FROM SUGARS 27% | SODIUM 240mg



GRILLED CHEESE WITH TURKEY

Yield: 1 Serving

Ingredients

2 Slices Whole Wheat Bread
1 Ounce Skim Milk American
Cheese
1 Ounce Roasted Turkey Breast
1 Spray of Pan Coating
1 Fresh Apple
1/2 Cup Skim Milk

Between 2 slices of bread, add cheese and roasted turkey

Close sandwich

Leaving all crust, carefully cut shapes out of sandwich

Lightly spray shape sandwiches with pan coating on both
sides

Brown sandwiches in pan or on flat top grill

Serve grilled cheese sandwich with a fresh apple and
skim milk

NUTRITION

CALORIES 364 | % CALORIES FROM FAT 12% | % CALORIES FROM SAT FAT 4%
TRANS FAT 0g | % CALORIES FROM SUGARS 30% | SODIUM 710mg

CHICKEN & PEACH WRAP

Yield: 1 Serving

Ingredients

3 Ounce Boneless Skinless
Chicken Breast
1 1/2 Ounce Frozen Peaches
1 (10") Whole Wheat Flour Tortilla
2 Ounce Fresh Lettuce Mix
2 Teaspoon Shredded Cheddar
Jack Cheese
1 1/4 Teaspoon Honey Mustard
Dressing
1/2 Cup Fresh Red Grapes

Roast chicken in oven until cooked thoroughly

Roast peaches and warm tortilla

Slice chicken and peaches, add to tortilla

Add lettuce and cheese to tortilla

Roll tortilla tightly

Cut tortilla on the bias

**Enjoy wrap by dipping into honey mustard dressing,
along with grapes and a glass of water**



NUTRITION

CALORIES 422 | % CALORIES FROM FAT 21% | % CALORIES FROM SAT FAT 7%
TRANS FAT 0g | % CALORIES FROM SUGARS 14% | SODIUM 650mg



ENGLISH MUFFIN PIZZA

Yield: 1 Serving

Ingredients

1 (2 Ounce) Whole Wheat English Muffin
1 Tablespoon No Salt Tomato Paste
1 Tablespoon Part Skim Low Moisture Mozzarella Cheese
1/2 Cup Cherry Tomatoes
12 Fresh Broccoli Spears
1 Tablespoon Reduced Calorie Ranch Dressing
1 Cup Skim Milk

Spread 1/2 of tomato paste on each slice of English muffin to make pizzas

Top each half pizza with 1/2 of mozzarella cheese and broil until cheese is melted

Cut one cherry tomato in half for each "nose"

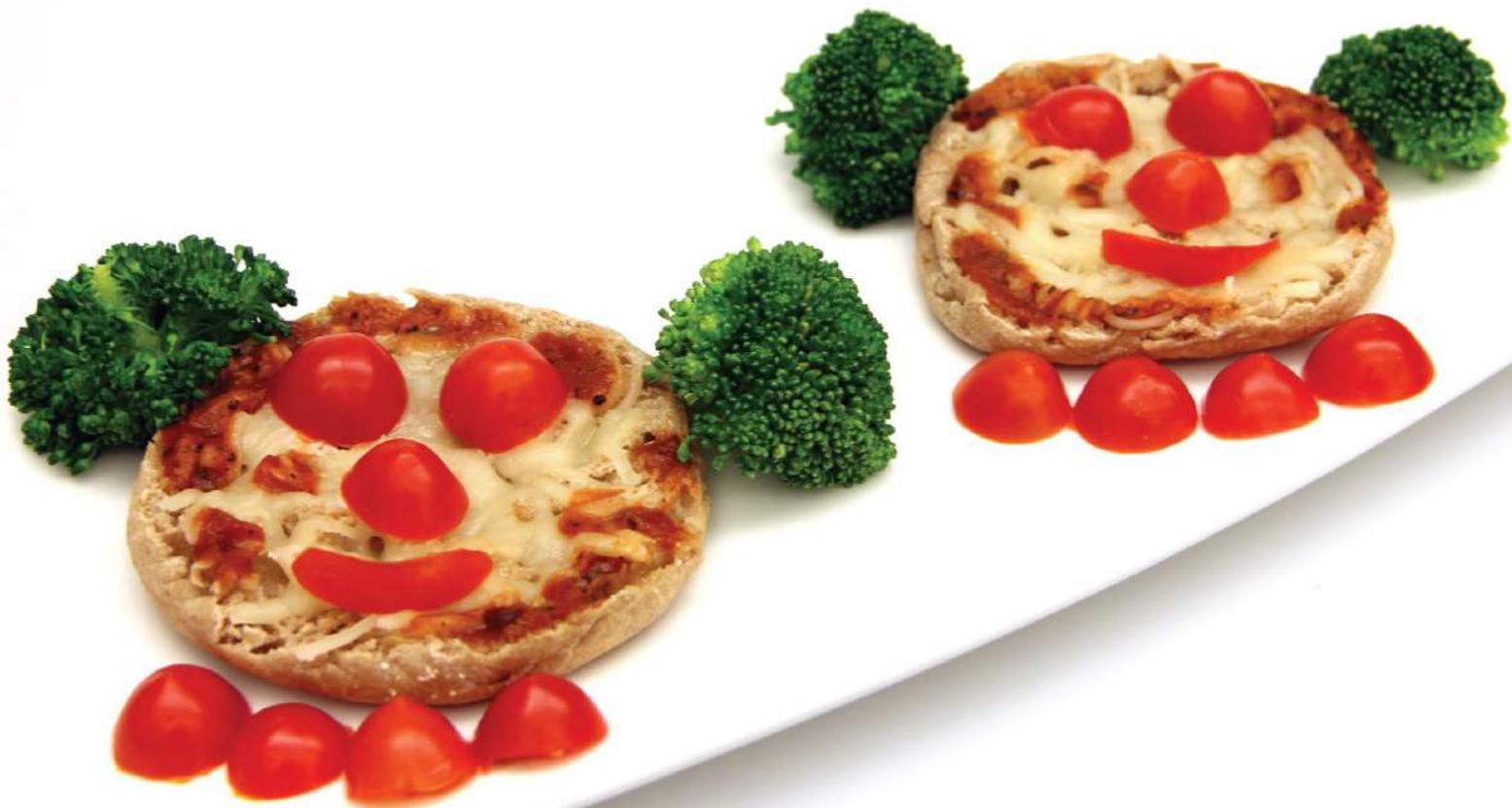
Quarter one tomato to make four "eyes"

Finely slice another tomato to make two "mouths"

With remaining tomatoes, cut each in half to line bottom of neck

Add broccoli spears on side for hair

Serve pizzas with remaining broccoli, side of ranch dressing, and skim milk



NUTRITION

CALORIES 408 | % CALORIES FROM FAT 13% | % CALORIES FROM SAT FAT 3%
TRANS FAT 0g | % CALORIES FROM SUGARS 28% | SODIUM 650mg





KRISPY CHICKEN TENDERS

Yield: 1 Serving

Ingredients

5 Ounce Boneless Skinless
Chicken Breast
1/3 Cup Crispy Rice Cereal
5 Teaspoon Whole Wheat Flour
1/4 Cup Egg (for egg wash)
1/4 Cup Water (for egg wash)
2 Teaspoon Sweet Thai Chili Sauce
1 Cup Skim Milk

Fruit Salad (1 Serving)

1/3 Cup Sliced Fresh Pineapple
1/3 Cup Sliced Fresh Cantaloupe
1/3 Cup Sliced Fresh Honeydew
Melon

Chicken Tenders

Cut chicken breast into three long strips

Add crispy rice cereal to bowl and crush

Set aside

Coat chicken strip in flour , then dip in egg wash, and finally
roll in rice cereal

Bake chicken tenders at 350 degrees for 10-15 minutes, or until
cooked through

Fruit Salad

Mix sliced pineapple, cantaloupe, and honeydew together

Serve tenders with sweet Thai chili dipping sauce, fruit
salad, and skim milk

NUTRITION

CALORIES 544 | % CALORIES FROM FAT 18% | % CALORIES FROM SAT FAT 6%
TRANS FAT 0g | % CALORIES FROM SUGARS 24% | SODIUM 490mg



QUESADILLA POCKET

Yield: 8 Pockets

Ingredients

1 Teaspoon Olive Oil
1 1/2 Cup Green Bell Peppers
1/2 Teaspoon Chili Powder
1/2 Teaspoon Onion Powder
1 1/2 Cup Frozen Whole Kernel Corn
20 Ounce Canned Pinto Beans
1 Cup Picante Sauce
3/4 Cup Part Skim Low Moisture
Mozzarella Cheese
1/4 Cup Low Sodium Cheddar
Cheese
8 (8") Whole Wheat Flour Tortillas

Fruit Cup (8 Servings)

4 Fresh Bananas
2 Cup Fresh Strawberries
8 Cup Skim Milk

Pre-heat the oven to 400 degrees, lightly coat a large baking sheet with nonstick cooking spray, and set aside

Heat oil in a large nonstick skillet over medium-high heat

Add bell pepper, chili powder, and onion powder to skillet and cook until the peppers are tender, about 5 minutes

Thaw the frozen corn

Drain and rinse the pinto beans

Add corn, beans, 1/2 of the picante sauce, and the two cheeses (mozzarella and cheddar) to the skillet

Cook until cheese melts and the mixture is heated through, about 2 minutes

To assemble the quesadillas, arrange the bean mixture evenly over half of each tortilla

Fold each tortilla over, press down gently, and place each folded tortilla on the prepared baking sheet

Bake about 10 minutes, until tortillas become crisp on the outside

Cut tortilla in half and serve with the remaining 1/2 of the picante sauce

Enjoy quesadilla pockets with fruit cup (sliced bananas and strawberries) and skim milk

NUTRITION

CALORIES 422 | % CALORIES FROM FAT 17% | % CALORIES FROM SAT FAT 7%
TRANS FAT 0g | % CALORIES FROM SUGARS 24% | SODIUM 770mg

PEANUT BUTTER & BANANA SANDWICH

Yield: 1 Serving

Ingredients

2 Slices Whole Wheat Bread
2 Tablespoon Low Sodium Peanut Butter
1/2 Fresh Banana
1/4 Cup Egg (for egg batter)
1/4 Cup Water (for egg batter)
1 Teaspoon Powdered Sugar
2 Tablespoon Sugar Free Pancake Syrup
1/2 Cup Fresh Strawberries
1 Cup Skim Milk

Spread peanut butter on one side of both slices of bread
Slice banana and place on the peanut butter side of one slice of bread

Make a sandwich with the other slice of bread

Combine egg and water to make egg batter

Dip sandwich in egg batter and place on hot top

Cook about 2 minutes per side until golden brown

Slice in half and arrange on a plate

Dust with powdered sugar and drizzle with sugar free syrup

Serve French toast with side of strawberries and skim milk



NUTRITION

CALORIES 601 | % CALORIES FROM FAT 34% | % CALORIES FROM SAT FAT 7%
TRANS FAT 0g | % CALORIES FROM SUGARS 23% | SODIUM 500mg





FIVE SPICE TURKEY & LETTUCE WRAPS

Yield: 5 Servings

Ingredients

1/2 Cup Water
1/2 Cup Instant Brown Rice
2 Teaspoons Sesame Oil
1 Pound 93% Lean Ground Turkey
1 Tablespoon Minced Fresh Ginger
1 Large Red Bell Pepper, Finely Diced
1 8-Ounce Can Water Chestnuts,
Rinsed and Chopped
1/2 Cup Reduced-Sodium Chicken
Broth
2 Tablespoons Hoisin Sauce
1 Teaspoon Five-Spice Powder
1/2 Teaspoon Salt
2 Heads Boston Lettuce, Leaves
Separated
1/2 Cup Chopped Fresh Herbs
(Cilantro, Basil, Mint and/or Chives)
1 Large Carrot, Shredded

Bring water to a boil in a small saucepan.

Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.

Meanwhile, heat oil in a large nonstick pan over medium-high heat.

Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes.

Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.

To serve, divide lettuce leaves among plates, spoon some of the turkey mixture into each leaf, top with herbs and carrot and roll into wraps.

NUTRITION

CALORIES 271 | % CALORIES FROM FAT 26% | CALORIES FROM SAT FAT 5%
TRANS FAT 0g | CALORIES FROM SUGAR 16% | SODIUM 390mg



BANANA POPS

Yield: 8 Servings

Ingredients

4 Fresh Bananas

6 Ounces Plain Low-Fat Greek Yogurt

1/2 Tablespoon Stevia

1 Teaspoon Vanilla Extract

1-3/4 Cup Low-Fat Granola

Peel the bananas and cut them in half crosswise.

Insert a wooden craft stick into the large end of each banana. Mix together the yogurt, stevia, and vanilla in a small bowl.

Dip the banana into the yogurt, or use a pastry brush to cover it completely with yogurt.

Place the granola on a plate and roll the bananas in the granola mixture until well coated.

Freeze the pops, uncovered, on a waxed paper-covered plate until solid—about 4 hours or overnight.



NUTRITION

CALORIES 139 | % CALORIES FROM FAT 6% | CALORIES FROM SAT FAT 0%
TRANS FAT 0g | CALORIES FROM SUGAR 37% | SODIUM 60mg





CUCUMBER DILL YOGURT DIP WITH CARROTS

Yield: 1 Serving

Ingredients

YOGURT DIP

Yield: 32 - 1 Tbsp serving

1-1/2 Cups Plain 2% Greek Yogurt

1 Medium Cucumber

2 Small Garlic Cloves, Minced

1/2 Teaspoon Salt

1/4 Teaspoon Black Pepper

1 Tablespoon Finely Chopped Fresh Dill

CUCUMBER DILL YOGURT WITH CARROTS

Yield: 1 Serving

1 Tablespoon Serving Yogurt Dip

6 Baby Carrots, or 1/2 Cup of your Favorite Raw Vegetables

Combine all ingredients in a medium bowl and mix until well combined.

Taste and adjust seasoning if necessary.

Cover and chill until ready to serve.

Garnish with more finely chopped dill if desired.

Dunk the baby carrots (or your favorite choice of raw vegetables) in the yogurt dip.

NUTRITION

CALORIES 29 | % CALORIES FROM FAT 0% | CALORIES FROM SAT FAT 0%
TRANS FAT 0g | CALORIES FROM SUGAR 41% | SODIUM 80mg



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