



K12

MINH[®]

MAXIMIZE YOUR ASIAN STATION



BRINGING ASIAN FLAVOR TO YOUR MENU

Get started here >>



WHY ASIAN

Students Are Eating More Asian Food

- 52% of students increased their consumption of Asian food in the past year.*
- 48% of students will increase their consumption of Asian food in the coming year.*
- 63% of students have eaten Asian food in the last week.**
- 91% of students are willing to try new Asian Dishes.**

Students today have more exposure to different foods than ever before. They're looking for new, unique flavors, and that means they're lining up for Asian Food. 24% of schools are offering slightly more Asian foods than they were a year ago.**

WHY MINH[®] PRODUCTS

The right products, insights, recipes and branded merchandise:

Minh[®] products offer the complete solution for menuing Asian in a delicious and simple way.

- Provides variety with Sauces, Whole Grain Egg Rolls, Whole Grain Fried Rice and Stir Fry Kits.
- Enjoy **Minh[®]** culinary expertise and recipe ideas.
- Promote participation with **Minh[®]** branded merchandise and support.

*Source: Schwan's Consider Asian Proprietary Research 2014: Consumers
** Datassentials Menu Trends, Schools, 2017

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STUDENTS EXPECT CUSTOMIZATION AND CHOICE

Your students have come to expect more customization. As their families dine out, they've watched made-to-order concepts evolve from fast-casual restaurants to casual dining restaurants and beyond. So when you offer **Minh**[®] products and made-to-order concepts, you provide more of what your students are looking for:

- The ability to customize and make their meal their way.
- Proteins and vegetables with a higher perception of freshness.
- A familiar concept with exciting new flavors.

It's easy to give students a meal that hits your nutrition targets. They'll appreciate the level of choice they have over the flavors they crave.

The only question left is, what options will you choose?

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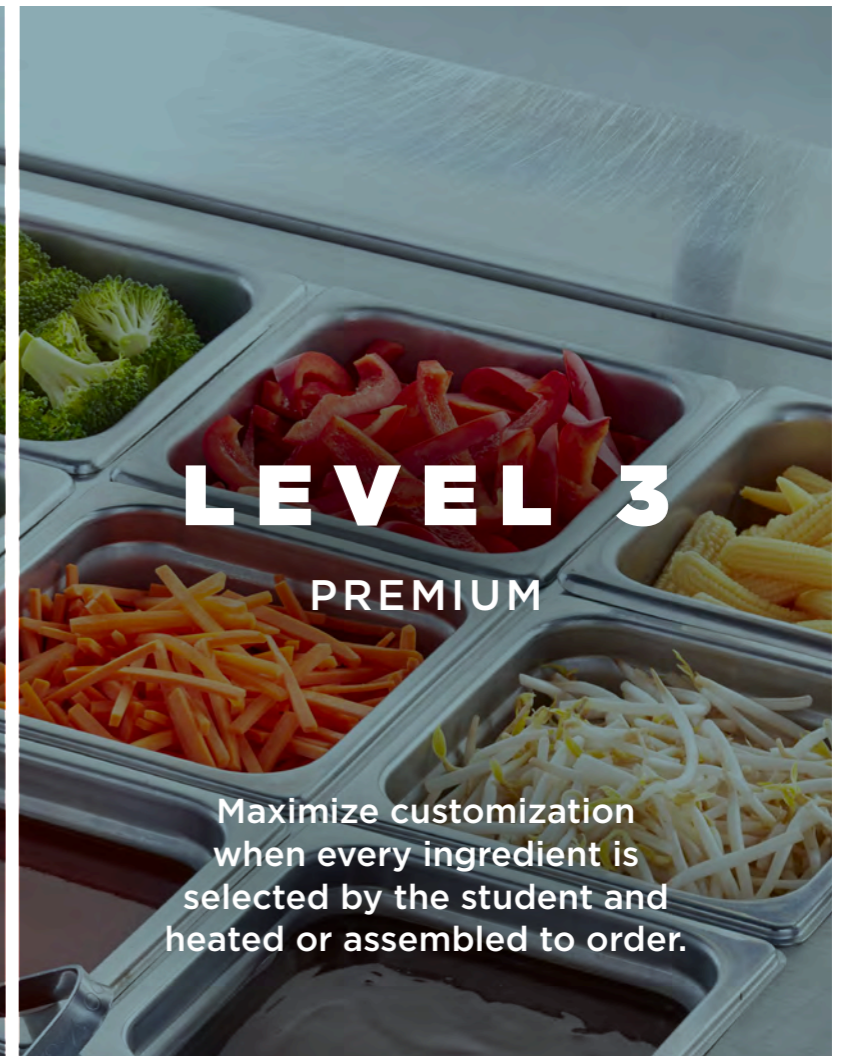
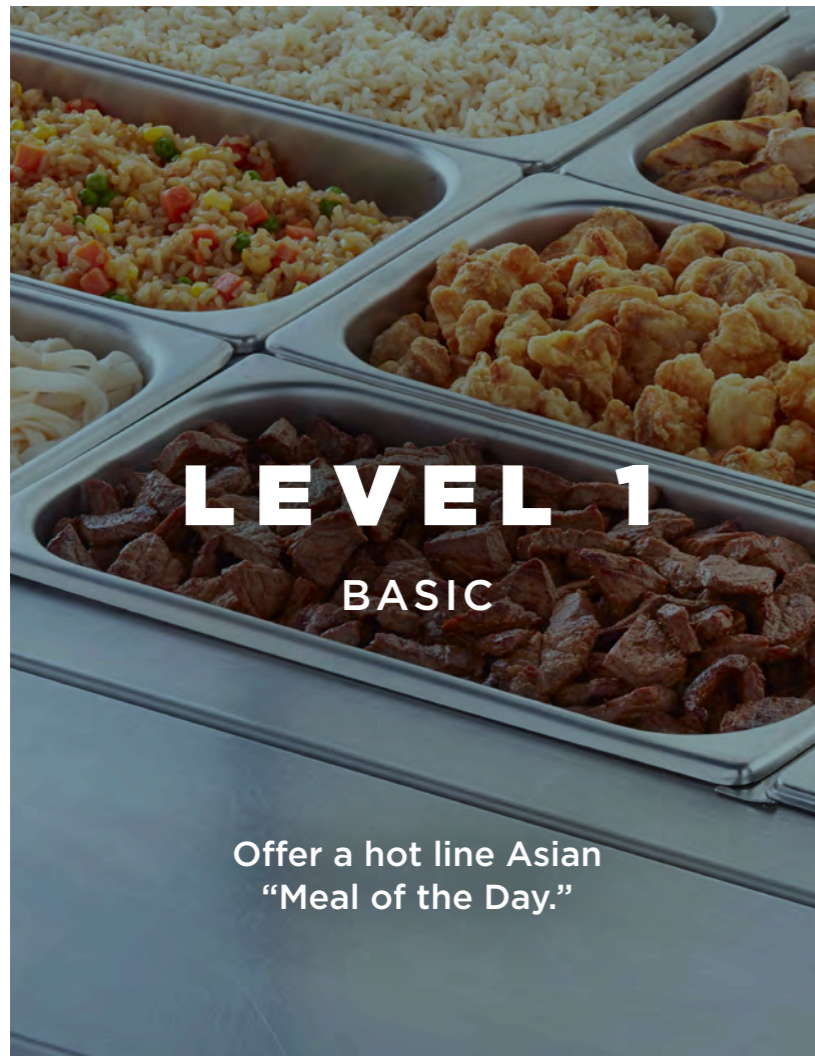
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MADE-TO-ORDER



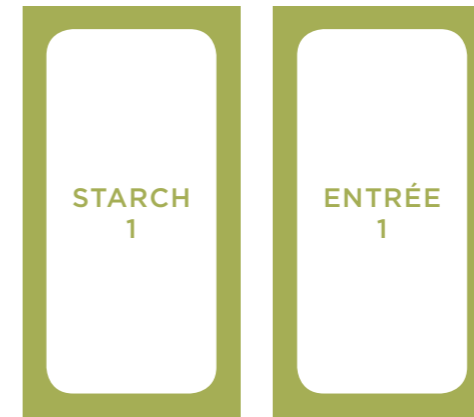
LEVEL 1

This line type is the easiest operationally and is set up similar to other basic hot food lines. It offers the minimal amount of student choice/customization.

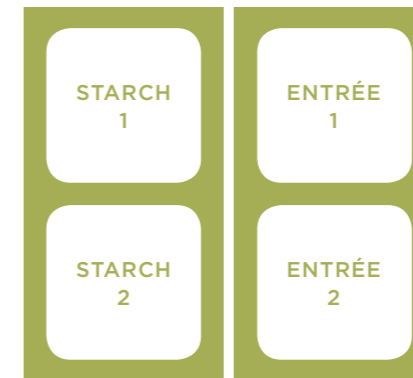
NOTES:

- If you're offering one rice, one entrée and one vegetable side dish, this station can be run with just one employee.
- With four or more options, an additional employee is recommended for refilling the station.
- All proteins in this level are pre-cooked.

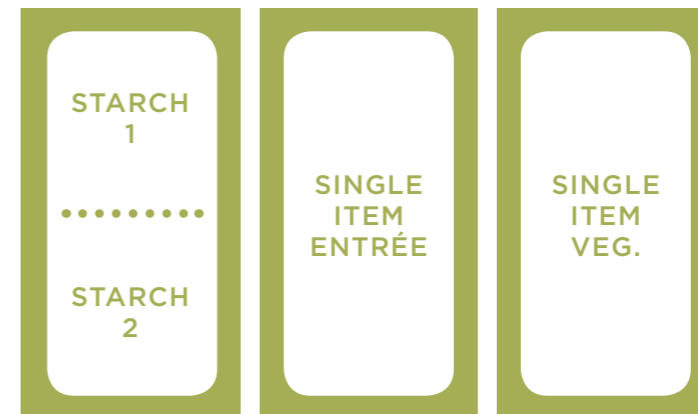
TWO WELL • ONE ENTRÉE OPTION • FULL PAN



TWO WELL • TWO ENTRÉE OPTIONS • HALF PAN



THREE WELL • ONE ENTRÉE OPTION • CHOICE OF STARCH



DIRECTION OF SERVICE →

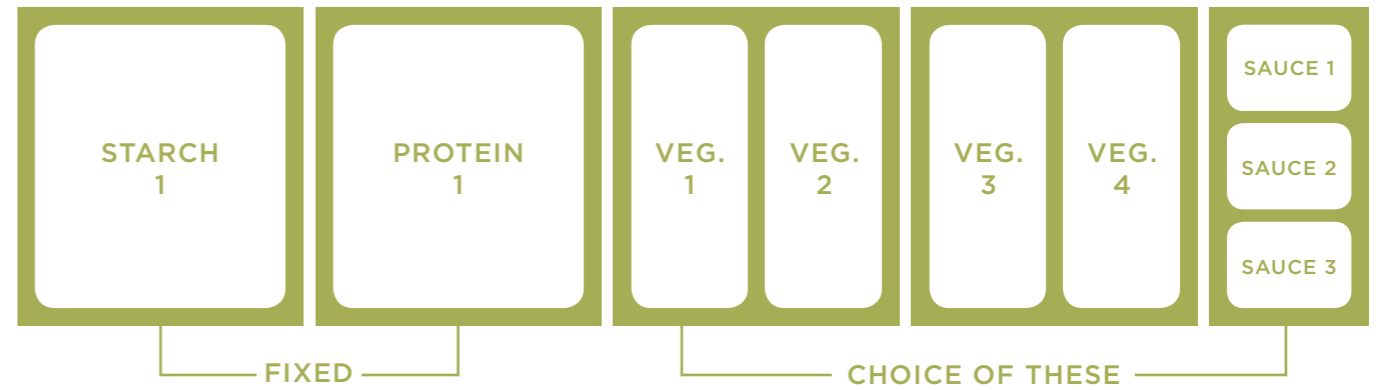
LEVEL 2

Keep the protein and starch fixed, but start offering up a variety of vegetable choices and sauce options. When your students want to start customizing their meals, this is a great place to start. This option offers a medium amount of student choice and customization.

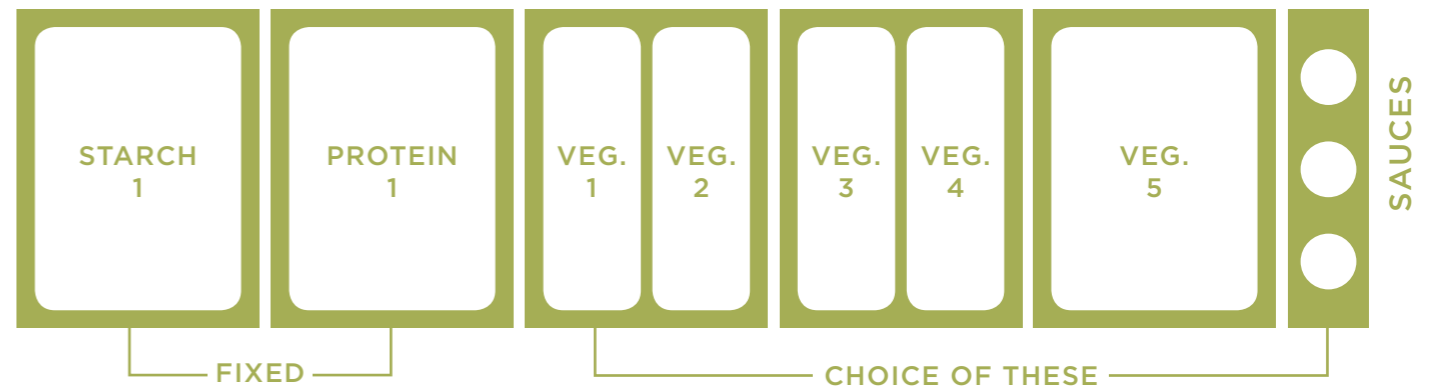
NOTES:

- Needs a minimum of two employees.
- All vegetables in this level are pre-cooked.
- All proteins in this level are pre-cooked.
- Keep starch and protein choice fixed, while allowing students to choose their vegetables and sauce flavors.

FOUR WELL



FIVE WELL



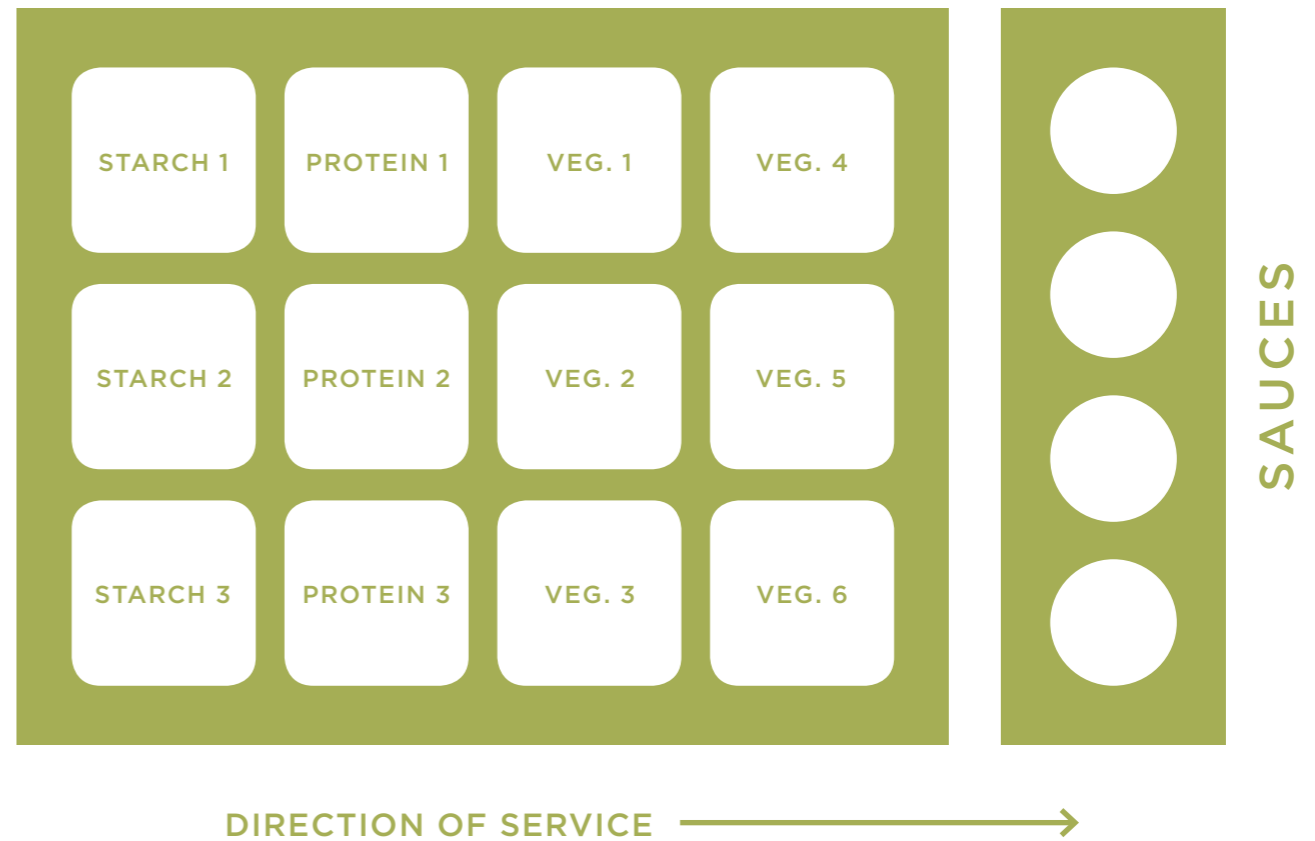
LEVEL 3

Based on the popular concept of “build your own” restaurants, this station type gives your students the maximum amount of customization and choice. They’ll be able to choose the protein, vegetables and sauce, so you can heat or assemble to order for a completely customized experience.

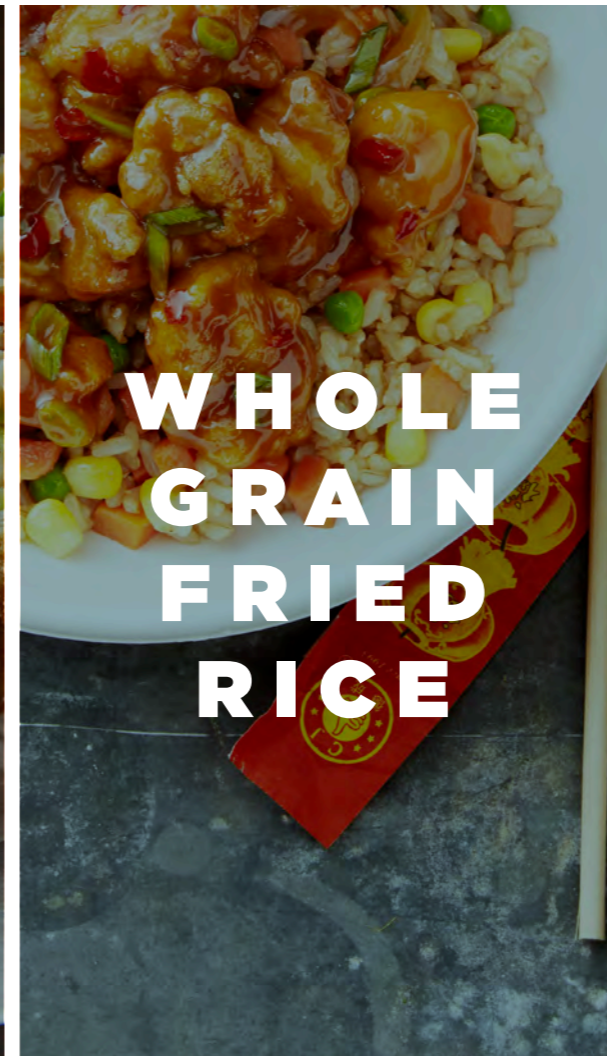
NOTES:

- We recommend 2 to 3 employees for this station type. 2 people to work the station, 1 as a runner to refill ingredients at the station.
- All vegetables in this level are raw and cooked-to-order.
- Proteins are pre-cooked.

FOUR WELL (1/3 PANS CREATE 12 OPPORTUNITIES)



PRODUCTS



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SAUCES

Product Features

- **Full Flavor Less Sodium:** 25% less sodium than the leading brand.*
- **Less on the Label:** No High Fructose Corn Syrup, no certified artificial colors or flavors, no added MSG.
- **Easy & Safe Handling:** Ships Frozen. Shelf Life - 45 days refrigerated and one year frozen.
- **Case Includes:** Five 6 lb. bags.

Available in five popular varieties:

- **Minh[®] Sweet & Sour Sauce** contains ingredients such as tomato, vinegar and soy sauce.
- **Minh[®] Teriyaki Sauce** contains ingredients such as soy sauce, toasted sesame oil, molasses and garlic.
- **Minh[®] Kung Pao Sauce** contains ingredients such as soy sauce, toasted sesame oil, hoisin, tomato and vinegar.
- **Minh[®] Orange Sauce** contains orange juice, vinegar, brown sugar and chili flakes.
- **Minh[®] Szechwan Sauce** has a spicy kick and contains soy sauce, chili garlic, chili peppers and molasses.

*When compared to a leading brand of Asian-style sauces of matching flavors based on nutritional per fluid ounce.

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SAUCES

Operator Benefits

- **Lean Pantry:** Use protein and produce you already have and manage fewer commodity balances.
- **Increased Menu Variety:** Reduce menu fatigue by offering the flavors your students crave.
- **Versatility:** Use in many different menu items and with different protein types.
- **Ease and Flexibility:** Use as-is or add ingredients to make your own signature sauce.
- **Minimal Packaging:** Reduces waste.


Student Benefits

- **More Choice:** Students can have the restaurant quality flavors they know and love at school.
- **More Flavor:** On-trend flavors and variety that meets the expectations of today's students' tastes.

SAUCES
FEATURES

SAUCES
BENEFITS

SAUCES
PREP & TIPS

CODE	VARIETY	SERV./CASE	SERV. SIZE	CAL.	TOTAL FAT (G)	% CAL. FROM FAT	SAT. FAT (G)	% CAL. FROM SAT. FAT	SODIUM (MG)	PROTEIN (G)	THE KITCHEN CIRCLE™ POINTS
NUTRITIONALS PER FLUID OUNCE											
69142	Less Sodium Sweet & Sour	374	2 T. (36g)	50	0	0%	0	0%	75	0.5	4
69143	Less Sodium Orange	393	2 T. (35g)	50	0	0%	0	0%	100	0	4
69144	Less Sodium Teriyaki	367	2 T. (37g)	60	0	0%	0	0%	260	0.5	4
69145	Less Sodium Szechwan 	425	2 T. (34g)	35	1	28%	0	0%	300	0.5	4
69147	Less Sodium Kung Pao	425	2 T. (32g)	30	1	16%	0	0%	220	0.5	4
69737	Sweet & Sour Sauce Packets	250	1 packet (11g)	15	0	0%	0	0%	70	0	4

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SAUCES PREP & TIPS

SAUCES
FEATURES

SAUCES
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PREP & TIPS

Boil-in-bag from refrigerated temps

- Remove number of sauce bags needed from the master case in the freezer.
- Place single layer of sauce bags on metal sheet pan and store in cooler (<40°F) for at least 24 hours to thaw from frozen.
- To heat, submerge thawed bag of sauce in pot of boiling water for 30 min.
- Cut open bag with Pouchmate tool and use it to get all sauce out of bulk bag and into your secondary container.
- Place thawed sauce in squeeze bottles, stainless steam table pan, or in Cambro® containers used for service.

Boil-in-bag from frozen temps

- Remove number of sauce bags needed from the master case in the freezer.
- To heat, submerge frozen bag of sauce in pot of boiling water for 40 min.
- Cut open bag with Pouchmate tool and use it to get all sauce out of bulk bag and into your secondary container.
- Place heated sauce in squeeze bottles, stainless steam table pan, or in Cambro® containers used for service.

Thawed unopened bags of sauce can be held at refrigerated temperatures for up to 45 days.

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EGG ROLLS

Product Features

- **Quality:** Made from fresh vegetables, which are shredded in-house daily.
- **Authenticity:** Wrappers are made in-house to ensure a perfectly flaky, crispy crunch in every bite.
- **Less on the Label:** No High Fructose Corn Syrup, no certified artificial colors, no added MSG.
- **Flavor Variety and Convenient Packaging:** Both the Pork and Chicken varieties contain 60 egg rolls per case. Vegetable variety contains 130 egg rolls per case.

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EGG ROLLS

Operator Benefits

- **Smart Snack Compliant:** Chicken and Vegetable varieties meet Smart Snack requirements.
- **Easy Preparation:** Egg rolls go from freezer to oven and are ready in minutes.
- **Includes Branded Sleeves:** Every case includes branded sleeves for 'to-go' convenience and portability.

Student Benefits

- **Popularity:** 70% of students find egg rolls extremely or very appealing.¹
- **Quality and Consistency:** Consistent quality meets student expectations every time.
- **Flavor Variety:** Pork, Chicken, and Vegetable options meets students' flavor preferences and dietary needs.
- **Egg Rolls Complete a Meal:** Turns any Asian dish into a full combo meal.

Egg Rolls are the most popular appetizers with students: **70% of students find Egg Rolls extremely or very appealing.**¹

EGG ROLLS
FEATURES

EGG ROLLS
BENEFITS

EGG ROLLS
PREP & TIPS

CODE	VARIETY	CASE PACK	M/MA (OZ)	GRAIN	VEG.	CAL.	TOTAL FAT (G)	% CAL. FROM FAT	SAT. FAT (G)	% CAL. FROM SAT. FAT	SODIUM (MG)	PROTEIN (G)	PROTEIN FORT.	THE KITCHEN CIRCLE™ POINTS
NUTRITIONALS PER FLUID OUNCE														
69461	Chicken Egg Roll (3.0 Oz)	60	1	1	1/4	160	5	28%	1.5	8%	390	9	Yes	4
69204	Pork & Vegetable Egg Roll (3.0 Oz)	60	1	1	1/4	170	7	37%	2	10%	300	9	Yes	4
66048	Vegetable Egg Roll* (3.1 Oz)	130	0	0	0	140	3.5	22%	1	6%	150	4	No	4

* Product not CN labeled. Product Formulation Statements (PFS) available upon request.

¹ Schwan's Consider Asian Proprietary Research 2014: Consumers

CONVECTION OVEN HEATING INSTRUCTIONS

EGG ROLLS
FEATURES

EGG ROLLS
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PREP & TIPS

Heating times may vary due to equipment variances.



1 Heat convection oven to 350°F and set timer.

2 Line sheet pan with parchment paper.



3 Place eggrolls on sheet pan.

4 Place egg rolls in oven and bake for appropriate amount of time.



5 Remove from oven, check temperature, and serve.

MINH® EGG ROLL HEATING INFORMATION			CONVECTION BAKE	
PRODUCT VARIETY	SIZE	INTERNAL TEMPERATURE AFTER HEATING	FROM FROZEN 350° F	FROM THAWED 350° F
Pork & Vegetable	3 oz.	160° F	24 mins.	19-21 mins.
Chicken	3 oz.	165° F	22 mins.	13 mins.
Vegetable	3.1 oz.	160° F.	21-22 mins.	20-21 mins.

Heating instructions are based on 12 rolls.

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WHOLE GRAIN FRIED RICE

Product Features

- **Stays Moist:** No sticking or clumping.
- **Complete Mix:** Contains whole grain brown rice, carrots, peas, corn and the perfect blend of seasonings.
- **Less on the Label:** No High Fructose Corn Syrup, no certified artificial colors, no added MSG.
- **Right Size Bag:** Each case contains 6/5 lb. bags. A 5 lb. bag fits perfectly in a full steam table pan, allowing you to maximize equipment usage and oven space.

Fried Rice is the most popular starch in a combo meal: **89% of students** “Like it” or “Love it.”¹

WHOLE GRAIN
FRIED RICE
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WHOLE GRAIN
FRIED RICE
BENEFITS

¹ Schwan's Consider Asian Proprietary Research 2014: Consumers

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WHOLE GRAIN FRIED RICE

WHOLE GRAIN FRIED RICE FEATURES

WHOLE GRAIN FRIED RICE BENEFITS

Operator Benefits

- **Easy and Consistent Portioning:** Each student gets the same amount of rice each time.
- **Saves Prep Time and Labor:** Contains everything you need to make perfect fried rice without all of the chopping and mixing.
- **Easy to Heat:** Simply warm and serve from oven, microwave or steamer.

Student Benefits

- **Student Preference:** 89% of students love or like fried rice as their starch of choice in their Asian combo meals.¹
- **Quality and Consistency:** Consistent quality meets student expectations every time.
- **Fried Rice Completes a Meal:** Turns any Asian dish into a full combo meal.

CODE	VARIETY	CASE PACK	M/MA (OZ)	GRAIN	VEG.	CAL.	TOTAL FAT (G)	% CAL. FROM FAT	SAT. FAT (G)	% CAL. FROM SAT. FAT	SODIUM (MG)	PROTEIN (G)	PROTEIN FORT.	THE KITCHEN CIRCLE™ POINTS
NUTRITIONALS PER FLUID OUNCE														
69074	100% Whole Grain Vegetable Fried Rice*	84				270	2.5	8%	0	0%	440	6	No	1

* Product not CN labeled. Product Formulation Statements (PFS) available upon request.

¹ Schwan's Consider Asian Proprietary Research 2014: Consumers

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STIR FRY KITS

Product Features

- **Full Flavor with Less Sodium:** Made with **Minh**[®] Less Sodium Sauces.
- **Less on the Label:** No High Fructose Corn Syrup, no certified artificial colors, no added MSG.
- **Quality and Consistency:** Sauce sticks to chicken to enhance flavors. Minimal breading eliminates sogginess.

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STIR FRY KITS

STIR FRY KITS
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STIR FRY KITS
BENEFITS

Operator Benefits

- **Smart Snack Compliant:** Teriyaki Chicken flavor is Smart Snack compliant for greater menu flexibility.
- **Easy Preparation and Portion Control:** No need to measure out the amount of chicken and sauce needed.
- **Menu Versatility:** Serve as-is or use kits to create Asian-style wraps, sandwiches, bowls and more.
- **Uses Commodity Chicken:** To control costs.

Student Benefits

- **Student Preferred:** Teriyaki, Orange, & Sweet and Sour Chicken are truly loved by students away from home.¹
- **Restaurant Quality:** Bring the flavor and experience of dining out at a favorite restaurant into your school.

CODE	VARIETY	CASE PACK	M/MA (OZ)	GRAIN	VEG.	CAL.	TOTAL FAT (G)	% CAL. FROM FAT	SAT. FAT (G)	% CAL. FROM SAT. FAT	SODIUM (MG)	PROTEIN (G)	PROTEIN FORT.	THE KITCHEN CIRCLE™ POINTS
NUTRITIONALS PER FLUID OUNCE														
BREADED (LIGHTLY DUSTED)														
69016	Sweet & Sour Chicken	240	2			150	6	24%	1.5	9%	160	13	No	1
69020	Orange Chicken	240	2			150	6	36%	1.5	9%	190	13	No	1
UNBREADED														
69017	General Tso's Chicken	240	2			130	5	34%	1.5	10%	320	14	No	1
69018	Teriyaki Chicken	240	2			130	4.5	31%	1	6%	300	14	No	1

¹ Schwan's Consider Asian Proprietary Research 2014: Consumers

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RECIPES



SWEET & SOUR SAUCE

Minh® Sweet & Sour Sauce contains tomato, vinegar, soy sauce and tamarind



TERIYAKI SAUCE

Minh® Teriyaki Sauce contains soy sauce, toasted sesame oil, molasses and garlic



KUNG PAO SAUCE

Minh® Kung Pao Sauce contains soy sauce, toasted sesame oil, hoisin, tomato and vinegar



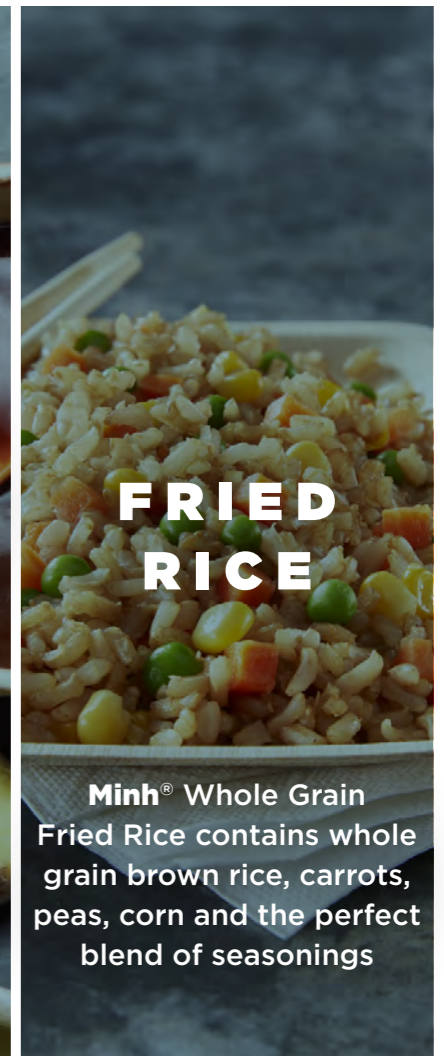
ORANGE SAUCE

Minh® Orange Sauce contains orange juice, vinegar, brown sugar and chili flakes



SZECHWAN SAUCE

Minh® Asian Szechwan Sauce has a spicy kick and contains soy sauce, chili garlic, chili peppers and molasses



FRIED RICE

Minh® Whole Grain Fried Rice contains whole grain brown rice, carrots, peas, corn and the perfect blend of seasonings

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ASIAN RAINBOW SLAW

Featuring **Minh**® Less Sodium Sweet & Sour and Teriyaki Sauces

SWEET & SOUR



CN CREDITING

M/MA	
Grain	
Vegetables (Beans/Peas)	¼ cup
Vegetable (Other)	1 cup
Fruit	¼ cup

KEY NUTRITIONALS

Calories	195
Total Fat	2.5 g
Saturated Fat	0.3 g
Cholesterol	0 mg
Sodium	380 mg
Carbohydrates	37 g
Dietary Fiber	6 g
Protein	7 g
Vitamin A	5000 IU
Vitamin C	45 mg
Calcium	95 mg
Iron	1.8 mg

Asian Rainbow Slaw

Quinoa Veggie Salad

Thai Pineapple
Chicken Fried Rice

Thai Basil Tofu

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Sweet and Sour Sauce, Thawed	1 lb 10.8 oz.	2 ¾ cups
Minh ® Teriyaki Sauce, Thawed	4 lb. 8 oz.	7 ½ cups
Bok Choy, Fresh Shredded	3 lbs. 9.6 oz.	12 ½ cups
Coleslaw Mix, Fresh	7 lbs. 6.4 oz.	1.2 gallons
Edamame Beans, Prepared and Chilled	4 lbs. 11.2 oz.	12 ½ cups
Shredded Carrots, Fresh	2 lbs 8.6 oz.	12 ½ cups
Pears, Diced Canned	6 lbs. 15.2 oz.	12 ½ cups
White Vinegar	11.4 oz.	1 ½ cups

DIRECTIONS

1. Blend together bok choy, slaw, edamame, carrots and pears into a large bowl.
2. Mix sauces and vinegar together.
3. Add sauce to cole slaw mixture and toss to coat.
4. Cover with plastic wrap and refrigerate until ready to serve.

*WEIGHT QUANTITIES ARE BASED ON FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS.

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QUINOA VEGGIE SALAD

Featuring **Minh**® Less Sodium Sweet & Sour Sauce

SWEET & SOUR



CN CREDITING

M/MA	1 oz.
Grain	½ oz. equivalent
Vegetables (Beans/Peas)	¼ cup
Vegetable (Other)	¼ cup
Fruit	⅛ cup

KEY NUTRITIONALS

Calories	295
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	245 mg
Carbohydrates	57 g
Dietary Fiber	9 g
Protein	10 g
Vitamin A	351 IU
Vitamin C	15 mg
Calcium	83 mg
Iron	3 mg

*WEIGHT QUANTITIES ARE BASED ON FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS.

Asian Rainbow Slaw

Quinoa Veggie Salad

Thai Pineapple Chicken Fried Rice

Thai Basil Tofu

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Less Sodium Sweet & Sour Sauce	6 lbs. 10.7 oz.	11 cups
Quinoa, cooked & chilled	4 lbs.	1 qt. + 1 pt. + ¼ cup
Green beans, cut, thawed	3 lbs. 4.5 oz.	3 qts.
Edamame, thawed	1 lb. 15 oz.	1 qt. + 1 pt. + ¼ cup
Tamarind paste	10 oz.	⅔ cup
Vinegar, rice wine	7 oz.	⅔ cup
Beans, red kidney canned, rinsed	2 lbs. 3.7 oz.	1 qt. + 1 pt. + ¼ cup
Beans, black canned, rinsed	2 lbs. 3.7 oz.	1 qt. + 1 pt. + ¼ cup
Chickpeas, canned, rinsed	2 lbs. 3.7 oz.	1 qt. + 1 pt. + ¼ cup
Oranges, mandarin, drained	1 lb. 4 oz.	3⅞ cups
Cranberries, dried	14.75 oz.	3⅞ cups
Celery, diced	12.5 oz.	3⅞ cups
Cilantro, fresh minced	1 oz.	½ cup
Parsley, fresh minced	1 oz.	½ cup

DIRECTIONS

1. Cook and chill quinoa per package instructions.
2. Prepare and chill green beans and edamame per package instructions.
3. For dressing, combine **Minh**® Less Sodium Sweet & Sour sauce, tamarind paste, and rice vinegar and mix until smooth.
4. Combine all ingredients with dressing in a large bowl and refrigerate until service.

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THAI PINEAPPLE CHICKEN FRIED RICE

Featuring **Minh**® Less Sodium Sweet & Sour Sauce

SWEET & SOUR



CN CREDITING

M/MA	1 oz.
Grain	2 oz. equivalent

KEY NUTRITIONALS

Calories	341
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	34 mg
Sodium	375 mg
Carbohydrates	53 g
Dietary Fiber	4 g
Protein	16 g
Vitamin A	35 IU
Vitamin C	5 mg
Calcium	38 mg
Iron	2 mg

Asian Rainbow Slaw

Quinoa Veggie Salad

Thai Pineapple Chicken Fried Rice

Thai Basil Tofu

INGREDIENTS

50 SERVINGS

	WEIGHT*	MEASURE
Minh ® Less Sodium Sweet & Sour Sauce	1 lb. 14 oz.	1 pt. + 1 cup
Brown rice, cooked, day-old refrigerated	12 lbs. 8 oz.	3 gal. + 1 pt.
Pre-cooked K12 Dark Meat Chicken Strips with Grill Marks	4½ lbs.	2 qts. + 1 cup
Less sodium soy sauce, Kikkoman® brand or similar	10 oz.	1 cup
Curry powder	½ oz.	1 tsp.
White pepper	½ oz.	1 tsp.
Canola oil	3 oz.	¾ cup
Garlic cloves, chopped	1¼ oz.	2 Tbsp.
Shallots, fresh peeled, minced	2 oz.	½ cup
Ginger root, fresh, minced	½ oz.	½ Tbsp.
Pineapple, fresh, medium dice	14 oz.	1 pt. + ½ cup
Green onions, ½" pieces	2 oz.	½ cup
Cilantro, fresh, chopped	⅓ oz.	4 Tbsp.

DIRECTIONS

1. Pre-cook brown rice and hold in refrigerated temps in a covered container overnight.
2. Heat precooked chicken per package directions and dice into small pieces.
3. Combine **Minh**® Less Sodium Sweet & Sour sauce, soy sauce, curry powder, and pepper in a bowl and set aside.
4. In a large skillet, heat canola oil until a wisp of white smoke appears. Stir in garlic, shallots and ginger, and cook until light brown.
5. Fold in precooked rice and chicken; make sure not to break rice grains. Stir in reserved sauce. Continue to stir for about a minute.
6. Stir diced pineapple into the rice and incorporate well. Cook the fried rice for about 1 to 2 more minutes, folding constantly to mix well. Fold in green onions and serve.

*WEIGHT QUANTITIES ARE BASED ON FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS. CN CREDITING AND KEY NUTRITIONALS MAY VARY DEPENDING ON THE PRODUCT BEING USED

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MINH®



THAI BASIL TOFU

Featuring **Minh**® Less Sodium Sweet & Sour Sauce

SWEET & SOUR



CN CREDITING

M/MA	1¾ oz.
Vegetables (Other)	¼ cup
Vegetable (Red/Orange)	⅛ cup

KEY NUTRITIONALS

Calories	193
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	101 mg
Carbohydrates	19 g
Dietary Fiber	2 g
Protein	12 g
Vitamin A	555 IU
Vitamin C	32 mg
Calcium	201 mg
Iron	2 mg

Asian Rainbow Slaw

Quinoa Veggie Salad

Thai Pineapple
Chicken Fried Rice

Thai Basil Tofu

INGREDIENTS

	50 SERVINGS	
	WEIGHT*	MEASURE
Minh ® Less Sodium Sweet & Sour Sauce	4 lbs. 11 oz.	1 qt. + 1 pt. + 1½ cups
Tofu, extra firm, 24 piece squares	12 lbs.	3 gal.
Canola oil	4 oz.	½ cup
Green bell peppers, fresh, battonet-cut	1 lb. 8 oz.	1 qt. + 1 pt. + 1 cup
Red bell peppers, fresh, battonet-cut	1 lb. 8 oz.	1 qt. + 1 pt. + 1 cup
Onions, fresh, ¼" sliced	2 lbs. 4 oz.	1 qt. + 1 pt. + 1 cup
Thai basil, fresh	1 oz.	¼ cup

DIRECTIONS

1. Remove tofu from packaging and place in perforated pan to allow excess moisture to drain.
2. Cut tofu into 2 inch squares. Pat dry. You should get 24 pieces of tofu per 14 oz. block. Drain tofu well and set aside.
3. Keep tofu in warmer uncovered, making sure it does not get soggy.
4. Add canola oil to hot pan. Add peppers and onions. Sauté for a few minutes until vegetables start to soften.
5. Add tofu and **Minh**® Less Sodium Sweet & Sour sauce to the pan, stirring gently to combine. Add Thai basil leaves. Stir until sauce coats everything evenly, then remove from heat and serve.

*WEIGHT QUANTITIES ARE BASED ON FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS.

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MINH®



ASIAN CHICKEN LETTUCE WRAPS

Featuring **Minh**® Less Sodium Teriyaki Sauce

TERIYAKI SAUCE



CN CREDITING

M/MA	2 oz.
Grain	
Vegetables (Red/Orange)	¼ cup
Vegetable (Other)	
Fruit	

KEY NUTRITIONALS

Calories	260
Total Fat	4.6 g
Saturated Fat	0.3 g
Cholesterol	45 mg
Sodium	580 mg
Carbohydrates	35 g
Dietary Fiber	4 g
Protein	19 g
Vitamin A	5500 IU
Vitamin C	6 mg
Calcium	50 mg
Iron	2.2 mg

Asian Chicken Lettuce Wraps

Asian Rainbow Slaw

Teriyaki Meatballs

Chicken Tikka Masala

Broccoli Salad

General Tso's Chicken

Chicken Lo Mein Noodles

Black Bean Beef

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Teriyaki Sauce, Thawed	7 lbs. 12.8 oz.	12 ½ cups
Diced Chicken, Prepared	6 lbs. 4 oz.	16 ⅔ cups
Water Chestnuts, Chopped	7 lbs. 8 oz.	12 ½ cups
Shredded Carrots, Fresh	2 lbs. 8.6 oz.	12 ½ cups
Edamame Beans, Frozen	4 lbs. 11.2 oz.	12 ½ cups
Red Chili Flakes	½ oz.	6 ¼ cups
Romaine lettuce Leaves, Fresh, Cleaned and Separated	1 lb. 4.8 oz.	12 ½ cups

DIRECTIONS

1. Preheat oven to 350°F.
2. Blend chicken with teriyaki sauce, chestnuts, carrots, edamame and chili flakes.
3. Place mixture into a 2" full hotel pan, cover with foil. Bake at 350°F until internal temperature reaches 165°F degrees.
4. Serve 1 cup portion of chicken mixture in bowl. Plate or tray with lettuce leaves on side.

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MINH®



ASIAN RAINBOW SLAW

Featuring **Minh**® Less Sodium Sweet & Sour and Teriyaki Sauces

TERIYAKI SAUCE



CN CREDITING

M/MA	
Grain	
Vegetables (Beans/Peas)	¼ cup
Vegetable (Other)	1 cup
Fruit	¼ cup

KEY NUTRITIONALS

Calories	195
Total Fat	2.5 g
Saturated Fat	0.3 g
Cholesterol	
Sodium	380 mg
Carbohydrates	37 g
Dietary Fiber	6 g
Protein	7 g
Vitamin A	5000 IU
Vitamin C	45 mg
Calcium	95 mg
Iron	1.8 mg

Asian Chicken Lettuce Wraps

Asian Rainbow Slaw

Teriyaki Meatballs

Chicken Tikka Masala

Broccoli Salad

General Tso's Chicken

Chicken Lo Mein Noodles

Black Bean Beef

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Sweet and Sour Sauce, Thawed	1 lb. 10.8 oz.	2 ¾ cups
Minh ® Teriyaki Sauce, Thawed	4 lbs. 8 oz.	7 ½ cups
Bok Choy, Fresh Shredded	3 lbs. 9.6 oz.	12 ½ cups
Coleslaw Mix, Fresh	7 lbs. 6.4 oz.	1.2 gallons
Edamame Beans, Prepared and Chilled	4 lbs. 11.2 oz.	12 ½ cups
Shredded Carrots, Fresh	2 lbs. 8.6 oz.	12 ½ cups
Pears, Diced Canned	6 lbs. 15.2 oz.	12 ½ cups
White Vinegar	11.4 oz.	1 ½ cups

DIRECTIONS

1. Blend together bok choy, slaw, edamame, carrots and pears into a large bowl.
2. Mix sauces and vinegar together.
3. Add sauce to cole slaw mixture and toss to coat.
4. Cover with plastic wrap and refrigerate until ready to serve.

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MINH®



TERIYAKI MEATBALLS WITH BOK CHOY FRIED RICE

Featuring **Minh**® Less Sodium Teriyaki Sauce & Whole Grain Fried Rice

TERIYAKI SAUCE



CN CREDITING

M/MA	2 oz.
Grain	2 oz. equivalent
Vegetables (Red/Orange)	1/8 cup
Vegetable (Other)	
Fruit	

KEY NUTRITIONALS

Calories	550
Total Fat	13 g
Saturated Fat	3.5 g
Cholesterol	35 mg
Sodium	910 mg
Carbohydrates	78 g
Dietary Fiber	10 g
Protein	28 g
Vitamin A	5200 IU
Vitamin C	20 mg
Calcium	130 mg
Iron	4.2 mg

Asian Chicken Lettuce Wraps

Asian Rainbow Slaw

Teriyaki Meatballs

Chicken Tikka Masala

Broccoli Salad

General Tso's Chicken

Chicken Lo Mein Noodles

Black Bean Beef

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Less Sodium Teriyaki Sauce	3 lbs. 14.4 oz.	6 1/4 cups
Minh ® Fried Rice, Frozen	18 lbs. 7 oz.	1.2 gallons
Frozen Edamame Beans	9 lbs. 5.6 oz.	25 cups
Beef Meatballs, Frozen	7 lbs. 12.9 oz.	7 3/4 cups
Shredded Bok Choy, Fresh	7 lbs. 3.2 oz.	25 cups
Water	3 lbs. 14.4 oz.	6 1/4 cups

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix together sauce, water and meatballs until thoroughly covered and combined.
3. Place meatball mixture into a 2" full hotel pan, cover with foil. Bake according to package instructions.
4. Mix together vegetable fried rice with bok choy and edamame.
5. Place vegetable fried rice mixture into a 2" full hotel pan, cover with foil. Bake 45-50 minutes or until internal temperature reaches 165°F.
6. Portion 1-1 1/2 cups portions of rice into serving bowls.
7. Top rice with 1/2 cup (approximately 5) meatballs, and serve.

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MINH®



CHICKEN TIKKA MASALA

Featuring **Minh**® Less Sodium Teriyaki Sauce

TERIYAKI SAUCE



CN CREDITING

M/MA	3 oz.
Grain	2 oz. equivalent
Vegetables (Red/Orange)	½ cup
Vegetable (Other)	½ cup
Fruit	½ cup

KEY NUTRITIONALS

Calories	326
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	34 mg
Sodium	375 mg
Carbohydrates	53 g
Dietary Fiber	4 g
Protein	16 g
Vitamin A	35 IU
Vitamin C	5 mg
Calcium	38 mg
Iron	2 mg

Asian Chicken Lettuce Wraps

Asian Rainbow Slaw

Teriyaki Meatballs

Chicken Tikka Masala

Broccoli Salad

General Tso's Chicken

Chicken Lo Mein Noodles

Black Bean Beef

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Less Sodium Teriyaki Sauce	9 lbs. 6 oz.	12½ cups
Tomato sauce, low sodium	13 lbs. 6 oz.	1 gal. + 2 qts. + 1 cup
Cumin, ground	3.83 oz.	1 cup
Coriander, ground	1.9 oz.	½ cup
Garam Masala seasoning	3.83 oz.	1 cup
Chili powder	3.35 oz.	2 cups
Ginger, fresh minced	2 oz.	½ cup
Yogurt, plain, low fat	13 lbs. 7 oz.	1 gal. + 2 qts. + 1 cup
Chicken, cooked	6 lbs. 8 oz.	6½ cups
Raisins, golden	2 lbs. 5.5 oz.	1 qt. + 1 pt. + ½ cup
Apricots, dried, diced	2 lbs. 5.5 oz.	1 qt. + 1 pt. + ½ cup
Bell pepper & onion strips, frozen	6 lbs. 4 oz.	1 gal. + 2 qts. + 1 cup
Rice, brown, cooked	13 lbs. 12 oz.	3 gal + 1 pt.
Cilantro for garnish (fresh)	1 oz.	½ cup

DIRECTIONS

1. Prepare the sauce by combining the **Minh**® Less Sodium Teriyaki sauce, tomato sauce, cumin, coriander, Garam Masala, chili powder, ginger and yogurt. Mix well.
2. Add the chicken, raisins, apricots, bell peppers and onions. Stir to combine.
3. Place into hotel pan, cover and bake at 350°F until internal temperature reaches 165°F.
4. Serve 2 cups sauce and chicken mixture over 1 cup of hot brown rice.

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MINH®



BROCCOLI SALAD

Featuring **Minh**® Less Sodium Teriyaki Sauce



TERIYAKI SAUCE

CN CREDITING

Vegetable (Dark Green) ½ cup

KEY NUTRITIONALS

Calories	107
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	182 mg
Carbohydrates	16 g
Dietary Fiber	2 g
Protein	3 g
Vitamin A	405 IU
Vitamin C	57 mg
Calcium	69 mg
Iron	1 mg

Asian Chicken Lettuce Wraps

Asian Rainbow Slaw

Teriyaki Meatballs

Chicken Tikka Masala

Broccoli Salad

General Tso's Chicken

Chicken Lo Mein Noodles

Black Bean Beef

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Less Sodium Teriyaki Sauce	2 lbs. 8 oz.	1 qt.
Broccoli, fresh florets, cut	7 lbs.	3 gal. + 1 pt.
Rice wine vinegar, unseasoned Nakano® Natural Rice Vinegar or similar brand	1 lb.	1 pt.
Honey	4 oz.	½ cup
Sesame oil	4 oz.	½ cup
White sesame seeds, toasted	6 oz.	1⅓ cups

DIRECTIONS

1. Steam or blanch broccoli florets until tender. Set aside in fridge to chill.
2. Combine **Minh**® Less Sodium Teriyaki sauce, rice wine vinegar, honey, and sesame oil in a mixing bowl.
3. Toss chilled broccoli with the prepared vinaigrette.
4. Sprinkle with sesame seeds for garnish.

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MINH®



GENERAL TSO'S CHICKEN

Featuring **Minh**® Less Sodium Teriyaki & Kung Pao Sauces

TERIYAKI SAUCE



CN CREDITING

M/MA	2 oz.
Vegetables (Red/Orange)	1/8 cup
Vegetable Other	3/8 cup

KEY NUTRITIONALS

Calories	237
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	68 mg
Sodium	590 mg
Carbohydrates	16 g
Dietary Fiber	2 g
Protein	22 g
Vitamin A	2696 IU
Vitamin C	5 mg
Calcium	44 mg
Iron	2 mg

Asian Chicken Lettuce Wraps

Asian Rainbow Slaw

Teriyaki Meatballs

Chicken Tikka Masala

Broccoli Salad

General Tso's Chicken

Chicken Lo Mein Noodles

Black Bean Beef

INGREDIENTS

	50 SERVINGS	
	WEIGHT*	MEASURE
Minh ® Less Sodium Teriyaki Sauce	1 lb. 14 oz.	1 pt. + 1 cup
Minh ® Less Sodium Kung Pao Sauce	1 lb. 14 oz.	1 pt. + 1 cup
Pre-cooked K12 Dark Meat Chicken Strips with Grill Marks	9 lbs.	1 gal. + 1 pt.
Canola oil	3 oz.	3/8 cup
Onions, fresh, batonnet	3 lbs. 4 oz.	2 qts. + 2 cups
Asparagus, fresh, 3" pieces	4 lbs.	2 qts. + 1 cup
Carrots, julienne	1 lb. 9 oz.	1 qt. + 2 1/4 cups
Red chili peppers, dried, whole		15-20 chilies

DIRECTIONS

1. Combine **Minh**® Less Sodium Teriyaki and **Minh**® Less Sodium Kung Pao sauces, then set aside.
2. Prepare chicken in oven per package directions.
3. Heat canola oil in skillet. Sauté onions, asparagus, and carrots until onions are semi-translucent. Add heated chicken. Add reserved sauce and dried chilies. Toss until combined.

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MINH®



CHICKEN LO MEIN NOODLES

Featuring **Minh**® Less Sodium Teriyaki Sauce

TERIYAKI SAUCE



CN CREDITING

M/MA	2 oz.
Grain	2 oz. equivalent
Vegetables (Dark Green)	¼ cup
Vegetables (Red/Orange)	⅛ cup
Vegetable (Other)	⅛ cup

KEY NUTRITIONALS

Calories	407
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	68 mg
Sodium	485 mg
Carbohydrates	49 g
Dietary Fiber	2 g
Protein	30 g
Vitamin A	3859 IU
Vitamin C	30 mg
Calcium	89 mg
Iron	4 mg

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Asian Chicken Lettuce Wraps

Asian Rainbow Slaw

Teriyaki Meatballs

Chicken Tikka Masala

Broccoli Salad

General Tso's Chicken

Chicken Lo Mein Noodles

Black Bean Beef

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Less Sodium Teriyaki Sauce	1 lb. 14 oz.	1 pt. + 1 cup
Water	1 lb. 6 oz.	2⅔ cups
Sesame oil	3 oz.	6 Tbsp.
51% Whole Wheat Pre-cooked Yakisoba Noodles or similar, thawed	25 lbs..	3 gal. + 1 pt.
Pre-cooked K12 Dark Meat Chicken Strips with Grill Marks	9 lbs.	1 gal. + 1 pt.
Canola oil	3 oz.	6 Tbsp.
Garlic, fresh, minced	3 oz.	5 Tbsp.
Green onions, bunch, 2" pieces	4 oz.	1 cup
Onions, fresh, ⅛" sliced	1 lb. 10 oz.	1 qt. + 1¼ cups
Red bell peppers, fresh, battonet-cut	1 lb. 8 oz.	1 qt. + 1 pt. + 1 cup
Spinach, fresh	4 lbs.	1 gal. + 2 qts. + 1 cup

DIRECTIONS

1. Heat chicken in oven per directions on package.
2. Combine **Minh**® Less Sodium Teriyaki sauce, water, and sesame oil in a bowl and set aside.
3. Defrost noodles. Reheat noodles for 1 minute in a pasta cooker if available or place noodles in perforated pan and steam for 1 minute or boil in water for 1 minute. Drain and cool. (May be done ahead)
4. In skillet, heat canola oil until a wisp of white smoke appears. Add garlic, onions, peppers and spinach. Sauté a few more minutes or until vegetables begin to soften.
5. Add chicken and noodles and heat through.
6. Add reserved sauce and gently mix until noodles are coated evenly.

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MINH®



BLACK BEAN BEEF

Featuring **Minh**® Less Sodium Orange & Teriyaki Sauces

TERIYAKI SAUCE



CN CREDITING

M/MA	2 oz.
Vegetables (Other)	3/8 cup
Vegetable (Dark Green)	1/8 cup

KEY NUTRITIONALS

Calories	214
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	38 mg
Sodium	982 mg
Carbohydrates	24 g
Dietary Fiber	3 g
Protein	15 g
Vitamin A	1921 IU
Vitamin C	13 mg
Calcium	27 mg
Iron	2 mg

Asian Chicken Lettuce Wraps

Asian Rainbow Slaw

Teriyaki Meatballs

Chicken Tikka Masala

Broccoli Salad

General Tso's Chicken

Chicken Lo Mein Noodles

Black Bean Beef

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Less Sodium Teriyaki Sauce	3 lbs. 2 oz.	1 qt. + 1 cup
Minh ® Less Sodium Orange Sauce	1 lb. 4 oz.	1 pt.
Pre-cooked Beef Fajita Strips or similar	7 lbs.	3 qts. + 2 cups
Canola oil	1.5 oz.	2 Tbsp. + 2 tsp.
Onions, fresh, 1" cubes	1 lb. 9 oz.	1 qt. + 3/4 cup
Asparagus spears, fresh, 1/2" pieces	2 lbs. 4 oz.	1 qt. + 1 cup
Carrots, shredded	1 lb. 2 oz.	1 qt. + 1 cup
Broccoli, florets	14 oz.	1 qt. + 1 pt. + 1/4 cup
Water chestnuts, canned, drained, sliced	3 lbs.	1 qt. + 1 cup
Black bean sauce, Lee Kum Kee brand or similar	1 lb.	1 pt.

DIRECTIONS

1. Heat precooked beef as directed on package.
2. Heat oil in a skillet. Add onions, asparagus, carrots, broccoli, and water chestnuts to hot pan and sauté until warmed.
3. Stir in beef, **Minh**® Less Sodium Teriyaki and Orange sauces, black bean sauce. Stir until sauces combine into a nice glaze. Keep heating in pan until all items are heated through, coated and mixed.

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MINH®



GARLIC GINGER GREEN BEANS WITH BEEF

Featuring **Minh**® Less Sodium Kung Pao Sauce

KUNG PAO SAUCE



CN CREDITING

M/MA	2 oz.
Vegetables (Other)	½ cup

KEY NUTRITIONALS

Calories	189
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	32 mg
Sodium	599 mg
Carbohydrates	14 g
Dietary Fiber	3 g
Protein	14 g
Vitamin A	859 IU
Vitamin C	14 mg
Calcium	78 mg
Iron	3 mg

Garlic Ginger Green Beans with Beef

Kung Pao Tofu & Vegetables

Spicy Thai Basil Pork Stir Fry

General Tso's Chicken

INGREDIENTS

	50 SERVINGS	
	WEIGHT*	MEASURE
Minh ® Less Sodium Kung Pao Sauce	1 lb.	1 pt.
Pre-cooked, reduced sodium, unseasoned Beef Crumbles	7 lbs.	3 qt. + 1 pt.
Green beans, washed, trimmed	12 lbs. 3 oz.	3 gal. + 2 cups
Garlic, minced	3 oz.	¾ cup
Ginger, minced	2 oz.	½ cup
Dried red chilies	15 ea.	
Oyster sauce Lee Kum Kee or Kikkoman® brand or similar	1 lb.	1 pt.
Canola oil	3 oz.	½ cup

DIRECTIONS

1. Heat pre-cooked beef as directed on package.
2. In a pot of boiling water, blanch green beans in batches until tender and shock in ice water.
3. In a large wok or skillet over medium high heat, briefly sauté garlic, ginger, and chilies in canola oil.
4. Add beef and warm for 2-3 minutes or until beef is heated through.
5. Add the green beans, **Minh**® Less Sodium Kung Pao sauce, and oyster sauce to the beef mixture and stir/toss until the green beans are heated through.

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MINH®



KUNG PAO TOFU & VEGETABLES

Featuring **Minh**® Less Sodium Kung Pao Sauce

KUNG PAO SAUCE



CN CREDITING

M/MA	1¾ oz.
Vegetables (Other)	¼ cup
Vegetable (Dark Green)	¼ cup

Garlic Ginger Green Beans with Beef

Kung Pao Tofu & Vegetables

Spicy Thai Basil Pork Stir Fry

General Tso's Chicken

KEY NUTRITIONALS

Calories	170
Total Fat	10 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	335 mg
Carbohydrates	12 g
Dietary Fiber	2 g
Protein	12 g
Vitamin A	166 IU
Vitamin C	27 mg
Calcium	205 mg
Iron	2 mg

*WEIGHT QUANTITIES ARE BASED ON FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS.

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Less Sodium Kung Pao Sauce	4 lbs. 11 oz.	1 qt. + 1 pt. + 1½ cups
Tofu, extra firm, 24 piece squares	12 lbs.	3 gal.
Canola oil	4 oz.	½ cup
Broccoli florets	1 lb. 12 oz.	3 qt. + ½ cup
Green bell peppers, fresh, battonet-cut	1 lb. 8 oz.	1 qt. + 1 pt. + 1 cup
Onions, fresh, ¼" sliced	1 lb. 12 oz.	1 qt. + 1½ cups

DIRECTIONS

1. Remove tofu from packaging and place in perforated pan to allow excess moisture to drain.
2. Cut tofu into 2 inch squares. Pat dry. You should get 24 pieces of tofu per 14 oz. block. Drain tofu well and set aside.
3. Keep tofu in warmer uncovered, making sure it does not get soggy.
4. Add canola oil to hot pan. Add broccoli, bell peppers and onions. Sauté for a few minutes until vegetables start to soften.
5. Add tofu and **Minh**® Less Sodium Kung Pao sauce to the pan, stirring gently to combine. Stir until sauce coats everything evenly, then remove from heat and serve.

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MINH®



SPICY THAI BASIL PORK STIR FRY

Featuring **Minh**® Less Sodium Kung Pao Sauce

KUNG PAO SAUCE



CN CREDITING

M/MA	2 oz.
Vegetables (Red/Orange)	1/8 cup
Vegetable (Other)	3/8 cup

KEY NUTRITIONALS

Calories	152
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	39 mg
Sodium	385 mg
Carbohydrates	10 g
Dietary Fiber	2 g
Protein	16 g
Vitamin A	1621 IU
Vitamin C	54 mg
Calcium	29 mg
Iron	1 mg

Garlic Ginger Green Beans with Beef

Kung Pao Tofu & Vegetables

Spicy Thai Basil Pork Stir Fry

General Tso's Chicken

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Less Sodium Kung Pao Sauce	3 lbs.	1 qt. + 1 cup
Precooked Unsauced Pork, or Pulled Pork	7½ lbs.	3 qts. + 1 pt. + 1 cup
Canola oil	4 oz.	½ cup
Onions, fresh, ½" sliced	2 lbs. 14 oz.	2 qts. + 1 cup
Red bell peppers, fresh, ¼" strips	4¼ lbs.	1 gal. + 1 pt. + 1 cup
Serrano peppers, fresh, chopped		8-10 each (optional)
Thai basil, fresh	12 oz.	1 pt. + 1 cup
Green onions, ½" pieces	6 oz.	1½ cups

DIRECTIONS

1. Heat precooked pork per package instructions.
2. In a skillet, sauté onions, red peppers, and Serrano peppers in canola oil until tender.
3. Fold in **Minh**® Less Sodium Kung Pao sauce and add pre-cooked pork. Stir until combined.
4. Fold in Thai basil and heat until pork is completely warmed.
5. Remove from heat and fold in green onions and serve.

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MINH®



GENERAL TSO'S CHICKEN

Featuring **Minh**® Less Sodium Teriyaki & Kung Pao Sauces

KUNG PAO SAUCE



CN CREDITING

M/MA	2 oz.
Vegetables (Red/Orange)	1/8 cup
Vegetable Other	3/8 cup

KEY NUTRITIONALS

Calories	237
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	68 mg
Sodium	590 mg
Carbohydrates	16 g
Dietary Fiber	2 g
Protein	22 g
Vitamin A	2696 IU
Vitamin C	5 mg
Calcium	44 mg
Iron	2 mg

Garlic Ginger Green Beans with Beef

Kung Pao Tofu & Vegetables

Spicy Thai Basil Pork Stir Fry

General Tso's Chicken

INGREDIENTS

	50 SERVINGS	
	WEIGHT*	MEASURE
Minh ® Less Sodium Teriyaki Sauce	1 lb. 14 oz.	1 pt. + 1 cup
Minh ® Less Sodium Kung Pao Sauce	1 lb. 14 oz.	1 pt. + 1 cup
Pre-cooked K12 Dark Meat Chicken Strips with Grill Marks	9 lbs.	1 gal. + 1 pt.
Canola oil	3 oz.	3/8 cup
Onions, fresh, batonnet	3 lbs. 4 oz.	2 qts. + 2 cups
Asparagus, fresh, 3" pieces	4 lbs.	2 qts. + 1 cup
Carrots, julienne	1 lb. 9 oz.	1 qt. + 2 1/4 cups
Red chili peppers, dried, whole		15-20 chilies

DIRECTIONS

1. Combine **Minh**® Less Sodium Teriyaki and **Minh**® Less Sodium Kung Pao sauces, then set aside.
2. Prepare chicken in oven per package directions.
3. Heat canola oil in skillet. Sauté onions, asparagus, and carrots until onions are semi translucent. Add heated chicken. Add reserved sauce and dried chilies. Toss until combined.

*WEIGHT QUANTITIES ARE BASED ON FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS. CN CREDITING AND KEY NUTRITIONALS MAY VARY DEPENDING ON THE PRODUCT BEING USED

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MINH®



ASIAN BBQ PORK NACHOS

Featuring **Minh**® Less Sodium Orange Sauce

ORANGE SAUCE



CN CREDITING

M/MA	2 oz.
Vegetables (Other)	¼ cup
Vegetable (Dark Green)	

Asian BBQ Pork Nachos

Black Bean Beef

Roasted Ginger Orange Cauliflower

KEY NUTRITIONALS

Calories	480
Total Fat	20 g
Saturated Fat	9 g
Cholesterol	60 mg
Sodium	840 mg
Carbohydrates	49 g
Dietary Fiber	8 g
Protein	24 g
Vitamin A	1500 IU
Vitamin C	17 mg
Calcium	110 mg
Iron	2.2 mg

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Orange Sauce, Thawed	1 lbs. 3.5 oz.	2 cups
Carnitas - Shredded Pork	7 lbs. 3.2 oz.	25 cups
BBQ Sauce	1 lbs.	2 cups
Dried Onions	3.7 oz.	1 ½ cups
Garlic Powder	2.6 oz.	½ cups
Red Chili Sauce	1 lb. 7 oz.	3 ½ cups
Black Beans, Drained	5 lbs.	12 ½ cups
Nacho Chips	2 lbs. 11.7 oz.	1.2 gallons
Asian Rainbow Slaw (portioned) >>	3 lbs. 14.4 oz.	6 ¼ cups
Lime Sour Cream (1 cup sour cream/ 1 tsp fresh lime juice)	1 lb. 8.9 oz.	3 ½ cups
Lime Juice	½ oz.	⅔ cups
Shredded Cheddar Cheese (portioned)	3 lbs. 2 oz.	12 ½ cups

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix orange sauce, pork, BBQ sauce, onions, garlic, red chili sauce and black beans together.
3. Mix 1 cup of sour cream and 1 tsp fresh lime juice
4. Place pork mixture into a 2" full hotel pan.
5. Cover with foil and bake at 350°F until cooked thoroughly
6. On a plate or tray, portion the Nacho Chips, then place 4 oz pork mixture on top
7. Top with slaw, lime, sour cream and cheese.

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MINH®



BLACK BEAN BEEF

Featuring **Minh**® Less Sodium Orange & Teriyaki Sauces

ORANGE SAUCE



CN CREDITING

M/MA	2 oz.
Vegetables (Other)	3/8 cup
Vegetable (Dark Green)	1/8 cup

Asian BBQ Pork Nachos

Black Bean Beef

Roasted Ginger Orange Cauliflower

KEY NUTRITIONALS

Calories	214
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	38 mg
Sodium	982 mg
Carbohydrates	24 g
Dietary Fiber	3 g
Protein	15 g
Vitamin A	1921 IU
Vitamin C	13 mg
Calcium	27 mg
Iron	2 mg

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50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Less Sodium Teriyaki Sauce	3 lbs. 2 oz.	1 qt. + 1 cup
Minh ® Less Sodium Orange Sauce	1 lb. 4 oz.	1 pt.
Pre-cooked Beef Fajita Strips	7 lbs.	3 qts. + 2 cups
Canola oil	1.5 oz.	2 Tbsp. + 2 tsp.
Onions, fresh, 1" cubes	1 lb. 9 oz.	1 qt. + 3/4 cup
Asparagus spears, fresh, 1/2" pieces	2 lbs. 4 oz.	1 qt. + 1 cup
Carrots, shredded	1 lb. 2 oz.	1 qt. + 1 cup
Broccoli, florets	14 oz.	1 qt. + 1 pt. + 1/4 cup
Water chestnuts, canned, drained, sliced	3 lbs.	1 qt. + 1 cup
Black bean sauce, Lee Kum Kee brand or similar	1 lb.	1 pt.

DIRECTIONS

1. Heat precooked beef as directed on package.
2. Heat oil in a skillet. Add onions, asparagus, carrots, broccoli, and water chestnuts to hot pan and sauté until warmed.
3. Stir in beef, **Minh**® Less Sodium Teriyaki and Orange sauces, black bean sauce. Stir until sauces combine into a nice glaze. Keep heating in pan until all items are heated through, coated and mixed.

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MINH®



ROASTED GINGER ORANGE CAULIFLOWER

Featuring **Minh**® Less Sodium Orange Sauce

ORANGE SAUCE



CN CREDITING

Vegetable (Other) ½ cup

KEY NUTRITIONALS

Calories	94
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	68 mg
Carbohydrates	11 g
Dietary Fiber	2 g
Protein	3 g
Vitamin A	0 IU
Vitamin C	53 mg
Calcium	30 mg
Iron	1 mg

Asian BBQ Pork Nachos

Black Bean Beef

Roasted Ginger Orange Cauliflower

INGREDIENTS

50 SERVINGS

	WEIGHT*	MEASURE
Minh ® Less Sodium Orange Sauce	1 lbs. 15 oz.	3¾ cups
Ginger, fresh, minced	0.4 oz.	3⅞ tsp.
Garlic, fresh, minced	0.4 oz.	3⅞ tsp.
Lemon zest	0.125 oz.	3⅞ tsp.
Sambal Oelek chili sauce	0.75 oz.	3⅞ tsp.
Cauliflower florets, fresh or frozen	9 lbs. 6 oz.	3 gal. + 1 pt.
Oil, olive	1 lb. 5.5 oz.	3¾ cups
Almonds, sliced & toasted	6.8 oz.	1½ cups

DIRECTIONS - SAUCE

1. Combine **Minh**® Less Sodium Orange sauce, ginger, garlic, lemon zest and Sambal Oelek in a saucepan and heat over medium heat, stirring occasionally.
2. Bring to a simmer and cook for 10 minutes. Set aside.
3. Hold sauce hot for service.

DIRECTIONS - CAULIFLOWER

4. Preheat oven to 400°F.
5. Place cauliflower in a mixing bowl and add olive oil. Mix to coat cauliflower with oil.
6. Spread cauliflower in a single layer on sheet pans. Place in oven and roast for 10 minutes or until cauliflower is tender and turning brown on the edges.
7. Place roasted cauliflower in mixing bowl, add sauce and mix until evenly coated. Garnish with almonds and hold hot for service.

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RAMEN BOWL

Featuring **Minh**® Less Sodium Szechwan Sauce

SZECHWAN SAUCE



Ramen Bowl

CN CREDITING

M/MA	2 oz.
Grain	2 oz. equivalent
Vegetables (Red/Orange)	¼ cup
Vegetable Other (Dark Green)	¼ cup
Vegetable (Other)	½ cup

KEY NUTRITIONALS

Calories	515
Total Fat	16 g
Saturated Fat	3 g
Cholesterol	212 mg
Sodium	864 mg
Carbohydrates	68 g
Dietary Fiber	11 g
Protein	30 g
Vitamin A	10470 IU
Vitamin C	15 mg
Calcium	135 mg
Iron	5 mg

*WEIGHT QUANTITIES ARE BASED ON FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS.

INGREDIENTS

50 SERVINGS

	WEIGHT*	MEASURE
Minh ® Less Sodium Szechwan Sauce	7 lbs. 8 oz.	12½ cups
Pasta, whole wheat spaghetti, cooked and chilled	12 lbs. 8 oz.	3 gal. + 1 pt
Chicken broth, low sodium	25 lbs.	3 gal. + ¼ cup
Garlic, fresh, minced	4.8 oz.	1 cup
Green onion, chopped	4.8 oz.	1 cup
Oil, vegetable (to coat pasta after cooled)	5.75 oz.	1 cup
Chicken meat, cooked & diced	3 lbs. 2 oz.	3 gal. + 1 pt.
Corn, frozen (thawed)	3 lbs. 7 oz.	3 qts. + ½ cup
Peas, frozen (thawed)	3 lbs. 7 oz.	3 qts. + ½ cup
Spinach, fresh cooked or frozen (thawed)	2 lbs. 8 oz.	3 qts. + ½ cup
Carrots, fresh, shredded	2 lbs. 8 oz.	3 qts. + ½ cup
Egg, hard cooked, chopped or halved	5 lbs. 2.5 oz.	3 qts. + ½ cup

DIRECTIONS

1. Prepare whole wheat spaghetti per directions on package. Let pasta cool completely. Toss in vegetable oil and set aside.
2. Prepare the broth by combining the **Minh**® Less Sodium Szechwan sauce, chicken broth, garlic and green onion. Bring to a boil and simmer for ten minutes. Hold hot for service.
3. Portion 1 cup pasta, 1 oz. chicken, ¼ cup each of corn, peas, spinach and carrots and 1 egg into serving bowl.
4. Top with ¼ cup hot broth and serve.
5. Garnish options – fresh cilantro, lime wedge, green onions.

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MINH®



TERIYAKI MEATBALLS WITH BOK CHOY FRIED RICE

Featuring **Minh**® Less Sodium Teriyaki Sauce & Whole Grain Fried Rice

FRIED RICE



CN CREDITING

M/MA	2 oz.
Grain	2 oz. equivalent
Vegetables (Red/Orange)	1/8 cup
Vegetable (Other)	
Fruit	

KEY NUTRITIONALS

Calories	550
Total Fat	13 g
Saturated Fat	3.5 g
Cholesterol	35 mg
Sodium	910 mg
Carbohydrates	78 g
Dietary Fiber	10 g
Protein	28 g
Vitamin A	5200 IU
Vitamin C	20 mg
Calcium	130 mg
Iron	4.2 mg

Teriyaki Meatballs

Posole Rice Bowl

50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
Minh ® Less Sodium Teriyaki Sauce	3.9 lbs.	6 1/4 cups
Minh ® Fried Rice, Frozen	18.44 lbs.	50 cups
Water	3.9 lbs.	6 1/4 cups
Beef Meatballs , Frozen	7.81 lbs.	7 3/4 cups
Shredded Bok Choy, Fresh	7.2 lbs.	2.92 gallons
Frozen Edamame Beans	9.35 lbs.	25 cups

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix together sauce, water and meatball until thoroughly covered and combined.
3. Place mixture into a 2" full hotel pan, cover with foil. Bake according to package instructions or until internal temperature reaches 165°F.
4. Mix together rice with bok choy and edamame.
5. Place mixture into a 2" full hotel pan, cover with foil. Bake 45-50 minutes or until internal temperature reaches 165°F.
6. Portion 1-1/2 cups portions of rice into serving bowls.
7. Top with 1/2 cup (5) meatballs and sauce, serve.

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MINH®



POSOLE RICE BOWL

Featuring **Minh**® Whole Grain Vegetable Fried Rice

FRIED RICE



CN CREDITING

M/MA	2 oz.
Grain	1 oz. equivalent
Vegetables (Red/Orange)	5/8 cup
Vegetable (Other)	1/8 cup
Fruit	

KEY NUTRITIONALS

Calories	370
Total Fat	10 g
Saturated Fat	3 g
Cholesterol	50 mg
Sodium	840 mg
Carbohydrates	48 g
Dietary Fiber	6 g
Protein	23 g
Vitamin A	3700 IU
Vitamin C	20 mg
Calcium	65 mg
Iron	2.3 mg

Teriyaki Meatballs

Posole Rice Bowl

	50 SERVINGS	
INGREDIENTS	WEIGHT*	MEASURE
Minh ® Fried Rice, Frozen	9.2 lbs.	1.9 gallons
Carnitas - Shredded Pork, Thawed	14.3 lbs.	3 gallons
Red Chili Sauce	1.1 lbs.	2 cups
Oregano, Dried Crushed Leaves	0.0003 lbs.	4 tbs
Corn, Frozen, Prepared	4.5 lbs.	6.2 pints
Hominy, Drained	3.5 lbs.	4.8 pints
Fresh Tomatoes, Diced	11.4 lbs.	1.8 gallons

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix together pork, chili sauce, tomato and oregano. Place mixture into a 2" full hotel pan, cover with foil. Bake at 350°F until internal temperature reaches 165°F.
3. Combine vegetable fried rice, corn and hominy.
4. Place mixture into a 2" full hotel pan, cover with foil. Bake 45-50 minutes or until internal temperature reaches 165°F.
5. Divide 1/2 cup of tomatoes into portion cups.
6. Portion 1 cup of rice mixture into bowls. Top with 3/4 cup of Carnitas mixture and serve.

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EXAMPLE SCHOOL MONTHLY MENU

MENU DAYS

(WEEK)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<p>Cheeseburger Potato Wedges Baby Carrots Tomato Cucumber Salad Tangerine Apple Sauce</p>	<p>MINH <<General Tso's Chicken with Minh® Less Sodium Teriyaki and Kung Pao Sauce>> Minh® Vegetable Egg Roll Brown Rice Cauliflower Mandarin Oranges Grapes</p>	<p>Beef Tacos with Toppings Bar Spicy Corn & Black Bean Salad Steamed Peas Diced Pears Pineapple Tidbits</p>	<p>MINH <<Thai Pineapple Fried Rice with Minh® Less Sodium Sweet & Sour Sauce>> Minh® Pork Egg Roll Carrots Edamame Apple Sauce Raisins</p>	<p>Big Daddy's® Primo Buffalo Chicken Pizza Garden Salad Steamed Broccoli Fruit Salad Banana</p>
2	<p>MINH <<Minh® Teriyaki Meatballs>> Minh® Vegetable Egg Roll Garlic Spinach Melon Cup Kiwi</p>	<p>Chicken Whole Grain Quesadilla Pinto Beans Carrot Sticks Celery Sticks Sliced Peaches Apple Sauce</p>	<p>MINH <<Kung Pao Tofu and Vegetables with Minh® Less Sodium Kung Pao Sauce>> Brown Rice Cauliflower Mandarin Oranges Banana</p>	<p>Sloppy Joes on Whole Grain Bun Tater Tots Garden Salad Diced Pears Tangerines</p>	<p>Big Daddy's® Primo Four Cheese or Pepperoni Pizza Coleslaw Baby Carrots Fresh Apple Slices Pineapple Tidbits</p>
3	<p>Roasted Turkey Breast Turkey Gravy Whole Grain Dinner Roll Mashed Potatoes Roasted Carrots Grapes Apple Crisp</p>	<p>MINH <<Spicy Thai Basil Pork Stir Fry with Minh® Less Sodium Kung Pao Sauce>> Minh® Chicken Egg Roll <<Broccoli Salad made with Minh® Less Sodium Teriyaki Sauce>> Melon Cup Kiwi</p>	<p>Chicken Alfredo with Pasta Whole Grain Bread Stick Green Beans Roasted Cauliflower Diced Pears Apple Sauce</p>	<p>MINH <<Tikka Masala Chicken with Minh® Less Sodium Teriyaki Sauce>> Whole Grain Rice Zucchini Pineapple Mandarin Oranges</p>	<p>Big Daddy's® Primo Four Meat Pizza Steamed Corn Peas and Carrots Sliced Peaches Banana</p>
4	<p>MINH <<Minh® Posole Rice Bowl>> Brown Rice Green Beans Apple Sauce Diced Pears</p>	<p>Whole Grain Mac'N Cheese Whole Grain Dinner Roll Caesar Salad Carrot Fries Tropical Fruit Punch Tangerine</p>	<p>MINH <<Quinoa Veggie Salad with Minh® Less Sodium Sweet & Sour Sauce>> Whole Grain Bread Stick Pineapple Tidbits</p>	<p>Chicken Fajitas Cilantro Lime Brown Rice Roasted Sweet Potatoes Steamed Spinach Sliced Peaches Grapes</p>	<p>Big Daddy's® Primo Four Cheese or Pepperoni Pizza Caesar Salad Celery Sticks Melon Cup Kiwi</p>

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SUPPORT



At Schwan’s Food Service, we’ve got your back. Whether it’s through our branded support materials that help you promote **Minh**® Asian foods in your school or our background of culinary expertise, you don’t just have a foodservice provider — you have a partner.

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THE KITCHEN CIRCLE™ PROGRAM

With **The Kitchen Circle™** program, you can earn points for every purchase of **Minh®** products. Redeem your points for exciting items to enhance the Asian experience at your school!

- Bright, branded signage
- Restaurant-style packaging
- Branded apparel for your staff
- Incentives for your staff and students

Benefits of **The Kitchen Circle™** program:

- More qualifying products, including our most popular K12 offerings
- Additional rewards
- Tiered-based program that offers additional benefits based on number of years of participation
- User-friendly website that makes it easy to submit claims, track points, browse and redeem rewards

For more information about **The Kitchen Circle™** program, visit SchwansKitchenCircle.com





CULINARY EXPERTISE

Our talented chefs share your passion for food, creativity, service and success.

- Dedicated culinary staff with backgrounds in K12 foodservice understand your operational and culinary challenges
- Hands-on involvement with operators and R&D helps identify needs and inspire new food ideas
- Recipe development to help you bring your menu to life and translate trends

Schwan's Chef Collective

The Schwan's Company chefs and top chefs from around the nation have come together to educate, learn and innovate. By bringing together a broad scope of influences, the Schwan's Chef Collective vision and purpose is to re-think and create even better versions of the foods you love.



For more information about the Schwan's Chef Collective, visit www.schwanscompany.com/schwans-chef-collective

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